Colchester County High School for Girls
Parent Weekly Bulletin
12 March 2021

Term Dates 2020 – 2021

Spring Term
Monday 4 January
Friday 26 March

Half Term
Monday 15 February
Friday 19 February

Summer Term
Monday 12 April
Wednesday 21 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

Term Dates 2021 – 2022

Autumn Term
Wednesday 1 September
Friday 17 December

Half Term
Monday 25 October
Friday 29 October

Spring Term
Tuesday 4 January
Friday 1 April

Bank Holiday
Monday 3 January

Half Term
Monday 14 February
Friday 18 February

Summer Term
Tuesday 19 April
Friday 22 July

Bank Holiday
Monday 18 April
Monday 2 May

Half Term
Monday 30 May
Friday 3 June

Non-Pupil Days
Wednesday 1 September
Thursday 2 September
Thursday 21 October
Friday 22 October
Friday 17 December
Tuesday 4 January
Thursday 21 July
Friday 22 July

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**	Mar	15	Assembly: Yrs 12 & 13 Yr 9 Progress Check 2 to Parents Yr 10 Jack Petchey Speak Out Challenge
Tuesday	Mar	16	Assembly: Yrs 10 & 11
Wednesday	Mar	17	Assembly: Yrs 8 & 9
Thursday	Mar	18	Assembly: Yr 7 Yr 8 Virtual KS4 Information Evening
Friday	Mar	19	Yr 12 Chemistry Post-Op Clinical Trials Research (selected students) 13.15 – 14.15

We look forward to welcoming staff and students from Yrs 7 - 9 back into school from Monday. All staff should be in school from Monday 15 March.

We are asking all staff and students to wear masks in classrooms; students need to be pro-active in wearing their masks. Students may take mask breaks at lesson change by walking outside via the one way system. At breaktime and lunchtime students can take mask breaks by going outside. Students may remove masks to eat, but if this is inside they should keep their distance from other students.

As students return to school please we continue to ask them to hand wash/sanitise, wear face masks (a visor may be worn in addition but not instead of a mask) and rigidly follow the one-way system. We thank them for all they are doing to keep our school community safe.

Students Return to School

Return to School Date	Year Group	Test 1 at a Community Test Centre	Test 2 In School	Test 3 in School
08 March	13	Community Test 4-5 March	08 March	11 March
09 March	11	Community Test 4-5 March	09 March	12 March
10 March	12	Community Test 6-7 March	10 March	15 March
11 March	10	Community Test 6-7 March	11 March	16 March
15 March	7	Community Test 11 -12 March	15 March	18 March
16 March	8	Community Test 11-12 March	16 March	19 March
17 March	9	Community Test 13-14 March	17 March	22 March

Students will be called down for testing during the school day. They will then receive home test kits once their in-school testing has been completed, starting from Monday 15 March.
Yrs 10 & 11 should now be using the new outside canopy at lunchtime.

500 Club
The March draw will take place on Monday 22 March. Thank you to all participants for their contribution to school resources by participating in this draw. Full terms and conditions are on our website.

Yr 10 Jack Petchey Speak Out Challenge – Monday 15 March
Students will be off timetable Periods 2 – 5 for the challenge which will be delivered remotely via Teams. We hope Yr 10 find the day enjoyable.

Yr 8 Virtual KS4 Information Evening – Thursday 18 March
This will be a virtual presentation uploaded to the school website on Thursday. Students will also be issued with a booklet explaining the curriculum.

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

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E-Safety Event – Tuesday 23 March
Following in-school sessions for students, there will be a parent's E-safety workshop in the evening, 19.00 – 20.30. Please refer to the letter sent to all parents and carers today.

PE Weekly Challenge Results (1 – 5 March)
Well done to everyone who took part in the Exercise Challenge, there were some fantastic results across the year groups:
1st – Yr 7: 42,423 minutes
2nd – Yr 8: 31,688 minutes
3rd – Yr 9: 30, 612 minutes
4th – Yr 11: 27,840 minutes
5th – Yr 10: 24,323 minutes
Overall School Total: 156,797 minutes. This equates to 2613.25 hours!

Intermediate Mathematics Challenge
Yr 10 students at CCHSG did fantastically well this year's UKMT intermediate Mathematics challenge achieving 5 Gold, 30 silver and 53 Bronze awards.
To recognize the highest performers in the Challenge, the UKMT award the top-scoring 40% of participants Bronze, Silver and Gold certificates in the ratio 3:2:1. In addition, they invite around 8000 to take part in either the Grey or Pink Kangaroo Our congratulations go to all the students who participated in what is a very tough challenge and good luck to those going on to the following round. Mathematics department.

