

IN TOUCH



MESSAGE FROM THE HEADTEACHER

Our school's Catholic ethos is summarised by the Hebrew word RUAH meaning 'spirit' or 'breath of God' and during our morning prayer this week Fr Andrew has been teaching our students to use their breath to calmly focus and centre themselves. Please do encourage your child to practise this at home as well as in school.

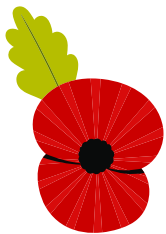
We also use the acronym RUAH to highlight the values of respect, understanding, affection and humour which help our school to be a place where the spirit of Jesus' gospel teachings to love God and our neighbour is lived out daily. With that in mind, next week is Anti-Bullying week across the UK, and we will be highlighting the importance of treating each other with respect and affection in school. In this edition of In Touch we have some practical tips about how to avoid and deal with bullying which we'd like you to discuss with your child to ensure that they know what to do if they are worried or anxious about this topic.



A huge thank you to all the parents, carers and community for all the food donated for our Harvest collection. We are really grateful for your generosity

We are supporting the Royal British Legion in their annual Remembrance fundraising campaign.

On Monday we will be joining the rest of the country at 11am in a minute of silence and reflection to pray for all those affected by wars both in the past and present.



YONDR
PHONE-FREE SCHOOLS

Remember to read the school policy that was sent out to parents and to remind your child to either leave their phone at home or to switch it off and place it in the Yondr pouch on arrival



KEY DATES

- 16th November • Years 8 and 9 Tutor/Student/Parent meeting (4:15-6:30pm)
- 18th November • Year 11 and 13 PPEs
- 29th November • school closed Staff INSET
- 5 December • Year 12/13 parents' evening
- 12 December • Year 11 parents' evening

[sjbc_battersea](https://www.sjbc-battersea.org)

[St John Bosco College](https://www.stjohnbosco.org)

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SUPPORTING YOUR CHILD WITH REVISION

Year 11, 13 and some Year 12 students will be starting Pre-Public Exams (PPEs) on 18th November so will be already focused on intensive revision for this. These exams are particularly important for them as they will form the basis of predicted grades the school will set them that will go on 6th form, college university and apprentice references, Year 7 – 10 exams will follow starting 13th January. These are important to track how well each child is progressing in every subject and to identify where further intervention and support, or extension for gifted and talented students is needed.



SUPPORTING YOUR TEENAGER'S EDUCATION AT HOME IS AN IMPORTANT WAY TO HELP THEM REACH THEIR FULL POTENTIAL. HERE ARE SOME SIMPLE, EFFECTIVE TIPS TO HELP GUIDE YOUR TEENAGER'S LEARNING IN A POSITIVE WAY:

1 Create a Study Space: Make sure your child has a quiet and comfortable space at home for studying. It doesn't need to be a separate room – a tidy corner with a desk or table and good lighting can make a big difference.

2 Encourage a Routine: Encourage your teenager to have a regular study schedule. Having a set time for homework and study helps build discipline and makes learning a habit.

3 Show Interest: Ask questions about what they are learning at school. You don't need to be an expert in every subject – showing interest shows your child that you value their education.

4 Limit Distractions: Try to reduce distractions during study time. This includes limiting phone use and keeping the TV off. Quiet time helps teenagers focus better and get more done in less time.

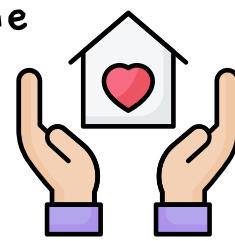
5 Promote Breaks: Studying for long periods without a break can be overwhelming. Encourage short breaks between study sessions to help them stay fresh and focused. As a school, we are encouraging the Pomodoro Technique, a method where students study for 25 minutes and then take a 5-minute break. This helps keep their minds alert and prevents burnout.

6 Celebrate Efforts: Praise your teenager's hard work, not just their results. This helps them stay motivated and feel good about their progress.

7 Stay in Touch: Keep communication open with their teachers. This helps you stay informed about your child's progress and any areas they might need extra help with. You can email the school asking for your child's subject teacher to reach out to you if you have any questions:

info@sjbc.wandsworth.sch.uk

These steps can create a supportive environment at home where your teenager feels encouraged and prepared to succeed. Your involvement, even in small ways, makes a big impact on their confidence and learning.



ANTI-BULLYING WEEK AT ST JOHN BOSCO COLLEGE

St John Bosco College is committed to providing a safe, secure, and healthy environment that allows each student to maximise their learning potential. We consider bullying to be detrimental to the health and safety of students and disruptive to the educational process.



During November of each school year, we join thousands of other schools across the country to **celebrate Anti-Bullying week**. This year we would like to share some of what this includes with you so that you can talk to your child about this issue at home.

