

# WEEKLY BULLETIN | Friday 11th November

## The Week Ahead

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

Extra-Curricular Clubs Please <u>CLICK HERE</u> to see our current programme

**Sports Clubs and Fixtures** Please <u>CLICK HERE</u> to see our current programme

Vacancies Please <u>CLICK HERE</u> to see a list of our current Vacancies

# **Key Dates**

Monday 14th November

Year 11 1:1 Guidance Interviews

The Brilliant Club (Year 9 @ 3pm and Year 10 @ 4pm)

Wednesday 16th November Year 10 assembly: Apprenticeship Talk (8.40am)

Thursday 17th November Year 11 Parents Consultation (lessons 1-4 taught). School finishes at 1.30pm for all pupils

Friday 18th November Year 9 History trip to Ypres (4.30am start)

Wednesday 30th November HPV 1 Vaccinations—Year 8

Friday 2nd December School Closed

Monday 5th to Friday 9th

December

Year 11 Mock Exams

#### **Hire the Cambourne VC Facilities!**

Our 3G Astro pitches are available for hire for football and other sports.

Football Season 2022-23 update - we have spare training slots available as follows:

- Mondays 8 to 9.30pm
- Thursdays 8 to 9.30pm
- Fridays 4.30 to 5.30pm and 8.30 to 9.30pm

The 3G is also available for matches and for children's parties at the weekend and in the evenings during the holidays.

For more information please check out our website here: <a href="https://www.cambournevc.org/">https://www.cambournevc.org/</a> adult-education-community/3G-details.php

or email our Community Coordinator directly on isims@cambournevc.org

#### Save the date: Community Litter Pick

Do you want to be a Litter Champion? As an Eco-School, we are organising our first Community Litter Picking Event on **Saturday 26th November, from 10 am till 1 pm. Meeting point: The Great Cambourne Cricket Pavilion** 



Bring your family and friends and have fun outside while doing something really useful for the Cambourne Community. Litter picking equipment and refreshments will be provided. More details will be published nearer the time.

#### **Aspirational Fridays continues!**

Continuing from the success of last year we will continue to have weekly visitors into school. These talks will run throughout the year from speakers who are pas-

sionate about a topic, ranging from Space Travel to Fossils to Impressionist Art. Keep an eye out for a topic you might be interested in!

This term we have had visits from local museums and ex CamVC students.

If you are interested in coming into school to share your area of interest or career, please get in touch with Miss Angell (jangell@cambournevc.org) - we'd love to hear from you!



# What Parents & Carers Need to Know about



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



#### GET CONNECTED

#### 2. KEEP TALKING

### 3. STAY VIGILANT

#### 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child le ready to open up about what happened. Just gently remind them that they can always come to you with any problems - and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

#### 5. BE PREPARED TO LISTEN

#### FURTHER SUPPORT AND ADVICE

if you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

#### 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent fighting their battles for them. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

#### 7. REPORT BULLIES ONLINE

#### 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullyling. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentally report that person to the app or game where the bullying occurred.

#### 9. SEEK EXPERT ADVICE

#### 10. INVOLVE THE AUTHORITIES

if the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

#### Meet Our Expert







**National** Safety



www.nationalonlinesafety.com



f /NationalOnlineSafety



(O) @nationalonlinesafety

# **Online Safety Tips**

#### **KEEPING YOUR CHILD SAFE ONLINE**

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/





#### **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 <a href="https://combinedminds.co.uk/">https://combinedminds.co.uk/</a>

#### **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: <a href="https://catrustorg.sharepoint.com/:b:/s/CambourneVCPublic/Eckeb-WkJX1NoaAciPBjAScBG">https://catrustorg.sharepoint.com/:b:/s/CambourneVCPublic/Eckeb-WkJX1NoaAciPBjAScBG</a> cU4zuSmd0A0WEUDyO-Fw?e=OgjANx

<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 here)



