



Ready - Respectful - Responsible

Parent Briefing 3.11.23

Dear Parent/Carer,

I hope you had a restful half-term.

I always feel that this half-term is what one might describe as **the 'knuckle down' half-term**. In the run up to Christmas young people don't have their usual outlets to burn off energy and frequently find themselves restricted by darker days and more challenging weather. This presents **an opportunity to consolidate learning** and really set good foundations for the new year. This is particularly important for Year 11 and Year 13 both of whom have mock examinations on the horizon. **A reminder that the 'Into the Sixth' open evening event for our Year 11 students takes place next Thursday evening; there are still some tickets available for the talk starting at 6pm.**

Mocks are a critical moment and enable us to **predict possible performance** in the summer exams, **identify gaps in knowledge**, **adapt our curriculum to address common misconceptions** and also serve as the basis of offers for sixth form or college places looking into the future. They are also a great opportunity to put a revision schedule in place that can be built on in the new year. I have always found that those students who approach their mocks **as an opportunity to identify issues, practise exam technique and find out what they need to address moving forward thrive in the summer exams.**

A great place for students to start in preparing for mocks is by **using the checklists on the website alongside GCSE Pod**. All students have **free access using their school email address**, and it is an excellent way to gain, refresh and check knowledge using the short videos and check and challenge quizzes. If you haven't explored the site as yet, **there is a parent information video [here](#). There is also more support [here](#).**

I met with our **local transport police officers** just prior to half-term as an incident had recently taken place at Wendover station where a young person had feigned 'hugging' a stationary train. This caused the driver to **activate his emergency stop protocol**. This is beyond reckless and although the police believe that no ill intent was meant if the train had pulled away the consequences for the young person **could have been fatal**. Please make sure that your child is fully aware that safe conduct is imperative whilst at any train station in order to safeguard themselves and the public.

Just a gentle reminder that your **first point of contact for any issues should be your child's form tutor**. This helps us to manage issues proportionally and where necessary escalate to the relevant party.

We appreciate that pick up from school can be challenging and I'd like to thank parents for not blocking out the medical centre. **Could I also ask you to turn off your engines if waiting. This reduces a variety of pollutants (noise and chemical)** whilst creating a more convivial and environmentally friendly end to the school day for all parties.

Take care. - Ian Brierly

REMINDERS & NOTICES

IMPORTANT MESSAGE REGARDING ADHD MEDICATION

Dear Parents and Carers

We have been notified by the Local Authority SEN team of a potential shortage of certain ADHD medications. We realise this must be a worrying time for you and we would like to assure you that, as a school, we will be supporting your families where we can.

The current guidelines from County state:

There has been a national clinical alert issued by the Department of Health and Social Care (NHS England) to highlight the current shortages in Attention Deficit Hyperactivity Disorder (ADHD) medications across the UK. The shortages are the result of increased demand and manufacturing issues. As a result, the supply of ADHD medication is intermittent. This is likely to remain the case for the remainder of 2023. Several ADHD medications have been affected: Equasym XL, Xaggitin XL, Concerta XL, Xenidate XL, Elvanse, Elvanse Adult, Guanfacine and Atomoxetine.

The advice to parents and carers is:

- To continue their child on the current medication.
- To continue ordering repeat ADHD medication as usual, but to re-order when there are between 7-14 days of medication left to allow time to source the medication.
- To try to contact other pharmacies in their local area to check they have supplies.
- To contact the GP/specialist service if they have tried but are unable to find the ADHD medication for their child.
- Due to the medication shortages there may be unavoidable gaps in the child's treatment.

Further information can be found here:

- Community paediatrics - Buckinghamshire Healthcare NHS Trust - CYP Website (buckshealthcare.nhs.uk)

If any of the medications listed above are prescribed to your child then please check with your GP or pharmacy about the status of the supply. If your child has a current diagnosis of ADHD can you please ensure that we are aware of this, if you have not already informed us, and email lbendel@johncolet.co.uk. Can you please include the following information:

NAME, DATE OF BIRTH, YEAR GROUP AND FORM, DIAGNOSIS, MEDICATION (If relevant).

If you are already aware that there is a shortage for your child, can you also please let us know.

The SEN department will endeavour to create a plan to help support you and your child if affected, and ensure we offer support for every child to remain at school if they are attending without having their ADHD medication.

Kind regards - Miss Bendel - SENCo

DATES FOR YOUR DIARY

- **Into the Sixth Form Open Evening** - 09.11.23
- **Year 12 consultation evening** - 16.11.23
- **Year 11 Mocks** - 30.11.23 → 14.12.23

OPPORTUNITIES

COVER SUPERVISOR REQUIRED : An excellent opportunity for any person who has just finished education or any who may be considering a future career in education, or for anyone who would like a role which can fit around their family life. If interested please contact Mrs Perry: cperry@johncolet.co.uk

CASUAL INVIGILATORS: We are always looking for people to join our **team of casual invigilators** If you are interested or would like to inquire as to opportunities then the advert and application form for invigilators can be found [here](#).

MODERN FOREIGN LANGUAGES VOLUNTEERS: If you speak French or Spanish and would like to support our MFL department please contact Mrs Simpson, our Head of MFL, directly: isimpson@johncolet.co.uk.

