



Every Student Thriving

11 October 2024

Dear Parent/Carer,

OFSTED

A huge thank you to all staff, students and parents/carers for their input during our Ofsted inspection this week. We were last inspected in March of 2020 so this was not an unexpected visit. We cannot share any outcomes at this stage as the report will need to be quality assured by Ofsted. What I will say is that we are all incredibly proud of how responsive, articulate and transparent our students were during the two day visit. They exuded authenticity and were an absolute credit to the school. As soon as I can I will share our outcome.

CHILD ON CHILD ABUSE

As part of our new routines we are focussing intently on **'boisterous' behaviour**. This essentially involves inappropriate touching of an overly physical nature and is an invasion of personal space. It can be a particular issue between friends when one friend feels they cannot speak up about their discomfort. These acts fall into the safeguarding definition of **'child on child' abuse**. Next week we will be delivering a video assembly on this issue to students to ensure they understand why this is defined as child on child abuse and why it will be logged as such on our safeguarding monitoring system. We all have the right not to have our private space invaded.

TRIP SCHEDULE

In order to help you plan financially for forthcoming trips the finance department has asked me to share our trips itinerary for the year with dates and costs. We fully appreciate that these are great opportunities but in the current climate they do need to be carefully planned for:

| Trip Name | Year Group | Trip Date | Dept | Cost (Italics = Estimated Cost) | Status |
|--------------------------|------------|---------------|------------|---------------------------------|------------------------------|
| Sports Tour 2025 | 8 & 9 | April 2025 | PE | £1,065.00 | Launched March 2024 |
| Iceland 2025 | 10 | March 2025 | Geography | £1,025.00 | Launched in March 2024 |
| Cornwall 2025 | 9 | June 2025 | Focus Week | £286.00 | Launched Oct 24 |
| Euro Space Centre 2025 | 9 | June 2025 | Focus Week | £726.00 | Launched Oct 24 |
| Iceland 2026 | 9 | March 2026 | Geography | £1,200.00 | To be launched in October 24 |
| Ski Trip 2026 | 9 & 10 | February 2026 | PE | £1,650.00 | To be launched in October 24 |
| Ski Lessons for Ski Trip | 9 & 10 | January 2026 | PE | £200.00 | To be launched in October 24 |
| Munich 2025 | 10 | 14-17 July 25 | History | £870.00 | Launched Oct 24 |
| D of E Bronze 24/25 | 9 | Various | N/A | £240.00 | Launched in September 2024 |
| D of E Silver 24/25 | 10 | Various | N/A | £460.00 | To be launched in October 24 |
| D of E Gold | 12 | Various | N/A | £570.00 | Launched Oct 24 |
| PGL 2025 | 8 | June 2025 | Focus Week | £544.00 | Launched in September 2024 |
| Ypres/Somme 2025 | 8 | May 2025 | History | £450.00 | Launched in September 2024 |
| Slapton 2025 | 12 | July 2025 | 6th Form | £520.00 | Launched in September 2024 |
| Normandy 2025 | 7 | June 2025 | Focus Week | £650.00 | To be launched in October 24 |

Take care - Mr Brierly

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REMINDERS & NOTICES

DATES FOR YOUR DIARY

| | | |
|---------------------------------------|---|----------------------|
| Half-term begins | - | Friday 25 October |
| Year 11 consultation evening | - | Thursday 7 November |
| Year 11 into 6th form evening (6-8pm) | - | Thursday 14 November |

CAN YOU HELP WITH MOCK CAREERS INTERVIEWS?

We are looking for interviewers to help with our year 11 Mock interviews taking place 9am-12pm on Thursday 24th October. If you are able to support this event please email Mrs Sinacore, our Careers Adviser tsinacore@johncolet.co.uk

CURRENT VACANCIES

- Learning Support Assistants
- Casual Exam Invigilators

Please check our website for further details [here](#).

PARKING - REMINDER

A PLEA : Please could you ensure that you do not park in or block access to the Wendover Health Centre. IT IS NOT A DROP OFF ZONE and car issues are beginning to impact significantly on the centre's ability to operate effectively. Thank you.

SAFEGUARDING SPOTLIGHT

SEXTORTION

Young people are more vulnerable than ever due to the amount of time they typically spend online. With this in mind, the National Crime Agency (NCA) has, earlier this week sent an alert out to all schools nationally regarding "sextortion" and its prevalence. [Please see this link](#) for further information.

