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Issue number 2/T4

KS3 Celebration Event



A huge thank you to The Friends of Cabot for their support with the recent KS3 Celebration Event. The Friends not only provided prizes for all students with 100% lesson scores of 1/2 but also 'golden ticket' prizes awarded throughout the evening.

Thanks to the parents who are part of 'The Friends' team who also gave up their evening to provide students with the opportunity to purchase refreshments, which raised valuable funds that will be put back into the Academy.

If you would like to join The Friends team to help support the vital events that raise funds for the Academy, then please contact sam.bridges@jca.cabot.ac.uk or charlie.hodge@jca.cabot.ac.uk

Standards and Expectations: Student Uniform



Parents/carers will be aware of the recent decision to [change our student uniform for September](#). In the meantime, it is essential that our students wear the current uniform according to our policy. Whilst the vast majority of students meet our expectations every single day, unfortunately a small number do not.

Our uniform requires trousers or a skirt to be worn. This does not allow for jeans or legging style garments as an option. If students arrive to school wearing these items (and without an explanatory note) then arrangements will be made for parents/carers to be contacted, students will be sent home to change or isolated for the day. Persistent offenders will be excluded from school.

Our policy states: *"No jewellery may be worn except for a watch and studs in the ears. Hoops or stretchers are not allowed, along with any other facial or body piercings. Extremes of hairstyle are not permitted and if hair is dyed it must be within the natural range of hair colours."*

If a student comes into the Academy with other piercings (e.g. nose studs) or hair which is not of a natural colour, they will be immediately isolated. The student will stay in isolation until contact is

made with parents/carers to agree a solution for the removal of the piercing or change of hair colour. The student will be given a short period of time for the alteration to occur. If the student continues to arrive at school with incorrect hair /piercings they will be isolated until it is rectified.

If a parent/carer wishes for a student to have a piercing that is not permitted to be worn as part of our uniform and appearance policy, then this is best administered during the school holidays to ensure that the piercing is ready to be removed prior to coming to school.

The policy also goes on to say: *“The Principal’s decision what constitutes acceptable uniform and personal appearance (such as hairstyles) will be final”*.

Full details on our current uniform policy can be found [here](#).

Achievement, Rewards & Recognition



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. Ted Willoughby | 6. Callum Hope |
| 2. Ashleigh Jefferies | 7. Kian Luke |
| 3. Kelsey Alderman | 8. Luke Barrett |
| 4. Joshua Penney | 9. Michael Buxton |
| 5. Roxy Powell | 10. Jaden Magloire |

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. Zakaria Ismail | 6. Nagual Moll-Guilen |
| 2. Emmy Bowers | 7. Ruby Anderson |
| 3. Darnell Brown | 8. Shamis Farah |
| 4. Oliver Allison | 9. Mahir Saciid |
| 5. Callie Brooks-Davis | 10. Emem Eyo |

Funding Cuts for South Gloucestershire Schools



Parents and carers are probably be aware that most state funded schools across South Gloucestershire are currently dealing with extreme funding cuts. There is a petition available for members of the public to sign if they wish to voice their concern about this issue.

More detail on the petition and the wider national concern can be found [here](#).

PSHE Theme: Mental Health



This week in our assemblies, a member of our staff gave a sensitive and encouraging account to students highlighting how mental health issues can be overcome as a young person. I was delighted to see how this was received by students and, of course, incredibly grateful to the member of staff who delivered this important, life-changing message to our wider school community.

Below is an extract of some slides from one of the assemblies, which have a range of support sites that our students and family members can access should you have any questions or concerns. It is also really important to visit your GP should you be concerned about the mental health and wellbeing of the young person in your care. In addition to this, please do contact tutors or Heads of Community if you wish to discuss any concerns or changes in behaviour that you have noticed.

Mental Health presentation

Following on from assemblies done this week, please also find detailed below some useful websites for anyone wanting to find out more information. More details on this important topic can be found [here](#) and [here](#).

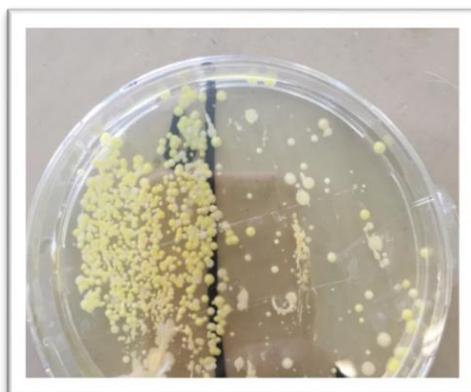
Some sources of support

- Mind (Bristol branch): <http://bristolmind.org.uk/>
- Off The Record: <http://www.otrbristol.org.uk/>
- <http://www.youngminds.org.uk/>
- Childline: 0800 1111
- <http://www.anorexiabulimiacare.org.uk/>
- www.b-eat.co.uk
- **The earlier treatment is sought, the better the sufferer's chance of recovery.**

Year 7 Science

This week, our Year 7 scientists investigated why it is important to keep your hands clean.

