Colchester County High School for Girls
Parent Weekly Bulletin
24 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 27 April – Friday 1 May	Week A

Yr 8 Examination Results will go to parents on Monday 4 April.

Please find attached a Coronavirus (Covid-19) update letter to Essex parents and carers, from Clare Kershaw, Director of Education at Essex County Council.

For guidance on what parents and carers need to know about schools and education during the coronavirus outbreak please go to: What parents and carers need to know about schools and education during the coronavirus outbreak

GCSEs, A Levels and Extended Project Qualifications 2020
Further to our email circulating the guidance published to schools for grading GCSE and A Level examinations by Ofqual on 3 April 2020 (link).
Ofqual's consultation (link) on grading qualifications including GCSEs, A Levels and Extended Project Qualifications closes on 29 April 2020.
Ofqual have also produced a short film to explain the process (link). As outlined in the guidance teachers will be unable to share the grade information with parents and students or discuss this with you.

Home Farm Primary School joins Alpha Trust
With effect from 1 April 2020 Home Farm Primary School joined Alpha Trust. We are delighted to have this Ofsted Outstanding Primary School on board and very much look forward to working together with Mr Richard Potter and his team.

PTFA Urgent Appeal: Scrubs for NHS
In light of the current shortage of Personal Protective Equipment (PPE) for our NHS frontliners, CCHSG PTFA has been in contact with the NHS Charity to offer our support. We would like to appeal for volunteers who can make and donate scrubs to do so as soon as possible. All the information needed about making scrubs can be found on the website including how to deliver them to the hospital. Please do not bring items to the school as the school is currently closed except for the care of the children of Critical Key Workers.Please see visit www.colchesteripswichcharity.org.uk/scrubs for further details of how you can get involved. If you are able to help and do make some items please keep in contact, let us know or even send us a photo of what you have made via cchsgptfa@gmail.com. East Suffolk and North Essex NHS Foundation Trust scrubs need to be delivered by 04 May, but they can still be made for other local organisations such as GP surgeries and care homes if you have spare material.

Wellbeing Support

Guidance on Supporting Children and Young People's Mental Health and Wellbeing
Advice for parents and carers on looking after the mental health and wellbeing of children or young people during the outbreak can be found at: COVID-19: guidance on supporting children and young people's mental health and wellbeing

Essex Welfare Service
Local community hubs are encouraging everyone to look after their mental health and general wellbeing whilst staying safe at home. Please find below a number of useful local and countywide contacts which may be of use:
https://www.essex.gov.uk/get-help-in-your-community
https://www.activeessex.org/
Community Support Hub: C360.socialprescribing@nhs.net
https://www.yourschoolgames.com/coronavirus-support/school-games-active-championships/
https://youthworksupport.co.uk/
https://essexfamilywellbeing.co.uk/chat-health/ - This includes details of school nurse text support service for parent/carers and young people.

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

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Well-being from University of Essex
The University has shared a variety of online classes to help with well-being:
Turning Fear into Focus Healthy Back Class Yoga Class They also urge everyone during these challenging times to make sure to talk to someone about how you are feeling or any worries that you may have. Mind offers some very helpful information about why well-being is important and how you can look after it.

ECC Every Family Matters
A dedicated campaign aimed at supporting and reassuring parents, carers, children and young people in Essex during the coronavirus outbreak. They will be signposting relevant guidance and resources on the ECC website across three key areas – children's mental health and wellbeing, young people and social distancing as well as online safety, using their own and shared channels.
https://www.gov.uk/guidance/domestic-abuse-how-to-get-help

Essex Youth Services
Please see attached flyer for online activities for week commencing 20 April.
Educational Psychology Parent Helpline
Please find attached a copy of the flyer for the Educational Psychologist (EP) Parent Helpline. The helpline has been extended during the lockdown period, now open on Monday and Wednesday afternoons between 13.00 – 17.00.

