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[Click here to access a guide to INSIGHT,](#) our student information system.

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HAF programme 2021- Parent Voice

Over the last three years the Government have piloted a programme to support families in 17 different local authorities and are looking to widen this to reach all areas of England from Easter 2021. The programme seeks to support families who would qualify for Free School Meals during term time to access the free 'Holiday Activities and Food Programme' (HAF) during school holidays. The aim would be to operate clubs across the area for 4 hours per day, 4 days per week for one week at Easter, 4 weeks in the Summer and 1 week at Christmas.

We want our HAF offer to match what parents and children want and need to best support them and would be grateful if you could complete the form below to help our planning.

[HAF programme 2021 Form link](#)

Winter Grant Scheme

The Winter Grant scheme aims to help meet immediate needs and really support those families who are struggling to afford food and utility bills (heating, cooking, lighting) and water for household purposes (including drinking, washing, cooking, central heating, sewerage and sanitary purposes), or other related essentials.

The financial support could include more practical items such purchase of blankets or more expensive items such as boiler / oven repairs or perhaps even a replacement oven if the existing one is broken beyond safe use / repair.

Parents and carers should contact CAB on 03444 111 444 or the Council on 0800 953 7778 Quoting Winter Grant funding.



Digitech



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Boomsatsuma Courses:

- DIGITAL MEDIA PRODUCTION** AT ENGINE SHED
- GAMES, VR & VFX** AT ENGINE SHED
- FILM & TELEVISION** AT THE BOTTLEYARD STUDIOS
- SPORTS MEDIA** AT ASHTON GATE STADIUM
- DANCE IN PARTNERSHIP WITH RISE YOUTH DANCE** AT THE STATION

ROBINS FOUNDATION

Robins Foundation Courses:

- BTEC Level 3 in Sports Coaching and Development** at Ashton Gate Stadium
- BTEC Level 3 Extended Diploma in Sport** at Ashton Gate Stadium



Year 11 Assessment

Dear Year 11s, parents and carers,

You will already know that Term 4 begins with an **assessment fortnight** for Year 11. The assessment timetable is linked here:

[Exam Timetable](#)

It's also available on our website and has been sent to parent/carer email addresses via INSIGHT.

This assessment window follows the virtual timetable already in place for students:

Week 1: 22nd February 2021 Week B timetable

Week 2: 1st March 2021 Week A timetable

All assessments will be completed by Friday 5th March 2021.

Where assessments are shown to be taking place (in the colour coded blocks), students **must** ensure they are logged on to teams at the start of their lessons. As a reminder, lessons begin at the following times:

Session 1: 9:30am

Session 2: 11:00am

Session 3: 1:00pm

Teachers are running these assessments with their own classes and will set up the sessions with a link on Show My Homework to the session (e.g. Live Lesson: 9.30- 10.45am) for students to access as normal. The teacher will remind students on how long they will have to complete and submit their assessment.

Where assessments are not running in this fortnight, live lessons will **not** happen. This is to support our young people in managing assessments when working in isolation. If there is no link for a live lesson or remote learning, the student does not have an assessment and should use the time to prepare for their next assessment by:

Revising with a clear topic focus (can be done in short 20 minute blocks and cover a range of subjects or topics). Tutors have supported Year 11 in knowing how to revise over the last 3 months; taking a short amount of 'down time' to relax after an assessment- we recommend a short walk in the fresh air (even if just 20 mins) for clearing heads;



Nourishing themselves (eating a meal or drinking water or even a short nap- max 20 minutes- set an alarm for waking up!) to ensure they are physically ready for their next challenge;
Connecting with their tutor or the Year 11 pastoral team to ask for any advice/support- there will be daily check in sessions between 2.30 and 3pm on teams;

Mr Church and the tutors will be running an assembly on Wednesday about the assessment fortnight- please encourage Year 11 to come along and ask questions!

Wishing you all a restful half term!

February half term provision

As February half term approaches, we are aware of the potential need for childcare for many of the parents of critical key workers. As a local authority we are keen to do all we can to support this and have managed to work with two sports companies to arrange provision at two sites across the authority and one child-care provision at a third site.

Offer 1

Progressive Sports are going to be based at **Abbeywood Community School** from Monday 15th to Friday 19th February running an active camp from 8.30am to 3.30pm for children aged 5-13 years. **The link for booking is below and parents can book directly with them.** The cost is £85 for the full course or £17 per day. All children will need to bring a packed lunch and a water bottle and suitable clothing for the weather.

<https://progressive-sports.co.uk/bristol-south-glos/product/abbeywood-community-school-february-active-camp/>

Offer 2

Swift Sports will be based at **The Park Primary School** and bookings can be made via their website bookings@swiftsportscoaching.co.uk – **please see flyer attached for all the relevant information.** This will run from Monday 15th February to Friday 19th February from 8.45am-3.30pm for children aged 5–13 years. The cost is £16.50 per child, per day with a 10% for multi day bookings of 3 or more days, alongside this they will be offering a 10% sibling discount on bookings. Bookings can only be made by email and paid via BACS transfer. Places are accepted on a first come, first serve basis and will only be secured once payment has been received. Suitable clothing and footwear will be required for indoor and outdoor use. Children will need to bring a packed lunch and a water bottle.



