

[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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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
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
24 <sup>th</sup> October	INSET Day, School Closed to Pupils

25 <sup>th</sup> October	INSET Day, School Closed to Pupils Last Day of Term
4 <sup>th</sup> November	First Day of Term

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*JCA Routines: Ready to Learn*

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At JCA, we aspire to create a learning community where students are engaged, challenged and inspired. It has been pleasing to see many of our students exemplifying being **'ready to learn'** across the academy in the first four weeks of term. The list below summarises the different learning behaviours we expect our students to follow during each lesson:

Learning behaviour	Descriptor
"Quality audience"	Active listening from our students. Students ready to give feedback and ask questions
"Learning partners"	Students working in pairs – focussed talking and quiet voices. Respecting opinions of one another
"Group learning"	Equal participants in supporting group work. Focussed talking in a respectful way
"Individual learning"	Student working independently in a quiet focussed environment
"Exam conditions"	Students working in silence

Please continue to remind your child of these expectations whilst in lessons. This then enables our learners to learn and our teachers to teach.

Nathan Richardson  
**Assistant Principal**

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*One Way Car Traffic System*

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At the end of the day, we operate a 'one way' system through the car park. We ask parents to 'queue' in their cars through the car park and down Woodside Road. At 3pm, the school gates will open and parents will be able to drive on the road through the school and out onto Britannia Road through the Kingswood Foundation. By 3:05pm, we find the queue has completely cleared.

This is a safety precaution, many of our students walk home down Woodside Road, if we have cars trying to drive both ways, they have to mount the kerb which is dangerous when many students are walking on the pavement.

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### *Years 7. 8. 9 Homework*

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Homework forms a really important part of your child's learning. It helps them remember the important content of each subject, and it is also about taking responsibility for their learning, time management, meeting deadlines and seeking help.

Your child will receive one piece of homework in every subject every week, and have one week to complete it.

Sometimes homework is a task or practice quiz on Show My Homework (English, history, RP, geography, music, drama, creative design, Spanish). Sometimes it's a paper worksheet (maths), sometimes it's online (science, on Seneca).

You can log into Show My Homework and see what's been set for your child (go to calendar on the left). If you are stuck or need any help logging in, please email [JCAinfo@clf.uk](mailto:JCAinfo@clf.uk) and put 'year\*\* homework' as the subject.

Kate Searle  
**Assistant Principal Curriculum, Teaching and Learning**

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### *Free School Meals*

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#### **Your TEN Step Guide to applying for free school meals:**

1. Visit [www.southglos.gov.uk](http://www.southglos.gov.uk) and click on "Apply Online" – **whether you live in Bristol, South Glos, Banes or any other local authority all applications for Free School Meals have to be applied for in this way**
2. From the list supplied **choose "Free School Meals"**
3. You will be taken to the **Home Page for Free School Meals**.
4. If you **do not already have a Citizen Portal account**, you will need to **click "Register"** and follow the instructions.
5. **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 or Password.
6. If you have forgotten your password you can click "Forgotten your password?" to be sent a new password
7. **Click on "Free School Meals"**
8. Scroll down the page to **"Apply for free school meals"** and follow the instructions given
9. 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

10. If you are eligible for Free School Meals John Cabot Academy will be notified

Any further questions or if you require help with completing the online application please contact [JCAinfo@cclf.uk](mailto:JCAinfo@cclf.uk) at John Cabot Academy.


## BHM Listening Calendar

There are celebrations all over the school highlighting Black History Month and we have the below daily calendar of music:








### A CELEBRATION OF BLACK COMPOSERS

**PLAYLIST**

Scan here to listen to our Celebration of Black Composers Playlist. QR go to [www.icancompose.com/BHMPlaylist](http://www.icancompose.com/BHMPlaylist)



