Colchester County High School for Girls
Parent Weekly Bulletin
3 April 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

WE WISH ALL STUDENTS, PARENTS & STAFF A RESTFUL EASTER BREAK
THANK YOU FOR ALL YOUR SUPPORT IN THE CURRNT CIRCUMSTANCES

Dates for Your Diary

Monday 6 April – Friday 17 April	Easter Holiday

Enrichment Opportunities
Teaching staff will not be setting lessons during the Easter break, but have created enrichment activities for students to access via the SharePoint folders, including practical cookery skills from Healthy Living to try.
Here are some recommended enrichment activity ideas for the Easter Break and beyond:
An amazing list of links to a myriad of activities to engage in:
https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home
Virtual field trips: students might enjoy taking a trip to various fun places around the world without leaving the house. See https://theeducatorsspinonit.com/virtual-field-trips-for-kids/?utm_source=wordfly&utm_medium=email&utm_campaign=InternalNews27.03.20&utm_content=version_A
Practice a language: learn a new language or refine one they already know, **Open Culture** offers resources for 48 languages
http://www.openculture.com/freelanguagelessons?utm_source=wordfly&utm_medium=email&utm_campaign=InternalNews27.03.20&utm_content=version_A
Visit an Art Gallery or Museum by taking a virtual tour:
https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours https://www.top10.com/virtual-museum-tours
Take a FREE course with the Open University (over 13 yrs only):
https://www.open.edu/openlearn/free-courses
GCSE Drama and all students may be interested in the National Theatre, London, broadcasting live full-length theatre productions though their National Theatre Live project, free to stream on YouTube, via the link:
https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjqw
Further free online plays, musicals and operas: browse What's On Stage's **list** of free streamable musicals and plays
https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream online_51198.html?utm_source=wordfly&utm_medium=email&utm_campaign=InternalNews27.03.20&utm_content=version_A
In addition Sadlers Wells are presenting a programme of full-length dance performances and workshops online, please visit https://www.sadlerswells.com/whats-on/2020/digital-stage/ for more information.

Live Theatre Broadcasts
As highlighted in the list above every Thursday evening at 19.00, the National Theatre are broadcasting some of their favourite productions live on YouTube (link above). The schedule started on Thursday 2 April with Richard Bean's 'One Man Two Guvnors' starring James Corden and has productions on the list such as 'Jane Eyre', 'Treasure Island' and 'Twelfth Night' on 23 April (excellent news for our Yr 12 English Literature students!).
Each screening will be available to watch on demand for seven days before the next production is streamed. There will also be accompanying interactive content such as Q&As with the cast and creative teams and post-stream talks. This is a fantastic opportunity to watch these production, no matter what year group students are in, and will be excellent pre-course preparation for any student wishing to pursue their English Literature or Drama studies.
In addition, Shakespeare's Globe Theatre are offering a similar system starting on Monday 6 April with their 2018 production of 'Hamlet'. This will continue throughout April, May and June and will provide a wonderful opportunity to see some of their past productions which will help with English Literature studies as well as general enjoyment.

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

Parent Weekly Bulletin – 3 April 2020

Wellbeing Support

Help For Teenagers Coping with Stress
Rachel Munns' book The 'Circus of Life' has been offered to parents at CCHSG at a reduced rate until 13 April for £10, normally costing £11.95. It comes complete with resources that can be downloaded for free as offering ongoing development and support.
She has also written a Coronavirus Survival Guide for working adults which is available for free (along with many other wellbeing resources) via www.resilientme.co.uk.
To order a copy of 'The Circus of Life' follow this link https://www.resilientme.co.uk/shop/4594612104 and enter the Promo Code COL10.

Update from GOV.UK – COVID-19: Guidance For The Public On Mental Health And Wellbeing
For advice and information on how to look after you and your family's mental health and wellbeing during the coronavirus (COVID-19) outbreak please see: COVID-19: guidance for the public on mental health and wellbeing

In addition, please see the attached 'Sources of Advice and Guidance' document with links to resources to help support the emotional wellbeing and mental health of yourself and your family whilst in self-isolation.

