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Key Dates

11 th September	Sports Award Evening
15-17 th September	Year 9 Residential Camp
23 rd September	Open Evening – Students Finish at 14:40
30 th September	Open Day Tours
3 rd October	Road Safety Show
6 th October	23 Hour Sportathon
8 th October	Year 11 Parent / Carer Evening
9 th October	Open Day
13 th – 22 nd October	Year 11 Mock Exams
15 th October	Wear Red Day & Tuck Shop Year 7 Meet the Tutor Evening
17 th October	KS3 Rugby Festival

21 st October	Open Day Tours
22 nd October	End of Term 1
3 rd November	Start of Term 2

JCA Routines – Uniform

The start of the academic year represents a great time for students to set the tone with their school uniform. Please re-familiarise yourselves with our uniform policy below:

Uniform

Tie*	JCA clip-on tie.
Jumper*	Dark blue, v-neck, with blue piping at the neck.
Trousers	Black tailored trousers with a crease, reaching to the ankle. Must not be skintight. Jeans, leggings or other fashion styles are not permitted.
Shirt	White, long or short sleeve, buttoning to the neck to be worn with a tie.
Tights	Black, grey or neutral.
Socks	White, black, grey or neutral.
School shoes	Black, leather, substantial (not trainers, daps or boots). See guidance below on acceptable styles of shoe.



Shoes for Boys and Girls

Shoes must be plain black and can have laces, be slip-on or have a Velcro strap. A brief sample of acceptable shoe styles is shown here. These styles are advertised for sale as boys' and girls' shoes. Trainers, sport shoes, plimsolls or pumps are **not** acceptable, **neither** are boots **nor** shoes with high heels.

Shoes (sold in shops as suitable for boys)

Examples of acceptable styles:



Shoes (sold in shops as suitable for girls)

Examples of acceptable styles:



Unacceptable Styles



The above trainers/pumps/plimsolls are not acceptable footwear for school for boys or girls.

Your child can wear their PE kit to school on the day they have their PE lesson. We must also add that your child will be asked to change into school uniform if they arrive at school in PE kit on a non-PE day.

Please also see the optional uniform items below:

Uniform – Optional items

Skirt*	Blue, tartan skirt. Can be worn instead of trousers.
Blazer*	Grey, blue piping to lapels with school badge embroidered onto pocket.
Belt	Plain black with a discreet plain buckle or clasp.
Hijabs & Head Scarves	White, black, blue or grey if worn.
Durags, Bonnets & Head wraps	White, black, blue or grey if worn.



Equipment:

Please also ensure your child comes to school fully equipped for learning. This includes:

- A blue or black pen (more than one)

- Ruler
- Pencil
- Eraser

Students are also able to purchase a pen for 5p at the finance office.

Open Evening

Our Open Evening for all prospective students will be on 23rd September from 4-7pm.

The school will be closing at 2:40pm to students.

The Open Days will be on the 30th September at 9am and 2pm and the 21st October, and tickets for these can be booked via Eventbrite here:

Tuesday 30th Sept 9am

<https://www.eventbrite.co.uk/e/1667991821439...>

Tues 30th Sept 2pm

<https://www.eventbrite.co.uk/e/1668357274519...>

Tues 21st Oct 9am

<https://www.eventbrite.co.uk/e/1668373031649...>

Tues 21st Oct 2pm

<https://www.eventbrite.co.uk/e/1672433175649...>

Road Safety & End of Day Procedures

Thank you to all our parents who drive to school and give themselves time to park safely, legally and with thought for our neighbours. We are very grateful to you and you are in the majority. We are hosting a Road Safety Education day with our students in October to ensure they are fully aware of how to behave safely in the community, which will build on the positive behaviours they see, experience and learn from.

Unfortunately, we still have a few parents/carers parking on the zigzag lines, on the double yellow lines or performing manoeuvres such as three point turns which include them driving up on pavements, nearly hitting our students. If this is you, you are putting the safety of our children and families who walk to school at risk.

Please consider our community safety before parking. We will be asking our PCSO's to visit again to support our school safety on the roads around school.

At the end of the day, we run a 'one-way' system. Cars 'queue' in the car park and up Woodside road, then drive out through the school site and Kingswood Foundation and out onto Britannia Road. The whole queue clears within 5 minutes. Please can you follow this system to keep our students safe.

Clubs for Term 1

Clubs are completely free – students just have to show up to the ones they are interested in.



