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### *Key Dates*

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22 <sup>nd</sup> November	Year 8 Parents Evening
6 <sup>th</sup> December	Anti-Bullying Working Group
7 <sup>th</sup> December	Year 7 Pantomime Trip
8 <sup>th</sup> December	Culture Day
14 <sup>th</sup> December	Christmas Lunch
15 <sup>th</sup> December	Last Day of Term
2 <sup>nd</sup> January	INSET Day – School Closed to Pupils
3 <sup>rd</sup> January	First Day of Term

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## *JCA Routines – Phones and Headphones*

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### **JCA Routines: Phones and headphones**

A reminder that phones and headphones are banned on our site between 8:40 and 15:00 (or 15:15 if students are in restores). If our staff see them (or they interrupt the lesson), staff will remind students of the ban and confiscate the item.

We have noticed that our students often need to use their phones when they get to the canteen at either break or lunch and they find their Scopay accounts do not have enough funds in them. This causes some upset for our students who then need to ask a member of staff if they can contact home to arrange the top up, which takes time when they would much rather be socializing.

Please do make topping up Scopay part of your weekly or daily routine; our breaks run from 09:30am in the morning and from 12:20 in the afternoon. If you have any concerns regarding Scopay, please do let us know on the [jcainfo@clf.uk](mailto:jcainfo@clf.uk) mailbox so we can support in any way.  
Kind regards

Gemma Read  
**Vice Principal**

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## *Reception Notice*

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Please note that reception will be closed from 4pm this week, apologies for any inconvenience.

*A Reason to Celebrate – No.3*



On Friday 10<sup>th</sup> November, a group of John Cabot students attended Bristol charity Integrate UK's annual youth conference that was held at The Bristol Aquarium. Throughout the day, students were able to network with other likeminded youth activists and discuss important issues such as racial and gender equality. In addition to this, students were able to listen to inspiring and motivating speeches about decolonizing the curriculum, changing the landscape of youth mental health, toxic masculinity, and family honor. Some of our longstanding members of JCA Equalities Council were presented with an award for their dedication and commitment to activism of their time at John Cabot.

These were Tenisha (Year 11), Alassan (Year 11), and Kardi (Year 9).

Kardi also gave a speech about the importance of recognizing toxic masculinity, before we watched the latest educational resource about this, featuring him.

It was a brilliant day, and our students are now looking forward to working with Integrate UK this academic year.



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### *Holiday Activities and Food Programme (HAF)*

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The **Holiday activities and Food (HAF) programme** is running again during the winter holidays for children and young people in South Glos.

Dates are generally between Monday 18<sup>th</sup> December and Friday 22<sup>nd</sup> December but will vary by provider.

The HAF programme is for **children and young people aged 5 to 16 who receive benefits-related free school meals**. Before booking funded HAF places, you need to have successfully applied for free school meals at [www.southglos.gov.uk/freeschoolmeals](http://www.southglos.gov.uk/freeschoolmeals). Children receiving universal free school meals, automatically offered in Reception, Year 1 and Year 2 without needing to apply, do not qualify for funded HAF place unless they have completed a successful application.

Please follow these steps:

- Visit [www.southglos.gov.uk/HAF](http://www.southglos.gov.uk/HAF) for full information on the HAF programme and further support available to families.
- Click on '**book a space for your child now**' – this will take you directly to our booking platform with full listings of all the available activities and clubs.
- You will need to **register your child on this system** unless they attended a HAF programme over the summer holidays – in which case you will already have an account, so you will simply need to book the dates.
- The system will run an eligibility check to ensure that your child is registered on our benefits-related free school meals list. The list is kept up to date on a weekly basis, so it's best to build in time to apply for benefits-related free school meals ahead of booking HAF places.
- The booking system is mobile friendly so should be accessible to most families.

If you do not have online access, you will need to contact the HAF club provider directly to book places for you.

*A Need to Know About Smart TVs*

Smart TVs are the future of home entertainment ... but how safe is that future? The percentage of UK households that own a smart TV has leapt from 11% to 74% in less than ten years – and that proportion is only expected to increase further as more viewers discover the various benefits of these sophisticated systems.

