



[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.

Contents

| | |
|--|---|
| Key dates | 1 |
| Increasing data allowances on mobile devices to support children and young people..... | 2 |
| Food Parcels..... | 2 |
| Year 9 Parents' Evening – Preliminary Information/ Setting up INSIGHT | 4 |
| January Exams Update | 4 |
| MCQs Update | 5 |
| Careers Update | 5 |
| Fun Careers Quizzes | 5 |
| West of England Inspiration Fair..... | 6 |
| Adults seeking careers advice..... | 6 |
| Free School Meals - What You Need to Know..... | 6 |
| How To Apply for Free School Meals..... | 7 |
| Eligibility for Free School Meals..... | 7 |

Key dates

| | |
|--------------------------|--|
| 28 th January | <p>Year 9 Parents' Evening</p> <p style="text-align: center;"><i>3:45 – 6:15pm. Booking will open in mid-January. See below for further information.</i></p> |
|--------------------------|--|

Exams (important: see "Exams Update" below for further information)

| | |
|-------------------------------|------------------------------------|
| 11 th January, 9am | Sports Science (Year 10) |
| 13 th January, 9am | Enterprise and Marketing (Year 11) |





| | |
|-------------------------------|------------------------------------|
| 14 th January, 9am | Hospitality and Catering (Year 11) |
| 5 th February, 1pm | Health and Wellbeing (Year 11) |

Increasing data allowances on mobile devices to support children and young people

BT working in partnership with DfE have launched [a scheme which temporarily increases data allowances](#) for mobile phone users on certain networks. This is so that children and young people can access remote education if their face-to-face education is disrupted.

Schools, trusts and local authorities can request mobile data increases for children and young people who:

- do not have fixed broadband at home
- cannot afford additional data for their devices
- are experiencing disruption to their face-to-face education

If you would like us to do this on behalf of your child, please email JCAinfo@clf.uk with the following information:

1. the name of the account holder
2. the number of the mobile device
3. the mobile network of that device

Food Parcels

Impact Mentoring, Ignite Life (ignite-life.co.uk) and Kingswood Community Transport (kingswoodct.org.uk), in partnership with FareShare South West, the Bristol Food Union and the Kingswood Parish, have been running an emergency food parcel delivery service for families in need since April 2020.

If you need support from this service, please get in touch with your child's pastoral team by emailing JCAinfo@clf.uk so they can refer you. (When you send the email, please specify your name, your child's name, and the year group your child is in.) Once a family is on the service's list, they will get a weekly food parcel to help.





HM Government 

ENGLAND LOCKDOWN

STAY AT HOME

THE NEW VARIANT OF CORONAVIRUS IS SPREADING FAST. WE ALL NEED TO PLAY OUR PART TO STOP THE SPREAD.

▶ LEAVING HOME

You must not leave, or be outside of your home or garden, except for a very limited set of exemptions e.g. to shop for basic necessities, exercise, go to work if you cannot do so from home, or to escape risk of harm.

▶ MEETING OTHERS

You cannot leave your home to meet socially with anyone, except with your household or support bubble (if eligible to form one). Stay 2 metres apart from anyone not in your household or support bubble.

▶ EXERCISE

You may exercise on your own, with your household or support bubble, or with one person from another household (when on your own). Stay 2 metres apart from anyone not in your household or support bubble.

▶ BARS, PUBS AND RESTAURANTS

Hospitality closed aside from sales by takeaway (until 11pm), click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.

▶ RETAIL

Essential shops can open. Non-essential retail must close and can only run click-and-collect and delivery.

▶ WORK AND BUSINESS

Everyone must work from home unless they are unable to do so.

▶ EDUCATION

Early years settings open. Primary and secondary schools and colleges move to remote provision except for vulnerable children and children of critical workers. Most university students to move to remote learning.

▶ LEISURE AND SPORTING FACILITIES

Closed, with limited exceptions.

▶ ACCOMMODATION

Closed, with limited exceptions.

▶ PERSONAL CARE

Closed.

▶ ENTERTAINMENT

Closed.

