



# WEEKLY BULLETIN | Thursday 26 November

## The Week Ahead

Weekly Menu

Please [CLICK HERE](#) to see our current Menu

Extra-Curricular Clubs

Please [CLICK HERE](#) to see our current programme

Sports Clubs and Fixtures

Please [CLICK HERE](#) to see our current programme

Vacancies

Please [CLICK HERE](#) to see a list of our current Vacancies

## Key Term Dates

**Friday 27 November**

School Closure

**Friday 18 December**

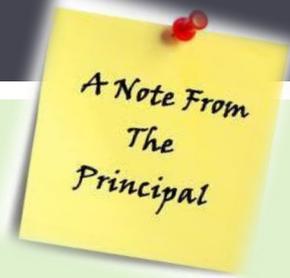
End of Autumn Term

**Monday 21 December – Friday 01 January**

Christmas Holidays



# Principal Letter



Dear Parents and Carers

## **Year 10 Return**

It's been lovely to have Year 10 back in school this week after their two weeks at home. We are now reviewing the remote learning achieved with both staff and pupils to see what was working well and what can be further improved.

## **Covid Screening for Staff**

As reported to you last week, CamVC staff undertook rapid response Covid screening tests last Friday; this will be repeated weekly until the end of term. The aim of this is to identify and to isolate any asymptomatic cases of the virus amongst teaching and support staff, thus contributing to the measures we're taking to keep school as safe as possible for everyone. A very high proportion of staff took the test and all tested negative. Ideally, we would like to roll out this process across randomised samples of students in each year group, and to continue the measure for staff, next term. We don't have capacity to do this at present, but are hopeful that the Government might adopt such testing as a preventative strategy over the coming months. Please see the website link on Page 4 of this bulletin for any information about the school response to the pandemic. We hope to be able to send you the link to the Covid-19 monitoring app explained in last week's edition, early next week.

## **Keeping Safe Online**

Our Safeguarding Team are reporting increasing numbers of pupils who are taking risks as they are spending more unsupervised time on screens. Activities include accessing pornography and making contact with strangers. High level filters prevent such material being accessed in school, but we strongly recommend to all parents that you keep an eye on what your children are accessing on their mobile phones and iPads outside of school time, when the school filters do not apply. Please see pages 8 & 9 of the bulletin for more information on E-Safety and safe use of social media.

## **CamVC Christmas Appeal - something more heart-warming!**

We've been sent a number of generous donations from individuals to buy shopping vouchers for some of our families who may be expecting a very bleak Christmas. We'd love to reach out to more families: any contribution that you can make towards making the Christmas break better for our pupils who are suffering from financial hardship in this exceptional year would be very gratefully received. Please donate on WisePay under the Donations module: [WisePay](#)

## **Sixth Form Consultation**

Please remember that our consultation on opening a sixth form on site ends on 9 December. The link to the consultation document is on the homepage of our website: [www.cambournevc.org](http://www.cambournevc.org). We hope to have some more details of the planned sixth form and 11-16 buildings to share with you soon. In the meantime, please do respond to the survey with any questions or comments you may have.

Wishing you all a very good weekend,

Claire Coates,  
Principal

# Parent Consultations



## Heads Up

### Year 9 Parent Consultation



**Thursday 04 February 2021**

Lessons taught will be periods 1, 2, 5 and 6

School will finish as follows:  
Year 7 and 10—Leave at 1.25pm  
Year 8—Leave at 1.30pm  
Year 9 and 11—Leave at 1.35pm

More information about signing up will be sent closer the time.

### Year 8 Parent Consultation



**Thursday 04 March 2021**

Lessons taught will be periods 3 to 6

School will finish as follows:  
Year 7 and 10—Leave at 1.25pm  
Year 8—Leave at 1.30pm  
Year 9 and 11—Leave at 1.35pm

More information about signing up will be sent closer the time.

### Year 10 Parent Consultation



**Thursday 22 April 2021**

Lessons taught will be periods 1 to 4

School will finish as follows:  
Year 7 and 10—Leave at 1.25pm  
Year 8—Leave at 1.30pm  
Year 9 and 11—Leave at 1.35pm

More information about signing up will be sent closer the time.

### Year 7 Parent Consultation



**Thursday 10 June 2021**

Lessons taught will be periods 3 to 6

School will finish as follows:  
Year 7 and 10—Leave at 1.25pm  
Year 8—Leave at 1.30pm  
Year 9 and 11—Leave at 1.35pm

More information about signing up will be sent closer the time.



