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Key Dates

8 th March	Safety Day
11 th March	Academy Production Technical Rehearsal
15 th & 16 th March	Possible Industrial Action
21 st – 23 rd March	Annie Performance 7pm
24 th March	Anti-Bullying Workshop 10:45 – 11:45
29 th March	Year 11 Parents Evening
31 st March	Last Day of Term
17 th April	First day of Term 5

JCA Routines - Punctuality

Since the start of Term 4, we have seen the SLR get rather busy again due to lateness (especially to school). Thank you in your support in getting our young people to school on time (lessons start at 8:40 and the late gate closes at 08:45). This can be especially challenging when using public transport in Bristol- please do ensure they leave in plenty of time as we no longer issue late notes to students when their parents phone in. Unfortunately, our students were not always using that 'loop hole' appropriately.

As students move around the building between lessons, we give them 5 minutes to arrive on time to their lesson. Some students are finding this tricky to do and end up in the SLR for being late to class. Please support our focus on learning by ensuring students use their break times and lunchtimes to fill water bottles and use the bathroom.

Gemma Read
Vice Principal

Rock Night

We hosted our first ever Rock Night at John Cabot on Monday 27th February. It featured performances from Year 7 to Year 11, including solos and group performances. The evening kicked off with a Kardi, Josiah and Louis playing the rock classic "Seven Nation Army" and the evening ended with Eddie, Callum, Jayden & Ruben (otherwise known as 'Evolution') performing several Oasis hit tracks! The evening was well attended and was a great addition to our Performing Arts calendar.

Footage from the evening will be uploaded to our JCA Performing Arts YouTube channel this week. It can be found here: <https://www.youtube.com/@johncabotmusic>





Brass Quintet Visits JCA

On Wednesday 1st March, JCA Music department had a special visit from current undergraduate students from the Royal Welsh College of Music & Drama. A group of Year 7s participated in a workshop where they learned about each of the brass instruments - the trumpet, trombone, French horn and Tuba.

Each performer gave a demonstration of their instrument and how it worked, and we listened to some recognisable pieces of music, performed with perfection! This was then followed by a short lunchtime concert in the school foyer, for students to enjoy whilst on lunch!

A huge thanks to the RWCMD students for inspiring our JCA students and opening their eyes to the possibilities of learning a brass instrument!

More videos of the performance can be found on Instagram [@jcamusic](#)



8th March Safety Day

Overview of the Day

	Period 1	Period 2	Period 3	Period
7		PC Paul Westerlink 7X1 9:50 - room 7X2 10:15 - room		
	YPDAS – Main hall	Drugs classification	Mental Health - depression	How can I keep healthy?
8	PC Paul Westerlink 8X1 8:40 - room 8X2 9:05 - room			
	Cancer Awareness	Mindfulness	Online Reputation part 1	Online Reputation part 2
9	Careers (SCH)	Integrate (CGr)	Careers (SCH)	Work skills
10	Integrate (CGr)	Sustainable living	Homelessness	Suicide awareness
11	What are apprenticeships	University applications	Personal presentation and letters	What are taxes

JCA Production of "Annie" The Musical

Tickets are now on sale for our school production of 'Annie'.

The production will be on Tuesday 21st March, Wednesday 22nd March and Thursday 23rd March starting at 7pm each evening performance. Tickets can be purchased on SCOPAY or reserved via email at JCAinfo@clf.uk. Students can also purchase tickets from Music.

Tickets: £5 adult and £3 concessions (under 18/over 65)

The musical tells the story of a little orphan who spends time in luxury with Billionaire Oliver Warbucks. Unlike most of the other children at Miss Hannigan's orphanage, Annie believes that her parents are still alive and one day will return to claim her. So, when Mr Warbucks offers to adopt her, she asks him to help find her real parents. Warbucks' whopping reward for Annie's parents attracts the attention of con artists Rooster, Lily and the wicked Miss Hannigan, who hatch a plot to kidnap Annie and take the \$50,000 reward.

John Cabot Academy presents

Annie



Tuesday 21st March
Wednesday 22nd March
Thursday 23rd March

7pm, JCA Main Hall

£5 adults / £3 concessions

Refreshments available at the interval

Charlotte Grierson
Curriculum Leader for Performing Arts

Pen Portraits – Pastoral Team Leaders – KS3

Pen Portraits – Pastoral Team Leader

Name: Chris Sherwood

Role: Pastoral Team Leader Year 8

Background: I studied a BSc and MRes in Marine Biology at the university of Plymouth, graduating with 1st class honours. Following my graduation I worked in various ecology roles, including as a professional diver for both archaeological and scientific research. After a few years, I realised that I missed the teaching that I had experienced during my MRes, so decided I would like to train as a science teacher specialising in biology.

I began working with the CLF in 2021, and joined JCA as a teacher of science in September 2022. I was lucky enough to join the year 8 team as Pastoral Team Lead in September 2023.

As a science teacher, my main goal is to enthuse students in science and show them that science can help them answer questions about the world around them. In this academic role I am often concerned with progress, and making sure that all students that I teach are achieving their potential.

As Pastoral Team Lead, I work with Miss Dunnill and the tutor team to ensure that all year 8 students are thriving at JCA. I support students and parents with questions and concerns around school life and ensure that the behaviour system is followed. I am also responsible for monitoring attendance throughout the year, and providing intervention when necessary to help students spend as much time in school as possible.



Pen Portraits – Pastoral Team Leader

Name: Chris Titterington

Role: Pastoral Team Leader Year 9

Background: I left secondary school with 14 GCSE's, and then college with 3 A-Levels.

