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www.cabot.ac.uk

Hello Yellow Day – Wed 10 Oct

World Mental Health Day takes place on Wednesday 10 October.

Assemblies next week will focus on Mental Health & Wellbeing and will launch a range of initiatives that JCA will be involved in throughout 2018-19. Students are being encouraged to wear something yellow alongside their normal uniform on Wednesday, such as a hat, nail polish, scarf, bandana, socks, etc. See the posters below for more information.

Hello Yellow Day – Weds 10th October

World Mental Health Day – 10th Oct

Spread the word that whatever you are going through there is someone to talk to. This is our way of visibly saying that Mental Health and Wellbeing is vitally important and as a collective group we want to support each other.

Wear something **YELLOW** along with your school uniform – hat, nail polish, face paint, t-shirt, scarf, bandana, socks, headbands, wristbands. *Donations to support the work of Young Minds are optional.*

Assemblies will focus on Mental Health & Wellbeing and will launch a range of initiatives that JCA will be involved in throughout 2018-19.



If you would like further guidance or support, **Young Minds** have a dedicated parental phone line (0808 802 5544) and support pages on their website.

Please visit: <https://youngminds.org.uk/find-help/for-parents/>

South Gloucestershire also have a comprehensive online hub (**Mind You**) providing support and guidance for young people and their parents / carers. More information can be found at: <https://sites.southglos.gov.uk/mind-you/>

If you have any concerns about the mental health and wellbeing of any young person at the Academy, please do not hesitate to contact their Tutor or Zone Student Support Leader. There will be the opportunity for parents to attend a Mental Health and Wellbeing event later in the year and there will be further signposting to support.

Parent Survey

Thank you to the 40+ parents who responded to our parent survey last week.

The responses are encouraging and we are gaining a better understanding of the things we do well and where we can improve. The survey remains open and I would strongly encourage you to complete it if you have not done so already. It takes between two and five minutes according to your typing speed – most answers are multiple choice and there are just nine questions in total.

You may be interested to know that, according to the current responses:

- More than 80% of students are reported to be happy at school – this is something we wish to continue to improve.
- Almost 90% of students are reported to feel safe at school – this is also something we will continue to focus upon.

The general experience would suggest that students' educational, pastoral and developmental needs are being consistently well met, and that resource is used relatively well; (understandably, a number of parents did not feel able to make this judgement with the knowledge available to them). It was stark that so many families did point out that they felt the school was not resourced as well as it might be. This is certainly a national picture and not one which is peculiar to our school. It may be an issue that is more pronounced in our county.

In terms of the specific comments, I would like to thank you for the generosity of spirit shown in your comments about teaching and pastoral staff. I will ensure that these are passed on to the team. You can also be sure that the senior team will consider all constructive feedback and make the kinds of changes that will enable us to improve as a result. Thank you for taking the time to give us your insight.

As stated, the survey remains open and I would very much appreciate further responses from parents and carers should you have the availability.

Thank you so much for helping us to be the best school that we can be for your child.

Young Composer Competition

Another amazing musical opportunity!

Create your very own piece of music for any instrument/group in the hope that you win a fantastic opportunity to have your music performed live in an international concert in 2019.

Details are outlined below. Any questions, please see Miss Grierson 

YOUNG COMPOSERS COMPETITION 2019

Award Rules

- Entry is open to all UK residents aged up to 25 at the time entry closes
- There are two categories for the awards as follows:
 - 18 years and under on the date of submission
 - 19 - 25 years on the date of submission
- Employees and close family members of Benslow Music Trust and their close relatives are not eligible to enter. Proof of age, identity and eligibility may be requested
- The composition should be between 3 and 4 minutes' duration

