Colchester County High School for Girls
Parent Weekly Bulletin
25 June 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
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

NSPCC helpline to report abuse in education on 0800 136 663 or email help@nspcc.org.uk

Dates for Your Diary

Saturday	June	26	Yr 11 DofE Bronze Group A Training Day
Sunday	June	27	
Monday Week **A**	June	28	Yr 9 Careers Week Yr 12 Art Assessment New Yr 12 Induction Day (online)
Tuesday	June	29	Assembly: Yr 10 Yr 7 Art Curriculum Day – 7C Yr 9 Careers Week New Yr 7 Virtual Information Evening New Yr 7 BYOD Information Evening 19.30
Wednesday	June	30	Assembly: Yrs 8 & 9 Yr 7 Art Curriculum Day – 7O Yrs 7 & 8 BYOD Information Evening 19.30 Yr 9 Careers Week Yr 9 Immunisations Yr 9 Dora Love Prize Competition 16.00 – 17.15 Yr 12 English Language Conference 14.00 – 16.00
Thursday	July	1	Assembly: Yr 7 Yr 7 Art Curriculum Day – 7L Yr 9 Careers Week
Friday	July	2	Yr 9 Carers Week Yr 12 Art Assessment
Saturday	July	3	Yr 11 DofE Bronze (Group B) Training Day
Sunday	July	4	

Covid-19 Code of Conduct
We urge students to continue to wear masks in communal areas 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
It is very important that students continue to take their LFD test and report the results. This will helpto keep our whole community safe.
Testing should continue twice weekly, please register student results via www.testregister.co.uk/login and www.gov.uk/report-covid19-result.

ParentPay Meal Account
As we approach the end of the school year please ensure your child's meal account is in credit. Thank you.

Reminder to Parents and Students
We politely remind parents that students are responsible for their own belongings and should come to school fully prepared for their lessons.
School staff do not have the capacity to take messages or belongings to students during the school day and under the current conditions caused by the pandemic, we discourage parents from making unnecessary visits to the school. Thank you for your understanding.
Please also ensure all items are labelled with student names.
Lost Property – All unnamed lost property that has been handed in since students' return to school, has been photographed and recorded on SharePoint. Items can be viewed via the link Lost Property.
Please check to see if anything belongs to you, items can be collected from Reception. Unclaimed lost property will be disposed of at the end of the Summer Term.

Reporting Student Absence
When leaving a message on the student absence line, we kindly ask parents to please provide details of any illness rather than just 'unwell', this is for our records and any necessary contact tracing, meaning we do not need to make follow-up calls. Thank you.

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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Arriva: Information on Student Travel 2021-22
Student Saver tickets are valid for anyone in full time education; giving unlimited access to travel on any Arriva bus, across all of their routes in your chosen area, also valid for travel in the evenings, at weekends and throughout the holidays too. Their Direct Debit scheme allows you to spread the cost of the ticket over affordable monthly payments.
For students who receive funded travel they have a dedicated education team, who can help with any queries or question regarding their services and tickets.
Please see poster at the end of the Bulletin for more details.

MFL Spelling Bee
The Languages Department wishes to extend its congratulations to the students in Yr 7 for their exceptional achievements in the Regional Spelling Bee Competition; they have shown incredible resilience and commitment during incredibly difficult circumstances and should be incredibly proud. Two students finished in third and first place and will now move forward to the National Final. We wish them every success.

Yr 7 Art Curriculum Days
Students will be off timetable, with their Form Group, for the day, following morning registrations:

7C: Tuesday 29 June	7O: Wednesday 30 June	7L: Thursday 1 July
7H: Tuesday 6 July	7E: Wednesday 7 July	7S: Thursday 8 July

Students will need to bring the items below to these sessions:
1. A Science overall or apron
2. A medium size container, eg shoe box/tin with a lid, in order to transport home their clay sculpture at the end of the day
3. An old placemat, tile or chopping board that can be used to model clay on
4. A plastic bag, a sandwich bag or some cling film to wrap their work in and keep any spare clay moist
5. Any modelling tools that might make interesting marks when pressed into the clay such as pen lids, small pieces of lace, an old toothbrush
6. A pen, pencil, and rubber
7. Their Yr 7 sketchbook and Art folder for transporting home their finished prints
8. A water bottle with their water in for keeping hydrated

Yr 9 Careers Week – w/c 28 June
All Yr 9 students will be having dedicated time to reflect on the vast array of Careers available. They will be hearing from: an impartial careers adviser, a variety of professionals sharing their experiences, engaging in lessons as to the directions their subjects can take them as well as an opportunity to review their study plans and life goals.

