

WEEKLY BULLETIN | Thurs 5th December

The Week Ahead

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

Key Dates

Friday 6th December	School Closed
Monday 9th - Friday 13th December	Year 12 Tests Year 11 Post-16 Guidance Meetings
Tuesday 10th December	TRIP: Year 11 Maths Much Ado About Numbers in Cambridge (AM only)TRIP: 8N Penathlon Ten pin event (Cambridge, PM only)TRIP: Year 12 Photography Visit to Cambridge (PM only)
Thursday 12th December	Christmas Jumper/Accessories Day (rest of school uniform must be worn) Christmas Concert (7pm)
Friday 13th December	Year 7 & Year 8 Rotary Charity Christmas Concert in Cambridge (from 6:30pm)



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 <u>cam-absence@cambournevc.org</u> 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 <u>cam-</u> <u>absence@cambournevc.org</u> 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 <u>cam-absence@cambournevc.org</u> or hand into our reception. The form can be found on our <u>website</u>, 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 **exception**al circumstances.

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

Click here to book tickets: https://wegottickets.com/event/640396

FESTIVE MUSIC AND CAROLS

THURSDAY AT 19:00PM

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DOORS OPEN 12 | DOORS (18:40PM

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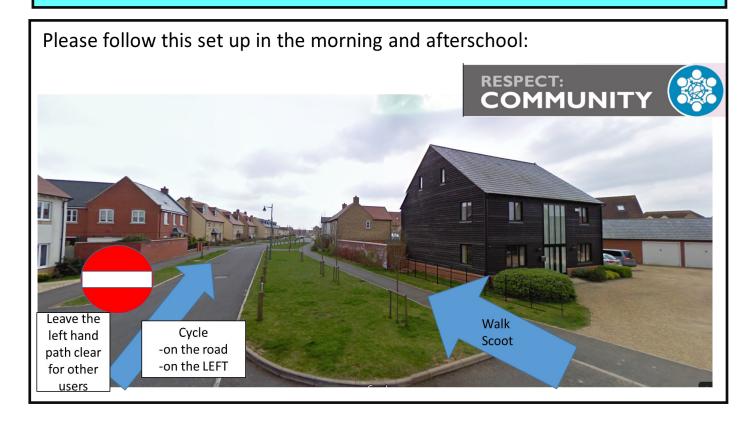
The Coates Theatre Cambourne Village College



Get your tickets here!

Travelling to and from school safely.

Please encourage your children to follow the highway code when they are travelling to and from school and if they do travel down Swansley Lane, to be sensible, be safe and follow the suggestions below.