Year	Mon	Tue	Wed	Thu	Fri
Year 7	Boys' rugby	Year 7 Dance Badminton/ Volleyball Girls football		Netball	
Year 8	KS3 Dance Boys' rugby	Badminton/ Volleyball Girls football		Netball	
Year 9	KS3 Dance Boys' rugby	Badminton/ Volleyball Girls football		Netball	
Year 10	Boys' rugby	Badminton/ Volleyball		Netball	KS4 Dance
Year 11	Boys' rugby	Badminton/ Volleyball		Netball	KS4 Dance

**Note: Please meet for clubs outside the Sports hall.
Unless stated, clubs are boys and girls
Please change for clubs on non-PE days in the changing rooms**



ENRICHMENT CLUBS

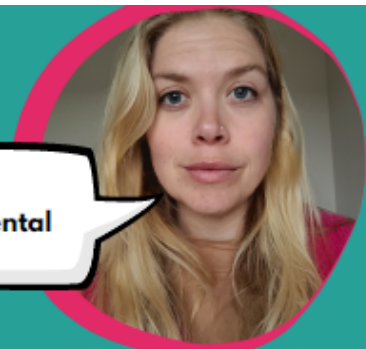
3:15 – 4:00

Year	Mon	Tue	Wed	Thu	Fri
Year 7	Grease Academy Production Rehearsals		Book Club	Drama Club	Choir
Year 8	Grease Academy Production Rehearsals		Book Club	Drama Club	Choir
Year 9	Grease Academy Production Rehearsals		Book Club	Drama Club	Choir
Year 10	Grease Academy Production Rehearsals		Book Club	Music Coursework	Choir
Year 11	Grease Academy Production Rehearsals	Drama & Music Coursework	Book Club		Choir



MHST


MENTAL HEALTH SUPPORT TEAM (MHST)



Hi, I'm Bea!
John Cabot's Education Mental
Health Practitioner.

I work for the MHST, which is a partnership between the NHS and OTR (Off The Record). We are an early intervention service that focuses on supporting young people's mental health and wellbeing needs in schools. I am in John Cabot's every Thursday.

Ways that I will be supporting at John Cabot Academy :

- 
- Working with children on a **1-1 or group basis** to deliver **Low Intensity Cognitive Behavioural Therapy (CBT)**. I can work with children who have anxiety, low mood or other struggles related to their mental health and wellbeing.
 - Supporting schools to deliver a "**whole-school approach**" to mental health. This means engaging the entire school with their wellbeing by delivering various things through the year. **See my Termly timetable at the end!**
 - **Signposting** to appropriate organisations and services for further support.



If you have any questions about this service or if you may be interested in having support from me please contact the school's Mental Health Lead, Alex Lynett or your child's Head of Year



What might be going on for your child?

Feeling low

Feeling nervous about school or friends

Feeling anxious

Stopped going places they used to go

Feeling Worried

Struggling with their behaviour

I'm having trouble with my feelings

Has a fear towards something (dogs, spiders, monsters under the bed)

How can you access our service if you are looking for support for your child?

Speak to your child Head of Year or the school's Mental Health Lead, Alex Lynett.



The school will reach out to us, and we'll discuss how best I can support and recommend an appropriate referral



Referrals can be made and if accepted I would work 1:1 with you and/or your child



If accepted, the first step will be a meet and greet with you and/or your child, which we will arrange



**Scan the QR code below to
explore some useful websites for
parents/carers**



Get in contact

mhstenquiries@otrbristol.org.uk

0117403 8735

The MHST is a partnership between OTR (Off the Record) and CAMHS. We are working with selected education settings across Bristol, North Somerset and South Glos. To find out where we work check out our webpage:

www.otrbristol.org.uk/what-we-do/mhst/



Support with Purchasing Uniform

Do you need help to buy school uniform?

You may be eligible for up to £50 for primary school uniform and £80 for secondary school uniform (maximum of three children per household).

YOU CAN APPLY IF YOU:

are
struggling
to pay bills
and/or meet
your monthly
outgoings

live within
South
Gloucestershire

have no
other means of
support through
family, friends
or donations



If you're eligible, you will be reimbursed for purchases between **1 July to 15 September 2025**. You must provide receipts showing proof of purchase and your bank statement (unless you paid in cash). Payments will be made towards the cost of essential clothing for school use including PE kits, shoes and coats. You will not be reimbursed for stationery, bags, lunch boxes, or other non-clothing items.

You will receive a reimbursement in the form of a supermarket voucher.

To apply, visit your nearest One Stop Shop in Kingswood, Patchway or Yate. You will be asked to fill in a financial statement of your income and expenditure.

www.southglos.gov.uk/CostofLiving

