

# John Ray Times

**Our Core Values: Hope, Perseverance, Trust, Courage, Respect, Responsibility**

4<sup>th</sup> November 2024

**Phone:** 01376 324107 **Email:** [jcontact@compassps.uk](mailto:jcontact@compassps.uk) **Website:** [www.johnray.compassps.uk](http://www.johnray.compassps.uk)



@johnrayjuniors



@

[facebook.com/johnraycompassps](https://facebook.com/johnraycompassps)

**For uniform orders visit:** [www.gooddies.co.uk](http://www.gooddies.co.uk)

**For information on Food Bank vouchers email:** [mkeegan@compassps.uk](mailto:mkeegan@compassps.uk)

**For second hand uniform requests email:** [rcottee@compassps.uk](mailto:rcottee@compassps.uk)

**Breakfast club queries email:** [hwiltshire@compassps.uk](mailto:hwiltshire@compassps.uk)

**School dinner menus** are on our website: [21/10/2024 Week 1](#)

**New Winter Menus:** [04/11/2024 Week 1](#), [11/11/2024 Week 2](#), [18/11/24 Week 3](#).

## Zones of Regulation

The ZONES of Regulation

			
<b>Blue Zone</b>	<b>Green Zone</b>	<b>Yellow Zone</b>	<b>Red Zone</b>
Lat	Sleepy	Nervous	Overjoyed/Excited
Bored	Focused	Frustrated	Ravished
Tired	Calm	Silly	Angry
Sick	Proud	Excited	Terrified

## School Attendance Difficulties



## Supporting Anxiety



## **My Happy Mind Parent App**

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email and authentication code emailed to you in the letter sent on 23.09.24.

### **Spotlight on learning**

#### **My Happy Mind**

In school, we use a programme called My Happy Mind and last half term we looked at the module - 'Meet Your Brain'. We have learnt:

- The different parts of our brain and how they help us.
- How to use Happy Breathing to help us when we feel sad, stressed or worried.
- What happens in our brain when we learn something new and how we can look after our brain.

The parent app, available to all our parents, provides additional information and an end of module parent newsletter is also attached for your information.

### **Accelerated Reader**

The QR code in your child's home school diary may not always work when trying to access Accelerated Reader.

Another way of accessing the website is through the John Ray Juniors website. Once you have clicked on the Parents tab, you can then click Useful Resources where you will find the link to AR.

[John Ray Junior School - Useful Resources \(compassps.uk\)](http://John Ray Junior School - Useful Resources (compassps.uk))

### **Y4 visit to Colchester Castle**

Year 4 had a fabulous time at Colchester Castle before half term. The children were brilliantly behaved and enjoyed taking part in building a Roman villa and an Iron Age round house. During the visit the children looked at the foundations of the Norman castle and explored the Roman

temple foundations. The children were really inquisitive and enjoyed looking at the artefacts in the museum.

### Y6 visit to Crucial Crew

Before half term, Y6 went to Alec Hunter to take part in Crucial Crew. Crucial Crew is run by Braintree District Council and aims to teach children and young people various aspects of personal safety and wellbeing. The children covered road safety, exploitation awareness, online security, safety in the home and personal safety to support the children as the start to have increased independence.

Here are a few quotes from some of our Y6 children:

*"While at Crucial Crew, I learnt how to be aware of my surroundings and how to keep safe when I am on my own."*

*"We learnt all about social awareness; in public and online."*

*"I know about the things that join together to make healthy relationships. I really enjoyed it!"*



Workshops for parents of children in year 1 to year 4

### NFOS SCHOOLS Separation Anxiety and Emotionally Based School Avoidance

20th November 2024, 9:45 am or 1:15 pm

Included in this training:

- Separation Anxiety
- Emotionally based school avoidance
- What we can do to help

All sessions are virtual and will last approximately 1 hour

**RECORDINGS WILL BE AVAILABLE**

[Book your place via this link](#)

Kerry Williams MNCS Accred. Counsellor/Supervisor/Family Liaison Officer  
Jacky Wragg MA, SEND, Essex Partnership SENCO/ Supervisor/ School Support



Workshops for parents of children in year 5 to year 9

### NFOS SCHOOLS Separation Anxiety and Emotionally Based School Avoidance

27th November 2024, 9:45 am or 1:15 pm

Included in this training:

- Separation Anxiety
- Emotionally based school avoidance
- What we can do to help

All sessions are virtual and will last approximately 1 hour

**RECORDINGS WILL BE AVAILABLE**

[Book your place via this link](#)

Kerry Williams MNCS Accred. Counsellor/Supervisor/Family Liaison Officer  
Jacky Wragg MA, SEND, Essex Partnership SENCO/ Supervisor/ School Support

Please book using this link: [Separation Anxiety Balancing Act Booking Form \(google.com\)](#)

### SEN Local Offer

Our SEN Local Offer is amended and published at the end of each academic year. It has the information on provision and processes across the school and the SENCo contact details: [John Ray Junior School - SEND Local Offer \(compassps.uk\)](#).