Yr 9 DTP / MenACWY Vaccinations
Parents have been sent a letter from the Immunisation Team regarding the DTP/MenACWY Vaccinations on Wednesday 30 June. The letter contained a link to their electronic consent form which needs to be completed by 17.00 on Monday 28 June.

Yr 12 English Language Conference 14.00 – 16.00
Students will be off timetable for the conference which will cover key areas of the specification ahead of next year's assessments; three linguists will be talking about different aspects of language. We hope students find this valuable.

History Department KS4 Support Sessions
A reminder that the History department are running weekly sessions for Yrs 9 & 10 students who feel they would benefit from additional support in the subject:
Yr 10: The sessions are on a Monday lunchtime from 12.45 in T21.
Yr 9: The sessions are on a Monday lunchtime from 12.45 in G8.
These sessions will continue until the end of the Summer Term, a fantastic opportunity providing additional support to ensure students achieve their full potential in History.

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.

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Extra-Curricular and Enrichment Activities

Book of the Month
A reminder that the deadline for reviews of this month's book, ***The Sound of Everything*** by Rebecca Henry, should be sent to Mrs Croxson ccroxson@cchsg.com by **Friday 25 June**. See the end of the Bulletin for full details.

Music Lunchtime Clubs
Starting from Monday 28 June, there will be Music Clubs running during lunchtime that is operated on a sign-up system. The sign-up sheets are on each practise room door. There are limited spaces for Yrs 7& 8 clubs (max. 30 students at a time, this means Miss Frank and Miss Hill will be in charge of 15 each) so students should sign-up for a particular week they want to attend. If there are more names written than we can allocate instrument and rooms to, it will be rolled onto the following week available.
There are strict cleaning and maintenance protocols we must follow for Music Clubs to be safe:

- Please only touch equipment you require
- Wipe and return instruments and equipment to where they belong
- Do not eat or drink in practise rooms or mac suites – you need to have your lunch before turning up for 12.45 start

Please see poster below for the Music Clubs, further posters and sign-up sheets can be found in the Music department.

Debate Club – Wednesday 30 June, 17.30 – 18.00 via MS Teams
The next Debate Club session will discuss the statement"Was UEFA right in rejecting Munich's plan to light the stadium in support of LGBT+ Pride?" 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

Yr 8 Physics Photography Competition – Refraction
The theme of this year's Physics Photography Competition is: REFRACTION. This competition is open to Yr 8 only and will close for submission on Friday 9 July. Students should email their photos to Mr Minton via iminton@cchsg.com
See poster at the end of this Bulletin for full details.

Yr 7 Woodland Trust Green Tree Schools Award: *A Midsummer Night's Dream*
A Midsummer Night's Dream is set in an enchanted wood filled with trees, flowers… and mischievous fairies!
The Woodland Trust have teamed up with The Shakespeare Birthplace Trust, organisers of Shakespeare Week, to create a challenge based on one of his best-known plays, *A Midsummer Night's Dream*. This is an opportunity to take learning outdoors and to let the natural beauty of trees and woods inspire students, supporting literacy and Drama.
Students can see the Student Bulletin for a range of activities to complete and should send a photo or bring in the completed task to their English teacher who will submit it to the Woodland Trust as part of the Green Tree Schools Award.
Any questions, please contact Mrs Bowdidge, ebowdidge@cchsg.com, or their English teacher.
See woodlandtrust-shakespeare-plant-id-sheet to download the printable id sheet.

Yr 11 Sixth Form Preparation
Students will find a range of subject learning and enrichment activities to begin their preparation for A Level studies. These can be accessed via the school website under the Sixth Form tab entitled 'Sixth Form Reading List'.

Yr 13 Post A Level Activities
Student will find a range of resource links for academic reading and activities beyond Sixth Form. These can be accessed via the school website under the Sixth Form tab.

Yrs 11 – 13: Two Projects from The National Archives
In addition to the **Seafarers' Stories** online project mentioned last week, The National Archives are also running **Rebels in the Records** – an online filmmaking project using documents from the archive as inspiration for making short animation films. It will take place online over Zoom from Monday 26 July – Friday 30 July. Students can find out more information including how to apply here: https://www.nationalarchives.gov.uk/education/students/archive-experiences/rebels-in-the-records/

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Yr 11 & 13 Virtual Talks from Speakers for Schools
Next week's schedule for their **Predict '21 Campaign m**ay interest students in Yrs 11 & 13 and can be found via **Live Broadcasts Schedule.** If students are interested they should contact their Year Leader to arrange being sent the link to join.