▶ OVERNIGHT STAYS

You must not stay overnight away from home. Limited exceptions apply e.g. to stay with your support bubble.

▶ WEDDINGS AND FUNERALS

Funerals of up to 30 people permitted. Weddings up to 6 people permitted in exceptional circumstances. Wakes and other linked ceremonial events of up to 6 permitted.

▶ PLACES OF WORSHIP

Places of worship can remain open and communal worship is permitted, but you must not mix with those outside your household or support bubble.

▶ TRAVELLING

You must stay at home. If you do leave home for a very limited set of exemptions, you should stay local in the village, town, or part of the city where you live where possible. Do not travel abroad unless an exemption applies.

▶ CLINICALLY EXTREMELY VULNERABLE

Shielding reintroduced across England. You should not travel to work, school, college or university and should limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.

▶ CARE HOME VISITS

Visits can take place with arrangements such as substantial screens, visiting pods, or behind windows. Close-contact indoor visits are not allowed. No visits will be permitted in the event of an outbreak but end of life visits are permitted in all circumstances.

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

For more information go to: [gov.uk/coronavirus](https://www.gov.uk/coronavirus)





Year 9 Parents' Evening – Preliminary Information/ Setting up INSIGHT

JCA will hold a virtual Year 9 Parents' Evening on Thursday 28th January, 3:45 – 6:15pm. Meetings with teachers will take place via Microsoft Teams.

Bookings are not open yet: they will open in mid-January. Parents and carers of Year 9 pupils will be notified by email as soon as they open.

Appointment bookings will be made via INSIGHT, our pupil data app for parents. **We are asking all Y9 parents to please log into INSIGHT as soon as possible** so that we know that everyone has access to it by the time the booking window opens. This will also give you time to make yourself familiar with INSIGHT.

[Click here to access a guide to INSIGHT](#). If you are having problems logging into INSIGHT, please use the "Forgot Password" link on the login page in the first instance. If you have already tried to reset your password but problems are persisting, please let us know by emailing JCAinfo@Clf.uk.

January Exams Update

On Tuesday evening, the DfE announced that the January exams can take place where schools judge it right to do so. We know that many of you have worked extremely hard to prepare for these exams and will be disappointed not to have the opportunity to showcase your knowledge and understanding. Having spent time in school and at home preparing, we want you to have that chance. So the following exams are going to go ahead:

- 11th January 2021: 9am Sports Science (Year 10)
- 13th January 2021 9am Enterprise and Marketing (Year 11)
- 14th January 2021: 9am Hospitality and Catering (Year 11)
- 5th February 2021: 1pm Health and Wellbeing (Year 11).

There is comprehensive DfE guidance on holding exams during Covid, which I am confident that our exams team have fully implemented. However, as a further measure, we will be inviting our students in for a lateral flow Covid test in the day or two before their exams (provided we have consent). You will receive a separate email from us telling you the time of the Covid test.

It is vital that you understand that **you will not be disadvantaged** if you cannot sit the exam





for any reason e.g. you are isolating for any reason, or your parents make the decision that they do not wish you to attend. I fully understand this is a difficult decision to make in these times.

The government have today said that teachers and schools will be awarding grades at the end of this year. This exam is an opportunity to show what you can do. But it will not be the only opportunity. We will ensure that you continue to receive appropriate internally assessed units and complete any assessments so that we can build up the evidence we need to ensure you get the grade that you deserve.

MCQs Update

Due to the government announcement, students have begun to be given time to complete their MCQs virtually again last week. Thank you for supporting your child(ren) with this- there has been great engagement in completing them so far- well done Years 7 and 8!

The final few lessons are allocated to students early this week for them to complete their last few subjects but don't worry- the MCQs will remain open until the end of the week (Friday 15th January) for completion.

If you (or your child) feel like you will need an extension, please let their tutor know.

Careers Update

If you would like to get in touch with the careers department to discuss your young person's GCSE options, Post 16 options, employment, virtual work experience and training, please email careersjca@clf.uk.

The careers department will be uploading careers activities to Show My Homework every week, for students to explore careers through quizzes, careers inspiration events, game design, and the many websites and workshops that will be available.

