





John Ray Times

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

6th October 2025

Phone: 01376 324107 Email: jrcontact@compassps.uk Website: www.johnray.compassps.uk
 @ facebook.com/johnraycompassps

Online learning links

 Accelerated Reader	 Century Tech	 TTRockstars	 Nessy
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Links for permission for children in Y5 and Y6 to bring in a mobile phone: [Request to bring in a mobile phone](#)

Links for permission for children in Y5 and Y6 to walk home alone: [Permission to walk home alone](#)

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

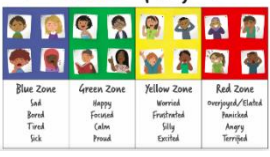


School dinner menus are on our website:

[06.10.25 week 1](#) [13.10.25 week 2](#), [20.10.25 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

Our catering team will be doing a Bonfire night themed menu on Wednesday 5th November. 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 Friday 24th November 2025.

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.

<p>Zones of Regulation The ZONES of Regulation</p> 	<p>School Attendance Difficulties</p> 	<p>Supporting Anxiety</p> 
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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.

SEN tea and chat 15th October 14:00-15:00 at John Ray Juniors

We are looking forward to welcoming parents to our first SEN tea and chat of the year. At this meeting, we are going to be looking forward to the year ahead, discussing recent updates to our one planning, channels of support for parents with SEN and what provision is available for parents. We find these sessions are a great opportunity to meet and share experiences and provide each other with a network of support.

One planning

You will have recently received a paper copy of a letter explaining what One Planning pathway your child with SEND will be receiving. If your child is on the focused One Planning pathway, you will not need to book a One Planning appointment, but you will need to book a Learning Conference slot. This is when the focused one plan will be reviewed. For pupils on the enhanced one planning pathway, you will be contacted to book in an appointment.

Reducing our carbon footprint

As a Trust we are dedicated to reducing our carbon footprint and, with this in mind, we are working with the charity Let's Go Zero. As part of this it would be helpful to know how you get to school. Please complete [this survey](#) before the 22nd October. Watch this space for more ways we can work together to reduce our carbon footprint.

Mental Health Support team

The Mental Health Support Team (MHST) is holding a number of webinars for parents. Posters showing details of the events are included at the end of the newsletter including information on how to support your child with challenging behaviours being held on Thursday 9th October.

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 dangers 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

A copy of your child's Christmas card design has been 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.

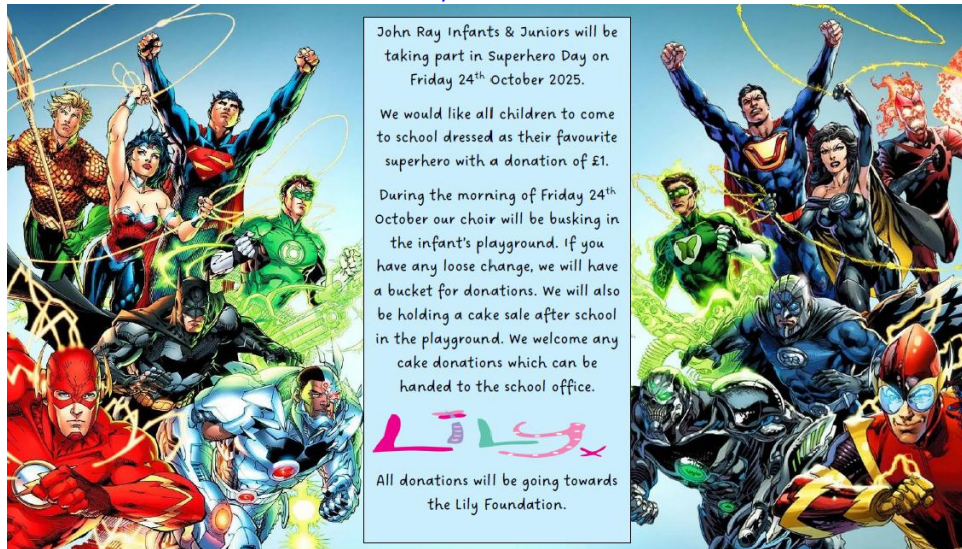
Applying for a secondary school place

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.

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.](#)



John Ray Infants & Juniors will be taking part in Superhero Day on Friday 24th October 2025.