Bounce Forward: Online Resilience Course for Parents
The charity, Bounce Forward are holding regular sessions for parents to build vital skills to help their children be more resilient during this uncertain time. Please see attached for more information.

Safeguarding and Emotional Wellbeing
When students are in school, we can look out for them and their family's safety and wellbeing and give support to those who need it. While we are rightly following government advice to stay at home, this can become a challenge. Again, attached are some useful website links for advice, guidance and support.

Our pastoral team are keeping in contact with students and any student can email their Form Tutor or Year Leader in school time if they have a concern. The following link may also be useful: https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/

If you believe that there is a safeguarding risk to any child in your community, or you have concerns, the following contacts can help and advise you:-
Family Operations Hub 0345 6037627 (ask for the Children and Families Hub Priority Line), and/or contact the following:
Emergency Duty Service 0345 6061212 (immediate out of hours response, Mon-Thurs 17.00 – 08.45 and Fri 16.30 – Mon 08.45 including Bank Holidays)
Police 999 or 112.

Top tips for staying emotionally healthy during self-isolation:



- **Stick to an active daily routine** (e.g. creating your own daily programme including three meals a day, learning times, activity time slots, self-care opportunities and bedtime routine)
- **Do light activity** - stretch and home workouts (e.g. yoga, dance, spring cleaning etc)
- **Keep up hobbies that keep you moving** (e.g. baking, reading, writing, making music, gardening, etc.)
- **Engage in creative activities** (e.g. art, scrap book making, junk modelling, restoring furniture, create music, redecorating)
- **Keep connected to others** (e.g. phones, email, skype, websites, helplines & online counselling)
- **Keep an active mind** (e.g. learning a new skill, research, brain training games, home learning using such free websites)
- **Try Meditation and relaxation** (e.g. Apps and free YouTube videos such as headspace)
- **Hot desk at home with planned short brain breaks**
- **Plan meals in advance**
- **Do things you enjoy doing** (e.g. watch a box set, paint your nails, listen to podcasts, reading, etc.)
- **Keeping hydrated –** drink plenty of water during the day
- **Self-care opportunities** (Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety)

Parent Weekly Bulletin – 3 April 2020

Fitness
It is vital to keep your body and mind active during self-isolation, you will find the PE departments next weekly challenges below, but they and more are also available via Student Share Point > PE > Weekly workouts and on the PE departments twitter (@cchsgd).

Online Safety Advice for Students Whilst Working From Home
Houseparty has been around since 2016 and has always been popular with teenagers. The current situation has caused the use of the app to increase dramatically and the user base has changed to include first time adult users and younger children trying to stay in touch with friends.
When you sign up to Houseparty you are prompted to link it to all of your contacts both on your device and contacts from Facebook and Snapchat. Once linked the app recognises any contacts that are already signed up to Houseparty. When you start the app you are then shown by default as being 'in the house' i.e. online. Any of your contacts can then invite you to join a live chat.
On the home screen you will see any ongoing 'House Parties' (group chats) that your contacts are involved in. This process applies to everyone, so, if you are in a chat with 3 friends for example, anyone of their contacts that see the chat is happening can then 'drop in'. This is obviously where a risk presents itself. Literally anyone could enter the chat so it could be someone's boss or worse still a person looking to exploit children.
If you push the home screen to the side you can then access any private video messages someone may have sent you. There is even a facility for people to enter the chat in 'Sneak' mode so you would not know they were there.
When using the app you will see an 'UNLOCKED PADLOCK' at the bottom of the screen.
Once you have added the people you want in an active chat you should then press this padlock. The chat will then be locked to any new visitors. Any of the people in the 'party' can lock the chat. What you don't want, is a bad person that has entered a chat locking it therefore stopping a parent dropping in and seeing what is going on.
Also at the bottom of the chat stream you have THREE DOTS in the bottom left corner. If you click on these you have an option to disable your webcam.
The other button to the bottom right of the chat stream which is a MICROPHONE can be pressed to turn off the active mic.
In summary as long as you set up a group chat and then immediately lock it you should be okay. Please make sure that any children using it realise it is very easy for any user to screen capture them during the chat so they need to make sure they are appropriately dressed.
For more information https://nationalonlinesafety.com/guides/what-parents-need-to-know-about-houseparty
Remember to:

