



Every Student Thriving

20 September 2024

Dear Parent/Carer,

The start of the year always presents a whole host of **new opportunities** for our students. This is fronted up by our annual **House Talent Competition which has recently** been launched and auditions are running during lunchtimes of next week. No matter what talent your child may have, this is a great opportunity for students to showcase their skills and earn points for their House. As part of our student leadership development **sports/house captains have now been elected** and the school council will soon follow. **Sports enrichment** is well under way; an array of football and netball teams played their first matches this week. **Sixth formers are beginning to mentor** our younger students whilst also taking up opportunities to help run our canteen at lunchtime; **The Duke of Edinburgh Award** has also been launched this week presenting an exceptional opportunity for character development within the scaffold of an internationally recognised qualification. I could go on!

Building character will be a bigger theme this year and my aim is that by September 2025 character building is central to our curriculum and outcomes. Thursday 3 October is our Year 6 Open Evening and many of our students will be leading the evening as subject ambassadors and tour guides, developing their presentation and social skills and taking yet another opportunity to show character and leadership.

On the theme of character it was great to see our **year 7 students team building last week**. They all took part in a series of complex, physical puzzles which involved resilience, co-operation, communication and good old creative thinking. It was a joy to behold and much fun was had as new friendships were formed and the year group began to take on its unique identity. This spirit was consolidated during our year 7 'meet the tutor' evening which was incredibly well attended and it was heartening to see such support from parents and carers and listen to so many positive comments about the school. The resources from this evening can be found [here](#).

Our Year 11 students are also looking ahead to new opportunities in the form of attending open evening events to guide them in making their Post 16 choices. **Our own 'Into the Sixth' evening takes place on Thursday 14 November 6-8pm**, so please do save the date and join us. All students and families in the JCS community are invited to follow our new **Instagram @jcs.sixthform** to keep up with news and events and to get a glimpse into Sixth Form life.

Finally, a reminder to all students about being **courteous and safe to and from school**. The area around John Colet becomes very busy at the beginning and end of the day and we must all be mindful of members of the public, younger children, traffic and each other. This is particularly pertinent for those students who cycle as they need to ensure that they are conscious of traffic and the people around them. Safety must come first. If your child does cycle to and/or from school could you ensure they understand how to ride safely and wear an appropriate cycle helmet. Just for clarity any form of 'scooter' is not permissible as a form of transport to school.

Take Care - Ian Brierly

Ready - Respectful - Responsible



Every Student Thriving

REMINDERS & NOTICES

DATES FOR YOUR DIARY

Open Evening for 2025 admissions	-	3 October (5.30pm - 8.00pm)
INSET Day	-	4 October
Open Morning	-	7 October (9.15am 10.45am)

CURRENT VACANCIES

- Learning Support Assistants
- Senior Administration Assistant
- 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 at key points in the day.

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 about what it is, what the signs of it are and how you can support your children to remain safe online.

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

Our Fundamentals

Ready - Respectful - Responsible



Every Student Thriving



Student CLASSROOM CONDUCT

Ready Respectful Responsible Kind

- 1** Calm corridor behaviour
- 2** Sit according to seating plan or as directed by staff; No talking as register is taken.
- 3** Start work promptly.
- 4** Speak in full sentences, using subject vocabulary
- 5** Take a pride in your book and work. Underline with a ruler, secure loose sheets, no doodles in book
- 6** Complete independent work silently
- 7** Standard quiet signal : "1..2..3... Eyes on me"
- 8** Answering questions: No calling out
- 9** Be your BEST SELF:
Try hard, work hard, don't give up.
- 10** Orderly dismissal: Stand behind chairs in silence and wait to be dismissed, correct uniform

Every Student Thriving

Ready - Respectful - Responsible

Every Student Thriving

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

10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday®

The National College



Every Student Thriving

TOOLED UP - SUPPORT FOR PARENTS



To mark **National Fitness Day**, we want to help our children celebrate what their bodies can do, get them active, and boost their confidence! A huge body of research shows the benefits that regular exercise and a good level of physical

fitness can have in terms of health, wellbeing and academic performance. We also know as parents that sometimes it's hard to get young people moving!

Physical activity for young people often begins by putting down their devices! This fun and varied [list](#) of activities to try instead of looking at a smartphone covers ideas from high jumps to handstands. If your child can't quite find the right activity to capture their interest, take a look at these [100 Sports](#) for children and teens to try.

Fitness and wellbeing are also built on the foundation of a healthy and nutritious diet, and an understanding of why the fuel we put into our bodies matters. Show younger children this [video](#) on "charging up" their bodies and brains. Sporty teens will benefit from this webinar with nutritionist Dan Richardson on [Optimising Nutrition for Young Athletes](#). And don't forget the importance of sleep: watch this expert [webinar](#) on understanding children's and young people's sleep and "what works" if you have any sleep issues.

Another important aspect in getting young people active is confidence. We know that too many children and young people put off exercise because of body attitudes. We collected this [list of resources](#) to help boost young people's body image. Try our downloadable activity promoting [body gratitude](#) for teens and tweens. Parents of girls will find our video on [increasing girls' participation in sport](#) useful, and this expert [podcast](#) on encouraging girls to be physically active.

The flip side of confidence is resilience, and once children become competitive in their sport then they'll need some coping strategies for those difficult games and dips in performance. Here is a [webinar](#) with former professional hockey player Holly Cram on boost young athlete's emotional and physical resilience, along with our tips on developing [resilience to losing](#).

Finally, we'd love to invite all Tooled Up parents to our upcoming [Reaching Boys Early](#) conference on November 8th. Our expert panel will cover boys' wellbeing, confidence, body image and much more. It promises to be a day filled with useful insights and practical advice

Ready - Respectful - Responsible



Every Student Thriving

TEACHER TRAINING

★ASTRA School-Centred Teacher Training

10

YEAR
ANNIVERSARY

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 please 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](#) [buckinghamshireadultlearning](#) [BucksAdLearning](#) [adultlearning.bc.ac.uk](#)

Ready - Respectful - Responsible