

John Ray Times

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

24th November 2025

Phone: 01376 324107 **Email:** jrcontact@compassps.uk **Website:** www.johnray.compassps.uk

 @ facebook.com/johnraycompassps

Online learning links

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

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

For uniform orders visit: [Absolute Embroidery](#). or visit the shop at 286 Broad Road, Braintree, Essex, CM7 5NW

For information on Food Bank vouchers email: mkeegan@compassps.uk

For second hand uniform requests email: rcottee@compassps.uk

Breakfast club queries email: hwiltshire@compassps.uk

School dinner menus are on our website:

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.

24.11.25 [Week 1](#), 01.12.25 [Week 2](#), 08.12.25 [Week 3](#).

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	Happy	Worried	Overwhelmed/Scared
Bored	Calm	Excited	Angry
Tired	Proud	Silly	Terrible
Sick		Confused	

[School Attendance Difficulties](#)



[Supporting Anxiety](#)



My Happy Mind Parent App

To access these materials just go to <https://myhappymind.org/parent-resources> We have already set out a separate letter with the access code to enable you to access these at home. If you would like a reminder, please contact the office.

Scroogical – Pantomime

The children thoroughly enjoyed the Scroogical panto today. Many thanks to the PTA for helping to fund it and for Mrs Phillips for organising it.

The PTA have also funded a large Christmas tree for our school hall. Thank you!

Window ledges at St Michael's Church

Thank you to Miss Watts and Mrs Blade who decorated the window ledges in St Michael's Church using the wonderful art work created by some of the John Ray Junior children. Please pop down to the church to view them.



Year 6 SATs question of the week

Here is a question worth 2 marks from the Reasoning paper.

In this sequence, the rule to get the next number is

Multiply by 2, and then add 3

Write the missing numbers.

<input type="text"/>	25	53	<input type="text"/>
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Y3 Experience Christmas workshops at St Michael's Church

Next week, children in Y3 will be walking to the church to take part in a Christmas Experience workshop event. The workshop takes the children through the different elements of the Christmas story. Please ensure that the children are dressed appropriately for the walk and have sensible shoes for walking- trainers are permitted. Visits will take place on the following days. Children will eat lunch in school as usual and will be back in time for the end of the school day.

Monday 1st December 3C

Tuesday 2nd December 3W

Wednesday 3rd December 3P

Friday 5th December 3B

🎄 Non-Uniform Day & Christmas Gift Sale.

On Friday 28th November, children can come to school in non-uniform in exchange for bringing an unwrapped gift as a donation.

Then, on Thursday 4th December, children can bring £1.00 to buy a special present from our PTA Christmas Gift Sale.

See the poster below for full details and suggested donations.



After school clubs

Don't forget that this is the last week for after school clubs. Clubs will restart on 12.01.26

School Meal Taster Session – Thursday 4th 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 4th 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. Please [click here](#) to view a full copy of the letter sent to parents 22/10/25



The poster features a purple and pink color scheme. At the top left, it displays the Essex County Council logo and the text 'Essex County Council Special Educational Needs and Disabilities'. On the top right is the 'SPACE' logo, which consists of two stylized human figures in green and pink. The main headline reads 'SPACE offers free support to families of children and young people with SEND.' Below this, it states 'Delivered by peer educators – all parents and carers with lived experience.' A section titled 'Get support your way:' lists three options: 'in person' (meet at roadshows, coffee mornings, and community events), 'by phone' (talk one-to-one with a peer educator), and 'online' (join webinars on key topics, led by peer educators). A fourth option, 'on the SPACE website', is also listed. At the bottom left, there is a QR code and the text 'Book your place for an online session, or a phone call today!' followed by the website 'parent-send-support.essex.gov.uk'. On the right side of the poster, there is a photograph of a woman smiling and holding a young child.

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.

