

[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.

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

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## Key dates

<b>29th April</b>	Safety Day - An off timetable day to support students with topical safeguarding topics
<b>30th April</b>	Year 11 GCSE Drama Scripted Performance Exam
<b>W/C 3rd May</b>	Year 11 Assessment Two Starts
<b>7th May</b>	Year 9 vaccinations
<b>W/C 10th May</b>	Year 11 Assessment Two continues
<b>20th May</b>	Year 8 Parents' evening
<b>28th May</b>	Inset Day - no school for students



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### *Friends of JCA - Our PTA - Looking for Volunteers*

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JCA has historically had a wonderful Parent Teacher Association, called the Friends of JCA. Its purpose is twofold: fundraising and information sharing.

By selling snacks, drinks and ice-creams at key events e.g. Sports Day, Parents' evenings and Concerts, significant sums of money were raised, almost £1000 alone each Sports Day. This also served a vital service - parents are usually desperate for a cup of tea during Parents' evening! Different departments were then able to bid for this money for things we would otherwise not be able to afford e.g. new musical instruments or supporting students to go on trips like Duke of Edinburgh expeditions.

The other purpose of the 'Friends' is to support parents with access to information. At Primary school, it is easy for parents to have a good understanding of everything that is going on at school. That is always much harder at Secondary school as students become more independent and have multiple teachers. So the Friends support you as parents by providing information (via Social Media) about e.g. upcoming events or where to go to have a question answered.

Joining the Friends of JCA is a great way of getting to know the school and supporting your child while they are here, and making your own friends too. I am reassured that with a team of 10 parents, it is a very easily manageable time commitment. If you are interested in joining the Friends, please do email the [jcainfo@clf.uk](mailto:jcainfo@clf.uk) mailbox expressing your interest. Hopefully we can get a team up and running in time for this summer's Sports Day.

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### *Safety Day (PSHE) Thursday 29th April*

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Term 5 safety day is coming up on Thursday 29th April. This will be delivered to all years across the whole day. All students will follow their normal timetable and their regular teachers will facilitate the content of the PSHE lessons. This term's theme is 'Healthy and Respectful Relationships', looking at recent events and current local and national trends. All year 7 need to wear PE kit as they will be doing a workout with Mr Motivator.



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### *Lockdown Drill*

On Friday 23rd April staff and students took part in an annual lockdown drill. As a school we are required to run lockdown drills, similar to our responsibility to run fire drills. The drills are to ensure staff and students know what to do in the event of a real lockdown or fire. Students had been reminded about what constitutes a Critical Incident and how we would run a lockdown drill whilst maintaining Covid-19 compliance earlier in the week and were exemplary in their behaviour during the drill.

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### *Active Travel*

#### **Our school promotes walking and cycling because...**

It helps keep our students fitter and healthy and research shows being active can help students concentrate better and increase their levels of achievement.

By walking or cycling, our school community can help reduce the number of vehicles on the road making it safer for pedestrians and cyclists and easier for local residents. It also reduces the pollution caused from exhaust fumes helping combat climate change and create cleaner air.

#### **Why active travel is important**

1. **Cleaner air** – reducing cars helps reduce air pollution around the school gates.
2. **Helps tackle climate change** – by reducing greenhouse gas emissions from cars.
3. **Students are healthier and fitter** – young people should have at least an hour of physical activity every day – walking or cycling to school contributes to this time.
4. **Helps students unwind at the end of the day** – walking or cycling home gives them time to think.
5. **Improves concentration** – studies have shown that students who are active are ready to learn and do better in their studies.
6. **Gives students more independence** – walking or cycling without parents helps them develop skills for independent living when they are adults.
7. **Reduces congestion** – as there are less cars on the road, making it more pleasant environment for everyone.
8. **Quicker than sitting in traffic**
9. **Improves road safety at the school gates** – because there is reduced traffic and parked cars.



