



Follow us @johncabotnews

6 January 2017

Issue number 1/T3

In assemblies this week we have been looking at the concept of ‘resilience in learning’. This is a key area for development for our students and for to consider as teachers. As part of the assembly we looked at [this video clip](#) which explains the issue very well indeed.

In our assemblies we spoke about the significance of persistence and the need to ‘get things wrong’ when learning something new. It’s a vitally important part the learning process and we all have to learn to cope with failure from time-to-time!



How do you spot a Zoo Tiger?

Zoo Tiger

- Passive (often destructive)
- All talk but little action
- Like easy/avoid hard
- High levels of anxiety
- Focus on things they have no control over
- Make excuses and like to blame others
- Focus on outcome but not on process
- Worry about making mistakes

Jungle Tiger

- Proactive
- They get on and do
- Seek out and are comfortable with challenge
- Focus on what they can do and control
- Take responsibility
- Show high levels of effort, persistence, resilience
- Look upon making mistakes in a more positive light

You may find the video useful to discuss with your child and consider which type of tiger you have at home! I know I did over the holiday period!

We hope that 2017 will be the **‘Year of the Tiger’** at JCA. I hope it is a successful one for you too.

Happy New Year from us all!

School Uniform Consultation

Thank you to parents who took the time to contribute to our school uniform consultation which ran from Friday 2 December until Friday 16 December. The outcome of this consultation will now go to the Academy Council as an update and before a final decision is made by this group later this term. The Student Council will also continue to discuss this issue this term, building on the discussion that was had in the previous School Council meeting in December. The view of the Student Council will also form part of this consultation.

KEEP BRISTOL WARM event update

Thank you to all of those who have donated toiletries and warm clothes for the homeless in Bristol. The event raised awareness for homeless people in Bristol and provided them with warm clothing, food and some with shelter over the Christmas period. A fund raising page also raised over £1400 to provide shelter and food. Thank you for your support. We are still collecting at JCA, please donate any of the following items to the collection bag in the main reception.

- Toiletries - toothbrushes, toothpaste, shower gel, shampoo, soap, sanitary items
- Men's socks
- Men's and women's underwear
- Scarves
- Gloves
- Sleeping bags
- Blankets
- Rucksacks
- Tinned foods / Packet foods
- Towels



Mountain Biking trip

The next mountain biking trip is taking place at Ashton Court on Saturday 28 January. Please collect a letter from Mr Wilson if you would like to take part.

Y8 Residential

The hugely popular Year 8 Residential trip is taking place in June. Letters were given out to all students last term. Please can we ask those who haven't yet returned forms to do so as soon as possible. This is a whole year group event and all students are expected to attend unless there is an issue around Health & Safety which means they cannot go. Please do contact Mr Wilson if you have any queries or need to discuss anything further.

Music revision & opportunities

Information regarding performing arts events and opportunities at John Cabot and beyond can be found on our twitter page [@cabotmusic](https://twitter.com/cabotmusic)

A blog is also available to support students with learning, revision and interesting listening and videos. Visit: musorevision.blogspot.co.uk

Friends of John Cabot

The next meeting of the Friends will be their AGM on 24 January 2017, starting at 7pm in the staff room – all parents are welcome.

Dates for the Diary

Below are a number of key dates into the near future that parents may wish to be aware of:

Years	Event
All years	Y9-Y11 mountain biking trip to Ashton Court, Saturday 28 January Term 3 ends, Thursday 9 February (Inset Day on Friday 10 February) Term 4 starts, Monday 20 February Academy Production, 14-16 March
Year 7	Y7 Parents' Evening, Thursday 30 March
Year 8	Y8 Parents' Evening, Thursday 9 February Y8 Girls HPV vaccinations, Friday 24 February
Year 9	Y9 Meningitis vaccinations, Tuesday 10 January Y9 Parents' & Options Evening, Thursday 19 January Y9 Raising Aspirations Evening at UWE, Wednesday 25 January Y9 Girls HPV vaccinations, Friday 24 February
Year 10	Y10 CLF mock exams – English & Maths, Tuesday 10 January
Year 11	Y11 mock exams week, w/c Monday 20 February Y11 Parents' Evening, Thursday 9 March
Sixth Form	Post 16 Open Evening, Wednesday 22 February Post 16 Parents Evening, Tuesday 28 February

Lost property

Below is the list of lost property items currently awaiting collection. Please remember to go along to Student Reception to collect any items belonging to you.

Adidas boot bag with Adidas boots
Blue sports direct water bottle
Adidas football boots
Pandora bow ring
Navy H&M jumper
Green Nike water bottle
Clear green water bottle
Pink water bottle
Clear pink water bottle
Camouflaged pencil case
Black pencil case
Nike underlayer
One grey Superdry glove
Black Nike bag
Blue notebook

Clear lunchbox
Clear pencil case
Navy 'Sen Sport' joggers
Black Karrimor gloves
Black British Gymnastics hoody

Best wishes

Mr S White
Principal