**SEND Local Offer Newsletter**

There are lots of activities and events for children with SEND on the Essex Local Offer and from the Local Offer website – sign up here to read more: [Stay up to date with the Essex Local Offer newsletter | Essex Local Offer.](#)

This includes our New POP Essex website and location: [POP Essex • SEN Stay & Play And Respite In Braintree, Essex \(pop-essex.org\).](#)

### STUDENT ACHIEVEMENTS

Don't forget we would love to hear about any children who have been awarded badges or certificates for activities they do outside of school. Please email class teachers with your child's achievements.

Rugby: Connie (3D) for scoring 6 tries and being awarded a medal, Henry (4J) man of the match, William (4B) medal, Isaac (3C) won 5 matches.

Swimming: Dominic (5W) 500m, Evelyn (3W) 200m, Maddie (3P) 10m, Izzie (5W) and Maisie (3C) a length and a half.

Darcey (4J) 1<sup>st</sup> place junior princess at the Maldon carnival,

Hiking: Callum (4T), Ruben (4T), Max (4T) and Owen (4T) 7 mile hike!

Karate: Seyi (4CB) orange belt, Jasper (6R) gold (fighting), bronze (kata)

Golf: Freddie (3D) 1<sup>st</sup> place

Park run: Alicja (5B) half marathon band

Bikeability level 2 Jazlyn, Elana (3C), Albie G, Maks, Jake H, Oliver, Riley, Rosie, Silua (Y6)

Dancing: Akasya (4J) and Daisy (5W) 1<sup>st</sup> place in troops and 2<sup>nd</sup> in pairs, Victoria (4J) 3<sup>rd</sup> in fast, 4<sup>th</sup> in slow, Maja (4J) 2<sup>nd</sup> in slow.

Football: Logan (4CB), Noah (5B), Albie (5C), Lucas (3P) and William (5K) player of the match, Jenson (6G) parents' player of the match, Theo (5E) trainer of the week and player of the match, Summer (4T) captain's armband,



### Stars of the Week

Each week, class teachers will choose a member of their class to be star of the week. Children who are chosen will have their name added in this section of the newsletter. Our first stars of the week will be awarded on Friday.

<b>3C: Nathan</b>	<b>4B: The whole class</b>	<b>5B: The whole class</b>	<b>6G: The whole class</b>
<b>3D: Donnie</b>	<b>4CB: The whole class</b>	<b>5E: Mia</b>	<b>6L: Ruby</b>
<b>3P: The whole class</b>	<b>4J: The whole class</b>	<b>5K: Alex O</b>	<b>6O: Nizalia</b>
<b>3W: Jake</b>	<b>4T: The whole class</b>	<b>5W: Isabella</b>	<b>6R: Lucy</b>

### PE Days

Children need to come into school on PE days in their PE kit. Children will need an outdoor PE kit i.e., black tracksuit bottoms (or shorts in warmer weather), white T-shirt and a black fleece / tracksuit top.

**We are noticing more children coming to school on PE days in wear that is not PE uniform. Please ensure that children have a plain white T-shirt and black shorts or tracksuit bottoms. We may ask children to change into any spare PE that we have in school if they do not come to school dressed appropriately.**

Monday	Y3, 6L, 6G
Tuesday	Y3, Y5, 6R
Wednesday	Y4, Y6
Thursday	Y5, 6O
Friday	Y4

Please remember that children must remove earrings to participate in PE lessons. Taping over earrings is not permitted.

**PE kit is black joggers / shorts and a black hoodie or sweatshirt with a white T shirt along with trainers.**

We expect that children will either wear one of the black John Ray logo hoodies from our supplier or a plain black hoodie/sweatshirt and plain black joggers on the two days a week that your child has PE.

### CASHBACK WHEN SHOPPING ONLINE

The Friends of JRI and JRJ have created a cash back account through **Easy Fundraising**. This is a fantastic way to raise much needed extra funds to support both schools.

