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### Key Dates

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7 <sup>th</sup> May – 19 <sup>th</sup> June	GCSE Exams
1 <sup>st</sup> June	Start of Term 6
2 <sup>nd</sup> June	Year 6 Induction Evening
10 <sup>th</sup> June	CLF Big Kick Off
15 <sup>th</sup> – 22 <sup>nd</sup> June	Year 10 Mock Exams
16 <sup>th</sup> June	Year 11 Last Day of School & Leavers Assembly
19 <sup>th</sup> June	Pride Day / Non-Uniform
25 <sup>th</sup> June	Year 11 Prom
26 <sup>th</sup> June	Sports Award Event
1 <sup>st</sup> July	Year 7 Parent / Carer Evening

2 <sup>nd</sup> July	Year 10 Geography Field Trip (Other Group on the 6 <sup>th</sup> ) Cabot's Got Talent
3 <sup>rd</sup> July	INSET Day – School Closed to Pupils
7 <sup>th</sup> July	Parent / Carer Residential Camp Information Evening for Year 8 Parents
9 <sup>th</sup> July	Sports Day
13 <sup>th</sup> July	Summer Concert
13 <sup>th</sup> – 17 <sup>th</sup> July	Year 10 Work Experience Week
15 <sup>th</sup> July	Battle of the Bands
21 <sup>st</sup> July	Last Day of Term

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### *Principal's Message*

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#### **Sleep, Screens and Supporting Our Young People**

This half term I've been reading *The Anxious Generation* by Jonathan Haidt—a recommendation from a member of the John Cabot community and particularly timely as I navigate life with my own pre-teen children (and their persistent requests for screens!)

One of Haidt's key ideas is that four "foundational harms" are shaping teenage wellbeing today. Sleep deprivation stands out as something we can all help with. Many young people are simply not getting the sleep they need, often because screens quietly extend the day late into the evening. While this can feel harmless, sleep is vital for learning, mood and resilience—and we do see the impact of tiredness in school.

This is not about blaming us as parents but rather about recognising how much has changed and working together. Small shifts—like consistent bedtimes, device-free bedrooms, and modelling balance as adults (something I am still working on!)—can make a real difference.

If you'd like a quick introduction to these ideas, here are some accessible resources:

-  *The Anxious Generation*: <https://www.anxiousgeneration.com>
- Podcast: [How smartphones are rewiring our brains](#)
-  Short summary: <https://www.youtube.com/watch?v=PYdOeUBwUUU>

By working together, we can help our young people develop healthier routines and thrive both in and out of school.

Thank you, as always, for your support.

Gemma Read  
**Head of School**

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*Routine – Summer Uniform and Equipment*

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We hope that you enjoyed a restful half term and are ready to return. As we move into the final term of the year we anticipate we may have some warmer weather. To support your young person dressing appropriately for the weather, here is a reminder of the uniform:

Uniform	Description
Tie*	JCA clip-on tie.
Jumper	Dark blue, V-neck, with blue piping at the neck.
Trousers	Formal black tailored trousers with a crease, reaching to the ankle. Jeans and 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.
Short	Black, tailored, loose fitting shorts (not denim or sports shorts).
Skirt	Blue tartan skirt, can be worn instead of trousers/shorts
School Shoes	Black, leather, substantial (not sports trainers, daps or boots). See upcoming guidance on acceptable styles of shoe.

Please note that leggings are only part of the PE uniform, not the usual school uniform.

As students move into their end of year assessments it is important that they not only arrive dressed appropriately, but also equipped and ready to learn. We ask that students arrive at their lessons with a pen, pencil, ruler and scientific calculator. This means that students are ready to engage in all learning, and results in less lost learning.

Kind regards

Andrew Buck  
**Vice Principal**

*Library Chess Tournament*



**Year 11**

The Y11 tournament this year only had 3 players so we needed to adapt our usual bracket. Poppy K, Dylan C and Dylan TH all played each other twice in a round robin style bracket and we also kept a running points total based on captured material for each game. After many close matches, with wins for each player, **Dylan C** became our 2026 champion with a final total of 136 points.

**Year 10**

Our Y10 final was between Melik B and last year's finalist, Jamie S. Neither of these players had lost a

match throughout this year's tournament, apart from when they faced each other earlier in week 3 of the bracket, making this final game a rematch. Both finalists are careful and cautious players and this match ended up taking over two lunch breaks to complete! However, after both players clearing the board of almost all material on either side, **Melik** was able to force a checkmate with only 3 remaining pieces and has taken the 2026 Y10 champion title. A very dramatic finish to our 2026 tournament.

#### **Year 9**

Darius D and Yasin A played for the Y9 champion title, but an early miscalculation left Yasin on the defensive and undermined his usual steady gameplay. **Darius** was able to slowly clear the board and force a checkmate to become the 2026 Y9 champion

#### **Year 8**

Rhoshon H and Maxwell N faced each other for the Y8 champion title. Leading up to yesterday's match **Maxwell** had only lost a single game, however after a fierce bout Rhoshon has managed to remain undefeated and is this year's Y8 champion.

