



# Every Student Thriving

5 July 2024

Dear Parent/Carer,

**Focus week** was a huge success and here are a few of the comments from parent/carers we have received including some from our work experience hosts :

"Just wanted to offer my sincere gratitude to the members of staff that gave up family time to take the Year 7 children on their Bushcraft residential. X has clearly had a blast, as I'm sure they've all had and now has some fond memories for many years to come. She is talking about all the skills she's learnt, the drama and gossip and above all, the new friends she has made. What a great opportunity- only made possible by those who are willing to take this challenge on!! You'll all sleep well tonight!"

"I am emailing to convey appreciation for the work and conduct of the Year 10 students and the Year 11 student during their work placement at John Hampden school this week. Staff have commented that the students have demonstrated punctuality, politeness in attitude and have shown initiative during their time with us."

*"Our children have enjoyed having them in class supporting their learning and furthermore, their assistance with the running of today's Sports day was super helpful."*

"They are all an absolute credit to your school and we look forward to welcoming students from the John Colet again in the future."

"A big thank you to ... Miss Davies and the team for taking the Y9's away to Cornwall. X is a real outdoorsy boy and loved every second! Apparently the Eden project 'was sick' which I believe is a good thing! He hasn't stopped talking about surfing and caves and cliffs, and he's not even a Geographer. So thank you once again for curriculum enrichment and life long independence skills which he'll remember forever."

"I just wanted to say a huge thank you to all the staff for their efforts in putting together a great focus week. X has had lots of fun, the variety of activities has been really good for him. Paddle boarding on Willen lake was a particular highlight! Also it's been refreshing to hear he's made connections with other friends outside of his usual social group."

These comments reflect the JCS desire to create **great memories** for our students and staff feel very appreciated when we receive such positive acknowledgement of their commitment and efforts.

**Our caterers** have asked if students could fill in the following survey to assist with their plans for next year: <https://forms.office.com/e/m5ZZkb9XUr?origin=IprLink> - You will also find a letter from them explaining next year's tariff changes at the end of this briefing.

**Year 6 into 7 induction** took place this week and we had two extremely busy and successful days with our new year 7 students. On Tuesday night parents and carers were also inducted with key talks on aspects of the school as well as an opportunity to meet staff, taste our canteen food, purchase uniform and generally get to know us. It was very rewarding to see so many parent/carers attend - it was literally standing room only - and bodes well for excellent partnerships between the school and home as, when both are aligned and working together, every student will indeed thrive.

Take Care - Ian Brierly

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## Every Student Thriving

# REMINDERS & NOTICES

### DATES FOR YOUR DIARY

Sports Day	10 July
Awards evening	10 July
12 Hour Frisbee Challenge	12 July
Summer Concert	18 July

### 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.

### CHILTERN'S NEURO-CENTRE



WELCOMING

CARING

EMPOWERING

IMPROVING

After the success of Run Prestwood recently that I know some children participated in from the school. Here at the Chilterns Neuro Centre we have a fundraising event that will be running in August, [Swim the Channel - Chilterns Neuro Centre](#). For this to be a success and raise as much money for the Centre as possible we need to gather 21 participants to all swim a mile. Would this be something you can send out to the pupils / families to help make this a success? I know children love a challenge and over the summer holidays hopefully it fits perfectly for families.

Do get in touch with any further questions you may have. I look forward to hearing from you.  
Kind Regards

Kirsty Robson - *Fundraising assistant* - Website: [www.chilternsneurocentre.org](http://www.chilternsneurocentre.org)

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### TOOLED - UP



Last week was World Wellbeing Week 2024, a great opportunity to consider the stresses and pressures that can affect our wellbeing, as well as the sources of support and help that we can draw on.

We love Wellbeing Week's five interlocking steps to wellbeing, and we've suggested some Tooled Up resources to support each one!

**Connect:** Introduce children to our friendship-initiating [questions](#) and our [strategies](#) for making friends in any environment! And for parents, here's our [webinar](#) on staying connected with children when you have a busy, high-stress lifestyle.

**Be Active:** There's always something new to try! The benefits of sport and physical activity extend well beyond fitness and into our emotional health and academic success. Here's our [list](#) of 100 sporting activities children can attempt, along with [50 fun ideas](#) for staying active at home.

**Take Notice:** These [apps](#) can help children engage with nature, these [meditations](#) for young children encourage mindfulness, and our [body gratitude](#) activity helps children pay more attention to the thing they spend most time with: themselves!

