

WEEKLY BULLETIN | Friday 05 February 2021

The Week Ahead

Weekly Menu Please <u>CLICK HERE</u> to see our current Menu

Please <u>CLICK HERE</u> to see our current programme

Please CLICK HERE to see our current programme

Please CLICK HERE to see a list of our current Vacancies

Key Dates

Vacancies

Extra-Curricular Clubs

Sports Clubs and Fixtures

Until 12 February 2021 Y9 Virtual Guidance Meetings - By appointment only

12 February 2021 Last Day of Half Term

15-19 February 2021 February Half Term



Principal Letter

Dear Parents and Carers

A busy bulletin for you at the end of a busy week! Thank you to everyone who has attended Year 9 Guidance Interviews and Parent Consultation this week; these meetings have been highly positive and hopefully have been good replacements for our usual face-to-face events. There's a lot of information for you later in the bulletin, especially regarding extension activities for all and careers/further education advice for Years 10 & 11; please do take a look. Also, check out our Facebook page for examples of the fantastic work your children are still achieving under lockdown: https://www.facebook.com/CambourneVC/

Claiming Education Benefits
There are a range of benefits that families may be able to claim at this particularly difficult time, including free school meals and the Cambs Winter Grant. Please see the letters from the Local Authority sent via School Post for information. Claiming free school meals is a straightforward process; if you would like any help with this, please contact Mrs Popplewell at school: vpopplewell@cambournevc.org; Otherwise, just call Reception on 01954 284000 and someone will be pleased to help.

Free Sanitary Products Apologies for messing up the link for you yesterday; if you would like a supply of sanitary towels or tampons for your daughters, please contact our school nurse, Mrs Barker, who will be able to arrange this for you: jubarker@cambournevc.org

Snow There are varying reports about the amount of snow we might expect over the next few days. Now that we have remote learning, school closure on 'Snow Days' has become a thing of the past should we need to close Critical Worker School due to bad weather, a notice will be put on the school website in good time. Remote learning for everyone will continue as usual. (Sorry kids! – and staff!)

PE Competition And finally, a thank you to the PE Department; the half term wouldn't be complete without a PE Challenge!

On Monday 8th February the PE Department will be launching our **BATTLE**: **Cambourne** challenge to pit the three different areas of Cambourne (Upper, Great and Lower) as well as Cambourne Exiles (all those living outside of Cambourne) against each other in a distance challenge. Every time someone logs a distance they have run, walked or biked, this will add up to the cumulative total for their area.

It is really easy to enter – just every time you head out your front door, log the distance (in miles) that you have travelled; be it walking, running or biking. Log into our office form (<u>Battle: Cambourne</u>) and then upload your daily mileage making sure you click the area you are competing for.

Keep an eye on how each area is doing on the PE twitter page: https://twitter.com/CamVC_PE and watch our teaser trailer to get you in the mood for the competition (click here)

This is a whole community event, so everyone can log their distances and get involved. We hope to see students, siblings, parents, family members, colleagues all logging their distances to help their Cambourne area get as many miles as possible and be crowned the BATTLE: Cambourne champions!

Wishing you all a very happy weekend, with or without snowmen.

Take good care of yourselves, Claire Coates

Attendance During Remote Learning

During this period of remote learning, we log pupils' engagement via Show My Homework each morning. It is important you continue to report students' absence if they are unable to complete work due to illness, as we refer to this when checking students' submission of work.

Please email <u>thecollege@cambournevc.org</u> on the morning of absence before 9:30am. **Please** state your child's full name, their tutor group and the reason for their absence.

Please remember to continue to indicate if the reason for your child's absence is due to COVID-19 as we still need to collect this data for the Department of Education.

If your child has an appointment during the school day, even if it is not for the full day, please also notify us so that teachers can be informed that not all work may be submitted for that day, or there may be a delay in submission.

Thank you.

Please remind your child to log onto their Show My Homework every morning, latest by 09.00, as a mean of confirming their presence/attendance.

If your child needs their password reset, please email cam-support@cambournevc.org

Thank you.

Planned Absence Request Forms:

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



We appreciate your continued support in encouraging your child to attend their online classes.

MFL Language GCSE



Over the next few weeks, Year 11 students will be preparing and recording their **Spoken** Language Endorsement for their **MFL** Language GCSE.

