Colchester County High School for Girls
Parent Weekly Bulletin
8 October 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
Monday 18 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
Tuesday 19 July
Wednesday 20 July
Thursday 21 July

Prov Term Dates 2022 – 2023

Autumn Term
Thursday 1 September
Tuesday 20 December

Half Term
Monday 24 October
Friday 28 October

Spring Term
Thursday 5 January
Friday 31 March

Half Term
Monday 13 February
Friday 17 February

Summer Term
Monday 17 April
Friday 21 July
Bank Holiday
Monday 1 May

Half Term
Monday 29 May
Friday 2 June

Non-Pupil Days TBC

Safeguarding: Never Acceptable
to report a concern:
Click Here to make an Anonymous Report
Link to Whisper an anonymous third-party service

Dates for Your Diary

Monday Week **B**	Oct	11	Assembly: Yr 13 Yr 11 GCSE Drama NEA Technical Rehearsal, Periods 3 – 5
Tuesday	Oct	12	Assembly: Yr 12 Assembly Yrs 10 & 11
Wednesday	Oct	13	Assembly: Yrs 7 & 8 Yr 11 GCSE Drama NEA Performance
Thursday	Oct	14	Assembly: Yr 9
Friday	Oct	15	11C Non-Uniform Charity Day Sixth Form Charity Day

Student Home Testing
We encourage all students to continue testing twice weekly. Results should be recorded via www.testregister.co.uk/login and www.gov.uk/report-covid19-result.

Our whole community are all trying to keep infection rates as low as possible and prioritise the education of our students.

We are leaving windows open – good ventilation and air flow is part of our Covid-19 control measures and encourage regular handwashing.

Parking in the Lexden Road Area
We kindly remind parents and carers parking in the residential areas around Lexden Road/Norman Way to be considerate of local residents. Please do not block drives or park on grass verges, follow parking restriction signage, and turn off your engine while waiting to reduce air pollution in this area. Thank you for your co-operation.

Non-Uniform Day – Friday 15 October
11C are organising the day to support the charity Women for Afghan Women (WAW). The theme for day is 'culture'. Students are encouraged to participate by wearing clothes appropriate to this theme and pay a voluntary contribution of £1 via ParentPay. However, as with all non-uniform days, students should dress appropriately for a working school day and wear suitable footwear. Students must not wear ripped jeans, short skirts, shorts, cropped or low cut tops, and hair and jewellery rules still apply. Students must not wear ripped jeans, short skirts, shorts, cropped or low cut tops, and hair and jewellery rules still apply. If students have PE on this day they are required to bring PE kit to change into and remove loose accessories in order to safely carry out sporting activities.

Sixth Form Charity Day – Friday 15 October
The Head Girl Team are organising the day to also support Women for Afghan Women (WAW); students are asked to pay a voluntary contribution of £1 via ParentPay to wear more casual clothes for the day. **Students should dress appropriately for a working school day and wear suitable footwear.**

Remember – no shorts, short skirts, bare midriff or ripped jeans. If students are in unacceptable clothing they will be sent to their Year Leader for alternative clothing to be provided.

School Chaplaincy Drop-In
Rev Greenland, the School Chaplain, continues to be available to all students to support their emotional and spiritual wellbeing in F11 on Monday lunchtime.

Yr 12 Extended Project Qualification
Student applications to undertake an Extended Project Qualification (EPQ) need to be completed using the link: https://Year 12 Extended Project Qualification Application The deadline for applications is Monday 11 October 21.00.

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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Healthy Living Rotations
Yrs 7 & 8 students should have been notified by their Form Tutor which Healthy Living Rotation they will be on and noted the dates in their planner. Parents will be sent a reminder email the week before your child is due to have their rotation.
Rotations with Mrs Webb will be:
Yr 7 on Monday Periods 4 and 5 or Tuesday Periods 2 and 3 – Week B
Yr 8 on Monday Periods 4 and 5 or Tuesday Periods 2 and 3 – Week A
Students can access the initial recipes to check ingredients via: Healthy Living We hope they enjoy their Healthy Living sessions.

