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Christmas Events for the final week of term

Wednesday - Christmas lunch in the canteen

Thursday - Christmas Jumper Day - we will be collecting money for Save the Children so we ask that pupils bring in a small donation.

Thursday is the last day of term, but as students have missed so much learning this term, it will be a full day. Normal lessons periods 1-4 and then fun activities in periods 5&6. The full plan will come out in next week's newsletter.



[Virtual Work Experience – A week at Spotify](#)

Dates: 15th - 19th February 2021

10:00 – 15:00

Age: 16+

Application Deadline: 25th December 2020

[Virtual Work Experience with Portland Communications](#)

Dates: 15th - 19th February 2021

Age: 16+

Application Deadline: 15th January 2021

[VWEX The Office of Communications- Ofcom](#)

Dates: 15th - 19th February 2021

Age: 16+

Application Deadline: 15th January 2021

[VWEX For Y10 within Tesco`s Food Love Story Marketing/Creative Campaign Department](#)

Dates: 15th - 19th February 2021

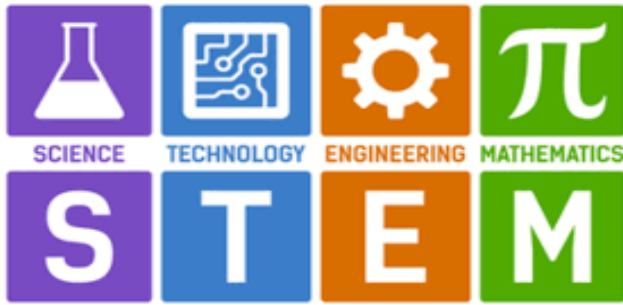
10:00-16:00

Age: Year 10

Application Deadline: 15th January 2021

For a full list of placements - sign in here to search

<https://www.s4snextgen.org/>



Virtual STEM Careers and Skills Week

– 20 online sessions with unlimited places at one of the world’s most prestigious science and engineering firms!

Are your students looking for an opportunity to find out more about careers in Science, Technology, Engineering and Sustainability? Between 7-11th December, we’ve partnered with one of the world’s biggest science and engineering firms, Johnson Matthey, to run a virtual skills and careers week. Each evening, scientists, engineers and other professionals from across the firm will be running a range of one-hour careers information events, including:

Finance; Law; Engineering; Tech Start-Ups; Scientific Research; Information Technology (IT); Graduate and Apprenticeship Schemes; Strategy and Business Development; Human Resources (HR)

They will also be offering skills sessions, helping students to understand the importance of the following skills for their own futures:

Job applications; Resilience; Communication; Problem solving; Sustainability; Social value of science; Biases and stereotypes; Career success; Career searching.

Go to the Speakers for Schools Experience portal now to see what’s on offer – we have unlimited places and students can sign up for as many sessions throughout the week as they like! Log in [here](#)

Adult careers guidance support

Future Bright 19+

Would like face to face careers counselling or employability guidance contact

Bristol: Email futurebright@bristol.gov.uk or call 0117 9222250

South Gloucestershire: Email future.bright@southglos.gov.uk or call 01454 866008

<https://www.westofengland-ca.gov.uk/future-bright/>

National Careers Service (Adult or young person service)

Would you like advice on careers and courses?

Visit <https://nationalcareers.service.gov.uk/> to webchat or call 0800 100 900.

Thinking of re-training, upskilling or returning to work after time off? Head over to Lifepilot. <https://www.life-pilot.co.uk/> to explore your options

PSHE Safety Days

On Tuesday 8th December students will take part in the first of three drop down PSHE Safety Days.

Years 7 - 10 will have a collapsed timetable for periods 1-4.

The content for the day is as follows:

- Year 7: Safe travel to school, knife crime, radicalisation and e-safety.
- Year 8: E-Safety, safe travel to school, sexting, alcohol and drug awareness.
- Year 9: Integrate, CSE, consent and county lines.
- Year 10: Sexual harassment, Integrate, alcohol and drugs, domestic violence.

I would like to take this opportunity to point parents in the direction of the National Online Safety resources; resources are available for free and for all parents of young people who use the internet and frequent social media and gaming sites.

<https://nationalonlinesafety.com/guides/what-parents-need-to-know-about-lifestyle-sites>

If you have any queries, please do contact the school and ask for messages to be passed on to your pastoral team and/or Joanne Shipp (Lead of PSHE/RSE).

