

# WEEKLY BULLETIN | Friday 08 January 2021

## The Week Ahead

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

Please CLICK HERE 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**

26 January 2021

Vacancies

Extra-Curricular Clubs

Sports Clubs and Fixtures

21 January 2021 Y9 Virtual Options Evening 7pm—8pm

Curriculum Planning Day—School closed to pupils

04 February 2021 Y9 Virtual Parents Evening 2pm—7pm

13 February 2021 Last Day of Half Term



# **Principal Letter**

#### **Dear Parents and Carers**

Considering that on Monday we thought we would be returning to school and that Year 11 were sitting exams this summer, it's been quite a week... On site, an astonishingly professional centre for Covid Lateral Flow Testing has been set up, Critical Worker School established, support for vulnerable learners at home put in place, remote lessons created to replace the usual timetable and IT support made available to families as required. I'm hugely grateful to the teaching and support staff at CamVC for a phenomenal team effort to get things running so well at such short notice. Please bear with us as we continue to iron out any glitches over the next week.

**Remote Learning** We have put in place a timetable based on what we learned had worked best for pupils and staff during last year's closure and during subsequent year-group closures last term. We're keeping this under review and on Thursday next week, we will survey pupils and parents to seek your views as to the quality, quantity and level of work being provided for the students.

**Critical Worker School** For those attending:

Pupils should attend from 9.00 to 3.00pm, in full school uniform.

Next week, no pupils will be leaving early.

Pupils should bring PE trainers with them in a plastic bag every day.

**Year 11** We expect it will be some time before we hear what assessment process will replace the GCSE exams. In the meantime, we still have to send projected grades to Post 16 providers in January and these are based on the grades we would realistically have expected pupils to have achieved, based on the evidence we had gathered up to the end of December, including the mock exams. These are not necessarily the grades that students will receive in the summer: as in any normal year, projected grades can change according to how pupils progress during the latter part of the course. It is therefore essential that pupils continue to work hard because any further evidence we can gather this term is likely to have a bearing on the final judgements we will be called upon to make at the end of their courses.

**Year 10** A number of parents have contacted us with concerns about the impact of the current school closure on their children's potential achievements in the public examinations of 2022. We cannot know this for certain, but whatever form of Key Stage 4 assessment is used, our current Year 10 students are well-placed compared to many in the country. Our remote work last summer was of a high standard and all the year group had an iPad – unlike most of the country. They were able to start their option subjects a term early, which staff reported as beneficial. Year 10 were in school and working well for most of last term, and will be taught remotely very well for the next lockdown. Provided that students work hard, complete and hand in all assignments this term, they will not be disadvantaged in any nationally-graded round of qualifications in 2022.

**Year 9** We may have to spread the appointments for Year 9 Parent Consultation over two days, and will be in contact about this with you shortly.

**Pupil Wellbeing** Mr Yeates has placed an excellent set of resources on the website: these are aimed at both pupils and parents: please take a look on <u>Well-Being - Cambourne Village College</u> (cambournevc.org)

**Pupil Safety** - Please see the resources later in the bulletin from the Police, on general issues of safety affecting young people during lockdown, and on the importance of safe use of the internet.

Wishing you all a very good weekend – we should see the sun tomorrow! – and take good care of yourselves,

Claire Coates

# **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





# **SCHOOLS**

January 2021

**HAPPY NEW YEAR!** 

Welcome to our January Newsletter, which we hope contains helpful information and advice for you to share with your family. We would like to reiterate that our newsletters are designed to inform Parents and Carers of <a href="both">both</a> Primary and Secondary school children, and therefore trust your personal judgement on what you feel will be <a href="relevant">relevant</a> information to share with your child

#### An apology first

In our December issue we included an article promoting the Police Instagram platforms. The article may have caused confusion or concern for which we apologise.

Please be reassured that Cambridgeshire Constabulary does not actively promote or encourage young children to create their own social media accounts. Age restrictions are in place to safeguard young people online, so adult supervision should be provided. Social media platforms like **Yourpolice.uk** promotes safe and monitored interaction with the Police on which we are able to share important messages and raise issues likely to be of interest to young people. This Instagram page is more specific to **teenagers** or their parents/carers wishing to understand more to support their families.

#### Instagram: Do you and your family follow?

We are encouraging Parents and Carers to sign up to Instagram and follow the Police locally and nationally. The Police UK page below has been designed especially for teenagers - a safe online space with reliable info, advice & weekly quizzes!





