



# WEEKLY BULLETIN | Friday 20th December

## The Week Ahead

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

## Key Dates

<b>Friday 20th December - Monday 6th January</b>	<b>Christmas Holidays!</b>
<b>Monday 6th January</b>	<b>Staff Training Day</b>
<b><u>Tuesday 7th January</u></b>	<b><u>All Pupils return to school</u></b>
<b>Wednesday 8th January</b>	<b>SnowSports Information Evening (6pm in Sixth Form Lecture Theatre)</b>
<b>Thursday 9th January</b>	<b>Year 11 Art-B visit to Cambridge (all day)</b>
<b>Monday 13th - Friday 17th January</b>	<b>Year 11 MFL Speaking Mocks</b>
<b>Thursday 16th January</b>	<b>Options Open Evening (6pm)</b>

# 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](mailto: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](mailto: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](mailto: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.**

## A Message from the New Chair of Governors – Jason White

Dear Parents and Carers,

I'm pleased to introduce myself as the new Chair of Governors for Cambourne Village College. It's an honour to take on this role, and I look forward to working with you, the school staff, and the wider community to ensure our children receive the very best opportunities.

Firstly, I would like to extend my sincere thanks to Kris Stutchbury for her dedication and commitment as Chair of Governors. Her leadership and support have been invaluable, and I am grateful for the strong foundation she has helped to build.

I joined the governing board in 2020, and during that time, I have seen first-hand—through both governance work and my own supply teaching experience at the school for a while after the pandemic—the impressive dedication of the leadership team and teaching staff. I am proud to be part of a school that not only excels academically but also offers such an incredible range of extra-curricular activities. The time and effort the staff put into these activities is truly commendable, ensuring that students have access to a well-rounded and enriching educational experience.

Having spent much of my life in education, I believe strongly in the power of schools to shape young people's futures, and I'm excited to contribute to the vibrant community at CVC. I'm also particularly excited about the recent opening of the school's sixth form, which represents a significant step forward in offering students even greater opportunities for their academic and personal development.

I began my professional career as a French and German teacher before moving to Germany, where I worked as an English trainer, in business development, and managed a language school in Munich for 10 years. Since returning to the UK in 2015, I've continued working in education and am now Director of Exams at a language school in London.

As Chair of Governors, my priority is to support the school's vision for excellence and to ensure every student has the opportunity to thrive academically, socially, and personally. The governors and I are looking forward to working with all of you and to supporting the further development of the school.

If you do need to get in touch with myself or other governors, please don't hesitate to reach out via the Clerk to the Governing Body: Terri Bonnett ([tbonnett@catrust.co.uk](mailto:tbonnett@catrust.co.uk))

Wishing you a Merry Christmas and a Happy New Year.

With best wishes,  
Jason White  
Chair of Governors



## 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

# 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](mailto:remilne@cambournevc.org)

## Year 9 Meningitis & DTP vaccinations – 4<sup>th</sup> 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](mailto: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.





# 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](http://www.holidayorchestra.org.uk)

Made with PosterMyWall.com

## Film Of The Week (FOTW)



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.

These recommendations will be moving to our social media platforms in the new year but, fear not, they will still be there as I attempt to help you all discover and re-discover some absolute film essentials!

My FOTW this week is a double bill, and that was an impossible feat as it could be a quadruple bill and there would still be more to recommend!



As we're fully in the festive season, I would be remiss if I didn't recommend this absolute classic!

It's a Wonderful Life (available on Amazon Prime) tells the story of a man who is down on his luck and feeling desperate. After George Bailey (James Stewart) wishes he had never been born, an angel (Henry Travers) is sent to earth to make George's wish come true. Thus begins some of the most beautiful cinema ever created; you'll laugh, you'll cry and you will NEVER hear a bell ring without thinking of Clarence, ever again! A beautiful family film that reminds everyone that life is a gift.

Next up, I'm going full Santa!

