

The Principal's Weekly Update

Term 3 - Issue 4

This newsletter is issued weekly in order to celebrate the achievements of students and staff as well as to thank those who put so much effort into ensuring that students at John Cabot Academy continue to have opportunities to try new things and to maximise their achievements, are recognised and appreciated. I hope you enjoy reading this newsletter as much as I enjoy receiving and collating each item. Please do continue to inform me of any students' achievements and experiences that I am unaware of so that they can be included in future editions.

Use of mobile phones in lessons

Just as a reminder to students and parents, it is important to remember that the use of electronic devices including mobile phones is always at the discretion of the member of staff in the room. We are keen to embrace new technologies and explore means of supporting a student's learning using these devices; however, students should not take their use for granted. Mobile phones and other electronic devices should not be used in lessons unless the member of staff has given permission; if in doubt, students should check first before using them.

Sixth Form Sport

On Wednesday afternoons there is an opportunity for sixth form students to take part in some physical activity. The fitness gym will be open all afternoon for sixth form students to use (from 12.40pm - 3pm) and the sports hall and large Astro will be available to play some football, hockey, badminton, netball, etc., from 12.40pm - 1.50pm. All students need to do is bring the suitable kit and take part; you don't even need to commit to every week.



Spanish Exchange

This week, John Cabot Academy has hosted its first ever Spanish Exchange visit! This has been a very exciting project for the MFL department and Spanish students at the Academy. Ten students accompanied by two visiting teachers arrived on Friday 20 January and will be staying with us until Sunday 29 January. The Spanish students have been staying with their exchange partners and families throughout the visit and have been shadowing students in all

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their lessons at the Academy; this has been a fantastic experience for all students involved, not only linguistically but also culturally! Spanish students have followed our students daily home and school life, everything from lessons to catching the school bus, school lunches and time in their homes at the weekends! Students have also enjoyed visits to London and Bath. This visit will be reciprocated in April with a visit to 'Colegio Los Olivivos' in Malaga, Spain, (http://www.colegiolosolivivos.org/ver_seccionFija.aspx?id=2). All our students will be staying with their Spanish host families and again will be shadowing students in their daily home and school life! This has been a phenomenal and much valued experience not only for the students involved but also for all students and staff at the Academy; they will have had a chance to see the Spanish students and teachers both in their lessons and around the Academy and will have seen the very positive relationships that have been formed as a result of the visit. Not only this, but they will also have had a chance to see and hear Spanish conversation and communication at its best!



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Post 16 Football against King's Oak Academy

John Cabot were well up for this game right from the start, showing some bright passages of play on the left hand side creating chance after chance, but the ball just wouldn't go in the net. Some great link ups on the left hand side involving Grant Millard, Samir Khoudi and Matt Hill, allowed Cabot another chance on goal, luckily for King's Oak it went wide. A long ball from the King's Oak keeper resulted in causing Cabot's defense some trouble. A little slip up at the back and a mix up between keeper and defense allowed the King's Oak striker a chance on an open goal which he took calmly, 1-0 King's Oak. This then sprung Cabot in to life, and made them more clinical in front of goal causing some good saves from the King's Oak keeper. Then, from 40 yards out, Matt Hill smashed a shot into the back of the net. Cabot now became camped in the opposition's half with more chances coming from some great crosses from Matt Collins and Samir Khoudi. John Cabot then had a corner which was brilliantly headed in from 7 yards by Kyle Hawker! At half time, the score was 2-1 to Cabot.

Cabot started the second half much the same as the first with some great little triangles all over the pitch, with some wild shots from the midfield three of Matt Hill, Adam Dyer and Matt Smith. Some tactical subs at half time proved clinical with good movements on the wings from Harry Parker, Josh Miller and Craig Kemp up front. The home team won another corner, one of many, where Dyer popped out of nowhere and scored another header for Cabot. With some solid defensive work at the back from Harry Greenland, Sam Baber and Grant Millard, King's Oak had no way past. Adam Thurston came back on upfront and created some good link up play with Craig and the midfield three creating more chances. In the closing minutes, Matt Hill again produced another great strike from the wide left which found the bottom right hand corner of the net, for another great goal. In the closing minutes Andy Smith in goal was given a controversial hand ball but again it did not phase the Cabot defense and was dealt with well.

