

[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
Routine Uniform and Punctuality to School .....	2
Friends of JCA.....	4
Term 1 Sporting Colours .....	4
Term 1 Performing Arts Star of the Term .....	5
Flu Vaccine Reminder .....	6
Lionesses' at Ashton Gate.....	6
CLF Post 16 Admissions Open .....	7
Online Apps.....	8
Trainline .....	10
Year 12 Bristol Cathedral School.....	10

---

### Key Dates

---

23 <sup>rd</sup> November	Parents Evening
8 <sup>th</sup> December	Dance Show
9 <sup>th</sup> December	Christmas Jumper & Casual Dress Day – Raising money for Save the Children and Crisis charities.
10 <sup>th</sup> December	Festive Choir Performances at Kings Chase Shopping Centre
13 <sup>th</sup> December	Winter Concert
14 <sup>th</sup> December	Christmas Lunch Year 7 Panto Trip
16 <sup>th</sup> December	Last Day of Term
3 <sup>rd</sup> January	INSET Day – School Closed to Pupils
4 <sup>th</sup> January	First Day Back for Term 3

---

## *Routine Uniform and Punctuality to School*

---

As our days get shorter, our community need all of our energy to help them to arrive at school and lessons on time. Please continue to support us in getting students in school on time, as well as encouraging them to get to their lessons on time as well.

Our community look really smart when they are fully dressed in our uniform. As the weather becomes more unpredictable, please ensure your child has either a school jumper, a blazer or a PE hoodie they can wear to keep warm inside the building. A good waterproof coat is also invaluable; there's nothing worse than getting soaked on the way to school and feeling damp all day long.

Please be aware, we do not allow outer layers inside the school building; if your child is repeatedly asked to remove their coat, they may find that their pastoral teams will look after it for them to avoid further defiance.

## **Uniform**



All John Cabot Academy specific school uniform items can only be purchased directly from our school uniform supplier, Trutex. For full details of uniform requirements and a link to the Trutex website, please go to the John Cabot Academy website – Our Academy – Uniform. Alternatively, you can copy and paste the following to your browser:

– <https://johncabotacademy.clf.uk/uniform/>

When setting up your account you will be asked to register with the school code **LEA00918CH** as this will direct you to the John Cabot Academy uniform page.

Please note that the only item of uniform we sell in the academy is school ties so that you can purchase a replacement tie quickly if your child loses one. These are available to purchase via your SCOPAY account and once this is done, they will be available to collect at the finance office – [www.scopay.com](http://www.scopay.com).

### **Compulsory Uniform**

- Tie\* – JCA Clip-on tie
- Jumper\* – Dark blue, v-neck, with blue piping at the neck
- Trousers – Black tailored trousers with a crease, reaching to the ankle. Must not be skin tight.  
Jeans, leggings or other fashion styles are not permitted
- Shirt – White, long or short sleeve, buttoning to the neck to be worn with a tie
- Tights – Black, grey or neutral
- School shoes – Black, leather, substantial (not trainers, daps or boots)  
See guidance below on acceptable styles of shoes

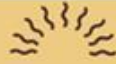
### **Optional**

- Skirt\* – Blue, tartan skirt. Can be worn instead of trousers
- Blazer\* – Grey, blue piping to lapels with school badge embroidered onto pocket
- Belt – Plain black with a discreet plain buckle or clasp
- Hijabs & Head Scarves – White, black, blue or grey if worn
- Durags, Bonnets – White, black, blue or grey if worn
- & Head Wraps

\*items marked are only available to purchase from Trutex, our uniform supplier

### **Items Not Permitted**

- Facial, or tongues piercings
- Hats
- Hoods worn up
- Make Up – make up should be subtle and hardly visible
- Jewellery – no jewellery may be worn except a watch, religious symbol or studs
- Hair – no ornaments such as flowers, bows, elaborate hair bands etc.  
Extreme hair colours are not permitted



## The Halo Code

Our school champions the right of staff and students to embrace all Afro-hairstyles. We acknowledge that Afro-textured hair is an important part of our Black staff and students' racial, ethnic, cultural, and religious identities, and requires specific styling for hair health and maintenance.

We welcome Afro-textured hair worn in all styles including, but not limited to, afros, locs, twists, braids, cornrows, fades, hair straightened through the application of heat or chemicals, weaves, wigs, headscarves, and wraps.

At this school, we recognise and celebrate our staff and students' identities. We are a community built on an ethos of equality and respect where hair texture and style have no bearing on anyone's ability to succeed.

