



06.09.21

Dear Parent/Carer,

Term 1 (Monday 6th September – Friday 22nd October)

What is UCAN Thursdays?

I am excited to write to you for the first time in regards to our UCAN provision this academic year. UCAN is compulsory for all students in Years 7-8 and will run every Thursday for Year 8 from 2:40-3:35pm in school. **The Purpose of UCAN Thursdays** is to provide a broad & ever-changing enrichment curriculum that offers a variety of opportunities for all to enjoy and achieve in.

Your child has an important decision to make soon. On Friday 10th September they will be asked by their form tutor to choose 3 activities as their options for UCAN. **They must choose 3** and should choose their favourite activity as Choice 1, then their second favourite as Choice 2, and third favourite as Choice 3. Due to limited numbers within every activity I cannot guarantee your child their choices but I will endeavour to as best I can.

Then during week commencing 13th September your child will be allocated an activity. Once their activity has been allocated this will be their activity every Thursday from 2:40-3:35pm starting on Thursday 16th September for all of Term 1. They will be told their activity by their form tutor but you as parents will also receive a text stating this too. If your child is ill during the sign-up process (Friday 10th September) then please contact reception or email myself to get their 3 options submitted.

Please check the activities on the following page to see what the options are.

What is UCAN Game Changer?

UCAN Game Changer is a website that has a host of online tasks & challenges from all different areas including physical activities, outdoor activities, performances, skills etc. It is the expectation that all Years 7-8 students complete at least 30mins on the site per week.

To access UCAN Gamechanger on our website, click here: <https://virtual.cityacademynorwich.org/for-students>

Once your child has completed their online activity, they then need to log on to Google Classroom and find the UCAN Game Changer Activity Log within their form group and complete this every week to

receive House Points as recognition. It can also count towards their UCAN Graduation, which will be explained in more detail at a later date, but this is a celebration event to look forward to.

We would also like to see the amazing work your child is doing during this time and have a UCAN Heroes page to show off students work. If your child is chosen as a UCAN Hero they will receive 10 House Points! If your child would like to share their work with the school community, we encourage them to e-mail photos and videos to gamechanger@cityacademynorwich.org or upload them via the Activity Log in Google Classroom, and tell us about them. Please be aware that doing so is giving permission for this to be shared via the School's social media accounts.

Yours faithfully,

C Taylor

Mr Taylor
Character Development Lead

Year 8 UCAN Options			
Activity	Meet	Description	Notes
Allotment 'CAN-ALOT'	S4	Opportunity to learn how to grow your own food sustainably and cheaply, build structure and husbandry of wildlife, currently chickens and turkeys. Who knows what there might be next year?	Wear CAN PE kit all day from 8:20am – 3:35pm. Make sure you bring jumpers, tracksuit bottoms, coats that you don't mind getting muddy.
Arts Award (Level 1 Qualification)	C6	Students will develop their interest, knowledge and skills through actively participating in an Art form, e.g. clay, printing, dark room techniques or animation. They will research the Career and work of an Artist that inspires them.	N/A
Bridge Club	E1	Bridge is a fun cooperative card game that some believe to be even more strategic than chess. This UCAN activity will help you to develop your tactical thinking, allow you to play on a team with your friends, and improve your maths!	N/A
Fashion Design Textiles	D4	Are you interested in Fashion Design? Would you like to practice and develop your designing skills? Have you ever used a mannequin to make some of your designs come to life? Join Miss Ewing in Textiles and experiment!	N/A
French	MFL1	An introduction to French language and culture.	N/A
Green Tree Schools Award	H7	Through our award, you will take part in fun, practical projects while helping the environment and improving our grounds. You can also earn certificates in recognition of your achievements	N/A



Every child, Same chance



		and help the school earn a special plaque for our trophy cabinet!	
Hockey	S5	Would you like to learn a new skill and become part of a team? Why not come along and join our UCAN hockey team! Learn how to play Hockey, learn a new set of skills and get fit all at the same time. We are fortunate enough to have a fantastic Hockey pitch at the UEA.	Wear CAN PE kit all day from 8:20am – 3:35pm. Be prepared for all weather, cold or wet, as you will stay outside!
Introduction to Girls Rugby	S1	Due to rules & regulations we can only have single gender contact rugby but we will offer boys rugby at a later date. Learn the basics of rugby, building up to introducing tackling and contact.	Wear CAN PE kit all day from 8:20am – 3:35pm. Be prepared for all weather, cold or wet, as you will stay outside!
Mindfulness	M6	After a long day at school, do you feel stressed or overwhelmed? Do you struggle to sleep after a long day of learning? Come and join mindfulness sessions where you will practice guided breathing, yoga and meditation to destress and relax.	N/A
SSP Dance Show	Dance Studio	We will be covering, Street, Musical theatre and lyrical. There may also be the opportunity to perform at the SSP Dance Show! This is for anyone to choose, however Lisa really hopes that those students who did this just before the summer holidays choose it again as your first choice because you were working towards a performance.	Wear CAN PE kit all day from 8:20am – 3:35pm.
STEM Club	M4	Rocket building STEM Clubs are out-of-timetable sessions that provide young people with the chance to explore aspects of STEM (Science, Technology, Engineering & Mathematics) in less formal settings. This term we will investigate Newton's Third Law of Motion by building rockets and we will learn what we will need to do to reach Mars!	N/A