Colchester County High School for Girls
Parent Weekly Bulletin
10 July 2020

Term Dates 2019 – 2020

Summer Term
Monday 20 April
Wednesday 22 July
Bank Holiday
Friday 8 May

Half Term
Monday 25 May
Friday 29 May

Non-Pupil Days
Wednesday 22 July 2020

Term Dates 2020 – 2021
For Students

Autumn Term
Thursday 3 September
Thursday 17 December

Half Term
Monday 26 October
Friday 30 October

Spring Term
Monday 4 January
Friday 26 March

Half Term
Monday 15 February
Friday 19 February

Summer Term
Monday 12 April
Friday 16 July
Bank Holiday
Monday 3 May

Half Term
Monday 31 May
Friday 4 June

Non-Pupil Days
Wednesday 2 September 2020
Thursday 22 October 2020
Friday 23 October 2020
Friday 18 December 2020
Monday 19 July 2021

Academy Days
Tuesday 20 July 2021
Wednesday 21 July 2021

Follow us on Twitter: @CCHSG_
English & Drama Dept: @CHSG_Eng_Drama
PE Dept: @CchsgD
Music Dept: CCHSG_Music

Dates for Your Diary

Monday 13 July – Friday 17 July	Week A

Students in School – Yr 12 Bubbles

Option C	13 or 14 July
Option D	16 or 17 July

If students are unwell and not coming into school parents should ring the student absence line by 08.45

Students in School
It was lovely to have Yr 12 students in school, as well as key worker children this week. Students are asked to please ensure they observe 2m social distance at all times, regularly hand wash or sanitise and follow the signage as indicated when in school.

Students coming into school must read the Student Code of Conduct carefully and complete the acknowledgment form here.

Live Streaming & ICT Acceptable Use Agreement
Parents were sent a copy of the **CCHSG Student ICT Acceptable Use Agreement,** You are reminded to follow the link below to confirm that the agreement has been read and to agree to the content **by 15.30 on Monday 13 July** Student ICT Acceptable Use Agreement and Live Streaming link

ParentPay School Meal Account
Please ensure your daughter's school meal account is in credit for the end of term.

School Uniform September 2020
A reminder that students will need waterproofs and something suitable to sit on outside from September.
Coes are now open for school uniform sales either by online order, or in store in Ipswich by appointment only https://www.coes.co.uk/pages/backtoschool#appointments
The PTFA are holding second hand uniform sales at CCHSG on 22-24 July, by appointment only**:** https://form.jotform.com/cchsgptfa/ptfa-second-hand-uniform-shop
Donations of second hand uniform can be left in the PTFA wheelie bin by Reception.
Please see the PTFA page of the bulletin for more details.

CCHSG Summer Interform Challenge 2020
The summer Interform challenge will be taking place next week 13-17 July. This is a fantastic opportunity for students to try out a new challenge and to represent their Form Group. The PE department are excited to hear how everyone gets on - Good Luck!

Yr 10 Science Revision Guides
The CGP revision guides for Biology, Chemistry and Physics that were ordered for students have now been delivered to school. These will be given out to students in September.

DofE Bronze, Silver and Gold Awards
The Summer break is a great opportunity for students to complete their remaining DofE sections. By finishing the Physical, Volunteering and Skills sections, students will be awarded a "certificate of achievement" by DofE. This is in recognition of completing the three sections in these difficult times. It will also enable them to complete the award fully, immediately after completing the Expedition section.
A progress report will be emailed to individual participants before the break. Mr Embleton will be available via email over the Summer break to give advice, help find an assessor and answer any queries regarding the DofE scheme.

Debate Club – Wednesday 15 July 12.30 – 13.00
The next Debate Club session will be the last for this term, we will continue to discuss the statement: "Was lockdown worth the economic risks?"
If students wish to join the debate group they should email Mr Paz to be added to the MicrosoftTeam.

For daily news updates follow CCHSG on Facebook or Twitter @CCHSG_

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The Kilt Editorial Team
Calling all budding writers and editors - The Kilt needs YOU! For students currently in Yr 12 and interested in forming part of The Kilt editorial team next year, there are a wide variety of sections that they can take responsibility for including:

Current Affairs	World News	Lifestyle	Science	Culture
Opinion	Sport	Break Time	History and Politics	Problem Solving Polly
General Editor				

Students should email their interest to Miss Bowdidge (ebowdidge@cchsg.com) with a brief explanation about why they are interested in being an editor, which section they would like to edit and what makes them a good candidate for the role.