@cambscops





@yourpolice.uk

### **Drug Safety - Cannabis Edibles**

Drug awareness is always an important subject to cover and hopefully you will recall our October newsletter when we highlighted **cannabis edibles** being packaged as **Nerd rope** confectionary. Unfortunately it is necessary to raise this concern again as it has recently come to our attention that there are a variety of THC (Tetrahydrocannabinol) infused products (**as pictured**) being distributed and seized in our communities. As you can see, they look very similar to well known branded sweets and could be mistaken for and digested by young children. We therefore urge parents and carers to be vigilant. These products can often be identified by a warning message in the small print on the packaging. THC is the principal psychoactive constituent of cannabis and there are health risks when consuming these products, which can include change in mood and body temperature, dry red eyes or dry mouth, paranoia and anxiety and increased heart rate (to name a few). If you are concerned that someone may have consumed these, please contact 111 for medical advice.







Call: 101

Telephone: 18001 101 Visit: cambs.police.uk Follow: CambsCops

Subscribe: eCops.org.uk

#SaferCambs











Creating a safer

Cambridgeshire

# SAFER SCHOOLS

January 2021





#### **Crime Prevention**

Bikes are always a popular gift at Christmas time, so anyone who has



been lucky enough to have received one should take extra security precautions to prevent it from being stolen. More than **500,000** bikes are stolen in the UK each year, don't let yours be one of them. Please click on the following link for top tips to secure your bike:

www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/bike-security-advice/

Also, did you know that you can register your cycle with <a href="https://www.bikeregister.com">www.bikeregister.com</a> which is a free service used by the Police to match found cycles with their rightful owners. To register, you will need to find your frame number, which is usually located near the handlebars, below the seat post, by the pedals or towards the back wheel.

In addition to registering cycles, you can also take extra precautions on other items of property or personal belongings by logging into <a href="https://www.immobilise.com">www.immobilise.com</a>.

By using this **free of charge service** you can record crucial details of numerous items ranging from small pieces of jewellery to large TV's — basically anything portable, valuable or just something you wouldn't want to lose!

#### **Surrender and Compensation Scheme**

Cambridgeshire Police are supporting the National Surrender and Compensation scheme. The surrender scheme marks an important development in the government's commitment to tackling serious violence and making our communities safer.

The scheme is now 'Live' and will run until 9th March 2021. The surrender scheme has been launched following the introduction of the Offensive Weapons Act 2019 'prohibiting possession of specific offensive weapons and firearms'

For a full list and descriptions, please visit the <u>guidance on</u> the <u>Government website</u>.

#### **Anti Social Behaviour (ASB)**







With the long winter months settling in, it can be easy for young people to become frustrated having to remain indoors more, especially with the additional COVID restrictions and the temporary closure of entertainment and sporting facilities.

Boredom amongst young people has been considered to be one of the main causes of **Anti-Social Behaviour (ASB).** 

Experimental activities which may begin as a bit of a joke to pass the time, could very quickly become out of control with devastating effects on vulnerable people within the community.

Peer pressure can be very powerful, however we urge anyone who might find themselves in a tempting situation to **stop and think** about the potential impact that their behaviour could have – not only for the victims on the receiving end of ASB but also to consider the personal consequences for themselves and the criminal offences they may be committing. With strict COVID restrictions in place, please avoid the temptation to meet in groups and remain at home.

Help us and play your part to **STAMP OUT ANTI- SOCIAL BEHAVIOUR.** 



Call: 101

Telephone: 18001 101 Visit: cambs.police.uk Follow: CambsCops

Subscribe: eCops.org.uk

#SaferCambs











# SAFER SCHOOLS

January 2021





#### **NHS Scam Alert!**

An NHS related scam text message has just been brought to our attention. At this time we have limited information but we feel it necessary to make parents and carers aware to give you the opportunity to exercise some element of caution should you receive something similar. These message have been received across the county.

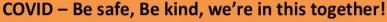
The text message received (see picture) states that the recipient is entitled to a vaccine and to receive more information they should click on the link in blue. If the link is clicked, then the recipient will see 'we need to prove ownership of address' the recipient will then be are asked to provide bank

account details, sort code and a full bank card number. SCAM! This is NOT genuine.

Criminals continue to send phishing communications in their pursuit to deceive people into clicking on links and then to provide their private information such as email addresses, passwords and banking information.

