

# NEWS@CAM



# Garden keeps evolving

The gardening group at CamVC have not allowed the pandemic to dampen their enthusiasm in developing the Sensory Garden.

They are very excited in the installation of the newly laid path, making the garden accessible to all, regardless of the weather, as well as a greenhouse near the raised beds which enables them to grow produce in all seasons for everyone to

enjoy.

With the hint of spring, we are hoping to start putting some colour into the garden; the group have been passionately looking at Honeysuckle flowers, Jasmine, Clematis and Roses encompassing the perimeter of the garden. Additionally, we are hoping to increase biodiversity by planting a range of wildflowers and find different ways of reducing the carbon footprint created in the school by using food waste for compost.



**NEW DEVELOPMENTS:** The arrival of a greenhouse and newly-laid paths offer more opportunities in the sensory garden.

## And the band played on

The CamVC Jazz Band didn't let a thing like lockdown get in the way of them making great music over the last term.

Students worked towards a 'split-screen' video performance; a video in which the screen is 'split' into multiple sections so that several videos can be seen at the same time.

Students recorded videos of themselves playing their parts individually and then music teacher Ben Mulholland combined all the videos together to make a final 'performance'.

The students were playing a piece written by Mr Mulholland called Metamorphosis, a challenging piece

involving multiple key changes, a tempo change and an intricate melody that demands considerable dexterity.

The final video was uploaded to the front of the school website and is a further testament to the outstanding musicianship of the students involved.

In addition to the video, the Jazz Band also attended online rehearsals via Teams. Students would be muted while Mr Mulholland played the piano part for the piece they were working on. This meant students could play along while avoiding any issue of a delay between all the participants. It was a great way of doing regular practice each week and also fantastic to be able to keep Jazz Band going during lockdown.



## Energy tips

A Year 10 student working towards his Duke Of Edinburgh's award created a fantastic poster to raise awareness of energy usage. Part of the poster was detailed information on how to save energy and money by using LED or CFL bulbs in the home and how checking the energy rating before buying appliances, not overfilling the kettle and using the toaster or grill rather than the oven can result in substantial savings.

There were also details of how much insulation can save the average householder and the benefits of using a Smart meter to monitor energy usage.

It was a fantastic piece of work but you can still help by completing the survey at the link below.

[https://forms.office.com/Pages/ResponsePage.aspx?id=1u3qfje\\_FUCP6Rn7wsAtVTdq9LQMe\\_mNNsX3YC\\_Oz8vBxUMTA0UzBLWDIMUE1ESktZTDcyVvKFM\\_RVBRWi4u](https://forms.office.com/Pages/ResponsePage.aspx?id=1u3qfje_FUCP6Rn7wsAtVTdq9LQMe_mNNsX3YC_Oz8vBxUMTA0UzBLWDIMUE1ESktZTDcyVvKFM_RVBRWi4u)

**KEEPING GOING:** Students were able to continue with their weekly practice and put on a performance during lockdown.



## INSIDE THIS ISSUE

Page 3 – Testing Times . . .  
 Page 3 – A Covid-Safe Reopening  
 Page 3 – Finding Best Ways to Assess Year 11  
 Page 4 – Trust News  
 Page 5 – Prepared to go Remote  
 Page 5 – Push to Complete Complex

Pages 6 and 7 – History Focus  
 Page 8 – Chance to Discuss Expansion Plans  
 Pages 8 & 9– Poetry reflects Momentous Year  
 Page 9 – Making a Difference  
 Page 10 – Efforts Recognised  
 Page 10 – Activators Go Beyond

Page 10 – New Club Launched  
 Page 10 – Sporting Insights  
 Page 11 – Healthy Selfies  
 Page 11 – Trying Something New  
 Page 11 – Students Embrace Challenge  
 Page 12 – Cambourne's Battle  
 Page 12 – Staying Active is Vital



**LEARNING TO TEST:** Students were helped to perform Lateral Flow Tests when college reopened.

*Pictures: Cambridge Independent*

# Testing times . . .

**On 8th March, we welcomed all our students back to Cambourne Village College for a resumption of face-to-face classroom teaching — to the relief of the staff — and to most of our students!**

The return was carefully managed to provide the coronavirus testing required by the Government, with year groups returning in phases over the first three days and completing lateral flow tests before attending lessons the following day: almost 95% of parents consented to this testing.

Each student was tested twice over the following week, before the issuing of test kits to be used at home throughout the Easter holiday and into the summer term. An incredible 3152 tests were performed over nine days, with the data uploaded to the Department for Education every afternoon. Students' behaviour and co-

operation throughout the in-school testing process was exemplary.

We are indebted to the volunteers who made this possible; more than 60 local people offered to help and worked in teams of 18 over the nine days of the school-testing period.

Mrs Barker, our School Nurse, reported that she was 'massively impressed' with the volunteers and their willingness to support their community: 'The atmosphere in the sports hall was really lovely. Calm, efficient and very friendly.'

I'd like to thank everyone who volunteered — and a huge thank you to Miss Boyns, Mrs Barker, and to all the school staff who helped in so many ways.

It was an enormous logistical exercise and the smoothness with which the whole process ran was a tremendous credit to all concerned.

