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Key Dates

27 th February	Maths Feast
2 nd March	Academy Production Rehearsal
4 th – 8 th March	Careers Week
19 th – 21 st March	Academy Production of Hairspray
26 th March	Pride Club Theatre Trip
27 th March	Year 11 Parents Evening (Face to Face)
27 th – 28 th March	Year 10 Bronze Duke of Edinburgh Expedition
28 th March	Last Day of Term
15 th April	INSET Day – School Closed to Pupils Year 9 Duke of Edinburgh Bronze Practice
16 th April	First Day of School

**Apologies for the error in last week's newsletter, the INSET Day and start of term 5 are in April, not March*

JCA Routines: Corridors

At the end of the last term, the student council and I discussed corridor behaviours. We focused particularly on when whole year groups move up and down the street towards their lessons after breaks and lunches, students are finding the large crowds difficult to navigate.

We've agreed to trail a 'walk on the left' approach to this for the remainder of Term 4. At the end of the Term the student council and staff body will review this and either adopt it as a process or adapt it as need be in Term 5.



Attendance: Important Reminder about Term Time Leave

Attending school every day helps children and young people maximise their learning and enjoy the benefits of their education. It really does make a difference.

For that reason, the academy will not authorise any leave of absence in term time, unless satisfied the reason is exceptional.

We ask parents and carers to request permission in advance, and only if absolutely necessary. Any requests should be put in writing via the appropriate form available online at <https://johncabotacademy.clf.uk/our-academy/attendance/> or from the Attendance Officer and wherever possible with **at least four weeks' notice**. The parent or carer who the child normally lives with should make the application.

We also ask parents and carers not to make plans without discussing with the academy first, so that we can make good decisions together.

Family emergencies also need careful consideration. It may not always be appropriate, or in the best interests of the child, to miss school for emergencies which are being dealt with by adult family members. Wherever possible, please try to make alternative arrangements for your child so they can still attend school.

It is really important that we know where children are, as we have a duty to ensure they are safe. If we don't know why a child is absent, we will follow our safeguarding procedures.

Parents/carers are reminded that unauthorised term time leave may result in a penalty notice or prosecution.

To assist parents/carers in booking holidays and arranging other events, please find the term dates and inset days for this academic year on <https://johncabotacademy.clf.uk/our-academy/term-dates/>

Year 9 Options

We have run several taster sessions and quite a few meetings with our careers advisor; now it's over to you to choose the courses!

Year 9 students need to sit down with a parent/carer and fill in the GCSE options form. It was emailed to all families on Wednesday 21st February. If you haven't received it, please check your junk and deleted emails. If you can't find the email, please get in touch with the office to check we have the right email address for you.

The deadline for filling in the form is the 6th of March. Please read the accompanying guidance carefully. You can refer back to the booklet and presentation on the JCA website, under *curriculum* (<https://johncabotacademy.clf.uk/>)

Please make sure you put down **different** subjects for first and second choice in each block.
Any questions?

Get in touch with JCAinfo@clf.uk and put *year 9 options* in the subject line, or ring the main office. Thank you!

School Production

Tickets are now live on ScoPay and can be bought in person from the music and drama department. Reservations through JCAinfo@clf.uk.

Adults £6, Concession £4 (over 65/under 18)

**JOHN CABOT ACADEMY
PRESENTS**

HAIRSPRAY



**19th, 20th, 21st March
7pm, Main Hall**

TICKETS FROM SCOPAY & MUSIC DEPARTMENT
£6 ADULT / £4 CONCESSION
INTERVAL REFRESHMENTS

Year 7 Information

Dear parents / carers of year 7 girls

As part of the PSHE Curriculum, leaflets will be handed out to all the year 7 female students regarding periods and menstruation

Year 7 Lesson Plans: Puberty & Menstrual Wellbeing

Aim: To understand the changes during puberty and what menstrual wellbeing involves

Outcome:
participants should be able to:

- Define what puberty means and recap body changes.
- Understand that periods, experiences and bodies are unique for each person.
- Name at least 4 different products which people can use to manage their periods.
- Identify ways to help someone manage their own menstrual cycle or support others.
- Understand where to go to ask for help and support with questions about our bodies.

Careers Fair 2024



Our largest ever Career Fair!



Open to year
10 and 11
students at
JCA

Thursday 7th March 2024 in JCA Sports hall
13:50 – 15.00 JCA Year 10 and 11 students accompanied by class teacher

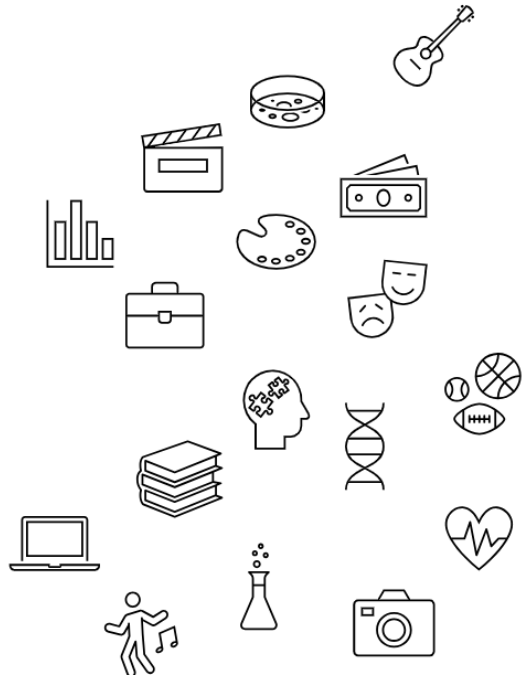




Providers include:

