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Issue number 5/T3

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	Term 3 ends, Thursday 9 February (Inset Day on Friday 10 February) Gambia trip leaves, Wednesday 8 February (returns on 22 February) Term 4 starts, Monday 20 February Academy Production, 21-23 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 Girls HPV vaccinations, Friday 24 February
Year 10	
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, 5pm – 6pm in Cabot Eye Post 16 Parents Evening, Tuesday 28 February

Year 9 Pathways



This week, Year 9 have received further advice and guidance around course selection for Key Stage 4. In our discussions, we considered the impact of choosing certain courses now and some of the data available around low paid work and how to avoid it. This will inform decisions and attitudes for two years of successful Key Stage 4 study for this group. All reply forms should be handed to tutors or student reception by the end of this week.

Student Advice and Guidance



In our assemblies this week, we looked at the theme of keeping safe on the Internet. In particular, we looked at some of the legislation around online behaviour and the topic of child sexual exploitation, which is, sadly, an increasing feature of 21st century Internet behaviour. We spoke to children about how to be aware of those exhibiting grooming behaviours and the typical cycle an offender might follow in trying to win the confidence of a young person online. We would suggest parents to see this excellent resource [here](#) from the NSPCC.

Maths / English Tutoring



You may be aware that the Academy has recently advertised for the roles of Maths and English Tutors, to support students in these key subjects and to boost the performance of any students at risk of falling behind. I am sure that there is a vast wealth of expertise amongst our parent body for those who are suitably qualified.

If you think that this is something that you may be able to support and help out with, please do get in touch - even if it is only for a short time each week. Please contact Steve Church here at the Academy in the first instance at: steve.church@jca.cabot.ac.uk

Healthy Schools

Over the next couple of weeks, students in Years 8 & 10 are taking part in a survey being conducted on behalf of South Gloucestershire Council, through the Health in Schools Programme. It provides an opportunity for students to voice their opinions on different health and wellbeing themes and have some influence in the future provision of health and wellbeing resources. Our school will get feedback on our students' school experience and useful information for future Ofsted inspections. The survey is completely anonymous and will run over the term. We look forward to sharing the information with parents/carers later in the year when the data has been analysed.



Learning for Life



This week, students had their second Learning for Life session of the term and it was fantastic to see so many students engaging positively with the topics and showing excellent levels of respect and empathy.

Topics covered are outlined below with some year groups having two different sessions.

Year 7 - Personal Safety and Free Your Feet Walk to School Challenge

Year 8 - Democracy, Government and Voting

Year 9 - Post 16 Guidance and Self Harm

Year 10 - Careers and Health & Well Being

Year 11 - Hate Crimes

The Y9 Self Harm presentation that was shown to students is available [here](#); it is useful for all parents to know the different ways that self harm may manifest, signs to look for and the support that is available. A useful site to visit should you be concerned about self harm is Young Minds (link below), they also have a Parent Helpline, **0808 802 5544**. Also, please do not hesitate to contact the Heads of Community should you have any concerns about your child's mental health and wellbeing. The more that we promote talking and communication with our young people the greater impact we can have in providing the right type of support.

http://www.youngminds.org.uk/for_parents/whats_worrying_you_about_your_child/self-harm

Mrs Willis

This week, we welcome back Mrs Kate Willis to take up her role as our Vice Principal. Mrs Willis will have responsibilities around curriculum, teaching and learning and progress of our disadvantaged students. I would like to thank Mrs Jones who has filled this position so ably since December.

Winter School Games – More Medals!

On Friday 27 January, four John Cabot boys from KS3 went to the Level 3 Winter School Games at the UWE Sports Centre to take part in a Table Tennis Competition. They were competing against students from seven other schools in two groups of four; the John Cabot team won all of their group games meaning they qualified for the final. The boys played really well throughout the day and demonstrated great sportsmanship as well. They faced Hanham Woods Academy in the final for the silver & gold match, which they narrowly lost to finish 2nd, winning silver medals. This is a great improvement on their performance in the same competition last year where they finished in 4th place. Results and the names of the boys are below:

Group stage

John Cabot Academy 3 - 0 Hans Price Academy

John Cabot Academy 2 - 1 Oasis Academy

John Cabot Academy 2 - 1 St Gregory's

Final

John Cabot Academy 1 - 2 Hanham Woods Academy.



Team members: Oakley & Kaden Bridges, Joshua & Jacob Penney

Well done to all the boys for their fantastic achievement.



French Club

On Fridays at lunchtime in AF8, Mr Mitchinson and the MFL department will be running a French club to promote the French language and culture. Students will have the opportunity to:

- Watch short films in French
- Skype schools in France, Morocco, Quebec and Madagascar with whom JCA already has strong links.
- Learn recipes and taste foods during festivals and special holidays.
- Contribute to the MFL Blog and uploading videos/photos.
- Speak in French!

The club will only last for about 20/25 min but students can bring their packed lunches if they wish. There will also be a Spanish club running on a fortnightly basis.



French Club

Where : AF8
When: Friday Lunchtime
(12.40 - 13.10)
Who: Mr. Mitchinson
and you!
What will it involve?
music and singing

Film and TV

French Food
+other cultural activities

See you there!!!

The graphic features a collage of images: the Eiffel Tower, Daft Punk, a cinema interior, and macarons.

Free Your Feet Challenge

All students in Year 7 will be taking part in the South Gloucestershire Living Streets' Free Your Feet week long walking challenge (6 – 12 February). Throughout Free Your Feet week, we are challenging students to increase and record how much walking they do on their journey to and from school.

There are many benefits to taking part in Free Your Feet:

- Increased physical activity for health and well being.
- Students arriving at school alert and ready for lessons.
- Reduction of congestion and traffic outside school gates, increasing student safety, resulting in a reduction in waiting times for parents/carers caught up in school run traffic.
- Reducing the environmental impact of the school run by shortening/removing the need for car journeys.
- Opportunities for socialising before and after school by walking with friends.
- Opportunities to increase students' independence and knowledge of the local area.



All students will be entered into a random prize draw for either a £50 high street shopping voucher, FitBit, Cycling Helmet and other prizes.

Please support your child by encouraging them to be as active as possible in their daily routine when travelling to and from school during the challenge!

If you have any questions regarding the challenge, please contact Miss Ogden.

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 Karrimor gloves
Green Nike water bottle	Black New Look shoes (lace detail)
Clear green 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 New Look coat
1 grey Superdry glove	Black sweatshirt (Route One)
Grey pencil case	Grey Slazenger hooded jacket
Green combat trousers	Black and red Frampton Rangers hat
X2 rose gold rings (found in the Cabot Eye)	Team GB tin pencil case
Black F&F coat	Keys x 2 (1 with smiley face print, 1 plain silver)
Hockey stick	Purple/pink glasses

Best wishes

Mr S White
Principal