



## Every Student Thriving

6 December 2024

Dear Parent/Carer,

*"The secret of change is to focus all of your energy not on fighting the old, but on building the new"* - **Socrates**

*"To improve is to change; to be perfect is to change often."* - **Winston Churchill**

As the end of the year draws to a close we look back at what was and begin to consider what could be. This term has seen some key changes at John Colet which staff and students have responded well to. These have included our Fundamentals, a mobile phone policy update and changes to the school day. These have impacted on staff and students and the 'Colet Character' of adaptation to change and the resilience to do so has shone brightly. But there is more to come.

The school is undergoing further exciting change from the start of next term, when we will be moving from our current Management Information System (MIS): SIMs to a new system called Arbor. Many of you may be aware from your own workplaces that a change of MIS is a significant change in an organisation, as it is the bedrock of many everyday processes. We are very excited about the longer term potential of Arbor to improve our efficiency in many places, including communicating with parents. However, big changes do also bring inevitable teething issues!

As parents, the biggest change you will notice immediately is that our central communications will start coming through Arbor, rather than from SIMs. You may also find that for the first few days in January you are not receiving our Recognition and Consequence point notifications. We will, of course, contact you directly if anything occurs which you should be aware of.

In the slightly longer term we will be able to share with you the Arbor Parent Portal which will allow you access information such as your child's timetable, R and C information and reports directly. We hope this will be a really positive development for our communication, and enable us to work in partnership with parents even more effectively and efficiently.

Arbor has been this year's big infrastructure change and aligned to the new whole school vision of 'Every Student Thriving', our new sixth form vision of 'Growing Leaders' is part of our strategic change agenda. One further milestone remains and that is greater consultation with our stakeholders. Now that Ofsted has passed we can use the summer to have a deep look at where we want John Colet to be in three years time and we are already planning a much broader programme of consultation that will inform the next three year school development plan. That will involve more input from YOU. Further details will be forthcoming in the new year.

Take care - Ian Brierly

**Ready - Respectful - Responsible**



## Every Student Thriving

# REMINDERS & NOTICES

### DATES FOR YOUR DIARY

<b>Year 13 Mocks begin</b>	-	Thursday 12 December
<b>Christmas Concert</b>	-	Thursday 19 December
<b>Last day of term</b>	-	Friday 20 December 12.15pm
<b>INSET day</b>	-	Monday 6 January
<b>Students return on...</b>	-	Tuesday 7 January

### CURRENT VACANCIES

- Learning Support Assistants
- Business Studies Teacher
- Caretaker

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.**

### STUDENT WORK EXPERIENCE

Our Year 10 and Year 12 students will be taking part in work experience from 23rd to 27th June and this is an excellent opportunity to help prepare our students for their next steps. **If anyone is able to offer a placement** to any of our students please contact Mrs Sinacore, our Careers Adviser [tsinacore@johncolet.co.uk](mailto:tsinacore@johncolet.co.uk).

### 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)

**Ready - Respectful - Responsible**

# Every Student Thriving

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

## What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

### WHAT ARE THE RISKS?

#### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

#### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

#### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

#### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

#### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

#### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

### Advice for Parents & Educators

#### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

#### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

#### READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

#### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

#### Meet Our Expert

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



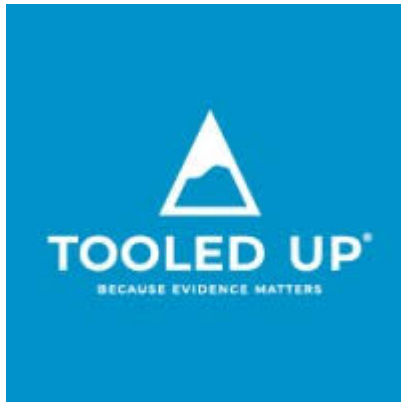
The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>



## Every Student Thriving

### TOOLED UP ADVICE FOR PARENTS



**At Tooled Up we have a whole host of resources on disability, just a few of which are highlighted in this email.**

**Self advocacy** is an important skill to encourage in young people with disabilities. In this [webinar](#), educational psychologist Miranda Eodanable, discusses self-advocacy when it comes to empowering young people living with a disability, from childhood into adulthood. She also shares research into how identity is formed in relation to

disability.

In this [webinar](#) on talking to children about **cerebral palsy**, you can see a sensitive and meaningful conversation in action, which you can use as a model for your own dialogues at home.

If you have a **younger disabled child** or family member, this [book list](#) featuring characters with “disabilities” includes titles which celebrate inclusion and help to normalise talking about difference.

We spoke to adventurer Darren Edwards in this inspiring [webinar](#) about his astonishing battle with his own physical challenges. Darren was paralysed from the waist down in a climbing accident in 2016, but has pursued his love of extreme travel and adventure ever since.

**Whatever the age or disability, it's important to keep our children active.** We chose our list of [100 Sports for Children and Teens](#) to be as inclusive as possible. From badminton to wheelchair rugby, there's a sport that everyone can try!



