

John Ray Times

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





22nd 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:

05.07.26 [Week 1](#) 22.06.2026 [Week 2](#) 29.06.26 [Week 3](#).

Week 2 menu – Tuesday's burgers will now be replaced with a crispy chicken burger.

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 Zone	Yellow Zone	Red Zone
<ul style="list-style-type: none"> Sad Bored Tired Sick 	<ul style="list-style-type: none"> Happy Excited Calm Proud 	<ul style="list-style-type: none"> Worried Frustrated Silly Tantrums 	<ul style="list-style-type: none"> Overwhelmed/Out of Control 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 last week, we used the launch of Toy Story 5 to explore the question 'Is technology changing childhood? In the film, the toys worry about electronic devices becoming more popular traditional toys. We looked at how toys had changed over time and linked this to the protected characteristic of age .

Class organisation for 2026-27

Children will be told who their new teacher is next Monday and the class organisation will be on next Monday's newsletter. Children will spend time with their new teacher on Tuesday 30th June. The current

Year 3 and Year 5 will stay in their existing class groups but Year 4 will be mixed to create 4 new class groups.

Compass Eko Strategy

Parents will have received a letter today requesting feedback on our Trust draft strategy. The strategy document can be found below and this [link](#) will take you to the survey. The form will take responses until 24.06.26.

[Compass Eko strategy June 2026](#) & [CET Strategy One Pager Families](#)

Mersea Residential Photos

All the photos from Mersea have now been uploaded to our Facebook page.

RSE (relationships, Health and Sex Educations)

Letters have been sent out regarding the teaching of RSE (relationships, Health and Sex Educations). Lessons take place for 2 weeks from today. Please read the letter for further information. Copies can also be found in the 'recent letters' section below and on our website.

Changes to Free School Meal (FSM) eligibility

If your child currently receives free school meals, you will now have to reapply for September. If you do not complete the form your child will no longer be entitled to receive FSM

From the start of the 2026 to 2027 academic year, all children from households in receipt of Universal Credit will be entitled to receive a free school meal. There will no longer be an income threshold of £7400 for the purposes of free school meals.

In order for us to check if you are eligible, please complete this [form](#) if you are in receipt of Universal Credit. One form should be completed per child. Full details can be found on the letter that was sent to parents on the 1st June.

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 subjects and a chance to speak to teachers and staff from all areas of the school.

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.

Learning conferences for 3W

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



bit.ly/4ozRciL

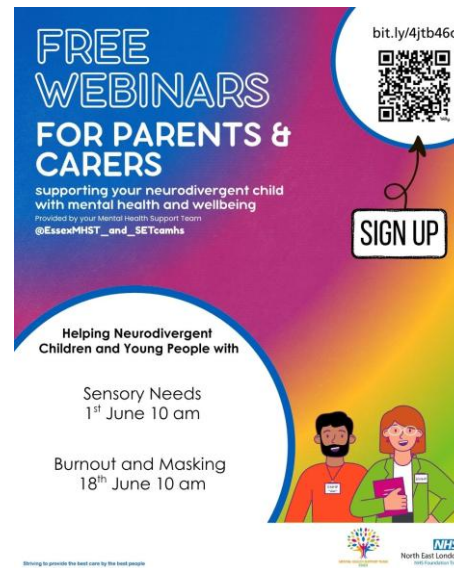
FREE WEBINAR FOR PARENTS/ CARERS
of secondary aged children to support with mental health and wellbeing.
provided by your Mental Health Support Team
@EssexMHST_and_SETcamhs

Coming up in June...

- Understanding and Supporting Anxiety
2nd June 10 am
- Talking to Your Teen About Mental Health and Wellbeing
11th June 10 am
- Understanding and Supporting Your Child with Self-Harm
16th June 6:30 pm

Understanding and Supporting Your Child with Self-Harm

NHS
North East London
Mental Health Support Team



bit.ly/4jtb46c

FREE WEBINARS FOR PARENTS & CARERS
supporting your neurodivergent child with mental health and wellbeing
provided by your Mental Health Support Team
@EssexMHST_and_SETcamhs

SIGN UP

Helping Neurodivergent Children and Young People with

- Sensory Needs
1st June 10 am
- Burnout and Masking
18th June 10 am

Understanding and Supporting Your Child with Self-Harm

NHS
North East London
Mental Health Support Team

FREE MOVING UP WEBINARS FOR PARENTS/CARERS

of primary aged children

Provided by your Mental Health Support Team
@EssexMHST_and_SETeamhs

bit.ly/3MaR1wJ



Understanding and Managing
Difficult Behaviour
3rd June 10 am

Moving Up! Transition from
Infants to Juniors
17th June 10 am and 7 pm

Moving Up! Transition from
Primary to Secondary
24th June 10 am and 7 pm



Striving to provide the best care by the best people



Year 6 Leavers Disco

Correct monies must be brought to the class teacher in a named envelope.



