

# John Ray Times

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

20th October 2025

Phone: 01376 324107





Email: [jrcontact@compassps.uk](mailto:jrcontact@compassps.uk)

Website: [www.johnray.compassps.uk](http://www.johnray.compassps.uk)



@ facebook.com/johnraycompassps

## Online learning links

 <p><a href="#">Accelerated Reader</a></p>	 <p><a href="#">Century Tech</a></p>	 <p><a href="#">TTRockstars</a></p>	 <p><a href="#">Nessy</a></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](mailto:mkeegan@compassps.uk)

For second hand uniform requests email: [rcottee@compassps.uk](mailto:rcottee@compassps.uk)

Breakfast club queries email: [hwiltshire@compassps.uk](mailto:hwiltshire@compassps.uk)

School dinner menus are on our website:

[20.10.25 week 3](#)

**New menus** – We will be returning after the October half term with our new Autumn/Winter menus. Please see below for the updated menus, which are also available on our website.

[03.11.25 Week 1](#) [10.11.25 Week 2](#) [17.11.25 Week 3](#)

Our catering team will be doing a Bonfire night themed menu on Wednesday 5<sup>th</sup> 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 24<sup>th</sup> 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.

### Zones of Regulation

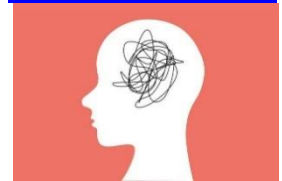
The ZONES of Regulation

			
Blue Zone	Green Zone	Yellow Zone	Red Zone
Laid Back	Happy	Serious	Overjoyed/Clashed
Tired	Content	Frustrated	Angry
Sick	Proud	Excited	Terrified

### School Attendance Difficulties



### Supporting Anxiety



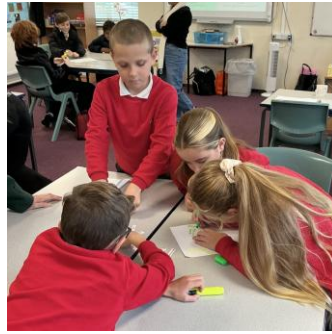
### My Happy Mind Parent App

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.

### Y6 Crucial Crew visit

On Monday 20th October, Year 6 went to Alec Hunter to attend several workshops with Crucial Crew. There were various workshops exploring harms of vaping, how to be safe online, toxic friendships and more. All the children felt more knowledgeable about keeping themselves and

others safe, as well as enjoying the eye-opening discussions. As usual, the children's behaviour was excellent.



**Y4 RE workshops**

This half term, year 4 have been learning about where Christians get their beliefs from. On Monday 20th October, they were joined by Sheena who consolidated the children's learning about how the Bible was formed. They were impressed to hear how soldiers in WW1 were given a small Bible to hold in their uniform as a form of comfort during challenging times. They learnt how the Bible has been published in many different ways so it can be used by different groups of people.

### **Scroogical – Pantomime**



We are excited to announce that West End in Schools will be visiting us on Monday 24th November 2025 to perform their pantomime *Scroogical* – a fun, musical twist on the classic tale of *A Christmas Carol*.

We're very grateful to The Friends of John Ray Infant and Junior School for their generous contribution towards the cost of this event. To help cover the remaining costs, we kindly ask for a £3.00 contribution per child to be paid no later than Wednesday 5th November 2025. Payments should be made via the MCAS App (please find it listed under 'Trips').

A letter regarding the pantomime was sent out on the 15th October 2025 and can be found below in the 'recent letters home' section.

### **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.

### **Harvest Donations: Plea for donations to the Braintree Foodbank**

To support the work of the Braintree foodbank, we are asking children to bring in donations by **Friday 24th October**. A list of items that are desperately needed can be found below:

## Shopping list

Breakfast cereal

Milk (UHT or powdered)

Pot Noodle/instant snacks

Cup soups

Biscuits

Tinned fish

Tinned vegetables

Tinned rice pudding

Jam

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

### Parent workshop- Understanding your child's behaviour Fri 24th October 9am –11am at JRIS

Mental Health Support Teams work across education and healthcare to provide early intervention mental health support to whole school communities and are excited to be working together with John Ray Infant School and John Ray Junior School

## 'Understanding Your Child's Behaviour' Workshop For Parents

Helping you to understand your child's behaviour and add new ideas to your parenting toolkit.



This workshop explores factors that impact on behaviour, the importance of play, reflective listening, building emotional literacy through talking, praise and rewards, effective instructions, consequences, and suggests some strategies to support emotional regulation.



When: Friday 24th October 9.00-11.00

Where: John Ray INFANT School

Length: 2 hours



**NELFT** **NHS**  
NHS Foundation Trust

### **Breaktime snacks**

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

### **Toys and games from home**

Please be aware that toys and games are not permitted in school. This included Pokemon or other trading cards. Many thanks for your support.

### **Lost property**

We currently have a large number of jumpers in our lost property. If your child is missing a jumper, please feel free to check the lost property basket located in our reception area.

