Colchester County High School for Girls
Parent Weekly Bulletin
23 April 2021

Term Dates 2020 – 2021

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

We are grateful to the whole school community for the support and messages of condolence we have received following our recent sad announcement. Mr Ulph will be hugely missed by the whole school community. Thank you to everyone who has supported students and staff at this difficult time. Students will continue to be able to access pastoral support in the coming days and weeks should this be required. They should speak to their Form Tutor or Year Leader in the first instance.

We are inviting contributions, in the form of memories, tributes or photographs, for a Book of Condolence which will be shared on our website and with Mr Ulph's family. Parents or past students without a CCHSG login are invited to send items via email to BookofCondolences@cchsg.com

We have created an area on the lawn near the school gates for any floral tributes. Donations can be made to the JustGiving page which we have set up, in consultation with Mr Ulph's family, to provide musical instruments and tuition for Mr Ulph's children as they grow up. This can be accessed via https://www.justgiving.com/crowdfunding/inmemoryofmrulph?utm_term=bdGWADmQx

The thoughts and best wishes of all the CCHSG community continue to be with Mr Ulph's family at this sad time.

Dates for Your Diary

Monday Week **A**	Apr	26	Assembly: Yr 12 Yr 11 In-Class Revision Yr 12 Reports to Parents Yr 13 Assessment Week 2
Tuesday	Apr	27	Assembly: Yrs 10 In-Year Testing for Yr 7 Place, Gym Yr 11 In-Class Revision Yr 13 Assessment Week 2
Wednesday	Apr	28	Assembly: Yrs 8 & 9 Yr 11 In-Class Revision Yr 13 Assessment Week 2
Thursday	Apr	29	Assembly: Yr 7 Yr 8 Parent Consultation Evening 16.15 – 20.00 Yr 11 In-Class Revision Yr 13 Assessment Week 2 CTTC Virtual Open Evening 16.00 – 18.00
Friday	Apr	30	Yr 11 In-Class Revision Yr 13 Assessment Week 2

Covid-19 Code of Conduct
We urge students to continue to wear masks in classrooms and corridors, to hand wash/sanitise, and follow the one-way system. We thank them for all they are doing to keep our school community safe.

Home Testing
Testing should continue twice weekly, please register student results via www.testregister.co.uk/login and www.gov.uk/report-covid19-result.

School Uniform
A reminder that students should be in normal school uniform except on days when they have PE, when long trousers PE kit or shorts with the kilt on top may be worn. Students should not need to wear long PE socks, just white ankle socks for PE.

Yr 8 Parent Consultation Evening – Thursday 29 April 16.15 – 20.00
Parents have been sent a letter inviting them to this event, along with guidance for booking appointments via SchoolCloud.

For regular updates on CCHSG activities you can follow us on Facebook @colchestergirls or Twitter @CCHSG_ For PE Department news see @CchsgD

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Yr 10 RS, Yr 11 and Yr 13 Assessments
Assessments continue to place in the Sports Hall, Gym and various classrooms until Tuesday 11 May. Assessments will then be taking place in the Art block from 11 May – 14 May. We ask student to remain considerate as they move around these areas.

Student Absence during the Assessment Period
Please be aware that during the assessment period the expectation is that students will be in school to study. Any absence for this reason will be unauthorised. For your information, the library has now been allocated to Yr 13 only for quiet study.

Yr 11 Hoodie Order
If students would like to purchase a Year 11 Hoodie, payment should be made via ParentPay and the order and consent form completed **by Friday 30 April**, to ensure the Hoodies arrive in good time. Any enquiries about sizing of Hoodies should be directed to Mrs Joslin.

Yr 13 Leavers Hoodie Order
If students would like to purchase a Year 13 Hoodie, payment should be made via ParentPay and the order and consent form completed **by Wednesday 28 April**, to ensure the Hoodies arrive in good time. Any enquiries about sizing of Hoodies should be directed to Mrs Tarrier.

Yr 7 BYOD
Unfortunately we are unable to roll out the 'Buy Your Own Device' scheme this academic year due to supplier issues.

CCHSG 500 Club – Winners of the April Draw
First prize £275: Ticket – 46054-1041655, parent of a student in Yr 12
Second prize £165: Ticket – 46054-1033553, parent of a student in Yr 8
Third Prize £110: Ticket – 46054-1041006, parent of a student in Yr 11

Our thanks go to all those generous parents and staff who have purchased tickets in support of the school. The next draw will take place on Thursday 20 May. Full terms and conditions and a list of winning numbers from all the draws are available on our website.

Colchester Teacher Training Consortium Virtual Open Evening – Thursday 29 April
Are you or do you know anyone interested in training to become a teacher? Colchester Teacher Training Consortium (CTTC), for whom CCHSG is the lead school, are holding Train to Teach virtual event. Please see poster below for further information and pass on the details for anyone who might be interested.