The Christmas Chronicles is a rare thing; a modern film that immediately placed itself into the annals of essential Christmas movies! The film tells the story of siblings Kate and Teddy, who decide to film Santa delivering presents. Teddy thinks it will help Kate face up to certain 'realities', instead they capture then actually meet the real Santa Claus (expertly played by a joyful Kurt Russell). Chaos and a little bit of singing and dancing ensues as the children help Santa, meet Mrs Claus (an AMAZING cameo!) and rediscover the true meaning of Christmas.



# BOOK RECOMMENDATIONS



## ***A Boy Called Christmas***

By Matt Haig

Life was going to change for Nikolas, in ways he could never have imagined. Things were going to happen to him.

Good things.

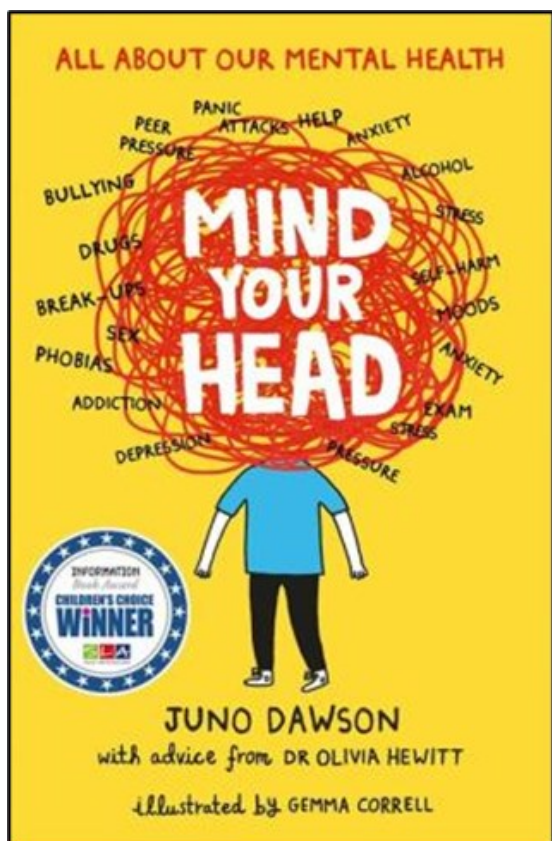
Bad things.

Impossible things.

Father Christmas was not always an old, jolly man with a white beard, he was once just a little boy.

Little Nikolas's life was not easy. Rarely receiving any kind of gift at Christmas, he certainly believed in happiness...yet he didn't experience very much of it. Until one day, something magical happened. Join Nikolas on a life-changing adventure, full of fantastic characters and beautiful moments, and watch how one little boy came to be the very symbol of Christmas itself. Full to bursting with festive wonder, this story will warm the heart of readers young and old.

