

John Ray Times




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

1st June 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:

15.06.26 [Week 1](#) 01.06.2026 [Week 2](#) 08.06.26 [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](#)

The ZONES of Regulation

			
Blue Zone	Green Zones	Yellow Zone	Red Zone
Lat Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Embarrassed	Overwhelmed/Overstimulated Anxious Angry Terrified

[School Attendance Difficulties](#)



[Supporting Anxiety](#)



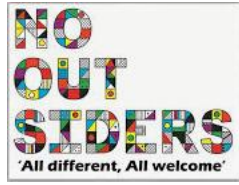
[My Happy Mind Parent App](#)

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.

Our Assemblies

In one of our assemblies before half term, we discussed the FA cup final and discussed the question 'Do we know more from winning and losing?' We discovered that the competition started in 1871 and is one of the oldest football competitions in the world. We went on to think about different ways good sportsmanship can be demonstrated and linked this with our core value of respect. On 21st May, we also celebrated 'World day for cultural diversity. We celebrated the number of children who have arrived from or have roots in different countries. This allowed us to reflect on our 'No Outsiders' work and that in our school, we remember the key no outsiders message:

All different, All welcome.



Reduction to the published admission number

Following our recent consultation, the DfE have approved the reduction in our published admission number from 120 to 90 for the 2027-28 academic year.

Multiplication check for Y4

Children in Y4 will take part in the multiplication table check from today. The purpose of the check is to determine whether children can fluently recall their times tables up to 12 x12, which is essential for future success in mathematics. The check is an onscreen check consisting of 25 times table questions. The children have 6 seconds to answer each question. On average, the check takes no longer than 5 minutes to complete.

Y4 parents were sent a parental leaflet with further information last week. This can also be accessed here:

[Parent leaflet MTC](#)

Message to Y5 parents from Notley High School

Notley High School & Sixth Form - Year 5 School Tour – Intake September 2027

Mr Barrow warmly invites Year 5 parents and carers to visit the school for a guided tour. This is a wonderful opportunity to explore our school, observe lessons in progress, and learn more about what we offer our students.

Please note that spaces are limited and will be allocated on a first-come, first-served basis.

If you are unable to attend either of these sessions, we will also be hosting an Open Morning on Saturday, 26 September 2026 for parents, carers and prospective students where there will be hands-on activities across a range of subject and speak to teachers and staff from all areas of the school.

To reserve your place on a tour, please select one of the dates below (one ticket per person):

Wednesday 8 July – 9am – 9.45am:

<https://www.eventbrite.co.uk/e/1990785062713?aff=oddtcreator>

Thursday 9 July – 9am – 9.45am

<https://www.eventbrite.co.uk/e/1990786287376?aff=oddtcreator>

Friday 10 July – 9am – 9.45am

<https://www.eventbrite.co.uk/e/1990786513051?aff=oddtcreator>

In October, there will also be an opportunity to book a tour with your child. Further details will be shared in due course.

We look forward to welcoming you to our school.

Non uniform day 19.06.26

We are all looking forward to our summer fete that will be held on Friday 26th June. To help with this, we are holding a non-uniform day on Friday 19th June. Please see information below.

**NON-UNIFORM DAY
FRIDAY 19TH JUNE**

**IN AID OF OUR SUMMER FETE
SUGGESTED DONATIONS BELOW**

Years 3 - 6

A bottle for our bottle tombola, or a bottle of alcoholic/non-alcoholic wine for our wine or water game

We know times are tough, so please only donate if you can. Please feel free to donate anything you can from any year group suggestion, we are grateful for any donations.

Contact: pta.secretary.friendsofjohnray@gmail.com

Parent drop ins for 3C, 3W and 4CB- Thursday 4th June 2:45-3:45

Parents of 3C, 3W and 4CB are invited to drop in to class anytime between 2:45-3:45 on Thursday 4th June. This is an opportunity for parents to informally meet the new class teachers and take a look at the children's work.