Secret Reading Habits of Teachers
Another peep into what staff are reading at the moment:
Mrs Joslin is reading her favourite genre of adult books, crime novels. She enjoys Karen Slaughter because of the way the author writes. The author's clever way with words has inspired Mrs Joslin to do a creative writing course during lockdown! She has just finished Triptych and Fractured, the first 2 books in a series about a homicide detective in America. The books are exciting, funny in places, dark and scary... She can't wait to get started on book 3.
Miss Bowdidge is reading 'crossfire' by Malorie Blackman. It is the fifth book in the 'Noughts and Crosses' series. It has reminded her of how much she loved reading the series when she was a child. The story follows the lives of Troy and Liberty, two teenagers caught in the firing line as a result of decisions made by their families and even though the world is a different place for noughts and crosses the consequences are just as dangerous....
Miss Barrett is reading Early Riser by Jasper Fforde. He is one of her favourite authors. This is a fantasy novel with most of the population hibernating for winter. The protagonist Charlie Worthing is selected to be a novice Winter Consul.. Charlie was selected as he could memorise a short passage. Will he survive the extreme cold of the Welsh winter or be taken by Nightwalkers? This question and more are still to be answered by this intriguing book. Miss Barrett is enjoying it so far as it has really captured her attention and she needs to know more about the alternative reality in which the characters live. Miss Barrett thinks that Jasper Fforde's strength is writing stories that have some basis in reality whilst still being fantasy. She recommends the 'Last Dragonslayer' by the same author for lower school students.
Mr Paz has been very busy reading... He stared with Girl, Woman, Other by Bernardine Evaristo. This is the beautiful and poignant compilation of life stories from the viewpoints of (mostly) women of colour in Britain. He confessed that it made him cry multiple times! Get out your tissues and start reading...
For his book club Mr Paz has read Measure of a Man by Marco Malvaldi. This is an historical novel about Leoardo da Vinci as he attempts to manoeuvre court intrigue, assassinations, financial woes and egos, all the while trying to solve a murder and work on a famous horse statue that was only finished a few decades ago!

We would like to include some student reading next week. Students can email Library@cchsg.com with any reviews they would like to include.

Wellbeing Support

Support for Emotional Wellbeing through Coronavirus
Please see attached for a range of resources will help you to support the emotional wellbeing and mental health of yourself and your family.

Children's Society: Safe in Essex's Virtual Live Sessions
Safe in Essex have updated their programme, please find it at the end of this Bulletin. For further information or help please visit their website http://www.childrenssociety.org.uk

Anxiety in Returning to School
Nip in the Bud has produced a short film and fact sheet to help parents and teachers deal with any potential feelings of apprehension and anxiety that children may experience on returning to school. The eight minute short film provides important and straightforward advice. https://nipinthebud.org/information-films/tips-for-returning-to-school/

Essex Child and Family Wellbeing Service (ECFWS)
Please find attached their latest interactive resource aimed to support schools and families throughout the COVID-19 pandemic. It contains activities to support the wellbeing of our school community in line with the PSHE curriculum, resources for your information, relevant service updates and up to date contact information.
For further advice and guidance, please visit their Covid-19 Pandemic Resource Hub.

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Network Rail: Railway Safety
Each time young people make a decision to step onto the tracks, they risk death, life-changing injuries and devastating consequences for themselves, their friends, family and community. Research undertaken amongst teenagers has found that, while most are aware that the railway is a dangerous place, most of them do not realise quite how dangerous it is or the specific dangers they face.
Last year, Network Rail had issues of young people trespassing on the railway in Colchester, they have launched a campaign to raise awareness of the dangers of railway trespass, which typically peak during school holidays. Find out more at 'You vs. Train'

Enrichment Opportunities

Psychology Essay Writing Competition – First prize worth £500!
Calling all budding psychologists in Yrs 9 - 13 to take part in an essay writing competition (choice of 3 essay titles). Submission is online https://www.johnlockeinstitute.com/2020-essay-competition with a deadline on **Wednesday 15 July**. Submission is independently and not via teachers in school (but it would be lovely to have a copy of your essay). Please read the information carefully on the website with regards to submissions, deadline and prizes. Best of luck, Mrs Phillips ☺.

