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Key Dates

21 st June – 3 rd July	Year 10 Mock Exams
1 st July	Future Brunels Trip
2 nd July	Cabot's Got Talent
3 rd July	Year 6 Taster Day – Years 7-10 attend school as normal
4 th July	Sports Day
5 th July	INSET Day – School Closed to Pupils Year 7-9 Progress Reports to Parents
10 th July	Anti-Bullying Workshop
11 th July	Year 10 Geography Trip to Blaise Castle
15 th – 19 th July	Year 10 Careers Week
15 th July	Year 10 Geography Trip to Blaise Castle

17 th July	JCA Summer Concert
22 nd July	Year 10 Progress Reports to Parents
23 rd July	End of Term – Years 8 & 9 finish 13:20 Years 7 & 10 finish 13:50
4 th September	Year 7 Only 1 st Day of Term
5 th September	All School First Day of Term

JCA Routines: Uniform When the Weather is Warmer

Although June has not been very warm, July is often when the weather is the warmest whilst students are at school. At John Cabot, we are making our usual adaptations to support our community to continue learning effectively. The site team are opening doors and windows first thing in the morning to keep rooms cool. Fans and blinds are also helping to keep rooms cool.

We have plumbed water fountains for students to bring their own water bottles to fill (and re-fill) during breaks, lunches as well as before and after school. Please do ensure your child has a water bottle they can use to do this (and please do name them!). Students do also have outdoor spaces for their social times and, although there is some shade from our trees, we recommend that students apply sunscreen before they arrive in school.

We have noticed that many students are continuing to wear their JCA hoodies and jumpers in this hot weather- this is not something we recommend. Please do ensure they have polo shirts (for PE days) and their white shirt and tie for non PE days. Black tailored shorts are also part of our school uniform this year.

We do not expect temperatures to get very high next week but, if they do, we will also make the decision to allow students to wear PE kit if that makes them more comfortable. Parents will be texted if we make the decision to allow PE kit. Students will be told in tutor time.

Our PE kit is:
JCA polo shirt
Navy blue joggers or shorts
JCA hoodie - but we do not recommend this in hot weather!

Gemma Read
Vice Principal

New Head of Key Stage 4

Congratulations to Janet Allen who will be the Head of Key Stage 4 from September 2024. Ms Allen will be joining Modupe Odusote, the Head of Key Stage 3 and Richard Cormack, Assistant Principal, to oversee the JCA Pastoral Support.



Janet Allen



Modupe Odusote



Richard Cormack

Preloved School Uniform

Thank you to everyone who has donated to the 2nd Hand Uniform. This has been very popular and successful and we will be very grateful for any further donations of uniform, PE clothes and shoes.

Any items can be given to reception.

Thank you

Grade 2 Flute

Congratulations to Will Drummond who got a pass in his Grade 2 flute exam, this week.



Musical Theatre Exam

Congratulations to Esme Penny who this term received a merit in her Singing for Musical Theatre exam.



School Holiday Activities and Food Programme

Please see the following website for information regarding holiday clubs and local activities over the summer:

<https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=Y50nS-ilHMk>

Please also see the below information with regards to support you and your child may be able to access over the summer:

Financial support/offers

- Information on different ways of getting support with the cost of living rising [Cost of living help | BETA - South Gloucestershire Council \(southglos.gov.uk\)](#)
- [Household support fund | BETA - South Gloucestershire Council \(southglos.gov.uk\)](#)

The government has provided funding for us to support people who are struggling to:
buy food

pay energy bills
cover other essential costs linked to energy and wider essentials (including sanitary products, warm clothing, soap, blankets)

- [Places Kids Eat Free in the Summer Holidays 2024 \(moneysavingcentral.co.uk\)](https://moneysavingcentral.co.uk) is a website that tells families restaurants where kids eat free throughout the holidays.
- [Financial support and wellbeing | BETA - South Gloucestershire Council \(southglos.gov.uk\)](https://southglos.gov.uk)

School Holiday Activities and Food Programme

We're inviting young musicians from across the UK to apply for NYO Inspire, our groundbreaking programme that enables teenagers to take their instrument playing to a whole new level.

NYO Inspire provides opportunities for young people to open up new ideas, play powerful orchestral music together and accelerate their musicianship with coaching from incredible tutors.

Do you have potential and passion for music? NYO Inspire is for 13-18 year olds playing at a level equivalent to Grade 6 to 8+, but there's no need for you to have taken formal exams.

It's completely free. There are no auditions and we offer bursaries for travel. Musicians can join NYO Inspire at any point during the year but should apply by the end of August to access a full year of opportunities.

