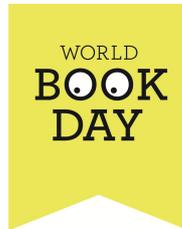




Cranbourne Catch Up CBEC's Biweekly Newsletter

March 13th 2015

DAY 10 - A CELEBRATION OF WORLD BOOK DAY



Years 7, 8 and 9 took part in a variety of activities on Friday 6th March in celebration of World Book Day. Below is a report by Mrs Murphy-Barnes, the head of English:

Writer, Lil Chase, came into school and gave a talk to each year group, ran a gifted and talented English student workshop and signed copies of her books at lunchtime. Students clearly enjoyed meeting an author and many felt inspired by her talk.

Student comments from the feedback forms about meeting the writer:

It was great to learn new things about story writing. It was brilliant because everyone was getting involved.

It was a lot of fun meeting someone who inspires me.

Fabulous! I thought it was the best part of the day.

It was great to help Lil Chase to create a character.

Awesome. The first author I ever met.

We learned what it was like to be an author and I really enjoyed it.

I think she was really inspiring.

Pictured: Lil Chase with students during her book signing



Other activities throughout the day included online author talks by writers such as Michael Morpurgo, testing book knowledge through an orienteering task, a book fair in the library, and finally, creating the costume for your favourite character (Year 7) or creating a fantasy world (Years 8 and 9).

Students seemed to really enjoy the range of activities throughout the day. Their behaviour during the day and their feedback forms showed a lot of positivity. Some comments from their feedback forms about these other activities were:

- *It was really fun to have freedom to be able to write our own things.*
- *It was really exciting to see everybody's views.*
- *It was fun and I also found it a little exhausting running around.*
- *This was my favourite.*
- *It was nice to see what books were available.*
- *I love creativity.*
- *I really liked this. It gave me a chance to use my imagination!*

(continued overleaf)

Dear Parents/Carers,

You will be aware that at Cranbourne we put great emphasis on good attendance due, in part, to the strong correlation between good attendance (over 96%) and GCSE results. This view is strongly supported by both Government and OFSTED.

The Government's guidelines are quite clear; that absence from school for holidays, family visits or other events, which can be scheduled outside of term time, including weddings, should not be authorised. I am now writing to alert you to the fact that the thresholds are changing from September 2015 to state that students with attendance below 90%, currently 85%, will be considered as 'persistent absentees'. If a student's attendance drops below 90% the expectation is that the school will take legal action against parents, unless there are sound medical reasons for attendance to be this low.

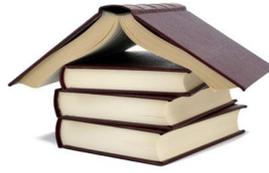
I will be sending to all parents, in the next few days, a letter from Hampshire County Council outlining their expectations that schools will issue penalty notices where attendance is below 90%, where there is unauthorised absence for more than 5 days or when a child has any unauthorised absence during any formal examinations, assessment or testing.

I do understand that for some families this is difficult and others just do not agree with the Government's line on attendance, despite the overwhelming evidence that high attendance does significantly increase the chances of good grades at GCSE. Whilst I do actually support the notion that we should be strongly encouraging the very highest rates of attendance possible, it is also true that we are under significant pressure to improve attendance rates at school. To be rated by OFSTED as a good school we are expected to have average attendance of over 96%.

Thank you for your support in this matter.

Yours faithfully,
B Elkins, Headteacher

- I discovered everyone reads.
- Really interesting. It caused a debate in the tutor group.
- I thought the fantasy world book writing was amazing.
- It was educational and the videos were helpful.
- Awesome.
- Fun, I liked to find out about the illustrators and authors.



World Book Day was a great day at CBEC!

- Mrs Murphy-Barnes

LOOK AFTER YOUR HEART NHS Advice, February 2015

2.7 million people are living with coronary heart disease in the UK. It is the UK's biggest killer causing around 82,000 deaths each year. Every 2 minutes someone is having a heart attack.

Tips for a healthier heart:

- ♥ Exercise for at least 60 minutes per day. Exercise helps reduce stress levels and lowers blood pressure
- ♥ Manage your weight as being overweight can increase your risk of heart disease
- ♥ Eat at least 5 portions of fruit or vegetables per day, and eat oily fish or take fish supplements twice weekly
- ♥ Cut salt out of your diet and cut down on saturated fat - small changes can have positive health benefits
- ♥ Read the food labels. Fresh, colourful foods are always better for you than processed foods
- ♥ Avoid smoking around children, and avoid or reduce alcohol intake

[Exercise](#) [Reduce stress](#) [Healthy weight](#) [Eat well](#)

To find out more visit: www.nhs.uk/Livewell/Healthyhearts

MAXIMISE YOUR POTENTIAL

By Mr Rafter

CBEC's last Day 10 was another very successful day for Year 11. Students gave very positive written feedback on both the value of the day and the quality of the presentations. There was a variety of activities, videos, games and inspirational stories to ensure Year 11 were left with lots to think about and put into action in preparation for their final exams. The themes of the day were clear: why is it important to do your best? How can I go about doing my best? Where can I get inspiration from? The two presenters – Mick and Dai (Welsh for David!) - were extremely impressed with the maturity and commitment shown by the students. Hopefully year 11 are now using some of the many ideas they were presented with to create a successful revision period!

YEAR 9 FIT TEST RESULTS

Over the course of their lessons, Year 9 students were given the opportunity to increase many aspects of their personal fitness levels, whilst in competition with each other across the year group. There was fierce competition amongst many of the boys to show their physical prowess and some of the determination and enthusiasm produced stunning results. The main aim though was to greet the New Year with a personal BEST effort, therefore progressing individual fitness and feeling the benefit that comes with this.



Well done to all of those who gave their best and to the individuals who were the top performers!

By Mr Kimber

Catch Up Calendar

What's on in the weeks ahead!

March 2015

- **Wednesday 18th:** Year 9 Parents Evening, 5-7.30pm
- **Wednesday 25th:** Year 7 Parents Evening, 5-7.30pm

April 2015

Friday 3rd - Friday 17th: EASTER HOLIDAYS

- **Wednesday 22nd:** Year 8 Options Evening

May 2015

- **Monday 4th:** BANK HOLIDAY
- **Monday 18th:** BCOT Open Evening, 4-7.30pm



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@CBECinfo

Contact CBEC

**Cranbourne Business and
Enterprise College**

Wessex Close

Basingstoke

RG21 3NP



01256 868600



gen.enquiries@cranbourne.hants.sch.uk



www.cranbourne.hants.sch.uk