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Gambia 2017



It was lovely to receive this letter on Thursday morning:

"I'm pleased to report the safe return of our 16-year old from the Gambia.

Would you pass our heartfelt thanks to all the staff members concerned: Mrs Shipp, Mrs McMatson and Miss Ashworth. In the many stories we've heard, it is obvious that all three staff worked hard to keep the students safe and ensured that they enjoyed this wonderful adventure. Miss Ashworth is to be congratulated on the considerable organisation and personal commitment to this project, and we recognise that this cannot be done purely in school time. It also is clear that Mrs Shipp and Mrs McMatson were very diligent in helping our child on a personal level, which was appreciated greatly.

What the school does with this Trip is important to the hosts and the participants and we applaud John Cabot in allowing and supporting the trip. These things are easy to drop when pressures are applied, so we understand it's not necessarily straightforward to commit year-on-year but the early evidence is wholly positive and you should continue with this venture if at all possible."

I am sure that many parents, students and staff enjoyed reading the Gambia blog for the last 10 days or so, keeping up with the experiences of our students during their stay and reading their views and insights. I am also thrilled to think that we may have done some positive work that may have impacted on African communities that need our support. We are very proud of the students and hugely grateful to the staff for organising what has been a significant project.



Thanks to all parents and carers who offered words of encouragement, prior to the trip and subsequently. I know that these communications mean a great deal to the staff who gave of their time and effort to support the project.

Dr Mark Sims Memorial



A number of staff travelled to Leicester last weekend to attend a memorial service for Dr Mark Sims, a former student at John Cabot who very sadly passed away last month, at the age of 28. Mark was one of four brothers who all attended JCA at the same time. Mr Julian Wilson (who was Mark's Head of Year at the time) gave a speech on behalf of the Academy, along with several other ex-students. Mark worked tirelessly throughout his treatment to raise money for Cancer Research UK and saw his total reach over £100k by the time of his death. This total is still growing and currently stands at over £120k. Mark also wrote an amazing blog throughout his illness which you can read at:

<https://wrestlingmelanoma.com/>

Extracts from the memorial service will be uploaded to the blog shortly, where you will also find details of how to donate to Mark's fundraising page should you wish to.

Mark returned to JCA after being diagnosed two years ago and gave a talk to our Year 11 students about his illness, about having a career in medicine and to encourage students to work hard to pursue their dreams. The Academy is planning to introduce a Mark Sims Memorial Award and further details of this will be announced in due course.

"Chandeleur"



To celebrate "Chandeleur" (Candlemas) this month and as a cultural experience, Ms Taibi recently taught some of her classes how to make French crepes. Students were able to follow the instructions (all in French) and thoroughly enjoyed eating them at the end. Some of their favourite toppings were:

- Nutella
- salted Caramel (from the Vendee region)
- lemon and sugar
- blackcurrant/strawberry jam

UK Maths Challenge Results

$$\begin{aligned}x^2 - 5x + 6 &= 0 & (1) \\x_1 &= \frac{5 + \sqrt{25 - 4 \times 6}}{2} = 3 & (2) \\x_2 &= \frac{5 - \sqrt{25 - 4 \times 6}}{2} = 2 & (3)\end{aligned}$$

and so we have solved equation 1

We are happy to announce the recent UKMT National Intermediate Maths Challenge Results. This is a national maths challenge sponsored by the University of Leeds for students in Y10 and Y9.

Y10 Gold:	Alonzo Kallarachully (best in year)
Y10 Silver:	Anthony Meek
Y10 Bronze:	Daniel Say, Joseph Kidger, Anna Perkins, Tom Stickland, Jacob Brown, Annabelle Grant, Emily Cummins and Carys Hylton
Y9 Gold:	Joshua Penney (best in year and best in school)
Y9 Silver:	Tobias Noakes and Charley Adams
Y9 Bronze:	Matthew Lee, Ted Parry, Abdallah Abdirahman, Lewis Tozer and Matthew Dunn

Achievement, Rewards and Recognition

Achievement points are one of the ways that we recognise effort and success at John Cabot Academy. Points are awarded for excellent work, effort, participation in extra-curricular clubs & positive behaviour.



The points are added electronically to our computer system by staff and added up over the year. Total points are shared with the students during assemblies and particular successes celebrated. During rewards assemblies, once a term, tutor groups and individuals are recognised and prizes are awarded.

Achievement Points: Top 10 Students

The following students scored the most achievement points this week. They have worked hard in and out of lessons and made an excellent start to Term 4. Well Done!

