



WEEKLY BULLETIN | Friday 29th September

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

Friday 29th September - Monday 2nd October	MFL trip to Paris
Monday 2nd October	Trip: Animal Care visit to Monarch Farm (Group A) - 11am-3pm
Wednesday 4th October	Open Evening for Year 6 pupils & Families (6pm onwards)
Thursday 5th October	Staff Training Day - School closed for all pupils
Friday 6th October	Pupil flu vaccinations (all years)
Monday 9th October	Trip: Animal Care visit to Monarch Farm (Group C) - 11am-3pm

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:

If your child is unwell and unable to attend school you have a legal requirement to inform the school **on each day of absence**. If you are reporting your child's absence from school today, please can you email cam-absence@cambournevc.org by **8:30am every day of the absence** and leave a message clearly stating the reason for absence and the child's full name and tutor group. If you fail to inform the school, we are legally required to make contact with you, to ensure the child's safety. Even if they have been absence on the previous day we cannot assume they are still at home poorly.

Appointments:

If your child misses registration for a medical or dental appointment, this is counted as an authorised absence. Please give advance notice, ideally 2 school days, by cam-absence@cambournevc.org with the dates and times the pupil is expected to be out of school and preferably with a copy of the appointment card/notification so that the absence can be authorised. As much as possible, pupils should be in school prior to/ after the appointment and out of school for as little time as possible.

Prior notification ensures 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.

Planned Absence Request:

If you plan to take your child out of school for any other reason, a **Planned Absence Request Form** must be completed and returned to the school **10 days prior** to the absence for authorisation. Please email any completed forms to cam-absence@cambournevc.org or hand into our reception. The form can be found on our [website](#), or is available from our reception.

Please note that due to Changes to Section 444 of The Education Act 1996 brought into effect in September 2013, the Principal cannot authorise any term time leave unless there are **exceptional circumstances**.

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

The Cam Academy Trust Recruitment Roadshow!

The Trust is holding a recruitment roadshow next month at four schools in the Trust – including at Cambourne Village College on Wednesday 11th October.

Scan the QR code below or check out: [Vacancies - The Cam Academy Trust \(catrust.co.uk\)](http://www.catrust.co.uk)



RECRUITMENT ROADSHOW

Monday 9 October – Thursday 12 October 2023 2pm – 5pm

Are you thinking about a new career in education?

If so, then look no further. We are actively looking to recruit new staff for a number of support staff roles across the Trust. Why not come along, meet our teams, and explore the available opportunities in our schools.

Our roadshow will take place at the following venues from 2pm to 5pm:

Monday 9 October 2023
Melbourn Village College, SG8 6EF
Tuesday 10 October 2023
St Peter's Huntingdon, PE29 7DD
Wednesday 11 October 2023
Cambourne Village College, CB23 6FR
Thursday 12 October 2023
Gamlingay Village Primary, SG19 3HD



Please register your interest using the QR code below

For information about our current vacancies please navigate to:
www.catrust.co.uk



Current Vacancies at Cambourne Village College:

Events Technician - Closing date 2nd October 2023

Duty Event Manager - Closing date 2nd October 2023

Design Technology/Food Technician - closing date 6th October 2023

For more information and how to apply, please visit our website here:

[Vacancies](http://www.catrust.co.uk)



What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and a trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-66809924>



www.thenationalcollege.co.uk



@thenatcollege



/thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.09.2023

Children in work / employment: A reminder for parents and carers

Guidance surrounding Child Employment

All young people under the 'compulsory school age' and looking for a part-time job will need to apply for a work permit from Cambridgeshire County Council (The law states that a child is of compulsory school age up to the last Friday in June in the academic year in which they turn 16). This has to be signed off by parents/carers, employers and the school.

There are restrictions on what hours a young person can work, dependant on their age:

Hours Children Are Allowed To Work

- a maximum of 12 hours in any week during term time
- only between 7am and 7pm
- only 2 hours in a school day
- only 1 hour before school
- only 2 hours on a Sunday
- they must have 2 consecutive weeks free from work during the year
- they must have a rest break of 1 hour for every 4 hours worked

At 13 and 14 years

Saturdays

- 5 hours between 7am and 7pm.

School Holidays • Maximum of 5 hours a day • Maximum of 25 hours a week.

At 15 and 16 years

Saturdays

- 8 hours between 7am and 7pm.

School Holidays • Maximum of 8 hours a day • Maximum of 35 hours a week

Link to Cambridgeshire County Council information: <https://www.cambridgeshire.gov.uk/residents/children-and-families/schools-learning/education-your-rights-and-responsibilities/children-in-work-entertainment-and-chaperones>



Death of a former student

We have been extremely saddened this week to hear of the death of a former student. This news may affect current students and we are keen to support them.