This does not affect the grade a student receives in their MFL Language GCSE (it has a 0% weighting). However, students must complete the assessment as part of the course and are awarded a separate grade for it ("Pass", "Merit" or "Distinction"). The criteria for each grade have been shared with students, both during the Autumn Term and during the current remote learning period, and we will continue to share this with them at every opportunity. In particular, they should note the need to ask and respond to questions.

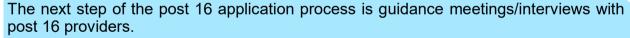
Assessment of the speaking will consist of two self-recorded tasks, with the first being a short presentation set as part of the normal timetabled remote learning. Students will record their presentation and send it to their teachers via Microsoft Teams. We would appreciate your support in encouraging your child to complete the speaking endorsement to the highest standards.

To complete the endorsement, students will need to do a further spoken task following their presentation; details will follow in due course. In addition, all the work that your child is doing with the Foreign Language Assistants and in any Live remote sessions will also count towards this endorsement, as well as the spoken work done in face-to-face teaching.

Good preparation of this part of their GCSE will also really help students with the writing and listening parts of the course, as the same skills are required to be successful.

Any questions you may have can be directed to your child's class teacher.

Post-16 Guidance Meetings



College guidance meetings/interviews are more like a discussion, rather than a formal interview. The aim is to allow students and course leaders/college to discuss the subjects/courses applied for and figure out a suitable study programme for your child.

Due to the COVID-19 (Coronavirus) pandemic, many face-to-face interviews have been cancelled, most colleges/sixth forms will be arranging interviews over the phone or online. Remember that college staff may be working from home and may call from a mobile or other unknown number.

If your child is uncomfortable answering calls from unknown numbers, contact the post 16 provider to discuss a solution.

Please check your emails regularly, including your junk or spam folder. This is the way colleges will let you know about upcoming interviews.

Please also remind your child to check their mychoice16 account for correspondence. Guidance meetings generally take place February-March.

If your child has not had any correspondence from a college or sixth form that you have applied to by the end of March, please speak to Ms Larbey-Douglas or Mr Thomas.

National Apprenticeship Week

Monday 8th – Sunday 14th February National Apprenticeship Week!

All around the UK, Colleges, Schools and Employers will be joining together to celebrate National Apprenticeship Week 2021.





Apprenticeships are a fantastic post 16 pathway that allow students to earn while they learn, and develop the specialist skills and qualifications that they need to enter their dream career. Apprenticeships are delivered at many different levels dependent on existing qualifications, up to degree level.

You can find out more information on apprenticeships, including degree apprenticeships on the UCAS website

UCAS Apprenticeship Fair - Tuesday 9th February, 10am-4pm

UCAS will be hosting a Virtual Apprenticeships Event to help students, parents and teachers to discover apprenticeships. You will be able to speak with experts and access a range of interesting and exciting information. To find out more, please visit the link below. www.ucas.com

You can find an <u>Apprenticeship Parent Pack</u> on the Careers page of the college website. You can also download a <u>guide to finding an apprenticeship</u> on the post 16 page of the college website.

National Apprenticeship Week with Cambridge Regional College

During this week Cambridge Regional College will be providing top tips, careers advice and hosting an online Information Evening to help young people and their parents understand what apprenticeships are, how they work and why they lead to successful careers.

The CRC Apprenticeship Information Evening is being held at 6pm on Thursday 11th February. During this event you will hear from Assessors, some of their apprentices and meet CRC's friendly team as they host a live Q&A to answer many of your questions. Please see attached leaflet for more information.

The CRC Apprenticeship Team are also available all week for students to book advice appointments with – these advice appointments will take place over the phone and they are able to assist with the applications process, give guidance on finding the right apprenticeship and talk about some of the current apprenticeship job vacancies that are available.

To find out more about National Apprenticeship Week, register for the Information Evening and book an advice appointment visit the CRC website: www.camre.ac.uk/naw-2021

Young Professionals Apprenticeship Event - Monday 8th February, 3-5pm

This event will look at 12 different apprenticeship journeys. The event is open to students in year 10 and 11 and provides the opportunity to ask questions and find out about other young people's career journeys. Attendees will learn about different types of apprenticeships, there will be some myth busting and the opportunity to win a few prizes along the way!

Please see the attached leaflet with more information and the link for registration

When taking part in online events, it is important to be mindful of online safety at all times. Please ensure that your child does not share any personal information during the event. There can be an opportunity for students to engage with event representatives directly and ask questions during events such as these, but all communication should take place via the prescribed chat functions and only during the event itself.

