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### Key Dates

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14 <sup>th</sup> – 25 <sup>th</sup> October	Year 11 Mocks
16 <sup>th</sup> October	Cake Sale Wear Red for Show Racism the Red Card
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: Student Conduct Surrounding Mock Exams*

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We are entering the mock exam window which affects year 11 and Post-16 students. This will be between 14<sup>th</sup> October - 15<sup>th</sup> November. It is really important for students to be considerate of the different exams taking place in the academy when they move around the school. Students in years 7-10 will be reminded of their conduct to support our exam students during tutor time this week.

We believe this helps create a focussed and calm environment, which will help give our Year 11s the best chance of success in their mocks and preparation for their national exams next summer.

We wish our year 11s and Post-16 students the best of luck over the next few weeks!

Nathan Richardson  
**Assistant Principal**

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### *Show My Homework*

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All students should now be logging on to Show My Homework at least once every few days. That's where most of their homework is: and doing homework regularly really does help them learn and remember more!

Reminder of how to log in (students):

1. Go to the JCA website ([johncabotacademy.clf.uk](http://johncabotacademy.clf.uk)) and then choose the *login* button at the top of the site
2. Enter JCA login when prompted (same as they use in school for computing lessons)
3. Find the SMHW tile on the navigator
4. DON'T enter login details! Instead, click on the 'log in with Office 365' button
5. It's easiest for students to see what they've got by choosing 'calendar' on the left. They can then move backwards to finish last week's too...

Can't log in? Any questions? Find Ms Searle at lunchtime

Kate Searle  
**Assistant Principal**

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*Black History Month Film Screening*

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On Thursday last week students were invited to watch a showing of *The Black Panther* as part of our BHM Celebrations.

They all enjoyed a pic-n-mix and snacks while watching the film.

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*Wednesday 16<sup>th</sup> October – Wear Red Day*

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Last week some of our students ran the assemblies on Show Racism the Red Card. Well done to all the students who presented the assembly.



**There will be a cake sale at breaktime on Wednesday the 16<sup>th</sup> and there will be a Watch and Discuss session in the Library at lunch time**

The outline of the assembly is below

## What is 'Show Racism the Red Card'?

- Show Racism the Red Card (SRtRC) is the UK's leading anti-racism educational charity.
- The charity works to challenge racism through empowering role models within communities, organizations, and sports, in order to dismantle racism in society.
- It was established in January 1996, thanks in part to a donation by then Newcastle United goalkeeper Shaka Hislop.

<https://www.youtube.com/watch?v=Yd9C46ygmdo&t=25s>

## Wear Red Day 2024



- The red card relates to the football term when a player is sent off the pitch. The charity have used this term to promote anti-racist education for all as it was partly founded by football players.
- Wear Red Day is a day to remind people of all the progress that has gone before, and think about how we continue to develop and stand up, working towards an anti-racist society
- 2024 is the 10th Anniversary of Wear Red Day
- On Wednesday 16<sup>th</sup> October we will host our own Wear Red Day at JCA – we'd love staff and students to get involved by **wearing red!**
- Mr Richardson & Miss Grierson will be hosting a discussion/watch session during your lunchtimes on Wednesday 16th October in the library. Eat lunch first then come along if you'd like to participate!

## Things to think about...

- How can you be anti-racist?
- Why are we including this important day in our school calendar?
- Who can you report any concerns to at JCA?

**"Education is the most powerful weapon which you can use to change the world."**

Nelson Mandela



*Netball Year 10 and 11*

With the tournament postponed due to bad weather our Year 10 and Year 11 netballers played each other in a competitive game. Both teams played well but the Year 11s were victorious. Well done to all our committed netballers who continue to train for the tournaments to come.

