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Last Day of Term - Reminder of Arrangements

The last day of term is Thursday 17th December. Our students always request a non-uniform day on the last day of school, so, in support of Save the Children, it will be a festive jumper day. Any donations students can make will be greatly appreciated.

The last day of this term is typically a half day with wonderful fun community based activities. However, given the amount of lost learning this year, we are going to have an (almost) full day. The first 4 lessons will be normal lessons and the final two lessons will be Christmas activities. Students will get to leave slightly early at:

- 2:30 for years 10 & 11
- 2:40 for years 7, 8 & 9

I wish everyone a wonderful Christmas break and look forward to seeing you on 5th January 2021.

Return to school on 5th January

Monday 4th January is an inset day for staff, so students will return on Tuesday 5th January for an 8:40 or 8:50 start as normal. Please can I remind you of key uniform expectations:

- Masks are compulsory
- Shirt, tie and black trousers or school skirt are compulsory
- Black **shoes** not trainers
- Students may wear a hoodie or coat in the building as we are keeping doors and windows open for ventilation
- **One** pair of **studs** are the only earrings allowed

MCQs

In the first week back, students in years 7 to 9 will be set, via Show My Homework, Multiple Choice Quizzes (MCQs) in each subject. The purpose of these quizzes is to assess how much of the curriculum has been retained by our students over the course of the last term. Teachers analyse the data and support students to close any

gaps in their understanding of the curriculum due to lost learning, misunderstanding or misconception.

Tucasi system and paying for lunch

We have found out that there is a 20 minute delay between when you upload money onto your child's account for lunch and it showing on our system. Something to be mindful of if you add money at lunchtime.

Fire Drills

You may be aware that we have had a number of fire drills in the past two weeks. One fire drill was due to hot steam setting off the fire alarm by accident, otherwise they have been set off by students, in each case a different student or group of students. Having met with the students involved, it is my belief they do not realise the seriousness of maliciously pressing the fire alarm. There has been a significant sanction for the students involved, but of much greater importance is the education for our students. We are planning a programme of events during tutor time, hopefully supported by the Fire Brigade (although I understand there are restrictions on school visits at the moment due to Covid). Our education will centre around the following themes:

- The impact of more lost learning on our community, especially given the time students have lost from school in the past year
- How pressing the fire alarms maliciously devalues the seriousness of a fire alarm and puts our whole community at risk
- The implications of a fire alarm during the Covid pandemic - the additional risk to people

Please can I ask you as Parents and Carers to support us with this education and discuss this with your children during the Christmas holidays prior to our return to school.

Y11 Arts Showcase

On Tuesday 15th December, we will be hosting a live Arts showcase, celebrating the work of Y11 musicians, dancers, artists, and photographers. The students involved will be invited to an evening event in the main hall and will perform and relish in the Arts. The event will be filmed and then shared on Friday 18th December on our John Cabot Academy Performing Arts YouTube channel:

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

Please support the Year 11s by enjoying their performances from the comfort of your own home! We hope that you are equally impressed, entertained and delighted by their talents.

JCA Virtual Winter concert

On Wednesday 16th December we will be premiering our first ever virtual Winter Concert. This will feature recorded performances and original music from students in Y7-13 at JCA! The concert will be shown on our YouTube channel on **Wednesday 16th December from 6.30pm** and will be available to watch on the channel thereafter. No need for tickets, you can enjoy the concert from the comfort of your own home! So, sit back, relax, and enjoy!

Link to the recorded concert will be sent out to all staff and students on Office365 email.

You can find our channel by searching JCA Music in YouTube.

Students can keep up to date or get further info from **Instagram @jcamusic**

Or you can click on this URL:

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

Performing Arts - Stars of Term 2

Very well done to students from KS3 and KS4 in both Music and Drama this term. We hope you receive your certificate in the post, celebrating all your work and efforts this term. Our 'Stars of the Term' are listed below!

