

[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.

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### Key Dates

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12 <sup>th</sup> September	Year 9 Future Brunels Trip Early Finish for Students 14:40 Open Evening
16 <sup>th</sup> – 18 <sup>th</sup> September	Year 9 Residential Camp
19 <sup>th</sup> September	Year 8 Future Brunels Trip
25 <sup>th</sup> September	Year 11 Open Evening
1 <sup>st</sup> October	Senior Maths Challenge
2 <sup>nd</sup> October	Year 7 Meet the Tutor Evening
9 <sup>th</sup> October	Inspector Calls Year 11 Matinee Trip Anti-Bullying Working Group (13:40)
10 <sup>th</sup> October	Open Day
12 <sup>th</sup> October	Inspector Calls Year 11 Trip
14 <sup>th</sup> – 25 <sup>th</sup> October	Year 11 Mocks

25<sup>th</sup> October

Last Day of Term

4<sup>th</sup> November

First Day of Term

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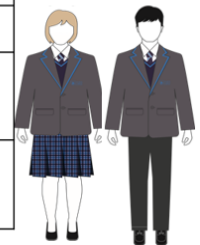
*JCA Routines: Uniforms*

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The start of the academic year represents a great time for students to set the tone with their school uniform. Please re-familiarise yourselves with our uniform policy below:

## Uniform

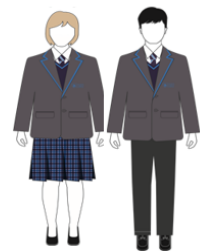
<b>Tie*</b>	JCA clip-on tie.
<b>Jumper*</b>	Dark blue, V-neck, with blue piping at the neck.
<b>Trousers</b>	Formal black tailored trousers with a crease, reaching to the ankle. Jeans and other fashion styles are not permitted.
<b>Shirt</b>	White, long or short sleeve, buttoning to the neck to be worn with a tie.
<b>Tights</b>	Black, grey or neutral.
<b>Socks</b>	White, black, grey or neutral.
<b>Shorts</b>	Black, tailored, loose fitting shorts (not denim or sports shorts).
<b>School shoes</b>	Black, leather, substantial (not trainers, daps or boots). See guidance below on acceptable styles of shoe.



Your child can wear their PE kit to school on the day they have their PE lesson. We must also add that your child will be asked to change into school uniform if they arrive at school in PE kit on a non-PE day. Please also see the optional uniform items below:

## Uniform – Optional items

<b>Skirt*</b>	Blue, tartan skirt. Can be worn instead of trousers.
<b>Blazer*</b>	Grey, blue piping to lapels with school badge embroidered onto pocket.
<b>Belt</b>	Plain black with a discreet plain buckle or clasp.
<b>Hijabs &amp; Head Scarves</b>	White, black, blue or grey if worn.
<b>Durags, Bonnets &amp; Head wraps</b>	White, black, blue or grey if worn.



### Equipment:

Please also ensure your child comes to school fully equipped for learning.

This includes:

- A blue or black pen (more than one)
- Ruler
- Pencil
- Eraser

Students are also able to purchase a pen for 5p at the finance office.

Nathan Richardson  
**Assistant Principal**

Summer Sports Colours

# Sporting Colours @ JCA





Striving for personal excellence, school representation and pride

- Attendance at after school PE Club = **1 point per session**
- School representation in a fixture = **5 – 10 points**
- Coaching a club for younger students = **3 points**
- Stars are awarded in PE lessons
- Stars are also awarded for outstanding contribution – e.g. leading a club

# Sporting Colours Summer 2024





## Bronze

### Year 7

- |                      |                |
|----------------------|----------------|
| ➤ Zoe Bassey         | ➤ Aisha Cham   |
| ➤ Theo Knapp         | ➤ Liam Floyd   |
| ➤ Seb May            | ➤ Savanna      |
| ➤ Rocco Peacock      | Swanepoel      |
| ➤ Lily Walenciejczyk | ➤ Theo Worgan- |
| ➤ Megan Ward         | Pearce         |

### Year 8

- Zara Alberquerque
- Dawid Jaworski
- Katie Marshall
- Hayley Morse
- Charlie Parker
- Tess Portale
- Arjan Singh
- Lucas Wallace
- Haadi Curtis

# Sporting Colours Summer 2024



## Bronze

### Year 9

- Endri Ahmeti
- Tristan Bogle
- Jabir Dahir
- Tianna Dinnall
- Tymon Losiniecki
- Trey Miller

### Year 10

- Reuben Hull
- Tudor Marinescu
- Eban Tanner
- Harry Ryan
- Ahmet Kilinckaya
- Ini Falade
- Ollie Wilkins
- Liam Edwards
- Alfie Atkinson