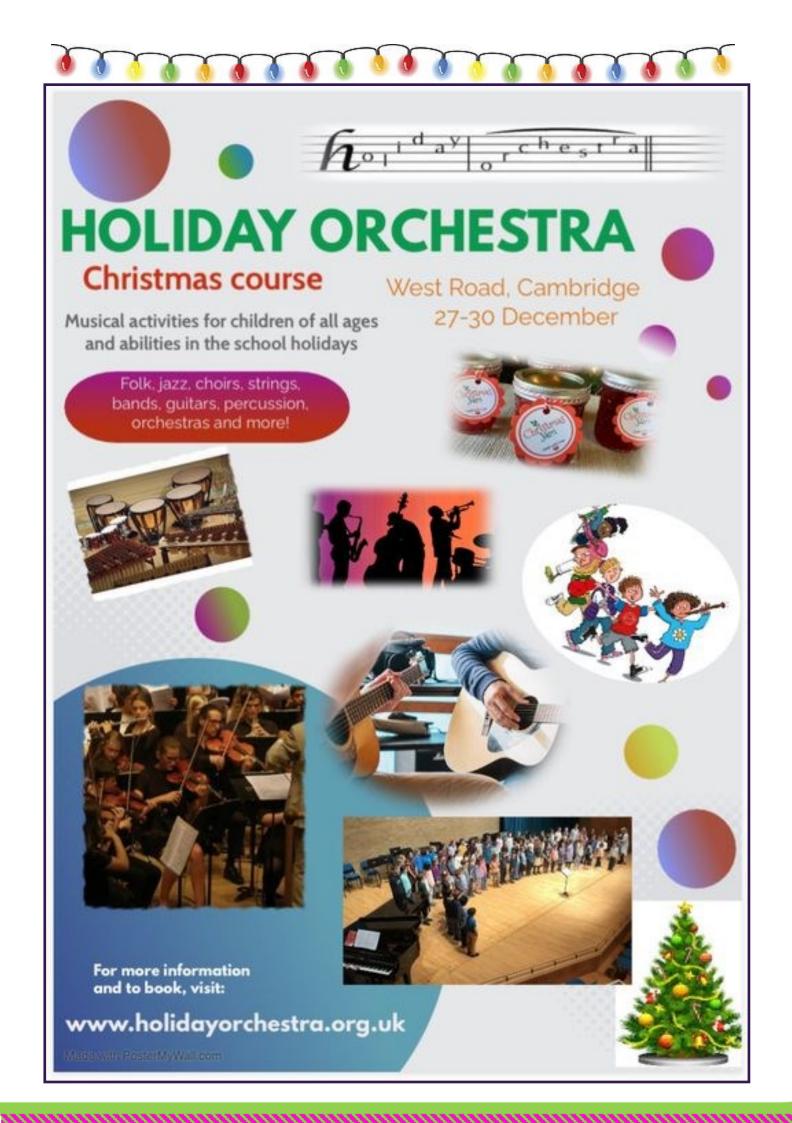


When you get to the cricket green and you are on your bike either:



<u>The Highway Code - Rules for cyclists (59 to 82) - Guidance - GOV.UK (www.gov.uk)</u> <u>A safer Highway Code for cyclists | Cycling UK</u>





Holiday Orchestra Christmas course 2024 open for bookings

We are very pleased to announce that the **Cambridgeshire Holiday Orchestra Christmas course** taking place Friday 27th- Monday 30th December 2024 at West Road Concert Hall, Cambridge is now open for bookings. Holiday Orchestra is for all young people aged 7-18 no matter their musical experience.

Further details of our plans, timetables and a link to the booking forms can be found <u>here</u> where you will find comprehensive course information.

Please note:

• All Gamelan sessions and Horn Taster 1 are now full.

• Early bird discount applies if you book and pay before 6th December.

Best wishes, Cambridgeshire Holiday Orchestra committee.



Film Of The Week (FOTW)

FOTW (Film Of The Week)

As you hopefully all know by now, my name is Mrs Milne, and I am Head of Film Studies here at CamVC. As a HUGE lover of Film, I thought it would be nice to share my weekly recommendations for you as a family to view. Some you will have seen or heard of, others will be a little more obscure, but all will be appropriate for the whole family and something for you all to share and enjoy. I will endeavour to select from a variety of viewing platforms/streaming sites, so



there'll be something for everyone eventually.

My FOTW this week has been selected as we're now firmly into the festive season. Whatever your beliefs, you cannot avoid Christmas when you live in the UK and this movie gives all the feels without too much of a religious message, just that you should always remember to 'look up'. My Film of the Week this week is...

Available on Amazon Prime, Netlfix and BBC iPlayer, Last Christmas tells the story of wannabe singer, Kate (Emilia Clarke), who works as an elf in a yearround Christmas store (a dream job for me if teaching doesn't work out!). Kate struggles with her bad decisions and over-bearing mother while trying to get her career going in an impossible industry. All seems lost, and then she meets Tom (the lovely Henry Golding), someone who almost seems too good to be true.... This is a heart-warming tale of love and acceptance and contains one of my favourite lines (and messages) of any film ever; 'you are welcome here'.