***(Available from the school library and on SORA)***



## ***Mind Your Head***

By Juno Dawson

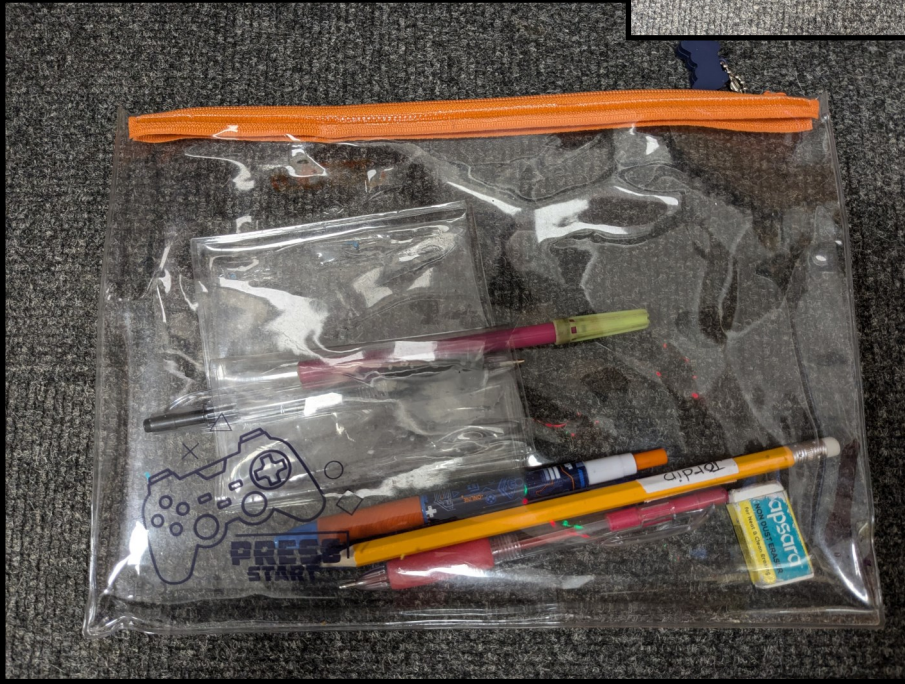
We all have a mind, so we all need to take care of our mental health as much as we need to take care of our physical health. And the first step is being able to talk about our mental health. Juno Dawson leads the way with this frank, factual and funny book, with added information and support from clinical psychologist Dr Olivia Hewitt. Covering topics from anxiety and depression to addiction, self-harm and personality disorders, Juno and Olivia talk clearly and supportively about a range of issues facing young people's mental health - whether fleeting or long-term - and how to manage them, with real-life stories from young people around the world.

***(Available from the school library and on SORA)***



# LOST PROPERTY

Un-named Lost Property Items that have  
been handed in between:  
16th - 20th December 2024



Size 42-44



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

Contact the College Reception or email

[thecollege@cambournevc.org](mailto:thecollege@cambournevc.org) if you recognise any items.

## 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**

# Innovate

## New Catering Menus for 2025

When all pupils return in January, there will be new menus from our caterers Innovate.

These roll over every 3 weeks and can be seen below—as well as on our website: <https://www.cambournevc.org/parent-carer-and-student-information/catering>

WEEK I					Innovate				
WEEK COMMENCING					CV - VEGETARIAN CVD - VEGAN				
06/01/2025 27/01/2025 17/02/2025 10/03/2025					31/03/2025				
CLASSIC HOT & HEARTY									
CLASSIC MAIN MEALS					VEGETARIAN MAIN MEALS				
<b>MONDAY</b> Lemon & Herb Piri Piri Chicken served with Spicy Rice					<b>MONDAY</b> Piri Piri Quorn served with Macho Peas and Spicy Rice (V)				
<b>TUESDAY</b> Classic Beef Lasagne, Garden Salad & Homemade Garlic Bread					<b>TUESDAY</b> Vegetable & Mixed Bean Lasagne, Garden Salad & Homemade Garlic Bread (V)				
<b>WEDNESDAY</b> Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy					<b>WEDNESDAY</b> Roasted Squash & Feta Pie served with Seasonal Vegetables or Salad (V)				
<b>THURSDAY</b> Creamy Chicken Korma served with Rice					<b>THURSDAY</b> Crunchy Topped Macaroni Cheese, House Salad or Seasonal Vegetables (V)				
<b>FRIDAY</b> Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce					<b>FRIDAY</b> Crispy Onion Pakora Burger with Mango Chutney & Garden Peas (VE)				
DESSERTS									
<b>MONDAY</b> Syrup Sponge with Vanilla Sauce		<b>TUESDAY</b> Apple Strudel & Custard		<b>WEDNESDAY</b> Chocolate Sponge & Chocolate Sauce		<b>THURSDAY</b> Pear & Cocoa Sponge		<b>FRIDAY</b> Fruit, Jelly & Yoghurt Pots	
Fruit & Yoghurt Pots Available Daily									
HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily					JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily				
gFreez VIBES									
<b>MONDAY</b> Buffalo Cauliflower Wings on Salt & Pepper Wedges (V)		<b>TUESDAY</b> Chicken Yakitori with Rice		<b>WEDNESDAY</b> Loaded Potato Skins		<b>THURSDAY</b> Garlic & Lemon Chicken Gyros		<b>FRIDAY</b>	
NATURALLY									
<b>MONDAY</b> Pakistani Tarka Dhal (V)		<b>TUESDAY</b> Vegan Singapore Noodles (VE)		<b>WEDNESDAY</b> Vegan Ramen Bowl (V)		<b>THURSDAY</b> The Big Plant Burger (V)		<b>FRIDAY</b> Garlic & Chilli Noodles	
TRATTORIA									
<b>MONDAY</b> Tomato & Basil Pasta		<b>TUESDAY</b> Pasta in a Cheese Sauce		<b>WEDNESDAY</b> Margherita Pizza or Pepperoni Pizza		<b>THURSDAY</b> Creamy Pesto Pasta		<b>FRIDAY</b> Margherita Pizza	
Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.									
APPROVED					APPROVED				