SAFEGUARDING LEADS & INFORMATION



Mr Crawford
Deputy Headteacher
DSL



Be Safe,
Be Kind



Mrs Rowland
Operational Safeguarding Lead
DDSL

If parents have any concerns about this practice or, believe that any young person at John Colet School might be at risk, then please do contact one of the members of our Safeguarding Team via

safeguarding@johncolet.co.uk

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SAFEGUARDING ADVICE FOR PARENTS : Click [HERE](#) for practical tips

What Parents & Educators Need to Know about **SCHOOL AVOIDANCE**

School avoidance refers to reduced attendance or non-attendance at school by a child or young person. In 2022-23, more than one in five children in England were found to be absent from school over 10% of the time. This guide focuses on school avoidance with an emotional basis, offering expert mental health advice. However, it's important to remember that school avoidance is a hugely subjective experience which requires a tailored, individual approach.

UNDERSTANDING SCHOOL AVOIDANCE

IMPACT OF SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include tummy aches, headaches, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGE OVERWHELMING FEELINGS

Acknowledge the child's worries, listen and discuss coping strategies together to help them manage difficulties. These could include mindfulness, deep breathing or going for a walk. This helps them understand that you are working together towards a common goal, and that these strategies can be used when bigger feelings arise.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and spent away from screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

RECOGNISE POSITIVE STEPS

Drawing attention to a child's successes – be they big or small – can help to give them some much-needed confidence and motivation. Celebrate these daily victories – such as getting out of bed on time or completing school work – and don't hesitate to let the child know when you're impressed or proud of them. Such an approach can go a long way.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



Source: See full reference list on guide page at: nationalcollege.com/guides/school-avoidance



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TOOLED UP - SUPPORT FOR PARENTS



Last Friday was **World Teacher Day**, so here at Tooled Up we're thinking about how to support our children at school and making the most of the parent-teacher relationship.

The season of Parents' Evenings is coming up for many families, so how can that conversation between parents and teachers be a fruitful one? This resource covers [30 Things You Might Say To Teachers At Parents' Evenings](#), with plenty of ideas to keep conversations positive and constructive. Partnership between teacher and parent gives children the best possible chance of thriving.

As parents, we will always be our children's first teacher so this is the perfect week to reflect on what we are doing at home to cultivate [intellectual curiosity](#), to inspire [dialogue](#) and to develop our children's [thinking skills](#). No matter what subject they are learning about in school, parents can complement that learning by showing a general interest and asking their children to teach them something!

Sustaining motivation for learning is something many parents are interested in. One way to do this is to consider how we praise our children. This [podcast](#) with Neuroscientist, Paul Howard-Jones describes effective praise as focusing on a child's perseverance rather than their performance. He also suggests taking your child aback with your praise. If the feedback that you offer feels novel or surprising, it is more likely to be motivating.

October is going to be a busy season of webinars for Tooled Up parents! Always check the [Events page](#) on our site to see what is coming up.

Parents interested in learning more **smartphone-free childhoods** can enjoy this [webinar](#) on the 9th October. For those interested in research on **gaming** and its impact on teen wellbeing, tune into this [webinar](#) with Professor Paul Etchells on 14th October.



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TEACHER TRAINING

ASTRA School-Centred Teacher Training



Teacher Training opportunities with Astra SCITT from September 2024

Whether you or someone you know is a recent graduate or potential career switcher, teaching offers a rewarding, challenging and varied career. **John Colet School** works in partnership with [Astra School Centred Initial Teacher Training](#) to provide training for new primary and secondary teachers on a full-time or part-time basis. Astra works in partnership with over sixty local schools across Buckinghamshire and all courses lead to Qualified Teacher Status (QTS) and most applicants also study for the Postgraduate Certificate in Education (PGCE).

Generous tax-free bursaries are available in many secondary subjects and all courses are eligible for student finance. Applications for teacher training are made through [DfE Apply](#).

Do contact Astra (hello@astra-alliance.com)/01494 787573 if you would like to know more.



Opening Hours
Every day 8.15am - 8.45am

We have a good selection of second hand uniform items all at **no charge!**

- | | |
|--------------|--------------|
| blazers | jumpers |
| trousers | skirts |
| white shirts | PE kit items |

If you **need** an item or want to **borrow** or **swap** something for a different size ease visit the shop during opening hours. For more information or to request an item please email uniformshop@johncolet.co.uk

We rely on donations so can't guarantee we will have all items in stock.

