

John Ray Times

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

22nd September 2025

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



@ facebook.com/johnraycompassps

Online learning links

 Accelerated Reader	 Century Tech	 TTRockstars	 Nessy
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For uniform orders visit: [Absolute Embroidery](#). or visit the shop at 286 Broad Road, Braintree, Essex, CM7 5NW

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:

[06.10.25 week 1](#) [22.09.25 week 2](#), [29.09.25 week 3](#)

Our catering team will be doing a special Diwali menu on Monday 20th October. Please click [here](#) to view the menu. If you would like your child to have a dinner on this day, please complete this [form](#) by 8am on Monday 13th October

The cost for a school meal is now £2.50 and is payable on your MCAS App. If you think that your child may be entitled to free school meals, please contact Mrs Wiltshire in the school office.

Zones of Regulation

The ZONES of Regulation



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.

Class Texts

Children have been busy publishing the writing they have produced based on our whole school book of 'The Last Zookeeper' and staff from both JRI and JRJ will be working hard to create a display of work from both schools. As the work on 'The Last Zookeeper' comes to an end the children are beginning their new class texts. These texts have been chosen for their rich vocabulary and the themes they explore that relate to other areas of the curriculum.

Y3: Ug, Raymond Briggs; Y4: Escape from Pompeii, Christina Balit

Y5: Wonder, R. J. Palacio; Y6: Stormbreaker, Anthony Horowitz



Breaktime snacks

Please remember that children are only permitted to bring in fruit, vegetables or cereal bars for a snack.

Permission for children in Y5 and Y6 to bring in a mobile phone

We understand that if children are walking home alone parents may want them to bring a mobile phone to school as a safety measure. We have a clear policy on phones in our school and information can be found on our [website](#). If you wish for your Y5 / Y6 child to bring a phone to school, please ensure you have read the information on our website and either completed the paper request form or the online form found below. Parents of children in Y6 should complete a new form even if they requested permission last academic year

[Request to bring in a mobile phone](#)

Permission for children in Y5 and Y6 to walk home alone

Should you decide that your Y5 or Y6 child is mature enough to walk home alone, please refer to our agreement for allowing children to walk home alone on our website and complete the following form.

[Permission to walk home alone](#)

Parents of children in Y6 should complete a new form even if they requested permission last academic year.

Early Departures for Swimming Lessons

We have received several requests for children to leave school early on a regular basis to attend swimming lessons. Please be advised that this type of absence is not considered acceptable and will not be authorised.

The school day is structured to support consistent learning, and regular early departures cause disruption to both the child's education and the wider classroom environment. Swimming lessons and other extracurricular activities should be scheduled outside of school hours.

We appreciate your co-operation in ensuring your child's full attendance.

Applying for a secondary school place

Parents of children in Y6 need to apply for a secondary school place via the [Essex admissions site](#). Applications open on 12th September and close on 31st October. If you need any help accessing the site, the office will be pleased to help.

Individual photos – Friday 26th September

Children will be having their individual photos taken on Friday 26th September. All children should come to school *Children having PE on the 26th September should bring their PE kit in a separate bag.*

School fish tank-can you help?

Offers of help any time to help with cleaning and maintaining our fish tank would be very gratefully received. Please email kbreen@compassps.uk if you are able to help with this.

PTA AGM

Our PTA do a wonderful job in raising much needed funds for both JRJ and JRI. The AGM will be held at John Ray Juniors at 2pm on Wednesday 1st October.

PTA AGM & Coffee Afternoon

Our annual AGM plus tea, coffee, biscuits and cake

John Ray Junior School

2:00pm Weds 1st October

Join us as we discuss our fundraising from the previous year and make plans for 2025/2026! We will be appointing our new committee so come along if you've ever been curious about what we do and how you can help.

If you can't make this, but are interested in joining the PTA or simply helping out at our events then please email pta.secretary.friendsofjohnray@gmail.com.



Superhero day- Friday 24th October

We are excited to announce our Superhero Day on Friday 24th October. Children are welcome to dress up as their favourite superhero for a donation (suggested £1) to raise money for The Lily Foundation, a wonderful charity that funds research and support for those affected by mitochondrial disease. Mrs Christian (HT of JRIS) is delighted to have been given a charity place in next year's London Marathon, running for The Lily Foundation and all money raised from Superhero Day will go directly towards this cause.

[The Lily Foundation.](#)

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 \(pop-essex.org\)](#).