Mental Health at Christmas

Christmas can be a joyful time of the year, filled with festivities, food, parties and time with loved ones. However, for some people, it can also be one of the hardest times of the year. Christmas can bring about feelings of obligation and over-commitment to social plans. Some people may experience loneliness and isolation. Others may find the disruption to their routines destabilising.

Whether or not Christmas is part of someone's life, they may be affected by it happening around them. Christmas can be difficult for anyone, at any point in their life for a number of different reasons.

Resources for supporting mental health & wellbeing at Christmas

Mind – Christmas [coping tips](#);

Mental Health Foundation – [Tips for looking after your mental well-being this Christmas](#)

Priory Group – [Coping at Christmas 5 top tips](#)

Health Assured – [Mental health at Christmas](#)

Coping with Social anxiety

For people who suffer from social anxiety, the festive season can be really daunting, with Christmas parties (albeit virtual) and family gatherings on the horizon. Here are 4 ways of coping with these events if they are feeling overwhelming taken from HeadsTogether.



Coping with bereavement

Whether it's the first Christmas without a loved one that has passed or a person was bereaved long ago, it's important that they feel able to cope with this bereavement throughout the festive period.

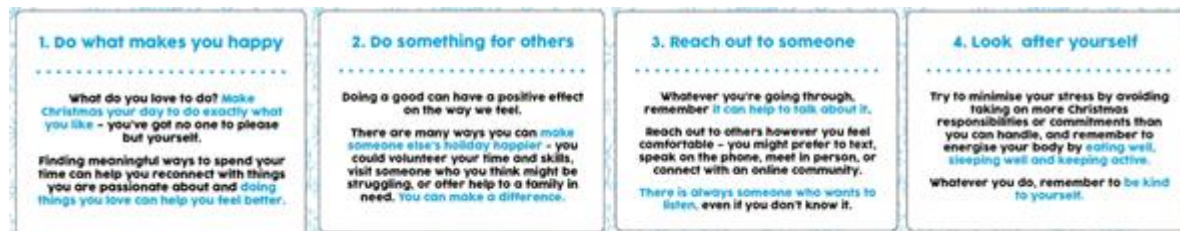


Helpful resources for coping with loneliness

Mind – [Tips to manage loneliness](#)

Red Cross – [Get help with loneliness](#)

NHS – [Coping with loneliness during the COVID-19 outbreak](#)



Resources for the basics of money management

Health Assured article – [The basics of money management](#)

- Financial budgeting
- Reducing spending
- Debt guidance and information
- Savings goals

The Money Advice Service – [Beginner's guide to managing money](#)

- How to set up a budget
- Getting a budget back on track
- Paying off loans and credit cards
- Set a savings goal

- If someone is overwhelmed by debts

Department for Children, Adults and Health

Keeping our schools and early years settings safe: a message to all parents and carers

Ref: Wearing face coverings in school and nursery playgrounds

Thanks to the hard work, sacrifices and the care people have shown for the wider community, the number of new cases we are seeing in South Gloucestershire is slowly reducing.

However, the numbers of new cases are still too high and the health system under too much pressure for us to relax and so we have been placed in Tier 3, which is the Very High Alert level.

Only by doing the right thing and by continuing to follow the new rules will we continue to make progress towards a safe future for everyone.

Schools and nurseries remain a safe place for our children and young people and we know that any transmission within them is low. This is because of the work that our headteachers, managers and their teams have taken to ensure really good risk measures are in place. We want to see our children and young people in education, as this is the best for their learning.

What we are advising you to do:

To help keep reducing local cases and to keep staff and children in our schools and nurseries as safe as possible, **we are strongly advising all parents and carers to wear a face covering during drop off and pick up.**

Encouraging parents and carers to wear face coverings in the playground goes beyond the government guidelines for educational settings, which state that face coverings should be worn where social distancing is not possible inside. However, in areas of high community transmission of the virus, schools and nurseries have discretion to encourage adults to wear face coverings in the playground.

Exemptions for wearing face coverings apply including people with breathing difficulties or living with a disability. You can read the guidelines for face coverings in education here:

www.gov.uk/government/publications/face-coverings-in-education/face-coverings-in-education and the general guidelines for face coverings here: when to wear one, exemptions, and how to make your own here: www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own.

Why we are asking you to do this: the reason for using face coverings

Covid-19 usually spreads by droplets from coughs, sneezes and speaking. These droplets can also be picked up from surfaces, if you touch a surface and then your face without washing your hands first. This is why social distancing, regular hand hygiene, and covering coughs and sneezes is so important in controlling the spread of the virus.

