

# Welcome



JOHN F KENNEDY  
CATHOLIC SCHOOL

Year 10 Information Evening September 2026

# Who's Who



JOHN F KENNEDY  
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|                              |                                                                                              |
|------------------------------|----------------------------------------------------------------------------------------------|
| Achievement Leader           | Mr Sitkowski<br><a href="mailto:dsitkowski@jfk.herts.sch.uk">dsitkowski@jfk.herts.sch.uk</a> |
| Achievement Leader Assistant | Miss McHugh<br><a href="mailto:year10@jfk.herts.sch.uk">year10@jfk.herts.sch.uk</a>          |
| SLT Link                     | Mr Palumbo<br><a href="mailto:ipalumbo@jfk.herts.sch.uk">ipalumbo@jfk.herts.sch.uk</a>       |

| Form | Tutor                 |
|------|-----------------------|
| J    | Ms Freed              |
| F    | Ms McAteer            |
| K    | Mr Branch/Mrs Durrant |
| H    | Mr Ahern              |
| N    | Ms Patterson          |
| D    | Mrs Horton/Mrs Brewer |

# Uniform - wear our badge with pride



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Blazers



No trainers

Jewellery

Shirts  
tucked in!

# Form Time Structure



| Day       | Checks                                                                                                                     | Activities                                                                                                                                                                  |
|-----------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | <ul style="list-style-type: none"> <li>- Equipment Check</li> <li>- Uniform Check</li> </ul>                               | <ul style="list-style-type: none"> <li>- <b>Sparx Reader</b></li> <li>- <b>Daily Act of Worship</b></li> <li>- <b>Monday Memos</b></li> </ul>                               |
| Tuesday   | <ul style="list-style-type: none"> <li>- Equipment Check</li> <li>- Uniform Check</li> </ul>                               | <ul style="list-style-type: none"> <li>- <b>Sparx Reader</b></li> <li>- <b>Daily Act of Worship</b></li> <li>- <b>The Big Question</b></li> </ul>                           |
| Wednesday | <ul style="list-style-type: none"> <li>- Equipment Check</li> <li>- Uniform Check</li> <li>- Conduct card check</li> </ul> | <ul style="list-style-type: none"> <li>- <b>Assembly (Year 9 and 10)</b></li> </ul>                                                                                         |
| Thursday  | <ul style="list-style-type: none"> <li>- Equipment Check</li> <li>- Uniform Check</li> </ul>                               | <ul style="list-style-type: none"> <li>- <b>Sparx Reader</b></li> <li>- <b>Daily Act of Worship</b></li> <li>- <b>The Big Question</b></li> </ul>                           |
| Friday    | <ul style="list-style-type: none"> <li>- Equipment Check</li> <li>- Uniform Check</li> </ul>                               | <ul style="list-style-type: none"> <li>- <b>Sparx Reader</b></li> <li>- <b>Daily Act of Worship</b></li> <li>- <b>Reflection</b></li> </ul> <p><b>Week 2 = Assembly</b></p> |