## BLACK HISTORY MONTH

<p>1. <b>QUINCY JONES</b></p> <p>1933 - PRESENT</p> <ul style="list-style-type: none"> <li>Soul Bossa Nova</li> <li>Main theme from The Colour Purple</li> </ul>	<p>2. <b>FLORENCE PRICE</b></p> <p>1897 - 1963</p> <ul style="list-style-type: none"> <li>Symphony no.1 in E minor</li> <li>Fantazie Nègre</li> </ul> 	<p>3. <b>DUKE ELLINGTON</b></p> <p>1899 - 1974</p> <ul style="list-style-type: none"> <li>Ko Ko</li> <li>Cotton Tail</li> </ul>	<p>4. <b>ERROLLYN WALLEN</b></p> <p>1968 - PRESENT</p> <ul style="list-style-type: none"> <li>Peace on Earth</li> <li>Woogie Boogie</li> </ul>	<p>5. <b>GEORGE WALKER</b></p> <p>1922 - 2018</p> <ul style="list-style-type: none"> <li>Sinfonia no.5 "Visions"</li> <li>Lyric for strings</li> </ul>	<p>6. <b>ALEXIS FFRENCH</b></p> <p>1970 - PRESENT</p> <ul style="list-style-type: none"> <li>Walk With Us</li> <li>Dreamland</li> </ul>	<p>7. <b>MARGARET BONDS</b></p> <p>1913 - 1972</p> <ul style="list-style-type: none"> <li>Troubled Water</li> <li>Bright Star</li> </ul>	
<p>8. <b>UNDINE SMITH MOORE</b></p> <p>1913 - 1972</p> <ul style="list-style-type: none"> <li>Afro-American Suite for flute, cello &amp; piano</li> <li>We shall walk through the valley in peace</li> </ul>	<p>9. <b>WILLIAM GRANT STILL</b></p> <p>1895 - 1978</p> <ul style="list-style-type: none"> <li>Symphony no.1 "Afro-American"</li> <li>3 Visions</li> </ul>	<p>10. <b>STORMZY</b></p> <p>1993 - PRESENT</p> <ul style="list-style-type: none"> <li>Don't forget to breathe</li> <li>Blinded by Your Grace</li> </ul>	<p>11. <b>LAURYN HILL</b></p> <p>1975 - PRESENT</p> <ul style="list-style-type: none"> <li>When it hurts so bad</li> <li>The Miseducation of Lauryn Hill</li> </ul> 	<p>12. <b>HANNAH KENDALL</b></p> <p>1984 - PRESENT</p> <ul style="list-style-type: none"> <li>Spark catchers</li> <li>A Winged Spirit</li> </ul>	<p>13. <b>JOSEPH BOLOGNE</b></p> <p>1745 - 1799</p> <ul style="list-style-type: none"> <li>Symphony no.1 in G major</li> <li>String quartet no.1 in C major</li> </ul>	<p>14. <b>SAMUEL COLERIDGE-TAYLOR</b></p> <p>1875 - 1912</p> <ul style="list-style-type: none"> <li>Deep River</li> <li>Symphonic variations on an African Air</li> </ul>	
<p>15. <b>DOLORES WHITE</b></p> <p>1932 - PRESENT</p> <ul style="list-style-type: none"> <li>Blues Dialogues for Solo Violin</li> <li>Sometimes I'm Not Myself</li> </ul>	<p>16. <b>ELEANOR ALBERGA</b></p> <p>1949 - PRESENT</p> <ul style="list-style-type: none"> <li>Snow White and the Seven Dwarfs</li> <li>String Quartet no.1</li> </ul>	<p>17. <b>JAMES BROWN</b></p> <p>1933 - 2006</p> <ul style="list-style-type: none"> <li>I Feel Good</li> <li>Papa's Got a Brand New Bag</li> </ul>	<p>18. <b>WYNTON MARSALIS</b></p> <p>1961 - PRESENT</p> <ul style="list-style-type: none"> <li>At the Octoorn Balls</li> <li>Blues Symphony</li> </ul>	<p>19. <b>YOLANDA BROWN</b></p> <p>1982 - PRESENT</p> <ul style="list-style-type: none"> <li>Tokyo Sunset</li> <li>Fine Lines</li> </ul>	<p>20. <b>JON BATISTE</b></p> <p>1986 - PRESENT</p> <ul style="list-style-type: none"> <li>It's All Right (from Soul)</li> <li>We Are</li> </ul> 	<p>21. <b>AYANNA WITTER-JOHNSON</b></p> <p>1986 - PRESENT</p> <ul style="list-style-type: none"> <li>Movement - Variation II</li> <li>Rise Up</li> </ul>	
<p>22. <b>FELA SOWANDE</b></p> <p>1905 - 1987</p> <ul style="list-style-type: none"> <li>African Suite for String Orchestra</li> <li>Jubilate</li> </ul>	<p>23. <b>CELESTE</b></p> <p>1994 - PRESENT</p> <ul style="list-style-type: none"> <li>Love is Back</li> <li>Stop this Flame</li> </ul>	<p>24. <b>NINA SIMONE</b></p> <p>1933 - 2003</p> <ul style="list-style-type: none"> <li>Revolution</li> <li>Backlash Blues</li> </ul> 	<p>25. <b>LAURA MVULA</b></p> <p>1986 - PRESENT</p> <ul style="list-style-type: none"> <li>Sing to the Moon</li> <li>Green Garden</li> </ul>	<p>26. <b>MILES DAVIS</b></p> <p>1928 - 1991</p> <ul style="list-style-type: none"> <li>So What</li> <li>Love for Sale</li> </ul>	<p>27. <b>JESSIE MONTGOMERY</b></p> <p>1981 - PRESENT</p> <ul style="list-style-type: none"> <li>Starburst</li> <li>Banner for string quartet &amp; string orchestra</li> </ul>	<p>28. <b>JOHN COLTRANE</b></p> <p>1926 - 1967</p> <ul style="list-style-type: none"> <li>Alabama</li> <li>Giant Steps</li> </ul> 	
<p>29. <b>TRACY CHAPMAN</b></p> <p>1964 - PRESENT</p> <ul style="list-style-type: none"> <li>Fast Car</li> <li>Give Me One Reason</li> </ul>	<p>30. <b>RAY CHARLES</b></p> <p>1930 - 2004</p> <ul style="list-style-type: none"> <li>What'd I Say</li> <li>I Got a Woman</li> </ul> 	<p>31. <b>JULIA PERRY</b></p> <p>1924 - 1979</p> <ul style="list-style-type: none"> <li>Study for Orchestra</li> <li>Stabat Mater</li> </ul>	<p>Black History Month is dedicated to celebrating and learning about Black heritage. It gives everyone the opportunity to recognise the achievements of and share appreciation of those with African or Caribbean backgrounds.</p> <p>This calendar is a celebration of black composers and is intended to inspire everyone to explore the lives and works of these great musicians.</p>				<p><a href="http://www.icancompose.com">www.icancompose.com</a></p> 

