



# Principal's Newsletter

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## Principal's Message

Dear Parents and Carers,

We have enjoyed raising money for Red Nose Day today with children having the chance to design red noses, wear non-school uniform and take part in some sporting competitions. So far we have raised £XXX although can still accept donations at the beginning of next week where anyone forgot their donation. Thank you to all students and families for supporting this worthwhile cause.

This week our final Year 11 mock exams have taken place and so 'well done' to all year 11s who have conducted themselves so positively over this period; our Year 10 Drama students benefited from a devising workshop from Hills Road Performing Arts' Department; and we also welcomed Year 9 families to the Year 9 Options Evening and are grateful that so many families were able to join us on the night.

Next week, we are particularly looking forward to our 24 hour Musicathon and our Student Council meeting!

Have a lovely weekend,

Mrs Stoneham



# Upcoming Events

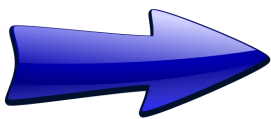
- 23rd March UKMT Team Challenge
- 29th Year 11 Parents Evening
- 31st Easter Egg Hunt
- 1st April 24 Hour Musicathon
- 4th April - 18th April schools closed - Easter Holidays
- 19th April - Summer term begins. Welcome back!

# Key Messages

## Dealing with unpleasant content online

Online content continues to be a force adults cannot control but we can offer some guidance on how to support your children if they come across this content.

Please see this guide for more information.



**SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT**  
**A Guide for Parents and Carers**

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

- FIND OUT WHAT YOUR CHILD KNOWS**  
There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.
- RIGHT TIME, RIGHT PLACE**  
Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.
- KEEP IT AGE APPROPRIATE**  
With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.
- EMPHASISE HOPE**  
Upsetting content can make us feel angry, scared, upset, or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.
- MONITOR REACTIONS**  
All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.
- CONSIDER YOUR EMOTIONS**  
It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.
- SET LIMITS**  
Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.
- TAKE THINGS SLOWLY**  
Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.
- ENCOURAGE QUESTIONS**  
Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.
- FIND A BALANCE**  
There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.
- BUILD RESILIENCE**  
News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally, with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.
- IDENTIFY HELP**  
It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

**Meet Our Expert**  
Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.

**NOS National Online Safety**  
#WakeUpWednesday

www.nationalonlinesafety.com @natoronlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 09-03-2022

# Key Messages

## Staffing

We are looking forward to our new SENDCo and new Lead Practitioner for maths joining us in role after Easter. They will be visiting school next week for their induction days, alongside Mr Shaw (interim Principal) and we look forward to welcoming them. After Easter, Mrs McKeen will be remaining at the school but stepping into the role of Assistant Principal. This is at her request so that she can have more time to focus on her family.

## Safeguarding

We welcomed Frazer Smith from the United Learning Central Team to the school this week for a Safeguarding Review. We are really pleased with his feedback and how evident it was that our safeguarding team “know our children” and the positive feedback we received around our safeguarding practice. Mr Smith met with groups of students and staff and was very complimentary about his student panel and how openly and honestly the children spoke and how well they represented the school. Well done to all the staff and students involved.

## Cambridge Mental Health support for exams and school life

Growing up can be challenging – with exams, issues with friends, changes at home, or finding a job. This can affect how we feel and it can impact on our wellbeing and mental health. Please visit this website for helpful tips and advice

<https://www.keep-your-head.com/>

## Year 9 Options Evening

Thanks to all the parents and carers who joined our virtual Year 9 Options Evening. In case you missed hearing any of the subject presentations, or would like to listen again to how the process will run, please catch up on the videos which are shared on our website: [Coleridge Community College > LEARNING > Curriculum > Options \(coleridgecc.org.uk\)](#). Don't forget that the Option Request form should be completed by Tuesday 22<sup>nd</sup> at this link: <https://forms.office.com/r/KvpYsyzagh>

We have received some requests about studying a tenth subject. Unfortunately, as outlined during the presentation, students will take 9 GCSEs at Coleridge. It is not possible for students to take a 10<sup>th</sup> subject due to timetabling restrictions.

## For Stress Awareness Month, Kooth's Team are delivering a series of workshops for Year 10 - 13 students on managing exam stress.