Year 9 Options



Join WWF to learn more about

the threats poaching and other wildlife crime has on wildlife

populations around the world.

This FREE webinar will enable

understanding of what is meant

by illegal wildlife trade, where

in the world it is happening,

you to develop an

and which species are

Guidance Interviews

A polite reminder: please could you make sure that you are logging on promptly to the Parents Evening System, for your options guidance interview, so that you have your full-time allocation.

If you are unable to attend your appointment time, please could email thecollege@cambournevc.org as soon as possible to reschedule.

Your appointment time can then be allocated to another pupil who is currently on a waiting list for that day. Should you miss your allocated slot it may not be possible to re-schedule your appointment.

Options

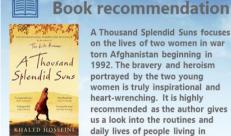
Parents of year 9 students will have received their **Options Forms** today on Schoolpost.

The deadline for completion is Monday 22 February.

f you have not received this Schoolpost message, please email us at thecollege@cambournevc.org

Geography: Explore More!

The Geography Department would like to introduce their brand new 'Explore More' series. Each week during remote learning, the Geography Department will highlight interesting online talks, recommend books, and suggest other activities so that students can explore more Geography!



A Thousand Splendid Suns focuses on the lives of two women in war torn Afghanistan beginning in 1992. The bravery and heroism portrayed by the two young women is truly inspirational and heart-wrenching. It is highly recommended as the author gives us a look into the routines and daily lives of people living in



14:15-15:00



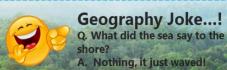
threatened. wwf.org.uk/get-involved/schools/calendar to register

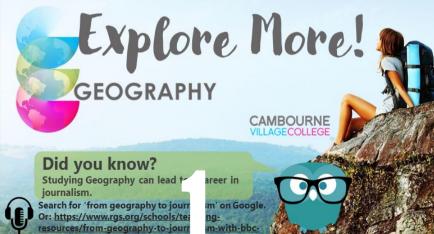


Photo of the week An Icelandic volcano erupting underneath the Northern Lights.



Afghanistan.





History Live Drop In Sessions

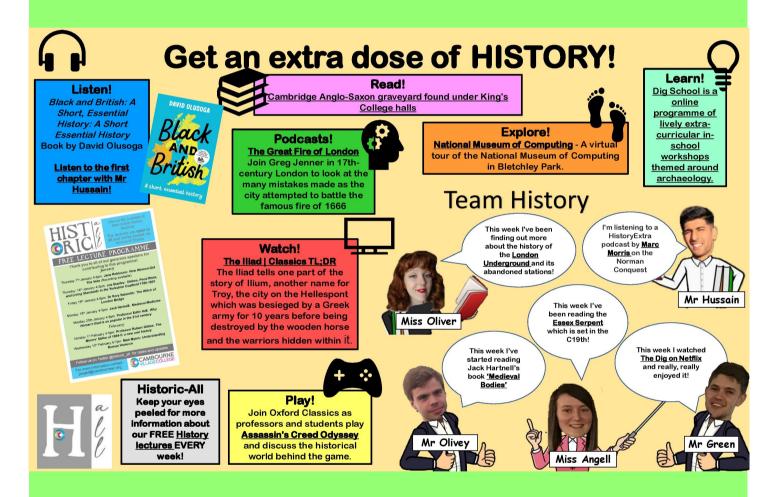
Every Friday KS3 students are invited to at least one optional live session that will takes place between 1.30-3pm.

Every Thursday KS4 History students are invited to our optional live session that takes place between 3.15-4.15pm.

In these sessions we will provide an overview of what has been studied remotely.

These sessions are optional but recommended as students will receive instant feedback to any questions they may have.

The links to these sessions will be distributed via notices and Teams- come along!



'Extra Dose' of History:

We are keen to help students to continue to enjoy History and we are encouraging those interested in the subject to make the most of the *Extra Dose* of History extensions shared every week via Teams/SMHW.

In addition, we are offering weekly History lectures with academics and Historians: recordings are available, and we highly recommend attending!

https://www.cambournevc.org/news-and-events/historic-all

History: All Lectures Programme

Historic-All lecture: Wednesday 10th February 6-7pm: Matt Myers

Understanding Roman Violence

Join via MS Teams: https://bit.ly/2LmcJii

From the bloodshed of the gladiatorial arena to civil wars and the assassinations of emperors, violence was ubiquitous in ancient Rome. This lecture will explore Roman violence in a variety of contexts and compare it with our own relationship with violence in the modern world: Were the Romans really the bloodthirsty monsters of the popular imagination? Or are we more similar that we would like to admit?