Y6 Production – 14th and 15th July

The Y6 production of 'Oliver' takes place on 14th and 15th July at 1:30 and 4:30pm. As this production requires a large cast, we have made the decision to split the main parts between the classes for the two days. The performances on the 14th July will have children from 6L and 6R performing the main parts. The performances on the 15th July will have children from 6G and 6O performing the main parts. However, all children take part in all of the performances on both days.

Toys and trading cards from home

This is just a reminder that toys or trading cards of any description e.g. Premier League cards 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 by a member of staff.

Boy's football matches

Last week, the boys' football team were busy playing two matches. On Monday, we faced John Bunyan. While it wasn't the outcome we had hoped for, the team showed great resilience and perseverance. On Thursday, we played an away game against Great Bradfords. All players showed great teamwork and we won 5-2 with goals being scored by Max and William. Well done John Ray!



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 2016 Maths Reasoning paper.

In this grid, there are four multiplications.

Write the **three** missing numbers.

4	×	8	=	
×		×		
3	×		=	21
=		=		
		56		

Here is a question from the 2015 grammar and punctuation paper. It is worth 1 mark.

In the sentence below, what **word class** is stand?

Stand up and put your chairs under the table.

Tick **one**.

a verb

an article

a connective

a noun

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.

Gymnastics: Well done to Kelsie (6R) who took part in the regional finals at the weekend securing 1st on bars

2nd on beam and vault and 3rd on floor.

Football: Well done to Bailey (5C), Teddy (5W) and Henry (5E) who took part in a tournament at St George's Park securing 5th place in a national competition. Kerim (3C) was awarded a trophy at the end of season presentation. Jude (4CB) was awarded coaches' player of the season

Swimming: Samuel (4T) is now up to stage 4

Several of our children took part in drowning prevention week and learnt essential skills for keeping themselves safe in and around water. Well done to: Connor (3B), Willow (3P), Amelie (3P), Willow (4T), Roxy (3B), Ava (4T), Sophia (6G), Carter (4B)

Dancing: Mia (4J) took part in a dance show where she performed jazz, ballet and tap dances. Charlie (3B) has expanded his repertoire of dance styles and has now performed the rumba.

We have some very green fingered children at John Ray Juniors. Teddy in 3W has been growing sun flowers and chillies while Toby in 4T is growing carrots, spring onions, strawberries and tomatoes at home. He is proud of his crops.



Stars of the Week

3B: Henry	4B:	5B: Vinnie	6G:
3C: Ashlyn	4CB: Kenzie	5C: Jack, Lilly-Mae	6L: Alex O
3P: Layla	4J: Sam	5E: Ashton	6O: Summer
3W: Isla	4T: Phoebe	5W: Maja	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 Coffee 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 mental health misinformation online

Children and young people are increasingly turning to social media for mental health advice, but much of what they encounter online is unverified, oversimplified or misleading. This guide explores why platforms like TikTok and Instagram have become go-to sources, and how misuse of clinical language and viral trends can distort children and young people's understanding of mental health.

Aimed at parent and educators, it offers clear, expert-led strategies to counter misinformation. The guide looks at topics such as encouraging open conversations, identifying reliable sources, and strengthening school-home collaboration. Use this information to build young people's critical thinking, resilience and confidence in seeking appropriate professional help when needed.

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: 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)

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

01.06.26 [Free School Meal - New eligibility](#) (all year groups)

08.06.26 RSE Letters [Yr 3](#), [Yr 4](#), [Yr 5](#), [Yr 6](#) (Please click on your child's year group)

22.06.26 [Year 5 Kentwell Hall Heatwave considerations](#) (Yr 5)

22.06.26 [Compass Eko strategy June 2026](#) & [CET Strategy One Pager Families](#) (all year groups)

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

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

Summer term

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

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 MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

WHAT ARE THE RISKS?

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College

★★★★★
Voted Best Essex
Soft Play & Party Venue
- Childrens Enterprise Award -

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



Little Monsters House of Fun

Soft play & parties for little monsters

Ford Farm, Braintree Road, Great Dunmow, Essex CM6 1HU

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
Classes & Activities



Book now for Baby & Toddler classes at Little Monsters House of Fun

Free Family Events in Braintree

A snapshot of low or no cost fun & family-friendly activities across Mid Essex Helping you make the most of the summer holidays!

Families across Mid Essex can enjoy a range of free, fun summer events in Braintree, Chelmsford, and Maldon.

This guide highlights local activities, support, and welcoming spaces to help keep children entertained.

This is just a starting point, there are many more opportunities available through local organisations, offering plenty to explore this summer. Scan here to take a look at our web page for further activities on offer.

Find out
more here!



SCAN ME



MID ESSEX CHILDREN'S PARTNERSHIP

Working together to ensure all children & young people in Mid Essex get the best start in life