



Every Student Thriving

24 May 2024

Dear Parent/Carer,

Further to our **consultation regarding the school day** for the next academic year I can report that out of 144 responses this was the outcome:

	YES	I HAVE RESERVATIONS	NO	NO OPINION
Do you agree with the Tuesday change?	67%	15%	15%	3%
Do you agree with the new structure of the day?	61%	21%	17%	1%

Reservations surrounding the new structure of the day were almost exclusively focussed on the **catering arrangements and the time needed for break and lunch**. We have analysed lunchtime very carefully and for both sittings nearly every lunchtime the queue is clear within fifteen minutes. **Significant pressure has been taken off the canteen since our old outside serving pod came back into commission**. For break times we are going to run the **new break time model from after half-term**. This will not affect the end of the day or lunch but will mean that **all students will have mid-morning break simultaneously for the rest of the summer term**. This will allow us to assess impact and plan accordingly for September.

Reservations regarding the change of time at the end of Tuesday were much more mixed with the most common being: finding time to do homework and concern around when teachers would get to plan lessons. In many respects most schools do operate a consistent day so students will need to make some initial adjustments. Teachers plan on a weekly basis and will have protected planning time from September. **The planning time on a Tuesday was focussed on cooperative planning within and across subjects areas**. We propose to continue this by building regular opportunities into our calendar and during the timetabled day.

This week has seen a sudden flurry of unpredicted political activity with the announcement of a **general election to take place on 4 July**. Surprising though this is, it will certainly lead to much debate over the coming months regarding the direction of educational travel in the future and the funding issues faced by schools. **Funding is a huge issue** and every school I am aware of is having to make significant cuts to budgets in order to operate effectively. **We are in a better place than many but we are still having to tighten our belts** knowing that given the current rate of funding we could be facing future challenges.

On a more positive note **John Colet will be running its own internal elections in tandem with the national elections**. This is a great opportunity to engage our young people and make them familiar with the processes of electing a new government whilst assessing what each party has to offer against the national backdrop of substantial challenges. We also need to send the message that every vote counts and that a democracy is a precious and valuable concept that allows all of us a say in our future and the future of our young people.

Take care - Ian Brierly

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REMINDERS & NOTICES

DATES FOR YOUR DIARY

HALF-TERM

Year 12 University Of Hertfordshire visit
Year 12 Biology field trip
Year 9 Futures Day

27-31 May
6 June
12 June
19 Ju

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.

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.

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

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

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SAFEGUARDING ADVICE FOR PARENTS : Click [HERE](#) for a higher res version

What Parents & Educators Need to Know about **SCHOOL AVOIDANCE**

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

IMPACT OF SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.



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TOOLED UP



This week is all about **Feeling Safe**. Safety for children means considering a whole range of needs and situations that arise as they move through their lives.

Parents think about the physical safety of their children all the time, from reminding them to be careful on the stairs to helping them cross the road! Take some time to

read and share our [advice](#) on water safety and drowning prevention. As the warm months set in and more of us want to cool off in water, this information could be crucial.

We also want our children to stay safe online. Unsurprisingly, staying healthy and secure in the digital world are some of the most common concerns that parents bring to Tooled Up. Start with this [webinar](#) on Raising A Digital Detective: you'll find links there to a wealth of other Tooled Up resources.

This new [video](#) from Dr Kathy Weston on Raising Boys in the Digital Space contains our most up-to-date advice about smartphones, online safety and more. We want to share this information with all parents due to the increased prevalence of "sextortion" amongst boys. And look out for our upcoming resource on raising girls in the digital space, coming soon!

For younger children, learning to stay safe means learning about how to interact safely with others: where to draw boundaries with friends and adults alike, and how to react when those boundaries are crossed. Try this helpful [article](#) on the difference between "secrets" and "surprises": when should children agree to keep a secret with an adult, and when is it better to tell another trusted person? This [video](#) suggests ways to introduce the idea of body boundaries to young children, and this [activity](#) helps equip children to say no to unwanted touch.

We want to support teenagers to have healthy, respectful and safe relationships. This [article](#) on healthy and unhealthy behaviour in teen relationships gives a great overview of a difficult subject. This [talk](#) by Dr Emily Setty stems from her research into teenage relationships and gender attitudes, and is from our recent conference on Keeping Children And Young People Safe.