While the technology is impressive, fun and increasingly affordable, the flip side is that the number of people (especially young ones) who need to be aware of their risks has risen commensurately. This week's **#WakeUpWednesday** guide outlines how to avoid some common smart TV hazards, so that you can relax a little when your children do.

**Grab our new guide below by highlighting the link and selecting “Open Hyperlink”.**

[Smart TVs: What You Need to Know | Free Online Safety Guide \(nationalcollege.com\)](https://www.nationalcollege.com/free-online-safety-guide)

**What Parents & Carers Need to Know about SMART TVs**

Smart TVs connect to the internet without the need for a set-top box or streaming device, letting users access a range of features through the TV set itself. From on-demand content apps like BBC iPlayer to streaming services such as Netflix, you can connect to smart phones and other wireless devices. Most smart televisions are internet-enabled – so whether you're thinking of upgrading your home viewing system or buying an additional TV for your child's room, it's now even more important to consider the online safety aspects.

**WHAT ARE THE RISKS?**

- AGE-INAPPROPRIATE CONTENT**  
From Netflix to Disney+ to Prime Video, there's a range of streaming services available. While these services offer content catering for younger viewers, they also provide material that may include violence, sexual themes, language and swearing.
- INCREASED SCREEN TIME**  
The array of content available through smart TVs could lead to your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time reduce focus and disrupt learning, but it can also have other mental and physical health impacts. Excessive use of the box can lead to health problems including obesity, poor sleeping patterns and depression.
- REMOTE-CONTROL RETAIL**  
Like many online devices, smart TVs have digital purchase buttons, meaning you can buy a new app or the latest accessory for your child from the screen. If your child has access to a remote control, they can buy items without restriction by tapping purchase buttons on the screen. If you don't have a parental control system, they could run up a sizeable bill through an smart TV's built-in app, especially if they're not aware of how much is being spent on the value of money.
- UNCONVINCING SECURITY**  
As instead of things (IoT) devices, smart TVs can be hacked, which allows to attack. Experts warn that smart TV's built-in security to support high-level security, but they're not always able to detect and prevent attacks. Parents could be putting their personal data at risk.
- A SILENT SPY?**  
Some smart TVs already collect data on user's viewing habits and use it to recommend content. Some have also been reported of listening in on their users' conversations. If you're concerned about this, you can turn off voice search and other features. However, some smart TVs have built-in microphones and cameras that can be used to monitor your child's activities. If you're concerned about this, you can turn off voice search and other features.
- CONTACT FROM STRANGERS**  
Many smart TVs can be used for video calling, social media and live streaming – all of which could allow strangers to contact your child. If you're concerned about this, you can turn off video calling and other features. However, some smart TVs have built-in microphones and cameras that can be used to monitor your child's activities. If you're concerned about this, you can turn off voice search and other features.

**Advice for Parents & Carers**

- MAKE IT A FAMILY THING**  
Family TV time is a great way to model the responsible enjoyment of technology – allowing your child to use the smart TV safely for when they're not with you. You could also use this time to discuss the risks of smart TV use and how to avoid them. You could also use this time to discuss the risks of smart TV use and how to avoid them.
- CREATE CHILD PROFILES**  
Much like with smartphones and tablets, apps can be downloaded onto smart TVs from free content platforms such as the App Store or Google Play. However, not all apps are suitable for your child. You can create child profiles for your smart TV, which allow you to set up different settings for your child – including more child-friendly content and reducing the possibility of their viewing explicit content.
- SET UP PARENTAL CONTROLS**  
It's likely that your smart TV has built-in parental controls, which not only let you restrict and age-appropriate shows, movies and games but can also restrict in-app purchasing on your child's account. You can also set up parental controls on your smart TV, which allow you to set up different settings for your child – including more child-friendly content and reducing the possibility of their viewing explicit content.
- CONSIDER THE LOCATION**  
If you're concerned about the online safety hazards that a smart TV might pose to your child, you could consider where in your home you put the device. The safest option would be to place the smart TV in a shared family space – so that on-screen activity and apps is supervised when your child is watching it – rather than in the relative privacy of a bedroom.

**Meet Our Expert**  
NOS National Online Safety  
#WakeUpWednesday

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