**Claire Coates, Principal**

## A Covid-safe reopening

Whilst we're delighted to have all our students back at school, operations to run the site safely are very challenging. We're continuing to teach each year group in a segregated area, with separate dining and toilet facilities — this is to aid contact-tracing if necessary, because full social distancing cannot be observed in classrooms. With enhanced cleaning and almost all students observing the requirement to wear masks in class until the end of term, school has been made as safe as it possibly can be.

Through the Cam Academy Trust, the school has been sprayed with Nordic Chem, the first surface coating in the UK which is proven to remain active against the human coronavirus for up to 90 days and works by forming an invisible barrier around the surface which has been coated.

The Trust has also supported us with the reinstatement of two of the marquees we had before Christmas: these have provided extra dining and social spaces for the younger pupils.

With heating bills soaring as windows are kept open to provide plenty of ventilation, we're crossing everything for a warm April!

To add to the challenge, a high number of staff have not been able to return to the classroom since some are still shielding, several have been called home as their children's primary schools have closed 'bubbles', and the usual seasonal absences have cropped up.

Like everyone else, we are looking forward to a gradual return to normality in the summer term — and a good break over Easter!



**MARQUEES ARE BACK:** To provide extra social and dining spaces for younger pupils.

## Finding best ways to assess Year 11

CamVC staff, led by Ms Gildea, have been working with the Trust Director of Education and staff in our other secondary schools to establish the assessment criteria for Year 11 summer exams.

Staff will use previously completed assessments, but will also give Year 11 students every opportunity over the next half term to improve on the grades achieved so far to arrive at final submitted grades that give a holistic assessment of the student's

achievement in each subject.

Teachers' marking across departments and across the four Trust secondary schools will be moderated to ensure that the process is as robust and fair as possible.

After a very tough year, Year 11 at least have a leaving-day celebration to look forward to on 28 May, when they can let their hair down!

The College must submit all results to the exam

boards by Friday 18 June. We are not planning for Year 11 pupils to be in school in June but they must be available to come in if needed to complete any missing work or administration.

GCSE results will be published a week earlier than usual on Thursday 12 August. Unlike for the last set of Centre Assessed Grades, students will be able to appeal against a grade that they feel is unfair.

# Focus on mental health

## Two Trust colleagues have joined forces to explore and formalise mental health and wellbeing initiatives across the Trust and its schools.

Annabelle Harder, Year 1 teacher at Gamlingay Village Primary and Zach Beamish, sociology teacher at Comberton Village College, had a vision to share best practice and improve the overall mental health and wellbeing for staff and pupils.

They outlined three key phases. Firstly, to look at the provision currently in place at each of the Trust schools. Secondly, to learn how to further enhance this provision. Lastly, to develop a framework for schools and a training programme to ensure mental health and wellbeing could thrive across the Trust.

They are currently in the second phase, which has had the added effect of Covid-19 challenges.

Annabelle said: "It's no secret that Covid-19 has had a huge impact on staff, parent and pupil mental health and wellbeing. Despite this, we have seen some really promising work across the Trust! It has been great to see a proactive

approach towards pupils' mental health, with schools increasing the number of mental health programmes and actively sharing best practice.

"The same can be said for staff support too. After the lockdown in January, there was increased pressure on staff workload, partly due to the uptake of on-site requests and the last-minute reactive shift to lockdown learning. However, we have seen a rise in advice, information, support, training, and tools to help staff across schools better manage their mental health."

Zach said: "One thing I have been particularly impressed with is how fast The Cam Academy Trust schools have adapted to supporting staff and student mental health. Almost instantly, we saw teachers making welfare calls to students, sixth form peer support initiatives, staff mental health training, and wellbeing forums and resources being sent out into the wider community.

"There are certainly some Covid keepers too! Students can now access support and resources anywhere at any time through Microsoft Teams which they could not do before. Also, teachers no longer need to dedicate an hour or so of travel time for teacher training - they can simply do the course online in their living room."

## Offering the right support is key to success

Rachael Panther is the Trust's new Education Welfare Lead.

She is responsible for ensuring children attend school, families have the support they need and children get the most out of their education.

Before joining The Cam Academy Trust, Rachael worked as the Attendance Officer at St Peter's School, Huntingdon, for four years. She has an additional 10 years' experience with supporting challenging families as a Youth and Community worker.

Rachael said: "I started this role in November 2020 and work closely with individual schools to ensure continuity, support with difficult cases and review current procedures.

"Until the lockdown in January 2021, I was responsible for identifying problems with the

attendance of some young people and then doing my best to rectify that situation. This could cover supporting pupils with medical needs, ensuring families understand the help we provide and meeting parents and pupils at school or home.

"When the lockdown happened, it was a whirlwind and my role shifted to reflect social distancing in place and the fact that fewer pupils were in school. I obviously couldn't go and meet families like I had done before.

"One of the first things I did was liaise with schools to gather attendance figures from across the Trust. These figures were able to help the leadership team monitor the levels of disadvantaged pupils and key worker children against the national average, and then identify what changes and support were required.

"Working remotely was very strange to start with since I used to spend so much time meeting with our students and their families. Zoom and Microsoft Teams have been a great help and ensured we can all stay in touch, but it's not the same as face-to-face contact and makes breaking down barriers much more challenging.