Year 9 Meningitis & DTP vaccinations – 4th February 2025

Please refer to the School Post that was sent out on Wednesday 4th December to all the Parent and Carers of Year 9 pupils, which has asked you all to consent to, or decline, the vaccination offer. If you do not receive the School Post please let us know as soon as possible and we can send the NHS's letter and information to you individually.

As usual, the school will simply be hosting the Vaccination UK Immunisation team. If you have any queries about the vaccination itself, or the booking process, please contact the vaccination team direct <u>hct.csaiscambspb@nhs.net</u>

Thank you.

Flu vaccinations for school-aged children – message from NHS Vaccination UK

Please see below information about Catch up clinics that Vaccination UK is holding across Cambridge and Peterborough in November and December.



If your child missed the flu vaccination while we were at their school this autumn, please follow the link below to book your child into a specific clinic and specific time:

https://eastanglia.schoolvaccination.uk/flu/2024/book

Appointments only! All clinics run from 10am - 2pm

7th December - Cambridge – Trumpington Pavilion, Paget Road, Trumpington CB2 9JF

7th December – Huntingdon – The Coneygear Centre, Buttsgrove Way, Huntingdon PE29 1PE

7th December - Peterborough – Gladstone Community Centre, 896 Bourges Boulevard, Peterborough PE1 2AN

14th December – Huntingdon – The Coneygear Centre, Buttsgrove Way, Huntingdon PE29 1PE

If you have any queries about booking, please contact Vaccination UK direct on **<u>Book-</u>** <u>ings.Eastanglia@v-uk.co.uk</u>.

For more general queries contact <u>cambsandpeterborough@v-uk.co.uk</u>, or call them on 01480 275 422



CAMBOURNE SIXTH FORM

Missed our Open Evening? Want more information about Cambourne Sixth Form?

We're delighted to invite you for a Sixth Form Tour, taking place from 15:15 – 16:00 on each of the following dates:

Thursday 21st November Tuesday 3rd December Wednesday 27th November Thursday 12th December



PLEASE SCAN TO BOOK YOUR PLACE



EBOOK RECOMMENDATIONS

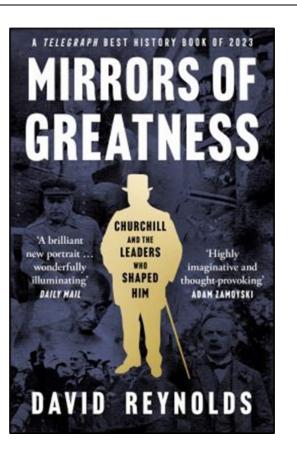


The promised neverland

By Kaiu Shirai

Life at Grace Field House has been good for Emma and her fellow orphans. While the daily studying and exams they have to take are tough, their loving caretaker provides them with delicious foods and plenty of playtime. But perhaps not everything is as it seems... Emma, Norman and Ray are the brightest kids at the Grace Field House orphanage. And under the care of the woman they refer to as "Mom," all the kids have enjoyed a comfortable life. One day, though, Emma and Norman uncover the dark truth of the outside world they are forbidden from seeing. The children of the orphanage are being raised as food for monsters, and their loving caretaker is behind it all! Emma and the others plan their escape, but can they make it out before it's too late ...?

(Available from the school library)



Mirrors of greatness

By David ReynoldsWinston Churchill yearned to be 'great', to gain historical immortality. And he did so through deeds and his actions as a soldier and politician, gilded by his writings as a journalist and historian. But Churchill's path to greatness was also defined by the leaders he encountered along the way – friends and foes, at home and abroad. And the haunting presence of the adored father who had seen nothing of merit in his troublesome son. In these men Churchill discerned greatness, or its absence, in ways that influenced his own career. This book includes some whom Churchill would not have deemed 'great', but who – in our own day – offer alternative mirrors of what that word might mean: Clement Attlee, whose heretical vision of 'Great Britain' was socialist and post-imperial. And his darling Clementine, channelling her 'pinko' sentiments to become Winston's essential helpmate and most devoted critic.

