



Every Student Thriving

19 September 2025

Dear Parent/Carer,

The end of the third week of term is nigh!

All students have now completed a full run through of their timetables so should now be finding their feet and adjusting to school routines. The PE Kit days have been very successful as have the new toilet facilities and phones have been managed better than ever.

Now it is about maintaining school/home partnerships to ensure we keep the standard and bar raised high. There was talk from the government prior to the summer about how the social contract that schools have with parents had been eroded in recent times. This was evidenced with the drop in attendance and a sense, from a hand-full of parents, that school boundaries could be pushed or not supported as well as the misplaced expectations of some adults about exactly what the purpose of a mainstream school is. There is some truth in this however I am proud that at John Colet we are very well supported by the majority of our adult community and that makes a huge difference to the day to day running of the school.

For the first time since I have joined the school there is no scaffolding to be seen! New roofing is in place and old tired cladding has been renewed. We have more outside covered spaces for students and the Year 7 play area has been updated. The highly skilled site team have worked tirelessly to make good some of the 'worn' areas of the school and this is refreshing our look. An awful lot of work goes on to keep a complicated and byzantine site in good condition and as a community we should be very proud of how well kept that site is (given the state of some schools we should be overjoyed!). Next on the list will be an upgrade of the Wifi network and a bid to improve the drainage system of the school campus (sometimes it's the things you can't see that make all the difference!).

Year 9 students have now completed a full 2 week timetable of their new GCSE option subjects. If students think they would like to swap subjects, **parents** are able to log a request by completing this [form](#) which will open on Friday 19th September after 4pm. The form will need to be completed for every change they request. Please note, we can only make changes if there are spaces in the available classes and your request does not clash with other subjects being studied. The student will also be responsible for catching up on any work missed to date. Any queries should be emailed to: options@johncolet.co.uk

Due to some shenanigans regarding permissions and consultations at council level the World Car Free Day day will now not be going ahead as planned on September 22 and the Play Street initiative has had to be cancelled as a result.

Finally, please could you support us in making sure the PE kit regulations are followed on a PE day. A small number of students have worn incorrect kit and where this is not correct (notably Hoodies) we will confiscate where necessary. There is a reminder below.

Enjoy what I believe will be quite a mild weekend!

Take Care - Ian Brierly

Ready - Respectful - Responsible - Kind - Authentic



Every Student Thriving

REMINDERS & NOTICES

DATES FOR YOUR DIARY

2 October
3 October
6 October
13 November

Year 6 Open Evening
INSET Day
Year 6 Open Morning
'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

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

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 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



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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

What Parents & Educators Need to Know about

SNAP STREAK

97

SNAPCHAT

AGE RESTRICTION

13+

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🌟 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.





The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>

Every Student Thriving

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

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

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, 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



Every Student Thriving

THE BUCKS
Flangouts

**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)

Buckinghamshire Council
Community Boards

**CONNECT
STARS**

STOKES MANDEVILLE
PARISH COUNCIL

Ready - Respectful - Responsible - Kind - Authentic