"Success at school isn't only about what goes on inside the classroom, it's also about ensuring that children are happy, confident and settled so they can fulfil their potential.

"Achieving this is incredibly rewarding and definitely one of my favourite things about the role - even if at times it can be emotionally demanding and put my people skills to the test! However, helping to make a difference to a young person's life make it all worthwhile."



## Rolling out tech

Despite the overwhelming consequences of the pandemic, this global crisis has also been an extraordinary time for learning and the ongoing rollout of technology into everyday teaching.

One year on from the first lockdown, senior leaders from within The Cam Academy Trust revealed how staff and pupils had adapted to remote learning, using technology to inspire collaboration. It has been very tough at times, but great progress has been made with some changes set to last in a world post Covid.

Leigh Bellis, Assistant Principal at Cambourne Village College, said: "It's fair to say teaching during the pandemic has been exhausting and stressful. You do not expect to be reimagining your whole understanding of how to deliver quality education overnight!

"However, this has been an extraordinarily productive period of staff development. With astonishing speed, everyone took on the challenges of learning and using systems, of overcoming technological glitches and human errors, of becoming confident and comfortable with the new digital workspace.

"Because Microsoft Teams had become our channel for delivering resources, absent pupils could access the lesson tasks with little extra effort from the teacher, and self-isolating teachers could teach the lessons from home, 'beaming in' or just monitoring pupil work."

The determination of teaching staff to succeed with available technology has been key to success.

"The extraordinary dexterity displayed by teachers when their day-to-day role became, in some cases, vastly different, and collaboration became more important than ever, and was embraced," said Mr Bellis. "The marriage between technology and human ingenuity and flexibility got us through these lockdowns and will make us stronger for the future."



**RACHAEL PANTHER: Education Welfare Lead**

## Trust hits milestone

The Cam Academy Trust is 10 years old.

Formed in 2011 as The Comberton Academy Trust to oversee Comberton Village College's conversion to an academy, it has grown significantly over the last decade. There are now three further secondary schools, two Sixth Forms and seven primary phase academies.

We hope to mark the anniversary later in the year once restrictions surrounding the pandemic are lifted.



# Prepared to go remote

As coronavirus cases increased in early winter, the Government call for schools to close from January was no surprise.

CamVC had alternative timetables ready-prepared and with lessons learned from last year's lockdown, the move to remote learning in January went smoothly. All pupils in Years 7- 10 already had iPads; the IT Support team ensured that all students in Year 11 had an appropriate device at home, and support with broadband supply was offered where needed.

Ms Gildea surveyed pupils and parents after one week to find how the remote learning was going and whether our students preferred Live or pre-recorded lessons.

The results showed a pretty equal split: some pupils valued the live, face-to-face contact with their teachers; others liked being able to work through a videoed lesson at their own pace and some homes had connectivity issues.

The follow-up survey showed that most respondents approved of the balance achieved; the gratitude expressed from pupils and parents for the quality of lessons and support provided was very much appreciated.

While most pupils worked from home, Critical Worker School provided a safe place for up to 100 pupils each day to complete their remote learning under supervision, and Go4Schools was adapted to allow daily reporting to parents. Most pupils worked very hard and the 'Friday Shout Outs' on our Facebook page showed some outstanding achievements. As for last summer's lockdown, the staff worked hard to keep up morale and motivation: the PE Department came up with a range of challenges to get us out and exercising; Mr Mulholland wrote a great piece for the jazz band to perform via video, and the brilliant Historic-All lecture series reached an England-wide audience. (You can read about these on various pages in this magazine).

Now we're back at school, teachers are carrying out a series of assessments to ensure that any gaps in learning are identified and students are able to move on with their normal learning.

And despite having to get up earlier and change out of their pyjamas for lessons, most people seem happy to be back!

Claire Coates, Principal



**FRIDAY SHOUT-OUTS:** Work that particularly impressed teachers regularly features on the CamVC Facebook page.



## Big push to complete arts complex

Cambourne Village College has a large performance hall, built with the support of the Town and County Councils.

Our vision is to equip this hall, currently an empty shell, with facilities to host professional arts events and cinema for the people of Cambourne.

### School and Community Theatre

For the past 18 months, the newly created CamVC Charitable Trust has been working hard to raise the funds for this venture.

So far, we have secured the £200,000 needed to install the infrastructure and staging, lighting and audio facilities to create an excellent performance space.

With an additional £130,000 now donated by The Cam Academy Trust to fit high-quality tiered seating, we hope to be able to complete the installation to host musical and theatre performances for an audience of 350 by the start of September 2021. These will be accessible to all visitors.

### Professional Performances and Cinema

Our fundraising to date has laid the foundations to bring professional arts performances to Cambourne. We now need to raise a further £100,000 to equip the performance hall with professional-quality cinema screen, projector and surround-sound. Ultimately, we aim to fit out a further hall on site for cinema so that a full film programme can run alongside other performances.

### Community Arts Officer

Our community already makes extensive use of the College facilities. Our ambition now is to work with the Town Council to create the position of Arts Officer for the town and to grow the creative offer for

local people.