Notley High School

Notley High School & Sixth Form Open Morning – Saturday 27th September 2025

- General Open Morning: 9:30am – 12:30pm
- 9.15am start for any family with children with additional needs

We warmly invite you to come and discover what makes Notley High School a welcoming ambitious and supportive school to learn.

Join us for:

- Headteacher's welcome talk, at 10am and again at 11am
 - Student-led tours of our school and facilities
- Hands-on activities across a range of subjects, perfect for curious young visitors
 - A visit to our brand new 4G sports pitch
- Meet the pastoral team and learn about our wellbeing and transition support
 - Drop into our SEND department and see how we support every student
 - Speak to teachers and staff from all areas of the school
 - Take time out to sample our delicious canteen food
- Learn about our Year 7 transition programme and how we can help your child feel settled and confident

Whether you're just starting to think about secondary schools or have questions before applying, we'd love to welcome you and your child to experience our school community.

Please click the link below to book a place at our Headteacher's Talk:

<https://www.eventbrite.co.uk/e/notley-high-school-open-morning-tickets-1488453768289?aff=oddtcreator>

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.

Football: Teddy (5W) player of the match, Gracie (3C) player of the match, Max (6G) parents' player.



Swimming: Willow (3P) stage 2

Biking: Finley (3W) best lap time, Isaac (4B) 2nd place in mountain biking

Dancing: Basia (3B) two third places, Victoria (5W) 2nd, 5th and 7th place, Akasya (5C) Dancer of the week, Maja (5W) 2nd place, Roxy (3B) participated in the Dunmow carnival.

Darts: Samuel (4T) 1st 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. The first stars of the week will be chosen this week,

3B: Roxy	4B:	5B:	6G: Annie
3C: Penny	4CB: Julia	5C: Harrison	6L: Alfie
3P: Ben	4J:	5E: Theo	6O: Mia
3W: Scarlett	4T: Julia	5W: Riley	6R: Emily

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.

PE days for each class are:

Monday: Y4
Tuesday: Y6, 3P, 5C, 5B
Wednesday: Y5, 6R, 6G, 6L
Thursday: Y4, 3B, 3W, 3C
Friday: Y3, 6G, 5E, 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 [0800 800 5000](tel:08008005000). If a child is in immediate danger, you should call 999.

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



National Online Safety: What parents and carers need to know about snap chat

With over 900 million monthly users, Snapchat continues to be a favourite among children and young people; however, with its ever-evolving features, the risks have evolved too. From AI-generated filters and chatbots, to disappearing messages and the Snap Map location-sharing tool, it's easy for children to stumble into unsafe territory. This guide breaks down the latest updates, including the Lens+ subscription service, and web browser access.

We've also unpacked the risks of sextortion scams, overuse, and inappropriate content that may slip through the app's moderation systems. With expert advice from online safety consultant Dr Claire Sutherland, this guide is a must-read for anyone helping young people navigate Snapchat responsibly and confidently.

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.**

<p style="text-align: center;">Year 3</p> <p>3C: cwaspe1@compassps.uk 3B: dbanks@compassps.uk 3P: sphillips@compassps.uk 3W: zwatson@compassps.uk</p>	<p style="text-align: center;">Year 4</p> <p>4B: pwatts@compassps.uk 4CB: hcollier-brown@compassps.uk 4J: jbrennan@compassps.uk 4T: tbeeson@compassps.uk, kbreen@compassps.uk</p>
<p style="text-align: center;">Year 5</p> <p>5B: hbreeze@compassps.uk 5E: cellis@compassps.uk 5C: dcasey@compassps.uk 5W: awilson1@compassps.uk, rcottee@compassps.uk</p>	<p style="text-align: center;">Year 6</p> <p>6G: ngibson@compassps.uk 6L: jlarbalestier@compassps.uk 6O: cosullivan1@compassps.uk 6R: rroberts@compassps.uk</p>

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 tojrcontact@compassps.uk

18.07.25 [School meal cost](#) (all year groups)

