



## Every Student Thriving

10 October 2025

Dear Parent/Carer,

The last couple of weeks have been pretty full on for all staff. Our open evening and open morning attracted over 800+ visitors which was quite something. Many parents/carers were quick to recognise how well the ethos of the school was reflected by our entire community; both adults and students. The changes over the past few years and those we have planned over the coming years fortuitously fall very much in line with where we believe government policy will be travelling in the future.

Both Ms Bendel (Our SENDCO) and I attended a conference this Wednesday where Helen Hayes MP, who is the chair of the Education Select Committee, gave us some first hand insights into the committee's brief and recommendations to the government regarding SEND and the disadvantaged. If their recommendations become adopted, the notion of inclusivity and support of SEN students in classrooms will become a driving priority. There are already clear signs from Ofsted that inclusivity will be a priority so there may actually be some joined up thinking!

Amongst the recommendations was a clear drive towards training for all school staff in effective support of students with needs ensuring that everyone is an SEN champion, an increase in specialised leadership in school and a requirement that new heads are SEN trained and are compelled to ensure that the SENDCO is on the leadership team. A critical one was the changing of accountability measures for schools to ensure that all children are supported. There were many, many more. We await to see how many of the recommendations will be adopted but in many respects John Colet is already pushing forward with a greater focus on inclusivity for all of our pupils. Our vision, 'Every Student Thriving', our refreshed SEN provision and a revamped culture of positivity have started us on, what I hope, will be a much greater journey. Like all journeys there will be plenty of bumps in the road as we evolve our mindset, but the will is there and therefore the way will be found.

On another note it was a pleasure for me to congratulate our **new prefect team** as they were gathered in the Hall by Mrs Lark on Tuesday. Developing confidence and leadership is one of our big drivers and it was great to see such a positive and vibrant set of student leaders. Straight after this I was up in the **sixth form centre with Year 12** who were completely immersed in the **Green Skills Business challenge**. This involved them creating green business ideas to pitch. Amongst them were plugs you could monitor through an app and bespoke bird feeders around school encouraging an awareness of our natural surroundings.

Finally, a head's up : On Wednesday afternoon next week we will be running our Lockdown procedure rehearsal. Please speak to your child about this, they will be given more information by their tutors early next week in preparation. Reinforce the importance of sensible behaviour and listening diligently to the teachers as it is important that all of our community know the drill for such an alarm in the unlikely event that it is ever needed.

Take Care - Ian Brierly

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## Every Student Thriving

# REMINDERS & NOTICES

### DATES FOR YOUR DIARY

**23 October (Thursday)**

**School finishes for half-term  
(2.55pm finish)**

**13 November**

**'Into the Sixth' Open Evening**

### CURRENT VACANCIES

- Cover Supervisor
- Exam Assistant
- Learning Resources Co-ordinator

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

### SAFEGUARDING LEADS & INFORMATION

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)

### PE KIT

- Bottoms - JCS Shorts, JCS Skorts, JCS navy leggings or plain black/navy leggings
- Top - JCS T-Shirt
- JCS half-zip or JCS Blue Hoodie (**Other forms of top or Hoodie are not acceptable**)
- White socks (required for every sporting activity)
- Long Blue socks (required for both rugby and football)
- Sports trainers that do not mark surfaces.
- NO Nike pro-style shorts or converse style trainers

### MESSAGE CAREERS

Support for Year 11 Mock Interviews: Following the great feedback from previous years and growing interest from our current Year 11 students, we are pleased to be hosting mock interviews on Wednesday 15th October 9.30am-12.30pm. **If you are able to support this valuable event and help our students gain interview experience please get in touch by emailing [careers@johncolet.co.uk](mailto:careers@johncolet.co.uk).**

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# Every Student Thriving

PARENT SUPPORT : Click [HERE](#) for Higher Res PDF

## 10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

### 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

### 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

### 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

### 10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

### Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



#WakeUpWednesday

The National College®





## Every Student Thriving

TOOLED UP - PARENT SUPPORT

# YOU ARE INVITED TO A COMMUNITY CLIMATE ACTION WORKSHOP



Let's Take Action Together for a Greener Wendover & Villages!

Join us for an exciting, hands-on workshop where we'll explore practical ways to create warmer homes, cleaner energy, healthier food, thriving nature, and better-connected travel. Together we'll uncover solutions to cut costs, strengthen resilience, and make our community greener and healthier—for all of us.

#### WHAT YOU'LL FIND AT THE WORKSHOP

- Learn how action on Homes, Energy, Food, Nature, and Travel can cut costs, boost wellbeing, and build resilience.
- Discover steps you can take to shape your environment and help Wendover & Villages thrive for generations to come.
- Get involved in creating our Community Climate Action Plan—covering warmer homes, cleaner energy, healthier food, thriving nature, and better-connected travel.
- Let's make a difference together! By coming along, you'll be part of the change—and we'll make it fun, practical, and inspiring.



Join us and be part of the action!  
Scan the QR code for your free ticket  
or visit [/CommunityClimateActionUK](#) on  
Facebook for event details.

