

John Ray Times

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

29th 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](#) [13.10.25 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

Blue Zone	Green Zone	Yellow Zone	Red Zone
Calm	Happy	Worried	Overjoyed/Elated
Relaxed	Focused	Excited/Silly	Angry
Sleepy	Calm	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.

Meet the JRJ representatives for the Compass Council

Each school within the Compass Partnership of Schools has 2 children to represent pupil views on a Compass Council. This year, our Compass Council members are Henry (5E) and Izzy (6R) and today they attended their first meeting. The topic today was to investigate the best internet safety websites that provide information for parents and children. Henry and Izzy will be feeding back to the school council on Friday so that the views of the wider school can be gathered.



Year 6 visit to Crucial Crew

On 20th October, Y6 will be going to Alec Hunter to take part in Crucial Crew. Children will be leaving at 9am sharp and will be back by the end of the school day. Children will be travelling by coach and all children will require a packed lunch **unless** they are entitled to free school meals.

The aim of the day is to increase awareness of potential dangers and risk in the community and provide the children with tips on how to keep safe as they become more independent.

This year, the children will take part in 5 different workshops:

1. The Children's Society will be delivering a workshop focusing on healthy relationships, what they look like, and what to do if they find themselves in an unhealthy situation.
2. The Children's Society will also be delivering another workshop with information about vaping, the danger of vaping and the consequences and laws of vaping.
3. Essex Police will be delivering a workshop around keeping yourself safe, internet safety and road safety.
4. Essex Fire service will be delivering fire safety messages, including the dangers of fireworks.
5. Saturn Security is a private firm made up of ex police officers and they will be delivering a workshop to highlight the dangers of gangs, weapons and awareness of your surroundings. **This workshop does talk about some sensitive issues – please contact your child's class teacher if you are concerned.**

Christmas cards

Today (29.09.25) a copy of your child's Christmas card design will be sent home with instructions for ordering. Orders must be placed before the **9th October**.

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.

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.

PTA AGM

Our PTA do a wonderful job in raising much needed finds 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 \(compassps.uk\)](mailto:John.Ray@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.

Football players' of the match: Jacob 6R, Xavier 6L, Bailey 5C, Jude 4CB

Hockey: Xavier 6L – player of the match

Rugby: Henry 5E player of the match, William 5E player of the match

Karate: Rex 5E - Red belt, Georgi 5W- yellow belt

Jujitsu: Daniel 5E 4th place

Cubs: Callum 5B is now a sixer

Guides: Summer 6O- first place in a badge competition

Swimming: Vinnie 6L- stage 3, Carter 4B- grade 4

Dancing: Ava 4CB- dancer of the week

Basketball: Zak 4T- player of the week



Acrobatics: Gracie 3C and Darcey 5C

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: Jacob	4B: Azariah	5B: Callum	6G: Noah
3C: Ralph	4CB: Liam	5C: Ella	6L: Ella
3P: Amelie	4J: Zek	5E: Logan	6O: Keira
3W: Adam	4T: Miglena	5W:	6R: Joe & Oscar

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 [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 Youth Violence

Youth violence impacts 1 in 4 children and young people in the UK, yet many parents and educators feel unsure how to respond. This guide breaks down the causes, risks and warning signs of violent behaviour in young people, helping adults feel more confident in supporting those at risk.

Drawing on expert insights from the Ben Kinsella Trust, it explores why some young people may carry weapons, how violence is influenced by online content, and what time and locations pose the

greatest risk. It also highlights the importance of early intervention, emotional support, and honest conversations.

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 3B: dbanks@compassps.uk 3P: sphillips@compassps.uk 3W: zwatson@compassps.uk	4B: pwatts@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 5C: dcasey@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 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)

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
12.09.25 Secondary school admissions open (Y6 only) 01.10.25 PTA AGM at 2pm 15.10.25 Enhanced one planning for specific children 15.10.25- SEND tea and chat 17.10.25 4CB & 4J visit to Colchester zoo 20.10.25 Y6 to Crucial Crew at Alec Hunter 21.10.25 4T & 4B visit to Colchester zoo	05.01.26 Non Pupil day 06.01.26 Children return to school 12.01.26 After school clubs start 22.01.26 Young Voices at the O2 03.02.26 SEND tea and chat 04.02.26 Enhanced one planning for specific children 05.02.26 In class individual photos (Children having PE today should bring their PE kit in a separate bag) 09.02.26-15.02.25 Children's mental health week 10.02.26 Safer internet day	13.04.26 Children return to school 20.04.26 First week of after school clubs 11.05.26 SATs week 20.05.26 Sports day (Y5 / 6 in the morning, Y3 / Y4 in the afternoon, picnic 12-12:45) 25.05.26 Half term week 01.06.26 Multiplication check for 3 weeks (Y4 only) 02.06.26 Enhanced and focussed one plans

<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>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>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>
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What Parents & Educators Need to Know about YOUTH VIOLENCE

UNDERSTANDING YOUTH VIOLENCE

Youth violence affects one in four children in the UK, but it doesn't have to. When parents, carers, and educators understand the risks, they're better placed to support young people. The right support, mentoring, therapy, and guidance can help young people affected by violence to feel safe, manage conflict, and make positive choices.