The petri dish below shows where a dirty hand had been previously placed on the left of the dish and a clean hand had touched the right side of the dish. Bacteria can be clearly seen to form on the 'dirty' side of the dish.



Duke of Edinburgh Walk

On Saturday, we travelled to the Forest of Dean for a Duke of Edinburgh expedition. We put the boys in one minibus with Mr Wilson and Mr Garston and the girls with Mrs Fudge and Miss Grierson. Once we arrived, we split into our walking groups with our maps, compasses and list of directions. We all checked through our plans and then set off. The boys set off first as they were going a similar route and then the two groups of girls set off.

The weather was a bit drizzly and cold but it didn't dampen our spirits! Katie and Caitlin took the lead with map in hand and guided us along the river path and then up through the forest. Even without reaching the cave (which we couldn't find!) we managed to get to a nice area to stop for lunch. It was sausages all round for lunch! The next bit of the walk was guided by Sophie and Emily and we weren't sure exactly what route to take. We got lost temporarily but we managed to pin point buildings on the map to work out our location. Emily led the final section of the walk back to Symonds Yat. We walked back at a fast pace so not to be late and so that Miss Grierson and Mrs Fudge could get cake before getting home to watch the Scotland vs Wales rugby match! We also managed to get back before Mr Wilson, so we were quite proud of this! Overall it was a great day, not too rainy and not too many sausages were eaten! *Written by Miss Grierson and Katie Derrick.*



Writing success



Recently, we were pleased to announce that three students were shortlisted to enter into the 'First Story National Writing competition'. There were many entries of a very high standard but Ellen Phillips, Azaria Savy and Shau'ri Wiggins were chosen to represent John Cabot Academy in this exciting National competition. We are very proud of these students and of the other entrants and thank all parents/carers who encouraged their children to take part. Further to this success, we have been contacted by 'First Story' with the fantastic news that Shau'ri Wiggins has made the National Writing competition shortlist, from 3,000 entries Nationwide. This is an amazing accomplishment and one that showcases Shau'ri's writing talent and displays her boundless creativity. As a result, she will officially be a published writer and her entry will appear in the National Writing Competition Anthology released later this year. Well done, Shau'ri!

Current competitions

Young Writers are currently running the 'SuperMums' competition where students are encouraged to write a poem to celebrate a mother/mother figure in their life (as Mother's day is approaching). The winner will receive a box of chocolates and a bouquet of flowers for their 'Supermum'. If your child is interested in entering, please ask them to see Mrs Hibberd in the English Office for an entry form.

To the parents of students in the 'First Story Group'

First Story sessions are now nearly at an end sadly; there is only one scheduled session left with the author Chelsey Flood. Due to an organised trip and Year 11 Parents' Evening, workshops will not take place over the next two weeks (2nd and 9th March). The final session will therefore take place on Thursday 16 March when we will finalise student entries for the Anthology we are creating, celebrate student achievements and thank the author. Please ensure your child attends this very important session if they have been part of the First Story Group. Many thanks to all of the parents who have supported and encouraged their children to attend throughout the year.

'The Invisible Ray' Tickets

Tickets for our production of The Invisible Ray are on sale now! The show is being performed at JCA on Tuesday 21 March, Wednesday 22 March and Thursday 23 March. Tickets are available from the music office, priced at £5 for adults and £3 for concessions. The show starts at 6:30pm and is likely to end at around 9pm. Please come and support the students who are working so hard on this completely original show!



Music Lesson payments

If you have not yet paid for this term's individual music lessons, please could you log into Scopay and bring your account up to date. The amount for this term is £36 please. Please contact steve.clarke@jca.cabot.ac.uk if you have any queries about this. If you are having issues logging into Scopay, please contact maria.morris@jca.cabot.ac.uk

Learning 4 Life – British Values



The theme in Learning for Life this week was British Values. Students engaged in a great deal of discussion and debate around what it means to be British, what is Britishness and the British Values (as outlined by the Department for Education). Students will also be looking at this further through their Social, Moral, Spiritual and Cultural sessions as part of tutor time. The following topics will be covered, which supports and builds on the work done as part of L4L: cultural diversity in Britain, understanding your place & role in society, recognising world faiths & their beliefs & impact, and service in the school & wider community.

Understanding Young Minds

We have received some information from the Virtual College detailing ways to help parents communicate with their children around the difficult subject of self harm. The information can be found below.

