

John Ray Times

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

16th March 2026

Phone: 01376 324107 **Email:** johnrayjunior@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:

Autumn/Winter Menus:

16.03.26 [Week 2](#), 23.03.26 [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.

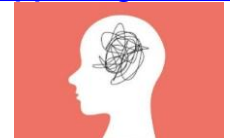
[Zones of Regulation](#)



[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.

School Council and Compass Council trip to The Houses of Parliament

On 10th March our School Council and Compass Council representatives took part in a trip to The Houses of Parliament. Before entering, we sat in the park for lunch. We were then guided through

multiple rounds of security and then entered The Houses of Parliament. We were able to sit in the public gallery above The House of Commons and watch MPs take part in the reading of a bill before Parliament. We were shown around Westminster Hall, the oldest part of The Houses of Parliament, and shown where Queen Elizabeth II laid in state before her funeral. The children were fantastic ambassadors for John Ray Junior School and listened beautifully to all of the information they were presented with. It was a wonderful trip.

I liked seeing a live debate and I also liked seeing the stained glass.
Cairo, 3P

We learnt about a glass artwork called New Dawn and how it changes according to the tide of the Thames.

We also learnt that the king or queen is not allowed in the House of Commons but there is a golden sceptre to represent them and to symbolise the ruler on the throne. We really enjoyed this unforgettable experience.

Adam, 6R



Braintree final of Cross Country

Today, Mr Mills took a group of 33 children to the Chelmsford race course to take part in the Braintree finals of cross country. The race was 1200m for Y3 and Y4 and 1800m for Y5 and 6. All children tried their very best and we are waiting to find out if any of our team will make the county finals in Southend. Well done to all who took part.

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.

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.

PTA Break the rules day Friday 27th March

THE FRIENDS OF JOHN RAY INFANT & JUNIOR SCHOOLS

BREAK the RULES DAY

Rules to be broken include:

- School uniform only!
- Neat and tidy hair!
- School shoes only!
- No crazy hair colours!
- No nail varnish!
- No temporary tattoos!
- No make up!

When Friday 27th March

Suggested donation £1 minimum

Here's how it works:

Parentkind Member Association

CSSE (Consortium of Selective Scholls in Essex) 11+ examination 2027 entry

11+ tests take place on 19th September and parents of children currently in Y5 will need to register in advance between 12th May and 5pm on 19th June. Information can be found on the [CSSE website](#).

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 last week, we followed up on the news that during China's Lunar New Year Gala, one of the world's most-watched TV shows used humanoid robots to perform dances and kung-fu moves on stage. We discussed the question: How might robots change our daily lives? This led us to talk about how robots and machines help in areas such as medicine.

In another of our assemblies, we talked about responsibility which is one of our core values and linked this to looking after our own belongings.

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



 **NHS**
North East London
NHS Foundation Trust

Striving to provide the best care by the best people

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



 **NHS**
North East London
NHS Foundation Trust

Striving to provide the best care by the best people

Year 6 SATs question of the week

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

St. Michael's Church presents...

SMASH holiday club 2026

MELODY MAKERS

3 mornings of fun, games, songs, Bible stories and much more!

for children of primary school age

Monday 30th March –
Wednesday 1st April
9.30am – 12.30pm

To book scan the QR code



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 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: Sid (5E), Reggie (3B), William (4B), Noah (6G)

Basketball: Vinnie (6L)

Gymnastics: Effie (3P)

Swimming: Charlie (3B) completed 10 lengths, Carter (4B) stage 5, Alice (3W) stage 4

Squash: Imogen (3W) 3rd place in a competition

Dancing: Rosie (5E) won a trophy,

Jiu Jitsu :Daniil (5E)

3B: Isla	4B:	5B: Brooke	6G: Nora, River
3C: Ava	4CB: Jorja	5C: Ruby	6L: Johnny
3P: Harry	4J: Sam	5E: Evan	6O: Awesome
3W: Leo	4T: Frankie	5W: Alice	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 online trends and encouraging violence

Violent clips, online 'wars', and shock-value challenges can spread rapidly across social media feeds – often appearing in front of young people who weren't actively looking for them. This guide explains how algorithms, messaging groups and viral trends can expose children to real-world violence online, sometimes normalising harmful behaviour or encouraging risky offline actions.