**WEEK 2**

**WEEK COMMENCING**

**CV2 - VEGETARIAN  
CV2 - VEGAN**

**13/01/2025 03/02/2025 24/02/2025 17/03/2025**

**CLASSIC HOT & HEARTY**

**CLASSIC MAIN MEALS**

**VEGETARIAN MAIN MEALS**

**MONDAY**

Traditional Sausage & Mash with Onion Gravy

**TUESDAY**

Creamy Garlic Chicken & Mushroom Pasta served with Garden salad

**WEDNESDAY**

Hand Carved Roast British Turkey, Crisp Roasties, Seasonal Vegetables, & House Gravy

**THURSDAY**

Terriyaki Beef Served with Carrot Rice

**FRIDAY**

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

**MONDAY**

Vegan Sausage & Mash with Onion Gravy (VE)

**TUESDAY**

No Waste Cauliflower Cheese Pasta Bake (V)

**WEDNESDAY**

Cheese, Leek & Potato Pie (V)

**THURSDAY**

Chinese Vegetable Stir Fry (V)

**FRIDAY**

Quorn 1/4lb'er served with Ranch Slaw, Chips & Peas (V)

**DESSERTS**

**MONDAY**

Apple Pie & Custard

**TUESDAY**

Peach & Pineapple Crumble

**WEDNESDAY**

Sticky Lemon Sponge & Custard

**THURSDAY**

Baked Churros with Chocolate Sauce

**FRIDAY**

Fruit, Jelly & Yoghurt Pots

**Fruit & Yoghurt Pots Available Daily**

**HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily**

**JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily**

Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.



*Innovate*



**MONDAY**

Teriyaki Chicken Wings served with Chahan Rice

**TUESDAY**

Korean Fried Crispy Chicken

**WEDNESDAY**

Chipotle Chicken Chimichanga

**THURSDAY**

Mei Goreng Indonesian Fried Noodles

**FRIDAY**

**NATURally**

**MONDAY**

Reggae Reggae Jackfruit Curry (V)

**TUESDAY**

Vegan Singapore Noodles (V)

**WEDNESDAY**

Jerk Jackfruit Open Wrap (V)

**THURSDAY**

The Big Plant Burger (VE)

**FRIDAY**

Garlic & Chilli Noodles

**TRATTORIA**



**MONDAY**

Tomato & Basil Pasta

**TUESDAY**

Pasta in a Cheese Sauce

**WEDNESDAY**

Margherita Pizza or Pepperoni Pizza

**THURSDAY**

Creamy Pesto Pasta

**FRIDAY**

Margherita Pizza

**WEEK 3**

**WEEK COMMENCING**

**CV2 - VEGETARIAN  
CV2 - VEGAN**

**20/01/2025 10/02/2025 03/03/2025 24/03/2025**

**CLASSIC HOT & HEARTY**

**CLASSIC MAIN MEALS**

**VEGETARIAN MAIN MEALS**

**MONDAY**

Kung Pao Chicken, Wholegrain & White Egg Fried Rice

**TUESDAY**

Beef & Tomato Ragout with Wholegrain Pasta & House Salad

**WEDNESDAY**

Salt & pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

**THURSDAY**

Chicken Makhani Curry with Braised Pilau Rice

**FRIDAY**

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce

**MONDAY**

Asian Vegetable, Soya Bean & noodle Stir Fry (V)