We'd like to host live music, attract professional touring theatre and dance companies, and to show box-office cinema through the community cinema outlets, just weeks after top-ranking films are released. This could include live satellite broadcasts of West End theatre, ballet and opera.

### We Need your Help!

We are now reaching out to local people and companies for help in raising the final £100,000 needed to make this happen for 2022.

Please check our website [www.cambournevc.org](http://www.cambournevc.org) for details of how you can support this project:

We seek donations from local companies, trust funds, community groups and individuals. Could your company make a donation or pay for a piece of equipment? Could your club hold a fund-raising event? Get sponsored to do something? Please help us to raise the final £100,000 needed to create this exciting facility for Cambourne.

For more information or to offer assistance, please contact Mrs Cat Collins, Trustee and Secretary of the Cam Academy Trust: [ccollins@cambournevc.org](mailto:ccollins@cambournevc.org)



**COMMUNITY SPACE:** CamVC want to provide community arts and cinema facilities in their new Performance Hall, including tiered seating.

# Lectures are a big hit

Thank you all for your support of our free public lecture programme so far.

Originally, we intended to host these monthly but throughout this term we hosted at least one a week!

We hope that these lectures helped students and the wider community during the period of remote working, and we are incredibly grateful to all the speakers who agreed to take part at late notice.

## Now for next series

We are now delighted to introduce our new public lecture series, Education-All! We hope that these free lectures help to foster a love and interest in a variety of subjects.

This also fits in with our wider school remit of being a Village College, inspired by the ideas of Henry Morris, in which schools should act as a community hub and that education is a lifelong process.

The programme for the summer term is on the next page. Everyone is welcome—spread the word!

For this academic year, all lectures will be online and shared via Microsoft Teams. Details about how to join the events (free of charge) will be available via the school website and via Twitter: @Education\_All

Since moving our lectures online, we have been able to invite multiple schools — the map illustrates where people are 'tuning in' from.

We have had up to 270 people attend our live lectures and even more access our recordings, which are freely available on the school website:

<https://www.cambournevc.org/news-and-events/historic-all>

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**SPREADING THE WORD:** History teachers shared David Olusoga's book 'Black and British' by recording chapters.

## Unlocking the bigger picture of diversity

During lockdown, Mr Hussain and Ms Oliver wanted to get our pupils excited about both history and literacy!

Having read David Olusoga's book 'Black and British', they were keen to share it with everyone at Cambourne.

They chose to record the chapters in the book, bringing the story of Black Britons to life.

From the Romans, to the Tudors, to modern-day multicultural Britain, this book uncovers a layer of Britain's history that is often hidden or unknown.

If you want to unlock a bigger picture of Britain's diverse history, our recorded readings are one of the keys.

Check them out on the CATalogue, where you will also find all of our 'Extra Dose' Extensions that you can keep using to learn more History!

## Archives tell story of 'hidden love'

Students in Years 8-11 took part in The National Archives' Hidden Love pre-recorded outreach session that explored the lives of the LGBTQ+ community in the 1930s for LGBTQ+ History Month.

Students explored some of the National Archives' documents including a rich collection of documents, personal letters, and photographs.

They carefully considered the provenance of the collection and how much we can actually learn from state/police records.

Well done to everyone who took part!

Thank you to the team at the National Archives who have been continually offering brilliant sessions for our students:

<https://nationalarchives.gov.uk/about/news/online-education-programme/>

## Witness testimony

This year we commemorated Holocaust Memorial Day (27th January) through a variety of recorded readings and assemblies provided by the History department.

Staff and students in Years 9-11 were encouraged to tune in to the Holocaust Educational Trust's live webcast with Holocaust survivor Eve Kugler.

Eve was born in Halle, Germany in 1931. She witnessed the events of Kristallnacht in November 1939, after which her father was sent to Buchenwald.

In June 1939, the family fled to Paris on a forged visa. After living in the occupied city, by chance, Eve and one of her sisters were able to find refuge in New York.

Eve's other sister went into hiding and her parents survived the concentration camps.

The webcast was incredibly moving and our staff and students greatly appreciated the opportunity.



**VOICE OF A WITNESS:** Eve Kugler spoke of her life as a Holocaust survivor.



Join us for a series of  
*free* public lectures.  
The lectures are **open to  
all** and will be hosted via  
Microsoft Teams.

## FREE LECTURE PROGRAMME

We can't wait to start our lecture programme – we've got a  
fantastic line-up!

Further details about dates and times will be  
confirmed next term.

April:

**Professor James Holt**

*Associate Professor of Religious Education. University of Chester.*

**Dr Mattew Bothwell**

*Institute of Astronomy. University of Cambridge.*

**Dr Claire Kennan**

*Impact Development Manager. The University of Reading.*

May:

**Dr Markus Hellenbrand**

*Post Doctoral Research Associate. Department of Materials Science  
& Metallurgy, University of Cambridge.*

**Dr. Benedict Burbridge**

*Senior Lecturer in Art History. University of Sussex.*

**Dr. Eve MacDonald**

*Lecturer in Ancient History. Cardiff University.*

Follow us on Twitter @Education\_\_All for updates.