## Library

The library has been redocrated over the summer and is open Monday – Wednesdays at break, lunch and after school until 4pm. This is the perfect place for students to do homework, in quiet, with computers if they need them.



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*Year 11 After School Revision Clubs*

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<b>Day</b>	<b>Subject</b>	<b>Location</b>
Monday	Religion & Philosophy Business Coursework	TF1 TF4
Tuesday	History Year 11 Music Coursework	AF5 AG10
Wednesday	Art / Photography and Food	B Wing (Top Floor)
Thursday	Music Coursework Drama Coursework	Music Dept – AG10 TF4
Friday	Maths	TF5

For years 10 and 11, CG2 is open as a quiet space at lunch for students to work / revise, supported by Mr Church

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*Subject Spotlight: English Speaking & Listening Endorsement*

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This week Year 11 performed their Speaking and Listening Endorsements (SLE) in English. The SLE is an additional assessment that students undertake as part of their GCSEs.

Their performance does not impact upon their English Language or English Literature grade, but it is a wonderful part of the English curriculum where English teachers are afforded the rare opportunity of listening to a speech entirely of the student's choice.

As such, these speeches offer a window into our students' lives. The English team at JCA encourage our students to tell their stories, be proud of who they are, and to know that they have the power to change the world they inhabit – be it at a school level, in their communities, or even aspiring to change things on a global level by following in the footsteps of individuals like Greta Thunberg and Malala Yousafzai.

This week we have had the pleasure of listening to such a wonderful array of speeches: with incredible sensitivity and maturity, some students spoke about the injustice of their parents' jobs, the dangers of social media, and how music and gym can be used as a way of improving one's mental health; others took a more light-hearted approach and invited us to learn about the quirks of their feline friends or why Bristol City are the 'best' football team in the world; all students have left a lasting impression upon us.

Thank you for the privilege, Year 11.

**Steve Gill**

English Curriculum Team Leader

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*Preloved School Uniform*

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Thank you to everyone who has donated Preloved School Uniform. This has been very popular and successful and we will be very grateful for any further donations of uniform, PE clothes and shoes. Any items can be given to reception.

Thank you

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*Exam Invigilator Vacancies*

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We are looking for Exam Invigilators to join our supportive and talented exams team within Cabot Learning Federation within Bristol and the South Glos area.

We are a diverse multi-academy trust, looking for professional and ambitious people, with a passion for transforming our students' learning. Our Academies need invigilators, readers and scribes to assist with scheduled exams across the Federation. As this is a casual position you will work when available and will be called upon when required to support the Academies during exam seasons. For more details please email [JCAinfo@clf.uk](mailto:JCAinfo@clf.uk)

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*Canteen Lunches 3<sup>rd</sup> October*

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**INCREDIBLE  
INDIA FROM THE  
PUNJAB**

**3rd October**

Butter Chicken

Dal Makhani

Rice

Gajar Matar  
(Spiced Carrots & Peas)

*Additional*  
Naan,  
Homemade Onion Bhaji



**Aspens**  
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*Careers at John Cabot Academy – Higher Education Information Evening*

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Dear Concerned,

We are excited to invite you to our upcoming Higher Education information evening on Tuesday, October 8th at 6:30pm at SGS College, WISE Campus, New Rd, Stoke Gifford, Bristol BS34 8LP. The event will take place in The Olympus Theatre and will last approximately 1 hour.

This event will provide you with valuable insights into the Universities and Colleges Admissions Service (UCAS) application process, student finance options, and the exciting range of Higher Education (HE) Sport, Fitness and Health courses available at SGS College.

