

John Ray Times

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

9th December 2024

Phone: 01376 324107

Email: jrcontact@compassps.uk

Website: www.johnray.compassps.uk



@johnrayjuniors



@ facebook.com/johnraycompassps

Online learning links



[Accelerated Reader](#)



[Nessy](#)



[TTRockstars](#)



CENTURY

[Century Tech](#)

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:

16/12/2024 [Week 1](#), 09/12/24 [Week 3](#).

Zones of Regulation

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad	Happy	Worried	Overjoyed/Scared
Bored	Focused	Excited	Paranoid
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.

The Wonderdome in year 5

As part of their science learning about space, the year 5 children welcomed Matt from Wonderdome into school on Friday 29th November. He set up his inflatable planetarium in the hall and each class were able to see his presentation.



Thanks to Theo from 5E who has written about his experience for us all.

'Once it had started, the shape of the dome gave the effect that you are floating. In addition, the realistic imagery gave a picture of what outer space is really like. It's not just planets-it's an endless possibility that we can't imagine. Our host, called Matt, answered our questions with amazing facts and also explained the interesting history of planets, nebulae and galaxies. The Wonderdome showed us how huge space is.

In summary, I believe the planetarium is something you have to do if you are learning about space.

Spring Term After-School Clubs

This week, you should expect to receive a letter with details of our after-school clubs for the Spring Term. You will be able to book on the MyChildAtSchool App from 6pm on Friday 6th December and up to midday on 11th December. Next term, our clubs will run from w/c 13th January and the last club will be during w/c 24th March.

Pre-loved books

At the end of the school day on Monday 16th December, there will be a table on the playground outside of 5E's classroom with a selection of pre-read and pre-loved reading books. Please help yourself while you're waiting to collect your child.

Invite to Y3 parents

On 19th December, Y3 parents are invited into class so that children can share their writing.

Tuck Shop

After Christmas, our tuck shop will only be open on Fridays. Items cost 30p.

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.

Karate: Rex (4B), Tsolaye (4J) black stripe on orange belt.

Brownies: Sophia, Ruby, Quinn, Sophie and Alijia (stage 2 Brownie Innovate badge). Ruby in 5B has also finished Brownies and moving to guides.

Dance: Myaa (4J) 4th in pairs and 2nd place for solo, Victoria (4J) 4th in pairs and 5th place in slow solo, Mia (5K) dancer of the week.

Horse Riding: Molly (4J) 3rd place

Cubs: Scarlett (5B), Alex (5K) and Callum (4T) took part in a cubs sleepover

Running: Xavier (5K) 10k run, Alana

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: Isabella	4B: Leyton	5B: Joshua	6G: The whole class
3D: Oliver	4CB: Ozzy	5E: Ethan	6L: Oliver
3P: Eive	4J: Darcey	5K: Layla-Rose	6O: Raife
3W: Olly	4T: Bessie	5W: Izzy	6R: Faran

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 mental health and wellbeing apps

The rise in awareness of mental health issues has given way to several easily accessible services to help with such problems – for example, wellbeing apps promising to serve as an assistive tool for anyone in need of support. While these can be useful to some, there are a few risks which are important to consider – especially if a child or young person is using the app. Of course, it can be tricky to know exactly where the safety concerns lie with a service intended to help and support its users – and it can be harder still to safeguard younger users. This free guide breaks down the online safety risks of mental health and wellbeing apps, before letting you know how best to keep children and young people safe if they ever wish to use these services.

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 Cottee (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
 19.11.24 Adverse weather plan
 27.11.24 Alec Hunter Taster Sessions for Year 5 Pupils (Y5 only)

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
17.12.24 Christmas dinner day for years 4 and 6 18.12.24 Christmas dinner day for years 3 and 5 19.12.24 Christmas Service at school 19.12.24 Y3 parents invited into class for children to share their writing. 20.12.24 Last day of term	07.01.25 Start of term for children 13.01.25 After school clubs start 21.01.25 & 22.01.25 One Plan meetings for children on SEN register 5.02.25 Children's mental health week 6.02.25 In class individual photos (All children should come to school in school uniform and bring PE kits in a separate bag if it is a PE day) 11.02.25 Safer Internet Day 17.02.25 Half term 24.02.25 Children return to school 06.03.25 World book day (Dress as a book character or bring in a prop from a book) 21.03.25 Comic Relief (Children can wear sportswear or non-uniform in exchange for a donation) 24.03.25 Last week for clubs 11.03.25 Learning conferences (3:45-6.30pm) for children not on SEN register 12.03.25 Learning conferences (3:45-5:30pm) for children not on SEN register 3.04.25 Easter service at school 04.04.25 Last day of term	22.04.25 Start of term for children 28.04.25 After school clubs start 12.05.25 SATS week (Y6 only) 13.05.25 & 14.05.25 One Plan meetings for children on SEN register 20.05.25 Year 6 Mersea residential meeting 5pm 22.05.25 Sports day and parent picnic (parents invited from 11:45) 26.05.25 Half term 02.06.25 <u>Multiplication check</u> starts for 3 weeks (Y4 only) 02.06.25 Children return to school 05.06.25 Reserve Sports day in case of poor weather 11.06.25-13.06.25 Mersea residential (Y6 only) 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) 27.06.25 Summer fete (Please note change of date) 07.07.25 Last week for clubs 08.07.25 Children to spend time with their new teacher 10.07.25 Annual reports sent out 15.07.24 Y6 production to parents 1:45 and 4:30pm 6L and 6G 16.07.25 Open afternoon drop in for current parents from 3:30pm – 4.30pm 17.07.25 Y6 production to parents 1:45 and 4:30pm 6O and 6R 18.07.25 Last day of term

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of 'Your child is good to go. Let them take it from here'. It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at <https://nationalcollege.com/guides/mental-health-apps>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.12.2024



SINGING, PIANO, GUITAR CLUB AUTUMN 2024

£6 PER GROUP LESSON 1/2 hr £15 PER LESSON ONE TO ONE 1/2 hr

Give it a try and see if its for you Every Wednesday from SEPT 11th



MUSIC LESSONS

Pupils learn their favourite songs

Email to sign up hello@braintreemusiclessons.co.uk