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.....

Matt Myers

Understanding Roman Violence

University of Nottingham

Wednesday 10th February 6-7pm

Join via Microsoft Teams:

https://bit.ly/2LmcJii





Follow us on Twitter @Historic All for dates and updates

For more information contact: jangell@cambournevc.org



BBC Young Reporter Virtual Festival

Throughout this month, the BBC Young Reporter team are hosting a range of online sessions focussing on careers, internet safety, filming and storytelling tips to help you prepare for this year's BBC Young Reporter Virtual Festival!

More details about The Festival in the coming days but for now, here are the workshops confirmed so far for this month. All you have to do is click on the **relevant links** to send us an email to tell us you're interested. We'll then send you the zoom webinar registration links.

TUESDAY 9 FEBRUARY - SAFER INTERNET DAY

Delivered by BBC News journalists, we'll be hosting a special 'Real News' live session exploring the theme of trust and how to separate fact from fiction online, plus tips on how to stay safe on the internet.

09:30 - 10:30 Ages 11-13 Register your interest CLICK HERE

11:30 - 12:30 Ages 13-15 Register your interest CLICK HERE

14:30 - 15:30 Ages 16+ Register your interest CLICK HERE

WEDNESDAY 10 FEBRUARY - Q&A: SCHEMES, APPRENTICESHIPS AND CAREERS WITH SCREENSKILLS. 10:00 - 10:45am

ScreenSkills is the UK skills organisation for TV, film, VFX, animation and games. The team are joining us to give their advice about apprenticeships, trainee schemes and accredited courses. This is a great opportunity for those 16+ to find out more about pathways and ask questions.

Register your interest **CLICK HERE**

WEDNESDAY 10 FEBRUARY - HOW TO RECORD YOUR NEWS REPORTS VIRTUALLY. 2:00 - 2:45pm

How can you create your news reports virtually? Can you record video calls? BBC Academy trainer Mark will show you how to record and edit your virtual interviews, how to frame your shots, think about your sound and more! Plus we'll give you some reporting tips so you're not using all your memory.

Register your interest **CLICK HERE**

FRIDAY 12 FEBRUARY - PODCASTING AND WORKING IN RADIO WITH BBC FIVE LIVE PRESENTER CHRIS WARBURTON. 11:00 - 11:45am

Interested in podcasting or radio? Want to create audio reports? Then this session is a must! BBC Five Live weekend breakfast presenter and podcaster Chris Warburton, and his producer Keiron will be talking all things audio. What makes a good podcast and engaging your audience, tips to be a radio presenter and of course answering your questions.

Register your interest **CLICK HERE**

SAVE THE DATE! TUESDAY 23 FEBRUARY - DIGITAL CITIES VIRTUAL: SPORT AND THE MEDIA

Still a working title and full details soon!

Throughout the day we'll have sessions exploring news and presenting, sport on digital platforms, and how to be creative with sport reporting.

Speakers from the industry will be sharing their knowledge and tips, and we'll explore the different career options and skills you need if you want to work in sports media.

Some important information:

- These sessions are delivered over Zoom as a webinar.
- They are live events that won't be recorded so you can't watch them later.
- You can share the Zoom links with young people over 16 or parents / guardians.
- Please do not share the link with anyone under 16 years old.
- Under 16s must attend with an adult present.
- Once registered via the Zoom link, you'll receive a confirmation email with the password to access the webinars.

Battle: Cambourne



Compete for your region in Battle: Cambourne

The Cambourne Village College PE department is launching a distance competition! The region who travel the farthest will reign supreme!

The whole of the Cambourne community can use any method such as walking, running, biking or scooting to cover as much distance as possible between Monday 8th February and Monday 8th March.

The PE department and your region's Year 11 captain are calling you and your household to compete for your region:

Great Cambourne – Izzy ©
Upper Cambourne – Elliot ©
Lower Cambourne – Max ©
Cambourne Exiles – Posy ©

Your team is based upon where you live in or outside of Cambourne. Cambourne Exiles includes anyone who lives outside of Cambourne but has links to Cambourne via the schools, work, family or community. Your region needs you!

