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**I would like to offer you some guidance on how you can support your young person to explore careers, courses and Post 16 and Higher Education providers.**

**It is important for Year 10 to now begin their Post 16 (P16) exploration alongside Year 11, and to take advantage of the online open events offered by P16 providers. Beginning this process earlier will prepare students to make applications in mid-October time of Year 11, and the remaining time at John Cabot can be focusing on their learning.**

**Year 10 and Year 11 have been emailed an action plan with step-by-step guidance on the Post 16/ 18 options process, and Careers Coaching for both year groups have commenced.**

**I will also supply you with the following:**

- **A link to the Post 16 directory- an online booklet of P16 providers in and around Bristol.**
- **Up and coming Post 16 open events**
- **Application deadlines for Year 11.**

**Task 1: Explore careers and job roles using Careers Pilot/jobs and BBC Bitesize Careers. Can they find up to 5 different job roles you enjoy working in?**

Students should consider the following:

- The lesson's they enjoy at school, and is there any other subjects they would have been interested in?
- Their interests, likes, dislikes and skills. What do they enjoy doing outside school such as clubs and hobbies? Do they like to work outside or with teams of people? What are their values? Are they creative or caring?

**Task 3: Exploring P16 providers. The Post 16 directory is an online booklet which has all providers in and around Bristol.**

This will give you information on entry requirements, what they offer, SENCO and site information. Follow the link to explore the P16 Directory. There are also Post 16 providers in Bath and Weston should you want to explore further afield.

<https://www.bristol.gov.uk/schools-learning-early-years/where-you-can-get-post-16-education>

**Task 2: Start to explore the courses that would be best suited to your young person. Do they want to go to university? Or study through an apprenticeship? Are they more academic or hands on?**

- A-levels, T levels, BTECS: for the university, higher apprenticeship or employment route.
- Vocational: NVQ's, City and Guild's, apprenticeships usually studied at College, and much more hands on, and can lead on to employment, foundation degrees, HNC, HND, Employment.
- Please follow the link for more in-depth information about courses.

<https://careerpilot.org.uk/qualifications>

**Task 4:** Open events are very important to get the firsthand information on courses, entry requirements and whether the environment is best suited to your young person.

- All events are online this year, so go along to providers websites to register. The up and coming online open event dates are as follows.

<https://johncabotacademy.clf.uk/curriculum/careers/>



### Online Open Events

- City of Bristol Digital Open event 2nd Dec 16:30-19:30
- SGS College 21st Nov 10:00-11:00
- Bath College 2nd Dec 16:00-19:00
- St Brendan's 19th Nov 17:00-20:00
- St Mary Redcliffe open event online- <https://www.smrt.bristol.sch.uk/index.php/sixth-form/applying-to-us>
- North Bristol P16 <http://www.nbp16c.org.uk/Virtual-open-evening/>
- Bristol Cathedral Choir 6th form video- <https://www.youtube.com/watch?v=3d3lhYwwhAI&feature=youtu.be>
- Bristol Rovers Thursday 19th Nov  
Bristol City Football Club Wednesday 18th Nov 18:00
- Boom satsuma- check the website <https://www.boomsatsuma.education/collegeopendays>
- Onsite Construction 30th Nov 4:30-18:00

## Deadlines for Post 16 applications Y11

- Cotham, Bristol Cathedral Choir, St Mary Redcliffe are the 1st of December.
- St Brendan's, CLF P16- SGS & City of Bristol A levels- End of December. They will however take late applicants, but you may not get your desired course.
- SGS, City of Bristol, Bath and Weston College and apprenticeships admission close date July 21, HOWEVER the courses are popular so the sooner you get an application in the more chance of you getting the course you want.

**Apply to 2 or 3 providers.**

I hope this information has been helpful, and please do contact me on [careersjca@clf.uk](mailto:careersjca@clf.uk) if you would like to discuss careers, courses and education on behalf of your young person.



### Key Dates

- ▶ 26/11/2020 Year 7 Flu Vaccinations

# Changes to Ready To Learn.

Next week will see some changes to our Ready to learn provision.

At JCA we firmly believe that students should be allowed to learn, and teachers be allowed to teach, free from lesson disruption. We believe it is critical that students take responsibility for their behaviour, and that they have access to significant levels of support when they make poor choices.

The changes that are outlined below increase the sanction for lesson disruption. They will ensure that students return to learning in the Separated Learning Rooms (SLRs) more quickly, and that students will also miss some social time as well as learning time in response to poor behaviour. The changes will also allow us to significantly increase our capacity to support students in making positive choices.