*Sporting Fixtures and Events This Week*

Wednesday

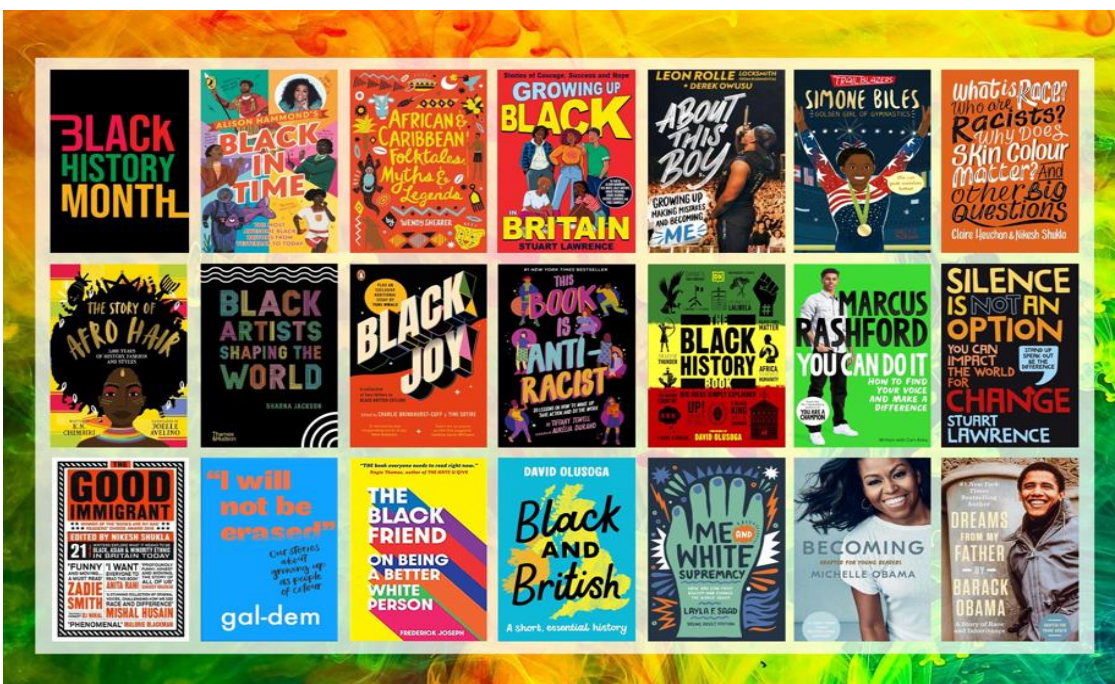
Year 8 CLF dodgeball tournament at Winterstoke Hundred Academy

