



WEEKLY BULLETIN | Friday 13th December

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 16th - Friday 20th December | Year 11 Post-16 Guidance Meetings continue |
| Tuesday 17th December | Year 7 Disco (5:30pm) |
| Wednesday 18th December | Year 12 Football Match at Comberton Village College (PM) |
| Friday 20th December | Non-uniform day (£1 donations to Emmaus) Last day of term (school ends at 1:30pm) Year 7 & 10 attitudinal and Years 8 & 9 Full Reports out |
| Monday 6th January | Staff Training Day |
| Tuesday 7th January | All Pupils return to school |

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.

INFORMATION



Relationship, Sex and Health Education

RSHE at CamVC

During the Spring term, all students will be receiving RSHE in their PSHE lessons.

RSHE stands for Relationship, Health and Sex Education and is an essential and mandatory part of the Personal, Social, Health & Economic education that we deliver here at CamVC.

Details of what we cover is available on the school [website](#), along with external links to sites that might help support you in any conversations that occur at home, but please be assured that it is all entirely age-appropriate and carefully and considerately delivered.

Should you have any questions, do please email me at remilne@cambournevc.org

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 hct.csaiscambspb@nhs.net

Thank you.



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 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 [here](#) where you will find comprehensive course information.

Best wishes,

Cambridgeshire Holiday Orchestra committee.



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.

Please follow this set up in the morning and afterschool:

RESPECT:
COMMUNITY



Leave the
left hand
path clear
for other
users

Cycle
-on the road
-on the LEFT

Walk
Scoot

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

RESPECT:
COMMUNITY



a)
Continue
on the
road

b) Look over your
shoulder.
Signal right.
Move onto the
cycle path

h o l i d a y | o r c h e s t r a

HOLIDAY ORCHESTRA

Christmas course

West Road, Cambridge

27-30 December

Musical activities for children of all ages
and abilities in the school holidays

Folk, jazz, choirs, strings,
bands, guitars, percussion,
orchestras and more!



For more information
and to book, visit:

www.holidayorchestra.org.uk

Made with PosterMyWall.com



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 is a double bill. Given the rubbish weather of late, I thought you might all appreciate more than one recommendation to snuggle up as a family to:



Option one is the Disney classic, 'A Muppets Christmas Carol'. Available on Disney+ (or to rent on other platforms), this is bizarrely the closest version to the Dickens classic, with many of the lines lifted directly from the text (albeit spoken by Gonzo, Kermit et al!) Micheal Caine plays Ebenezer Scrooge with all the seriousness of a veteran Shakespearean actor, while surrounded by singing muppets! It is hilarious, brilliant and totally heart-warming, plus has the best piece of rhyming every recorded....'no cheeses for us meeces'!

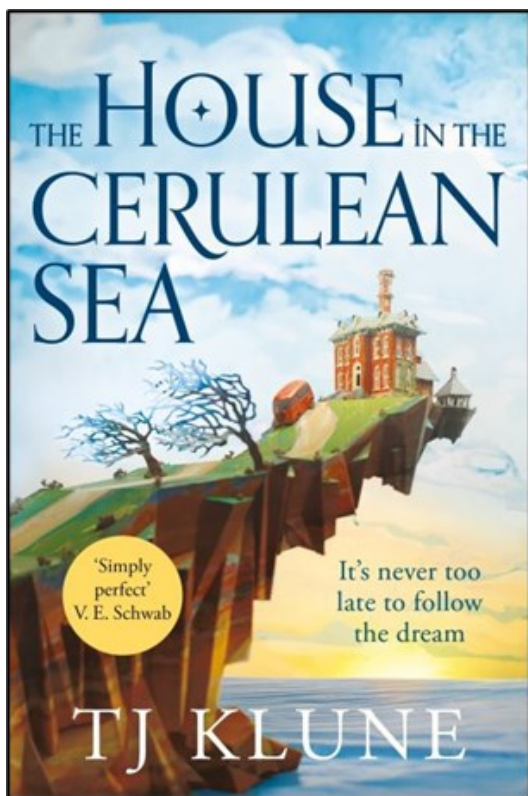
Option two I wanted to share because so few people have ever heard of it. My Dad's Christmas Date (available on Amazon Prime) has to be one of the worst titles ever! I only discovered it because I'm a fan of Jeremy Piven and thought I'd give it a go and now it's one of my firm Christmas movie staples.

Piven plays an American father to a teenage daughter, widowed and living in York, it is a 'fish-out-of-water' story in so many ways; David (Piven) struggles to adjust to life without his wife, life with a teenage daughter and life with said teenage daughter creating a fake dating profile for him, forcing him to go on dates he didn't organise, didn't pan for and didn't particularly want. It is funny, sweet, sad and so so beautiful, and makes York look every bit the picture postcard pretty it is.

Please note, this recommendation comes with a warning – it is rated 12 because there is some cursing in it, so viewer discretion is recommended.



