CCHSG E-Newsletter

19 October 2020

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Executive Principal's Notes

When I wrote in the July newsletter at the end of the last academic year, while much activity had been taking place virtually and behind the scenes, the school site had been open only for keyworker children and partial Year Groups. To enable the school to reopen fully, there were extensive preparations over the summer holidays involving the site team, members of support staff, myself and the Senior Team. Our whole site and way of operating was reorganised to prioritise the safety of staff and students. You can read about some of these adaptations later in the newsletter. I have been very proud of the way in which all the students have quickly adapted to these changes. They have taken a mature and considerate approach to the necessary reorganisation of movement around the site and to new impositions such as mask wearing in all communal areas. It has been wonderful to see our school community back together again. With all the new systems and safeguards operating well, teaching and learning across the school is taking place largely as before.

All our Year Group Information Evenings and Parent's Evenings this half term became virtual events and the PTFA also held their AGM via an online platform. We have received positive feedback about the increased convenience to parents of this online approach, which we will certainly keep in mind in future years.

Inspired by what was initially the forced necessity of providing online lessons, new approaches and innovations in lesson delivery are now being explored. Lesson materials are now routinely made available for students to access remotely and we are increasingly making use of the streaming of live lessons. A staff working group has been formed to explore the wider possibilities of virtual learning and to lead new "virtual school" initiatives.



Our ambitious development plans for the school site continue, despite the altered circumstances. We are very much looking forward to the opening of our new Art and Library block, which is now



scheduled for early December. In the Art Department, as you will see later in the newsletter, students have successfully overcome the challenges of remote working and continue to produce exemplary outcomes. We are now looking to improve our sports facilities. I am currently working on a bid to obtain funding to install an all-weather, multi-use games area on our field, to provide students with a multigym and to resurface the tennis courts and add floodlighting.

Alpha Trust News

I have recently conducted site visits across the Trust, and was delighted to see the excellent new classroom block at Home Farm Primary School and the outstanding new facilities at Manningtree High School. These include a new canteen, drama studio and teaching block. We are currently working with the DfE on the designs for the building for the new Trinity School. Trinity will open in September 2021, initially as a "school within a school" based at The Gilberd, until the new building is ready.

I cannot close without thanking all our teaching and support staff for their outstanding efforts in implementing new routines and supporting students as we returned to school this half term. I also thank our governors, parents and carers for their tremendous support, and for their understanding during these challenging times.

Gillian Marshall
CEO & Executive Principal

Head Student Team & Virtual Open Evening

Congratulations to our new Head Student Team who will be working with staff to support the smooth running of the school throughout 2020/21. They are currently working on content for the virtual Sixth Form Open Evening, giving the student perspective at the event.

Save the date:

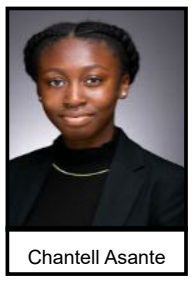
Sixth Form Virtual Open Evening - 4 November, 2020



CCHSG Head Student Team 2020/21

Head Students


Anais Giles Scieller


Chantell Asante


Emma Pass


Sophia Rehman

Deputy Head Students


Emily Chen


Holly Farrell


Rahma Khan


Katie Gardiner


Asmita Mandal


Katharine Thomson


Emilia Whitehead


Mia Urwin

The Big Build





To the rear of the M Block two large new classrooms have been added in the Maths area. These are currently Year 7 Form bases.





An additional Science laboratory and classroom have been created in the area that was the Art Department.









The fabulous new Library and art studios are now progressing quickly and should be ready for use from mid December.

For regular news updates follow CCHSG on Facebook @colchestergirls or Twitter @CCHSG_

Return to School - September 2020

COVID-19 procedures and protocols

In order to promote the safety of students and staff, a variety of new ways of working have been introduced. These include:

- Year group bubbles
- One-way system around the school site
- Limited movement between classrooms
- Staggered timings throughout the day including lunch and end-of-day with additional staff on duty to supervise
- Face masks to be worn around school (sanitiser also recommended)
- Staff provided with PPE
- Increased cleaning
- Covered outdoor areas for lunchtime use
- Time for students to discuss questions or concerns in tutor groups







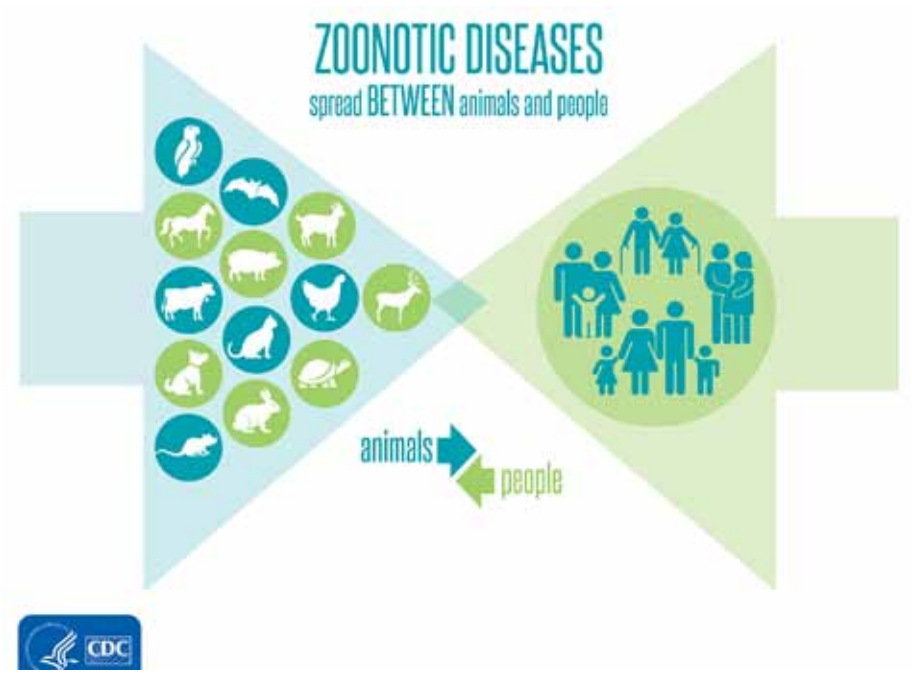


Eco Schools - Covid Impact Summary

A level Geography students Laurel, Phoebe and Katy have been researching the impact of the Covid 19 pandemic on ecology across the globe.

The Environmental Impacts of COVID-19

The Coronavirus disease has caused over a million deaths worldwide and shut down entire countries for months on end, with no real sense of when it will cease to have such a catastrophic effect on society. We've seen society come to a standstill, schools close and lives change. With the discovery of COVID-19 as a zoonotic disease (one passed to humans from animals) the suspected source of the pandemic was eventually traced to a wildlife market in China.



The rapid spread of coronavirus quickly prompted the Chinese government to take emergency measures by closing wildlife markets and banning the consumption of wild animals. Although this action was deemed particularly effective by world scientists, discourse about other wildlife markets across the globe was brought forwards, as the threat of viral transmission through the consumption of wildlife is not just an issue for China. Similar markets in South East Asian and parts of Africa were also deemed to be high-risk areas, with the WWF calling for pivotal and formative change that altered the international laws on the sale of illegal wildlife.