# YOUR INVITATION TO JOIN OUR MCCF HUB **CAMBRIDGE**

• **VENUE:** Hills Road Sport Centre, CB2 8PF

U14 boys: Saturdays, 1:30-3pm, 14 January-25 March • DATES: U16 Boys: Sundays, 11:30-1pm, 15 January-26 March Girls: Sundays, 10-11:30am, 15 January-26 March

#### ELIGIBILITY

Aged 11-16

Attend a state school

Committed to putting 100% effort into all training sessions

Did not play in a County Team last year (and not currently part of a County Team)



#### APPLY

Thinking about it? Email the Hub Manager to find out more:

Joe Uttridge

cambsmccfhub@gmail.com

Ready to go? Scan the QR code and register your interest by: 6th November 2022

#### WHAT IS A CRICKET HUB?

MCC Foundation (MCCF) runs a network of 77 cricket Hubs serving some 3,000 young players across the UK. Our Hubs provide free-to-access coaching and match play for state-educated cricketers aged 11-16.

- Have fun whilst being supported to reach your full potential on and off the cricket pitch.
  - · 10 weeks of high-quality intensive cricket coaching during the winter
    - Match play and talent ID opportunities over summer
    - Cricket+ including S&C, Mental Health and nutrition support
      - · Completely FREE to attend

info@mccfoundation.org.uk





# **Physical Education**

A quick reminder to all parents, carers and students of the health and safety rules in PE lessons.

Students should not be wearing earrings or any jewellery in their PE lessons. The covering of earrings with tape is not a sufficient safety measure; students should be fully removing all earrings in order to participate in their practical PE lessons.

Additionally, long nails, acrylics and nail extensions also pose a significant health and safety issue during PE. Please ensure all long nails or acrylics are cut short or removed

These rules are to keep everyone safe and we thank you for your support with ensuring students can abide by them.

#### **PE Fixtures**

There are a large number of fixtures that take place across the year and many pupils are selected for these based on their participation in clubs.

Parents should note that pupils will be selected and informed about fixtures prior to the event and given the timings of these and details about the location and what to wear. This information is displayed on the board outside the PE office for all pupils to see.

It is expected that it is pupils' responsibility to pass on this information to parents. We therefore do not get written consent for every fixture each week. If any parent does not agree with their child being selected and taken on fixtures in this way, please contact the school to make alternative arrangements.

### PE Department Extra-curricular Clubs - November 2022

#### MONDAY 3-4pm

Trampolining – Gym

KS4 basketball – Sports hall

Girls' football – Astro

Table tennis – Performance Hall

Hockey – Astro

#### **TUESDAY 3-4pm**

Dance – Drama studio

KS3 Basketball – Sports hall

Volleyball – Gym

Year 9-11 Boys' Football

KS4 table tennis – Performance Hall

#### WEDNESDAY 3-4pm

#### **FIXTURES**

BTEC Catch up – IT04 GCSE Catch up – O11 Netball – Hard courts

#### **THURSDAY 3-4pm**

Sports Leaders Opportunities – Check the Sports Leaders Board

Girls active – Sports Hall (sports leaders)

#### FRIDAY 3-4pm

Badminton – Sports Hall and Gym

Year 7-8 Boys' football – Astro

Girls' rugby – Field

Boys' rugby – Field

**Boys** – meet at the back doors to the **orange** changing rooms **Girls** – meet at the back doors to the **green** changing rooms



#### **Instrumental & Singing Lessons**

In Cambourne we have nearly 200 pupils regularly doing Instrumental & Singing lessons in school! If you child would like to learn a musical instrument, or get singing lessons – then it isn't too late to sign them up – and for most instruments they would be able to start almost straight away.

#### We currently offer instrumental lessons for:

- Flute, Clarinet, Saxophone, Violin, Trumpet, Trombone
- Piano, Keyboard
- Drums
- Acoustic Guitar, Electric Guitar, Bass Guitar

And singing lessons for all varieties of singer – including pop / classical / musical theatre!