- **Room lock** – as described above
- **"Stranger Danger"** – Houseparty advertises a feature called "Stranger Danger", which alerts users when individuals they may not know, enter their room. It warns against strangers, but also suggests strangers might be a reason for "party time!"
- **Location sharing** – is an option to add other users who are nearby using a location-based "Near Me" option. This location-based searching can be turned off

VotesforSchools: Top Tips for Independent Learning
Please see below advice and tips for independent learning.

Exercise Books
We are aware that a number of students are finishing their exercise books. We are unable to re-issue new ones at this time.
Students could complete work online and save it for future printing out.
Lined paper and exercise books can be purchased quite cheaply on Amazon or from other online retailers if this way of working is preferred.

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.

Yr 12 Department Assessment Results
Yr 12 Department Assessment results have been sent home this week. Students will continue to receive feedback via work marked online and their reports which will be sent home on Monday 4 May.

Parent Weekly Bulletin – 3 April 2020

University Information
UCAS have made the decision to extend May's decision and reply deadlines for undergraduate applications. The dates have been updated in Track, and applicants have been emailed to let them know. They hope this gives students and their chosen universities and colleges the extra time they need to fully consider any decisions and offers, and ensures fairness in admissions is maintained.

Original date	UCAS Undergraduate deadline	New date
5 May	The deadline for applicants to reply if they received decisions from all their choices by 31 March	19 May
6 May	The deadline for universities and colleges to make decisions and reply to applications received by 15 January	20 May

Although currently unable to visit universities, many are offering a virtual open day to find out more about the college or university, to find out more go to: https://www.ucas.com/ucas/events/find?keywords=virtual%20events

Students in Yrs 12 & 13 thinking about applying to university and looking for ways to explore their subject beyond the curriculum? Then visit https://www.myheplus.com/?mc_cid=8689abec44&mc_eid=48e3f44a3d Each topic is produced by Cambridge postgraduate students and academics at the cutting edge of research in their field. The topics provide guided activities, questions to think about and suggestions for further reading.

Careers Information

Yrs 9 – 12 Morrisby - Helping Students Make Informed Choices
Morrisby is a careers programme helping students make better choices by providing objective, relevant information about themselves. To help understand the options available to them and give guidance on how to choose a career and study options through their interactive planning tool.
They have information on apprenticeships, colleges and degree courses (in the UK and Europe) and have a database of potential careers including salary expectations and the different routes to employment. Take a look at https://www.morrisby.com/students

Pathway Careers Training and Mentoring – Webinar and Virtual Event
Have a free digital programme for all students (aged 15+), which includes daily webinars, virtual employer events, access to workshops covering everything from How To Create a CV, to LinkedIn Masterclass. Students will be able to attend these live events via phone, tablet or laptop, and will also receive a link to listen to the recording as and when they want.
In addition, there is access to all current Apprenticeship, Sponsored Degree, Work Experience and Internship placement opportunities through their employer network. Pathway CTM are on-hand to provide coaching support via email and calls for all our students where needed.
For more information, please go to: https://pathwayctm.com/webinar-and-virtual-event-sign-up/

Two STEM opportunities from the people at 'Pint of Science'
Whether or not you are a space fanatic, the stories these Astronauts have to tell are unmissable. For full details, see the attached flyer or web link.
1.Tuesday 7 April 14.00 – 15.00: Astronaut Steve Swanson
Fun on the International Space Station - aimed at people aged 6+ years
YouTube Live Stream - FREE - Space to Learn https://pintofscience.co.uk/event/astronaut-live-fun-on-the-international-space-station
2. Thursday 9 April 19.00 – 20.00: Astronaut Tony Antonelli
Piloting the Space Shuttle - For adult and family audiences
Zoom Webinar - £5 registration https://pintofscience.co.uk/event/astronaut-webinar-piloting-the-space-shuttle