The best available scientific evidence is that, when used correctly, wearing a face covering can reduce the spread of coronavirus droplets in certain circumstances, helping to protect others. However, they are

not a replacement for social distancing and regular hand washing. It is important to follow all the other government advice on Covid-19 at www.gov.uk/coronavirus



If you have **any** symptoms of Covid-19 you and your household must isolate at home - wearing a face covering does not change this. You should arrange to have a test to find out if you have Covid-19: www.gov.uk/get-coronavirus-test

If you are a contact of someone who has tested positive you must self-isolate - wearing a face covering does not change this.

You can read our guide on self-isolating www.southglos.gov.uk/testing

We need to take every precaution available to ensure that educational settings can continue to operate as fully as possible. The wearing of face coverings when people are gathering in large numbers in an open space will help with this.

What role will schools and nurseries take in this?

Your school/nursery will follow this request from the council and keep the school community informed with timely reminders about this request. School and nursery staff will also be strongly advised to wear a face covering when outside during the morning drop off and afternoon pick up.

We are confident this is something everyone will support, to help reduce the spread of Covid-19 and move us into a lower tier as soon as possible.

Thank you for your continued efforts to keep South Gloucestershire safe.

Sara Blackmore,

Chris Sivers,

Test and Trace

English



TEST AND TRACE

- HOW DOES IT WORK? -

Source: GOV, 2020. NHS test and trace: how it works [online]. Website: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works#how-nhs-test-and-trace-service-works>

1 If you have one of the following **symptoms**:

New continuous cough



High temperature



Loss of smell or taste



Self isolate for 10 days and anyone who lives with you for **14 days**



2 Immediately arrange a test via the:

NHS website



OR by calling **119**



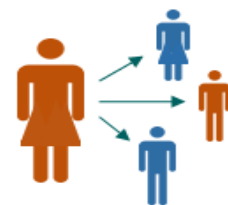
3 If your test comes back as **positive**:



The NHS test and trace service or local public health will contact you via email, text or phone call and enquire about:

1. Close contact with others

- Daily direct contact
- People you have spent at least 15 mins with, less than 2m away



2. Places you have travelled



Those thought to be **at risk** will be notified and instructed to go into isolation for 14 days **even if** they do not display symptoms



TEST E TRACE

- COME FUNZIONA? -



1 Se riscontri i seguenti sintomi del COVID-19:

Tosse persistente



Febbre alta



Perdita di olfatto e gusto



Auto-isolarsi per 7 giorni e quelli che vivono con te per 14 giorni



2 Organizzare **immediatamente** il tampone tramite

il sito del NHS



telefonare
al **119**



3 Cosa succede se il tampone è **positivo**?



Il servizio di Test e Trace del NHS o la sanità pubblica locale ti contatterà via email, messaggio o telefonata e ti interrogheranno riguardo:

1. Contatti ravvicinati con altre persone

- Contatti diretti di tutti i giorni
- Persone con le quali sei venuto a contatto a meno di 2 metri di distanza per almeno 15 minuti



2. Località dove hai viaggiato di recente



I soggetti ritenuti a **rischio** saranno notificati e sarà ordinato loro di andare in auto-isolamento per 14 giorni **anche se** non hanno nessun sintomo





1 Si vous présentez **un des symptômes suivants**:

Une toux nouvelle et persistante



Une fièvre



Une perte d'odorat ou de goût



Isolez-vous pendant 7 jours; il faut aussi que tous les autres membres de votre ménage s'isolent pendant **14 jours**.



2 Organisez **immédiatement** un test virologique

sur le site
Internet du
NHS



OU

en
téléphonant
au **119**



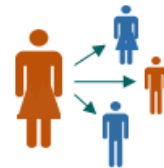
3 Que se passe-t-il si vous avez un résultat **positif** du test virologique ?



Le service de tests et de traçage géré par le NHS ou votre service local de santé publique vous contactera par mail, SMS ou téléphone pour s'informer sur :

1. Le contact proche avec d'autres personnes

- le contact direct et quotidien
- les gens avec lesquels vous avez passé au moins 15 minutes à moins de 2 mètres



2. Les endroits où vous êtes récemment allé



Le service avertira ceux considérés comme étant à **risque** et leur demandera de s'isoler pendant 14 jours **même** s'ils ne présentent pas de symptômes.