# KS3 Science Assessments

## END OF TERM SCIENCE TESTS

Year 7, 8 and 9 students will be doing science tests towards the end of term – please see full details below



**Year 7:** Tests will be completed in the **week commencing 07 December** and will be 45 minutes long. The test will be on Core Biology, Core Chemistry and Core Physics units that have recently been covered in class



**Year 8:** Tests will be completed in the week **commencing 30 November** and will be 1 hour long. The test will be on the units covered in class since September. This will either be Space, Reproduction and Atoms; or Living World, Light and Simple Chemical reactions, depending on the rotation of units undertaken



**Year 9:** Tests will be completed in the **week commencing 07 December** and will be 1 hour long. The test will be on the units covered in class since September. This will be three of the following four units: Understanding Health, Waves, Separating Mixtures, and Matter

**Please encourage your child to revise for these tests.** Resources to assist with this will be posted on Show My Homework.

## History Free Lecture

Thank you to everyone who attended our first online free History lecture on Wednesday 11<sup>th</sup> November. We had over 70 attendees! If you did attend, please fill in this short form to help us plan our future events: <https://bit.ly/36vAgUq>

**Our next lecture will be on Tuesday 01 December (4-5pm) with Dr George Gilbert who will be presenting about the Russian Revolution of 1917!**

This talk will look back at the year 1917 in Russia. It will consider the impact of the Great War (1914-17) in Russia and then summarise the events of the revolutionary year, considering how the Bolsheviks were adept at sloganizing the people's concerns (e.g. the April Theses' calls for peace, land and bread). It will then briefly look at the Civil War period, and consider why commemoration of the centenary of 1917 was downplayed in contemporary Russia.

**More information can be found here:**

<https://www.cambournevc.org/news-and-events/historic-all> and via [Twitter: @Historic All](https://twitter.com/Historic_All)

**HISTORIC** | a little

Join us for a series of free online history lectures. The lectures are open to all and will be hosted via Microsoft Teams.

**FREE LECTURE PROGRAMME**

Our next online lecture will be with.....  
**Dr George Gilbert:**

The Russian Revolution of 1917  
*Lecturer in Modern Russian History  
University of Southampton*

**Tuesday 1<sup>st</sup> December  
4pm-5pm**

Join via Microsoft Teams:  
<https://bit.ly/2lvV59Q>

Follow us on Twitter [@Historic\\_All](https://twitter.com/Historic_All) for dates and updates

For more information contact: [jangel@cambournevc.org](mailto:jangel@cambournevc.org)

# Attendance: Appointments / Absences

## APPOINTMENTS

We strongly encourage parents to make medical and dental appointments out of school hours where possible. Where this is not possible, pupils should be in school prior to/after the appointment and out of school for as little time as possible.

Missing registration AM or PM for a medical or dental appointment is counted as an authorised absence and advance notice is required for authorising these absences.

Please notify Reception of when an appointment is and the timings that the pupil will not be in school by emailing [thecollege@cambournevc.org](mailto:thecollege@cambournevc.org).

If we do not receive prior notification to a morning absence, we will contact home and the absence will only be authorised on proof of the medical appointment upon the pupil's return.

When leaving for an appointment, the pupil must sign out at Reception and be collected by their parent or carer, and they must sign back in when they return.



Sickness &  
Absence

## REPORTING YOUR CHILD'S ABSENCE FROM SCHOOL

If you need to report that your child is going to be absent from school, please email [thecollege@cambournevc.org](mailto:thecollege@cambournevc.org) by 9am each morning of their absence.

Please state your child's full name, their tutor group and the reason for their absence. **Just reporting your child is 'unwell' will not be accepted.**

*Where possible, please provide the attendance office with a copy of the appointment letter/card.*

### Planned Absence Request Forms:

To notify us of any planned absences, please visit the [Absences](#) page on our website and submit an Absence Request Form, with 2 school days' prior notice for this to be reviewed for authorisation.

### Medication:

Please remember that it is the parents/carers' responsibility to make sure that all emergency medication for your child is in school and in date.

# School Uniform / Lost Property

## SCHOOL UNIFORM



Thank you for continuing to support our drive for excellent standards of school uniform, and especially to those parents who have corrected the very short and stretchy skirts that were creeping in.

Families who find it difficult to afford school uniform at any time should contact Mrs Katie Reynolds at [kreynolds@cambournevc.org](mailto:kreynolds@cambournevc.org), in complete confidence, so that a way forward can be found.