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).
Well done to all of those students who have taken part in this weeks 'Wall Sit-Challenge' so far. Next week the challenge will be the 'Push Up' challenge, how many can you do without stopping? Please send your results by Friday 1 May to Miss Cass or Miss Wiseman for us to enter on to the Top 15 leader board for each Year Group. The leader board can be found on Share-point > PE > AA Weekly PE Workouts > Weekly challenge leader board and please see below for how to do a correct push-up safely. Good Luck!

Student Safety

Essex County Fire and Police
Have created Education Hub – an online video resource so that the children in Essex can continue to learn important safety lessons during the current Covid-19 pandemic.
The Education Hub includes all key safety programmes and messages for all key stages. It also includes lesson plans for parents and teachers to download. They will be adding and adapting the hub continually, check back for updates.

Trespassing on Railway Lines
Network Rail in partnership with Learn Live are working to help raise awareness in students across the UK by educating them about the dangers of train tracks through interactive digital delivery.
They have asked us to share a safety video via the link https://learnliveuk.com/network-rail-secondary-school-safety-talk/ to help educate students before going back to school and help to protect them while away from school.

Careers Information

Investment Management Careers for Young People
Investment20/20 offers support for young people who are interested in a career in investment management, their current Investment Apprenticeship and Trainee opportunities are:
Morgan Stanley Global Marketing and Sales Trainee
https://investment2020.org.uk/our-employers/morgan-stanley-investment-management/uk-sales-intern Closing date: 8 May
M&G Apprenticeships
Apprenticeships available across the business including data, trading, technology and investment management.
https://investment2020.org.uk/vacancies?location=30&organisation=46 Closing date: 27 April
Schroders Global Technology Apprenticeship:
https://investment2020.org.uk/vacancies?organisation=58 Closing date: 26 April
The Careers and Talent team at Investment20/20 can provide individual support for students who are keen to apply. They can review CV's and provide guidance on virtual recruitment processes. Students can contact info@investment2020.org.uk for advice and should quote Application Support in the email subject field.

Aerospace and Aviation Careers: Online Information, Advice and Support from the Royal Aeronautical Society (RAeS)
Support and guidance is also available at their dedicated website www.careersinaerospace.com where the Resource section has lots of guidance materials on making job applications, preparing for interviews.
In addition, they have produced online packs focusing on fun resources, activities, careers and mentoring:
https://www.careersinaerospace.com/career-resources/careers-service/
https://www.careersinaerospace.com/career-resources/online-school-resources/

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Enrichment Opportunities

NostalgiaReadsLockdown
Following the successful read through of 'Little Women', it is with great excitement to announce that the next book on the list is 'The Secret Garden' by Frances Hodgson Burnett. The read-along will start on Wednesday 22 April and the novel is accessible for free online or you can purchase it on Kindle or paperback. This is another excellent opportunity to escape for a chapter a day into a beautifully written novel that explores the importance of youth, friendship and happiness.

The Kilt – Online Edition!
Due to lockdown, the team are unable to produce and distribute a paper copy of The KILT. However, they are going to produce an online edition instead. Students who would like to contribute an article, should email it to the relevant section editor by **Friday 8 May** (full details can be found on the Student Bulletin). Thank you and stay safe! The KILT Editorial Team.

Drama and Music Departments' Production of Les Miserables
The next school production will be "Les Miserables" to be performed on Wednesday 3, Thursday 4 and Friday 5 February 2021. Auditions are due to be held after the Summer holiday, students can prepare by listening to the soundtrack, watch the film or watch extracts from the stage show on YouTube. All lead roles will be open to students in Yrs 9 – 13, apart from young characters which will be open to all students in Yrs 7 & 8. Students from all Yrs are able to take part in a large range of other minor roles and extensive chorus. Mr Ulph will be looking for and giving out orchestral information nearer the time. This is an exciting opportunity for us to stage a challenging production, we are looking forward to working with everyone.

