

[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.

Contents

Key Dates.....	1
JCA Routines – Raising Our Student Community	1
Road Traffic Accident 6 th February	2
Poetry Live	3
Year 9 Raising Aspirations Event.....	4
Ramadan.....	4
Culture Week.....	5
Books to Swoon Over.....	6
Culture Day Reading List.....	6
Canteen Menu Term 4.....	7
South Gloucestershire Families.....	9

Key Dates

10 th – 14 th February	Culture Week
10 th – 14 th February	Year 11 Mock Exams
14 th February	Last Day of Term
24 th February	INSET Day – School Closed to Pupils
25 th February	Start of Term 4

JCA Routines – Raising Our Student Community

The final JCA routine of term 3 focusses on *empowering the student community*, through being kind and considerate to each other. This week marks Culture Week at JCA, where students and staff will be

celebrating our diverse cohort through a number of events and activities. It is important that students continue to:

- Respect themselves and to the rest of the JCA community (both students and staff)
- Respect, acknowledge and celebrate different cultures, belief systems, identities and needs
- Celebrate the successes and achievements of their peers
- Be allies for their peers. Reporting any unkind or discriminatory behaviour to their pastoral teams or another member of staff

Nathan Richardson
Assistant Principal

Road Traffic Accident 6th February

Dear Parent/ Carers,

Following the road traffic accident that one of our pupils was involved in on Thursday, we have spoken with our students to inform them of the different avenues of support available to them to support their mental health.

Below is a list of useful contacts to guide your child towards if they require additional support.

Useful Contacts:

- www.childline.org.uk / 0800 11111 : it's free & completely confidential 24 hours a day.
- www.fixers.org.uk : real people sharing their stories.
- www.kooth.com : advice & counselling online.
- www.lifesigns.org.uk : www.lifesigns.org.uk (self injury).
- www.otrbristol.org.uk /0808 8089120 : for counselling.
- www.themix.org.uk : for under 25s LGBTQ+. Essential support & advice.
- www.youngminds.org.uk : information, advice & support.
- Speak with your GP, Your Head of Year or any other member of staff

Useful apps:

- **CALM HARM** [help with self-harming]
- **CATCH IT** [to better understand your moods]
- **BOOSTER BUDDY** [for improving mental health]
- **PACIFCA** [anxiety and depression help]
- **CALM** [meditation and sleep]

Lucy Strawford
Head of Year 7

Poetry Live

“But now I checking out me own history
I carving out me identity.”
John Agard

It isn't often that we, as teachers, are given the chance sit in a theatre and watch over 1,400 teenagers, silent, unblinking and completely transfixed, as they watch the poem that they are studying in class come to life upon being read aloud by the poet themselves. It was with great pride that we watched as among those 1,400 teenagers of the Poetry Live event in Bath were 26 of our very own JCA students, approaching the day with an open mind and great level of respect for every poet that took to the stage. Their engagement with the poetry being performed, whether this took the form in extensive note taking or asking questions before *an entire auditorium*, made it a wonderful and worthwhile trip that we hope enriches their passion for some of the poems they are studying at GCSE.

Harriet Summers
English Teacher



Year 9 Raising Aspirations Event

On Wednesday 5th February Year 9 students participated in our CLF-wide Raising Aspirations day.

At John Cabot Academy events included: a live presentation from students at UWE regarding "Student Life", sessions on careers using Maths, and English, and a session about how to use Labour Market Information to find out more about Careers and opportunities.

In our sessions we used Career Pilot, which is an excellent source of Careers Information for students in KS3 and KS4. Students and Parents / Carers that wish to follow up on the in-class activities can access the Career Pilot website at: <https://careerpilot.org.uk>. As part of this activity, our workshop on Volunteering and Social Responsibility (delivered by Deloitte) has been rescheduled to Weds 12th March.

Alex Williams
Careers Co-ordinator

Ramadan

Ramadan starts on 28th February and many of our students will be demonstrating their self-restraint, commitment and faith by fasting during this time. To support our students, our prayer room, CG3 is available at break at lunchtime for students to pray. Our boys will have the first 10-15 minutes, our girls the second 10-15 minutes. There are also two dedicated spaces (CG2 and the Library) where other students will not be eating or drinking. We hope both of these arrangements allow our students to flourish both academically and socially.