Wellbeing Information
Any student who feels they need wellbeing support particularly regarding the return to school should contact their Year Leader who can advise and signposts suitable resources and support organisations.

Supporting Family Wellbeing
The Essex Wellbeing Service will be providing early intervention to support schools and families.
To access the Essex Wellbeing Service navigators, phone this number: 0300 303 9988
Families can use this directly, or request support from school pastoral staff. Please see poster below.

Hi students

We know lots of you have not returned to school yet and are coming back next week. After working at home for such a long period of time, there is a chance that many of you will be behind or unsure in some areas of your school work. Just know that you are not alone in that fact! When you come back to school the teachers will not be focusing on the downsides of that – we have already been in and know that their only focus is to help you catch up and understand the topics. In your lessons or in an email, please do let your teachers know where you are struggling so that they can help you in the best way possible. The teachers are there to help you! Remember that it is a common concern at the moment and other people are feeling the same as you.

We know that another major worry for some people on the return to school has been the thought of the regular Covid-19 testing. However we want to assure you as much as possible (first-hand from Year Groups who have already returned and had their first tests) that the tests are very easy and quick, and not at all painful! Even if you have never had one before and are not clear on what you are meant to do, there are several lovely staff members at the testing centre who would be happy to guide you through. So please try your best not to stress about the thought of the testing, instead focus on the positive that you will be able to socialise and see all your friends and teachers again.

Best of luck!

Well-being Ambassadors

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Extra-Curricular and Enrichment Activities

Yrs 12 & 13 Medsoc and Vetsoc
Vetsoc meets on Tuesday lunchtime, Medsoc meets on Thursday lunchtimes.
For Yr 13 in S3 and for Yr 12 in G18, both run from 12.14 – 13.20.

Debate Club – Wednesday 25 February, 17.00 - 17.30 via MS Teams
The next Debate Club session will discuss the statement: "This House supports the lengthening of the school day and summer school to catch up on lost learning". If students wish to join the debate group, they should email Mr Paz to be added to the MS Teams group. Students can also join with this link: DebateClubTeams

All Yrs: The Book of the Month,
Students, staff and parents are invited to take part in 'The CCHSG Book of the Month'. In addition to this, you are encouraged to write a review and email it to Mrs Croxson ccroxson@cchsg.com by the last Friday of each month. This month's book is *The Ballad of Songbirds and Snakes*, a Hunger Games Novel by Suzanne Collins. Please see the Bulletin dated 26 February for further details.
Reviews will be judged and the best ones published in The Kilt and the CCHSG Newsletter. You will also be given the opportunity to select the next 'Book of The Month'.
Participants will be required to acquire their own copy of the novels, please contact Mrs Croxson with any questions.

Virtual Talks from Speakers for Schools
Next week's schedule can be found via **Live Broadcasts Schedule.**

Date	Speaker	Talk Information
Monday 15 March 16.00 – 16.45 LINK TO JOIN	Lisa Holland, Climate change correspondent, Sky News	Hear from Lisa as well as be introduced to Sky's The Edit: Be the Change, Shape It competition. The Edit is a unique opportunity for There will also be an opportunity to submit questions to Lisa.
Monday 15 March 17.00 – 18.00 LINK TO JOIN	Patrick Hutchinson, Co-founder of UTCAI, Personal trainer, Coach & Author	Join Patrick for an interview focusing on his work in the community and what we can all do to have an impact and create positive change. There will also be an opportunity to submit questions to Patrick.
Tuesday 16 March 17.00 – 18.00 LINK TO JOIN	Professor Dame Donna Kinnair DBE, Chief Executive and General Secretary, Royal College of Nursing	Donna will be reflecting on her career journey, highlighting key misconceptions about nursing and the importance of protecting our nurses.
Thursday 18 March 16.00 – 17.00 LINK TO JOIN	Alderman William Russell, Lord Mayor of London	As part of Green Skills Week, Alderman Russell will be speaking about his role as Lord Mayor and is looking forward to answering your questions.
Thursday 18 March 17.00 – 18.00 LINK TO JOIN	Millie Banerjee CBE, Chair of NHS Blood and Transplant	Millie will be sharing her career journey, experiences of working for the NHS and will reflect on the importance of transferable skills.