# Beyond the Classroom



## JFK SPORTS CLUBS: Term 1



| TIME                                                                                               | MONDAY                                          | TUESDAY                                   | WEDNESDAY                                     | THURSDAY                                                                    | FRIDAY                                                          | After School               |
|----------------------------------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------|
| <i>Club/Coach</i>                                                                                  | Netball/Football                                |                                           |                                               | Recreational Sport                                                          | Rugby/GFB                                                       |                            |
| 1st Half term: LUNCH 1.35pm - 2.30pm                                                               |                                                 |                                           |                                               |                                                                             |                                                                 | 3.30 - 4.40pm              |
| TJ                                                                                                 | Y11 Football<br>Recreational & Performance      | Y8 Football<br>Recreational & Performance | Y7&8 Bball<br>Recreational & Performance      | Y7 Football<br>Recreational & Performance                                   |                                                                 | Y7 FB<br>Y8 FB<br>Y11 FB   |
| JJY                                                                                                | Y10 & Sr Football<br>Recreational & Performance |                                           | DUTY                                          |                                                                             | Y7&8 Rugby<br>Recreational & Performance                        | 10 FB<br>Y7&8 Rugby        |
| SC*                                                                                                |                                                 | Y9 Football<br>Recreational & Performance |                                               |                                                                             | Girls Football<br>Recreational & Performance                    | Y9 FB<br>U13 GFB<br>U15GFB |
| LT                                                                                                 |                                                 | Y8 Netball<br>Recreational & Performance  |                                               |                                                                             |                                                                 | Y8 NB                      |
| FH                                                                                                 | Y11 Netball<br>Recreational & Performance       | DUTY                                      |                                               |                                                                             |                                                                 | Y11 NB                     |
| MR                                                                                                 | Y9 Netball<br>Recreational & Performance        | Y7 Netball<br>Recreational & Performance  |                                               |                                                                             | Detensions & Intervention                                       | Y7 NB<br>Y9 NB             |
| RP                                                                                                 | Y10 Netball<br>Recreational & Performance       |                                           |                                               | Girls Football<br>Recreational & Performance<br><i>When SC on maternity</i> |                                                                 | Y10 NB                     |
| Due to the Gym & Dance show, after October half term Netball will be paused until after Christmas. |                                                 |                                           |                                               |                                                                             |                                                                 |                            |
| LT                                                                                                 | Y10 Dance<br>Performance: D/Studio              | Y7 Gymnastics<br>Performance: Gym         |                                               |                                                                             | Y8 Dance<br>Performance: D/Studio                               | Monday:<br>Tap Performance |
| FH                                                                                                 | Y9 Gymnastics<br>Performance: Gym               | DUTY                                      | Y7 Dance<br>Performance: D/Studio             |                                                                             |                                                                 |                            |
| MR                                                                                                 |                                                 | Y9 Dance<br>Performance: D/Studio         |                                               | Y8 Gymnastics<br>Performance: Gym                                           | Detensions & Intervention                                       | TBC: Ballet Performance    |
| RP                                                                                                 |                                                 |                                           | Y10/11Elite<br>Gymnastics<br>Performance: Gym | Commercial<br>Performance: Studio                                           | Jazz<br>Performance: Studio<br><br>Irish<br>Performance: Studio |                            |



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### Awards this year:

- John F. Kennedy Catholic School colours
- St Mark Award

Choir

Bands

Orchestra

# Think Kindness and Choose Respect



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## Think Kindness and Choose Respect

**Manners**

**Respect in the  
Classrooms**

**Polite  
Communication  
/Body language**

**Inclusive**

**Digital World**

**Space to  
Thrive**

# Creating a Culture



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This year we will be working hard to strengthen and develop our culture of kindness and respect here at JFK.

There will be a different focus each half term, understanding and putting into practice being kind and respectful in all our interaction in school.

**This half term we are looking at the importance of good manners.**

**Manners cost nothing!!**



# A Few Reminders



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## IMPORTANT REMINDER: MOBILE PHONES



**OUR EXPECTATIONS ARE AS FOLLOWS:**



**Years 7–11 ("Never Seen, Never Heard"):**  
From the moment students enter the school gates until the end of the school day (including break and lunchtimes), mobile phones and digital equipment (including smartwatches) must be switched off and kept out of sight inside school bags.

