Colchester County High School for Girls
Parent Weekly Bulletin
20 October 2022

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
Thursday 1 September
Friday 2 September
Thursday 20 October
Friday 21 October
Monday 19 December
Tuesday 20 December
Wednesday 19 July
Thursday 20 July
Friday 21 July

Term Dates 2023 – 2024

Autumn Term
Monday 4 September
Wednesday 20 December

Half Term
Monday 23 October
Friday 27 October

Spring Term
Thursday 4 January
Thursday 28 March
Bank Holiday
Friday 29 March

Half Term
Monday 19 February
Friday 23 February

Summer Term
Monday 15 April
Tuesday 23 July
Bank Holiday
Monday 6 May

Half Term
Monday 27 May
Friday 31 May

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 for CCHSG

WE WISH ALL STUDENTS AND THEIR FAMILIES A RESTFUL HALF TERM BREAK

Dates for Your Diary

Monday **Week B**	Oct	31	Assembly: Yr 10 via Teams Yr 12 UCAS Remaining Courses Deadline
Tuesday	Nov	1	Assembly: Yr 8 via Teams
Wednesday	Nov	2	Assembly: Yr 7 via Teams University Admission Testing
Thursday	Nov	3	Assembly: Yr 9 via Teams School Early Closure Sixth Form Open Evening
Friday	Nov	4	Assembly: Yr 10 in the Hall

School resumes after Half Term on Monday 31 October (Week B)

School Early Closure – Thursday 3 November
A reminder formal lessons finish at 12.35 on this day and students will leave school at this time, to aid in the preparation for the Sixth Form Open Evening. For those students for whom parents have indicated that they will be remaining in school, they will be supervised for private study.

Yr 11 CCHSG Sixth Form Open Evening – Thursday 3 November 18.00 – 20.30
Yr 11 students and parents are invited to find out more about life in our Sixth Form at our Open Evening. There will be a welcome from Mrs Marshall, Mrs Hughes, Dr Parrott and Sixth Form students in the Hall 19.00 – 19.20. The Sixth Form will be open for tours and staff and students will be available to discuss subject choices. We will also have talks and subject presentations available via our website www.cchsg.com.

Nut Free School
We ask everyone to ensure no nuts or nut products are brought into school. This includes during travel to and from school via public or shared transport. Thank you.

Votes for Schools
This week's topic was: *Is it time for the BBC to be switched off?*

Student Safety – Dark Evenings
We will soon be setting the clocks back an hour and summer-time will end. The link below will help parents/carers remind children, including teenagers, about road safety and keeping safe in the dark.
Teaching Road Safety: A Guide for Parents: Teaching Road Safety: A Guide for Parents

Vacancies at CCHSG
If you know anyone who might be interested in our Site Team vacancy, please direct them to the CCHSG website - https://www.cchsg.com/vacancies/.

October E-Newsletter Published
The E-Newsletter for this half term is now available via the website at: https://www.cchsg.com/latest-newsletter/
Items include: Yr 11 Visit Centre for Computing History, History Book Club, Laura Stephens visits CCHSG, OGA Garden Party, Colchester Zoo Visit, Yr 13 Food Bank Collection, Arts Mark Gold Award, Biology Field Trip, ACS & SAS Cultural Day and much more – do take a look!

Train to Teach Event – Wednesday 7 December
Are you or do you know anyone who is interested in training to become a teacher? If so, please see poster below detailing a free virtual event. Please share the information with anyone who would find it of interest, thank you.

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 – 20 October 2022

CCHSG 500 Club – Winners of the October 2022 Draw
1st Prize - £99 – Parent of Yr 11 Student (Ticket Number 190537-2672090)
2nd Prize - £59 – Parent of Yr 7 Student (Ticket Number 190537-2654849)
3rd Prize - £40 – Parent of Yr 12 Student (Ticket Number 190537-2768108)
Our thanks go to all those generous parents and staff who have purchased tickets in support of the school. Tickets are still available at £40. Please consider supporting us by purchasing a ticket for the remaining nine draws via https://www.trybooking.co.uk/BVZN All the funds raised will go directly towards the provision of additional resources and equipment for our students.
Please purchase your tickets by 16.00 on Monday 21 November, ahead of the next draw which takes place on Tuesday 22 November. Terms and condition apply and can be found on our website https://www.cchsg.com/500-club-rules/

Healthy Living Sessions for w/c Monday 31 October
Healthy Living Rotations for after Half Term are 7Y Rotation 2 and 8Y Rotation 2:
Yr 7: 7Y Rotation 2 will have their first session on Monday 31 October during Periods 4 & 5.
Yr 8: 8Y Rotation 2 will have their first session on Tuesday 1 November during Period 3
Students and their parents have been emailed with the initial recipe for ingredients, students can also check this via SharePoint.