تیسټ بکه و به دواچوون بکه

- چۆن کار اڪات؟ -



۱

اگه ديارده ي ام نيشانانه ي خواره وه ي كؤفید - ۱۹ دات پيوه دياربوو

له ده ست چووني تواناي بۆن كردن و به رزبوونه وه ي پله ي گه رماټ كۆكه يه كي به رده وامي تازه تامو چيژر كردن



خۆت - تاك بگره بۆ ۷ رۆژ وه هه چ كه سانك له گه ئت ده ژين بو ۱۴ رۆژ



۲

ده ست و برد آماده كردن بۆ تيسټ بکه به ريگه ي سايتي سيسته مي خزمه تگوزاري ته ندرستي يان به ته له فۆن كردن بو ۱۱۹



۳

چي روو ده دات اگه ر تيسټه كه ت هاته وه پوزه تيف



سيسته مي خزمه تگوزاري ته ندرستي وه نيسټ و به دوايدا چوون په يوم نديت پيوه ده كه ن به اي مه يل يان به ته له فون وه پرسياراكه ن له سه ر :

۱. نزيك ترين به ر كه وته كانت

ريگه ي په يوه ندي پي كردني راسته و خوي روزانه ت او كه سانه ي كه به لايه ني كه مه وه ۱۵ خوله كت كات له گه ل به سه ر بردوون له دووري له ۲ مه تر كه متر

أ. اوجيگايانه ي سه فه رت بويان كردووه به م دواي يانه



اوانه ي بروا هه يه مه ترسي يان له سه ر بيټ را اگه يه ندرين و اگادار اكرين كه خۆ- تاك بگرن بو ۱۴ رۆژ هه رجه ندم اگه ر هيچ نيشانه يه كيشيان نه بيټ





1 Jeśli masz **poniższe objawy COVID-19:**

Nowy, utrzymujący się kaszel



Wysoką temperaturę



Utratę węchu lub smaku



Pozostań w izolacji na 10 dni a Twoi współlokatorzy powinni się izolować przez 14 dni



2 Natychmiast umów się na test laboratoryjny przez

stronę internetową NHS



lub

dzwoniąc na 119



3 Co się stanie jeśli twój test wykaże **pozytywny** wynik na COVID-19?



Dział testowania i śledzenia kontaktów NHS, lub regionalny organ zdrowia publicznego, skontaktuje się z Tobą przez e-maila, sms-a, lub telefonicznie żeby dowiedzieć się o:

1. Bliskich kontaktach z innymi osobami

- Codzienny bezpośredni kontakt
- Osoby z którymi się spędziło co najmniej 15 min bez utrzymania 2-metrowego dystansu



2. Miejscach w których się ostatnio przebywało



Osoby które mogły być **zagrożone zarażeniem** zostaną o tym powiadomione i poproszone o pozostanie w izolacji przez 14 dni **nawet jeśli** nie będą miały objawów COVID-19





ТЕСТИРОВАНИЕ И ОТСЛЕЖИВАНИЕ - КАК ЭТО РАБОТАЕТ? -



Источник: GOV, 2020. NHS тестирование и отслеживание: как это работает [онлайн]. Веб-сайт: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works> | <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

1 Если у Вас есть хотя бы один из следующих **СИМПТОМОВ**:

Новый непрерывный кашель **Высокая температура** **Потеря обоняния и вкуса**



Вы должны самоизолировать на 7 дней,
а те, кто с Вами проживает, **на протяжении 14 дней**



2 Немедленно закажите тест:

На сайте NHS



ИЛИ по номеру **119**



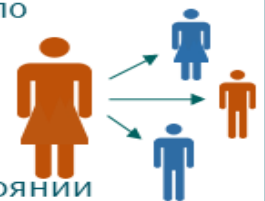
3 Если результат теста будет **положительным**:



Служба NHS по тестированию и отслеживанию или местный отдел здравоохранения свяжется с Вами по электронной почте, СМС или телефону и запросит информацию:

1. О тесном контакте с другими людьми

- Ежедневный прямой контакт
- Люди, с которыми Вы находились на расстоянии менее 2 метров больше 15 минут



2. О местах, которые Вы посещали



Те, кто предположительно **подвержены риску**, будут уведомлены и проинструктированы самоизолировать на протяжении 14 дней, **даже если** у них нет симптомов



Spanish



TEST ET VE İZLE

- NASIL ÇALIŞIR? -



: GOV, 2020. NHS test et ve izle: Nasıl çalışır [çevirimiçi]. İnternet sitesi: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works#how-nhs-test-and-trace-service-works>

1 Aşağıdaki **belirtilerden** birine sahipseniz :

İlk evre sürekli öksürük



Yüksek Sıcaklık



Koku veya tat kaybı



7 gün boyunca kendinizi ve 14 gün boyunca sizinle birlikte yaşayan herkesi izole edin.



