

[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.

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### *Key Dates*

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2 <sup>nd</sup> April	Cake Sale Last Day of Term 4
20 <sup>th</sup> April	First Day of Term 5

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### *Head of School's Message*

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Dear Parents and Carers,

We hope you're all doing well. As we get ready for the Easter holidays, we wanted to tell you how to get help if you're worried about your child while school is closed.

If someone is already helping you or your child (like a support worker or another professional), you can still talk to them during the break. They know school is closed and want to support you if you need it. You can talk to the safeguarding team at John Cabot Academy by emailing [safeguarding@jca.clf.uk](mailto:safeguarding@jca.clf.uk), which is mailbox that is monitored by the safeguarding team across the break. For urgent worries, please do call the appropriate numbers listed below.

If your child feels worried or has questions while school is closed, they can also use their school email to contact us.

You can also look at the **Safeguarding page** on our school website for help with things like:

- Looking after mental health
- Staying safe on the internet
- What to do if your child might be unsafe outside the home
- Getting help with sexual health

If your child is ever in *immediate danger*, please call **999**.

If it's not an emergency, you can contact social services:

#### South Gloucestershire

- 01454 866000 — Monday to Friday, 9am–5pm
- 01454 615165 — Evenings and weekends

#### Bristol

- 0117 903 6444 — Monday to Friday, 9am–5pm
- 01454 615165 — Evenings and weekends

We've also included information about staying safe during the holidays below.

Thank you for reading. We hope you all have a safe and happy Easter break.

<b>Staying safe during school holidays</b>	
<b>Parent/Carer checklist</b>	
Be prepared!	
<input type="checkbox"/>	<b>Check the weather and ensure that you dress your children appropriately. Wear sensible footwear.</b> If it's going to be hot - bring sun lotion, sunglasses, and a hat! Waterproofs and coats if it's cold and wet!
<input type="checkbox"/>	<b>Everyone eats breakfast</b> - take snacks with you too. You don't know how long it would be before you can access food.
<input type="checkbox"/>	<b>Stay hydrated</b> - Ensure you have bottles you can refill.
<input type="checkbox"/>	<b>Plan your journeys.</b> Make sure you are aware of the geographical area of where you and young people are going to be - plan how to get there safely.
<b>Just in case.... safety plan</b>	
<input type="checkbox"/>	<b>Write your mobile number on a bit of paper/key ring and put it in your child's pocket.</b> If your child has a phone, make sure its fully charged and bring a backup charger.
<input type="checkbox"/>	<b>Agree meet up points if you get separated</b> - look for landmarks like churches, community centres or shops that are close by.
<input type="checkbox"/>	<b>Take a photo of your child in the morning!</b> Create a memory but this will help if your child gets lost for you to show professionals who to look out for if your child goes missing.
<input type="checkbox"/>	<b>Identify areas where your child can get help</b> hopefully you wont need this, but just in case – look for the places of safety and how to get there.

<input type="checkbox"/>	<b>Bring photographic identification</b> - if your child has been lost and found, you may need to verify who you are.
<b>If you are not attending with your child...some extra considerations</b>	
<input type="checkbox"/>	<b>Know who your child is with</b> - If your child is out with friends– make sure you have their friend's parent/carer's contacts.
<input type="checkbox"/>	<b>Set rules and expectations.</b> Check in with your children before they leave home. Talk about worries and how you can reassure yourselves. You can use the corresponding Young Persons Check list to support this conversation.
<input type="checkbox"/>	<b>Plan getting home</b> - make sure you consider getting home safe. Transport can be unpredictable – have a backup plan.
<input type="checkbox"/>	<b>Communicate throughout the day</b> - Get them to send you selfies and regularly message – if they need help know how you can get support.

Gemma Read  
**Head of School**

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### *JCA Routine – Homework*

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At JCA we know that regular retrieval of learning at home should improve students' retention of learning. To support this:

- Every student in every subject can expect one piece of homework every week and have one week to complete it.
- You will always have one week to complete it so you can spread it out over the week. It'll mostly be on Bromcom / MCAS too.
- Sometimes it will be a worksheet or something on paper.
- Sometimes it will be online (a quiz or on a subject-specific website).
- If you need help with access to a computer, talk to your tutor.