[Find out more](#)

With warmest wishes,

Rachel Long

Head of NYO Inspire



NYO
THE NATIONAL
YOUTH
ORCHESTRA

MUSICIANS
PLAY YOUR PART

Start your
free musical

**NYO
Inspire**

[Apply Now](#)

Make music an even bigger part of your life.

Be inspired by the creativity and passion of other musicians. Play extraordinary music together. Accelerate your musicianship with coaching from incredible tutors. Open up your future.

Who can join NYO Inspire?

NYO Inspire is open to musicians aged 13-18, playing orchestral instruments at Grade 6 to 8+ or equivalent level. You don't need to have done any formal exams, but you should be passionate about music and determined to take your playing to the next level.

Murmuration Community Therapy

Good afternoon,

We are so excited to be able to tell you about the new well-being groups we are starting in September. These groups are for parents of children with additional needs (diagnosed or undiagnosed) of any age. The journey of parenting a neurodivergent or disabled child can be lonely, but by coming together with others who get it, parents can find strength, wisdom and the relief of feeling understood.

The nurture group course aims to build connection and resilience, drawing on elements of mindfulness and compassion focused therapy. We gather parent carers into small supportive communities called nurture groups. We have an initial 1:1 session with each person, and then facilitate 8 group sessions (9 weeks in total with a break for half term). The group can continue as they wish - meeting regularly, attending our monthly gatherings, supporting each other via whatsapp, or even getting together with their kids.

During the course attendees will:

- Meet the same parents each week
- Share experiences
- Explore a different theme each week e.g. grief, anger, guilt, ableism
- Learn how to relate to difficult emotions with compassion
- Experience Somatic movement, guided relaxations and breath work

Bookings can be made via Eventbrite and attached is the flyer showing details of how to book. I would be so grateful if you could spread the word in your community and let anyone know who may benefit from the course. Please can you place the attached poster on your noticeboard and social media.

If you have any queries please do not hesitate to contact me

Many thanks

With warmest wishes

Justine

Murmuration Community Therapy

07792189909

murmurationcommunitytherapy.com

facebook.com/mumurationcommunitytherapy

instagram.com/murmurationcommunitytherapy



MURMURATION
COMMUNITY
THERAPY



MURMURATION COMMUNITY THERAPY



New SEND Parent Carer Nurture Groups

Starting Tuesday 24th September 2024

Initial Zoom 1 to 1 plus 8 in person sessions.

Nurture Group are intimate circles of SEND parents to find belonging and support, build resilience and learn ways to stay well on the challenging path.

Upper Horfield - Tuesday - 10.30am - 12 noon (1st October)

Upper Horfield Children's Centre, 34 Sheridan Rd, Horfield, BS7 0PU

[To book Horfield click here](#)

Oldbury Court - Tuesday - 13.00-2.30pm (1st October)

Oldbury Court Children's Centre, Frenchay Rd, Downend, Bristol BS16 2QS

[To book Oldbury Court click here](#)

Places are free, we welcome donations.

FOR MORE INFO AND TO BOOK VISIT
MURMURATIONCOMMUNITYTHERAPY.COM



MURMURATIONCOMMUNITYTHERAPY

Musical Theatre Exam

We are DET Entertainment- we have been in touch before about our community events.

We are holding our annual Community Awareness Fun Day on Sunday 18th August at Filton Civil Service Sports Club and we are once again asking for the support of schools to help share this with the parents/carers using your various platforms.

A reminder that this is not your typical fun day, this is a day where we have small and large local businesses and services connecting with the community to showcase their assets so that we (Bristol) can continue to support one another as well as have a day of fun at low cost enjoying music, food and inflatable fun.

We have services such as the police, South West Ambulance and Avon Fire & Rescue attending yearly as they use this space to connect with the community to inform them of volunteering and paid work opportunities within their organisations

We also have stall space available should any of your parents or carers be interested in showcasing their business/ service

They can register their interest using this link

<https://airtable.com/app394CRevADAM1KM/shrBmlHIEZo6S9yb9>

Volunteers

This year we are on the lookout for volunteers to support the running of the day and we are encouraging people to get in touch as this is a great way to step back into employment, give back to the community, gain confidence as well as reduce isolation (we are happy to be on CVs too)

Anyone can register to volunteer by using this link

<https://airtable.com/app394CRevADAM1KM/shrcBcTSt9sWKOpvJ>

Volunteers Required

CALL
TO
ACTION

We need your support
with stewarding at our
**Community Awareness
Fun Day**



SUNDAY 18th AUGUST 2024

Stand to gain

- ★ Make friends
- ★ Feel good
- ★ Snacks & Lunch
- ★ Supporting your Community
- ★ Mental & physical wellbeing
- ★ personal growth
- ★ Self esteem

How to register

Email
det123.info@gmail.com
or call
07943 223 022





