



# THE JOHN FISHER SCHOOL

19 JANUARY 2024

## PARENTS/CARERS NEWSLETTER



HEAD BOY  
PROCESS ROUND 1



ACHIEVEMENT POINT  
CENTURIIONS



ALUMNI NEWS

'NURTURING YOUNG CATHOLIC GENTLEMEN.  
ASPIRING FOR ACADEMIC, CULTURAL AND SPORTING EXCELLENCE.'

# The Week...

Dear Parents and Carers,

## Vaping

During the last year, concern has grown among education and health professionals around the practice of 'vaping' by teenagers. Vapes were originally targeted at adults trying to give up smoking but, in recent years, there has been a move towards using more colourful packaging and lacing with sweet flavours to broaden their appeal, particularly to the young.

NHS advice is that vaping is less harmful than smoking, but that vapes still carry risk. It is now widely accepted that nicotine harms adolescent brain development and has a negative impact on learning and concentration, a finding which is confirmed by teachers anecdotally. However, because vaping is still relatively new, we do not yet know the long-term risks of some of the other toxins to which users are exposed.

Even more dangerous are unregulated vapes which may be sold to young people, often via social media. The user has no way of knowing what is contained in an unregulated vape and they can act as a gateway to use of controlled drugs. Some illicit vapes contain THC, the main psychoactive compound in cannabis, or Spice, a cheaply produced synthetic drug. Inhaling the latter through a vaping pen can cause a wide range of health issues including breathing difficulties, seizures, extreme anxiety, paranoia, suicidal thoughts and acute kidney injury. In some cases, a single dose has proved fatal.

At school, we shall continue to take a firm line if students are caught vaping or found to be in possession of vapes, but it is most important that students themselves fully appreciate the potential dangers of vapes. We shall reinforce this message at school, and I would strongly encourage you to have similar discussions with your sons.

## Christian Unity

On a more positive note, we are now in the Week of Prayer for Christian Unity. This year, the theme for the week is "You shall love the Lord your God...and your neighbour as yourself." Pope Francis has urged us to "pray together that Christians may reach full communion and bear witness of love towards all, especially the most fragile".

With all good wishes,  
R.F.Teague  
Headteacher



Today's reward breakfast was for students who have excelled in music.

Alex S (Yr 12),  
Rigel P (Yr 13)  
Max M (Yr 12)  
Eryk A (Yr 10)  
Jacob D (Yr 10)  
Will T (Yr 10)  
Mark H (Yr 7)  
Thomas J (Yr 7)  
Aiden S (Yr 7)  
Leonardo P (Yr 7)

were all invited to enjoy a breakfast and discuss their achievement within music. Whether this was their role in the choir, orchestra or wider responsibility, all of these students should be very proud that they were nominated by the music department

**Mass Times**  
**w/b 22 January 2024**

Thursday	8.00am
Friday	8.00am

All are welcome!



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# Children's Book Project

Spring 2024

To the community at

**The John Fisher School**

Thank you for helping us put  
the joy of a book into other  
children's hands



The Queen's Award  
for Voluntary Service

[www.childrensbookproject.co.uk](http://www.childrensbookproject.co.uk)

Registered charity number 1183092

# Free Webinar: Understanding and Supporting your Teen with Autistic Spectrum Condition (ASC)

**Education Wellbeing Service Webinar**

**Understanding and Supporting Your Teen with Autism Spectrum Condition**

This webinar is designed for parents of Teenagers with diagnosed Autism Spectrum Condition

It will provide parents with a variety of approaches, tools and useful resources.

**DATE / TIME**  
Monday 15th January 6-7.30 pm  
Wednesday 24th January 12-1.30 pm

**LOCATION**  
Online - Hosted on Teams

Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below:  
[Click here to book](#)

wellbeinginschoolsevents@swistg.nhs.uk

Our NHS-led Education Wellbeing Service will be delivering a free parent/carer webinar with a focus on understanding and supporting your teenager with ASC on Wednesday 24 January at 12pm. The webinar is aimed at parents of children diagnosed with ASC and will provide useful resources, tools and approaches to best support your child during the teenage years.