For more information contact:  
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[lgassner@cambournevc.org](mailto:lgassner@cambournevc.org)



# Chance to discuss college expansion plans

Plans for the new school development are progressing well and a virtual Public Consultation will open in April.

From 2023, these new buildings will allow the College to accommodate future pupils from the Cambourne West development and to open our own Sixth Form Centre.

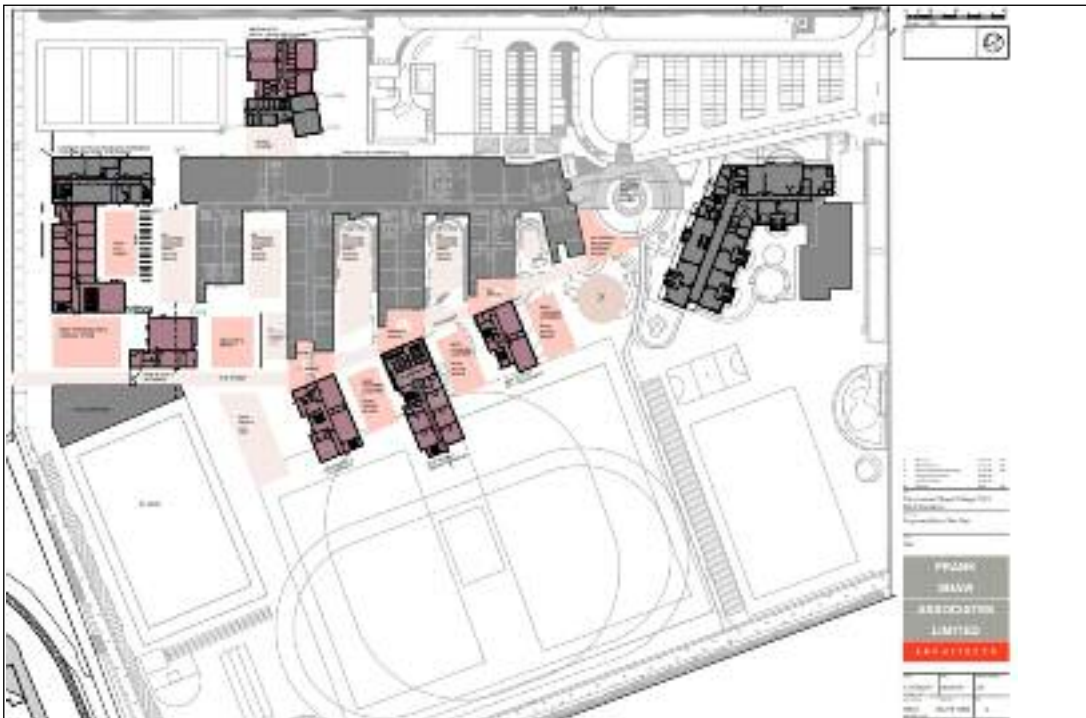
Our current buildings will allow a maximum of 270 pupils per year group. Following this development, the school will have facilities for a total of 330 pupils in each year, and an 11-16 roll of 1650. This increase will work through from the Year 7 of 2023, with each successive new intake taking the larger number. We will welcome our first intake of up to 175 Year 12 students into the Sixth Form

in September 2023, with a maximum capacity of 350 from the second year of opening.

If planning permission is given, building will commence on site from May 2023. Additional teaching areas will be built behind the current Blue, Pink and Green wings.

A separate dining hall and kitchen will be constructed, and additional music and drama classrooms will be added to the current music block.

A further two wings will be added to the sixth form, and extensive new playing fields developed on the north side of the building. All of this will create considerable disruption, but we have a lot of experience in working on a building site!



**PLANS ON PAPER:** Architects drawings of the proposed new buildings at Cambourne Village College.

## Poetry reflects a momentous year

On Friday 20th March 2020, schools across the country closed their doors to all but a few staff and students, an attempt to stem the tide of the pandemic that was sweeping not just across Britain but the entire world.

We were plunged into a new world of remote learning, video calls and recorded lessons. We learned about R numbers, facemasks, and social distancing. Even the more cynical among us would not have predicted that most students would be out of school for a full six months, nor that within a term of returning we would be in lockdown again.

To mark the anniversary of that day, and World Poetry Day on Sunday 21st March, Mrs

Spreadbury set a challenge for students and staff to reflect on the past year's upheaval. Inspired by a poem by young poet Brenig Davies, writers were asked to imagine meeting their pre-pandemic selves. What would you say to yourself a year ago? Would you want to know what lay ahead?

Entries showed a fantastic range of responses to these questions. Some were wary, negative and downcast, while others found immense positivity in looking back.

KS4 winner Natty's poem is long and complex, rather like lockdown itself! It plays with images of restriction and limitation, and uses subtle, shifting language that conveys

the fragility of our lives and experiences.

The idea of a "dishonestly comfortable" normal is relevant not just to the pandemic, but other issues of social justice and equality that have come to the fore during the past year.

By contrast KS3 winner Ines (7M) shows a shift from uncertainty and haziness to something strong and positive.

The rhyming couplets give the ending real impact and a sense of celebration. This reflects the way in which many people have found the strength and determination to make the best of the past year.