Buckinghamshire Family Learning

Help your child manage their wellbeing and mental health with these **FREE** online workshops and courses for parents and carers with a child in Years 7-11 only

YEARS 7, 8 & 9

5-week course

- Support your child's mental health and wellbeing
[Monday 23 September, 7-9pm](#)

YEARS 10 & 11

1-week workshops

- Help your child cope with stress and anxiety
[Monday 7 October, 7-9pm](#)
FMWB105
- Help your child to develop confidence and resilience
[Monday 14 October, 7-9pm](#)
FMWB105
- Help your Child to Develop Positive Friendships and Manage Peer Pressure
[Monday 21 October, 7-9pm](#)
FMWB113

To book your place, please click on the link, scan the QR or phone the Enrolment Team on 01296 383582. For more information, text Kathryn on 07770 641997, with your name and the course date.

SCAN ME

SCAN ME

[facebook](#) [instagram](#) [twitter](#) [BucksAdLearning](#) [adultlearning.bc.ac.uk](#)

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FREE ON-LINE YOUTH SUPPORT FROM BUCKS



How to... **Thrive at School**

Online course for young people

Would you like to reach your potential at school and deal with all the challenges school life throws at you?

If you're in school year 7 or above then our online 6-week course could be for you.

6 sessions cover:

- Tips for making good friends
- How to deal with bullying and peer pressure
- How to get organised
- How to deal with exam stress and schoolwork pressures

For more information or to secure your place, scan or click the QR code.

If you need help email familyinfo@buckinghamshire.gov.uk



Tuesdays
17 September to
22 October
6pm to 7pm



Tuesdays
5 November to
10 December
6pm to 7pm



**SCAN OR
CLICK ME**



How to deal with... **Stress, Anxiety and Low Mood**

Online course for young people

Would you like to feel better about life? Do you feel stuck and need some tips on how to move on?

If you're in school years 7 and above then our 5-week, online course could be for you!

5 sessions cover:

- What stress, anxiety and low mood actually are
- Strategies to feel better
- How to deal with setbacks
- Planning for a brighter future

For more information or to secure your place, scan or click the QR code.

If you need help please email familyinfo@buckinghamshire.gov.uk



Thursdays
26 September to
24 October
6pm to 7pm



Tuesdays
12 November to
10 December
6pm to 7pm



**SCAN OR
CLICK ME**



How to build **Confidence and Self-Esteem**

Online course for young people

Want to feel better about yourself? Want to feel more confident around other people?

If you're in school year 7 or above, then our interactive online course could be for you.

6 sessions cover:

- Why the media affects how we see ourselves
- How to cope better with setbacks
- How to deal with peer pressure
- How to feel better about ourselves

To secure your place or for more information, scan or click the QR code.

If you need help email familyinfo@buckinghamshire.gov.uk



Thursdays
19 September to
24 October
6pm to 7pm



Tuesdays
12 November to
10 December
6pm to 7pm



**SCAN OR
CLICK ME**



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FUNDED TRAINING OPPORTUNITY

See below for training opportunities for any parent funded locally from ASPIRE education. Aspire are trying to raise awareness about our FULLY FUNDED courses to parents and carers in your area; as the government (ESFA - Education Skills Funding Agency) have provided funding in your school's area. This is aimed to support parents and carers who are looking to get back into work or change their career, by offering them an opportunity for them to gain the necessary skills for free, for a school support job that fits in with their family.

Funding has been made available in your school's area for our next course, which starts on 21st October. We run these courses approximately every three weeks, as they have increased in popularity. As the funding has been awarded by the ESFA, there are some eligibility criteria that must be met for a fully funded place, which is listed on our website:

www.studysmartuk.online

These courses are designed to make it easy for parents/carers who are looking to gain the necessary qualifications for a school support role, as the classes are run online, within school hours and during term times. Allowing parents to fit the classes in with school drop offs and collections..

Upon enrollment learners are asked to complete two short initial assessments online, in English and Maths to determine which level they should start on. However, the funding allows each learner to progress up to level 3, if they wish to.

The deadline to enrol for our next course is by the end of 15th October!

STUDY SMART
Free Online Courses

aspire
Education

ncfe. | cache

Education & Skills
Funding Agency

**Fully Funded
School
Support
Course**

www.studysmartuk.online

**Available in
Levels 1, 2 & 3**

CACHE Certificate in
Understanding
Safeguarding & Prevent

CACHE Certificate in
Understanding Challenging
Behaviours

CACHE Certificate in the
Principles of SEN

**Six Week Course
Mon - Fri**

1st session 9:30 - 11:30am
2nd session 12:30 - 2:30pm
3rd session 4 - 4:30pm
(optional session for
reflection and support if needed)

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