Colchester County High School for Girls
Parent Weekly Bulletin
27 March 2020

Term Dates 2019 – 2020

Spring Term
Monday 6 January
Friday 3 April

Half Term
Monday 17 February
Friday 21 February

Summer Term
Monday 20 April
Wednesday 22 July

Bank Holiday
Friday 8 May

Half Term
Monday 25 May
Friday 29 May

Non-Pupil Days
Tuesday 3 September 2019
Thursday 24 October 2019
Friday 25 October 2019
Thursday 19 December 2019
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 Week A	March	30	
Tuesday	March	31	
Wednesday	April	1	
Thursday	April	2	Yr 12 Departmental Assessments to Parents
Friday	April	3	

Please continue to check your email for updates and respond as necessary.

We do thank parents for all the positive comments we have received over the last week. These are much appreciated.
We kindly request that parents do not email the school regarding length of closure, examinations or other matters whilst this information has yet to be announced. When announcements are made, please allow the school time to consider an appropriate response before contacting the school.

All students, except those of key workers for whom the school is open for by prior arrangement, should be at home following a normal timetabled day and accessing the online learning via Sharepoint, set by teaching staff. Work requested should be sent by email for marking. Remember to take regular breaks for exercise and relaxation.

IT Department
If students are experiencing any IT issues with Office 365 or Sharpoint please contact the IT Team via ITHelpDesk@cchsg.com. If unable to access the ITHelpDesk via school email the Help Desk can be reached on 01206 216285 or via the main school telephone number (01206 576973) and selecting the option associated with the IT Helpdesk, during school hours only.

We have been asked to circulate guidance from the National Cybersecurity Centre on scams and fraudulent emails as there a number being sent at the present time. Please read and follow the guidance via this link:
https://www.ncsc.gov.uk/guidance/suspicious-email-actions

Wellbeing Support

School Nurse Availability
During the school closure the school nurses will still be available via chat health 09.00 – 17.00 Monday to Friday. For students who may be experiencing anxiety etc. during this difficult time a telephone consultation can be arranged via the Pastoral Team.

Take a Break – Thursdays at 15.00
Annie and Sue, from OM Health and Wellbeing (who have worked with CCHSG on our RSE programme), are launching Take a Break offering tips for wellbeing. It will be available weekly (same day, same time) on Instagram live, their Instagram address is om_hwc.

Tips for Students – in Association with OM Health and Wellbeing Consultancy
When it feels like the world around us is out of control it can make you feel very 'wobbly'. These are our top tips about what **YOU** can do for yourself that may help. We all need to try and focus on the stuff that we have some control over and anything else we need to just let go…

Things I Can Control	Things I Can't Control (I need to let go of these)
• What I spend my time doing when I'm not at school • Finding ways to keep myself occupied • What I watch on social media • Turning off the news • Staying Positive • Concentrating on today	• When schools are going to re-open • What grades I'm going to be given • What other people post on social media • Predicting what is going to happen • How my family are coping

Breathing Techniques can really help:
Inhale for 4 – hold it for 5 – exhale for 6
End every day by thinking about 3 good things or3 things you are thankful for.

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

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Coes: Temporary Shop Closure
In light of Government advice, Coes have temporarily closed their stores. Their online site remains open for the time being, however, they will not be receiving any of their Schoolwear supplies.
They will be working with their suppliers to put a plan in place to ensure the flow of stock is resumed when they re-open.
They hope this will minimise the supply disruption to students and parents but would ask you to bear with them.
They will be continuing to monitor all emails, so if parents have any issues then please make contact with them.

Online Safety Advice for Students Whilst Working From Home
The internet is crucial tool at the moment which allows our students to access and explore educationally focused material as well as a means to interact socially. The challenge for parents, carers and teachers is to make sure our children are aware and understand how to be safe when using the internet and related technologies.

Some Key Advice for CCHSG Students whilst working from home:

- Be kind online during social distancing – when using group chats or social networking sites be mindful of what you say and how you say it
- Keep your personal details private – if you have not met the person then do not share any information, they could be a fake using this crisis as an opportunity
- Think before you post, send or forward – there are Coronavirus scams already out there, do not allow yourself or your family to fall victim
- Do not share your password with others – it can be frustrating not getting into a document or an online resource, but passwords are there for a reason. Ask your teacher if you are having an access issue
- Be careful who you webcam/FaceTime with and if you are asked, always let a trusted adult know
- Know how to keep yourself safe and where key guidance is – look in your planner, there is a page of online advice and websites you can visit for advice and guidance on all online related issues
- Do not open an attachment unless you are 100% sure it is safe and from a trusted source – some attachments are malware designed to corrupt your device
- Tell a trusted adult if anything happens online that worries or upsets you

Nostalgia Reads Lockdown
The English department invite students of all Year Groups to follow nostaliareadslockdown, an Instagram site exclusively set up to lead a read-along of many of the childhood classics. The group will start with Little Women by Louisa May Alcott on Saturday 28 March and most (if not all) texts will be available free online and on Kindle. We strongly recommend the students take part in this as it will enhance their overall understanding of English Literature and provide some light relief during this period of social distancing.
In addition, students in Yr 9 and above are invited to follow whatthedickenslockdown which has a similar format and the novel currently being read is The Moonstone by Wilkie Collins. Enjoy!