But, as an NGO, it is far too easy for the WWF to call for an end to wildlife markets. The roots of many of these places lie in extreme inequality, harking back to a time where people living in poverty were forced to eat anything they could obtain. It seems that the only way to end such markets is to properly tackle inequality in its base form- equal access to resources for all. Ultimately though, it is clear that the pandemic has catalysed the formation of major policy changes, especially those surrounding the illegal wildlife trade and the safety of markets like those in Wuhan.



Graphic: Shahen Elagroudy / GWA, 2015.
based on Hoornweg, D. and Bhada-Tata, P. (2012) "What a Waste: A Global Review of Solid Waste Management", World Bank, Washington D. C.

Waste

There is a critical need for better global waste management, regardless of COVID-19. The present world is drowning in medical waste, and the repercussions of this will have a profound impact on sustainable waste management practices for many years.

US hospitals produce about five million tons of hospital waste per year, however under the coronavirus conditions, the US could generate an entire year's worth of medical waste in two months which will have devastating impacts. Also Wuhan's monthly generation of medical waste has grown up to seven times larger than the normal rate which is now being mirrored in other countries like the United States and Spain. While there has been a noticeable shift from single use disposable personal protection equipment (PPE), this is unlikely to have a dramatic impact on the generation of medical waste. Despite this, if these practices continue, this can play a more prominent role in the future to offset and decrease the volume of medical waste.

What remains true however, is that the longer COVID-19 is felt around the world, the greater generation of medical waste, and the more prominent the management of medical waste will be. The reduced water pollution, if only for a brief time, was one of the positive outcomes of lockdown and the pandemic.

So what will people and governments prioritise? With so many businesses trying to get their feet back on the ground, the economy will likely come first and the environment last. On the other hand, we've seen countries come together in this crisis and work to support everyone equally - is this the proof we need to know that environmental change is possible and can happen?



Colchester Teacher Training Consortium

Established in 2004, the CTTC partnership of local schools annually trains around 90 primary and secondary teachers from its bases here at CCHSG and in Ipswich. Our schools are able to provide a wide range of experiences which will fully prepare you for your teaching career; including PGCE Level 7; opportunities in Sixth Form colleges, grammar schools, SEND and EAL experiences.

The programme is collaboratively run by schools for schools in Essex & Suffolk using excellent practitioners.

Recognised by Ofsted as outstanding, the course allows trainees to gain Qualified Teacher Status (QTS) through a combination of taught sessions and practical training alongside colleagues in schools. Local schools are keen to employ trainees from the partnership, with many NQTs and former trainees moving quickly into leadership and management roles.

For further information call 01206 364728
see www.colchesterttc.org.uk or contact
enquiries@colchesterttc.org.uk

Would you like your daily work to make a real difference to the lives of others? Are you looking for new opportunities and the chance to develop new skills while pursuing a professional career pathway? If you already have a degree you could qualify as a teacher in Primary or Secondary education with a year of training. CTTC is validated by the University of Greenwich to deliver a PGCE course, offered at either professional or postgraduate level, the latter providing 120 credits towards Master's level study.



Even through the current pandemic, the support and training that we have received has been outstanding and I don't think anyone could ask for more, from the teaching and the support from the office staff. (AR. PE)

Outstanding provider - well organised, approachable staff. Thank you CTTC. (PO Primary).

I am confident and feel secure in the management of CTTC. I feel well guided and feel that expert knowledge in the field of education is passed down effectively. I strongly recommend CTTC as training provider for future teachers (EC MFL)

Make a difference,
Inspire, Challenge,



Ofsted
Outstanding
Provider

Historical Fiction Competition

Historical Association
The voice for history

Write Your Own Historical Fiction Competition



THE GREAT COLLISION

Two countries collide in a ferocious battle losing sight of humanity.
Written by Zubiya Jafri.



Congratulations to Zubiya Jafri who was awarded a runner up prize in the Historical Association Historical Fiction Writing Competition. There were over 1,000 entries.

During lockdown, I had the opportunity to get involved in a competition; writing about a time in history and reimagining it through another's perspective; in other words, it was a history fictional writing competition. So, for my piece I chose to illustrate a time back in 1947, when there was a partition between India and Pakistan: this time period is in particular something which interested me as it is not necessarily a well known event in the western world, despite their having played a major role in it; it was greatly significant in South Asia, particularly in these two countries, creating tensions which still remain between the two to this day.

For me to have been recognised for my story is a great achievement and reward which I humbly accept; it truly allowed me to envision a different time and write it in a vivid yet truthful manner with words, which does not give justice to this piece of history, but can surely illustrate and allow for this significant event to be relayed and remembered.

Zubiya Jafri

Chapter I

1947. A year of great joy yet a year of great murder. At last the British colonial rulers descended from their great thrones in India and took off; knowing the consequences; Knowing the tensions. Knowing the blood which was to paint this land. Little did they know that 1 million people were to die or that this was to be far worse than what they had predicted; worse than they had ever seen; more horrifying than a mass genocide. Perhaps that's why they left; maybe they couldn't take it anymore: the blood, the stench of death conquering all aromatic scents and thoughts of green fields, that savage look of fear. So, I thought. They'd just stepped out from a war zone; their resources stripped away from them. But who knew that what was to follow would build up to a civil war: an ocean, a sea, a pool of blood, of bodies, of tears.

****

India was slowly nearing the grips of a long summer; I was sitting under a tree saving myself from the sun which never swayed from its position nor lightened its intense glare of heat. Beads of sweat gave birth to trails of sweat which crowded my face, giving way to my growing agitation. The gruelling hours along with the stubborn sun seemed to tease and play with the growing anger within me. My *kurti*[1] was being covered with my sweat as the hours and minutes passed by with monotony. The only entertainment which gave me somewhat joy was my book, which seemed to supress the boredom that carried its saggy body everywhere, and to everyone, snatching away what little joy they carried on this day of intense, smothering heat.

"*Api*[2], *Api*..." from the distance my younger brother came running out. His hair clinging to his forehead as he called out for me, "*Api*!" he momentarily stopped catching his breath and then continued, "*jaledi under ayaye... wo radio kuper Kuch news arahai.* Come quick. Some news is on the radio."
"What news, *chotu*[3]."
"Wo... *kuch India kah bareh me bolerahai*."
"Husain. Telling me that they are talking about India isn't important. We live in India, *pagal*[4]," I laughed at his so-called 'urgent' news.
"*Api*," but then Husain's voice fell to a sudden whisper, "they're talking about a partition."
Now he had my attention.

