



# Every Student Thriving

17 October 2025

Dear Parent/Carer,

A huge thank you to all the volunteers who came into school to interview nearly 200 of our Year 11 students this week. The feedback from our interviewers was overwhelmingly positive, and many students said the experience was extremely helpful in preparing them for their next steps after Year 11.

**Planter Project:** Now that all the building work around our school site is complete, we're turning our attention to softening and greening our surroundings. Our students are eager to create spaces that support both people and wildlife.



Design and Technology students and staff have been hard at work designing and building planters from recycled pallets to place around the school. With a successful prototype already made, we're now seeking donations of pallets and compost to help bring this project to life. Once the planters are ready, members of the Eco Committee and Gardening Club will get planting—adding greenery that will attract pollinators and encourage wildlife to flourish.

We would be extremely grateful for **donations of pallets and compost**. Please contact Mrs Sinacore on [tsinacore@johncolet.co.uk](mailto:tsinacore@johncolet.co.uk) if you can support us or help.

A couple of key reminders regarding **student organisation**. The first is the importance of students coming into school with the correct items. We still have many parents dropping off items during the day which places undue pressure on our main school office. Equally we are still making quite a few daily calls to parents to ask them to bring in football boots, socks, shin pads or PE bags for after school activities. We also have parents dropping off forgotten Chromebooks, text books, homework and class books. Moving forward could you please ensure your child is prepared the night before school to avoid these interruptions. Forgetting basic kit will result in the issue of a CI and the office will now begin to record this.

Secondly, a reminder that **absences** for illness and for appointments should be reported on the day via the Arbor app and not via email or by calling the office or leaving a voicemail.

**Wifi issues** - We have had a few Wifi issues this week mostly connected with our BOYD network (Bring Your Own Device). Please bear with us whilst we address this. Governors recently passed a motion for work to begin on updating our wifi technology to ensure it is in line with current standards and that we have full coverage of our site. Work will begin on this during this academic year.

**The Attendance team are running a 100% attendance competition next week** where students have the opportunity to win one of two £10 Amazon vouchers or bags of sweets.

And finally our **critical incident or lockdown rehearsal** went extremely well. Our new tannoy based alert system Audiebant was piloted for the first time and proved to be effective. Thank you for supporting us in preparing for a rehearsal that could be quite challenging. The students managed it extremely well.



Take Care - Ian Brierly

**Ready - Respectful - Responsible - Kind - Authentic**



## Every Student Thriving

# REMINDERS & NOTICES

### DATES FOR YOUR DIARY

23 October (Thursday)

School finishes for half-term  
(2.55pm finish)

13 November

'Into the Sixth' Open Evening

### LAST DAY OF THIS HALF TERM - Chip Day!

We break up at 2.55pm next Thursday for the half-term break and as a result chip day will move from Friday to Thursday ('tis a very popular event in the week!)

### ADHD AWARENESS MONTH → OCTOBER



October is ADHD awareness month. For more information click [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](mailto: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

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

## What Parents & Educators Need to Know about MEMES

### WHAT ARE THE RISKS?

Memes may look like simple jokes, but, for many teenagers, they form a shared cultural language. Quickly created and reworked, they spread across social media platforms as images with text or short videos. Nearly eight in ten teenagers share memes (79%, YPulse), making them part of daily life. While memes encourage creativity and participation, they can also spread misinformation or reinforce harmful stereotypes.

### SPREADING MISINFORMATION

While memes help to communicate complex topics, they can also spread misinformation. Memes may sometimes include content presenting false facts or biased viewpoints, especially around health, politics, or current events and, as they're designed to be shared quickly, young people may not question their accuracy.

### EXPOSURE TO INAPPROPRIATE CONTENT

Memes are widely circulated, and not always age-appropriate, meaning young people may encounter explicit language, sexual content, or graphic imagery, even without searching for it. As memes spread fast on platforms like Instagram, TikTok, or WhatsApp, it's nearly impossible to filter them completely.

### MASKED MESSAGES

Some memes are designed to be confusing or layered with hidden meanings, making them hard for parents and, sometimes, other young people to understand. Online groups often create these memes to look like inside jokes, but they can sometimes conceal offensive, harmful, or misleading content.

### HIDDEN HARMS & LOSING SENSITIVITY

When serious topics like violence, racism, or mental health are turned into jokes, children and young people may become less sensitive to these issues over time. While a funny meme may seem light-hearted, it can carry messages that belittle certain groups, encourage risky behaviour, or mock personal struggles. Repeated exposure through memes can make harmful behaviour seem normal or less important. Over time, this can blur their understanding of what is funny versus what is discriminatory, harmful, or damaging to themselves and others.