10. **It's cheaper to walk or cycle** – as it saves on fuel.

View our [Active Travel Map](#), which details 5 and 10 minute walking and cycling zones around the school. Use the map to help plan your journey.

“I can't Actively Travel to school because...” follow [this link](#) for some tips.

### VIDEO

Would you like to know why sustainable options are safer and better for kids and parents alike? Follow the Youtube link here. <https://youtu.be/B48Yu4LCano>

### Suggested further information/website links

- [TravelWest](#) – Journey planning and advice on travelling around the South West. ([www.travelwest.info](http://www.travelwest.info))
- [Living Streets](#) – Parent toolkits, activity resources and advice on walking more every day. ([www.livingstreets.org.uk/walktoschool](http://www.livingstreets.org.uk/walktoschool))
- [Sustrans](#) – The Charity making it easier for people to walk and cycle. The work we're doing creates healthier places and happier people. ([www.sustrans.org.uk/](http://www.sustrans.org.uk/))
- [Bikeability](#) is today's cycle training programme replacing cycling proficiency. Bikeability gives everyone the skills and confidence for all kinds of cycling. ([www.southglos.gov.uk/transport-and-streets/transport/road-safety-transport/road-safety/cycle-safety/what-is-bikeability](http://www.southglos.gov.uk/transport-and-streets/transport/road-safety-transport/road-safety/cycle-safety/what-is-bikeability))

### Downloadable maps

- [These downloadable maps](#) detail on-road and traffic-free cycleways across South Gloucestershire. They're good for getting a general sense of the cycle options in your neighbourhood without planning a specific route. (<https://betterbybike.info/maps-and-guides/regional-cycle-maps/#south-gloucestershire>)





## HOW TO USE THIS MAP

The map focuses on the school with icons to show some useful features such as pedestrian crossing points. It shows 5 - 10 minute walking and cycling zones, shown as circles on the map.

Use the map to work out if your home is in one of the 5 or 10 minute zones. If your home is inside one of the zones it means you live close to the school and active travel can be a really easy option for you.

If you live outside of the zones to help reduce congestion around the school gates park or drop off on the outside of the walking zones and walk, cycle or scoot the rest of the way to school.

## 10 REASONS TO ACTIVE TRAVEL

- Cleaner air
- Helps tackle climate change
- Makes me healthier and fitter
- Helps me unwind at the end of the day
- Improves concentration
- Gives me more independence
- Reduces congestion
- Quicker than sitting in traffic
- Improves road safety at the school gates
- It's cheaper to walk or cycle

## OUR SCHOOL PROMOTES WALKING AND CYCLING BECAUSE...

It helps keep students fitter and healthy and being active can help students concentrate and increase levels of achievement.

By walking or cycling our school community can help reduce the number of vehicles on the road making it safer for pedestrians and cyclists and easier for local residents.

## MAKING THE JOURNEY TO SCHOOL EASIER AND SAFER

Vehicles parking outside or close to the school gate cause congestion and actually makes the roads more dangerous for other road users and pedestrians.

Parking on yellow or white lines, blocking drives or crossings makes it difficult for students to cross safely. It also creates more pollution from exhaust fumes, resulting in poorer air quality around school.

Air pollution is the leading public health crisis in the UK today and it is hitting children, people with a lung condition and the elderly the hardest. Please don't leave the engine running - an engine running for 1 minute can fill 150 balloons with pollution. If you need to come to school by car, please Park & Stride or Park & Pedal.

## SWAP 4 WHEELS FOR 2!

**Cycling** is a great way to get to school. It gives you freedom and independence to get around on your own steam, and is quicker than walking if you are in a hurry!

**Park & Pedal** is where you are dropped off some distance from school and then cycle the rest of the way. This is ideal for those who live too far away from school to cycle the whole way.