Date	Speaker	Talk Information
Tues 29 June 14.00 – 15.00	Tom Hulme, General Partner & Head of Europe, GV (Google Ventures)	Tom Hulme will be speaking about the work of GV and sharing his experiences of how technology has enabled him to focus on social impact. How can technology improve the way social challenges are solved? How can we use technology to ensure we are making a positive impact on the world?
Thurs 1 July 10.00 – 11.00	Anne Longfield OBE, The Times Education Commissioner & Independent Chair, Learning Disability and Autism Children and Young People's Steering Group for the NHS	Anne Longfield OBE has advocated to boost children's life chances throughout her career and is a panel member of The Times Education Commission. Anne will be speaking about the importance of being proud of where you are from and having a voice. She will be answering any questions.
Tues 6 July 10.00 – 11.00	Ann Cairns, Exec Vice Chair, Mastercard	What is 5G and what does it mean for the future of our planet? What are some of the exciting new developments in AI? Ann will be answering our questions during this Predict '21 Broadcast and will be addressing some of the misconceptions that we may have about careers in technology.

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.

The University of Sheffield – Campus Visits
Their next two open days will be virtual on Saturday 26 June and Saturday 10 July.
The university has also launched their new Schools Liaison Twitter account, where they will be posting regular updates on their latest opportunities, plus headlines from across the University. Follow them @ShefUniSchools or visit their profile here https://twitter.com/ShefUniSchools.

Yrs 10 – 13: Young Professionals – Law Virtual Work Experience - Friday 2 July
For a panel discussion and a real-world project to work on, this session will give an insight into Law; different departments and areas of work (including non-law routes) and networking opportunities with breakout rooms with solicitors talking about different areas of law. To apply to join: https://www.research.net/r/Law-VWEX
Limited spaces are available, those interested are encouraged to book early to secure your place.

Community Information

Essex Police –Local Update for Colchester District
Please find attached the latest update from Essex Police.

A12 Chelmsford to A120 Widening Scheme - Consultation Now Open
Highways England's Preliminary Design Consultation is now open until 23.59 on Monday 16 August. You can visit the scheme web page to find out about their proposals and can give your views.
They are also running webinars and public information events throughout June, July and August - details are available on the scheme web page and the consultation page.

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E-Safety Update – Five E-Safety Reminders for Students

1. Protect your online reputation: use the services provided to manage your digital footprints and 'think before you post.' Content posted online can last forever and could be shared publicly by anyone.
2. Know where to find help: understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone.
3. Don't give in to pressure: if you lose your inhibitions you've lost control; once you've pressed send you can't take it back.
4. Respect the law: use reliable services and know how to legally access the music, film and TV you want.
5. Acknowledge your sources: use trustworthy content and remember to give credit when using others' work/ideas."

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.
Sexual abuse or harassment can also be reported to neveracceptable@cchsg.com
Our School Nurse is in school weekly for appointments with students; students should see their Pastoral Assistant to access this service.

A Message to Students From the Wellbeing Ambassadors – Relaxation

We know that school can sometimes be stressful, and assessments can be demanding, but it is always necessary to relax, take time out for yourself and relax your mind and body so that you're ready for the next day.
Relaxing can reenergise your mind for the next challenge or help you to become more self-aware. So, this week we want you to try these three techniques and see if they work for you.

Autogenic Relaxation – this is when you repeat words or phrases that help to relax you or think of a peaceful setting (also known as 'Your Happy Place'). Then focus on control; control you breathing, try relaxing each muscle with awareness, eg your arms one by one. This way you feel in control of your emotions and that overwhelming feeling soon dissipates as you release that tension, mentally and physically.

Progressive Muscle Relaxation – used when going to bed before an assessment to relax your body, allowing you to become more aware of yourself and physical sensations. Start by tensing your muscles for about 5 seconds then relax them for 30 seconds. Start with you head and neck then work your way down to your toes doing this for each muscle group. The main aim of this method is to help you focus on the difference between muscle tension and relaxation so that you can recognise when the stress is building up and when to let go and relax.

