



# Every Student Thriving

10 December 2025

*"Unexpected kindness is the most powerful, least costly and most underrated agent of human change"* - **Bob Kerrey**

*"Kind words can be short and easy to speak but their echoes are truly endless."* - **Mother Teresa**

Dear Parent/Carer,

Firstly let me wish you all a happy new year!

## **Assembly**

As you may expect this week's assemblies have been focussed on the notion of a new year's resolution. A key theme was the impact of being kind. Notional studies have been conducted that suggest that an act of kindness can encourage others to be kind which can cause a 'kindness' wave. It is, in essence, infectious. It was great to see Year 8 students front and centre presenting part of the assembly and taking the opportunity to hone their public speaking skills and deliver such a simple but highly impactful message.

## **Arbor (Management Information System)**

As you may recall we have had a big system change at school for the start of this term, with the move of MIS from SIMS to Arbor. Staff are busy getting used to the new system and we're making good progress in our first week. Of course, there is more to develop and with any new system there will be some turbulence. You may have noticed that you are starting to get notifications and emails from the school through Arbor rather than SIMS. One thing to note is that both the R and C notifications are now being released in real time rather than the following day. **Please do remember C1 and C2 notifications are written confirmations of verbal warnings** which are part of the natural ebb and flow of managing behaviours in school, ensuring students understand our expectations and consequences to their choices. No further action is required and there is no need to contact the school office for these notifications. Please be aware that we are also working on communication directly with students, unlike the previous system, at the present, any R&C point and detention notification emails are being sent to parents only.

## **AI**

AI tools are beginning to become extremely prevalent in our lives and, as with all technology, there is a darker side. In a future briefing I will discuss this in detail but as parents and carers please be vigilant and mindful that inappropriate use of AI graphic generators can lead to legal consequences. These tools can look 'playful' but can be utilised to embarrass, harass and create harmful content. It is vital that you open up conversations regarding the use of AI at home and explore the risks and benefits of such technology. Thank you.

## **Mental Health & Young People**

If you are interested there was a thought-provoking article about young people and mental health on the BBC website this week. It's worth a read, you can find it [here](#).

Take care - Ian Brierly

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## Every Student Thriving

# REMINDERS & NOTICES

### DATES FOR YOUR DIARY

<b>Year 8 Consultation Evening (4.00-7.00)</b>	-	23rd January
<b>Year 13 Consultation Evening (4.00-7.00)</b>	-	6th February
<b>Year 11 Consultation Evening (4.00-7.00)</b>	-	13th February

### CURRENT VACANCIES

- Learning Support Assistants
- Business Studies Teacher
- Science Teacher
- Cover Supervisor

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

### WHARF ROAD TRAFFIC SURVEY

The local traffic support group would be really grateful if you could fill in the survey below regarding traffic/parking concerns in Wharf Road. Your views would be very much welcomed!

[TRAFFIC SURVEY](#)

### STUDENT WORK EXPERIENCE

Our Year 10 and Year 12 students will be taking part in work experience from 23rd to 27th June and this is an excellent opportunity to help prepare our students for their next steps. **If anyone is able to offer a placement** to any of our students please contact Mrs Sinacore, our Careers Adviser [tsinacore@johncolet.co.uk](mailto:tsinacore@johncolet.co.uk).

### WESTONGROVE PARTNERSHIP UPDATE

#### **Patient Update from Westongrove Partnership – Aston Clinton Surgery, Bedgrove Surgery & Wendover Health Centre**

From Wed 8<sup>th</sup> January there will be a new system for requesting appointments or contacting the surgeries with admin queries.

For more information, please go to

<https://www.westongrove.com/how-to-request-an-appointment-from-8th-january-2025/>

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# Every Student Thriving

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

## 10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

### 1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

### 2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help. Keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

### 3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

### 4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

### 5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

### 6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

### 7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

### 8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

### 9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

### 10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

### Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

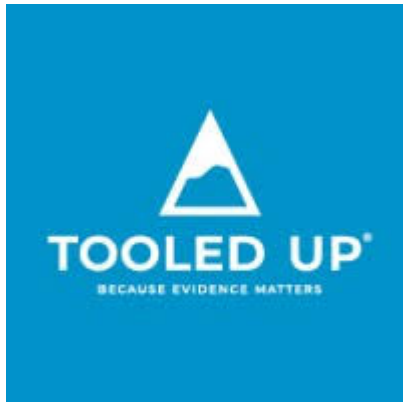


## Every Student Thriving

### TOOLED UP ADVICE FOR PARENTS

Happy New Year to our Tooled Up Parents and Carers!

Tooled Up Education warmly invites you to register for their upcoming January 2025 webinars:



#### Everything Parents Need to Know about Roblox

Lucy Howard

**Webinar**

January 27, 2025 - 10:00 GMT

[Register Now](#)

[January 27, 2025, 10:00-11:00 GMT](#)

Former Detective Chief Inspector Lucy Howard, dives into the in-depth world of 'Roblox'; a popular online gaming platform. Lucy will be addressing all your questions about what Roblox is, all its different features, potential risks, and how to protect your child.

#### Tooled Up Education & Parenting Matters Present: Parental Engagement in Learning - Small Things, Big Impact

Dr Kathy Weston and Professor Stephen Scott

**Webinar**

January 30, 2025 - 19:30 GMT

[Register Now](#)

[January 30, 2025, 19:30-20:30 GMT](#)

Did you know how powerful parents are when it comes to supporting children's learning? In this webinar, Dr Kathy Weston and Professor Stephen Scott, two leading experts in parenting and parental engagement, talk about the small things we can do at home to bolster children's academic development and confidence. During the talk, Professor Scott will also be sharing some exciting data relating to reading as a lever for attainment.

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# Every Student Thriving

## COMMUNITY SUPPORT



**Opening Hours**  
Every day 8.15am - 8.45am

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

- blazers
- trousers
- white shirts
- jumpers
- skirts
- 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.

**Wendover Cricket Club**

### Join Wendover Girls Cricket

The **Girls Section** at Wendover Cricket Club welcomes new recruits to attend its winter indoor training programme.

When	Saturday 25th January - 13:00 to 14:00
Where	John Colet School sports hall
Duration	10 weeks excluding 23 <sup>rd</sup> February
Open to	Girls year 5 to 8 of any ability, soft balls will generally be used
Cost	1 <sup>st</sup> session free, £5.50 thereafter

For more info / to sign up  
Contact: Jonathan Seabrook [jseabrook@wendoveremail.co.uk](mailto:jseabrook@wendoveremail.co.uk) or 07767-148 119

## 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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