Our up-to-date uniform policy and suppliers can be found on the school website:  
<https://www.cambournevc.org/parent-carer-and-student-information/uniform>

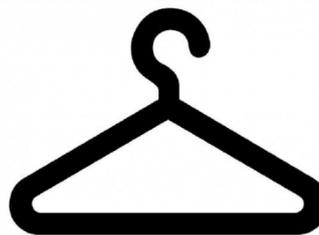
## SECOND-HAND UNIFORM

If you would like to check our second-hand uniform availability, please complete the form below to submit your enquiry.

Please allow 48 hours for a response.

### [Second-Hand Uniform Request](#)

Thank you  
Mrs Minney  
Reception



2<sup>nd</sup> Hand Uniform

## LOST PROPERTY



Thank you to those of you who attended our Lost Property event over half term. Although we have managed to find owners for a few of our lost & found items, we still have quite a few unnamed coats/jackets.

If your child has lost theirs, please ask them to check with their year team office or email [thecollege@cambournevc.org](mailto:thecollege@cambournevc.org) so that we can arrange for your child to check our unnamed items.

If your child needs a coat/jacket and would like to look through our unnamed items to find something suitable for them, please ask them to go to their year team office or email the College.

**All items unclaimed by 18th December 2020 will be donated to local charities.**

# Online Safety / Apps

## KEEPING YOUR CHILD SAFE ONLINE

Your child/children may be online more than usual at the moment. Please see below some links to helpful ideas and materials around keeping children safe online:

<https://www.net-aware.org.uk/>

<https://www.thinkuknow.co.uk/>

<https://oursaferschools.co.uk/home-learning-hub/>



## TEAMS | ONENOTE

Microsoft Teams, Teams assignments, and OneNote are becoming increasingly more central to the way we are providing and receiving work. Below are some resources to help you support your children with these services.

[Click here](#) for a guide to handing in Teams Assignments

[Click here](#) for a YouTube playlist with short tutorial videos (if you prefer, your child can access the same videos through their school account [here](#))



## COMBINED MINDS APP

Combined Minds is an app for parents and carers developed for teenage mental health charity Stem4 by Clinical Psychologists. The app aims to help families and friends support young people with their mental health.

Combined Minds use a 'strength based approach' which focuses on the positive attributes of the person and builds on resourcefulness and resilience. The app helps families to find ways to provide the right environment to help individuals they support affect their own change.



The app includes providing further information on certain needs such as anxiety and digital addiction as well as offering ways of accessing further help and useful suggestions of 'things you can do in the moment' to help support the young person.

More information can be found through the Combined Minds website at:

<https://combinedminds.co.uk/>

# Social Media & Mental Health

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

### POSITIVE IMPACTS

#### EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

#### SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

#### A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

### NEGATIVE IMPACTS

#### SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

#### HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

#### ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

#### CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



#### Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



#### HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- Mindshift
- Smiling Mind

#### SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 8002222
- Young Minds Parents line, 0808 802 5544

SOURCES: <https://www.centreformentalhealth.org.uk/publications/social-media-youth-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rpsb.org.uk/uploads/assets/upload-ed/92be279a-a85f-471e-9d6682e74142a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>

# Y11 Revisions Notices

## Y11 AFTER SCHOOL REVISION SESSIONS

The School Library is open to Y11 pupils every Tuesday after school from 3 to 4:30 to attend after school revision sessions.

They are welcome to do revision or homework, use a computer for research or to come just for some quiet reading. Please note that they will be expected to work independently.

Those who would like to attend need to sign up in advance using the online signing-up form that can be found on the Y11 section on The CATalogue.

The spaces are limited, and they are allocated on a first come, first served basis, but behaviour and attitude could also be taken in consideration.

Pupils will need to enter the Library using the fire door in the Y7 social area and they will need to sanitise their hands when entering and leaving. When browsing for books, it is compulsory to wear a face mask.



## Y11 LUNCHTIME REVISION SESSIONS



Run in S2 every Monday, Tuesday and Thursday lunchtime. Independent quiet revision only. This is not a lunch social area. Zero tolerance. Max 15 in the room.

Please book your place by completing the form below:

[Y11 Lunchtime Revision Session Booking Form](#)

## Y11 AFTER SCHOOL CATCH UP SESSIONS

If you receive a letter saying that your child is invited to a targeted session to help them catch up, we are grateful for your support in insisting that they attend.

For some pupils this will mean invitations to multiple sessions across the week.

If you have any concerns about this, please let me know.





# Sports Clubs

PE clubs have now resumed! See our schedule below, from 3pm to 4pm.

Please meet PE staff at the back door to the orange changing rooms. No sign up is needed, come along on the night for your year group. We would love to see as many of you there as possible, so come along with some friends and have fun!