Visualization – imagine a place that makes you feel safe, comfortable, or perhaps just happy, take a visual journey through this place. Whatever it may be, allow yourself to be present at that place and focus on your breathing.

These are just a couple of ways to relax but there are more such as watching Netflix and chilling or doing a sport that you love; even breathing exercises can help, particularly before sitting a test. Whatever it may be, know that you should never feel guilty for relaxing.

If you do struggle to relax, make sure to talk to someone about this; you have the Wellbeing Ambassadors or Pastoral Team and members of staff to help you during stressful times, and know that you're not the only one going through this; all of us experience stress and some can be good but too much is when you need to slow down and perhaps open up to others, so that you can be given the support that you need.

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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 12 need to pre-order all food including hot food which will be served from the Sixth Form Refectory.

Students should keep their social distance when queuing in the Dining Hall and sit in their year bubble area
Please ensure your child's ParentPay meal account is in credit.

Student Lunch Order

Year 12 Lunch Order

Menu for w/c 28 June

Monday	Tuesday	Wednesday	Thursday	Friday
Chilli-con-Carne with Rice	Beef in Black Bean Sauce with Rice	Sausages, Chips & Beans	Cajun Chicken with Potato Wedges & Sweetcorn	Seafood Tagliatelle with Green Beans
Or				
Mediterranean Pasta Salad	Cheesy Bean Burger with Salad	Macaroni Cheese with Peas	Vegetarian Burritos with Salad	Ratatouille with Cheesy Bread
Main Meal £2.90				
Sticky Toffee Pudding	Devon Apple Cake	Strawberries with Cream	Rice Pudding with Jam	Eton Mess
Pudding £1.20				
Panini £2.90				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				
Tomato & Basil	Carrot & Coriander	Broccoli & Stilton	Vegetable	Butternut Squash & Sweet Potato

Correspondence Sent Out This Week
Yr 7: Healthy Living Rotation (selected students)
Yrs 7 & 8: Buy Your Own Device Scheme
Yr 8: Year 8 into Year 9 Transition
Yr 8: Healthy Living Rotation (selected students)
Yr 9: Enterprise Day
Yr 12: A Level English Language Conference
Yr 12: Higher Education Information

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yr 9	DTP / MenACWY Vaccinations	Monday 28 June
Yr 9	Dora Love Prize Competition	Friday 25 June
Yr 12	A Level English Language Conference	Monday 28 June

This Week's Brainteaser
Find words to fit the clues, all the words end in the same three letters. What are the words?
_ _ _ _ _ _ _ **A PLATFORM**
_ _ _ _ _ _ _ _ **LACK OF VARIETY**
_ _ _ _ _ _ _ _ **ILL FEELING**

Last week's answer: Trusty. The other words begin and end with the same two letters.

Word of the Week for w/c 28 June
Next week the word is: **CHURLISH** – difficult to work or deal with.

Colchester County High School for Girls
25 June 2021

PTFA
Registered Charity No. 1110464

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1. PTFA Fundraising – THANK YOU!
Second Hand Uniform Sale (Saturday 19 June)
The PTFA is delighted to announce that we have raised a further £2,841.51 via the second hand uniform and revision books sale on Saturday 19 June. Our thanks to all the 27 parents who came and supported us by helping with preparation ahead of the sale and on the sale day. We also thank parents who donated and came to purchase uniform and books for their daughters.

With **£3,556.68 raised at the sale last month**, this means that a total of **£6,398.19 was raised from second hand uniform and books sales**. We are happy to have been able to support parents during this particularly difficult time and, through the generous donations of the parent community, we have been able to provide uniform, while the usual retail stocks are low, for many of our new Year 7 students joining CCHSG in September 2021.

We are also pleased to announce that the **JustGiving** page that PTFA set up in April to help us raise funds because most of our usual events had to be cancelled over the past year, has received a total of **£1,486.18 + £302.50 Gift Aid** (Total funds raised is **£1,788.68**).

In total, **between April-June this year**, we have raised a total of **£8,186.87**. This is a phenomenal sum given the pandemic.

2. Appeal for Uniform and Revision Book Donations
Our next Second Hand Uniform Sale will be during the **Annual Christmas Market on Saturday 27 November**.

Please continue to support us with donations of uniform and revision books. Kilts that are no longer fit for use are also welcome as these can be recycled to make scrunchies. Buttons from blazers, cardigans and kilts are also recycled. Please ask students to deposit items in the wheelie bins 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.

