



Every Student Thriving

27 September 2024

Dear Parent/Carer,

NEW GOVERNORS REQUIRED!

School governance is critical to the running of any school. This is particularly the case with a stand alone academy. We are extremely lucky at John Colet to have a selection of highly skilled governors who help support the vision of the school whilst offering positive challenge to senior leaders. In recent years they have supported new building initiatives, appointed new leadership and been at the forefront of the new school vision.

We are now looking for new parent governors to join this passionate and ambitious team of governors. The key to being a governor is to take the role of critical friend to the school. You do not need any educational experience. Any skills set you bring will be valuable whether it be financial, engineering, running a company or HR - every perspective is valuable and brings new thinking and a fresh pair of eyes to the table.

What would be your commitment? Governors meet as a full body four times a year and various sub-committees meet once a term. Your commitment in year 1 would be to attend every full governor body and each of the sub-committee meetings to determine which subcommittee you would like to sit on (Finance, Curriculum or Student well-being). Beyond that occasionally we will ask for governors to support with suspensions, HR issues and staff pay. If you feel you could give some time and would like to support John Colet in the next stage of its evolution please express your interest in joining by emailing Wayne Howell on this email: governors@johncolet.co.uk

ATTENDANCE UPDATE

Now that we have returned to a more traditional school day we now register for two very distinct sessions. The DFE requires schools to use a morning and afternoon register to monitor pupil attendance for 2 sessions of a school day. With the recent change to lunch time the register submitted for the afternoon session has moved from the start of period 4: 12.15 or 12.45 to the start of period 5: 1.55pm. With this in mind if you have to schedule unavoidable appointments such as with the doctors or Orthodontist during the school day, please try to make this after your child has registered at 1.55pm. If they leave before 1.55pm it will impact their attendance figure as they will miss 1 session on the register.

PROFESSIONAL GROWTH

You may have heard that the new government has now removed the need for staff appraisal to be linked to pay. Ironically in the summer term John Colet made the decision to do just that and develop a professional growth appraisal system decoupled from the pressure of pay progression. Research has long shown that educational appraisal linked to pay has little to no effect. We now have the freedom to focus on what we believe matters in securing the best outcomes for students - this may mean action research, trialling a new approach, refining a key skill or focusing on particular student needs. Educational staff trust is back on the agenda!

Take Care - Ian Brierly

PS - Check out the free on-line youth support courses at the end of this briefing.

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REMINDERS & NOTICES

DATES FOR YOUR DIARY

Open Evening for 2025 admissions	-	3 October (5.30pm - 8.00pm)
INSET Day	-	4 October
Open Morning	-	7 October (9.15am 10.45am)
Half-term begins	-	Friday 25 October

CURRENT VACANCIES

- Learning Support Assistants
- Senior Administration Assistant
- 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 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.

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

INSTAGRAM

AGE RESTRICTION
13+

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

follow

WHAT ARE THE RISKS?

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>



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TOOLED UP - SUPPORT FOR PARENTS



This week at Tooled Up we're thinking about thinking: engaging children's curiosity, thinking about how the brain works, and using 'metacognitive approaches' to ensure they study, learn and revise in the best way

possible.

Metacognition is the process of thinking about your learning. Encouraging metacognition in children can build more resilient, efficient learners who can organise themselves and reflect on their progress. A great place to start is this [webinar](#) with Science teacher and advisor Liz Keable, full of strategies to use at home. Follow that by [listening](#) to Patrice Bain, author of A Parent's Guide To Powerful Teaching, and her strategies that parents can use to optimise learning.

As parents, we can play a powerful role in modelling a love of learning. If you are wondering how to do that, check out some of the resources on this [useful list](#). Whether you have a [baby](#) or a [teen](#), there are actions we can take to encourage a sense of wonder about the world around us.

Most children will likely have tests or assessments at some point over the school term. Following any assessment, it is good to encourage children to [think](#) about what went well and where they could make further progress. Praise them for taking any feedback on board. If they do well in a test or assessment, try to praise their effort rather than their performance. Our [interview](#) with cognitive neuroscientist, Professor Paul Howard-Jones nudges us to take our children 'aback' when delivering praise; if it feels surprising, it is more likely to motivate.

For parents who are helping teens prepare for school mocks or higher stake exams, don't forget to download our helpful revision [resource](#) that gets young people thinking about 'what works' when it comes to organisation, memorisation and learning. As a family, listen back to this podcast with brain scientist, [Duncan Astle](#) who reiterates the importance of sleep for all learners.



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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](#)
FMWB105

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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[facebook](#) [instagram](#) [twitter](#) [buckinghamshireadultlearning](#) [BucksAdLearning](#) [adultlearning.bc.ac.uk](#)

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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**