

John Ray Times

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

18th November 2024

Phone: 01376 324107 **Email:** jrcontact@compassps.uk **Website:** www.johnray.compassps.uk







@johnrayjuniors



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

Online learning links

 Accelerated Reader	 Nessy	 TTRockstars	 Century Tech
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For uniform orders visit: www.gooddies.co.uk

For information on Food Bank vouchers email: mkeegan@compassps.uk

For second hand uniform requests email: rcottee@compassps.uk

Breakfast club queries email: hwiltshire@compassps.uk

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

New Winter Menus: [25/11/2024 Week 1](#), [02/12/2024 Week 2](#), [18/11/24 Week 3](#).

Zones of Regulation

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Embarrassed	Overjoyed/Elated Panicked Angry 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

French

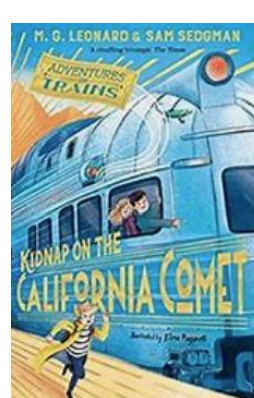
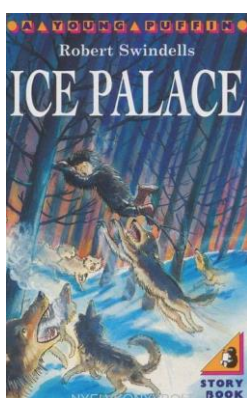
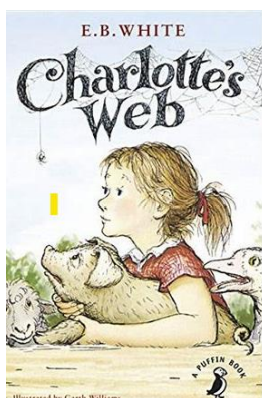
The first French topic for Year 3 is called 'I am learning French'. They are working hard on learning how to introduce themselves and say how they feel.

In Year 4, the children have been learning the names of 10 different fruits and how to say simple opinions such as 'I like' and 'I do not like'.

Year 5's latest topic has been 'In the classroom'. They have enjoyed singing songs in French to support them explain which items of stationery they have in their pencil cases. When writing, children have worked hard using the correct masculine and feminine nouns.

Year 6's most recent topic has given children the opportunity to talk and write about themselves. They have focused on asking questions as well as providing accurate replies using a range of personal details including name, age, where they live and nationality.

Class Texts for this half term



Year 3: Charlotte's Web by E.B White

Year 4: The Ice Palace by Robert Swindells

Year 5: The Golden Horseman of Baghdad by Saviour Pirotta

Year 6: Kidnap on the California Comet

Children have already started reading their new class texts and are using these as a basis for their writing lessons.

Y3 visit to Layer Marney Tower

Last week, Year 3 visited Layer Marney Tower. The children were brilliantly behaved and used their prior knowledge to make links to the activities they were taking part in.

After School Clubs

Next week (w/c 25.11.24) is the last week for after school clubs.

NON-UNIFORM DAY
IN EXCHANGE FOR A GIFT
FRIDAY 29TH NOVEMBER

PLEASE BRING IN A DONATION OF AN UNWRAPPED GIFT FOR OUR GIFT SHOPS. SUGGESTED CATEGORIES BELOW TO ENSURE WE GET A VARIETY FOR THE CHILDREN TO CHOOSE FROM BUT WE ARE GRATEFUL FOR ANY GIFT/GIFTS YOU CAN DONATE.

YEAR 3 & 4 - GIFT FOR A MAN
YEAR 5&6 - UNISEX GIFT

THE JUNIOR GIFT SHOP WILL BE HELD ON THURSDAY 5TH DECEMBER DURING THE SCHOOL DAY.