Bio Bake Off 2020 is Back!
Have you been practising your baking skills while at home? Well this is your chance to win a national competition and a Kitchenaid food processor from the Physiological Society with their annual Bio Bake off competition. Six years ago a student from CCHSG was the overall winner so it could be you, but only if you bake and enter!
Entry rules: any bake - cake, cupcake, pastry, sugar craft etc that is based on human biology (physiology) that you have created eg the brain, muscles, lungs, the heart, blood vessels, kidney, head, pancreas, a foot etc, the limit is your creativity!
How to enter: Please submit a photo of your baked good representing physiology, along with an explanation of how it shows how the body works and the hashtag #BioBakes. You can submit your entry via Twitter (@ThePhySoc), Instagram (@thephysoc) or using the form on their website
The deadline to submit a photo of your biology based cake or cupcake is **Friday 28 August** (but nothing to stop you submitting today!), the public judge and the national winner will be announced on Friday 4 September.
The Biology department also want to see your entries and will be judging the best CCHSG entry with a special prize, so please send your images you submit (or as Bake off says 'Show us your bakes') to us via Teams or by email to a Biology teacher. We will announce our school winner on the first Friday back at school in September. **Get Baking!**
Full details here: https://www.physoc.org/supporting-you/public-engagement/biobakes/

Online Education Resources
Resources that may be of use for home learning:
https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources
http://newsletters.booktokens.co.uk/q/143IWExN4m5h1PWyc82gn/wv

Big Bang Digital 2020
Taking place on 14 July 2020, Big Bang Digital offers the chance for young people to talk to people working in Science and Engineering and hear about their recent work linked to the pandemic. It's going to be a day of sessions to show young people the amazing things they can achieve in STEM and includes interactive polls and live Q&A sessions.
https://www.thebigbangfair.co.uk/big-bang-digital-2020/

Essex Youth Service E-learning courses
For free online courses for young people please go to https://youth.essex.gov.uk/young-people/free-resources-for-you/

University of Cambridge Museums: Discover Arts Awards
From the comfort of your own home you can complete the Art Award using videos, artwork and activities from the diverse collections of the University of Cambridge Museums: **University of Cambridge Museums**.
Students who complete the Award will receive a certificate in the post. Arts Award is a qualification which inspires young people to grow their arts and leadership talents: it's creative, valuable and accessible. **Find out more >**

University of Southampton Science and Engineering Festival – Goes Digital
The festival is running until Saturday 25 July with a variety of different activities, from downloadable resources, virtual tours, talks, podcasts and blogs to live debates, performances and Q&A sessions, to citizen science projects. To sign-up to their festival mailing list, click here.
In addition, a Women in STEM page has been added to their resources site, which includes details about some of the inspiring women in STEM at Southampton, plus others throughout history. Click here to find out more.

Online Resources from University of Southampton
The university has developed relevant resources to support online learning during lockdown. In addition, they have a dedicated webpage which draws together engaging, online resources for students including lectures in subject specific areas, taster sessions and MOOC's.

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Trinity College Cambridge R.A. Butler Politics Prize
To encourage students with an interest in modern politics and world affairs to think about undertaking university studies in Politics, International Studies or a related discipline. Essays must be submitted by 12 noon on 3 August. For full details and essay questions please go to https://www.trin.cam.ac.uk/undergraduate/essay-prizes/politics/?fbclid=IwAR0hZCbOHV0gQJFVNI0kWEVlF8-CSqbyfYpmxSqXH_hftRE72jExHCdSQA0

Speakers for Schools – Virtual Talks for w/c 13 July
The complete schedule can be found here. but next week you will be able to hear from:

Monday 13 July	10.00	Reemah Sakaan, Group Launch Director, Britbox	Speaking about what it takes to have a career in TV, the skills and qualities that you might need.	WATCH TALK HERE
Monday 13 July	14.00	Andrew Bailey, Governor of the Bank of England	He will talk about the work of the Bank and answers your questions.	WATCH TALK HERE
Tuesday 14 July	10.00	Richard Aylard & Rebekah Kenyon, from Thames Water	Reflect on sustainability and lockdown; our new appreciation for the environment.	WATCH TALK HERE
Tuesday 14 July	14.00	Sara Crofts from The Institute of Conservation	How professional conservators care for the treasures in our museums and galleries.	WATCH TALK HERE
Wednesday 15 July	10.00	Anna Turney, Paralympian	Reflects on her journey and shares the importance of goal setting and working hard.	WATCH TALK HERE
Wednesday 15 July	14.00	Alejandra Castaño, Environmental Engineer	Speaking about her career with BP and the work she's involved in with carbon ambitions.	WATCH TALK HERE
Thursday 16 July	10.00	Sharon Walpole, Director, Careermap	Discusses how to prepare for future careers and sharing resources that can help your future.	WATCH TALK HERE
Thursday 16 July	14.00	Julia Angeles, Investment Manager	Giving insights in to the investment industry, highlighting collaborative and creative thinking.	WATCH TALK HERE