As is usual, we have in assemblies and tutor time during Ramadan. These sessions have in the past really demonstrated the respect we have within our diverse student community. Students have been keen both to ask questions and share their experiences and it has been a pleasure to be witness to these conversations.

A day's authorised absence will be granted for those students who wish to celebrate Eid with their families, please do just let us know in advance if your child will be absent for this reason.

Ramadan Mubarak

Culture Week



Culture Week 2025

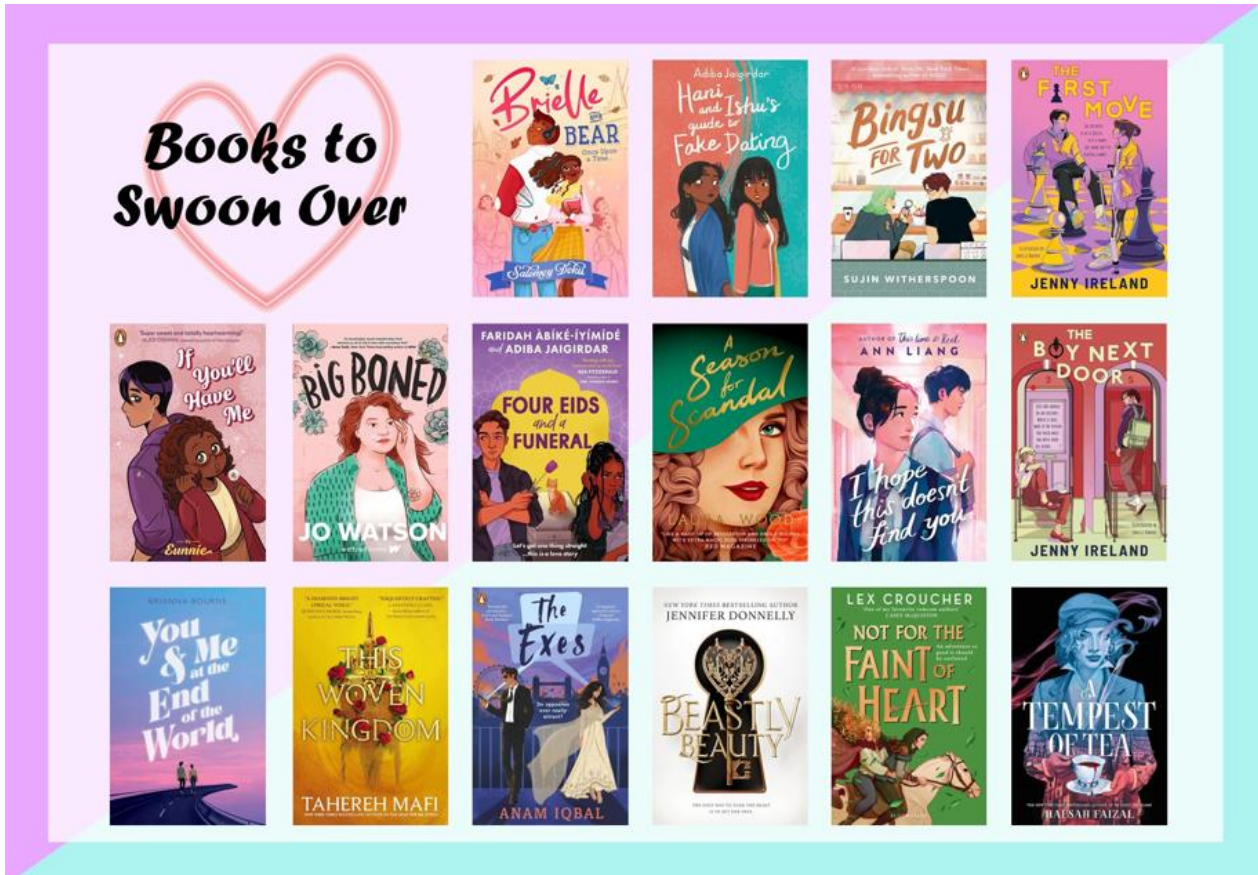
Mon 10th - Fri 14th Feb

food tasting @ break on Friday	quiz @ tutor time	cultural clothing fashion show
culture factfiles	daily starter activities	guest speakers

