



MELBOURN
VILLAGE COLLEGE

Key Notes

Principal's Newsletter

5th February 2021

An Academy of



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Principal. Simon Holmes

Yr9 Options Process

Year 9 have been having Option Guidance meetings this week (with some to follow next week). I have been very impressed with the preparation that the pupils I've spoken to have done and how maturely and sensibly they are taking this process, despite the challenges of being at home. I know other colleagues conducting these meetings feel the same and it bodes really well for their GCSEs. Many thanks too to all the parents who have joined the meetings where this has been possible.

Career Opportunities

An MVC SchoolPost email was sent to parents of Y9, 10 and Y11s this week regarding opportunities for pupils to find out more about future careers, jobs and the possible pathways to these. There are a number of virtual events and work experience opportunities that would really help pupils at MVC. Please contact Mr Willder if you have any questions at wwillder@melbournvc.org.

Keeping Active

This week the PE department have set a challenge to see how fast you can run a mile. This has been very popular and is becoming very competitive particularly between the staff. So, how fast can you run a mile? Send your times to Mrs Coghlan (kcoghlan@melbournvc.org) by Sunday evening. Last week's alternative sports winner was Lucas (8Newton) who sent us a video of some amazing stunts on his BMX bike.



GCSE Certificates

Pupils who were due to sit GCSE's last summer have been invited collect their certificates. If you haven't collected yours yet, please email the Exams Officer, Ray Lockett at rlockett@melbournvc.org to arrange an appointment to come in and collect.



Children's Mental Health Week

This week has been children's mental health week. Teachers have been promoting this in lessons by showing short videos of footballers, musicians, celebrity bakers and members of the royal family sharing their thoughts on the importance of mental health. Our main message to pupils is that they should talk to someone if they are struggling during this challenging time.

Pupils can email MEL-PupilWellbeing@melbournvc.org if they require support.



Help for families who have children with SEND is available from: www.pinpoint-cambs.org.uk/

This site includes events and talks online which are free. For example, this recent talk by Yvonne Newbold about controlling and challenging behaviour: www.pinpoint-cambs.org.uk/event/pears-webinar-yvonne-newbold-how-to-reduce-extreme-behaviour-in-children-with-additional-needs/

As we continue to move through lockdown it is important to be aware of support available to both adults and children. This week we look at depression. Throughout this week pupils have been given information about mental health and wellbeing and attended assemblies which included information and support available at school. The information below was be part of the work done during the week.

Depression

Depression is a common mental health problem that causes people to experience low mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration.

Symptoms:

Depression symptoms may vary among people but generally encompass a feeling of sadness or hopelessness. These can include:

- Tiredness and loss of energy
- Sadness that doesn't go away
- Loss of self-confidence and self-esteem
- Difficulty concentrating
- Not being able to enjoy things that are usually pleasurable or interesting
- Feeling anxious all the time
- Avoiding other people, sometimes even your close friends
- Feelings of helplessness and hopelessness
- Sleeping problems – difficulties in getting off to sleep or waking up much earlier than usual
- Very strong feelings of guilt or worthlessness
- Finding it hard to function at work/college/school
- Loss of appetite
- Physical aches and pains
- Thinking about suicide and death
- Self-harm

If you need any support or advice please contact jbarnes@melbournvc.org or visit the following sites for guidance:

MIND – information and advice about mental health issues: www.mind.org.uk

Young Minds – charity committed to improving mental health of children and young people: www.youngminds.org.uk/

Cooking during lockdown

Year 7 and 8 have been busy cooking and baking. Each week Mrs Giles provides a 'recipe of the week' for pupils to try making at home if they wish. Here are some delicious looking examples including scones, banana bread, cheesecake and focaccia bread.



EtonX courses

The details to register for the courses from EtonX have been sent to the pupils' by email. Year 10 are able to register for a course on Resilience and Year 11, for a course on Verbal Communication. Both courses are self-study and free. Pupils will be awarded a certificate from Eton upon completion. If you have any queries about the courses, please contact Mrs Mayhead at tmayhead@melbournvc.org

Youth Art Project

If you like art and live in Melbourn, one of the surrounding villages or Royston, why not join the Youth Art Project for a free six-week online art course. The weekly online session starts Monday 22nd February on Zoom 4pm - 5pm or 5pm - 6pm. Sign up to learn new skills and meet new people and you will also receive a free art pack delivered directly to you. For more information contact Diana Hedley on 07736 132295 or diana.hedley@groundwork.org.uk



School Closure – Adverse Weather

According to the weather forecast we may well be in for some snow this weekend. As a result we may have to close the school – this information will be put on the school website, on the Cambridgeshire County Council site and will also be broadcast on local radio stations. Whilst remote learning now means that it would be possible to set some work if the school is closed, we would suggest that if we are closed, children take the opportunity to enjoy the snow.

Pupil Showcase: Year 10 and 11 GCSE Art

This week we have some wonderful art from pupils taking the GCSE Art and Design course. During years 10 and 11 they complete a coursework portfolio and produce a sketchbook for each year of study. We encourage pupils to:

- master practical skills and research work.
- take risks with ideas and learn from them.
- take care of their sketchbooks, artwork and see their work as valuable.
- aim higher, respond to constructive criticism and understand all artists learn from their mistakes and this is how they progress.

Have a good weekend,



Mr Holmes

Pupil Showcase: Year 10 and 11 GCSE Art

