

John Ray Times

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

20th January 2025

Phone: 01376 324107

Email: jrcontact@compassps.uk

Website: www.johnray.compassps.uk



@johnrayjuniors



@

facebook.com/johnraycompassps

Online learning links



[Accelerated Reader](#)



[TTRockstars](#)



[Century Tech](#)



[Nessy](#)

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](#), 03.02.25 [Week 2](#), 20.01.25 [Week 3](#).

Zones of Regulation

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Led Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Shy Excited	Overjoyed/Elated Anxious 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.

Bird Watch

In our school council meeting and in assembly last week, 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](#)

The Compass Council

Each school within our Trust has appointed children to represent the school at the Compass Council. Bella (5W) and Jamie (6O) attended their first meeting last week and took part in a discussion on e-safety. Jamie and Bella then reported back to our school council who will be speaking to the children in their class about how to keep themselves safe online.

Attendance

Whilst we strive for 100% attendance, government expectations are that attendance sits above 96%.

There is a wealth of research to support the link between **regular school attendance and good academic performance**. Studies also show direct links between regular school attendance and future success in the workplace. Irregular attendance also affects children's ability to develop and sustain friendships in school. If a child's attendance is below 90%, which is classed as being persistently absent, attendance could be recorded as unauthorised. Parents and carers may be asked to provide evidence of medical appointments and medication where they are able to.

Our whole school current attendance is 95%.

Y3: 95.5%

Y4: 95%

Y5: 94.3%

Y6: 95.2%

114 children have 100% attendance.

The NHS have produced a useful guide: Is my child too ill for school.

[Is my child too ill for school? - NHS](#)

Lost property

We are beginning to gather a large collection of lost property. Please ensure that all uniform, water bottles and lunch boxes are labelled so we can reunite items with their owners.

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.

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.

Well done to;

Football: Jude (3W) who was awarded parents' player and scored 2 goals! Also well done these children who were players of the match: Tyler (6G), Danil (4B), Jasper (6R), Freddie (5W), Jenson (5W), Joseph (5W) Viktor (6R) Ayan (6R) (Dominic (5W) Jan (5E), Oscar (5W), Alex (5W), Blessed (5E),

Alex (5K) top goal scorer

Dog show: Oliver (6R) 2nd place

Golf: Leo (3W) 1st place

Running: Xavier (5K) 5K run

Dancing: Akasya (4J) distinction, Maja (4J) 2 3rd place and 2 4th place, Amelia (5K) 2nd and 6th place, Victoria (4J) 2nd and 3rd place.



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: Emily	4B: Whole class	5B: River	6G: Arthur
3D: Emily	4CB: Johanna	5E: Stacey	6L: Cody
3P: Lucas	4J: Roxanne	5K: Ella	6O: Hayley
3W: Vinales	4T: Muhammad	5W: Adam	6R:

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	3W, 3C, 6L, 6G, 5B
Tuesday	Y3, Y5, 6R
Wednesday	Y4, Y6
Thursday	5E, 5K, 6O, 3P, 3D
Friday	Y4, 5W

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](tel:08088005000). If a child is in immediate danger, you should call 999.

Children can call [Childline](tel:08001111) at any time on [0800 1111](tel:08001111)



National Online Safety: What parents and carers need to know about Tik Tok

Among children – and especially teenagers – TikTok boasts approximately 220 million users, providing a near-endless reel of short clips intended to entertain, educate and more. However, along with its enormous userbase comes a significant number of possible risks: Ofcom have dubbed it the most likely app on which teen users would potentially suffer harm.

With the platform reaching astronomical levels of success among the younger generation, it's vitally important for parents and educators to understand the risks it poses. This free guide lets you know about the most prominent potential dangers associated with TikTok and offers expert advice on how to safeguard youngsters who are navigating the site.

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 , aoxley@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: jarbalestier@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 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 – MANY OF OUR LETTERS ARE 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)

14.01.25 Teaching arrangements for 4B (4B only)

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

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

Spring Term 2025

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

What Parents & Educators Need to Know about

TIKTOK

AGE RESTRICTION
13+
(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app *could* potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99; while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables *anyone* to download or comment on them.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>

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KIDS DENTAL WEEK!

Week commencing
Monday 17th February



How to book a Kids Dental Exam

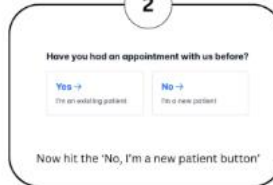
Simply go to our website www.albadentalcare.co.uk, from here you will be able to book your child's dental examination using the guide below.

1



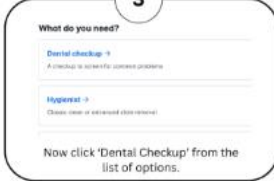
Simply click the 'BOOK ONLINE' button.

2



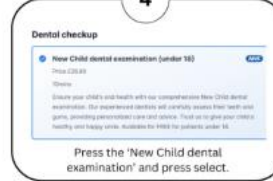
Now hit the 'No, I'm a new patient button'

3



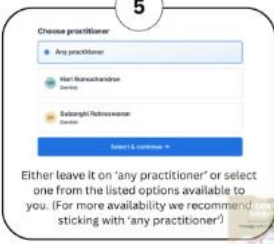
Now click 'Dental Checkup' from the list of options.

4



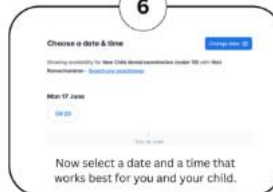
Press the 'New Child dental examination' and press select.

5



Either leave it on 'any practitioner' or select one from the listed options available to you. (For more availability we recommend sticking with 'any practitioner')

6



Now select a date and a time that works best for you and your child.



A Big Thank You for Your Donation

John Ray Junior School
You Donated 4.76 kg of Food.

Your winter donation will help those in food poverty within Braintree, Halstead, Witham, and surrounding villages.

Braintree Area Foodbank Ltd is part of the Trussell Trust's UK wide foodbank network.
Registered Charity Number: 1148782 | Registered in England and Wales

