

# John Ray Times

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

10<sup>th</sup> November 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

 <a href="#">Accelerated Reader</a>	 <a href="#">Century Tech</a>	 <a href="#">TTRockstars</a>	 <a href="#">Nessy</a>
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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

			
<b>Blue Zone</b>	<b>Green Zone</b>	<b>Yellow Zone</b>	<b>Red Zone</b>
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	Overjoyed/Excited Anxious Angry Stressed

### [School Attendance Difficulties](#)



### [Supporting Anxiety](#)

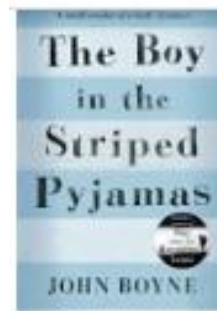
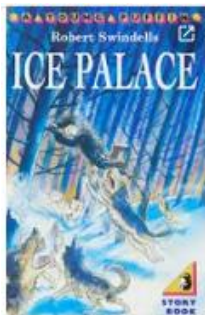


### My Happy Mind Parent App

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.

#### Class texts for this half term

Y3 Charlotte's Web      Y4 The Ice Palace,  
Y5: The Golden Horseman of Baghdad      Y6: The Boy in the Striped Pyjamas



#### Braintree Remembrance Parade



On Sunday, a remembrance wreath was laid at the Braintree War Memorial on behalf of John Ray Juniors School by Hari in 5C.

#### New feature

#### Year 6 SATs question of the week

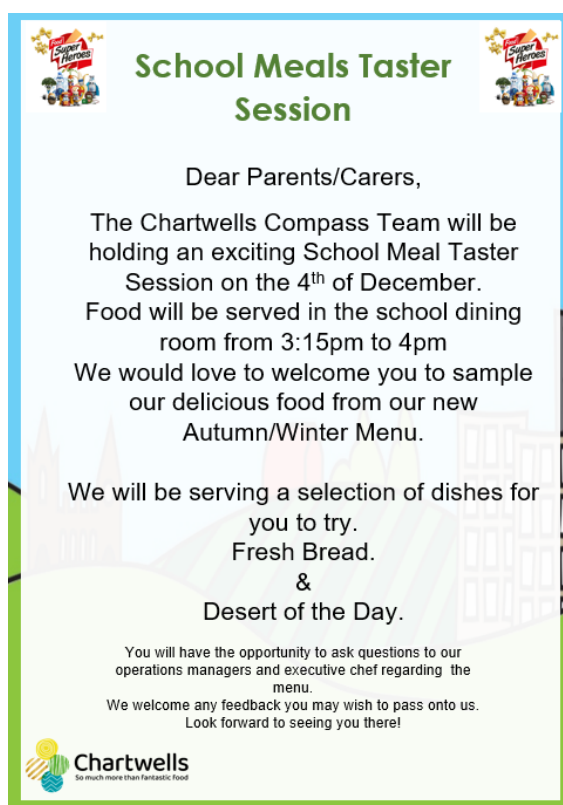
Each week we are going to share an example of a SATs question for you to see what the expectation of our children is at the end of year 6.

Here is a question worth 1 mark from the Reasoning paper.

Write the missing number to make this **division** correct.

$$0.3 \div \boxed{\phantom{00}} = 0.03$$

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




**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.

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!

 **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

**Reminder: 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 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.

### **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.

Gymnastics: Stacey (6O) 1 2<sup>nd</sup> place and 3 4<sup>th</sup> place medals,



Swimming: Vinnie (6L) stage 4 and 5, Harry (3P) stage 6, Teddy (3W) stage 2, Leo (4CB) stage 4, Julia (4CB) stage 4

Scouting: Scarlett (6G) and Nora (6G) both have been awarded the Chief Scout silver award, Ellie-Rose (5B) seconder in Brownies

Football: Players of the match: Henry Tatam (5E), Logan (5C), Freddie (5W), Alex (6R), Alex (6L), Zach (5W), Adam (3W)



Martial Arts: Daniel (5E) participating in a competition, Sophia (6G) & William (4B) both achieved 3rd place in a karate competition

Gymnastics: Roxy (3B) trophy for a one handed cartwheel

Dance / Acro: Gracie (3C) star of the week, Rosie-Mai (5E), Charlie (3B)



### 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: Basia	4B:	5B: Roman	6G:
3C: Harry	4CB: Evelin A	5C: Lilly-Mae	6L: Rita
3P: Bluebell	4J: Isabella	5E: Tsolaye	6O: The whole
3W: Teddy	4T: Keagan	5W: Sofia	6R: Albert

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 AI generated videos**

AI can now generate realistic looking videos that are almost impossible to distinguish from genuine content. From hoax news to abusive deepfakes, these synthetic clips can mislead, manipulate and even harm. As AI tools become more advanced, and more accessible, young people are increasingly at risk of encountering fake but convincing footage online. This #WakeUpWednesday guide unpacks the dangers of AI-generated videos, from the emotional impact of fake distressing content to the potential for impersonation and bullying. With practical tips to help young users spot deepfakes and navigate online spaces with confidence, this guide is an essential read for parents and educators navigating this rapidly evolving digital landscape.

