

INSPIRE • ACHIEVE • SERVE

John F Kennedy Catholic School

6th March 2026



Lent: Transfiguration



In assemblies this week I referred to last Sunday's Gospel reading, which contained the following:

At that time: Jesus took with him Peter and James and John his brother, and led them up a high mountain by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became white as light...He was still speaking when, behold, a bright cloud overshadowed them, and a voice from the cloud said, 'This is my beloved Son, with whom I am well pleased; listen to him.' When the disciples heard this, they fell on their faces and were terrified. But Jesus came and touched them, saying, 'Rise, and have no fear.'

This event is referred to as Jesus' transfiguration and was a pinnacle moment during his ministry, confirming for us that Jesus is fully God and fully human.

Certain key events described in the bible take place at the top of mountains - usually places of solitude and peace and perhaps metaphorically closer to God. From these we have the notion of 'mountain top experiences': profound, often temporary, moments of spiritual, emotional, or personal high where an individual feels exceptionally close to God, gains a new, clear perspective on life, or experiences intense joy and clarity. In my involvement with the Spiritus movement I have witnessed several testimonies - often people describing events in their lives that brought them closer to God, or even to a first encounter with God. These have included very honest accounts of lives led with no presence of God or religion and lacking a strong moral compass. Something happened that led them to turn their back on what were, in various ways, unhealthy lifestyles and to turn to a Christian way of life, and this was usually an intense feeling of being called by God. Whilst quite interesting to listen to, I always felt a bit miffed that my testimony would not be popular. For, I was perfectly happy being born into the religion and sticking with it and, despite not professing to be a saint, did not go off the rails and be in need of an epiphany moment to draw me back in. So, in that respect, no mountain top experience for me. Don't get me wrong, there are plenty of moments of utter joy in my life - and the recent birth of my first grandchild is an example of that - but for me every aspect of our lives is overseen by God - the good times and the bad, and he is always there at times of need for inspiration and consolation.

On a simpler level, how can we use the message of the transfiguration in our everyday lives? Perhaps this is a reminder for us to 'be real', true to ourselves, in our thoughts and behaviours - authentic versions of the person God created us to be? Also, we remember the old saying 'don't judge a book by its cover'. What we see on the surface may well not be representative of the personality beneath. So let's not make judgements on appearances, but take the time to get to know the real person. An old work colleague of mine from before JFK was a Quaker and something I always associated with him and his religious beliefs was the philosophy of 'seeking the good in all people'. This I learned was a foundational belief within the Quaker community, rooted in the conviction that there is 'that of God in everyone'. As I said in assemblies, this links with our Catholic faith, which informs us that we are all children of God, created and loved by him, and therefore each endowed with equal dignity.



FOOD SCIENCE - ITALY TRIP



All 39 Year 10/11 students and 5 members of staff were on time for a scheduled 3:00am departure from Gadebridge Park by coach to Gatwick.

Once we got to Gatwick we could breathe a sigh of relief...or so we thought!! Two lost (and thankfully found) passports later, flight slightly delayed whilst bags were removed from the hold and then at the last minute reinstated.... to raucous applause from the passengers, who were I have to say very patient with us, we were eventually on our way to Naples. The cabin crew were amazing on this flight as was Mrs Horsted on the trail of finding the missing passports. Our Taste of Italy bright pink and blue hoodies and backpacks meant we could find JFK students easily.

The coach journey from Naples to Sorrento was typically Italian, roads hugging the coast with sheer drops down to the sea and tunnels carved through the mountains we wound our way through little villages barely big enough for a car to navigate let alone a coach inches away from expertly avoiding imminent collisions as the scooters and cars sped along at breakneck speed.

Our first stop was to make our own lunch in Sorrento. Our Pizza making class was a Masterclass in how to make pizza dough the Italian way, with much fun and dough being thrown like a frisbee for the un expecting students to catch. Mr Sibbald's catching skills were somewhat questionable much like his taste for deep fried pizza!

This was quickly followed by a delicious lemon sorbet making demonstration just a short stroll down the road. The students were invited to get involved making this using the giant sweeter lemons that Sorrento is famous for.

Finally we arrived at Meta di Sorrento, our home for the next four nights. The accommodation was in a converted Monastery complete with its own Chapel and the student's rooms were huge. The food served was typically Italian style with delicious pasta/ risotto to start followed by meat and salad etc.