Fitness
It is vital to keep your body and mind active during self-isolation, see below for activities.
In addition, the Student Share Point > PE > Weekly workouts, you will find new weekly challenges. Joe Wicks is also live streaming workouts on his YouTube at 09.00 Monday to Friday, which has proved very popular for all ages!
On the PE departments twitter (@cchsgd) there will also be a variety of exercises and ideas and daily challenges.

Careers Information
A reminder that Mrs Kee, our impartial Careers Adviser, is available each Wednesday during Term time to provide advice to students. Appointments can be made for a telephone consultation; parents can request an appointment for their daughter by emailing Mrs Mandal via smandal@cchsg.com providing a telephone number that Mrs Kee can contact the student on and the date and time requested for the appointment. By providing a telephone number we would acknowledge that parents have provided permission for us to pass this information to Mrs Kee.

DofE Award Scheme
All expeditions in April and May are postponed.
Students can continue to work on the Skill and Physical Sections from home.
The DofE website has a range of suggestions and answers to a range of DofE questions regarding the current situation: https://www.dofe.org/
If any student needs to change their skill or activity they should contact Mr Embleton, DofE Leader, via cembleton@cchsg.com as all changes have to be approved.

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Useful Additional Online Resources
Students and parents may be interested in the ideas and resources for a variety of age groups below:
PE with Joe Wicks – 09.00 Monday to Friday live on YouTube #PEwithJOE.
Oxford Owl Online Texts - a range of online texts
National Geographic Kids - various facts, puzzles and resources.
The British Museum - learn about artefacts throughout the history of the world.
Blockly - computer programming skills and games.
The Artful Parent - Art activity ideas via Facebook.
San Diego Zoo - find out about animals and watch their live webcams.
BBC Learning - various resources for all subject areas.
Blue Peter - work towards earning some Blue Peter badges!
In addition various celebrities are offering free daily to help with their education while schools are closed:
10.00 - Maths with Carol Vorderman
www.themathsfactor.com
11.00 - English with David Walliams
https://www.worldofdavidwalliams.com/elevenses/
12.00 - Lunch (cooking with Jamie Oliver)
https://www.jamieoliver.com/features/category/get-kids-cooking/
13.30 - Dance with Darcey Bussell
https://twitter.com/diversedancemix/status/1241098264373592065
14.00 - History with Dan Snow (free for 30-days)
https://tv.historyhit.com/signup/package
16.00 - Home Economics with Theo Michaels (Mon/Wed/Fri)
https://www.instagram.com/theocooks
Non-daily events include: Science with Professor Brian Cox, Robin Ince & Guests
https://cosmicshambles.com/stayathome/upcoming-schedule
For older children, there are 50 free revision resources for 11+, GCSEs and A Levels:
http://www.eparenting.co.uk/education/50_free_revision_resources_for_gcse_a_level_11_plus_and_sats.php

Recycling Old Pens
If this period of lockdown is leading to spring cleaning and sorting in your house, please remember our pen collection! The Science department are collecting old pens for a recycling and fundraising scheme. Please save any old pens (biros, felt tips, board pens, gel pens etc etc) and bring them to G17, G18 or G20 when we return.

Lancaster University Information
The university's virtual open day is available on their website. This is useful for students to get that initial feel for what a university is like. Many universities offer virtual open days so this could be a starting point for Yr 12 students to narrow down their university options and decide what open days/applicant visit days they might like to attend when they are reopen.

In addition, they are scheduling a number of webinars that students can join if they wish. These could be helpful both for Yr 12 students who are considering their options and also for Yr 13 students who may be holding an offer but are unable to attend an applicant visit day.
The current schedule is:
Monday 30 March 12.00 – 13.00 - Student Life and Accommodation
Tuesday 31 March 16.00 – 17.00 - Why Lancaster?
Wednesday 1 April 12.00 – 13.00 - Why Lancaster?
Thursday 2 April 16.00 – 17.00 - Student Life and Accommodation

They are planning for these to continue into April and likely into May. The webinars can be joined here. This page will also be regularly updated as and when new online resources are added.

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yr 8	Key Stage 4 Curriculum 2020-2023	Friday 7 May

Word of the Week for w/c 30 March
Next week the word is: **PARODY** – a composition that imitates or misrepresents somebody's style, usually in a humorous way.

ROLL OF THE DICE WORKOUT

Want a different workout every time?
Just roll the dice!

All you need is 2 dice and some room to workout*.
Each workout should include at least 10 dice rolls, but you can do more based upon your fitness level.

The sum of the 2 dice determines the activity you do.

ROLL a 2 - 200 jumping jacks
ROLL a 3 - 30 lunges (15 each side)
ROLL a 4 - 30 high knees (15 each side)
ROLL a 5 - 15 pushups
ROLL a 6 - 25 crunches
ROLL a 7 - 30 squats
ROLL an 8 - 40 mountain climbers (20 each side)
ROLL a 9 - 40 skaters (20 each side)
ROLL a 10 - 100 jump ropes (no rope)
ROLL an 11 - 30 butt kicks (15 each side)
ROLL a 12 - 15 burpees



FLIP A COIN WORKOUT

@workouts_daily

	Heads:	Tails:
1st time	15 jump squats	25 calf raises
2nd time	:60 jog in place	25 jumping jacks
3rd time	20 kneeling pushups	10 pushups
4th time	20 jumping jacks	:50 jog in place
5th time	40 high knees	40 jumping jacks
6th time	35 crunches	20 sit-ups
7th time	10 pushups	20 kneeling pushup:
8th time	:60 jog in place	25 jumping jacks
9th time	50 crunches	20 sit-ups