

John Ray Times

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



13th April 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:

Spring/Summer Menus:

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.

Chartwells parent taster sessions

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

Our Assemblies

In one of our assemblies in the last week of term, we explored the question. 'What makes someone a champion?' This linked in with the Winter Paralympic games in Italy. We discovered that there were around 660 athletes from 50 countries who competed for 79 gold medals across the Games. We used this as an opportunity to learn more about the protected characteristic of disability linking it to our values of courage and hope.

Rachel, from the outreach team at St Michael's Church, supported us with an Easter celebration at the church with children in Y5 and Y6 singing the songs we had been practising over the last few weeks and delivering the readings.

After school clubs

Summer term clubs start next week during the w/c 20th April.

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](#).

Nuts and nut products

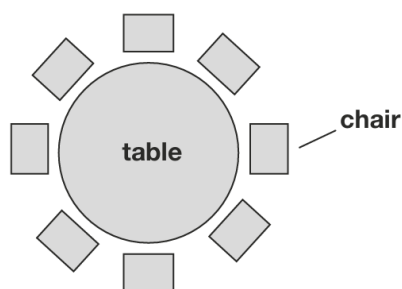
Please be aware that nuts, including peanuts, or products containing nuts are not allowed in school under any circumstances. This includes chocolate spread with nuts like Nutella and filled crepes and croissants.

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

Year 6 SATs question of the week

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

One table can seat 8 people.



How many tables are needed to seat 40 people?

1 mark

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 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.

Dancing: Charlie (3B) received an introduction award, Jack (5B) performed on stage, Akasya (5C) 2 bronze medals and 3 gold medals.

Swimming: Eive (4T) 200 metres, Penny (3W) 25m, Lewis (4J) moved to stage 3, Edith (3W) moved to stage 3

Art; Willow (3P) certificate for entering an art competition

Football players of the match: Isaac (6G), Bailey (5C), Henry (5E), Sidney (5E), Theo (5E)

Football: Academy winner, Daniel (4B) award for great team work.

Other achievements: Amelie (3P) donated 12 inches of her hair to the Little Princess Trust raising £550

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: Ethan	4B:	5B: Rithu	6G: Aaron
3C:	4CB: Kenzie	5C: Izzy	6L: Taliah
3P: The whole class	4J:	5E: Sidney	6O: Amir
3W:	4T: Eli-Reed	5W:	6R: Jimmy

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

From Monday 20.04.26, PE days will change for 3B, 3W, 4CB and 5E

Monday: 4B, 5E, 3B, 6G
Tuesday: Y5, 3P, 3W, 3C
Wednesday: Y4, 6R, 6O, 6L
Thursday: Y3, 5B, 4CB, 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](#) at any time on [0800 1111](tel:08001111)



National Online Safety: What parents and carers need to know about image-altering filters

Image-altering filters are now embedded in everyday online interactions, from playful effects to more subtle appearance-enhancing tools. This guide examines how these features can influence perceptions of beauty and reality, particularly for children and young people navigating social media. It highlights how filtered content can quietly shape expectations and online behaviours.

Focusing on risks such as low self-esteem, social pressure and hidden advertising, the guide also addresses more serious concerns like sexualised edits and blurred boundaries between real and altered images. It provides supportive, practical advice to help parents and educators build media literacy, encourage confidence and promote healthier relationships with online content.

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: kswann@compassps.uk 3B: dbanks@compassps.uk 3P: sphillips@compassps.uk 3W: cridley@compassps.uk	4B: pwatts@compassps.uk , jbird@compassps.uk 4CB: Awaiting email address 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

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](#)

Summer 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

03.06.26/10.03.26 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 (Children having PE today should bring their PE kit in a separate bag)

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

What Parents & Educators Need to Know about IMAGE-ALTERING FILTERS

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

WHAT ARE THE RISKS?

ALTERED BEAUTY STANDARDS

Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.

PRESSURE TO LOOK PERFECT

Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.

LOW SELF-ESTEEM

Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

HIDDEN ADVERTISING

Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.

BLURRED REALITY

As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.

SEXUALISED EDITS

Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

Advice for Parents & Educators

START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

CHALLENGE 'PERFECT' POSTS

When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

Meet Our Expert

Parven Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, TalkTV, and other major media outlets, supporting families across the UK.



See full reference list on our website



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