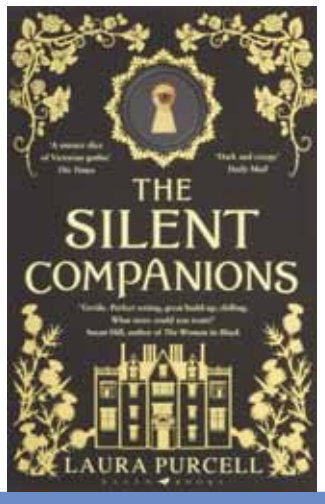
June 1947. It was finalized. The viceroy of India had decided on a divide before they left, a hasty transfer of power from the hands of the British rulers to the Indian leaders of that time. Lord Mountbatten, the viceroy, announced that Britain had accepted that the country was to be divided through religious majorities (a Hindu majority India and a Muslim majority Pakistan). We, my family and I, sat in the living room thinking of what to say. I did not know what to think: was I to be happy or sad? Silence cast a long shadow in the room and soon the heat was no longer intense. Instead the air gripped everyone's collar with tension. I knew that each of our hearts were being strangled by the very thought of this partition. At the time I was oblivious to consequences of such a major decision though. I did not know what to expect; I guess I thought that life would go on as normal.

You can read the rest of Zubiya's story by clicking HERE

https://www.history.org.uk/primary/categories/530/news/3870/write-your-own-historical-fiction-2020-winners-a

Historical Fiction Book Club

The group will be meeting virtually next month with the author of "The Silent Companions", which is this term's book. This term was a huge success with over 60 students buying the book. While parents can no longer purchase it through the school, students can still take part in the book club by clicking HERE or by contacting Mr Paz for details.



Debate Club

Debate club has restarted this year on Teams with an impressive turnout of almost 40 students! Our first meeting debated whether Harry and Meghan's remarks on voting in the US election were appropriate. We have also used debate club to listen to speeches of students taking part in the English Speaking Union competitions. This was great practice for those competing students, and the debate club's follow-up questions better prepared them for the real competition. Debate Club meets on Wednesdays from 17:00-17:30 on Teams. All year groups (and staff!) are welcome to join. Here is the link to join: Click HERE

Healthy Living Recipes

Each week Miss Webb is providing CCHSG staff and parents with a new Healthy Living recipe to try. These recipes are attached to the Weekly Bulletin. Why not give them a try and send Miss Webb a photograph of your creations?

Pasta Bolognaise



Ingredients:

Approx 250g lean minced meat either; Beef, Lamb, Pork or Turkey or a Vegetarian or Vegan equivalent
1 onion
1 clove garlic
1 Beef Oxo cube or similar
1 tin chopped tomatoes or 1 packet of passata
150g-200g dried pasta shapes
1 heaped tablespoon tomato puree
Salt and Pepper
1 tablespoon Olive oil
You may also like to add mushrooms, fresh or dried herbs, Worcestershire sauce, fresh tomatoes, chillies, or peppers.

Method:

1. Chop and peel your onion, then dice into small pieces.

2. Prepare your garlic.

3. Prepare any other vegetables.

4. Gently heat oil in a pan. Add in your onion and cook gently for 2 to 3 minutes. Add in garlic, season with salt and pepper. If using dried herbs, add them at this stage.

5. Bring a separate pan of water to the boil. When the water reaches boiling, add in your dried pasta and cook for 10-12 minutes, or as directed on the packet.

6. Break mince into pieces with a fork and add to the onion and garlic pan. Turn up heat to a medium to high for the first few minutes of cooking. If a lot of liquid is in the pan, you will need to drain/spoon it away; otherwise your Bolognese will be very watery.

7. Reduce the heat and stir through tin of chopped tomatoes/passata. crumble over your Oxo cube and stir through (add any extra ingredients here as well).
Cook gently for 10 minutes. Drain water away from your cooked pasta then stir in to your Bolognese sauce. If using fresh herbs, stir through now, then remove from heat and enjoy!

PLEASE NOTE, IF COOKING WITH QUORN OR SOYA PRODUCTS, IT IS IMPORTANT YOU DON'T ADD THEM TOO EARLY TO YOUR PAN. ADD IN AFTER YOU HAVE ADDED YOUR PASSATA/CHOPPED TOMATOES AND TOMATO PUREE

Thai Butternut Squash Soup



Ingredients:

1 tablespoon oil
1 onion, finely chopped
1-2 tablespoon Thai green curry paste (depending on how spicy you like your food)
½ medium butternut squash, peeled, deseeded and cut into chunks
350-400ml vegetable stock
300ml coconut milk
1 tablespoons shredded Thai basil/basil or coriander
Salt and freshly ground black pepper to season

Method:

1. Heat the oil in large, heavy saucepan, add the onion and sweat over a low heat for 5-10 minutes.

2. Add the Thai curry paste and cook over a low heat for 2 minutes.

3. Add the butternut squash and stock and bring to the boil, when the butternut squash has softened, reduce the heat and stir in your coconut milk and gently heat through. Season with salt and pepper and simmer gently for up to 20 minutes.

4. Remove from the heat and whiz the soup in a blender or food processor until smooth.

5. Add the fresh herbs just before serving and check the seasoning. Pour into warmed soup bowls and serve!

Well done to the family who sent in this image of the soup recipe - it looks delicious!



Roasted Beetroot and Feta



Ingredients:

Beetroot, peeled and cut into large chunks
Balsamic Vinegar
Olive oil
Salt and pepper
Rosemary (fresh or dried)
Feta
Nuts and seeds to sprinkle (optional)

Method:

1. Preheat the oven to 160 degrees (gas 4) you want to roast them slowly so don't put them on to a high heat.

2. Put the olive oil in the pan and place in the beetroot. Toss in the oil and lightly season.

3. Pour over your Balsamic vinegar, you don't need it to be swimming in it but it should generously cover the beetroot.

4. Sprinkle over the Rosemary and roast in the oven for 40-50 mins, turning halfway through cooking. If it looks a bit dry, add in some more Balsamic but it should start to look dark and a little sticky by this point.

5. When cooked, remove from the oven, leave to cool slightly then crumble over your feta, top with your seeds if using. Yes it's as simple as that but totally delicious!



Beetroot is a bit like marmite, you either love it, or hate it! Of late it has come into its own, being classed as a super food! Packed with essential nutrients, beetroots are a great source of fibre, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Beetroots and beetroot juice have been associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance.

Blackberry and Apple Crumble



Ingredients:

Serves: 6
3 cooking apples - peeled, cored and chopped
50g blackberries
1 tablespoons lemon juice
100g self raising flour
50g granulated sugar
50g demerara sugar
1 teaspoon ground cinnamon
50g margarine

Method:

1.Put the chopped apples in a saucepan, add the blackberries, lemon juice and enough water to half fill the pan. Simmer for about 20 to 30 minutes, apples should be softened but not pureed, blackberries will have just about vanished but coloured the mixture.

2.Preheat the oven to 150 C / Gas 2. Grease an 18cm baking dish.

3.While the fruit is simmering mix the flour, granulated sugar, demerara sugar, cinnamon and margarine together until it resembles coarse breadcrumbs.

4.Once the fruit mixture has softened enough spoon the mixture into the prepared baking dish. Add the crumble mix over the top, level but do not firm the crumble mix.

5.Bake in the preheated oven for half an hour until the fruit is piping hot and the crumble is golden brown. Alternatively you could freeze the crumble until required, heat for 40 minutes if using from frozen.

