



# COLFOX BULLETIN 1

## HEADTEACHER NEWS

Happy New Year and welcome back to our first Spring Term Parent Bulletin for 2026. It has been lovely to see everyone again. It is going to be a busy term, Y11 have their next mock exams from 26 Jan. Lots of Students are going to our revision help sessions which is great, please take a look at the timetable below and encourage your child to go along. Year 9 will be choosing their GCSE courses this term and this is an important time for them, we will be supporting Students and Families throughout and we look forward to seeing all Year 9 Parents at our Options evening on Thur 22 Jan. Well done to our Sixth Form for raising so much money during Rag Week and well done to our young sports leaders, don't forget to buy your tickets for our school show 'Annie' before they sell out! Have a good weekend, **Adam Shelley, Headteacher**

## UPCOMING EVENTS

### Week Beginning 12/1/25 Week B

All Week - Community Assemblies

Tue 13th - Y11 Photos

Thur 15th - Drama Trip GCSE & A Level to Bristol Old Vic

## NEWS UPDATES

### New Year, new support, approach?

Making changes in 2026?

Go to a free expert session on Zoom, we've paid - usual cost £24. Choose **your session** & use code: SJC201224

January 2026 Timetable	
All sessions delivered live online via zoom, 90 minutes long	
<b>£24 each or FREE with School Membership</b>	
Book online at <a href="http://facefamilyadvice.co.uk">facefamilyadvice.co.uk</a>	
Recordings available for 48 hours (excluding Free Talks)	
Anxiety Based School Avoidance	12 Jan 10am
Understanding Anger	12 Jan 7pm
Supporting Healthy Screen Use	13 Jan 10am
Facing Defiance	13 Jan 7pm
Cannabis and Ketamine Awareness	19 Jan 10am
Anxiety Explained	19 Jan 7pm
Introduction to OCD	20 Jan 10am
What is ACT	20 Jan 7pm
Raising Self-Esteem	26 Jan 10am
Decreasing Depression	26 Jan 7pm
Supporting Healthy Sleep	27 Jan 10am

### Well done to our bronze Duke of Edinburgh Award winners!



### Well done to our young sports leaders for promoting physical activities in other schools



### Y11 - Go to a revision session & get help preparing for your mock exams (they start 26/1)

#### GCSE Study & Revision Help

MON - LUNCH	TUES - LUNCH	WED - LUNCH
Science A201 Biology A204 French speaking B217 Ancient History B216 DT Coursework C101	Business A207 Chemistry A203 Geography (Week A Mrs Tremelling's Class) DT Coursework C101 TUES - 3.30PM English B205 B209 Business A207 History A105 Art Religious Studies A103	DT Coursework Physics A209 Food C101 DT Coursework C101 WED - 3.30PM Science History B215

THURS - LUNCH	FRI - LUNCH
Biology A205 Food C101 Drama Geography (Ms Nicoll's Class) DT Coursework C101 THURS - 3.30PM Computer Science Ancient History B218 Art Maths Music	Physics A202 Food C101 DT Coursework C101 FRI - 3.30PM Geography

Go to these sessions!  
Students who go do better  
Library & SEN open after school Mon-Thur

[Colfox.org/revision](http://Colfox.org/revision) Help, resources & more

Lots of Students are going to these. Resources also available here:

**[Colfox.org/revision](http://Colfox.org/revision)**

## WELL DONE SIXTH FORM!



Rag Week raises **£1,459 for good causes!**

Well done to our brilliant Sixth Formers for raising money for Young Minds and other good causes and creating lots of fun for younger Students during Rag Week with dance contests, film shows, 'throw a sponge at sixth formers' the Gladiator Challenge, face painting, sweet stalls & deliveries and another great Rag Mag!

## ANNIE TICKETS ON SALE NOW

Tickets available via Arbor - £5 adult, £3 student, £14 family

The Sir John Colfox Academy proudly presents

**Annie JR**

Monday 19 January  
Tuesday 20 January  
Wednesday 21 January

Doors open 6pm, refreshments served, starts 6.30pm





# January 2026 Timetable

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Recordings available for 48 hours (excluding Free Talk)

Autism - Improving Communication	5 Jan 10am
Improving Family Communication	5 Jan 7pm
Supporting A Child with ADHD	6 Jan 10am
Understanding Addictive Behaviour	6 Jan 7pm
Anxiety Based School Avoidance	12 Jan 10am
Understanding Anger	12 Jan 7pm
Supporting Healthy Screen Use	13 Jan 10am
Facing Defiance	13 Jan 7pm
Cannabis and Ketamine Awareness	19 Jan 10am
Anxiety Explained	19 Jan 7pm
Introduction to OCD	20 Jan 10am
What Is ACT	20 Jan 7pm
Responding to Angry Behaviour	22 Jan 7-8pm
Raising Self-Esteem	26 Jan 10am
Decreasing Depression	26 Jan 7pm
Supporting Healthy Sleep	27 Jan 10am
Understanding the Teenage Brain	27 Jan 7pm



Dorset  
Mental  
Health  
Support  
Team in  
Schools

**NHS**  
Dorset HealthCare  
University  
NHS Foundation Trust

# SUPPORTERS FORUM

## Topic: Supporting teens with Exam Resilience

Are you a parent, carer or supporter of a child in a Dorset School or college? We need your voice!

As teens head towards their exams, it can be a challenging time for parents and carers who want to know the best ways to support them.

Join our Supporters' Forum for a short 20-minute presentation packed with top tips, followed by an open space to share your views and experiences. Your feedback will help us improve the support we offer during this important period.

 We'd love your input!

### What happens at a forum?

- ✓ **20-minute expert presentation** – tips for parents and useful signposting to local support.
- ✓ **Your turn to share** – via chat, email, verbally, or using our interactive whiteboard.
- ✓ **No pressure** – Cameras and micros optional
- ✓ Your privacy protected - names anonymised
- ✗ we can't discuss individual cases



Tuesday 3rd Feb



6:15–7:30pm



Online event



For more information and to sign up: <http://bit.ly/3LgMWa>

@DORSETMHST