

[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 Routines: Phones and Earphones.....                                       | 2 |
| Car Parking.....  | 2 |
| Feedback from the Open Evening.....   | 2 |
| Year 9 Residential Camp.....  | 3 |
| Year 7 & 8 Girl's Football.....   | 4 |
| Curriculum: What We're Teaching and What Our Students are Learning About..... | 4 |
| Social Media.....   | 5 |
| Careers at John Cabot Academy – Post 16 Choices for Year 11 Students.....     | 6 |
| Understanding your Children's Mental Health.....                              | 7 |

---

### *Key Dates*

---

|   |   |
|---|---|
| 25 <sup>th</sup> September                  | Year 11 Parents' Evening  |
| 1 <sup>st</sup> October                     | Senior Maths Challenge  |
| 2 <sup>nd</sup> October                     | Year 7 Meet the Tutor Evening   |
| 9 <sup>th</sup> October                     | Inspector Calls Year 11 Matinee Trip<br>Anti-Bullying Working Group (13:40) |
| 10 <sup>th</sup> October                    | Open Day  |
| 12 <sup>th</sup> October                    | Inspector Calls Year 11 Trip  |
| 14 <sup>th</sup> – 25 <sup>th</sup> October | Year 11 Mocks   |
| 24 <sup>th</sup> October                    | INSET Day, School Closed to Pupils  |
| 25 <sup>th</sup> October                    | INSET Day, School Closed to Pupils<br>Last Day of Term                      |
| 4 <sup>th</sup> November                    | First Day of Term   |

---

### *JCA Routines: Phones and Earphones*

---

As we enter week 4 of term 1, we would like to take the opportunity to remind families of student expectations surrounding phones and earphones.

We ask that mobile phones and earphones are not visible between 8:40 - 3pm. In instances where mobile phones or earphones are seen, they will be confiscated, and students can collect them from reception at 3pm (or 3:15pm after any restoratives). We will also inform parents by text message that their phone was confiscated.

We advise students not to bring valuables to school to avoid items getting lost and where the focus can remain on learning. If you ever need to contact your child during the school day, please contact the school reception.

Nathan Richardson

**Assistant Principal**

---

### *Car Parking*

---

Please be considerate when parking near school. We have been notified twice this week about people parking across our JCA neighbours' driveways and / or across double yellow lines. Please leave home earlier to allow yourself time to park correctly or park a little further away and walk the last part to school.

---

### *Feedback from the Open Evening*

---

We have had the below feedback from families on the open evening, and we would like to congratulate our pupils again for being incredible ambassadors for their school.

*"Myself and my daughter recently attended your Open Evening and wanted to feed back how impressed we were with the pupils at your school. We were given a tour by a pupil called Aisha who was an absolute credit to your school. She was patient, informative, honest and most of all made my daughter feel at ease and excited about moving on to year 7 next year. All of the pupils we spoke to on the tour were fantastic and gave a glowing review of the school. (JM)"*

*"My wife and I came with our son who will be going into Y7 next September. It was our first*

*secondary school open evening and we found it absolutely brilliant. We especially enjoyed and appreciated our tour guides - Riley and Evelyn from Y11 - and would really like it if you could pass on our thanks to them specifically for making our look around the school really enjoyable! They were very informative and I ended up with info on things I didn't even know I needed to know and they answered all our questions really well. They were brilliant so please do pass on our thanks to them and wish them best of luck with their final year.*

*We enjoyed the presentation by the Principal and especially enjoyed hearing from the Y7 pupils. All the teachers and staff we met were welcoming, approachable and friendly. There was genuine sense of positivity across the whole school.*

*So thanks and well done to all who took part and organised it, we felt very welcome.(JD)"*

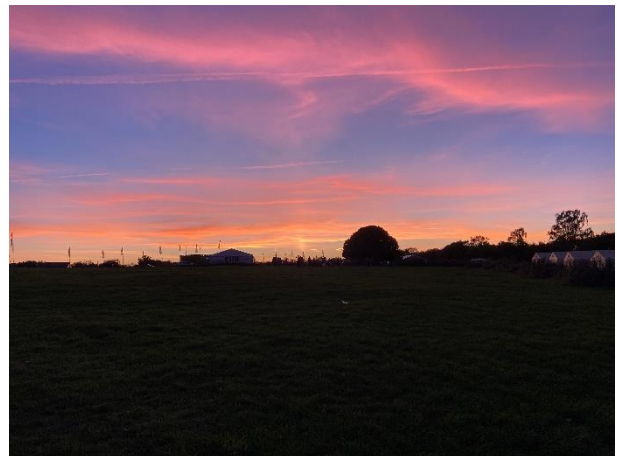
---

### *Year 9 Residential Camp*

---

We were very proud of all students who attended this year's residential trip. Students had a go at a wide range of outdoor activities. The way in which they used their downtime was very wholesome; they socialised in such a healthy way, enjoying the freedom and independence the trip brings. They have all been trying new things and working on their teamwork. Their behaviour has been fantastic. A lot of lessons were learnt on the first night about the importance of sleep and layers of clothing.

They were respectful towards each other, the staff and the environment they were in. It was great to see them being mature and sensible with the responsibilities given to them. Their behaviour at mealtimes was the best we have ever seen. In fact that goes for their behaviour as a whole. It was a pleasure to spend that time together, experiencing new challenges and making memories.





