

# John Ray Times

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





3<sup>rd</sup> November 2025

Phone: 01376 324107 Email: [jcontact@compassps.uk](mailto:jcontact@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="#">TT Rockstars</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:

### New Autumn/Winter Menus:

We're excited to launch our new Autumn/Winter menus this term!

You can view the updated menus below, and they're also available on our school website.

03.11.25 [Week 1](#) (special menu 05/11/25) 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.

### A Message from our catering provider, Chartwells:

At Chartwells, we're passionate about fuelling every child's learning with meals that are tasty, nutritious, and sustainable. Our menus are designed to make smart nutritional choices, meeting – and exceeding – the UK Government's School Food Standards.

To view the Chartwells Parent Information Leaflet, please [click here](#).

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
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	Overjoyed/Elated Anxious Angry Terrified

### School Attendance Difficulties



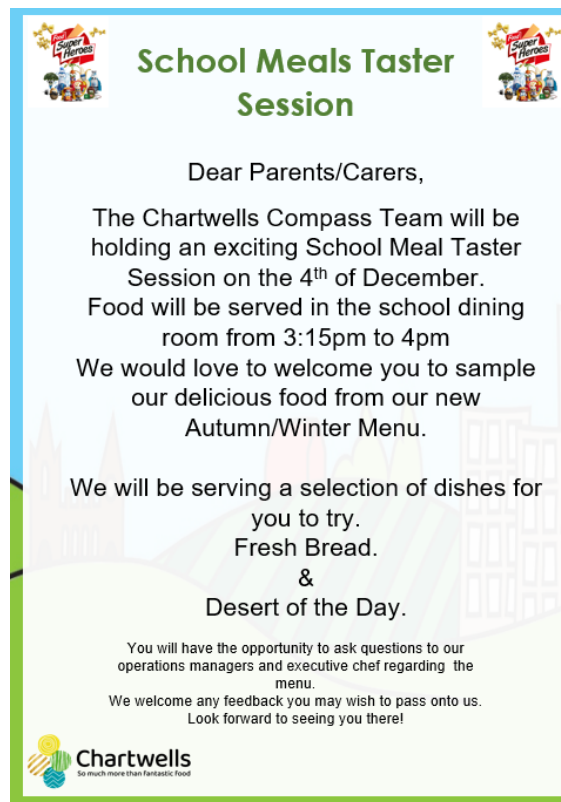
### Supporting Anxiety



**My Happy Mind Parent App**

To access these materials just go to <https://myhappymind.org/parent-resources> We will send out a separate letter with the access code to enable you to access these at home.

## School Meal Taster Session – Thursday 4<sup>th</sup> December 2025 – 3.15pm - 4.00pm



The flyer is titled "School Meals Taster Session" in green text. It features two "Super Heroes" logos at the top corners. The background is light blue with a faint illustration of a school building. The text is centered and reads: "Dear Parents/Carers, The Chartwells Compass Team will be holding an exciting School Meal Taster Session on the 4<sup>th</sup> of December. Food will be served in the school dining room from 3:15pm to 4pm. We would love to welcome you to sample our delicious food from our new Autumn/Winter Menu. We will be serving a selection of dishes for you to try. Fresh Bread. & Desert of the Day. You will have the opportunity to ask questions to our operations managers and executive chef regarding the menu. We welcome any feedback you may wish to pass onto us. Look forward to seeing you there!" At the bottom left is the Chartwells logo with the tagline "So much more than fantastic food".

**School Meals Taster Session**


Dear Parents/Carers,

The Chartwells Compass Team will be holding an exciting School Meal Taster Session on the 4<sup>th</sup> of December. Food will be served in the school dining room from 3:15pm to 4pm. We would love to welcome you to sample our delicious food from our new Autumn/Winter Menu.

We will be serving a selection of dishes for you to try.

Fresh Bread.  
&  
Desert of the Day.

