

John Ray Times

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

9th 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.

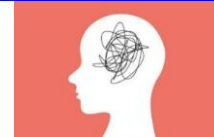
[Zones of Regulation](#)



[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.

Nuts and nut products

Please be aware that nuts, including peanuts, or products containing nuts are not allowed in school under any circumstances. This includes chocolate spread with nuts like Nutella and filled crepes and croissants.

Nuts should not be provided as part of a packed lunch.

World Book Day – Thursday 5th March



On 5th March we celebrated World Book Day with dressing up and special activities across the school. Some of our staff also dressed up. Which book characters can you spot below?



Comic Relief- Friday 20th March



Comic Relief's Red nose day takes place on Friday 20th March. Children are invited to come to school in non uniform and / or something red for a suggested donation of £1.

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](#).

Our Assemblies

In one of our assemblies, we followed up on the news that a school in Wales has said that from September, skirts will no longer be part of the school uniform. We explored the question: should school uniforms be the same for everyone? This started a wider discussion about fairness, comfort, fairness and belonging.

In another of our assemblies, we talked about hobbies and linked this to World Book Day. The children identified that reading allows them to relax, sparks their imaginations, helps them to think about different perspectives and points of view and as well as providing inspiration for their writing.

Rachel, from the outreach team at St Michael's Church, delivered the next assembly in a sequence that explore and 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



SIGN UP

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



Striving to provide the best care by the best people



NHS
North East London
NHS Foundation Trust

Striving to provide the best care by the best people



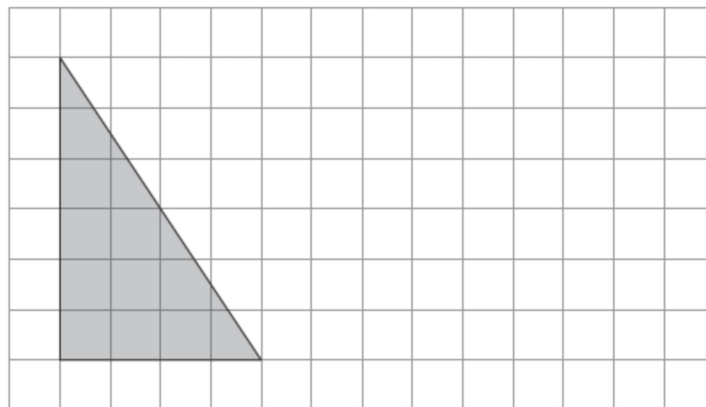
NHS
North East London
NHS Foundation Trust

Year 6 SATs question of the week

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

Draw a rectangle on the grid that has **half** the area of the shaded triangle.

Use a ruler.



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 players of the match: Reggie(3B), Teddy (3W), Bailey (5C), Albert (6R), Alexander N(6R), Alexander W-S (6R), Jan (6O), Dominic (6R), Jacob (6R), Mason (5C)

Swimming: Freddie 60m, Frankie (4T) stage 2

Karate: Henry (6O) blue belt, Harriet (6L) red belt, Owen (5E) purple stripe belt

Gymnastics: Rosie (5E) 2nd and 3rd place

Dancing: Charlie (3B) medal for the cha cha cha, Basia (3B) 3rd and 4th place

3B: Freddie	4B: Ben	5B: Kara	6G:
3C: Roman	4CB: Liana	5C: Hari	6L: Amelia P
3P: Cairo	4J: Logan	5E: Olivia	6O: Pedro
3W: Harry, Ruby	4T: Willow	5W: Lara	6R: Izma

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 streaming services

Streaming services have become the go-to entertainment choice for many families, with children often favouring on-demand platforms over traditional television. This edition explores the realities behind these services, from rising subscription costs and advert-supported tiers to the impact of autoplay and endless content libraries on young viewers' screen time and wellbeing.

It also highlights key safeguarding concerns, including age-inappropriate material, binge watching, algorithm-driven recommendations and phishing scams. With clear, practical advice for setting profiles, PINs and time limits – alongside tips for discussing algorithms and stereotypes – this guide supports parents and educators in promoting safer, healthier streaming habits.

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: jbreannan@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: 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:

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: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
09.03.26 Science week 11.03.26 Learning conferences 3:40 – 6:00 12.03.26 Learning conferences 3:40 – 6:30 13.03.26 Parent workshop: Neurodiversity and sleep workshop 9:30-11:30 in the hall 20.03.26 Comic Relief's Red nose day (children are invited to come to school in non-uniform and / or something red for a suggested donation of £1) 23.03.26 Last week for clubs 24.03.26 Y5 and Y6 to walk to St Michael's church for an Easter service (This takes place in school time and is for staff and children only. Children should wear suitable shoes for walking) 27.03.26- SEND tea and chat 27.03.25 PTA Break the rules day 27.03.26 Last day of term	13.04.26 Children return to school 16.04.26 Chartwells (Meal provider) parent taster session after school in the hall 20.04.26 First week of after school clubs 11.05.26 SATs week 20.05.26 Sports day (Y5 / 6 in the morning, Y3 / Y4 in the afternoon, picnic 12-12:45) 25.05.26 Half term week 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 19.06.26 Non uniform day (donation for summer fete).

	<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>
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What Parents & Educators Need to Know about STREAMING SERVICES

WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVOD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



See full reference list on our website

@wake_up_weds

/www.thenationalcollege

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#WakeUpWednesday

The National College