**MOBILE PHONES – IF YOU GET IT WRONG!**

|                                 |                                                                                   |                                                                                                                                                                                                                                                                                                       |
|---------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1<br/>FIRST<br/>OFFENCE</b>  |  | <b>First Offence:</b> The phone will be confiscated immediately by staff and passed to the relevant Achievement Team. It will be logged and kept securely until the end of the day, when the student may collect it.                                                                                  |
| <b>2<br/>SECOND<br/>OFFENCE</b> |  | <b>Second Offence:</b> The phone will be confiscated and logged. The Achievement Team will contact home to warn parents/carers that a subsequent offence will require them to collect the device. The student collects the phone at the end of the day.                                               |
| <b>3<br/>THIRD<br/>OFFENCE</b>  |  | <b>Third Offence:</b> The phone will be confiscated and logged. Parents/carers will be contacted and required to come to the school reception to collect the device. It will not be handed back to the student.                                                                                       |
| <b>SUBSEQUENT<br/>OFFENCES</b>  |  | <b>Subsequent Offences:</b> The phone will be confiscated, and the Senior Leadership Team (SLT) will intervene. A formal parental meeting will be called, and further behavior sanctions (such as handing the phone in each morning, isolation or suspension) may be applied for persistent defiance. |



**Refusing to hand over a phone will result in a removal to reintegration**

# PSHE - Autumn term

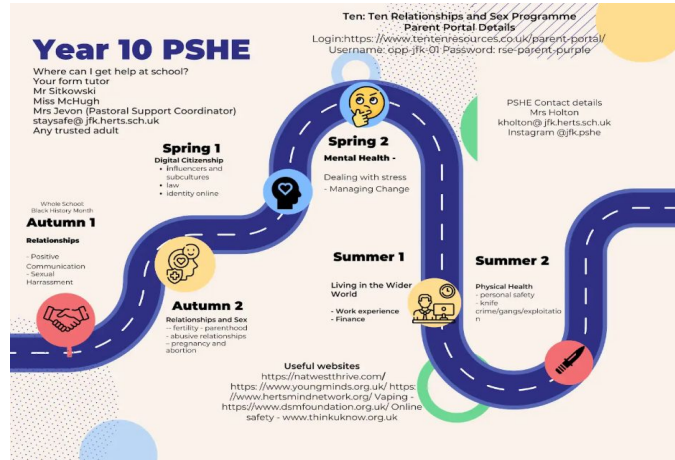


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PSHE takes place every Wednesday morning during tutor time.

A few examples of topics covered this term:

- Personal Development plans
- Positive relationships
- Black History Month
- Self-esteem and self-image



# IAS Leaders: In the footsteps of Christ



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INSPIRE • ACHIEVE • SERVE





# KS4 Key Events



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GCSE Courses commence

Grade report



At Home

- Set good homework practice
- Consolidate classroom learning
- Ensure thorough preparation for controlled assessment