**Keep Learning:** Life is a learning journey! We've recently produced three informative and practical webinars on helping children prepare for the new stage in their education. Watch Dr Kathy Weston on getting children [nursery school-ready](#), [primary school-ready](#) and [senior school-ready](#)!

**Give To Others:** At Tooled Up we love promoting kindness amongst young people. Explore our [100 Acts of Kindness](#) with your child, and our [Fundraising Ideas for Families](#) here!

### 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](mailto:safeguarding@johncolet.co.uk)

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# Every Student Thriving

SAFEGUARDING ADVICE FOR PARENTS : Click [HERE](#) for a higher res version

## 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

## CATERING UPDATE



Dear Students, Parents and all customers,

### A new September 2024 Tariff

At Culinera, we take pride in providing nutritious and delicious meals to over 50,000 students daily. We use fantastic ingredients to craft a wide variety of food options to suit all budgets across our schools. We offer a diverse range of menu items starting from as low as 80p and regularly feature promotions, deals, and themed days to provide excellent value for money.

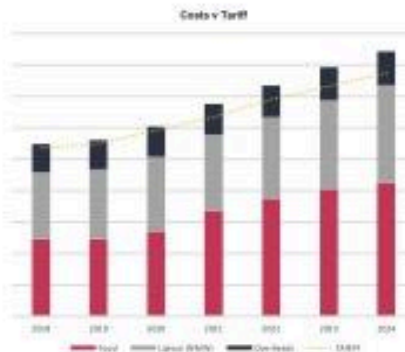
Our food development team continue to innovate with new recipes that keep up with food trends but also match daily budgets. Our TREATS range offers regular hot specials for just £1.30. Also, keep an eye out for our after-school clubs, where offered, with fantastic promotions and discounts, aimed at reducing waste and offering additional value to students.

As you will know, economic pressures are affecting us all and Culinera are not immune from this. We have had and continue to have a few challenges which we must share with you. As a business we have two main expenses; the cost of ingredients and the cost to provide our skilled teams.

- **Ingredients** - The past 24 months have been challenging, marked by significant increases in food costs due to the second-highest food inflation since World War II. Although inflation has eased somewhat, essential ingredient costs remain volatile and high. Factors such as poor crop yields and energy costs continue to impact both the availability and pricing of ingredients.
- **Skilled Teams** - To address the rising cost of living and support households, the government has raised the national minimum wage by 9.7%. In April, this was further increased by 10%, a positive step that will alleviate financial pressures for many of our staff. Additionally, to attract and retain high-calibre leadership, we have increased wages for supervisory and managerial roles.

In line with maintaining our high standards, we must inform you of an upcoming tariff increase across our menu and product range from September 2024. This adjustment is necessary to uphold our commitment to quality and sustainability amid ongoing challenges in the food industry, including food inflation, rising fuel costs, and fair wages for our team.

This tariff increase represents just a 3% increase against the circa 6% increase in costs that we are facing. This increase is not intended to create higher profits, but rather to ensure we fulfil our promises to you and safeguard our company and employees. As indicated in the graph, the new tariff does not cover all cost and we are working hard in all areas to bridge that gap, focusing on minimising costs and overheads.



The entire team at Culinera appreciates your support, understanding, and loyalty. Your regular patronage is crucial to our business, and we value your feedback. Please use the QR code below to share any comments or suggestions. We look forward to continuing to serve you and your family with nutritious and enjoyable meals.

**Steve Barwick-Biggs**  
Brand Director  
Culinera

**Leave Culinera feedback!**  
Either scan the below QR or visit  
<https://feedback.culinera.co.uk>



# Every Student Thriving



by **culinera**

## THE TARIFF

### BREAKFAST

Bacon / Sausage Roll	from £2.45
Toast bar (WITH BUTTER, JAM OR MARMITE)	35p / 70p
Morning pastries	from £1.55
Cereal	£1.20
Cut fruit pot	£1.50
Whole fruit / melon wedge	50p / £1.45
Porridge (45P FOR TOPPINGS)	FREE*

\*FREE TO STUDENTS WHEN PURCHASED WITH A TOPPING OR FRUIT OR 50p. FREE TO STAFF WITH A HOT DRINK OR £1.00.

