



# WEEKLY BULLETIN | Friday 15 January 2021

## The Week Ahead

Weekly Menu	Please <a href="#">CLICK HERE</a> to see our current Menu
Extra-Curricular Clubs	Please <a href="#">CLICK HERE</a> to see our current programme
Sports Clubs and Fixtures	Please <a href="#">CLICK HERE</a> to see our current programme
Vacancies	Please <a href="#">CLICK HERE</a> to see a list of our current Vacancies

## Key Dates

21 January 2021	Y9 Virtual Options Evening 7pm—8pm
26 January 2021	Curriculum Planning Day—School closed to pupils
12 February 2021	Last Day of Half Term
15-19 February 2021	February Half Term



# Principal Letter

Dear Parents and Carers

## **Remote Learning Survey**

Thank you to everyone who has already completed our survey on remote learning. Please do respond to this by Monday at noon, if you haven't already done so – your contributions are anonymous and will all be read and considered, alongside those of the students:

[https://forms.office.com/Pages/ResponsePage.aspx?id=1u3qfje\\_FUCP6Rn7wsAtVXnS3VhKD\\_xlsjm94FP4VUN0VIOUtiRkRSWjk2T0M5WjIWVzZN\\_NENFRS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=1u3qfje_FUCP6Rn7wsAtVXnS3VhKD_xlsjm94FP4VUN0VIOUtiRkRSWjk2T0M5WjIWVzZN_NENFRS4u)

## **Lateral Flow Testing at Critical Worker School**

You may be aware of some questions about Covid testing in schools, particularly around the tests being used to allow those pupils who are direct contacts of positive cases to attend school by having a daily test. We have not done this at school and the guidance has now changed: we will continue to carry out weekly testing to screen for asymptomatic cases of the virus, but pupils and staff who are known to be direct contacts of a positive case will be asked to self-isolate for 10 days as previously. This is because the tests are known to be only about 60-70% reliable at detecting positive cases. Even at this level of accuracy, routine testing is still thought to be helpful at identifying asymptomatic cases and we will continue with this general screening as another layer of virus prevention – while being very careful to maintain all our other measures of distancing, hand hygiene and face-coverings.

## **Help Support our Foster Care Service**

Please see the message from the Local Authority later in this bulletin – there is a greater need than ever for people to come forward to foster a child.

## **Enrichment opportunities offered by the University of Cambridge**

There's a really exciting set of webinars and creative opportunities on offer this term for our students to access – see the later pages. Please encourage your child to investigate these and to discuss with a teacher if they need any support in applying.

## **Healthy Selfie Challenge**

Message from the PE Department: We are relaunching the hugely successful "Healthy Selfie" challenge from last year in order to celebrate all the physical activity that students and families are doing. Getting out of the house, being active and raising your heart rate is so important, now more than ever. Not just for your physical health but also for your emotional wellbeing. It can help to reduce anxiety, increase self-esteem, improve your sleep and give you more energy to tackle the day.

We would like our students and their families, when out on daily walks or bike rides, completing their physical activity or CamVC PE challenges, to take a selfie (a Healthy Selfie) to show off how everyone is maintaining their physical activity in this difficult time.

To share these healthy selfies, please email them (from an adult's email address) to [cam-healthyselfie@cambournevc.org](mailto:cam-healthyselfie@cambournevc.org). By doing this, you are giving consent for us to celebrate and share your image on the school website and our social media. Please check out our PE Twitter page [@CamVC\\_PE](https://twitter.com/CamVC_PE) to find out more.

I hope that you all have relaxing - and healthy! – weekends.

With all good wishes and take care  
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 [thecollege@cambournevc.org](mailto:thecollege@cambournevc.org) 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.



Sickness &  
Absence

## Planned Absence Request Forms:

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



The first week of remote learning has been very positive, with the average attendance of online working and those attending in school at **96.4%**.

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

# 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](#)



# Rotary Youth Competitions | Update



To allow for the difficulties being experienced by pupils and by schools through the current pandemic, the closing date for entries for both **the Young Photographer Competition and the Young Environmentalist Competition** has been extended to 8 March 2021.

