

## John Spendluffe Technology College

### Headteacher

Dear JSTC families

We have come to the end of an exciting and very busy year, I wish to thank you for all of your support over the year. Providing the positive attitudes, commitment and routines for learning at home and school has, and will continue to have, a huge impact on our students' growth and development. The school is continuing to improve and develop, I hope the communication and collaboration between home and school continues to grow.

A few reminders and updates for next academic year:

#### **Uniform**

Thank you for supporting our high expectations regarding uniform. We have a set uniform that is in place for the students to look smart and be proud of their school, maintaining these standards is a life skill for the students in the future, with the vast majority of careers and professions having a uniform that has to be followed. We encourage families to use the Alford Hub for pre-loved uniform to save some money. A reminder that skirts must be the school skirt provided by Nationwide, footwear must be school shoes and not trainers. Nose rings **must not be worn at any point**, if your child does get this done, please ensure it is done in the first

week of the summer holidays so that it can be removed during school hours in September. All piercings must be removed for PE lessons, there is no exception to this.

#### **Cyclists**

As from September, all cyclists will be required to wear a helmet if biking into school, this applies to staff and students. If you would like assistance with purchasing a helmet, we are working with a charity who will provide these for families in need of support.

#### **Dropping students off/car parking**

As many of you are aware, the library car park is now free of charge to everybody and at any time. Please use this facility to drop students off if travelling by car. We have been given clear instructions from the County Council that the bus turning circle cannot be used by parents to drop students off as this causes too much traffic and danger whilst the students are getting off the buses. We are also developing the front area of the school with a new bollard system to improve safety and security. Please respect and adhere to this for the safety of our children and the primary school children.

#### **September Return**

Wednesday 6 September- Year 7 return with Year 11 Student Leaders.  
Thursday 7 September- All year groups return to school.

#### **Welcome and fond farewells**

We sadly say goodbye and a huge thank you to Mr Gillson, Mr Ramirez and Miss Beckett who are going on to new challenges within other schools, Mrs Strathern and Miss Jackson who are stepping away from working life to enjoy quality R&R and family time. Thank you to all of you who have provided so much commitment and dedication to supporting our students. In September, we welcome Mr West, Maths Teacher and Numeracy Coordinator, Mrs Holden, Art and Technology Teacher, Miss Legeckis, English Teacher and Miss Podlaszewski, History Teacher.

I'd like to thank you, our families, for your continuous support, I would like to thank the governing body for their backing and belief, a huge thank you to our staff body, for their family and collaborative approach and their tenacity and drive to do what is right for the young people.

Lastly, the thank you goes out to our students, well done every single one of you, you should be proud of what you achieve every single day.

Simon Curtis



## Benefits of school attendance

Good attendance at school is not just valuable, it's essential. Going to school is directly linked to improved exam performance which should in turn lead to further learning opportunities and better job prospects. As well as this, going to school helps to develop:

- friendships
- social skills
- team values
- life skills
- cultural awareness
- career pathways

Achieving 90 per cent in an exam or test is a fantastic result but if your child is at school for only 90 per cent of the school year then they will have missed 19 days - almost four whole weeks of school.

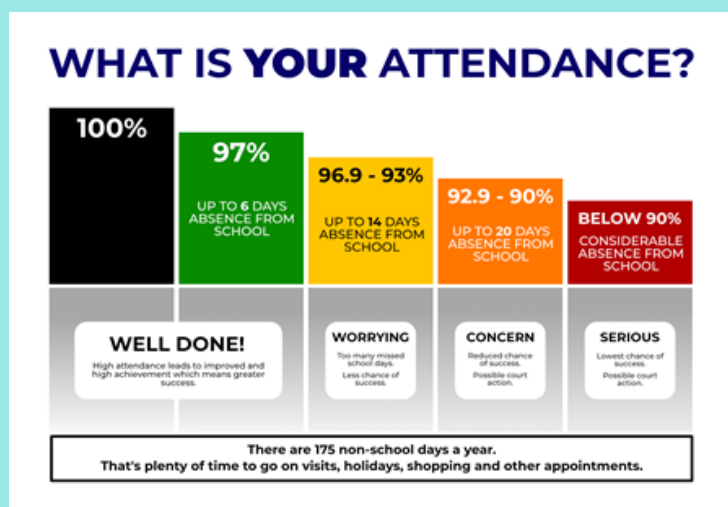
### How to prevent your child from missing school

You can help prevent your child missing school by:

- having a routine from an early age and sticking it to it.
- making sure your child understands the importance of good attendance and punctuality.
- making sure they understand the possible implications for themselves and you as a parent if they don't go to school.
- communicate with the school, always call to inform us of any absence
- discussing any problems, they may have at school and letting their form tutor know about anything that is causing concern.
- not letting them take time off school for minor ailments or holidays during term time (Lincolnshire County Council will fine you if this happens).