## TOP 10 TIPS TO GET YOU GOING ON 2 WHEELS

- Plan and practice your route, using cycle paths where they are available. This map should help you with this!
- Check your bike is safe to ride before using it (do the M Check!) [tinyurl.com/sustransmcheck](http://tinyurl.com/sustransmcheck)
- Be safe and be seen by wearing visible clothing. School uniform is often very dark - try choosing a brighter bag.
- Get yourself some bike lights - a white one for the front and red for the back - so you can see, and be seen, when it is dark.
- Wear gloves and a lightweight raincoat during the winter to keep yourself warm.
- Mudguards are a brilliant bike addition and will help keep you dry.
- Make sure your helmet is properly fitted - it should feel snug, but not tight.
- Always lock your bike securely when you're not using it.
- Consider buddying up with a friend, for some, or all of your journey.
- Remember your Bikeability training. If you need training, ask your school for more information and check out [bikeability.org.uk](http://bikeability.org.uk) for more top tips.

The Better By Bike website has loads of great cycling resources, covering where to buy a bike (new or second hand, from local bike shops), as well as a bike journey planner, and much more. Visit [betterbybike.info](http://betterbybike.info) for more information.



## WHAT IS ACTIVE TRAVEL?

Active Travel is any form of travel that involves getting some exercise on your journey, walking, cycling, scooting, Park & Stride and Park & Pedal are all excellent forms of active travel.

## TAKE TO THE STREETS ON YOUR FEET

**Walking** is a brilliant way to get to school. You get plenty of fresh air and time to talk to your family and friends.

**Park & Stride** is where you are dropped off 5-10 minutes from school and then walk the rest of the way. This is ideal for those who live too far away from school.

Find a good drop off point, that is safe and allows you to walk or scoot the final part of the journey.

Use the map to work out the walking distances and don't park close to the school. It's often quicker to meet a parent/carer away from the school rather than sit in traffic.



The Moodle Stars Team Awards accreditation framework rewarding schools for increasing the number of young people who regularly use sustainable travel to and from school.

Travel to

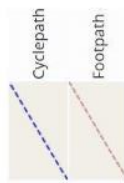
John Cabot Academy  
Woodside Rd  
Kingswood  
Bristol  
BS15 9BD



travelwest+ WEST OF ENGLAND Combined Authority



The map overlay shows both footpaths and cycle paths for you to plan your journey to school. Please use the key below.



Contact Social Resources Team  
Road Safety and Sustainable Travel team:  
[enb@road.safety.secondary@nra.miltons@sbct.hills.gov.uk](mailto:enb@road.safety.secondary@nra.miltons@sbct.hills.gov.uk)

[www.travelwest.info/kechals](http://www.travelwest.info/kechals)  
<https://www.moodlestars.org/>



### **FREE 1:1 [Adult Cycle training](#) for all staff and parents:**

To book an individual lesson call 01454 863 526, or email: [cycle\\_training@southglos.gov.uk](mailto:cycle_training@southglos.gov.uk)

The [Better By Bike website](#) has loads of great cycling resources, covering where to buy a bike (new or second hand, from local bike shops), as well as a bike journey planner, and much more. ([betterbybike.info](http://betterbybike.info)).

How to correctly fit a bike helmet: - [https://www.sustrans.org.uk/media/7781/btsw-resources\\_helmetcheck\\_eng.pdf](https://www.sustrans.org.uk/media/7781/btsw-resources_helmetcheck_eng.pdf)

### **Always lock your bike:**

<https://livingstreets.sharepoint.com/sites/SGlosTDMFundedProject/Shared%20Documents/General/lock%20your%20bike%20guide.png>

[The Big Pedal](#) is the UK's largest inter-school cycling, walking and scooting challenge. It inspires hundreds of thousands of pupils, staff and parents to choose human power for their journey to school. 19 – 30 April 2021.