Online Resource for Aspiring Medics
At this time, students interested in medicine are unable to attend clinical work experience. Observe GP, is a free interactive video platform, created by the Royal College of General Practitioners for aspiring medics aged 16+. It provides insights into medicine through videos and activities. Find out more about Observe GP

The Telegraph 'Journalists of Tomorrow'
The newspaper are currently running a 'Journalists of Tomorrow' story writing competition. The entry must be a 600-word short story on the subject of springtime. This can be written in any genre - for instance, a personal account, fictional tale, adventure story or poem. The winner and two runner-ups will feature on the upcoming weekend lifestyle pages, and their work will also be published on the website (you will be notified of the date via email).
Stories should be emailed to shortstory@telegraph.co.uk to include the title of the story with the word count at the end, student name, address and the contact telephone number of their parent or carer.
Closing date for submission is midnight on Saturday 2 May. Entries received after the closing date will not be considered. Shortlisted entrants will be notified by 11 May at the latest.

Study Skills Resources from University of Essex
Brush up your skills with the easy-to-follow workshops the university has created. The following workshops are available for both Pre-16 and Post-16 students:
Growth Mind-set - Identify and explore the benefits and methods of using a growth mind-set and how it compares to a fixed mind-set
Reflective Practice - Improve your understanding and begin to reflect on your actions and improve your learning.
Metacognition - Learn to assess and monitor your learning strategies to further develop your overall learning.
Life Design - Apply this way of thinking to solve problems that do not have an obvious solution.

Harvard Online Courses
Harvard University are offering a wide range of free online learning courses for students, from subjects such as Art and Design, Business, English, Humanities, Health & Medicine and Social Sciences.
For example, they cover a range of topics in English Literature looking at some specific Shakespeare texts such as *Hamlet* and *Othello* as well as Shakespeare's general life and works. This is an excellent opportunity for any students who want to pursue their English Literature studies at A Level or university or have a general interest in Shakespeare and his works.
For full details: https://online-learning.harvard.edu/catalog?keywords=&paid%5B1%5D=1&max_price=&start_date_range%5Bmin%5D%5Bdate%5D=&start_date_range%5Bmax%5D%5Bdate%5D=&page=1

Online Resources
Pearson are supporting UK schools during Coronavirus (COVID-19), you may find their resources of use:
https://www.pearson.com/uk/educators/schools/update-for-schools.html

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Speakers for Schools – Virtual Talks
A series of Virtual Talks suitable for students on a range of topics, the complete schedule and full information can be found here. For the week commencing 27 April talks are on topics such as:
Monday 27 April, 10.00: Richard Murrell, Lead Director, BBC News
Ever wondered what it takes to make news programmes? Richard Murrell will explore with students what a broadcaster does and what you might expect from the job role.
Tuesday 28 April, 10.00: Marco Bertozzi, Vice President for Europe, Spotify
Marco will be interviewed by SFS and answer questions submitted by students on topics ranging from creating your CV, getting your foot in the door for work experience or a job.
Thursday 30 April, 10.00: Penguin Talks in Collaboration with SFS - How to boss your mood
Chloe Brotheridge (Clinical Hypnotherapist and author of The Anxiety Solution) and Sara Milne Rowe (Performance Coach, founder of Coaching Impact and author of The SHED Method) will kick-off the Virtual Penguin Talks series by sharing their expertise and practical tips for managing anxiety and taking control of your mood during these uncertain times.
The talks will be livestreamed, no logins are required and all attendees can stream the talks without downloading Microsoft Teams.

University Information

UCAS Deadline Update
There is now only one undergraduate decision deadline for applicants that have received all of their decisions from universities and colleges by 4 June. Students will need to reply to any offers by 18.00 (UK time) on 18 June.