Healthy Living – Focus on Food
This week's recipe is for **Veggie Rainbow Picnic Pie;** this vegetarian pastry is part tortilla, part pie and is bursting with
Find the basic recipe on SharePoint, with all the other recipes so far, via Focus on Food.
Do send pictures to nwebb@cchsg.com.

Healthy Living Sessions
Students will have a Healthy Living session with Miss Webb on a rotation basis:
Yr 7 on Monday Periods 4 and 5 or Tuesday Periods 2 and 3
Yr 8 on Monday Periods 4 and 5 or Tuesday Periods 1 and 2
Parents are notified a week in advance of the session, in addition students can find the recipe and ingredients via SharePoint. We hope they enjoy the Healthy Living session.

Lost Property
All unnamed lost property that has been handed in since students' return to school, has been photographed and recorded on SharePoint. Students can view items via the link Lost Property.
Please check to see if anything belongs to your child, items can be collected from Reception. Unclaimed lost property will be disposed of at the end of the Summer Term.

Extra-Curricular and Enrichment Activities

Yr 7 Lunchtime Netball Club (Wednesdays)

It was lovely to see so many out for Netball Club at lunchtime – a record of 80 students attended which was fantastic!
Due to the high numbers, we have had to split the year group in half, please make note of the following dates:
COL forms ONLY on Wednesday 28 April, Wednesday 5 May
HES forms ONLY on Wednesday 12 May, Wednesday 19 May
This will give more time playing netball, rather than waiting off court due to the high amount of players.

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CCHSG Law Society
Students in Yr 12 have started Law Society on Monday evenings at 17.30 via Microsoft Teams for students in Yrs 10 and above. Students who are an aspiring lawyer or simply very interested in the law, should follow the link on the Student Bulletin to join their Teams page. They will have discussions on different aspects of the law every week, giving students a chance to express their passion for the law and practice their argument skills. Next week they will be looking at the George Floyd trial.

CCHSG Economics Society
The society are hosting a talk with L. Alan Winters, a professor at the University of Sussex, on Thursday 29 April. Open to students in Yrs 11 – 12 interested in studying Economics at university. Interested students should see the poster on the Student Bulletin for full details.

Debate Club – Wednesday 28 March, 17.30 – 18.00 via MS Teams
The next Debate Club session will discuss the statement: "lobbying should no longer be acceptable". Preparatory information will be available in the Teams group to help with understanding the topic.
If students wish to join the debate group, they should see information on the Student Bulletin.

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

Eco-Schools Mindfulness Minutes
Eco-Schools England need your help to achieve one million minutes of mindfulness. Using their Mindfulness Minutes eco-project they are looking to help young people, school staff and families find valuable time in our busy lives to integrate better mental health and wellbeing practice.
Between January and June 2021 you are asked to carry out a series of mindfulness actions, calculate the total number of mindfulness minutes achieved collectively and submit to Eco-Schools. Find out more via https://www.eco-schools.org.uk/eco-projects/mindfulnessminutes/ or CCHSG's GeogSoc TEAMS channel

Stress Awareness Month – From the Wellbeing Ambassadors
It is stress awareness month, so we thought we would take the opportunity to share our top tips for coping with stress, particularly during assessments. Please remember a small amount of stress can be good but you need to be your own best friend, look after yourself and recognise when things are becoming too much. The Wellbeing Ambassadors are here for you!
Here are our top tips for coping with examinations and revision followed by some ideas of how to de-stress:

- **Take regular breaks** – particularly when you are revising. Do not spend hours and hours in one place, move about and do something you enjoy.
- **Exercise** – even if it's only a 20 minute walk, exercise produces endorphins which reduce stress levels and improve your mood, as well as making your brain more active, improving your concentration - everyone's a winner!
- **Remember it is ok** and normal to feel a little stressed, life can be stressful! But watch out for yourself becoming too stressed (to the extent that it is affecting your daily activities) - the Wellbeing Ambassadors are here to help! You can email us on **aawellbeingteam@cchsg.com**

Ideas for what you can do to de-stress:

- Go for a walk or do some exercise you enjoy
- Watch some TV or a film you enjoy
- Phone a friend or meet up with a friend (COVID permitting of course)
- Spend time with family
- Take a bath
- Read a book or journal
- Do some yoga or meditation
- Baking or cooking

If you would like any more information regarding Stress Awareness Month, please take a look at the stress organisation website: https://www.stress.org.uk/national-stress-awareness-month-2019/ and please do not hesitate to email the Wellbeing Ambassordos if you would like someone to talk to, or need any student support