Bikeability: River, Sophia, Alicja, Aiden, Andee, Harry, Dylan, Henry, Quinn, Xavier, Amelia P, Hallie P F, Mia Elena, Hallie J, William, Vinnie, Joseph, Zac, Dominic

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: Charlie	4B: -	5B: Ozzy	6G: -
3C: Anastasia	4CB: Suzie	5C: Seyi	6L: Harry
3P: Frankie	4J: Emily	5E: Max	6O: Summer
3W: Isabelle	4T: Leo	5W: Carys	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: 4B, 4CB, 3W, 6G

Tuesday: Y5, 3P, 3B, 3C

Wednesday: Y4, 6R, 6O, 6L

Thursday: Y3, 5B, 5E, 5C

Friday: Y6, 4J, 4T, 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 Tik Tok (2025)

Now the world's go-to short video platform, TikTok captivates young audiences with its endless stream of engaging clips, but not without potential pitfalls. From unsettling or age-inappropriate content to harmful viral challenges, misinformation and even radicalisation, this ever-popular app can expose children to content that may not always be suitable for them.

Our #WakeUpWednesday guide explores TikTok's hidden hazards, including in-app spending, compulsive screen time and privacy concerns, offering clear advice for parents and educators. With expert insight and practical safety tips, it aims to help families ensure that TikTok use remains fun, positive and, most importantly, safe.

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

3C: cwaspe1@compassps.uk
3B: dbanks@compassps.uk
3P: sphillips@compassps.uk
3W: zwatson@compassps.uk

Year 4

4B: pwatts@compassps.uk, jbird@compassps.uk
4CB: hcollier-brown@compassps.uk
4J: jbrennan@compassps.uk
4T: tbeeson@compassps.uk, kbreen@compassps.uk

Year 5

5B: hbreeze@compassps.uk
5E: cellis@compassps.uk
5C: dcasey@compassps.uk

Year 6

6G: ngibson@compassps.uk
6L: jarbalestier@compassps.uk
6O: cosullivan1@compassps.uk
6R: rroberts@compassps.uk

5W: awilson1@compassps.uk,
rcottee@compassps.uk

Please contact class teachers in the first instance to resolve any issues. Should you feel you need to escalate the issue, please contact:

Miss Coffee (Assistant Head) if your child is in Y5 or Y6 – rcottee@compassps.uk

Mrs Breen (Assistant Head) if your child is in Y3 or Y4 – kbreen@compassps.uk

RECENT LETTERS INCLUDING NEWSLETTERS – MANY OF OUR LETTERS ARE AVAILABLE ON THE WEBSITE

All communication will be sent through Bromcom. Please ensure that you have given us a current email address. Issues with Bromcom communication should be emailed [to jrcontact@compassps.uk](mailto:jrcontact@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>24.11.25 last week for after school clubs</p> <p>28.11.25 Non Uniform day – gift donations</p> <p>04.12.25 PTA gift shop – children to bring £1.00 to buy a gift for someone special.</p> <p>04.12.25 School meal taster session 3.15pm - 4pm</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>05.01.26 Non Pupil day</p> <p>06.01.26 Children return to school</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>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</i></p>	<p>13.04.26 Children return to school</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>25.05.26 Half term week</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 <i>(schools will choose their own dates)</i></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><i>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>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

TIKTOK

AGE RESTRICTION
13+

(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

TikTok's Following Feed shows videos from known creators, while the default For You Feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

BODY IMAGE AND DANGEROUS CHALLENGES

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blackout" trend, where users held their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

IN-APP SPENDING

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £224.99, let users buy gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Concordian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

CONTACT WITH STRANGERS

Between 1.6 and 1.9 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-16s (or young people using a fake date of birth) are set to public view by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and allows anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

TikTok's short videos may appear lighthearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one third of 12-15-year-olds use TikTok as a news source, increasing the chance of seeing racist, misogynistic, extremist or conspiracy material. Even brief clips can influence impressionable users and shape their worldview, making discussions about critical thinking, propaganda and online influence especially important for parents and educators.

ADDICTIVE DESIGN

TikTok's fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent an average of 127 minutes per day on the platform, double the time recorded in 2020. Excessive use can disrupt sleep, increase irritability, and distract from healthier activities. Constantly skipping between short clips may also affect attention span, making it harder to focus on longer tasks such as homework or reading.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's in order to manage settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children cannot alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure they don't share any identifying personal information or respond to dangerous trends, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's important to talk about misinformation and propaganda.

BLOCK IN-APP SPENDING

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

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



#WakeUpWednesday

The National College

See full reference list on our website

@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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