Please enter through the white hall doors. There is no need to book a slot.

Learning conferences for 3W

Learning conferences for 3W, which were cancelled in the spring term, will take place on 18th June 3:45- 5pm 23rd June from 3:45-6:30. Slots are available to book on MCAS.

Toys and trading cards from home

This is just a reminder that trading cards of any description e.g. Premier League cards or toys are not permitted in school. Children are also not permitted to bring in their own fidget tools or ear defenders. If children need these as a reasonable adjustment, they will be provided for them.

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 2022 Maths Reasoning paper.

Write the missing values.

$$\frac{3}{10} = \frac{\square}{20}$$

$$\frac{12}{15} = \frac{4}{\square}$$

Here is a question from the 2024 grammar and punctuation paper. It is worth 1 mark.

What is the grammatical term for the underlined words in the sentence below?

If you get tired on the cycle ride, stop and have a break.

Tick **one**.

a relative clause

a noun phrase

a subordinate clause

a preposition phrase

Frozen Fridays

Frozen Fridays are back thanks to the brilliant PTA.



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.

Cricket: Dexter 3B,

Dancing: Teddy 3W- won a dance competition, Victoria 5W- 2 2nd places, Isis 4T – 3rd place, Maja 5W 2 2nd places, Basir 3B- 2nd and 3rd place

Swimming: Charlie 3B – 2 lengths

Football: Players of the match: Harry 3P, Afnan 3P, Logan 5C, Dominic 6R
Football tournament winner: Reggie 3B
Singing: Amelie 3P- student of the week

Stars of the Week

3B: Dexter	4B: The whole class	5B: Ivy	6G: The whole class
3C: Luna	4CB:	5C: The whole class	6L: Hallie J
3P: Ruby	4J: -Frankie	5E: Haniel	6O: Scarlett
3W: Emilia	4T: Isis	5W: Summer & Excellent	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.

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 Digital devices and wellbeing

Digital devices are woven into everyday life for children and young people, but balancing the benefits with potential risks can feel challenging. This #WakeUpWednesday guide explores how screen use can influence sleep, emotional regulation, physical health and online experiences, offering clear context around why concerns about wellbeing are growing.

Written with schools and families in mind, the guide shares practical, realistic advice for setting boundaries, encouraging open conversations and building digital literacy. With insights from an experienced mental health professional, it supports adults to help children develop healthier, more mindful relationships with technology.

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: aharris@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 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)

20.05.26 [Sports day](#) (all year groups)

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

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

Summer term

- 01.06.26 Multiplication check for 3 weeks (Y4 only)
02.06.26 Enhanced and focussed one plans
03.06.26/10.06.26 Year 3 dental checks
04.06.26 Drop in for parents of 3W, 3C, 4CB 2:45-3:45 (please enter via the white hall doors)
08.06.26 - 10.06.26 Mersea residential for Y6
18.06.26 3W learning conferences
19.06.26 Non uniform day (donation for summer fete).
22.06.26 Secondary school transition week (schools will choose their own dates)
23.06.26 **3W learning conferences**
- 26.06.26 School fete after school
29.06.26 Last week of after school clubs
30.06.26 Children to spend time with new teacher
01.07.26 Class photos (*Children having PE today should bring their PE kit in a separate bag*)
06.07.26 SEND Coffee morning with SPACE (secondary transition focus) 9:30-10:30am
09.07.26 Annual reports sent out
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 DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College

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Are your little ones off to school this September?

Little Monsters House of Fun are giving parents & children starting primary school this September, the opportunity to get together & make friends



Mini Monster Reception Class Meets

For individual school dates/times and to register scan this QR code or visit www.littlemonstersoftplay.co.uk

SCAN ME



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3-level adventure frame - Dedicated baby/toddler soft play area

Cafe - free parking - free wifi - Summer garden with playframes

Book a Play Session or Class at www.littlemonstersoftplay.co.uk

 **minimonster**
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