Watch pre-recorded broadcasts from their library here

Careers and University Information

CCHSG Careers Information
Mrs Kee is continuing to hold telephone appointments with students these are available on one day every week, either Monday or Wednesday. Interested students should email Mrs Mandal via smandal@cchsg.com and include in their email a preferred telephone number for the appointment. This information will be passed on to Mrs Kee who will contact the student to fix an appointment. Students should not approach Mrs Kee directly.

Royal Navy Apprenticeships Virtual Showcase – Tuesday 23 March at 18.30
Their apprenticeships showcase will display a wide variety of roles available, with the opportunity to hear from their team about their apprenticeship journeys and their advice. For full details please go to Royal Navy Apprenticeship Event.

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Breakfast and Lunch Pre-Orders
Please pre-order using the links below (links change weekly). With breakfast service from 08.00 to 08.30 (without the need to pre-order) and salad pots available to order along with sandwiches and paninis for service at the outside server, these need to be pre-ordered by 09.00 on the day required
Hot food and other items continue to be available from the canteen at the allocated lunch time for each year group Yr 7 to Yr 11 and Yr 13. Yr 12 need to pre-order all food including hot food which will be served from the Sixth Form Refectory.

Student Lunch

Year 12 Lunch

Students should keep social distance and wear a face mask in the Dining Hall except when eating.
Please ensure your child's ParentPay meal account is in credit.

Menu for w/c 15 March

Monday	Tuesday	Wednesday	Thursday	Friday
Chilli-con-Carne with Rice	Lasagne with Salad	Sausages, Chips with Peas	Sticky Chinese Chicken with Rice & Sweetcorn	Pan Fried Salmon with Sauté Potatoes & Green Beans
Or				
Cheese & Tomato Pasta Salad	Cheesy Bean Burger with Salad	Macaroni Cheese with Peas	Mushroom Stroganoff with Rice	Quiche with Salad
Main Meal £2.90				
Sticky Toffee Pudding with Custard	Apple Crumble with Custard	Pavlova	Pancakes with Lemon & Sugar	Cornflake Tart with Custard
Pudding £1.20				
Panini £2.90				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				

Correspondence Sent Out This Week
All Yrs: E-Safety Parent Workshop
Yr 7: Return to School Update
Yr 8: Return to School Update
Yr 8: Key Stage 4 Curriculum
Yr 10: RS Assessment Information
Yr 11: Assessment Information
Yr 11: GCSE Mathematics Revision Materials
Yr 12: English Language Conference (selected students)
Yr 13: Assessment Information

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yr 11	GCSE Mathematics Revision Materials	Friday 19 March
Yrs 12	English Language Conference	Monday 15 March

This Week's Brainteaser
What is unusual about the following words: revive, banana, grammar, voodoo, assess, potato, dresser, uneven?

Last week's answer: Push the cork down into the bottle. Then shake the coin out.

Word of the Week for w/c 15 March
Next week the word is: **hedonist** – a person whose life is devoted to the pursuit of pleasure and self-gratification.

Colchester County High School for Girls
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PTFA
Registered Charity No. 1110464

1. Second Hand Uniform and Revision Books Sale - Date for Your Diary (subject to Covid-19 restrictions)

Date: Saturday 15 May
Time: 09.00 – 16.00
Venue: CCHSG Gym

Subject to the announcement on the lifting of restrictions for non-essential retail services by the government on 12 April, a one-day second hand uniform and revision books sale is planned for Saturday 15 May. In order to ensure social distancing and the safety of all concerned, the sale will be by appointment only through an online booking system. A strict in and out system will be in place and only 6 sets of ONE parent & ONE child will be admitted during each 15 minute time slot. There will be a maximum of 168 appointments available. Siblings cannot be present unless they also attend CCHSG and need to get uniform. Families must stay together at all times.
The online booking system will be available from Monday 3 May. We regret that we cannot take advance reservations for items. Sales will be on a first come first served basis. Please note that this is likely to be the only sale for existing students during this academic year.
If you are having a sort out, we will gratefully accept your donations of outgrown uniform and revision books, via the wheelie bins outside Reception. Please ask students to deposit items from Monday-Thursday only. This is to allow 72 hours for the clothes and books to become sterile. They will be collected by the PTFA every Monday morning. Thank you in advance for responding to this appeal.

2. Class Reps Needed to Host Virtual Meet-up of Parents
Since the start of the pandemic, the PTFA has endeavoured to support our local communities and keep our members connected through events like our virtual quiz nights. We would now like to encourage parents to engage with other parents from their child's Form. We are seeking volunteers who have paid Zoom accounts to host virtual coffee mornings, cocktail hours, quiz nights or other virtual gatherings. If you can help with this, or would like more information, please get in touch with Agness O'Brien via Classlist or email cchsgptfa@gmail.com.