Serve with ice cream, cream or custard for a real dessert treat!

Blackberries contain a wide array of important nutrients including potassium, magnesium and calcium, as well as vitamins A, C, E and most of our B vitamins. They are also a rich source of anthocyanin's, powerful antioxidants that give blackberries their deep purple colour. Around 10 blackberries count towards one of your five-a-day.





PTFA AGM 2020

The PTFA would like to thank all those who joined the virtual AGM via Zoom on Monday 28 September and also to thank parent Julian Roper for his technical assistance in setting up the meeting. Complete Minutes of the meeting are available in the PTFA section of the school website.

PTFA

SOCIAL EVENTS

NO.		AMOUNT RAISED (£)
1	**Summer Production:** ***A Very Shakey Web Fest*** – Friday 19 July 2019 *(Bar & Café)*	495.00
2	**New Year 7 Welcome Party** - Friday 4th October 2019 *(Tickets, Raffle, Bar & Café)* **Note:** 136/160 student & 190 parents attended, 15 parents. 8 staff & 9 students helpers	1,047.00
3	**Annual Christmas Market** - Saturday 1 December 2019 **Note:** This was undoubtedly one of the biggest Christmas Markets ever held at CCHSG with 40 external stalls & 15 internal stalls. Amount raised includes £500.00 sponsorship from Advertising Boards sponsorship by Beresfords Estate Agents	4,852.95
4	**Christmas Concert:** ***Winter Rocks*** (Tuesday 3 & Wednesday 4 December 2019)	506.00
5	**Virtual Quiz Night** ***hosted by Quizmaster Julian Roper*** (Tuesday 28 May 2020) When lockdown happened in March, the planned Quiz & Curry Night had to be cancelled but the PTFA switched to a Virtual Quiz Night. 17 teams took part and. A total of £245.52 was raised *(Less Stripe charges) £85.00 was donated to NHS England*	160.00

Total raised **£7,060.95**

Chair's Annual Report
Mrs Agness O'Brien

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PTFA

SECOND HAND UNIFORM SALES

NO.	Events at which sales took place	AMOUNT RAISED (£)
1	**New Year 7 Information Evening (September 2019 Intake)** Tuesday 2 July 2019	1,655.25
2	**Summer Production:** ***A Very Shakey Web Fest*** Tuesday 2 July 2019	563.00
3	**New Year 7 Welcome Party** Friday 4th October 2019	611.69
4	**Annual Christmas Market** Saturday 1 December 2019	149.78
5	**Christmas Concert:** ***Winter Rocks*** Tuesday 3 & Wednesday 4 December 2019	402.65
6	**New Year 7 Parent Consultation Evening** Tuesday 3 March & Thursday 12 March 2020	270.20
7	**New Year 7 (2020 intake) & All Year Groups Uniform Sale** Thursday 23 July, Friday 24 July, Saturday 25 July, Tuesday 1 September 2020	7086.77

Total raised **£10,739.34**

Chair's Annual Report
Mrs Agness O'Brien

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The final item on the agenda was the election of Officers and Members of the PTFA Committee for 2020/21. Thanks were extended to Mrs Sian Webster-Hirst, Mr Mark Wicker and Mrs Carol O'Neill, who stepped down this year, for all the work that they have done to support the PTFA . The new Committee Members were thanked for volunteering. The existing Committee Members look forward to working with them.

There is currently a vacancy for a Committee Secretary and the PTFA would welcome enquiries from anyone who might be interested in finding out more about the role.

Job function: The Secretary is a key committee member as they are responsible for ensuring effective communication links between committee members and between the PTFA and the school. The Secretary deals with all the correspondence that the PTFA receives and helps the Chair ensure that committee meetings run smoothly.

Main duties:

- Deal with correspondence
- Prepare and distribute agendas for meetings
- Take the minutes of meetings, type them up and distribute them
- Ensure that enough committee members are present to make the meeting quorate
- Write the annual report with the Chair

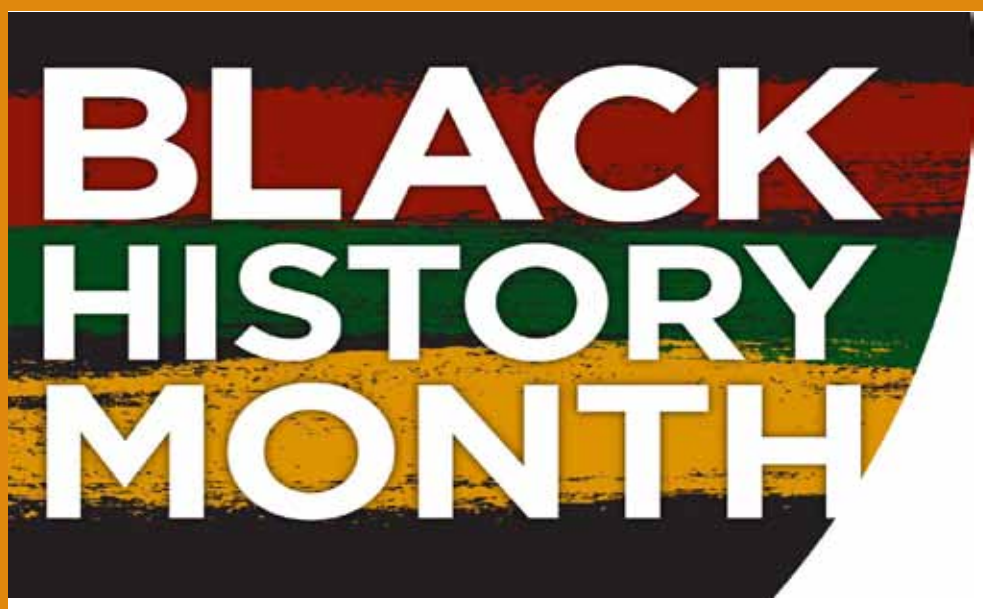
Officers and Trustees		
Title	**Previous (2019/2020)**	**Current (2020/2021)**
Chair	Mrs Agness O'Brien	Mrs Agness O'Brien
Vice Chair	Mrs Ade Asemota	Mrs Ade Asemota Mrs Sushma Manish
Secretary	Mrs Carol O'Neill	*Pending*
Treasurer	Mr Rouzbeh N. Elahi	Mr Rouzbeh N. Elahi
Committee Members		
Title	**Previous (2019/2020)**	**Current (2020/2021)**
Communications	This role is currently fulfilled by Ms Kate Stubbs, who is employed as Marketing & Communications Manager at CCHSG. She is not a member of the PTFA Committee.	
Recruitment	Mr Mark Wicker	Mrs Tolu Alalade
PTFA Events *(support with organising aspects of PTFA Events)*	Mrs Comfort Zedomi	Mrs Comfort Zedomi
Second Hand Uniform *(organisation of sales)*	Mrs Sian Webster-Hirst	Mrs Miranda White Mrs Kathryn Held

