Colchester County High School for Girls
Parent Weekly Bulletin
22 January 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	Jan	25	Assembly: Yrs 12 & 13 Yr 10 Progress Check 2 to Parents
Tuesday	Jan	26	Assembly: Yrs 10 & 11 Yr 9 Holocaust Breakout Day
Wednesday	Jan	27	Holocaust Memorial Day Assembly: Yrs 8 & 9
Thursday	Jan	28	Assembly: Yr 7 Yr 10 Parent Consultation Evening 16.15 – 19.15
Friday	Jan	29	

All students and staff are to be congratulated for their continued efforts and commitment to learning during this time.
Please find attached a letter from Essex County Council regarding their approach to COVID-19 testing in Essex Secondary Schools.

School Meals
For students in school are range of jacket potatoes and pasta salad pots along with panini, sandwiches, wraps and samosas are available for pre-order. Drink, fruit and snack items can be purchased at lunchtime on the day. Please order by following the link: Student Lunch A separate order form should be completed for each day that students require lunch. Orders must be submitted by 09.00 on the day required.

Parental Survey into Online Learning – January 2021
We have endeavoured to provide both a safe and high-quality educational experience in difficult circumstances using the resources we have. Over the course of the last lockdown period we have developed and refined our provision and blended the delivery of learning, moving towards 'live lessons'.
We value you opinion on the provision of learning at CCHSG so far this term and ask that you complete a short survey found here, so that we can further improve our provision. We would appreciate if you could sit with your child and complete the survey together. The deadline for the completion of this survey is Monday 25 January. Many thanks in advance for your time.

GCSEs, A Levels, Level 2 Project & Extended Project Qualifications Summer 2021
Ofqual and the Department for Education are jointly consulting on arrangements for awarding grades for GCSE, AS and A levels this summer and on awarding arrangements for a range of vocational and technical qualifications. Information from Simon Lebus, Interim Chief Regulator, Ofqual can be found here. The consultation for the arrangements for awarding grades for GCSE, AS and A Levels this summer can be found via this link the consultation which includes the Extended Project Qualification can be found using this link. These consultations are open to anyone who wants to respond and includes students who had been expecting to take their GCSE, AS or A level exams this summer, their parents and carers, their teachers, school and college leaders, exams officers and those who use the qualifications to make selection decisions, such as further and higher education institutions and employers. The consultations end on Friday 29 January at 23.45.
We realise this is a challenging time for all our students, but want to encourage everyone to stay strong and keep studying. If any student feels that they need wellbeing support at this time, they should contact their Year Leader who can advise and signpost suitable resources and support.

CSSE Statement on Transport Refunds
For those students who travel to and from school via First Bus and Stephenson bus, the CSSE have issued a statement on their website regarding transport refunds for the Spring Term due to school closures. The statement can be viewed via https://csse.org.uk/wp-content/uploads/2021/01/Spring-Term-2021-Transport-Refunds-Statement-for-Website-.pdf

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

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Yr 9 Holocaust Memorial Breakout Day – Tuesday 26 January
Students will be involved in the Holocaust Memorial Breakout Day on Tuesday 26 January. The aims of the day are to develop students understanding of the Holocaust and reflect on how the events of Holocaust were possible. Students will also be engaging in a live Q&A session with a Holocaust survivor at 10.00 which will give an invaluable insight into the experiences of those affected by Nazi Occupation in Europe.
Students are expected to register as normal and follow the usual school timing for Yr 9. The only change to this will be the delivery of the Survivor Testimony at 10.00 - Students will still be allocated a break and lunch period in the day. The day will be delivered on Microsoft Teams by the History Department, there will be full support provided for students dealing with challenging and potentially upsetting topics related to the Holocaust and Genocide. We hope students find this day engaging. The format of the day will be:

Time	Activity (Delivered via MS Teams)
08.45 – 09.05	Students register as usual with their Form Tutor
09.10 – 09.45	Introduction to the Holocaust and background information for key speaker
09.45 – 09.55	BREAK
10.00 –11.25	Q&A session with Holocaust survivor
11.30 – 12.30	Reflections – judging accountability and blame – how was the Holocaust possible?
12.30 – 13.30	LUNCH
13.30 – 15.15	Why do people deny the Holocaust? What can we do to ensure the events are remembered? Who were the Holocaust heroes?
15.20	End of Day

Yr 10 Virtual Parent Consultation Evening – Thursday 28 January 16.15 – 19.15
Parents have been sent a letter inviting them to this event, along with guidance for booking appointments via SchoolCloud. We look forward to seeing you at this event with your child.

