



WEEKLY BULLETIN | Friday 25th 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 28th November	3pm: Year 9s The Brilliant Club 4pm: Year 10s The Brilliant Club
Tuesday 29th November	Year 7 & 8 Girls Football Festival (1pm onwards) Year 8 Social: Xtreme 360
Wednesday 30th November	HPV 1 Vaccinations - Year 8 Year 11 Art Coursework Exam (all day) U14 girls basketball @ Cambourne and KS3 Badminton players @ Chesterton (after school)
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

First CamVC Community Litter Pick in and around Cambourne



Are you still free tomorrow, Saturday 26th November? Why not join us for our Community Litter Picking Event on Saturday 26th November, between 10 am till 1 pm, rain or shine!

Even one hour's help would be great!

Meeting point: The Great Cambourne Cricket Pavilion.

Bring your family and friends and have fun outside while doing something really useful for the Cambourne Community.

Litter picking equipment and refreshments will be provided.

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>

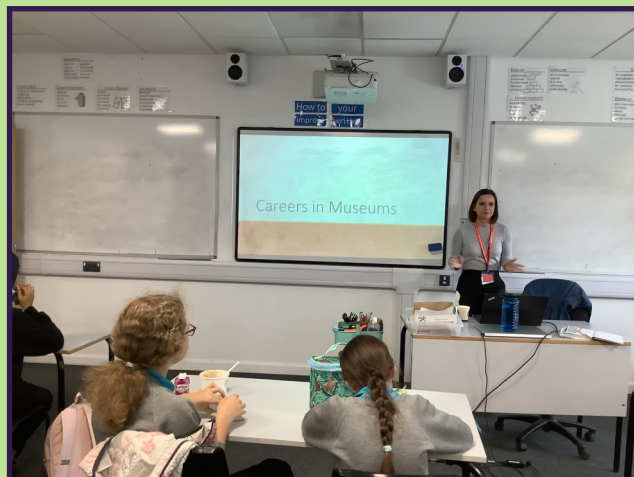
or email our Community Coordinator directly on isims@cambournevc.org

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

TIKTOK

AGE RESTRICTION
13+

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-18 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.



DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthday.

ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive: figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chance of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.



MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.



LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.



DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.



READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are falling to complete homework or regularly not eating meals.



Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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)

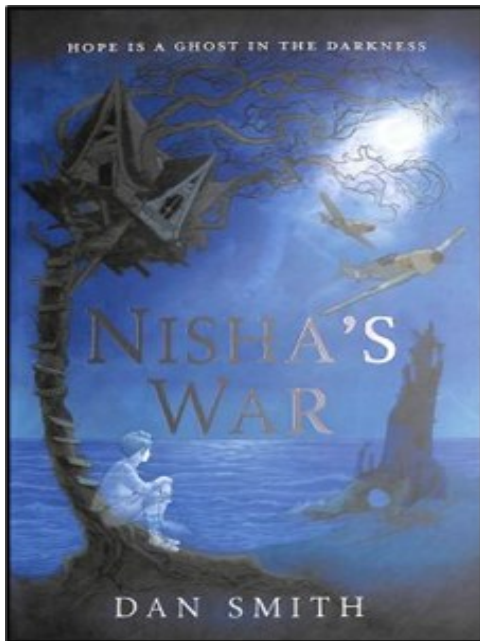
FRIDAY 3-4pm

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

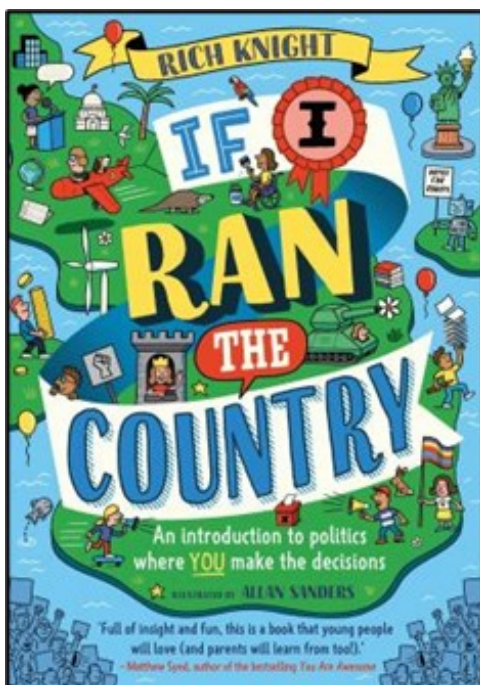
Girls – meet at the back doors to the **green** changing rooms

BOOK RECOMMENDATIONS



Nisha's War by Dan Smith

Malaya, 1942. Nisha's home is destroyed by war and she and her mother, Amma, flee to her father's ancestral house in England, perched on a cliff top on the cold Northern coast. When Amma falls gravely ill, Nisha is left to face her formidable grandmother alone. Grandmother's rules are countless, and her Anglo-Indian granddaughter is even forbidden from climbing the old weeping tree. But when a ghost child beckons Nisha to sit under its boughs, and promises her Amma's life in return for three truths, its pull proves irresistible... **(Available from the School Library)**



If I ran the country: an introduction to politics where you make the decisions by Rich Knight

Congratulations! You've just become the leader of your own country! There are a lot of decisions to be made, and not long to make them. The good news is you've got your hands on this funny, fact-packed book, covering everything you need to know to rule effectively - no matter where in the world you are. But it's not just about political systems, elections, climate change, justice and all those other things we hear politicians talking about. You also need to learn how to lead. With essential life and leadership skills and tips - from teamwork, confidence and compassion to discovering who you are and what you believe in - this book answers all the questions most often posed by first-time top dogs like you. **(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](#)

INCREDIBLE YEARS

Contact
us to
Book



Cambridgeshire
**Child and Family
Centres**

- A 12 week free parenting programme
- For parents/carers of children up to 12 years
- Build on the foundations of parenting
- Enhance and learn new skills through play

**Waterbeach Child and Family
Centre**

High St. Waterbeach CB25 1JU

1pm-3pm

Every Wednesday, starting

11th Jan until 5th April

(no session half term 15th Feb)

Booking essential



01945 284 672



childandfamilycentre.south@cambridgeshire.gov.uk



**CAMBRIDGESHIRE
& PETERBOROUGH
COMBINED AUTHORITY**

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 **29th November, 6th December and 13th December**.

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 floraed-gar@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, speak to your work coach to book on

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

@ emmapyrkos@runwaytraining.co.uk

01732 402 402

Multiply

www.runwaytraining.co.uk

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.

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](#).



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.