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

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

Academic diary dates for 2025-26

Autumn term	Spring term	Summer term
<p>12.09.25 Secondary school admissions open (Y6 only)</p> <p>22.09.25 Y6 meeting 5pm (Mersea and Y6 information)</p> <p>26.09.25 Individual photos (<i>Children having PE today should bring their PE kit in a separate bag</i>)</p> <p>27.09.25 Notley High School open morning</p> <p>01.10.25 PTA AGM at 2pm</p> <p>15.10.25 Enhanced one planning for specific children</p> <p>15.10.25- SEND tea and chat</p> <p>17.10.25 4CB & 4J visit to Colchester ZOO</p> <p>21.10.25 4T & 4B visit to Colchester ZOO</p> <p>24.10.25 Super hero fundraiser (<i>children are invited to dress as a superhero for a donation to the Lily Foundation</i>).</p> <p>27.10.25 Half term week</p> <p>31.10.25 Secondary school admissions close</p> <p>04.11.25 Learning conferences 3:40 – 6:00</p> <p>05.11.25 Learning conferences 3:40 – 6:30</p> <p>08.11.25 Open morning for new parents 9:30-11:30</p> <p>14.11.25 Children in need (non – uniform: children can wear spots / stripes in return for a donation)</p> <p>24.11.25 last week for after school clubs</p> <p>15.12.25 SEN tea and chat</p> <p>16.12.25 Y4 and Y6 Christmas dinner day (<i>children in Y4 / 6 are welcome to wear a Christmas jumper and / or accessory</i>)</p> <p>17.12.25 Y3 and Y5 Christmas dinner day (<i>children in Y3 / 3 are welcome to wear a Christmas jumper and / or accessory</i>)</p> <p>18.12.25 Y3 and Y4 to walk to St Michael's church for a Christmas service (<i>This takes place in school time and is for staff and children only. Children should wear suitable shoes for walking</i>)</p> <p>19.12.25 Last day of term</p>	<p>05.01.26 Non Pupil day</p> <p>06.01.26 Children return to school</p> <p>12.01.26 After school clubs start</p> <p>03.02.26 SEND tea and chat</p> <p>04.02.26 Enhanced one planning for specific children</p> <p>05.02.26 In class individual photos (<i>Children having PE today should bring their PE kit in a separate bag</i>)</p> <p>09.02.26-15.02.25 Children's mental health week</p> <p>10.02.26 Safer internet day</p> <p>16.02.26 Half term week</p> <p>05.03.26 World book day (<i>Children are invited to dress as a book character or bring in a prop from a book</i>)</p> <p>09.03.26 Science week</p> <p>11.03.26 Learning conferences 3:40 – 6:00</p> <p>12.03.26 Learning conferences 3:40 – 6:30</p> <p>23.03.26 Last week for clubs</p> <p>24.03.26 Y5 and Y6 to walk to St Michael's church for an Easter service (<i>This takes place in school time and is for staff and children only. Children should wear suitable shoes for walking</i>)</p> <p>27.03.26- SEND tea and chat</p> <p>27.03.26 Last day of term</p>	<p>13.04.26 Children return to school</p> <p>20.04.26 First week of after school clubs</p> <p>11.05.26 SATs week</p> <p>20.05.26 Sports day (<i>Y5 / 6 in the morning, Y3 / Y4 in the afternoon, picnic 12-12:45</i>)</p> <p>25.05.26 Half term week</p> <p>01.06.26 Multiplication check for 3 weeks (Y4 only)</p> <p>02.06.26 Enhanced and focussed one plans</p> <p>03.06.26 reserve sports day in case of poor weather</p> <p>08.06.26 - 10.06.26 Mersea residential for Y6</p> <p>22.06.26 Secondary school transition week (schools will choose their own dates)</p> <p>26.06.25 School fete after school</p> <p>29.06.26 Last week of after school clubs</p> <p>01.07.26 Class photos (<i>Children having PE today should bring their PE kit in a separate bag</i>)</p> <p>09.07.26 Annual reports sent out</p> <p>30.06.26 Children to spend time with new teacher</p> <p>08.07.26 Open afternoon 3:30-4:30</p> <p>14.07.26 Y6 production for 6L and 6R 1:30 and 4:30</p> <p>15.07.26 Y6 production for 6O and 6G 1:30 and 4:30</p> <p>16.07.26 Last day of term for children</p>

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.

SNAP STREAK

97

What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🌟 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and sexual content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

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.



#WakeUpWednesday

The National College

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

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FREE PARENT WEBINARS

for supporting your primary
aged child with sleep.

Provided by your Mental Health Support Team

Tuesday 23rd
September
7pm



Sign-up using
the QR code.

Discover how to support your child's sleep in our Sleep Hygiene Workshop for primary school parents. Learn about healthy sleep habits, the role of sleep for children's wellbeing and practical strategies to promote restorative rest. We'll explore the impact of technology and screen time and provide tips to help your child enjoy consistent, restful nights. Ideal for parents looking to boost their child's sleep and overall wellbeing.



Practical Tools to Support Your Child's Sleep
Tue, 23 Sept, 18:00-19:15
Free



Striving to provide the best care by the best people



NHS
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