BOOK RECOMMENDATIONS

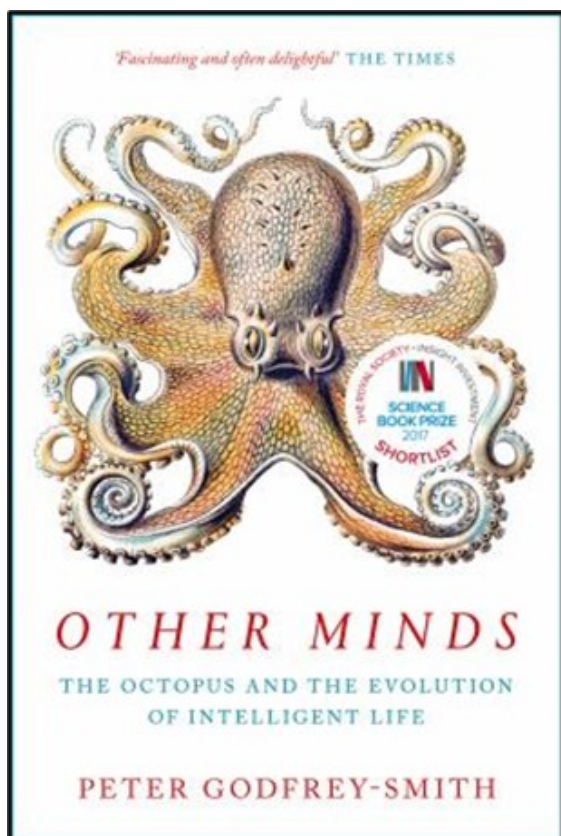


The House in the Cerulean Sea

By T. J. Klune

An enchanting story, masterfully told, *The House in the Cerulean Sea* is about the profound experience of discovering an unlikely family in an unexpected place. Linus Baker leads a quiet life. At forty, he has a tiny house with a devious cat and his beloved records for company. And at the Department in Charge of Magical Youth, he's spent many dull years monitoring their orphanages. Then one day, Linus is summoned by Extremely Upper Management and given a highly classified assignment. He must travel to an orphanage where six dangerous children reside, including the Antichrist. There, Linus must somehow determine if they could bring on the end of days. But their guardian, charming and enigmatic Arthur Parnassus, will do anything to protect his wards. As Arthur and Linus grow ever closer, Linus must choose between duty and his dreams.

(Available from the school library)



Other Minds: The octopus and the evolution of intelligent life

By Peter Godfrey-Smith

What if intelligent life on Earth evolved not once, but twice? In *Other Minds*, Peter Godfrey-Smith, a distinguished philosopher of science and a skilled scuba diver, tells a bold new story of how nature became aware of itself - a story that largely occurs in the ocean, where animals first appeared. Tracking the mind's development from unruly clumps of seaborne cells to the first evolved nervous systems in ancient relatives of jellyfish, he explores the incredible evolutionary journey of the cephalopods, a journey completely independent from the route that mammals and birds would later take. By tracing the question of inner life back to its roots and comparing human beings with our most remarkable animal relatives, Godfrey-Smith casts crucial new light on the octopus mind - and on our own.

(Available from the school library)



**Un-named Lost Property Items that have
been handed in between:
9th - 13th December 2024**



Contact the College Reception or email

thecollege@cambournevc.org if you recognise any items.



Any items not collected within 4 weeks, will be donated to charity.



CAMBOURNE
VILLAGE COLLEGE



CAMBOURNE
SIXTH FORM

Cambourne Christmas Social

Come and join us for our Christmas film.

Home Alone

Everyone is welcome!
18th December 2024

In the Sixth Performance Hall
4pm till 6.15pm

Tickets: £5

Includes:

**Popcorn, Sweets
and Drinks**

**Get your tickets on
parent pay**



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**

What Parents & Educators Need to Know about

GROUP CHATS

On messaging apps, social media and online games, group chats are among the most popular ways that young people engage with their peers online. Involving three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they can be great for connecting with others, there are several risks posed by these tools.

WHAT ARE THE RISKS?

BULLYING

Teens are often trying to find their place in their social group. Unfortunately, group chats can sometimes lend themselves to unkind comments being shared freely, putting people down to make their peers laugh – often creating a vicious circle that encourages others to join in. Being bullied so publicly – in front of friends and acquaintances – can also amplify the hurt, embarrassment and anxiety that the victim feels.

SHARING GROUP CONTENT

Group chats can feel more private and protected, allowing children to share inside jokes and video calls with a smaller group of friends. It's important to remember that while the chat's content is private between those in the group, individual users can easily share material with others outside of the group, or screenshot what's been posted. The risk of something a child intended as private becoming public is higher if there are strangers in the chat.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: for instance, starting a new group, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one person doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss events that exclude them – for example, sharing photos from a day out that they didn't attend.