**TUESDAY**

Plant Based Bolognese with Wholegrain Pasta & House Salad (VE)

**WEDNESDAY**

Smashed Butternut Squash Mac and Cheese with Slaw & Garden Salad (V)

**THURSDAY**

Egg Plant Katsu Curry (V)

**FRIDAY**

Chickpea, Carrot & Sesame Burger, Asian Slaw, Chips & peas (V)

**DESSERTS**

**MONDAY**

Banana Pudding & Custard

**TUESDAY**

Warm Blueberry Sponge

**WEDNESDAY**

Sticky Toffee Pudding with Caramel Sauce

**THURSDAY**

Apple & Mixed Berry Crumble with Vanilla Sauce

**FRIDAY**

Fruit, Jelly & Yoghurt Pots

**Fruit & Yoghurt Pots Available Daily**

**HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily**

**JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily**

Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.



*Innovate*



**MONDAY**

Loaded Mediterranean Street Cart Wedges

**TUESDAY**

Chicken Yakitori with Rice

**WEDNESDAY**

Korean Fried Crispy Chicken

**THURSDAY**

Chinese Style Vegan Noodles

**FRIDAY**

**NATURally**

**MONDAY**

Fork Friendly Falafel Kebab (V)

**TUESDAY**

Vegan Singapore Noodles (V)

**WEDNESDAY**

Spiced Paneer & Red Onion Naan (V)

**THURSDAY**

Onion Bhaji Skewer with Bombay Potatoes (V)

**FRIDAY**

Garlic & Chilli Noodles

**TRATTORIA**



**MONDAY**

Tomato & Basil Pasta

**TUESDAY**

Pasta in a Cheese Sauce

**WEDNESDAY**

Margherita Pizza or Pepperoni Pizza

**THURSDAY**

Creamy Pesto Pasta

**FRIDAY**

Margherita Pizza

# Free, safe and anonymous mental health and wellbeing support at your pace

## What you'll find at Qwell and Kooth

### Live chat support from a mental health practitioner

Our team are online \* between:

**Weekdays : 12pm - 10pm**

**Weekends: 6pm - 10pm**

Or you can send a message at anytime and someone will respond when they are back online.

\*Hours may vary over the Christmas and New Year period.

### Find support from our community

Connect with others by sharing your experiences and gaining valuable self-care tips through our moderated discussion boards.

### Try our self-help toolkit

Set personal goals, write in your journal or browse through our themed collections and mini wellbeing activities.

### Read helpful articles

Helpful articles, personal experiences, and tips from both the community and our professional team.

To get access today visit [qwell.io](http://qwell.io) for anyone aged 18+ and [kooth.com](http://kooth.com) for anyone aged 11- 18 years old in Cambridgeshire and Peterborough

[qwell.io](http://qwell.io)



scan me to get started

[kooth.com](http://kooth.com)



scan me to get started

# What Parents & Carers Need to Know about DISCORD

AGE RATING  
**13+**

Servers and channels marked as 'NSFW' require users to be 18 or older to join.

Discord is a free app which allows users to communicate in real time via text, video or voice chat. Available on desktop and mobile devices, it was originally designed to help gamers cooperate – but has evolved into a more general networking platform for a range of online communities, discussing topics like TV series, music, Web3 and more. Discord is organised around closed groups, referred to as 'servers'. To join a server, users must be invited or provided with a unique link. It's a space for users to interact with friends, meet others with shared interests and collaborate privately online – but it's also a place where young people can be exposed to risks if the right precautions aren't taken.

## WHAT ARE THE RISKS?

### CYBERBULLYING

Discord's easy accessibility and connectivity, unfortunately, makes it an ideal place for cyberbullying to occur – especially as audio and video streams disappear once they've ended, meaning that bullying could take place without leaving any evidence. Closed groups can also be created, giving young people the opportunity to exclude their peers or send cruel messages without adult oversight.