Watch this short video for more information on Battle: Cambourne:

Battle: Cambourne Information Video

Submit your completed distance using this link:

Battle: Cambourne Distance Submission Form

Weekly Literacy — KS3

Spellings KS₃ spelling words beginning at dis - dis-

banded, disagreement

(educationquizzes.com)

Grammar KS3 Sentences | Learn Some of the Different

Types (educationquizzes.com)

Reading <u>Jacqueline Wilson | Author of the</u>

week | Oak Academy

(thenational.academy)

Writing
226 theauthor (b-cdn.net)

Weekly Literacy — KS4

Reading Turning over a new leaf? The best books for a

new year | Books | The Guardian

Writing

Your school is asking students to contribute some creative writing for its website.

Write a description as suggested by this picture:

OR

Write a short story that begins with the sentence: "Suddenly, I heard it. It was coming from the other side of the passage."

Cooking at Home | Food Tech — KS3

Food Preparation and Nutrition at KS3:

Cooking at home

It is a great shame that since the beginning of the pandemic, most pupils will not have been able to cook the usual dishes in our KS3 programme of study. Whilst the learning that they are doing at home is now the theoretic aspects of food preparation and nutrition, we would like to give an opportunity for pupils to do some practicals related to their current lessons/practicals that would have been delivered in school.



We will therefore be suggesting each week some recipes to try out at home. Each will be relatively simple, using standard equipment, and a minimum number of ingredients to make the basic dish. If your child would like to do any of the practical activities, they must be done under close parental supervision. Their DT teacher would love to see a photograph of the final dish!

We understand that not all families will have the funds available to cover the cost of ingredients at this time, or ability to supervise their child during the activity. **These recipes are therefore entirely optional!**

Any pupil in receipt of Free School Meals or the Pupil Premium can claim the cost of ingredients by submitting photographs of receipts to Mrs Taylor. We will try to provide reimbursement within 14 days. If you would like to take up this offer, this must be organised with Mrs Taylor **in advance** of each practical activity. Please email on etaylor@cambournevc.org.

English Support — KS3

For parents of children in KS3 (Years 7, 8 and 9):

If your child finds that they are in need of help with the work they have been set for English, please encourage them to use the email address below to ask questions and find support from the English team:

Year 7	cam-year7-english-help@cambournevc.org
Year 8	cam-year8-english-help@cambournevc.org
Year 9	cam-year9-english-help@cambournevc.org

These email addresses are monitored throughout the school day by a number of members of the English department, which should mean your children receive a timely and personalised response to their question.

Thank you.



University of Cambridge | Opportunities for Students

Trinity College: Litmus Creative Writing Project and Workshops (Years 9 – 11) In collaboration with renowned author Ali Smith, this is an opportunity for year 9-11 students currently attending a state school (or on a full scholarship to a fee-paying school) to submit a short piece of writing of under 500 words in poetry, prose or any other format (including artwork) based around a theme for publication. Using our submission form you can submit your work, but we're also going to be hosting free creative writing workshops in the last two weeks of February during which students at participating schools will have the opportunity to try new things, learn

To gain more details and to book one for your school, email thelitmus@trin.cam.ac.uk with the session you would like delivered and your preferred date/time and she will get back to you to confirm arrangements. But whether you take part in one of our workshops or not, and whether you're already a creative writer or have never tried before, we'll be delighted to read and publish your work. Everyone who submits will receive personalised feedback and have their work published on our website, while our favourites will appear in a published anthology in summer 2021. https://web.trin.cam.ac.uk/litmus/

Faculty of Divinity: Film Competition (Years 9 – 13)

Students are invited to make a short film inspired by one of the 50 Religious Treasures of Cambridge, and stand a chance to win a share of £500. Open to all UK Year 9-13 students.

Closing date 1st March 2021. https://www.divinity.cam.ac.uk/study-here/open-days/film-comp

Robinson College: New Directions Composition Competition (All ages below 18)

The New Directions competition is an opportunity for budding musicians to try their hand at composing a piece of music, and consider its role in bringing communication and creativity to life. The competition is open to anyone below the age of 18 and compositions can be from any style or genre: a song, an instrumental work, a piece on Logic – the more inventive, the better! Winning entrants for each age category will receive £50, and have the chance to attend a Music masterclass hosted by expert musicians at Robinson College, University of Cambridge (dates dependent on COVID guidelines). **The submission deadline is 19th March 2021.**

Further details and the competition brief can be found on the Robinson College Music Society website: https:// robinsoncollegemusicsociety.co.uk/outreachprojects

techniques and gain confidence.



Emmanuel College: Intermediate Japanese Taster Workshop (Year 11) - and link to pre-recorded Taster Lecture which might be interesting for any language student!

