

Wishing you a restful Easter Holiday: 04/04/2020 – 19/04/2020.

Keyworker children/vulnerable groups: See below for more information on childcare over the holidays, and arrangements for sending children in next term.

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Closure Update

IMPORTANT: Total site closure – key worker/vulnerable children can attend King's Oak Academy over Easter (childcare only), and Hanham Woods Academy next term

The Academy site remains completely closed to all students and staff.

If you require childcare over the Easter break

During the Easter holiday, key worker parents and carers who require childcare may send their children to King's Oak Academy, Brook Road, Kingswood, Bristol, BS15 4JT, 8:40am – 3pm. JCA staff will be on hand.

If your child is vulnerable, or you are a key worker, and your child needs to attend school next term

Next term, vulnerable students and the children of key workers are welcome at Hanham Woods Academy, Memorial Rd, Hanham, Bristol BS15 3LA.

John Cabot Academy staff will also be based there, and will be able to help our students familiarise themselves with the new setting.

Please be assured that we will provide a similar service at Hanham Woods Academy to the one we have been providing at John Cabot Academy.

- The hours (8:40am to 3pm) remain the same, and the day's activities will be broadly similar to those at JCA: a mixture of online learning, sport and reading.
- Unless your child is in receipt of free school meals, please can your child please bring money for lunch or bring a packed lunch.
- Students should wear their own clothes and wear something suitable to do PE in, as there will be opportunity to go outside and join in sports.
- Students are reminded that they need to follow all the rules about social distancing. This includes keeping 2 metres from others, washing hands regularly, and avoiding non-essential travel.

If you have any concerns, please do email jcainfo@clf.uk and we'll be in touch.



Staying at Home – NHS Guidance

Stay at home to stop coronavirus spreading.

Everyone must stay at home to help stop the spread of coronavirus.

You should only leave the house for 1 of 4 reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home

Important

These 4 reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

Further Information about staying at home

There is separate advice about:

- ✗ [staying at home if you're at high risk of getting seriously ill from coronavirus](#)
- ✗ [staying at home if you or someone you live with has symptoms of coronavirus](#)

How to stop infection spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus.

Do

- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ wash your hands as soon as you get back home
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin immediately and wash your hands afterwards



Don't

- ✗ do not touch your eyes, nose or mouth if your hands are not clean

Looking after your health and wellbeing

To help yourself stay well while you're at home:

- stay in touch with family and friends over the phone or on social media
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise at home, or outside once a day

What to do if you need medical help

If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the 111 coronavirus service.

Pregnancy advice

If you're pregnant and worried about coronavirus, you can get advice about coronavirus and pregnancy from the [Royal College of Obstetricians and Gynaecologists](#).

Keeping In Touch with Tutors

Even though the Academy site is closed, we are as committed as ever to supporting the wellbeing of our students.

As part of this commitment tutors will send emails every Monday and Wednesday morning. This email will be sent to your child's email address.

Please remind your child to check their emails regularly, but particularly on Monday and Wednesday mornings. Please be patient when waiting for an email from the tutor. Please also make sure your child replies to any messages from their tutor.

If your child cannot access their emails, please try the following first:

1. Visit <http://office.com> and click "sign in"
2. Your child should log in using their email address: **firstname.lastname@jca.clf.uk**. (Please do not use @jca.cabot.ac.uk as this will not work – student email addresses all end in @jca.clf.uk now.)



3. They can then access emails from tutors by clicking on Outlook.

If this does not work, please email JCAinfo@clf.uk, let us know that your child cannot sign into Office 365 to check emails, and tell us what error message you received from Office.com.

Free School Meals

Free School Meals – Voucher System Now Live

Vouchers for Week 6 of Term 4 were distributed via email this week. Please let us know via JCAinfo@clf.uk if you had any issues accessing the voucher.

Applying for Free School Meals

Free school meals are available to pupils in receipt of, or whose parents are in receipt of, one or more of the following benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods, and your monthly average income over three assessment periods should be no more than £616.67)
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

Your child might also get free school meals if you get any of these benefits and your child is both:

- Younger than the compulsory age for starting school
- In full-time education

To apply for Free School Meals, visit the South Gloucestershire website:

www.southglos.gov.uk > Apply Online > Free School Meals > Apply for free school meals



Warning: FSM Phishing Scam

We have been alerted by the Department for Education (DFE) that some parents have received an email stating: 'As schools will be closing, if you're entitled to free school meals, please send your bank details and we'll make sure you're supported'. **This is a scam email - do not respond, and delete immediately.**

How to support your child's home learning

How to Access Seneca Learning

Go to www.senecalearning.com. Many children will already have accounts; if not, it is free and easy to sign up. Select 'join class' and enter the class code **64vasis1ys** in order to access quizzes.