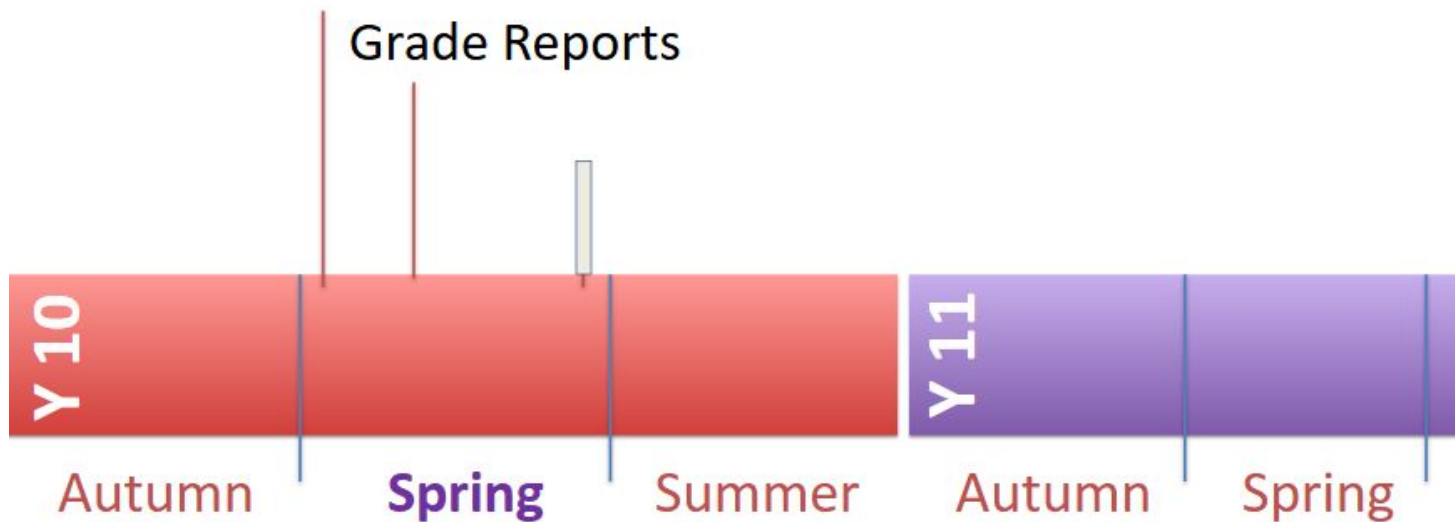


# KS4 Key Events

Allocation of Work Experience begins



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Autumn

Spring

Summer

Autumn

Spring

At Home

Look at work experience placements

Research what is needed to achieve goals beyond KS4

Continually review classwork

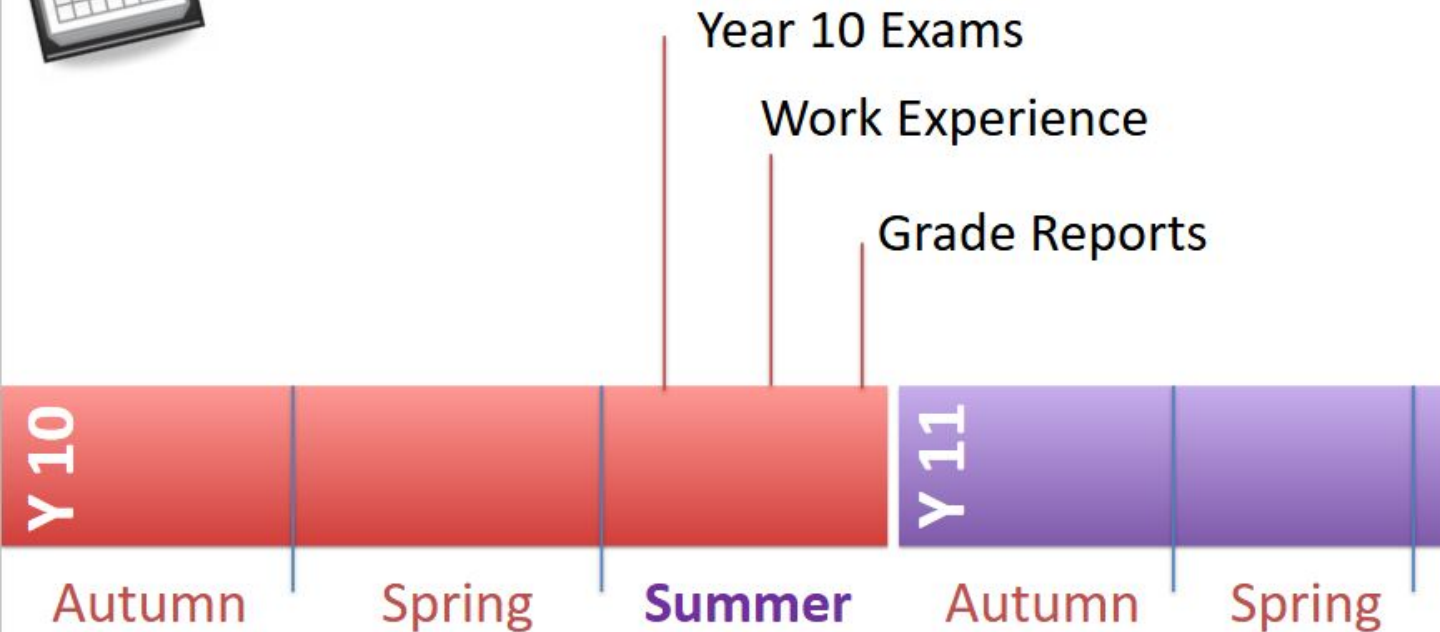




# KS4 Key Events



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At Home

- Be proactive in revising for exams
- Ensure some leisure time is built into studies
- Be prepared for work experience





