

[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.

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

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Rapid Response Test

We've created a short 'How to complete a Rapid Response Test at JCA' video to help introduce parents and students to our Testing Centre and what to expect when we run mass testing.



<https://youtu.be/jgQSYI6kXHo>

Please find the Parent consent form for the Rapid response test [here](#).

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.

All of Year 9 will be off timetable for the day , this is an opportunity to learn about:
Skills that employers are looking for
Some of the education routes available after your GCSEs
Different jobs and businesses
This year we are running a virtual version, using an online platform called LiketoBe

Students will receive all the links to the event on Monday 1st March

- They will be sent an email to your school email address with a login to the event on Monday 1st March.
- This login will provide them with their user name and password to the event and explain how to access it.

Wednesday 3rd March

- On the morning of event (3rd March) students will go to: <https://www.liketobe.org>
- Type in their username and password that they were sent on Monday.
- They will then receive an email from liketobe asking you to verify their registration, once they have confirmed this they will be able to access the event.



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;

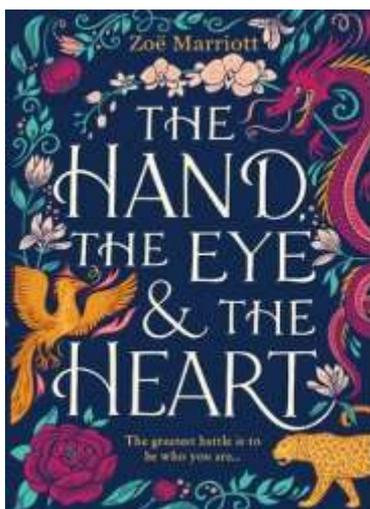
Mr Church and the tutors will be running an assembly on Wednesday about the assessment fortnight- please encourage Year 11 to come along and ask questions!

Wishing you all a restful half term!

Library news

Book of the Week

The Hand, the Eye & the Heart, by Zoe Marriott



Despite a gift for illusions, Zhilan know they are destined to live out their life within the confines of the women's quarter. But when civil war sets the empire aflame, Zhilan is determined to save their disabled father from the battlefield by taking his place. However, surviving brutal army training as a boy - Zhi - is only the first challenge. Inspired by the Chinese folktale Mulan, *The Hand, the Eye & the Heart* is a fantasy adventure set in a richly-imagined mythical China, with themes of gender-identity, courage and belonging.



World Book Day - £1 Book Tokens

Lots of things are a bit different this year but reading and a love of books remains so important. World Book Day's £1 Book Tokens have gone digital so even in lockdown we can still celebrate with a free book! Please use the following link to access your £1 Book Token, and to find out more about how and where to use it:

www.worldbookday.com/wp-content/uploads/2021/01/booktoken_SecondaryUK.pdf

Free Online Reading Resources - World Book Week

World Book Day changes lives through a love of books and shared reading. Their mission is to promote reading for pleasure, offering every child and young person the opportunity to have a book of their own. Reading for pleasure is the single biggest indicator of a child's future success and World Book Day wants to help more children develop this life-long habit and gain the improved life chances this brings them.

The World Book Day website has a wealth of amazing resources available to you and your family. We've picked out just a few of our favourites to recommend below but there is so much more for you to explore.

To Read:

You can listen to FREE audio books here: www.worldbookday.com/world-of-stories/

Looking for a book to change your life? Try the Power List:
www.worldbookdaysocial.com/power-reads/

Not sure what to read next? Reading lists grouped by genre are available here:
www.worldbookday.com/reading-recommendations/

Get involved:

WBD's live digital event for secondary students this year invites young people and authors to consider reading's relationship with the real world. It's taking place on Friday 5th March at 10.30am and you can take part here:

www.worldbookdaysocial.com/share-a-story-live-digital-events/

Are you keen on writing or illustrating your own book? You can watch a masterclass and get tips and inspiration right from the experts here:

www.worldbookday.com/online-masterclasses/



Would you like to find out more about your favourite authors and what reading means to them? A wide selection of podcasts and broadcasts are available from WBD and Penguin publishers:

www.worldbookdaysocial.com/podcasts/
penguin.co.uk/company/creative-responsibility/penguin-talks.html