The schools Safeguarding Team are available to offer emotional support and practical guidance to all students. There is the option for counselling to be provided in school to students as well. They can be contacted directly via cam-safeguarding@cambournevc.org

If you or your child feel that they may need some support, or if you have concerns about how this news is affecting someone else, please contact the Safeguarding Team as soon as possible.



COVID-19 symptoms and what to do - a reminder.

COVID-19 symptoms can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

Try to stay at home and avoid contact with other people if you or your child have symptoms and either:

- have a high temperature
- do not feel well enough to go to work, school, childcare, or do your normal activities

You can go back to your normal activities when you feel better or do not have a high temperature.

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school or childcare.

What to do if you have tested positive

You are no longer required to do a COVID-19 rapid lateral flow test if you have symptoms.

But if you or your child have tested positive for COVID-19:

- try to stay at home and avoid contact with other people for 3 days after the day the test was taken if you or your child are under 18 years old – children and young people tend to be infectious to other people for less time than adults
- try to stay at home and avoid contact with other people for 5 days after the day you took your test if you are 18 years old or over
- avoid meeting people who are more likely to get seriously ill from viruses, such as people with a weakened immune system, for 10 days after the day you took your test

**Free Bike Repair/Maintenance: Cambourne Soul Youth Centre - 3rd October
4pm-7pm. BOOKING IS ESSENTIAL – click on the image below**

Please note: The mechanics can fit new parts, but the parts need paying for by the bike owner. The labour costs and service are already paid for by partnership funding. But we do want to encourage anyone who wouldn't otherwise be able to afford this service, to use this session – the mechanics will do the best they can with what's available for each individual and can improve the bike's safety with or without extra finances.

Dr Bike Session

Outspoken!

Cycles



Tuesday 3rd Oct from 4pm to 7pm

Bring your bicycle for a free safety check, and pick-up bike lights and reflectors if you don't have them. The session is open to all, including those attending Cambourne Soul's Tuesday afternoon session, but advance booking is required.

**Cambourne Soul Youth Centre
Back Lane
Great Cambourne
CB23 6FZ**

Book via this link:

<https://www.eventbrite.co.uk/e/dr-bike-repair-session-cambourne-soul-youth-centre-3rd-october-2023-tickets-719364116437>



Funded by the Office of the Police and Crime Commissioner's Safer Communities Fund, through the South Cambs Community Safety Partnership, in conjunction with Cambourne Youth Partnership and Romsey Mill.





Music Clubs

All our music clubs are going to be starting up again next week – so if your child plays an instrument, or enjoys singing, then please encourage them to come along.

The following clubs will be running this term.

- Monday 3 – 4pm: CamVC Band – All instrumentalists welcome (Years 7 – 11)
- Tuesday 3- 4pm: Junior Singers (Years 7 – 9) – Christmas mini-production *tba*
- Tuesday 3 – 4pm: Rock Bands (Years 9 – 11)
- Thursday 3 – 5pm: School Production (Years 7 – 11)
- Friday 3 – 4pm: Senior Choir (Years 9 – 11)

Pupils are very welcome to come along and try any club they are interested in joining.

Instrumental & Singing Lessons

These will be starting next week, and everyone signed up for lessons will receive an email confirming the day and time of their first lesson.

If your child is interested in doing Instrumental or Singing lessons, there are still many places available. You can sign them up for lessons using the online form, found here:

[Instrument lessons - Cambourne Village College \(cambournevc.org\)](http://cambournevc.org)

Headphones for KS3 Music lessons (all pupils)

We have enjoyed welcoming Year 7s, and welcoming back Year 8s & 9s to the Music Block this week. As part of their weekly music lessons, they will be continuing to develop their keyboard skills.

To enable pupils to do this with a minimum of distraction we ask all pupils to bring with them to lessons a pair of headphones or earphones that they can use with the keyboards.

We have reminded pupils of this expectation this week in lessons.

These headphones / earphones can be bought for as little £2-£3 from local shops like Morrisons, Home Bargains, or online from places like Amazon. We do not expect (and would strongly discourage) pupils from bringing expensive or bulky headphones with them.

We would expect that it might take pupils between 1 – 2 weeks to source some earphones / headphones, but after that it would be useful if they were ready to use them in lessons. If for any reason it is not possible for your child to bring some earphones to the lesson, please email (or ask them to email) their class teacher. In cases of financial constraints we will be able to provide headphones for pupils to borrow, if arranged in advance.