Click here for more information and to book your free ticket: [Secondary Parents - NHS Wellbeing Workshops | Eventbrite](#)

**Education Wellbeing Service Webinar**

**Social Media & Gaming - What Parent/Carers Need to Know**

**DATE / TIME**  
Tuesday 6th February 1-2 pm  
Wednesday 7th February 6.30-7.30 pm

**LOCATION**  
Online - Hosted on Teams

Sign up to this event for free on Eventbrite by following the link in the description

wellbeinginschoolsevents@swistg.nhs.uk

The Education Wellbeing Service is offering a Webinar for parents and carers on Teens use of screen time, social media and gaming.

Click here for more information and to book your free ticket: [Secondary/College Parents -Workshops | Eventbrite](#)

## Contact Information

### KS3 Administrator for Years 7, 8 & 9:

Mrs. Maynard  
[h.maynard@johnfishersschool.org](mailto:h.maynard@johnfishersschool.org)

### KS4 Administrator for Years 10 & 11:

Mrs Cody  
[m.cody@johnfishersschool.org](mailto:m.cody@johnfishersschool.org)

### KS5 Administrator for Sixth Form:

Mrs Cooney  
[c.cooney@johnfishersschool.org](mailto:c.cooney@johnfishersschool.org)

### Finance:

[finance@johnfishersschool.org](mailto:finance@johnfishersschool.org)

### General Enquiries:

[johnfishersschool@johnfishersschool.org](mailto:johnfishersschool@johnfishersschool.org)  
Tel. 020 8660 4555

### Reception Opening Hours:

Please note that Main Reception is open **from 7.30am until 4.00pm**, Monday to Friday during term time only.

### REMINDER

Parents and carers are asked to check that their contact details are up to date. Changes can be made directly via Edulink or by contacting your Key Stage Administrator.



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# JOIN THE JFA TODAY!

- Raise money for the school
- Organise events
- Collaborate with other parents
- Every student benefits from decisions!

## Initiatives include:

- School Fundraisers
- Christmas Hampers
- All Stars Rugby Match/Fete
- ... & more!

**Monthly  
meetings at  
Plough Lane!**

**Commit to as much, or as little, as you like.**

**Email [johnfisherassoc@gmail.com](mailto:johnfisherassoc@gmail.com) for more information.**



Thank you to those who supported the Christmas Tree sale and Hamper packing. The next meeting will be in January 2024. More information to come in the new year.

# Achievement Point Centurions



Well done to Alex C (Yr 8), Tiago A (Yr 7), Shay T (Yr 7), Nigel R (Yr 9) and RJ W (Yr 8) for collecting over 100 achievement points already this academic year. The students met with the Headteacher to discuss their achievements. They will receive a reward as part of achievement and rewards programme.

## Key Dates

**Thursday 25 January**

Epilogue, 4pm

**Monday 29 January**

Yr11 PPEs start

**Thursday 1 February**

Yr7 Parent Teacher Meetings

Friday 2 February

Mufti Day

## Pre-loved Uniform

There will be a preloved uniform sale on:  
Thursday 1 February from 3.30pm – 5.30pm  
Location - old canteen  
Entrance via The Quad

Any parent with pre loved enquiries that cannot make the sale should email: [prelovedjfa@johnfisherschool.org](mailto:prelovedjfa@johnfisherschool.org).

We are desperate for pre-loved AKUMA kit if you have any items which are no longer needed and could be donated.

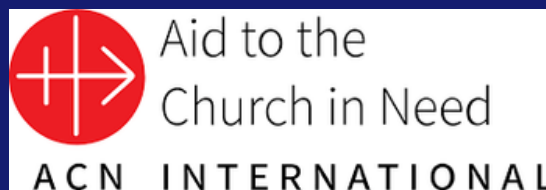


## Mufti Day- Friday 2 February 2024

On Friday 2 February, we will be holding our half termly Mufti Day. We will be supporting three charities:

- The Daniel Spargo-Mabbs Foundation: We continue our long association with this charity. They are running both parent workshops and performing their award winning play to students during the week. Please see the information on the following page.
- Aid to the Church in Need: They support the work of churches all around the world.
- Local Families with Bleeding Disorders: a very important charity for us as a school as we have members of our community who suffer from this disorder.