# Sporting Colours Summer 2024



## Silver

### Year 8

- Zara Alberquerque
- Evie Eustace
- Imogen Grinsell
- Matilda Moore
- Aisha Secka

### Year 9

- Yunusu Deme
- Catherine Perkins
- Raianne Temple

### Year 10

- Haydn Adams
- Joseph Burchill
- Josh Fussell

# Sporting Colours Summer 2024



**Gold**

**Year 9**

- Allana Temple
- Soreiya Van-Meir Cowan

**Year 8**

- Laura Gessner-Machado
- Isla McCabe
- Lola Rich
- Jainaba Sanneh

**Year 10**

- Finley Robinson-Alway
- Sam Davis

# Sporting Colours Summer 2024



**Excellence**

Congratulations, to the first ever winner of this award.

**Maria Marinescu**

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### *E-Scooters and E-Bikes*

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Please note that no electric scooters or bikes are allowed on the school grounds so please ensure that these are not brought in.

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### *Year 9 Residential Camp*

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Please find the below link for the list of all required kit for the Year 9 Residential Camp

[Year 9 Residential Kit List 2024 - John Cabot Academy \(clf.uk\)](#)

Pupils going on the residential will need to be at school for 8:40am as usual on the Monday with all their kit and in their own weather appropriate clothing (not school uniform).  
They will be ready to leave school on Wednesday at 2pm as stated on the original communication.

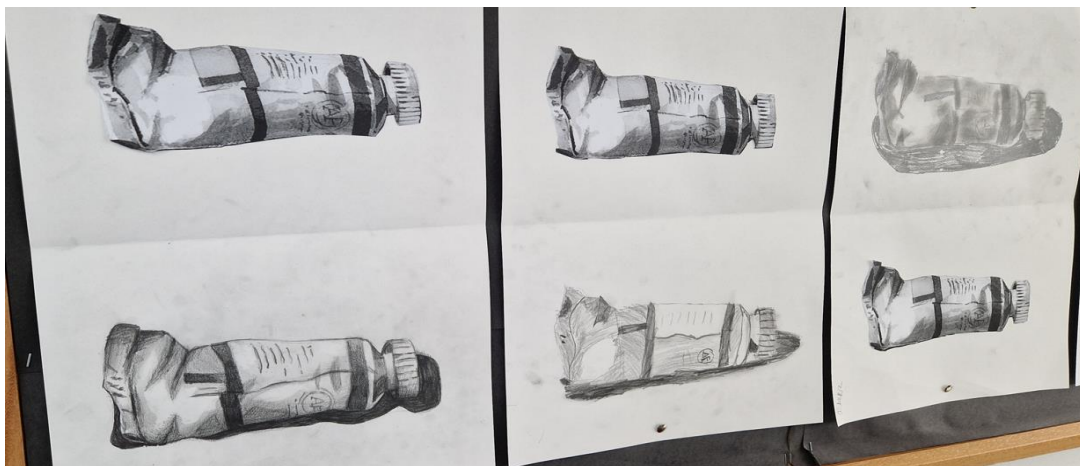
Year 9 pupils who are not attending the residential will be at school as usual in uniform on these days.

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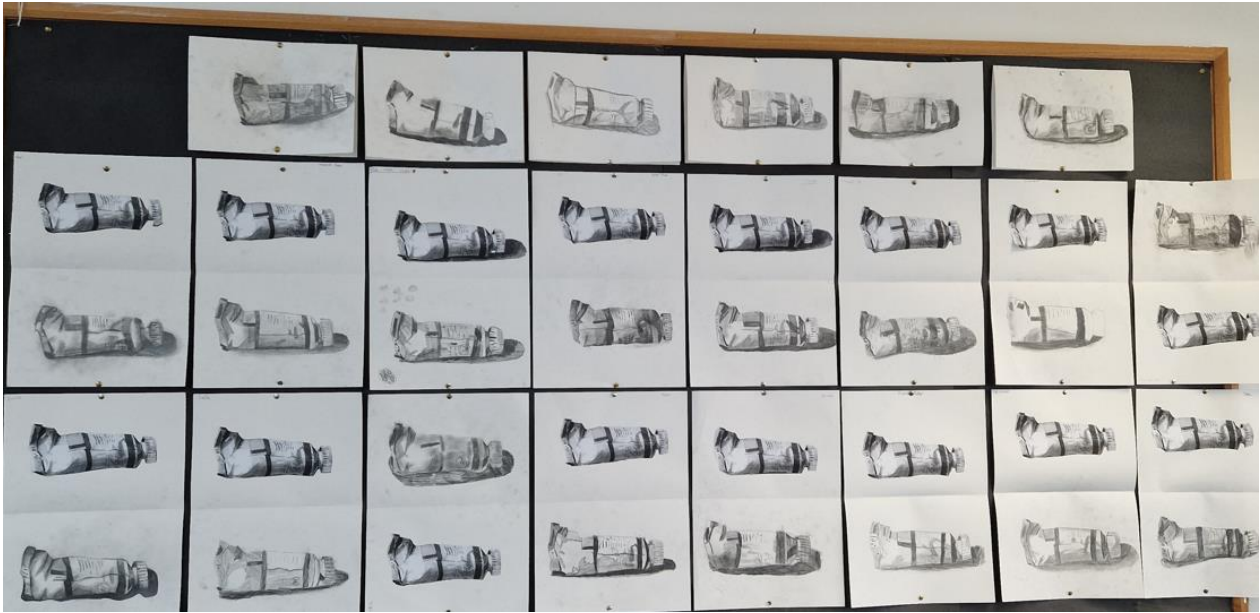
### *Subject Spotlight: Year 7 Art*