Any unclaimed jumpers remaining after **4:00 PM on Wednesday, 22nd October 2025** will be donated.



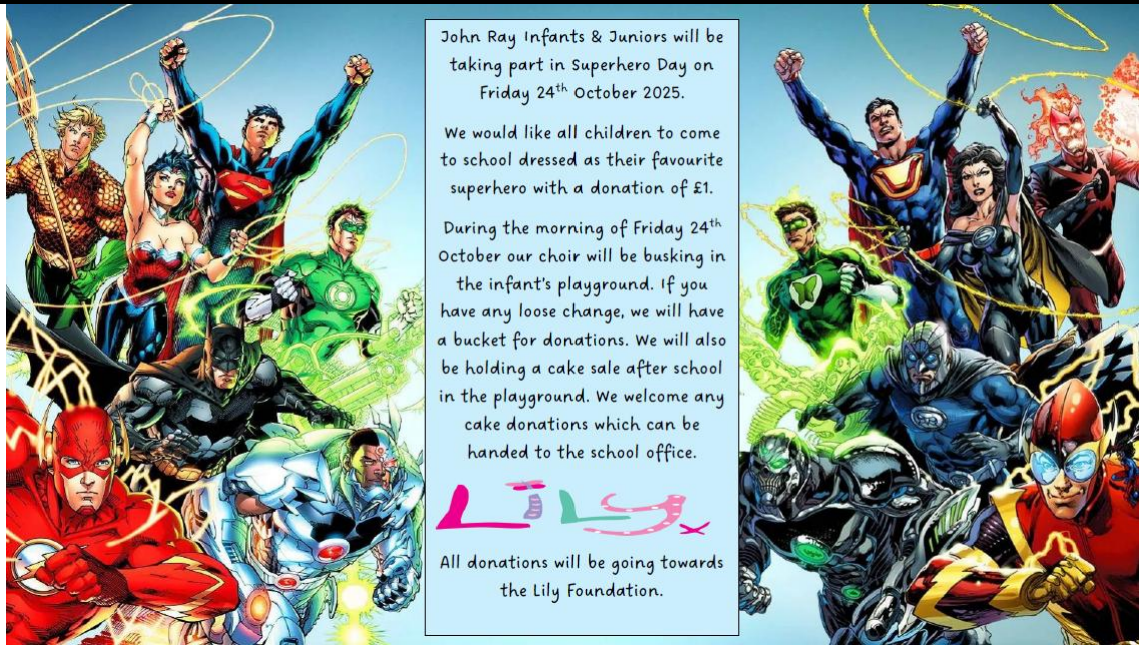
### **Applying for a secondary school place**

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

### **Superhero day- Friday 24<sup>th</sup> October**

We are excited to announce our Superhero Day on Friday 24<sup>th</sup> 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 24<sup>th</sup> 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 24<sup>th</sup> 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 \(compassps.uk\)](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 \(pop-essex.org\)](http://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: Riley 5C stage 4, Rex 5E stage 6

Biking: Isaac 4B BMX 1<sup>st</sup> place

Squash: Imogen (3W) 2<sup>nd</sup> place

Dodgeball: Leo 4B won dodgeball competition

Boxing: Logan 3W stage 2

Dancing: Akasya 5C 2 3<sup>rd</sup> places and 6<sup>th</sup> place, Victoria 5W 1<sup>st</sup>, 5<sup>th</sup> and 6<sup>th</sup> place, Maja 5W 5<sup>th</sup> place,

Rosie 5E Football players of the match: Henry (5E), Teddy (5W), Sidney (5E), Theo (3B), Jenson (6R), Logan (5C)

Gymnastics: Kelsie (6R) 2<sup>nd</sup> in floor, 4<sup>th</sup> on vault, 5<sup>th</sup> on bars and 6<sup>th</sup> overall.



### 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: Bella	4B:	5B: Selasem	6G: Sophia
3C: Greg	4CB:	5C: Darcey	6L: Harriet
3P: Tyler	4J:	5E: Noah	6O: Theo
3W: Logan	4T: Phoebe	5W:	6R:

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 Memes**

Memes are everywhere - quick, witty, and wildly shareable. For many young people they are more than jokes, they're a way to connect, express themselves and interpret the world. But behind the humour, there can be risks. This guide helps adults understand how memes work and why they matter to young people today.

From misinformation to insensitive jokes and permanent digital footprints, this guide highlights the potential pitfalls of meme culture. With practical tips on digital literacy, empathy and open conversations, it empowers parents and educators to help children navigate online humour in a thoughtful, safe, and respectful way.

