Colchester County High School for Girls
Parent Weekly Bulletin
2 July 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	July	3	Yr 11 DofE Bronze (Group B) Training Day
Sunday	July	4	
Monday Week **B**	July	5	Assembly: Yr 12 Yr 9 Healthy Lives Matrix Day Yr 12 Art Assessment
Tuesday	July	6	Assembly: Yr 10 Yr 7 Art Curriculum Day – 7H
Wednesday	July	7	Assembly: Yrs 8 & 9 Yr 7 Art Curriculum Day – 7E
Thursday	July	8	Assembly: Yr 7 Yr 7 Art Curriculum Day – 7S Yr 9 Environmental Sustainability Matrix Day Yr 12 Higher Education Information Evening 18.00 – 19.00
Friday	July	9	Yr 9 Enterprise Day
Saturday	July	10	Yr 11 DofE Bronze Group A Qualifying Expedition
Sunday	July	11	Yr 11 DofE Bronze Group A Qualifying Expedition

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.

Student Safety Information from Essex Police
Essex Police have asked us to share their warning that there fake branded sweets being circulate which contain high levels of cannabis oil. We ask parents to be aware and share the concern that they can lead to severe effects which may require medical treatment. Please see information at the end of this Bulletin from Essex Police.

Yr 12 Future Medics, Vets and Dentists
A reminder to students that Mrs Cliff is running an introduction to Multiple Mini Interviews (MMI) in the Lecture Theatre on Monday during PSHCE, so students can then start their own independent preparation over the Summer holiday.

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

Parent Weekly Bulletin – 25 June 2021

Yr 7 Art Curriculum Days
Students will be off timetable, with their Form Group, for the day, following morning registrations:
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 Matrix Days – w/c Monday 5 July
Yr 9 will be off timetable for the following days next week, as part of the enrichment matrix days, where they get the chance to experience a flexible and balanced curriculum now they are a three year Key Stage 4. They will have lessons as normal on Tuesday and Wednesday.
Monday 5 July: Healthy Lives Day – The students will be taking part in various activities that are intended to relax them, give them a chance to unwind, and hopefully have fun. Students need:
Colouring pencils Reading book Small blanket (optional but recommended) A positive, open mind
Thursday 8 July: Environmental Sustainability Day – The day will introduce students to the idea of sustainability and ethics in the 21st Century. They will get an insight into "fast fashion" and sustainable urban living. Students are reminded to bring newspapers in for the day before hand so they can be quarantined.
Friday 10 July: Enterprise Day – The aims of the day are to develop their understanding of the world of business and the financial markets with particular focus on team-work, entrepreneurship and decision making, as well as developing understanding of the concept of trading on the stock market.
We hope students enjoy these days and find them enriching.

Sports Day 2021
The following sports day events are taking place next week:
Tuesday 6 July: Yr 9 High Jump (at 12.40), Yr 7 1500m (at12.40) and Yr 8 1500m (at 13.00)
Wednesday 7 July: Yr 10 High Jump (at 12.40)
Thursday 8 July: Yr 7 High Jump (at 12.40), Yr 9 1500m (at 12.40) and Yr 10 1500m (at 13.00)
Friday 9 July*:* Yr 8 High Jump and Yr 10 Triple Jump (both at 12.40)
For High Jump, students should go to the Gym at the allocated time, for 1500m to the finish line on the track.

Yr 12 Wellness Reboot – Tuesday 13 July
This is an opportunity for Yr 12 to learn how to engage with themselves and others to obtain optimal health in all areas of their wellbeing. They will do this by getting involved in a variety of wellness activities, including listening to guest speakers from wellness charities and thus start their journey to Yr 13 in a positive and sustainable way.
We would welcome a minimum donation of a £1 to support our charities, this does not include our Key Note Speaker as they have volunteered their time and expertise for free. Other welcome donations to support our sustainability and environmental aspects of the day include; clean old T-shirts (any size), clean jars with the labels removed, plant pots and any colourful decorations.

Yr 12: Parent Information for Higher Education – Thursday 8 July 18.00 – 19.00
Mrs Hughes, Head of Sixth Form, will be hosting a live event for parents of Yr 12 students via MS Teams, to discuss the current UCAS process, Student Finance and a Q&A session with a guest speaker from the University of Essex.
To attend the event on Thursday 8 July please accept the invite link that will be sent out by email before the event.

