



Ready - Respectful - Responsible

9 February 2024

Dear Parent/Carer,

Thank you to the parent who contacted us regarding the **resolution issue with the safeguarding poster**. I will now attach a link to a higher resolution in the title banner which should now allow parents/carers to access a version of any poster I share that is more legible.

A huge thank you to Mrs Sinacore and her team for the excellent **careers fair** which took place on Wednesday of this week. Every student had an opportunity to visit the fair and engage with employers and further education institutions. It was a very engaging experience and feedback from students, staff and the relevant companies was very positive.

This week we began to finalise our Year 11 support programme on the run up to the final examinations. This involves revision techniques, an after school programme, a boost day, assemblies and weekly reward incentives. **The whole programme is predicated on a 'positive mental attitude'**. Many students did well on their mocks but for others it was a wake up call. Fundamentally I am of the view that every child has the potential to move at least two grades between mocks and the actual examinations. All it takes is a 'can do' attitude and the willingness to commit to hard work and prioritise a three month period that effectively impacts on the rest of their lives.

To kick off here is the link to [TOP TIPS FOR REVISION](#) and also a link for the [AFTER SCHOOL REVISION ROTA](#).

We have also had information from the examinations regulator **regarding Artificial Intelligence and assessment**. I've included the poster below for your information. The vast majority of young people will fully understand the implications of the use of AI to cheat examinations, however it is still vital that we make the implications of using this clear.

This week sees the launch of Focus Week. Initially, just to Year 7 and 8 but this will be followed by Year 9 after half term. **Focus Week** is a fantastic opportunity for students to make those golden memories, **taking place from Monday 24th to Friday 28th June 2024**. All students in year 7 to 9 will be off timetable, with Year 10 and 12 off engaging with work experience during this time. Students not attending the planned residential over this week to Bushcraft, PGL and Cornwall will have the chance to work on their skills of **Leadership, Organisation, Resilience, Initiative and Communication; whilst also building their cultural capital** and, ultimately, having fun along the way.

Students are encouraged to take up as many of the opportunities available as possible, with financial support available for those families in receipt of the Pupil Premium Grant or Free School Meals. More details will be released by the finance team in the coming days, but please encourage your children to be excited to foster new friendships and learn new skills. **Should you have questions then please direct them towards either the Finance team or Mr Crawford**. Here's to great weather and lots of fun!

Take care - Ian Brierly

Committed To Excellence

REMINDERS & NOTICES

DATES FOR YOUR DIARY

- **INSET day** - **19.02.24**
- **Return to school** - **20.02.24**
- **Year 10 Consultation Evening** - **22.02.24**
- **Year 7 Consultation Evening** - **21.03.24**

IS YOUR CHILD TOO ILL FOR SCHOOL?

This useful link will help parent/carers in their decision making as the cold weather increases our vulnerabilities to bugs and colds:

[IS MY CHILD TOO ILL FOR SCHOOL?](#)

BUCKINGHAMSHIRE LOTTERY



John Colet has now been approved by Bucks Lottery and if you take part you may now nominate the school to receive funds as part of the fund-raising process.

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

CASUAL INVIGILATORS: We are always looking for people to join our **team of casual invigilators** if you are interested or would like to inquire as to opportunities then the advert and application form for invigilators can be found [here](#).

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

We are aware that some students have brought **nicotine pouches or SNUS to school**. Attached is an article to make you aware of the dangers and legality of these pouches. Students found with SNUS (including white SNUS) or nicotine pouches in school will have the item confiscated and will receive a consequence in line with the school behaviour policy. Our policy refers to smoking and vaping equipment - SNUS and nicotine pouches will be regarded in this category.

[Tooled up Snus Article](#)



AI and Assessments

A quick guide for students



What is AI?

- AI stands for artificial intelligence and using it is like having a computer that thinks
- AI tools like ChatGPT or Snapchat My AI can write text, make art and create music by learning from data from the internet, but watch out – they can also make things up and be biased



How can AI be misused in assessments?

AI misuse is when you take something made using AI and say it's your own work.

THIS IS CHEATING!



How do I make sure I don't misuse AI?



