



Every Student Thriving

16 January 2026

Dear Parent/Carer,

Our fund raising efforts continue this term and on this occasion we are focussing on our own needs as a school. The emphasis on the next non-uniform day on the 5 February is to raise funds for outside play equipment - in this instance we are keen to purchase a couple of exterior table tennis tables as part of a strategy to provide our students with more outside activity areas. We will be providing a link to a 'just giving' page. We are increasingly exploring other ways to contribute to fund raising through more modern mediums as 'cash' is rapidly becoming an anomaly, so look out for the link and please donate accordingly.

We've had some great news this week about high performing students. We have a year 11 student due to compete in the Judo Scottish Open, another who has been selected for the Cambridge United football academy and a swimmer looking to secure a swimming scholarship. These students are a fine example of grit and determination as well balancing their education with ambitious personal goals. We wish them all the very best and look forward to their future endeavours.

This week's parent advice summary is focussed on well-being and digital media. It offers sound advice. The research base for digital media impact is growing rapidly. A recent summary of studies which you can find [HERE](#) concluded that the impact of screen time on those students with ADHD looks likely to be compounding their issues: "The findings show that too much screen time is often linked with worse symptoms. In some cases, it also leads to poor sleep, which can make things even harder for children already struggling with focus and behaviour." - It feels increasingly that we are moving to a more regulated digital arena but in the meantime it is down to us, as adults, to ensure that boundaries are clearly in place and, most importantly, kept to.

Now the term is in full swing just a few updates and reminders:

BUS PASSES: If your child catches the school bus it is vital that they have their pass on them in the morning and this must be shown to the driver. The drivers are at liberty to refuse any child entry without a pass on them; this is to ensure that there is room for pass holders at later stops and that H&S limits are not breached.

NAIL EXTENSIONS: These are not permitted in school.

PE KIT should only be worn to school on a day when PE is timetabled. We noted a small number of students wearing their kit on a non-uniform day at the start of this year. This will result in a uniform infringement consequence.

SPOT STICKERS or PATCHES: we have also noted an increase in the use of 'spot' stickers to cover face spots. Basic flesh coloured versions are acceptable; any that have a design other than this will be asked to be removed.

YEAR 11 SIXTH FORM APPLICATIONS: whether you are one of the many who have already expressed interest or if you are yet to apply, formal applications are now welcome to join our JCS Sixth Form in September. Option blocks are available to view and courses can be selected and confirmed on the Applicaa portal. The deadline for applications is 6pm on **Friday 27 February**.

Take Care

Ian Brierly

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REMINDERS & NOTICES

DATES FOR YOUR DIARY

Year 8 Consultation Meeting	22.01.26
Year 13 Consultation Meeting	05.02.26
Non-uniform Day (School fundraising for external table tennis tables)	05.02.26
Year 10 Exams Start	25.02.26
Year 11 Consultation Meeting	26.02.26
Sixth form application deadline	27.02.26

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

The DSL (Designated Safeguarding Lead) is Mr B Crawford

VACANCIES

- There are no current vacancies, but please do register your interest via MyNewTerm (linked on our website)

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

Post 16 SEND Opportunities Showcase

Thursday 26 February 2026
3.30pm - 6pm
The Gateway, Gatehouse Road
Aylesbury HP19 8FF



 Buckinghamshire Children & Young People's Partnership
Working together to reach our goals

Come along to find out more about the different programmes offered by a range of Post 16 Specialist Providers for young people with an Education, Health and Care Plan (EHCP).

Around 14 providers will be showcasing in a calm and spacious environment with a wide range of opportunities on offer including:

- A range of vocational pathways and qualifications
- Personal development and individualised therapeutic programmes
- Supported internships and employability programmes

Suitable for young people from year 9 upwards with an active EHCP.

No need to register - young people, parents/carers and professionals all welcome to drop by and chat to the providers.

Free parking available onsite.



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

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College



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TOOLED UP



Let's kickstart 2026 with some inspiration, ideas and fresh motivation.

As we begin a new year, many parents find

themselves having conversations with their children about what's ahead. Alongside these chats, listening actively and staying attuned and curious to their interests can open the door to meaningful, shared goal-setting. **When children are given the opportunity to identify small, achievable goals within everyday family life, it can help them feel more organised, less overwhelmed and allow space for reflection on progress.**

Tooled Up has a plethora of resources designed to support you with these conversations.

Our [2026 Goal Setting Planner](#) offers a simple starting point for conversations with children about setting achievable goals. It's **designed to make goal-setting feel manageable and positive** rather than overwhelming.

For further inspiration, **we've curated a range of engaging resources that help spark conversations about mindset, attitude and the power of perseverance.** Many parents enjoy starting with stories and inspiring quotations, such as those found in [50 Female Role Models in Sport](#) or [Creative Careers](#), both easy entry points that children often connect with straight away.

If you see procrastination in family life, try not to be too hard on your children or yourselves. Procrastination doesn't always reflect lack of effort but can signal worries about getting things right or fear of making mistakes. Understanding this can help us respond with empathy and curiosity. Our resource [Avoiding Procrastination](#) offers **practical tips for adults and children** to help manage procrastination more effectively.

By modelling kindness towards ourselves, we show children that setbacks are part of learning. A new year offers a gentle opportunity to try again, adjust goals or let go of approaches that aren't working - all key aspects of resilience. To **explore practical ways to nurture a resilient mindset, watch [Is My Child Really Resilient?](#) which provides clear strategies and shares supportive resources** that can be found on the Tooled Up platform.

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COMMUNITY SUPPORT

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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

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