The rules for the Young Photographer Competition have been simplified. Details of both competitions can be found on the Rotary Club of Cambridge website: [www.cambridgerotary.org.uk](http://www.cambridgerotary.org.uk)

**Both competitions could make excellent activities for pupils during the current restrictions.**



## Virtual Careers Fair – 27<sup>th</sup> January

Springpod is holding a Virtual Careers Fair, taking place on the 27th of January, which will see students learn from companies such as HSBC, Network Rail, EY and Cancer Research UK.

Some of the companies providing talks and interacting with students are also either due to run Virtual Work Experience Programmes in the coming months or are already accepting applications. This means that, not only will students be able to learn about potential apprenticeships at each company, but also find out about current programmes and insight days that they can get involved with from home!

Find out more and [register here](#)



# Immunisations Cancelled



**All immunisation dates have been cancelled** at present due to the Coronavirus situation.

They will be rescheduled at later dates.

Please contact [CCS-TR.CambslmmsTeam@nhs.net](mailto:CCS-TR.CambslmmsTeam@nhs.net) directly if you have any queries about this, leaving a contact telephone number and the team will get back to you.

*Please note that the contact telephone numbers previously provided are not in use anymore.*

# History-All Lectures

## Historic-All Lecture Update- now weekly!

Thank you all for your support of our free public lecture programme so far. Originally, we intended to host these monthly but due to the current lockdown we have decided to host at least one a week during this half term.

We hope that these lectures will help students and the wider community during this period of remote working, and we are incredibly grateful to all the speakers who agreed to take part at late notice.

For this academic year, all lectures will be online and shared via Microsoft Teams.

Details about how to join the events (free of charge) will be available via the school website <https://www.cambournevc.org/news-and-events/historic-all> and via [Twitter: @Historic\\_All](https://twitter.com/Historic_All)

The aim of these lectures is multifaceted: they expose our students and the wider community to academics and scholarly debate, and they are intended for History teachers to continue to build subject knowledge, but most importantly they foster a love and interest in the subject.

This also fits in with our wider school remit of being a Village College, inspired by the ideas of Henry Morris, in which schools should act as a community hub and that education is a lifelong process. Everyone is welcome- spread the word!

Thank you for all your help and please do get in touch if you have any questions.

Best wishes,

Miss Angell



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

Thank you to all of our generous speakers for  
contributing to this programme!

### January

Thursday 7<sup>th</sup> January 4-5pm: **Jane Robinson: *How Women Got  
The Vote*** (Recording available)

Thursday 14<sup>th</sup> January 4-5pm: **Joe Stanley: *Strikes, Food Riots,  
and Living Standards in the Yorkshire Coalfield 1786-1801***

Friday 15<sup>th</sup> January 4-5pm: **Dr Rory Naismith: *The Witch of  
London Bridge***

Monday 18<sup>th</sup> January 4-5pm: **Jack Hartnell: *Medieval Medicine***

Monday 25<sup>th</sup> January 4-5pm: **Professor Edith Hall: *Why  
Homer's Iliad is so popular in the 21st century***

### February

Monday 1<sup>st</sup> February 4-5pm: **Professor Robert Gildea: *The  
Miners' Strike of 1984-5: a new oral history***

Wednesday 10<sup>th</sup> February 6-7pm: **Matt Myers: *Understanding  
Roman Violence***

Follow us on Twitter @historic\_all for dates and updates

For more information contact:  
jangel@cambournevc.org



# 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 techniques and gain confidence.

To gain more details and to book one for your school, email [thelitmus@trin.cam.ac.uk](mailto: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: Theology & Literature study evening (Years 11 and 12)**

'Voicing the Devil': A study evening exploring the relationship between theology and literature. Aimed at students in Years 11 and 12 with an interest in literature, performance, theology, religion, and philosophy of religion - especially those who are thinking about studying these subjects at university. Online 28th January 2021, 6-7pm. <https://www.divinity.cam.ac.uk/study-here/open-days/study-evening>

## **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>



## **Trinity College: Target Oxbridge (Year 10)**

This free online programme will provide Y10 Black African and Caribbean students, and mixed race students with Black heritage, the opportunity to gain an early insight into life at Cambridge and how to secure a Cambridge place. Students will be invited to attend four monthly webinars between April and July. These webinars will provide the chance to hear from current Black students at Cambridge and to ask questions about their experiences. The team at Trinity College, Cambridge will also provide information on what admissions tutors are looking for in applicants, and how students can make the right A Level choices to improve their chances of securing a place on their preferred Cambridge courses. The webinars will also provide advice and insights into how degree subject choice impacts career options, as well as the chance to take part in a mini lecture run by a Cambridge academic. <https://www.trin.cam.ac.uk/access/outreach-during-covid-19/targetoxbridge>

