



# Every Student Thriving

08 November 2024

Dear Parent/Carer,

## OFSTED

The end of half-term was incredibly busy. The final Thursday notably so. On this day alone we had our house talent contest which involved the usual number of wide-ranging acts from our very talented body of students. Twenty acts fought it out on behalf of their house in a very entertaining two hour show watched by our sports leaders and school council representatives.

## YEAR 11 CAREER MOCK INTERVIEWS

On the final Thursday we also had over twenty company representatives in school running mock interviews for all; of our year 11 students. This was an incredibly rich experience for our year 11 and also for the employers who supported the occasion and the school. So much so that one employer sent a very open and affecting email directly to us after the event:

*"... it was an absolute pleasure to be involved yesterday - and I was genuinely bowled over at how bright, enthusiastic, engaging and interesting the students all were. I was really astonished (maybe I shouldn't be!?) at the range of their interests and abilities - but predominantly also of their self-awareness. They all seemed to have a very keen sense of who they were, what they were good at and what they were less good at/less confident about. In my line of work, no one would admit to being aware of genuine weaknesses.*

*Looking around the room in gaps between interviews, something that really struck me quite personally was how all the children - without exception - were looking directly eye-to-eye with their interviewer. I found this really quite affecting. I assume it demonstrates not just their trust in the person on the other side of the desk, but a respect I guess, and a vulnerability too. I was really quite touched by this and it's something I've thought about a lot since. Again, in my line of work people in a one-to-one situation will often not engage eye-to-eye, certainly not over a sustained period - and it just makes me reflect on the paucity of those interactions.*

*Thank you very much again for the opportunity. You and your colleagues should all be very proud of the young people you're supporting on their journey into the world - and I know you don't get paid or supported nearly enough for the effort you put in. When everything else makes it look like the world is going to hell in a handbasket, it is encouraging to meet the bright young people you're educating, and to know that the future maybe isn't that bleak after all. "*

This email epitomises everything we are trying to do at John Colet in building character, educating the 'whole' person, allowing our students to thrive and preparing them for their future as, we hope, ambassadors for a better world. Thanks to Mrs Sinacore, our careers lead, for coordinating this invaluable opportunity. Talking of opportunities, **a reminder that next Thursday evening is our sixth form open evening and tickets have nearly sold out!**

Take care - Mr Brierly

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## Every Student Thriving

# REMINDERS & NOTICES

### DATES FOR YOUR DIARY

Year 11 into 6th form evening (6-8pm)	-	Thursday 14 November
Year 12 Consultation evening	-	Thursday 21 November

### CURRENT VACANCIES

- Learning Support Assistants
- Business Studies Teacher

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

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# Every Student Thriving

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

## 10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

#### Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College



## Every Student Thriving

### TOOLED UP - SUPPORT FOR PARENTS



This week at Tooled Up we're celebrating the arts. With the pressure that many young people experience on academic achievement and results, it's important to remember the value that extra-curricular learning and

knowledge can have.

In addition to being a nourishing, lifelong hobby, an interest in music, art and literature can have wide-ranging cognitive, social and emotional benefits. The arts help shape who we are, and enable young people to become well-rounded and interesting individuals who are attractive to universities and employers.

Tooled Up has a number of resources that illustrate the cognitive benefits of the arts and provide ideas to ignite children's interest.

This [article](#) on the ways that music improves cognitive performance shares research on the benefits of learning an instrument. Find out more in this recent, surprising podcast on [Drumming and the Brain](#), with neuroscientist Dr. Marie-Stephanie Cahart.

Classicist David Bowker gave us this list of his [Top 10 Greek Myths](#). These are the thrilling stories at the heart of many of the literary genres, movies and video games that we enjoy today and the list will give you plenty of ideas for exploring them with your child.

Inspiring creativity at home can be as simple as handing your child some paper and a pencil! Find [30 Calming Drawing Ideas](#) to share, then take some time with your child to explore the [Paintings Every Family Should Know About](#).

Did you know that Tooled Up recently passed the milestone of **1,000 resources** in our online library? We'd like to say a huge thank you to all the parents who contact us every week with questions about parenting, education and well-being. This communication and feedback shapes what we do. Explore our [Top 5s of 2024](#) to discover the topics that are most popular and relevant to parents right now.

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## 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\*\*](mailto:uniformshop@johncolet.co.uk)

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

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## Every Student Thriving

### COMMUNITY SUPPORT

# STAY TRUE TO YOU

**Free online training sessions  
for parents, carers and wider family  
or community members**

**Tuesday 12 November, 6.30pm–8.30pm (online) → [register in advance](#)**  
**Thursday 21 November, 6.30pm–8.30pm (online) → [register in advance](#)**

#### **Course content:**

Everyone is worried about the levels of violence in our community, particularly knife crime involving young people.

**The Stay True to You campaign aims to prevent violence by taking a positive approach to supporting young people to help them build confidence and make the right decisions.**

Open to all parents, carers and wider family members, these sessions are an opportunity to better understand the facts, including:

- Risk factors to crime and violence
- Exploitation and county drug lines
- Online harm
- How fear drives weapon carrying
- Legal consequences
- How to have those difficult conversations and create trusted relationships
- Sources of help and support

#### **Tuesday 12 November 6.30pm–8.30pm (online)**

Register in advance at [bit.ly/stty-12nov2024](https://bit.ly/stty-12nov2024)

#### **Thursday 21 November 6.30pm–8.30pm (online)**

Register in advance at [bit.ly/stty-21nov2024](https://bit.ly/stty-21nov2024)

Or visit the training page on the website:  
[staytrueto you.co.uk/upcoming-training-dates-parents/](https://staytrueto you.co.uk/upcoming-training-dates-parents/)

#### **Contact**

[info@staytrueto you.co.uk](mailto:info@staytrueto you.co.uk)



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## FREE ON-LINE YOUTH SUPPORT FROM BUCKS



### 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](mailto: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](mailto:familyinfo@buckinghamshire.gov.uk)



Thursdays  
19 September to  
24 October  
6pm to 7pm



Tuesdays  
12 November to  
10 December  
6pm to 7pm



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