Mrs Parker - Food Science



FOOD SCIENCE - ITALY TRIP

Our second day was a trip to Amalfi. We had been due to take a ferry up the coast but the sea was too rough so we travelled in two smaller coaches, clearly a sign of things to come on the journey! The roads were infinitely more winding with hairpin bends everywhere and more sheer drops into the sea below, but Amalfi was beautiful once we got there...the advantage of going 'off season' to this part of Italy is that you don't have to fight your way through crowds of tourists all wanting to do the same thing and it doesn't take so long on the roads to get to places.

We celebrated Evelyn's 16th birthday with a delicious cake made by the hotel in the evening.

Day 3 wasn't for the faint hearted. Walking up to the Crater of Vesuvius, which by the way is overdue for an eruption. There is an evacuation plan but it does seem to rely on getting out of the surrounding area by road and there are an awful lot of people living on the slopes and around Naples to clog up the roads. The walk was 200m but in reality it felt further. The weather was just perfect and we were rewarded with amazing views over the Bay of Naples.

After this we went to one of the remaining 20 Artisan fresh pasta making factories in Gragnano and were treated to a delicious pasta lunch whilst learning about the history of pasta making in this town.

On day 4 we travelled to Vannulo Buffalo mozzarella farm where we were shown the process of making mozzarella cheese and saw how well pampered and looked after these buffalo are, they have their own massage rollers! We then continued on to the Pertosa limestone caves to see the amazing stalactites and stalagmites.

We had another 16th birthday to celebrate, Mel, with yet another delicious birthday cake made by the hotel this evening.

Probably the highlight of all the evenings was an impromptu disco in the hotel, lots of dancing and singing, a great end to the most enjoyable trip, with some of the loveliest students around!

On the final day the morning was spent souvenir shopping in Sorrento before heading to Naples airport for our afternoon flight...thankfully we managed to board the plane with no mishaps just lots of very tired students, it was a very quiet flight home!

Thank you to everyone for such a memorable trip, it was a fantastic few days and a huge thank you to the staff who gave up some of their half term to make this such a fabulous trip.

Mrs Horsted, Mrs Griffiths, Mr Bonner and Mr Sibbald



Mrs Parker - Food Science



YOUNG CHEF COMPETITION 2026

Year 11 Student Reaches Regional Finals



Congratulations to Ollie Clissold in Year 11 who took part in the Regional Finals of the Rotary Young Chef Competition in Bedford at the weekend.

Ollie prepared a healthy meal for 2 for under £20.00 and demonstrated some of his GCSE Food skills during preparation of his dishes.

The chef judge complimented Ollie on his knife skills and commented that no-one had ever filleted a fish since he has been a judge in this competition.

Well done Ollie we are so proud of you.



Mrs Parker - Food Science



SIXTH FORM

Extended Project Qualification - Year 13 Presentations



This week, our Year 13 students celebrated the culmination of months of hard work on their Extended Project Qualification (EPQ) by presenting their research through display boards in a formal presentation event. Parents were invited to attend and see first-hand the impressive depth of enquiry and independence our students demonstrated.

During the session, students presented their projects and responded to questions from EPQ Coordinator Mr Wainman and Supervisor Mrs McKenzie, explaining their research processes, findings, and conclusions. The event provided a fantastic opportunity for students to practise communicating complex ideas clearly and confidently, much like a university-style presentation.

The range of topics explored was outstanding and reflected the students' curiosity about real-world issues across a variety of disciplines. Projects included:

- Is America's Physical Geography the Sole Reason for Its Success as a Country?
- Can Offshore Windfarms Realistically Replace Fossil Fuels in the Future, and if so Are They Worth It?
- Evaluating the Economic Consequences of the COVID-19 Pandemic at Macroeconomic and Microeconomic Levels
- How Relevant is Engineering Education in the UK Economy?
- What Are the Main Causes of Drug Addiction in Young People and What is the Best Way to Treat Addiction for Long-Lasting Healthiness and Sobriety?
- How Safe and Effective is CRISPR-Cas9 in Treating Sickle Cell Disease?