Lost Property
Any unnamed lost property that has been handed in has been photographed and recorded on SharePoint, students can view this via the link on the Student Bulletin. Items can be collected from Reception and will be kept for two weeks before being disposed of.

Curricular and Enrichment Activities

Extra-Curricular Clubs
If your child is attending a club please sign them up via the SchoolCloud system.
All students are welcome to attend clubs even if they are yet to sign up via SchooCloud.

Interform Netball Success
Over the last week the PE department have held a very competitive Interform Netball competition each lunchtime. Starting the week off over 60 Yr 7 students represented their Form Group which was fantastic.

1st place - 7H	1st place - 8O	1st place - 9E
2nd place - 7S	2nd place - 8L	2nd place - 9C
3rd place - 7C	3rd place - 8H	3rd place - 9L
1st place - 10L	1st place - 11H	1st place - Yr 13
2nd place - 10C		2nd place- Yr 12
3rd place - 10H		

Over 300 students took part in the Interform Netball competition this year and we would also like to thank the 30 students who came out and umpired games throughout the week.
The next Interform competition will be 5-9 December which will be Christmas Volleyball.

PE Clubs and Practices Timetable
Please see below for the PE Clubs timetable for after the half term break.

MFL Clubs Timetable
Please see below for the MFL Clubs timetable.

Yr 11 GCSE Biology Revision Sessions
Weekly revision sessions for GCSE Biology start on Monday 31 October at lunchtime, 12.45 in F13. We will begin with Yr 9 Biology topics to help prepare for the mocks in November. First topic = plant transport. All welcome

Yr 11 GCSE Physics Revision Session – Friday 4 November, 12.45 in G0
The theme for the next revision session will be Energy and Energy Transformations.

Concert Orchestra Sectional Rehearsals 12.50 – 13.20 in M2
Wednesday 2 November – Everyone

Parent Weekly Bulletin – 20 October 2022

Winter Concert Solo Auditions – Tuesday 1 November 15.30 – 16.30
Open to all years, instruments and abilities. Students can perform as soloist, duet, trio or as a small group.
They will need to prepare a piece on their instrument(s) on the theme of 'Water' (which includes ice, snow, oceans, rivers etc) ready to perform.
They need bring backing tracks and accompaniments with them (as required). Mrs Jefferies can accompany them on the piano if required, but they will need to provide the sheet music.

Half Term Eco Activities
Students can find attached to the Student Bulletin a PowerPoint put together by our Environment Ambassador (a student in Yr 13) full of eco activities for students in All Years – some include prizes. We hope students have fun with these, the deadline for entries is Friday 4 November.

Wellbeing Information
Any student who feels they need wellbeing support, should contact any of the following:
EWMHS: 0800 953 0222
Young Minds: https://www.youngminds.org.uk/
Kooth: https://www.kooth.com/
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.

Careers Information
Careers Lead – Mr Gosling

icould.com – uses the power of personal stories to inform young people's career choices.
Run by the Education and Employers charity as part of **Inspiring The Future**.

Free and simple to use, icould.com features over 1000 videos of people talking about their careers – explaining their job role, career path, and how different factors have shaped their direction.
Videos can be filtered by job type or subject and cover a range of sectors and levels, encouraging young people to draw links between school subjects and jobs, and discover opportunities they may not have known about before. Exploring these real-life stories also enables students to tap into perspectives outside their networks or take inspiration from situations that reflect their own experiences.