University Information

University Clinical Aptitude Test (UCAT)
UCAT have released the following statement for students wishing to study Medicine at university, regarding flexible options to sit the UCAT test this year in light of COVID-19 restrictions:
"*You may sit the UCAT at a Pearson VUE Test Centre or at home using Pearson VUE's online proctoring service (UCAT Online). Our dual delivery model ensures you will have the opportunity to take the UCAT in 2020, despite ongoing challenges resulting from the COVID 19 pandemic".*
Registrations are now open, and an early registration is advised, visit this page for further guidance.

University of Cambridge
Cambridge have put together some online resources for applications to them and other competitive universities. They are looking for strong applicants who have explored their chosen subject through wider reading outside the classroom. See their super-curricular suggestions for all courses, and those specifically for students seeking medical experience.
Cambridge Virtual Open Days - For anyone who missed these, a wealth of information about Cambridge courses, Colleges, our facilities, services and life as a student in Cambridge on our Virtual Tour can still be accessed: **Explore the Virtual Tour now >**
Yr 12 Subject specific Q&A sessions with St Catharine's College: 6-10 July
Cambridge are offering students the opportunity to meet Admissions Tutors, Directors of Studies, interviewers, and current students. They will be running Q&A webinars for all subjects on offer at St Catharine's, as well as sessions on student welfare and getting involved in extra-curricular music opportunities. **Find out more and book a place >**

University of Southampton
The university is sharing information on Clearing and Adjustment, as well as inks to a range of free online resources.
Open Day: subject videos, recorded at their Open Day, are available to view until the end of July. Their next Open Day will be held in September. Students are encouraged to register their interest for Open Day updates to be able to attend. Follow this link to keep up to date with their latest news.
Transition: Southampton has put together a package of resources to help students prepare for the transition to university, containing skills, taster lectures and further reading lists. The resources can be found on their website
Student Subject Videos – hear about the courses on offer at Southampton through the students themselves; students talk through what it is like studying their subject, their journey to Southampton, what they plan to do with their degrees and their day to day lives.
5 in Five – provides 5 top-tips, in five minutes, for anyone thinking about going to university, offering information, advice and guidance from choosing a university course to making the most of open day.

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St George's, University of London
For those interested in Medicine, Healthcare and Science courses at St George's their prospective student hub brings together information about their undergraduate courses, a Coronavirus FAQs for prospective applicants and other essential information such as tips on making an application stand out (including alternatives to work experience). Prospective applicants can explore our campus facilities and speak to our current students about their experiences studying at St George's Complete our form to receive information on future virtual events, application advice and more.
Webinars: they are running a series of webinars aimed at Yr 12, designed to give information and guidance on topics such as applying to Medicine and work experience for Healthcare courses. The next webinar is Exploring Biomedical Science and Clinical Pharmacology on 14 July. Sign up and watch recordings of past events.
Medicine resources: UniTasterDays are running a free webinar 'So you want to be a Doctor? Applying to study Medicine at university' on 7 July. Hear St George's staff talk about applications and a medical student from the University of Aberdeen talk about their experiences – register here.

Royal Holloway, University of London
The university has scheduled the following webinars to help with applying to university:

How to choose a course and a university	Understanding the UCAS process	How to write a personal statement
Monday 13 July, 13.00 Tuesday 14 July, 10.00	Tuesday 14 July, 13.00 Wednesday 15 July, 10.00	Wednesday 15 July, 13.00 Thursday 16 July, 10.00
Click to **register your attendance**		

Letters and Communications sent out this Week
Yrs 7 – 11: PTFA Second Hand Uniform Sale
Yr 8: Options letter (posted home)

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yrs 8 - 13	Cabaret Recording Parental Permission – electronic form	
Yrs 9 & 10	Iceland Trip October 2020 – electronic form	
Yr 11	Education and Skills Funding Agency (ESFA) Bursary Fund	Friday 18 September

Word of the Week for w/c 13 July
Next week the word is: **NEBULOUS** – vague or ill-defined.

Colchester County High School for Girls
10 July 2020

PTFA
Registered Charity No. 1110464

1. Second Hand Uniform and Revision Books Collection
Less than 2 weeks to go before our largest ever Second Hand Uniform Sale takes place here at CCHSG.