The workshop will support young people to recognise when they're feeling stressed and identify helpful ways to cope.

Please note this workshop is for school classes to join via their teacher and not an individual YP sign up.

### The workshop will include:

- Overview of the signs and symptoms of stress
- How stress impacts exams
- Mental health quiz
- Helpful and unhelpful ways of coping with stress
- How to access additional help and support via Kooth

The workshop will be delivered via Zoom and you can choose from the dates and times below:

- **Friday 22nd April 2022 from 2:00-3:00 pm**
- **Tuesday 26th April 2022 from 2:00-3:00 pm**
- **Thursday 28th April 2022 from 2:00-3:00 pm**

You can register for the workshop through the Eventbrite link [here](#). Please note we have limited space available so once we have reached capacity the registration page will automatically be closed.

Just a reminder that Kooth is an anonymous service, feel free to turn off your camera and change your display name before you enter the webinar.

If you have any questions, please do not hesitate to contact [Eleanor Cammegh](#) or [Tanjima Akther](#)

# Key Messages

## Cherry Hinton North Development

Following a successful first round of consultation with local residents, we are now seeking the views of the community on the public space, public art, and street scene elements of the proposals. We have created a survey for people to share their views with the project team, the results of which will be collated to inform the design process of the new development. The project team are interested to hear the views of younger people in the area as part of this round of consultation, and we are encouraging children to get involved and share their thoughts on the proposals. We are therefore contacting local schools, asking pupils to fill out the survey in order to help shape future housing developments in their area. The survey can be found using the link below:

[Tinyurl.com/CherryHintonSurvey](https://tinyurl.com/CherryHintonSurvey)

Please be advised that pupils do not need to give their email addresses or consent to be contacted by the project team in order for their answers to be submitted. This function is designed for local residents who wish to keep updated about the development.

Furthermore, we are also holding two virtual workshops on the Cherry Hinton North development, and we are encouraging everyone of all ages to get involved and share their thoughts with the project team. Any pupils wishing to join in with the workshops can do so using the links below.

## Street scene workshop

The first virtual workshop on the street scene which will be held on **Monday 28 March at 5pm**. Anyone can join the workshop using the link [tinyurl.com/CherryHintonWorkshop1](https://tinyurl.com/CherryHintonWorkshop1) on Monday 28 March at 5pm.

## Open space and public art

The second virtual workshop on the open space and public art elements of the proposals will be held on **Thursday 7 April at 5pm**. Anyone can join this event by using the link [tinyurl.com/CherryHintonWorkshop2](https://tinyurl.com/CherryHintonWorkshop2) on Thursday 7 April at 5pm.

Please note that the links will only work at the dates and times specified above.

**AP GO**  
ABBEY PEOPLE CODER DOJO

Get into coding with CoderDojo  
3rd Monday of every month 17.30 - 19.30  
East Barnwell Community Centre  
Ages 11-17  
Free to Attend  
Register Here

apcd.club/register

**CoderDojo**  
abbeypeople.org.uk | community@abbeypeople.org.uk

**ABBEY PEOPLE**  
WORKING TOGETHER FOR A BETTER COMMUNITY



## Free School Meal Pupil's & Break Time

This will start after the Easter Holidays.

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### Free School Meal Entitlement for United Learning

Free school meal children are entitled to a snack at break time up to the value of £1 this snack is subsidised by Aspens Services to offer our support to the FSM community.

Your child will then be entitled to a Meal + Drink FSM meal deal at lunchtime.

From a Child's perspective they will receive:

Mid morning break: One snack

Lunch: Meal + drink

Tom Anstee  
Operations Manager

e: [tom.anstee@aspens-services.com](mailto:tom.anstee@aspens-services.com)

w: [aspens-services.co.uk](http://aspens-services.co.uk)

### New Funding for Families

Cambridge City Council in partnership with the Leys school community fund will be launching a new grassroots grant aid programme on the 1<sup>st</sup> April.

**Low income families can apply for up to £250 per year to enable their child/ren (aged 4 – 16 years) to participate in a sport or physical activity opportunity of their choice, in Cambridge City.**

The grant will be open throughout the year and is available for City residents. All details including the application form and eligibility criteria can be found on our website: <https://www.cambridge.gov.uk/grassrootsgrants>

I would be grateful if you could include details of the grant in your school newsletter and forward the information onto any of the families who you think might benefit.

