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## Key Dates

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16 <sup>th</sup> February	Year 9 Parents Evening
18 <sup>th</sup> February	Last day of term 3 – non-uniform day
28 <sup>th</sup> February	First day of term 4



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## *JCA Routines: Uniform and Punctuality to School*

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As we near the end to a busy term, our community needs all of our energy to help them to arrive at school and lessons on time. We can feel the mornings (and evenings) getting lighter, which is also a great motivator. 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. We have noticed an increase in PE leggings which are not blue in colour and school trousers being replaced by black leggings. Please do ensure your child(ren) have the correct uniform both for PE and for school:



## Uniform

### **Compulsory Items**

Tie \* JCA clip-on tie.

Trousers Formal black trousers with a crease. (Jeans/other fashion styles are not permitted.)

Shirt White, long or short sleeve, buttoning to the neck. To be worn with a tie.

Skirt \* Blue, tartan skirt. Can be worn instead of trousers. Only available through Trutex.

Tights Black, grey or neutral.

Socks White, black, dark blue or grey.

School Shoes Black, substantial (No trainers, daps or boots).

*Items marked \* are only available through our uniform supplier, Trutex. Other items can be purchased elsewhere as long as they meet school expectations.*





## PE Kit

Compulsory items	Required but can be JCA or plain
JCA logo polo shirt JCA logo hoodie Sports trainers (any colour)	JCA blue football socks <u>or</u> plain navy blue football socks JCA logo shorts/skort <u>or</u> plain navy blue shorts JCA logo tracksuit bottoms <u>or</u> plain navy blue jogging bottoms JCA logo sports jacket <u>or</u> plain waterproof sports jacket
Additional items	Not allowed in PE
JCA branded blue leggings (optional) Football boots – please wait until the start of the year when PE classes who need them will be informed	Leggings that are not from the Trutex Lycra shorts / cycling shorts Daps High top basketball style trainers Non-JCA logo hoodies or t-shirts Tights worn under shorts (sport 'skins' allowed under shorts)

Gemma Read  
**Vice Principal**

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### *Mental Health – Helping Students to Help Themselves*

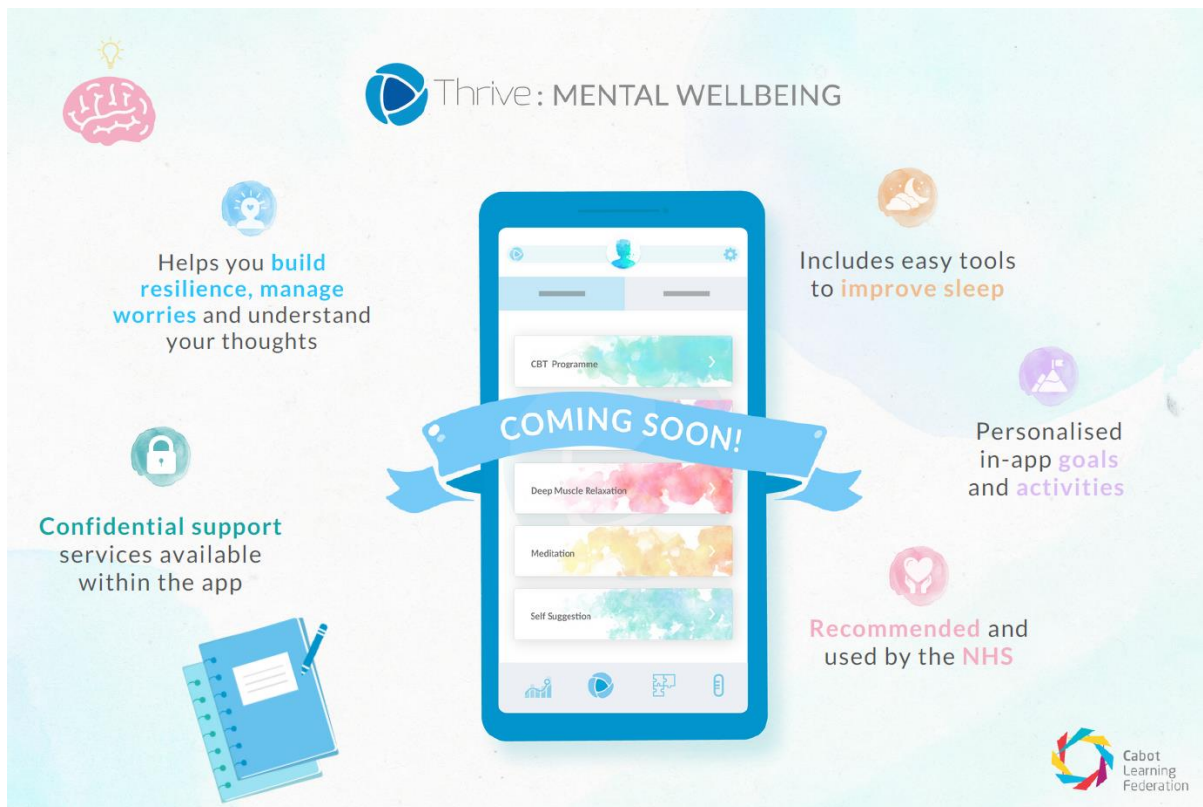
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To coincide with Children's mental health week, South Glos have purchased access to the Thrive App for all of the students in years 10 & 11. The App is designed to help students to support their own mental health now and in the future. With the demand on mental health services increasing and waiting lists getting longer, this is an important opportunity to support our students to help themselves.

