



John Ray Times

Tuesday 30th August 2022

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

Welcome

I hope you have all had a wonderful summer and that the children are looking forward to the start of term. I would particularly like to welcome new families who are joining us this year and look forward to getting to know you over the coming weeks. This newsletter contains some reminders as well as some new information and key dates that we hope you will find helpful. You may have also noticed that we have a new website which can be accessed by going to: <https://www.johnray.compassps.uk>. Some items are still being uploaded and updated so if you are unable to find what you are looking for, please call the school office from the 1st September and speak to Mrs Wiltshire or Mrs Jones.

First day of term September 2022

Children will return to school on Monday 5th September and, to help the new Y3 children settle in, we are asking children who will be in Y4, 5 and 6 to come to school an hour **later** on the first day of term. This allows the new children time to explore the school on their own. Therefore, if at all possible, could children who will be starting in Y4, Y5 and Y6 come to school between 9:35-9:45 on 5th September. Please email Miss Harrison if it is impossible for you to do this: kharrison@compassps.uk. The back gate and the front entrances will be open for the later start.

Timings of the school day

As previously communicated back in May, both John Ray schools have altered their school day to meet the DfE requirement for schools to open for a minimum of 32.5 hours a week. From September, the gates will open at 8:35am and children can arrive at any time from 8:35-8:45am. Children should be in class by 8:50 as this is the official start to the school day and the time at which the register is taken. Children may enter through the back gate in the playground or through the entrances on Notley Road. If using the Notley Road entrance, children in Y3 and Y4 should use the double gate and enter the school via the hall doors. Children in Y5 and Y6 should enter via the single gate opposite the bus stop. Using separate entrances helps to reduce congestion. Staff are always on duty on both the back gate and the ones at the front of the school in the morning.

The official end of the day is 3:20pm and children in Y3 and Y4 will be escorted onto the playground at that time. Children in Y5 and Y6 will leave the classrooms 5 minutes later at 3:25 to reduce congestion at the end of the day. During the first week, please look out for the markers on the playground as these will indicate where teachers will bring out their classes.

Work over the summer at JRJ

Just before the summer holidays, the DfE approved an upgrade to the current fire alarm system we have in school.

Work started at the beginning of the summer holidays but, as a significant amount of work is needed, we do not expect work to be completed until June 2023. Needless to say, our current fire alarm continues to function and our procedures will remain in place until the new system has been fully installed and tested. The contractors appointed are used to working in schools and have arranged for some of the work to take place outside of usual school hours to reduce disruption as much as possible. However, to allow the electrical rewire of each classroom to take place, some classes will be taught in our music room, which has been set up as a classroom, for a week over the next two terms. You will also see a contractor compound has been set up on our side field. Please contact Miss Harrison should you have any questions. kharrison@compassps.uk

PTA Fete

Thank you so much for your fabulous support at the PTA fete last term which was a huge success. Thanks to your great support and the fabulous efforts of the PTA we raised £2,473 to be shared equally between the two schools.

Many thanks to the PTA for all their hard work.



Scooters

Please help keep everyone safe by ensuring that any pre-school or infant children are supervised while waiting on our playground. Last year there were a number of near misses where children and / or adults have almost been knocked over by children riding scooters. Thank you.

Breakfast club

Our childcare breakfast club is open from 7:30am and will be open from 5th September for paying parents. Now that our breakfast club has been added to the My Child At School App, parents must book breakfast club spaces using the App. Please do not send your children to breakfast club if you have not reserved and paid for a space. In addition, we are now registered for **tax free childcare** and this can be used when making payments for breakfast club. You will need to sign up and register for Tax free childcare by using this [link](#).

When you register you will be asked for the childcare provider's number. This number is 143538. Please contact Mrs Wiltshire – hwiltshire@compassps.uk if you have any questions regarding breakfast club.

After school clubs

Autumn term after school clubs will start w/c 12th September and a list of available clubs will be sent home next week.