Kind regards

Andrew Buck  
**Vice Principal**

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### *Year 11 Education Record App*

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This Friday we have started to register our Y11s for the Department for Education's new "Education Record" App. This will act as an easily accessible proof of exam results in the future.

This will be especially useful when students are enrolling in their next provisions, as it is easy to find, and the P16 provisions should be able to upload the information via a QR code, reducing the amount of paperwork you will need to complete.

This is an entirely optional process and is the first year the government have introduced this method. It is not a replacement for collecting your GCSE results from JCA on results day as results are not released as early, and an app lacks the support and celebration provided on the day.

To support with this process, please make sure your Y11 child downloads the Education Record App from their App Store, the rest of the process is completed in school.

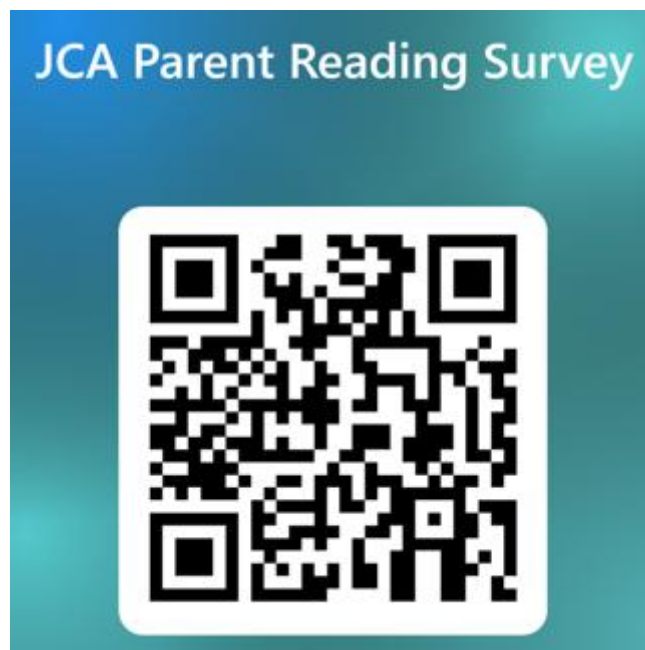
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### *Reading Surveys*

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At JCA we are committed to supporting our young people with reading and encouraging them to read for pleasure. We do this as we know that reading builds vocabulary and creativity as well as providing a boost to our mental health and boosting outcomes in school.

To support us in developing our reading for pleasure strategy we would greatly appreciate it if you completed this anonymous online form about your reading habits: [JCA Parent Reading Survey – Fill in form](#)



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### Poetry By Heart

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On the evening of Thursday 26<sup>th</sup> March, seven of our Year 8 students took part in a poetry performance evening for the national Poetry by Heart competition.

Poetry By Heart is a national poetry recitation competition that encourages young people to explore, learn, and perform poetry aloud. The competition aims to build confidence, develop public speaking skills, and foster a deeper appreciation of poetry from a wide range of voices, styles, and time periods.

All Year 8 students were required to perform a poem by heart to their English class, from there, two-three winners were chosen from each class to go forward to our school's finalists' performance evening. Congratulations to our finalists: Rosalie B, Jack B, Arianna B-C, Filip J, Maxwell N, Ellie N and Deyan R.

The evening was judged by Ms Utley and Mr Gill, and Rosie Hunt- lecturer for PGCE English at University of Bristol, who was extremely impressed with the quality of our students' performances.

A very special congratulations goes to Arianna, Jack and Deyan who are our three winners, and whose performances will be going through to the next round of the national competition. Well done, Year 8!



*Bake Sale*



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### *Rugby Festival*

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Last week, Mr Baird accompanied a group of Year 9 students to an exciting rugby festival at the Bristol Bears Performance Centre.