TWO – Yes TWO History Competitions!
1. The Historical Association Historical Fiction Prize and the Joan Blyth Memorial Prize
Across Yrs 7 – 9 there will be three prizes for the best individual story set in any period or place in the past.
Across Yrs 10 – 13 there will be three prizes for best individual story.
There is also a prize for the best fictional historical character in a convincing historical setting. Three prizes will be on offer here across all Year Groups.
Entries are due Friday 26 June. Instructions of how to enter are on the website.
https://www.history.org.uk/secondary/categories/531/news/3451/write-your-own-historical-fiction-competition-2020
2. 'Schools History Project Essay Competition'
The task is to answer the following question:
"If 1066 is said to be the most important date in English history, what is the equivalent in another country?"
Students should submit essays of 800 words to Mr Paz by 1 May.
Students were emailed full details of both these competitions on Friday 27 March.

Parent Weekly Bulletin – 3 April 2020

Exciting News from the Drama and Music Departments
We are very excited to announce that our next school production will be "Les Miserables" which will be staged on Wednesday 3, Thursday 4 and Friday 5 February 2021.
Students who would like to participate in this opportunity can begin by preparing for auditions which will start straight after our return from the Summer holidays.
All lead roles will be open to students in Yrs 9 – 13, apart from Young Cosette, Gavroche and Young Eponine – 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.
Specific songs for auditions will be posted at a later date, however, to begin with, those interested are advised to listen to the soundtrack, watch the film (be aware there are some differences here, including an additional song) or watch extracts from the stage show on YouTube. We are going to be staging the schools version of the show, so some of the numbers are not performed in their entirety.
Information about the different roles can be found on the MTI Europe website, so students can do some research.
Mr Ulph will be looking for and giving out orchestral information nearer the time.
This is an exciting opportunity for us to showcase our students' amazing talents in a challenging production which is, again, very different from anything we have done before and we are very much looking forward to working with them.

PTFA News

Refunds for Curry Night Tickets
Please note that refunds for this event have been processed this week but it may take up to 10 days to show in your account.

11+, SATs, GCSE and A Level Revision Books
Please note that the PTFA collects revision books for the above examinations, if you are having a clear out please keep them aside so they can sell them at the Christmas Market.

Second Hand Uniform Donation
The PTFA would gratefully accept donation of uniform items that are in good, resaleable condition. Donations can be sent into Reception when school reopens. They also accept kilts that are not good for use but can be recycled to make hair scrunchies. Buttons from blazers, cardigans and kilts can also be reused, so please send them in as well.

Letters sent this Week
All Yrs: FSM eCode Voucher Scheme (selected students)
Yr 12: Request for Review of Curriculum (selected students)