Mr Wainman - Sixth Form

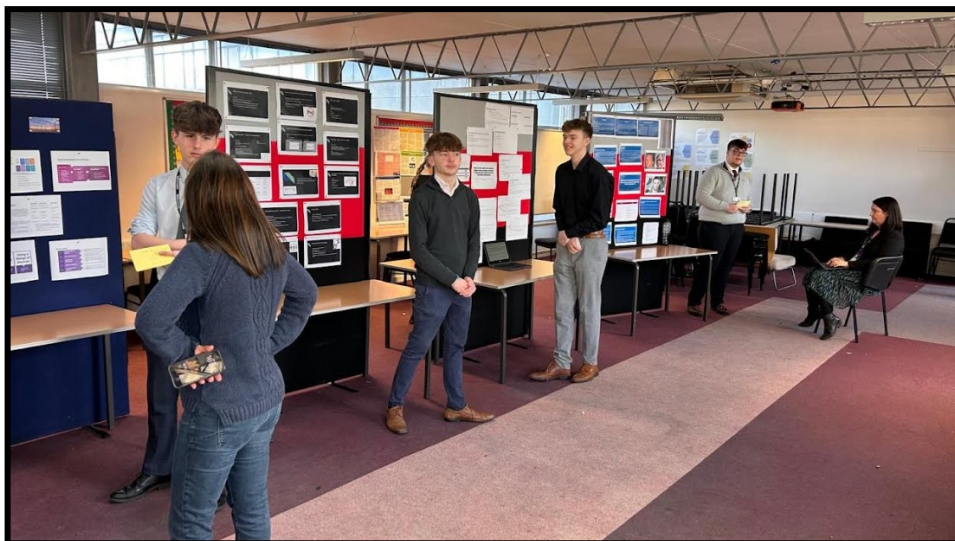


SIXTH FORM

- Does the Cost of Nuclear Physics Research Outweigh the Benefits?
- Is Music Therapy the Most Effective Therapeutic Method for Special Educational Needs and Mental Health?
- What Are the Positive and Negative Effects of the Re-Election of Donald Trump and What Could It Mean for the Future of America?
- Does Forensic Psychology/Profiling Have More Positive or Negative Impacts Within Criminal Investigations?

The quality of the presentations and the confidence with which students answered challenging questions was extremely impressive. They demonstrated the independent research, critical thinking, and presentation skills that the EPQ is designed to develop.

We are incredibly proud of the students – they did themselves proud and should be commended for the dedication and intellectual curiosity they have shown throughout the project.





POETRY BY HEART



On Monday 2nd March students from Years 8, 10 and 11 put their well-practised poetry performances on for the JFK Poetry by Heart showcase final.

A number of students gave word-perfect recitations of poems from the likes of Emily Bronte, Percy Bysshe Shelley, Stevie Smith and Boethus.

Each of the entrants bravely stepped up to be recorded reciting from memory one pre-1914 poem and one post-1914 poem in front of an audience of their peers and staff. They were judged on their tone, accuracy, voice and understanding of each poem.

Huge congratulations go to our overall winner, Emilia Radzimirska, Year 10 whose Ozymandias gave us all goose bumps. Other mentions to the three runners up, Daniella Newman (11), Aoife Kelly (8) and Tia Rufu (8) . The recordings have now been sent to the Poetry by Heart Competition semi-final to be judged at a national level. We wish them all luck as they wait to see if they have been picked to perform in the grand final that takes place at The Globe Theatre in London in July. Fingers crossed!



Mrs Sharp - English Department

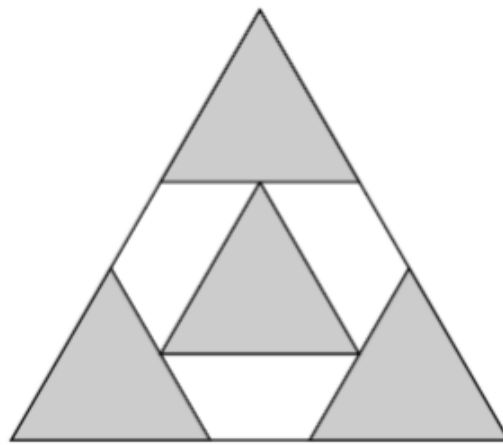


MATHS

Year 7 Hertfordshire Team Maths Challenge

Can you answer the question below within 90 seconds?

Four equilateral triangles of the same size are arranged with horizontal bases inside a larger equilateral triangle as shown below. What fraction of the larger triangle is covered by the four smaller triangles?



Congratulations to both of the Year 7 teams who took part in the Herts for Learning Team Maths Challenge last week.

From 7HND: Luna Cowman Daly, Violet Kirby, Aiden O'Sullivan and Samuel Sobotkiewicz

From 7JFK: Abi Crouch, Michael McKee, Anna Pickard and Jan Pulpinski

The teams competed against other schools in Hertfordshire, answering questions on calculations, solving equations and estimation. The most difficult round involved memorising a complicated diagram about prime factor decomposition with very limited time.

It was great to see the groups discussing mathematical concepts, deciding on best strategies and enjoying the spirit of the competition. Both teams did extremely well and only narrowly missed the cut off to go through to the next round. Well done!