For genuine COVID-19 related advice including vaccination information, visit www.gov.uk and www.nhs.uk

For more advice about protection from scams visit: <a href="https://www.cambridgeshire.gov.uk/residents/community-protection/against-scams-partnership">https://www.cambridgeshire.gov.uk/residents/community-protection/against-scams-partnership</a>



It is vital we continue to keep our families and communities safe by reminding ourselves to adhere to **all** lockdown rules. <a href="https://www.bbc.co.uk/news/explainers-52530518">https://www.bbc.co.uk/news/explainers-52530518</a>

With a return to home-schooling these can be challenging times for parents and carers. We ask you to be mindful of your own and your family's mental wellbeing. You can actively seek advice from professionals, friends, family and the school community should you need some support. Please click on this link to see GOV.UK's guide for supporting children and young peoples mental health during COVID. <a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing</a>











#### \*Parents & Carers forum \*

We mentioned in our last newsletter that we are considering live, virtual Q&A sessions for parents and carers. At this time the uptake has been low. So a gentle reminder:

- · Would you be interested in participating?
- · What topics would you like covered in these forums?

Please contact us to confirm your interest via our e-mail Schools&CYP@cambs.pnn.police.uk

Call: 101

Telephone: 18001 101 Visit: cambs.police.uk

Follow: CambsCops

Subscribe: eCops.org.uk

We would love to hear your feedback & comments.
You can contact the team via our email

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#SaferCambs











# **Y11: BTEC and National Exams**

BTEC and National Exams will go ahead at CamVC this month and next.

Pupils affected will be contacted individually.

#### Next week's exams are:

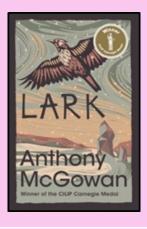
Monday - Animal Care

Tuesday - Engineering



# **Library Recommendations**

#### Lark by Anthony McGowan



Things are getting tense at home for Nicky and Kenny as they wait for a visit from their estranged mum. To escape, they go for a walk on the moors, taking their little Jack Russell terrier with them. But what should have been a laugh, a lark, turns deadly when the weather changes and they are caught in a blizzard. Nothing will ever be quite the same again ...

Winner of the 2020 CILIP Carnegie Medal

# The Mindful Teen (Powerful Skills to Help You Handle Stress One Moment at a Time) by Dzung X. Vo



This work offers a unique program based in mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT) to help you deal with stress. The simple, practical, and easy-to-remember tips in this book can be used every day to help you handle any difficult situation more effectively-whether it's taking a test at school, having a disagreement with your parents, or a problem you are having with friends.



# Sora

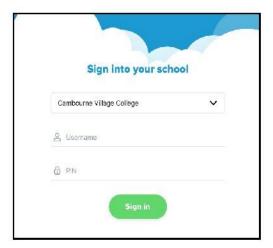
by Overdrive

- Accessing eBooks
- and eAudio books
- FOR FREE!!!

## Download the Sora App

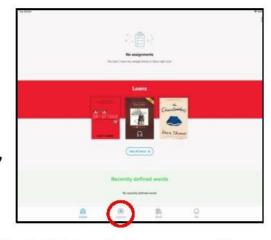
- If you have a school iPad it may already been on it.
- If you have a smartphone at home, please download to it.
- You can also go on the Overdrive website.
- · Click to find your school





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

# 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/



# 10 Ways You Can Get the Most out of

# **OUR NEW APP**



Lockdown has sent children's screen time soaring again. And making sure that young people stay safe online can be tough when there are new apps, games and sites every day. To help, we've launched an app of our own. Packed with hundreds of insightful guides, it'll keep you informed about the latest online crazes – and hazards. There's also a free online safety parents' course, compiled by experts and presented by online safety ambassador Myleene Klass. The National Online Safety app is available to download now from Google Play and the App Store. And here's our list of the top 10 ways you can get the most out of it.



#### CONNECT THROUGH YOUR PHONE

Access online safety advice from any smartphone, granting you vital knowledge at the touch of a screen.



#### GET ONLINE SAFETY ADVICE INSTANTLY

Our award-winning resources are available 24/7, giving you essential information whenever – and wherever – you need it.



#### STAY UP TO DATE, ALL THE TIME

Notifications are sent straight to your device as soon as new content's available. So you'll always be up to date with the latest tips and guidance to ensure your children are safe online.