3. Help Raise Funds for CCHSG PTFA
If you have ideas that could help generate funds and/or create virtual social opportunities for the PTFA community, please email us at cchsgptfa@gmail.com. Here are some simple ways that you can already support the school during this difficult time:

- **Easyfundraising** – Every time you do your online shopping via Easyfundraising, retailers donate money to CCHSG PTA, completely free. Please sign up here: https://www.easyfundraising.org.uk/causes/colchestercountygirlspta/
- **AmazonSmile** – You now need to search for amazon on www.easyfundraising.org.uk or the App. You will then be directed to AmazonSmile. Sign up to support Colchester County High School for Girls PTFA.
- **STIKINS ® by Label Planet** – Multipurpose name labels for all school items. CCHSG PTFA earns up to 30% commission on all sales. Name labels are essential for busy parents and schools who don't have time to deal with lost property. Stikins are an easy self-adhesive solution with no sewing needed. CCHSG PTFA have been allocated a unique code 35809 for parents to use. Visit https://www.stikins.co.uk to order online.
- **Ink Cartridges Recycling in Support of CCHSG PTFA**. With home schooling and many parents working from home at the moment, you can help raise funds simply by recycling your ink cartridges via the Recycle4Charity programme. For each inkjet cartridge recycled via the programme we will receive a £1 donation. Cartridge brands accepted include HP, Dell, Canon, Kodak, Frama, Pitney Bowes and Neopost, full list here https://www.recycle4charity.co.uk/InkjetCartridges
  For your convenience, FREEPOST envelopes can also be sent to your home address so you can send cartridges directly via freepost. To do this, please register at: http://www.recycle4charity.co.uk/Register/C95556

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

PTFA

Wishing all Mothers a very

HAPPY

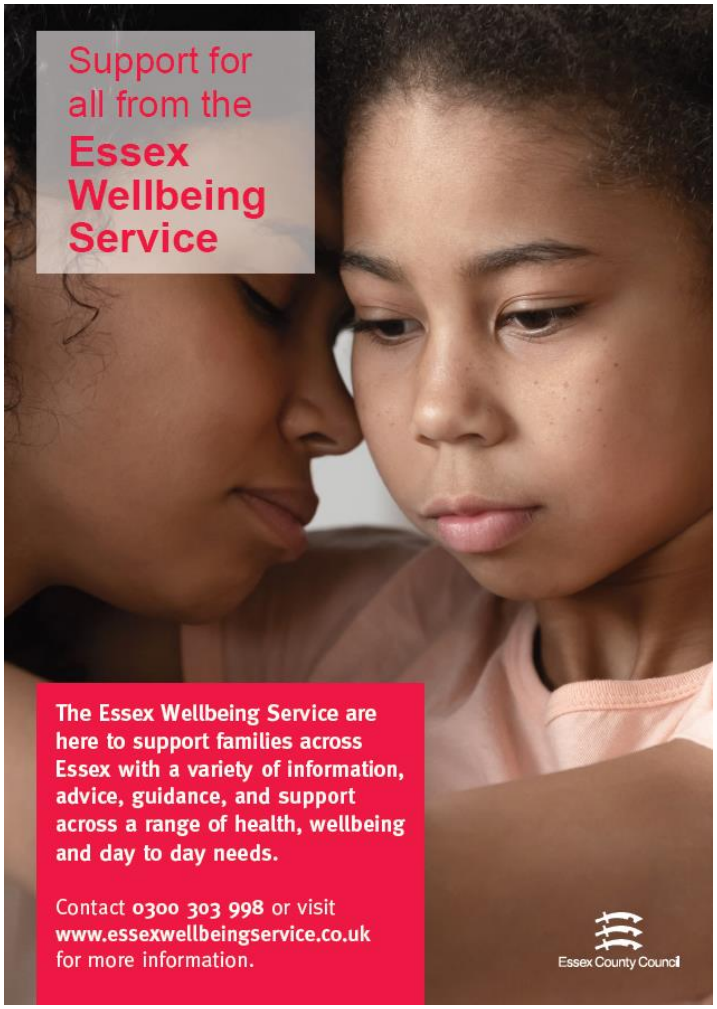
Mothering Sunday



School Day Timing with graduated start and finish times.

All movement around school MUST follow the one-way system.