More information will be sent in the coming week.



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# The Daniel Spargo-Mabbs Parent/Carer Live Webinar



## I Wish I'd Known – a workshop for parents and carers on young people, drugs and decisions from the DSM Foundation

We would like to invite you to a parents/carers drug and alcohol awareness workshop by webinar led by drug educators from the drug education charity the Daniel Spargo-Mabbs Foundation. This will be held on Tuesday 6 February, 6.30-8.00pm.

The world for young people is a very different place than it was for their parents, including in their vulnerability to risk from drugs and alcohol, with levels of exposure and access greater than ever before, partly thanks to social media. This workshop provides a great opportunity for you as a parent or carer to become more aware of what issues face your children, and what you can do to help them stay safe. There is also the opportunity to ask confidential questions before the workshop via the online survey link you will receive, and during the workshop itself.

The workshop will involve finding out about:

- levels of young people's exposure to drugs and alcohol – what, where, when and how
- what young people, and their parents and carers, need to know about the risks of drugs and alcohol
- factors that affect young people's decisions about drugs and alcohol, including teenage brain development
- how to have effective conversations with your child, and practical suggestions for what you can do to support them to stay safe
- where to go for more information and support.

The DSM Foundation was set up by Fiona and Tim Spargo-Mabbs in 2014 after the tragic death of their 16-year-old son Daniel as a result of taking ecstasy ([www.dsmfoundation.org.uk](http://www.dsmfoundation.org.uk)). The aim of the charity is to support young people to make safe choices about drugs, and they work with students, teachers, parents/carers and professionals in schools, colleges and community organisations across the UK.

Fiona has become a leading UK expert on drug education, including how parents can best support their children. She has spoken to parents and carers across the UK and internationally and is regularly asked to speak by the media. She is author of two books for parents, the award-winning 'I Wish I'd Known – Young People, Drugs and Decisions' (Sheldon Press, 2021) and 'Talking the Tough Stuff with Teens' (Sheldon Press, 2022), and was awarded an OBE in 2023 for services to young people.

Please click the link below to register for the event:

[https://us06web.zoom.us/webinar/register/WN\\_T1GSMDxDRB-I5\\_w3R0Y7QQ](https://us06web.zoom.us/webinar/register/WN_T1GSMDxDRB-I5_w3R0Y7QQ)

After registering, you will receive a confirmation email from the Foundation containing information about joining the webinar.



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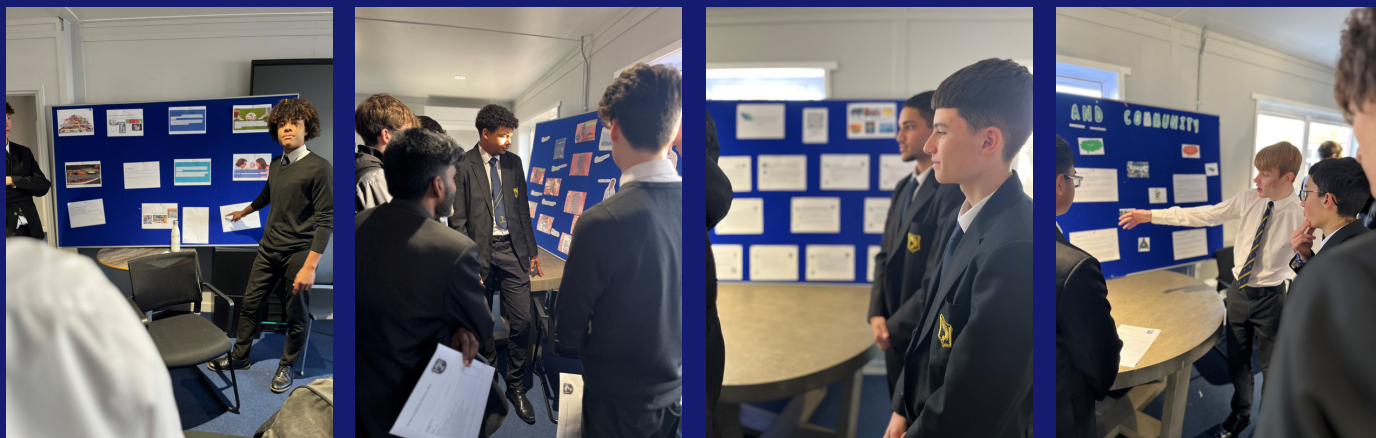