### DIFFICULT TO MODERATE

Like many private communication apps, Discord's real-time messaging can be difficult to control. The system enables content moderation through each individual server – so different groups can set their own rules for what's acceptable, and some groups may not monitor for unsuitable content. Anything that happens in an audio or video stream is also virtually untraceable once the stream has concluded.

### INAPPROPRIATE CONTENT

Discord mainly hosts private groups, making it easier for unsuitable or explicit content to be shared on channels. Pornography, racism and inappropriate language can be found in some groups. Server owners are required to add an age-restriction gate to channels where 18+ content is being shared – but this solution isn't foolproof, as the platform doesn't always verify users' ages when they sign up.

### ACCESSIBLE TO PREDATORS

On many chat platforms, users can lie about their age or true identity – and Discord is no exception. Predators have attempted to abuse the platform by using it to contact and communicate with underage users – by initially chatting with a child on an age-appropriate channel, for example. While Discord has improved its safety settings, some users will still try to bypass them for malicious reasons.

### CRIMINAL ACTIVITY

Discord does have strict Terms of Service and Community Guidelines to protect its users – but, sadly, not everyone adheres to them. Criminal activity including grooming, hate speech, harassment, exploitative content, doxing and extremist or violent material have all been found on Discord servers over the last two years. In 2020, Discord received almost 27,000 reports of illegal activity on the platform.

## Advice for Parents & Carers

### REVIEW SAFETY SETTINGS

Discord has a series of safety settings, enabling users to choose who can direct message them or send them friend requests. Your child's experience on Discord will be much safer if the app's privacy and safety settings are configured to only allow messages or friend requests from server members. This will minimise the chances of potential predators from outside the group contacting them.

### EXPLAIN AGE FILTERING

While Discord requires users to be at least 13 to sign up, many servers geared towards older users are flagged as NSFW (not safe for work), which indicates they probably contain material that's inappropriate for children. It can be easy to click through settings without properly reviewing them, so ensure your child understands why age filtering is important and that it's there to protect them.

### SCREEN OUT EXPLICIT CONTENT

In the privacy and safety settings, Discord users are offered the ability to filter direct messages for inappropriate content: a setting that should be enabled if your child uses the platform. Discord automatically tries to flag images that are explicit, but the setting must be manually enabled for text. If a young user is sent explicit content in a direct message, Discord will scan and (if necessary) delete it.

### MONITOR ONLINE ACTIVITY

It's wise to regularly review your child's activity on Discord. This can include checking their safety settings to ensure they're correctly enabled, talking about which servers they've joined and reviewing some of their friends and direct messages. Ask if anything has made them feel uncomfortable or unsafe. Things can change quickly online, so plan routine check-ins and follow up frequently.

### DISCUSS GOOD ONLINE BEHAVIOUR

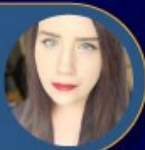
The anonymity offered by the internet often leads people to communicate more openly online and behave differently than they would at school or home. It's crucial to bear in mind, though, that every internet user is still a real person. Talk to your child about the severe and lasting consequences that cyberbullying or exchanging inappropriate material online can have in the real world.

### HAVE CANDID CONVERSATIONS

It can sometimes be awkward to discuss topics like grooming, pornography, racism or explicit content with your child – but it's important to ensure they're aware of the harms these things can pose. Talking openly about these subjects is a great way to help your child feel more comfortable about coming to you if they experience an unwanted encounter on Discord (or anywhere else online).

## Meet Our Expert

Coral Cripps is a Canadian-born, London-based tech journalist at [gmw3.com](http://gmw3.com): a website specialising in all things Web3, gaming and XR (extended reality). With a focus on brands and culture, she researches and writes about the ways that our current innovations – including the metaverse and Web3 – are impacting people, places and things.