#### **Year 7**

The Y7 chess tournament finished in the library today. It was a very evenly matched game between Seth D and Leon F, who are both strong players and worthy finalists. The match went nearly to the lunchtime bell, but after an unfortunate late game blunder, Seth found himself in an unwinnable position and resigned to **Leon** who is now our 2026 Y7 champion. Leon has been awarded the Y7 champion medal and has won a magnetic travel chess set.

Well done to all of our winners and competitors

Laura Harnell  
**Librarian**

## PE Clubs Term 6




# SPORTS CLUBS TERM 6

## 3:15 – 4:00

Year	Mon	Tue	Wed	Thu	Fri
<b>Year 7</b>	Netball			Tennis Cricket	Basketball
<b>Year 8</b>	Netball			Tennis Cricket	Basketball
<b>Year 9</b>	Netball			Tennis Cricket	Basketball
<b>Year 10</b>	Netball	Basketball		Tennis Cricket	
<b>Year 11</b>	Netball	Basketball		Tennis Cricket	

**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**



*Comic Con Art Competition*



**Comic Art  
Contest**

**JCA LIBRARY  
COMIC CON  
24<sup>TH</sup> JUNE 2026**

Hand your  
artwork into the  
library for your  
chance to win!

Follow us on  
**Instagram**  
@jcalibrary

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*MCAS Parental Responsibilities*

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**Dear Parent/Carer,**

From time to time, we take photographs and videos for use on school displays, the school website, and for using externally as promotional materials for prospective Year 6 primary school pupils.

We have a CLF video shoot scheduled for **9 June**. To ensure that only students with parental consent are included, it is important that you update your consent preferences.

Please take a few minutes to log into **MCAS** and review the parental consent options on your child/ren's record/s (this must be done for each child separately). In particular, please ensure consent for "**Photographs and Videos for External Use**" is updated. Without this consent being granted, your child cannot be included in photographs or videos. \*

- On the MCAS website <https://www.mychildatschool.com/MCAS/MCSParentLogin> simply select *yes* or *no* for each option - (guidance attached)
- On the MCAS App: slide the toggle to update your preferences - (guidance attached)

Thank you for your support.

John Cabot Academy

*\* Please note: if consent is withdrawn at a later date, any images or videos taken before withdrawal may continue to be used externally.*



## Granting or revoking Parental Consents on MCAS (MyChildatSchool)

Please follow the instructions below to update parental consents for all students.

If you have more than one child attending John Cabot Academy, this must be done for each child separately. All Students linked to a parent account will appear in either the top left dropdown on the website or in the top central dropdown on the app. This dropdown allows parents to switch between different Student accounts that they are linked to.

If using the desktop/website version of MCAS, login

<https://www.mychildatschool.com/MCAS/MCSParentLogin> and select Parental Consent from the left hand menu list



For each consent listed select either Yes or No and then save

If using the MCAS app, login and select the Parental Consent tile

Slide the toggle bar against each consent to grant yes (right) or no (left). Changes are saved automatically.

Workd4Yout Drop Ins

# Works4Youth Industry Insights Roadshow

Explore careers. Meet Pros. Get Ahead.  
Join our FREE workshops for 16–19 year  
olds and start figuring out your next  
move.



Could an apprenticeship be right for you? Find out how they work, how much you earn and how to apply.

- **Tuesday 5<sup>th</sup> May 2-4pm @ Armadillo Youth Cafe, Yate, BS37 4FW**

Feeling stressed about work or the future? Learn simple ways to protect your mental health while job hunting.

- **Tuesday 26<sup>th</sup> May 2-4pm @ Creative Youth Network Youth Club, Kingswood, BS15 8DB**

Interested in a Career in Construction?

- **Tuesday 16<sup>th</sup> June 2-4pm @ Creative Youth Network, Hanham, BS15 3EJ**

Discover what it takes to work in retail—from interviews to customer service to teamwork.

- **Tuesday 23<sup>rd</sup> June 2-4pm @ Patchway Youth Centre, BS34 5JR**



[works4youth@southglos.gov.uk](mailto:works4youth@southglos.gov.uk)



@works4youth



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*South Glos Armed Forces Day – Event for Children and Their Families*

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The South Gloucestershire Armed Forces Day event takes place on Saturday 20<sup>th</sup> June in Page Park, Staple Hill and this year, is hosting a ‘Tea Party’ for children & young people and their families.

South Gloucestershire Council is sponsoring this ‘Tea Party’. There will be a wide range of entertainment for children & young people of all ages and council officers will be in attendance to engage with families and hear their views on services for the Armed Forces Community.

The following are links to the Armed Forces Day website and for families to sign up to attend the Tea Party:

[South Glos Armed Forces Day website](#)

[Sign up to attend the Tea Party](#)

Attendees should be children of serving personnel and their parents/carers.

Many thanks for your support in sharing this with families.

Dan Wood

Armed Forces Champion, South Gloucestershire Council

[Daniel.wood@southglos.gov.uk](mailto:Daniel.wood@southglos.gov.uk)



**SOUTH GLOS  
ARMED  
FORCES DAY**