Competitions:

How about a chance to win hundreds of pounds of books for yourself and your school in Book Tokens? Here are some great competitions to take part in:

www.worldbookday.com/competitions/design-a-national-book-token-2021/
www.worldbookday.com/show-your-shares/

Reporting to Parents

One of the items brought up most frequently in the Parent voice surveys this year concerns reporting to you on your child's academic progress. No doubt because of the disruption Covid has caused. So I wanted to remind you of the ways in which we report on academic progress every year, including this year.

Written report. This is a report written by your child's tutor and goes through the data we collect mid-year on their academic progress.

Data report. A report which gives you your child's data based on their end of year assessments. *Parents' evenings.* There is one (two for year 11) parents' evening each year. This is an opportunity to talk to each class teacher about your child's academic performance.

It is especially important that you have the Insight App downloaded as we send you the reports via the app. You also book parents' evening appointments on the app.

	Parents Evening	Written Report	Data Report
Year 7	19 th November 2020	March 2021	July 2021
Year 8	20 th May 2021	March 2021	July 2021
Year 9	28 th January 2021	Feb 2021	July 2021
Year 10	17 th June 2021	March 2021	July 2021
Year 11	16TH Dec 2020 1st April 2021	TBC - awaiting DfE guidance	January 2021



PC Donations

We would like to thank David Medlock from Medlock Charitable trust for the donation of 20 PCs, these are now being used by students to access remote learning. Thank you also to Computer hire for the help in the Procurement, testing, setup and delivery, all carried out free of charge.



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



Join Digitech in Year 10

Digitech STUDIO SCHOOL BRISTOL  Cabot Learning Federation

NOW OFFERING DANCE & DRAMA

Perfect for the coders, designers, creatives, film makers and entrepreneurs of the future.

We offer both academic and vocational qualifications for students joining us in year 10. Subjects include:

- Art & Design
- Photography
- Dance
- Computer Science
- Creative Digital Media
- 3D Design
- Drama
- Business & Enterprise
- Graphic Design
- Games Design
- Sport
- IT

For more information go to www.digitechstudioschool.co.uk




Post 16 Diploma Specialists

Digitech STUDIO SCHOOL BRISTOL  Cabot Learning Federation 

CREATIVE MEDIA AND MULTIDISCIPLINARY ART & DESIGN AT DIGITECH STUDIO SCHOOL

- Accredited through Cambridge Technical RSL Diplomas
- Studio Days
- Coursework
- UCAS Points
- Resit English & Maths
- Bursaries
- Great Outcomes

For more information go to www.digitechstudioschool.co.uk



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



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](#)

Off the Record

Starting Wednesday, Feb 17th at 8pm, it runs for 6 weeks and is for parents/carers of 11-25 year olds who live in Bristol or South Gloucestershire who would like time to reflect on their own ability to manage stress and adversity and learn some tools and techniques to support them in doing this. They can email rhea@otrbristol.org.uk if interested!

[OTR website](#)



The
Resilience
Lab



National Online Safety Guides – TIKTOK

TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos in a similar manner to Facebook, Instagram and Snapchat. Its main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity and has featured near the top of download charts ever since. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.

[In this guide](#), you'll find tips on a number of potential risks such as online predators, the addictive nature of TikTok and age-inappropriate content.

Parents webinars

Avon and Somerset Police have recently been running Parents webinars. Their webinars have been hugely popular and oversubscribed every time. They have recently added their past videos to YouTube for people to look at in their own time.

The three videos for parents cover topics including:

- Exploitation of children online
- Technical protective and safety measures available
- Tips on starting a conversation with children about the internet and how to use it safely.

<https://www.youtube.com/channel/UCf41oqL0DZCDK0mdj6ulSDg>

All above videos will be uploaded with sign language in due course.

Please feel free to share the link with other parents.



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/>

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/>

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/>