## Who do I see?

I look in the mirror and who do I see?  
A hazy reflection of past me,  
With her uncertain smile and bushy hair  
Back then when Covid wasn't there.  
Now I am here, standing proudly  
And looking in the mirror saying these words loudly.

Ines (7M) — KS3 Winner



**WINNERS:** The writers of the best poems reflecting a year of lockdown.



**COMMUNITY-MINDED:** *Cambourne's members of the Cambs Youth Panel want to make a difference.*

# Making a difference

**The Cambs Youth Panel is a group of young people who have been striving to make a difference in our community (Cambridgeshire) since 2016.**

Four members of the Cambs youth panel currently study at Cambourne Village College and are all in Year 11 – Pippa, Molly, Hannah, and Mimie.

We run a range of different projects which are based on matters that we find are important and we want to do something about.

These include projects like 'A piece of mind' which focuses on the mental health and well-being of students, and 'Computers for Students' which has helped to supply more than 1000 computers to students around Cambridgeshire to help with lockdown learning.

Over the past year we have gained a lot of publicity for our computer project. This started in March 2020 when we were sent into the first lockdown.

We soon realised that not everyone would have the equipment at home to complete their schoolwork and we wanted to help change that.

This project has helped to shine light on the fact that more than 9000 young people in the county don't have access to a laptop device at home to complete their schoolwork, and more than 3000 of those people don't have access to an internet connection at home.

We are working alongside Cambridge Digital Partnership and Cambridge 2030 to try and fix this in a project that we are now calling 'the Digital Drive'.

We have teams of young people refurbishing donated laptops and desktops all over the county – sending them out to schools, families, children, and young people.

We hope that this will help to close this gap of digital inequality in and around Cambridge and those who receive these devices will find working online

## Winner's 'dishonestly comfortable' normal

It's all wrong.

It's twisted: melting into something different, warped into a shape you no longer recognise, a shape that overwhelms, cocoons, suffocates you in a sandpaper blanket. It's all backwards.

Normal is all backwards.

Plug in the charger, black turns to red turns to white and reality is waking up.

1% , 2% : the light is switched on and shining through a pixelated window, where there are smiles you can actually see, chuckles unrestrained by the croaks and crackles of a contaminated chest, ungloved fingers intertwined, freshly highlighted hair sprawled over a salon floor,

copper coins exchanged for lukewarm coffee, children sprinting out from open school gates

into Grandad's arms and back home for fish fingers and chips.

Home. One person's haven, another person's hell.

If not at home, then out.

Out careering around on battered bicycles through dampened forest floors and across withering fields

where you drink from mangled cans and snap dandelion stems, pretending you're older and completely invincible.

But invincibility wears thin

because the normal that was so dishonestly comfortable is no longer out there.

And now you wish that you had wanted to be younger.

significantly easier. Molly has done a lot of work in promoting this project and working with Cambridge Digital Partnership and Cambridge 2030.

We have also been able to be a part of the 'a piece of mind' project where four of our members – Ayra, Mimie, Oli, and Hannah – have been designing and creating boxes to send out to schools to help students who are struggling with their mental health.

We created invites for activities and added materials to help along the way into these boxes. The aim of this project is to help boost mental health for students. We felt this was a great opportunity and it has been an amazing thing to be a part of.

We have also interviewed the Chief Constable for Cambridgeshire Constabulary, Nick Dean, and the Superintendent for Peterborough and Fenland, Kate Anderson (you can watch our interview with Kate on our YouTube channel).

We are also working with the team behind the new Cambridge Children's Hospital and Cambridge Children's Network to offer young people a chance to win a £800 gaming PC.

To find more information about us and our projects, you can talk to any of our members at school, visit our website: [www.cambsyouthpanel.co.uk](http://www.cambsyouthpanel.co.uk), or even check out our social media – we are on YouTube, Twitter, Facebook, and Instagram!

We are also recruiting members and if you want to get involved you can get in touch with us through our website – under the recruitment section – or talk to one of our members at school. Once you have an application form, fill it out and either email it to us or print it out and give it to one of the members at school. We will try to get in touch with you as soon as possible after that!

Before is encapsulated into something so fragile and temporary while the fantasy land outside supposedly unbroken by updates, low batteries and stuttering WiFi

is being ripped apart at the seams by a virus that cannot be deleted.

It's all backwards.

You wish you had spent less time scrolling sleepily through the fake Instagram smiles and the #picoftheday's

because now those are the grins you grasp at to remind you of what was not what is

and the only pic of the day you take is of a half- finished essay to submit to your teacher that you hadn't the energy to finish or an empty cobblestone road in central Cambridge because you still can't quite believe this is happening.

Maybe if you stay absorbed in other people's rose-gold tinted pasts for long enough

You'll forget that this isn't your reality.

That your normality isn't one of bubbles you can't pop and masks that don't belong atop a fairy-tale costume.

But for now, you'll carry on scrolling and scrolling and scrolling past death so that illness can't touch you until it does, pretending that you can just switch off

the mess outside and inside when the battery runs out.

It's all backwards.

Natty (11R) — KS4 Winner

# Efforts are recognised

For the past three years Cambourne Village College has nominated Year 11 students to receive Roy Burrell medals to honour their achievements and accomplishments in competitive and school sport.

