

John Ray Times

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

13th January 2025

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



@johnrayjuniors



@

facebook.com/johnraycompassps

Online learning links



[Accelerated Reader](#)



[Nessy](#)



[TTRockstars](#)



[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:

27.01.25 [Week 1](#), 13.01.25 [Week 2](#), 20.01.25 [Week 3](#).

[Zones of Regulation](#)

The ZONES of Regulation

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

[School Attendance Difficulties](#)



[Supporting Anxiety](#)

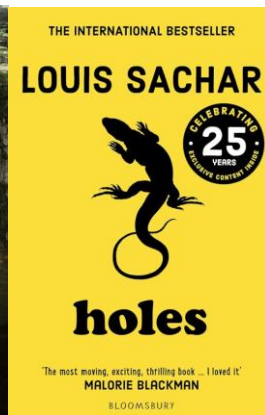
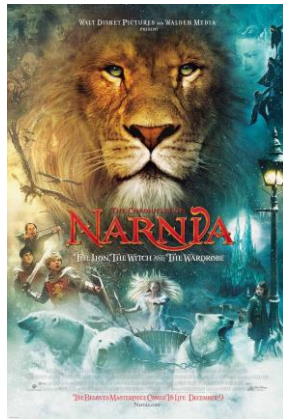


My Happy Mind Parent App

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.

New class texts for this half term

This week, children will be making a start on their new class texts for the half term. The inspiration for the writing the children produce often comes from the class texts. When choosing the texts, teachers consider the high-quality language the children will be exposed to as well as ensuring children will be engaged by the stories.



Bird Watch

In our school council meeting and in assembly, we discussed the question 'Who is responsible for looking after wildlife?' We then looked at the RSPB annual bird watch activities. We have signed up to the Big School bird watch but many children said they would like to take part in the Big Garden Bird Watch at home. It is easy to be part of RSPB Big Garden Birdwatch. Simply choose an hour between 24th – 26th January 2025 and count the birds you see in your garden, from your balcony, or in your local park. Only count birds that land. Children can take an information sheet on how to record their results as well as a bird identification sheet from their teacher or take a look at the [RSPB Big Garden Bird Watch website](https://www.rspb.org.uk/bird-watching/bird-watching-activities/big-garden-bird-watch/)

Dance Days

Last week, every class took part in a Dance Days workshop. The children enjoyed creating dances based on their history learning for the term. Children will continue to develop their dance skills over this half term during their PE lessons.

Young Voices Choir

On 6th February, we will be holding the Compass East music event at John Ray Juniors. The Young Voices choir will be singing alongside the children from the other Compass East schools. Parents of the Young Voices choir are welcome to come and watch them perform at 4.30pm in the school hall. Children will talk about this with Mrs Baker and Miss Buckley this week during their club.



MDA vacancy

We are looking for a Midday Assistant to support our children at lunchtime. Hours are 12:00-1:30 daily. For more information, please contact the school office.

JRJ Eco Team

We are lucky to have many children at our school who are passionate about the environment and, following an application process, we now have over 40 children who are part of the ECO team.

Their responsibilities are to help us all to:

- Reduce waste
- Encourage wildlife to thrive
- Reduce litter
- Raise awareness of climate change
- Save energy

Spring Term After-School Clubs

After school clubs start this week and the last club will be during w/c 24th March.

Plea for pre-loved games

We would love to receive any donations of games such as Uno for children to play in lunchtime club. Please pass any donations to the school office.

Tuck Shop

Just a reminder that 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.

Wel done to =:

Swimming: Akasya (4B) took part in a swimming gala, Izzy (5W) moved to stage 3 swimming, Leo (3W) 1000m

Rugby: Charlie (6L) man of the match

Tennis: Amelia (6L) 1st place in a U12 tournament

Running; Xavier (5K) 5K run

Roller Skating: Lilly (4CB) 1st place in a roller Derby
 Dancing: Isabella (6O) Dancer of the week, Mya (4J) and Victoria (4J) 1st place in fast and slow pairs.

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: Jaxon, Carter	4B: Ivy	5B: Harrison, Freddie	6G: Albie
3D: Sam, Isabella	4CB: Phoebe, Dennie	5E: Jan, Bianca	6L: Tilly, Berat
3P: Maddie, Frankie	4J: Bailey	5K: The whole class, Hallie	6O: Franklin, Sapphirah
3W: Luna, Liam	4T: Gabriel	5W: Freddie	6R: Jasper, Ayan

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: Top tips for staying safe on social media

With social media's ever-growing popularity among children and young people, it's important for adults to keep themselves apprised of the associated risks and help youngsters to navigate these platforms in a safe, responsible manner.

However, it can be difficult to know exactly how to protect children and young people while they use these apps. This free guide offers you expert tips on supporting youngsters to enjoy the features of social media while avoiding the risks.

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. **Please note: Miss O'Sullivan now has a new email address.**

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: cosullivan1@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)

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)
06.01.25 HappyDays School Photography Subscriptions (All) - deadline to sign up 20.01.25
06.01.25 National Child Measurement Programme (Y6 only)
08.01.25 Hemisphere pupil survey (Y5 and Y6 only)
09.01.25 Support Sessions for Families (All)

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

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

Spring Term 2025

13.01.25 After school clubs start
21.01.25 National Child Measurement Programme (Height & Weight checks) Y6 only
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

Summer Term 2025

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 Multiplication check 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

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerningly common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curricula across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

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Move with us

Discover the activity that's right for you !

These sessions are run by school age practitioners to help young people find what motivates them to move and be active.

Sessions include fun games aimed for children 5-11 years of all abilities, attending school or not.

Practitioners will also look at ways to support young people to get moving in their community and be healthy.

Dates: Every Tuesday (including school holidays)

Time: 3.40pm-4.40pm

Location: Carousel Family Hub, Chapel Hill, Braintree, CM73QZ

Free admission and no booking needed.

If you have any further questions please contact us.

t: 0300 247 0014

e: vcl.essexmid-PB19adminhub@nhs.net

w: www.essexfamilywellbeing.co.uk