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

WENDOVER PROPOSED SKATEPARK

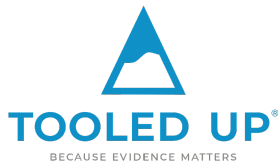
Share your thoughts about this exciting project on the planning application page:

<https://publicaccess.aylesburyvaledc.gov.uk/online-applications/applicationDetails.do?activeTab=documents&keyVal=SILRA0CLIU00>

Or visit the crowdfunding page to help out:

<https://www.crowdfunder.co.uk/p/wendover-skatepark>

MENTAL HEALTH & PARENT SUPPORT



If you're worried about your child's health, and especially their mental health, it isn't always easy to get access to an expert who can inform, advise or reassure you. At Tooled Up we have several opportunities in November for parents who'd like to hear from professionals. Questions can be asked anonymously at these

sessions, or sent in advance to kathy@tooledupeducation.com to be asked, also anonymously, on your behalf.

[Live Q&A with a Consultant Psychiatrist: Thursday 2nd November, 20:15 GMT](#)

Do you have a question about the mind of your child that you wish you could ask an expert? We're thrilled to be hosting a live Q&A with Dr Anna Conway Morris, a consultant psychiatrist who specialises in adolescent mental health. Register [here](#).

[Understanding Girls with Dr Tara Porter: November 21, 19:30 GMT](#)

Dr Tara Porter is a Clinical Psychologist and Writer. She worked in the NHS for over 25 years in child and adolescent mental health and has her own successful private practice. In this webinar, clinician and author, Dr Porter will be exploring why some girls are struggling so much at present, and will provide parents with ideas for bolstering their relationship with their daughters whilst supporting their mental health. Register [here](#).

[Webinar on Self-Harm with Dr Dennis Ougrin: November 29th, 17:30 GMT](#)

Following his successful and fascinating [webinar](#) on discussing real-world trauma with children, psychiatrist Dr Dennis Ougrin returns to help parents and educators with an equally sensitive topic: self-harm. Please note this is a live Q&A rather than a 'talk'. Register [here](#).

Or tune in to hear what Professor Tamsin Ford, Professor of Psychiatry at the University of Cambridge has to say on a whole range of interesting topics! Listen back to a fascinating [Q&A](#) with her here.

SAFEGUARDING ADVICE FOR PARENTS

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many games which we believe trusted adults should be aware of. Please visit nationalonline.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

FIVE NIGHTS AT FREDDY'S



WHAT ARE THE RISKS?

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Breadbear' (costing £8.99), which unlocks new levels and mini-games.

AGE-INAPPROPRIATE CONTENT

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences; they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

PLAYING IN ISOLATION

Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Nights at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Nights at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

Meet Our Expert

Cathy Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Cathy is now a freelance technology journalist, editor and consultant.



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[@national_online_safety](https://tiktok.com/@national_online_safety)

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LOCAL UPDATES / EVENTS

THE DAVID EVANS **COURT THEATRE** AT PENDLEY TRING


BERKHAMSTED THEATRE COMPANY

MACBETH

*Kings and Thanes in the 'Golden Round' jazz club,
Hear the sultry voices of our trio,
The Three Witches, as they work their magic
On your ears, and the lives of those around.
And finally, from Witches' tongues
'Something wicked this way comes'*

17th - 21st October 7.30pm
Saturday 21st Matinee 2.30pm

Tickets £19
Concessions £15



Get Tickets on line at: www.courttheatre.co.uk

The David Evans Court Theatre, Station Road, Tring, Hertfordshire HP23 5QZ

AYLESBURY RUGBY WOMEN

ANY LEVEL OF EXPERIENCE
AMAZING FACILITIES INCLUDING
GYM AND PHYSIO
NC3 MIDLANDS (SOUTH) LEAGUE
WOMENSRUGBY@AYLESBURYRFC.CO.UK

TRAINING TIMES:
WEDNESDAY 19:30-21:00
SUNDAY 12:30-14:00



ARFC HP22 5RN


PRODUCTIONS
YOUTH THEATRE GROUP
01767 681 049

OPEN AUDITIONS

BUGSY MALONE

MONDAY 13TH NOVEMBER
WATERSIDE THEATRE
Exchange St, Aylesbury HP20 1UG
(5.00-6.00pm 8-12 yrs old)
(6.00-7.00pm 12-18yrs old)

SATURDAY 18TH NOVEMBER
KINGSBROOK SCHOOL
Armstrongs Fields, HP22 7BR
(2.00-3.30pm 8-12 yrs old)
(3.30pm-6.00pm 12-18yrs old)



All auditionees must be 8 years old by the time of the show

TO BE PERFORMED AT THE AYLESBURY WATERSIDE. 14TH - 16TH MARCH 2024

NOTHING TO PREPARE
JUST ARRIVE, BOOK IN AND AUDITION

You only need attend one audition / A show fee is payable by all successful applicants

UNIFORM

- **Shoes** - Please check that they will conform - there are diagrams on the website to help.
- **Piercings** - the rule is for a small, single, plain stud in the earlobe of each ear. Getting additional piercings that are not healed in time for the start of term means spending time in isolation until the item can be removed.
- Optional plain black v-neck jumper (worn with, not instead of the blazer). **A number of black sweatshirts have crept in. These are not acceptable.**
- **Plain outdoor coat**, no large logos. So no hoodies, zipped or otherwise.
- **No visible body art**, please ensure holiday tattoos are removed.
- Clear nail varnish may be worn but **fingernails must be short and nail extensions of any kind are not permitted.**
- **False eyelashes are not permitted.**
- **Jewellery** (except a watch and earrings as stated above) is not permitted. In the case of jewellery and other accessories, the student will be asked to remove the item, which will be confiscated. A parent/carer will then need to come into school to collect the item in line with school policy.

The full uniform policy can be viewed in the policies section of the school website.