The day was a great success, with our team winning 4 out of 7 matches in a competitive mixed tournament. Both the boys and girls performed brilliantly, showing fantastic teamwork, skill, and determination throughout. A particular highlight was the opportunity to meet professional players and showcase their abilities in front of them. Overall, it was a memorable and enjoyable experience for everyone involved



Mani Baird  
**PE Teacher**

*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




**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



*JCA Easter Event*

# JCA EASTER EVENT

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THURSDAY 2<sup>ND</sup> 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 2<sup>nd</sup> 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.

### Term 5 Clubs



Year	Mon	Tue	Wed	Thu	Fri
<b>Year 7</b>	Badminton/ Volleyball LGBTQ+ Champions	Cricket Rounders Gardening Club Young Carers	Book Club FEMpower Champion	KS3 Production	Basketball Choir
<b>Year 8</b>	Badminton/ Volleyball LGBTQ+ Champions	Cricket Rounders Gardening Club Young Carers	Book Club FEMpower Champion	KS3 Production	Basketball Choir
<b>Year 9</b>	Badminton/ Volleyball LGBTQ+ Champions	Cricket Rounders Gardening Club Young Carers	Book Club FEMpower Champion	KS3 Production	Basketball Choir
<b>Year 10</b>	Badminton/ Volleyball LGBTQ+ Champions	Cricket Rounders Young Carers	Book Club FEMpower Champion		Choir
<b>Year 11</b>	Badminton/ Volleyball LGBTQ+ Champions	Cricket Rounders Young Carers	Book Club FEMpower Champion	H&S Care & Sport Science	Choir

**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**

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*Meningitis: Year 9 Meningococcal Vaccine*

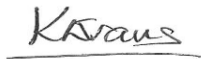
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Following news reports of a number of meningitis cases in Kent, which has resulted in 2 deaths, Public Health are reminding all parents and students of the importance of Meningitis vaccination. MenACWY is routinely offered to all students during Year 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?**

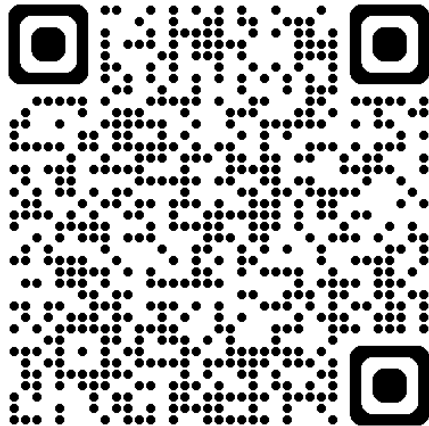
Contact the School Immunisation Team: 0300 124 5515 or email [sirona.sch-imms@nhs.net](mailto:sirona.sch-imms@nhs.net)



Yours sincerely

Karen Evans  
Associate Director of Children's Services  
Sirona

QR code link to consent form



Kind Regards,  
**BCC Health Protection Duty Desk Team**

Online Parent Carer Workshop Exam Stress



## Mental Health Support Team

Mental Health Support Teams (MHSTs) were established to support schools, helping them develop ways to look after the mental health and wellbeing of children and young people (CYP) as well as the wider school community including school staff and parents/carers.

The MHST are now delivering online sessions which are free to sign up to. Please scan the QR code below to register for our next webinar.



### Online Parent/Carer Sessions Exam Stress



To sign up, please complete a registration form here:



[MHST Online Session](#)



**What is it?** This session covers:

- Stress caused by exams (or SATs in primary school) and how to support our wellbeing to prevent stress overload.
- Signs of stress and how to spot when things are building up.
- Providing practical tips for supporting relaxation and wellbeing during the exam period.

**Who is it for?** Helpful for parents and carers whose children may have Exams coming up.

**When are they?** Sessions will be run at 12pm-1pm every Wednesday, Thursday and Friday.

**New topics and dates will be released regularly.**

The MHST is a partnership between Off the Record (OTR) 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/](http://www.otrbristol.org.uk/what-we-do/mhst/)

