

[Click here to access the Student Navigator.](#) The student navigator page contains links to all the pages you will need if you are learning from home.

Contents

Key Dates.....	1
JCA Routine – Attendance	2
Term 5 Curriculum	2
New Clubs and Groups	3
JCA Easter Event	4
Preloved Uniform	5
Meningitis: Year 9 Meningococcal Vaccine.....	6
Prevent Information	8
YoungMinds Mental Health Advice	8
Volunteering with Scouts.....	10
Unique Voice Spring Holiday Club	11

Key Dates

23 rd – 27 th March	Green Careers Week
24 th March	KS4 Careers Fair
1 st April	Parent / Carer Coffee Morning Cake Sale
2 nd April	Last Day of Term 4
20 th April	First Day of Term 5

JCA Routine – Attendance

Good attendance is essential for learning. We expect students to be in school every day unless they are genuinely too unwell or have an agreed reason to be absent. We monitor attendance daily and contact families if it drops below 96%.

Missing school can cause students to:

- Fall behind
- Lose confidence
- Miss important support
- Feel less part of the school community

Regular attendance helps students stay on track, keep friendships, and do their best.

Illness

If your child is ill, call 0117 976 3000 (Option 2 → Option 2) before 8:30am, or email jcastudentabsence@clf.uk

Call each day they are absent. Minor illnesses should not stop them from attending — staff will monitor them if needed.

We must record all absences as authorised or unauthorised.

Kind regards

Andrew Buck
Vice Principal

Term 5 Curriculum

Wanting to know what your child is learning about this term?

All of our curriculum plans are available on our website, <https://johncabotacademy.clf.uk/content/curriculum-statement/subject-information/> and information about our curriculum statement, list of GCSE exam boards, music tuition and year 9 options are available on the *curriculum* drop-down at the top of the homepage.

Please email jcainfo@clf.uk if you need any further information about the curriculum, teaching and learning within any subject.

Kate Searle
Assistant Principal

New Clubs and Groups

LGBTQ+ CHAMPIONS

BF5 - MONDAY - TUTOR TIME

What: Please come along and sign up to our LGBTQ+ club. and help relaunch our welcoming group, fostering pride and support across our school and beyond.

Who: Open to all, including our allies.

When and Where: Weekly, Tutor Time, Monday, BF5

Why: We want to create a safe and welcoming space for everyone, to share their thoughts and ideas about how to make our lovely school even more inclusive.

Miss Shipp



What: Please come along and sign up to our **Young Carers Club** and help relaunch our welcoming group.


Who: For anyone who has a **caring role** for any member of their household and **those affected**.

When and Where: Weekly, Tutor Time, Tuesday, BF5


Why: We want to create a safe and welcoming space for students, to share their thoughts and ideas about how to make life at home that little bit easier.

YOUNG CARERS CHAMPIONS

**BF5 - TUESDAY -
TUTOR TIME**



FEMpower Champions



Empower yourself. Empower our community.

BF5 - WEDNESDAY - Tutor time

What: A safe space to relaunched our Fempower Group.

Who: For anyone who wants to support young women to feel empowered at school an in every aspect of life.

Why: To share expertise and knowledge
Amplify voices
Celebrate achievements
Provide support and feedback
Advocacy and allyship

When and Where:
Weekly, Tutor Time, Wednesday, BF5

WOMEN LEADING CHANGE
FEMpower ♀

JCA Easter Event



JCA EASTER EVENT

THURSDAY 2ND APRIL (MAUNDY THURSDAY)
MAIN HALL, 3:15-4:15PM

AN OPPORTUNITY TO MEET, DISCUSS, SHARE, LEARN,
REFLECT ON THE MEANING OF EASTER

FOR MORE INFO SEE MRS CHURCH OR MR ALLEN

On Thursday 2nd April an event is going to be held in the main hall from 3:15-4:15pm, that will give students the opportunity to meet with one another and discuss, reflect and understand more about the

meaning of Easter.