*David Reynolds spoke at the Cam VC History Lecture recently. (Available from the school library)



Un-named Lost Property Items that have been handed in between:

2nd - 5th December 2024









PE Department Extra-curricular Clubs – Spring 1 2025

MONDAY 3-4pm

Year 7 and 8 football – Astro (LY and EH) Badminton – Sports hall and Gym (LM and KR) Netball – Courts – (HT and GT)

TUESDAY 3-4pm

Year 9, 10 and 11 football – Astro (GT) American Flag Football – Field (LM) Basketball – Sports Hall (KR) Dance – Dance studio (JR)

WEDNESDAY 3-4pm

FIXTURES

Vcert Catch up – IT04 Volleyball – Sports Hall - (HT) Hockey – Astro (KB) Table Tennis – Dining Hall (LY and EH) Sixth Form Netball - Courts (Sixth Formers)

THURSDAY 3-4pm

Sports Leaders Opportunities/meetings – Check the Sports Leaders Board Sixth Form Football – Astro (Sixth Formers)

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

Remember to scan the QR code in the changing rooms to register your attendance for the club.

To start in January 2025





school WARGITTING G COMPTITION KS3 + KS4

To celebrate our **35th anniversary**, we're giving students the chance to have their words featured in *Issues*!

We're looking for original writing on the topic of:

TEEN SELF-CARE

- Entries of up to 1000 words
 - 2 age categories:
 - 11-14 year olds & 15-18 year olds
- Amazon gift card prizes & more!

To submit entries and find out more, visit **www.independence.co.uk**

Deadline 1 May 2025

We're celebrating

35 years!

What Parents & Educators Need to Know about



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Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own annearrance and lifestyle over one's own appearance and lifestyle.

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GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

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INFLUENCER CULTURE

SERESTRICTION

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase product thet they advention. products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued. 160

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Advice for Parents & Educators

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AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

USE MODERATORS

Instagram Live has implemented a mechanic calle. Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in commund spaces so you're aware if a child does go live or watch a livestream.

🗙 @wake_up_weds

Meet Our Expert

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

Source: See full reference list on guide page at: https://nationalcollege.com/guides/instagram=2022



HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on theil photos, ask them why and impress on them that they don't need it. on't need it

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FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.



0116 Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

BALANCE YOUR TIME \bigcirc

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as instagram's "Teen Accounts' offord much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

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What Parents & Carers Need to Know about

Facebook Messenger is a communication app through which users can exchange messages and send photos, stickers, and video and audio files. Messenger allows both one-to-one and group chats, has a stories feature and – via its latest addition, Rooms – can host a video call with up to 50 people. As of 2021, the app had 35 million users in the UK alone (more than half the population!) among its 1.3 billion users worldwide. Whereas Messenger is integrated into Facebook on desktops and laptops, it has existed as a standalone app for mobile devices since 2011.

WHAT ARE THE RISKS?

ADDICTIVE NATURE

Messenger's numerous features can encourage children to spend more time on the app – and therefore on their phone, increasing their levels of screen time. It also invokes FOMO (the Fear of Missing out), especially among older children, who will almost certainly have a high proportion of their friends communicating via the app.

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LIVE STREAMING

e new Rooms feature lets Messenger users Id video calls with up to 50 people. A young rson can join any room they see, but the oth-ople in these rooms don't even necessarily ed to be Facebook account holders. This live earning development heightens risk factors ound privacy, security and the possibility of posure to inappropriate content.

REQUESTS FROM STRANGERS

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OVERSHARING PERSONAL INFO

GERATING

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app is given access to their device's

CYBERBULLYING

De*#! Like many communication apps, i be an avenue for cyberbullies et children. This might take th sement, abusive message busive messages or being uded from (or targeted in, 2021 Ofcom report reveale (55%) of 12-15-year-olds d that had e in the MERIO.

SECRET CONVERSATIONS

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Advice for Parents & Carers

USE ADDITIONAL SECURITY

senger's App Lock feature uses r child's fingerprint or face ID to ure that nobody else can access ir messages without permission. ger has also added a variety of tools to increase young people's n the app, including two-factor ity on the app, including two-factor nentication, login alerts and filtered sage requests.

