



Ready - Respectful - Responsible

15 March 2024

Dear Parent/Carer,

As promised this briefing is about changes that **we are proposing to our school day for the 24/25 academic year.**

It is vitally important to me that the school maximises its contact time with our students, **optimising their education** and increasing life chances. We are therefore proposing that **Tuesdays fall in line with all other days of the week as from September 2024.**

The second proposed change centres around the school day. The break and lunch structure we currently operate with are highly demanding and have led to a very short lunchtime which does not benefit students or staff. We are therefore proposing to increase the school day by 10 minutes. **This 10 minutes will be added to lunchtime.** We are also proposing a return to a pre-covid break/lunch structure that is not staggered so all students/staff will be on break and lunch simultaneously.

Amongst the potential benefits expressed by staff regarding this model were:

- Greater scope for extracurricular activities/clubs
- Greater opportunities to network socially/professionally
- Greater consistency and a lot less confusion for staff/students (Particularly for vulnerable and SEND students)
- Removal of lesson interference created by split lunch/break
- Increasing adult presence at break/lunch.
- Staff welfare
- More opportunities to create safe spaces for vulnerable students

In principle we are thus proposing to move to a new day in the academic year 24/25 which follows this consistent pattern:

8.30-8.55	-	Reg
8.55-9.55	-	Period 1
9.55-10.55	-	Period 2
10.55 -11.15	-	Break
11.15 -12.15	-	Period 3
12.15-13.15	-	Period 4
13.15 - 13.55	-	Lunch (Canteen accessed in two split sessions)
13.55 - 14.55	-	Period 5

Having monitored the new catering arrangements since christmas it is clear that the new **operational logistics make a single lunch very viable** if split into two distinct sittings. **We also plan to open a second exterior serving pod and are exploring the installation of more outside cover.**

Committed To Excellence

It is important to JCS that we consult accordingly and properly on these changes. We would therefore welcome your thoughts, views and suggestions on these proposals.

You can express these by clicking on the link below which will take you to a confidential google form. The closing date for the consultation will be 26 April 2024. Views cannot be expressed anonymously, an email will be required.

CONSULTATION

RECRUITMENT SCAMS: This has been highlighted this week in the media. We have been made aware that **scammers are targeting young people applying for apprenticeships.** The scams are becoming more sophisticated with scammers posing as staff working for genuine recruitment agencies and requesting young people send in money to cover fees to attend interviews. **Genuine recruiters will not charge fees to applicants to attend interviews and will not ask for bank details.** If any student is unsure about an application they can speak with Mrs Sinacore, our Careers Adviser or their form tutor.

I have been asked by one of our sixth form Young Enterprise students to promote their product so I am letting you know that **'Scent a Hug'** will be selling their new **'Pamper Package'** for £10. This can be purchased through ParentPay or, if you are a year 7 parent/carer, alternatively can be purchased during next week's year 7 consultation evening (cash only on the night). **The 'Pamper Package' is the ideal gift and consists of: a face mask, bath bomb, bath salts, under eye mask, heart shaped keyring, chocolates and a design your own bookmark. A steal at the price!**



In a bizarre twist of fate this week's **parental advice is focussed on effective sleep** which just happens to have been the theme of my virtual assembly this week. See the advice below.

And finally **a little visual taster** of some of the dishes that our new caterers offer:



It is worth noting that the main meal of the day is approximately £2.70 which is very good value for a nutritiously balanced , healthy meal.

Take care

Ian Brierly

REMINDERS & NOTICES

DATES FOR YOUR DIARY

- **Year 7 Consultation Evening** - **21.03.24**
- **Last day of term - non uniform - 12.15pm finish** - **28.03.24**
- **Start of summer term** - **15.04.24**

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

KEY HOLDER REQUIRED : An excellent opportunity for any person who would like to work part-time. If interested please contact Mrs Perry: 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

SAFEGUARDING SUBSTANCE AWARENESS - SNUS & Contaminated THC Vapes

SNUS

We are aware that some students have brought **nicotine pouches or SNUS to school**. Attached is an article to make you aware of the dangers and legality of these pouches. Students found with SNUS (including white SNUS) or nicotine pouches in school will have the item confiscated and will receive a consequence in line with the school behaviour policy. Our policy refers to smoking and vaping equipment - SNUS and nicotine pouches will be regarded in this category.

[Tooled up Snus Article](#)

Here4YOUth, Buckinghamshire commissioned young people drug/alcohol harm reduction service, has prepared some harm reduction information about contaminated vapes.

[Drug Alert - Contaminated Vapes - Cranstoun](#). For all queries please contact the Public Health Team on phadmin@buckinghamshire.gov.uk.

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**.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





AI and Assessments

A quick guide for students



What is AI?

- AI stands for artificial intelligence and using it is like having a computer that thinks
- AI tools like ChatGPT or Snapchat My AI can write text, make art and create music by learning from data from the internet, but watch out – they can also make things up and be biased



How can AI be misused in assessments?

AI misuse is when you take something made using AI and say it's your own work.

THIS IS CHEATING!



How do I make sure I don't misuse AI?



1 Know the rules

- You're **not allowed** to use AI tools when you're in an exam
- Your teachers will tell you if you're allowed to use AI tools when doing your coursework – the rules will depend on your qualification
- Even if you're allowed to use AI tools, you can't get marks for content just produced by AI – your marks come from showing your own understanding and producing your own work

2 Reference reference reference!

- If you're allowed to use AI tools, you must reference them clearly
- Name the AI tool you used
 - Add the date you generated the content
 - Explain how you used it
 - Save a screenshot of the questions you asked and the answers you got

3 Declare it's all your own work

– When you hand in your assessment, you have to sign a declaration. Anything without a reference must be all your own work. If you've used an AI tool, don't sign the declaration until you're sure you've added all the references



What happens if I misuse AI?