We are very grateful for the many donations of uniform that are being dropped off at the school. This September, we will be welcoming 192 new Year 7 students and we will need plenty of stock. Families are looking at ways to save money and at this time of challenge when Coronavirus pandemic reduces the options for fundraising, your support is needed more than ever. Please do send in donations of uniform, PE kits, etc. that are in good condition. We particularly hope that Year 11 parents will donate the uniform that their daughters no longer need as they progress on to Sixth Form.

We are also grateful for donations of 11 Plus, SATs, GCSE and A Level revision books.

In line with guidelines relating to the Covid-19 pandemic, 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. Please deposit items between **Monday-Thursday** only. This is to allow 72 hours for the clothes and books to become sterile and they will be collected and sorted by the PTFA every Monday morning. Thank you in advance for responding to this appeal. **The latest date for donations this term is Wednesday 22 July.**

2. Upcoming Second Hand Uniform Sale Dates
Thursday 23 July (14.00 – 20.00)
Friday 24 July (14.00 – 20.00)
Saturday 25 July (10.00 – 14.00)
Venue: CCHSG Gymnasium

In order to ensure social distancing and to prioritise the safety of all involved, appointments are required to attend these sales. All thee sale dates are now open for booking for the whole school community. Please note that this is likely to be the only sale for the foreseeable future, so please book your appointment to purchase items that you may need later in the year.

Appointments can only be made through this online booking system: https://form.jotform.com/cchsgptfa/ptfa-second-hand-uniform-shop

A strict in and out system will be in place and only three sets of ONE parent and ONE child will be admitted for each 20 minute time slot. Siblings are not allowed unless they are also from the school and need to get uniform. Families must stay together at all times. We regret that we cannot take advance reservations for items. Sales will be on a first come first served basis.

3. Volunteers Needed to Support with Uniform Sales
We are still in need of volunteers to help to ensure the smooth running of the sales over the three days specified above.
Please sign up to volunteer via https://volunteersignup.org/DY3BF

4. Seamstress Available for Uniform Alterations
We are pleased to be collaborating with Mrs Sally (Sal) Williams of Copford, Colchester who will be able to do alterations to your daughter's uniform including blazer at a very affordable price. Contact: Sal at 01206 211735 / 07542182552 or email sallyannwilliams1965@gmail.com.

PTFA CONTACTS:
Chair: Agness O'Brien
agnessobrien@hotmail.com
Tel. 01376 573694 or 07951 511653
For all enquires related to the PTFA, email cchsgptfa@gmail.com

We listen. We support. We act.
Because no child should feel alone.

Online Activities

FOR AGES 8-12 and 13-19

Four week plan Starting on the 29th June 2020 via Microsoft Teams

You can access Microsoft Teams via the internet or download the app

To book your place, please contact Essexreferrals@childrenssociety.org.uk or 07725639571 with: Full name and age, what session, date and time of session/s you would like to attend. We will email you our confidentiality agreement which you will need to read and agree to the terms of.

Maximum of 8 young people per group.

Note: By booking a place, you are giving your consent to share any interactions you use during the online session with other participants, eg. Video streaming and audio content.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10 AM	Mindfulness and Relaxation Mixed ages.	Self-Care For You 13-19	Staying Active for Life Mixed ages	Staying Safe in a Virtual World 8-12	Self-Care For You 8-12
12 PM	Staying Safe in a Virtual World 13-19	Friend or Foe 8-12	One Community 13-19	All About Me 8-12	Strong Resilience 8-12
2 PM	LOCKDOWN LIFE 8-12	Boys talk 13-19	All About Me 8-12	LOCKDOWN LIFE 13-19	One Community 13-19
3 PM	Strong Resilience 8-12	Girls talk 13-19	Strong Resilience 13-19	Let's Get Arty Mixed ages	EVENTS. PLEASE ASK FOR INFORMATION ON OUR PLANNED EVENTS INCLUDING; -PROUD: PRIDE AFTER PARTY -BOOK CLUB -MOVIE AFTERNOON. -SELF CARE AFTERNOON.
4 PM	Creative Creations Mixed ages	Let's Get Arty Mixed ages	Fun things to do at home Mixed ages	FUN QUIZ Mixed ages	

All about me – Looking at what makes you unique and celebrating your strengths and achievements.

LOCKDOWN LIFE – Discussion group for young people to talk about their life during Covid-19 and current issues.

Girls talk/Girls talk – Discussion group for young people to talk about current issues for them.

One Community – Discussion group for LGBTQ+ community to talk about current issues they face.

Strong Resilience – Building your resilience during difficult and challenging times.