



WEEKLY BULLETIN | Friday 18th November

The Week Ahead

Weekly Menu	Please CLICK HERE to see our current Menu
Extra-Curricular Clubs	Please CLICK HERE to see our current programme
Sports Clubs and Fixtures	Please CLICK HERE to see our current programme
Vacancies	Please CLICK HERE to see a list of our current Vacancies

Key Dates

Monday 21st November	The Brilliant Club (Year 9) 3pm The Brilliant Club (Year 10) 4pm
Tuesday 21st November	Year 7 football and U16 basketball Vs Chesterton Year 10 Engineering trip to Carl Zeiss (3pm)
Wednesday 22nd November	Mixed Year 7/8 hockey, Year 7 and Year 8 football Vs Melbourn
Wednesday 30th November	HPV 1 Vaccinations - Year 8
Thursday 1st December	Year 7 social evening (5.30pm onwards)
Friday 2nd December	School Closed
Monday 5th to Friday 9th December	Year 11 Mock Exams



GCSE Science Revision Guides: For those parents who have paid for a science revision guide for their child please accept our apologies for the delay in this being handed out. There has been a stock issue with our supplier which we have been assured is being rectified ASAP and these should be delivered to us soon. In the meantime, if you have any queries please ask students to speak with their science teachers. Many thanks.

Drama Socks, years 7, 8 & 9: For those of you wanting to purchase drama grip socks, these are still available on ParentPay at the slightly increased cost of £3.33. We have incurred a price increase from our supplier which is reflected in this new price. Please continue to purchase via ParentPay and collect from reception once payment has been made. Many thanks, The Drama Department.



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: <https://www.cambournevc.org/adult-education-community/3G-details.php>

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

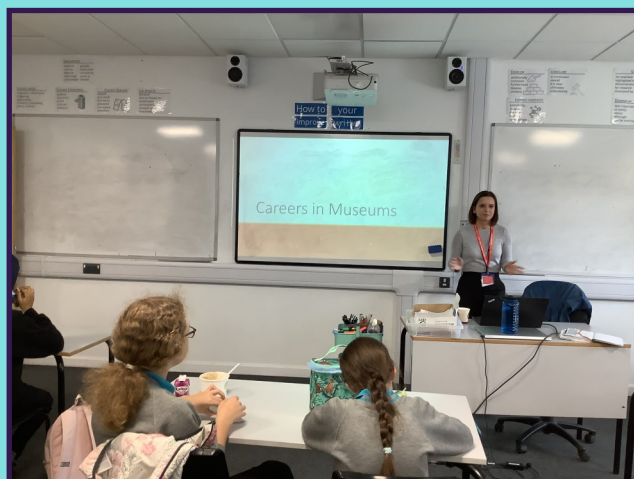
Aspirational Fridays continues!

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 passionate 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 HOW TO COMBAT ONLINE BULLYING

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.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is 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

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

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 0800 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

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

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 cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

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

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS
National
Online
Safety®
#WakeUpWednesday

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

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:

https://catrustorg.sharepoint.com/:b:/s/CambourneVCPublic/Eckeb-WkJX1NoaAciPBjAScBG_cU4zuSmd0A0WEUDyO-Fw?e=OgjANx

[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](#))



MUSIC

Instrumental & Singing Lessons

In Cambourne we have nearly 200 pupils regularly doing Instrumental & Singing lessons in school!

If your 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 \(cambournevc.org\)](http://cambournevc.org)

And then fill in the online form here:

[Application form for instrument and singing lessons at Cambourne Village College \(office.com\)](http://office.com)

If you have any questions about instrumental & singing lessons, please contact Geoff Page (Head of Music – gpage@cambournevc.org)

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!

