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Key Dates

14 th – 25 th October	Year 11 Mocks
24 th October	INSET Day, School Closed to Pupils
25 th October	INSET Day, School Closed to Pupils Last Day of Term
4 th November	First Day of Term

JCA Routines: Being Fully Equipped for Learning

On behalf of all of John Cabot Academy, we thank you for support with our routines this term. This has helped keep standards high across the academy, both inside and outside of the classroom.

We are keen on students having a strong start to Term 2. Students being fully equipped for lessons has meant that teachers are able to teach and learners are able to learn. The half term break represents a timely opportunity to check your child has the correct equipment for their return to school on Monday 4th November. Correct equipment includes:

- At least 2 blue or black pens
- A pencil
- Pencil sharpener and eraser
- Ruler
- Protractor
- Calculator (Scientific)

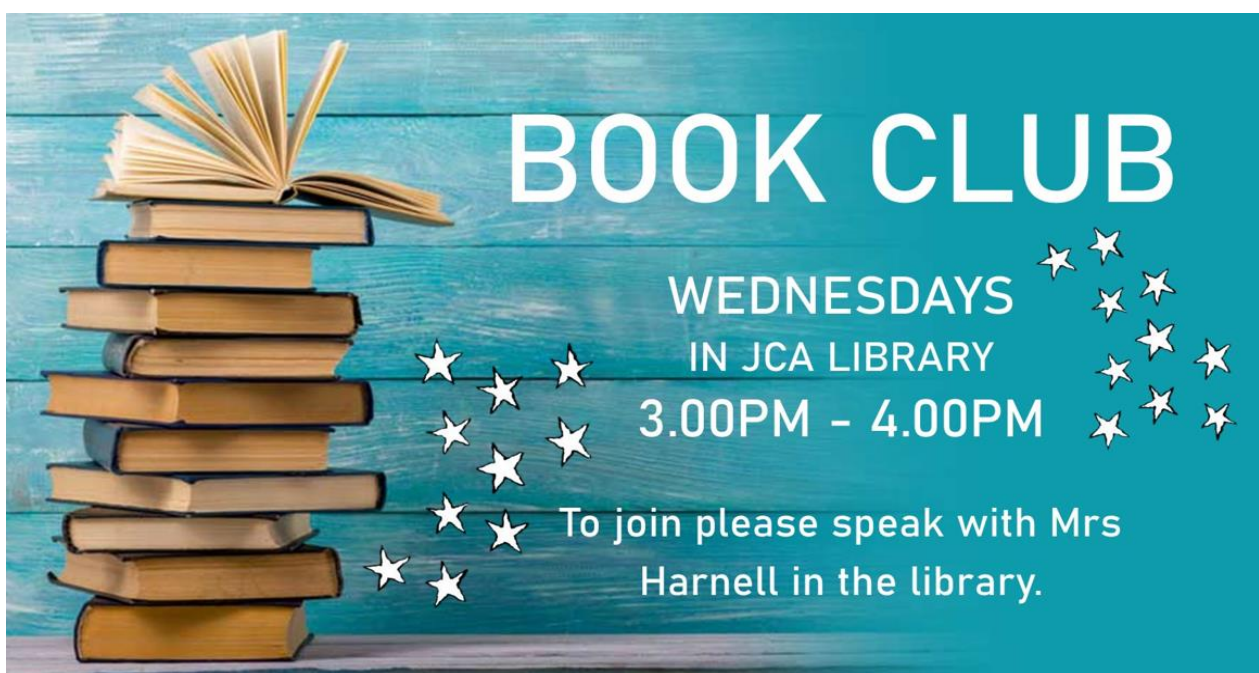
We also recommend a pencil case to put all of these items in! Wishing your child and your family a restful half term break.

Nathan Richardson
Assistant Principal

Book Club

The library is starting an after-school Book Club. The Club will be open every Wednesday from 3-4pm in the library.

To find out more or get involved, please speak with Mrs Harnell in the library. The club will be officially starting next term, **6 November**.