Mr Wesley - Maths



CAREERS

National Careers Week



This week we are celebrating National Careers Week, a nationwide initiative promoting career development and future pathways for young people.

Year 8 Work Shadow Day

Each student had the opportunity to shadow a Parent/Carer in their work place to discover more about the working world.

Year 7 Careers Talk

Year 7 enjoyed their first Careers talk with two ambassadors from Principle Global Events who shared their career stories and highlighted the diverse job opportunities there are in the events industry. Our thanks goes to Anna and Ellie who both travelled to be with us on Wednesday to share their passion for creating large scale events and inspiring our youngest students to think ahead about their future.

Careers focus in Form Time

Each year group will have had a career focused form time to think about why we promote National Careers Week and think about practical steps they should be taking based on their age to prepare for their future. Year 11 have also been thinking about their Post 16 choices and sharing with

Mrs Jenkins - Careers



CAREERS

What is National Careers Week?

- It's a chance to focus on careers guidance and education
- It helps you to understand, realise and fulfill your career goals
- It helps you to feel confident about the future and focused on what you need to do now



NCW
NorthWest Thrive

What do I need to learn?



To build on this we encourage families to explore these helpful resources together and start conversations about future aspirations:

[BBC Bitesize – Careers Advice](#)

[National Careers Week Official Website](#)

Parent Survey and Support

At John F Kennedy Catholic School, we are always striving to provide the very best education and opportunities for our students. We would greatly appreciate a few minutes of your time to complete our Parent Feedback Survey. Your views help shape school improvement priorities and ensure we continue to grow and strengthen our community.

We are also continually developing and enhancing our Careers Programme to give students meaningful insights into future pathways. If you would be willing to volunteer your time to support our careers provision, for example by speaking in assemblies, taking part in careers events, or sharing your professional experiences. We would love to hear from you.

Please complete the survey here:

<https://www.surveymonkey.com/r/john-f-kennedy-catholic-school-parents-26>

If you are interested in supporting our Careers Programme, please contact **Mrs Jenkins** at cjenkins@jfk.herts.sch.uk.

Thank you for your continued support. Your feedback and involvement truly make a difference.

Mrs Jenkins - Careers



PE

Meet Our District Netball Champions

Congratulations to both teams on your achievements. See images below. Year 12-13 District Cup winners (1) and Year 10 District Plate winners (2)



1



2

Miss Rooney - PE Department



PE

GCSE PE Rock Climbing Trip



This week, a group of our students had the exciting opportunity to take part in a rock climbing experience at XC Climbing Centre. For many of the students this was a brand-new skill, but they approached the challenge with fantastic enthusiasm and determination. It was wonderful to see them supporting one another, showing resilience, and demonstrating excellent teamwork throughout the sessions.

Climbing requires confidence, problem solving and perseverance, and our students rose to the challenge brilliantly. Staff at the centre commented on their positive attitude, effort and willingness to try something new, which made us incredibly proud. A huge well done to everyone who took part. You represented the school superbly and showed that stepping outside of your comfort zone can lead to great achievements for GCSE PE

Miss Rooney - PE Department



PE

Why is studying Sport at GCSE or BTEC a good choice?

Choosing Sport as an examination subject offers many benefits beyond the classroom.

- Improves health and fitness while learning about how the body works.
- Develops confidence, resilience and teamwork through practical participation.
- Builds valuable life skills such as leadership, communication and discipline.
- Helps students understand training, nutrition and performance, which can improve their own sporting ability.
- Opens pathways to future careers in sport, fitness, coaching, physiotherapy and sports science.
- Encourages a lifelong appreciation of physical activity and wellbeing.

Studying sport allows students to combine academic learning with practical performance, making it an engaging and rewarding subject for many young people.

Fixture Results

Year 11, Football (Herts cup) - FINALISTS

Year 8 Basketball, JFK 8 v Ashlyns 12

Year 7 Rugby, JFK 50 v Longdean 20

Next Fixtures

9th March - Year 7&9 Cup Finals night at Ashlyns

10th March - Year 9 Rugby day 12:30 - 4pm

10th March - Year 10 Basketball v Longdean A

11th March - Year 9 Netball tournament 8:30am - 4pm



TRIPS 2026 – 2027

**"A Gentle
Reminder"**

NEW TRIPS COMING.....