[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: jbrennan@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: <b>Miss Coffee (Assistant Head) if your child is in Y5 or Y6</b> – <a href="mailto:rcottee@compassps.uk">rcottee@compassps.uk</a> <b>Mrs Breen (Assistant Head) if your child is in Y3 or Y4</b> – <a href="mailto:kbreen@compassps.uk">kbreen@compassps.uk</a>	
<b><u>RECENT LETTERS INCLUDING NEWSLETTERS</u> – MANY OF OUR LETTERS ARE AVAILABLE ON THE WEBSITE</b>	
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 <a href="mailto:tojrcontact@compassps.uk">to jrcontact@compassps.uk</a>	
18.07.25 <a href="#">School meal cost</a> (all year groups) 06.10.25 <a href="#">Gemma's Farm Visit</a> (Y3 only) 14.10.25 <a href="#">Autumn Term Learning Conference</a> 15.10.25 <a href="#">Scroogical pantomime</a> (all year groups) 22.10.25 <a href="#">Proposal to reduce the Published Admission Number</a>	
<b>Dates for the academic year 2024-2025 (new dates in red)</b> <a href="#">Please see the website for the term dates</a>	

<b>Academic diary dates for 2025-26</b>		
<b>Autumn term</b>	<b>Spring term</b>	<b>Summer term</b>
14.11.25 Children in need (non – uniform: children can wear spots / stripes in return for a donation) 24.11.25 School panto 24.11.25 last week for after school clubs <b>04.12.25 School meal taster session 3.15pm - 4pm</b> 15.12.25 SEN tea and chat 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> 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> 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</i>	05.01.26 Non Pupil day <b>06.01.26 Children return to school</b> 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> 09.02.26-15.02.25 Children's mental health week 10.02.26 Safer internet day <b>16.02.26 Half term week</b>  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> 09.03.26 Science week	<b>13.04.26 Children return to school</b> 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> <b>25.05.26 Half term week</b> 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)

<p><i>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>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><b>27.03.26 Last day of term</b></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 AI-GENERATED VIDEOS

## WHAT ARE THE RISKS?

AI-generated videos are increasingly difficult to spot and easy to share. From fake news clips to deepfake abuse, children and young people face new risks every day online. These videos can imitate real people, spread false narratives or even generate harmful content from scratch. Understanding these dangers is crucial for schools and families who want to protect children in a fast-evolving digital world.

### DEEPPAKE ABUSE CONTENT

Shockingly, artificial intelligence is now being exploited to create child sexual abuse material (CSAM). These synthetic images and videos are a form of digital abuse, often generated by manipulating real children's photos, including ones shared innocently online. Worryingly, the Internet Watch Foundation (IWF) has identified a sharp rise in this disturbing trend. Whether real or AI-generated, this content causes lasting trauma – and its creation or possession remains a criminal offence under UK law.

### BLURRED REALITY

Regular exposure to fake content can erode a child's trust in real-world evidence. If everything can be faked, they may begin to question genuine videos – including actual abuse or injustice. This is known as the 'liar's dividend', where real harm is dismissed as fake news. It can discourage victims from coming forward or speaking up.

### USED FOR BULLYING

Deepfake technology is already being used by peers to create embarrassing or explicit clips of classmates. These videos can be edited to appear as though a child said or did something they never did. Once shared, they are almost impossible to delete completely. AI-generated bullying adds a new layer of harm that is deeply personal and difficult to prove.

### EMOTIONAL MANIPULATION

AI-generated videos can be used to provoke strong emotions, including fear, anger or guilt. False footage of crying children, injured animals or burning buildings may be created purely for clicks, donations or political influence. Children may feel upset or powerless, unaware that what they are watching has been digitally invented to manipulate their reaction.

### DISINFORMATION

AI-generated videos can spread fake news, making it harder for children to separate fact from fiction. False clips may include deepfake interviews, hoax disasters or fabricated health claims. AI is already being used to produce misleading or persuasive material that appears authentic. If they don't develop media literacy, children may accept false content as truth.

### IMPERSONATION AND SCAMS

With just a few photos or voice clips, AI tools can imitate someone's appearance or speech. This makes it easier for scammers or bullies to create fake videos of children, teachers or celebrities. These impersonations can be used for fraud, harassment or humiliation – and can spread quickly through social media or group chats, due to the viral potential of video, in particular, on social media.

## Advice for Parents & Educators

### TEACH HOW IT WORKS

Explain to children that videos can be faked – and show them how. Demonstrating side-by-side examples of real vs AI-generated clips helps to build awareness. Discuss how faces, voices and even movements can be copied by machines. Understanding the technology reduces fear and builds confidence in navigating digital content safely.

### TALK ABOUT TRUST

Always keep lines of communication open. If a child sees something upsetting or unbelievable, they should feel safe discussing it without judgement. Create an environment where they know they will not get in trouble for asking questions. This also helps you step in quickly if harmful content has been shared; trust is vital and needs to be nurtured.

### ENCOURAGE CRITICAL QUESTIONS

Help children question what they watch. Who made this? Why was it made? Is it trying to persuade me? These habits encourage digital thinking, especially when videos seem too shocking or convenient. Reinforce that not everything shared by friends or influencers is true, even if it looks convincing at first, and that the initial approach should always be one of speculation.

### STRENGTHEN PRIVACY SETTINGS

Advise children not to share voice notes, selfies or personal videos on public platforms. AI tools often scrape content from social media to create deepfakes. Use privacy controls to limit who can see their content and turn off facial recognition where possible. Fewer public images means fewer opportunities for misuse.

### Meet Our Expert

Brendan O'Keefe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.



#WakeUpWednesday

The National College

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