UNKNOWN MEMBERS

Within larger group chats, it's more likely for children to communicate with people they don't know. These strangers may be friends of the host, but not necessarily friendly towards everyone present. It's wise for young people to avoid sharing personal details and remember that they have no control over what others do with the material they send into the chat.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by a child if they are part of that group, whether they actively engage in it or not. Some apps have features that cause messages to disappear after they're viewed, so children may be unable to report something they've seen, as it can only be viewed once or for a short time.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications they tend to generate. Every time someone sends a message, each member's device will be 'pinged' with an alert. This could result in hundreds of notifications a day. This is often highly distracting, and young people's fear of missing out (FOMO) can cause increased screen time as they try to keep up with the conversation.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats can become an arena for young people to compete for social status. This could cause them to do or say things on impulse which could upset others. Help children consider how people might feel if they behave in this way, if the child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Group chats are an excellent way for children to connect and feel like they belong. However, remind them that they can confide in you if they feel bullied or excluded, instead of responding to the person who's upset them. Validate their feelings and empower them by discussing how they'd like to handle the situation. You can also encourage children to speak up if they witness others being picked on.

BLOCK, REPORT AND LEAVE

If a child is in a chat where inappropriate content is being shared, advise them to block whoever sent the material, report that person to the host app or platform and exit the group. If any of this content could put a minor at risk, contact the police. Emphasise that it's OK for children to simply leave any group chat that makes them feel uncomfortable.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Ensure children understand the importance of not revealing identifiable details like their address, their school, or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they can't be certain where it might end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their identity to gain a child's trust and serve their own ends – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure the child understands why they shouldn't add people they don't know to a group chat – and why they should never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a device bombarded with notifications from a group chat can be an irritating distraction – especially if it's happening late in the evening. Explain to children that they can still be part of the group chat while disabling notifications – and that it would be healthier for them to do so, avoiding a situation where they could feel pressured to respond.

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.



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The National College

Sources: <https://www.thetalkshow.co.uk/118/lets-talk-about-socialising-online-group-chats/> | <https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps/>

What Parents & Educators Need to Know about

SNAP STREAK

97
DAYS

SNAPCHAT

AGE RESTRICTION
13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat-2021>

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What Parents & Educators Need to Know about

WHATSAPP

AGE RESTRICTION
13+

With more than two billion active users, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. The UK's Online Safety Bill proposes to end such encryption on private messaging, but for the time being, this controversial feature remains.

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency' – plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. Therefore, if a child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that the child might be added to a group chat or community (by one of their friends, for example) containing other people that they don't know.

CHAT LOCK

In 2023, WhatsApp introduced a feature that lets users keep their chats in a separate 'locked chats' folder, saved behind their phone's passcode, fingerprint or face ID authentication. They subsequently developed an additional feature – 'Secret Code' – where users set a unique password for their locked chats. Unfortunately, this function creates the potential for young people to hide conversations and content they suspect their parents wouldn't approve of (such as age-inappropriate material).

COMMUNITIES AND GROUPS

A community is a collection of related groups on WhatsApp. They can consist of thousands of users. Communities can often be used by scammers to target large groups, hoping someone clicks on their link or responds to their requests. In communities and groups, there are multiple ongoing conversations, which results in pressure to respond. Members – even if they are not each other's contacts – will be able to see any messages sent into the group.

'VIEW ONCE' CONTENT

The ability to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate material or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this disappearing content – but a recently added WhatsApp feature now blocks this, citing protection of privacy.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child is safe while out, for example. However, anyone in a user's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Educators

YPING...

EMPHASISE CAUTION

Encourage children to treat unexpected messages with caution: get them to consider whether it sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change a child's WhatsApp settings to specify which of their contacts can add them to group chats without needing approval. You can give permission to 'My Contacts' or 'My Contacts Except ...'. Additionally, if a child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

DISCUSS GROUP CHATS

Make children aware that there could be members of a group that they don't know well and that words can be misinterpreted. Encourage them to leave a good impression, to avoid joining in if conversations turn towards bullying, and to respond to such situations in an appropriate way. Make sure they know that it's OK to leave a group chat if it makes them uncomfortable – or for any reason, in fact.

THINK BEFORE SHARING

Help children understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content that a user posts to be shared more widely, even publicly on social media. Encourage children to consider how an impulsive message or forwarding might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Check in with the child about how they're using WhatsApp, making sure they know you only have their safety at heart. If you spot a 'Locked Chats' folder, you might want to talk about the sort of content they've stored in there, who they're talking to, and why they want to keep these chats hidden. Also, if children send any 'view once' content, it could be helpful to ask them why.

Meet Our Expert

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OS
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Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/1077018839582332> | https://faq.whatsapp.com/361005896189245?helpref=hc_fnw
<https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private> | <https://www.aura.com/learn/whatsapp-scams>

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school

WRITING COMPETITION

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!



Christmas Holiday Scheme Places

fully funded



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



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**



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 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 cam-year8@cambournevc.org

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 [school website](#).



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=OqjANx

[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](#))



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.

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

When texting the word HEAR to 85258, 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 www.keep-your-head.com
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 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 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.