National Online Safety®

#WakeUpWednesday

Sources: <https://www.corneliusgaming.com/articles/parents-of-discord-8-step-safety-guide-learn-or-popular-chat-app/> <https://www.fox.com/discord-is-a-haven-for-gamers-and-sexual-exploitation/> <https://www.fox.com/discord-doesnt-fully-verify-ages-and-often-0-18-nsfw/>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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# What Parents & Educators Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

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

## WHAT ARE THE RISKS?

TikTok is a free-to-use social media platform that lets people watch and share short videos of up to ten minutes in length. Its memes, trends, and celebrity cameos have made it enormously popular with an estimated 1 billion users worldwide – but its algorithm that surfaces videos based on users' activity can make the app seriously addictive.

## AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users that someone follows, "For You" is a collection based on their previously watched content. Most videos on a child's "For You" feed will probably be light-hearted and amusing, but it could potentially show something unsuitable. What's worse, if they engage with this content, more will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the volume of uploads means that they aren't manually monitored.

18  
CENSORED

## DANGEROUS CHALLENGES

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

## CONTACT WITH STRANGERS

With over 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over 16s (or young people using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also suggests their videos to others and enables anyone to download or comment on them.

## IN-APP SPENDING

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

## ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive. Recent figures show that young people are investing increasing amounts of time on it. In 2024, UK children have spent an average of 127 minutes per day on TikTok – twice as much as in 2020 – according to parental controls company Qustodio. This compulsive usage can interfere with children's sleep patterns – leading to irritability – and distract them from other, healthier activities.

## MISINFORMATION AND RADICALISATION

Although the short-form videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but with Ofcom reporting that nearly a third of children aged 12-15 use TikTok as a news source, you should be wary of extremist material.

## Advice for Parents & Educators

### ENABLE FAMILY PAIRING

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

### MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers, and they won't be able to exchange messages with people who aren't on their friends list.

### LIMIT IN-APP SPENDING

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

### DISCUSS THE DANGERS

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

### READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework, or skipping meals.

## Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



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## What Parents & Educators Need to Know about

# YOUTUBE

Almost anyone with an internet connection knows YouTube. The Google-owned site lets anyone upload videos to be shared around the world, and as a result, it's an incredible resource with instant free access to material covering every conceivable topic. But with over 500 hours of video uploaded every minute, not all of it will be appropriate for young eyes.

### WHAT ARE THE RISKS?

#### INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate content. This can include profanity and violence, which some young users may find upsetting.

#### CONNECT WITH STRANGERS

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but it can also lead to binge-watching and screen addiction – especially if 'auto-play' is active. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

#### RADICALISATION

YouTube's algorithm tends to promote content that's getting the most traffic – a lot of which can be quite extreme. This can be fine for harmless topics, but YouTube isn't regulated like television, and that means that conspiracy theories, fake news and hateful ideologies can occasionally surface to warp impressionable minds all too easily. Remember – the more they watch, the more they'll be recommended.

#### CONNECTING WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as message other users directly. Connecting with strangers online can potentially lead to children being exposed to adult language, cyberbullying and – in the worst cases – online predators. If a child is creating content themselves, this can increase the likelihood of them becoming a target.

#### TRENDS AND CHALLENGES

YouTube is teeming with trends and challenges, some of which are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may cause physical or emotional harm. Children who watch or copy them. The painful 'salt and ice challenge' – where people use these two ingredients to burn their skin – is just one of many examples.

#### SNEAKY SCAMMERS

The comments sections of popular content creators regularly have scammers posing as that influencer, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and often offer cash gifts or 'get rich quick' schemes. Children may not realise that these users aren't who they claim to be.

## Advice for Parents & Educators

#### APPLY RESTRICTED MODE

For older children, Restricted Mode is an optional setting that prevents YouTube from showing inappropriate material (such as drug and alcohol abuse, graphic violence, and sexual content) to underage viewers. To prevent children from chancing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that they use to access YouTube. It's worth also turning the auto-play feature off, to prevent YouTube's algorithm automatically recommending something inappropriate.