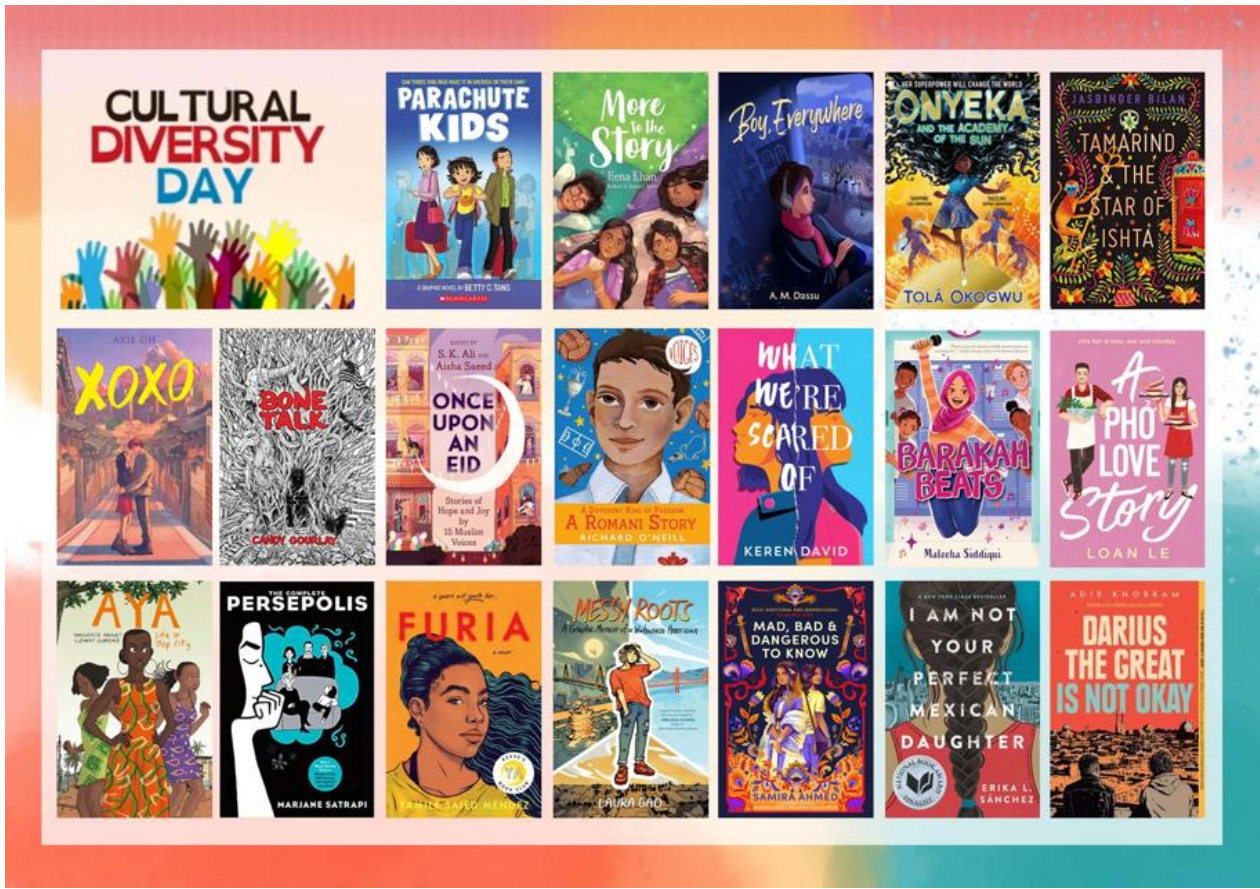
**Remember to wear Culture clothing /
colours of flag on Friday 14th February**