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)

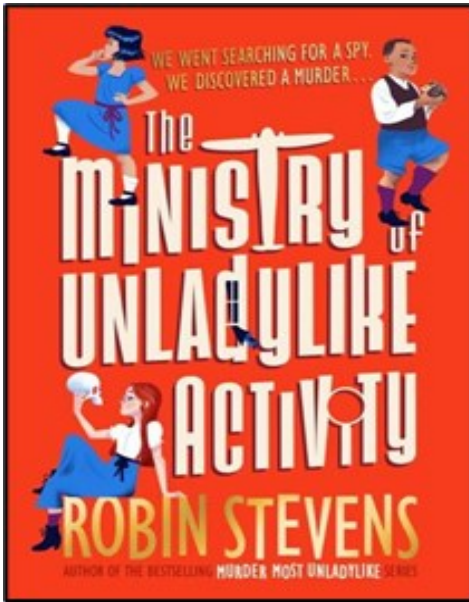
FRIDAY 3-4pm

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

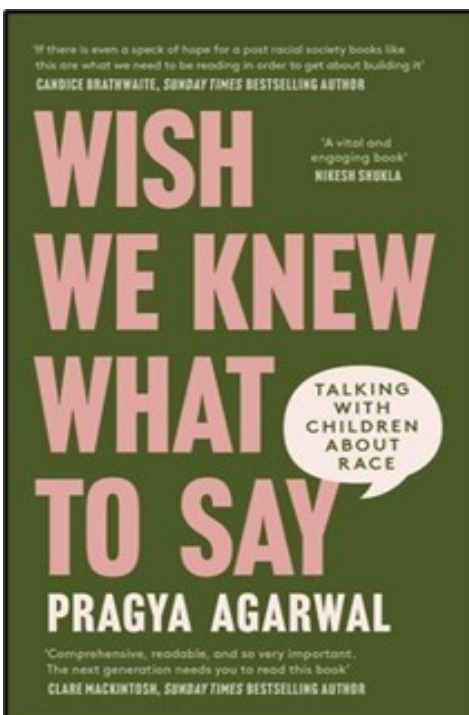
Girls – meet at the back doors to the **green** changing rooms

BOOK RECOMMENDATIONS



The Ministry of unladylike activity by Robin Stevens

Britain is at war, and a secret arm of the British government called the Ministry of Unladylike Activity is training up spies. When May and her friend Eric are turned away by the Ministry, they take matters into their own hands. Masquerading as evacuees, May and Eric arrive at Elysium Hall, home to the wealthy Verey family. It soon becomes clear that one of the family is passing information to Germany. May and Eric know if they can gather enough evidence on their suspect, the Ministry will have to take them on. But there are more secrets at Elysium Hall than May or Eric could ever have imagined. And then, someone is murdered... **(Available from the School Library)**



Wish we knew what to say by Pragma Agarwal

This work is a timely and urgent book that gives scenarios, questions, thought starters, resources and advice in an accessible manner on how to tackle tricky conversations around race and racism with confidence and awareness. It brings in the science of how children perceive race and form racial identity, combining it with personal stories and experiences to create a handy guide that every parent would refer to again and again. Written by behavioural and data scientist, Dr Pragma Agarwal, this book will help all parents, carers and educators give children the tools and vocabulary to talk about people's differences and similarities in an open, non-judgemental, curious way, and help them address any unfairness they might see or encounter. **(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 27th 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

Holiday



Bills & Taxes



Food



Travel



Education



Savings



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

Multiply

www.runwaytraining.co.uk

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** 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.

LOST

PROPERTY

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: El-Staines@cambournevc.org



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 cam-year7@cambournevc.org

Year 8 - Lorraine Lye cam-year8@cambournevc.org

Year 9 - Louise Boyd cam-year9@cambournevc.org

Year 10 - Mel Stanford cam-year10@cambournevc.org

Year 11 - Kaleigh Blane cam-year11@cambournevc.org

Our up-to-date uniform policy and suppliers can be found on the [school website](#).

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 [planned absence request form](#). 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.



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 cam-safeguarding@cambournevc.org



Students IT Support

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

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

Communication with the School

How can I contact my child's Year Team?



Please email cam-year7@cambournevc.org | PSA 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 thecollege@cambournevc.org



By calling Reception for all general enquiries on 01954 284 000



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



Via the 'contact us' page of our school website www.cambournevc.org

We aim to respond to any enquiry within 48 hours.