#### TRY GOOGLE FAMILY

Creating a Google Family account allows parents and carers to monitor what their child is watching, uploading, and sharing with other users. It will also display their recently watched videos, searches, and recommended videos. In general, a Google Family account gives a parent or carer oversight of how their child uses sites like YouTube and helps to ensure that they are only accessing appropriate content.



#### MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them under 18. Younger children will watch different content to older ones, of course. You may want to keep an eye on how children interact with this material – and, if applicable, with content creators – to understand what they're interested in. Remember that creators often share content outside of YouTube, so don't ignore their web presence elsewhere!



#### CONSIDER YOUTUBE KIDS

It's possible to sidestep most inappropriate content completely via Google's own YouTube Kids app for Android handsets and iPhone. This lets you filter content by "preschool" (4 and under), "younger" (ages 5 to 8) and "older" (ages 9 to 12). This isn't a perfect substitute for personal supervision, as the app's filtering system is automated, and Google can't manually review all videos.

#### CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that a child is subscribed to can be hidden. If the child is only uploading videos set as 'private', they are far less likely to receive direct messages from strangers.



#### LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases. For example, users can rent and buy TV shows and movies to watch. If you'd like to avoid children purchasing content online, limit their access to online payment methods. Many parents have discovered the hard way that a child happily consuming a paid-for series quickly leads to an unexpected bill!



### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



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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](http://www.independence.co.uk)

Deadline **1 May 2025**

We're  
celebrating

**35**  
years!

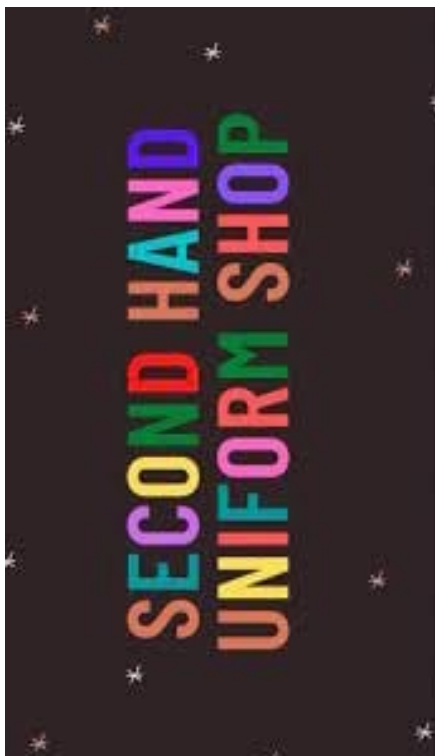


If your child has **lost an item of uniform**, please ask them to check with their **Year team office** in the first instance, or please **email [thecollege@cambournevc.org](mailto:thecollege@cambournevc.org)** so that we can arrange for your child to check our unnamed items.

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](mailto: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](mailto:cam-year7@cambournevc.org)

Year 8 - Nicola Smith / Abby Stirling-Clarke [cam-year8@cambournevc.org](mailto:cam-year8@cambournevc.org)

Year 9 - Laura Harvey [cam-year9@cambournevc.org](mailto:cam-year9@cambournevc.org)

Year 10 - Lisa Radburn [cam-year10@cambournevc.org](mailto:cam-year10@cambournevc.org)

Year 11 - Lou Boyd [cam-year11@cambournevc.org](mailto: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](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](http://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](mailto: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](mailto: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](mailto:cam-year7@cambournevc.org) | PSO - Sonia Wilson

Please email [cam-year8@cambournevc.org](mailto:cam-year8@cambournevc.org) | PSO - Nicola Smith & Abby Stirling-Clarke



Please email [cam-year9@cambournevc.org](mailto:cam-year9@cambournevc.org) | PSO - Laura Harvey & Sam Tomlinson

Please email [cam-year10@cambournevc.org](mailto:cam-year10@cambournevc.org) | PSO - Lisa Radburn

Please email [cam-year11@cambournevc.org](mailto: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](mailto: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](http://www.cambournevc.org)

We aim to respond to any enquiry within 48 business hours.