EMAIL: PTA.SECRETARY.FRIENDSOFJOHNRAY@GMAIL.COM

Supporting your child's mental health

BALANCING ACT

Supporting child mental health

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

BALANCING ACT

Supporting child mental health

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 \(google.com\)](#)

Applications for Year 3 places from September 2025

If you have a child who is currently in Year 2 at an infant school, you need to make a formal application to Essex County Council for a Year 3 place and can do so via the website www.essex.gov.uk/admissions.

The junior admission round opened on **4 November 2024** for parents of children in Year 2 at an infant school to apply for a junior school (Year 3) place for September 2025.

The statutory national closing date for applications is **15 January 2025**.

Applications can be made online via www.essex.gov.uk/admissions.

All of the application information is available on the website above.

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.

<p>Gymnastics – level 4 Elana (3C) Dance – Vinnie (5K), Darcey (4J) 2nd place in pairs, Amelia (5K) 3rd place in pairs Football players of the match- Daniel (4B), Jake (6G), Erik (3D), Lucas (3P), Riley (4CB), Summer (4T) Well done to Owen (4T) who was invested in Cubs and has earned lots of badges already</p>	<p>Karate- Alex O (5K) yellow belt, Jasper (6R) blue strip Kung Fu – Harry (5B) white / yellow sash, Quinn (5B) yellow / orange sash, Isaac (5B) orange sash Theatre school – Lilah (5W) most improved in confidence Swimming – Issie (5W) 1 length breaststroke Quinn (5B) and Ruby (5B) brownie sleepover badge, Quinn (5B) sixer badge</p>
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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.

3C: The whole class	4B: Millie	5B: Abrish	6G: Annabelle
3D: Ezebiel	4CB: Izzy	5E: Tate	6L: The whole class
3P: Aqib	4J: Henry	5K: Daniel	6O: Albie
3W: Alan	4T: Magnificence	5W: Jimmy	6R: The whole class

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 social media and mental health

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming; what they're posting; and what interactions they're having. On social media, it can be easy to go down a rabbit hole that isn't beneficial to our wellbeing. As platforms grapple with managing 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which enthralls young people, but we can still help children to be mindful of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

In the guide, you'll find tips such as how to hide content, setting daily limits and discussing what children have seen online.

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.

Year 3	Year 4
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
Year 5	Year 6
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

Mrs Breen (Assistant Head) if your child is in Y3 or Y4 – 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

12.11.24 Letter from UKHSA and ECC: Circulation of measles

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

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

Autumn Term 2024	Spring Term 2025	Summer Term 2025
25.11.24 Last week for clubs	07.01.25 Start of term for children	22.04.25 Start of term for children
29.11.24 Non uniform day in exchange for a gift for the gift shop	13.01.25 After school clubs start	28.04.25 After school clubs start
05.12.24 Gift shop (children can visit the gift shop and buy a gift for £1)	21.01.25 & 22.01.25 One Plan meetings for children on SEN register	12.05.25 SATS week (Y6 only)
17.12.24 Christmas dinner day for years 4 and 6	5.02.25 Children's mental health week	13.05.25 & 14.05.25 One Plan meetings for children on SEN register
18.12.24 Christmas dinner day for years 3 and 5	6.02.25 In class individual photos (<i>All children should come to school in school uniform and bring PE kits in a separate bag if it is a PE day</i>)	20.05.25 Year 6 Mersea residential meeting 5pm
19.12.24 Christmas Service at school	11.02.25 Safer Internet Day	22.05.25 Sports day and parent picnic (<i>parents invited from 11:45</i>)
20.12.24 Last day of term	17.02.25 Half term	26.05.25 Half term

	<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) <i>for children not on SEN register</i></p> <p>12.03.25 Learning conferences (3:45-5:30pm) <i>for children not on SEN register</i></p> <p>3.04.25 Easter service at school</p> <p>04.04.25 Last day of 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>
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What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces. Involving your child in creating this agreement makes them more likely to stick to it.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-5222633>
<https://www.oxon.com/what-is-the-algorithm-1010101>

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.