If your son/daughter would like to attend, then please complete the form via the link below.

[JCA Easter Event – Fill in form](#)

Any questions regarding the event can be directed to Mrs Church or Mr Allen.

Preloved Uniform

We have a large stock of preloved uniform available to buy from our reception.

School Uniform

Leggings / Joggers

PE Tops

PE Shorts

Shirts

Ties

Trousers

£2.50

Blazers

Jumpers

PE Hoody

Tartan Skirts

£5.00

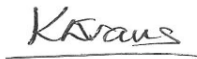
Meningitis: Year 9 Meningococcal Vaccine

Following news reports of a number of meningitis cases in Kent, which has resulted in 2 deaths, Public Health are reminding all parents and students of the importance of Meningitis vaccination. MenACWY is routinely offered to all students during Year 9. We encourage all parents to respond to the invitation and consent process, which will come from the school age immunisation service, Sirona, in the coming weeks.

We are offering your Year 9 child a free Meningococcal ACWY vaccine and Diphtheria, Tetanus and Polio vaccination in school this year. Please complete the consent form as soon as possible. <https://imms.sirona-cic.org.uk/dtp/2025/consent?v=2>

Questions?

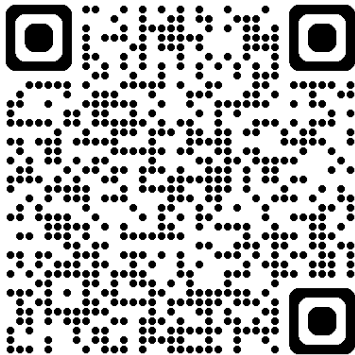
Contact the School Immunisation Team: 0300 124 5515 or email sirona.sch-imms@nhs.net