The link below can be used for you to register:

<https://www.easyfundraising.org.uk/invite/47ha4n/>

Once registered, for ease, you can download the app. Every time you shop from the app, across over 4000 online retailers, our schools earn cash back. It's free to join and includes top names like eBay, Argos, Iceland and John Lewis. You can share this link with friends and family members too. A letter with more information can be found on our website.

### Safeguarding

#### Are you worried about a child?

As a school, we consider safeguarding to be a priority. We welcome parents and carers talking openly to us about their concerns for the safeguarding of children and families. **Remember, safeguarding is everyone's responsibility.** If you have any concerns about a child, you can contact one of our Designated Safeguarding Leads via the school office. Please ask to speak to Karen Harrison, Rachel Cottee or Meriel Keegan and specify that you have a safeguarding concern. If you are worried about a child or young person, you can call the NSPCC helpline for support and advice for free on 0808 800 5000. If a child is in immediate danger, you should call 999.

Children can call Childline at any time on 0800 1111



### National Online Safety: What parents and carers need to know about Fortnite

Over the years, Fortnite has become a household name in the gaming community. It was one of the first titles in the 'battle royale' subgenre, where players are thrown into a chaotic free-for-all on a sprawling map and fight until only one remains. Its cartoonish presentation and satisfying gameplay loop make it a potentially attractive choice for young players.

However, it's important to remember that online safety risks are always present – especially in multiplayer games – and Fortnite is no exception. This free guide, put together with expert input, tells you all you need to know about the safety concerns of this popular title and offers advice on how to protect children and young people as they enjoy the game.

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

### CLASS TEACHERS' EMAIL ADDRESSES

We understand that for many people email is a quick and efficient way of communicating and we are therefore happy to provide class teachers' email addresses. Although email is a quick and easy way for parents to communicate with staff, matters that require urgent attention should be communicated via the school office. Staff are not expected to respond to emails after 5pm, during weekends/holidays or when off work due to sickness. A parental agreement relating to email communication with teachers is available from the school office or on our website under the communication tab.

<b>Year 3</b>	<b>Year 4</b>
3C: cwaspe1@compassps.uk 3D: dcasey@compassps.uk 3P: sphillips@compassps.uk 3W: zwatson@compassps.uk	4B: jbird@compassps.uk 4CB: hcollier-brown@compassps.uk 4J: jbrennan@compassps.uk 4T: tbeeson@compassps.uk, kbreen@compassps.uk
<b>Year 5</b>	<b>Year 6</b>
5B: hbreeze@compassps.uk 5E: cellis@compassps.uk 5K: kbrighton@compassps.uk 5W: awilson1@compassps.uk,rcottee@compassps.uk	6G: ngibson@compassps.uk 6L: jlarbalestier@compassps.uk 6O: cosullivan@compassps.uk 6R: rroberts@compassps.uk

Please contact class teachers in the first instance to resolve any issues. Should you feel you need to escalate the issue, please contact:

**Miss Coffee (Assistant Head) if your child is in Y5 or Y6** – [rcottee@compassps.uk](mailto:rcottee@compassps.uk)

**Mrs Breen (Assistant Head) if your child is in Y3 or Y4** – [kbreen@compassps.uk](mailto:kbreen@compassps.uk)

### **RECENT LETTERS INCLUDING NEWSLETTERS – AVAILABLE ON THE WEBSITE**

All communication will be sent through Bromcom. Please ensure that you have given us a current email address. Issues with Bromcom communication should be emailed [to jrcontact@compassps.uk](mailto:tojrcontact@compassps.uk)

- 20/09/24 Layer Marney Towers trip – (Y3 only)
- 20/09/24 Young Voices tickets & T-shirt letter (YV club children only)
- 23.09.24 My Happy Mind (Y4.5 and 6 only)
- 23.09.24 One Plan Autumn Meetings (Invited children only)
- 15.10.24 Autumn Term Learning Conferences
- 15.10.24 SEND Pentathlon Expression of interest (invited children only)
- 21.10.24 - Flu Immunisations (all year groups) – consent required

### **Dates for the academic year 2024-2025 (new dates in red)**

[Please see the website for the term dates](#)

