

# John Ray Times





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

2nd February 2026

**Phone:** 01376 324107 **Email:** [johnrayjunior@compassps.uk](mailto:johnrayjunior@compassps.uk) **Website:** [www.johnray.compassps.uk](http://www.johnray.compassps.uk)

 @ [facebook.com/johnraycompassps](https://facebook.com/johnraycompassps)

## Online learning links

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

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:

### Autumn/Winter Menus:

09.03.26 [Week 1](#) , 16.03.26 [Week 2](#), 09.02.26 [Week 3](#)

### New Spring/Summer Menus:

We're excited to launch our new Spring/Summer menus after the Easter holidays!

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

13.04.26 [Week 1](#), 20.04.26 [Week 2](#), 27.04.26 [Week 3](#)

### 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.

<p><b><a href="#">Zones of Regulation</a></b> The ZONES of Regulation</p> 	<p><b><a href="#">School Attendance Difficulties</a></b></p> 	<p><b><a href="#">Supporting Anxiety</a></b></p> 
---	---	--

### 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.

### Our Assemblies

Holocaust Memorial day was 27<sup>th</sup> January and in one of our assemblies last week, we spent time thinking and talking about the Holocaust and the importance of remembering this time.

Holocaust Memorial Day is a special day when we remember people who were treated unfairly and hurt just because of who they were. We thought about the importance of kindness, respect, and standing up for others.

In another assembly, we looked at the theme of 'Respect in action' and explored the question 'Does how we behave matter as much as how well we play?' This linked the recent news that the Football Association has published a review looking at behaviour in football across England.

### **Lockdown drill**

This afternoon we practised our lockdown drill. This was an unannounced drill to ensure that everyone in our school is aware of the procedures. Today, children were really sensible, were aware of what to do and where to go if they were not with their class and followed instructions well. In school, we let children know that there may be an occasion when we have to stay inside the building such as if there were a swarm of bees on the playground.

### **Boilers**

We are having some work carried out on our boilers this week to ensure they are working efficiently and keeping us all warm. Please send your child in with an additional jumper in case it gets chilly in class.

### **Vacancy – Midday Assistant**

We are looking for a Midday Assistant to join our team and support our children at lunchtime. If you would like further information, please contact the school office.

### **Friday 13<sup>th</sup> February**

On Friday 13<sup>th</sup> February, the catering team will be making pancakes for dessert.



### **Individual school photos – 5<sup>th</sup> February 2026**

Just a reminder that school photos take place on Thursday 5<sup>th</sup> February. Children who have PE on that day should come to school in school uniform and bring their PE kit in a bag to change into.

### **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.

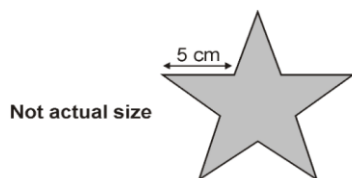
[NHS- Is my child too ill for school?](#)

### Year 6 SATs question of the week

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

Millie has some star-shaped tiles.

Each edge of a tile is 5 centimetres long.



She puts two tiles together to make this shape.



Work out the perimeter of Millie's shape.



1 mark

### 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: Kelsie (6R) 2nd on vault, 2nd on floor, 2nd on bars and 3rd on beam. Kelsie also received an award for amazing artistry on floor

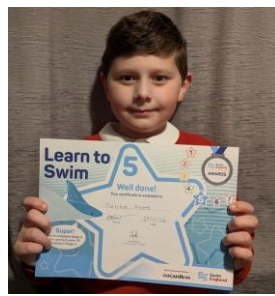
Swimming: Lillian (3W) stage 4, Vinnie (6L) stage 5, Ben (3P) stage 3, Fletcher (4B) stage 6, Moana (3B) stage 5, Lilly (5B) stage 5, Ruby (3P) stage 4, Effie (3P) stage 4

Jiu-Jitsu: Daniil (5E) 5th place

Football: Teddy (3W) Player of the match, Bertie (3W) Player of the match

Rugby: Marcus (6R) Player of the match

Dancing: Isis (4T) 3rd place in pairs, Basia (3B) 4th place slow, 5th place fast, 3rd place in pairs, Mia (6L) 1st place slow, 2nd pairs



### 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: Grace	4B:	5B: Ralph	6G: Henry
3C: Winter	4CB: Niamh	5C:	6L: Ella
3P: Joy	4J: Freddie	5E: Sabrina	6O: Treasure
3W: Emilia	4T: Isis	5W:	6R: Marcus

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](https://www.childline.gov.uk) at any time on [0800 1111](tel:08001111).

### Parent support for keeping children safe while online

[Keeping children safe online | NSPCC](#)

[Homepage - UK Safer Internet Centre](#)



### National Online Safety: What parents and carers need to know about Mental health misinformation online

Children and young people are increasingly turning to social media for mental health advice, but much of what they encounter online is unverified, oversimplified or misleading. This guide explores why platforms like TikTok and Instagram have become go-to sources, and how misuse of clinical language and viral trends can distort children and young people's understanding of mental health. Aimed at parent and educators, it offers clear, expert-led strategies to counter misinformation. The guide looks at topics such as encouraging open conversations, identifying reliable sources, and strengthening school-home collaboration. Use this information to build young people's critical thinking, resilience and confidence in seeking appropriate professional help when needed.

[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.