# KS4 Key Events



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Yr11 Mock exams before Christmas holidays



At Home

Keep up to date with your work  
Take time to exercise and eat well  
Create a time table of activities



# Reporting and Progress



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- Grade reports will be issued three times during Year 10
  - **14th November:** behaviour, classwork, homework and target grade (teacher generated)
  - **17th May:** behaviour, classwork, homework, target grade, predicted grade for end of KS4
  - **20th July:** behaviour, classwork, homework, target grade, mock grade, tutor comment and predicted grade.

# Key Dates



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19/04/27: Exams week 1

26/04/27: Exams week 2

19/5/27: Parent consultation evening (in person)

07/06/27: Work experience (1 week)

# Attendance Matters



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## GUIDE TO IMPORTANT ATTENDANCE & PUNCTUALITY EXPECTATIONS



**PUNCTUALITY  
IS KEY.**



**Arrive on time to school  
and to every class.**

Every minute counts  
for learning.



**AIM FOR 95%  
ATTENDANCE  
OR HIGHER.**



**Strong attendance is  
essential for academic  
success.**



Our goal for  
all students.



**REPORT ILLNESS  
& LATENESS  
PROMPTLY.**



**If your child is ill and has to  
stay at home or will be late,  
please let the school know  
as soon as possible.**



**Contact the  
school office.**



**MAKE ROUTINE  
APPOINTMENTS  
AFTER 2:30PM.**



**Schedule routine doctor  
or dental appointments  
outside of school hours  
where possible.**

THANK YOU FOR YOUR SUPPORT!

# Attendance Matters



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## THE IMPACT OF ABSENCE: MISSING SCHOOL MEANS MISSING LESSONS

| Student Attendance (%)                                                                | Number of Days Off School a Year                                                                  | Number of Actual Lessons Missed                                                                                                                                                            |
|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 95%  |  10 days absence |  50 lessons missed                                                                                      |
| 90%  |  19 days absence |  95 lessons missed                                                                                      |
| 85%  |  29 days absence |  145 lessons missed                                                                                     |
| 80%  |  38 days absence |  190 lessons missed                                                                                     |
| 75%  |  47 days absence |  235 lessons missed  |

A MESSAGE FROM STUDENT SUPPORT & ATTENDANCE SERVICE: EVERY DAY COUNTS!

# Attendance Matters



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## Punctuality



Students should be in school  
no earlier than 8:30am and  
no later than 8:45am.  
Registration starts at 8:50am.

## Late Gate

# Home School Partnership/Agreement



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*We can only deal with what we know about*

# What is safeguarding?



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## ***Safeguarding in Our School***

- Keeping every student safe, happy, and healthy at school, out of school and online.
- Protecting from harm, abuse, or neglect
- Promoting well-being in school and beyond
- Ensuring a safe environment to learn and grow



We all deserve to be happy,  
healthy and safe. ❤️

## ***Why is Safeguarding Important?***

- Everyone has the right to feel safe in school
- Helps students achieve their full potential
- Supports physical, emotional, and mental well-being
- Builds trust between students, staff, and families

# How are students made aware of safeguarding support?



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- Posters and information in every classroom/office
- Information and reminders given in assembly
- Information and reminders given in form time
- PSHE sessions are provided where key topics are delivered sensitively.