3. CCHSG PTFA's Virtual Market
CCHSG PTFA now has a **Virtual Market** on Facebook. We are delighted to offer this new opportunity, during these challenging times, for local business and individuals to promote their products and services, for a nominal fee, in our Virtual Market Place. Facebook Business Pages and Individual Members can apply to be Registered Advertisers with this Group. Membership is subject to Admin approval.

To register as an advertiser, complete this Google form: https://forms.gle/3E63TnD5oCXxdh9i8
The Group's Rules can be found here: https://www.facebook.com/groups/cchsgptfa/about
Every penny raised through membership fees goes directly to support the school. Why not invite your friends and acquaintances to join the group?

See the PTFA section of the school website for full terms and conditions.

4. CCHSG PTFA's Christmas Market takes shape
Plans for the much anticipated and popular event of the year are already underway with many stalls already booked. Covid safety will be part of the event planning this year, taking into account any government restrictions that may be in place at the time. Further details to follow **on Classlist**.

Not yet a member of Classlist? Join us now at www.classlist.com
Just look for Colchester County High School for Girls or scan the QR-code below.

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

QR-Code for Classlist

QR-Code for PTFA's Virtual Market



The CCHSG Book Of The Month- June

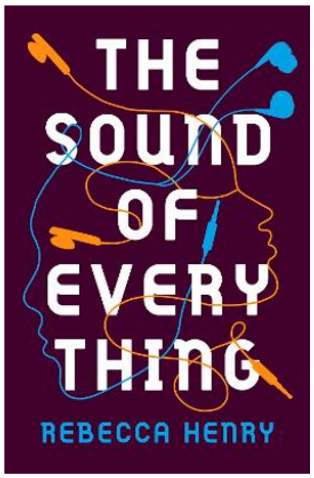
THE SOUND OF EVERYTHING

by Rebecca Henry

Young adult

'Winner of the 'Everything with Words' YA Competition 2019, Rebecca Henry's The Sound of Everything is an authentically gritty, involving coming-of-age novel that speaks to young people who struggle with feeling unseen, unheard and unloved'- Jane Owen, Editorial expert.

The Sound of Everything is a heart-felt coming of age story for all those who struggle to feel like they deserve love.
Betrayal, rejection, violence Kadie has known it all. She's tough and prepared for everything. Everything except love.
Kadie has has just arrived in yet another foster home. She trusts no one and lives by the rules: don't count on anyone, always act, be prepared to lose everything. She's lost everything more times than she can count but then she meets Lips and learns that some things are even more important than survival. But she has secrets of which she must let go if she is to make a stab at friendship and love.



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**.



Music Lunchtime Clubs

Day	Who	Where	What
Monday	Year 10	M19 Practise rooms	Any coursework component related practise - Ternary composition - Individual practise (for grades)
Tuesday	Year 8	M2 M19	Guitar and Bass Club Speech Dance Music Composition
Wednesday	7O and 7L	M2 Practise rooms	Blues Group practise (due to having short Period 3)
Thursday	Year 9	M2	Music Technology Recording and practise
Friday	All other Year 7's	M2 Practise	Ukulele Club Blues Practise

You need to sign up for a session on the sheets and stick to the practise room you have booked. This will help track and trace.

Guitar/bass and ukulele club have a limit of 30 students. NO food or drinks in the rooms.

Clubs start at 12.45!!

Student Travel 2021-22

Do you or your child travel to University, College or School by bus? If so, we've got the perfect solution!

Arriva Student Saver tickets are valid for anyone in full time education. You will get unlimited access to travel on any Arriva bus, across all of our routes in your chosen area.

The Saver tickets will not only cover your travel to and from University, School or College, but can also be used to travel in the evenings, at weekends and throughout the holidays too.

Arriva's Direct Debit scheme allows you to spread the cost of your ticket over affordable monthly payments. It's an easy way to pay for travel and there's no contract involved, making it an ideal way to get reduced bus travel for the whole Academic year, without paying upfront.

*Our tickets do not cover Arriva London/TFL routes

It's a simple process to apply, to arrange your Direct Debit please visit:

www.arrivabus.co.uk/monthlytickets

To ensure delivery of tickets in time for the start of the new Academic Year, we recommend registering now.

Once registered you can select either to receive your monthly pass by post or sent to your mobile phone. This ticket will rollover every month for as long as the direct debit remains active.

For any queries regarding the scheme, please email: talktous@arriva.co.uk