PE Department Extra-curricular Clubs – September 2023

MONDAY 3-4pm

KS3 rugby – Field
KS4 basketball – Sports hall
Girls' football – Astro
Table tennis – Dining hall
Rowing and fitness – Gym

TUESDAY 3-4pm

Dance – Drama studio
KS3 basketball – Sports hall
KS4 rugby – Field
Girls rugby – Field
Netball – Hard courts
Football training – Astro

WEDNESDAY 3-4pm

FIXTURES

BTEC Catch up – IT04
Wellbeing Wednesday – PE (sports leaders)

THURSDAY 3-4pm

Sports Leaders Opportunities – Check the Sports Leaders Board
Girls active – Sports hall (sports leaders)

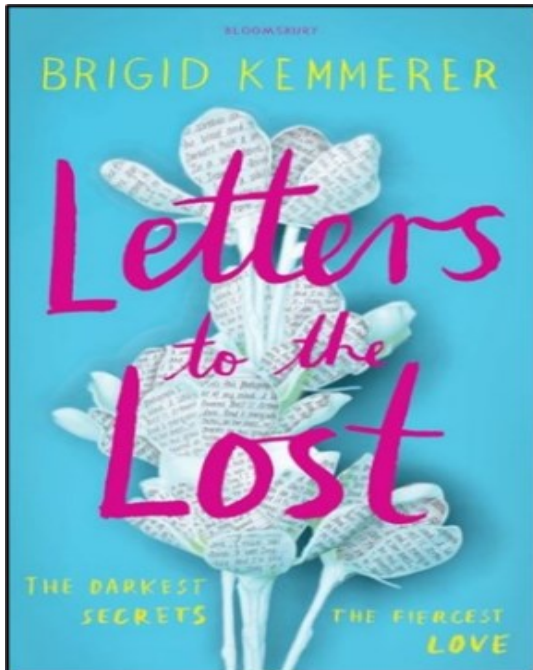
FRIDAY 3-4pm

Badminton – Sports hall
Champions League football games – Astro
Everyone's invited! – PE (sports leaders)

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

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

BOOK RECOMMENDATIONS



Letters to the lost

by Brigid Kemmerer

Juliet Young always writes letters to her mother. Even after her mother's death, she leaves letters at her grave. It's the only way Juliet can cope. Declan Murphy isn't the sort of guy you mess with. But in the midst of his court-ordered community service at the local cemetery, he's also running from the demons of his past. When Declan reads a haunting letter left beside a grave, he can't resist writing back. Soon, he's opening up to a perfect stranger, and their connection is immediate.

But neither Declan nor Juliet knows that they're not actually strangers. When life at school interferes with their secret life of letters, sparks will fly as Juliet and Declan discover truths that might tear them apart.

(Available from the School Library and SORA – Year 9+)



Amazing activists who are changing our world

by by Rebecca Schiller and illustrated by Sophie Beer

Fascinating facts about each activist's life and times are accompanied by bright and accessible illustrations. Learn about incredible people who, through their brave actions, have changed the world for the better. Positive, uplifting and packed full of information, no one is too small to make a difference. Includes: Martin Luther King Junior; Malala Yousafzai; Emmanuel Oforu, Greta Thunberg and many others. ***(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](#)

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 have a number of good quality second hand uniforms available for purchase at a discounted rate. Please complete the form: [Second-Hand Uniform Request](#) and enter details of uniform items needed.

Our Reception is open every weeknight evening in term time between 6pm and 8pm so there is an opportunity to organise a visit to the school to 'see before you buy' at hours to suit you. Please email our evening receptionist **Nikki Johnston** to organise a time slot:

NJohnston@cambournevc.org



Families who find it difficult to afford school uniform at any time should contact their Year team (details below), in complete confidence, so that a way forward can be found.

Year 7 - Abby Sterling-Clarke cam-year7@cambournevc.org

Year 8 - Sam Tomlinson cam-year8@cambournevc.org

Year 9 - Lorraine Lye cam-year9@cambournevc.org

Year 10 - Lou Boyd cam-year10@cambournevc.org

Year 11 - Mel Stanford 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

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](#))





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 48 hours.

Communication with the School

How can I contact my child's Year Team?



Please email cam-year7@cambournevc.org | PSA Abby Stirling-Clarke

Please email cam-year8@cambournevc.org | PSA Sam Tomlinson

Please email cam-year9@cambournevc.org | PSA Lorraine Lye

Please email cam-year10@cambournevc.org | PSA Lou Boyd

Please email cam-year11@cambournevc.org | PSA Mel Stanford



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



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.