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 Chartwells  
So much more than fantastic food

## John Ray Infant and John Ray Junior Schools: Proposal to reduce the Published Admission Number

Specific Proposal John Ray Junior and John Ray Infant Schools, along with our Trust, propose to reduce the Published Admission Number (PAN) from 120 to 90 with effect from September 2027. For pupils who already have a place at John Ray Infants and in other year groups, there will be no change.

It is important to consider the views of our parents and the wider community. The consultation will run until 3rd December 2025. All stakeholders are invited to submit comments in writing about the proposal to: PAN Consultation: C/O Alderwood Primary School Rainham Close, Eltham London, SE9 2JB Email: [contact@compassps.uk](mailto:contact@compassps.uk). Please [click here](#) to view a full copy of the letter sent to parents 22/10/25

### Attendance- Every day counts

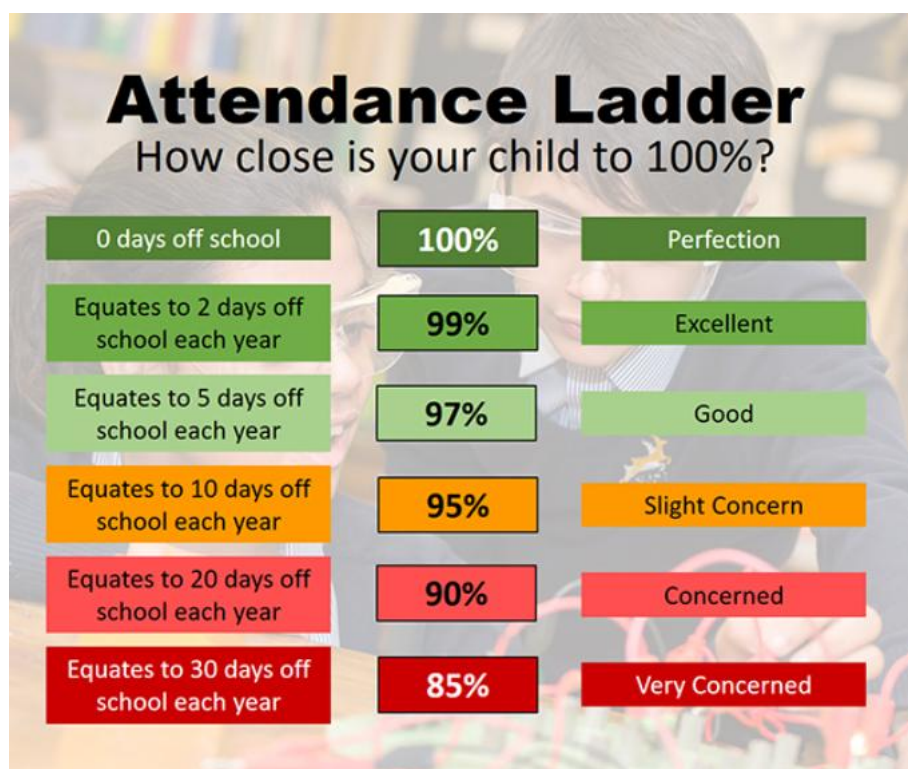
Whilst we strive for 100% attendance, government expectations are that attendance sits above 96%. There is a wealth of research to support the link between regular school attendance and good academic performance. Studies also show direct links between regular school attendance and future success in the work place. Irregular attendance also affects children's ability to develop and sustain friendships in school. If a child's attendance is below 90%, which is classed as being persistently

absent, attendance could be recorded as unauthorised. Parents and carers may be asked to provide evidence of medical appointments and medication where they are able to.

We know that attending school regularly gives your child not just the best start to their school life, but also creates the foundations and habits that are needed as children move into the world beyond school. Learning is a progressive activity; each day's lesson builds upon the learning of the previous day.