Books to Swoon Over








Culture Day Reading List



Canteen Menu Term 4

STREATERIES LUNCH MENU		ASPENS				
WEEK 1 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 6/1, 27/1, 17/2, 10/3, 31/3	 Authentic Italian MON	 American Diner TUE	 Home Style WED	 Incredible India THU	 Chips & More FRI	
	MAINS	MEATBALL MARINARA PASTA BAKE topped with Cheesy Garlic Crumbs ASPENS LOADED MAC & CHEESE ✓ with Spring Onion, Pepper & Garlic	NASHVILLE BAKED CRISPY CHICKEN BURGER with Ranch Slaw CAJUN SPICED BAKED VEGGIE BURGER ✓ with Ranch Slaw	ROAST PORK, STUFFING & APPLE SAUCE with Gravy Either as a classic roast dinner or loaded into a 1/2 baguette ROASTED ROOTS FILO STRUDEL ✓	GARLIC CHILLI CHICKEN CURRY SWEET & SOUR CHICKPEA VEGETABLE PATHIA CURRY ✓	Choose from: BATTERED FISH SAUSAGE or VEG SAUSAGE (battered or plain) ✓ Margherita Pizza ✓ Chicken Nuggets ✓ Chips ✓
	SIDES	CRUNCHY RAINBOW SALAD ✓	CRISPY BAKED HOME FRIES ✓	SKIN ON ROASTIES CARROTS & BROCCOLI ✓	CARDAMOM RICE & GREEN BEANS ✓	MINTY PEAS, BAKED BEANS, GRAVY OR CURRY SAUCE ✓
	- PASTA & NOODLE POTS - CARBONARA PASTA VEGGIE THAI STYLE NOODLE POT ☺ BOLOGNESE PASTA CHINESE CHICKEN CHOW MEIN NOODLES CARBONARA PASTA ITALIAN TOMATO PASTA - DAILY ☺					

BEANS - CHEESE - JACKET POTATOES - TUNA MAYO - SIMPLY PLAIN					
BIG BOWL SALAD	CHICKEN CAESAR SALAD	FALAFEL & POMEGRANATE COUSCOUS SALAD	QUINOA & FETA SUPERFOOD SALAD	HARISSA ROASTED CAULIFLOWER, CHICKPEA & SPINACH SALAD	TIKKA CHICKEN & MINT YOGURT SALAD
DESSERTS	WARM LEMON DRIZZLE SPONGE with Custard	BLACK & WHITE SHORTBREAD COOKIE	STICKY TOFFEE PUDDING with Toffee Sauce	FLAPJACK	STRAWBERRY TRIFLE POT
Daily Meal Deals Regular Chef's Specials	Freshly Made from Scratch DAILY!	Fresh Cut Fruit & Yogurt Pots Available Daily	HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS, SALADS & MORE!	DELIKITCHEN HOT GRAB & GO	

STREATERIES LUNCH MENU					ASPENS
WEEK 2 9/9, 30/9, 21/10, 11/11, 2/12, 23/12, 13/1, 3/2, 24/2, 17/3, 7/4	 GERMAN HAUS	 INCREDIBLE INDIA	 Home STYLE	 HACIENDA MEXIGANA	 Chips & More
MON	TUE	WED	THU	FRI	
MAINS	CURRYWURST in a crusty baguette	PULLED CHICKEN TIKKA PIE	BRITISH PORK SAUSAGE TOAD IN THE HOLE with Onion Gravy	SMOKED CHILLI BEEF OVER RICE with Smashed Nachos, Spring Onion & Sour Cream	Choose from: BATTERED FISH SAUSAGE or VEG SAUSAGE (battered or plain) ✓ Margherita Pizza ✓ Chicken Nuggets ✓ Chips ✓
SIDES	CAULIFLOWER SCHNITZEL ✓	CHANA MASALA STUFFED PIE ✓	QUORN SAUSAGE TOAD IN THE HOLE ✓ with Onion Gravy	VEGGIE BEAN CHILLI LOADED NACHOS ✓ with Spring Onion & Sour Cream	MINTY PEAS, BAKED BEANS, GRAVY OR CURRY SAUCE ✓
- PASTA & NOODLE POTS -					
CARBONARA PASTA		VEGGIE THAI STYLE NOODLE POT ✓	BOLOGNESE PASTA	CHINESE CHICKEN CHOW MEIN NOODLES	CARBONARA PASTA
ITALIAN TOMATO PASTA - DAILY ✓					

