

John Ray Times

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





2nd March 2026

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



@ facebook.com/johnraycompassps

Online learning links

 Accelerated Reader	 Century Tech	 TTRockstars	 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:

Autumn/Winter Menus:

09.03.26 [Week 1](#) , 16.03.26 [Week 2](#), 02.03.26 [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](#)

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.

Vacancy

We are looking for a Midday Assistant to join our team and support our children at lunchtime. If you would like further information and to apply for this role, please click [here](#).

World Book Day – Thursday 5th March



World Book Day inspires every child to enjoy the life-changing benefits of reading for fun. Low cost dressing up ideas can be found on the World Book day website: [Dressing-up Ideas for Parents and Carers This World Book Day](#)

Our Assemblies

In one of our assemblies last week, we focussed on the question: Why do people explore space? This related to the recent news story that scientists at NASA are preparing to send astronauts back to the Moon, as part of a new space programme running over the coming years. We looked at the astronauts who had been chosen for this mission and discovered that they were a diverse group. This allowed us to discuss equal opportunities.

In another of our assemblies, we explored one of the most significant and sacred times in the Islamic calendar- Ramadan as a holy month of fasting, prayer and reflection.

Rachel, from the outreach team at St Michael's Church, delivers our assemblies each Thursday and is using the next few weeks to retell the Easter story.

Free webinars for parents

The Mental Health Support Teams are holding several free webinars this month to support parents. QR codes to sign up are in the leaflets below but please contact the office if you require any support.

FREE WEBINARS FOR PARENTS/CARERS
of primary aged children to support with mental health and wellbeing
Provided by your Mental Health Support Team
@EssexMHST_and_SETcamhs

bit.ly/3MaR1wJ

Coming up in March...

- Understanding and Supporting Your Child with Fears and Worries
9th March 7 pm
- Understanding ADHD
18th March 10 am

Brand New for 2026 WEBINARS FOR SUPPORTING NEURODIVERGENT CHILDREN AND YOUNG PEOPLE
Provided by your Mental Health Support Team
@essexmhst_and_setcamhs

bit.ly/4jtb46c

Helping Neurodivergent Children and Young People with

- Communication
16th March 3:30pm
- Meltdowns and Shutdowns
17th March 3:30pm
- Burnout and Masking
18th March 3:30pm
- Sensory Needs
19th March 3:30pm

SIGN UP

Striving to provide the best care by the best people

North East London NHS Foundation Trust

Year 6 SATs question of the week

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

A **square** number and a **prime** number have a total of 22

What are the two numbers?

$$\boxed{} + \boxed{} = 22$$

square number prime number

Y4 Easter Experience visit to St Michael's Church

Children in Y4 will walk to St Michael's Church in the week commencing 16th March. The children will take part in an Easter Experience workshop in which they will learn about the Easter story. Classes will be at school for lunch and visits will be taking part at the following times:

Tuesday 17th March **4B**

Thursday 19th March **4T** and **4CB**

Friday 20th March - **4J**

We suggest that all children wear comfortable shoes for walking to and from the church (trainers can be worn on the visit day). If the visit takes part on a PE day, children should still come to school in PE clothes. Please ensure all children have a coat.

Permission is not required as this is covered under the local visits consent. However, if you do not want your child to take part, you must email class teachers by **5pm on Friday 13th March**.

Chartwells parent taster sessions

Chartwells, our school meal provider, will be hosting a parent taster session after school in the hall on 16th April. We look forward to seeing you there. Please enter via the hall doors.

Parent Governor Vacancies

Each Compass school has a local school committee composed of a group of volunteers drawn from the community, each bringing a range of skills, expertise and professional experience to the role. John Ray Infants and John Ray Juniors have a joint committee and we currently have vacancies for parent governors. Our Governors provide essential links between the school, parents/carers and the local community and work with staff and parents in an atmosphere of co-operation to provide the best possible framework for educating our children. Formal meetings are held once a term and training is provided. In addition, governors undertake termly monitoring alongside school leaders

If you would like further information about becoming a governor, please contact the school office.

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 Weekend Roadshow- Sunday 22nd March **SEND Local offer Roadshow Wednesday 11th March**



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.

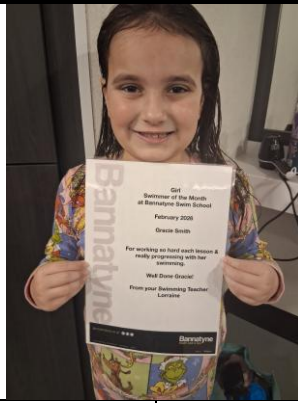
Stars of the Week

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.

Football: Theo (5E) supporters' player of the match

Gymnastics: Effie (3P) participating in a gymnastic competition

Swimming: Gracie (3C) swimmer of the month, Owen (5E) participated in his first swim gala helping the club to secure 3rd place



3B: The whole class	4B: Zaburi	5B: Albie	6G: Harrison
3C: Eddie	4CB: Hayden	5C: Annilyn	6L: Xavier
3P: Frankie W	4J: Rayner	5E: Henley	6O: Amelia
3W: Edith	4T: Zak	5W: Haris	6R: Alexander

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 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

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.

Year 3	Year 4
3C: cwaspe1@compassps.uk 3B: dbanks@compassps.uk 3P: sphillips@compassps.uk 3W: zwatson@compassps.uk	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	Year 6
5B: hbreeze@compassps.uk 5E: cellis@compassps.uk 5C: dcasey@compassps.uk 5W: awilson1@compassps.uk , rcottee@compassps.uk	6G: ngibson@compassps.uk 6L: jarbalestier@compassps.uk 6O: cosullivan1@compassps.uk 6R: rroberts@compassps.uk

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

Miss Cottee (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:tojrcontact@compassps.uk)

20.01.26 [Learning conferences - Spring term](#) (all year groups)

10.02.26 [Safer Internet Day 2026](#) (all year groups)

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

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

Spring term	Summer term
<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>05.03.26 Wish upon a bar sale (golden tickets) - details to follow</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>13.03.26 Parent workshop: Neurodiversity and sleep workshop 9:30-11:30 in the hall</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>27.03.26 Last day of term</p>	<p>13.04.26 Children return to school</p> <p>16.04.26 Chartwells (Meal provider) parent taster session after school in the hall</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 (Y4 only)</p> <p>02.06.26 Enhanced and focussed one plans</p> <p>03.06.26 reserve sports day in case of poor weather</p> <p>08.06.26 - 10.06.26 Mersea residential for Y6</p> <p>19.06.26 Non uniform day (donation for summer fete).</p> <p>22.06.26 Secondary school transition week (schools will choose their own dates)</p> <p>26.06.25 School fete after school</p> <p>29.06.26 Last week of after school clubs</p> <p>01.07.26 Class photos (<i>Children having PE today should bring their PE kit in a separate bag</i>)</p> <p>09.07.26 Annual reports sent out</p> <p>30.06.26 Children to spend time with new teacher</p> <p>08.07.26 Open afternoon 3:30-4:30</p> <p>14.07.26 Y6 production for 6L and 6R 1:30 and 4:30</p> <p>15.07.26 Y6 production for 6O and 6G 1:30 and 4:30</p> <p>16.07.26 Last day of term for children</p>

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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

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