CCHSG 500 Club 2021/22
We are seeking the continued support of our school community with the CCHSG 500 Club for the 2021/2022 academic year. Membership takes the form of a one off payment of £40, which entitles participants to be entered into ten monthly draws over the academic year for prize money of up to £500. All the funds raised will go directly towards the provision of additional resources and equipment for our students. The ticket purchase portal is now open via https://www.trybooking.com/uk/BDQU
Please purchase your tickets by 16.00 Tuesday 19 October, ahead of the first draw of ten which takes place on 20 October. Terms and condition apply and can be found on our website https://www.cchsg.com/500-club-rules/

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 or see the anonymous reporting link on the front of the Bulletin.
Childline: 0800 1111 NSPCC: 0808 800 5000

The School Nurse and School Counsellor are available for student appointments.

Wellbeing Ambassadors
We are looking for students to become the new school Wellbeing Ambassadors, who will run campaigns over a two year period at CCHSG on a number of health related issues, including: Physical activity, Mental Health, Body image, Healthy Eating and more. Those interested in becoming a Wellbeing Ambassador should write a short application to Miss Wiseman (nwiseman@cchsg.com), explaining why this is of interest to them and why they think you will be a good candidate. Please see poster below for more details. Deadline for applications is Friday 15 October.

Wellbeing – 5 Steps To Help You Problem Solve
Step 1 – identify the problem. Ask, "what is the problem?"
Step 2 – Brainstorm solutions. Come up with as many different solutions as you can. Think about times you have faced similar situations before.
Step 3 – Consider possible consequences. For each possible solution, look at the pros and cons and ask "is this respectful and fair?" and "is this safe?"
Step 4 – Pick the best solution and try it out. Take action and test your solution out.
Step 5 – Check how it is working. Ask, "is this solution working?". If not, try something out.

Always rationalise your problems and situations, and think of the possible outcomes.

Extra-Curricular and Enrichment Activities

PE Fixtures

Date	Time	Event	Against	Location	Year(s)
12.10.2021	15.45 – 17.00	Netball – Friendly	Paxman	Away	Yrs 8&9
13.10.2021	14.00 – 19.15 approx	Lee Valley Indoor Athletics	Various	Away	Yrs 10 & 11
13.10.2021	15.15 – 17.45	District Netball Tournament	Various	Away	U14 & U16
14.10.2021	15.45 – 17.00	Netball – Friendly	St Mary's	Home	Yrs 8 & 10

Yrs 10 – 13 Netball training is cancelled on Wednesday 13 October due to the fixtures happening that evening.
Students should also check the noticeboard in PE regularly for any updates or changes.

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GCSE History
Yr 11 GCSE History Revision Club will be in T21 every Monday at 12.45 with Mr Kidby.

Geography After-School Sessions
A Level NEA Support Thursday 15.45 – 16.30
A reminder that A Level students are permitted to make use of the Geography Department NEA resource library in their free Periods/lunch time.
GCSE Revision/Support Friday 15.45 – 16.30 starting after Half Term. Students should let their Geography teacher know if there are any specific topic areas or examination techniques they wish to review.

Yr 9 Dora Love Prize 2021
The Dora Love Prize is run by Essex University in memory of Holocaust Survivor Dora Love and is an excellent opportunity for students to engage with history of the Holocaust while making links to society today. As a group students will create a project that relates to the yearly theme, this year it is "If the human rights of one group are violated, no group can feel safe". The project is for Yr 9 students, if they are interested in taking part in the project and representing CCHSG they should email Mr Kidby with a short paragraph explaining why they would like to be considered. The deadline for entry is Friday 15 October.

Yr 12 Lessons from Auschwitz Project
The Lessons from Auschwitz Project is an excellent opportunity for Y12 students who wish to develop their understanding of the Holocaust. If selected, they will attend live workshops to help them engage with key themes, causes and most importantly life stories. Following the live workshops, students will then work as a Holocaust Ambassador at the school helping to pass on the important messages we must learn from the past. Students who are interested should email Mr Kidby with a short explanation of why they would like to be considered. The deadline for entry is Wednesday 13 October.

Crochet Club – Fridays 12.45 – 13.15 G26
With the help of the Art Ambassadors, a student in Yr 10 is starting Crochet Club. All welcome but students will need to sign up on the sheet outside G26. Please see poster below for more details.

Schools will Rock You – Call Back Auditions
Please note that there has been a change of date for the call back auditions. These will now take place on Thursday 14 October, from 15.35 – 17.15, not Wednesday 13 October as previously advertised.
Students should check the board carefully for instructions and roles – some have been called back for more than one!