Roy Burrell was Deputy Headmaster at Chesterton Community College until his untimely death at the age of 49. He was passionate about sport and engaging young people in it.

Through the awards, Cambridge and District Schools commemorate Roy Burrell and celebrate the excellence, participation and sportsmanship that is characteristic of sport in the area.

At CamVC we feel that our nominees not only embody these characteristics, but that they are also role models in their time at school; influencing and inspiring our younger students, not just in sport and dance but throughout their school life.

This year we have nominated eight students for various awards at this prestigious school awards ceremony.

Five students were nominated to receive a medal as Sports Performers. The criteria for this is to be 'an excellent student, who is an advocate of PE/school sport in your school, and is currently performing at a representative level in one

sport.'

Well done to Daryl (11M) — Karting, Isabella (11M) — Cricket, Elliot (11B) — Cricket, Jack (11N) — Cricket and Chris (11M) — Swimming.

Five students were nominated as Sports Leaders who must be 'an excellent student who is an advocate of PE/school sport in your school and is currently volunteering and completing extensive leadership hours within school.'

Congratulations to Posy (11N), Libby (11B) and Max (11A) with Isabella and Elliot collecting second medals.

Two students were also nominated for the Greg Alvey award which is a special role celebrating students who have been integral in PE and school sport throughout their time at the school.

There is usually only one winner across the region for this award and it is selected by an impartial panel.

This year, due to Lockdown, the panel decided to name all nominees as winners



**SPORTING SUCCESS:** Year 11 students with their Roy Burrell Awards.

so many congratulations to Isabella and Elliot for this achievement. It is such a shame that these students cannot be recognised with the usual Awards Ceremony but the whole of the CamVC PE department would like to pass on their congratulations and thanks to these outstanding students.



## Activators go above and beyond

During the last term, our amazing Year 8 Sports Activators have been hard at work researching athletes that have gone above and beyond in their sport.

The phrase "to go above and beyond" means to do an excellent job on something, even beyond what is expected.

Our Sports Activators were asked to create information videos explaining the reasons why their chosen athlete has exceeded expectations in their sport or leadership role.

There were some incredible and interesting facts about each athlete that would truly inspire any young sportsperson that loves sport and coaching.

Some athletes that were researched were legendary basketball coach Pat Summit, renowned American Footballer Eric LeGrand and the infamous figure skater Nancy Kerrigan.

The Activators had to explain how each person inspires them and who they would choose as a role model within sport and society.

Going Above and Beyond has the connotation that a person completed everything that was required and then did even more work on top of it. This is true of CamVC'S Sports Activators.

They have researched and become enthused by each athlete's story and it has given them the confidence to believe they can achieve in their sporting passions. Well done Year 8 Sports Activators -great work, information videos and research!

## Captain Tom 'launches' club

The CamVC PE Book Club began in January with weekly sporting articles such as Captain Sir Tom Moore's 100 laps of his garden, raising £32 million for the NHS, and tennis star Francesca Jones, who has overcome a rare genetic condition to achieve her dreams! We have also been posting hot topic debates each week, including should technology such as VAR be used in sport and the use of performance-enhancing drugs in elite sport.

Our weekly book reviews by the PE Department give an insight into our reading interests, with a range of books being read over

the recent lockdown.

Members of the department have been reading and reviewing books including 'Can't Hurt Me' by David Goggins, 'I was Jane Austen's best friend' by Cora Harrison, 'The Captain Class' by Sam Walker, 'Bobby Robson' an autobiography of Bobby Robson with Paul Hayward, 'Shuggie Bain' by Douglas Stuart and 'Eat, Sweat, Play' by Anna Kessel. The CamVC PE Book Club can be found in the book club Teams page. Keep an eye out for our future posts and send us your reviews of books you have recently read!



## Sporting insights . . .

On 17th March, the PE Department hosted its first public virtual lecture! Norwich City FC delivered a live MS Teams presentation titled 'An insight into careers in sport'.

Pupils also had the opportunity to ask the presenters questions and have these answered live.

It was a fantastic event and highlighted all the different jobs and roles in sport.

There were some really interesting points and stories from the staff and they gave some really good advice about how to secure a top job in sport. Pupils

commented on how much they enjoyed the event and left feeling inspired!

The PE Department are looking to run more of these events to shine a light on the importance of living a healthy and active lifestyle as well as all of the different ways to be involved in sport as a job, a hobby or as a way to live actively.

If you know of someone who would be able to give an interesting presentation, who would inspire pupils or who has a particular area of interest, please get in touch on [lgassner@cambournevc.org](mailto:lgassner@cambournevc.org)

# Healthy Selfies hit the headlines

The CamVC Healthy Selfie campaign started in the first lockdown and was a chance for students, staff and family members to show what they were doing to stay active.

This was shared on the CamVC\_PE Twitter page and was a lovely way to stay connected and to see how active people were remaining during the difficult circumstances.

We continued the campaign during subsequent lockdowns with much success, having more than 1000 different healthy selfies sent in.

Other schools in the Trust got involved and the charity Living Sport who aim to improve health, happiness and wellbeing of the people of Cambridgeshire and Peterborough also took up the campaign and made it wider reaching. BBC Look East picked it up and ran a news segment about it on Friday 12th February where our students' healthy selfies featured prominently as an example of the campaign.