Black History Month Famous Figures Bingo

The library is running a Famous Figures Bingo competition for Black History Month. You can collect your bingo card from the library and name as many of these important historical figures as you can.

The more lines you complete, the more entries you earn into our prize draw. Bingo cards must be returned to the library by **4 November** to be included in the draw.



Wednesday 16th October – Wear Red Day

Thank you to all the students and staff who wore red and supported Show Racism The Red Card day. It was wonderful seeing all the red and enjoying cakes from the cake sale. Staff and students participating in the day sparked conversations on overcoming racism and discrimination in the world we live in today and how students have been personally affected.

The Equalities Council students will be getting further feedback from the student body about black History Month to build on their work.



Rugby Festival

On Wednesday we had the pleasure of Whitehall Rugby Club attending the school to run our rugby festival. Students across KS3 took part in rugby drills and finished the day off with some games.

The day was a massive success, if a little wet! Thank you so much to all for attending and a huge thank you to Whitehall for providing this amazing opportunity for our students.

We have leaflets from Whitehall if you would like more information on getting involved with the club. The first year you play there is no sign-up fee. Please contact Mr Baird if you have any questions regarding this or anything about the rugby festival.



Overdue Library Books

Overdue books haunting your library account? Exorcise those evil spirits with candy! For 3 days only, **21-23 October**, when you clear your account of overdue books you can claim a Halloween treat

**How scary are your
overdue books?**

Clear your library account of overdue books and claim some Halloween candy!

Next week only - 21st to 23rd October 2024.

Limited time offer and while supplies (candy) lasts.

Don't be haunted by overdue books. Dig up and unearth those buried loans and bring your library account back from the dead!

Flu Vaccine

Sirona will be in the school on Tuesday 12th November and will be offering the flu vaccine to all students.

Please complete the consent form as soon as possible:

<https://imms.sirona-cic.org.uk/flu/2024/consent?v=3>

Flu can be an unpleasant illness and some people can get very unwell; some children even end up in hospital because of flu.

Why get the vaccine?

The flu vaccine helps protect your child and your family from getting flu, reduces the spread of the virus in winter, and keeps them in school learning.

How is the vaccine given?

The flu vaccine is usually given using a quick and easy nasal spray, this is the best flu vaccine for children. If your child cannot have the nasal spray due to the porcine gelatine content or for

medical reasons, you can consent for your child to have an injection instead. If we cannot offer the injection at your child's school, you will be able to book a clinic appointment.

Are there any side effects?

Most children do not have any side effects after the vaccine; however some might get a blocked or runny nose, lose their appetite, feel tired or get a headache, this will not last long.

No internet access?

If you can't access the internet, ask your child's school for a paper consent form, or call us for help on 0300 1245515.

What if I do not want my child to receive the vaccine?

Please complete the form to let us know

What if my child misses the session?

Catch-up clinics will be available for children who miss the school session. Your child's school will send information about these clinics after the school session.

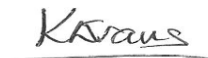
Want to learn more?

[Flu vaccination for children: leaflets and posters - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Questions?

Contact the School Immunisation Team: 0300 124 5515 or email sirona.sch-imms@nhs.net

Yours faithfully,



Karen Evans

Head of Specialist Services for Children and Sirona Integrated Immunisation Services

JCA & CLF Alumni, Keyan Harper, Releases Debut Single

The song itself and others he will be releasing have been written and recorded by Keyan his band at the University of Swansea.


Link to this brilliant new track here:

https://open.spotify.com/artist/77a7DTUNgxYNe0LHVroHeP?si=L_kX_vLFTpCmo1usRNqn8g

Social media: @kh_musicofficial



CLF Post 16 Open Evening



P16 CABOT LEARNING FEDERATION

Your future starts here...

CLF Post 16
Open Evening

Tuesday 22nd October 2024 16:30 to 19:30

- ✓ Find out more about the Post 16 experience
- ✓ Explore our courses
- ✓ Meet the teachers
- ✓ Take a tour
- ✓ See what CLF Post 16 can offer you!

