

John Ray Times

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

13th October 2025

Phone: 01376 324107



Email: jrcontact@compassps.uk

Website: www.johnray.compassps.uk



@ facebook.com/johnraycompassps

Online learning links

 <p>Accelerated Reader</p>	 <p>Century Tech</p>	 <p>TTRockstars</p>	 <p>Nessy</p>
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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:

[13.10.25 week 2](#), [20.10.25 week 3](#)

New menus from half term: [03.11.25 Week 1](#) [10.11.25 Week 2](#) [17.11.25 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 October 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.

[Zones of Regulation](#)

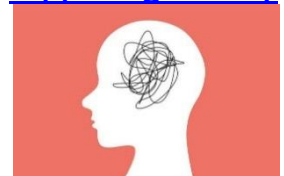
The ZONES of Regulation



[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.

Harvest Donations: Plea for donations to the Braintree Foodbank

Braintree Area Foodbank have been providing food, for those in crisis, since April 2012. Their mission is to see that no one should go hungry. With centres in Braintree, Halstead and Witham, the need for a Foodbank is increasing with over 5,703* people fed in the 2021-22 financial year, of which over 2,595

were children. Our school council will be giving a presentation to their class next week on the work of the foodbank and we are asking children to bring in donations by the **24th October**. A list of items that are desperately needed can be found below:

Shopping list
<u>Breakfast cereal</u>
<u>Milk (UHT or powdered)</u>
<u>Pot Noodle/instant snacks</u>
<u>Cup soups</u>
<u>Biscuits</u>
<u>Tinned fish</u>
<u>Tinned vegetables</u>
<u>Tinned rice pudding</u>
Jam

More information about the work of the Braintree Foodbank can be found on their [website](#)

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.**

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.

Lily

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: Akasya 5C, Daisy 6R, Mia 4J all took part in a dance competition

Brownies: Scarlett 6G has been awarded the super sixer badge

Swimming: Owen (5E) stage 6

Squash: Imogen (3W) 2nd place

Karate:

Talent show: Summer 5W 2nd place

Football players of the match: Kerim (3C), Bertie (3W), Selem (6R), Bertie (3W), Jenson (6R), Logan (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: Moana	4B: Grace	5B: Isla	6G: The whole class
3C: Ezra	4CB: Finley	5C: Callum	6L: Hallie
3P: Carly	4J: Nehir	5E: Roxanne	6O: Cai
3W: Carla	4T: Raya	5W: Callie	6R: Jenson

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](tel:08001111) at any time on [0800 1111](tel:08001111).



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

ZEPETO is a hugely popular social app where users create custom avatars to explore virtual worlds, play games and chat with others. With millions of active players worldwide, it offers an engaging digital experience – but not without its concerns, especially for younger users. ZEPETO's vibrant world of custom outfits, interactive spaces and daily challenges might appeal to children – but those same features come with risks. From unfiltered chats and

stranger danger to the temptation of in-app purchases, there's plenty for parents to be aware of.

We've created this guide offering parents and educators an overview of the associated risks of ZEPETO and what you can do to keep young people safe when having fun 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: 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 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 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)

06.10.25 [Gemma's Farm Visit](#) (Y3 only)

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	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 <i>(Children having PE today should bring their PE kit in a separate bag)</i>	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 <i>(Y5 / 6 in the morning, Y3 / Y4 in the afternoon, picnic 12-12:45)</i> 25.05.26 Half term week

<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>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>27.03.25 PTA Break the rules day</p> <p>27.03.26 Last day of term</p>	<p>01.06.26 Multiplication check for 3 weeks <i>(Y4 only)</i></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>
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What Parents & Educators Need to Know about

ZEPETO

AGE RESTRICTION
14+

FOR SALE

ZEPETO is a fast-growing app blending social networking with a virtual world experience – attracting around 20 million monthly users, with 15% from Europe. Players create 3D avatars to explore immersive environments, play games and interact with others; however, with minimal safety controls, anonymous chat and monetised content, ZEPETO poses a number of online safety concerns that parents and educators should be aware of.

WHAT ARE THE RISKS?

NO PARENTAL CONTROLS

Although ZEPETO is intended for users aged 14 and up, it lacks built-in parental controls or age verification, instead relying on safety features on the device it's played on. This lack of a parental controls feature raises concerns about whom children may be interacting with on the platform.

INAPPROPRIATE CONTENT

As a mix between a virtual world and a social media platform, ZEPETO features a wide range of user-generated content. Some areas may reference mature themes, such as TV series aimed at adults, or include inappropriate material created by other users – all of which children may stumble across without warning.

STRANGER DANGER

By default, users can message and interact with anyone else. This open communication creates an environment where predatory individuals can pose as peers to gain trust, potentially leading to grooming, scams, and exploitation, such as blackmail.

Hi there...

CYBERBULLYING RISKS

As with many social platforms, children can be targeted for bullying, harassment or exclusion by both strangers and their peers. Unfiltered chat and avatar-based interaction can allow bullying and other forms of harassment to continue, impacting children's wellbeing and mental health.

ADDICTIVE GAMEPLAY

Daily log-in rewards, such as coins, and in-game incentives can encourage compulsive behaviour, with some users feeling pressure to check in constantly to avoid missing out. This can lead to excessive screen time and conflict with schoolwork or offline hobbies or commitments.

SPENDING REAL MONEY

While the game is free to play, ZEPETO includes a store offering virtual clothing and accessories for avatars. These items are bought with 'ZEMs' – a paid currency – and the appeal of exclusive items or branded collaborations can make it easy for children to overspend.

Advice for Parents & Educators

ENABLE PRIVACY SETTINGS

Visit the child's profile settings to restrict who can send messages – options include Everyone, Followers Only, or No-one. Encourage children to avoid sharing any personal information on their profile, as this is visible even on private accounts.

LIMIT IN-APP TIME

Use parental controls on Android (Google Family Link) or iOS (Screen Time) to restrict app usage by setting hours or daily limits. Encouraging breaks can help children develop healthier habits and reduce app dependency.

CONTROL SPENDING

To prevent accidental purchases, set up purchase approval systems such as Apple's Ask to Buy or Google's Purchase Approvals. Alternatively, consider removing payment methods or using pre-paid cards with set budgets.

HAVE REGULAR CONVERSATIONS

Talk openly with children about whom they interact with online and the kinds of things they see or experience. Encourage them to speak up if someone makes them uncomfortable or if they come across inappropriate content. Teach them how to recognise red-flag behaviours such as asking for secrets, giving gifts, or requesting personal information.

Meet Our Expert

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



#WakeUpWednesday

The National College

@wake_up_weds

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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



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