

# John Ray Times

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

12<sup>th</sup> January 2026

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 @ 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> |
|---|---|---|--|

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.

26.01.26 [Week 1](#) , 12.01.26 [Week 2](#), 19.01.26 [Week 3](#)

**A Message from our catering provider, Chartwells:** 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](#)



### [School Attendance Difficulties](#)



### [Supporting Anxiety](#)

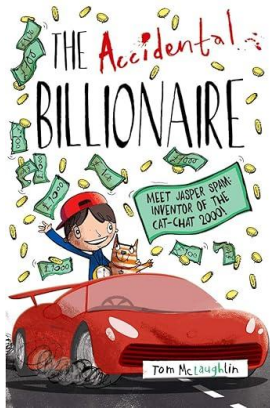


### My Happy Mind Parent App

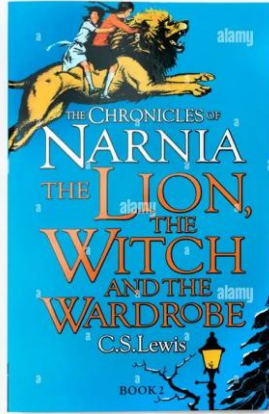
To access these materials just go to <https://myhappymind.org/parent-resources> We will send out a separate letter with the access code to enable you to access these at home.

### Class texts for the term

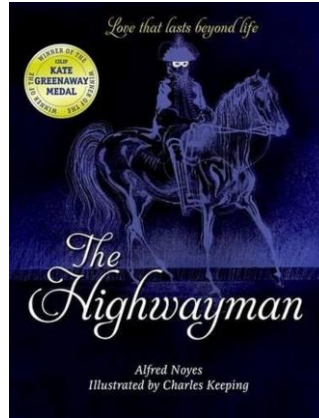
Children have now made a start on their new class texts for the half term. The inspiration for the writing the children produce often comes from the class texts and when choosing the texts, teachers consider the high quality language the children will be exposed to, as well as ensuring that the children will enjoy the story. Last week in assembly, we talked about the pleasure we get from reading.



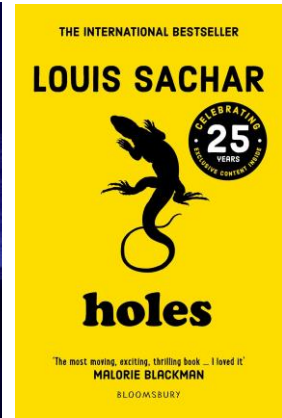
Year 3



Year 4



Year 5



Year 6

This year is the National Year of Reading and our school council are considering ways we can join in. Suggestions so far are:

- Book swaps
- Book reviews
- Author visits
- Author of the month

**Big Garden  
Birdwatch**

**23–25 January 2026**

Once again, the RSPB are running their annual Birdwatch. If you would like to take part at home with your child, it is simple and easy to do. Simply choose an hour between 23rd – 25th January 2026 and count the birds you see in your garden, from your balcony, or in your local park. Only count birds that land. Children can take an information sheet on how to record their results as well as a bird identification sheet from their teacher or take a look at the RSPB Big Garden Bird Watch website [Big Garden Birdwatch](https://www.rspb.org.uk/birdwatch)

We will also be registering for the Big School's Birdwatch.

### **Online safety at home**

Teaching children how to stay safe online is part of our curriculum and we regularly revisit this. In addition, most social media and messaging apps have an age rating that is higher than primary aged children. While we teach online safety in school, we cannot oversee or control internet use outside of school hours. We encourage you to set appropriate boundaries and regularly discuss safe and responsible online behaviour with your child. Parents should also take responsibility for monitoring and managing their children's online activity at home. Each week, an online safety section is added to this newsletter and we have access to parental guides for many aspects of online games and apps. If you would like paper copies of these, please contact the school office.

Additional advice and support can also be found on the following sites:

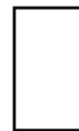
[Keeping children safe online | NSPCC](https://www.nspcc.org.uk/keeping-children-safe-online/)

[Homepage - UK Safer Internet Centre](https://www.internet-protect.com/)

### Year 6 SATs question of the week

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

Which is larger,  $\frac{1}{3}$  or  $\frac{2}{5}$ ?



Explain how you know.

### Is my child too ill for school?

The NHS has produced useful information to support parents when deciding if their child is too ill to attend school. Information can be found on the NHS website.

[NHS- Is my child too ill for school?](#)

### 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 \(pop-essex.org\)](#).

### Essex Family Forum- 20<sup>th</sup> January 8:50-10am in the junior hall.

Please see the poster at the end of the newsletter, we look forward to seeing you.

### 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.

Swimming: Rex (5E) 600m, Ruby (5C) stage 4, Vinnie (6L) stage 4, Lillian (3W) stage 3,  
Harry (3P) stage 2

Football: Bertie (3W) trainer of the week

Dance: Eive (4T) dancer of the week

Tennis: Eive (4T) player of the week

### 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.

|                            |                     |                   |            |
|----------------------------|---------------------|-------------------|------------|
| 3B: Lexi, Sahil            | 4B: Danile, Sahil   | 5B: Tilly, Amelie | 6G:        |
| 3C: Daphne, Kerim          | 4CB: Alan, Aismitha | 5C: Yasmin, Jack  | 6L: Vinnie |
| 3P: Aadam                  | 4J: Samuel Y        | 5E: Rex           | 6O: Tyler  |
| 3W: The whole class, Meili | 4T: Samuel          | 5W:               | 6R: Lilah  |

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**. If a child is in immediate danger, you should call 999.