It also highlights the emotional, social and legal risks linked to engaging with violent content. From anxiety and community fear to the dangers of sharing or promoting violent posts, the guide offers

practical advice for parents and educators on discussing online safety, understanding the law, and helping young people respond positively and responsibly.

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: 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 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>20.03.26 Comic Relief's Red nose day (<i>children are invited to come to school in non-uniform and / or something red for a suggested donation of £1</i>)</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>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>27.03.26- SEND tea and chat 27.03.25 PTA Break the rules day 27.03.26 Last day of term</p>	<p>25.05.26 Half term week 01.06.26 Multiplication check for 3 weeks (Y4 only) 02.06.26 Enhanced and focussed one plans 03.06.26/10.03.26 Year 3 dental checks 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). 22.06.26 Secondary school transition week (schools will choose their own dates) 26.06.25 School fete after school 29.06.26 Last week of after school clubs 01.07.26 Class photos (<i>Children having PE today should bring their PE kit in a separate bag</i>) 09.07.26 Annual reports sent out 30.06.26 Children to spend time with new teacher 08.07.26 Open afternoon 3:30-4:30 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 16.07.26 Last day of term for children</p>
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What Parents & Educators Need to Know about ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 91% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

WHAT ARE THE RISKS?

ALGORITHMIC EXPOSURE

Social media platforms are designed to keep users engaged, meaning dramatic or extreme content can spread widely and quickly. Algorithms often recommend content that reflects users' past interactions. As a result, young people may see more violent material if they have viewed, commented on, or shared it before. Repeated exposure can make violent content appear frequently in their feeds without them fully understanding why.

WEAPONS AND CRIMINAL RISK

Teens exposed to high levels of real-world violence on social media sometimes report feeling an increased need to carry a weapon for 'self-protection'; however, carrying a weapon increases the risk of victimisation (harm and injury by others) for young people. In addition, carrying a weapon is a serious offence that can lead to police arrest and a criminal record.

SHARING VIOLENT CONTENT

Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding, or reposting violent content carries a risk for young people too. Showing examples of content to a trusted adult is appropriate, but young people should take care not to further spread violent material by posting it online or sharing it within large messaging groups.

FEAR, ANXIETY, AND MARGINALISATION

Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent online content, especially when it depicts 'real-world' violence (as opposed to fictional depictions in games or films). Posts featuring weapons, threats, attacks, and fights – or content that appears to glamorise gang activity – can increase feelings of anxiety or fear among young people. Material that encourages violence targeting people because of their identity, such as their nationality or religion, can also create disproportionate harm for children belonging to those groups.

AVOIDANCE AND ISOLATION

Real-world violence on social media can increase young people's belief that their local communities – or the 'outside world' more generally – are unsafe places. This can result in avoidant and isolating behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling judged for spending time together in large groups, which may affect their social interactions and leisure time.

Advice for Parents & Educators

STAY INFORMED

Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unofficial accounts, fake content, and misinformation, which can spread quickly online or in chat groups. Ensure you get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

DISCUSS SOCIAL MEDIA

Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, AI-generated material, the attention economy, and algorithms, helping them understand how and why extreme content can spread online. Explore tools available to block, report, and remove harmful content, and signpost where to get support and advice, such as reportharmfulcontent.com.

TALK CRIME AND SAFETY

In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there can be serious criminal consequences for carrying a weapon, taking part in violence, or filming or sharing violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: "What could you do if you feel unsafe?" Work together on action plans and remind them they can contact a trusted adult or the police if they witness or experience violence.

ENCOURAGE POSITIVE ACTION

Focus on strengthening young people's positive experiences both online and within their local communities. Discuss strategies to reduce negative social media effects, such as time limits, unfollowing certain accounts, or taking breaks from apps. Encourage offline activities such as spending time with friends, visiting local places, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns at any time via childline.org.uk.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in media law, online safety, and young people. Her PhD investigates youth understandings of criminal and legal risks in a digital context. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.



#WakeUpWednesday

The National College

See full reference list on our website

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