PTFA TREASURER'S REPORT

NO.	DESCRIPTION	AMOUNT RAISED
1	**Balance of account as at last AGM (20 May 2019)**	**£16,404.39**
2	**Fundraising from 20 May 2019**	
	1. Social Events	7,060.95
	2. Second Hand Uniform Sales	10,739.34
	3. Other Fundraising Initiatives	2,173.32
	TOTAL RAISED	**£19,973.61**
3	**REMITTANCE - PTFA Termly Funding Bids**	
	1. Public Speaking Debate	800.00
	2. Healthy Living Aprons	120.40
	3. Camera	125.91
	4. Garden Equipment	384.60
	5. Multimetre	209.30
	6. Ranging Pole	359.96
	7. Portable PA System	615.00
	8. PE Netball Jersey	651.61
	9. Jack Petchey Public Speaking Workshops (all Year 10 students)	1,180.00
	10. Teach Learn	4004.61
	11. French Books	420.27
	12. Roland Piano for Music Dept.	3,940.00
	13. PE Gym Equipment	4,978.18
	14. Latin Bid	187.00
	15. Modern Languages	942.55
	TOTAL FUNDED	**£18,919.39**

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The PTFA Committee are delighted that they have been able to provide the funding to purchase a significant number of additional resources and items of equipment, in response to requests from departments across the school. During the period March 2019 to March 2020 the PTFA enabled the purchase of items to the value of £18,919.39, as listed above.



Why do we celebrate Black History Month? by CCHSG students

- To educate people on the history of both Africa and the Caribbean as well as the effects it has now.
- To reveal the issues regarding lack of representation of black people and people of colour in the media.
- To spread awareness of black people's contribution to world history.
- To remind people of the hardships faced throughout the 420 years of slavery and years of segregation and discrimination in educational institutes and society after that.
- To prevent the desensitisation of society when it comes to the unlawful killings of black people during slavery and till now.

October 2020

The importance of Black History Month
by Oluwafayokunmi Idowu

In Britain, we celebrate Black History Month in October every year. This started in 1987 and was organised by Ghanaian born Akyaaba Addai-Sebo. Though it is celebrated it never has as much coverage as many other events throughout the year, understandably not everyone is required to know black history in depth but it is vital that everyone understands and appreciates it. Black History Month has been simplified to popular historical figures such as Rosa Parks, Martin Luther King and Harriet Tubman. Of course, they are important and had an influential role in history yet there is so much more that needs to be discussed; a few examples are the unintentional or intentional use of micro-aggressions, an understanding of social biases against black people, the use of "n word", lack of representation or misinterpretation in the media and other aspects of history that are scarcely discussed. A PowerPoint was shown to Forms in the school emphasising the significance of these topics.

A student from Year 11 stated "This PowerPoint teaches people many things the curriculum does not cover making it more informative, I started to think about how black history can be more effectively taught in schools".

Poor representation of Africa

- In western media Africa continues to be misrepresented, the whole continent has been generalised to be dirty and poor. The problem with this is that it disregards the economic development of many African countries and encourages a damaging white saviour complex.
- The white saviour complex is the idea of white people being "charitable" toward people of colour especially black people in a self serving and demeaning manner. It's a concept that explains how white people would travel to African countries and feel superior and take pictures almost treating the people they met there like animals in a zoo.
- Obviously not every charitable white person does this with a malicious intent but the constant implication that black people in the west and in their respective African countries would be nowhere without white interference is harmful and disrespectful.



Generalisation about Africa

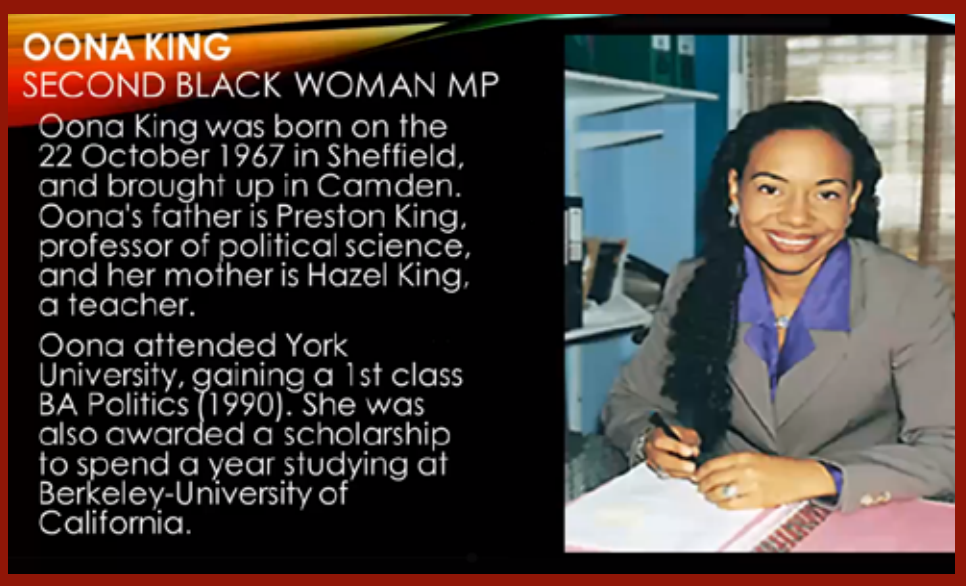
- Undoubtably there are poor places in Africa and although they are part of Africa rundown and dirty pictures should not be the only perspective western media shows.
- Western media has conditioned people to think that countries with different lifestyles and cultures are automatically poor and undeveloped.
- By generalising a whole continent it shows an ignorance to the economic and social developments of many African countries.
- Western ideals have fixated on a certain depiction of development and anything outside of that is impoverished.
- Part of why we celebrate black history month is to acknowledge the faults of many African countries but also uplift them to reveal their beauty and denounce the initial negative impression people have of Africa





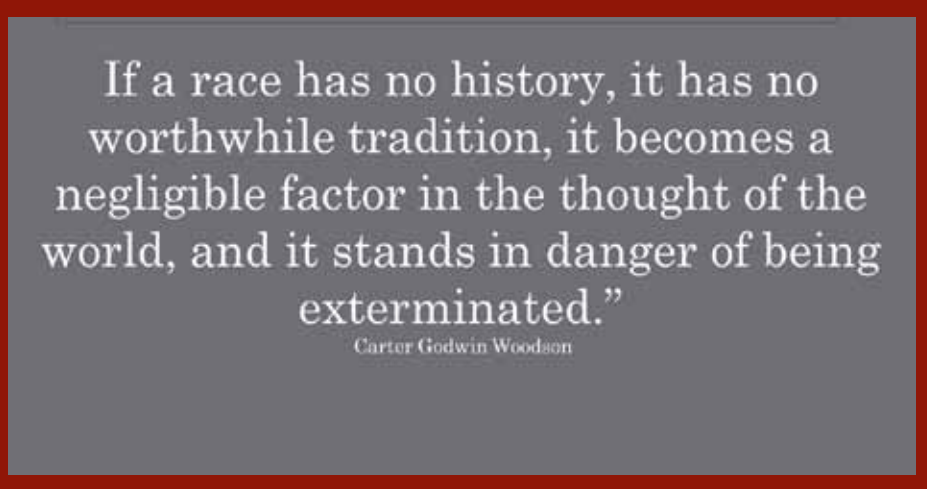
As part of Black History Month, Lawrence Walker, Chairperson of Colchester Black History Month, produced a presentation to be shared with students in Colchester schools.