Music Department – Students' Musical Instruments
For all students who have stored an instrument in the Music Store Rooms or Practise Rooms, must come and collect them by the end of Thursday 15 July.
There is also an electric guitar owned by a current Yr 8 student in the Music and Drama office which needs to be picked up.

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
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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Healthy Living – Focus on Food
This week's recipe is for '**Pepper and Chicken Jalfrezi Tray Bake**'. This jalfrezi-inspired one-tray dish is full of big flavours with minimal effort; using two fantastic flavour shortcuts: a spice-packed jalfrezi curry paste, and an onion marmalade to bring sweetness, stickiness, and sourness.
Find the recipe on SharePoint, with all the other recipes so far, via Focus on Food.
Do send pictures to nwebb@cchsg.com.

Extra-Curricular and Enrichment Activities

English Deaprtment: Summer Reading Challenge – "Shelf Indulge"
For full details of this challenge please see poster at the end of the Bulletin.

Debate Club – Wednesday 7 July, 17.30 – 18.00 via MS Teams
The next Debate Club session will discuss the statement "In light of the recent altercation with Russia near Crimea, this House believes Britain should stop pretending it is a world superpower."
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

VetSoc – Monday 5 July 18.00 via Microsoft Teams
VetSoc will be continuing next Monday, where we will be talking about genetic engineering of livestock. It is open to aspiring vets from all years - if students would like to be added to the team, they should email Dr Martin lMartin@cchsg.com.

Operation Bletchley – Virtual Code Breaking Challenge
In association with ABF the Soldiers' Charity, Bletchley Park have launched this year's codebreaking mission; can students crack the codes to deliver a secret message before it's too late? Find the mission details at Launch Operation Bletchley

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
Students 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.

Yr 11 & 13 Virtual Talks from Speakers for Schools
Predict '21 Campaign continues and may interest students in Yrs 11 & 13, please see **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
Mon 5 July 10.00 – 11.00 And 14.00 – 15.00	In Partnership with Penguin: Will Young, Pop Star, Actor and Author	Will Young will be speaking about his new book 'To Be A Gay Man', reflecting on how he overcame the challenges he faced. This broadcast is a great opportunity to learn about self-acceptance.
Tues 6 July 14.00 – 15.00	Ann Cairns, Exec Vice Chair, Mastercard	Ann will be answering questions during the Predict '21 Broadcast and will be addressing some of the misconceptions that we may have about careers in technology.
Weds 7 July 14.00 – 15.00	Panel event with Into Film, The Rough Assembly and the UK Post Sound Collective.	The panel will talk about their experiences of working in Post Production sound in the film & TV industry and the importance of the soundtrack in engaging the audience and telling the story.

Watch pre-recorded broadcasts from their library here

Speakers for Schools – Competition
An opportunity for students aged 15-18 to get published; in association with *The Property Chronicle* and The Academy of Real Assets students need to write 800 words starting with *"The town of the future will….."* It can be an essay, short story, poem or some other format.
All prize-winning entries (up to 50) will be published in a book sent to over 2,000 UK schools plus leading employers in the Property world. Some of the winners will also be published by The Property Chronicle to its over 3 million social media followers. To enter register at The Academy website www.acadrealassets.com (please note you will be signing up to a third party and will have to agree to their T's & C's).

Parent Weekly Bulletin – 25 June 2021

E-Safety Update – Parental Controls Offered By Your Home Internet Provider

How to set up filters on your home internet to help prevent age inappropriate content being accessed on devices in your home.
The four big internet providers in the UK – BT, Sky, TalkTalk and Virgin Media - provide their customers with free parental controls which can be activated at any time. They have come together to produce these helpful video guides to help you to download and set-up the controls offered by your provider. The links to each of the videos below can show you how.
How to set up the parental controls offered by BT: https://player.vimeo.com/video/58465441?color=ff9933
How to set up the parental controls offered by Sky: https://player.vimeo.com/video/58535557?color=ff9933
How to set up the parental controls offered by TalkTalk: http://www.saferinternet.org.uk/homesafe_demo/index.html
How to set up the parental controls offered by Virgin Media: https://player.vimeo.com/video/58542774

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.