# Safeguarding and Student Support



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- Students can speak to any member of staff
- Encourage all students to share any concerns they have about themselves or others
- In school support -
  - Form Tutor
  - Achievement Leader and Achievement Leader Assistant
  - PSHE Curriculum
  - Life Coach, Learning Mentor, Counsellor
  - Learning Support Department (Ms Hobbs SENDCO)
  - SEMH Teacher - Mrs Bugg
  - NHS - Mental Health Support Team

**Worried?**

**Problem?**

**We can help!**

## **The Safeguarding Team**

**SPEAK**



Mrs Jevon

**SHARE**



Miss Freed

**SOLVE**



Mrs Whittaker



Mr Palumbo

**Form  
Tutor**



Mr Jones

**Member of  
Achievement  
Team**



Mrs Holton

**Any  
Trusted  
Adult**



Mrs Bailey

**Email  
[staysafe@jfk.  
herts.sch.uk](mailto:staysafe@jfk.herts.sch.uk)**

**Help us to make sure everyone is safe and able to flourish**

# JFK Sixth Form



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## JOHN F KENNEDY SIXTH FORM

71%

A\* - C IN  
2026

89%

A\* - D  
IN 2026

“ There is always support available; personally, I feel as though I have developed a great rapport with my teachers which has helped me through my sixth form journey

”



100% Progression to University, Apprenticeships or Employment

- 95% Applied to University
- 90% University Offer Achieved
- Others Securing Apprenticeships/ Employment



## JOHN F KENNEDY SIXTH FORM

### OFSTED feedback:

- Leaders are ambitious and work closely with teachers to improve the consistency of assessment and ***level of challenge in lessons***. As a result, students produce work that is of a high quality and demonstrates progress through the curriculum.
- Leaders ensure that students have the ***opportunity to develop as independent learners***. At the same time, they provide ***consistently high levels of pastoral support and guidance***. Students appreciate this and enjoy positive relationships with staff that are based on mutual respect.
- The sixth-form student leadership team plays a significant role in the life of the school. It works closely with senior leaders to effect change. It leads events that raise money for charities and plans events that bring the wider, local community together. This helps pupils understand the impact they can have in the world.  
***Through leadership roles, pupils develop confidence and communication skills.***

# How can I help my child?



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- A good working environment



- Social media



- Check that homework is being done



Class Charts

- Check books



# Homework



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- Homework will continue to be all set on Class Charts
- Please use this to monitor the homework you have been set and when it is due for
- Google Classroom will still be used for certain documents
- Homework is being set for a reason.... Make sure you do it and on time! It is for your own benefit!



# How can students help themselves?



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## Revision websites:

- Quizlet
- Seneca
- BBC Bitesize
- GCSE Pod
- Tutor2U

1 Revise little and often



and break your revision up  
into small, more  
manageable chunks.

### WEEKLY REVISION PLANNER

| TIME       | MONDAY               | TUESDAY                | WEDNESDAY          | THURSDAY               | FRIDAY             | TIME      | SATURDAY             | SUNDAY                 |
|------------|----------------------|------------------------|--------------------|------------------------|--------------------|-----------|----------------------|------------------------|
| 8:30AM-4PM | SCHOOL               | SCHOOL                 | SCHOOL             | SCHOOL                 | SCHOOL             | 9AM-10AM  | BREAKFAST/SHOWER     | BREAKFAST/SHOWER       |
| 4PM-5PM    | HOMEWORK             | TV/GAMING/SOCIAL MEDIA | HOMEWORK           | TV/GAMING/SOCIAL MEDIA | HOMEWORK           | 10AM-11AM | REVISION - ENGLISH   | REVISION - SCIENCE     |
| 5PM-6PM    | DINNER               | DINNER                 | DINNER             | DINNER                 | DINNER             | 11AM-1PM  | SEEING FRIENDS/LUNCH | SPORT/LUNCH            |
| 6PM-7PM    | REVISION - GEOGRAPHY | HOMEWORK               | REVISION - HISTORY | REVISION - FRENCH      | REVISION - SCIENCE | 1PM-3PM   | REVISION - MATHS     | REVISION - FLASH CARDS |
| 7PM-8PM    | REVISION - MATHS     | REVISION - ENGLISH     | FREE TIME          | HOMEWORK               | FREE TIME          | 3PM-5PM   | OUT WITH FAMILY      | SPORT/TV/GAMING        |
| 8PM-9PM    | FREE TIME/SHOWER     | FREE TIME/SHOWER       | FREE TIME/SHOWER   | FREE TIME/SHOWER       | FREE TIME/SHOWER   | 6PM-8PM   | DINNER/FREE TIME     | DINNER/FREE TIME       |