### FREE Multi-Sport Camps this Easter

Cambridge City Council & Anglia Ruskin University are pleased to announce the return of the ARU Multi-Sport camps this Easter. The Sport students from ARU will be delivering three FULL DAYS of activities for young people aged 8-14 years, to enjoy with friends. The camps will be multi-sport and will be both inside and outside, so there is something for everyone to get involved with and perhaps even try their hand at a new sport. From 10am-4pm.

- Monday 11<sup>th</sup> April, at Coleridge Community College Sport Centre
- Tuesday 12<sup>th</sup> April, at Orchard Park Sports Ground
- Wednesday 13<sup>th</sup> April, at North Cambridge Academy Sport Centre

Booking is essential as places are limited: To sign up see <https://bookwhen.com/camsport>

Any questions or enquiries please get in touch at [ARUEasterCamp@aru.ac.uk](mailto:ARUEasterCamp@aru.ac.uk)

### Coleridge and Parkside Year 5/6 Table Tennis Competition 2022

Yesterday afternoon, 42 Primary school students participated in the 2022 Coleridge and Parkside Year 5/6 Table Tennis Competition. Great Participation, Enjoyment, Respect and Sportsmanship shown throughout.

The below students participated:

Ridgefield

St Philips

St Albans

Newnham Croft

Morley Memorial

X10 Year 8 Leaders supported throughout the event.



### This Weeks Drama Winner!

Raff Torres-Lyons – 1<sup>st</sup> Place - - Highly Commended for their performance of Romeo

Ramiz El-Nahas -2<sup>nd</sup> Place - - Highly Commended for their performance of Puck

Rottem Lefler - 3rd Place - Highly Commended for their performance of Macbeth

Oscar Boden-McKenzie – Highly Commended for their performance of Puck

Emily Buttrey - Highly Commended for their performance of Helena

Felix Moore - Highly Commended for their performance of Juliet

Dylan Trueman - Highly Commended for their performance of The Nurse

Logan Cowan - Commended for their performance if Macbeth

Joel Shiju George – Commended for their performance of Romeo

Tom Widdowson - Commended for their performance of Romeo



### Red Nose Day - 2022

We raised an amazing £307.86 and a further £27.30 playing Dodgeball .

Thank you for all the donations!



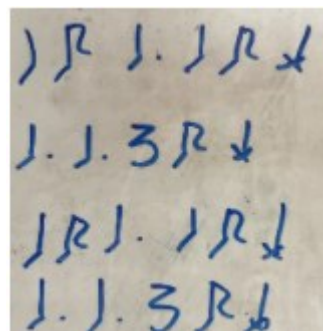
# Curriculum Spotlight

## Music

It's been a busy half term in Music, with lots of exciting things going on in and out of lessons.

### Curriculum

In curriculum lessons, Y7s have just finished Taiko Drumming (a form of music and movement from Japan) and have started their keyboard module. They have done some 3-part singing recently, have enjoyed learning to play the steel pans and can read rhythm impressively. Ask your year 7 child to write and clap some rhythms for you using semiquavers (double decker), quavers (coffee), crotchets (tea) and rests – including various combinations.



Y8 students have enjoyed some time on our new steel pans and are starting to write their own pop songs. They've already created their own bass riffs. Y9 are busy performing pop songs in preparation for their July gig at the Cambridge Junction – yes, your child has the opportunity to play a gig to a paying audience in Cambridge's Junction. Please do encourage them to keep practising!

Y10s are currently working on their ensemble performance, alongside their study of the musical elements and Star Wars. Keep an eye on our Create Twitter account (@CambsCreate) for their performance of Valerie! And Y11 are working hard through the final push towards coursework completion. Our Y11s will perform their coursework for friends and family in a Spotlight performance just after the Easter holidays. We can't wait! Keep going, Y11. Nearly there!

We just want to give a shout out to our amazing Y11 Music Ambassadors who have been helping to teach younger year groups in and out of lessons! Thank you, Y11.