If you've misused AI, you could lose your marks for the assessment – you could even be disqualified from the subject.

DON'T RISK IT!



REMEMBER
Misusing AI is cheating!

Know the rules
Talk to your teachers
Reference clearly



READ, READ, READ!

If you have a school-aged child then you're more than likely aware of World Book Day on March 7th. This annual event promotes books, authors and a love of reading to all children.

As parents it's essential that we do everything we can to develop reading for pleasure in our children. As English teacher Patrick Cragg reflected in a [Wednesday Wisdom](#) from last year, research highlights the enormous long-term benefits for children of a healthy reading diet, not just in academic performance across all subjects but in emotional wellbeing and social skills.

Begin with our [tips](#) and [video](#) on reading to your child, and learn about the importance of phonics for early readers in this [webinar](#) from Professor Kathy Rastle.

Our platform contains [poems](#) you can read to your children, book lists for [11-13-year olds](#) and for [teenagers](#) with titles that will appeal to young people who just need that one, engaging book that will get their reading journey started. If you have any recommended titles to add, our [team](#) would love to hear from you.

March 8th marks International Women's Day and we have a wealth of resources and information for helping the girls and young women in your family feel empowered and inspired. Tune into our brilliant [podcast](#) on the importance of body knowledge for young women as well as the importance of exercise for mental fitness.

Families can read through our list of [50 Fantastic Female Sporting Role Models](#) with children and discuss which sporting stories inspire you the most! If you have children who enjoy sport and want to excel, consider watching our [Q&A](#) with England Women's Lacrosse captain Laura Merrifield.

Perhaps in this World Book Day Week with its focus on International Womens' achievements, it is the perfect time to introduce your children to this [list](#) of books featuring 'strong female characters'. Parents can derive some book inspiration from this [list](#) of recommended reads from the Tooled Up team.

Finally, this busy week also saw World Hearing Day on March 3rd. Explore Tooled Up's accessible and informative resources on deafness and hearing loss, beginning with our [20 Things to Know](#) about deafness, and this [webinar](#) with audiologist Dr Joy Rosenberg on building resilience in deaf children.

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



NEW ONLINE SUPPORT SERVICE FOR PARENTS

- Do you have an autistic child?
- Are you recognising difference in your child and you're exploring neurodivergence?

Our new service can help. We're a charity founded in Buckinghamshire in 2001 offering specialist education and support to children with sensory, communication and interaction differences.

We believe every child has the right to high quality education & support and that whole-family well-being is vital if a child is to achieve the best outcomes.

The Parent's Portal was created from having worked with parents and carers and listened to their needs. We can now offer an online solution to help parents to better understand their child's needs and differences and also navigate the SEN process.



For £10* per household per month, The Parent's Portal offers 24/7 access to:

- Information & guidance to help you support your child's journey through home, school and social life.
- Content curated by practitioners with 20+ years lived experience.
- Evolving library of videos, workshops, forums and webinars.
- Practical strategies and tactics to try at home & in school.
- Guidance on EHCPs & the SEN process.
- A non-judgmental peer support network, to exchange ideas, feel listened to and affirmed.

*No joining fee, cancel anytime



Scan to register

"The Portal is so easy to use and it's packed with helpful stuff. We just wish we had something like this when our little boy was growing up. We had nowhere to turn, so this would be a lifeline for our family."
Portal User, June 2023

Join today: www.portal.autismearlysupport.org.uk



Services for children & families

Circle Centre Nursery (formerly known as The Puzzle Centre) established in 2001, our specialist pre-school setting near Buckingham has had 4 consecutive 'Outstanding' Ofsted reports. We have a multi-disciplinary team who offer a needs-led, specialist curriculum for children age 2-5 years with sensory, communication and interaction differences.

Therapies & Assessments Our speech & language and occupational therapists can work directly with children to offer either one-off assessments or ongoing programmes of support. Our assessments and reports are often used to support EHCP applications.

Parent & Carer Support is integral to all of services as we believe whole family well-being is key to achieving the best outcomes for a child.

"Words can't quite describe how grateful we are for all the support and love you have given our family. You have taught our son so much. Helped him to express himself and how to experience different things - it means the world to us. Every day we thank our lucky stars that we are part of such a wonderful community."



Services for schools, local authorities, practitioners and healthcare professionals

Consultations with our specialist therapists or teachers who work with practitioners in their own classrooms/schools or with specific children.

Support & training from our specialist team to enable you to improve your autism practice in your school or local authority.

Bespoke, intensive intervention tailored on request to meet the needs of your setting or service.



W: autismearlysupport.org.uk
E: outreach@autismearlysupport.org.uk

© 2020 Autism Early Support Trust Ltd. Company No: 0753552 registered in England The Old School, Middle Claydon, Buckingham, MK18 2ET Registered Charity No: 1141868

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

AYLESBURY RUGBY FOOTBALL CLUB

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 for info

Interested? Get in touch...

E: wendoverladiesnetball@hotmail.com
Insta: @wendoversparrowhawks



WENDOVER COMMUNITY AWARDS 2024

The Wendover Parish Council Community Awards are back for 2024, do you know someone who goes above and beyond to make a difference in Wendover? It's time to give them the recognition they deserve! Nominations are open now and close on the 21st March.

Please see more in the link below, I have attached a form for your convenience, there is also an online form available in the link below:

<https://www.wendover-pc.gov.uk/community-awards>

The winners will be honoured at the Annual Parish Council Meeting on the 18th of April 2024 at Wendover Youth Centre.