- Y7 Drama: Maria Marinescu
 - Y7 Drama: Lola Sherwood
 - Y7 Music: Olivia Bawdon
 - Y7 Music: Sam Duignan

- Y8 Drama: Modou Bouye
 - Y8 Drama: James Gould
 - Y8 Music: Jayde Tienkcen
 - Y8 Music: Lacey Houghton

- Y9 Drama: Ben Witcombe
 - Y9 Drama: Daniel Tutt
 - Y9 Music: Evie Gardner

- Y10 Drama: Mariama Sanneh
 - Y10 Music: Luca Bacca

- Y11 Drama: Faith Muga
- Y11 Drama: Emily Hunter

- Y11 Music: Dominic Manley



[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

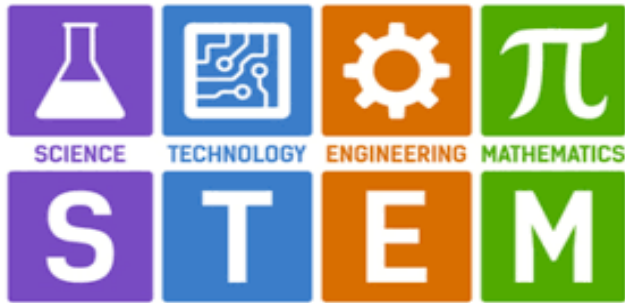
10:00-16:00

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](#)

Creative Design News

We will be using Creative Faculty News to celebrate fantastic work that our students have completed in their design and technology, art, food and textiles projects.

We will also be sharing information about local exhibitions and exciting competitions to get involved in over the year, to help develop and inspire your creative brains

For Contents and Editorial [Click here](#)

Art Competition

Medium:
Any material
e.g. painting
sculpture
photography
performance...

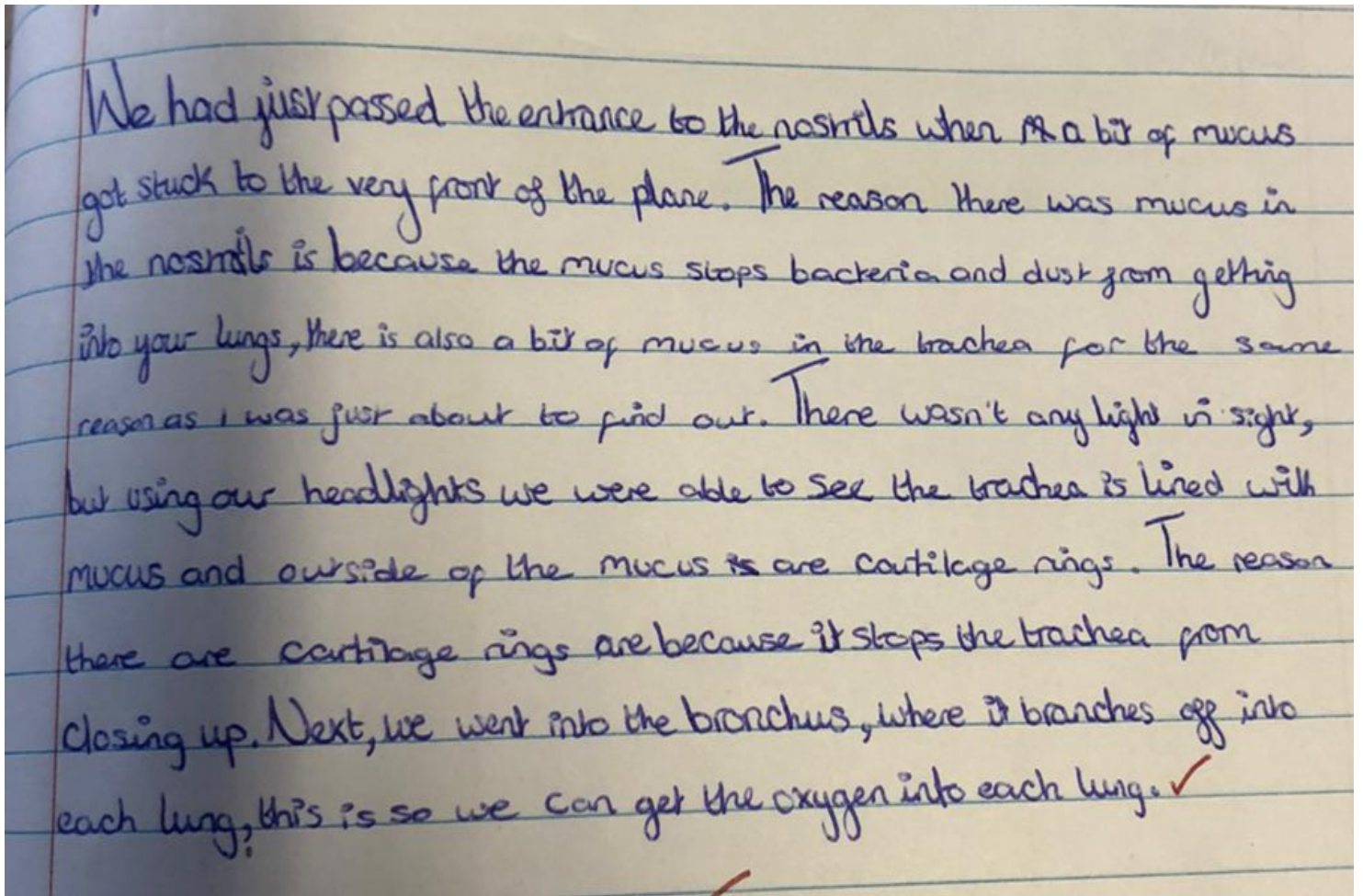
5 Categories:
KS3, KS4, primary,
parents & staff