We would like all children to come to school dressed as their favourite superhero with a donation of £1.

During the morning of Friday 24th October our choir will be busking in the infant's playground. If you have any loose change, we will have a bucket for donations. We will also be holding a cake sale after school in the playground. We welcome any cake donations which can be handed to the school office.



All donations will be going towards the Lily Foundation.

Themed menu



LET'S ROCKET

MAINS
Rocket Dog or Vegetarian
Rocket Dog (V)

SIDES
Whizz Bang Chips, Catherine
Wheel Carrots and Cabbage

DESSERTS
Strawberry Sparkler Jelly

*Menus may be subject to change

Chartwells

Our catering team will be serving a special Bonfire Night themed menu on Wednesday 5th November. If you would like your child to have a school dinner on this day, please complete this [form](#) by 8:00am on Friday 24th October 2025 and ensure £2.50 is added to your child's dinner account. If your child is entitled to free school meals, you do not need to add funds, but you must still complete the [form](#) to book the meal. **There will be no jacket potatoes or pasta on this day.**

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.

Dancers / Acro: Primrose (3W) perfecting the cartwheel, Akasya (5C) 2nd places in solo, acro and group dance Daisy (6R) 2 dance trophies

Swimming; Vinnie (6L) 10m

Karate: William (5B) brown belt, Sophia (6G) white/red belt

Football players of the match: Riley (5W), Oliver D (4J), Freddie (6R), Albie (6R)

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: Henry	4B: Zion	5B: Brad	6G: The whole class
3C: Gracie	4CB: Taylor	5C: Addison	6L: Jayden
3P: Mason	4J: Ollie	5E: Freya	6O: Ayden
3W: Imogen	4T: Aqib	5W: Callum	6R: Izzy B

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, 6O, 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](#) at any time on [0800 1111](tel:08001111)



National Online Safety: What parents and carers need to know about FC 26

With new kits, updated squads and refined gameplay, EA FC 26 brings the thrill of top-tier football to living rooms once again. While it continues to offer family-friendly fun in modes like Kick-Off and Career, the ongoing popularity of Ultimate Team – where players spend money to build fantasy squads – brings a mix of excitement and risks.

Children can encounter issues such as gambling-like mechanics, voice chat with strangers, and potential exposure to scams. This guide breaks down the game's most important features, highlights the key risks to be aware of, and shares practical advice for helping young players stay safe while gaming and interacting online.

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: jbreannan@compassps.uk 4T: tbeeson@compassps.uk, kbreen@compassps
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 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) 15.10.25 Enhanced one planning for specific children 15.10.25- SEND tea and chat 17.10.25 4CB & 4J visit to Colchester castle 20.10.25 Y6 to Crucial Crew at Alec Hunter 21.10.25 4T & 4B visit to Colchester zoo 24.10.25 Super hero fundraiser (children are invited to dress as a superhero for a donation to the Lily Foundation). 27.10.25 Half term week 31.10.25 Secondary school admissions close 04.11.25 Learning conferences 3:40 – 6:00	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 16.02.26 Half term week 05.03.26 World book day (Children are invited to dress as a book character or bring in a prop from a book) 09.03.26 Science week	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 03.06.26 reserve sports day in case of poor weather 08.06.26 - 10.06.26 Mersea residential for Y6 22.06.26 Secondary school transition week (schools will choose their own dates) 26.06.25 School fete after school

<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>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>27.03.25 PTA Break the rules day</p> <p>27.03.26 Last day of term</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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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, facts and tips, please visit nationalcollege.org.

What Parents & Educators Need to Know about EA SPORTS FC 26



Our guide looks at the risks surrounding EA Sports FC 26 and our top tips to minimise them. This marks the third year since EA left the FIFA licence, and the game is mostly unchanged from last year. While Kick-Off mode is great for playing with friends and Career Mode allows players to fulfil long-term ambitions as a manager or player, Ultimate Team remains the main draw for many players – and it can get out of hand in terms of how much money players can invest.

WHAT ARE THE RISKS?

AN ANNUAL RELEASE SCHEDULE

As was the case with the last two EA Sports FC games and the FIFA series before it, the franchise rolls out once a year with updated squads and new features. This can make it expensive to keep up with, particularly when so many dedicated players are keen to get their hands on the latest edition.