I got a degree in Mechanical Engineering and spent 2 Years teaching in London, and then 7 at JCA.

I am an avid golfer and follower of Man United football team



Free Online Safety Guide on Wink

What Parents & Carers Need to Know about

WINK

AGE RATING
13+

Wink is a messaging app which allows children to connect and communicate with other users. In a similar style to Tinder, Wink uses the swipe method for browsing profiles and accepting or declining them. Once two users have accepted each other by swiping on one another's profile, they can then communicate and play games online together. The fact that Wink allows children to share photos, personal information and their location with other users has caused significant concern.

WHAT ARE THE RISKS?

POTENTIAL FOR GROOMING

Wink accounts can't be made private – so when a young person uploads images and shares their social media usernames, it's easier for potential groomers to stalk and locate them online. The fact that children prioritise having an abundance of friends is also a concern: they're more likely to accept someone just to build their friend count – possibly including users with sinister intentions.

ACCIDENTAL OVER-SHARING

Many young people don't consider privacy when they choose to share their social media usernames on their Wink profile. This allows other people to connect with them on multiple platforms, strengthening their online presence and reputation. Some children post photos which reveal aspects of their personal life to other users – showing their house, school, friends and family, for instance.

INAPPROPRIATE CONTENT

Many popular messaging apps contain profiles featuring profanity, nude or semi-nude photos and users openly looking for a "wifey" or "hook ups". Users can send messages anonymously, which engenders a sense of power and freedom. Children often engage in inappropriate behaviour, more willingly when it's anonymous, even if it's not the sort of thing they would take part in normally.

CYBERBULLYING

Being anonymous online provides some users with an incentive to bully others through toxic private conversations. Anonymous bullies can send hurtful messages or pressure young people into sending inappropriate content. Being a victim of cyberbullying can result in children becoming depressed and showing low self-esteem. If your child is exhibiting these signs, it's time to step in.

EXCESSIVE SCREEN TIME

Wink encourages repeated engagement through signing in daily, making connections, building up a message 'streak' and publicly sharing stories. The reward is 'gems', which allow users to connect with more people, play games and edit their profile background. This can lead to children spending an excessive amount of screen time on the app, which of course can be detrimental to their health.

Advice for Parents & Carers

DO YOUR RESEARCH

If you do decide to allow your child to have a Wink account – or you find that they already have one – it's vital to talk to them about how to use the app responsibly and keep themselves safe. You could also consider exploring Wink yourself and becoming familiar with the app before letting your child download it, as there are no security settings or parental controls that can be put into place.

OFFER YOUR SUPPORT

While it's not always easy to talk about inappropriate content with your child, it's crucial that they understand the impact of sending or receiving it. They also need to feel that they can speak to you about it without worrying about consequences. Emphasise that, if your child receives any messages that make them feel uncomfortable, they can block the sender and report them to the app.

BE WARY OF SHARING

It's important that your child stays aware of what they're sharing online. Remind them about the importance of not posting personal information like their full name or which school they go to. Many users share their other social media account details on Wink to build their friend count, but we would recommend advising your child not to give strangers multiple avenues to contact them.

DISCUSS LOSS OF OWNERSHIP

It's essential that young people understand that once content goes online, the sender no longer has any control over where it will end up. While your child may feel like they can trust their online 'friend', that person is still a stranger. Even sharing one inappropriate image, for example, could then be used as leverage – as their 'friend' threatens to release it publicly unless the child sends more.

BALANCE SCREEN TIME

Before having a chat with your child about screen time, ask yourself if you're being a positive role model. Get your child thinking about how much time they spend on the app: is it healthy? Is it affecting their offline relationships with people? Is it impacting their mood? If so, you could suggest some activities you can do together which aren't so reliant on digital technology.

BE CAUTIOUS OF NEW CONTACTS

Remind your child that not everyone online is who they say they are, and some users have harmful intentions. If someone on Wink is asking them lots of personal questions or suggests meeting up in real life, these are definite red flags. Encourage your child to ask for help if they're unsure about a particular profile. Remember, the app has a block button: your child shouldn't be afraid to use it!

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.



 **National Online Safety**
#WakeUpWednesday

Sources: <https://www.genkitapp.com/faq/>

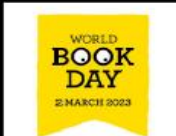


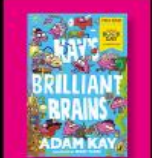

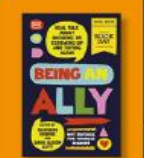
World Book Day Tokens



£1 Book Token

Secondary Schools (UK)

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There is a lot more information and resources, including free audio books, available through the WBD website at <https://www.worldbookday.com/world-of-stories/>. Also, the JCA Library has bought in a selection of the £1 WBD books which are available to JCA students for free on a first come, first served basis

JIGSAW Thornbury Connect

Dear parents and carers,

Our Connect sessions were identified by parents and are set to improve the awareness, engagement and connections for parent's supporting their young person's physical, educational, or emotional wellbeing.

Connect aims to increase:

- the awareness and confidence of parents/carers on 6 topic areas: Sensory Awareness, School Anxiety and Avoidance (EBSA), Behaviour Regulation, Speech Language Communication, Recognising Emotions and Sleep.
- parent/carer connection and engagement; to know how to support their child, or seek additional guidance with confidence.

Our Connect series has been funded by South Gloucestershire Council and are FREE to attend. To book a place on an upcoming session, please follow the attached links:

[Connect: Behaviour Regulation](#)

[Connect: Emotions](#)

[Connect: Sleep](#)

Best wishes,

Training team

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Website: www.jigsawthornbury.org.uk



**Working with children and young
people with additional needs or
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