If you would like to find out more about how instrumental & singing lessons work, then visit the school website for more details:

Instrument lessons - Cambourne Village College (cambournevc.org)

And then fill in the online form here:

Application form for instrument and singing lessons at Cambourne Village College (office.com)

If you have any questions about instrumental & singing lessons, please contact Geoff Page (Head of Music – <a href="mailto:gpage@cambournevc.org">gpage@cambournevc.org</a>

#### **Music Clubs**

There are lots of different clubs that your child can come attend if they want to develop their musical skills and get to know other musicians in the school!

Clubs are free to attend, and the different groups often get opportunities to perform in school concerts, as well as opportunities outside of school.

The following clubs are starting next week (in the Music Block):

Band (Monday 3-4pm), all instrumentalists, all years

Junior Singer (Tuesday lunchtime), years 7 & 8

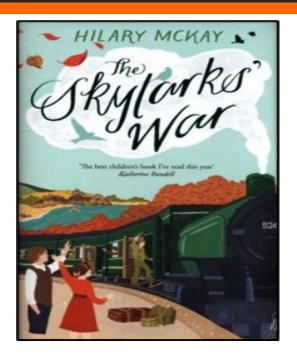
Jazz Band (Tuesday 3-4pm), years 9-11

**Ukulele Club** (Wednesday lunchtime), years 7 – 9

Friday Choir (Friday 3-4pm), years 9-11

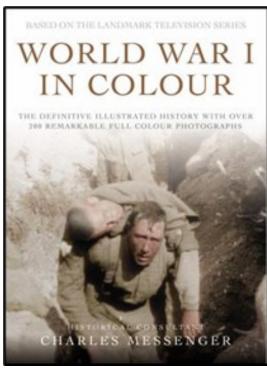
If your child is interested in joining a musical club, they are welcome to attend (whatever their ability) and see how they get on!

# BOOK RECOMMENDATIONS



### The Skylarks' War by Hilary McKay

The Skylarks' War is a beautiful story following the loves and losses of a family growing up against the harsh backdrop of World War One, from the award-winning Hilary McKay. Clarry and her older brother Peter live for their summers in Cornwall, staying with their grandparents and running free with their charismatic cousin, Rupert. But normal life resumes each September - boarding school for Peter and Rupert, and a boring life for Clarry at home with her absent father, as the shadow of a terrible war looms ever closer. When Rupert goes off to fight at the front, Clarry feels their skylark summers are finally slipping away from them. Can their family survive this fearful war? (Available from the School Library and on SORA)



### World War I In Colour by Charles Mes-

senger

For the first time, rare archive footage in black and white from worldwide sources has been recast into colour with the greatest care and attention to detail. The results are breathtaking, bringing a remarkable immediacy and poignancy to the war which consumed the lives of 10 million soldiers and civilians. Complemented by an authoritative text by respected historian Charles Messenger and interviews with eye-witness survivors, the book traces in chronological order the development of the war, from the seeds of conflict and the opening shots to the way in which it was fought, whether in the trenches, at sea or in the air. (Available from the School Library)

# ARTICLES

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

Please see below for information about a free **Effective Family Budgeting Course**. The course runs online from 10am -1pm and the next dates are the 15<sup>th</sup> and 27<sup>th</sup> of November.

The course looks at bills, savings and taxes, equipping participants with the skills and confidence to create a monthly budget. Their intent is support as many local residents as possible and on top of the funded course, participants will receive a £25 shopping voucher.

This is organised externally to CAM VC, so please direct all enquiries to floraedgar@runwaytraining.co.uk





# Family Budgeting Course



### Do you want to gain an insight into effective family budgeting?

Free online course on 15th November 10am - 1pm

This free online course will help you work out a monthly budget and improve your ability to plan ahead. If you sometimes lose track of where you're spending your money or want to ensure you're making informed choices, then this is

the course for you.