Airbus
AON
Ask Apprenticeships
Aspens Services
Avon & Somerset Police
Babbasa
Bath Spa University
BEMA
Boomsatsuma
Border Force
Brandon Trust
Bristol City Football Club
Bristol School of Acting
Brunel Insurance
Evelyn Finance
Ernst Young
Freeth Solicitors
GKN Engineering
Greenlight Apprenticeships
Grey Juckeston NHS Talking Therapies

HMRC
HSBC
Kier Construction
MBDA Engineering
Motability Operations Ltd
Further Mathematics
Muti Live
NHS Career Hub
North Bristol NHS Trust
Onsite Bristol
Prince's Trust
Professional Apprenticeships
Royal Air Force
Reflections Training Agency
Rolls Royce
Submarine Defense Agency
University of Bristol
University of Worcester
University of West of England, UWE
Wessex Water GENeco UK
Weston College



Online Dating Information

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about ONLINE DATING & RELATIONSHIPS

Most online dating apps claim to be for over-18s only but, in some cases, relaxed age verification also allows children to access them. What's more, some popular social media platforms use similar design features to many dating sites – blurring the line between why a young person initially downloads an app and what they *actually* end up using it for.

WHAT ARE THE RISKS?

ONLINE GROOMING

Online grooming is when someone forms a connection with a child in the digital world and carefully cultivates this relationship with the intention of manipulating the child into doing something sexual or illegal. The process involves gaining the young person's confidence – which can make them far less likely to tell a trusted adult about their new online 'friend', or to recognise what is even happening.

ONLINE GROOMING

Some young people have been coaxed into getting nude or semi-nude on a video chat with someone they met on a dating platform. They're then told that, unless they hand over a certain amount of money, a recording of the video will be posted online (or possibly sent to their contacts). This can be hugely traumatic for a young person and, in extreme cases, has resulted in self-harm and even suicide.

DAMAGE TO SELF ESTEEM

Many dating platforms encourage users to rate the images that people upload; this has clear potential to negatively impact a young person's self esteem. On some apps, pictures of a user's face and body can be rated anonymously, with notifications informing them if someone has then declined to match with them. This form of rejection can feel extremely hurtful and degrading.

CATFISHING AND SCAMS

Creating a false identity to deliberately lure people into a relationship (whether romantic or platonic) online is known as catfishing. Commonly, someone pretends to share interests or beliefs with their victim and gradually gains their trust. A young person's feelings for this fake 'friend' may cloud their judgement and can lead to them surrendering money, personal images, passwords and so on.

STALKING AND HARASSMENT

Stalking is obsessive behaviour by a fixated individual which disrupts their victim's life; it can bring severe distress and even the fear of violence. There have been frequent reports of stalking cases that originated on dating apps, with perpetrators creating new accounts in response to being reported or blocked. It's a particular cause for concern if a young person has ever given out personal details (such as their street or school name) online.

Advice for Parents & Carers

KEEP THE CONVERSATION GOING

Reassure your child that they can always talk to you about anything online that's worried them. Emphasise that if they're being sent unwanted images – or if they've shared images or video content themselves – they should tell you straight away. Discuss the potential risks of online dating and check in with them frequently to ensure that they're feeling comfortable about their online relationships.

PROTECT CONTACT DETAILS

If a young person is interested in using online dating sites or apps, strongly encourage them to choose one that offers the facility to conceal both parties' email addresses when messaging prospective dates. If that's not possible, ensure that the young person sets up a separate email address which doesn't include their real name. This is easy to do via providers like Hotmail, Yahoo! Mail or gmail.

TAKE A 'SAFETY FIRST' STANDPOINT

Encourage young people to be careful about who they send invitations to – and accept them from – on dating sites and apps. Familiarise yourself with how to adjust the privacy settings on your child's devices and apps to help them control who can access their profiles and information. Talk to your child about why it's unwise to share any sensitive, private or confidential information in their profile.

HIGHLIGHT COMMON DANGER SIGNS

Talk to your child about some of the obvious red flags in online dating: requests for money, for instance, should always ring alarm bells. Likewise, if a young person is in contact with someone who they feel is pressuring them into providing personal or financial information – or who they suspect is trying to trick them into it – they should end communication immediately and contact the dating service provider.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.







National Online Safety
#WakeUpWednesday

 @natonlinesafety

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 @nationalonlinesafety

 @national_online_safety

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Community MOT



DET Community Proudly Presents our



At your local Community MOT event we will provide
Health Advice and Information
A safe space to talk about your Well Being
& Free light refreshments.

It's a free Drop-in session No Appointment needed

11am - 4pm
Sunday 25th February 2024

Malcolm X Community Centre, 141 City Rd, St Pauls, Bristol BS2 8YH
Mental health support • Blood donation & know your blood type
Fostering services • Youth support services
Liver check • Blood pressure & more



If you are an organisation or individual
that would like to host a health & wellbeing stall
please contact us - Tel: 07943 223 022 Email: det123.info@gmail.com

Follow us Facebook & Instagram: [@detcommunity](https://www.instagram.com/detcommunity)

Look out for our next events coming up in April 2024

**Win a free £50 health gift voucher
(no purchase necessary, must attend health event on the 25th of February)**