PE Weekly Challenges
The weekly challenges can be found at the end of this Bulletin. Students should not forget to take part in this week's PE challenges, aiming to complete a minimum of 2 challenges and upload their best result to MS Teams by Friday 29 January. Good Luck!

PE Weekly Challenge Results (11 – 15 January)
Well done to everyone who completed last week's PE challenges – some fantastic results! Yrs 10 & 11 are competing between the Year Groups and the following core groups placed:

Yr 10	Yr 11
1st FF with 336 points	1st FF with 377 points
2nd AA with 314 points	2nd BB with 337 points
3rd CC with 259 points	3rd EE with 235 points

Students can view the top scorers from the whole school via the Student Bulletin.

Lost Property – Final Reminder
A number of items were handed or found in classrooms before the Christmas break. These items can be viewed via LostPropertyAutumn2020, please check the pictures to ensure none of the items belong to your child. Items can be claimed by emailing office@cchsg.com where they will be labelled and kept until school resumes. Any items which remain unclaimed by Friday 29 January will be disposed of.

CCHSG 500 Club – Winners of the January Draw
Our thanks go to all those generous parents and staff who have purchased tickets in support of the school, 274 have been sold to date, generating over £5,000 for the benefit of the students. The winners of this month's draw are:
First prize £274: Ticket 46054-1033481 – Parent of a student in Yr 9
Second prize £164: Ticket 46054-1083695 – Parent of a student in Yr 9
Third Prize £110: Ticket 46054-1034297 – Parent of a student in Yr 10
Tickets are still available at £40, please consider supporting us by purchasing a ticket for the remaining 7 draws via https://www.trybooking.com/uk/events/landing?eid=14370 The next draw will take place on 22 February. Full terms and conditions are on our website.

Healthy Living – Focus on Food
The focus has been on breakfast, then lunch, this week's focus is on brunch, but could also be a snacking option too! This week's recipe for Brunch Muffins can include any of your favourite ingredients and will fill you up as a healthy, stopping you reaching for high sugar, quick fix options. These little muffins have so many more nutrients in and are a great source of protein, they are well worth giving a try as they are quick and simple to make too.
Find the recipe on SharePoint, with all the other recipes so far, via Focus on Food.
Do send pictures of your breakfast to nwebb@cchsg.com.

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Wellbeing Information
Any student who feels they need wellbeing support at this time should contact their Year Leader who can advise and signposts suitable resources and support organisations.

Young Minds – Coping with anxiety about the future due to COVID-19

https://youngminds.org.uk/blog/coping-with-anxiety-about-the-future-due-to-covid-19/#where-to-get-help

If you are worried about the impact of coronavirus on your emotional wellbeing and mental health, you are not alone.

The COVID-19 pandemic is a new and uncertain time for all of us, so it is only natural that it will affect our mental health in different ways. However, what you are feeling right now is valid. With the right help and support, we can get through this.

Anxiety is really high for lots of people right now, even people who don't usually struggle with anxiety. Read the blog: What to do if you're anxious about ….
Young Minds have loads of tips on how to cope and cleaning up your social media feed for a more positive time.

Visit their blog for real stories from young people getting through the coronavirus pandemic, self-care tips and finding help.

Visit the find help section for more advice and information on looking after your mental health.

Youngminds Crisis Messenger
Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinicalsupervisors.
Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.
Text: YM to 85258 Opening times: 24/7

Stress LESS Take5Challenge
This has been spoken about in some Assemblies this week; students have been asked to get involved in making 5 small changes for 5 weeks to develop wellbeing. Please see the end of the Bulletin for stress-busting ideas and an action plan template, which you may find useful also.

Extra-Curricular and Enrichment Activities

Yrs 12 & 13 VetSoc
Vetsoc will be starting up again on Tuesday 2 February, for Yrs 12 and 13 for the time being. It will focus on applying to university and how COVID-19 may have affected applications. It will be a virtual call every Tuesday at 13.00 via MS Teams and run by a Yr 13 student. Any student who would like to be added to the Microsoft Team, should see the Student Bulletin.

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Royal Academy of Arts Young Artists' Summer Show 2021
Submissions are now open for the Young Artists' Summer Show, an opportunity for young artists aged 5-19 to exhibit their work online and onsite at the Royal Academy of Arts. The show is its third year, it is free to enter and open to all young artists studying in the UK and at British schools overseas.
Submissions are open until 26 April 2021 and judging will take place in May 2021, ready for the online and onsite exhibitions to open in Summer 2021. Follow this link to **Find out more**.