Sports Tour 2027 – Current Year 7 and 8 students

UPCOMING DAY TRIPS AND EVENTS

Year 10 Rock Climbing, May/June 2026 - PE students only
UCAS Information Day, 24th March 2026 – Year 12 students

TRIPS

Monthly Instalments are due on the 1st of each month for the following:

A Level Biology F/T, 1st - 3rd June 2026

Croft Farm, 22nd - 24th June 2026

Pilgrimage to Santiago de Compostella, 30th June - 7th July 2026

GCSE Geography F/T, 6th - 8th July 2026

Duke of Edinburgh 2026, Bronze and Silver

**** Year 7 Pantomime refunds will be going out shortly****

**** JFK Rock Festival and Battle of the Bands tickets are now available to purchase on Wisepay****





SAFEGUARDING IN FOCUS



At John F Kennedy Catholic School, safeguarding is at the heart of everything we do, and we work hard to ensure that every child feels safe, supported and listened to within our school community.

Our safeguarding team plays a vital role in this work. The team works closely with students, families, staff and external agencies to promote a culture where safeguarding is everyone's responsibility. Students and families can reach out to the safeguarding team for support. We recognise that parents and carers are key partners in safeguarding. We encourage families to familiarise themselves with our safeguarding approach, policies and procedures, which are available on the school website:

Safeguarding information and policies:

<https://www.jfk.herts.sch.uk/page/?title=Safeguarding&pid=82>

In addition, the school provides a range of **supportive links and resources** for students and families, covering areas such as mental health, online safety, wellbeing and external support services:

Support for students and families:

<https://www.jfk.herts.sch.uk/page/?title=Support+for+students+and+families&pid=100>

If you ever have a safeguarding concern, no matter how small it may seem, we urge you to share it. Concerns can be raised confidentially by emailing:

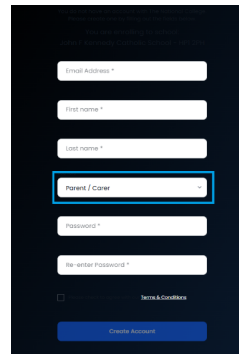
staysafe@jfk.herts.sch.uk

Letting us know about concerns, however small they may seem, allows us to offer the right support when it is needed. Working closely with families helps us maintain a safe, inclusive and caring school community where every child can feel secure and valued.

Mrs McKenzie – Assistant Headteacher



SAFEGUARDING IN FOCUS



We're delighted to let you know that John F Kennedy Catholic School has become a member of The National College – a multi-award-winning online training provider for staff and parents.

What does this mean for you?

As part of our membership, The National College provides dedicated training and resources for parents and carers – particularly, around online safety and keeping children safe online.

Online safety advice on any topic

Of course, staff will continue to teach children about the risks online. But with the internet so readily accessible, the most effective approach to online safety needs everyone involved, including parents and carers.

That's why you've now got access to **hundreds of courses, explainer videos and online safety guides** to support your awareness of the online world. Topics range from understanding apps like TikTok and Instagram to recognising the signs of online harm and what you can do to help.

Signing up is easy

Signing up to the platform is simple. Just follow <https://v2.nationalcollege.com/enrol/john-f-kennedy-catholic-school> and complete your details. You will be asked to enrol and enter some key details. As you enter your details it is important that you sign up as a parent/carer. Once you're set up, you'll get instant access to all training and resources.

Download the app for free

Another fantastic benefit of The National College is its National Online Safety app, which you can download for free. It gives you access to all their parent and carer resources on the go, whenever you want.

You can download the National Online Safety app using the links below:

- [App store](#)
- [Google Play](#)

They're always here to help

The National College has a brilliant support team if you have any questions. Their [help centre](#) provides a comprehensive bank of answers to most FAQs, but if you still can't find the answer you're looking for, you can always get in [contact](#) with them.

Mrs McKenzie – Assistant Headteacher



CYCLING SAFETY



Cycling to school is a great way for pupils to stay active and independent, but it's important that it's done safely.

We strongly encourage all pupils who cycle to wear a properly fitted helmet every day. Helmets can greatly reduce the risk of serious head injury in the event of a fall or collision.

It is important that:

- **The helmet fits snugly and sits level on the head**
- **Straps are fastened correctly every time**
- **The helmet is in good condition and has not been damaged in a previous fall**

Bicycles are designed for one rider only. Carrying passengers on handlebars, luggage racks, or the back of a bike is unsafe and affects balance and control. Pupils should be reminded not to carry friends and to make sensible decisions even if others encourage them to do so.

The roads close to school can become particularly busy at the beginning and end of the school day, with cars, buses, and pedestrians all sharing limited space. Pupils should ride sensibly, stay alert, follow road signs and signals, and clearly signal their intentions when turning. Pupils should not weave in and out of traffic or between vehicles, as this is dangerous, unpredictable, and greatly increases the risk of an accident. Distractions such as mobile phones or headphones should be avoided.