<p style="text-align: center;"><b>Year 3</b></p> 3C: <a href="mailto:cwaspe1@compassps.uk">cwaspe1@compassps.uk</a> 3B: <a href="mailto:dbanks@compassps.uk">dbanks@compassps.uk</a> 3P: <a href="mailto:sphillips@compassps.uk">sphillips@compassps.uk</a> 3W: <a href="mailto:zwatson@compassps.uk">zwatson@compassps.uk</a>	<p style="text-align: center;"><b>Year 4</b></p> 4B: <a href="mailto:pwatts@compassps.uk">pwatts@compassps.uk</a> , <a href="mailto:jbird@compassps.uk">jbird@compassps.uk</a> 4CB: <a href="mailto:hcollier-brown@compassps.uk">hcollier-brown@compassps.uk</a> 4J: <a href="mailto:jbrennan@compassps.uk">jbrennan@compassps.uk</a> 4T: <a href="mailto:tbeeson@compassps.uk">tbeeson@compassps.uk</a> , <a href="mailto:kbreen@compassps.uk">kbreen@compassps.uk</a>
<p style="text-align: center;"><b>Year 5</b></p> 5B: <a href="mailto:hbreeze@compassps.uk">hbreeze@compassps.uk</a> 5E: <a href="mailto:cellis@compassps.uk">cellis@compassps.uk</a>	<p style="text-align: center;"><b>Year 6</b></p> 6G: <a href="mailto:ngibson@compassps.uk">ngibson@compassps.uk</a> 6L: <a href="mailto:jlarbalestier@compassps.uk">jlarbalestier@compassps.uk</a>

5C: dcasey@compassps.uk 5W: awilson1@compassps.uk, rcottee@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>RECENT LETTERS INCLUDING NEWSLETTERS – 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> 20.01.26 <a href="#">Learning conferences - Spring term</a> (all year groups)	
<b>Dates for the academic year 2024-2025 (new dates in red)</b> <a href="#">Please see the website for the term dates</a>	

Spring Term	Summer Term
03.02.26 SEND tea and chat	<b>13.04.26 Children return to school</b>
04.02.26 Enhanced one planning for specific children	20.04.26 First week of after school clubs
05.02.26 In class individual photos ( <i>Children having PE today should bring their PE kit in a separate bag</i> )	11.05.26 SATs week
09.02.26-15.02.25 Children's mental health week	20.05.26 Sports day ( <i>Y5 / 6 in the morning, Y3 / Y4 in the afternoon, picnic 12-12:45</i> )
10.02.26 Safer internet day	<b>25.05.26 Half term week</b>
<b>16.02.26 Half term week</b>	01.06.26 Multiplication check for 3 weeks (Y4 only)
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> )	02.06.26 Enhanced and focussed one plans
<b>05.03.26 Wish upon a bar sale (golden tickets) - details to follow</b>	03.06.26 reserve sports day in case of poor weather
09.03.26 Science week	08.06.26 - 10.06.26 Mersea residential for Y6
11.03.26 Learning conferences 3:40 – 6:00	<b>19.06.26 Non uniform day (donation for summer fete).</b>
12.03.26 Learning conferences 3:40 – 6:30	22.06.26 Secondary school transition week (schools will choose their own dates)
<b>13.03.26 Break the rules day – non uniform details to follow</b>	26.06.25 School fete after school
13.03.26 Parent workshop: Neurodiversity and sleep workshop 9:30-11:30 in the hall	29.06.26 Last week of after school clubs
23.03.26 Last week for clubs	01.07.26 Class photos ( <i>Children having PE today should bring their PE kit in a separate bag</i> )
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> )	09.07.26 Annual reports sent out
27.03.26- SEND tea and chat	30.06.26 Children to spend time with new teacher
<b>27.03.25 PTA Break the rules day</b>	08.07.26 Open afternoon 3:30-4:30
<b>27.03.26 Last day of term</b>	14.07.26 Y6 production for 6L and 6R 1:30 and 4:30
	15.07.26 Y6 production for 6O and 6G 1:30 and 4:30
	<b>16.07.26 Last day of term for children</b>

# What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

## WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

### POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

### RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

### LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

### IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

### MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

### REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

## Advice for Parents & Educators

### MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

### IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

### SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

### ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



# 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



MENTAL HEALTH SUPPORT TEAM

**NHS**

North East London  
NHS Foundation Trust

## Holiday Club



Our free Holiday Club is run once a week during most school holidays. It creates a safe space for children to:

- participate in meaningful activities
- make friends and socialise
- access lunch and snacks

and all of this is while developing social and communication skills and exploring new talents or interests.

### Who is Holiday Club for?

Holiday Club sessions are booked and offered to families according to criteria. Priority will be given to those from lower income families, in receipt of pupil premium or eligible for free school meals.

**Activities are free and suitable for children aged 6 and over in primary school.**

For more information you can [read our Holiday Club Terms and Conditions](#).

### Where are the Holiday Club activities?

Activities are held at our Kids Inspire HQ, Hargrave House, ~~Hollycroft~~, Great Baddow, Chelmsford, CM2 7FW

**Time:** 10:30am-3:30pm

### Upcoming dates for 2026 Holiday Clubs:

**Tuesday 17 February 2026 - Animal Discovery with [Eden Oasis](#)**

This February half term, children will have the chance to meet and handle eight amazing animals with a visit from Eden Oasis! **Please be aware that this will include cockroaches, leaf insects, royal python, blue tongue skunk, tortoise, ferrets, armadillo and rabbits.**

Expressions of interest are now open for our February activity, please **complete our [expression of interest form](#)**.

[Eden Oasis - Animal Discovery Tuesday 17 February 2026 – Fill in form](#)