



## Every Student Thriving

17 May 2024

Dear Parent/Carer,

For the last year or so John Colet has been a member of an institution named **Challenge Partners**. Challenge Partners is a practitioner-led education charity accelerating school improvement, leadership development and pupil progress. **They share excellent practice across schools and trusts through rigorous peer reviews, tailored school improvement programmes, and national and local collaboration.** As we are members, our senior leaders get to visit other schools with other leaders to do **Quality Assurance Reviews (QARs)**. These are not inspections but visits that focus on challenging schools to think about issues through the use of peer review. The benefit of these experiences is huge as leadership is exposed to good practice elsewhere that could inform how we operate at John Colet.

**Just prior to Easter, John Colet underwent its first QAR** and a team of leaders from a number of different schools came to visit us for three days to conduct a peer review. **This involved interviews, meeting staff and students and lesson visits. These were all done in partnership with our own leadership team.** The resulting report gave an overview of strengths and suggestions for further development. Amongst our strengths were:

- Students describe the school as 'welcoming', strongly echoed by new staff and students.
- New staff compare JCS to their previous schools and state that facilities at the school are excellent, with one concluding, 'My life is better since joining John Colet.'
- Because students' holistic development is a priority, it underpins the careers education programme. As a result, careers education and guidance are key strengths.
- Leaders have designed a curriculum that is ambitious for all.
- Staff have strong subject knowledge. Sixth formers enthuse about their teachers as experts and as a result of a focus on literacy, teachers emphasise subject vocabulary as a key aspect of lessons.
- Students say that across all subjects, the demand of the work that teachers give them is about right.
- Teachers drive the ethos for students to thrive through their relationships, support and how they advocate for student needs.
- Visiting reviewers were impressed with leaders' creative approach to achieving improved student attendance.
- Leaders prioritise vulnerable students in all systems.
- Students with high needs benefit from the adapted curriculum in core subjects.

Further development suggestions were focussed on continuing to build our character ethos into the curriculum more explicitly, increasing more opportunities for oracy and developing our adaptive teaching strategy. The visit was an **excellent opportunity to reflect on the school and reaffirmed our own thinking regarding school improvement.**

Formal exams are now underway and it was great to see **students engaged in their on-site revision sessions this week making sure that they were tapping into their teacher expertise as part of the revision and preparation process.** We wish them every success!

Take care - Ian Brierly

**Ready - Respectful - Responsible**

# REMINDERS & NOTICES

## DATES FOR YOUR DIARY

Year 8 History trip residential	11 May
Year 12 ART/PHOTOGRAPHY Trip	13 May
ESSA Track & Field Cup	16 May
Bronze D of E Practice	17 May
Silver D of E Practice	17 May
Y10 Bucks College visit	21 May
HALF-TERM	27-31 May

## 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.

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

**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](mailto:isimpson@johncolet.co.uk)

## 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.

### SOCIAL MEDIA GROUP CHATS

At JCS we continue to talk to children about their interactions with each other on social media and encrypted chat apps. We are definitely concerned about some of the language being used and the material being shared as well as chats including unknown members of the wider community therefore, we would urge **all parents to monitor their children's mobile phone use including their involvement in group chat platforms.**

# What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

## WHAT ARE THE RISKS?

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

### Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



Source: See full reference list on guide page at [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)



**At Tooled Up, we believe in expertise.**

So this week we're asking, how can we prepare our children to be the experts of the future, and how do we support them in areas where we might not be experts ourselves?

Building the experts of the future begins with cultivating their curiosity from a young age. Tooled Up offers packs featuring fabulous scientific questions to get young minds thinking, complete with answers for grown-ups to discuss. These [20 Questions for Bathtime](#) are written for younger children, while our [Learning Through Intrigue](#) and [Questions For The Car](#) activities will suit all ages. These [Questions For Curious Teens](#) are more representative of matters related to senior-school science or those taking GCSEs.

You can also bring a bit of science investigation into your next holiday with our Beach Science activities for [primary-aged children](#) and [teens](#).

Who better to engage young people in discussions about all the things you can 'do' with science, than a supercar engineer? Ella Podmore (MBE) answers parents' and pupils' questions in this inspiring [podcast](#).

Once your children are hooked on all things science, follow up with this [book list](#) of accessible and informative science books for children: perfect for the library of the young scientists and engineers in your home.

Do you know that one of the greatest levers for academic achievement is the quality of dialogue in our homes? Do you know that great questions can open up children's thinking? So, how do we do that? Emma Leeson is going to talk us through some ideas in this webinar on [Philosophy for Children](#), on **May 20th, 19:00 BST**. Emma will be sharing ways to philosophise at home and modelling how to have stimulating conversations with children in multiple ways! Not to be missed!

## SAFEGUARDING LEADS & INFORMATION



**Mr Crawford**  
Deputy Headteacher  
DSL



**Be Safe,  
Be Kind**



**Mrs Rowland**  
Operational Safeguarding Lead  
DSL

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)

## 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.

Our next Train to Teach Information Event will be held at The Misbourne School on Tuesday 14 May from 4.30pm to 6pm. Please see [here](#) for more information and details of how to register.

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.

**Every Student Thriving**

LOCAL UPDATES / EVENTS

# 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

## WENDOVER SPARROWHAWKS NETBALL TEAM

Fancy joining us for some netball?

**Everyone Welcome**

- Friendly ladies club with a good mix of age and ability
- Training every Tuesday with experienced coach
- 7.30—9pm at Aylesbury High School
- £5 per week (or save money and block book)
- Lots of coached drills and game play at training

Opportunities to join one of our 3 ladies teams for the upcoming summer league and 24/25 ADNL winter league

- Youth training Tuesdays at 6.15-7.15pm (school years 8-11 welcome)
- Opportunities to join a team for the summer league or just come for training

Email [wendoveryouthnetball@hotmail.com](mailto:wendoveryouthnetball@hotmail.com) for info

Interested? Get in touch...



E: [wendoverladiesnetball@hotmail.com](mailto:wendoverladiesnetball@hotmail.com)  
Insta: @wendoversparrowhawks

# TASTE OF Italy



THURSDAY 23RD MAY 2024

by **culinera**



CHARLIE INVITES YOU!  
COME AND GET YOUR GOLDEN TICKETS

9th May 2024

by **culinera**