- | | |
|--------------------------|------------------|
| 1. Ashleigh Jefferies | 6. Riley Florio |
| 2. Will Powell (Jupiter) | 7. Zaki Guleid |
| 3. Archie Smart | 8. Charley Adams |
| 4. Freya Digby | 9. Sophie Dayus |
| 5. Kaitlin Ford | 10. Ryan Cengiz |

Lesson Scores: Top 10 Students

The following students scored the highest lesson scores this week. They demonstrated a strong interest in their learning and made significant progress in lessons by behaving in a way that promotes effective learning. Keep up the good work!

- | | |
|------------------------|-------------------------|
| 1. Abdalla Abdirahman | 6. Ben Saunders |
| 2. Callie Brooks-Davis | 7. Caitlin Cronin |
| 3. Nancy Griffin | 8. Zakaria Ismail |
| 4. Cody Surridge | 9. Olivia Ramuz-Khunrat |
| 5. Max Gaines | 10. Helen Simsek |

Attendance: Tutor Group Superstars

Congratulations to Omega Jones who has shown the most improvement in her attendance this week!



KS3 Celebration Event



At the end of last term, a celebration event was held for KS3 students who had successfully achieved very good lesson scores since the start of this academic year. This was an excellent event put on for those who work hard in lessons every day and it gave students the opportunity to enjoy a disco, refreshments and lots of fun! The Main Hall, canteen, foyer and reception were all decorated with balloons and bunting thanks to some of the Executive Student Council reps led by Annabelle, with DJ Sam Maslin spinning on the DJ decks for the evening. Lots of prizes were given out for great



dancing and there was a raffle of prizes including pizza vouchers and other treats too. The event was well attended and everyone had a great time...even some of the staff were up on the dancefloor!

PE Clubs for Term 4

Below is a list of the clubs being offered by the PE department during Term 4.

Monday:

Y11 GCSE PE Academic Support, PE Classroom, Mr Thomas & Mr Sheppard
Y10 GCSE PE Academic Support, CG2, Miss Ogden
KS3/4 Boys Basketball, Sports Hall, Mr White & Mr Wilson
GCSE Dance, Dance Studio, Mrs Church

Tuesday:

Girls Badminton (Lunchtime), Sports Hall, Miss Cannon
KS3/4 Boys Football, Large astro, Mr Sheppard, Mr Thomas & Mr Harrold
Girls Fitness Gym, Fitness Gym, Miss Cannon

Wednesday:

DoE Club, PE Classroom, Mr Wilson
Mixed Fitness Gym, Fitness Gym, Mr White
Y11 GCSE PE Practical Sport, Sports Hall, Mr Sheppard & Mr Thomas
KS3/4 Girls Football, Small Astro, Mr Harrold

Thursday:

Girls Badminton (Lunchtime), Sports Hall, Miss Ogden

Friday:

Girls Netball (Lunchtime), Sportshall, Miss Ogden
CLF Rugby, Off site at BBA, Mr Sheppard
CLF Fencing, Off site at MET, Mr White

Year 11 Match Report

The Year 11s played BBA recently, which has been a bit of a losing battle in recent years. However, hopes were high as there is a real team spirit for this XI – the best it has ever been at JCA. With new players in the squad getting a GCSE assessment, it was important that everyone worked for each other. The strategy was clear... unfortunately plan was initially forgotten as soon as the whistle went! The first half saw us concede 3 goals and Reegan Edwards was forced into making some fantastic saves. Students started to get disheartened and very few chances were created by the JCA XI.

Half time brought a change in direction however.....

When the team recognises what it is doing incorrectly for itself and is reminded of the strength of constructive, positive feedback then mind-sets can change instantly. Work rate in the second half was doubled, players were passing instead of dribbling, players were encouraging each other and not blaming each other's errors. Possession was gained and chances came. The opposition started getting annoyed at not having their own way and the more negative they became the more composed our performance developed. The game plan was executed with short passing and working the ball down the wings for the crosses.

Fifteen minutes we scored a marvellous goal! Belief was back in the team and the boys started to see once again the benefit of working together and supporting each other. The second half saw chance after chance and a real belief from JCA. Five minutes later, a rare attack saw BBA grab another and although this was disappointing, the mood stayed positive. Another 5 minutes later and JCA's hard work paid off again with a good turn over through effort and counter attack to score.

The moral of this story is simple... we achieve more by trying hard and working together. We have a game plan and when we stick to it... it generally works! Team-mates work harder for you when you are positive towards them and encourage instead of being negative. Positive reinforcement is far more beneficial than negativity towards players if they make a mistake.

If we can stay positive and play like that, we are getting closer and closer to winning! A massive well done to the boys for improving their approach and mind-set and winning the second half 2-1. A 4-2 loss overall is a much better performance than in previous years. The team's respect towards the referee was also fantastic. This attitude makes the time spent to book, prepare and lead this fixture a pleasure. Most importantly, I think we played an hour of football with only four free kicks awarded... fantastic flowing football. Well done to the whole team. ***Mr Thomas***

East Central Early Help Team

Please click [here](#) to see a copy of the February bulletin from the East Central Early Help Team. The bulletin is full of training, services and information for practitioners, parents, children and young people.