<b>Autumn Term 2024</b>	<b>Spring Term 2025</b>	<b>Summer Term 2025</b>
05.11.24 Learning conferences (3:45-6.30pm) for children not on SEN register	07.01.25 Start of term for children	22.04.25 Start of term for children
06.11.24 Learning conferences (3:45-5:30pm) for children not on SEN register	13.01.25 After school clubs start	28.04.25 After school clubs start
11.11.24 - Flu Immunisations (prior consent required)	21.01.25 & 22.01.25 One Plan meetings for children on SEN register	12.05.25 SATS week (Y6 only)
12.11.24 Y3 visit to Layer Marney Tower	5.02.25 Children's mental health week	13.05.25 & 14.05.25 One Plan meetings for children on SEN register
	6.02.25 In class individual photos (All children should come to school in	20.05.25 Year 6 Mersea residential meeting 5pm

<p>15.11.24 Children in Need (<i>non-uniform: children can wear spots / stripes in return for a donation</i>)</p> <p>25.11.24 Last week for clubs</p> <p>29.11.24 Non uniform day in exchange for a gift for the gift shop</p> <p>05.12.24 Gift shop (children can visit the gift shop and buy a gift for £1)</p> <p>17.12.24 Christmas dinner day for years 4 and 6</p> <p>18.12.24 Christmas dinner day for years 3 and 5</p> <p>19.12.24 Christmas Service at school</p> <p>20.12.24 Last day of term</p>	<p><i>school uniform and bring PE kits in a separate bag if it is a PE day</i></p> <p>11.02.25 Safer Internet Day</p> <p>17.02.25 Half term</p> <p>24.02.25 Children return to school</p> <p>06.03.25 World book day (<i>Dress as a book character or bring in a prop from a book</i>)</p> <p>21.03.25 Comic Relief (<i>Children can wear sportswear or non-uniform in exchange for a donation</i>)</p> <p>24.03.25 Last week for clubs</p> <p>11.03.25 Learning conferences (3:45-6.30pm) for children not on SEN register</p> <p>12.03.25 Learning conferences (3:45-5:30pm) for children not on SEN register</p> <p>3.04.25 Easter service at school</p> <p>04.04.25 Last day of term</p>	<p>22.05.25 Sports day and parent picnic (<i>parents invited from 11:45</i>)</p> <p>26.05.25 Half term</p> <p>02.06.25 <u>Multiplication check</u> starts for 3 weeks (<i>Y4 only</i>)</p> <p>02.06.25 Children return to school</p> <p>05.06.25 Reserve Sports day in case of poor weather</p> <p>11.06.25-13.06.25 Mersea residential (<i>Y6 only</i>)</p> <p>25.06.25 Class photos (children who have PE on this day should come into school in school uniform and bring PE kits in a separate bag)</p> <p>27.06.25 Summer fete (Please note change of date)</p> <p>07.07.25 Last week for clubs</p> <p>08.07.25 Children to spend time with their new teacher</p> <p>10.07.25 Annual reports sent out</p> <p>15.07.24 Y6 production to parents 1:45 and 4:30pm 6L and 6G</p> <p>16.07.25 Open afternoon drop in for current parents <i>from 3:30pm – 4.30pm</i></p> <p>17.07.25 Y6 production to parents 1:45 and 4:30pm 6O and 6R</p> <p>18.07.25 Last day of term</p>
--	--	---

## What Parents & Educators Need to Know about

# FORTNITE

AGE RESTRICTION  
PEGI  
12

### WHAT ARE THE RISKS?

Fortnite was launched back in 2017, but it remains massively popular – with more than 650 million active players. That's partially due to the competitive nature of its player-vs-player combat, its pop culture crossovers and its constantly shifting map. Significant updates are rolled out with each new version of the game – known as 'chapters' – and within these sit shorter 'seasons'.

### ALWAYS ONLINE

There's no single-player offline mode in Fortnite: it can only be played online. Internet access can sometimes be an issue when you're out and about (both in terms of connectivity and using up data), so you may find that dedicated young Fortnite players are often less enthusiastic about trips away – such as days out and holidays – than you might expect.

### IN-GAME COSTS

Fortnite is free to download and play, but it does offer various additional purchases – cosmetic 'skins', music tracks and LEGO items – which don't really impact on gameplay but can cost a significant amount. These items are bought with in-game currency, V-Bucks – earned through completing the Battle Pass (which also costs V-Bucks) and can also be purchased from the game's store for real money.

### POP CULTURE REFERENCES

Part of Fortnite's appeal is its ongoing crossovers with other popular franchises, ranging from movies and TV shows like Family Guy and Avatar: The Last Airbender to comic book characters including Batman to other games, such as Street Fighter. This means you could have children asking questions about the monster from Alien or Geralt from The Witcher a little sooner than you otherwise might have.