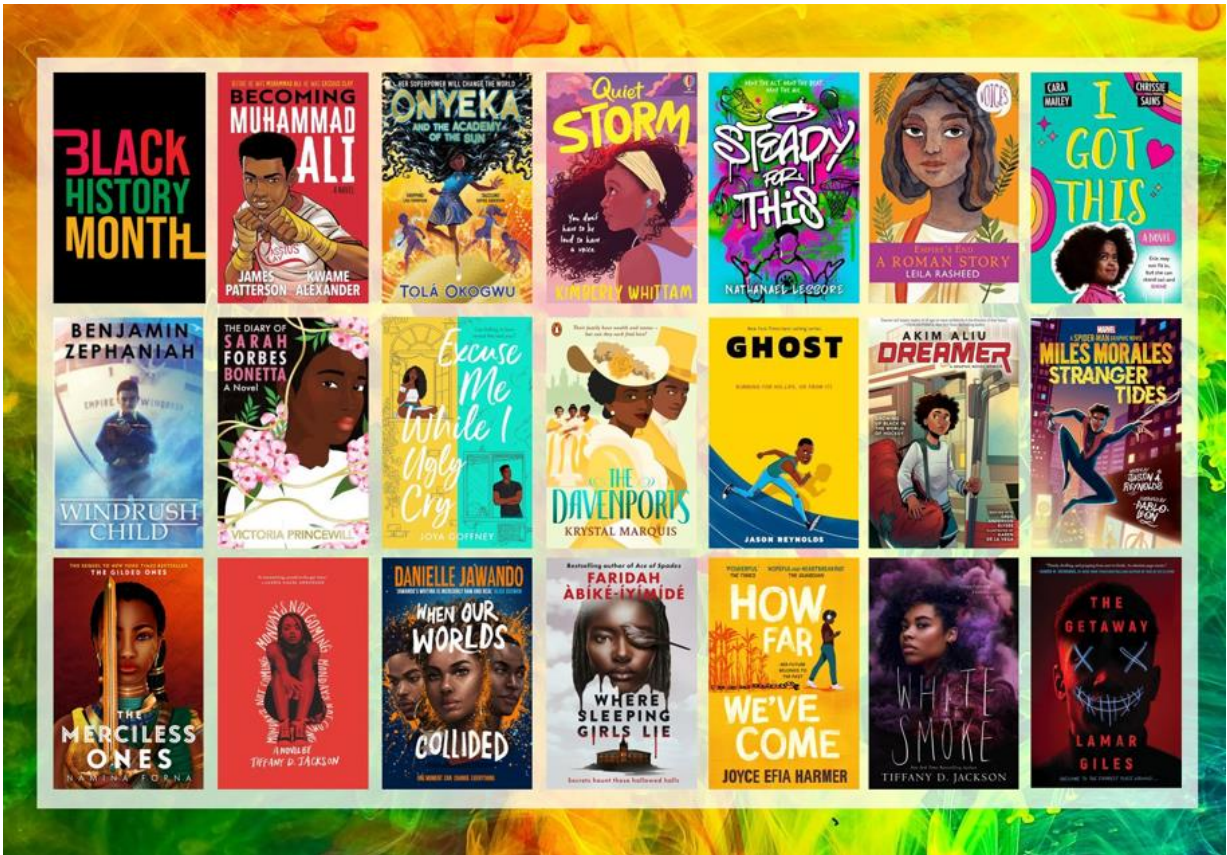
KS3 rugby event at John Cabot Academy, with coaches visiting from Whitehall RFC

Thursday

Year 10 rugby v Hanham

*October Reading Lists*






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*Canteen: Hacienda Mexicana*

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On Wednesday 16<sup>th</sup> October the canteen will be celebrating all things Mexican with the below menu:

## **Black History Month**

### **Caribbean Beef Patties**

### **Chicken Rasta Pasta with Pineapple Salsa**

### **Jamaican Jerk Chicken Wings with Rice & Peas**

### **Jollof Rice Snack Pot**

### **Cheese Rasta Pasta with Pineapple Salsa**

### **Tropical Pineapple Crumble**

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#### *Safeguarding: Free Webinar for Year 7 Parents & Carers*

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**Kooth are hosting a FREE webinar for year 7 parents and carers on helping their child to stay safe when using their smartphone.**

In this session, parents and carers will explore ways in which they can protect their child's mental wellbeing whilst using a smartphone, plus information on social media usage and online safety tips.

Two sessions are available:

- Monday 21 October, 14:00 start
- Thursday 24 October, 18:00 start

To book your place, complete the: [REGISTRATION FORM](#)

Can't make either date? No problem. On the registration form there is the option to request a pre-recorded session and supporting resources.

Kind regards,

*West of England Music & Arts (WEMA) Opportunities for Students*

Some fantastic opportunities for budding musicians from JCA. Please see below for more information about the different music groups.

If you have any questions, please contact Miss Grierson.