Fun Careers Quizzes

This week students can explore their skills, personality traits and interests and match them to job roles using the links to various different quizzes.





West of England Inspiration Fair

Over the weekend, years 9, 10 and 11 can explore the many careers sectors, post 16 and post 18 providers, workshops and work experience opportunities through the West of England Inspiration Event, which is available throughout 2021 through Liketobe:

<https://www.liketobe.org/organisations/westofenglandcareerinspirationshownovember>.

If students in Y7 & 8 would like to use the career platform, a parent, carer or older sibling over the age of 13 will have to create an account due to Children's Online Privacy Protection Act (COPPA).

Adults seeking careers advice

For adults seeking careers advice please visit the following sites.

National Careers Service <https://nationalcareers.service.gov.uk> 0800 100 900

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

Looking for a career change: visit Life Pilot <https://www.life-pilot.co.uk/>

Free School Meals - What You Need to Know

In England Free School Meals (FSM) are a statutory benefit available to school children from families who receive qualifying benefits and have completed the relevant registration process.

Roughly 1.3 million children in England claimed free school meals last year, which is around 15 per cent of pupils in state schools. The Food Foundation estimated that another 900,000 children newly registered for free school meals since the Covid-19 crisis hit the UK in March 2020.

As we face further challenging times ahead we wanted to encourage all of our families at JCA to check to see if they qualify and apply for Free School Meals by following the instructions below.

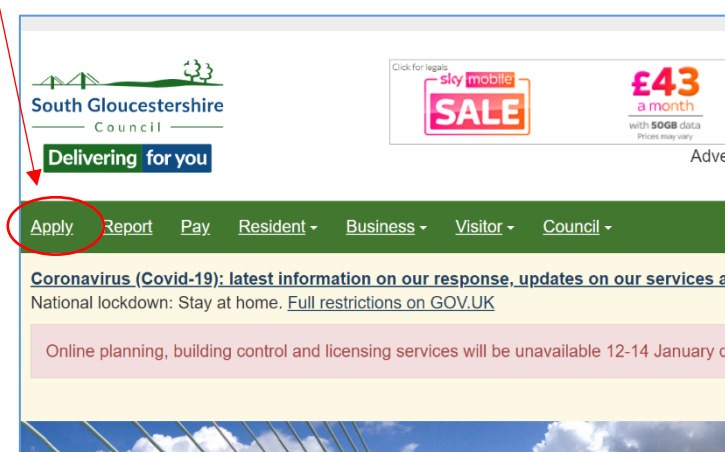




How To Apply for Free School Meals

Regardless of where you live you must apply for free school meals via the following website: www.southglos.gov.uk. All applications for Free School Meals have to be applied for in this way.

1. On www.southglos.gov.uk, click “Apply”.



2. From the list supplied, choose “Free School Meals”.
3. You will be taken to the Home Page for Free School Meals. If you do not already have a Citizen Portal account, you will need to click “Register” and follow the on screen instructions. If you already have a Citizen Portal account (e.g. you have applied for a school place in the past) you will need to log in by entering your Email Address and Password as below. (If you have forgotten your password you can click “Forgotten your password?” to be sent a new password.
4. Once logged in, click on “Free School Meals”.
5. Scroll down the page to “Apply for free school meals” and follow the instructions given.
6. After completing all the information you will be told if you are eligible for Free School Meals or not and the claim is assigned an Application Reference. You should then press Finish to complete the form.
7. If you are eligible for Free School Meals, John Cabot Academy will be notified.

Eligibility for Free School Meals

Free school meals are available to pupils in receipt of, or whose parents are in receipt of, one or more of the following benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods, and your monthly average income over three assessment periods should be no more than £616.67)
- Income Support
- income-based Jobseeker’s Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999





- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

Your child might also get free school meals if you get any of these benefits and your child is both:

- younger than the compulsory age for starting school
- in full-time education

If you have any further questions, or require help with completing the online application, please contact Sharon Bracey on 0117 9763000 at John Cabot Academy or email JCAinfo@clf.uk.

