



Every Student Thriving

18 October 2024

Dear Parent/Carer,

END OF HALF-TERM

A reminder that we finish for half-term at 2.55pm on Thursday.

TRUSTED ADULTS

Every year all adults get updated training on being a 'trusted adult'. This is part of John Colet's pastoral support of our young people. Every student in the school has the opportunity to identify any member of staff as their 'go to' person if they need an adult to talk to or to seek advice from. This gives every student a safety net if needed and ensures that they are never anxious about having a safe adult of their choosing to go to. The majority of students never need to utilise this layer of strategic support but knowing it is there is part of our 'Be kind, Be safe' ethos and adds to the community feel of the school.

PROFESSIONAL GROWTH

This half-term staff have been focusing on developing professional growth goals. This is what JCS has established to replace formal pay related appraisal. I have been intrigued to see how staff would utilise this new way of developing professionally after so many years of appraisal linked to pay progression. I thought I might share a few examples:

- *'Engagement with a variety of (subject) mastery subject specific training to then deliver to the department with an aim of improving quality teaching across the department.'*
- *'Becoming an expert in Making Change Leadership, and applying this to my year group in line with priorities and students outlined in the pastoral improvement plan.'*
- *'Organise & implement scheme of learning for Year 12 (subject) by the end of the school year, to encourage risk taking creativity within a controlled environment.'*
- *'My personal goal is to investigate, implement and embed McGill's Mark Plan Teach methodology into the department through refining our assessments and the accompanying materials (pre-assessment revision, post-assessment feedback).'*
- *'Set up a student ambassador group for the LS department to enable a more effective student voice amongst our SEN pupils. Aim to have one or 2 students representing each area of SEN we currently have in the school. We will then work together to ensure recognition for awareness months, share experiences where appropriate to enable greater awareness and understanding across the school.'*
- *'Develop the use of Arbor to support effective behaviour management and engagement from parents.'*
- *'Improve assessment for learning by trialling new strategies for formative AFL and adjusting existing strategies for formative and summative AFL throughout the academic year.'*

As you can see the goals reach far and wide and in many cases have a level of ambition that would have been missing under the old system of relating goals and objectives to pay progression. I find it refreshing, exciting and thought-provoking, and it reminds me that empowerment is a key driver for ambition and a sense of agency, which in itself develops trust and enhances well-being.

Take care - Mr Brierly

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REMINDERS & NOTICES

DATES FOR YOUR DIARY

Half-term begins	-	Friday 25 October
Year 11 consultation evening	-	Thursday 7 November
Year 11 into 6th form evening (6-8pm)	-	Thursday 14 November

CAN YOU HELP WITH MOCK CAREERS INTERVIEWS?

We are looking for interviewers to help with our year 11 Mock interviews taking place 9am-12pm on Thursday 24th October. If you are able to support this event please email Mrs Sinacore, our Careers Adviser tsinacore@johncolet.co.uk

CURRENT VACANCIES

- Learning Support Assistants
- Casual Exam Invigilators

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

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

What Parents & Educators Need to Know about HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

U: Suitable for all ages

PG: For children aged 8 and above; this content shouldn't unsettle them

12A: Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references

15: Suitable only for 15-year-olds and above

18: Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

WHAT ARE THE RISKS?

STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18+ content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.

CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

Advice for Parents & Educators

WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

REMEMBER – IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them; this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.

Meet Our Expert

John Inley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/horror-films-and-age-ratings>



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TOOLED UP - SUPPORT FOR PARENTS



So much of daily life and routine in our families is based around food, from quick bowls of cereal in the morning, to snacks concealed in school bags, to quick dinners before evening sports, to leisurely meals

where we sit and reconnect as a family. Tooled Up has always drawn on the wide body of research about food and nutrition, and we have many resources about the importance of healthy eating and mealtimes, and the nutrition that young people need for success in school, sport and beyond.