# What support can parents/carers access?



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<https://www.jfk.herts.sch.uk/>

A screenshot of the John F Kennedy Catholic School website. The browser address bar shows the URL 'jfk.herts.sch.uk/page/?title=Safeguarding&amp;pid=82'. The website has a dark blue header with navigation links: 'OUR SCHOOL', 'CATHOLIC LIFE', 'KEY INFORMATION' (highlighted), 'ACADEMIC', 'PARENTS &amp; STUDENTS', 'NEWS &amp; EVENTS', 'SIXTH FORM', and 'JOIN US'. A search icon is also present. Below the header, a large image of a young boy is visible. A dark blue dropdown menu is open under 'KEY INFORMATION', listing: 'SAFEGUARDING', 'PUBLIC EXAMINATIONS', 'EXAM RESULTS', 'GENERAL DATA PROTECTION REGULATION (GDPR)', 'SCHOOL POLICIES', 'STATUTORY DOCUMENTS', 'SPECIAL EDUCATION NEEDS (SEND)', 'PUPIL PREMIUM', and 'THE SCHOOL DAY'. On the right side, a red box titled 'WHAT'S ON THIS PAGE?' lists: 'SAFEGUARDING', 'PUBLIC EXAMINATIONS', and 'EXAM RESULTS', each with a right-pointing arrow. At the bottom left, the text 'Home → Key i' is partially visible, and the word 'SAFEGUARDING' is displayed in large, bold, black letters.

# What support can parents/carers access?



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<https://www.jfk.herts.sch.uk/>

A screenshot of the John F Kennedy Catholic School website. The browser address bar shows the URL 'jfk.herts.sch.uk/page/?title=Support+for+students+and+families&amp;pid=100'. The website has a dark blue header with navigation links: 'OUR SCHOOL', 'CATHOLIC LIFE', 'KEY INFORMATION', 'ACADEMIC', 'PARENTS &amp; STUDENTS' (highlighted), 'NEWS &amp; EVENTS', 'SIXTH FORM', and 'JOIN US'. Below the header, there is a large banner image showing a group of children. A dropdown menu is open under 'PARENTS &amp; STUDENTS', listing various support services: 'TERM DATES', 'CALENDAR', 'PASTORAL STRUCTURE', 'SUPPORT FOR STUDENTS AND FAMILIES' (highlighted in red), 'SUPPORT YOUR CHILD', 'BEYOND THE CLASSROOM', 'UNIFORM', 'THE KITCHEN', 'SCHOOL ASSOCIATION', 'SCHOOL BUSES', 'CAREERS ADVICE &amp; GUIDANCE', and 'WISE PAY'. At the bottom of the page, there is a breadcrumb trail: 'Home → Parents &amp; Students → Support for students and families'. The main heading 'SUPPORT FOR STUDENTS AND FAMILIES' is partially visible at the bottom.