Booking essential!
Visit www.post16.clf.uk/open-event
or scan below to book your place

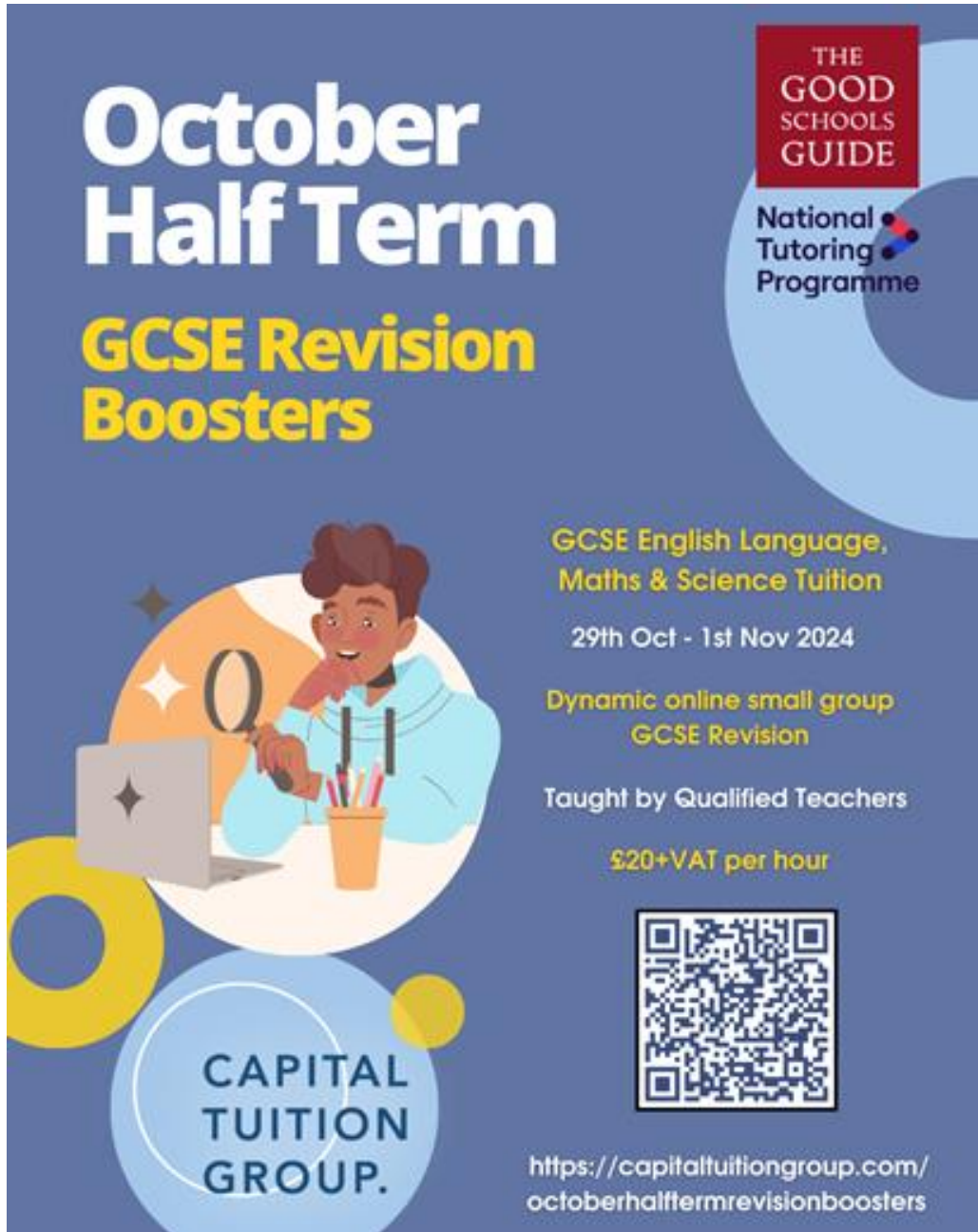


www.post16.clf.uk
Woodside Road, Kingswood,
Bristol, BS15 8BD



GCSE Revision Boosters for Year 11 Students

Capital Tuition Group is delivering small group, affordable online revision sessions for Year 11s this October Half Term.