[Understanding Young Minds - infographic](#)

[Understanding Young Minds - poster](#)

Creative Youth Network

Please find below details of various support groups for young people with disabilities aimed at supporting independent living. Please note that the 'Time2Share' groups are available only to young people who are residents of Bristol local authority and not those in South Gloucestershire.

WECIL supporting independent living What we offer: Saturday Clubs for ages 13-18 When: Saturdays 10am-3pm Where: Hillfields and Hartcliffe (2 in each area per month) CONTACT FOR MORE DETAILS: Paul 07825 521 668 or WECIL Reception 01179 47 99 11	Time2Share www.time2share.org.uk What we offer: Befriending for ages 5-18 When: 1:1 visits, at times to suit the child's & family's needs Where: Across Bristol What we offer: Holiday Day Trips for ages 8-18 When: School holidays, all day (8 per year) Where: Pick up's at Horfield or South Bristol Various places, for example Puxton Park, Cattle Country, Wireworld (computer gaming) What we offer: Holiday Family Outings When: School holidays, 2 hours Where: Various places, for example skittles, bowling, climbing, swimming Contact for more details: Groups & Activities Coordinator 01179 41 58 68 groups@time2share.org.uk	The National Autistic Society What we offer: After School Club for ages 8-18 When: Thursdays Ages 8-13, 6:30pm-8pm Ages 13-18, 8pm-9:30pm Where: St. Pauls What we offer: After School Clubs for ages 8-18 When: Tuesdays 6pm to 8pm Where: Southmead What we offer: Stay & Play Sessions for ages 5-8 Activities & Trips 8-18 When: Stay & Play 10am-1pm, 4 per year Activities & Trips 6pm-9pm, Thursdays during holidays Where: St Pauls & other locations, including cinema, bowling, day trips Contact for more details: Cristina 01454 63 25 32 or 07771 808 247 noc@nas.org.uk
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Khaas What we offer: Saturday Sessions for BME groups ages 5-18 When: 10am - 6pm (£3 per session) (including pick up/drop off) Where: Felix Road Adventure Playground What we offer: Holiday Sessions for BME groups ages 5-18 When: Monday to Wednesday 10am-6pm (including pick up/drop off) Where: Various places, including Avon Valley, Hop Skip and Jump, Puxton Park, Zoo, Cinema, Bowling Contact: 01179 55 40 70 or 07850 647 893 khaas_bristol@yahoo.co.uk	Khaas What we offer: Holiday Sessions Open to all, ages 5-18 When: Weekends and Weekdays, 10am-6pm (pick up & drop off city wide) Where: Felix Road Adventure Playground BRISTOL PLAYBUS What we offer: Let's All Play, ages 5-15 When: Either Saturdays or Sundays, 12-4pm Where: Felix Road Adventure Playground St Pauls Adventure playground Southmead Adventure Playground Contact: 01179 551 561 letsallplay@bristolplaybus.org	OUT and ABOUT Short Breaks for children with additional needs or a disability Regular groups, activities and events Look inside to find out more! WECIL supporting independent living In partnership with: BRISTOL PLAYBUS Khaas Time2Share The National Autistic Society
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With thanks to our funders:
Bristol Clinical Commissioning Group
NHS
Time2Share
The National Autistic Society

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 Open Evening, Thursday 9 March

School nurse

Did you know that the school nurse comes in every Monday from 12.15pm to 1.15pm, and is based in the safeguarding office? It is completely confidential in the same way that patient/doctor confidentiality works and students can go to discuss anything that might be worrying them. Her name is SUE PEARSON and her work covers:

- Relationships
- Bullying
- HPV
- Friendship issues
- Staying safe
- Divorce
- Puberty
- Exercise
- Sleep
- Anger
- Contraceptive advice
- Smoking and substance misuse
- Healthy weight and eating
- Mental health
- Care plans and medication in school

Students do not need to book an appointment to see her, they can just drop in. Please encourage your child to use the session if they have any of these concerns. Likewise, if you have any concerns you wish to discuss, you can contact Sue on 01454 862229.

Year 7 Football Reports

John Cabot Academy v Bristol Brunel Academy

Result: John Cabot 4 – 1 Bristol Brunel

The moment the school footballers had been waiting for, the start of the school football season! With the wind blowing ferociously, the boys kicked off the game with the wind blowing in their favour. Expectations were high, with the skill of the team identified from Tuesday's weekly training sessions, supported by the strong wind in the first half. The boys were not sure what to expect

having not played together before and this was apparent in the first half as players were playing as individuals rather than as a team. Despite this, the boys had a host of chances with the post and crossbar coming to the BBA team's aid. The half time whistle blew and the team came in at half time 2-0 up after James and Baron's goals. The half time team talk consisted of a reiteration of the importance of working as a team and rather than trying to take on players with individual skill, that simple passing and moving would be more effective.