REVIEW THE CHAT LIST

4 Some parents regularly check their childron's Messenger conversations (to see who they're talking to, rather than what they're talking about). While this is certainly safe, it can seem intrusive. If approached in a sensible, collaborative way, however, it can help parents and carers to keep an eye on exactly who their child is communicating with

Meet Our Expert

ax Wright is a former Facebook employee and social media pert with more than 15 years' experience in digital media. has worked with some of the biggest organisations on the anet and has a vast understanding of how social media work and how they engage their aud

> www.nationalonlinesafety.com Users of this guide do so at their o

REPORT INAPPROPRIATE BEHAVIOUR our child experiences anything negation

Messenger, you can help the ebook can then take action again. in the ap

DISCUSS LIVE STREAMING

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Talk with your child about safe and secure video calling. When setting up calls on Messenger Rooms, only invite people who your child knows and trusts. Show them how to lock a room if they don't want other people joining – and how to remove anyone they do want on the call. Remind them about behavio responsibly during a live stream even if it's 9

32 ADJUST PRIVACY SETTINGS ç

Make your child's Messenger stories visible only to their friends. Avoid adding your child's phone number (so they can't be found by someone using their number to search for them), and not search for them), and not your child choose who to yncing contacts lets your child choose wno to dd (or not) individually. Via Settings, you can ontrol who appears in your child's chat list, wi who oes into the message request folder and who an't contact your child at all.

ENCOURAGE SAFE SHARING

Ensure your child knows to send pictures and videos only to family and trusted friends, and not to publicly share images which compromise their location (showing a landmark near home or clothing with identifiable logos, like a school or local club crest). Encourage them to pause before sharing anything – if there's a chance it could harm their reputation (or someone else's), don't send it.



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O @nationalonlinesafety se: 13.04.2022

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationaloniinesafety.com for further guides, hints and tips for adults

What Parents & Carers Need to Know about

With 2.9 billion users, Facebook, owned by the recently rebranded Meta, is the world's most popular social media platform. It encourages interaction with other people by (among other things) adding them as friends, reacting to or commenting on their content, sharing images and videos, posting status updates, joining groups and playing games. Facebook is free, and anyone over 13 can join – but with no age verification, younger children can easily create an account: it's likely your child is already familiar with the platform, even if they don't yet use it themselves.

ADDICTIVE NATURE

WHAT ARE

THE RISKS?

600 Facebook's quick reward cycle of likes and comments on shared posts can be hugely addictive. It encourages users to keep returning to post things and increases FOMO (the Fear Of Missing Out), which leads to people checking the app even more frequently and finding themselves endlessiv scrolling through content. De*#! nore frequently and finding themse indlessly scrolling through content.

CYBERBULLYING

A 2021 Ofcom report found that around one in four UK 12-15-year-olds had been cyberbuille or trolled (Intentionally antagonised online). (Facebook, this can happen through private messages (on Facebook Messengar): hurtful en cyberbullied nised online). On ugh private nger); hurtful nd posts; pages or orment a victim; or

FUTURE IMPACT

S and a Like most social media platforms, anything posted on Facebook leaves a permanent 'digital footprint'. This can have future consequences for young people: many universities and employers, for example, now review someone's Facebook timeline during the application process.

CONTACT FROM STRANGERS

Just like in the offline world, there are people on Facebook with malicious intentions. Ofcom reports, for instance, that 30% of 12–15–year-olds have received a friend request from a stranger. This, sadly, can include individuals seeking to take advantage of impressionable youngsters.