Yours sincerely

Karen Evans
Associate Director of Children's Services
Sirona

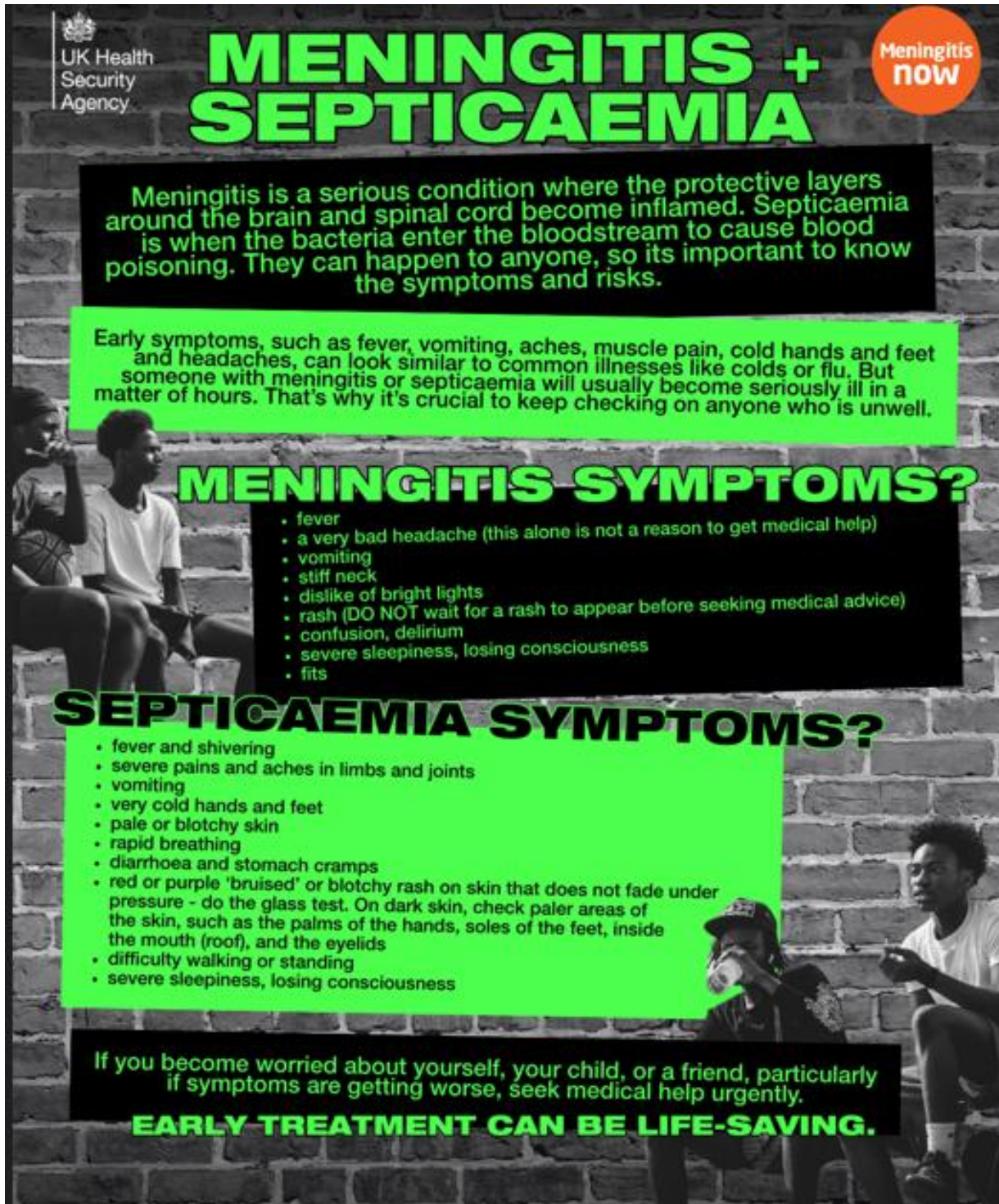
QR code link to consent form



In Bristol around 35% of older students, in school Years 10 to 13, have not had their MenACWY vaccination. Please can you to check your child's vaccination record and book an appointment if needed. **You can do this via sirona.sch-imms@nhs.net or 0300 1245 515 for students in Years 10 to 13, or alternatively for students in Year 12 or 13 (and other individuals up to the age of 25), via their GP.**

Meningitis is an uncommon but serious disease and, in many cases, can be prevented through vaccination which is safe and available. More information about MenACWY vaccination can be found here [Meningococcal ACWY and diphtheria, tetanus and polio – Children and Young People's Services](#)"

Kind Regards,
BCC Health Protection Duty Desk Team



UK Health Security Agency

MENINGITIS + SEPTICAEMIA

Meningitis NOW

Meningitis is a serious condition where the protective layers around the brain and spinal cord become inflamed. Septicaemia is when the bacteria enter the bloodstream to cause blood poisoning. They can happen to anyone, so its important to know the symptoms and risks.

Early symptoms, such as fever, vomiting, aches, muscle pain, cold hands and feet and headaches, can look similar to common illnesses like colds or flu. But someone with meningitis or septicaemia will usually become seriously ill in a matter of hours. That's why it's crucial to keep checking on anyone who is unwell.

MENINGITIS SYMPTOMS?

- fever
- a very bad headache (this alone is not a reason to get medical help)
- vomiting
- stiff neck
- dislike of bright lights
- rash (DO NOT wait for a rash to appear before seeking medical advice)
- confusion, delirium
- severe sleepiness, losing consciousness
- fits

SEPTICAEMIA SYMPTOMS?

- fever and shivering
- severe pains and aches in limbs and joints
- vomiting
- very cold hands and feet
- pale or blotchy skin
- rapid breathing
- diarrhoea and stomach cramps
- red or purple 'bruised' or blotchy rash on skin that does not fade under pressure - do the glass test. On dark skin, check paler areas of the skin, such as the palms of the hands, soles of the feet, inside the mouth (roof), and the eyelids
- difficulty walking or standing
- severe sleepiness, losing consciousness

If you become worried about yourself, your child, or a friend, particularly if symptoms are getting worse, seek medical help urgently.