Offer 3

St Helen's February Holiday Club will be open for children **who are currently permitted to attend school during lockdown**. This Ofsted-Outstanding provision has been offering high-quality wraparound and holiday care since 2011 and runs from St Helen's C of E Primary School, Alveston. We have continued to support keyworkers and their families since March 2020.

The holiday club provides *learning through play* in a safe and secure environment. Children have access to a large woodland area, all-weather pitch and the school's large playground and outdoor play equipment. We pride ourselves on offering a free-flow play environment, where children choose where, when and what they play, while supported by a team of qualified and experienced playworkers. We follow all up to date government regulations with further details [here](#) and all staff will be Covid-tested before working.

This holiday we will be offering:

Free keyworker registration [here](#)

For ages 4-12 years

Long Day 8am-5.30pm at £29.50 (if booking individual days) including a breakfast of cereal, toast and fruit juice and an evening snack of toast and fruit - own packed lunch to be provided please.

This holiday we are also offering a **Short day** for just £18.50 per day, 9-3pm - own packed lunch to be provided.

Why not [REGISTER NOW](#) with no obligation...

Then (once we have authorised your account) login and [BOOK HERE](#)

Please note all offers are for **children of critical key workers only** and bookings will be made on a first come, first serve basis and places secured once payment has been received. We'd be grateful if this could be circulated to your critical key worker parents as soon as possible.

Swift Sports Coaching will be running a holiday club at the The Park Primary School, (Kingswood, Bristol, BS15 9TP), during the February half term holidays to support vulnerable children and children of key worker families.

Dates: Monday 15th to Friday 19th February 2021

Times: 8.45am - 3.30pm

Ages: 5 - 13 Year Olds Cost: £16.50 per child, per day *

Places available: 30 (15 in each bubble) **

For more information please click in this [link](#)



Students attending the Hub:

If a student attending the Hub at JCA tests positive for Covid-19 during half term, please let us know as soon as possible by emailing jcainfo@clf.uk. We can then identify any close contacts and advise them to isolate

Year 9 Options Choices

All information on Year 9 options and the options forms are available on the [JCA website](#).

Taster sessions for option subjects begin this week for the next three weeks - please do look out for Teams link in SMHW.

All information on how to select GCSE option subjects for year 9 can be found on the academy website at: <https://johncabotacademy.clf.uk/curriculum/year-9-option-choices/>

Taster Sessions Timetable for Year 9:

Date	Time	Subject
Mon 1 st Feb 2021	3pm-3:30pm	Drama
Tuesday 2 nd Feb 2021	3pm-3:30pm	Art / Photography
Weds 3 rd Feb 2021	3pm-3:30pm	Business Studies
Thursday 4 th Feb 2021	3pm-3:30pm	Statistics
Mon 8 th Feb	3pm-3:30pm	DT / Textiles
Tues 9 th Feb	3pm-3:30pm	Music
Weds 10 th Feb	3pm-3:30pm	Sport Science
Thursday 11 th Feb	3pm-3:30pm	Computer Science
Mon 22 nd Feb	3pm-3:30pm	Spanish
Tues 23 rd Feb	3pm-3:30pm	Hospitality & Catering
Thursday 25 th Feb	3pm-3:30pm	Health & Social Care



Mindful Emotion Coaching

Please find a link to a really good (free) course for parents and carers in Mindful Emotional Coaching to support with wellness and managing moments of stress in everyday life during these difficult times. There is no requirement for any specific knowledge before taking this course other than experience of everyday life!

<https://www.openlearning.com/courses/mindful-emotion-coaching/?cl=1&redirectTo=https%3A%2F%2Fwww.openlearning.com%2Fcourses%2Fmindful-emotion-coaching%2FHomePage%2F>

Supporting your child at home

Make sure your child is in a good routine: they should be going to bed early and not spending their evenings on a phone or tablet or laptop! They should get up at the same time they would normally and have some breakfast: they will need a quiet place to work if possible, and will need paper and pens. As well as sleep and healthy food, physical activity is really important for teenagers. Make sure they get outside at least once a day and are doing some exercise regularly. Asking them to explain what they're learning about is always good to help them with their education. And the more they read, the better.

For more information about remote learning, look on our website [here](#)

Child employment regulations



Department for Children, Adults and Health

Please find attached a summary of child employment legislation for your information. For further information regarding child employment please see the SG website

<https://www.southglos.gov.uk/education-and-learning/schools-and-education/behaviour-and-attendance/extra-curricular-activities/child-employment/>



Feedback on live lessons and independent work

Students learning at home isn't an ideal situation for anyone; it is really useful for us to know how families are getting on. Please let us know your experiences by filling in [this very short survey](#), it's anonymous. Please fill in once for each child you have at JCA.