English Extra-Curricular: Lockdown and Beyond
Starting Soon: Nostalgiareadslockdown: "The Secret Garden" from Monday 1 February: chapter-a-day + (optional) Sunday morning follow-up. THIS IS FOR ALL YRS NOT JUST YRS 11-13!
Every-Great-Poet-In-One-Poem-Each: from Sunday 31 January 10.30 – 11.00
Already underway: "Paradise Lost": Saturdays 09.30
"Little Women": chapter-a-day + (optional) Sunday morning follow-up.
Coming Shortly
Jo's Bookshelf: what the intelligent mid-nineteenth century adolescent was reading. (We aim to read every book mentioned in "Little Women")
For more information or to reserve a place, students should contact Mrs Davidson via ADavidson@cchsg.com. (NOT ADavison!)

Young Writers Creative Writing Competition – 'Unsolved'
The new Young Writers competition 'Unsolved' is open for entries. They invite students to write a mini saga (a story told in just 100 words) inspired by the crime and mystery genre. Creative writing is a great wellbeing activity and also develops GCSE skills for English Language – we have had some inspired entries to these competitions so far with hundreds of students being published with one student winning a cash prize!
Will you fight for justice? Take on the role of detective in an enthralling whodunit? Or embark on an adventure as a fugitive? The closing date is Friday 12 February. Entries can be submitted independently online by following this link: https://www.youngwriters.co.uk/competitions/KS3-4/unsolved?view=ind

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

Date & Time	Speaker	Talk Information
Monday 25 January 14.00 – 15.00 LINK TO JOIN	Jason Spencer Business Development Director, ITV	Jason shares career advice for those considering careers in TV and digital sectors.
Tuesday 26 January 10.00 – 11.00 LINK TO JOIN	Brandie Deignan Chief Executive Officer, Pier Health Group	Brandie discusses the importance of empowerment and what is it like to change your career path.
Wednesday 27 January 14.00 – 15.00 LINK TO JOIN	Col Russell Lewis, Head of Youth Engagement, Royal Military Academy	He will discuss how values and standards benefit great teamwork and leadership. He will also reflect on how young people can build their confidence and resilience.
Thursday 28 January 14.00 – 15.00 LINK TO JOIN	Toby Jones, Actor	Toby will be sharing his insights into his career and discussing the importance of the creative industries.

Watch pre-recorded broadcasts from their library here

University of Cambridge Outreach Events
Yrs 9 -13 Divinity Faculty: Film Competition: Students are invited to make a short film inspired by one of the 50 Religious Treasures of Cambridge, and stand a chance to win a share of £500. Open to all UK Yr 9-13 students. Closing date **1 March** https://www.divinity.cam.ac.uk/study-here/open-days/filmcomp
Yrs 11 & 12 Divinity Faculty: Theology & Literature study evening: 'Voicing the Devil': A study evening exploring the relationship between theology and literature. Aimed at students with an interest in literature, performance, theology, religion, and philosophy of religion - especially those who are thinking about studying these subjects at university. Online **28 January 18.00 – 19.00** https://www.divinity.cam.ac.uk/study-here/open-days/study_evening
Robinson College: New Directions Composition Competition, Under 18s: The New Directions competition is an opportunity for budding musicians to try their hand at composing a piece of music, and consider its role in bringing communication and creativity to life. Further details and the competition brief can be found on the Robinson College Music Society website: https://robinsoncollegemusicsociety.co.uk/outreachprojects/. The submission deadline is **19 March.**
Trinity College: Litmus Creative Writing Project: The Litmus Creative Writing Project 2021, in collaboration with renowned author Ali Smith, is an opportunity for Yrs 9-11 students to submit a short piece of writing of under 500 words in poetry, prose or any other format (including artwork) based around a theme for publication. For more information https://web.trin.cam.ac.uk/litmus/

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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 are not to approach Mrs Kee directly.