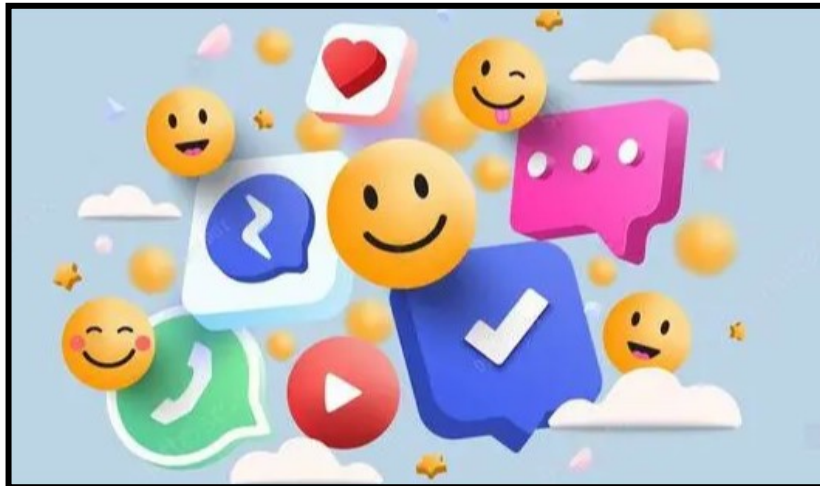
We ask that parents and carers to reinforce these messages at home and check that bikes are roadworthy, with working brakes, lights, and reflectors, especially during darker mornings and afternoons.

Thank you for your continued support in helping pupils travel to and from school safely.

Mrs McKenzie – Assistant Headteacher



DIGITAL SAFETY



In today's digital world, apps are part of everyday life for secondary-age children. They offer creativity, entertainment, and social connection. However, alongside the positives come risks that parents and carers should be aware of.

Understanding the risks

Many apps collect large amounts of personal data, from location details to contacts, often without children realising the implications. Others expose young people to inappropriate or harmful content, whether through unfiltered videos, anonymous chats, or user-generated posts. Bullying and harassment can also take place within these platforms, sometimes hidden from parents and carers' view.

Another concern is the presence of online predators who may disguise themselves as peers in order to exploit children. On top of this, the design of many apps can encourage overuse through constant notifications and endless scrolling which can interfere with sleep, wellbeing, and school performance.

Financial risks also exist, with in-app purchases or "loot box" style features that can tempt children into spending money without fully understanding the consequences. Some apps may even appear harmless but are designed to hide conversations or bypass parental oversight, adding another layer of complexity for families.



DIGITAL SAFETY

What parents and carers should look out for

When your child asks to download a new app, it's worth considering a few key questions. What age is the app designed for?

- Does the rating match your child's stage of maturity?
- How much personal data does it request?
- Are the privacy settings easy to control?
- Does the platform have strong moderation and reporting tools?
- What is the community culture like?

You may also want to check how easy it is to make in-app purchases and whether parental controls are built in. Exploring these factors together with your child not only helps you assess the risks but also builds digital literacy, encouraging them to think critically about the online spaces they inhabit.

A trusted resource

To make this easier, **Internet Matters** has put together a clear, parent-friendly guide to the apps and platforms most commonly used by children today. It highlights what each app does, its key features, and the potential risks to be aware of.

You can find the full guide here: [Internet Matters – Apps & Platforms \(11–16\)](#).

This resource is regularly updated, so it's a reliable way to stay informed as new platforms emerge and existing ones evolve.

The NSPCC website also contains helpful advice regarding keeping children safe online - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Practical steps you can take

The most effective safeguard is open communication. Ask your child what apps they use and why, and take time to explore those apps together. Set clear boundaries around screen time and "offline hours" such as at mealtimes or after bedtime. Encourage your child to block or report users who behave inappropriately, and make sure location sharing is switched off unless absolutely necessary.

Apps can be positive spaces where young people learn, create, and connect. But without awareness and guidance, they can also present real risks. By staying informed and keeping conversations open, parents and carers can empower children to use technology safely and responsibly.

Mrs McKenzie – Assistant Headteacher



UPCOMING EVENTS

Thursday 12th March, Year 7 Consultation Evening, Online from 4.00pm

Monday 23rd March, Spring Concert, 7.00pm, St Marks Church

Friday 20th March, JFK Rock Festival, 7.00pm

Tuesday 24th March, Year 12 UCAS Trip

Wednesday 25th March, Year 8 Consultation Evening, Online from 4.00pm

Friday 27th March, End of Term @ 12.35pm

Monday 30th March - Friday 10th April, Easter Holiday

WE ARE HIRING!