**October
Half Term**

**GCSE Revision
Boosters**

**THE
GOOD
SCHOOLS
GUIDE**

National
Tutoring
Programme


GCSE English Language,
Maths & Science Tuition

29th Oct - 1st Nov 2024

Dynamic online small group
GCSE Revision

Taught by Qualified Teachers

£20+VAT per hour



**CAPITAL
TUITION
GROUP.**

[https://capitalltuitiongroup.com/
octoberhalftermrevisionboosters](https://capitalltuitiongroup.com/octoberhalftermrevisionboosters)

The poster features a central illustration of a student with a magnifying glass over a laptop. It includes logos for 'The Good Schools Guide' and 'National Tutoring Programme'. Text details the subjects (GCSE English Language, Maths & Science), dates (29th Oct - 1st Nov 2024), format (dynamic online small group), and cost (£20+VAT per hour). A QR code and the Capital Tuition Group logo are also present.

Parent Signposting – Online Support

Parent online support and signposting

DID YOU KNOW?

53% of parents don't use internet controls because they 'feel like they don't need it'.

12% of parents are aware of different types of parent controls they can use.

4 in 5 parents use at least one parent control for their children on the online world.

<https://www.internetmatters.org/hub/research/research-tracker-awareness-usage-parental-controls/>

Gain knowledge:

These sites can help you gain confidence and awareness of what your child is accessing online.



saferinternet.org.uk/guide-and-resource
Provides guides on social networking sites your child may be accessing, as well as conversation starters



commonsensemedia.org
Provides rating a reviews of games, YouTube channels and apps your child may use. Also information on movies, programmes and books



familygamingdatabase.com
Giving detailed information about games and their features.

Putting safety measures on internet accessing devices:



internetmatters.org/parental-controls
Provides clear instructions on how to set up parental controls on games, apps, devices and even Wi-Fi routers.



ceopeducation.co.uk/parents
Further information about how to keep your child safe with safety protocols.



childnet.com
Help and advice pages for children and for parents and carers. There are also resources such as books and games to help children learn.

Reporting an online concern



childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/
Talk to a counsellor in a safe space about whatever is worrying you or your child and ways to help your child report something online. **This includes cyber bullying.**



ceop.police.uk/safety-centre/
To report any concerns of an individual contacting a child and asking for personal information, to meet up or for photos, videos or livestreams.

If there has been a threat to your life, safety or property online report it to 999 or 101.
If possible, report your concerns also to your child's school to support you.

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



Encourage your child to build their self-esteem and confidence:

Encourage your child to set goals (it is fine to start small!), Take time to do things they enjoy and support them to understand healthy friendships. For more tips about raising self-esteem see <https://www.youngminds.org.uk/young-person/coping-with-life/self-esteem-and-believing-in-yourself/#Tipstoimproveyourselfesteem>

Encouraging positive health behaviours.

Sleep, nutrition and exercise all have a significant impact on our mental as well as physical health.

Encourage positive sleeping habits with you child. See the sleep toolkits appropriate to your child's age to support good sleep: <https://oneyou.southglos.gov.uk/stress-less/local-support-and-advice/#:~:text=South%20Gloucestershire%20Sleep%20Toolkits,to%20prevent%20sleep%20issues%20occurring>

Nutrition

Watch this video <https://www.youtube.com/watch?v=CSHO9VdVRfg> to find out more about the links between food and mood.

If you concerned your child may have eating issues, please find more information <https://www.awp.nhs.uk/camhs/conditions/eating-issues>

Being Active

Being active releases endorphins and so is a great way to support both physical and mental health. See this <https://www.youtube.com/watch?v=M4p6TddpHSg&t=10s> to find out more. Start small any increase in physical activity is a positive step.