Submissions

- Entrants must register their interest in entering the award by emailing info@benslowmusic.org by 5.00pm on Friday 2 November 2018 stating which age category they wish to enter
- Entrants should send one hard copy of the score in an A4 format and parts (preferably produced on computerised publishing software) to Music Administrator, Benslow Music Trust, Benslow Lane, Hitchin, SG4 9RB and one electronic copy of the score and parts (preferably in PDF format) by email to info@benslowmusic.org
- Completed work should be received no later than 5.00pm on Monday 3 December 2018. Entries received after the deadline will not be considered

Judging Criteria

The shortlisted entrants will be judged on the following criteria:

- Accessibility (technically) to amateur, as well as professional, performers
- Originality of composition fused with an awareness of the Coull Quartet's style

Selection Process

- A shortlist of up to 8 entrants will be chosen by a member of Benslow Music Trust and a professional composer
- The judging panel is unable to give feedback to unsuccessful applicants
- The shortlist of entries will then be put to our Competition Jury, to include: Judith Weir (Master of the Queen's Music), the Coull Quartet and Peter Hewitt (Chief Executive of Benslow Music Trust). Two winners will be announced, one for each of the two age categories
- Benslow Music Trust's selection of the winners is final and no correspondence will be entered into

The Prize

- The prize offered is a public performance of the winning compositions on Friday 1 November 2019 as part of our International Concert Series at Benslow Music in Hitchin
- The winner will also receive a complimentary place on a Benslow Music Trust residential music course of their choice
- The winner will receive a complimentary set of tickets to this concert for themselves and up to two members of their family/friends

Please visit www.benslowmusic.org for the full terms and conditions



BENSLOWMUSIC
COURSES AND CONCERTS

YOUNG COMPOSERS COMPETITION 2019



In an initiative to celebrate the **90th anniversary** of our formation and to further our engagement supporting young musicians, we are delighted to invite composers aged up to 25 from across the UK to compose a new work for string quartet, to be performed by the **Coull Quartet**.

A shortlist of entries will be put to a panel of judges, to include: Judith Weir (Master of the Queen's Music), the Coull Quartet and Peter Hewitt (Chief Executive, Benslow Music Trust). Two winners will be announced, one for each of the two age categories.

The winning work(s) will then be premiered by the Coull Quartet on **Friday 1 November 2019** at Benslow Music in Hitchin as part of our International Concert Series.

BENSLOW MUSIC, HITCHIN, HERTFORDSHIRE SG4 9RB
INFO@BENSLOWMUSIC.ORG • 01462 459446 • WWW.BENSLOWMUSIC.ORG

Digitech Open Evenings

Digitech Studio School are holding open evenings for students who are interested in join them in Year 10 and Year 12.

More details can be found in the links below.

[Y10 Flyer](#)

[Y12 Flyer](#)

Graffiti workshop

Thomas Stiby (Y10) attended a graffiti workshop last weekend and created the artwork below to go up in the Learning Support area.

Thanks Thomas, it looks amazing on the wall!



Year 11 Parents' Evening

A reminder that the Year 11 Parents' Evening is taking place on Thursday 18 October, from 3.45pm – 6.15pm.

Students have all been given sheets to make appointments with their relevant subject teachers. Please do encourage your child to ensure they make appointments with as many of their teachers as possible. We look forward to seeing you on 18 October.

Invigilators needed

The Academy is looking to recruit a number of invigilators.

The details will be advertised on the CLF website shortly so please do apply if you are interested.

The role involves overseeing examinations and ensuring that students remain silent and compliant, ensuring that papers are distributed and collected in an efficient manner, supporting students with queries, equipment and seating arrangements and other duties directed by the Examinations Officer.

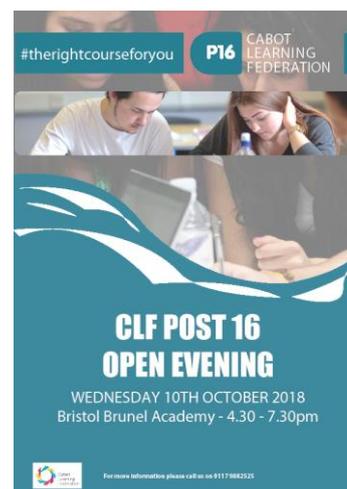
Post 16 Open Evening

CLF Post 16 are holding an Open Evening next week.