Careers and University Information

CCHSG Careers Information

Mrs Kee is continuing to hold telephone appointments with students until the end of term, 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.

Kuehne+Nagel Virtual Work Experience

For students between the ages of 14 and 18, their work experience programme will run from 2 August to 13 August. Applications are open now, and will close on 28 July. To find out more and apply, click here.

Community Information

Bikeability Summer Holiday Courses

Essex County Council are offering Bikeability Level 1, Level 1 & 2 , Level 3 and learn to ride courses during the Summer Holiday – please see poster at the end of the Bulletin for full details.

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 Order Form

Year 12 Lunch Order Form

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Menu for w/c 5 July

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognaise with Sweetcorn	Pork Lentil & Vegetable Sausage Roll with Salad	Beefburger with Chips & Beans	Breaded Chicken with Potato Wedges & Green Beans	Pan Fried Salmon with Sauté Potatoes & Broccoli
Or				
Vegetable Chilli with Rice	Cheese & Tomato Pasta Salad	Macaroni Cheese with Peas	Mushroom Stroganoff with Rice	Quiche with Salad
Main Meal £2.90				
Syrup Sponge Pudding with Custard	Blackberry & Apple Crumble with Custard	Strawberries with Cream	Pancakes with Lemon & Sugar	Strawberry Cheesecake
Pudding £1.20				
Panini £2.90				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				
Minestrone	Vegetable	Tomato & Basil	Carrot & Coriander	French Onion

Correspondence Sent Out This Week
All Yrs: Letter from Essex County Council
Yr 7: Healthy Living Rotation (selected students)
Yr 9: Matrix Information
Yr 10: Purchase of GCSE Science Revision Guides
Yr 11: DofE Bronze Award Qualifying Expedition (Group A)
Yr 12: A Level German Text Purchase
Yr 12: Higher Education Information Evening

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yr 10	Purchase of GCSE Science Revision Guides	Monday 5 July
Yr 11	DofE Bronze Award Qualifying Expedition	Monday 5 July
Yr 12	A Level German Text Purchase	Wednesday 14 July

This Week's Brainteaser
What letter should appear next in this sequence?
ZYXWRQPLK?

Last week's answer: balcony, monotony and acrimony

Word of the Week for w/c 5 July
Next week the word is: **PEDANTIC** – overly concerned with minute details or formalisms.

Colchester County High School for Girls
2 July 2021

PTFA
Registered Charity No. 1110464

COMMITTED TO EXCELLENCE

1. 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.

2. 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?

Please share the attached PTFA's Virtual Market Facebook Page QR-Code.

3. CCHSG PTFA's Christmas Market takes shape
Plans for this much anticipated and popular annual event 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.

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.

Visit her website: Waggy Tales Usborne Books for CCHSG

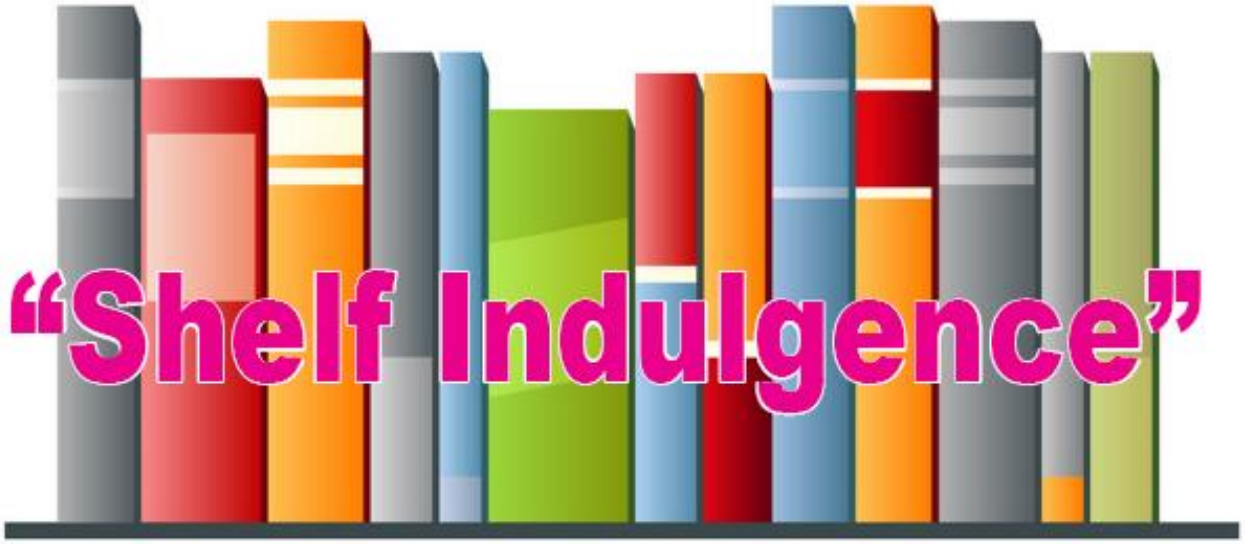
PTFA CONTACTS:
Chair: Agness O'Brien
agnessobrien@hotmail.com
Tel. 01376 573694 or 07951 511653
For all enquires related to the PTFA, email cchsgptfa@gmail.com