Full time score was: ***Cabot 4-1 King's Oak***. A big thank you to the referee, Ross Robbins, for a well controlled game. (Match report written by Matt Smith.)



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Visit from Olympic hopeful Sam Weale

Olympic hopeful and Great Britain Pentathlete Sam Weale visited John Cabot Academy this week to talk to Year 9 students and answered questions about the prospect of competing in the Olympics. The visit was made possible as part of the work of the Wells Sports Foundation who support up and coming athletes and engage them with young people by getting them into schools. Sam is a British Gold medalist and won a Silver medal at the European Championships. At the Beijing Olympics, Sam finished 10th and is looking to qualify and improve this finish position to win a medal in London. Sam started the afternoon with an insightful and inspiring assembly with the whole of Y9. The requirements of the Pentathlon (running, shooting, swimming, horse riding and fencing) were explained to students, with four of them dressing up in Sam's Olympic clothing. Ivanna wore the fencing clothing, Kieran the horse riding attire, Luke the running and shooting clothing and Maya the swimming outfit that has now been banned from competitions due to competitors swimming too quickly! Following the assembly, 25 students were fortunate enough to spend a session with Sam discussing Olympic values and training for London and then engaged in a practical session. Students had the opportunity to experience the shooting phase using the laser gun and electronic target. They then went out to the astro where Sam lead some warm up activities, running techniques, before the students competed in teams to simulate the running and shooting phase of competition. They impressed Sam with their work rate and completed the competition twice showing loads of enthusiasm and enjoyment.

Ms Charlie Hodge, Head of PE, said, "This was a great opportunity for students in the Academy to meet someone who will be representing GB and challenging for a medal at the Games. Our students are well aware that the Olympics are taking place this year but the visit of Sam brought the event much closer, inspiring and encouraging our students to actively participate in sport outside of the Academy."



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Borneo School Discos for Year 7 and Year 8

Discos have been arranged for students in Year 7 and Year 8 by the students who are travelling to Borneo in August. The students will be in Borneo to do voluntary community and conservation work for a month. If you are in Year 7 or Year 8, please support these students by coming to the discos at John Cabot Academy. There will also be a tuck shop selling drinks and snacks. The Year 7 Disco is on Thursday 23 February from 6.30pm until 9pm and the Year 8 Disco is on Wednesday 29 February from 6.30pm until 9pm. Letters have been sent home already but if you want a ticket pop £3.00 into an envelope and give it to your tutor. Many thanks for your support with this event from Matt, Luke, Adam & Connor.

U14's Girls Basketball South Gloucestershire Tournament

On Thursday 19 January, John Cabot hosted the South Gloucestershire Basketball Tournament; the winners of the tournament go forward to represent South Gloucestershire at the County Championships. This year, five schools took part and played in a round robin league; the teams were John Cabot, the Grange, Hanham High, Filton Abbeywood and Downend. It was a very competitive competition with a very high standard of Basketball played.

John Cabot's opening game was against the Grange, the girls lost this game 0-6. This was mostly due to the team making a very slow start to the game and the team not passing the ball to their normal high standard. However, the girls quickly put this behind them and in their next three games against Downend, Filton Abbeywood and Hanham, the team began to pass and shoot the ball to their own high standards. As a result, the team finished second, just behind the Grange who won the Tournament.