Children can call [Childline](#) at any time on **0800 1111**



**National Online Safety: What parents and carers need to know about essential online safety**

This #WakeUpWednesday guide offers clear, supportive guidance to help parents and educators feel more confident in navigating the online world with children and young people. It looks at how everyday conversations, simple boundaries, and a bit of digital awareness can make a real difference to young people's online experiences.

This guide also explores how parents and educators can create an environment where children feel comfortable asking for help when something online unsettles them. By highlighting the importance of safe and healthy internet usage, these tips provide a grounded starting point for anyone supporting young people's digital lives.

[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.

|  |  |
|--|--|
| <b>Year 3</b>  | <b>Year 4</b>  |
| 3C: cwaspe1@compassps.uk<br>3B: dbanks@compassps.uk<br>3P: sphillips@compassps.uk<br>3W: zwatson@compassps.uk                        | 4B: <a href="mailto:pwatts@compassps.uk">pwatts@compassps.uk</a> , jbird@compassps.uk<br>4CB: hcollier-brown@compassps.uk<br>4J: jbrennan@compassps.uk<br>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<br>5E: cellis@compassps.uk<br>5C: dcasey@compassps.uk<br>5W: awilson1@compassps.uk,<br>rcottee@compassps.uk | 6G: ngibson@compassps.uk<br>6L: jlarbalestier@compassps.uk<br>6O: cosullivan1@compassps.uk<br>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](#)

| Spring term  | Summer term  |
|--|--|
| <p>12.01.26 After school clubs start<br/> <b>20.01.26 Essex Family Forum 8:50-10am</b> (opportunity for parents of SEN children to give their views)<br/>                     22.01.26 Young Voices at the O2<br/>                     03.02.26 SEND tea and chat<br/>                     04.02.26 Enhanced one planning for specific children<br/>                     05.02.26 In class individual photos <i>(Children having PE today should bring their PE kit in a separate bag)</i><br/>                     09.02.26-15.02.25 Children's mental health week<br/>                     10.02.26 Safer internet day<br/> <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><br/>                     09.03.26 Science week<br/>                     11.03.26 Learning conferences 3:40 – 6:00<br/>                     12.03.26 Learning conferences 3:40 – 6:30</p> <p>23.03.26 Last week for clubs<br/>                     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><br/>                     27.03.26- SEND tea and chat<br/> <b>27.03.25 PTA Break the rules day</b><br/> <b>27.03.26 Last day of term</b></p> | <p><b>13.04.26 Children return to school</b><br/>                     20.04.26 First week of after school clubs<br/>                     11.05.26 SATs week<br/>                     20.05.26 Sports day <i>(Y5 / 6 in the morning, Y3 / Y4 in the afternoon, picnic 12-12:45)</i><br/> <b>25.05.26 Half term week</b><br/>                     01.06.26 Multiplication check for 3 weeks (Y4 only)<br/>                     02.06.26 Enhanced and focussed one plans<br/>                     03.06.26 reserve sports day in case of poor weather<br/>                     08.06.26 - 10.06.26 Mersea residential for Y6<br/>                     22.06.26 Secondary school transition week (schools will choose their own dates)<br/>                     26.06.25 School fete after school<br/>                     29.06.26 Last week of after school clubs<br/>                     01.07.26 Class photos <i>(Children having PE today should bring their PE kit in a separate bag)</i><br/>                     09.07.26 Annual reports sent out<br/>                     30.06.26 Children to spend time with new teacher<br/>                     08.07.26 Open afternoon 3:30-4:30<br/>                     14.07.26 Y6 production for 6L and 6R 1:30 and 4:30<br/>                     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> |

# 10 Top Tips for Parents and Educators

## ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

### 1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

### 2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

### 3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

### 4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

### 5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

### 6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

### 7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

### 8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

### 9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

### 10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

### Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

#WakeUpWednesday

The National College

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## Calling all SEND parents and carers - Your school needs your voice!

Help make your school more inclusive for **all** children

Your school has signed up to a pilot project aimed at increasing inclusivity in school and building relationships and communication with parents/carers. The name of this project is Partnership for Inclusion of Neurodiversity in Schools (PINS).

You may remember a survey being sent out about this project recently. We would now like to gather your views in person through a parent/carer '**cuppa and chat**' event that will be run by a representative from Essex Family Forum (EFF). The event will be very informal and a real opportunity for you to share your views on what is working within your school and what you would like to see improved. You can find out about the work EFF do here [www.essexfamilyforum.org](http://www.essexfamilyforum.org).

The group is open to all parents/carers of children at the school who have EHCP's are supported by One Planning, or who have children that may have currently unrecognised/undiagnosed SEND. Come along for a chat, to support one another and an opportunity to work with your school and to improve the outcomes for your child.

**Date:** Tuesday 20th January

**Time:** 08:50-10:00

**Location:** John Ray  
Juniors



Department  
for Education

# 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