Attending school every day means:

- Learning new skills
- Making Friends
- Building lasting relationships
- Having fun
- Developing confidence



Our overall attendance is currently 95.6%

Year 3: 96.2%

Year 4: 95.5%

Year 5: 95%

Year 6: 95.7%

Currently 215 children have 100% attendance

BBC Children in Need - Friday 14<sup>th</sup> November 2025



On Friday 14<sup>th</sup> November, we invite all children to wear non-uniform (spots / stripes) in exchange for a donation to Children in Need. Children who have PE on Friday should wear suitable active wear clothes or bring in a change of clothes in a named bag.

### **Poppy Appeal**

Poppies will be available to purchase in school this week, along with a selection of other items listed below, as well as the traditional poppy with a pin.

Children are kindly asked to bring the suggested donation amount for their chosen item(s) in a named envelope. Purchases can be made during breaktime in the school hall.

Please note we have a limited supply of each item, so initially children will be allowed to purchase one item only, on a first come, first served basis.

Suggested donations:

Snap bands – £2.00

Wristbands – £1.00

Reflectors – 50p

Poppy stickers – 50p

Traditional poppy – donation of your choice

Thank you for supporting the Poppy Appeal.



### **Scroogical – Pantomime**



We are excited to announce that West End in Schools will be visiting us on Monday 24<sup>th</sup> 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 5<sup>th</sup> 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 15<sup>th</sup> October 2025 and can be found below in the 'recent letters home' section.

### **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.

### **Themed menu - 5<sup>th</sup> November**



Our catering team will be serving a special Bonfire Night themed menu on Wednesday 5<sup>th</sup> November. If you would like your child to have a school dinner on this day, please complete this [form](#) by 8:00am on Friday 24<sup>th</sup> 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.

Gymnastics: Bluebell(3P) level 8 gymnastics, Kelsie 6R 6 gymnastic medals, Adam 6R gymnastic medals and an inspirational award, Ivanna (4T) 4 gymnastic medals



Swimming: Amelie 3P stage 3, Willow 3P stage 2 and 3, Annabelle 3P stage 3, Mia 4J stage 5, Akasya 5C most improved swimmer, Vinnie 6L stage 4, Jack 6L stage 7.

Football players of the match: Dominic (6R) Alexander(6R), Alex (6R), Albie (6R), Oscar (6R), Selen (6R), Jan (6O) Spencer (6R), Isaac (4B), Harry (3W), Summer (5W), Trainer of the week: Bertie (3W)

Biking: Logan (3W) 1<sup>st</sup> in a competition

Netball: Imogen (3W)

Dance: Roxy (3B) moved up a dance stage, Mia (6L) 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> place, Akasya (5C) first place

### Stars of the Week

Each week, class teachers will choose a member of their class to be star of the week. Children who are chosen will have their name added in this section of the newsletter. The first stars of the week will be chosen this week,

3B: Matthew	4B: Sophia	5B: Magnificence	6G: The whole class
3C: Luna	4CB: Leo	5C: Henry	6L: Dylan
3P: The whole class	4J: Oliver D	5E: Haniel	6O: Aybel
3W: Primrose	4T: Ethan	5W: Harrison	6R: Dominic

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 Pokemon TCG pocket**

Pokémon TCG Pocket has brought the world-famous trading card game onto smartphones – and with over 100 million downloads, it's already captured the attention of countless fans. The app combines quick-fire card battles, collectible decks, and the thrill of opening booster packs. For many children, it's a blend of strategy, fun, and Pokémon nostalgia that's hard to resist.

Beneath the colourful exterior, there are risks that parents and educators should know about. In-game purchases, monthly passes, and limited-time expansions encourage ongoing spending, while the competitive online play may lead to frustration, over-investment, and extended screen time.

This guide helps adults understand these hidden challenges.