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Results Below:

JCA 0 – 6 The Grange

JCA 10 – 4 Downend

JCA 10 – 4 Filton Abbeywood

JCA 14 – 2 Hanham

The whole squad worked really hard and supported each other through the whole tournament in both attack and defense; making their shots and pressuring the opposition to steal possession. There were a number of standout performances from the squad of 10 players. In defense, Josie Ford was excellent blocking shots and dominating the rebounds off the back board. In attack, Kara Pring showed some outstanding dribbling skills and scored lots of lay ups. Holly Keen and Lydia Saunders are not the most experienced players in the squad but they both tried really hard and scored some good baskets during the games. Finally, Lily Stew who was the only Year 7 member of the squad, was one of the smallest players involved in the tournament but her effort and commitment were brilliant, chasing players down in defense and dribbling into space with the ball. Also, well done to Whitney Thompson and Akilah Wellington in Year 11, who did a great job of recording all the results and time keeping during the tournament.

Post 16 Court Visit

Year 12 Law and Year 13 Sociology students visited the Crown and the Magistrate's Court on 20 January. There was great surprise amongst the court staff when a search of our students' bags revealed not just the usual items such as scissors and tweezers but a fork! In the Crown Court there were, disappointingly, only two trials running, one of which was adjourned much to the judge's annoyance, to allow for the admission of late evidence. We did, however, manage to see some interim hearings done by video link with a prison which were quite interesting. We had more luck at the magistrate's court where we were impressed with the speed and fairness with which a district judge sentenced two offenders. We were asked to leave because the court was being used to try a young person and so went to the adjacent court where we watched the sad case of a man involved in a street attack, who was having severe problems in his personal life. We were reminded again how unemployment can lead to a downward spiral in life generally and how the justice system tries to help in these situations. The students were also able to compare the atmosphere and attitude of the personnel in the two different courts and found this information valuable for their courses.

Y10 Football

The Year 10 football team started this year with a successful 4-3 win over BBA. Missing a couple of players and without having had the chance to practice after school, it always had the potential of being a difficult game. Despite a goal after only 1:06 minutes, the early pressure was with BBA and JCA had to get its defensive skills working early. Two weak goals through lack of concentration led to a 2-1 deficit at half time; this could have been more if not for the solid back four of Zac, Joe Rooney, Luke Hancock and Lonnie Coles, not to mention some fantastic flying saves from Taran! JCA never really got into their stride and played how they can and should. The half time talk was easy: more width, more passing, keep it simple and determination. The team which came out in the second half was like Cabot of old. The simple stuff being done well, Cabot dominated possession and created numerous goal scoring opportunities. However, with no Jamie Gregory (absent) and with Jake Leat picking up an injury during the game, things were made a little more difficult.

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However, some fine passing created some good well worked goals. Kieran Summers had a notable game coming on up front and doing a fine job. Conner Kerr ran down everything in the second half and the centre mid was secured up by the rock that is George Watts. The key to success in recent years has been keeping the play simple. It worked before and it worked again in the second half. The next game for the team is against King's Oak.

Library Training

We would like to congratulate Bradley Clinch, Maya Dean, Bryony Pruett, Daniel Currell and Austin Empson on completing their Library training. They have all been committed to attending short training sessions each week, having gained knowledge of how the Library operates, helping to assist with various aspects of the Library, including The Dewey Decimal system, issues and returns, renew/check accounts and have all worked well as a team. Many thanks to the students for supporting the Library in this way. They have all made a great achievement in gaining their certificates. Once again, we would like to thank them for their support. Mrs Mitchell and Mrs Wedlake.



Coming up next week and later in the term

Below are some of the main events taking place next week and later this term.

Next week:

w/c 30/01/12 Y10 Work Experience all week
 02/02/12 Intermediate Maths Challenge
 Y7 Parents' Evening
 03/02/12 Gambia trip leaves

Later this term:

06/02/12 Meet the Principal Evening
 07/02/12 Y10/11 Languages Conference
 Go4Set trip

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09/02/12 Y10 Drama
10/02/12 Term 3 ends
17/02/12 Gambia trip returns

Please remember to check the website each week for the weekly newsletter as well as forthcoming dates.

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