WHY DO YOUNG PEOPLE COMMIT SERIOUS VIOLENCE?

A recent study surveyed over 10,000 young people affected by violence, asking why serious violence occurs among their peers, such as an assault involving a weapon or sexual violence. The most common reasons given were due to a personal characteristic of the victim e.g., race, religion, sexuality, gender, a gang or school rivalry, and being provoked. While not all young people face these issues, many lack the emotional regulation skills needed to manage provocation.

WHAT ARE SIGNS A YOUNG PERSON IS AT RISK?

Children and young people often express that something is wrong through behaviour rather than words. Be alert to signs such as sudden mood changes, secrecy around friendships, excessive phone use, unfamiliar slang, unexplained injuries, fear of school, aggression, going missing, or substance use. They may also be associating with older peers. These behaviours can indicate underlying issues that can lead to violence.

ONLINE INFLUENCES

Social media plays a powerful role in normalising and escalating violence. Platforms like Tik Tok and Snapchat can expose young people to harmful content, often shaped by algorithms. Many see violent material that distorts reality, leading to fear and desensitisation. A recent study found 70% had seen real-world violence online, and 80% felt less safe in their communities. Alarmingly, 39% said it made them more likely to carry a weapon. Online conflict can often spill into real life, with serious and sometimes tragic consequences.

Opportunity
Community
Wellbeing
Respect

UNCERTAINTY

CONFLICT

FEAR

WHEN IS VIOLENCE MORE LIKELY TO HAPPEN?

For children and young people in England and Wales, the hours between 4 pm and 8 pm – just after school – carry a particularly high risk for serious violence. This can stem from conflicts that escalate during the school day, online arguments, or simply moving through unfamiliar areas on the way home. Understanding this risk helps us support safer travel and routines. Our recent report found that over one in three young people don't feel safe in the area they live in, and 36% don't feel safe walking the streets.

WHY MIGHT A YOUNG PERSON CARRY A WEAPON?

Young people may carry weapons due to fear, threats, peer pressure, or a false sense of protection. Many young people tell us they feel unsafe and carry weapons 'just in case', while others may be influenced by social media, peers, or criminal activity. Some don't realise it's illegal or may believe it earns respect.

WHERE IS VIOLENCE MORE LIKELY TO HAPPEN?

Violence often happens in certain places. Busy areas like transport hubs carry risk simply because lots of people gather there. Other hotspots, like places linked to drug activity, attract those more likely to be involved in violence. Some areas become risky due to poor supervision, such as under-resourced public spaces. Understanding where violence tends to occur helps us guide young people safely through their communities and advocate for better support and safer spaces.

Advice for Parents & Educators

TALKING TO CHILDREN ABOUT STAYING SAFE

Choose a safe moment for the conversation, emotionally and physically. If a child is upset or angry, help them settle before discussing serious topics. Listen actively without judgement, even if what they share is difficult. Avoid interrupting and offer advice when the time feels right. If you're worried, you're not alone; support is available.

AVOID CONFLICT & MANAGE ESCALATIONS

Encourage young people to consider the 'Safe Ts' – Trust instincts, Take a breath, and Talk to a trusted adult. When triggered or provoked, they may react from their 'survival brain', unable to think clearly about the consequences. Taking a breath helps calm, and helps them access their 'thinking brain'. Remind them that moments pass, and seeking support from trusted adults builds resilience and safer decision-making.

HELP CHILDREN UNDERSTAND CONSEQUENCES

Young people can be searched by police or teachers if suspected of carrying a weapon. If found with a knife, they could face arrest and criminal proceedings. A conviction can result in a criminal record. Even being present during a violent assault, encouraging it, filming, or sharing footage can lead to prosecution. Open and honest conversations can help children understand these risks and make safer choices.

REPORT INFORMATION

We all have a role in preventing violence. If a child shares concerns, you can act. For educators, it's important to follow your school's safeguarding procedures. Other adults can report anonymously through Fearless or Crimestoppers, and speak with other parents, the school, or local police through 101. If someone is in immediate danger, always call 999. These steps help protect children and the wider community.

Meet Our Expert

The Ben Kinsella Trust is a UK anti-knife crime charity educating young people through immersive workshops, awareness campaigns, and community resources. Visit: benkinsella.org.uk



#WakeUpWednesday

The National College

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

@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: 24.09.2025

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, 22 Sept, 18:00-19:15 (1 hour)

Free



Striving to provide the best care by the best people



NHS
North East London
MHS Foundation Trust