[www.nationalonlinesafety.com](http://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.**

<b>Year 3</b>	<b>Year 4</b>
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, <a href="mailto:kbreen@compassps.uk">kbreen@compassps.uk</a>
<b>Year 5</b>	<b>Year 6</b>
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](mailto:rcottee@compassps.uk)

**Mrs Breen (Assistant Head) if your child is in Y3 or Y4** – [kbreen@compassps.uk](mailto: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)
- 14.10.25 [Autumn Term Learning Conference](#)
- 15.10.25 [Scroogical pantomime](#) (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) 20.10.25 Y6 to Crucial Crew at Alec Hunter	05.01.26 Non Pupil day <b>06.01.26 Children return to school</b> 12.01.26 After school clubs start	<b>13.04.26 Children return to school</b> 20.04.26 First week of after school clubs 11.05.26 SATs week

<p>21.10.25 4T &amp; 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><b>27.10.25 Half term week</b></p> <p>31.10.25 Secondary school admissions close</p> <p>04.11.25 <a href="#">Learning conferences</a> 3:40 – 6:00</p> <p>05.11.25 <a href="#">Learning conferences</a> 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><b>19.12.25 Last day of term</b></p>	<p>22.01.26 Young Voices at the O2</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><b>16.02.26 Half term week</b></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><b>27.03.25 PTA Break the rules day</b></p> <p><b>27.03.26 Last day of term</b></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><b>25.05.26 Half term week</b></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><b>16.07.26 Last day of term for children</b></p>
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# What Parents & Educators Need to Know about MEMES

## WHAT ARE THE RISKS?

Memes may look like simple jokes, but, for many teenagers, they form a shared cultural language. Quickly created and reworked, they spread across social media platforms as images with text or short videos. Nearly eight in ten teenagers share memes (79%, YPulse), making them part of daily life. While memes encourage creativity and participation, they can also spread misinformation or reinforce harmful stereotypes.

### SPREADING MISINFORMATION

While memes help to communicate complex topics, they can also spread misinformation. Memes may sometimes include content presenting false facts or biased viewpoints, especially around health, politics, or current events and, as they're designed to be shared quickly, young people may not question their accuracy.

### EXPOSURE TO INAPPROPRIATE CONTENT

Memes are widely circulated, and not always age-appropriate, meaning young people may encounter explicit language, sexual content, or graphic imagery, even without searching for it. As memes spread fast on platforms like Instagram, TikTok, or WhatsApp, it's nearly impossible to filter them completely.

### MASKED MESSAGES

Some memes are designed to be confusing or layered with hidden meanings, making them hard for parents, and, sometimes, other young people to understand. Online groups often create these memes to look like inside jokes, but they can sometimes conceal offensive, racist, or misleading content.

### HIDDEN HARMS & LOSING SENSITIVITY

While serious topics like old news, racism, or mental health are turned into jokes, children and young people may become less sensitive to these issues over time. While a funny meme may seem light-hearted, it can carry messages that belittle certain groups, encourage risky behaviour, or mock personal struggles. Repeated exposure through memes can make harmful behaviour seem normal or less important. Over time, this can blur their understanding of what is funny versus what is discriminatory, harmful, or damaging to themselves and others.

### PERMANENT DIGITAL FOOTPRINT

Unlike spoken jokes, memes leave a trail. Created or shared memes can resurface later and be misunderstood, even if intended as harmless. Once online, memes may be copied, saved, or spread beyond a young person's control – digital actions can follow them into their future, shaping how they are perceived by peers, teachers, or even employers long after the original meme has been shared.

## Advice for Parents & Educators

### ENCOURAGE OPEN CONVERSATIONS

Talk regularly with young people and try to understand their online world – discuss what they find funny about the memes, and why. By listening without judgement, you build trust, making it easier for them to come to you if they see something harmful. Open conversations also help children and teens think critically about the messages behind memes rather than simply accepting them at face value.

### MODEL HEALTHY BOUNDARIES

Show children and teens positive online behaviours, such as taking breaks from screens, avoiding late-night scrolling, and engaging in offline activities. Setting clear routines around screen time at home can help to reinforce healthy boundaries and reduce the risks of excessive, by modelling balanced technology use, adults can help children and young people see that digital entertainment, including memes, should be just one part of life.

### Meet Our Expert

Dr Cristina Moreno-Almeida is a Senior Lecturer in Digital Culture at Queen Mary University of London. She specialises in memes, online networks, and youth culture, examining how digital spaces shape identity and everyday life.



### TEACH DIGITAL LITERACY

Help children and young people learn to question where information comes from and whether it's reliable – developing media literacy skills prepares young people to understand and navigate through their future online lives. Show them how memes can sometimes exaggerate or misrepresent facts for laughs, and encourage them to check credible sources when memes claim to present truth.

### FOSTER EMPATHY ONLINE

Remind children and young people that memes about a never come at someone else's expense. Encourage them to think about how a meme might make another person feel before sharing or creating it. Highlight examples of positive memes that celebrate diversity without teasing others. Fostering empathy, respect, and kindness in digital spaces will help them become more users of promoting a safer, more supportive online culture.



ST MICHAEL'S CHURCH,  
BRAINTREE

# LIGHT PARTY

FOR FAMILIES  
FREE ENTRY

FRIDAY 31<sup>ST</sup> OCTOBER  
3-5PM

Find us at St Michael's Church,  
CM7 1EY  
Join us for light themed activities  
Bible story and songs @ 4:30pm

# 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