



06.09.21

Dear Parent/Carer,

**Term 1 (Monday 6<sup>th</sup> September – Friday 22<sup>nd</sup> October)**

### What is UCAN?

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 7 from 2:40-3:30pm 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 Thursday 9<sup>th</sup> 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 13<sup>th</sup> September your child will be allocated an activity. Once their activity has been allocated this will be their activity every Thursday from 2:40-3:30pm starting on Thursday 16<sup>th</sup> 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 (Thursday 9<sup>th</sup> September) then please contact reception.

Please check the activities on the following pages 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 <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](mailto: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**

<b>Year 7 UCAN Options</b>			
<b>Activity</b>	<b>Meeting Place</b>	<b>Description</b>	<b>Notes</b>
<b>Boardgames</b>	H8	Playing boardgames is entertaining, but that is only one benefit. Playing boardgames brings people closer, strengthens relationships, and can help you meet new people. It also increases brain function e.g. memory. Plus there will be laughter and laughing and having a good time in general helps to decrease stress.	N/A
<b>Code Club</b>	IT3	Learn basic programming skills.	N/A
<b>Dance Through the Decades</b>	M5	Partner dances or historical/ period dances/ dancing through the decades.	Wear CAN PE kit all day from 8:20am – 3:30pm.
<b>Debate Club</b>	H7	Debating club allows you to discuss the questions and world issues that we face every day. It gives you the chance to voice your opinions in a safe and judgement free environment and also helps to gain an acceptance and understanding of others with opposing beliefs. We will provide particular popular topics of discussion and allow you to make a democratic vote of which topics you would like to debate. You will have the opportunity to research these topics to pick which side of the debate you stand on, and then formulate your own factual argument you can be involved in.	N/A
<b>Drama Club</b>	Drama Studio	Do you like to laugh? Do you enjoy coming up with crazy ideas on the spot that could take you in any direction? Then come along	N/A



Every child, Same chance



		to Drama club and join in with improvisation (making up a performance on the spot). You'll learn skills such as problem solving and quick thinking, whilst developing your ability to work with others, cope with the curve balls that life throws at you and build your confidence.	
<b>Film Club</b>	E5	Exploring techniques and skills used in film; exploring important themes and contemporary issues through film. Thinking about what impression film creates on us as viewers and using film as inspiration to create!	N/A
<b>Forest School</b>	M3	Learn how to have fun in the Forest. Learn how to build a den and build a fire! Learn how to use tools for their purpose.	Wear CAN PE kit all day from 8:20am – 3:30pm. Be prepared for all weather, cold or wet, as you will stay outside!
<b>French</b>	MFL2	An introduction to French language and culture.	N/A
<b>Healthy Nutritious Cooking</b>	D2	You can learn how to cook healthy and nutritious dishes using a variety of ingredients.	N/A
<b>Learn to Swim</b>	Community Sports Entrance	This is only for those who cannot swim or are not confident with swimming. To improve basic stroke technique, improve confidence in the water, improved fitness. The opportunity to gain CAN swimming awards.	Wear CAN PE kit all day from 8:20am – 3:30pm, however bring a towel, swim costume & swim hat (goggles are optional) to get changed into in our changing rooms.
<b>Running &amp; Fitness</b>	M1	A fun way to get fit! A mixture of sprints, long distance, ladders, mini hurdles and other exercises.	Wear CAN PE kit all day from 8:20am – 3:30pm. Be prepared for all weather, cold or wet, as you will stay outside!
<b>Tennis</b>	Library1	Intro to tennis. Learn how to play through fun games.	Wear CAN PE kit all day from 8:20am – 3:30pm. Be prepared for all weather, cold or wet, as you will stay outside!