QR-Code for Classlist

QR-Code for PTFA's Virtual Market

CCHSG English Department

SUMMER READING CHALLENGE



"Shelf Indulgence"

Are you up for the challenge?

Read as many of the recommended books as possible over the summer to win a prize

How to enter….

1. Read the recommended books on the entry form (form available from the English office or your English teacher)
2. Complete the form
3. Return your completed entry when you return to school in September or email to ccroxson@cchsg.com
4. You will need to complete a short quiz on each of the books you have read.

Be Fraud Smart!
essex.police.uk/befraudsmart
ESSEX POLICE
Protecting and serving Essex

Essex Police

Organised Crime Newsletter

2

28th May 2021

Fake Cannabis Sweets or "Edibles"



Warning— there are in circulation fake branded sweets which contain high levels of cannabis oil. These sweets are used to attract teenagers into trying cannabis.

Each sweet contains THC (Tetrahydrocannabinol - the main psychoactive ingredient in cannabis) and affect the central nervous and cardiovascular systems. It can take up to an hour for ingested THC to have any effect. THC is normally inhaled through smoking, but edibles can give longer lasting effects, including:

- Loss of coordination
- Hallucinations
- Nausea/vomiting
- Lethargy, collapse or loss of consciousness
- Cardiovascular.

Adults have more body mass and therefore the effects of a couple of sweets are mild, however if children eat these sweets the effects are more severe and may require medical treatment. Some children have been hospitalised after eating a whole bag, of what they thought were sweets.



If you have any information about possible organised crime, victims of such crime or vulnerable people subject of exploitation, please inform Essex Police or CrimeStoppers on 0800 555111

Keep up to date and do *even more* Online at essex.police.uk

CALL ESSEX POLICE 101
IN AN EMERGENCY ALWAYS CALL 999

It was noticed in October 2020, there was an increase in empty packets of these sweets around educational premises , especially when lockdown lifted. Now that lockdown restrictions are being lifted once more, it is believed there might be a surge in Organised Crime Groups involved in drugs dealing, supplying these sweets at schools and colleges in an attempt to recruit more cannabis users.

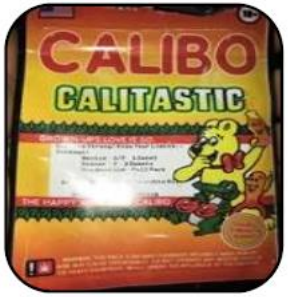


Both the possession and supplying of cannabis sweets is illegal.



How can I tell cannabis sweets from the real ones?





Look out for the **"THC"** sign and an **"Activation Time"**

Reporting concerns about "Edibles"

Should you see anyone dealing cannabis sweets or notice any discarded packets in bins around schools or parks etc. then please inform your local police or CrimeStoppers.





If you have any information about possible organised crime, victims of such crime or vulnerable people subject of exploitation, please inform Essex Police or CrimeStoppers on 0800 555111

Keep up to date and do *even more* Online at essex.police.uk

CALL ESSEX POLICE 101
IN AN EMERGENCY ALWAYS CALL 999

Bikeability Level 1, Level 1&2 , Level 3 , and Learn to ride courses (17th, 18th, &19th of August)

Colchester Northern Gateway





For details of courses available visit:
www.saferessexroads.org/road-users/cycling

Essex County Council