

Friday 13th September 2024

Parent Bulletin

Dear Families,

Following our launch of the new school values, Opportunity, Respect and Determination. We have had the sign on the front of the school building updated. Of course, just putting up new signs will not mean anything if we do not strive to live our values every moment of every day and this is exactly what I have seen our students do this week.



This week's afternoon assemblies have focused on Respect and Determination. We have talked about how we can better cope with our feelings when we are anxious about something or when things do not seem to be going our way. Students have learnt about the 'fight-or-flight' response and how changes inside our body can make us feel and that these feelings can sometimes lead us to making bad choices.

Students have also learnt techniques to help them recognise these feelings and then take time to reflect and make better choices. One of these techniques is called helicoptering. Students have practiced imagining that they are looking down on themselves from above. Taking a moment to listen to their own breath and feel their heart beating and then taking time to make a choice they can be proud of.

Whether they use this technique to help them when they are nervous about trying something new or when dealing with frustration, I want to thank all our students who are showing determination by taking their time to choose responses which demonstrate high levels of self-respect and respect to the community they are part of.

As the weather is starting to get colder, please send your children in with warm coats for their journeys to and from school as well as break time and lunch time.

Yours sincerely



Alastair West
Headteacher

School News

Important Dates:

Thursday 26th September – Year 11 Parent Information Evening (PIE)

Thursday 3rd October – school closes at 1.10pm for Open Evening

Friday 4th October – INSET – school closed to students

Other important dates can be found on our website calendar:

<https://www.johnmason.oxon.sch.uk/events/calendar/>

Term dates for the new academic year are on our website:

<https://www.johnmason.oxon.sch.uk/events/term-dates/>

Welsh Farm Bore Hole Update

At the start of the last school year we had the massive challenge of needing to raise about £15,000 to install a borehole at the farm to secure our future water supply. We started with about £2000 and with the help of so many of you we are getting there!

Thank you very much for your donations at the end of term 6 for our non-uniform day and a special thank you to 8XO for helping to organise that. We managed to raise £470.

We raised more money from the year 7 end of year disco, the book, plant and second-hand uniform sale and from a tea party, the generosity of the local community is quite something. Miss Kitto spent a day of her summer holiday walking 47km across the Scottish Highlands and raised just over £1000, what an amazing total and thanks so much for taking the time to do this for our cause.

We have just passed the £10,000 mark and are really keen to get this borehole built before our current year 8 head off for their residential this year. In order to do this, we are going to ask year 8 students to help us out over the next few months with our final efforts – watch this space for more information!

Thanks to everybody who has contributed in any way!

Mrs Mannion
Welsh Farm Lead

Abingdon GCSE Astronomy Group



Abingdon GCSE Astronomy Group



Mrs Williams
STEM Lead

The group consists of pupils from any school in Abingdon who are interested in following a GCSE course in Astronomy. Some pupils choose to take the GCSE exam after two or three years of study, but some just attend out of interest and to learn more about the subject. The classes are held in the Yang Science Centre at Abingdon School at the Faringdon Road entrance between 4-5pm on Mondays in Abingdon School's term time. Pupils from Y10-Y13 may attend. They may choose to sit the GCSE exam at the end of Y11, Y12 or Y13. It can be done in a year, but will involve lots of self-study.

The first session will be on Monday 16th September.

For more details contact Mrs Williams at JMS or the person running the club is Alice Perry at Abingdon School; alice.perry@abingdon.org.uk

John Mason Association – Next Meeting 6pm on 19th September 2024

The JMA is a group of parents, grandparents and carers who support the school by fundraising and volunteering at school events. We also own the Welsh Farm on behalf of the school.

If you are interested in getting involved, why not come along to the first meeting of the school year on Thursday 19th September 6-7 pm? Everyone's welcome, with no obligation to sign up for anything. We'd love to meet you. Please arrive at the front steps of the school by 6pm to be welcomed.

JMA Committee