



## Every Student Thriving

31 January 2025

Dear Parent/Carer,

Part of our duty as a school is to ensure that students are equipped to **manage the risks** they may face in life. In the last few briefings I have explored the risks associated with AI. This week I am pleased to inform you that John Colet School has introduced the C-Card System to further enhance our commitment to supporting the health and well-being of our students. This initiative will work alongside our existing sexual health education program to provide our older students with access to sexual health resources in a safe and responsible manner.

The **C-Card System** is a confidential service designed to help young people make informed, responsible decisions about their health and relationships while fostering a culture of safety and respect. The system also aims to reduce the risks associated with unsafe sexual practices and to encourage open, non-judgmental conversations about sexual health. More information can be found at [brook.org.uk](https://brook.org.uk)

Participation in the C-Card System is voluntary, and students will receive information and training about its benefits as part of their ongoing health education. Our aim is to empower students to take charge of their health while ensuring they have the tools and knowledge they need to protect themselves.

To maintain confidentiality and security, students will be able to access the C-Card service from two trusted members of our staff: Miss Shervell, our Student Medical Officer, and Mr Richardson. Both are trained to support students with any questions or concerns, and they will provide a safe, discreet space for students to access the service.

In other news **Year 11 and Year 13 have responded well to their mock outcomes** and as we move out of the dark, wet gloom of January optimism springs eternal! Examinations, like all performances, need to be carefully prepared for with **routine and structure**. We will be emphasising this relentlessly with our examination students over the coming months. **Structured revision routines that start now will pay dividends later and could lead to that extra 5% that could transform a grade**. Equally, every grade counts! It is a competitive environment out there and if you can secure an examination portfolio that has breadth and depth it will place you at an advantage. As parents/carers of examination students I would urge you to encourage your child to begin their routines now as it is literally an investment in their future.

Take care - Ian Brierly

**Ready - Respectful - Responsible**



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# REMINDERS & NOTICES

### DATES FOR YOUR DIARY

<b>Year 13 Consultation Evening (4.00-7.00)</b>	-	6th February
<b>Year 11 Consultation Evening (4.00-7.00)</b>	-	13th February
<b>Half-term begins</b>	-	17th February

### CURRENT VACANCIES

- Learning Support Assistants
- Business Studies Teacher
- Cover Supervisor
- Caretaker
- Site Supervisor

Please check our website for further details [here](#).

### WHARF ROAD TRAFFIC SURVEY

The local traffic support group would be really grateful if you could fill in the survey below regarding traffic/parking concerns in Wharf Road. Your views would be very much welcomed!

[TRAFFIC SURVEY](#)

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

## Every Student Thriving

# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



### Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College

JOHN HAMPDEN VACANCY



## Every Student Thriving



### **The John Hampden School Wendover Midday Meals Supervisor Vacancy**

We have a vacancy from March 2025 for a Midday Meals Supervisor

Working hours would be 12 noon – 1.30pm Monday to Friday (7.5 hrs per week) term time only. The applicant would preferably have some experience of working with children, however this is not essential as full training will be given.

Start date: as soon as possible in March 2025

Closing date: Monday 31st March 2025

The salary will be Bucks Pay Range 1A.5 (£23,104 Pro rata, £11.98 per hour)

If you are interested in this post please call the school office on: 01296 622629 or email: [office@jhampden.bucks.sch.uk](mailto:office@jhampden.bucks.sch.uk) to receive an application form.

Please return completed applications as soon as possible. Suitable candidates may be interviewed before the closing date and John Hampden School Wendover reserves the right to withdraw the position if an early appointment is made.

#### **Safeguarding Statement**

**The successful candidate will have due regard for safeguarding and promoting the welfare of children as stipulated by the Child Protection Policy. Safer recruitment procedures are in place and any appointment will be subject to satisfactory references and statutory**



## Every Student Thriving

### COMMUNITY SUPPORT



**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](mailto:uniformshop@johncolet.co.uk)

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

### 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](mailto:safeguarding@johncolet.co.uk)

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# Every Student Thriving

Year 7 to 8 only RCN: 1165035

## empower *U*

empowerU is a 6-week interactive mental health training program designed for students (aged 11-13) to develop foundational mental health first aid and essential life skills.

### Benefits for young people:

1. Practical tips for self-care and resilience
2. Strategies to stand up to bullying and embrace inclusion
3. Navigate the digital world and staying safe
4. How to build a stronger, more positive mindset

### Why Join?

Learn to tackle challenges, grow your confidence, and create your path to a happier, healthier YOU!

### Where and When?

Starting from: Tuesday, 25th February / 4-6pm  
 Location: Southcourt Family Centre Plus, Aylesbury  
 Register: [mindofthestudent.org.uk/empoweru](http://mindofthestudent.org.uk/empoweru)

Mind of the Student is a registered charity (1165035) in England and Wales.

## BINGO night

**Friday 14 February**  
**Eyes down at 7.30pm**

**Wendover Memorial Hall**  
**Tickets cost £10 per person**  
**Raffle and bar from 7pm**

Registered with FUNDRAISING REGULATOR **FR**  
[chilternsneurocentre.org/bingo](http://chilternsneurocentre.org/bingo)  
 Registered Charity Number: 800853

## Buckinghamshire Family Learning

### Wellbeing Online Workshops Monday 7pm-9pm



For parents and carers with child/ren in Years 10 and 11. Help your child manage their wellbeing and mental health. To book your FREE place, contact our enrolment team on 01296 383582, scan the QR code or click on the link. For more information call/text Kathryn on 07770 641997

- 24 February - Y10 and 11: Help your child build confidence, friendships, and manage stress workshop (FMWB022)
- 3 March - Support your ADHD child at home workshop (FMAC135)

