# Colchester County High School for Girls
# Parent Weekly Bulletin
# 17 April 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 2 November

**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 20 April – Friday 24 April<br>Week B | Summer Term |

Online home learning lessons resume on Monday 20 April. Lessons can be found on Sharepoint.

Students are encouraged wherever possible to have a daily routine and follow their school timetable, although we are aware that for some students this is not always possible.

Student Voice have given feedback which has been shared with staff in order to refine the system as we move into the Summer Term.
It has been a steep learning curve for many in these challenging times.

The school is open from 08.30 – 16.00 for critical worker and vulnerable children only, by prior arrangement.
Please email the office marking your email for the attention of Mrs Pye if you need to book your child in for this service.

The most up to date guidance regarding school closures can be found here:
https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers

The Department for Education has provided a number of links to educational resources. There can be used to complement or consolidate the lessons set by teachers and can be found at
https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education

In addition, you may also find these resources of use:
https://www.tes.com/news/coronavirus-free-resources-home-learning?amp
https://www.bbc.co.uk/bitesize/articles/zn9447h

**Maintaining the Family's Wellbeing While Children are at Home**
Social connections, alongside exercise, sleep, diet and routine, are important protective factors for mental health. Materials to promote and support mental wellbeing are included in the list of online resources published to help children to learn at home. Public Health England's Rise Above platform supports young people. The Department of Health and Social Care is providing £5 million of additional funding to support mental health charities to increase their provision for adults and children at this time. Social isolation, reduced exercise, and bereavement, may affect children's wellbeing in this period.
Resources to promote and support children and young people's mental wellbeing include:
MindEd educational resources for adults about children and young people's mental health, which is relevant for parents and carers as well as volunteers, teachers, and other professionals working with children
the Every Mind Matters platform which supports looking after your own and other's mental health guidance on looking after wellbeing and mental health during the coronavirus (COVID-19) outbreak guidance on supporting children's wellbeing and mental health
All NHS mental health trusts are setting up 24/7 helplines, and seeking to use digital and virtual channels, to continue delivering support during the coronavirus (COVID-19) outbreak.
Also please find attached the most recent Children and Families Wellbeing Service Bulletin and Advice Poster.

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

# Parent Weekly Bulletin – 17 April 2020

**Seeking Medical Help for Sick Children during the COVID-19 Crisis**
Since the COVID-19 crisis struck there has been a marked reduction in children attending A&E – a sign parents may be delaying seeking medical help for their children. Much of this is due to the misunderstanding that all NHS services are focusing on COVID and normal services are not operating. Self-isolation, social distancing, the fear of infection in hospital, are also things which may cause a delay in seeking help for a sick child. However, these delays could cause children to become more poorly than they should do.
This poster has advice for parents when a child is unwell/injured has been approved by NHS England for dissemination to support parents and carers of when to seek help and advice and which service they should contact.
This video produced locally by two clinicians (and approved by NHSE/I) informs parents of the services available and when to seek help.
Both the poster and video are just a number of resources available from Essex on the ESCB's COVID-19 webpages. As well as general information about the pandemic, there are specific resources for families including emotional wellbeing and home-schooling links and a summary of changes to children and families support services in Essex

**Fitness**
It is vital to keep body and mind active during self-isolation, the PE department continues to share activities via Student Share Point > PE > Weekly workouts and on the PE departments twitter (@cchsgd).

**Yr 11 Reading Lists – Preparation for the Sixth Form**
In the Sixth Form area of the school website there are reading lists and subject information to help students prepare for their Sixth Form Studies.

## Careers Information

**University Campus of Football Business (UCFB)**
UCFB is a world first in higher education, delivering university degrees in the football and sports industry in sectors including media, coaching, events and business.
They have put together information for prospective students, applicants and parents:
https://www.ucfb.ac.uk/your-degree/on-campus-degrees/undergraduate-degrees/
https://www.ucfb.ac.uk/ucfb-events/ucfb-virtual-open-day/

**Interactive University Sessions**
Swansea University are inviting students to join their series of interactive Q&A sessions:
- 10 Things You can do now to prepare for University: Tuesday 21 April 14.00 – 14.45 Register Here
- Admissions Coronavirus Q&A: How will universities manage your application? Tuesday 28 April 14.00 – 14.45 Register Here

**Deadline for Replies and Payments**

| Year Group | Trip or Event | Deadline for Response |
|---|---|---|
| Yr 8 | Key Stage 4 Curriculum 2020-2023 | Thursday 7 May |
| Yr 12 | Request for Review of Curriculum | Thursday 7 May |

**Word of the Week for w/c 20 April**
Next week the word is: **MONOTONOUS** – tediously repetitive or lacking in variety.