This workshop will be a chance to engage with Japanese language and culture, for Year 11 students across the UK. There will be 20 places <u>available for students who already have some experience of Japanese</u> – whether self-taught or at GCSE level. The Workshop will be held at 4.30-6pm, Thursday 4th March 2021, over Zoom. Apply here **by Thursday 25th February**, noon (including parent/guardian consent!): https://cambridge.eu.qualtrics.com/jfe/form/

Priority will be given to students studying at non-selective UK state schools and/or who meet our WP Criteria. Not sure if it's for you, or want to get a taste of what the session will be like in advance? Watch this taster lecture: https://www.voutube.com/watch-feature-voutube



Please click on the link below to view our Extended Learning Opportunities:

https://www.cambournevc.org/extended-learning-opportunities

Children and Young People in Care

Make it a Happier New Year for children and young people in care

2020 has been a difficult year for us all, but even more so for the children and young people who go in to 2021 without a stable home and loving family. This New Year we are looking for people who are determined, energetic and caring, to become foster carers.



Fostering with Cambridgeshire County or Peterborough City Councils means you are fostering with a local authority that truly cares about you and our children. We offer comprehensive training courses both before and during your fostering adventure with us. We also allocate a social worker who will support you and we also provide a 24/7 helpline so you will never feel alone!

Remember if you are a Cambridgeshire County Council or Peterborough City Council employee and undergoing an assessment as a foster carer for either council, (with agreement from your line manager), you are entitled to additional annual leave of up to 5 days to attend training courses.

So whether you are single, married, retired, working or a full time parent to a birth child YOU CAN FOSTER! Make this a happier New Year for our children and young people. To find out more, call 0800 052 0078, text FOSTERING to 60777, email fostering@cambridgeshire.gov.uk/fostering

Christian Union Group



The CU group (Christian Union group) will still be running during this lockdown, and will be moved online.

We are planning to run the group every Friday 3.30 - 4.15pm for all year groups, and all are welcome.

For more information and to fill in a permission form, please contact WCCYM on info@wccym.org





Students have access to a Teams channel of articles that school staff have chosen as being particularly interesting.

If your child is looking for something to read, there is a continually-updated selection – they'll fit nicely into the reading time each day, and offer something current to learn more about.

Find it here: Recommended Articles

Online Raffle | Amazing eVoucher to win!

The school's community and charity prefects (Madi and Hannah) are running an online raffle event to win an amazon e-voucher with entry available from the 25th of January until the 8th of February on Wisepay!

The money raised by this 2 week event will go to the Cambs Youth Panel (if you want more information on the Cambs Youth Panel visit their website: https://cambsyouthpanel.co.uk).

Tickets will be 50p or £1 for three.

The prize will be drawn on the 9th of February (the Tuesday) with entries closing at 11:59pm on Monday the 8th of February; a random number generator will be used to draw the winner's number.

★ VIRTUAL AMAZON VOUCHER RAFFLE ★



A BIT ABOUT THE CAMBS YOUTH PANEL:

The Cambs Youth Panel are a group of young people working together to benefit the community of Cambridgeshire. At the moment we are most well-known for our laptop project which we have been running since early March to get as many laptop and computer devices out to students for work as we can. (our website is: www.cambsyouthpanel.co.uk)

WHO ARE WE AND WHAT WE ARE DOING?

We are Hannah and Madi, The 20/21 Communities and Charity prefects. We are holding a virtual raffle to raise desperately needed funds for Cambs Youth Panel due to current covid-19 restrictions on school and the wider community. The prize in this raffle will be an Amazon e-voucher that will be emailed straight to the winner!

WHEN?

Tickets will be available to purchase on Wisepay from Monday the 25th of January and End on Monday the 8th February with winners being drawn and contacted on Tuesday the 9th February

HOW MUCH WILL TICKETS BE?

Tickets are 50p each or 3 for £1. Tickets are available on Wisepay!

HOW?

We will be collating and numbering all entries then using a random number generator to pick a winner!





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.

<u>Click here</u> for a guide to handing in Teams Assignments

<u>Click here</u> for a YouTube playlist with short tutorial videos (if you prefer, your child can access the same videos through their school account <u>here</u>)



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/

What you need to know about...

confine Mental Health & Welliams NOS

NOS National Online Safet www.nationelonlinesafety.com

What is it?

