

PE Clubs for Term 1

Please see the information below regarding the clubs that are on offer in PE this term.

PE CLUBS TERM 1

Monday	Dance Club (Studio)	All years welcome
Monday	Netball Club (Meet in changing rooms)	All years welcome
Monday	GCSE PE Theory Club (PE classroom)	GCSE PE Students
Tuesday & Friday	GCSE PE Practical Club (Sports Hall)	GCSE PE Students
Thursday	Year 8 Football Club (Meet in changing rooms)	Year 8 Students



First Story Competition

Congratulations to Abigail Jay (Y11) who was the winner of the First Story 100 Word competition last year and received a prize package from the organisers.

Opportunities in PE

The following opportunities are available to students. Please speak to Miss Cannon or a member of PE staff for more details.


Netball - Netball club is running on a Monday after school 3-4 (as well as enrichment). Our first fixture is next Wednesday, 19 September. We currently have teams for Years 8-11 but if there are any Year 7 students interested, they should see Miss Cannon as soon as possible.


Cross country - If you are interested in representing the school for cross country at either Castle or Downend this year, please come to PE to get a permission slip and more information.

Year 7 fencing - If any Year 7 students would be interesting in a fencing club please can they see Miss Cannon in PE as soon as possible.

Workshops for parents

We have received some information about workshops being run for parents during October and November in Bristol; the details are outlined in the poster below.

 **BRISTOL CHILD PARENT SUPPORT.CO.UK**
POSITIVE PARENTING SOLUTIONS



Parent Empowerment Workshops

Hello there, my name is Catherine and I am the founder of BristolChildParentSupport, a private therapy practice. Within this context, I am working to answer the question, how can we raise confident and secure children in today's society? These workshops go towards responding to that question. I'm utilising knowledge from 30 years of clinical experience in the NHS, which includes 19 years in CAMHS working with complex emotional and behavioral difficulties and my experience as a mum too. Like you, I've survived all the highs and lows of motherhood from baby to adulthood and happy to share what I've learned so far. Join me at:

Stop the "Worry Cycle", Managing Worries/ Anxiety in children
21st September and the 12th October 2018, 10-12.30

"Cool Down", Managing Tantrums, Anger, and Meltdowns.
5th October 2018, 10am-12

Positive Discipline Strategies Workshop
10th November 2018, 10am-12

Prevent the "Worry Cycle", Understanding Anxiety in children
30th November 2018, 10am-12

<p>Where: Muller House, Ashley Down, BS7</p> <p>Cost: £35 (two Hour Workshops) £90 (five hour-two part workshop)</p> <p>Information & bookings:- https://bristolchildparentsupport.co.uk/parent-workshops/</p>	<p>Lets join together to:-</p> <ul style="list-style-type: none">▪ Empower your child to manage "big feelings" and develop self control.▪ Stop nagging and shouting▪ Strengthen secure connections to enjoy being with your child▪ Be a confident, calm and authoritative parent
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New look for the dining room

Students may have noticed a new look in the dining room when they returned to school last week.

Not only have we made some changes to the look of the dining room, we have also introduced some brand new menus and a new style to the service. Some information about this appeared in the newsletter at the end of the last academic year.

The menus are detailed below and are on display in the dining room each day. If you have any queries regarding the food offer at school you are welcome to contact the Catering Manager, Louise Caines on 0117 9882511 or via email at louise.caines@sodexo.com

[New menus](#)

Post 16 Provider Events

There are a lot of Post 16 provider open events this term – please see the link below for further information in relation to open days.

[Post 16 Provider Open Days 18/19](#)

North Bristol (NHS) Trust Careers Event

Monday 12 November 2018, 17:30-20:00 at Southmead Hospital. The evening will include:

- Experts from a range of different fields
- Advice on career and education pathways at NBT
- Recruitment team giving advice on how to apply for job roles
- Hands-on experience and interactive activities
- Work experience and observation advice

Please click on the link below for further information.

[NHS Careers Open Evening](#)

Fencing taster session

We have a fantastic opportunity for Year 7 students to attend a trial session for fencing at JCA.

This will be held by a qualified fencing instructor who trains our CLF fencing team. If any Year 7 students would be interested in attending the trial session, please can they see Miss Cannon in the PE office by Wednesday 19 September.



Medication Policy

There has been a recent update to our Medication Policy regarding students carrying medication in school.

A copy of the letter detailing the changes is available below.

[Medication letter Sept 18](#)

Plastics & the Ocean

Some of our students are taking part in an enrichment programme looking at plastics and the effects they have on the ocean.

As part of the programme, the students will be making a large sculpture entirely from plastic. With this in mind, could we please ask parents for donations of any type of plastic bottles to be sent in and given to Emma Roch in the Technology department.



We will publish more details of how the sculpture is shaping up later in the term.

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	Admissions Open Morning, Tuesday 18 September (by appt only) Admissions Open Morning, Thursday 20 September (by appt only) Admissions Open Morning, Tuesday 25 September (by appt only) Friends of John Cabot meeting, Tuesday 25 September, 7.30pm Term 1 ends, Wednesday 24 October Term 2 begins, Monday 5 November
Year 7	Y7 Parents & Meet the Tutor Evening, Thursday 15 November, 3.45pm – 6.15pm
Year 8	Y8 Girls HPV vaccinations, Tuesday 16 October
Year 9	Y9 Girls HPV vaccinations, Tuesday 16 October Y9/10 Future Quest Parents Evening, Wednesday 17 October, 5.00pm
Year 10	Y9/10 Future Quest Parents Evening, Wednesday 17 October, 5.00pm
Year 11	Y11 Parents' Evening, Thursday 18 October, 3.45pm – 6.15pm
Sixth Form	P16 New Parents Welcome Evening, Tuesday 18 September, 4.30pm – 6.30pm P16 Open Evening at BBA, Wednesday 10 September, 4.30pm

Lost Property

We currently have various items of lost property on reception.

Please ask at reception if you have lost anything.

Best wishes

Sally Apps
Executive Principal