Deadline for Replies and Payments

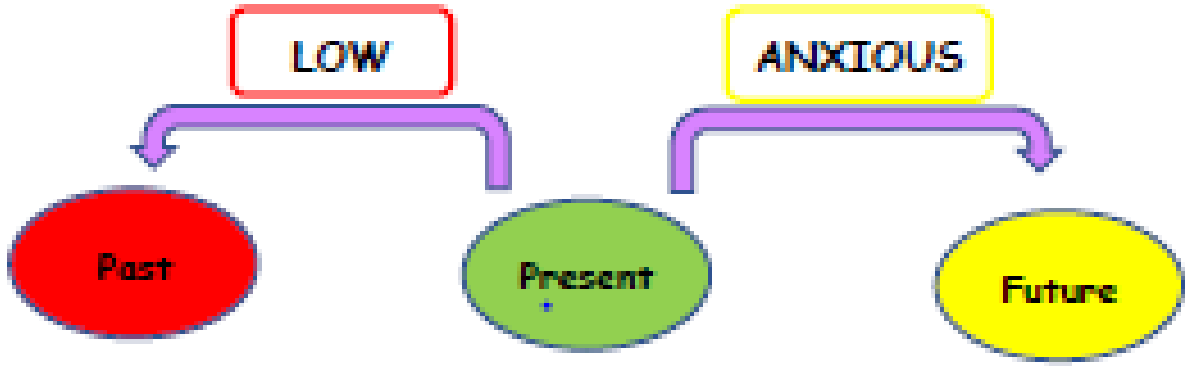
Year Group	Trip or Event	Deadline for Response
All Yrs	FSM eCode Voucher Scheme	Wednesday 8 April
Yr 8	Key Stage 4 Curriculum 2020-2023	Thursday 7 May
Yr 12	Request for Review of Curriculum	Thursday 7 May

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

om
Health & Wellbeing Consultancy Ltd

TOP TIPS!

Using a grounding technique is a great way to stop your mind racing! This technique is designed to keep you in the present moment; to stop your mind from trying to predict the future or keep going over things from the past



Ours is called 5,4,3,2,1! Look around your environment and tick off in your head or out loud with your friends or family...

5 Things you can see...

4 Things you can hear...

3 Things you can feel...

2 Things you can smell...

1 Thing you can taste...
(or remember you like the taste of)



VotesforSchools: Top Tips for Independent Learning

First of all, please don't worry. You are not alone and there are ways to get help. Here are some ideas to help and support you manage your learning.

What does "**independent learning**" mean? It's not doing **loads of work on your own**, is it?

Definitely not. Here's what it *really* means:

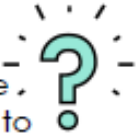
- **Thinking** for yourself
- **Planning** your work
- **Researching** independently
- **Reviewing** how things are going

With practice and time you will get better at all these things, which will be **empowering** and **help you with future learning and in life**. Here are some of the **skills** you will develop:

- **Responsibility**
- **Motivation**
- **Resilience**
- **Organisation**

So, see this as **a good opportunity to become a skilled independent learner!**

Our Top 10 Tips



- Look through all the work you have been set and **prioritise** (order your work in terms of importance, timing or what makes most sense).
- **Set goals** as this is a good way to keep motivated.
- **Create a plan or schedule** (e.g. a set amount of time for work each day, perhaps when it is quieter/easier to concentrate).
- **Think through** what you need to do, step by step.
- If you need to do research, then **consider the key questions** you need to find answers to.
- **Read instructions carefully** so that you are clear about what to do.
- **Don't give up**; keep trying and explore different options to suit your learning style.
- **Ask for help** if you need it and **offer help to others** if you can.
- If you are stuck for ideas, **discuss** with friends or others at home.
- **Be kind to yourself** by taking regular breaks, eating and sleeping well, and staying in touch with friends.

Got any other ideas? Be sure to share these with your friends & classmates!

©VotesForSchools2020



SPELL YOUR NAME

AND GET MOVING!

A: 10 BURPEES
B: 20 PUSH UPS
C: 35 JUMPING JACKS
D: 1 MINUTE PLANK
E: 20 SQUATS
F: 1 MINUTE WALL SIT
G: 20 BURPEES
H: 30 PUSH UPS
I: 20 ARM CIRCLES
J: 30 CRUNCHES
K: 25 SQUATS
L: 30 ARM CIRCLES
M: 45 SECOND PLANK
N: 1 5 PUSH UPS
O: 2 MINUTE WALL SIT
P: 25 JUMPING JACKS
Q: 15 BURPEES
R: 20 SQUATS
S: 30 CRUNCHES
T: 20 ARM CIRCLES
U: 1 MINUTE PLANK
V: 25 SQUATS
W: 20 PUSH UPS
X: 45 SECOND PLANK
Y: 30 JUMPING JACKS
Z: 20 ARM CIRCLES