(<https://www.sustrans.org.uk/our-blog/projects/uk-wide/schools/sustrans-big-pedal/>)

### **Cycle route planning**

There are lots of great resources for planning your cycling journeys whether that's advice on quiet roads for your school commute, or leisure rides that will be a fun weekend family activity. Here is a selection of some:

- **[Better by Bike Route Planner](#)** - Enter your start and end point and the map will suggest 3 cycle routes for fastest, quietest, and 'balanced' journey. ([cycleplanner.betterbybike.info/route-planning](http://cycleplanner.betterbybike.info/route-planning))
- **['Komoot' route planner & tracker](#)** - You can use Komoot on your computer or download it as a phone app. You can record your journeys on Komoot to learn from favourite rides and log all your amazing pedal miles! (<https://www.komoot.com/plan>)
- [Leisure Rides](#) in South Gloucestershire. (<https://betterbybike.info/maps-and-guides/guides-booklets/>)



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### *International Jazz Day*

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Friday 30th April is International Jazz Day across the world. JCA students will be participating in the event and we'd like students and families to participate either by listening to, discussing, learning about or performing Jazz music! As part of the celebrations, we will be:

- Uploading a Virtual Jazz Concert on our JCA Performing Arts YouTube platform on Friday 30th April to premiere at 7pm:

<https://www.youtube.com/channel/UCESlwLXfkBZE43cBSvWKmDA>

- Sharing a jazz playlist with all students for their own enjoyment! - Student quizzes on showmyhomework for all students to participate with top scores receiving prizes - Prizes for the best piece of Art or Photography that represents Jazz music submitted to Miss Grierson in person. The celebrations of JCA participating in International Jazz Day will be shared on our social media platforms:

**Instagram** @jcamusic

**Twitter** @cabotmusic @johncabotnews

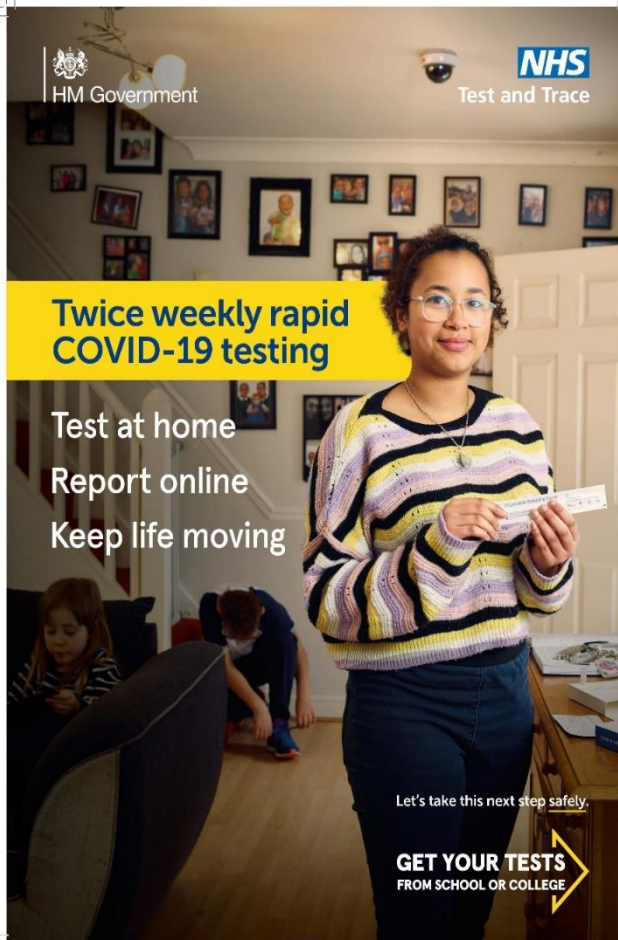
**Facecook** @johncabotacademy



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*Regular asymptomatic coronavirus (COVID-19) testing remains vital*

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The Prime Minister has said: "I want to thank everybody for continuing to follow the guidance, and to thank parents and families for the incredible work you're doing to help test pupils through the Easter holidays and to encourage you to keep testing them twice a week as schools return."