VOICE CHAT

Voice chat can be enabled across all platforms, meaning young people can speak to anyone they play with or against. While it can be switched off, some children will no doubt want to speak to their friends while they play. This also means they may encounter strangers much older than them, which can expose them to inappropriate language or behaviour.

IN-GAME PURCHASES THROUGH ULTIMATE TEAM

Ultimate Team is the big draw for EA Sports FC, letting players spend real money on packs that they can open to build a squad of the world's best players. They're not always easy to obtain, and new, improved versions of players will be regularly added as limited-time offerings. Young people could feel pressure to spend money and experience fear of missing out.

SCAMMERS IN ULTIMATE TEAM

Ultimate Team is managed by EA itself, but that hasn't stopped scammers from looking to dupe players out of money and in-game coins. Some scammers sell their accounts, which is a violation of EA's terms of service, while others will 'sell' coins – something the developer is still working to crack down on. Some try to impersonate EA's account, possibly giving them access to payment information.

POTENTIAL FOR ADDICTION

While EA Sports FC is potentially addictive, thanks to its fast-paced gameplay and mimicking of the real-world skill and glamour of football, Ultimate Team's focus on limited-time rewards and the lottery of winning packs can make it feel closer to gambling than gaming, which may lead to addictive and impulsive spending of money.

Advice for Parents & Educators

PREPARE FOR ANOTHER GAME IN A YEAR

The annual release schedule aligns with the return of the school year, and can be a great way to incentivise good behaviour at the start of term. If children are applying themselves and preparing for a new year of school, or were particularly well behaved in the summer, EA Sports FC 26 could make a great reward.

MONITOR VOICE CHAT

As in-game chat is open, be sure to adjust the settings in EA Sports FC 26 to lock it down. If children want to chat with their friends while they play, consider setting up a side space for them to call, to allow them to play without fear of outsiders.

LIMIT SPENDING

If you're worried about children accidentally spending real money in Ultimate Team, whether in-game or in the EA Sports FC companion app, don't link a payment card to their account. Receiving funds can be a mountain to climb, and the dopamine hit of opening flashy packs with effect animations means one purchase can lead to another very quickly. It's also worth adding a prepaid card if you'd prefer them to make their own choices with their budget.

BE VIGILANT

As with last year, there are ways to keep scammers at bay. Freeze passwords and lock them down, and consider using a password manager application to keep them secure. EA will never contact players through the game itself, so be vigilant with incoming messages, and don't send or report suspected spam. EA will contact players by email if needed, but they will never ask for usernames or passwords. Players should also avoid buying in-game currency from unofficial websites – doing so can lead to accounts being banned and could cost players money in the process.

Meet Our Expert

Sloyd Coombe is an experienced freelance writer and has been working in the gaming and tech industry for seven years. A regular visitor to the App Store to try out new apps, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



Source: 2024 references for our guide page at <https://nationalcollege.org/guides/ea-sports-fc-26/>

[@wake_up_weds](https://x.com/wake_up_weds) www.thenationalcollege.org [@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday) [@wake.up.weds](https://www.tiktok.com/@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: 06/10/2025

FREE PARENT WEBINARS

for supporting your primary aged
child with mental health and wellbeing

Provided by your Mental Health Support Team

@set_camhs_nhs

SIGN-UP & FIND
OUT MORE



Do you need help supporting your child? We offer a variety of online workshops to help you to support your child on the following topics:

- ✓ Fears and Worries
- ✓ Challenging Behaviour
- ✓ Emotionally Based School Avoidance
- ✓ Understanding Autism
- ✓ Understanding ADHD
- ✓ Sleep Support

Sessions will be held online during the day and evenings.



Striving to provide the best care by the best people



NHS
North East London
NHS Foundation Trust

FREE PARENT WEBINAR

supporting your primary school
aged child with challenging
behaviour

Provided by your Mental Health Support Team
@set_camhs_nhs

Thursday 9th
October
11am



Sign-up using the
QR code.

All children can push boundaries and exhibit difficult behaviours, however sometimes children's behaviour can escalate and seem to come out of nowhere, this workshop will help parents understand what might be causing these behaviours and tools and strategies to manage them effectively.



Striving to provide the best care by the best people



NHS
North East London
NHS Foundation Trust