CCHSG students were able to view this film in their Form Groups as part of Black History Month Celebrations.









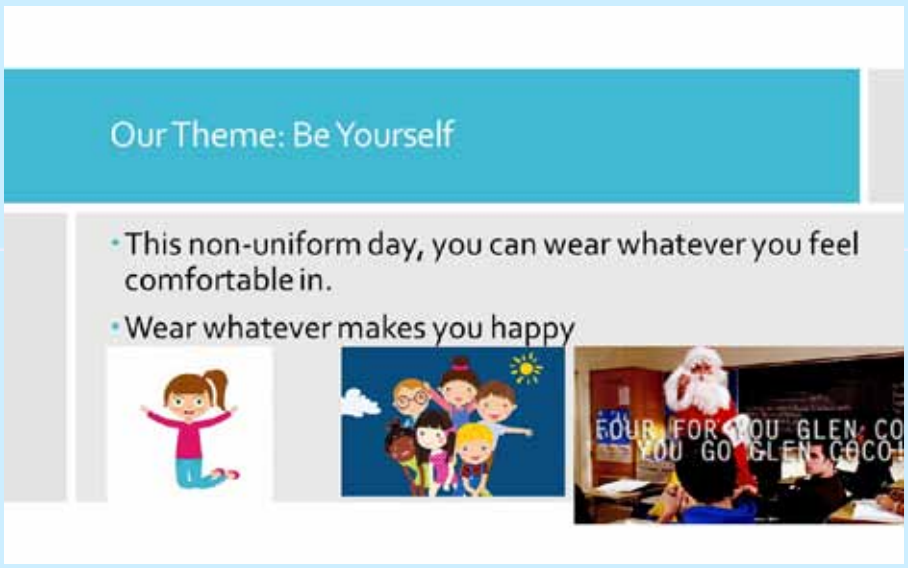
Further resources:

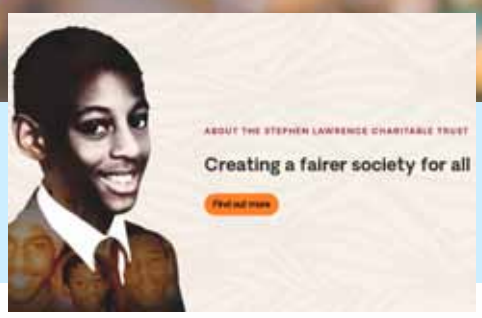
- Hamilton, theatre by an all black cast: https://www.youtube.com/watch?v=DSCKfXpAGHc
- Black History Month website: https://www.blackhistorymonth.org.uk/
- African Kingdoms: https://africankingdoms.co.uk/
- Black and British, A Short Essential History by David Olusoga
- Black and British - BBC, https://www.bbc.co.uk/programmes/p0499smp
- National Archives, Black British History on Record, https://www.nationalarchives.gov.uk/black-history

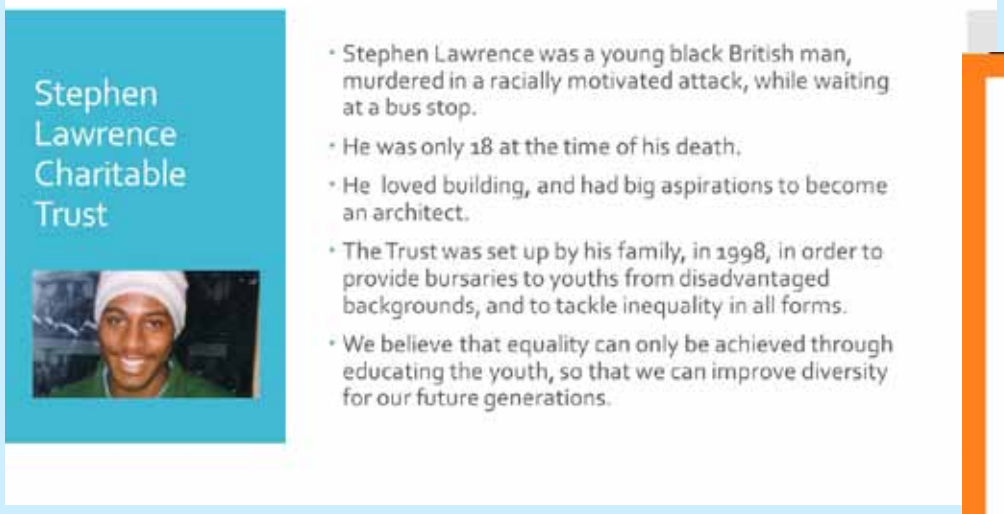
11C - Non Uniform Charity Fundraiser

11C organised a non uniform day on 9 October as a fundraiser for two of their favourite charities, and produced a virtual assembly presentation to be shared with all the Form Groups.



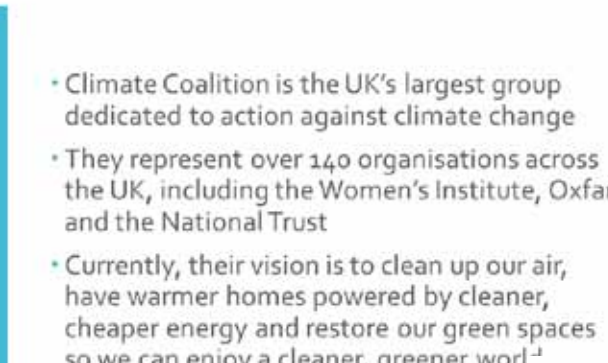
















Why did we pick these charities?

- After recent events, Year 11 would like to support the Stephen Lawrence Trust so that we too can play our part in fighting for equality and support a charity that believes in the same values.
- This year, after mass destruction from wildfires, floods and hurricanes globally, Year 11 wanted to support a charity that would act and protect our planet, as the consequences of climate change will affect all of us.

The Kilt - New Editorial Team

CULTURE
Emilia Whitehead and Isabel Dempsey
To write or not to write that is the question? But in all honesty you should totally send in your articles for this section. From classic novels, brilliant art exhibitions to epic films, Emilia and Isabel cannot wait to read your ideas!
14WhiteheadE@cchsg.com
14IDempsey@cchsg.com

SPORT
Katy Thompson
Fan of running? Avid Rock Climber on a Sunday? Or do you just love watching the Tour de France on the telly every season? Whatever you do, as long as you love sport, this section is for you. Katy can't wait to hear your thoughts!
14ThomsonK@cchsg.com

PROBLEM SOLVING POLLY
The sister of Agony Aunt is here to listen to your concerns! Send a word document containing your questions to Head Editor (Emily Chen), who will then pass it on to the anonymous "Polly".

Introducing the new 2020/21 editorial team for the school newsletter "The Kilt", and who want all students to get involved.

Whether you love sports, baking or talking about new scientific breakthroughs, they want to hear. Simply write an article and email it to the relevant section editor.