Please process your payment via WisePay under the Clubs & Activities module (we ask for a contribution of £10 per term for access to any of our after school clubs).

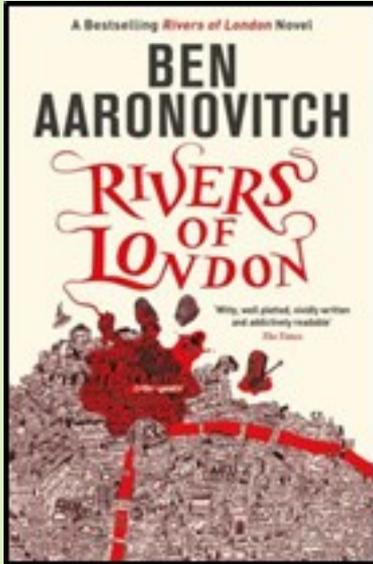
## Cam VC PE Department Extra-Curricular Clubs

|                                    |       |            |           |
|------------------------------------|-------|------------|-----------|
| <b>Monday<br/>Year 7</b>           |       |            |           |
| Football                           | Dance | Netball    | Badminton |
| <b>Tuesday<br/>Year 8</b>          |       |            |           |
| Football                           | Dance | Team Games | Badminton |
| <b>Wednesday<br/>Year 9</b>        |       |            |           |
| Football                           | Dance | Team Games | Badminton |
| <b>Thursday<br/>Sports Leaders</b> |       |            |           |
| Sports Leaders Workshop            |       |            |           |
| <b>Friday<br/>Year 10</b>          |       |            |           |
| Badminton                          |       |            |           |

# Library Recommendations

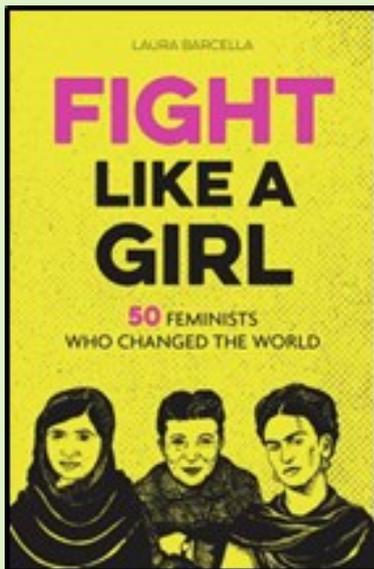


## *Rivers Of London* by Ben Aaronovitch



Peter Grant, having become the first English apprentice wizard in fifty years, must immediately deal with two different but ultimately inter-related cases. In one he must find what is possessing ordinary people and turning them into vicious killers, and in the second he must broker a peace between the two warring gods of the River Thames.

## *Fight Like A Girl* by Laura Barcella



The battle for gender equality is being fought by everybody from politicians to indie social media campaigners, celebrities to school girls. But how did we get here and who paved the way for today's feminist women? Discover the profiles of 50 fearless women - both the historical icons and the unsung heroes - such as Mary Wollstonecraft, Frida Kahlo and Roxane Gay.



## Students IT Support

If your child needs a password reset, for example to their email, Show My Homework or any of the platforms we use at the College, or if they have any issues with their iPads, please email [cam-support@cambournevc.org](mailto:cam-support@cambournevc.org).

We will aim to respond to any enquiry within 24 hours.

## Communication with the School

### How can I contact my child's Year Team?

Please email [cam-year7@cambournevc.org](mailto:cam-year7@cambournevc.org) | PSA Mrs Boyd



Please email [cam-year8@cambournevc.org](mailto:cam-year8@cambournevc.org) | PSA Mrs Stanford

Please email [cam-year9@cambournevc.org](mailto:cam-year9@cambournevc.org) | PSA Mrs Blane

Please email [cam-year10@cambournevc.org](mailto:cam-year10@cambournevc.org) | PSA Ms Hewitson

Please email [cam-year11@cambournevc.org](mailto:cam-year11@cambournevc.org) | PSA Ms Ramsay

We will aim to respond to any enquiry within 48 hours.

There are a variety of ways in which we will contact you, including by telephone, by letter, by email, in our newsletters and via our website. There are several ways in which you can contact us, and these include:



By email to [thecollege@cambournevc.org](mailto:thecollege@cambournevc.org)



By calling Reception for all general enquiries on 01954 284 000



By writing to Cambourne Village College, Sheepfold Lane, Cambourne CB23 6FR



Via the 'contact us' page of our school website [www.cambournevc.org](http://www.cambournevc.org)

We will aim to respond to any enquiry within 48 hours.