# INTRODUCING THRIVE: MENTAL WELLBEING

## ONLINE PARENT FORUM





The graphic features a central smartphone displaying the Thrive app interface with a 'COMING SOON!' banner. Surrounding the phone are several icons and text boxes: a brain icon for resilience, a lightbulb for thoughts, a padlock for confidentiality, a sleep icon for sleep tools, a target icon for personalized goals, and a heart icon for NHS recommendation. The background is light blue with abstract shapes.

**Thrive: MENTAL WELLBEING**

Helps you **build resilience, manage worries** and understand your thoughts

Includes easy tools to **improve sleep**

Personalised in-app **goals and activities**

Recommended and used by the **NHS**

Confidential support services available within the app

**COMING SOON!**

Cabot Learning Federation

Tuesday 15th February 2022, 5:30 pm - 6:30 pm

**Join the Thrive team for a session on the Thrive app and how your child can use it to manage their mental health. There will be an open Q&A session at the end which is a great opportunity to get your questions answered**

### **What will be covered?**

- What is Thrive?
- How can Thrive help my child with their mental health?
- Stress management and mindfulness techniques
- Activities in the app
- Q&A

You will also receive a parental guidebook on the Thrive app which will cover any common FAQ's. We look forward to you joining us!

Join this webinar session via the link below:  
<https://us02web.zoom.us/j/84704049828>



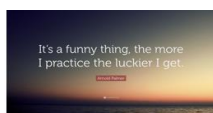
### Revision Guides for Year 10 & 11 Students

Revision guides have been reopened on SCOPAY for any late orders that students may wish to place.

**The deadline for payments is Friday 25/02/2022.**

The orders will then be placed with the suppliers with distribution to the students as soon as possible after the guides are delivered to the academy, which is likely to be the second/third week of Term 4.

### Year 11 Revision Clubs



## Year 11 Revision Clubs



Monday	Tuesday	Wednesday	Thursday	Friday
Chemistry	Biology	Geography (10min)	Physics	Maths (Sets 2,3 & 4)
Geography	History (Mr Coe)		Geography (10min)	Music
DT	Spanish		Drama	
History (Ms Knight)	English (Mr Graydon)		Music	
English (Mr Simpson & Ms Sayer)	Statistics		Maths (Sets 5&6)	
	Sports Science			



### Non-Uniform Day 18<sup>th</sup> February

On Friday 18<sup>th</sup> February JCA will be having a non-uniform day to raise money for trips. For the first time in some years, our iconic year 8 camp will be going ahead this summer (we are inviting year 9 as they missed out due to Covid) and we are raising funds to support this trip taking place.



Students can attend wearing their own clothing from home but we ask that they ensure it is appropriate for school e.g. no crop tops and non-offensive logos on t-shirts. Each child is asked to bring £1 towards the cause. Of course, your child can opt out and wear school uniform instead. Money will be collected on entrance to the school in the canteen.

**Tuck Shop** - On Wednesday 16th - Friday 18<sup>th</sup> February there will be a tuck shop with a variety of sweets, crisps and drinks for students to purchase on the hard courts as they leave the academy at 3pm. This is to raise money for trips. Please provide your child with change for these days to support the cause

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### *International Day of Women and Girls In Science*

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Friday was International Day of Women and Girls in Science! Our science department hung bunting throughout the corridors to celebrate some of the amazing women in the field of science!



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*Introduction to Kooth – 22<sup>nd</sup> February*

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**INTRODUCTION TO KOOH FOR PARENTS AND CARERS  
IN THE SOUTH WEST  
Tuesday 22<sup>nd</sup> February  
4.30 – 5.30pm**

A Parent & Carers Presentation on Kooth with a Live tour of Kooth Site  
An opportunity for Questions & Answers about Kooth  
Kooth provides a safe, secure means of accessing help via the internet.

**EVENT CONTENT INCLUDES:**

Introduction to Kooth - Free online counselling support for young people  
Overview of services included in the website  
Opening an account  
Questions  
Live demo!

Please click [hereto register](#)



### *Help! Do You Speak Persian, Turkish, Panjabi, Mandarin or Russian?*

We need volunteers to help conduct our speaking exams for some of our year 10 and year 11 students this spring.

Full training will be provided: all you need to be able to do is speak the language fluently!

If you could be willing to help, please email [jcainfo@clf.uk](mailto:jcainfo@clf.uk) FAO Kate Searle, or ring the school and leave a message for Kate Searle, including your phone number.