Advice for Parents & Carers

KEEP ACCOUNTS PRIVATE

In the settings area, you can choose whether a Facebook profile is public or private. By far the safest option is to switch your child's to private, so they can only interact with heeple who they are friends with on the platform. Facebook's settings can also prevent your child's personal information (such as contact details, school name or date of birth) from appearing publicly. 1

SAVVY SHARING

🖳 Friends 🔻

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Make sure your child realises that what they share online with friends can end up being shared again by others. It's important that they think about what they share online and who they share it with. Facebook's 'Audience Selector' gives users the option to filter who sees what they are sharing, whenever a status is updated, photos are uploaded or anything is posted.

Meet Our Expert

es www.tacebook.com/isthey/bullying

lex Wright is a former Facebook employee and social media spert with more than 15 years' experience in digital media. e has worked with some of the biggest organisations on the lanet and has a vast understanding of how social media latforms work and how they engage their audience.

ENCOURAGE SAFE FRIENDING

Facebook can help your child to stay connected with the people and the things that they care about. However, it's important for them to understand that they should only accept friend requests from people who they know. The key questions to consider are "has your child met them in person?" and "do they know and trust them enough to feel comfortable accepting them as a Facebook friend?"

RESPECT BOUNDARIES

Once you've talked about Facebook safety with your child, give them some space and trust them to make smart choices. Make it clear, however, that you're always open to discussing social media if they need to. In the early stages, you could occasionally review your child's social media activity with them to put your mind at rest – but take care not to become reliant on checking it every night.

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Let your child watch you using Facebook – this will demonstrate how it can be used safely and appropriately, reducing the risk of them encountering harmful content themselves. Teach them the habit of thinking before sharing anything online and try to follow the same rules that you set for them – so if you agree time limits on your child's facebook use, then you should stick to them, too.

BLOCK AND REPORT

On Facebook, you're able to report harmful content and block particular people or groups so they can't contact your child or view their profile. Before they start spending serious time on the platform, show your child how these features work and explain why they might need to be used. Facebook's Bullying Prevention Hub offers advice on dealing with harassment on the platform.

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OVERSHARING

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Facebook encourages you to post "what's on your mind", but children should be wary of revealing too much about themselves online. Users can give away their location by checking In or using Facebook Live, for example, while some photos can also be traced using file data.

GERATING

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National

Online

Safety

#WakeUpWednesday

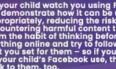
INAPPROPRIATE CONTENT

Facebook monitors and removes material like hats speech or extreme political views, while adverts on the platform are now forbidden from targeting under-18s based on their interests. Offensive content isn't always taken down instantly, however, so there's still a risk of children encountering it. CEN

VIDEOS AND STREAMING

Facebook Live lets users stream video live to their friends or watch others' broadcasts. Viewers can comment in real time, which is problematic to moderate. Short, user-creat clips called Reels can now also be displayed on profiles and feeds. These video features could contain unsuitable material or allow children to be capoled into doing something on camera that they wouldn't normally do.

LIVE



Christmas Holiday Scheme Places

Would your child like to attend a fully funded holiday scheme this Christmas where fun experiences, a meal and snacks are included?

Children in receipt of benefit-related free school meals are eligible to attend a participating holiday scheme for up to 16 hours.



Please visit the County Council webpage for details and the wider eligibility criteria:

www.cambridgeshire.gov.uk/haf (or scan the QR Code)



Questions: HAF@cambridgeshire.gov.uk

Department for Education





Bourn Airfield and Cambourne Community Forum





Wednesday 11 December Drop-in 5.30pm | Forum: 6pm South Cambridgeshire Council Chamber



South Cambridgeshire District Council

Community Forums are free, open to all, public meetings bringing together residents, planners, developers and other stakeholders to discuss and share information about new development. All interested residents are welcome to join for mince pies and a hot drink.

Please see our website for further details including agendas and timings by scanning the QR code or using the link below.

www.scambs.gov.uk/bourn-airfield-cambourneforum

To join our mailing list, request agenda items or raise questions for discussion, please email the team.

<u>south.west@scambs.gov.uk</u>



CELEBRATION JOIN US TO CELEBRATE THE HOLIDAY SEASON!

