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Key Dates

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

Safeguarding Across the Summer: Being Aware of Serious Youth Violence

South Gloucestershire is a safe place to live and work, but serious violence does occur. At JCA we are mindful that across the summer you and your children will have less access to our staff support; we wanted to share the information on this [website](#) with you ahead of those weeks so you know who to reach out to if you need more support.

Knife crime in particular has a devastating impact on communities and individuals. South Gloucestershire's Violence Reduction Partnership, which includes the council's community safety team, children's social care, police, schools and other partners, is committed to educating young people about the dangers and impacts of knife crime and is working hard to keep them safe.

In South Gloucestershire, there are also a number of bleed kits which can be used to help save lives in catastrophic trauma incidents and a number of knife surrender bins, where people can place knives and bladed weapons without question or fear of prosecution.

Find out more about the work being done to combat knife crime, and access resources [here](#)

Young people decide to carry knives for many reasons – to feel safe, for protection, to earn respect or for their reputation. Whatever the reason, none of them are a defence for carrying a weapon and none of them will stop the carrier from being prosecuted.

In fact, carrying a knife puts you at greater risk of being injured. **7 out of 10 young people who end up in A&E with a knife injury have been stabbed with their own knife. If you carry a knife and end up in an argument, you are also more likely to use it.**

Some facts about knives:

- It is a criminal offence to have a blade in a public place, this includes kitchen knives and craft knives
- It is illegal for anyone under 18 to buy a knife of any sort
- Self-defence or protection are not defences for carrying a knife. In fact, you can be prosecuted if someone is stabbed even if you don't touch the knife
- Police can stop and search anyone they believe is carrying a knife

This South Gloucestershire [guide to knife harm for parents and carers](#) is the link to the knife crime guide for parents includes facts to help you feel more confident when talking to your child, as well as practical guidance and where to find support.

If your child is in need of immediate support, they can use the following services:

- Young Victims: The Young Victims Service (YVS) provides help and support to young people who have been victims of crime, anti-social behaviour or domestic abuse: www.youngvictims.org.uk
- 2 Wish: Support for those affected by sudden death in young people. [England – 2 Wish](#)
- Childline: call 0800 11 11 (under 19)
- Kooth: Online anonymous mental health support for young people www.kooth.com

- Shout: 24/7 support if you need to talk (or text, or online chat): text the word 'SHOUT' to 85258
- Samaritans: call 116 123

If your child has information they wish to pass on about a crime: Fearless: Part of Crimestoppers, enables young people to pass on information about crime 100% anonymously: www.crimestoppers-uk.org/fearless

Avon & Somerset Police information on protecting yourself and others from knife crime, including how to surrender a knife in Avon and Somerset is [available here](#)

Gemma Read
Vice Principal

Pastoral Team

From September our pastoral team will be as below.



Lucy Strawford
PASTORAL TEAM LEADER
YEAR 7



Tom Sillitoe
PASTORAL TEAM LEADER
YEAR 8



Chris Titterington
PASTORAL TEAM LEADER
YEAR 9



Zara Hursay
PASTORAL TEAM LEADER
YEAR 10

Dan Coe
PASTORAL TEAM LEADER
YEAR 11



Helen Small
STUDENT SUPPORT LEADER
YEAR 7



Vickie Malin
STUDENT SUPPORT LEADER
YEAR 8



Lorene Archibald
STUDENT SUPPORT LEADER
YEAR 9



Simon Horn
STUDENT SUPPORT LEADER
YEAR 10



Charlotte Crew
STUDENT SUPPORT LEADER
YEAR 11

Summer Concert



**JOHN CABOT ACADEMY
PRESENTS**

**JCA
SUMMER**
Concert

JCA Main Hall
Wednesday 17th July
6.30pm

£2 ADULTS / £1 CONCESSION - TICKETS ON SALE FROM MUSIC & SCOPAY
REFRESHMENTS ON SALE @ INTERVAL

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Bristol Young Heroes Award



Year 9 student Kardi was nominated for a Bristol Young Hero Award earlier this year, for the enterprise hero award. Kardi was nominated by Bristol charity Integrate UK, as he is a young activist, junior trustee of the charity and has and continues to make positive changes in his school and local community through the charity.

The awards themselves aim to shine a light on those who have overcome difficult circumstances, made a difference to the lives of others and achieved something extraordinary.

Kardi won this prestigious award for 'Enterprise Hero'! He was awarded this at Bristol Harbour Hotel on Friday 5th July

Sports Day

Well done to all students who took part in Sports day and had a fantastic time! It was very competitive and congratulations to Blue who won the day!





Work Experience

We are delighted that our Year 10 students will be participating in our 'Encounters with Employers' programme throughout this week.

A number of our students will spend the week on Work Experience. We hope that this time in the workplace will offer them the opportunity to learn new skills, gain confidence and help them to plan for the future.

Year 10 students who are not out on Work Experience will be attending school and participating in our school-based Encounter with Employers programme. The programme will include a variety of experiences with visiting companies. These activities will give students the opportunity to participate in work-related workshops, and develop skills that will help them to be successful in the world of work. The week will be both interesting and informative with a number of major companies visiting our school to offer workshops including, Deloitte, HSBC, the University of Law, the NHS, Stantec, Airbus and BottleYard Studios

Young Writers Competition

The Young Writers competition is now live and students can collect entry forms from the library, which need to be returned by 15th July.



Governance Update

My name is Tricia Brabham and I am the Deputy Head of Governance for CLF. Along with my colleagues Liz Tincknell (Head of Governance), Will Lamb (Information Governance Coordinator), and Jackie Friday (Governance Administrator), we work closely with the Trust Board and Academy Councils (the name we give to our Local Governing Boards), on all areas of governance.