The boys took on board every word that was said at half time and, with the wind against them, they played brilliantly. Every player began to think about the simple pass rather than what they could do individually and this led to the JCA team dominating possession. Eventually, the team made their dominance count scoring a further two goals through James and Cade. The team finished comfortable 4-1 winners. A really promising first game for this Year 7 team, well done to all the boys. *Mr Harrold.*

Goal scorers:

- James x 2
- Baron x 1
- Cade x 1

Man of the match: Ben Sale - for working tirelessly, being composed on the ball and communicating with the rest of the team effectively throughout.

Year 11 Match Report: JCA v King's Oak

CABOT WIN FOR FIRST TIME IN 4 YEARS!!!! 4-0 WHAT A WIN!

In recent weeks, I have been discussing the power of positivity in a team, the ability to give constructive feedback and encouragement instead of blame culture. For any team to work, people need to know their role and be encouraged to perform it to their best ability.

The last time the Year 11s won a football game they were in Year 7; they played Hanham 'B' team and won in a narrow 6-5 win. The dark ages then fell upon the team with students' efforts being frustrated. Taking them on this year the one thing we have tried to instil is positivity, and with each game these boys have stepped up to the mark and beyond it.

Last week's fantastic effort was by far the best I have seen them play and this week's game was twice as good! King's Oak, who beat us 8-2 last year, were stunned with the style and effort levels of the lads all buying into the system and philosophy of how to play. There were no arguments on who should start or positions they were put in, there was no disagreement on formation or tactics... EVERY PLAYER listened, focused and got on and did their job... and the results were incredible!

Shae (taking on a captaincy role) and organiser has shown an increased level of responsibility to organise shows on the pitch. With Shae, Alfie, Jamie and Iwan in the back four, we were solid and dependable. Any breakthrough was thwarted and the boys provided a steady stream of balls into the midfield.

Ashanti and Cameron are the two workhorses, keeping play simple and offloading to wide players. Most impressively was the use of the three second tackle back tactic. Ashanti especially worked so

hard off the ball the number of turnovers he caused was incredible. Kamal, John and Miles were wide left and right and all three put in more effort in that game than in any other. Miles was simply incredible with the amount of crosses he put in and Kamal's effort levels to pressurise their midfield and win the ball was outstanding.

With Kieron, Ib and Gurdeep up front closing down defenders and putting pressure on, we constantly turned the ball over and gained it back. Reegan, in goal, was called upon very rarely but when he was, I witnessed one of the best saves of school football at full stretch.

Goals were scored through team play, Ib getting two, an own goal and Kamal getting the other. Instead of celebrating the scorers, we need to thank those in midfield and defence for a higher work rate than ever, resulting in us having 22 shots to their 4!

Watching the match in the rain and freezing cold, it was one of those rare moments where nothing but pride emanates for a group of students all showing desire and belief to be better than stats or information tells them they should be. I saw belief in them and a desire to work for each other that was new and what being in Year 11 is all about. What a fantastic achievement ... to play positively, listen and work to achieve a common goal. As for the win... well that comes if you do the first bit! Great stuff Year 11! *Mr Thomas.*

Best Effort Attendance Award

Congratulations to Caitlin Wherlock (Y11/Jupiter) who has achieved the Best Effort Attendance Award this week. Caitlin's attendance has improved dramatically since the Christmas holidays. Well done Caitlin!



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 Sports Direct water bottle
Adidas football boots
Pandora bow ring
Navy H&M jumper
Green Nike water bottle
Clear pink water bottle
Camouflaged pencil case
Black pencil case
Nike underlayer

Blue notebook
Clear lunchbox
Clear pencil case
Navy 'SEN Sport' joggers
Black New Look shoes (lace detail)
Grey Trespass gilet
Black pencil case
Black glasses
Blue Nike coat
Black sweatshirt (Route One)

1 grey Superdry glove
Grey pencil case
Green combat trousers
X3 rose gold rings (found in the Cabot Eye)
Black F&F coat
Leopard print hair band
Twist & pout keyring
Brown glasses
Black Thinsulate gloves
Black and pink glasses

Grey Slazenger hooded jacket
Team GB tin pencil case
Keys x 2 (1 with smiley face print, 1 plain silver)
Black coat with silver markings
Short black Top Shop coat
Red Toy Story pebble
Grey 'Aladdin' water bottle
Black Karrimor gloves
Black Nike trainers

Best wishes

Mr S White
Principal