



Ready - Respectful - Responsible

22 March 2024

Dear Parent/Carer,

At JCS we use the **Gatsby Benchmarks to help develop our careers programme** across all year groups. The benchmarks provide a framework that schools can use to develop a good careers programme and **are the recommended elements of good practice in Career Education, Information, Advice and Guidance**. Each term Mrs Sinacore completes an evaluation of our programme as set out by the Careers and Enterprise Company, who are responsible for monitoring the benchmarks, and **this term we are pleased that we have achieved 100% across all 8 benchmarks. This is a major achievement!**

This term we have noticed **a significant number of students arriving at school and lessons without the correct equipment for learning**. This is disrupting the teaching and learning for **all** students in the classroom. This week we focused on Year 8 and it was wonderful to see that **100% of students in 8G and 8C had all the correct equipment** and were **ready** to learn! **A full 'Exam Pack' which includes a CASIO FX83GT+ calculator, geometry set in a tin and an exam approved transparent pencil case** can be purchased via ParentMail for a discounted price of £11.50. We will be continuing to monitor student equipment during form time and I hope that students use the Easter break to ensure they return fully **ready** for their learning.

On the subject of equipment a huge thank you to the **Lionel Abel-Smith Trust** for assisting Mrs Clark in setting up our Nearly New Uniform Shop. It really has made a difference and has helped the following to happen:

JOHN COLET SCHOOL
NEARLY NEW UNIFORM SHOP

Uniform shop open 5 mornings a week

Run by 4 fabulous sixth form volunteers

Provided more than **150** items of uniform

Visited by over **100** students this term



- The shop is open **5 mornings a week**
- We have 4 sixth formers volunteering their time to man the shop in the mornings and support students with uniform needs. These hours accumulate to help with their **community service**.
- Over **100 students** have visited the shop this term and we have provided over **150 items** of uniform

- We are regularly **receiving donations of good quality uniform** from parents to reuse
- We have set up a dedicated email for parents and students to request items - uniformshop@johncolet.co.uk

And finally, this week our SENCO, Miss Bendel, has been talking to the students about **neurodiversity** so as to ensure our community better understands those who are neurodiverse as part of **Neurodiversity Celebration Week**. This has enhanced everybody's understanding of how distinctive and unique our brains can be and how we can support each other in a neuro-diverse world.

Take care - Ian Brierly

Committed To Excellence

REMINDERS & NOTICES

DATES FOR YOUR DIARY

- **Last day of term - non uniform - 12.15pm finish** - **28.03.24**
- **Start of summer term** - **15.04.24**

CONSULTATION - REMINDER

We would therefore welcome your thoughts, views and suggestions on the proposals for changes to our school day. 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](#)

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

[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

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday®

The National College®

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

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The Old School, Middle Claydon, Buckingham, MK18 2ET Registered Charity No: 1141868

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



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](https://www.instagram.com/wendoversparrowhawks)