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INFANTS & JUNIORS (5 - 11 YEAR OLDS)
5:30 - 6:30 PM

NOTLEY HIGH SCHOOL (FITNESS CENTRE)
NOTLEY ROAD, BRAINTREE, ESSEX, CM7 1WY



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FOR MORE INFORMATION
07776 300 242 SMILES.SPORT1@GMAIL.COM



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GIRLS ONLY DEVELOPMENT CENTRES

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M.R.F.A. is invested in the development of aspiring female players between the ages of 5-18. We provide positive sessions every week that develop players holistically.

Our sessions provide girls at all levels the opportunity to enhance their skills, grow their confidence and become a part of our team.

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SCHOOL FOR GIRLS
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6-7PM
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LEISURE CENTRE
ESSEX, CM6 2AT



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"WONDERFUL PARTY, PROFESSIONALLY ORGANISED AND TAILORED TO MY SON'S AGE GROUP." - JACK'S MUM

"A WEEK LATER ETHAN'S FRIENDS ARE STILL TALKING ABOUT IT." - ETHAN'S MUM



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FOR MORE INFORMATION

07776 300 242 SMILES.SPORT1@GMAIL.COM



Riverdale 
CARE HOME



Christmas Fun Day

Face painting | Giant Snow Globe | Tombola
Games | Live Music | BBQ

Saturday 7th December 1 - 4 pm



RSVP:

lynda.inch@westgatehc.co.uk

01376 349643



65 Duggers Lane, Braintree, CM7 1BA



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Pupils learn their favourite songs

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Witham
CM8 1ST



The Notleys Golf Club

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THE HILARIOUS ADVENTURES OF...



ROBIN HOOD

Written & Directed by Luke Coldham

WITHAM PUBLIC HALL
20th - 29th Dec 2024

20 th	7pm	24 th	11am & 3pm
21 st	11am & 3pm	27 th	3pm & 7pm
22 nd	11am & 3pm	28 th	11am & 3pm
23 rd	3pm & 7pm	29 th	2pm

BOOK NOW:

TICKETSOURCE.CO.UK/ESSEXGROUP
(OFFER: Family of x4 ticket deal £58-£62)

Witham Public Hall, Ormeauwood Rd, Witham CM8 2DY



THE HILARIOUS ADVENTURES OF...

ROBIN HOOD

The Essex Group are delighted to transport you all to Nottingham Forest for their 14th consecutive Panto at the Witham Public Hall, Robin Hood. This classic fairytale promises to be a fantastic fun show for the whole family: full of laughter, dazzling costumes and toe tapping tunes. Bringing together a stellar cast of local actors who will delight audiences with a brand new hilarious script by local Essex Panto legend Luke Coldham.

DATES / TIMES / PRICES

Fri	20 TH	-	-	7pm
Sat	21 ST	11am	3pm	-
Sun	22 ND	11am	3pm	-
Mon	23 RD	-	3pm	7pm
Tues	24 TH	11am	3pm	-
Wed	25 TH	No Show		
Thur	26 TH	No Show		
Fri	27 TH	-	3pm	7pm
Sat	28 TH	11am	3pm	-
Sun	29 TH	-	2pm	-

TICKET PRICES:

FRONT STALLS & BALCONY

ADULTS	£17
CHILD/OAP	£15
FAMILY X4	£58

TIERED SEATING

ADULTS	£18
CHILD/OAP	£16
FAMILY X4	£62

BOOK NOW!



BOOK NOW:

TICKETSOURCE.CO.UK/ESSEXGROUP

HOW TO FIND US

We are located in the centre of Witham close to rail and bus links. There is a large public car park opposite (charges apply) and limited on-street parking in Collingwood Road, including a disabled bay immediately in front of the building. There are further disabled parking spaces in the public car park. The Public Hall has disabled access to all public areas with the exception of the balcony.



Witham Public Hall, Collingwood Rd, Witham CM8 2DY