To avoid disrupting your child's education, you should arrange (as far as possible), appointments and outings:

- after school hours.
- at weekends.
- during school holidays.



## Vaping Information for parents



### How Does Vaping Work?

E-cigarettes (or “vape pens”) heat a liquid until it becomes a vapor, which is inhaled. The liquid (called e-liquid or “vape juice”) can contain nicotine or oil. E-cigarettes can be refillable or pre-filled with cartridges containing the e-liquid. The pre-filled e-cigarettes (called “Puff Bars”) are designed for one-time use. After taking a certain number of “puffs,” the user throws the device away.

### What Are the Health Risks of Vaping?

The health risks of vaping include:

- **addiction:** E-cigarettes contain **nicotine**, a drug that’s highly addictive. You don’t have to vape every day to get addicted.
- **anxiety and depression:** Nicotine makes **anxiety** and **depression** worse. It also affects memory, concentration, self-control, and attention, especially in developing brains.
- **becoming a smoker:** Young people who vape are more likely to start smoking regular (tobacco) **cigarettes** and may be more likely to develop other addictions in the future.
- **impotence:** There is some evidence that vaping can cause sexual dysfunction in men.
- **sleep problems.**
- **exposure to cancer-causing chemicals.**
- **chronic bronchitis.**
- **lung damage** that can be life-threatening.

### How Do I Know if My Child Is Vaping?

Start by asking your child in a non-judgmental, concerned way if they have tried vaping. You want to encourage conversation, not shut it down. Even if you don’t think your kids vape, talk about it with them anyway so they know it’s unhealthy.

Signs of vaping include:

- new health issues such as coughing or wheezing.
- e-cigarette supplies, like cartridges or other suspicious looking items.
- new smells (some flavourings are banned, but others are in nicotine and marijuana vapes — so parents might notice fruity or sweet scents).

### What Should I Do if My Child Vapes?

Your child will need your help and support to quit. Help them find the motivation to stop vaping. You might want to talk about:

- wanting to be the best, healthiest version of themselves
- not wanting to be addicted
- avoiding health effects including impotence and decreased sports performance
- not wanting to increase anxiety or depression
- saving money
- going against advertising that targets young people

### What will the school do?

Vapes are prohibited in school (as are cigarettes, drugs and drug paraphernalia, and weapons, such as, knives and BB guns). Students caught with a vape will have serious sanctions issued. The vapes will be confiscated for parents to collect or to be destroyed. We are investing in vape detectors, we will also provide information and guidance through assemblies and PSHE lessons on the dangers of vaping.



## Super Zone Athletics Championships

JSTC had a successful day at the Super Zone Athletics Championships at King George Stadium Cleethorpes on Monday 10 July 2023. We had a large number of positive performances on the track and in the field but exceeded our expectations with some of our students becoming Super Zone Champions!

### Champions 2023:

**Ava Nickson - 1200m winner & relay**

**Sarah-Jane Maltby - Year 7 relay winner**

**Roxy Parker - Year 7 relay winner**

**William Cooper - Year 8 shot put winner**

**Sasha Hancock - Year 8 shot put winner**

The whole team were a credit to JSTC for their endeavour, attitude and perseverance.



## Awards Evening—Thursday 29 June 2023

We held our annual Awards Evening at the fantastic Alford Manor House to celebrate specific achievements and successes across all year groups. It was a wonderful evening with musical performances, poetry and story readings from our students. We would like to thank ex-student, Ellen Paice BSc Hons - Cardiothoracic & Major Trauma Team Leader at Kings College Hospital, London for being our guest speaker and all of the families and invited guests for attending and celebrating with us.





## Athletics Day Monday 17 July 2023

JSTC Athletics day was another successful event this year despite the attempts of the weather to scupper our plans. Approximately 300 students were involved in the annual track and field sporting extravaganza and hopefully everyone enjoyed their races or events.



Well done to all concerned and in particular champions of 2023.





## Teacher Awards in Lincoln

### Finalist Miss Elias



Miss Elias attended the Awards Ceremony on Friday 14 July and commented; "It has been a real honour to represent JSTC at the Education Awards. I feel very privileged to have been nominated, let alone make it to the final for Secondary School Teacher of the Year. Especially as the only female in the category! I thoroughly enjoyed the event and sharing the room with so many other inspiring individuals in education from around Lincolnshire. Being a teacher is such a rewarding job and I'm proud to be a secondary school teacher. I love being a teacher at JSTC and want to thank the students, their families along with my friends, family and colleagues for all of their support and well wishes. This experience and certificate is very much shared with you."

## First Story Book Launch

On Tuesday 4 July the school held a launch for a very special book: one written by 15 of the boys in Year 9.



The book, entitled 'This Book Used to be a Tree', is a collection of short stories and poems written by the boys who have been taking part in writing workshops all year.



The launch was attended by parents, students and teachers and some of the boys read some of the work and signed their published books.



Copies of their book will be available in the library from September. Please take a look, it is worth a read!