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The year 7 students had their first lesson in Art and created 3D form using tone. Well done on incredible outcomes









*JCA Mental Health Support*

## **MENTAL HEALTH SUPPORT TEAM (MHST)**

**Hi Everyone!**

**I'm Bea, your schools Education Mental Health Practitioner.**

I work for a team called the MHST, which is a partnership of the NHS and OTR working in schools to support young peoples mental health. I support John Cabot's Academy on **Thursdays**. I deliver Low-Intensity Cognitive Behaviour Therapy over a course of 6 to 8 session and can offer 1:1 or group work.



**[I am on the school website so check it out!](#)**

### **Ways that I am supporting John Cabot over this Term:**

- Over the first two weeks of term I am doing a lunch time drop in for year 7's that might feel nervous about starting secondary school. These will be held on 5th and 12th September.
- I am supporting all of Year 11 with skills to support them with exam stress. This is the first part of support I am offering Year 11's
- I am also attending Year 11 Parents Evening on 25th September. Please pop along and say hi and ask me any questions about your child's mental health.

I also provide 1:1 support for young people in John Cabot. This space is limited. But, I can provide support if your child:



If this is something that you feel your child needs support with speak to them about accessing the MHST and if this is something they may be open to. The referral process is on the next page.



Community Children's  
Health Partnership



**NHS**  
Avon and Wiltshire  
Mental Health Partnership  
MHSP Trust

**If you are looking for support for your child or have some thoughts on what kind of support parents/carers might need, you can reach out to the school**

Speak to the Head of Years or the schools Mental Health Lead.



Your school will reach out to us, and we'll discuss how best to support if we can



If we can help, we'll discuss either a relevant workshop , class / group activity or recommend a referral



Referrals can be made and if accepted I would work 1:1 with your child (but please note there is a limited capacity for this)

**Get in contact**

[awp.mhstenquiries@nhs.net](mailto:awp.mhstenquiries@nhs.net)

**0117 403 8735**

The MHST is a partnership between OTR (Off the Record) and CAMHS. We are working with selected education settings across Bristol, North Somerset and South Glos. To find out where we work check out our webpage:

[www.otrbristol.org.uk/what-we-do/mhst/](http://www.otrbristol.org.uk/what-we-do/mhst/)



*Parenting When Separated*



**PARENTS PLUS**

# Parenting When Separated

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

A 6-week course starting on Monday 7<sup>th</sup> October 6.30-8.30pm

**This will be delivered online.**

The course will be facilitated by Debbie Stabbins, South Glos Reducing Parental Conflict coordinator and Ruth James, Somerset Reducing Parental Conflict coordinator.

For more information or to reserve your place contact  
[Debbie.stabbins@southglos.gov.uk](mailto:Debbie.stabbins@southglos.gov.uk) or Tel 07900703452

The course will not be running on Monday 28<sup>th</sup> October due to school holidays



*The Women's Work Lab*



## Women's Work Lab

### Mums! Ready to join our hive?

Our powerful programme is created by mothers, for mothers. Join the community of women at our hive where we give you the tools, techniques and work experience to rediscover employability skills and explore your path so you can find work that works for you and your family.

Our next programme is held at:

Discovery Room

John Lewis

The Mall at Cribbs Causeway

Bristol, BS34 5QU

**Starts: 24th September 2024**

**Ends: 11th December 2024**

*Every Tues & Wed 10:30am - 1:30 pm  
(except half term)*

Support with travel expenses available. Open to mums ages 19+ (no upper age limit) who are not working and in receipt of benefits.



**Apply today at**

**[www.womensworklab.co.uk](http://www.womensworklab.co.uk)**

Find out more by getting in touch with Sophia, our Marketing Coordinator.

✉ [sophia@womensworklab.co.uk](mailto:sophia@womensworklab.co.uk)

☎ 07300840732

