



Every Student Thriving

8 May 2026

Dear Parent/Carer,

The exam season is now well and truly underway and I am sure many of our Year 11/13 parents/carers are equally as stressed about the next few months. So, a bit of advice which may help in guiding your child through the ups and downs of the exam season. The home environment plays a critical role in exam performance. We recommend the "Calm Home" approach:

- **The "Pause" Button:** temporarily reduce household chores or non-urgent commitments to give students "mental space."
- **Active Revision:** "Reading notes" is not revising. Ask your child to *teach* you a concept or quiz them using flashcards. This can be done over meals or as quick pit-stop moments during revision at home.
- **Physical Wellbeing:** Ensure they are getting 8-9 hours of sleep. The brain cannot retrieve information effectively when sleep-deprived.
- **The "Morning of" Routine:** A high-protein breakfast keeps hunger at bay and stops the brain from being distracted by basic needs. Also a commute with plenty of "buffer time" helps to avoid last-minute panic. Again, settling the brain.
- **Post-Exam Management:** In my experience it is best to avoid "post-mortem" discussions after an exam paper. If an exam went poorly, the mantra should be: *"That paper is done. Let's focus on the one we can still influence."*

New Uniform Monitoring System (Effective June 1st): To ensure our standards remain high and consistent, we are moving away from physical uniform cards. Arbor has meant we can find more efficient ways to log and monitor behaviours. Starting **June 1st**, we will be trialing a new digital recording system:

- **Uniform Infringements (C1):** Any uniform issues will be recorded as a **C1** on Arbor.
- **Persistent Issues (C3):** If a student receives **three C1s**, a **C3 sanction** will be issued automatically.
- **Non-Rectifiable Issues (C2b):** The same-day lunchtime detention remains in place for uniform issues that cannot be corrected on the spot.

Key Uniform Reminders: We ask for your continued support in ensuring your child arrives at school meeting the following requirements:

- **Blazers & Shirts:** Blazers must be worn, shirts must be tucked in at all times and ties must be worn.
- **Skirts:** Skirts must be pleated (as per uniform policy) and **should not be rolled up** at the waistband.
- **Footwear:** Plain black shoes only. **Trainers are strictly prohibited** except on designated PE days when regulation PE kit is worn.
- **Jewellery:** Only one small, single stud is permitted in the lower lobe of each ear. No other visible body piercings are allowed, though a small clear retainer may be used for nose piercings.
- **Nails & Makeup:** Only natural, subtle makeup and clear nail varnish are permitted. Nail extensions of any kind are not allowed.

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Confiscation Policy: Please be aware that non-regulation items, including prohibited jewellery, **will be confiscated by staff for parent pick up**. Students will not be permitted to simply put these items in their bags or pockets. In cases where a student refuses to hand over an item, this will be recorded as a **C3 for refusal to follow staff instructions**, and Senior Leadership will intervene. On occasion if a student is not in school uniform they will not be able to attend lessons but will be required to work elsewhere.

We thank you for your cooperation in helping us maintain the high standards of the John Colet community. The full uniform policy remains available for your reference on the school website.

Take care - Ian Brierly

REMINDERS & NOTICES

DATES FOR YOUR DIARY

Half-Term	25-29 May
Year 11 into 12 induction day	26 June
Enrichment week	29 June

CHANGE IN OFFICE HOURS

Change to Office hours:

Monday - Thursday 8.15am - 3:45pm

Friday 8.15am - 3:15pm

Closed for Lunch Monday - Friday from 12pm - 12:30pm

In the first instance please email the office@johncolet.co.uk for non-emergency issue

FORGOTTEN ITEMS

Any student who has forgotten school equipment for example PE kit/Chromebook, homework etc, the school will no longer be contacting home for someone to drop these items off. Students who contact home without permission will receive a consequence. Sanctions will be given for forgotten items. Please disseminate to your child/children. Certain exceptions will be made.

SAFEGUARDING LEADS & INFORMATION

If parents have any concerns about safeguarding 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

The DSL (Designated Safeguarding Lead) is Mr B Crawford

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PARENT SUPPORT

8 WAYS TO CHECK IF YOU REALLY KNOW SOMETHING

by @inner_drive | www.innerdrive.co.uk



How many of these can you do?

- 1 ANSWER A MULTIPLE CHOICE QUIZ ON IT
- 2 EXPLAIN IT IN YOUR OWN WORDS
- 3 TEACH IT TO SOMEONE ELSE
- 4 APPLY IT TO A DIFFERENT CONTEXT
- 5 COMPARE AND CONTRAST IT WITH SOMETHING ELSE
- 6 ANSWER A QUESTION ON IT UNDER TEST CONDITIONS
- 7 RECALL THE INFORMATION WHILST UNDER PRESSURE
- 8 REMEMBER IT AFTER A LONG TIME



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COMMUNITY SUPPORT

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Bucks radio

Tour de Vale

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Stoke Mandeville Stadium

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Preview Night

You are warmly invited to join us for a Preview Night of the 2nd Wendover Arts Festival.

Complimentary drink on arrival
Hot food available to purchase

6.00 – 10.00pm Friday 22nd May 2026
at St Mary's Church, Church Lane, Wendover HP22 6NL
[///cavalier.deserved.rise](http://cavalier.deserved.rise)

www.wendover-arts-festival.co.uk

**Health
for Kids!**

NHS
Buckinghamshire Healthcare
NHS Trust

Parent and Carers

Our School Nursing Team can help with things like:

Behaviour management Development Toileting
Wellbeing Healthy eating Sleep Emotional health

Find advice on supporting your child's health and wellbeing.



www.healthforkids.co.uk/buckinghamshire

Message your local school nursing team:

07312 263 175

Or scan the QR code to start a chat:



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