



Every Student Thriving

12 September 2025

Dear Parent/Carer,

We're up and running! After an absolutely **fabulous summer of results** we have all returned with a spring in our stride. John Colet Year 11 students provisionally placed themselves in the top 20% of schools with our grade 4 in English and Maths outcomes and the top 36% with our grade 5 in English and Maths outcomes. However, all results are critical, not just the government headlines, and our students also made the best progress on record. Our sixth form also improved outcomes in every area and, although we have set the bar higher for entry into our sixth form, our numbers have remained good and an era of exciting change in standards has begun.



Milo, our new school dog, has certainly earned his keep this week and has been critical in easing some of the anxieties of our new starters and some of our older students who may have been anxious on their return to routine and early mornings.

Attendance is up and we need to keep it that way! Please be aware that ARBOR does not update attendance marks on-line until after 10.30am. If there is any attendance issue we will have contacted you well in advance of this time so please don't worry if ARBOR has not synced first thing.

Some parents have been a little confused over the **logging on to chrome books**. Essentially students can log on to their chrome books using their John Colet email at any time. However, they can only use other gmail accounts before 8.00am or after 4.30pm. This stops undue access to other gmail accounts during the school day.

A **huge thank you** to all of you for supporting us with phones off and in bags. We aim to demonstrate as a school that given the right balance of guidance and clear boundaries that young people can take responsibility for their devices. Our new toilets have also been very welcomed by the students and I am delighted that we have now provided safe space toilets for everybody.

Looking forward, September 22 is **World Car Free Day**. Wendover Parish Council and Bucks Council will be turning parts of Wharf Road and Manor Road around the Campus entrance into a Play Street in the morning and afternoon with traffic restrictions in place.

On Friday, 19 September, we will be supporting ['Jeans for Genes'](#) day, the first of a more frequent push to support national charities more proactively. Please ensure that your son/daughter is able to make a participating contribution on the day (Notionally £1 cash).

I had the pleasure of visiting Caldecott lake with our new Year 7 cohort on Thursday to watch them engage in some team building exercises. It was great to see such well behaved, cooperative and well-mannered young people simply enjoying the activities and the freedom afforded by the structure of the afternoon. They were a real credit!

And finally a letter from the Prime Minister on the 'Best Start In Life' can be found [HERE](#).

Take Care - Ian Brierly

Ready - Respectful - Responsible



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REMINDERS & NOTICES

DATES FOR YOUR DIARY

18 September
19 September
22 September

2 October
3 October
13 November

Year 7 Meet the Tutor Evening
Jeans 4 Genes Day
World Car Free Day - Play Street
road closures in force on Manor
Road and Wharf Road
Year 6 Open Evening
INSET Day
'Into the Sixth' Open Evening

CURRENT VACANCIES

- Cover Supervisor

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

JOHN COLET SCHOOL

Do you have any unused or unwanted school uniform or equipment?
Your donations are greatly appreciated and help us continue to support other students and their families.

 GCSE and A-Level revision guides	 calculators and stationery	 Chromebooks
 Blazers	 Ties	 Trainers, football boots and PE kit

Please drop off items at
the school reception

*Thanks For
Your Support*

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INTRO: To 'RIGHT TO CHOOSE FOR AUTISM/ADHD ASSESSMENT' WORKSHOP

We will be running a session in collaboration with Propel to support any parent/carer or guardian who is considering an ASD and/or ADHD diagnosis or who are currently on the CAMHS waiting list for this.

Introduction to Right to Choose for Autism and ADHD Assessment workshop.

Workshop Overview:

This workshop is designed to help parents and carers understand the NHS Right to Choose process for ADHD and autism assessments.

We will cover:

- Your legal rights as an NHS patient in England to choose a provider for ADHD or autism care.
Step-by-step guidance on how to request a referral from your GP.
- An overview of the ADHD and Autism 360 services, delivered in partnership with the Propel programme.
- Practical advice on completing referral forms and providing supporting evidence.
- What to expect during and after the referral process.

Workshop Details:

Date: Monday 29th September

Time: 4pm - Location: John Colet School - Led by: Miss Bendel SENDCo

This will be an informative and supportive session, aimed at helping you navigate the referral process smoothly.

How to Attend:

If you would like to attend, please RSVP by 25th September by contacting klansdown@johncolet.co.uk

We hope you can join us and look forward to supporting you through this important process.

Best wishes, - Miss Bendel - SENDCo

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

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College

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TOOLED UP - PARENT SUPPORT

DEAR PARENTS AND CARERS

You have been gifted annual access to the **Tooled Up Education Platform**, designed to provide you with holistic parenting resources throughout your child's educational journey at their school.

10 THINGS YOU NEED TO KNOW ABOUT TOOLED UP



1 We are the village.

Behind the platform, is a research team that is passionate about helping and supporting you and your family. We always say, 'it takes a village to raise a child' and we mean it. Whatever you need, whatever you want us to research for you, we are one email away.



2 We run online conferences too.

All Toolled Up members are able to attend our live, online conferences and watch them back in their own time. We run conferences on a wide range of topics, such as autism, ADHD, and the Early Years.



3 We pride ourselves on our responsiveness.

Try us out. Register your free account and then send a 'parenting support' question via our site. See what comes back! If we don't have a resource already to signpost you to, we will create one for you.



4 Life can be uncertain, but you can count on us to help.

We are here for you and welcome all questions. Turn this page over to see what other Toolled Up parents have asked us recently. Use the 'get support' button on our site to get in touch!



5 We are famous for our mental health resources, but we do so much more!

Our platform contains hundreds of resources designed to promote early intervention and ward off mental distress, but guess what? Our platform also contains hundreds of resources on learning, resilience, sport, digital technology and just anything going on in family life! No need for Google.



6 You can keep us in your pocket!

We have optimised our website for mobile devices.



7 We believe there is a manual for parenting.

We believe that the available research evidence can guide us all as parents towards what is optimal when bringing up children. We look to that research and engage with academics all over the world to locate the golden nuggets that busy, loving, aspirational parents need to 'try and apply' in parenting to good effect.



8 Whatever your child is interested in, interests us.

Perhaps your child is passionate about fossils, hockey, chess, Minecraft or swimming? Perhaps older children are considering university places, jobs or alternatives to both. Whatever their pathway to greatness, if there is anything we can do to support you to support them, tell us about it!



9 You're in good company.

Our weekly newsletter, **Wednesday Wisdom** is read by over 10,000 parents and teachers every week but only Toolled Up registered parents can unlock the toolbox at the end of each newsletter. [Register](#) your account and then take a peek at any edition.



10 We are open 24/7, 365 days of the year.

When schools shut for the holidays, our research team remains open to help you get any information that you need and to signpost you to information or resources that can assist you.



To set up a new account, go to:
members.tooledupeducation.com/sign-up

Enter your first name, surname, email address and the **school PIN** to set up your account and join the Toolled Up Community!

SCHOOL PIN

jcs2206

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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

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



Tuesdays
23 September to 21 October
or
11 November to 9 December
6pm to 7pm



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



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THE BUCKS
Hangouts

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

**STOKE MANDEVILLE
COMMUNITY CENTRE**
Eskdale Road, Aylesbury, HP22 5UJ

Thursdays, 3:30pm to 6:30pm

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

The poster features a dark blue background with colorful, wavy lines in shades of blue, green, and orange. The text is prominently displayed in white and yellow. At the bottom, there are logos for Buckinghamshire Council Community Boards, Connect Stars, and Stoke Mandeville Parish Council, along with a sign held by two hands indicating the school years for the event.

Ready - Respectful - Responsible