Yr 13 Preparation for University Study
- **MOOCS (free online courses)**

Massive Open Online Courses (MOOCs) from the University of East Anglia are free online courses. They have a variety of courses based on short, topical modules covering a range of subjects from international development to branding – a great way to keep students engaged. Find out more about UEA MOOCs
In addition, Preparing for University MOOC is designed to equip students with the skills for university learning before they get there. It is relevant for anyone moving from level 3 study to university, whichever university they are planning to go to. Students can start any time.
- **Online resources from the University of Southampton for A Level students**

For students studying A Levels, or just curious about university study:
https://www.efolio.soton.ac.uk/blog/talk2usguidebook/online-resources/a-level-students/

UK University Search
Are hosting free live Webinar Wednesdays every week at 12.00 from 29 April until 27 May. Use the link: https://www.ukuniversitysearch.com/blog/post/webinar-wednesdays to sign up to the webinars which interest you. Places are limited so sign up quickly. Past webinars are available to view on our YouTube at any time too. Topics for each session include: Choosing a University, Applying for University, Student Finance, Taking an Apprenticeship and Life at University See full details here.

Webinars and Online Taster Lectures
The University of East Anglia have a programme of webinars for students and parents, covering a range of topics and a range of subject-specific taster lectures. On Monday 4 May there is a chance to put your questions directly to our Head of Admissions. View the webinar programme

Newcastle University Online Resources for Students
The university have provided an online library of useful resources for students and is being updated, so check regularly for new content. Resources include: student life, budgeting and student finance, study skills and subject specific resources and activities as well as virtual campus and accommodation tours. For more information:
https://www.ncl.ac.uk/schools/resources/

University of Essex Webinar Series
Essex academics have created a set of short videos giving a flavor of what it is like to study undergraduate and postgraduate courses at the university. They can be found here.
They also have a series of upcoming subject webinars from multiple departments across the university for students to engage with. These will be running for six consecutive weeks and dates/times can be found on our website here. All webinars will be recorded live and the videos will be shared on their website after the event. To sign up for weekly webinar reminders please complete this enquiry form. You can get a flavour for studying at University by accessing their Higher Education talks.

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Interactive University Sessions
Swansea University are inviting students to join their series of interactive Q&A sessions, places may be limited so it may be worth registering in advance:
Admissions Coronavirus Q&A: How will universities manage your application? Tuesday 28 April 14.00 – 14.45
Questions about your application, your offer or what universities are going to do right now, given the disruption caused by Coronavirus? They will outline their approach in Swansea, then students can put their questions to their Admissions Staff. Register Here
Careers & Employability Live: Don't let Coronavirus limit your ambitions! Tuesday 5 May; 14.00 – 14.45
Got a dream job in mind? Looking for career inspiration? Find out what you can do - and how university will help to propel your career forwards, even in these uncertain times. Register Here
School vs University: What are the main differences? Tuesday 12 May; 14.00 – 14.45
What is it like to study at university? What are lectures and what are seminars? How do exams work? Is it all that different to school or college? Get stuck into their discussion with first year students and staff. Register Here
Lockdown Learning: How to stay motivated as a student. Tuesday 19 May; 14.00 – 14.45
These are challenging times for all of us, but there is plenty we can do to stay motivated and keep focused on our studies! Share your tips, ask questions and hear how Swansea University students are managing study and motivation during lockdown. Register Here

Queen Mary University of London Parent and Carer Webinar Series
Queen Mary has launched a series of webinars designed to support parents and carers and young people to understand the journey to higher education. You can hear from university staff, debunk the myths associated with higher education, and have your questions answered.
Students in Yr 12 and 13 wanting to learn more about are encouraged to register for the webinar: Register now
Unibuddy Live is a live event with the opportunity to speak to their current undergraduate students about their experience studying at the university, living on campus, what degree programmes are really like and what it is like to study in London. Staff will also be on hand to answer any questions you may have Find out more.

Message from CCHSG PTFA
We would like wish all our Muslim families a blessed Ramadan.

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 (selected students)	Thursday 7 May

Word of the Week for w/c 27 April
Next week the word is: **PREVARICATE**– be deliberately ambiguous or unclear in order to mislead or withhold information.

Push Up

1. Tight core and glutes, in line with head and ankles
2. Chest touches ground
3. Hands beneath shoulders
4. Elbows above hands, close to body
5. Neutral gaze