[Click here for the latest vacancy information](#)



FUTURE DATES

Monday 4th May, Bank Holiday, School Closed

Wednesday 6th May, Year 12 Consultation Evening, In Person

Tuesday 19th May, New Year 7 Parent Information Evening, 6.30pm

Monday 25th May - Friday 29th May, Half Term, School Closed

Monday 8th June - Friday 12th June, Year 10 Work Experience Week



ATTENDANCE EXPECTATIONS 2025-2026

At John F Kennedy Catholic school, we believe that student performance, behaviour and attendance are fundamentally linked. Our ethos is to maximise the full potential of each student and in order to achieve this, high attendance rates are essential.

Our expectation is that individual student attendance should not be below 95%.

Section 7 of The Education Act states that 'parents are responsible for making sure that their children, of compulsory school age, receive a suitable full time education'.

Section 444 of The Education Act clearly states that 'if a child is absent without authorisation, then the parent is guilty of an offence'. This is a strict liability offence - i.e. all that needs to be shown is a lack of regular attendance. Sanctions can include a fine of up to £1000.

Holidays during Term time

Authorisation of absence for Holidays during term time is at the discretion of the Headteacher and is granted only in exceptional circumstances.

Fines are enforceable for a child being absent from school without permission. This is currently £80 per child for each parent, rising to £160 if paid after 21 days.

Lateness

As stated in the school Attendance Policy:

- Students should attend school "full time" and they should remain in school attending all timetabled lessons. This means that students should arrive in time for registration. In practice school buses may be late and in this case students should sign in at Reception so they can receive their mark.
- Avoidable lateness beyond 9.10 am constitutes unauthorised absence and can legally be the basis of an offence by the parent/carer
- Those students who arrive very late (after 9.10 am) without a good excuse will not be credited with an attendance. Their absence will therefore be unauthorised and a different mark (U) will be used to distinguish them from those who are "unpunctual". Steps will be taken by the school with the support of parents/carers to correct those students who are persistently unpunctual



BECOME A FOUNDATION GOVERNOR

Make a Difference Where It Matters Most —

Become a Foundation Governor!

Are you passionate about helping children thrive? Do you want to use your skills, values, and experience to strengthen your local community? We are looking for inspiring, committed people to join our Local Academy Councils as **Foundation Governors** — and you could be exactly who we need.

The Local Academy Council (LAC) is responsible for supporting the mission and strategic direction of the Catholic Multi Academy Trust (CMAT) at a local level. Rooted in the values and teachings of the Catholic Church, the LAC serves as a key link between the individual academy, its parish community, and the wider Trust. The primary responsibilities of the LAC include:

- **Faithful Stewardship and Ethos:** Uphold and promote the Catholic identity, values, and mission of the academy, ensuring Gospel principles guide all aspects of school life.
- **Advocacy and Governorship:** Act as advocates of the Trust's vision and strategy while serving as Governors for the local academy within the Trust, parish and wider community to build partnerships.
- **Impact and Accountability:** Provide local support and challenge to school leaders by monitoring standards, inclusion, safeguarding, and ensuring effective implementation of Trust policies.

Why this role matters:

Foundation Governors (practising Catholics) play a powerful role in shaping the future of our school. They help protect and promote our values, support our leadership team, and ensure every child has access to an excellent education. Your voice and your perspective can directly influence the school's direction, priorities, and success. There are limited spaces available for parents in their child's school.

No previous governance experience? No problem.

We welcome people from all backgrounds — what matters most is your enthusiasm, willingness to learn, and commitment to our school's ethos. Full training, guidance, and mentoring are provided.

See next page



BECOME A FOUNDATION GOVERNOR

We're especially keen to hear from people who:

- Care deeply about the wellbeing and development of young people
- Share and support the school's foundation and values
- Can think strategically and ask thoughtful questions
- Bring experience from any profession or community role
- Want to make a meaningful, lasting contribution

What you'll gain:

- A rewarding leadership role with real impact
- New skills in strategy, education, finance, and governance
- Opportunities to work with dedicated school leaders
- A chance to give back and shape the future of children in your community

Time commitment:

Around 6–8 meetings per year, plus some school visits and training.