CCHSG Book of the Month
This month's book is *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows, suggested by a student tin Yr 10.
Students are encouraged to write a review and email it to Mrs Croxson by the **last Friday of each month**. Please see poster below for more details.

Countries of the World Competition
How strong is students' world knowledge? Mr Kennedy has set up a leaderboard in T19 to chart how many of the 196 countries of the world students can name in 15 minutes. Students can see the Student Bulletin for how to rake the quiz. The competition is open to all year groups, and there are prizes to be won!

Flute Recital – Thursday 14 October, 12.35 – 13.20
A student in Yr 13 is holding a Flute Recital in M3 on Thursday lunchtime, free admission and all students are welcome.

Music Clubs
New! Recorder Group – Friday lunchtimes 12.50 – 13.20 in M19. All years welcome with Grade 1 and above.
New! Advanced Ensembles – All years welcome, for students who play any instrument Grade 6 and above, M19 on Wednesday lunchtimes 12.50 – 13.20.

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E-Safety Information – Discord: What Parents Need To Know

Discord is a free voice, video, and text chat app for teens and adults ages 13 and up. If your child is a gamer, they are likely to have this app. It is intended for teens to chat about their games and create a talk-group when they are playing a cooperative game.

Discord can be accessed via their PC, games-console, browser, or mobile phone. Once there, they can join a chat they have been invited to or they can create private servers and invite their friends to play and discuss games by voice, text or video. They can also message each other individually or in group chats with up to ten other friends.

Can my child be bullied or exposed to inappropriate content on Discord?

Sadly the answer is, "Yes," but it is not any more problematic than other social media platforms. There are parental controls that will help you set up your child's account so they are only chatting with friends and not strangers. All conversations are opt-in, so anyone not interested in chatting has a variety of tools at their disposal. Here are some simple suggestions to make your child's experience safer:

1. Block unwanted messages and friend requests, follow these steps: User Settings -> Privacy & Safety → Turn off the "Allow direct messages from server members" option. In this same menu, under "Who can add you as a friend," deselect "everyone" and "server members."
2. Block inappropriate content - User Settings -> Privacy & Safety → Check the "Keep Me Safe" box. Check out this help article for more details.
3. Talk to your child about your security concerns and set expectations - Have a conversation about your security concerns, mainly that you don't want them chatting or sharing any information with strangers. This includes friends-of-friends they have never met. Clearly define your expectations of "safe use" of this app, and the consequences of failing to meet those expectations.

For a full parental guide on Discord access Common Sense Media's - Parents' Ultimate Guide to Discord
https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-discord

Dining Room Arrangements

Breakfast – 'to go' served between 08.00 – 08.35, accessed via the Dining Hall Extension Doors outside the servery.
Breaktime – Yrs 7-11 need to go to the allocated outside area to eat. Break service 'to go' in Dining Hall.
Lunchtime – hot food in Dining Hall at allocated time for each Year Group, cold food and pre-ordered panini/sandwiches available from outside servery 12.35 – 13.00. Yrs 12&13 pre-ordered food in Sixth Form Refectory from 12.15.
There must be no eating in classrooms except if wet lunch is declared. The school field is open to all but there is no eating on field.

Pre-orders must be made by 08.30. Please ensure your child's meal account is in credit.

Student Lunch Order

Sixth Form Lunch Order

Menu for w/c 11 October

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Tomato Pasta with Sweetcorn	Roast Pork with Roast Potatoes & Carrots	Pizza, Chips & Salad	Cajun Chicken with Potato Wedges & Sweetcorn	Homemade Fish Finger Roll with Salad
Or				
Vegetable Chilli with Rice	Cheese & Tomato Pasta with Salad	Macaroni Cheese with Peas	Mushroom Stroganoff with Rice	Ratatouille with Cheesy Bread
Main Meal £3				
Sticky Toffee Pudding with Custard	Apple Crumble with Custard	Pavlova	Chocolate Mousse	Strawberry Cheesecake
Pudding £1.20				
Panini £3				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				
Vegetable	Tomato & Basil	Sweet Potato & Butternut Squash	Leek & Potato	Broccoli & stilton