Show My Homework - Troubleshooting

Thank you to all parents/carers who have helped their children to access Show My Homework. If your child cannot log in, please try the following first:

Part 1: Check Office 365 is working correctly

1. Visit <http://office.com> and click "sign in"
2. Your child should log in using their email address: **firstname.lastname@jca.clf.uk**. (Please do not use @jca.cabot.ac.uk as this will not work – student email addresses all end in @jca.clf.uk now.)
3. They can then access emails from tutors by clicking on Outlook.

If this does not work, please email JCAinfo@clf.uk, let us know that you cannot sign into Office 365, and tell us what error message you received from Office.com.

If this does work, proceed to the next step (over the page).

Part 2: Then check that Show My Homework is working correctly

1. Visit <http://satchelone.com/login> and click the "Sign in with Office 365" button.
2. Your child should then sign in using the Office 365 login details you used above.
3. Your child will then be able to access work assigned to them.

If this does not work, please email JCAinfo@clf.uk, tell us what has happened, and let us know 1) whether your child can log into Office 365, and 2) what you have tried, any error messages you have received.

As a rule of thumb, the more information you give us, the faster it will be for us to correctly identify and resolve the problem.



Y11 Careers Update – Finding Post 16 Placements

For those of you who have not yet secured post 16 placements, or if there is any possibility you feel you have not chosen the correct course, or have discontinued your post 16 study, here are some agencies you may contact in order to support you to finding the right career path.

First, you can contact Emma Taylor, JCA Careers Adviser, to discuss your options further. Email careersjca@clf.uk.

For any immediate and extra support:

National Careers Service

Fully qualified Careers Advisers you can speak with via phone, text messages or web-chat, who can give you information on courses and careers. nationalcareers.service.gov.uk

16-19 Bursary fund

To help with post 16 costs such as clothing, books, equipment, transport and lunch. gov.uk/1619-bursary-fund

PE Update

JCA PE has changed somewhat over recent weeks. So you know what is available as parents...

Project 1

Leading up to Easter, we set a project looking at a range of areas of PE, including heart rates during exercise, sporting icons, and designing a session plan for your favourite sport. We have had some fantastic projects back already. The project can be found on Show My Homework and should be emailed to your child's PE teacher via JCAinfo@clf.uk. Please clearly mark the teacher's name, and the student's name, on the email. Please ask your child if this has been completed and if not send it back through.

Project 2

The prospect of spending the Easter holidays at home may have gradually lost most of its appeal in recent months. To give children something to do, we have set up an optional project about diet. This again can be accessed on show my homework and again should be emailed to the teacher on completion via JCAinfo@clf.uk. Please clearly mark the teacher's name, and



the student's name, on the email.

NOTE: Miss Cannon has set these on show my homework BUT the project should only be emailed to your child's PE teacher.

Practical activity

We all live in different places: houses, bungalows, high rise flats and so on. Some have gardens, and some do not. Setting universal practical activities to do is therefore a challenge. We are working on some challenges that can be completed anywhere; in the meantime, I recommend Joe Wicks' work out, which takes place every morning at 9am on YouTube. Simply search for "Joe Wicks" on YouTube and his channel will appear.

Exercising is a good stress relief, burns energy and also releases serotonin, a "feel-good" hormone.

We are looking at setting a weekly challenge after Easter (e.g., climbing Ben Nevis using your stairs or a step.) This will also be set through Show My Homework.

Above all, stay safe.

Music Update

Some of you will have received emails from Mr Shepherd outlining ways to continue learning your instruments/voices at home. Please feel free to reply with feedback or things you would like, so that we can tailor our resources to you.

If you would like to stay up to date with our positive vibes "song of the day", exciting online resources, ways to make music without instruments, a host of opportunities, and everything Music and Drama, please follow us on Instagram @jcamusic or Twitter @cabotmusic.

From all Performing Arts staff at JCA, take care :)

CLF Photography Competition

This is a photography competition for all students in the CLF. Please read the brief from Ms Heath, who is leading this competition:



"Take photos of your environment. This could be done imaginatively, like the photographer Slinkachu. Perhaps you could document your environment in a satirical way, like the photographer Martin Parr? Kirsten Lewis captures the not-so-glamorous but beautiful 'everyday'. If you're able to access the outside world safely (following guidelines), you could take a very close look at nature, in the style of photographer Karl Blossfeldt. You may want to focus on 'still life' and tell a story through objects, or create a surreal image like the photographer Cerise Doucedé."

Research some of the artists Ms Heath has mentioned, so that you can get some inspiration. Feel free to use any camera – whether it's an SLR camera, a point-and-shoot, a Polaroid camera, your phone, or anything else. You can edit them in any way you wish, if you want to.

Ms Heath has asked that you save the photo as a jpeg file and then email it to her: kate.heath@clf.uk

DEADLINE : 20TH April 2020

Have fun... Be creative... Stay safe.



Best wishes



*Kate Willis
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John Cabot Academy*