## **The changes are as follows:**

- In response to referrals out of lessons, or in response to truancy, students will be placed in either the Y7 / Y8 Separated Learning Room, or the Y9 / Y10 / Y11 Separated Learning Room. Student bubbles will be preserved in the SLR by ensuring dedicated areas for each year group.
- Y7, Y8 and Y9 students will remain in the SLR until, and through, the next social time. Although they will be allowed to use the toilets at this time, they will not be able to spend time with their friends.
- The SLRs are learning areas. Where possible, students will continue to access remote learning in the SLRs. Students will be expected to follow Ready To Learn expectations in the SLR. If they choose not to do this, they will receive clear warnings, will be given a chance to reset, and, if they continue to disrupt, will be excluded for the rest of the day.
- An Alternate Day, running from 9.45am to 1.30pm, will be introduced as soon as possible. Students will complete remote learning in a supervised location away from the main building. This will be used as an alternative to fixed term exclusion where appropriate.
- The SLRs will be staffed by a mixture of Senior, Middle Leadership and Pastoral staff.

A critical driver of these changes is in the capacity the Pastoral Team have to support our students. Benefits include that Student Support Leaders will gain significant capacity to do 1:1 and small group work with students to support them in making positive choices / overcoming existing challenges, and will now be available at break and lunch for any students who need to talk to them.

All Year groups will continue to have a location where their Pastoral Team will be based if a student needs to locate a key member of staff outside of break or lunch.

These changes will be shared through interactive assemblies to students via tutor time, and through Show My Homework.

If you have any questions about these changes, please do not hesitate to contact Richard Cormack, Assistant Principal, on the email [JCAinfo@clf.uk](mailto:JCAinfo@clf.uk), or by calling the main school, number.

**Richard Cormack**  
**Assistant Principal**



[Click here to access the Student Navigator](#). The student navigator page contains links to all the pages you will need if you are learning from home. We recommend bookmarking the page in your web browser so you can access it easily in the future.

[Click here to access a guide to INSIGHT](#), our student information system.

## Wonderful Remote Learning

Thursday, 14<sup>th</sup> November 2020

Asthma

Dear Danny,

I know that you are worried about asthma. It is not as lots of people have it and medicines have been made for this. The lungs and the bronchioles. You know your having an asthma attack when you start coughing, you and get feeling wheezy. Now you you will need to have to inhale. To the rescue rescue inhaler and the controller.

When you have an attack the muscles around your bronchioles smooth ~~then~~ because they get congested. It could be from a piece of dust. The bronchioles will get become inflamed as well. Mucus will block up the small hole your bronchioles are making. You will use your rescue rescue inhaler which will loosen the muscles around your bronchioles bronchiole. This is a short relief relieve and will only last about an hour. But your bronchiole is still inflamed. That's when you use the controller. This should make it so you can breathe again. This will take longer than the rescue inhaler. After you will feel better and will be able to breathe. You do not need to worry it can be be fixed and you'll feel much better.

**- Peter M - Year 8**

Dear asthmatic Danny!

Your anxiety is ~~not~~ absolutely valid. However, I usually like to know what's going on so I thought I'd tell you what is happening.

Your lungs are affected by asthma. Extremely small tubes in the lungs called bronchioles carry oxygen around to the alveoli (the tiny cloud-like things that put oxygen into blood). When unwanted things go into my lungs, my mucus covered hairy bits in my throat catch it before it can harm me. Your body does something different.

Your body decides to ~~to~~ close down up your bronchioles and this would be a good thing if it didn't ~~prevent~~ make it hard for the oxygen to get through the narrow bronchioles.

You'll know when this is happening when you find it harder to breathe or making you wheeze and cough.

To Danny,

I heard that you had asthma. From leaning about asthma, I know that it is not very nice, but I am here to educate you on what is happening. Asthma is when your bronchiole (some tubes in your lungs) get inflamed (swollen) and tight. There are small muscles that are around these tubes that tighten. This makes your airways (the small tubes in your lungs) tighter and irritated. The inside of the tubes also gets swollen and get a build up of mucus. There are two types of inhalers (medicine for the lungs) that you can take. One temporarily relaxes the muscles around your bronchioles that are squeezing your airways, and the other very slowly takes away the swelling (inflammation) from inside your bronchioles as long as you take it every day.

Last of all, the way to know if you are having an asthma attack is if you are wheezing, coughing, and finding it very hard to breath. If this happens you need to get a trusted adult to help you and take your inhaler.