### **John Cabot Academy PE Code**

- Polo Shirt\* - Navy blue with light blue side panels and JCA logo
- Hoodie\* - Navy blue, heavyweight jersey and JCA logo
- Shorts/joggers - Navy blue
- Socks - Blue or black football socks and indoor sports socks, depending on the sport
- Trainers - Any colour non-marking footwear
- Football Boots - Substantial boots, any colour. Only moulded or screw in plastic studs less than 15 mm or Astro Turn trainers

### **Optional**

- Leggings\* - Navy blue JCA branded

### **Shoes**

Examples of acceptable styles:



Examples of acceptable styles:



### **Unacceptable Styles**



**The above types of trainers/pumps/plimsolls/daps are not acceptable footwear for school for our students.**

---

*Friends of JCA*

---

We are seeking volunteers to help with the Friends of JCA. The Friends of JCA help to organise and run fundraising events such as Tuck Shops, Sports Day and the Summer Craft Fayre. This is a brilliant opportunity to help empower our community and to make a difference to the lives of our students. All money raised goes directly towards supporting students with trips, equipment and additional resources to improve learning.

If you are interested, please contact [JCAfriends@clf.uk](mailto:JCAfriends@clf.uk) for more information

Many thanks


---

*Term 1 Sporting Colours*


---

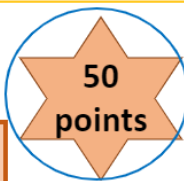
Sporting Colours are awarded for attendance at school sports clubs, school representation and performances. At the end of last term we awarded the following bronze and silver Colours, badges are being given out from this week in PE lessons.

# Sporting Colours



## Term 1 2022





### Bronze

#### Names Yr8

- Emily Barnston
- Xavier Bayliss
- Lexi Blacker
- Jack Cholefko
- Sooreiya Van-Meir Cowan
- Yunusu Deme
- Leo Franklin
- Ryszard Mikuta

#### Names Yr9

- Poppy Strawford
- Samuel Davis
- Mia Sanok
- Raisa Mahamod
- Courtney Kyte
- Finley Robinson-Alway

# Sporting Colours

## Term 1 2022



## Silver

### Names Yr8

- Isabelle Cannon
- Allana Temple

### Names Yr9

- Leah Bennett
- Ashleigh Forristal
- Maria Marinescu
- Lara Moffatt

---

### *Term 1 Performing Arts Star of the Term*

---

Every term the Performing Arts team nominate students who we feel are showing resilience in their learning, making big improvements in their work or students who are putting in great amounts of effort in their performances and creativity. We are pleased to celebrate the students below. They have been posted a certificate to demonstrate their achievement!

Student 'Stars of Term 1' are:

#### **Year 7 Music**

Tiffany Chu  
Lilly Kwan

#### **Year 7 Drama**

Sudeys Mohamed  
Zubair Hussein

#### **Year 8 Music**

Kardi Tyler Gordon  
Endri Ahmeti

#### **Year 8 Drama:**

Kardi Tyler Gordon  
Raienne Temple

#### **Year 9 Music**

Maria Marinescu  
Destiny Uyi

#### **Year 9 Drama**

Alex Torkandam  
Amandeep Patval

**Year 10 Music**

Oscar Hui

**Year 10 Drama**

Emmie Eustace

**Year 11 Music**

Sana Mohamed

**Year 11 Drama**

Daniel Tutt

---

*Flu Vaccine Reminder*

---

Pupils in years seven to nine are being offered the free flu vaccine this winter.

Sirona Care & Health's Immunisation Team will be visiting secondary schools from December to administer the nasal spray.

The UK Health Security Agency is urging everyone eligible for a free flu vaccine to take up the offer due to an expected increase in respiratory viruses this winter.

We will be emailing consent forms out to parents who are encouraged to fill them in as soon as possible.

To find out more about the vaccine, and what to do if you miss your school visit, you can visit the [CCHP website](#).

---


*Lionesses' at Ashton Gate*

---

We have been incredibly lucky to have secured tickets for the upcoming England women's football fixture against Belgium on Wednesday 22<sup>nd</sup> February. Your child will have the opportunity to bring home a letter about this exciting event this week. We are advertising tickets to all year groups, including students and their families. However, tickets will be allocated on a first come first served basis. All ticket sales will go through the school's online payment system, SCOPAY. Should you have any questions please contact [JCAinfo@clf.uk](mailto:JCAinfo@clf.uk) FAO Mrs Lucy Strawford.