WORLD NEWS
Lucy Morrison
In a world of face masks, wildfires and peaceful protests, have you got some thoughts? Lucy is hear to help make your voice heard - socially distanced of course.
14MorrisonL@cchsg.com

SCIENCE
Dara Adu
Are you interested in the wonderful world of science? Or perhaps you have a zest towards ecology that you would like to share? Dara Adu is excited to read your discoveries!
14AduD@cchsg.com



OPINION
Holly Farrell
Something on your mind? Is there a certain topic you feel passionate about? Holly Farrell wants you to speak your mind, so let her know your opinions!
14FarrellH@cchsg.com

LIFESTYLE
Phoebe Sharpe
Are you the next Mary Berry? Love taking your dog on a morning mindful walk? Or maybe you're a sucker for sustainable fashion? Phoebe is thrilled about hearing your thoughts on all things lifestyle!
14SharpeP@cchsg.com

HEAD EDITOR
Emily Chen
This is the mastermind of the team. Head Editor is here to keep this newsletter running smoothly, so if you have questions or are unsure about your article and where it fits, do not hesitate in emailing Emily Chen.
14ChenE@cchsg.com

HISTORY AND POLITICS
Sophie Talbott
Family ancestry, Anne Boleyn, Brexit. Any of these take your fancy? Well, there's plenty more to choose from in this section and Sophie is super enthusiastic about reading your articles.
14TalbotS@cchsg.com

CURRENT AFFAIRS
Adelaide Clayton
This covers UK news, school news or maybe even an interesting interview of some sort, with a special guest. Adelaide Clayton is prepared to hear your thoughts.
14ClaydonA@cchsg.com

BREAK TIME
Hattie Quinn
Photography, short stories, poems, cartoons, there is just so much to choose from! Whatever you choose Hattie Quinn's section will give you a little break from reality and leave you with a smile!
14QuinnH@cchsg.com



It's easy for all students to get involved - simply write an article and email it to the relevant section editor.

A level Art Projects



Year 13 A level Art students are working on individual personal study projects. The Personal Study is a critical and visual appraisal or theoretical study of any aspect of the visual arts. It is usually an analysis of art or design that focuses on one or both of the following: Process and materials (the way an artist or group of artists use/s media); Subject or theme (the way an artist approaches a similar topic, generally with reference to composition, technique and the visual elements – line, texture, space, colour etc).







Rosie Durgan - Experiencing the Outdoors

I'm Rosie Durgan, an A level art student. My work is about encouraging people to be outside, and the benefits of nature on both physical and mental health. Through an exploration of media, colour and light, I'm trying to capture the sensory experience of being outside, much like the Impressionists did. I'm focusing on gardens because they have such a variety of textures and colours. Textured and experimental elements like metallic thread capture the light and add fine detail to my paintings.

As part of the A level we do a personal study, which is a researched essay with images. Linking to the exploration of media in my practical work, my study is on the viewer's experience of paintings by Monet and two contemporary artists (Erin Gregory and Kate Burns). I'm exploring how various elements such as abstraction, layering and mixed media can contribute to one's enjoyment of a painting.
I would really appreciate it if you could take a couple of minutes to complete a survey I have created.

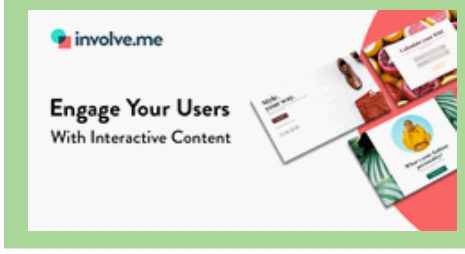






Please support Rosie with her A level studies by completing a short survey to further her research.

https://app.involve.me/httpswwwcchsgcom/viewer-experience-monetcontemporary-art



Click HERE

Year 12 Optical Art Project

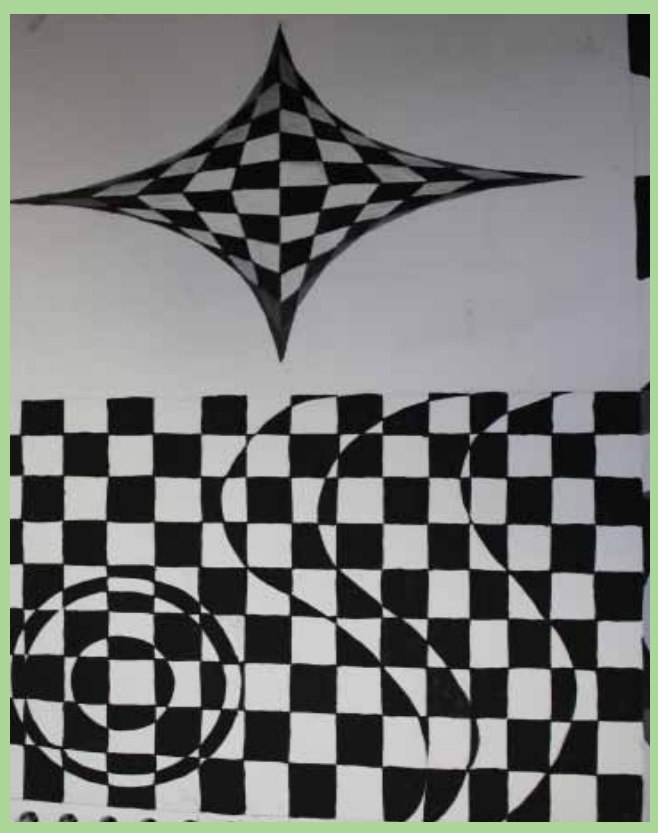
Year 12 have been producing their own creative outcomes in response to the style of art known as "Op" or "Optical Art", that uses optical illusions. This began to be explored by artists such as Bridget Riley in the 1950s. Op art works are abstract and often in black and white. Typically they create an impression of movement, hidden images, flashing and vibrating patterns, or of swelling or warping.

















Colchester Clean Air Campaign



A new Colchester-wide campaign has launched to encourage drivers to switch off their car engines while they wait at traffic lights, level crossings or outside schools, to improve their own health and help reduce air pollution in the town. The campaign, CAReless Pollution, comes as research shows 87% of local people are concerned about air quality in Colchester and 41% think the town is highly polluted. (1)

CAReless POLLUTION, is urging drivers to adopt better driving habits and switch off their engines while waiting, in order to reduce the risks associated with breathing in polluted air. Research carried out by the University of Surrey has found that pollution inside a stationary car with the engine running is seven times higher than the air pollution outside the car (2).

Currently only 15% of drivers regularly switch off their engine when their car is not moving and 20% override their car's automatic switch off technology (1). Switching off your car engine reduces emissions which brings an important health benefit to everyone inside the car and could save you money on fuel. Leaving the engine running while sitting at the traffic lights or queuing in traffic is often an unconscious, careless action taken without any thought or attention to the potential harm it may cause to your own health or to the health of loved ones.