GENERAL NOTICES

Road Safety

Parents/Carers are reminded about the importance of road safety and we highlight a number of points you may wish to discuss with your child:

- The importance of crossing the road at a safe place. Using either a zebra or pelican crossing where possible
- Avoid crossing behind parked cars
- Never run out into the road
- Be aware of your surroundings – take out earphones and stop talking with friends or on the phone when crossing the road
- Have reflective items on jackets or bag.
- If cycling, follow the same instruction and make sure you have lights on your bike and wear a helmet at all times.



Disabled Parking Zones

Please can we ask that the disabled parking bays located along Hollybush Lane be kept clear . They are marked on the path and are needed to be accessed by local residents.



JFK enjoys good relationships with our neighbours and local community. Please be mindful of driveways and access in Hollybush Lane and neighbouring roads if dropping off/picking up your child from school. **Please also try and avoid leaving your car engines running outside of school.**



GENERAL NOTICES

Appointments During School

Please try to avoid making medical appointments during the school day. If this is not possible, please alert the Year Team via email with confirmation of the appointment letter/ email/screenshot at least 24 hours in advance.

If your child does need to leave for a pre-arranged medical appointment please ensure that they are aware of the time and date of the appointment and are instructed to be ready in reception to be collected. There have been a number of occasions recently whereby the office staff have had to search for a student in order for them to be picked up.

Illness During the School Day

We have seen an increase in students calling parents prior to seeking medical attention at school. Any student feeling unwell during the school day should report to Student Services where they will be seen by a medically trained member of staff. Please do impress upon your children the importance of the school contacting home if it is required during the school day. It can cause parents unnecessary worry which we would like to avoid.

ABSENCE

If your son/daughter is going to be absent due to illness please telephone the school absence line by 9.00am on each day of absence.

Year 7 01442 229105 (year7@jfk.herts.sch.uk)
Year 8 01442 229124 (year8@jfk.herts.sch.uk)
Year 9 01442 229131 (year9@jfk.herts.sch.uk)
Year 10 01442 229132 (year10@jfk.herts.sch.uk)
Year 11 01442 229136 (year11@jfk.herts.sch.uk)
Sixth Form 01442 229137 (6thform@jfk.herts.sch.uk)

Students should bring a letter explaining their absence on their return to school.



Public Health
England

Guidance from Public Health England

Diarrhoea and vomiting: exclusion period: whilst symptomatic
and 48hours after the last symptoms



[Is my child too ill for school?](#)

NHS advice about when to keep your child off school



EVER THOUGHT OF BECOMING A TEACHER?

School Based Teacher Training with the Dacorum Schools Alliance



We will be offering a School Direct Teacher Training programme in the following subjects for September 2026

Applications accepted from October 7th

Art, Biology, Chemistry, Computing, Drama, Design and Technology, English, Geography, Mathematics, Modern Foreign Languages, Music, Physical Education, Physics, Religious Studies

We also accept applications for Primary teaching

FOR MORE INFORMATION ABOUT OUR TEACHER TRAINING OPPORTUNITIES email
David Redwood - dredwood@tring.school

OR VISIT OUR WEBSITE - www.tring.herts.sch.uk/teacher-training



FLU VACCINATIONS



Vaccination UK

Respiratory and flu-like cases are rapidly on the rise. We urge you to ensure your child receives the flu vaccination. You have a choice between the quick and painless nasal spray or the Injection which is porcine & gelatine free. This not only protects your children against being seriously ill but also protects vulnerable members of your family and community.

We have several community catch-up clinics available. Please use the link below to book an appointment.

[Vaccination UK Immunisation](#)

If you previously declined consent for your child when we visited the school, you **can change** your consent. Please call our office on 01462 427008, and we will book a clinic appointment for you.

Thank you for your support.

Hertfordshire Immunisation Team



UNDERSTANDING MY AUTISM/ADHD

Empowerment Course for Children and Young Teens in Hertfordshire



SCAN ME



Join us for an online transformative 6-week group course designed to empower Autistic & ADHD children and young teens. Through interactive sessions, participants will explore what being ADHD/Autistic means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness.



COURSE DETAILS

AUTISM PRIMARY Tues 14/04 - 19/05 (Years 4-6)
ADHD PRIMARY Wed 15/04 - 20/05 (Years 4-6)



add-vance.org/children-young-people

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annebirkett@cheshamgolf.co.uk

www.cheshamgolf.co.uk/womeningolf26



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Ticket

£12

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£25



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Saturday 21st March 2026

10:30 am to 12:00 pm

The Spring Room at The Hospice of St Francis

All profits support our free hospice care



The Hospice
of st francis