Hope this helps

Penny - **Penny D - Year 8**

Scorvy

**- Josh F - Year 7**

That is when you'll need an ~~the~~ inhaler. There are two different types of inhaler. One is a broncho dilation inhaler which means it makes the muscle bands around your bronchioles loosen and one is a controller ~~the~~ inhaler which means it decreases the bronchioles' swelling and the buildup of mucus.

- Dr. L Cutter

**- Leah C - Year 8**

Dear Fellow Pirates,

I can see to tell you about scurvy a lot of you on the ship are getting it so these are the things you are lacking and why you are getting scurvy. If you are lacking Vitamin C and need to eat more peppers, strawberries, potatoes, beans, sprouts and broccoli. Furthermore, if you have scurvy you will have symptoms such as feeling faint, Pale skin, feeling weak and sad all the time and have skin that bruises easily.

Sincerely,  
Pirate Olivia

**- Olivia M - Year 7**

## **Reminder - Action required: Pre-approval for sending students home**

We are asking every parent/carer/guardian to pre-approve their child's being sent home from school in the event of a COVID-19 case within their year group. Please confirm now by clicking [here](#).

We all continue to work hard to implement measures to make the school site as safe as possible, with the introduction of year group bubbles; staggered social times; separate entrances and exits for different year groups; and encouraging everyone to regularly wash and sanitize their hands.

It helped on 2nd October to be able to dismiss a year group from the site as quickly and safely as possible. We are therefore requesting that all parents/carers/guardians pre-approve their children being sent home as quickly and safely as possible, in the event that a year group needs to leave due to a confirmed COVID-19 case.

## **Communications and COVID Measures**

Just a reminder, if you need to contact the school in an emergency, do call 0117 976 300.

Please do not come to school as we cannot have visitors who do not have a pre-booked appointment at the moment - this is a Covid risk mitigation.

If your enquiry is non-urgent, please email [jcainfo@clf.uk](mailto:jcainfo@clf.uk).

Please **do not** email staff directly.

## **Late Arrivals**

Punctuality to the Academy is extremely important so that students can actively engage and benefit from all lessons throughout the day. Your child must arrive at school on time.

Pupils that arrive more than 20 minutes after their agreed arrival window will be recorded as unauthorised absence, which may result in a penalty notice of £60 per parent, per child.

<b>Year Group</b>	<b>Arrival Window</b>	<b>Unauthorised Absence After This Time</b>
<b>7</b>	08:40 - 08:50	09:10
<b>8</b>	08:40 - 08:50	09:10
<b>9</b>	08:40 - 08:50	09:10
<b>10</b>	08:20 - 08:35	08:55
<b>11</b>	08:20 - 08:35	08:55

## **Exam Invigilators – Now Recruiting!**

We are looking for Exam Invigilators to join our supportive and talented exams team within Cabot Learning Federation. As an Exams Invigilator you will assist the Exams Officer in the efficient delivery of internal and external exams.

Not only will you be working within one of our fantastic academies, but you will be a part of a diverse Federation working alongside professional and inspirational people.

As this is a casual position you will work when available and will be called upon when required to support the Academies during exam season.

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# Finance

## Purchase of memory cards (GCSE Photography)

Memory cards for sale: 16GB at £5.50 each, or 4GB at £4.00 each from the Finance Office.

Memory cards are an essential part of your photography equipment.

You must prepay via SCOPAY before you can collect one from the Academy. More info at [JCAfinance@clf.uk](mailto:JCAfinance@clf.uk).

## Purchase of school ties

The option to purchase a school tie for £6.00 via SCOPAY has been added to every student's account. If your child loses their tie, you can purchase a replacement via your SCOPAY account and your child can collect it from the Finance Office the following morning.

The Finance Office is open to students every day before school and during break time.

## Purchase of calculators

The option to purchase a calculator via SCOPAY has been added to every student's account. If you wish to purchase a calculator for your child, there are two types available and currently in stock. When you have made a purchase, your child will be able to collect it from the Finance Office the following morning.

The Finance Office is open to students every day before school and during break time.

If you require any assistance, please contact the Finance Office by emailing [JCAFinance@clf.uk](mailto:JCAFinance@clf.uk).

## How to make online payments with SCOPAY

Our preferred method of payment is online via SCOPAY as it means that students do not need to carry cash with them and also from a COVID-19 perspective it means that cash does not need to be handed to the Finance Office.

Online Payment Letters containing one time use link codes for account set up were sent to Parents/Carers of all students that were not already registered over the Summer break.

Please set up your SCOPAY account online if you have not already done so.

If you have not received a link code or need any assistance, please contact the Finance Office by emailing [JCAFinance@clf.uk](mailto:JCAFinance@clf.uk).