The event will be held at Bristol Brunel Academy on Wednesday 10 October, from 4.30pm to 7.30pm.

See the poster for details or visit the CLF website:

www.clfpost16.org



Free School Meals

Are you eligible and how to claim free school meals for your child?

Free school meals are available to students whose parents who are in receipt of certain benefits. Further information is available through the web link below on eligibility and how to apply.

Current families who are eligible: If you have previously completed paperwork through the school, you now need to complete it through the South Gloucestershire Council website.

If you would like some support in completing the paperwork, please do not hesitate to contact either your child's Student Support Leader or our Admissions Officer, Julie Jarrett, and they will be able to support you through the process.

<http://www.southglos.gov.uk/advice-and-benefits/benefits/free-school-meals/>

Food Allergens

Sodexo, the company who provide our catering facilities, have a Food Allergen Management process which means that parents must provide medical evidence to our catering manager if their child has a food allergy (only from a doctor or dietician), with full details of the allergy.

If they have an intolerance then medical evidence is not required. If no medical evidence is provided, the canteen will only be able to feed students with a plain jacket potato. We are currently aware of approx. 30 students with food allergens but only have medical evidence for some of those. Should parents have any queries or wish to advise of a food allergy, please could we ask that you contact our Catering Manager, Louise Caines, directly on 0117 9882511 or via email at: louise.caines@sodexo.com

Show My Homework

At JCA we use a system called Show My Homework for setting homework to students.

All students will now be able to log into the system using their standard PC/Office 365 login details, which will hopefully make the process simpler for them. Tutors will run through this with their students next week during tutor time to clarify the process. Parents will be issued with a Pin code to access the system, and this will be sent home with students next week with a printed slip. Here is a link to a useful help video that was created to assist parents with logging in.

https://help.showmyhomework.co.uk/ArticleDetail/Teachers/Video_Guides/Getting-started-as-a-Parent

Once you have received your Pin, follow the steps on here to login; there will be further guidance on the letter that is sent home.

Medical appointments

If parents need to remove students for a medical appointment at any point during the school day, please can we ask that you follow the correct procedure as outlined below:

- Parent sends in a note or appointment letter with the student to inform us of an appointment with details of date/time.
- Tutor or Pastoral Leader signs note to take to reception and updates the register. Note is filed in student file.
- Student shows note to receptionist for proof of permission to leave.
- Parent comes into reception and signs the student out.

Parents should be aware that we are no longer able to contact classrooms unless in an emergency so please do not arrive at reception without prior notice as it is unlikely that a member of staff will be available to go and collect your child immediately.

Online payments

We have been experiencing some issues this week with the school payments system, including SCOPAY for online payments used by Parents/Carers when paying for school trips and music tuition.

As a result, letters have been issued but the trips and music tuition are not yet showing as available to pay online. Please bear with us and the outstanding items will appear for payment over the next week. We are still able to accept cash or cheque payments as an alternative; if you would like to do this, please send via Reception marked 'For the attention of Mrs J Chappell, Business Assistant'. Thank you for your patience.

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 1 ends, Wednesday 24 October Term 2 begins, Monday 5 November Senior Maths Challenge, Tuesday 6 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 Y9 Future Quest trip to Aerospace, Thursday 8 November
Year 10	Y9/10 Future Quest Parents Evening, Wednesday 17 October, 5.00pm Y10 Future Quest trip, Wednesday 21 November
Year 11	Y11 Parents' Evening, Thursday 18 October, 3.45pm – 6.15pm Y11 mock exams, w/c Monday 5 November and w/c Monday 12 November
Sixth Form	P16 Open Evening at BBA, Wednesday 10 October, 4.30pm – 7.30pm

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