### DRINKS

#### HOT SELF SERVE

TEA	ESPRESSO / AMERICANO	LATTE / CAP / FLAT WHITE
£1.35 / £1.60	£1.70 / £2.00	£1.80 / £2.10
HOT CHOCOLATE	ADD SYRUP / TOPPINGS	
£1.50 / £1.80	55p	

Bring your own cup for 10p off

#### COLD DRINKS

Bottled water	95p / £1.10
Culinera ice	£1.10 / £1.60
Milkshake	£1.50
Cartons	from £1.10
Cans	from £1.50
Flavoured bottles	from £1.30

#### HYDRATION STATION

Fruit shot	£1.10
500ml reusable bottle	£3.00

### COLD GRAB AND GO

#### POTS

Jelly / Yoghurt	£1.00 / £1.40
Puddings pots	from £1.55
Cut fruit	£1.50
Whole fruit / melon wedge	50p / £1.45
Boxed salads	£2.70
Pasta salad	£2.00 / £2.30

#### CLASSIC

HALF SANDWICH	FILLED ROLL	SANDWICH	BAGUETTES
90p	from £1.10	£1.70	£2.40

#### PREMIUM

Bloomer	£2.20
Wrap	from £2.60
Baguettes	from £2.75

### Ultimate range

Items from £3.00

### THE BAKERY AND SNACK SHOP

CLASSIC BAKES	PREMIUM BAKES	ULTIMATE BAKES
£1.45	£1.55	£1.75
POPCORN	SALVOURY SNACKS WITH SAUCE	
£1.20	£1.30	

### THE SOCIAL KITCHEN

Showcase course (OPTION OF ADDITIONAL BOLT ONS)	£2.70
Showcase puddings	£1.55

### Pasta Bar

WITH *daily changing* TOPPINGS

£1.70 <sup>80Z</sup> / £2.20 <sup>120Z</sup> / £2.60 <sup>160Z</sup>

### SAURDOUGH

FRESHLY BAKED OPTIONS *every day*

Classic £1.70 <sup>VEG</sup> £2.20 <sup>MEAT</sup> / Slipper £2.40

CulineraConcepts (MAIN COURSE)	from £2.70
Jacket potato with topping and leaves (ADD OTHER TOPPING FOR 50P)	£2.50
Paninis (HALF FOR HALF THE PRICE!)	£2.60 <sup>VEG</sup> £2.80 <sup>MEAT</sup>
TREATS specials	from £1.30
Homemade soup (WITH BREAD)	£1.90

#### ALLERGENS

Culinera understands that food allergens can present serious problems for some of our pupils who eat within our dining facilities. We ask our customers with special dietary needs or allergies, to speak with our Executive Chef / Manager or one of our 'Allergen Champions' (who are wearing a pink badge) on a daily basis to find out which food they are able to purchase for that day, and they will do their best to cater for this. Where possible we may produce a bespoke dish, if required. It is not feasible to share entire menus in advance with customers as we produce and sell daily in excess of 70 items per day and our menus change regularly. Despite our best efforts, our food/drink is prepared in areas where cross contamination may occur and therefore, we are unable to guarantee that our dishes/drinks are ever totally free from any allergen.

**\*\*Our position on nuts - Culinera does not use nuts in any of the food that we prepare in-house and serve. We are however unable to guarantee that dishes/products served are totally free from nuts / nut derivatives. This is because ingredients, for example, croissants may be made in a factory containing nuts, bread may be baked in a factory handling nuts, or some production lines may have machines lubricated with nut oil. In some cases and mainly within our Sixth Form outlets, we purchase pre-packaged products which may contain nuts products, for example cereal bars. It is not always possible to list all ingredients in all of our dishes and therefore we ask all pupils with nut allergies to follow our special dietary needs process detailed above, which is to speak with our Executive Chef / Manager or one of our 'Allergen Champions' on a daily basis.\*\***



#### SCAN QR TO GIVE FEEDBACK

The Culinera team are always looking for ways to improve your offer. Scan the QR code or visit <https://feedback.culinera.co.uk> to give us your thoughts and feedback.

<p>TRY OUR <b>home-made SOUP</b> with freshly baked bread</p>	<p><b>PLATE v POT</b> Reduce your environmental impact. Use a plate or cup over a pot! To save on certain items!</p>	<p><b>DAILY chef specials</b> Check what's on offer today!</p>	<p>Watch out for our daily <b>culinera Concepts</b></p>	<p><b>HEALTHY APPETITE?</b> Why not try our <b>healthier options</b></p>
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**PLEASE NOTE** - Not all products are available daily • Products are subject to local changes at each of our schools, and may not be on sale at any point • We have to add VAT at the current rate, to all sales of hot food and beverages to non-students • We have daily specials available, which are priced individually at the point of sale • Due to the nature of our till systems, any special offers or meal deals need to be requested at the point of purchase to the till operator.



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](mailto:hello@astra-alliance.com))/01494 787573 if you would like to know more.

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