**This section includes information on internal support available and useful websites to support on a range of topics**



## **John F Kennedy Catholic School has joined The National College**

- This is a multi-award-winning online training provider
- Free access for parents and carers
- Focus on online safety and keeping children safe

## **What's available for you?**

- Hundreds of parent-friendly courses, guides and videos
- Topics include:
- TikTok, Instagram & other apps
- Recognising signs of online harm
- Practical steps to help your child

**The  
National  
College®**

# Choices & Direction



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KS5 Research – What GCSE grades are needed for the subjects you may choose for A-level?

Mrs Jenkins - Careers  
advisor

The expertise of teachers,  
friends and relatives



At Home

# Work experience 7th-11th June



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- They will be out of school Monday - Friday however placements can be spread across any days of that week
- We recommend a minimum of 25 hours
- Students find their own placement with support from parents.
- At this point it is about experience of a workplace and building confidence in a different environment building on the foundations from work shadow day last year.
- Once you have secured a placement, the school will manage all of the risk assessment and insurance information through your child's unifrog account.
- There will be a letter coming out this week to follow up with all information required.

Contact [cjenkins@jfk.herts.sch.uk](mailto:cjenkins@jfk.herts.sch.uk) - for more information

# Subject Leader contact details



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**Maths - [ctubbritt@jfk.herts.sch.uk](mailto:ctubbritt@jfk.herts.sch.uk)**

**English - [jbullen@jfk.herts.sch.uk](mailto:jbullen@jfk.herts.sch.uk)**

**RE - [jbrophy@jfk.herts.sch.uk](mailto:jbrophy@jfk.herts.sch.uk)**

**Science - [awilliams@jfk.herts.sch.uk](mailto:awilliams@jfk.herts.sch.uk)**

**Art - [vfreed@jfk.herts.sch.uk](mailto:vfreed@jfk.herts.sch.uk)**

**Business Studies/Enterprise and Marketing -  
[uvarsani@jfk.herts.sch.uk](mailto:uvarsani@jfk.herts.sch.uk)**

**Design Technology -  
[sbonner@jfk.herts.sch.uk](mailto:sbonner@jfk.herts.sch.uk)**

**Food Science - [suparker@jfk.herts.sch.uk](mailto:suparker@jfk.herts.sch.uk)**

**Physical Education/Dance/BTEC Sport -  
[mrooney@jfk.herts.sch.uk](mailto:mrooney@jfk.herts.sch.uk)**

**French/Spanish -  
[emitshell@jfk.herts.sch.uk](mailto:emitshell@jfk.herts.sch.uk)**

**Geography/Travel and Tourism -  
[rcato@jfk.herts.sch.uk](mailto:rcato@jfk.herts.sch.uk)**

**History - [rmorgan@jfk.herts.sch.uk](mailto:rmorgan@jfk.herts.sch.uk)**

**Computing - [bahern@jfk.herts.sch.uk](mailto:bahern@jfk.herts.sch.uk)**

**Music - [kmetcalfe@jfk.herts.sch.uk](mailto:kmetcalfe@jfk.herts.sch.uk)**

**Drama - [shorton@jfk.herts.sch.uk](mailto:shorton@jfk.herts.sch.uk)**

**ASDAN - [mhobbs@jfk.herts.sch.uk](mailto:mhobbs@jfk.herts.sch.uk)**

# Key messages



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## **GCSEs Start Now**

Take Year 10 seriously from the beginning. There is plenty of time, but the habits and effort developed now will make Year 11 much easier.

## **Build good habits**

Attend every day, be organised, complete homework, revise regularly and ask for help when needed. Find out what revision methods work best for you.

## **School and home partnership**

Pupils need to take responsibility for their learning, while parents can support with routines, attendance, organisation and encouragement. Communication between home and school is key.

## **Work hard but look after yourself**

GCSEs are important, but wellbeing matters too. Maintain a healthy balance, don't be afraid to ask for support and remember that setbacks are opportunities to improve.

GCSEs

# Questions



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My email:

[dsitkowski@jfk.herts.sch.uk](mailto:dsitkowski@jfk.herts.sch.uk)

Please feel free to contact me with  
any questions!