Our Academy Councils are made up of volunteers from the local community, as well as parents and staff and they have an important role in providing appropriate challenge and support to the Principal to provide

the best educational experience for all students. The Academy Council meets 6 times a year, with the Principal and members of the Senior Leadership Team, in addition individual councillors may link to a particular area of school to be able to provide strategic oversight to the Academy Council on the work taking place in this area. On occasion they may also sit on panels to consider exclusions or complaints.

We have vacancies across our Trust for Academy Councillors - you don't need a background in education but be willing and able to commit time to the role, to ask questions, and to analyse data. We provide training for our councillors, and they have the support of a clerk and the wider governance team to help them in their role.

If you are interested in finding out more about the role please [complete this form](#) and we will be in touch.

Patricia Brabham

Deputy Head of Governance

Financial Support

Cost of Living support in South Gloucestershire



Money saving tips

Access to benefits

Food support

Community Welcome Spaces

 **Freephone 0800 953 7778**

 www.southglos.gov.uk/CostofLiving

 **South Gloucestershire
Council**

Delivering for you

Finance



Financial support from South Gloucestershire Council

- i** We may be able to help with emergency and long-term grants and support if you are struggling with financial pressures. Help is available whether or not you are in receipt of benefits.

 Visit a **One Stop Shop**

 Freephone **0800 953 7778**

 www.southglos.gov.uk/costofliving

Already on benefits and your income has changed?

- i** If you are already receiving benefits and your income drops or increases you must notify the Department for Work and Pensions as soon as possible. They will then reassess how much you are entitled to receive.

 Freephone **0800 328 5644**

 www.gov.uk/report-benefits-change-circumstances

North Bristol Advice Centre

- i** Free and independent advice and support. Debt and welfare benefits specialists, including representation at appeal.

 **0117 951 5751**

 www.northbristoladvice.org.uk

Accessing benefits for the first time – Universal Credit

- i** Universal Credit is a working-age benefit for people on low or no income. You need to apply online to the Department of Work and Pensions (DWP).

 Freephone **0800 328 5644**

 South Gloucestershire Council
Freephone **0800 953 7788**

 www.southglos.gov.uk/universalcredit

Talking Money

- i** Free and independent advice on debt, energy debt, benefits and income maximisation.

 Freephone **0800 121 4511**

 www.talkingmoney.org.uk

Council Tax reduction

Universal Credit



Housing benefit

Emergency payments

Getting enough food to eat



Food banks

- Short-term, emergency support with food during a crisis. Most food banks need a referral, you cannot just show up. Apply for a food bank voucher through the councils One Stop Shop.

Freephone **0800 953 7778**

www.southglos.gov.uk/oss

Or call the 'Help through Hardship' helpline delivered by The Trussell Trust and Citizens Advice.

Freephone **0808 208 2138**

Healthy Start

- If you're pregnant or have a child under 4, this scheme can help you buy milk, infant formula, fruit and vegetables. Speak to your health visitor, GP or Children's Centre about how to apply to the scheme.

www.healthystart.nhs.uk



Community meals

- South Gloucestershire community meals, which is sometimes called 'meals on wheels', is a meal delivery and welfare check subscription for residents who have difficulty preparing food or need help to have regular, nutritious cooked meals.

01454 865996

www.southglos.gov.uk/communitymeals

Free School Meals

Universal Infant Free School Meals (UIFSM)

All children in reception, year 1 and 2 can have free school meals.

Free School Meals (FSM)

Apply for FSMs from when your child is in reception if you receive qualifying benefits as this will support your child's learning and enable the school to claim Pupil Premium, it could also entitle you to other support.

www.southglos.gov.uk/schoolmeals

Southern Brooks

- Food bank vouchers, mental health and wellbeing support, and much more.

01174 034 238

www.southernbrooks.org.uk

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-iiHMk>

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

Young people's mental health

- **Off The Record:** Free, self-referral counselling service for young people age 11-15, who are experiencing low mood, depression, anxiety, phobias, self-harm, eating problems and/or anger. Young people can call, email or text, and services operate in Patchway, Kingswood and Yate. Also offer parent support groups and sessions. Can also see [Facebook](#), [Twitter](#) and [Instagram](#) for more information and up to date groups and activities.

Tel: 0808 808 9120. Text: 07896 880011. Website: [Home - OTR \(otrbristol.org.uk\)](#) Email: hello@otrbristol.org.uk

- **Kooth:** Free, safe and anonymous online support for young people 11-18. Monday – Friday 12pm – 10pm, Saturday – Sunday 6pm – 10pm. On Kooth you can: Chat to our friendly counsellors; Read articles written by young people; Get support from the Kooth community; Write in a daily journal. Website: <https://kooth.com/> [Home - Kooth](#)
- **Childline:** Free counselling via online webchat, and free support/advice available 24/7 via confidential helpline, and emails via the website. Tel: 0800 11 11. Website: www.childline.org.uk [Childline | Childline](#)
- **Young Minds** national charity offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers. **Parents Helpline:** 0808 802 5544 Website: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- **Young Minds Crisis Messenger Service** for free 24/7 support across the UK of you are experiencing a mental health crisis. Text YM to 85258.

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Adult mental health

- **South Gloucestershire Talking Therapies - Vitamins:** Therapeutic interventions including counselling and group courses, in line with people's differing needs, age 16+. Self-referral via the website: wellaware.org.uk Tel - 0333 200 1893 [NHS Talking Therapies - North Somerset & South Gloucestershire \(vitahealthgroup.co.uk\)](#)
- **Samaritans:** Free, confidential emotional support for those experiencing despair, distress, self-harm or suicidal feelings.

Tel: 116 123 (free, from any phone, 24/7). Website: www.samaritans.org [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#) Email: jo@samaritans.org