



October 10th 2014

REAL LIFE HERO @ CBEC!

Last week Ms Long led assemblies about real life heroes and she told the story of a construction worker in New York who risked his life to save a young student who was having a seizure. Naturally his family consider the construction worker as their very own hero. Ms Long then handed over to Year 11 student Oscar Snook who had a remarkable experience in the summer holidays. Oscar's mum has contacted the college to let us know what happened...

"I just wanted to take this opportunity to share something that happened to me during the summer holiday when Oscar acted with such a level head and maturity. I truly believe I am here today because of the time and compassion your school has shown Oscar during his more wayward years that has helped develop such a wonderful, caring and quick thinking young man!

"I have been an insulin dependant diabetic for 30 years now and up to this incident my condition has been fairly well controlled and I have never needed medical assistance. On the day in question I had asked Oscar to accompany me on the 3 mile journey from Chineham to Popley to pick our dogs up from the groomers. I felt fine as we left home and picked the dogs up without incident. It was on the return journey that things started to go very wrong. The following events have been reported to me by Oscar, paramedics and the police and to this day I have no recollection of them.

"On the way home I began driving very erratically. I was having a severe hypoglycaemic attack without the warning signs, which I had relied upon for most of my life. To this day I truly believe that Oscar and I would not be here today if it were not for his actions.

"Sensing things were getting very dangerous, Oscar made sure I pulled over into a lay by and phoned 999. Oscar got out of the car and flagged down a passing driver, explained the situation and asked to borrow his phone to continue his conversation with the paramedics.

"When the emergency services arrived, Oscar again took control of the situation and explained what had happened. My blood

sugars were tested and I was severely hypoglycaemic. A paramedic treated me and took me home whilst Oscar walked the 2 miles home with our poor dogs. The whole situation was a nightmare, helped only by the responses and decisions made by a 15 year old young man!



The family's dogs that were picked up that day

"As reality hit much later it was Oscar who helped me through these times and made me try to look at things more positively. I hope you'll agree this is not the ravings of a blinded mother but the proud story of my wonderful son!"



To find out more information about diabetes visit www.diabetes.org.uk

Dear Parent/Guardian,

INSET days are always busy occasions at Cranbourne and last Friday was no exception! Many Year 11 students took the opportunity to come into school to either work on ICT coursework or re-sit English controlled assessments, with some excellent results! Other students represented Cranbourne at Manor Field Junior School at their Curriculum Morning.

Meanwhile different groups of staff were working on a variety of projects from understanding the strategies needed to challenge the most able students, first aid training and looking at how to best support students with their feedback.

As a result of this last piece of work we will be amending the way in which we provide feedback on the work students have completed. Next week, students will be introduced to our new strategy of staff giving feedback in 'Green Ink' and students responding in 'Purple Ink'. The purpose of this is to ensure that the progress students are making is more easily identified and, hopefully, it will actually help students to respond to the feedback they are given.

We held our Year 7 Curriculum Evening this week and, when listening to Mrs Robbins talking to parents of Year 7 students, I was reminded of ways in which all parents can help their children progress. Throughout their time at Cranbourne all students need to continue reading for 15-20 minutes at **least** 5 days a week. Not only does this help improve their reading ages and improve the quality of their own writing but it helps them write for a variety of different audiences...so please help them by making sure they are reading every day!

Yours faithfully,

Betty Elkins
Headteacher

YEAR 10 NETBALL UPDATE

On Thursday 25th September the Year 10 Netball Team had their first match against Costello School, captained by Vicki Heath and coached by Charlie Ward. Costello started well, showing their accurate shooting skills, with the nerves getting to our shooters. By half time Costello were winning by eight goals. Following a half time talk from Charlie and some changes in positions from Vicki, the girls came back strong winning the second half 7-4. The final score was 12-7 to Costello.

Well played Vicki, Chloe, Phoebe, Shamilla, Rukshana, Libby, Katie and Charlie. An extra well done to Rukshana who won the Player of the Match from Costello and CBEC!

By Miss Yacoby

CANTEEN COMPETITION AND THEMED MENUS

Every time a student makes a purchase in the school canteen, their promotions entry ticket will be stamped. After three stamps have been collected their name will be put into a draw for the chance to win a driving experience! The deadline for the competition is Monday 13th October so get collecting!

Halloween themed menu: 24th October 2014
Bonfire night themed menu: 5th November 2014



FOCUS ON YEAR 10

By Year 10 Progress Manager, Mrs Koster

This has been a great start to the year in terms of KS4 subjects and chosen options. Curriculum Evening last month was very well attended and there was lots of positive feedback from parents. Moodle updates will be made in response to some requests from parents.

Students have made a positive start to their controlled assessments and have made excellent use of F7 (in the IT department) with support from Mr Rafter.

In the Drama department, a special Shakespeare workshop at The Haymarket Theatre was arranged which gave students a fantastic chance to act and develop their understanding of the work of The Bard.

Finally, AWE mentoring is going to start for some students soon and we are looking forward to a special assembly before half term presented by AWE associates who as recent graduates will be helping students throughout the year.

More information about Year 10's progress will be available in the next edition of *News @ Cranbourne*, our termly magazine.

FLU SEASON: PROTECT YOUR FAMILY AND YOU



Flu is an infectious and common viral illness spread by coughs and sneezes. It is not the same as the common cold. Preventing the spread of germs is the most effective way of slowing the spread of flu.

There are three main ways of preventing flu:

Good Hygiene

- Make sure you wash your hands regularly with soap and water
- Clean surfaces such as your keyboard, telephone and door handles regularly to get rid of germs
- Use tissues to cover your mouth and nose when you cough or sneeze (Catch it, Bin it, Kill it)
- Put used tissues in a bin as soon as possible

Flu Vaccination - available free to:

- Children aged six months to two years at risk of flu
- All healthy children aged two, three and four years old will be offered a flu **nasal spray** vaccine
- All children and adults with underlying health conditions

Antiviral Medicines.

The best remedy is to rest at home, keep warm and drink plenty of water to avoid dehydration.

For further information go to: www.nhs.uk/conditions/flu or contact your GP or School Nurses 01256 313081



Catch Up Calendar

What's on in the weeks ahead!

October 2014

- **Monday 27th - Friday 31st:** HALF TERM

November 2014

- **Wednesday 5th:** Year 11 Mock Exams Begin
- **Friday 7th:** Senior Maths Challenge
- **Friday 14th:** INSET DAY

December 2014

- **Wednesday 3rd:** Presentation Evening
- **Friday 5th:** Year 7 Charity Challenge
- **Friday 19th:** Whole College Assembly



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