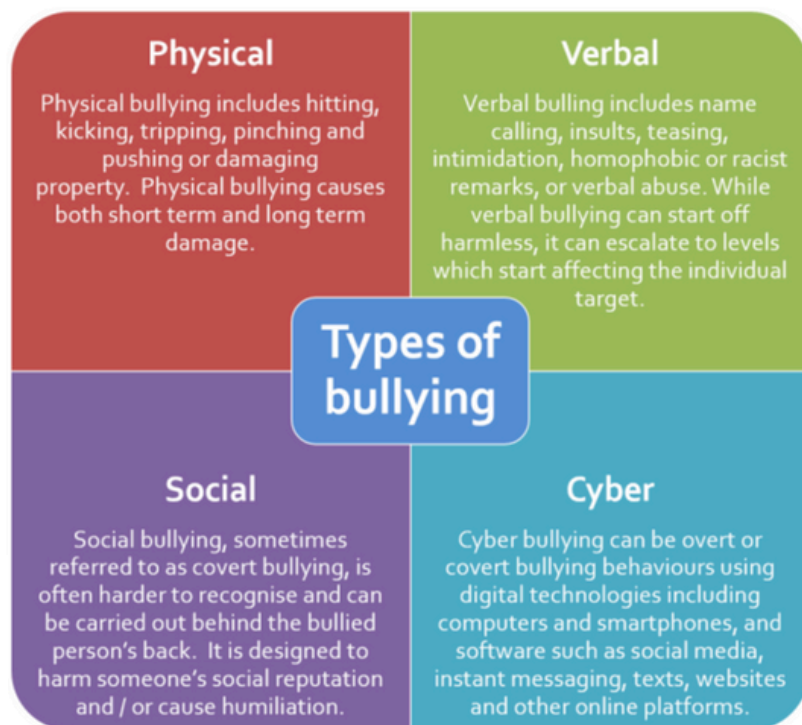
What is bullying?



Bullying is deliberate or intentional behaviour using words or actions, intended to cause fear, intimidation, or harm.

Bullying includes aggressive and hostile behaviour that is intentional and involves an imbalance of power between the bully and the person being bullied and is **behaviour that is repeated over time rather than an isolated incident.**

“Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either **physically** or **emotionally**”



WHAT ARE STUDENTS LEARNING ABOUT BULLYING AND PREVENTION?

The personal development curriculum provides students guidelines for school-wide expectations and social responsibility outside the classroom. Students are taught how to appropriately respond when they are a victim or a bystander to bullying.

Tutor group sessions in mixed age groups provide students with more discussion opportunities moderated by more mature peers.

House assemblies provide a national/international perspective on anti-bullying sharing stories that have garnered media attention over the last few years.

A poster campaign will see Anti-Bullying advice (and who to speak to at school) go up in key locations across the school.

WHAT CAN PARENTS DO?

You as parents and carers are the most important part in the education and development of your child.

To be most effective, bullying prevention efforts are the shared responsibility of parents/carers, staff, and community. Parental pride and involvement in the school sets a positive example for children.

As adults, we can:

- Teach respect.
- Discuss the seriousness and negative effects of bullying behaviours.
- Work together with school to develop a consistent approach to bullying behaviours.
- Set a good example yourself by modelling the right behaviour to your children. They learn more by actions than words.



There is lots of advice online to support parents in talking to their child about bullying. One good resource for you to look at is: anti-bullyingalliance.org.uk. They provide hands on guidance for parents.

What should you do if you are worried about your child being bullied, or about anything else linked to your child's wellbeing or progress?

In the first instance talk to your child to understand what the worries are. Then contact your child's form tutor – either by email or phone. We will aim to get back to you as soon as possible, within five working days.

If this does not resolve the matter, then please contact your child's Head of House. Their contact details can be found on the [school website](#)

HOW CAN I HELP MY CHILD IF THEY ARE BEING BULLIED?

If your child is being bullied, don't panic. Your key role is listening, calming and providing reassurance that the situation can get better when action is taken.

This is where an understanding of the definition of bullying, relational conflict and banter will be useful, so that you are able to discuss with your child what they have experienced and consider the best approach.

1. Listen and reassure them that coming to you was the right thing to do. Try and establish the facts. It can be helpful to take notes of what your child says, particularly names, dates, what happened and where it happened. Keep any evidence such as pictures of injuries or screenshots of online messages.
2. Assure them that the bullying is not their fault and that they have family that will support them.
3. Find out what your child wants to happen next. Help to identify the choices open to them; the potential next steps to take; and the skills they may have to help solve the problems.
4. Request a meeting to discuss the situation with your child's teacher or Headteacher - or the lead adult wherever the bullying is taking place. Remember, every child has a right to a safe environment in which to learn and play. See page 6 for more detailed information about working with the school or setting to resolve a bullying situation.
5. Encourage your child to get involved in activities that build their confidence and esteem, and help them to form friendships both inside and outside of school.





Arbor Parent Access

- 1.Wait for your welcome email from us telling you Arbor is ready you won't be able to log in before (email school if you have not).
- 2.Click the link in your welcome email to set up your password
- 3.Go to the App or Google Play Store on your phone and search 'Arbor'
- 4.Click 'Install' on Android or 'Get' on iPhone then open the App
- 5.Enter your email, select the school, then enter your password
- 6.Accept the Terms & Conditions and enter your child's birthday



Arbor Student Access

- This has been shared to each year group on Teams.
- Go to the Arbor Student Portal: <https://saint-john-bosco-college.uk.arbor.sc/>
- If it's your first time, click "Forgot password."
- Enter your school email. It will look something like this: 24JSmith@sjbc.wandsworth.sch.uk
- Check your school email for a message from Arbor.
- Follow the instructions in the email to reset your password.
- Once your password is reset, you'll be able to log in!