All learners completing the course will receive a £25 shopping voucher

#### Contact



@ floraedgar@runwaytraining.co.uk



01732 402 402

Shopping

Multiply

www.runwaytraining.co.uk



With the Wildlife Trust for Beds, Cambs and Northants

# Hardwick Wood Saturday 12<sup>th</sup> Nov. 9.30am - 12.30pm

Join Communities and Wildlife Officer Becca for a sociable walk and practical task on Hardwick Wood Nature Reserve

- This session is for young people aged 11-17 and designed for participants to attend independently
- We'll walk 2-3 miles discussing how to identify common wildlife along the way, and carry out some practical habitat management using hand tools
- There will be a chance to get to know like-minded people and chat with staff
- Booking is essential to ensure paperwork is completed: www.wildlifebcn.org/events







### Explore more events online: wildlifebcn.org/events

The Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire, The Manor House, Broad Street, Cambourne, CB23 6DH Tel: 01954 713500 Email: cambridgeshire@wildlifebcn.org Registered charity No. 1000412 TWITTER, TWEET, RETWEET and the Twitter Bird logo are trademarks of Twitter Inc. or its affiliates.

# <u>Making Connections: A City Access Public Consultation – Have Your Say: A message from the Greater Cambridge Partnership</u>

Greater Cambridge is a vibrant, economically successful and beautiful place. But we have some of the worst congestion in the UK, making it hard to get around and polluting our air. For many journeys, there's no alternative to going by car, limiting opportunities for many. With employment and population growing, the pressure on our roads will increase and our quality of life will suffer.

Today we have launched our Making Connections consultation. You can have your say on proposals for faster, cheaper, more reliable bus services and safer cycling through the introduction of a Sustainable Travel Zone:

- From as early as mid-2023, we're proposing to transform the bus network through more services to more locations, with cheaper fares at £1/£2 per journey.
- Alongside the bus network, we're proposing more investment in new sustainable travel schemes, such as better walking and cycling links.
- From 2027/28, we propose to introduce a Sustainable Travel Zone in the form of a road user charge on behalf of Cambridgeshire County Council as the Highway Authority. Vehicles would pay to drive in the Zone at certain times.

There would be discounts, exemptions and reimbursements for some, including those on low incomes and blue badge holders.

Shaped by extensive consultations, we're seeking input to this step-by-step plan for better, cleaner, safer transport.

#### Have your say

You can complete our survey online or contact the GCP by post, phone, email or social media from today (Monday 17<sup>th</sup> October) to midday Friday 23<sup>rd</sup> December. Find out more about the ways to respond online: <a href="https://www.greatercambridge.org.uk/mc-2022">www.greatercambridge.org.uk/mc-2022</a>.

You can hear more about the proposals at a series of drop-in events across the region. There are also online events. All events are listed here: <a href="www.greatercambridge.org.uk/mc-2022">www.greatercambridge.org.uk/mc-2022</a>.

#### Help us reach more people by sharing with your networks

There are materials to share at: https://greatercambs.filecamp.com/s/3QQqPRbNCVhUhluA/fo

This includes a simple slide pack for presentations. We can also provide a GCP representative to speak to your staff or community meetings or events. Please contact consultations@greatercambridge.org.uk and we will do our best to coordinate.

Print flyers, posters and consultation brochures are available in limited numbers on request. This includes brochures in large print, Braille, audio tape and other languages. Please contact **01223 699906** to request these.

This is a once-in-a-generation opportunity. Feedback from your organisation and the public is vital to shape these plans for a better, cleaner and safer Greater Cambridge.

Thank you in advance and we look forward to hearing your views.

Rachel Stopard
Chief Executive
Greater Cambridge Partnership



# ATTENDANCE MATTERS

6 days or less absence per year 97% or above VERY GOOD THIS IS YOUR TARGET

Between
7 and 19 days
absence per year
90% - 96%
BELOW
EXPECTATIONS

More
than 19 days
absence per year
Under 90%
POOR
ATTENDANCE

#### Reporting your Child's absence from school

The best way to report your child's absence from school is to email thecollege@cambournevc.org before 8:30am in the morning. Please use this email rather than contacting the Year teams or a member of staff directly, as this inbox is monitored all the time and other notifications may be missed.