	Y7	Y8	Y9	Y10	Y11	Y12	Y13
Before school	Wait in allocated outside area	Wait in allocated outside area	Wait in allocated outside area	Wait in allocated outside/canopy area	Wait in allocated outside/canopy area	Go to Sixth Form Base or Form Room	Go to Sixth Form Base or Form Room
Am Reg in Tutor bases	Sent in from 08.40 Reg at 08.45	Sent in from 08.35 Reg at 08.45	Sent in from 08.45 Reg at 08.50	Sent in from 08.40 Reg at 08.45	Sent in from 08.30 Reg at 08.45	08.45	08.50
Movement time	09.05	09.00	09.05	09.00	09.05	09.00	09.05
P1	09.10	09.10	09.10	09.10	09.10	09.10	09.10
Break - snack in rooms - no canteen service	In P1 class 10.10 Go to P2 class at 10.20	In P1 class 10.10 Go to P2 class at 10.20	In P1 class 10.10 Go to P2 class at 10.20	In P1 class 10.10 Go to P2 class from 10.15	In P1 class 10.10 Go to P2 class from 10.15	In P1 class or P2 class or Com Rm 10.10 Be at P2 by 10.25	In P1 class or P2 class or Com Rm 10.10 Be at P2 by 10.25
P2	10.25	10.25	10.25	10.25	10.25	10.25	10.25
Movement time	11.25	11.25	11.25	11.25	11.25	11.25	11.25
P3	11.35 – 12.05	11.35 – 12.20	11.35 -12.35	11.35 -12.35	11.35 -12.35	11.35 -12.35	11.35 -12.30
Hot Lunch Outside area	12.05 DH Extension Tennis Courts or allocated field area	12.20 D Hall Tennis Courts or allocated field area	12.40 DH Extension Tennis Courts or allocated field area	13.00 Bistro + DH Ext Canopy or allocated field area	12.50 D Hall Canopy or allocated field area	12.35 In Refec/LT1/ Com Rm/ Quad Patio (cold food) or allocated outside area	12.30 Bistro/Patio/Common Room (cold food) or allocated outside area
Movement time at end of lunch	13.20	13.10	13.15	13.22	13.20	13.10	13.15
P4 & PM Reg	13.25	13.25	13.25	13.25	13.25	13.25	13.25
Movement time	14.25	14.25	14.25	14.25	14.25	14.25	14.25
P5	14.35	14.35	14.35	14.35	14.35	14.35	14.35
Finish time	15.20	15.25	15.15	15.30	15.35	15.35	15.30



We all have arguments

We are all living in very difficult and uncertain times and as further restrictions are being made to how we live our lives, this can impact on our emotional wellbeing and cause tension and arguments to occur, particularly amongs people living together.

This may be a very normal way of responding to a very unusual situation, however there may be ways in which you can stop this from increasing stress and anxiety within your home.

Here are a few tips you may find helpful:

Pause.

- Is the disagreement escalating to a point you are no longer in control of the things you are saying or the way you behave, are you just reacting?
- Take a breath, take time and assess the situation.

Think.

- Try to reflect on why the argument started, is it something you argue about often or is it your frustration about something else.
- How were you feeling before the conversation started?
- Were you feeling anxious or tense already?

Resolve it.

- Step back- Is this argument about something important?
- Can you come back to it when you are both calmer, talk things through and compromise?
- Are you both just feeling frustrated with the current situation and venting on one another?

There are things you can try to help you feel calmer

Taking some time out, this could involve going to an area of the house where you are left alone to take a breather, be clear that you are taking that time for yourself and let those around you know what you are doing.

Are there objects or personal items that bring you back to the present or are associated with happy memories, for example a keepsake or souvenir.

Activities which help you to stay in the present can be helpful such as colouring or breathing exercises for example breathe in through your nose for 7 seconds, out through your mouth for 7.

At times you might need a little bit of help or support as a family. You can find more information by scanning the QR code below or visiting the Livewell website or if you want to talk to someone about your relationship or parenting call Family Lives on 0808 800 2222.

livewell
www.livewellcampaign.co.uk
Co-produced by parents and practitioners in Essex

Scan me

Essex County Council

Emergency help with bills, food and other items

If you find yourself in need of some help this winter, the Essential Living Fund can help pay for heating, electricity, water and food. We can also help you get essential household items like a fridge, cooker or table.

To get a grant you must

- Live in Essex, Southend or Thurrock
- Be aged over 16

How to apply

Check if this applies to you.
Visit **www.southend.gov.uk/elfforessex**

Or if you are vulnerable or have no access to the internet you can call **0300 7900124** (between 8:45am - 5:00pm).

thurrock.gov.uk

southend on sea BOROUGH COUNCIL

Essex County Council