---

### *Year 7 & 8 Girl's Football*

---

In response to student demand, Year 7 and 8 girls' football will be starting on Monday and running every Monday until the end of term.

We hope to continue it in term 2 also. Term 2 clubs will be announced at the end of term.

---

### *Curriculum: What We're Teaching and What Our Students are Learning About*

---

The autumn term is in full flow, and there's lots of exciting topics being explained left, right and centre in all our classrooms. Parents and carers can find overviews of every subject on the curriculum page on the JCA website. <https://johncabotacademy.clf.uk/curriculum-statement/>

Want to know what year 8 are learning about in geography this term? Choose geography on the left-hand side and scroll down to the curriculum plan. Year 10 in computer science? Do the same!

**Kate Searle**  
Assistant Principal

---

### *Social Media*

---

We have a school Facebook page



**John Cabot Academy**

160 likes • 251 followers

There is also a parent-led page, John Cabot Academy UK, Parent Group which is a private page for parents to share information



**John Cabot Academy UK, Parent Group**

### Careers at John Cabot Academy – Post 16 Choices for Year 11 Students

Our local Colleges and Further Education Providers are running events throughout the year, so that your Year 11 Student can find out more. This is their opportunity to explore post-16 choices including: A Levels, Full-time Technical or Vocational College Courses, and Apprenticeships. They can also meet tutors / teachers and support staff, tour the campuses, and find out more about the facilities on offer.

### Upcoming Open Events in October / November 2024 include:

| DATE   | PROVIDER   |
|--|--|
| 26/09/24 (5.30pm – 8pm)  | SGS SIXTH FORM – A-Levels only   |
| 01/10/24 (6.30pm)<br>11/11/24 (6.30pm)                           | BRISTOL CITY <u>ROBINS</u> FOUNDATION – Vocational Courses: Level 2/3 Sports & E Sport                                       |
| 02/10/24 (4pm – 7pm)<br>23/11/24 (10am – 1pm)                    | BATH COLLEGE CITY CENTRE – Vocational courses (all levels), A-Level, T-Levels, Apprenticeships/Foundation Learning           |
| 03/10/24 (4.30pm – 6.30pm)                                       | NORTH BRISTOL POST-16 REDLAND GREEN* - A-Levels  |
| 05/10/24 (10am – 1pm)<br>21/11/24 (5.30pm – 7.30pm)              | CITY OF BRISTOL COLLEGE (ALL SITES)- Vocational courses (all levels), A-Level, T-Levels, Apprenticeships/Foundation Learning |
| 05/10/24 (9.30am – 2.30pm)<br>16/10/24 (5pm)                     | ST BRENDANS SIXTH FORM COLLEGE – A-Levels / Access to A-Levels   |
| 09/10/24   | BRISTOL CATHEDRAL P16* - A-Levels  |
| 10/10/24 (5.45pm – 8pm)  | V6 SIXTH FORM* - A-Levels  |
| 10/10/24 (4.30pm – 6.30pm)                                       | NORTH BRISTOL POST-16 COTHAM* - A-Levels   |
| 12/10/24 (11am – 2pm)<br>16/11/24 (11am – 1pm)<br>or (1pm – 3pm) | ACCESS CREATIVE COLLEGE – Creative & Technical Courses at Level 2/3  |
| 12/10/24 (10am – 1pm)<br>23/11/24 (10am – 1pm)                   | SGS COLLEGE (ALL SITES) - Vocational courses (all levels), A-Level, T-Levels, Apprenticeships/Foundation Learning            |
| 17/10/24<br>06/11/24   | ST MARY REDCLIFFE P16* – A-Levels  |
| W/C 21/10/2024<br>W/C 16/12/2024                                 | BOOMSATSUMA – Creative & Technical Courses at Level 3  |
| 22/10/24 (4.30pm – 7.30pm)                                       | CLF POST 16 – A-Levels / Vocational and Technical Courses at Level 2/3   |
| 26/11/24 (5pm – 7.30pm)  | ONSITE BRISTOL – Construction Apprenticeships at Level 2/3   |

*\*Note: this provider has previously had an early closing date for applications (early December onwards)*

*Understanding your Children's Mental Health*



### What is mental health?

Mental health exists on a spectrum, Mental health relates to how we think, feel, and behave. Good mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

### The mental health spectrum:

Mental health exists on a spectrum. Everyone has fluctuating mental health levels depending what is going on for them at that time. However, when difficulties last longer, are severe and impact daily life, strategies and support are needed to move towards the healthy end of the spectrum.

## Mental health spectrum



Picture of a Mental Health spectrum showing healthy, coping, struggling and unwell. Image adapted the centre for mental health image.

For parents, carers, and families, listening to children and finding out what is happening for them is key.

## How common is it to experience mental ill health?

One in four people in the UK experience a mental health problem at some point that affects their daily life, relationships, or physical health.

20% of adolescents may experience a mental health problem in any given year.

These statistics from the Mental Health Foundation show us how important it is to talk about mental health and wellbeing. Just as people can do things to increase their physical health, we can do things to support positive mental health and reduce our chances of becoming unwell e.g. helping your child to practice good self-care, teach them to understand and deal with their stress, ensuring they have a support network, good sleep and nutrition behaviours. It can help to lead by example, showing them how you maintain your own mental health and wellbeing and being open and honest about your thoughts, feelings and emotions