

Welcome to Millais CAS!



CAS Framework



To ensure that you are aware of all the personal development opportunities we have the Millais CAS programme.

The 3 pillars of CAS are:

C – Community and Citizenship – We want to encourage you to think about how you can make a positive impact in your community – leadership, volunteering and charity work

A – Action and Enrichment – We want you to enrich your experiences by engaging in all the fun and active clubs, CA weeks and additional opportunities we offer at Millais.

S – Self and Wellbeing – We want to help you to grow in self-awareness and to develop a mind-set that allows for happy, resilient, and successful lives and futures.

Weekly Schedule

Year 7 Tutor Time

Monday

Millaising Monday

Tuesday

Assembly (MSH)

Wednesday

Community - theme for the week

Thursday

Self - Word of the Week and Reading

Friday

Action - DOY quiz or activity

Each Tutor time – your tutor will show you 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.



CAS Weeks



Each week at Millais is centred around a CAS theme.

The assembly and the tutor time programme are 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 – British Values and Democracy. Positions of Responsibility

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. – **yellow accessory** (hairclips etc. / socks) and donate to Young Minds

Wk. 7 – Tackling Inequality #1

Tutor Time – CAS programme – Millaising Monday / Democracy – VOTING FOR POSITIONS OF RESPONSIBILITY / word of the week / quiz

Assembly – DOY assembly in the MSH / Year 8 DOY is in the DH

Extra Info:

Mon 18th – Millaising Monday – monitoring your readiness for learning. Please make sure that you have all the school equipment you are asked to bring to school. Check your jewellery etc. Bring a reading book.

Tues 19th – Yrs. 10 and 11 Tour Guide Training

Thurs 21st – Meet the Tutor Evening 4.00- 6.00pm (in person – Yr. 7 / Virtual – Yrs. 8 – 11)

Thurs 21st – Yr. 10 and 11 Tour Guide Training

Coming up....

Tues 26th – 5.30 – 8.30pm is our Millais Open Evening for Yr. 6 families interested in joining us next year.

We will need LOTS of student helpers. Please talk to a CA you are interested in helping in to sign up!

We also need Yrs. 10 and 11 Tour Guides – check you Year Group teams page soon for a form to sign up.

There will be an early close on this day – 1.15pm. You must register with your p.5 teacher, and then you will be allowed off site.



This week in
CAS

Our FBVs –
Democracy

18th –
22nd Sept.

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

- 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 Enrichment Clubs – website / email / student TEAMS page

Annual schedule of events:

- Teambuilding Event
- Hallowe'en Party
- Charity Film Night / Charity Bake sales
- Millaising Games – lunchtime / after school interform competitions
- CA specific trips
- 100 Millaising Days – parent event and cinema trip Feb.
- The Big Camp (May 10th / 11th)
- Enrichment Days – whole school off timetable 'extraordinary' days



[Millais Extra Curricular Booklet Term 1 2023 FINAL.pdf](#)

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



Parent Forum – working together!

- Surveys – capturing whole year group parent voice
- Parent Forum –
(Year 7 / Year 8) examine specific year group / whole school approaches