Of course, food can often be a fraught subject for parents. This recent article with dietitian Paola Falcoski is full of advice on helping children develop a [Healthy Relationship with Food](#), from ways to ease the pressure on mealtimes to working with children's individual tastes and preferences. One important foundation in this relationship – and a common topic from Tooled Up parents – is the [Importance of Breakfast](#). Read dietitian Ananjee Kohli's advice on starting the day in the most nutritious way.

For parents of fussy eaters, mealtimes can be a source of frustration and stress. Ananjee's [advice](#) for parents of fussy eaters will provide reassurance and practical tips, brilliantly complemented by her advice on [Introducing Children to New Foods](#).

A more severe issue that families face is allergies. Professor Adam Fox is a leading paediatric allergy expert, and in this [webinar](#) he answers many of the most common concerns from parents about allergies, including those to foods such as nuts and dairy.

When children are busy inside and outside of school with clubs and sports, and when the pressure of academic work increases, do you know the best foods that will keep them charged up and ready to succeed? This advice on [Nutrition and Exams](#) will help you keep children full of energy for the stressful exam period, and try our guidance on [Nutrition for Young Athletes](#).



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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)/01494 787573 if you would like to know more.



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

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

Buckinghamshire Family Learning

Help your child manage their wellbeing and mental health with these **FREE** online workshops and courses for parents and carers with a child in Years 7-11 only

YEARS 7, 8 & 9

5-week course

- Support your child's mental health and wellbeing
[Monday 23 September, 7-9pm](#)

YEARS 10 & 11

1-week workshops

- Help your child cope with stress and anxiety
[Monday 7 October, 7-9pm](#)
FMWB105
- Help your child to develop confidence and resilience
[Monday 14 October, 7-9pm](#)
FMWB105
- Help your Child to Develop Positive Friendships and Manage Peer Pressure
[Monday 21 October, 7-9pm](#)
FMWB113

To book your place, please click on the link, scan the QR or phone the Enrolment Team on 01296 383582. For more information, text Kathryn on 07770 641997, with your name and the course date.

SCAN ME

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FREE ON-LINE YOUTH SUPPORT FROM BUCKS



How to... **Thrive at School**

Online course for young people

Would you like to reach your potential at school and deal with all the challenges school life throws at you?

If you're in school year 7 or above then our online 6-week course could be for you.

6 sessions cover:

- Tips for making good friends
- How to deal with bullying and peer pressure
- How to get organised
- How to deal with exam stress and schoolwork pressures

For more information or to secure your place, scan or click the QR code.

If you need help email familyinfo@ Buckinghamshire.gov.uk



Tuesdays
17 September to
22 October
6pm to 7pm



Tuesdays
5 November to
10 December
6pm to 7pm



**SCAN OR
CLICK ME**



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



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



Thursdays
19 September to
24 October
6pm to 7pm



Tuesdays
12 November to
10 December
6pm to 7pm



**SCAN OR
CLICK ME**



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FUNDED TRAINING OPPORTUNITY

See below for training opportunities for any parent funded locally from ASPIRE education. Aspire are trying to raise awareness about our FULLY FUNDED courses to parents and carers in your area; as the government (ESFA - Education Skills Funding Agency) have provided funding in your school's area. This is aimed to support parents and carers who are looking to get back into work or change their career, by offering them an opportunity for them to gain the necessary skills for free, for a school support job that fits in with their family.

Funding has been made available in your school's area for our next course, which starts on 21st October. We run these courses approximately every three weeks, as they have increased in popularity. As the funding has been awarded by the ESFA, there are some eligibility criteria that must be met for a fully funded place, which is listed on our website:

www.studysmartuk.online

These courses are designed to make it easy for parents/carers who are looking to gain the necessary qualifications for a school support role, as the classes are run online, within school hours and during term times. Allowing parents to fit the classes in with school drop offs and collections..

Upon enrollment learners are asked to complete two short initial assessments online, in English and Maths to determine which level they should start on. However, the funding allows each learner to progress up to level 3, if they wish to.

The deadline to enrol for our next course is by the end of 15th October!