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Correspondence Sent out this Week:
All Yrs: CCHSG 500 Club
All Yrs: LFT Letter from Essex County Council
Yr 7: Essential Information Booklet
Yr 9: Essential Information Booklet
Yrs 12 & 13: EFA Bursary Applications

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yrs 7 & 8	KS3 Mathematics Textbook Purchase	Friday 15 October
Yrs 7, 8 & 9	Buy Your Own Device Scheme	Sunday 10 October
Yrs 9-11	KS4 Mathematics Textbook Purchase	Friday 22 October
Yrs 9-13	Graphical Calculator Purchase	Friday 8 October
Yr 10	Invitation to Year 11 Devised Performance	Friday 8 October
Yr 11	GCSE Drama Devised Theatre Technical Rehearsal and Performance	Friday 8 October
Yr 12	Assisting with Yr 11 GCSE Drama Devised Theatre	Friday 8 October
Yrs 12 & 13	Geography Review Subscription	Friday 15 October
Yrs 12 & 13	A Level Mathematics and Further Mathematics Textbook Purchase	Thursday 21 October

Word of the Week for w/c 11 October
Next week the word is: **STUPENDOUS** – causing amazement.

Colchester County High School for Girls
8 October 2021

PTFA
Registered Charity No. 1110464

COMMITTED TO EXCELLENCE

1. **Diary Dates for Autumn Term (2021/2022 Academic Year)**
   - **PTFA Meeting – Monday 8 November 19.30 – 21.00**
     All are welcome to this meeting to finalise plans for the upcoming Christmas Market
   - **Annual Christmas Market - Saturday 27 November 12.00 – 15.00**
     Save the date for this popular annual fundraising event hosted by CCHSG PTFA which is open to our local community. See Item 2 below for volunteering opportunities
   - **Second Hand Uniform & Revision Book Sale - Saturday 27 November 12.00 - 15.00** during the Christmas Market.

2. **Christmas Market - Saturday 27 November 12.00 – 15.00**
   - **Beresfords Estate Agent's advertising boards to promote the Christmas Market**
     This year, once again, we are delighted to have our Christmas Market advertised by **Beresfords Estate Agents**. We will be back in touch with all those parents, grandparents and friends who previously registered their addresses in Colchester to confirm that they are happy to host a board again this year. This time, we are pleased that the advertising will also cover Chelmsford. If you own a property in Colchester, Chelmsford or surrounding areas which is in a prominent location with public access or visibility and would like to volunteer your address, please let us know. Boards are installed no more than 3 weeks before the event and removed during the week afterwards. Family and friends can also volunteer
     Contact: Agness O'Brien on Classlist or email cchsgptfa@gmail.com by Friday 15 October if you can volunteer with your full address, preferred email and contact telephone details.
   - **Volunteers needed for the Christmas Market** – could you:
     - help with set-up and clearing up
     - Provide home-made cakes, cupcakes, mince pies, any other festive favourites including jams, preserves, pickles or home-made curries for the café
     - Staff a PTFA games stall or help in the café
     - Donate chocolates and bottles for our Chocolate & Bottle Tombola (can be anything, wine, sauces to bath gels. If it comes in a bottle, it is good for the bottle tombola)

We are also looking for volunteers to be the drop off points for donations of items for the bottle and chocolate tombola. If you can help, kindly email us at cchsgptfa@gmail.com

You can now **sign up online to volunteer** for any of the listed task(s) at a time that suits you. Choose any number of tasks ensuring no overlaps.
Sign up now at https://volunteersignup.org/FE498
For all enquiries about the Christmas Market, email cchsgptfa@gmail.com

- **Donations of Second Hand Uniform, Revision Books & General Interest Reading (Child or Adult)**
  The PTFA will be running a bookstall at the Christmas Market and the next Second Hand Uniform Sale open to all Year Groups will also be at the Christmas Market. Please continue to donate any outgrown items of uniform, good quality revision materials or fiction and non-fiction books still in sale worthy condition to the PTFA. All donations of books and uniform are gratefully received and can be left in the clearly marked PTFA wheelie bins outside the School Reception. Please note that second hand uniform sales cannot take place outside published dates

3. **Help Raise Funds for CCHSG PTFA**

If you have ideas that could help generate funds and/or create social opportunities for the PTFA community, please email us at cchsgptfa@gmail.com.
Here are two simple ways that you can already support the school whilst you shop online for the upcoming festive season including Diwali and Christmas.