It is vital that staff and students continue to test twice weekly in order to identify asymptomatic cases of coronavirus (COVID-19) and prevent the spread of the virus.

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*Covid-19 Testing*

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We have now been offering students the opportunity to take part in the Covid-19 Self tests for just over a month now. If your child is struggling to complete these tests at home and would like the opportunity to test twice a week at school please complete the attached form. [https://forms.office.com/Pages/ResponsePage.aspx?id=ViObpySMIkM0IMbibQtAkBQ\\_NcFgcQJNkqzj6X2RrxhUQko4WlU0RlpKVjJDMIVGVTBIMFQ2TFhDSC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=ViObpySMIkM0IMbibQtAkBQ_NcFgcQJNkqzj6X2RrxhUQko4WlU0RlpKVjJDMIVGVTBIMFQ2TFhDSC4u)







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## Finance

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### **SCOPAY - Online Payment System - Preferred Method of Payment**

SCOPAY is our preferred method of payment for all transactions when making payments to the academy.

This system allows you to make payments for trips, events, music tuition and learning resources plus your child's school lunch account can also be topped up using this system. The system can be used on a desktop computer or you can download the App to use on your mobile phone or tablet meaning that you can access your account at any time.

If you have not already received a link code or require an additional link code(s) to enable another Parent/Carer to also set up a SCOPAY account and make payments for your child(ren), please send an email to [JCAFinance@clf.uk](mailto:JCAFinance@clf.uk)

### **SCOPAY - Payments for School Lunches**

Please remember to check if your child's School Lunch account requires topping up with funds to enable them to purchase food from the canteen.

If you would like to set up alerts so that you will know when their balance is getting low and requires topping up, please go to the John Cabot Academy website - Our Academy - Canteen and Online Payments, where you will find the 'SCOPAY Parent Guide - Alerts' at the bottom of the page to help you.

Alternatively, you can copy and paste the following to your browser: -

<https://johncabotacademy.clf.uk/our-academy/canteen-and-online-payments/>

There are two further SCOPAY Parents Guides, one for Managing Your Account and another for Making Payments, that you may also find useful on this page.

### **Purchase of School Ties**

The option to purchase a school tie for £6.00 via SCOPAY is available for every student and SCOPAY continues to be our preferred method of payment. If your child has lost their tie, you can purchase a replacement via your SCOPAY account, and it will be available for collection by your child the following morning.

Alternatively, *for ties only*, a cash payment can be accepted – please send your correct payment of £6.00 in an envelope with their full name, year group and tutor group detailed.



Please ask your child to collect their tie from the Finance Office.  
The Finance Office is open to students every day before school and during break time.

### ***Purchase of Calculators***

The option to purchase a calculator from the academy continues to be available to all students via SCOPAY.

If you wish to purchase a calculator for your child, there are two types available and currently in stock: -

- Casio ClassWiz FX991EX Scientific Calculator @ £19.50 each, or
- Casio FX83GT Scientific Calculator @ £8.50 each

When you have made your SCOPAY purchase, your child will be able to collect their calculator from the Finance Office. The Finance Office is open to students every day before school and during break time.

### ***Purchase of Memory Cards for GCSE Photography***

The option to purchase memory cards from the Academy continues to be available on SCOPAY for all GCSE Photography students.

There are currently two types in stock:-

- HAMA 16GB SDHC Card @ £5.50 each, or
- HAMA 4GB SDHC Card @ £4.00 each

When you have made your SCOPAY purchase, your child will be able to collect their memory card from the Finance Office. The Finance Office is open to students every day before school and during break time.

### ***SCOPAY - Link to Login Page***

You can find a link to the SCOPAY Login Page if you go to the John Cabot Academy website - Our Academy - Canteen and Online Payments.

Alternatively, you can copy and paste the following to your browser: -

<https://www.scopay.com/john-cabot-ac>

### ***Finance Queries***

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