### PERMANENT DIGITAL FOOTPRINT

Unlike spoken jokes, memes leave a trail. Created or shared memes can resurface later and be misunderstood, even if intended as harmless. Once online, memes may be copied, saved, or spread beyond a young person's control - digital actions can follow them into their future, shaping how they are perceived by peers, teachers, or even employers long after the original meme has been shared.

## Advice for Parents & Educators

### ENCOURAGE OPEN CONVERSATIONS

Talk regularly with young people and try to understand their online world - discuss what they find funny about the memes, and why. By listening without judgement, you build trust, making it easier for them to come to you if they see something harmful. Open conversations also help children and teens think critically about the messages behind memes rather than simply accepting them at face value.

### MODEL HEALTHY BOUNDARIES

Show children and teens positive online behaviours, such as taking breaks from screens, avoiding late-night scrolling, and engaging in offline activities. Setting clear routines around screen time at home can help to reinforce healthy boundaries and reduce the risks of overuse. By modelling balanced technology use, adults can help children and young people see that digital entertainment, including memes, should be just one part of life.

### TEACH DIGITAL LITERACY

Help children and young people learn to question where information comes from and whether it's reliable - developing media literacy skills prepares young people to understand and navigate through their future online lives. Show them how memes can sometimes exaggerate or misrepresent facts for laughs, and encourage them to check credible sources when memes claim to present truth.

### FOSTER EMPATHY ONLINE

Remind children and young people that memes should never come at someone else's expense. Encourage them to think about how a meme might make another person feel before sharing or creating it. Highlight examples of positive memes that celebrate creativity without hurting others. Fostering empathy, respect, and kindness in digital spaces will help them become more aware of promoting a safer, more supportive online culture.

### Meet Our Expert

Dr Cristina Moreno-Almeida is a Senior Lecturer in Digital Culture at Queen Mary University of London. She specialises in memes, online networks, and youth culture, examining how digital spaces shape identity and everyday life.



See full reference list on our website



The National College



## Every Student Thriving

### TOOLED UP - PARENT SUPPORT



This year's theme for World Mental Health Day is access to care during catastrophes and emergencies. At Tooled Up, this prompted us to reflect that **whilst global events** like natural disasters, wars or shootings **may be far away, they can still affect** our own and children's **mental health due to the exposure we have to social media.**

With graphic content spreading quickly on social media, it's important to ensure that children (of all ages) are not being exposed to disturbing content, especially on platforms like **WhatsApp** where large group chats and easily shared videos can expose them to harmful content around the clock. Watch this video [WhatsApp and Young Children: What Parents Need to Know](#) to find out **do's and don'ts to keep your**

**child safe.**

Your child may question **your own use of WhatsApp** so be prepared to reflect on this. **Do** all the **group chats** you are a member of **support your wellbeing** or do they **add stress** or **increase FOMO**? Our resource [10 Reasons to Be Mindful When Using Parent WhatsApp Groups](#) includes helpful **guidelines for your own use.**

Some families use **parental controls** to help ensure their children do not view damaging content online but **do they really work?** [Dr Mariya Stoilova Discusses the Pros and Cons of Parental Controls](#) sharing practical **tips about the tools on offer including their limitations, differing uses and functions.**

This **Mental Health Day** let's stay attuned to the many supportive tools that can help children navigate a world where the boundaries of on and offline experiences are blurred. Honest family conversations, consistent, shared digital values and reassurance that we're always there for them no matter what, will go a very long way.

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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](mailto: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**



**SCAN OR CLICK ME**



### 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:

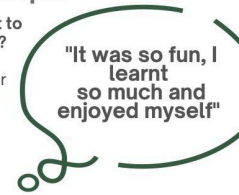
- Why the media affects how we see ourselves
- How to cope better with setbacks
- How to deal with peer pressure
- How to feel better about ourselves

To secure your place or for more information, scan or click the QR code.

If you need help email [familyhubgroups@buckinghamshire.gov.uk](mailto: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.

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**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](mailto:familyinfo@buckinghamshire.gov.uk)



## Every Student Thriving

### 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](mailto: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



FREE WIFI, FOOD,  
GAMES AND MORE AT:

**STOKE MANDEVILLE  
COMMUNITY CENTRE**

Eskdale Road, Aylesbury, HP22 5UJ

Thursdays, 3:30pm to 6:30pm



Community  
Boards



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

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