Social media can be really addictive, and sites want to keep users on their platforms for as long as possible. The more people scroll and consume there, the more money the social networks make from advertisers. Because of this, the platforms have invested heavily in designing themselves to be super addictive, persuading you to stay with them

online. Have you ever noticed that you can seemingly scroll forever on Facebook or Instagram? That's because these platforms

collect content from right across the internet so they can keep giving you, or your child, stuff to look at.

Persuasive Design'

Know the Risks

Hard to disengage

The most powerful trick used by social media platforms is to show you things they know you're interested in. Most platforms use algorithms to work out what content they should show you. These equations are highly complicated and very effective and keep you engaged for long periods of time. They avoid showing you things you'll find boring.

Limitless scrolling

If you were reading a book, you'd put it down once it ended. It's the same with a newspaper, magazine, or television show. Social media has no natural end, so it's easy to keep on scrolling and lose track of time.

Notifications addiction risk

Whether you're using a social media app or website, notifications from the platform keep you coming back for more. Notifications and alerts are addictive. We generally keep them turned on because we don't want to miss out. They're usually red because red signals danger. Social networks want you to feel like you MUST check your notifications!

Plays on emotions

Social networks are great at reminding you of people's birthdays and past special occasions. This means that lots of meaningful memories and messages between friends and families are documented on social media. This creates an almost emotional bond with social networks, leading to people's reluctance to stop using them.

Safety Tips

Set non-phone times

Have some time in the day when no one uses their phone. A good starting point is meal times. This gives you the opportunity to make sure everyone is off social media and interacts in real life. Perhaps when you go for a walk, you could all leave your phones at home or set a phone-free day each week.

Use screen time controls

There are lots of apps that monitor how long someone is spending on their phone and on specific apps. You can also set phones to restrict when certain apps can be used. IPhones have a 'downtime' feature, which automatically shuts apps off between specific times and needs you to manually override the setting if you want to keep using them.

No phones at night

Keeping a phone in another room at night means there are no temptations to check social media or scroll while in bed. This will definitely help improve sleep potterns too. Phones emit blue light, which can trick people into thinking it's day time and keep them from feeling tired.

Turn off notifications

There's nothing you can do to change the design of social media platforms. However, if you're concerned that someone's spending too long on social media, turning off their notifications can help put an end to those alerts that can tempt you back into the platform and break the cycle of 'alert, check, scroll'.

Action & Support

Monitor the situation

See if you can link your child's mood with the time they spend on their phone. Do they start scrolling when they're feeling bored or sad? Is the link the other way around? Perhaps it's the scrolling that affects their mood in which case it's a good idea to intervene and talk to them about how they're feeling.

Practice what you preach

If you're always scrolling, your children will think it's normal that they do too. Look at limiting your own usage and following the same rules for your own social media consumption. If there does seem to be an unhelpful relationship with social media developing, this is probably made worse by spending longer there





Our Expert Jodie Cook



Jodie Cook is a leading expert on social media. She is the founder of JC Social Media, an award-winning team of social media managers and trainers, and was included in Forbes' 30 under 30 social entrepreneurs in Europe 20 17. Jodie has appeared on ITV News and CNBC and has worked as a social media expert for The Telegraph, New York Post and Forbes Online



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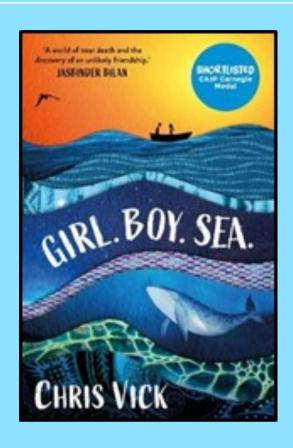
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Library Recommendations

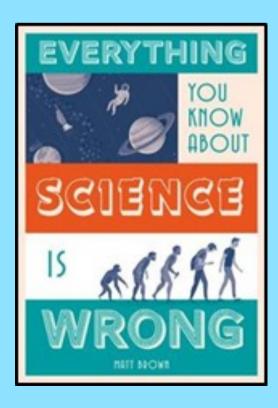
Girl. Boy. Sea. by Chris Vick

Available on SORA



A British boy narrowly survives the sinking of his yacht in a huge storm off the coast of Morocco. After days alone at sea in a tiny rowing boat Bill rescues a girl clinging for her life to a barrel. Aya, from the nomadic Amazigh tribe, was escaping to Europe when her migrant ship was destroyed in the same storm. Through endless days and starspangled nights, they drift - mere specks on the vast, empty ocean - weakened by fear, hunger, and burned by the unforgiving sun. Aya tells Bill about The Arabian Nights, and Shahrazad, who told 1001 stories to save her life. As hope of rescue begins to fade, they find strength in these tales of magic, brave heroes, wily thieves, greedy sultans, and courageous girls. When they land on a desert island, they're surprised to be confronted by a stranger who is not what he seems... and back out on the waves once more in the dark deep, a shadow follows... Shortlisted for the 2020 CILIP Carnegie Medal