### Extra-Curricular

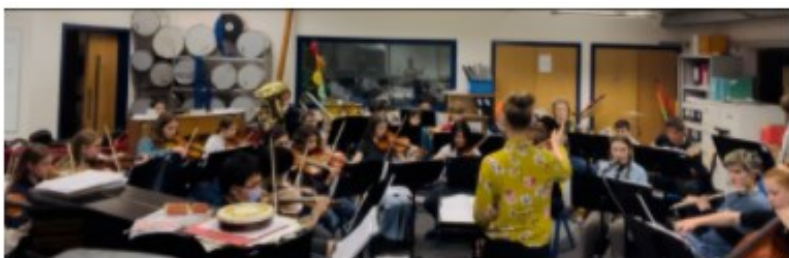
We are so pleased that, after a tricky year, clubs are back in full swing! We have **12 Music clubs** running each week and over **250 attendees**. If your child is not already involved, do encourage them to come along and join one of our clubs.

#### Bands



PFO1 - Orchestra

## Curriculum Spotlight



KS3 Choir



Our most exciting recent addition to the department was our beautiful set of steel pans, very kindly shared with us by Mr DiSalvo – thank you Mr DiSalvo. We love them! They bring such joy! If, before school/break/lunch/after school, the pans can be heard, people flock from around the school to come and join the performance. Amazing! You can check out some of the pieces we're learning on our Create Twitter account (@CambsCreate).



You will have seen, no doubt, our fantastic Carnival Crew providing outstanding motivational support for the runners of the Cambridge Half Marathon earlier this month. Our musicians drummed for almost 3 hours and gave runners (and the general public) a huge life. We've had so many messages of thanks – lots of love for the Carnival Crew. Well done and thank you, Carnival Crew!



## Curriculum Spotlight



Children can, as ever, book music spaces for practise at break or lunch and these spaces are manned and operated by our fantastic team of (33) Music Ambassadors – thank you, Ambassadors.

We also have a full and vibrant programme of one-to-one instrumental lessons on a variety of instruments. If your child would like to learn to play an instrument and to receive one-to-one specialist tuition, please contact Miss Lewis on [rebecca.lewis@coleridgecc.org.uk](mailto:rebecca.lewis@coleridgecc.org.uk)

### This term's save the date:

- VOX, our Create Chamber Choir will be performing at Cambridge University's Queens' College Chapel on March 30<sup>th</sup> at 5pm.
- Our Create Funk Band hope be performing in a Parkside event on the evening of Thurs 31<sup>st</sup> March.
- Next week (Thurs 24<sup>th</sup> – Fri 25<sup>th</sup> March) we will be attempting to complete our Sponsored 24-Hour Music-a-thon. 100 students will stay in school overnight and **#keepthemusicalive** (i.e. play music) for 24 hours non-stop. We will be doing this to raise money 1) to support those affected by the war in Ukraine, 2) for the Cambridge Acorn Project and 3) for the Music Departments across the Cambridge Cluster. We are so, so excited! Please, if you can offer a donation for this event, sponsor one of our participating students or contact Miss Lewis directly to arrange a donation. Do follow us on @CambsCreate to keep up to date with the event – there will be regular posts and video / photo updates throughout the night.

There are many, many more performances and events on our programme for next term and watch this space ... there will also be a big and exciting announcement just after Easter ...

Thank you, as ever, parents and friends, for all that you do to support Music at Coleridge.

## House Points Update



21901



22417



21089



23514

## Recognitions

### Top House Points of the Week:

Year 7: Adam Khater 45 Points

Year 8: Demir Eksioglu 22 Points

Year 9: Farhan Haque 23 points

Year 10: Charlie Lawrence 19 Points

Year 11: Paige Cooney 15 Points

## House Competition

### Red Nose Day

**When:** Friday 18th March

**What's the plan?**

- **Non-Uniform Day £1**
- **Design your own red nose competition**
- **Dodgeball competition**

**Dodgeball competition:**

**Thursday** Lunchtime KS3 - Year 8/9 Dodgeball - Pay a contribution of 50p to play.

**Friday** Lunchtime KS3 - Year 7 Dodgeball - Pay a contribution of 50p to play.

**Red noses also available to purchase from the front office.**



**COMIC RELIEF**