2 Hemen bir test yapın :

NHS internet sitesinden



VEYA 119'u arayarak



3 Eğer testiniz **pozitif** şekilde gelirse :

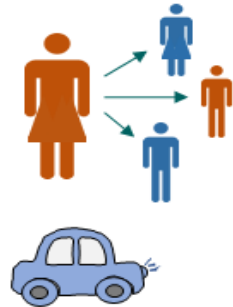


NHS test et ve izle hizmeti veya yerel halk sağlığı sizinle e-posta, kısa mesaj veya telefon görüşmesi yoluyla iletişim kuracak ve aşağıdakiler hakkında bilgi isteyecektir :

1. Başkalarıyla yakın temas

- Günlük doğrudan iletişim
- En az 15 dakika, 2 metreden az mesafede geçirdiğiniz kişiler

2. Seyahat ettiğiniz yerler



Risk altında olduğunu düşünülen kişilere 14 gün boyunca izole edilmeleri üzerine bilgilendirilecekler ve talimat verilecektir, **hatta** semptom göstermeselerde.



PRUEBA Y RASTREO

¿CÓMO FUNCIONA?



1 Si muestra los **siguientes síntomas**:

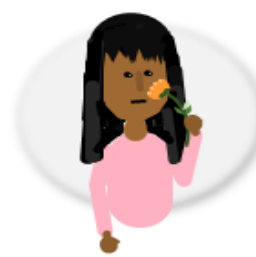
Tos persistente



Temperatura alta



Pérdida del olfato o del gusto



Aíslese durante 10 días. Cualquier persona que viva con usted debe aislarse durante 14 días



2 Pida **inmediatamente** una prueba a través del:

sitio web
del NHS



llamando al
119



3 ¿Qué sucede si el análisis resulta **positivo**?



El servicio de prueba y rastreo del NHS o de salud pública local se pondrán en contacto con usted por correo electrónico, mensaje de texto o llamada telefónica y le preguntarán sobre:

1. Contacto cercano con otros

- Contacto directo diario
- Personas con las que ha pasado al menos 15 minutos a una distancia menor a los 2 metros



2. Lugares a los que ha viajado recientemente



Aquellos que se cree que son personas **de riesgo** serán notificados e instruidos para entrar en aislamiento durante 14 días **incluso** si no muestran síntomas.



کھوج لگانا اور جانچنا

- یہ کیسے کام کرتا ہے؟ -



۱ اگر آپ کووڈ-۱۹ کے درج ذیل علامات ظاہر کرتے ہیں:

نئی مستقل کھانسی



تیز بخار



سونگھنے یا ذائقے کے احساس کا ختم ہونا



۷ دن کے لئے خود تنہائی اختیار کریں اور جو آپ کے ساتھ رہتا ہے اس سے ۱۴ دن کے لئے



۲ فوری طور پر این ایچ ایس ویب سائٹ کے ذریعے یا ۱۱۹ پر کال کر کے کسی ٹیسٹ کا بندوبست کریں

NHS website



OR by calling 119



۳ اگر آپ کا ٹیسٹ مثبت واپس آجائے تو کیا ہوگا؟



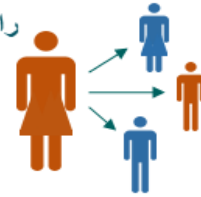
این ایچ ایس کی کھوج لگانے اور جانچنے کی تنظیم یا مقامی صحت کی ٹیم آپ سے ای میل، ٹیکسٹ یا فون کال کے ذریعے رابطہ کرے گی اور اس کے بارے میں پوچھ گچھ کرے گی

1. دوسروں کے ساتھ قریبی رابطہ

روزانہ کا براہ راست رابطہ

جن لوگوں کے ساتھ آپ نے کم سے کم ۱۵ منٹ ۲ میٹر

سے کم کی دوری پر گزارے ہیں



2- آپ نے حال ہی میں جن مقامات پر سفر کیا ہے



جن لوگوں کے بارے میں قیاس ہے کہ وہ زیادہ خطرے والے گروپ میں ہیں ان کو مطلع کیا جائے گا اور انہیں ۱۴ دن تک خود تنہائی میں رہنے کی ہدایت کی جائے گی جبے وہ علامات ظاہر نہ کریں



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.

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.

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

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.

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.

Revision Guides

All revision guides ordered by Year 10 and 11 students have been delivered to the Academy and are with the subject departments for collection by the students. If your child ordered guides and has not collected them, please remind them to collect them from their subject teachers.