Y6 residential

Just a reminder that a deposit of £30 is needed by 9th September if you wish for your Y6 child to attend the Y6 residential to Mersea in June 2023. The total cost of the residential is £175 payable by 10th March.

Tuck Shop and breaktime snacks

Our Tuck shop will be open from 5th September and children can buy a snack at breaktime to eat during break. We sell items such as **fruit, raisins, dried apricots and banana chips**.

The cost per item is 30p. If bringing a snack from home children should only have fruit, vegetables or cereal bars as a breaktime snack. Other foods should only be in lunch boxes for consumption at lunchtime.

Braintree Food Bank Vouchers

We are able to offer Food Bank vouchers to families in need. Please get in touch with Mrs Keegan at mkeegan@compassps.uk or phone the school office and ask to speak to Mrs Keegan if you would like to request one.

School Dinner Menus

[w/c 05.09.22 Menu](#)

School meals should be booked and paid for using Bromcom. If a school meal has been booked, children choose their meal choices in registration. If there are specific reasons why you need to make food choices in advance or on behalf of your child, please contact the school office so we can make alternative arrangements.

Information on our school meals including the menus can be found in the schools meals section on our [website](#).

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. PE days are as follows and will start **w/c 5th September**:

3A, 3U, 3P	Tuesday and Thursday
3B	Tuesday and Wednesday
4S, 4C, 4A	Monday and Wednesday
4WY	Wednesday and Thursday
Year 5	Tuesday and Friday
6R, 6E, 6B	Wednesday and Friday
6CB	Wednesday and Thursday

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.

Guitar lessons

If you would like your child to participate in guitar lessons, please use the email address on the bottom of the flyer below.



The Friends of John Ray Infant and Junior School

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: Instagram



Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

In the guide, you'll find tips on a number of potential risks such as addiction, unrealistic ideals and the influencer culture. The guide can be found at the bottom of the newsletter and also on the National Online safety website under guides.

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.

Year 3	Year 4
3A- jadams@compassps.uk 3B- bball@compassps.uk 3P- sphillips@compassps.uk 3U- kunderhill@compassps.uk	4A- zahsan@compassps.uk 4C – mcheema@compassps.uk 4S- scoleman@compassps.uk 4WY- awilson1@compassps.uk / syoung@compassps.uk
Year 5	Year 6
5B- hbreeze@compassps.uk 5C - dcasey@compassps.uk 5G- ngibson@compassps.uk 5T- tbeeson@compassps.uk	6B- jbird@compassps.uk 6CB- hcollier-brown@compassps.uk 6E- cellis@compassps.uk 6R – rroberts@compassps.uk

Please contact class teacher 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 – ALSO 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

19.07.22 Mersea Residential (current Y6 only)

DATES FOR YOUR DIARY

There will be additional opportunities for parents to come into school during the school day throughout the year. Year groups will be working on planning these activities and dates when they return to school. These dates and activities will be shared with you and added to the dates below in the next couple of weeks.