Whether you are a current SGS College student, attending another institution or exploring future Higher Education options, this event is an excellent opportunity to learn more about the next steps in your academic journey. Our experienced staff will be on hand to discuss the UCAS application process, guide you through the student finance landscape, and showcase the diverse HE options we offer.

To make your evening more enjoyable, we will be serving tea and coffee. This will also provide you with a chance to chat with our academic staff and ask any questions you may have.

We look forward to welcoming you to this informative event.

Sincerely,

SGS College



**sgs**

South Gloucestershire  
and Stroud College

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**Kevin Hamblin**  
Group Chief Executive  
& Executive Principal

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**Sara-Jane Watkins**  
College Principal

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PLEASE REPLY TO:

South Gloucestershire  
and Stroud College

**Stroud Campus**   
Stratford Road  
Stroud  
Gloucestershire  
GL5 4AH  
(Registered Office)  
T: 01453 763424

**Filton Campus**   
Filton Avenue  
Filton  
Bristol  
BS34 7AT  
T: 0117 931 2121

**WISE Campus**   
New Road  
Stoke Gifford  
Bristol  
BS34 8LP  
T: 0117 919 2601

Sincerely,

SGS College

If you are planning on attending this event, please complete the following form so we can cater for your needs and make the evening as informative as possible.



<https://forms.office.com/e/viVw1A7nQR>

**WISE Campus**   
New Road  
Stoke Gifford  
Bristol  
BS34 8LP  
T: 01179192601

**Bristol (RWA) Campus**   
Queens Road  
Bristol  
BS8 1PX  
T: 01179736259

**Clifton Campus**   
Bristol Zoo Gardens  
Clifton  
Bristol  
BS8 3HA  
T: 01173301580

**SGS Berkeley Green**   
Gloucestershire  
Science and  
Technology Park  
Berkeley  
GL13 9PB  
T: 01453763424

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*“Outstanding by standing out”*

www.sgscol.ac.uk | info@sgscol.ac.uk

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*South Gloucestershire Council Youth Board*

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My name is Aamina, and I am a Young Ambassador for South Gloucestershire Council working to bridge the gap between young people and the council.

The Participation Team here runs a group called Youth Board (for 13-18 year olds), where young people can voice their opinions and make changes to the communities they live in. As well as this, we are increasingly focusing on issues related to equality, diversity and inclusion for BAME, LGBTQ+, disabled etc members. We meet fortnightly in Yate and are looking to recruit more members this coming academic year.



## If you like the sound of these activities then the Youth Board is for you.

The Youth Board complete projects throughout the year for children services. If you are aged between 13 years and 19 years and live in South Gloucestershire, email us to find out how you could be involved. The Youth Board meets every 3rd Tuesday of the month

To find out more email  
[youthparticipation@southglos.gov.uk](mailto:youthparticipation@southglos.gov.uk)

[www.southglos.gov.uk](http://www.southglos.gov.uk)



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*Understanding Children's Mental Health: Supporting your Child's Mental Health*

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## Understanding your child's mental health

Guidance and support for parents and carers

## Supporting your child's mental health:

### Starting conversations about mental health:

If a child is angry, anxious or distressed, they may not have the ability to problem solve at that time, as their brain may be in fight, flight and freeze mode. This is explained in [this video by Dr Dan Siegel](#). Stay calm, let them know you are there for them, keep them safe and give space if they need it. Talk to them when they feel safe and calm.

### If it is a good time to talk:

- Choose a time and place that your child feels safe and comfortable to talk. E.g. that may be just before bedtime, when you are driving somewhere or doing an activity together like going for a walk or watching TV.
- Listen to understand, if your child feels really listened to and understood it is good for their wellbeing. This may include checking with your child you have understood what they are saying.
- Support your child to find solutions and to feel in control of the situation. Relate don't overtake.
- Find time and space to check back in with your child.

### Staying Positive

When things are stressful it can be hard to see the positives, research studies show that when more positive than negative interactions occur behaviours and relationships improve, the ratio should be at least 5 positives to 1 negative. Role modelling having a positive outlook is one of the things that can support your child to build resilience. Can you challenge yourself to notice more positives this week?



**Image from the Oak grove centre- Quote It takes 5 positive interactions to overcome 1 negative, with a picture of 5 green people and one red person.**

Where you have immediate significant concerns about your child's mental health and wellbeing talk to your child about making an appointment with your GP and/or considering some of the options listed below in the 'Local Resources and support for children and young people' section or the 'Mental health crisis support' section below.

### Further resources:

#### FREE COURSE:

Do you want to find out more about children's mental health and wellbeing? Take a free online course for all parents, carers, grandparents and teens living in South Gloucestershire. For the full details and information on how to access the online learning, visit [Free online courses](#) and enter our exclusive South Gloucestershire access code. CONCORDE