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# Head Boy: Round 1



This week the 6 candidates for Head Boy gave a presentation to the Year 13 leadership group alongside their chosen running-mate. The candidates have to choose a cause they wish to support during their tenure as Head Boy, and this week was an opportunity to share how they would do this. The causes chosen varied from Men's Mental Health, to Global Warming and even the engagement with Virtual Reality within the school community. 5 students made the threshold to enter Round 2 which will see the 5 candidates present to Year 12 in assembly. At least two candidates will make it to the final interview round.



## Alumni News: Alex Dombrandt Selected for England Six Nations 2024

We are delighted to see that Alex Dombrandt has been selected as part of England's Six Nations squad announced earlier this week. Alex is one of 34 players named in the squad which will head off for training camps in the UK, and abroad, in the build up to the tournament.



## Spare Cutlery, Tupperware or Crockery?

Food Tech would be really grateful for any odd bits and pieces people might like to donate from their kitchen cupboards, eg. platters, crockery, cutlery and containers/tupperware boxes. In particular, any colourful, mismatched plates/bowls would be useful for our Year 11 students when they are showcasing their work, as it makes them look different and gives them a pop of colour.



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# PARENT MENTAL HEALTH DAY

## SATURDAY 27TH JANUARY 2024



## What is Parent Mental Health Day?

Parent Mental Health Day 2024 is an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of connecting positively with each other and the whole family, and to learn ways to connect positively to maximise young people's mental health.



## Factors which may impact parental mental health

The Cost of Living Crisis, which so closely followed the pandemic, and increased concerns about digital harms, rising rates of mental ill health and the impact of stretched services have further increased parent and carer anxiety and, in some cases, helplessness and hopelessness.



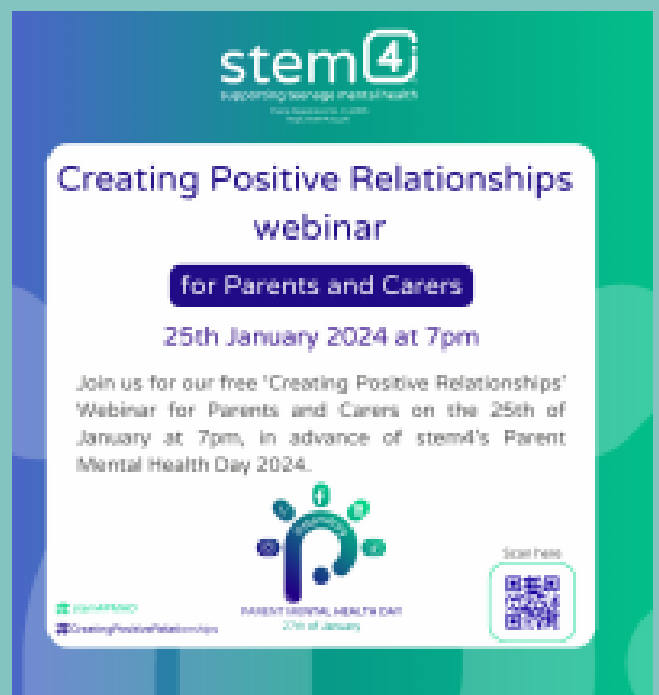
## For Parent & Carers

To boost your relationships this Parent Mental Health Day we are encouraging you to take time to **Connect, Play, & Reset** with the aim to create positive relationships at home.



#PMHD2024

For more resources: <https://stem4.org.uk/parentmentalhealthday/>





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