Please email your **child's name along with their year group and tutor group** with a brief description of the reason they will be absent. Just reporting 'unwell' is not sufficient and this will need to be followed up by the Year team.

#### **Medical Appointments**

If your child is going to be absent from school due to a prearranged medical appointment, we ideally need notification of this 2 school days in advance. Please email

thecollege@cambournevc.org with the date and time of the appointment and if possible, a copy of the appointment letter/card. This will ensure the Year team and Reception staff are aware of your child arriving late / leaving early and the necessary arrangements can be put in place. If your child needs to leave early for an appointment, they should inform their teacher that they need to be excused early and make their own way down to Reception. The Reception staff will try to help locate children for appointments, but we do not always have someone available to do a collection from lessons.

All pupils leaving early for appointments need to be collected by a parent to sign them out through our main Reception.

#### Planned Absence Request

For any planned absence which is not a medical appointment, please complete a <u>planned absence request form</u>. If possible, please submit this form two weeks before the absence. This will enable us to give you a response before the absence is taken. If a request for planned absence is not made, it is likely to be recorded as Unauthorised on your child's attendance record.

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 <u>thecollege@cambournevc.org</u>** 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.



# SecondHandUniform

We currently have a large number of good quality second hand uniforms available for purchase at a discounted rate. Please complete the form: Second-Hand Uniform Request and enter what uniform needs your child has.

With evening reception hours (6pm to 9pm) each weeknight (during term time) there is an opportunity to organise a Covid safely-distanced visit to the school to 'see before you buy' at hours to suit you.

Please email our evening receptionist **Liz Staines** to organise a time slot: <u>El-Staines@cambournevc.org</u>



Thank you for your continued support with your children's return to school by sending them back in such smart uniform.

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 - Sam Tomlinson <a href="mailto:cam-year7@cambournevc.org">cam-year7@cambournevc.org</a>

Year 8 - Lorraine Lye <a href="mailto:cam-year8@cambournevc.org">cam-year8@cambournevc.org</a>

Year 9 - Louise Boyd <a href="mailto:cam-year9@cambournevc.org">cam-year9@cambournevc.org</a>

Year 10 - Mel Stanford <a href="mailto:cam-year10@cambournevc.org">cam-year10@cambournevc.org</a>

Year 11 - Kaleigh Blane <a href="mailto:cam-year11@cambournevc.org">cam-year11@cambournevc.org</a>

Our up-to-date uniform policy and suppliers can be found on the <u>school website</u>.



#### **Safeguarding**

At Cambourne Village College we work hard to make sure that we build up positive relationships with the pupils in our care and we hope that we can support families in safeguarding your children.

Safeguarding is Everyone's Responsibility

#### What is safeguarding?

- Protecting children
- Preventing harm to a child

This includes a variety of different aspects. We are here to help your child make good choices but also support them if they make a mistake.

We work with individual students, their families and external agencies.

#### What do we do at CamVC to safeguard your child?

- **Staff are vigilant** staff are very good at noticing small changes and listening to the concerns of those in our care. Tutors are well placed in this process, however all staff play an active role in this.
- **Designated Team** we have a specific team of people working each day to address concerns raised by staff, pupils, parents and external agencies. This team works to make sure concerns are addressed and the appropriate support is advised
- Pupil Voice we encourage pupils to speak to us or raise their concerns via the 'Report a Concern' button on their iPad

#### How can we help you?

If you have any concerns about your child or you would like any support, please contact us via <a href="mailto:cam-safeguarding@cambournevc.org">cam-safeguarding@cambournevc.org</a>



## 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 <a href="mailto:cam-support@cambournevc.org">cam-support@cambournevc.org</a>.

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 Sam Tomlinson

Please email cam-year8@cambournevc.org | PSA Lorraine Lye

Please email cam-year9@cambournevc.org | PSA Louise Boyd

Please email cam-year10@cambournevc.org | PSA Mel Stanford

Please email cam-year11@cambournevc.org | PSA Kayleigh Blane

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 the college@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 aim to respond to any enquiry within 48 hours.