Autumn Term	Spring Term	Summer Term
05.09.22 Start of term for children 12.09.22 After school clubs start 12.09.22 Secondary school applications open (<i>Y6 only</i>) 28.09.22 Open afternoon drop in for current parents <i>from 2:30 – 4pm</i> 29.09.22 & 04.10.22 One Plan meetings for children on SEN register 07.10.22 Individual photos (<i>Y5 and 6B, 6E and 6R should come to school in school uniform and bring PE kits in a separate bag</i>) 10.10.22 Non-pupil day 24.10.22 Half term 31.10.22 Children return to school	05.01.23 Start of term for children 09.01.23 After school clubs start 17.01.23 & 26.01.23 One Plan meetings for children on SEN register 06.02.23 Class 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>) 02.03.23 World book day (<i>Dress as a book character or bring in a prop from a book</i>) 13.02.23 Half term 20.02.23 Children return to school 17.03.23 Red Nose Day (<i>Children can wear a red nose and / or non-uniform in exchange for a donation</i>) 20.03.23 Last week for clubs 21.03.23 Learning conferences (<i>3:45-7pm</i>) for children not on SEN register	17.04.23 Start of term for children 24.04.23 After school clubs start 08.05.23 SATS week (<i>Y6 only</i>) 09.05.23 & 11.05.23 One Plan meetings for children on SEN register 29.05.22 Half term 05.06.23 Non-pupil day 05.06.23 Multiplication check starts for 3 weeks (<i>Y4 only</i>) 06.06.23 Children return to school 14.06.23-16.06.23 Mersea residential (<i>Y6 only</i>) 10.07.23 Last week for clubs 11.07.23 Annual reports sent out 13.07.23 Children to spend time with their new teacher 13.07.23 Open afternoon drop in for current parents <i>from 2:30 – 4pm</i> 18.07.23 Sports day and parent picnic (<i>parents invited from 11:45</i>)

<p>09.11.22 Flu immunisations (<i>details and consent forms to follow from the provider</i>)</p> <p>31.10.22 Secondary school applications close (<i>Y6 only</i>)</p> <p>15.11.22 Learning conferences (3:45-7pm) <i>for children not on SEN register</i></p> <p>17.11.22 Learning conferences (3:45-5:30pm) <i>for children not on SEN register</i></p> <p>18.11.22 Children in Need (<i>non-uniform: children can wear spots / stripes in return for a donation</i>)</p> <p>02.12.22 Non-pupil day</p> <p>05.12.22 Last week for clubs</p> <p>19.12.22 Y3 and Y4 to walk to St Michael's church for Christmas service. (This is a pupil and staff only service & will take place during the school day - children should come to school in trainers / suitable shoes for walking)</p> <p>20.12.22 Last day of term</p>	<p>23.03.23 Learning conferences (3:45-5:30pm) <i>for children not on SEN register</i></p> <p>30.03.23 Y5 and Y6 to walk to St Michael's church for Easter service. (This is a pupil and staff only service & will take place during the school day- children should come to school in trainers / suitable shoes for walking)</p> <p>31.03.23 Last day of term</p>	<p>19.07.23 6CB and 6R Y6 production to parents 1:30 and 4:30</p> <p>20.07.23 6E and 6B Y6 production to parents 1:30 and 4:30</p> <p>21.07.23 Last day of term</p>
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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.

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.

What Parents & Carers Need to Know about

INSTAGRAM

follow

WHAT ARE THE RISKS?

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like - whilst at the same time continuously updating and adding new features to meet the needs of its users.

AGE RATING

13+

ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline - with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

Buy Milk



GOING LIVE

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. Risks increase if the account is public because anyone can watch and comment on their videos, including strangers. However, other risks include acting in ways they wouldn't normally or being exposed to inappropriate content or offensive language.

INFLUENCER CULTURE

Influencers can be paid thousands of pounds to promote a product, service, app and much more on social media - the posts can often be identified because they state they're a 'paid partnership'. Ofcom found that young people often attempt to copy-cat influencer behaviour for their own posts to gain likes, sometimes posting content which may not be age-appropriate.

UNREALISTIC IDEALS

Children compare themselves to what they see online in terms of how they look, dress, their body shape, or the experiences others are having. The constant scrolling and comparison of unrealistic ideals can lead to children feeling insecure about their own appearance, questioning how exciting their own lives are and having a fear of missing out.

Advice for Parents & Carers

HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

USE MODERATORS

Instagram has launched 'live moderators' on Instagram live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website > community > parents.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off

BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

Meet Our Expert

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



National Online Safety®
#WakeUpWednesday

Sources: <https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools> | <https://about.instagram.com/en-us/blog/instagram-introduces-a-daily-reminder-to-limit-time-spent-on-the-app>



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