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

Date	Speaker	Talk Information
Tuesday 27 April 17.00 – 18.00 **LINK TO JOIN**	Dame Vivian Hunt, Senior Partner McKinsey & Company	Vivian will be sharing advice on how we can make the most of the opportunities around us.
Wednesday 28 April 17.00 – 18.00 **LINK TO JOIN**	Rory Sutherland, Vice Chairman, Ogilvy & Mather	Rory looks for 'unseen opportunities' in consumer behaviour; learn more about the contextual tweaks that transform the way that people think and act.
Thursday 19 April 16.00 – 17.00 **LINK TO JOIN**	Green Skills Sarah Breeden, Executive Director, Bank of England	Sarah leads the Bank of England's work on climate change. She will be speaking about the risk that climate change poses to financial institutions.
Wednesday 5 May 16.00 – 16.45 **LINK TO JOIN**	Property Chronicle broadcast Stephen Yorke, Founder, Property Chronicle and Camilla Powell Tuck, Asset Manager, Clearbell	The speakers will explain all about the property business in the UK and how you can learn more and get involved.

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.

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.

Year 12 Lunch Order

Student Lunch Order

Students should keep their 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 26 April

Monday	Tuesday	Wednesday	Thursday	Friday
Cottage Pie with Sweetcorn	Sausage Plait with Carrots	Beefburger, Chips & Beans	Sweet & Sour Chicken Noodles	Pan Fried Salmon with Saute Potatoes & Green Beans
Or				
Brie, Apple & Onion Tart with Salad	Chickpea Curry with Rice	Macaroni Cheese with Peas	Vegetable Pasta with Salad	Sweet Potato Dhal with Naan Bread
Main Meal £2.90				
Sticky Toffee Pudding with Custard	Devon Apple Cake with Custard	Pavlova	Pancakes with Lemon & Sugar	Raspberry Cheesecake
Pudding £1.20				
Panini £2.90				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				

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Community information

Essex Police
Please find attached the local update from Essex Police for your information.

Correspondence Sent Out This Week
All Yrs: PTFA JustGiving
Yr 7: Healthy Living Rotation (selected students)
Yr 7: Relationship and Sex Education Letter
Yr 8: Healthy Living Rotation (selected students)
Yrs 9 & 10: GCSE Music (selected students)
Yr 11: GCSE Music (selected students)
Yr 11: Hoodie Order
Yr 13: Leavers Hoodie Order

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yr 9	GCSE English Book Order	Friday 7 May
Yr 11	Hoodie Order	Friday 30April
Yr 12	Oxbridge Access Programme	Friday 30 April
Yr 13	Leavers Hoodie Order	Wednesday 28 April

This Week's Brainteaser
Three colas and one water costs £3.30
Two waters, one lemonade and one cola costs £2.80
One lemonade, one water and two colas costs £3.10
What is the cost of two lemonades, one water and one cola?

Last week's answer: Destiny and density.

Word of the Week for w/c 26 April
Next week the word is: **FIDUCIARY** – a person to whom property or power is entrusted for the benefit of another.

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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

Online appointment booking system will be available from Monday 3 May. £5 booking fee per appointment will be refunded in cash on arrival at the sale. We regret that we cannot take advance reservations for items. Sales will be on a first come first served basis.

2. Volunteers needed for the Second Hand Uniform Sale
The PTFA would be very grateful for volunteers to help prepare for the sale on the 13 and 14 May and to support with the stewarding and staffing of the actual sale. For full details and sign-up see: https://volunteersignup.org/8BFH8

3. Uniform and Revision Book Donations
Donations of outgrown uniform and revision books are gratefully accepted, via the wheelie bins outside school 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.

4. Waggy Tales Bookshop (Usborne Books)
We are pleased to announce that Waggy Tales Bookshop, an Independent Usborne Seller has kindly agreed to donate a percentage of all sales of books made through a unique code to CCHSG PTFA. They can provide some great resources for KS1, KS2, KS3 and KS4 including dictionaries, Thesaurus, Language resources, Creative Writing activity journals, a wide variety of fiction up to Young Adult, Science resources, History, Coding, Business, Economics, Politics, Law, Mindfulness books to ease stress, and many more.
Check out the link below for a catalogue of books and quote EDUGROUP when ordering.
https://usborne.com/gb/books/browse-by-age/11-13-years?organiserCode=b5180519f857d494f694434de12dc1b2&fbclid=IwAR3GZ5RS2Gbm61FG88EpWieLVCrq2PYWWAPCQ32JNEfwEMflUcRp_f-7Cys

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

Train to teach



with the outstanding primary & secondary graduate teacher training provider in Essex & Suffolk

Virtual Open Evening

Thurs 29 April, 2021 - 5pm

Currently recruiting graduates in **Sciences, Maths & Geography** to train as teachers in Sept 2021

Scan code or see website to book

Colchester Teacher Training Consortium
Tel: 01206 364728
enquiries@colchesterttc.org.uk

www.colchesterttc.org.uk

Ofsted Outstanding Provider