*CLF Post 16 Admissions Open*



**P16 CABOT LEARNING FEDERATION**

**Your future starts here...**

**CLF Post 16**


Applications are now **OPEN** for September 2023 admissions

To apply, visit  
<https://post16.clf.uk/find-courses-apply/applications/>

Next Open Evening at CLF Post 16 is on 9th February 2023

We CARE about you  
We BELIEVE in you  
We ACHIEVE with you

[www.post16.clf.uk](http://www.post16.clf.uk)  
Woodside Road, Kingswood, Bristol, BS15 8BD



Online Apps: TikTok and Snapchat

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one app of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about TIKTOK

**AGE RESTRICTION 13+**

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-synching and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

### AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

**18 CENSORED**

### EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-synching and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

### TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok, leading to many more teens attempting to go viral and become 'TikTok famous'. While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.

### HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

### ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

### IN-APP SPENDING

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

## Advice for Parents & Carers

### TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

### MAINTAIN PRIVACY SETTINGS

The default setting for all under 18s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

### LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

### ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

### USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.


### MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

### Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



 **National Online Safety**  
#WakeUpWednesday

SOURCES: TikTok.com

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.11.2021



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one app of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about SNAPCHAT

AGE RESTRICTION  
**13+**

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivaling platforms such as TikTok and Instagram.

## CONNECTING WITH STRANGERS

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow predators to gain their trust for sinister purposes.

## EXCESSIVE USE

There are many features that are attractive to users and keep them excited about the app. Snap streaks encourage users to send snaps daily, Spotlight Challenges give users the chance to obtain money and online fame, and the Spotlight feature's scroll of videos makes it easy for children to spend hours watching content.

## INAPPROPRIATE CONTENT

Some videos and posts on Snapchat are not suitable for children. The hashtags used to group content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

## SEXTING

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified if it has been screenshotted first – users have found alternative methods to save images, such as taking pictures with a separate device.

## DAMAGE TO CONFIDENCE

Snapchat's filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beautify' filters on photos can set unrealistic body image expectations and create feelings of inadequacy. Comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

## VISIBLE LOCATION

My Places lets users check in and search for popular spots nearby – such as restaurants, parks or shopping centres – and recommend them to their friends. The potential issue with a young person consistently checking in to locations on Snapchat is that it allows other users in their friends list (even people they have only ever met online) to see where they currently are and where they regularly go.

## Advice for Parents & Carers

### TURN OFF QUICK ADD

The Quick Add function helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

### CHOOSE GOOD CONNECTIONS

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users they rarely communicate with, to maintain their online safety and privacy.

### TALK ABOUT SEXTING

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.

### CHAT ABOUT CONTENT

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up – and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's: it's vital that your child understands the potentially harmful consequences of taking part in these challenges.

### KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Your child can send Snaps directly to friends, but Stories are visible to everyone they have added, unless they change the settings. If they use SnapMaps, their location is visible unless 'Ghost Mode' is enabled (again via settings). It's prudent to emphasise the importance of not adding people they don't know in real life. This is particularly important with the addition of My Places, which allows other Snapchatters to see the places your child regularly visits and checks in. Additionally, it's important to be cautious about Shared Stories as this allows people who are not on your contact list access to the post.

### BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS National Online Safety®  
#WakeUpWednesday

Sources: Status of Mind; Social media and young people's mental health; Life in Lines - Children's Commissioners Report (<https://support.snapchat.com/en-US/https://nationalonlinesafety.com/review/187.com>); Independent.co.uk; <https://www.com.au/australia/snapchat-features-what-you-need-to-know>; Young people and sexting - Attitudes and Behaviours Research Findings from the [zealand.govt.nz](https://www.zealand.govt.nz)

---

### *Trainline*

---

Given the current cost of living crisis, Trainline have put together a guide to the 16-25 Railcard (also known as the Student Railcard or Young Persons Railcard) to help students travel around UK and save money on train tickets.

<https://www.thetrainline.com/trains/great-britain/railcards/16-25-railcard>



---

### *Year 12 Bristol Cathedral School*

---

Applications for Year 12 2023 at Bristol Cathedral Choir School are now open, if any of your Year 11 students are interested in applying.

If you would like to share this information with them or your parents/carers, here is a link to the application form:

<https://bccs.applicaa.com/year12>

And they can find more information on our [website](#).

The deadline for applications is **12 noon on Friday 6th January 2023**.

Please feel free to send the same information back to us if you have a 6th Form so that we can share this with our students too.

Kind regards,

**Anna Heywood**  
Finance and Admissions Administrator  
Bristol Cathedral Choir School