EARLY TREATMENT CAN BE LIFE-SAVING.

Prevent Information

With so much uncertainty in the world at present our children can so easily find it difficult to navigate what is right and wrong and how or what they should be feeling. At times like this it can make our children more vulnerable to adopting extreme political, social or religious views and we worry if this could lead them to supporting terrorism (being radicalised).

The process of radicalisation may involve:

- being [groomed](#) online or in person
- being taken advantage of (being exploited), including [sexual exploitation](#)
- psychological manipulation
- exposure to violent material and other inappropriate information
- the risk of physical harm or death through extremist acts.

It happens gradually so children and young people who are affected may not realise what it is that they are being drawn into.

Anyone can be radicalised but there are some factors which may make a child more vulnerable. These include:

- being easily influenced or impressionable
- having low self-esteem or being isolated
- feeling that rejection, discrimination or injustice is taking place in society
- experiencing community tension amongst different groups
- being disrespectful or angry towards family and peers
- having a strong need for acceptance or belonging
- experiencing grief such as loss of a loved one.

Please do get in touch if you are worried about a child either with the Pastoral Team, Safeguarding Team or via safeguarding@jca.clf.uk. The following resources are also attached as supportive information together with information on our website [Welcome to our Academy - John Cabot Academy](#)

[Parents' Resources - Educate Against Hate](#)

[Support to understand radicalisation and extremism](#)

Michelle Collins

Designated Safeguarding Lead

YoungMinds Mental Health Advice

To any parents supporting a teenager who is struggling with their mental health... we asked our community of

parents what they would want you to know.

Here are 6 things they shared that might help you too.

- 1/ Slow it down. Connection before correction. When a teenager is overwhelmed, logic probably won't land, but safety will. You don't have to have all the answers. Just being alongside them is so powerful.
- 2/ Don't panic. Stay close. Your child doesn't need you to fix everything... they need you to be their safe place. Keep listening, even when they push you away. Your love and consistency matter more than you realise.
- 3/ Create a safe space for honest communication. Encourage a hobby; it will be a great outlet now and later on. Get support when required. Absolutely nothing wrong with that.
- 4/ It's so hard for young people to navigate a world we didn't grow up in. Which means parenting is harder. Reach out to others as they may be struggling in silence too.
- 5/ Your kid is amazing. You are amazing. You've got this together. Listen. Empathise with them - try hard not to 'fix' even though everything screams that you must. Sometimes they need to know you are listening and you get it. They'll find their way in time.
- 6/ Time - take time, make time, time together, time alone - be the time that they need. You are not alone.

YoungMinds

www.youngminds.org.uk



Volunteering with Scouts



Volunteer in the Scouting County of Avon

Volunteer, your way evenings, weekends, or behind the scenes. Pick a role that fits your life

We're looking for

- Trustees
- TeamLead Volunteers
- Section Volunteers
- Treasurers
- Chairs

No experience needed. Training provided for every role

Sound good? Scan the QR code or follow the link below



volunteer@avonscouts.org.uk

www.avonscouts.org.uk/join

#SkillsForLife

Copyright 2019 The Scout Association Registered Charity numbers 206101/50038437

Unique Voice Spring Holiday Club



UNIQUE VOICE

Creative Arts Club

No cost!
Young people must be eligible for Free School Meals. Find out more on our booking page.

Learn creative skills and meet new people this Spring!

WHEN
Tuesday 7th - Friday 10th of April

WHERE
John Cabot Academy,
BS15 8BD

FOOD
Free hot lunch, dessert and snacks

TO BOOK
Scan the QR code or visit <https://eequ.org/uniquevoice>

ACTIVITIES

- Performance
- Games
- Multi media arts
- Photography
- Drawing

Questions?
Call/Text: 0117 428 6240
or 07831 914685 Email: kitty@uniquevoice.org