Everything You Know About Science is Wrong by Matt Brown



Author Matt Brown in his trademark humourous style debunks the scientific myths we all take for granted. Does nothing travel faster than the speed of light? Well, in certain circumstances, a winded tortoise can go faster. Are there actually seven colours in a rainbow?

Think again. And our author merrily explains why our hair and nails don't keep growing after we die and why chemicals in our diet might not be the toxic threats we are led to believe.

Covering everything from pseudoscience to phenomena of physics, scandals of space and scientific misquotes, *Everything You Know About Science is Wrong* shatters a range of illusions we have accepted unquestioningly since childhood and demystifies this most puzzling of subjects.



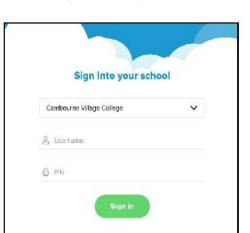
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Both your **Username** and **Password** is your six-digit school learner number, i.e. 219000.

- Your homepage (on the app) will look like similar to this.
- · Search for books by tapping "Explore"



For any questions or support with SORA please email:

CAM-Librarian@cambournevc.org

School Uniform and Lost Property



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 their year team admin (details below), in complete confidence, so that a way forward can be found:

Year 7 – Louise Boyd cam-year7@cambournevc.org

Year 8 - Melanie Stanford cam-year8@cambournevc.org

Year 9 - Kayleigh Blane cam-year9@cambournevc.org

Year 10 – Julia Hewitson cam-year 10@cambournevc.org

Year 11 - Louise Ramsay cam-year11@cambournevc.org

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



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

Second-Hand Uniform Request

Please allow 48 hours for a response.



If your child has lost an item of uniform, please ask them to check with their year team office in the first instance, or please email the college@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.

Useful Links



Please click on the link below to access our **PE** related information:

Parent Bulletin Links - PE

Please ensure that your child's PE kit is named. This will help with returning any lost property. Thank you.

Please click on the link below to access **Covid-19** related information:

Parent Bulletin Links - COVID-19





Please click on the ink below to view our latest **PSHE** information:

Parent Bulletin Links - PSHE

Please click on the ink below to view our latest **DofE** updates:

Parent Bulletin Links - DofE





Please click on the link below to find information about our **Music Clubs**:

Parent Bulletin Links - Music Clubs

Please click on the link below to find out more about our **Extended Learning Opportunities**:

https://www.cambournevc.org/extended-learningopportunities



Self Isolation Support





Positive help if you've tested positive (or are a close contact of someone who has)

Need to self-isolate? We can help you! If you've been told to self-isolate, you're not alone.

Help is available to everyone across Cambridgeshire who has been asked to do this to break the chain of infection – and stopping its spread to our most vulnerable people.

This includes financial help, emotional help or practical support to do day-to-day things.

What support can you receive?



The Government's Test and Trace Support Payment Scheme is run by each of the district and city councils across Cambridgeshire and entitles people who meet certain criteria to a one-off payment of £500 if they lose income because they can't work. This payment can be made available on multiple occasions if you are a close contact of people who test positive a second or even third time.



If you aren't eligible for the government support, don't worry - there's a local discretionary fund which can **give you financial support so you can pay your essential bills.**



There is also a network of support hubs run by the district and city councils which can support you with food shopping, collecting medicine, dog walking, befriending services and in many other ways.













Please get in touch if there are barriers preventing you from self-isolating, as we can help you to remove them.

There really is no reason not to self-isolate.

Details of all the support available can be found on your local council's website or at www.cambridgeshire.gov.uk



You can also contact your local support hub via your local council or by calling 0345 045 5219.



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.

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 | PSA Louise Boyd

Please email cam-year8@cambournevc.org | PSA Mel Stanford



Please email cam-year9@cambournevc.org | PSA Kayleigh Blane

Please email cam-year10@cambournevc.org | PSA Julia Hewitson

Please email cam-year11@cambournevc.org | PSA Louise 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



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

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