BEANS - CHEESE - JACKET POTATOES - TUNA MAYO - SIMPLY PLAIN					
BIG BOWL SALAD	CLASSIC NICOISE WITH EGG	BRIGHT & LIGHT CHICKEN PASTA SALAD	SUPERFOOD GREEN SALAD	ASIAN CUCUMBER, EDAMAME & NOODLE SALAD	JERK CHICKEN & PINEAPPLE SALAD
DESSERTS	APPLE CRUMBLE with Custard	SHORTBREAD	NEW YORK VANILLA BAKED CHEESECAKE	BROOKIE	WARM WHITE CHOCOLATE BLONDIE with Custard
Daily Meal Deals Regular Chef's Specials	Freshly Made from Scratch DAILY!	Fresh Cut Fruit & Yogurt Pots Available Daily	HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS, SALADS & MORE!	DELIKITCHEN HOT GRAB & GO	

STREATERIES LUNCH MENU					ASPENS
WEEK 3 16/9, 7/10, 28/10, 18/11, 9/12, 30/12, 20/1, 10/2, 3/3, 24/3	 Authentic Italian	 PAN ASIAN	 Home STYLE	 Cocina ESPAÑA	 Chips & More
MON	TUE	WED	THU	FRI	
MAINS	TUSCAN SAUSAGE LASAGNE	KUNG PAO PULLED PORK	CREAMY CHICKEN & PUFF PASTRY PIE	SMOKY ALBONDIGAS (Meatballs)	Choose from: BATTERED FISH SAUSAGE or VEG SAUSAGE (battered or plain) ✓ Margherita Pizza ✓ Chicken Nuggets ✓ Chips ✓
SIDES	PROVENÇAL VEGETABLE LASAGNE ✓	BANG BANG CAULIFLOWER ✓	SMOKY SWEET POTATO & RED PEPPER PIE ✓	SPANISH VEGETABLE TORTILLA ✓	MINTY PEAS, BAKED BEANS, GRAVY OR CURRY SAUCE ✓
- PASTA & NOODLE POTS -					
CARBONARA PASTA		VEGGIE THAI STYLE NOODLE POT ✓	BOLOGNESE PASTA	CHINESE CHICKEN CHOW MEIN NOODLES	CARBONARA PASTA
ITALIAN TOMATO PASTA - DAILY ✓					

BEANS - CHEESE - JACKET POTATOES - TUNA MAYO - SIMPLY PLAIN					
BIG BOWL SALAD	CLASSIC GREEK SALAD WITH FETA & OLIVES	SQUASH, ROASTED VEGETABLE & CHICKPEA SALAD	SMOKY MEXICAN BEAN CHOPPED SALAD	CRUNCHY RANCH & EGG SALAD	COCONUT CHILLI CHICKEN SALAD
DESSERTS	APPLE & SYRUP SPONGE with Custard	CHOCOLATE SHORTBREAD	KEY LIME CHEESECAKE	CHOCOLATE BANANA CAKE with Custard	BROWNIE with Chocolate Sauce
Daily Meal Deals Regular Chef's Specials	Freshly Made from Scratch DAILY!	Fresh Cut Fruit & Yogurt Pots Available Daily	HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS, SALADS & MORE!	DELIKITCHEN HOT GRAB & GO	

South Gloucestershire Families

FREE Triple P and Stepping Stones Parenting Programmes



Parenting is one of the hardest jobs in the world - our free parenting courses are designed to support parents to be the best they can be

Our regular 6 week programmes will not tell you how to parent, but give you a toolbox of ideas to improve your confidence in:

"The staff are amazing! Friendly, great communication and make you feel at ease."

- Boundaries
- Routines
- Behaviour management techniques
- Looking after yourself as a parent



Our programmes are:

- Free to access
- For parents of children aged 0-12
- Run by professionals with SEN Experience
- Friendly and Non judgemental
- A chance to meet like minded people who understand your situation
- Flexible - run across the year, at different venues across South Gloucestershire, with day, evening and online options to attend

"We've seen a huge improvement in our confidence as parents. Since implementing strategies learned on the course, our family life is much calmer and happier."

For more information, get in touch via
family.referrals@ccp.org.uk, or to book a place please
scan the QR code