Deadline:
Ongoing

Theme:
Art of the World

All CLF schools can take part in the local art trail & exhibition.
Submit artwork inspired by the theme
Send your entry to your school's art teacher.

Showcasing excellent class work



- Jayde is a hardworking and bright year 8 student, who wrote this fantastic piece of creative writing, describing the journey of a tiny ship into someone's lungs. Her reference to the adaptations of the lungs is particularly impressive, and she clearly has a deep understanding of the respiratory system thanks to her hard work in this unit, during both online and in person teaching.

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

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.

<p>1. Talk to someone before the party</p> <p>Remember that whatever you're going through, it's ok to say, "Is there someone you can talk to about how you're feeling?" You may find that just talking through your worries can help.</p>	<p>2. Plan conversation topics</p> <p>Meeting new people & making small talk can be daunting. Thinking of some topics to ask new people that you meet, might help you feel more relaxed on the day.</p> <p>People might like talking about their Christmas plans, upcoming holidays, or New Year's resolutions.</p>	<p>3. Have a calming contingency plan</p> <p>Think about what to do if you start to feel anxious. Could you take a moment outside or in the bathroom to take some deep breaths?</p> <p>Keeping these calming ideas in the back of your mind can help you relax and give you tools to help yourself if you need to.</p>	<p>4. Be kind to yourself</p> <p>If you feel the party will be too much for you right now, don't force yourself to go.</p> <p>Try not to put yourself under too much pressure, and remember to put yourself first. And if you do go, know that you can leave at anytime.</p>
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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.

<p>1. Talk to someone before the party</p> <p>Remember that whatever you're going through, it's ok to say, "Is there someone you can talk to about how you're feeling?" You may find that just talking through your worries can help.</p>	<p>2. Plan conversation topics</p> <p>Meeting new people & making small talk can be daunting. Thinking of some topics to ask new people that you meet, might help you feel more relaxed on the day.</p> <p>People might like talking about their Christmas plans, upcoming holidays, or New Year's resolutions.</p>	<p>3. Have a calming contingency plan</p> <p>Think about what to do if you start to feel anxious. Could you take a moment outside or in the bathroom to take some deep breaths?</p> <p>Keeping these calming ideas in the back of your mind can help you relax and give you tools to help yourself if you need to.</p>	<p>4. Be kind to yourself</p> <p>If you feel the party will be too much for you right now, don't force yourself to go.</p> <p>Try not to put yourself under too much pressure, and remember to put yourself first. And if you do go, know that you can leave at anytime.</p>
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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](#)

<p>1. Do what makes you happy</p> <p>What do you love to do? Make Christmas your day to do exactly what you like - you've got no one to please but yourself.</p> <p>Finding meaningful ways to spend your time can help you reconnect with things you are passionate about and doing things you love can help you feel better.</p>	<p>2. Do something for others</p> <p>Doing a good can have a positive effect on the way we feel.</p> <p>There are many ways you can make someone else's holiday happier - you could volunteer your time and skills, visit someone who you think might be struggling, or offer help to a family in need. You can make a difference.</p>	<p>3. Reach out to someone</p> <p>Whatever you're going through, remember it can help to talk about it.</p> <p>Reach out to others however you feel comfortable - you might prefer to text, speak on the phone, meet in person, or connect with an online community.</p> <p>There is always someone who wants to listen, even if you don't know it.</p>	<p>4. Look after yourself</p> <p>Try to minimise your stress by avoiding taking on more Christmas responsibilities or commitments than you can handle, and remember to energise your body by eating well, sleeping well and keeping active.</p> <p>Whatever you do, remember to be kind to yourself.</p>
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- ✦ Games Design
- ✦ Sport
- ✦ Graphic Design
- ✦ Computer Science
- ✦ Photography
- ✦ Business & Enterprise



For more information go to www.digitechstudioschool.co.uk



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.