

1. Enrichment

With the start of the new term, we have evaluated the Enrichment part of our curriculum. The principle behind enrichment is to improve and enhance our students' experience at JCA. If you have seen the incredible displays hanging up in the foyer, you can see, for example, the work of the plastics group. It is a daily thought provoking reminder of our use of disposable plastic.

However, having taken some student voice, there is a group of students who do not see the benefit of Enrichment, this is especially the case for our year 9 pupils. Therefore, for this term, year 9 will return to their normal lessons in one Enrichment slot (where possible this is Drama and Music) and in the other Enrichment slot, they will do Science revision on Tassomai.

Year 7 will do PE enrichment on a Monday (where each week they get a chance to do a sporting activity outside the usual curriculum) and will do an Enrichment of their choice on a Wednesday. The range of Enrichment clubs vary from French & Spanish film club to Crochet to Manga drawing. Year 8 will do the same but Enrichment on a Monday and PE on a Wednesday.

2. Year 9 Envision Students Win Resilience Award

This week the year 9 Envision group took part in the Community Apprentice Day at Aerospace Bristol. They competed against other schools from Bristol, raising money for their chosen Charity, Plastic Pollution, with various fund raising events. Their sponsors, Direct Line, were present yesterday along



with judges from Bristol businesses. It was a very close call, but we did win The Resilience award. Well done to all students who took part.

3. Y10 Careers Interviews Start Next Week

Please visit careerpilot.org.uk to explore careers ideas, information on Post 16 education and training, and some fun personality and skills quizzes.

4. Safeguarding Information

O2 have partnered with the NSPCC to provide a really useful hub for parents to get the latest safeguarding information and advice.

O2 also encourage parents to get in contact with their O2 Gurus with any questions they might in relation to mobile device security and internet safety in general.

Parents can talk online or even make an appointment at an O2 shop. Parents do not need to be an O2 customer to take advantage of this service.

<https://www.o2.co.uk/help/guru#intro>

5. Parenting Children with ADHD – Help and Advice from Bristol City Council

Parenting children with ADHD 6 week Free Course*



WHAT YOU WILL LEARN

- > How to support your child with Attention Deficit Hyperactivity Disorder
- > Understanding the condition and behaviours
- > Techniques to manage behaviour
- > ADHD and its impact on the family
- > Diet and its impact
- > Meet other parents and share experiences

WHEN AND WHERE

16th May – 27th June 10.00–12.00pm
Thursdays for 6 Weeks
including a break for Half Term

Westcott Room, Kingswood Foundation
Estate, Britannia Road, BS15 8DB

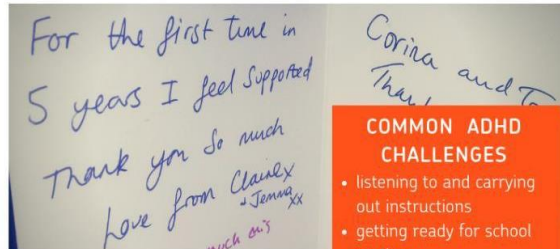
BOOKING INFORMATION

- ☎ Contact Alya or Catherine on 01454 868570
- 🌐 Book online at www.southernbrooks.org.uk
- ✉ Email training@southernbrooks.org.uk



Attention Deficit Hyperactivity Disorder (ADHD) is a behavioural disorder that includes symptoms such as inattentiveness, hyperactivity and impulsiveness.

The impulsive, fearless and chaotic behaviours typical of ADHD can make everyday activities exhausting and stressful.



COMMON ADHD CHALLENGES

- listening to and carrying out instructions
- getting ready for school on time
- social occasions
- getting your child to sleep at night

TUTOR

Corrina Woods has facilitated this course for many years. She uses her personal experience, to help parents feel comfortable to discuss their own situation.

*Eligibility for Free Course

- Over 19 years old
- Live in South Gloucestershire
- Have qualifications below or at Level 2 (5 GCSEs grade C)
- or recently experienced poor mental health
- Course is £60 if not eligible

Book online at www.southernbrooks.org.uk



6. Parent Forum: 21st May, 6pm

Our second Parent Forum will be held at John Cabot Academy on Tuesday 21st May 2019 at 6pm.

The forum will focus on our drive to improve Communication at JCA, the initial meeting proved invaluable, parents were very insightful and provided workable suggestions to improve what we do as an academy. If you are interested in attending please email info@jca.cabot.ac.uk and we will forward you details closer to the date.

7. Y11 Prom: 28th June

This year the Year 11 Prom is being held at The Grand Hotel, Bristol on Friday 28th June 2019.

Letters have gone out to students, extra copies can be collected from the Finance Office or Reception. We are looking forward to celebrating what has been a fantastic 5 years for our wonderful Year 11.

8. Dates For The Diary

<u>Year</u>	<u>Event</u>
Year 7	
Year 8	
Year 9	
Year 10	
Year 11	Thurs 9 th May: Y11 PE – Big Lesson P1-4 Fri 10 th May: Y11 RS: Big Lesson P4-6 Friday 28 th June: Y11 Prom – Grand Hotel, Bristol

All years Parent forum – Tuesday 21st May, 6pm

Best Wishes,

*Kate Willis
Vice Principal*