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### Key Dates

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6 <sup>th</sup> May - 23 <sup>rd</sup> May	GCSE Exams
13 <sup>th</sup> May	Year 7 Future Brunel Selection
14 <sup>th</sup> May	Year 9 Future Brunel Trip Year 10 Parent / Carer Evening
19 <sup>th</sup> May	Year 8 Intercommunity
20 <sup>th</sup> May	Year 7 Intercommunity Year 9 intercommunity
23 <sup>rd</sup> May	End of Term 5
2 <sup>nd</sup> June	Start of Term 6

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### *JCA Routines – Arrival to Lessons*

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Our Year 11s are currently in their exam period and once this is over our year 10 students will start their mock exams. Whilst most students will sit their exams in the Sports Hall, there are more than 10 other rooms being used for students' exams, all around the building.

It's really important that our whole community of students consider what others might be doing as we move around the school to give them the best chance of success through a focused and calm environment. Where there are signs on the doors and in corridors about exams, students must ensure they move quickly and quietly past these spaces and must NOT enter them for any reason.

Students have been reminded that they should show respect to each other in the corridors as they move between lessons; our lessons start promptly on the bell and do not wait for late arrivals. We do this to empower ourselves as well as our community; we raise each other up by being kind and aware of our surroundings. Please support us by reminding your child(ren) that they should be in their lessons and learning (every minute really does count!)

Nathan Richardson  
**Assistant Principal**

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### *Year 10 Parent and Carer Evening*

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The year 10 parent and carer evening is this Wednesday 14<sup>th</sup> May from 15:30. Bookings are open until 12:00 on Wednesday, so please log onto your MCAS account to reserve your slots.

Revision guides will be available to purchase on the evening and payment.

If you have any questions regarding this, please email [JCAinfo@clf.uk](mailto:JCAinfo@clf.uk)

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### *The Great Big Dance Off 29<sup>th</sup> April*

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We took a squad of 16 year 8 and 9 dancers to compete in the South West regional heat of the Great Big Dance Off. Over 30 schools were in attendance and 15 secondaries were in our age category. All the dances were brilliant and we had a fantastic day. We were the only debut school there, so to place 7<sup>th</sup> out of 15 on our first attempt was a big achievement. We have learned a lot about the competition and will be back next year to compete again in both the KS3 and KS4 categories.

The dance we entered this year will be performed in our next annual dance show (January 2026). Dance

has always been popular at John Cabot Academy, but it is on the rise and ever-growing. If your daughter or son is keen to join, please ask them to speak to their PE teacher or to check when the clubs are running. Currently, Year 9-10 is on a Monday and Year 7-8 is on a Tuesday.





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### *Intercommunity Day*

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Our inter-community events are designed to be fun and friendly sports competitions within year groups, taking place during lesson time. They run for a double lesson, at a time when one half of the year has PE and the other half joins them.

Students should come to school wearing their PE kit and bring a water bottle. All students will meet on the small astro where they will line up to register and then we will head to the field. The summer inter-community sport is rounders, and they will be competing in teams with their tutor group.

## INTERCOMMUNITY DAY



### ROUNDERS



#### **Year 7**

**Tuesday 20th May periods 1 and 2**

#### **Year 8**

**Monday 19th May Periods 1 and 2  
(lunch in between)**

#### **Year 9**

**Tuesday 20th May periods 3 and 4**

**NOTE:**

**Students meet on the small astro for register.**

**Please ensure everyone is in their PE kit and has a water bottle.**

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#### *Feedback from a Local Resident*

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We have recently received a letter from a resident who lives alongside the school. We are very proud of

the exemplary behaviour shown by our students and what fantastic ambassadors they are being in the local community.

“As the weather has been improving over the last weeks, the children have been playing a lot more in the basketball courts, which we can hear when the windows are open. This is not an issue, and part of the acceptances when you live on the grounds of s school. This being said, the language being used is quite possibly some of the most polite I have heard in a long time.

As well as this, a few weeks ago, a young chap rang the doorbell to ask for permission to collect a football from the garden. We were particularly impressed as he actually had to walk past the ball to get to the doorbell to ask, so we felt this was a true indication of the lad's manners and we were ever so impressed.

I would also like to comment how lovely it is, at the end of the day, there are a group of children who stick around and play sports on the courts. They are friendly, and often say hello when we go past. Some of the time a group have been playing cricket as well, and as a keen cricket fan from my school days, i find it lovely to see that its not just football, and the other mainstream sports are being played still as well.”

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### *Supporting Students with Exam Stress*

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Our Assistant Principal, Nathan Richardson, was interviewed for the BBC on exam stress.

The link to the article can be found here <https://www.bbc.co.uk/news/articles/cn5x3zgw134o>

There are also many resources online both for students as well as families on coping with exam stress

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/tips-for-coping-with-exam-stress/>

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

<https://www.gov.uk/government/publications/coping-with-exam-pressure-a-guide-for-students/coping-with-exam-pressure-a-guide-for-students>

<https://www.youngminds.org.uk/young-person/blog/exam-self-care/>