The campaign aims to explain the link between exhaust fumes and poor health, to demonstrate that small actions like switching off your engine can make a difference to your own health and those around you. Air pollution causes the development of heart disease, stroke, respiratory disease and lung cancer, all of which lead to reduced life expectancy. Funded by the Department for Environment Food and Rural Affairs, CAReless Pollution will run until May 2021 and includes events in and around Colchester working closely with local schools and businesses to change people's car driving behaviour. For more information or to get involved in the campaign please visit: www.colchester.gov.uk/cleanair.

References: (1) Clean Air Survey, Colchester Borough Council, October 2019 – January 2020 (2) Concentration dynamics of coarse and fine particulate matter at and around signalised traffic intersections, Kumar P. & Goel A., University of Surrey, 2016

FACT VS FICTION

Fiction: If I turn the engine on and off it uses more fuel
Fact: No. According to the RAC, sitting with the engine running for 10 seconds uses more fuel than switching off and on.

Fiction: I can't switch the engine off as the battery needs to warm up
Fact: Modern car batteries need less engine running time to work and don't need the engine running constantly to keep them charged.

Fiction: If I switch my car on and off it is bad for the engine
Fact: Leaving the engine idling dirties your engine with incomplete combustion increasing wear and tear. Modern cars have much better ignitions and can be switched on and off without unnecessary wear on the engine.

Fiction: I need to leave the engine running so I can keep the heater on
Fact: It can take up to an hour for the engine to cool down. Turning off the engine but keeping the ignition on with the fan blowing will provide warm air for up to 30 minutes.

Fiction: I'm not breaking the law when I leave my engine running when stationary
Fact: It is an offence under section 42 of the Road Traffic Act 1988. The Act enforces rule 123 of the Highway Code which states: "You must not leave a vehicle's engine running unnecessarily while that vehicle is stationary on a public road."



Sports Headlines

Erin Handley - Hockey

Congratulations to Erin who has recently been selected to train and play for the Chelmsford HC Ladies 1st XI, playing in a national league division.

Erin said: “I have been given the opportunity to play at a level of hockey I have always aspired to play at, and have already learnt so much from training and playing my first few matches. I am very grateful and excited to be given such an amazing opportunity to play against and learn from some of the best hockey players in the country, and I’m looking forward to continuing to develop my skills throughout the season!”

Miss Wiseman Runs the “London” Marathon

On 4 October Miss Wiseman ran the “London Marathon” on the streets of Colchester. She has so far raised over £2,000 for the charity “Phab Kids” (https://www.phabkids.co.uk/). She said “ Following the training plan whilst being at work has been quite a challenge but I’m really glad I did it”.

Phab enables people of all abilities to make more of life together - breaking down community barriers, reducing social isolation, and creating opportunities for disabled and non-disabled people to enjoy the same activities and challenges side by side. A network of 140 Phab Clubs operate across England and Wales providing regular social activities and friendship for 8,000 members.

www.justgiving.com/nina-wiseman2020

Year 11 Core PE

Rounders World Cup

On return to school life, the Year 11s were straight back into the swing of things with our Rounders World Cup. In their teams, each team were assigned a country in the opening ceremony and played a series of competitive rounders matches. They brought spirit, determination and good sportsmanship to each lesson and it was fantastic to see everyone’s engagement and teamwork throughout. During the final play offs, it ended up being a very tight game between first and second, with Cuba taking the gold medal.

	YEAR 11			
4 Weeks	Rounders World Cup			
CHOICES	LINE 1	LINE 2	LINE 3	
3 Weeks	Netball	Ultimate Frisbee/ Outdoor Games	Fitness (gym/ outdoors)	
	Half Term *Half Term*	*Half Term*	*Half Term*	*Half Term*
3 Weeks	Fitness (gym/ outdoors)	Football	Table Tennis	
2 Weeks	Year 11 Examinations			
2 Weeks	Table Tennis	Handball	Yoga (dance studio)	
	Christmas Break *Christmas Break*	*Christmas Break*	*Christmas Break*	
CHOICES	LINE 1	LINE 2	LINE 3	
3 Weeks	Dance	Netball	Badminton (hall)	
3 Weeks	Table Tennis	Basketball (hall)	Swimming	
	Half Term *Half Term*	*Half Term*	*Half Term*	*Half Term*
3 Weeks	Ultimate Frisbee (hall)	Outdoor Fitness/ Games	Table Tennis (gym)	
2 Weeks	Indoor/ Outdoor Games	Indoor/ Outdoor Games	Fitness (hall/ outdoors)	
	Easter *Easter*	*Easter*	*Easter*	*Easter*
7 Weeks	Options: Rounders or Tennis			



Core PE Curriculum

This year the PE Department have made changes to the Year 11 Core PE curriculum to allow students to have more choice in their activities. The focus is on wellbeing and relaxation as well as the benefits of physical exercise. Options include competitive outdoor activities as well as individual sports for those who prefer to exercise without competition. So far the new approach seems to be very popular with students.

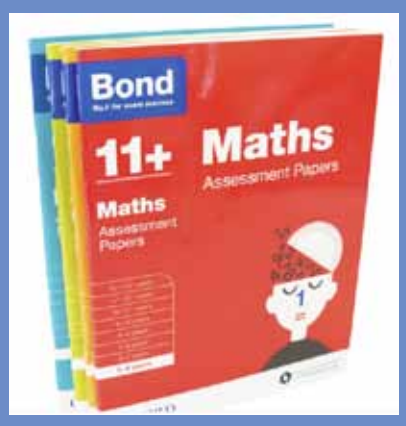
PTFA



Virtual Quiz Night – Friday 13 November 2020, 1900-2130
Ever wondered if your family was the brainiest within the CCHSG network? Now is your chance to find out! Book tickets for this Virtual Quiz Night and take part from the comfort of your own living room. The event is hosted for the PTFA, free of charge, by our regular Quizmaster, parent Julian Roper who runs 'Corporate Quiz Hire' www.corporatequizhire.co.uk

Entry fee: £10.00 per family. Tickets available via Classlist for only 40 Teams, so purchase now to avoid disappointment.

Second Hand Uniform and Revision Books Collection



KEEP THEM COMING! We are very grateful for the many donations of uniform that are being dropped off at the school. Please do send in donations of uniform, PE kits, etc. that are in good condition. Your donations can be deposited in wheelie bins, which are both clearly marked and situated to the left of the reception entrance at the school.



Thank you in advance for responding to this appeal.

Please note that due to the ongoing situation with Covid-19, we are not currently able to commit to further dates for sales this term.

Classlist

Classlist - Current Year 7-10 Sign-up
If you have not done so already, please sign up for Classlist at www.classlist.com, search for our school and sign up. You can also download the Classlist app on iOs and Android. Current Year 7 parents will particularly find Classlist very useful to connect with other parents from your child's Form and Year Group. It is free to use, completely secure, GDPR compliant and used by over 2,000 UK schools.

https://www.classlist.com

easyfundraising
feel good shopping

It's easy to get involved and costs you nothing. Sign up to support Colchester County High School for Girls PTFA **here.**
https://www.easyfundraising.org.uk/causes/colchestercountygirlspta



PTFA CONTACTS:

Chair: Agness O'Brien
Tel. 01376 573694 or 07951 511653

cchsgptfa@gmail.com