Yrs 11 – 13 Higher Education and Careers Support
A reminder that UK University & Apprenticeship Search are running their **Virtual Fair** on **Wednesday 27 January from 12.00 – 18.00.** This free event is an easy way to explore over 80 universities, colleges and apprenticeship providers, where you can take part in live and interactive webinars, talk to a range of different exhibitors, ask any questions about your next steps, and visit their virtual Exhibition Hall to see booths and resources.
Interested students, teachers and parents can register **here.**
Further details including how to get the most out of the event and an activity sheet to help engage with the exhibitors is available: **view here.**

Ford Apprenticeship Opportunities
Ford are holding virtual open evenings for students to learn more about their apprenticeship opportunities:
IT Degree Apprenticeships 2021 on Tuesday 9 February at 19.00. Register via:
Ford Higher Engineering Apprenticeship on Wednesday 10 February at 19.00. Register via
Ford Advanced Engineering Apprenticeship on Thursday 11 February at 19.00. Register via
For further information on all Ford Apprenticeship positions please visit: https://www.ford.co.uk/experience-ford/careers/careers-at-ford/apprentices

University College London
Students in Yrs 12-13 can apply for Medical School Applicant webinars and Online Summer Schools. In addition, they are also running UCL Choices With... and Envision@UCL during February half term.

Cambridge Spring Open Day – Lucy Cavendish College
The college will be holding its virtual Spring Open Day on 17 February for prospective students who are considering applying to Cambridge later this year (apply in October 2021 for October 2022/deferred October 2023 entry).
The day will give students the chance to learn more about life and study at Lucy Cavendish College, now they are accepting applications from all suitably qualified students, regardless of age or gender. See their **website** for the timetable of live sessions and booking information.

City, University of London January Update
The university has added new and extra event, for further information on all events go to **online events**
In addition, they are running an additional **Ask the Expert** online session where students can join and chat 1-1 with their team.
Subject Spotlight: for student selection and interviews in healthcare and **Expert Insight: The UCAS Applications Have Been Sent....What Happens Next?**

Trinity College: Target Oxbridge Webinars, April-July 2021
This free online programme will provide Black African and Caribbean students, and mixed race students with Black heritage, the opportunity to gain an early insight into life at Cambridge and how to secure a Cambridge place. Students will be invited to attend four monthly webinars between April and July. Further details of the programme and how to apply are in the flyer attached to this email, or via this link Target Oxbridge/Trinity College Programme for Year 10 students – Trinity College Cambridge. Deadline 7 February.

Correspondence Sent Out This Week
All Yrs: Parental Survey into Online Learning
Yr 10: Parent Consultation Evening

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
All Yrs	Parental Survey into Online Learning	Monday 25 January
Yr 7	Bushcraft Residential Trip	Friday 29 January

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This Week's Brainteaser
Two vehicles set off from the same point to travel the same journey.
The first vehicle sets off four minutes before the second vehicle.
If the first vehicle travels at 55 km/h and the second vehicle travels at 75 km/h, how many kilometres from the starting point will the two vehicles draw level?

Last week's answer: Skated, staked and tasked.

Word of the Week for w/c 25 January
Next week the word is: **TENACIOUS** – characterised by keeping a firm hold.

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

1. Classlist Sign-up – All Year Groups
Would you like to connect with other parents from your child's Form and Year Group? If you have not done so already why not join the CCHSG Classlist? Year 7 parents may find Classlist particularly useful in connecting with other parents, as the usual social opportunities have been very limited this year. Classlist offers a fully GDPR-compliant way for you to communicate directly with school families. It's the perfect way to connect easily and safely, because users have full control over what data they would like to share. Simply go to www.classlist.com, search for our school and sign up. You can also download the Classlist app on iOs and Android.

2. Second Hand Uniform and Revision Books
We are still hoping that there will be the opportunity for another one-day sale in the Spring Term, subject to Covid-19 restrictions and school reopening post lockdown. If you are having a sort out, please keep items of outgrown uniform and revision books, as we will gratefully accept your donations when school reopens.

Upcoming Second Hand Uniform Sale date (subject to COVID-19 restrictions)
Date: Saturday 27 February
Time: 09.00 – 15.00
Venue: CCHSG Gym
Appointment booking details to follow. We regret that we cannot take advance reservations for items. Sales will be on a first come first served basis.

3. Seamstress Available for Uniform Alterations
We are pleased to be collaborating with Mrs Sally (Sal) Williams of Copford, Colchester who will be able to do alterations to your child's uniform, including blazer, at a very affordable price. Contact: Sal at 01206 211735 / 07542 182552 or email sallyannwilliams1965@gmail.com

4. 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 a 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:
Chair: Agness O'Brien
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For all enquires related to the PTFA, email cchsgptfa@gmail.com

Small changes can make a BIG difference...

Ideas for inspiration

Stress < LESS
Take five, feel better. #TakeSchallenge

Below are just some of the stress-busting things that you can build into your life.
Try and pick one thing from each category for your Action Plan.