Gracias, **ਤੁਹਾਡਾ ਧੰਨਵਾਦ**, merci, teşekkürler, thank you, **شکرا لك, متشكرم**, Спасибо

### *Updated – Year 9 Taster Sessions*

The dates and times of some of the Options Taster Sessions have changed to the below

#### **Year 9 – Options Taster Sessions Tuesday 1 Feb-Fri 17<sup>th</sup> Feb**

Date	Time	Subject	Teacher	Room
Mon 14 <sup>th</sup> Feb 2022	3pm-3:30pm	Health and social care	Ms Church	PE Classroom
Tues 15 <sup>th</sup> Feb 2022	3pm-3:30pm	Drama	Ms Grainger	Main Hall
<b>Wednesday 16<sup>th</sup> Feb 2022</b> <b>Year 9 Parent and Carer Evening</b>				
Friday 18 <sup>th</sup> Feb 2022	3pm-3:30pm	Hospitality and Catering	Ms Shipp	BF2

### *Year 7 Match Report*

John Cabot had their first 11 a side game this week and despite losing showed fantastic resilience and character. The first half was very one sided with Hanham camped outside the 18 yard box allowing





Cabot very few breaks and no attempts at goal. Some fantastic saves by Ali and dogged defense saw the score line kept to an impressive 3-0 despite receiving 20 or so shots at our goal.

To the absolute credit of the team, they kept battling and trying hard. Half time saw 3 very specific targets after the boys analyzed what was working and what we could improve:

1. Pass the ball to team mates instead of kicking it up the pitch, trying to keep possession
2. Call for the ball more to support team mates
3. Try to create 2 attempts at goal throughout the second game.

Simple targets but effective! The second half was like a different game: composure, passing, encouragement added together with the sustained effort and fantastic attitude. It was brilliant to see! Hanhams' dominance stopped, JCA had a few breakaways and 3 really good efforts on goal.

Although it was a loss, it was clear the students listened, learnt and applied some of our JCA values about not giving up, effort and respect/encouragement if anyone makes mistakes. It was fantastic to see and a really enjoyable game to referee. Well done.

Game finished 4-0 to Hanham.

The students took a vote at the end of the match with Ryszard being voted Man of the Match. Well done.

"I think the JCA boys were very good and had a amazing game. It was disappointing to lose but we can learn from this to improve for the next match.

Hanham were a strong team and we did well against them. To improve we should look at improving passing and communication so we can hopefully win the next game"

Leo Franklin  
**Captain Year 7**

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### *Year 11 Match Report*

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Year 11's have been here 5 years, however a lot of that has been dogged by COVID and it has meant no fixtures or games since year 8. The boys were entered into a friendly 6 a side tournament against Kings Oak, Hanham, SBL and Mangotsfield.

The results simply did not matter... to get these lads a fixture and to see them enjoying themselves was brilliant.

The boys selected and sorted their own team and gave everything. Losing the first and second games 3-0 we realised we would struggle again today but that simply was not the point. We had an injury in the 3<sup>rd</sup> game and with no subs played a player down but were back up to full strength for the final game.



After a couple of tactical suggestions, the boys changed formation and tactics which resulted in a 2-0 win... their second win since joining JCA.

I'll say that again as it was pretty special... they WON! The smiles were fantastic but what is more pleasing for me as a teacher was every one of the players thanked me at the end for giving up my evening for the tournament. Such a small thing but when doing night after night of fixtures it meant a lot. They were a credit to JCA in attitude and behaviour and as a result, I will be arranging another friendly tournament for them in the future. Well done year 11, it was a pleasure to supervise you, your win was very much deserved but most importantly, your behaviour was a credit to you and your families.

Mr Thomas  
**PE Teacher**

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*Refugee and Asylum Seekers Support in Kingswood*

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**KINGSWOOD CHILDREN'S CENTRE**

**Drop in Support Session for Asylum Seekers & Refugees with children under the age of 5**

**FIND OUT INFORMATION ON:**

- **FOOD BANK VOUCHERS**
- **BABY BANK REFERRAL**

Why not drop in and take the opportunity to speak to a member of staff about, Local Nurseries, School Applications and Local Resources available to you

**STARTS FRIDAY 1ST OCTOBER 2021 @1P.M TILL 2P.M & EVERY FRIDAY ONWARDS**

For more information, please call Jane Bennett on 01454 864144 Monday to Friday, 9.00a.m to 5.00pm or email [KingswoodChildrensCentre@southglos.gov.uk](mailto:KingswoodChildrensCentre@southglos.gov.uk)  
Kingswood Children's Centre, Hollow Road, Kingswood, BS15 9TP REF:D416/03/1070/21



# KINGSWOOD REFUGEE LINK

A weekly drop-in session for refugees and asylum seekers.



Meet new people.  
Group vegetarian lunch.  
Activities for children  
and adults.  
Get to know your  
community.

Mondays from 11 am- 1 pm  
Holy Trinity Church - High Street -  
Kingswood - BS15 4AD