## **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 available for students who already have some experience of Japanese – 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.youtube.com/watch-feature-youtube>

# **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](mailto:fostering@cambridgeshire.gov.uk) or visit [www.cambridgeshire.gov.uk/fostering](http://www.cambridgeshire.gov.uk/fostering)

# Christian Union Group

CHRISTIAN  
UNION

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](mailto:info@wccym.org)

## Library Recommendations

*Available on*

***Patron Saints of Nothing*** by Randy Ribay

***SORA***



Jay Reguero plans to spend the summer playing video games before heading to university in the autumn. But when he discovers that his Filipino cousin, Jun, has been murdered as part of President Duterte's war on drugs, and no one in the family wants to talk about what happened, Jay travels to the Philippines to find out the real story. Hoping to uncover more about Jun and the events that led to his death, Jay is forced to reckon with the many sides of his cousin before he can face the whole horrible truth – and the part he played in it.

Shortlisted for the 2020 CILIP Carnegie Medal

***Why I'm No Longer Talking to White People About Race*** by Reni Eddo-Lodge



“Every voice raised against racism chips away at its power. We can't afford to stay silent. This book is an attempt to speak” (Reni Eddo-Lodge)

The book that sparked a national conversation. Exploring everything from eradicated black history to the inextricable link between class and race, *Why I'm No Longer Talking to White People About*



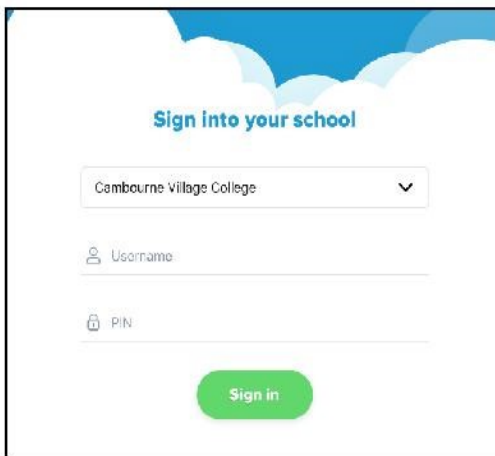
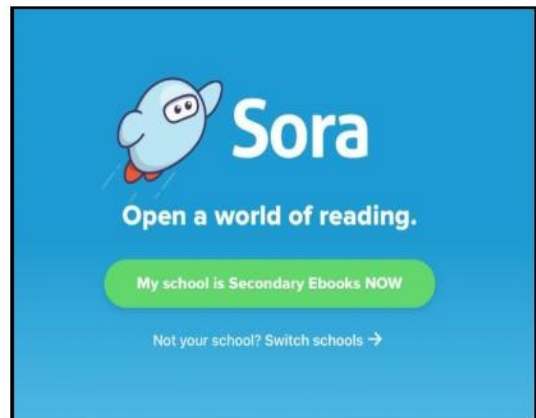
# Sora

by Overdrive

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

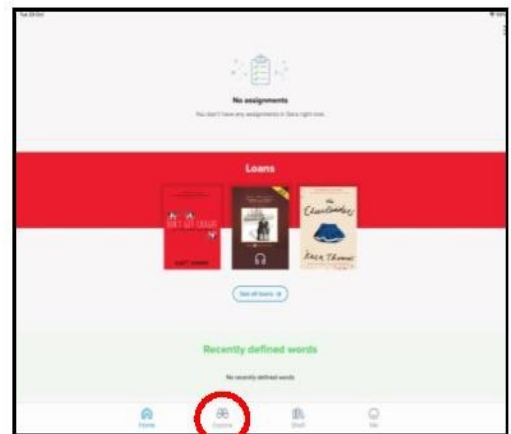
## Download the Sora App

- 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](mailto:CAM-Librarian@cambournevc.org)

# SAFER



# SCHOOLS

HAPPY NEW YEAR !

January 2021

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 **both** Primary and Secondary school children, and therefore trust your personal judgement on what you feel will be **relevant** 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!



