

Welcome to Millais CAS!



CAS Framework



To ensure we focus on the personal development of our young people, we have our Millais CAS framework..

The 3 pillars of CAS are:

C – Community and Citizenship

A – Action and Enrichment

S – Self and Wellbeing

Throughout their Millais journey, we encourage our students to work on developing these three aspects in their lives.

Weekly Schedule

Year 7 Tutor Time

Monday

Assembly (MSH)

Tuesday

Check In

Wednesday

Community - theme for the week

Thursday

Self - Word of the Week / Reading / Mindfulness

Friday

Action - DOY quiz or activity

Each Tutor time – students will be shown the **Rolling Notices** where the school community can give out notices for the whole school. This will also include a schedule for the week's events.



Tutor Time – CAS programme – Check In / CAS theme / word of the week / DOY led
Assembly – Mr Sutton Standards assemblies in the MSH as per new schedule. Mon – Year 7 / Tues – Year 9 / Wed – Year 8 / Thurs – Year 11 / Fri – Year 10

Mon 16th onwards – Extracurricular Clubs START! Please check the Extracurricular booklet on your TEAMS page. Parents have been sent this also and it is on the website (Year 7 tutors please show: <https://www.millais.org.uk/parent-hub/clubs-and-spas>)

Thurs. 19th – Meet the Tutor Event: 4.00 – 6.00pm. In school for Years 7. Years 8 – 11 parents will make Virtual Appointments.

Fri 20th – Year 8 – Early lunch at 12.20pm. You MUST remain in the DH until 12.35pm

Fri. 20th – Year 7 Team Building Day (p.3 – 6). Please bring books in for p.1 and 2. Come into school in your Millais PE kit. Bring a coat for cold weather!

DO NOT FORGET!

- Please do not forget to sign up to help as a School Tour Guide (Years 10 – 11 – sign up through the form on TEAMS) and a CA helper (Years 7 – 9 – sign up through the CA) at our Open Evening on Thursday 26th Sept.
- 1.15pm Early Closure on Thursday 26th Sept.. Parents have been sent a form giving permission for you to leave early. Please ensure that they fill it in! Buses will be running at normal time (3.00pm). If you remain on site, you must register and remain in the LRC.



This week in CAS
Being Responsible
16th– 20th Sept.
Week 1

Menu C

MENU C

SEPTEMBER 2024

MONDAY

Grilled Pork Sausages and Gravy

or

Quorn Southern Fried Steak

Both served with Potato Dice and Vegetables

TUESDAY

Halal - Homemade Pasta Bolognese Bake

or

Homemade Tomato & Basil Pasta Bake

Both served with Mixed Salad and Garlic Bread

WEDNESDAY

Halal - Homemade Chicken Tikka Masala Curry

or

Homemade Thai Green Quorn Curry

Both served with Rice and Naan Bread

THURSDAY

Roast Beef with Yorkshire Pudding

or

Homemade Cauliflower Cheese

Both served with Roast Potatoes, Vegetables and Gravy (Vegetarian)

FRIDAY

Southern Fried Chicken Strips

or

Breaded Mozzarella Sticks

Both served with Chipped Potatoes

Available Daily

Pasta • Sandwiches • Jacket Potatoes • Paninis • Pizza • Salad

Granny Smith Apples • Pink Lady Apples • Apple & Grape Bags

Low Fat Yoghurts • Frozen Yoghurt Smoothies

*Some of our menu items contain **nuts, seeds and other allergens.**
There is a small risk that tiny traces of these may be in any other dish or food served here.*

CAS Weeks



Each week at Millais will be centred around a CAS theme.

The MSH assembly programme and CAS Themed tutor time will be based on this theme. There may also be some extra events scheduled during special weeks – such as when each of the curriculum areas around school host their own CAS focus week.

CAS Themes this half term are:

Wk. 1 – New beginnings – Looking Back helps us to move forwards

Wk. 2 – Power of Positivity

Wk. 3 – Being Responsible

Wk. 4 – Modern Foreign Language CAS week. Fun, competitions & special events in MFL

Wk. 5 – Celebrating Diversity 1 – including a spotlight on Black History Month

Wk. 6 – Mental Health and Wellbeing 1 – including a focus on Mental Health Day
10th Oct.

Wk. 7 – Tackling Inequality 1

Wk. 8 – Our Community

Student
Voice
Structure:

Whole
School
Student Council
(half termly)

Year Group Student Voice -
Student concerns and improvement
ideas raised by Student Voice Reps
(half termly / ad hoc)

Tutor Group Student Voice -
gathered through directed Tutor Time discussion
(half termly)

Individual Student Voice -
harnessed through Student Wellbeing and School Climate surveys
(half termly through PD homework)

Student Voice Leadership Opportunities range from:

Student Voice -

- Whole School Student Council Leads (chosen from Student Voice Reops and Open Applications)
- Student Voice Reps

Student Leadership through

Tutor Group -

Tutor Group Positions of Responsibility including:

- Tutor Group Captain
- T/G Deputy Captain
- T/G Sports Captain
- T/G Deputy Sports Captain
- Student Voice Reps
- Anti-bullying Ambassadors
- Wellbeing Ambassador

Year Group Leadership -

- Year 7 Student Transition Ambassadors
- Year 8 Kindness Ambassadors
- Year 9 Parent Events Leaders
- Year 10 Discovery School Leads
- Year 11 Student Leaders



This week we have been electing these leadership positions.

Curriculum Area / Enrichment Role
Leaders -

- Sports Leadership Programme
- Music Ambassadors
- Drama Technicians
- Art Technicians
- CEA Ambassadors
- Computing Ambassadors
- Craft Helpers
- Language Leaders
- Eco Committee Reps
- Debate Club Captains
- Citizenship GCSE Student Activists

Whole School Leadership Roles -

- Millaising Leaders
- Wellbeing Ambassadors
- Librarians
- Diversity Ambassadors
- Interact
- Homework Helpers

Enrichment

There are so many things to get involved in!

Weekly Extracurricular Clubs – website / email / student TEAMS page

Annual schedule of events:

- Teambuilding Event (20th September)
- Let It Glow Party (4th November)
- Charity Film Night / Charity Bake sales – throughout the year
- Millaising Games – lunchtime / after school interform competitions
- CA specific trips / in school theatre etc.
- 100 Millaising Days – parent event and cinema trip Feb.7th
- The Big Camp (June 13th (-14th June if sleeping over)
- Enrichment Days – whole school off timetable 'extraordinary' days – 4 throughout the year (1 of which is The Big Camp day)

Things to look forward to....

Each year group will have unique opportunities, but to give you an idea of big-ticket items:

- Year 8 Spanish / French / Italian Language Immersion Trips
- Year 9 – Wales Residential
- Year 10 / 11 – Ski Trip / New York Trip

In addition, each year group has careers education to prepare them for life after Millais. This includes:

- Guest speakers
- Workshops
- STEM Fair
- Industry Meet and Greet afternoon
- Year 10 Work Experience
- Post 16 Guidance
- External Careers Advice
- Internal Aspirations Interviews

You'll **MISS** the
best **THINGS** if you
keep **YOUR** eyes **SHUT!**
-Dr. Seuss

Encourage
Enthuse
Support



Parent Voice – working together!

- Surveys – capturing whole year group parent voice
- Year Group Parent and DOY meet – examine specific year group / whole school topics
- And don't forget – you can get involved in the Millais PTA.