Start planning

- Create a clear space to work in; it will help clear your mind as well!
- Create a revision timetable
- Put a blocker on websites/ social media that distract you - just for set periods while you work
- Write a list of realistic tasks/goals for each day and complete one straight away
- Organise your notes into subjects, topics etc
- Create a 'pick me up' playlist for when the going gets tough

Stay positive

- At the end of each day, write down three things that have gone well
- Focus on what you can do not what you can't
- Put an end to negative self-talk such as "I'm useless"; "It's all going to go wrong"; "I'm a failure". Be nice to yourself!
- Try and imagine things going well
- Don't take yourself too seriously. Exams are important, but not worth getting ill over

Get physical

- Eat well: including 5 fruit or vegetables a day
- Drink lots of water - at least 2 litres a day!
- Get some exercise - anything that gets your heart beating a bit faster will lift your mood
- Go to bed an hour earlier
- Have a bath before you go to bed
- Put lavender on your pillow to help you sleep
- Avoid electronic equipment for an hour before bedtime

Connect with others

- Talk to someone close to you about how you are feeling
- Find ways that you and your friends can support each other
- Do something kind for someone else
- Ask teachers for help if you don't understand something (that's what they're there for!)
- Revising doesn't have to be boring. Revise with friends; test each other; make it fun

Time OFF!

- Treat yourself to five/10 minutes of 'me time' after every 45 minutes of study
- Take at least one day off a week to relax. This is important!
- Spend time doing things that you love i.e. hobbies, listening to music, reading, watching a film
- Take five minutes, in a quiet space, to simply BREATHE; in over four counts, hold for four counts, out over four counts

Action Plan

Your Stress LESS life starts here...

Stress < LESS
Take five, feel better. #TakeSchallenge

How to create your Stress LESS Action Plan in 3 simple steps...

1. Decide on five small changes you are going to make over the next five weeks (see our list of ideas for inspiration). Write those changes at the top of the Action Plan below, in the spaces provided.
2. Record your changes by putting a tick in the box everytime you make that change in a week.
3. Rate out of five how you feel at the end of each week. 1 = No stress 5 = Overwhelmed

Five small changes; For five weeks; Feel better	**Change 1** Write your 1st change in this space	**Change 2** Write your 2nd change in this space	**Change 3** Write your 3rd change in this space	**Change 4** Write your 4th change in this space	**Change 5** Write your 5th change in this space	**Rating:** (1 - 5)
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						

Please share what works - and what doesn't - with us on Facebook/Instagram.

StressLESSTakeS stresslesscampaign

Stress LESS is a Mind in Cambridgeshire project. Please see www.mindincambs.org.uk for more information.

DEPARTMENT CHALLENGES WEEK 3

Can you be the best in your class?

Complete challenges to earn points. Upload Evidence for challenge 1 along with your results. Use the results table in your Teams page. Good Luck!

CHALLENGE 1	CHALLENGE 2	CHALLENGE 3	CHALLENGE 4
3.5 KM challenge You can: Run/ Walk Use an app such as Strava to record your time and distance. Submit a screen shot of your route as evidence. **Please read the PE SAFETY LEAFLET.**	**Press Up challenge** How many press- ups can you do in one minute? Keep your back straight and stomach off the ground. **Lower your knees to the ground for an easier alternative.** 	**Side plank challenge.** How long can you hold a side plank? Rest on your forearm and keep your hips raised. **Lift your free hand into the air to make it harder.** 	**Squat Jump Challenge** How many Squat Jumps can you do in one minute? **You must start and finish in a squat position**. 
Points: Over 30 mins= 2 points Under 28 mins= 3 points Under 26 mins= 4 points Under 24 mins= 5 points Under 22 mins= 6 points Under 20 mins= 7 points Under 16 mins= 8 Points	**Points:** 0-3= 2 points 4-8 = 3 points 9-11 = 4 points 12-14 = 5 points 15-19 = 6 points 20-24= 7 points 25 + = 8 points.	**Points:** 30 seconds or less= 2 points 31- 60 seconds=3 points 1.01- 1.30min= 4 points 1.31- 2.00 min= 5 points 2.01- 2.30 min= 6 points 2.31- 3.00 min= 7 points 3 min + = 8 points.	**Points:** 0-5= 2 points 6-10= 3 points 11-15 = 4 points 16-20 = 5 points 21-25 = 6 points 26- 30= 7 points 31 + = 8 points