Well done and thank you to everyone who was involved and please do continue to share the different ways that you and your families are staying active.

Send your pictures to [cam-healthyselfie@cambournevc.org](mailto:cam-healthyselfie@cambournevc.org) and we will continue to share them throughout the summer term.



**BEING ACTIVE:** Almost endless opportunities for many different Healthy Selfies during the latest lockdown.

## Great chance to try something new

While school was closed, those students attending key worker school had an exciting opportunity to continue to participate in practical PE lessons.

Students from all year groups had three 30-minute lessons per week, in which they tried many different sports and activities.

In the first two weeks, students in Years 7 and 8 took part in a Panathlon multi skills festival, organised by the South Cambs School Sports Partnership (SCSSP).

This meant competing in teams across 12 different activities that challenged the students'

balance, agility, throwing and overall accuracy. Students collected points for their team which went towards their overall total across the two weeks.

The highest scoring team's score was submitted to the SCSSP to compete against the other schools in the district!

Year 9 and KS4 students were taught badminton in the first two weeks, before all year groups moved on to mini-tennis.

This is an activity not currently on the Cambourne VC PE curriculum, so it was a great opportunity for all students to try a new

and exciting sport!

For the final two weeks of key worker school, all students had the opportunity to try their hand at volleyball, again giving many students the chance to have a go at a something a bit different!

Key worker school PE was a huge success, giving all students opportunities to try something new while also working towards their recommended 60 minutes of daily physical activity.

## Students embrace 'Karate Belt' challenge

**FOCUS:** Keepy uppies were one way to earn 'Karate Belt' challenge points.



The PE department recognise the importance of ensuring that even during lockdown students are still physically active as much as possible.

The Chief Medical Officer guidelines are that children participate in physical activity for an hour every day.

It was decided that, to support students' physical and emotional well-being, instead of having a one-off PE lesson each week we would divide the time for 30 minutes every school day.

Throughout the recent lockdown, the PE department offered students a way to remain active with our 'Karate Belt Challenge'.

Students were encouraged to complete a range of different challenges and workouts for their PE

activity each day, and could gain points towards their 'karate belt' by submitting evidence if they completed activities.

All points earned went towards students gaining their 'karate belt'. They worked their way through yellow, green, orange, blue and black belts so quickly that the PE department had to introduce the rainbow, bronze, silver and gold belts!

Staff loved seeing the evidence pupils were submitting and were continually impressed by the number of daily submissions — walks, runs, bike rides, challenges, workouts, keepy uppy challenges to name but a few.

A huge well done to everyone who got involved and received a karate belt!



# Cambourne Battle shows Great spirit!

**A unique sporting competition brought communities together during lockdown.**

The PE department pitted the three areas of Cambourne (Upper, Lower, and Great) and those not living in Cambourne (Exiles) against each other to see which area's residents could run, walk or bike the farthest.

This was an amazing challenge to host as members of the community, local primary schools, staff, pupils and parents battled it out to achieve the most miles. Four of Cambourne's sports leaders were made honorary captains of each area and helped to promote the challenge through school and social media which helped increase participation levels.

Each week they sent in motivational messages, videos or pictures trying to encourage more of the community to get involved.

The school's healthy selfie campaign was also included in this challenge as we received lots of amazing photographs of everyone taking on those miles.

Participants logged their miles and these were carefully calculated by the PE department until a winning area was revealed. Gt Cambourne took top spot ahead of Exiles, Lower and Upper.

In addition, the student in each area who travelled the farthest was awarded a medal and a £10 gift voucher for Decathlon, which was kindly donated by the Cambridge store. Congratulations to Fred (9B), Max (11A), Isabelle (10U) and



THE RESULTS	
1.	Great Cambourne — 4136 miles
2.	Cambourne Exiles — 3741 miles
3.	Lower Cambourne — 2655 miles
4.	Upper Cambourne — 2449 miles

Euan (9C).

We also had a separate staff competition to see which member of staff could travel the farthest and Ms Kwan smashed this competition covering over 300 miles.

Well done to everyone that took part in this amazing challenge with over 2290 logs over four weeks.

It was a great community event and we managed to log almost 13,000 miles, which is halfway around the circumference of the Earth!

The PE department hope to make this an annual event and hopefully next year we can compete without the shadow of lockdown hanging over us.



**CLOCKING UP THE MILES:** Students, their families, friends and neighbours all joined in the Battle.

## Staying active has never been more vital

Over the past year, the world has had to adapt to continue participating in sport and physical activity.

Competitive sport has been limited and local clubs have had to follow Government Guidelines. For most, this has meant restrictions on playing the sports they love.

During this difficult time, it has been so important

to find ways to keep active, not only for the physical benefits but the mental ones. Being active for an hour a day can help to improve your health, mind, body, mood and life. At CamVC, our pupils have had the opportunity to be more than active with a range of tasks on a weekly and daily basis.

They have enjoyed taking part in activities with

their family, online with friends and competitive tasks between year groups. You can find out more of what we've been up to inside the magazine.

Well done to everyone who has managed to stay active during lockdown and let's hope that sport as we know it can return soon.