- **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.

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

WELLBEING AMBASSADORS

CCHSG are looking for **YOU** to become the new school **Wellbeing Ambassadors**.



The Wellbeing Ambassadors run campaigns over a **two year period** at CCHSG on a number of health related issues, including:
Physical activity, Mental Health, Body image, Healthy Eating etc.

The successful candidates will **attend a one day wellbeing workshop.** This training will include:

- Help **provide effective peer support** and develop the wellbeing of young people at CCHSG
- **Provide training and strategies** and **leading peer support projects that** reduce stigma, improve access, develop positive coping and reduce stress.

*If you are interested in becoming a Wellbeing Ambassador, then please **write a short application** to Miss Wiseman (**nwiseman@cchsg.com**), explaining why this is of interest to you and why you think you will be a good candidate.*

If successful, you will be expected to attend a fortnightly meeting, be confident to lead assemblies and help run wellbeing specific clubs throughout the week.

There will be three ambassadors selected per year group (9-12)
DEADLINE 15th OCTOBER

WORTH-IT®
Wellbeing & Resilience

Crochet Club!

Have you ever wanted to try out Crochet?

Seen all the TikToks and thought that you would love to have a go? Well, here is your opportunity...



Crochet Club will be starting on Friday 15 October at lunchtime from 12.45 to 13.15 in G26. It will run every Friday for all years.

To sign up, please write your name and form on the sign-up sheet outside G26.

If you already do crochet and would like to come along, you are very welcome to bring your own supplies!



Any questions please ask any of the Art Ambassadors or Mrs Saunders.

We hope to see you there!

RECORDER GROUP

ALL YEARS WELCOME
Grade 1 and above



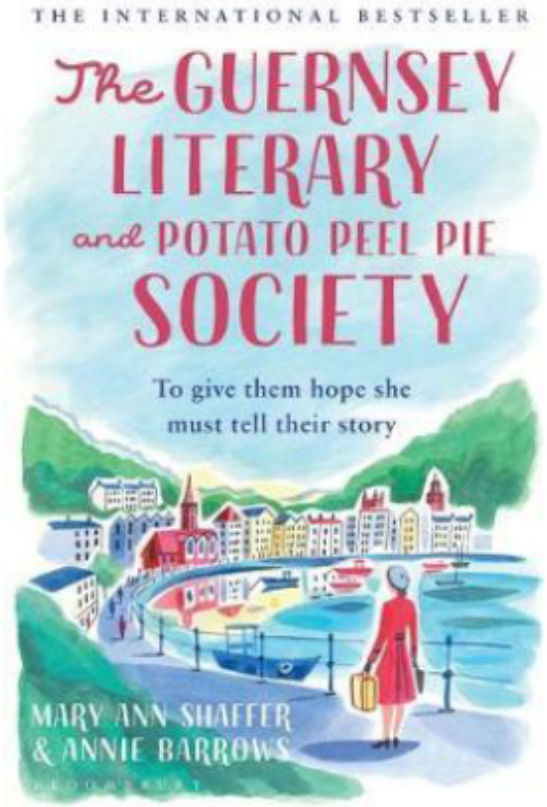
Friday lunchtimes
12:50-13:20pm
M19

The CCHSG Book Of The Month - October

The Guernsey Literary and Potato Peel Pie Society

by Mary Ann Shaffer & Annie Barrows

The beloved, life-affirming international bestseller which has sold over 5 million copies worldwide - now a major film starring Lily James, Matthew Goode, Jessica Brown Findlay, Tom Courtenay and Penelope Wilton To give them hope she must tell their story It's 1946. The war is over, and Juliet Ashton has writer's block. But when she receives a letter from Dawsey Adams of Guernsey - a total stranger living halfway across the Channel, who has come across her name written in a second hand book - she enters into a correspondence with him, and in time with all the members of the extraordinary Guernsey Literary and Potato Peel Pie Society. Through their letters, the society tell Juliet about life on the island, their love of books - and the long shadow cast by their time living under German occupation. Drawn into their irresistible world, Juliet sets sail for the island, changing her life forever.



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**.

BorrowBox. Your library in one app.