Cricket Pavilion

Great Cambourn

Cambridge

CB23 6D

ristmas

12PM-6PM

DEC

FREE ENTRY

PHOTOGRAPHY MRS CLAUS'S WORKSHOP BOOK SIGNING WITH TESSA-KATE CURTIS tbc SPARKLER ZONE REFRESHMENTS BAR



DISCO FOOD STALLHOLDERS GIFTS FAIR GROUND RIDE TOMBOLA WINE OR WATER

A Charity Event hosted by Cambourne Fishing Club Made with PesterWyWai Email cambournefishingclub.com

healthwatch Cambridgeshire healthwatch Peterborough



Accessing healthcare services online – your views wanted!

We want to better support local people by giving you greater digital or online access to healthcare information, options and services.

Help us understand what works well for you now and what would improve your experience.

Your feedback will help to shape how we improve digital access to health care in future.

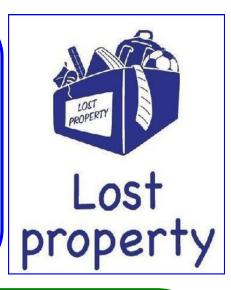




Shape the future by sharing your views before Friday 13 December 2024. Scan the QR code or visit https://www.healthwatchcambrid geshire.co.uk/form/improvingdigital-access-to-heal

This survey is being carried out by Healthwatch Cambridgeshire and Healthwatch Peterborough on behalf of NHS Cambridgeshire & Peterborough. 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** <u>thecol-</u> <u>lege@cambournevc.org</u> 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.





We have a number of good quality second hand uniforms available for purchase at a discounted rate. Please complete the form: <u>Second-Hand Uni-</u> <u>form Request</u> 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 to organise a time slot:

TheCollege@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 - Sonia Wilson cam-year7@cambournevc.org

Year 8 - Nicola Smith / Abby Stirling-Clarke <u>cam-</u> <u>year8@cambournevc.org</u>

Year 9 - Laura Harvey cam-year9@cambournevc.org

Year 10 - Lisa Radburn cam-year10@cambournevc.org

Year 11 - Lou Boyd cam-year11@cambournevc.org

Our up-to-date uniform policy and suppliers can be found on the <u>school website</u>.





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

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

<u>Click here</u> for a YouTube playlist with short tutorial videos (if you prefer, your child can access the same videos through their school account <u>here</u>)



Mental Health Text Line

A new local mental health free text messaging support service has launched across Cambridgeshire and Peterborough. **HEAR 85258** is being funded by NHS Cambridgeshire & Peterborough, in partnership with the national service SHOUT.

<u>The free to use text service provides</u> real-time support to people who are struggling with their mental health across the county.

<u>When texting the word HEAR to 85258</u>, the person will be connected to a trained volunteer who will offer them calm in a time or place of crisis. During the confidential and anonymous conversation, the texter will be supported while working on a plan of action and signposted to local and national mental health services.

Texting HEAR to 85258 is free, discreet and runs 24/7. It won't appear on a mobile bill and requires no app, data, password, or registration. It is available for anyone who lives, works or studies in Cambridgeshire and Peterborough.

For more information about what mental health services are available in Cambridgeshire and Peterborough, visit <u>www.keep-your-head.com</u>

If you feel your or somebody's life is at risk due to their mental health, dial 111 and listen for the option for the mental health crisis team.

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.

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 <u>cam-safeguarding@cambournevc.org</u>



Safeguarding is Everyone's Responsibility



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 <u>cam-</u> <u>support@cambournevc.org</u>.

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 | PSO - Sonia Wilson

Please email **cam-year8**@cambournevc.org | PSO - Nicola Smith & Abby Stirling-Clarke



Please email **cam-year9**@cambournevc.org | PSO - Laura Harvey & Sam Tomlinson

Please email cam-year10@cambournevc.org | PSO - Lisa Radburn

Please email cam-year11@cambournevc.org | PSO - Lou Boyd

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 284000



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 business hours.