# 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.

### Wendover Cricket Club

## Join Wendover Girls Cricket



The **Girls Section** at Wendover Cricket Club welcomes new recruits to attend its winter indoor training programme.

When	Saturday 25th January - 13:00 to 14:00
Where	John Colet School sports hall
Duration	10 weeks excluding 23 <sup>rd</sup> February
Open to	Girls year 5 to 8 of any ability, soft balls will generally be used
Cost	1 <sup>st</sup> session free, £5.50 thereafter



For more info / to sign up  
Contact: Jonathan Seabrook [jseabrook@wendoveremail.co.uk](mailto:jseabrook@wendoveremail.co.uk) or 07767-148 119



## Every Student Thriving



### Needle felt your own Christmas decorations!



**Wednesday 4th December**

6:30 - 8:00 PM

All Ages



**Friday 6th December**

6:15 - 7:30PM

Years 5 & 6

7:45 - 9:00PM

Years 7 & 8

**£2 Entry**

For more info email:  
[admin@wendoveryouth.co.uk](mailto:admin@wendoveryouth.co.uk)

COMMUNITY SUPPORT

**Ready - Respectful - Responsible**



## Every Student Thriving

Did you know it's illegal to ride a privately owned electric scooter (e-scooter) in public?



That's because e-scooters are classed as motor vehicles in law. So, in theory, this means that you need an MOT, road tax and insurance to use one, however it isn't currently possible to register e-scooters in this way.

Privately owned e-scooters can only be used on private land, with the permission of the landowner.

You cannot use a privately owned e-scooter on the road, pavement or in a public space. If you do then you risk receiving a large fine, points on your driving licence and your e-scooter could be seized.

Some parts of the UK are running government trials of rental e-scooters. If you're over 16 and have a full or provisional driving licence, then you can use these on public roads and cycle paths.

Just check that your driving licence covers categories AM, A or B.





## Every Student Thriving

### MESSAGE FROM 'THE WHARF ROAD CAMPUS INITIATIVE' - TRANSPORT

#### Parent, Carer and Resident Communication

It's a new academic year and this provides an opportunity for us all to make a new start, introduce and form new habits and behaviours in the way we do things.

Many of you will be aware of some of the traffic issues that are experienced in the area surrounding the Wharf Road campus during school pick-up and drop-off time and the volume of traffic and associated issues have steadily increased over the last few years, for many reasons.

As a collective group of schools and organisations on the campus site, we have tried numerous different ways to encourage parents and young people to take more active and greener routes to school. Some of these have been successful, but significant issues are still occurring.

Over the last couple of years, our group have set out to address these issues as a collective. We are delighted that Wendover Parish Council, Buckinghamshire Council and Climate Action Wendover are now working together through a very active working group to try and understand the issue in more depth and find appropriate solutions.

Our goal is to seek to provide safe and healthy routes to and from school for all young people, whilst respecting local residents and also ensuring in the case of any emergencies, full access can be achieved to the campus and surrounding homes.

What are we planning to do?

As a group we've been monitoring the air quality at the school entrance for some time, compiling evidence of dangerous driving and inappropriate parking and undertaken analysis of open-source traffic information to understand trends. We have secured funding and are planning to do a more in-depth traffic survey in the next few weeks to fully understand the scale of the issue.

We know these are several reasons why people choose to drive to school, and we are keen to explore these more with you as parents and find better solutions that will help all of us, but mostly our young people.

Please look out for a survey that will be sent to you shortly, encouraging you to share your views.

In the meantime, we'd like to remind you of positive steps you can take in the short term:

**Ready - Respectful - Responsible**





## Every Student Thriving

- Car access to the school campus is restricted to staff-only (and some approved persons). Parents and carers, including those accessing the nursery, without prior permission, should not be attempting to enter the campus and go through the barrier. Furthermore, parents and carers should not be driving into the site and looping around to use the drop-off area outside the Memorial Hall. Parents should not be double parking at this location and over the next few months there will be increased enforcement on site to ensure this does not happen. We have been in close discussion with Thames Valley Police and Parking Enforcement at the Council and there is support from these organisations to ensure that dangerous situations are not occurring.
- Driving and parking on Wharf Road can be stressful and lead to several negative impacts for everyone else trying to access the school. Just 10-minutes of walking per day can have untold health benefits (<https://www.nhs.uk/live-well/exercise/walking-for-health/>). Please consider walking, wheeling and cycling to school – your children and dependents will enjoy this and thank you!
- The Wendover Arm canal towpath has also recently been resurfaced so cycling, scooting or walking to school is now possible all year long – please consider using this fantastic resource.
- If you need to drive, St. Annes Church car park on Aylesbury Road can be used as a 'Park-and-stride' location to drop-off in the morning, please use this rather than driving down Wharf Road looking for a space.
- If coming from the Aylesbury direction, consider using the bypass and dropping young people at the Witchell car park by the cricket ground- then you will avoid all the school traffic, and your young people get a short, pleasant walk along the Heron path.

There are so many options which will work better for our school and wider community. We have more ideas too and are keen to hear your views as well.

Let's work together to make our schools happy, safe, healthy places to be!