#### FIND WHAT YOU NEED STRAIGHT AWAY

Concerns about CoD? Issues around Insta? Our user-friendly, 'Netflix-style' interface and powerful search function let you find the content you need – as soon as you need it.



#### PERSONALISE YOUR CONTENT

Highlight and store the resources that are most relevant to you, so you can find them easily as soon as you need them. Stop trawling and start learning.



#### HAVE YOUR SAY

Our innovative weekly vote feature tackles your specific concerns by letting you help to decide which subjects we cover in the future.



#### PUT EXPERTISE IN YOUR HANDS

Our resources are developed by respected authorities in education, technology and online safety. The digital world won't stop evolving – but our app gives you expert help.



#### KICK OFF THE CONVERSATION

Our app's content will give you loads of ideas and pointers on how to help your children to start thinking about online safety – and understanding the potential risks out there.



#### FIND OUT ABOUT ONLINE RISKS

We've got hundreds of free guides addressing a range of topics and online risks. Know your TikTok from your Triller and your FIFA from your Fortnite.







#### GO TO THE TOP OF THE KLASS

Watch our insightful FREE parents' courses on online safety. They span kids' age groups from 4 to 18, and they're presented by online safety ambassador Myleene Klass.



# What are they?

## ? 'Video Streaming Apps & Sites'

Video streaming apps and sites can allow people to share activities and hobbies with others in real time or watch their favourite films and TV shows online. There are different types of video streaming services. Twitch is used for watching others play video games in real time; you can watch YouTube live and watch Netflix, Amazon Prime or Apple TV with friends and family. Video streaming has gained popularity in the last few years because there is a sense of community when watching with others and papels of the stream of the watching with others and people can comment on videos and ask questions in

real-time.

## Know the Risks

#### Inappropriate videos

#### Chatting with strangers

#### Binge-watching

#### Screen addiction

## Safety Tips

#### Check age-ratings

13.

Ensure that children are at the right age to use the app. Most video streaming apps require users to be at least 13 years old. Be clear on what apps and sites children can use. Encourage them to never participate in online discussions that are offensive and never interact with strangers or people they don't trust.

#### Change privacy settings

Check the privacy setting of children's app. Ensure that for whichever app they are using, the settings are set to private and disable comments if applicable. Furthermore, set screen time restrictions via the app or the device to limit children's use.

#### Implement parental controls

Activate parental controls your child's devices and apps. This will prevent them from accessing content they shouldn't. For instance, on Netflix, create a kids profile. This way they will only be able to view videos appropriate for their age group. Likewise, use YouTube kids over YouTube or apply restrictions and turn off features such as autoplay.

#### Spend time on the app

Before allowing children to access a video streaming app, spend some time browsing throug its content. Familiarise yourself with how it works, what content is available and what your child wan to watch. Check-in regularly and ask what they enjoy watching and how it makes them feel.

# **Action & Support**

#### Report inappropriate content

If a child comes across inappropriate content or something that makes them feel uncomfortable on an app such as YouTube, you can report the content and the person who has uploaded the content to the platform. If a stranger is looking to engage with your child, block them and report them.

#### Have an open and honest conversation

Adults can review the TV shows and films that have been watched many video streaming apps. If a child seems upset or shocked by something they have seen or if you are concerned about anything they've viewed, ry to talk to them about it and have an open and honest conversation to help understand any concerns.

#### Encourage other activities

If you think a child is spending too much time on a video streaming app, try to foster their interest in other activities or hobbies away from their device. Encourage them to get outdoors, play with friends, play board games or just simply spend more time together with you

### Our Expert Parven Kaur



Parven Kaur is social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks; a web resource that helps parents and children thrive in a digital world.



www.nationalonlinesafety.com

Twitter - @natonlinesafety Facebook - /National Online Safety

Instagram - @nationalonlinesafety

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

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

Year 9 - Kayleigh Blane cam-year 9@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.

# 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 <a href="mailto:thecollege@cambournevc.org">thecollege@cambournevc.org</a>.

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.





#### REPORTING YOUR CHILD'S ABSENCE FROM SCHOOL

If you need to report that your child is going to be absent from school, please email <a href="mailto:thecollege@cambournevc.org">thecollege@cambournevc.org</a> 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 <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.



#### **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.

# 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 <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 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 <a href="mailto:thecollege@cambournevc.org">thecollege@cambournevc.org</a>



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.