**WEST OF ENGLAND  
MUSIC  
AND ARTS**

**SATURDAY  
MUSIC  
CENTRE@  
WARMLEY,  
SOUTH GLOS**

**COME AND JOIN US  
SATURDAYS DURING TERM  
TIME TO TAKE PART IN ONE  
OF OUR ENSEMBLES**

**TUCK SHOP AT BREAK!**

Supported using public funding by




**ARTS COUNCIL  
ENGLAND**

*Beginner Strings:*  
For children who would like to start learning violin, viola, cello or double bass and for children who have just done whole class string lessons in school and would like to continue.  
9.30am - 10.30am

*Warmley Strings:*  
For those who have some experience already at playing violin, viola, cello or double bass  
11am to 12:00 noon

*Beginner Percussion:*  
For beginners who are interested in learning percussion or perhaps play another instrument already and simply want to develop their rhythm skills  
9.30am - 10.30am

*Training Band @ Warmley Winds*  
Beginner players of wind, brass and percussion who have recently started lessons come and join Warmley Winds with specially adapted parts for beginners.  
11am - 12 noon

*Warmley Wind Band:*  
For woodwind, brass and percussion players approx. Grade 1 up to Grade 5.,  
9:30am to 12 noon

**WHEN?**  
SATURDAYS DURING TERM TIME

**WHERE?**  
Sir Bernard Lovell Academy  
North Street  
Oldland Common  
BS30 8TS

**COST?**  
£82 Full morning  
£41 Half morning  
Plus instrument hire if required  
Free for pupil premium

**To sign up go to:**  
<https://www.wema.org.uk/register>



**MUSIC@WEMA.ORG.UK**

**WWW.WEMA.ORG.UK**



## **SOUTH GLOS ROCK & POP SCHOOL @ YATE ACADEMY**

**DO YOU PLAY GUITAR,  
BASS, DRUMS OR  
KEYBOARD? DO YOU  
LIKE TO ROCK? IF THIS  
SOUNDS LIKE YOU,  
COME AND JOIN OUR  
ROCK AND POP  
GROUP!**



### **WHAT WE DO!**

**The Rock and Pop  
group is split into  
two sessions.**

**Session 1 is for  
those who are Year  
5 - 7. Session 2 is for  
those in Year 8 - 13**

**Drum kits, amps and  
keyboards are  
provided. Please  
bring your own  
guitar and bass!**

Supported using public funding by



**ARTS COUNCIL  
ENGLAND**

### **DETAILS**

#### **WHEN?**

WEDNESDAYS TERM TIME  
Session 1: 16:30pm - 18:00pm  
Session 2 18:00pm - 19:30pm

#### **WHERE?**

Yate academy, Sundridge Park,  
Bristol BS37 4DX

#### **COST?**

£82 per term  
Free for pupil premium students

To sign up go to:  
<https://www.wema.org.uk/register>



**MUSIC@WEMA.ORG.UK  
WWW.WEMA.ORG.UK**

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

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**Delivering for you**

## **Understanding your child's mental health**

Guidance and support for parents and carers

Mindfulness Activities: Short mindful practices that can help bring you to the present moment:

- Muscle Tensing Exercise <https://www.youtube.com/watch?v=912eRrbes2g>
- Food Mindfulness Activity <https://www.anthonyjacquin.com/blog/mindfulness-the-art-of-eating-a-grape>
- Five senses activity: Notice something you can see, hear, touch, taste and feel. Use your hand to count the 5 senses.
- You could support your child to make a Self Sooth Box- YoungMinds <https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/>
- Help your child identify things that help them feel good such as going for a walk or listening to music.
- Encourage your child to connect to the 5 ways to wellbeing: Which are; connect with others, be physically active, learning new skills, give to others, pay attention to the present moment (mindfulness).
- Consider screen time and find the right balance with your child where sleep, exercise and family time are not negatively impacted. <https://www.childnet.com/help-and-advice/screen-time-boundaries-parents/>
- Support your child to be involved in planning their routines and identify places they can increase their activity. This may include encouraging:
  - Increasing doing things they already enjoy.
  - Trying something new.
  - Supporting them to do something that gives them purpose, e.g. responsibilities such as household chores or getting involved in something they feel passionate about through school or a community group.
  - Identifying barriers such as sleep and coming up with a plan together. Start small lots of small steps can make a big difference.

Start small lots of small steps can make a big difference.