The Invisible Ray

Below is a copy of the rehearsal schedule for the Academy Production of 'The Invisible Ray'.

Date	Time	Who/What
27/02	3.15 – 4.15pm	Loose women – kevin, pavlova felix –AG5
28/02	3.15 – 6pm	Full cast
01/03	3.15 – 4.15pm	Professors/docs AG5
02/03	3.15 – 4.15PM	Principal singers – AG5
06/03	3.15 – 4.15pm	Cannibals – AG5 post 16
07/03	3.15 – 5pm	Full Cast – Cabot EYE
08/03	3.15 – 6pm	Full cast
13/03	3.15 – 6	Act 1
14/03	3.15 – 6	Full cast
15/03	3.15 – 6	Act 2
SHOW WEEK		
20/03	9 – 4pm	Full cast
Show 1 – 21/03	3.30 call – 6.30 show	Full cast
Show 2 – 22/03	tbc	Full cast
Show 3 – 23/03	tbc	Full cast

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	Academy Production, 21-23 March Term 4 ends, Thursday 6 April Inset Day, Friday 7 April
Year 7	Y7 Parents' Evening, Thursday 30 March
Year 8	Inter community, Wednesday 15 March
Year 9	Inter community, Friday 17 March
Year 10	Inter community, Friday 10 March
Year 11	Y11 Parents' Evening, Thursday 9 March
Sixth Form	Post 16 Parents Evening, Tuesday 28 February Post 16 Open Evening, Thursday 9 March

Fake email warning

We have been made aware of an email that was received by a student at Hanham Woods Academy that resulted in the student missing a day. Please can we ask all parents and students to be vigilant of such messages and to check your Academy website for details if unsure. In the unlikely event the Academy would need to be closed at short notice, a notice would always be posted to our Academy website.

Ladies Pamper Night for Charity

Members of the Downend community are holding a Ladies Pamper Night on Friday 24 March 2017 to raise money for Juvenile Diabetes Research Foundation (JDRF) in memory of James Hedge, a local teenager, who tragically died last year from a complication of his Type 1 diabetes. James wasn't a student at JCA but a number of our students went to primary school with him. Proceeds from the bar will be donated to Brain Tumour Support, a local charity which provides support for patients, families and carers so that no-one feels alone facing the effects of a brain tumour diagnosis. We would be very grateful for your support.



There will be around 50 stalls including clothing, personal shoppers, make up and jewellery as well as pamper sessions. These include massage, threading and Shellac nails. Once you've finished shopping and have been pampered, you can relax and catch up with friends in the bar area. Cakes, tea and coffee will also be available. There will be a raffle on the night with some fantastic prizes.

The event will take place from 6.30pm to 10.30pm on Friday 24 March at St Augustine's School in Downend. Tickets cost £3 in advance or £5 on the door. Half price for under 16s. Tickets are available from Clare Davis. Email her on clare@novaassociates.co.uk

Come and join us for a fantastic night out and pamper yourself for Charity. A flyer with more details is available [here](#). You can also donate directly online at <http://uk.virginmoneygiving.com/Liz.Knight>

Creative Youth Network

The Creative Youth Network have provided us with some flyers advertising some of the great services within the local area for young people – all of which are free! It a great opportunity for local young people to have a safe place to socialise, to learn new skills and to gain support from a great team of youth workers. The flyers are available [here](#).

Lost property

Please remember to go along to Student Reception to collect any lost property items belonging to you. The current list of items waiting to be collected is below:

Adidas boot bag with Adidas boots	Blue notebook
Blue Sports Direct water bottle	Clear lunchbox
Adidas football boots	Clear pencil case
Pandora bow ring	Navy 'SEN Sport' joggers
Navy H&M jumper	Black New Look shoes (lace detail)
Green Nike water bottle	Grey Trespass gilet
Clear pink water bottle	Black pencil case
Camouflaged pencil case	Black glasses
Black pencil case	Blue Nike coat
Nike underlayer	Black sweatshirt (Route One)
1 grey Superdry glove	Grey Slazenger hooded jacket
1 grey Nike glove	Team GB tin pencil case
Grey pencil case	Keys x 2 (1 with smiley face print, 1 plain silver)

Green combat trousers
X3 rose gold rings (found in the Cabot Eye)
Black F&F coat
Leopard print hair band

Black coat with silver markings
Short black Top Shop coat
Red Toy Story pebble
Grey 'Aladdin' water bottle

Best wishes

Mr S White
Principal