



Every Student Thriving

23 January 2026

Dear Parent/Carer,

ARBOR: It's now been over a year since the school has moved to our new MIS and communication system, Arbor, facilitating clearer access to information regarding your child's school day, attendance and recognition and consequence points. Thank you for your engagement in the process of change, over 99% of our parents are actively using the Arbor Portal which is a fantastic achievement! This week we have completed the final aspect of the move, releasing the student portal to all year groups. This means that students can log in to their own portal on their chromebooks to see their timetable, any detentions they are due to attend, and also their R and C data. Please encourage your child to use this information to help them to organise their days and take responsibility for their education. Please note, as with any data system, accounts should never be shared and students should be logging on using their own account information and not through parent accounts. We look forward to continuing to explore and develop our use of Arbor to continue to improve communication both within school and also with parents.

ADHD HOMEWORK SUPPORT: In the current era we are experiencing an uptick in the number of students diagnosed with ADHD. This places pressure on all aspects of education provision but is also a real challenge for parents/carers in the home environment attempting to support their child and schools. This can be at its peak when it comes to managing homework. MICRO-CHUNKING may help! If you follow the link [HERE](#) it will take you to a useful outline of how this technique can be used to assist parents/carers in managing homework proactively with ADHD assessed children. It is worth considering and, I would argue, could be useful for all carers when approaching homework as, in this world of endless distraction, it may prove an effective strategy for any child struggling to manage homework.

On the subject of homework it is worth remembering that KS3 students should be spending about 30 minutes on a homework task with KS4 students spending about 45 minutes unless involved in extended projects, combined tasks or self directed revision. School recommended sites are always useful and creating good habitual routines do make a difference. We also run a homework club everyday after school. Notionally if a student completed all set homework tasks over the five years from Year 7 to Year 11 this could equal the equivalent of one extra academic year of study which would be a significant advantage as well as a great way to consolidate learning to make it 'sticky'!

HEADS UP: Please be aware that the TESCO EXPRESS store on the Tring Road will be closed from 8pm on 30 January and will reopen again at 9am on 5 March.

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 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

- Next week a Teacher of Geography vacancy will go live on our website and MyNew Term. If there are other roles not currently advertised please 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

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.

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







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

10 Top Tips for Parents and Educators

ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.



1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

4 CREATE A SAFE SPACE FOR CONCERNs

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

#WakeUpWednesday®

The National College®



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TOOLED UP



TOOLED UP®

BECAUSE EVIDENCE MATTERS

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

TITANS
FOOTBALL ACADEMY

FRIDAYS
AYLESBURY

CLASS TIMES AND YEAR GROUPS:

- 17:00 - 18:00 RECEPTION TO YEAR 4
- 18:00 - 19:00 YEAR 5 TO YEAR 10

VENUE: JOHN COLET SCHOOL, WHARF RD, WENDOVER, AYLESBURY, HP22 6HF

- 1000+ children attending our development centres on a weekly basis
- Matches against pro clubs for selected players
- Over 75 children signed to pro clubs
- Tailored coaching programmes designed by ex and current professional academy coaches

Surface - 4G Astro

Must wear plastic moulded football boots

CONTACT US NOW TO BOOK A FREE TRIAL +44 7498 608268

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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