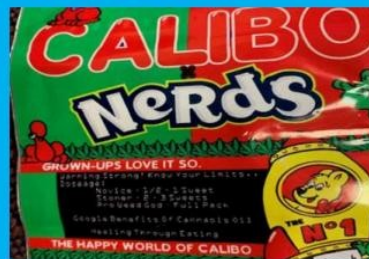
@cambscops



@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** confectionery. 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](https://cambs.police.uk)  
Follow: CambsCops  
Subscribe: [eCops.org.uk](https://eCops.org.uk)

#SaferCams



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/](http://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 [www.bikeregister.com](http://www.bikeregister.com) 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 [www.immobilise.com](http://www.immobilise.com). 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 [guidance on the Government website](#).

## 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: [camb.s.police.uk](http://camb.s.police.uk)  
Follow: CambsCops  
Subscribe: [eCops.org.uk](http://eCops.org.uk)

#SaferCambs



Creating a safer  
Cambridgeshire

# 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 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](http://www.gov.uk) and [www.nhs.uk](http://www.nhs.uk)

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

## COVID – Be safe, Be kind, we're in this together!

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

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. <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>



## \*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](mailto:Schools&CYP@cambs.pnn.police.uk)

We would love to hear your feedback & comments.  
You can contact the team via our email  
[Schools&CYP@cambs.pnn.police.uk](mailto:Schools&CYP@cambs.pnn.police.uk)

Call: 101  
Telephone: 18001 101  
Visit: [cambs.police.uk](http://cambs.police.uk)  
Follow: CambsCops  
Subscribe: [eCops.org.uk](http://eCops.org.uk)

#SaferCambs



Creating a safer  
Cambridgeshire

# Online Safety | Apps

## KEEPING YOUR CHILD SAFE ONLINE

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

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

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

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



## TEAMS | ONENOTE

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

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

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



## COMBINED MINDS APP

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

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



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

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

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



# 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.

1.



## CONNECT THROUGH YOUR PHONE

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

2.



## GET ONLINE SAFETY ADVICE INSTANTLY

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

3.



## 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.

4.



## 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.

5.



## 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.

6.



## 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.

7.



## 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.

8.



## 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.

9.



## 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.

10.



## GO TO THE TOP OF THE CLASS

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.

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Part of our Social Media & Live Streaming Series

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What you need to know about...

# VIDEO STREAMING APPS & SITES

## 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 people can comment on videos and ask questions in real-time.

## Know the Risks

### Inappropriate videos

When watching on video streaming apps, it is difficult to filter the content that is out there. For instance, when a child is watching a YouTube video, they will get recommendations for other similar videos. The risk is even higher with videos which are live, as children could be watching inappropriate content in real time.

### Chatting with strangers

Video streaming apps or sites increase the risk of children communicating with strangers online. For example, most YouTube videos allow users to comment on the video. Whilst children could be watching something innocent, the comments section can be used by groomers to try and direct them towards private messaging.

### Binge-watching

Children can easily fall into 'binge-watching' on video streaming apps which can impact on sleep, mood and their ability to concentrate on other things. The autoplay function can make it difficult to find time for a break and often the recommended content is similar to what children are already watching based on the algorithms used.

### Screen addiction

In addition to binge-watching, most video streaming apps are available across all devices with an internet connection which can mean increased screen time. Popular apps, such as Netflix and Amazon Prime, have huge libraries of content which can mean hours of viewing time and potentially less time spent on learning, playing outside or interaction with friends and family.

## 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 through its content. Familiarise yourself with how it works, what content is available and what your child wants 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, try 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.

# 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](mailto:cam-year7@cambournevc.org)

Year 8 – Melanie Stanford [cam-year8@cambournevc.org](mailto:cam-year8@cambournevc.org)

Year 9 – Kayleigh Blane [cam-year9@cambournevc.org](mailto:cam-year9@cambournevc.org)

Year 10 – Julia Hewitson [cam-year10@cambournevc.org](mailto:cam-year10@cambournevc.org)

Year 11 – Louise Ramsay [cam-year11@cambournevc.org](mailto: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 [thecollege@cambournevc.org](mailto:thecollege@cambournevc.org) so that we can arrange for your child to check our unnamed items.

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

# 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](http://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](mailto:cam-support@cambournevc.org).

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

## Communication with the School

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



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

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



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

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

Please email [cam-year11@cambournevc.org](mailto: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](mailto:thecollege@cambournevc.org)



By calling Reception for all general enquiries on 01954 284 000



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



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

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