### CROSSPLAY AND PARTY CHAT

Fortnite is popular with many gamers of various ages. 'Crossplay' lets friends play with each other, regardless of whether they're on an Xbox, PlayStation, Nintendo Switch or PC – while the 'party chat' feature allows them to talk to each other during the game. This can, however, put youngsters at risk of hearing inappropriate language from older players in the heat of virtual combat.

### VIRTUAL VIOLENCE

At its core, there's no avoiding that Fortnite is about shooting other players to eliminate them from the contest. That said, there's no blood or gore. The violence is rendered in a cartoonish style, and there are frequent comical touches to lighten the mood, such as fishing mini-games and dancing emotes. Machine guns, shotguns and other weapons often look and behave realistically, however, so discretion is advised.

### FREQUENT UPDATES

The game's developers release content in 'seasons' that usually run for around ten weeks. Each fresh update sees items added to the in-game store, changes to the environment's map and a different over-arching theme (such as 'medieval', 'pirates' or 'party'). These regular renewals help to hold players' interest – but also give young gamers plenty of reasons to keep coming back.

## Advice for Parents & Educators

### MATCH GAMING TIMES

Younger players tend to play Fortnite with their friends. With that in mind, it could be worth speaking to the parents and carers of a child's social group and coordinating their gaming around certain times of day. Safety in numbers is obviously a factor here, but it will also help children feel that they're getting adequate opportunities to socialise with their friends online.

### SET SPENDING LIMITS

Fortnite's rotating store is a not-so-subtle mechanism for coaxing players into buying sought-after items before they disappear for weeks or months. This could lead to surprise transactions on bank cards if children are tempted into an impulse purchase. Parents could consider getting a prepaid card for the child or ensuring that purchases require adult authorisation. This can be done through parental settings on a console or account settings in the Epic Games app on PC.

### USE UPDATES AS REWARDS

Fortnite's seasonal updates are free, but each also brings the option of a 'battle pass', unlocking exclusive rewards for playing the game and completing set challenges. The passes cost around £8 and are also available as part of larger bundles. The purchase of passes can be an effective reward to young Fortnite fans for good behaviour or academic performance, or as an incentive for completing chores like tidying their room.

### BE WARY OF SCAMS

The immense popularity of Fortnite with younger audiences – that are generally more trusting – means there's no shortage of scammers looking to fraudulently obtain passwords and other personal data through techniques like phishing. As the developers point out on many of Fortnite's loading screens, they never ask for a player's account password outside of the game: make sure any young player knows this.

### ENJOY FORTNITE TOGETHER

Fortnite also offers split-screen gameplay, meaning that two people can play simultaneously on the same console or computer. This can be a good option for siblings or for when a child's friends visit, but it also offers an opportunity for parents and carers to do something fun with their child, while also making sure they're playing the game safely. Who knows? You might even teach them a thing or two!

### Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A long-time gamer, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



#WakeUpWednesday

The National College

X @wake\_up\_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Release date: 12.04.2023 Last reviewed: 30.10.2024

# FREE JUNIOR GOLF LESSON TRIAL

SATURDAYS 1PM, 2PM  
SUNDAYS 9AM



NEW GOLFERS WELCOME, SPACES LIMITED  
ALL EQUIPMENT PROVIDED,  
STARTS 31ST AUGUST 2024  
AGE 5-14 . \*new clients only



07891897752

NOTLEYS GOLF CLUB  
Witham Road  
White Notley  
Witham  
CM8 1ST

WWW.SHARPSHOOTERSGOLF.CO.UK  
INFO@SHARPSHOOTERSGOLF.CO.UK



The Notleys Golf Club

Riverdale Care Home are looking for individuals who share our values and want to make a difference.

*Join our team today!*

Current vacancies include:

**Domestic Assistant**  
**9am to 3pm**

Contact Nathalie at Riverdale for more information or email us your CV today!



01376 349 643



[jobs@westgatehc.co.uk](mailto:jobs@westgatehc.co.uk)



*#CareWithUsAtWestgate*

One team working together, trying to make a difference...



## U9s & U10s teams looking for players



We are looking for  
some additional  
players for our U9s  
and U10s teams

**School  
years 4 & 5**

Contact Steve  
(U9s)

07985 274211

Contact Kris  
(U10s)

07873 357933