Finally, all young people benefit from knowing where support is available. Our activity [Who Is There For Me?](#) encourages older children to think about where they can go for help, and who the trusted people are that they can talk to. Younger children can be encouraged to identify their support network with our [Helping Hand activity](#).

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MESSAGE FROM ARRIVA - PROPOSED CLOSURE OF AYLESBURY & HIGH WYCOMBE DEPOTS

Dear School Administrators,

We are writing to inform you that we are aware of the recent announcement made by public bus operator Arriva regarding the proposed closure of their Aylesbury and High Wycombe depots. Details of the proposals, and the bus services affected, can be found on Arriva's website [here](#)

We understand that this news may cause concern for schools and parents regarding the students eligible for council-funded school transport who are currently allocated a bus pass for an Arriva service, and those students who pay to use the bus services.

We would like to assure you that the proposed changes will not come into effect until after the end of the current academic year. Our team is working diligently to ensure that transportation for all eligible students will be in place for the start of the new academic year. If parents have any questions or concerns, they can use the [contact us form](#)

We will keep you updated on any developments and appreciate your understanding and cooperation in this matter.

Sincerely,

Jasmine Cookson

Operational Team Leader

Transport Services | Client Transport

Communities Directorate

**Buckinghamshire Council, 10th Floor, County Hall, Walton Street, Aylesbury, HP20 1UA
0300 131 6000 or 01296 387 439**

Jasmine.Cookson@Buckinghamshire.gov.uk



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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

TEACHER TRAINING

★ASTRA School-Centred Teacher Training



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

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Buckinghamshire Family Learning

Help Your Child Manage Their Wellbeing with these FREE Online Workshops*



Years 7, 8 & 9, Tuesdays 9:30am to 11:30am

- 4 June: **Help your child to develop confidence and resilience** ([FMWB056](#))
- 11 June: **Help your child cope with stress and anxiety** ([FMWB081](#))
- 12 June (Wednesday 7pm-9pm): **Help your child manage their behaviours** ([FMWB099](#))
- 18 June: **Help your child to develop positive friendships and manage peer pressure** ([FMWB087](#))
- 25 June: **Happy, healthy and safe online-tips to help your child** ([FMWB092](#))



Years 10 & 11, Wednesdays 7pm to 9pm

- 19 June: **Help your child to develop confidence and resilience** ([FMWB112](#))
- 26 June: **Help your child to develop positive friendships and manage peer pressure** ([FMWB113](#))

Also available

Everyday First Aid, Southcourt Family Centre ([EMFA042](#))

- Wednesday 19 June, 9:30am to 12pm

Thinking About Volunteering ([EMVW018](#))

- Tuesday 2 July, 9:30am to 11:30am

* For parents and carers with a child in Years 7 to 11 at one of the following schools: Aylesbury UTC, Aylesbury Vale Academy, Beaconsfield School, Bourne End Academy, Buckingham School, Chiltern Hills Academy, Cottlesloe School, Cressex Community School, Highcrest Academy, John Colet School, Mandeville School, Princes Risborough School, Sir William Ramsay School, Stony Dean School, The Grange School, Thomas Freemantle School and Waddesdon CofE School



SCAN ME



To enrol: **SCAN** the QR code, **CLICK** on the course code link or **PHONE** 01296 383582 with the course code (eg. FMWB000)

For more information, text Kathryn 07770 641997



[buckinghamshireadultlearning](#)



[BucksAdLearning](#)



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LOCAL UPDATES / EVENTS

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Midnight
WALK
Weekend



Saturday 22nd June

Celebrate, cherish and remember loved ones.

Show your appreciation for our Hospice.

Take part on your own or in a group.

fnhospice.org.uk/midnightwalk



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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 for info

Interested? Get in touch...

 E: wendoverladiesnetball@hotmail.com
Insta: [@wendoversparrowhawks](https://www.instagram.com/wendoversparrowhawks)

Foster carers turn children's lives around - come and foster with us

 **Five Rivers**
Turning children's lives around

If you are interested in a life-changing vocation and can provide a safe, loving home to a child in care, we'd love to hear from you.

01527 834653
0333 0603 962
five-rivers.org

Your local office: Unit 20 Basepoint Business Centre, Isidore Road, Bromsgrove, B60 3ET

Short term and long term fosters carers needed. Highly competitive fostering allowance of up to £28,000 a year, tax-free. 24/7 support and specialist training. Potential to combine with full or part-time work.

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