[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.**

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, <a href="mailto:kbreen@compassps.uk">kbreen@compassps.uk</a>
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](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)

22.10.25 [Proposal to reduce the Published Admission Number](#)

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

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

Academic diary dates for 2025-26		
Autumn term	Spring term	Summer term
<p>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>04.12.25 <b>School meal taster session 3.15pm - 4pm</b></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>05.01.26 Non Pupil day</p> <p><b>06.01.26 Children return to school</b></p> <p>12.01.26 After school clubs start</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><b>13.04.26 Children return to school</b></p> <p>20.04.26 First week of after school clubs</p> <p>11.05.26 SATs week</p> <p>20.05.26 Sports day <i>(Y5 / 6 in the morning, Y3 / Y4 in the afternoon, picnic 12-12:45)</i></p> <p><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>

# What Parents & Educators Need to Know about POKÉMON TCG POCKET



## WHAT ARE THE RISKS?

Pokémon TCG Pocket is a mobile version of the hugely popular Pokémon Trading Card Game, downloaded over 100 million times on Android and iOS. Players collect cards, battle others online, and open packs of cards – known as booster packs – to expand their decks. While the core game can be fun and helps develop tactical and numeracy skills, its design encourages spending and can feed addictive behaviours – making it important for adults to understand the risks.

### ADDICTIVE PACK OPENING



Booster packs rely on probability to provide rare or powerful cards. The excitement of opening them – and the dopamine rush when finding a sought-after card – can become addictive. Unlike purely cosmetic loot boxes, the cards here are integral to competitive gameplay, adding extra pressure for serious gamers to collect more.

### QUICK BUT ABSORBING



Card battles last around five to six minutes, making it easy to fit in “just one more game”. This quick format, combined with the drive to win, can lead to prolonged play sessions and increased screen time without noticing. With limited-time Ranked Match seasons constantly being refreshed – an opportunity to accumulate points and earn profile emblems – players may find themselves drawn into this game mechanic repeatedly.

### PREMIUM PASS PRESSURE



A monthly subscription gives players access to exclusive missions, rewards, and an extra daily booster pack. Missions and rewards are replaced each month, providing an incentive to stay subscribed. While some premium rewards are exclusive, others are available through free play – making the pass more about faster progression and obtaining cosmetic items than true necessity.

### ENDLESS PACK LOOPS



New themed sets of cards are released each month, ranging from around 85 to over 370 cards per expansion. This constant cycle encourages players to keep opening packs in an effort to complete collections or improve their battle decks, potentially promoting unhealthy spending habits. With the introduction of limited-time booster packs, some players may feel increased pressure to collect these cards while they're still available.

### COST OF BOOSTER PACKS



Although free to play, with set rewards and two free booster packs given daily, players can exchange Poké Gold if they wish to open more, and a small amount of Poké Gold is rewarded for free as the player levels up. Poké Gold is also sold in bundles that are often just short of what players need to open extra packs, encouraging them to buy additional bundles.

### COMPETITIVE ONLINE PLAY



Interactions in Pokémon TCG Pocket are relatively safe – there's no messaging between players, friend requests require player approval, no real names are used, and card trading is restricted to fair trades between friends. On the other hand, the competitive nature of online play can still cause frustration, over-investment, and isolation if children spend too much time focused on the game.

## Advice for Parents & Educators

### MONITOR SPENDING HABITS



Set clear boundaries around in-game purchases. Treat Poké Gold as an occasional rather than routine reward, helping children develop healthier attitudes towards digital spend.

### PLAY TOGETHER



Card battles can help children learn tactics, problem-solving, and rule-following, as well as numeracy skills. Playing alongside them is a great way to share in their enjoyment, while also modelling balanced play and keeping an eye on how much they're investing in the game.

### SET REALISTIC EXPECTATIONS



Talk about the unpredictable nature of booster packs and prepare children for disappointment when duplicates appear or rare cards don't surface. Understanding probability can help minimise disappointment – use the game's built-in offering rates guides to find out more about it.

### TEACH FAIRNESS



Losing a battle can be discouraging, especially when money has been spent on collecting the cards to build a deck. Support children in recognising the importance of fairness, learning from both wins and losses, and making considered choices when trading cards.

### Meet Our Expert

Dan Lipscombe is a videogame journalist and children's book author with over 15 years of experience. Specialising in technology and gaming, he has written extensively on how digital platforms affect young people and has been playing games for more than three decades.



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