1 Know the rules

- You're **not allowed** to use AI tools when you're in an exam
- Your teachers will tell you if you're allowed to use AI tools when doing your coursework – the rules will depend on your qualification
- Even if you're allowed to use AI tools, you can't get marks for content just produced by AI – your marks come from showing your own understanding and producing your own work

2 Reference reference reference!

- If you're allowed to use AI tools, you must reference them clearly
- Name the AI tool you used
 - Add the date you generated the content
 - Explain how you used it
 - Save a screenshot of the questions you asked and the answers you got

3 Declare it's all your own work

– When you hand in your assessment, you have to sign a declaration. Anything without a reference must be all your own work. If you've used an AI tool, don't sign the declaration until you're sure you've added all the references



What happens if I misuse AI?

If you've misused AI, you could lose your marks for the assessment – you could even be disqualified from the subject.

DON'T RISK IT!



REMEMBER
Misusing AI is cheating!

Know the rules
Talk to your teachers
Reference clearly



MENTAL HEALTH FOCUS.

What can we do within family life to promote, boost and protect children's mental health?

An important first step is to ensure that our children are able to voice concerns: talk about anything that upsets or distresses them, and access trusted and supportive adults. A great way to prepare the ground for these open conversations is to talk with children about who they would go to for help when they need it. Younger children might enjoy our [Five Fingers of Support](#) resource, while older children might be encouraged to map out support with our [Who Is There For Me?](#) planner.

The quality of relationships that our children enjoy in their lives is fundamentally important for mental health and wellbeing. Many parents, though, recognise the challenge of juggling career needs and family time. We spoke to Dr Gauri Seth for this [webinar on connecting with our children](#) whilst leading a high-stress lifestyle. If you have a child who lives apart from you, you can get some ideas for sustaining connection in this [webinar](#).

For younger children, play is vital for learning to build relationships and is proven to benefit mental health, reducing anxiety and increasing social and emotional competence. This [video](#) contains tips for facilitating high-quality play with your children, which is also a great way to connect with them. For older children you can be a little braver and involve them in a conversation about family life. These [conversation starters](#) about family values are a great way to consciously consider and strengthen family connections.

Never be afraid to 'lean in' as a parent and to ask what is going well for your child or what has been tricky for them recently. [Debriefs at dinnertime](#) serve as important occasions to talk about daily challenges, model coping strategies or promote gratitude. Tune into this [podcast](#) with Cambridge University's Mishika Mehrota all about how dinnertime chats can improve children's mental health.

Please remember that within the Tooled Up platform, you will find interviews with many eminent psychiatrists and clinical psychologists who offer informative responses to a variety of common questions. For starters, try our [Q&A](#) with Consultant Psychiatrist Dr Anna Conway Morris, Professor Tamsin Ford's [talk](#) on improving young people's mental health, Dr Dennis Ougrin's [webinar](#) on supporting young people who self-harm, and Dr Meinou Simmons' [Q&A](#) on mental health in children

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rubicaia Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.01.2024

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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WENDOVER PROPOSED SKATEPARK



THERE IS A SEVERE LACK OF FACILITIES FOR YOUNG PEOPLE IN WENDOVER AND WE ARE KEEN TO PROVIDE A SKATEPARK AS A FOCAL POINT

Visit the Crowdfunder web page:
www.crowdfunder.co.uk/p/wendover-skatepark

VISIT OUR CROWDFUNDER PAGE FOR MORE DETAILS OR TO SUPPORT US!

SCAN ME WITH YOUR SMARTPHONE CAMERA



RECEIVE REWARDS IN RETURN FOR YOUR DONATIONS!



LOCAL UPDATES / EVENTS

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

COUNCILLOR SURGERIES

3rd Thursday of each month!

Collecting positive ideas
for the future of
Wendover!



Family
Support
Service

FREE EVENT



Youthspace at Southcourt

Free activities for young people aged
11 to 19 (up to 25 with SEND)

*Activities may vary

Activities include:

- Switch tournament
- Mindfulness zone
- Board games
- Table football
- Pancake decorating

No need to book, just turn up

Scan or click
me



Date

Tuesday 13 February 2024
1pm to 3pm

Location

Southcourt Family Centre Plus,
Aylesbury, HP21 8PD

Contact Us 01296 383 293 familyinfo.buckinghamshire.gov.uk @bucksfamilyinfo

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