**WHEN & WHERE**  
10am–3pm Saturday,  
11<sup>th</sup> October 2025

Weston Turville  
Village Hall, School  
Approach, Weston  
Turville HP22 5RW



# Every Student Thriving

## COMMUNITY SUPPORT



How to deal with...

### Stress, Anxiety and Low Mood

#### Online course for young people

Would you like to feel better about life? Do you feel stuck and need some tips on how to move on?

If you're in school years 7 and above, our online course could be for you. Sessions run on Friday afternoons and Tuesday evenings.

#### Sessions cover:

- What stress, anxiety and low mood are
- Strategies to feel better
- How to deal with setbacks
- Planning for a brighter future

"It was so fun, I learnt so much and enjoyed myself"

For more information or to secure your place, scan or click the QR code.

If you need help please email [familyhubgroups@buckinghamshire.gov.uk](mailto:familyhubgroups@buckinghamshire.gov.uk)

15 August to 29 August (3 weeks)  
1:30pm to 3:30pm  
or  
22 September to 20 October (5 weeks)  
6pm to 7pm



How to build

### Confidence and Self-Esteem

#### Online course for young people

Want to feel better about yourself? Want to feel more confident around other people?

If you're in school year 7 or above, then our online, 5-week course could be for you.

#### 5 online sessions cover:

- Why the media affects how we see ourselves
- How to cope better with setbacks
- How to deal with peer pressure
- How to feel better about ourselves

To secure your place or for more information, scan or click the QR code.

If you need help email [familyhubgroups@buckinghamshire.gov.uk](mailto:familyhubgroups@buckinghamshire.gov.uk)



Tuesdays

23 September to 21 October

or

11 November to 9 December

6pm to 7pm

"It was so fun, I learnt so much and enjoyed myself"



Proud to be part of  
**Family Hub Network**  
Buckinghamshire

## Free Parenting Programmes

Our parenting programmes will help you develop new and existing parenting skills, offer advice and build your confidence as a parent.

Proud to be part of  
**Family Hub Network**  
Buckinghamshire

Scan me

#### LITTLE TALKERS

18 months to 3 years old

- Focuses on children's speech, language and communication skills and how parents can promote them
- Designed by Buckinghamshire Speech and Language Therapy

#### PARENT PUZZLE

0 to 5 years old

- Understand challenges and how to address them
- How to support your child's growth for calmer parenting

#### TALKING TEENS

11 to 18 years old

- Focuses on relationships within the family, communication, negotiating, decision-making and strategies to reduce conflict
- Learn more about teenagers and their needs

#### THE NURTURING PROGRAMME

3 to 11 years old

- Help deal with the challenges that come with parenting
- Think about what we do, why we do it and how it makes us feel

#### BALANCEABILITY

2.5 to 5 years old

- Accredited learn to cycle programme
- Develops confidence, spatial awareness, dynamic balance, and how to ride without stabilisers

#### KEEPING YOUR CHILD IN MIND

All ages

- Work together in ways that support growing children and a calmer family life
- Explore the conflict between parents/carers both in a current or previous relationship

01296 383293  
[familyinfo@buckinghamshire.gov.uk](mailto:familyinfo@buckinghamshire.gov.uk)



## Every Student Thriving

### JOHN COLET SCHOOL NEARLY NEW UNIFORM SHOP

Open Every Day 8.15 - 8.45 am



We have a good selection of  
**blazers, trousers, skirts, jumpers, shirts and PE kit items**  
all at **NO CHARGE** and looking for a good home!  
(We also have a limited number of coats/jackets and shoes)

*\*Parents are welcome to make a donation via ParentMail*

Students can **get** new uniform items, **borrow** items (if they have forgotten theirs) and **exchange** items  
(e.g. swap a smaller blazer for a bigger size)



Thank you for all your support however due to the  
lack of space in our shop **we CANNOT ACCEPT any  
donations until further notice**

Students and parents can email [uniformshop@johncolet.co.uk](mailto:uniformshop@johncolet.co.uk) to request uniform items or **visit the school website** for more information. Please note we cannot guarantee we'll have the size you need in stock



**FREE WIFI, FOOD,  
GAMES AND MORE AT:**

**STOKE MANDEVILLE  
COMMUNITY CENTRE**

**Eskdale Road, Aylesbury, HP22 5UJ**

**Thursdays, 3:30pm to 6:30pm**



Community  
Boards



**SCHOOL YEARS:  
8 TO 11  
6 TO 7 (COMING IN  
DECEMBER)**

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**Every Student Thriving**



**Buckinghamshire  
Family Learning**



## **Support your Child's Mental Health and Wellbeing Y10&11**

**Monday 13 October, 7-9pm, online**



Join this 1-week, online workshop to help your child develop confidence, manage stress, anxiety and friendships.

To book your FREE place, phone 01296 383582 with code FMWB022 1ONA, click on the link or scan the QR code.

SCAN ME



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adultlearningbc.ac.uk



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