Access it via the QR code or by following this link. It will be open until Friday the 19th of February.



<https://forms.office.com/Pages/ResponsePage.aspx?id=ViObpySMIkm0IMbibQtAkUdaq6pC7WdLkHguV-3-KhtURVJQSDREQzdGVjQ4NDJaMIhHMzVNTk1VUC4u>

Careers Update

There will be as of this week a jobs board, jobs of the week and careers related information added to our careers blog. Keep your eyes open for it.

There is guidance on choosing GCSE options, free online courses for students and family members and much more. So head over to our careers blog on the JCA website.

<https://johncabotacademy.clf.uk/curriculum/careers/>

If you would like to get in touch with the careers department to discuss your young person's GCSE options, Post 16 options, employment, virtual work experience and training, please email careersjca@clf.uk.

The careers department will be uploading careers activities to Show My Homework every week, for students to explore careers through quizzes, careers inspiration events, game design, and the many websites and workshops that will be available.

Fun Careers Quizzes

This week students can explore their skills, personality traits and interests and match them to job roles using the links to various different quizzes.

West of England Inspiration Fair

Over the weekend, years 9, 10 and 11 can explore the many careers sectors, post 16 and post 18 providers, workshops and work experience opportunities through the West of England Inspiration Event, which is available throughout 2021 through Liketobe:

<https://www.liketobe.org/organisations/westofenglandcareerinspirationshownovember>.



If students in Y7 & 8 would like to use the career platform, a parent, carer or older sibling over the age of 13 will have to create an account due to Children's Online Privacy Protection Act (COPPA).

Adults seeking careers advice

For adults seeking careers advice please visit the following sites.

National Careers Service

<https://nationalcareers.service.gov.uk>

0800 100 900

Future Bright

<https://www.westofengland-ca.gov.uk/future-bright/>

Looking for a career change: visit Life Pilot <https://www.life-pilot.co.uk/>

Year 9 Raising Aspirations Event

On 3 March 2021, all Year 9 students have the opportunity to participate in a careers event called 'Raising Aspirations'. This will be taking place instead of their normal timetabled lessons.

Raising Aspirations

Raising Aspirations is an annual conference designed to support, engage and inspire students, helping them to understand the options and pathways, and take part in meaningful and valuable learning experiences. Students will have the opportunity to meet a range of employers, gain employability skills and explore their Post 16 options.

This is a fantastic opportunity to gain valuable career insights and start to explore options after GCSEs.

Usually this is hosted at the University of the West of England, however due to the pandemic and lock down this is currently not possible therefore Raising Aspirations has moved into a virtual space.

The event is being supported and hosted by LiketoBe an online Careers Event Network. You can view their site here - <https://www.liketobe.org/content/what-we-do>.

[What We Do - LiketoBe](#)

LikeToBe can be incorporated into your careers strategy as a useful tool for young people. It can be used independently by young people and within lessons to help them identify their interests, skills, career goals and introduce them to the skill of networking.

www.liketobe.org



Prior to the event: To join the event students will be asked to register on the LiketoBe website at the start of next term, to make sure that they are ready for the day and able to access all the sessions they are interested in.

On the Day: Students will be off timetable all day to attend this event virtually so they have every opportunity to experience all aspects of the program. During the day they will navigate through three Zones; Business, Education (Further and Higher providers) and Employability Skills. Within each session they will attend short 20-minute pre-recorded workshops and take part in activities they can do online.

The portable relaxation toolkit:

A six week Wellbeing Course for parents and carers, with thanks to funding from South Gloucestershire Council.

We all need to have the energy to care so it's important to look after our own health and wellbeing needs. Learning how to practise self-care and relaxation techniques will help enable us to keep going, supporting and caring for our families. Helena Dawson of Chessel Bay Therapies will be leading weekly online workshops on a Thursday evening 8-9pm via Zoom, and invites you to learn and practice self-relaxation techniques. Helena is a local complementary therapist, who has experience in working with groups and individuals who are suffering from anxiety, stress and pain. Her aim is to support people feeling better in their journey to wellbeing.

Helena believes in self-care and so will be offering a range of portable relaxation techniques through the next few weeks. She hopes that you will find a calmer and more relaxed you with an increased sense of wellbeing!

1. **Introduction & Stress**
2. **Sleep**
3. **Hand Reflexology**
4. **Mindfulness**
5. **Indian Head Massage**
6. **Toolkit Review**

GROUP 1

<https://www.jigsawthornbury.org.uk/event/wellbeing-the-portable-relaxation-toolkit-3/2021-02-25/>

GROUP 2

<https://www.jigsawthornbury.org.uk/event/wellbeing-the-portable-relaxation-toolkit-4/2021-04-20/>