Each video is matched with labour market information – such as salary, qualifications and future employment – bringing together first-hand insight with practical next steps.
Explore careers - icould

e-Safety Information – Reddit

Reddit describes itself as a 'social news' site where users connect and share stories, opinions and support, debate issues, ask questions and chat to people with similar interests. Discussion topics are organised into communities (known as subreddits) that are created, run and populated by users, who remain anonymous throughout. Free speech is encouraged and users – or 'redditors' – can vote posts 'up' or 'down' so they get more (or less) attention.
Reddit is free to join, although signing up to Reddit Premium unlocks an advert-free version of the platform.

As Reddit is becoming an increasingly popular platform amongst our students and is even being referenced in students work, we thought it appropriate to share the attached guide to help manage the potential risks.
In the guide, you will find tips on several potential risks such as harassment, trolling and fake news.

Parent Weekly Bulletin – 20 October 2022

Dining Room Arrangements
Breakfast – '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 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.

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

Please pre-order lunchtime cold food via the Civica Eats APP

Menu for w/c 31 October

Monday	Tuesday	Wednesday	Thursday	Friday
Lamb Fried Rice	Slow Roast Pork, Roast Potatoes & Carrots	Beefburger, Chips & Salad	Sticky Chinese Chicken with Rice & Sweetcorn	Seafood Tagliatelle with Green Beans
Or				
Mediterranean Pasta Salad	Vegetable Chilli with Rice (Vegan)	Macaroni Cheese with Peas	Mushroom Stroganoff with Rice	Ratatouille with Cheesy Bread
Main Meal £3.30				
Syrup Sponge Pudding with Custard	Apple Crumble with Custard	White Chocolate Cheesecake	Lemon Meringue Pie	Cornflake Tart with Custard
Pudding £1.30				
Panini £3.30				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				
Tomato & Basil	Minestrone (Vegan)	Leek & Potato (Vegan)	Vegetable (Vegan)	Tomato & Lentil (Vegan)

Correspondence Sent out this Week
Yr 7: Healthy living Session (selected students)
Yr 7: Bushcraft Residential Trip
Yr 8: Healthy living Session (selected students)
Yrs 8-10: Netball International Festival (selected students)

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yr 7	Bushcraft Residential Trip	Friday 9 December
Yrs 8-10	Netball International Festival	Friday 21 October
Yrs 10 & 12	Geography Field Trip to Iceland 2023	Monday 31 October
Yr 11	GCSE History Visit to Sheffield Manor Lodge	Thursday 3 November
Yr 12	A Level Biology Optional Dissection Opportunity	Wednesday 2 November

Word of the Week for w/c 31 October
Next week the word is: **MODICUM** – a moderate or small amount.

Colchester County High School for Girls
20 October 2022

PTFA
Registered Charity No. 1110464

COMMITTED TO EXCELLENCE

1. Autumn Term Dates for Your Diary

- **PTFA Meeting:** Monday 7 November 19.00 – 20.30
- **Annual Christmas Market:** Saturday 26 November, 12.00 – 15.00
  Save the date for this popular event hosted by CCHSG PTFA which is open to our local community
- **Winter Concert (Refreshments):** Tuesday 13 and Wednesday 14 December

2. Year 9 Parents and Students Social Evening - THANK YOU!

We would like to thank all those Year 9 parents and students who attended the social evening last Friday. It was a fun evening for all and parents have expressed their thanks for an event that promotes community building. We are very grateful to all the staff who supported the event and all the Sixth Form students who helped. As well as an enjoyable social evening, **£329.75** was raised for the school.

3. Annual Christmas Market 2022 – Invitation to Stallholders: Saturday 26 November, 12.00 – 15.00

Bookings are being taken for stalls at this very popular annual event until Tuesday 1 November or until we reach capacity. **Stalls cost:** Single stall £25, Double stalls £40. For further details and a copy of the booking form please email cchsgptfa@gmail.com

4. Appeal for donations of items for the PTFA Stalls at the Christmas Market

Preparation for the Christmas Market is well underway. There are many ways that you can get involved to make this event one of our best yet. We are looking for donations for some of our PTFA run stalls including the following:

- ***Sweets for Sweets Jar Tombola*:** Celebration Tubs, Maom Strips, Kit Kats, Jelly Babies, Mini Haribo sweets packs, etc. - leftover sweets from Trick or Treat, perhaps?
- ***Chocolates for Chocolate Tombola:*** Chocolate Santa, Reindeer, Teddy, etc.
- ***Items for Bottle Tombola:*** wine, fizzy drinks, sauce jars, jam, shampoo, basically if it comes in a bottle or jar, we'll gratefully except it! Items containing alcohol must not be brought into school by students. Please contact us at cchsgptfa@gmail.com to arrange delivery
- ***Books for the Book Stall:*** Revision or good quality special interest books are most welcome, please deposit these in the wheelie bin outside school Reception
- ***Home-baked cakes, cookies, curries, etc.:*** for sale in the café

If you would like to donate any of these items (except for books, which can be left in the wheelie bin outside Reception), please contact cchsgptfa@gmail.com to make arrangements for delivery. Please ensure items donated are within date for consumption beyond December 2022.

Volunteer Sign-Up: There are many ways that you can support us with the upcoming Christmas Market including offering to donate of any of the items requested for PTFA stalls. **Please sign-up via this link:** https://volunteersignup.org/9P7R8

5. CCHSG PTFA Christmas Grand Raffle Draw 2022

We are delighted to launch our Christmas Grand Prize Draw for this year. The draw will take place on Friday 9 December and winners will be notified via email or telephone. All non-cash prizes must be collected in person from the school by Friday 16 December.

1st Prize - £250 cash **2nd Prize** - Luxury Festive Hamper, and many other exciting prizes.

Raffle Tickets cost £5 per entry and can be purchased at https://www.trybooking.co.uk/BXKF

DISCLAIMER: As a result of legislation changes by the UK Gambling Commission (UKGC), since April 2020, the use of credit cards for any type of gambling has been prohibited. This also applies to online gambling such as this Raffle Draw. Please use a debit card rather than credit card. Please gamble responsibly.

6. Match Funding

You will hopefully be aware of the fantastic work your PTFA are doing to raise funds for our school. We wanted to take this opportunity to remind you about the match funding scheme and how a little bit of your time could raise double the funds for the PTFA. Please find a letter from the Chair of PTFA attached with this bulletin, detailing how Match Funding works.

7. Beresfords Estate Agent's advertising boards to promote the Christmas Market

If you own a property in Colchester or Chelmsford (any of the CO postcodes) which is in a prominent location with public access or visibility and would like to volunteer your address, please let us know by emailing cchsgptfa@gmail.com with your full address, preferred email and contact telephone details by Friday 21 October.

PTFA CONTACTS:

For all enquires related to PTFA, email cchsgptfa@gmail.com

PTFA

CHRISTMAS *Market* 2022

Grand Raffle Draw

£250 Cash Prize, Luxury Hamper & many other exciting prizes!

To purchase tickets scan the QR code or visit
https://www.trybooking.co.uk/BXKF

£5 per entry

Draw Date - 9 December

COLCHESTER COUNTY HIGH SCHOOL FOR GIRLS
Norman Way, Colchester, CO3 3US

cchsgptfa@gmail.com

Sponsored by Beresfords

What Parents & Carers Need to Know about REDDIT

R/FUNNY

R/TRENDING

AGE RATING 13+

R/MEME

Reddit describes itself as a social news website where users connect and share stories, opinions and support; debate issues; ask questions; and chat to people with similar interests. Discussion topics are organised into communities (known as subreddits) that are created, run and populated by users, who remain anonymous throughout. Free speech is encouraged, and users – or 'redditors' – can vote posts 'up' or 'down' so they get more (or less) attention. Reddit is free to join, although signing up to Reddit Premium unlocks an advert-free version of the platform.

WHAT ARE THE RISKS?

MINIMAL MODERATION

As sharing opinions on Reddit is easy (and anonymous), offensive or age-inappropriate content is frequently posted. Moderation by admins and bots does occur, but can't cover every community – so Reddit relies on users voluntarily moderating these spaces. Subreddits marked NSFW ('not safe for work') can contain anything from profanity to pornography, so are not suitable for under 18s.

HARASSMENT AND TROLLING

If someone on Reddit doesn't agree with your child's opinion, they may feel compelled to say so – in no uncertain terms. This could lead to a public bombardment of hurtful messages. Likewise, Reddit users are highly likely to encounter trolling (where someone posts a deliberately inflammatory comment to provoke a reaction) on the platform, which can be distressing.

FAKE NEWS

Absolutely anyone can post a story on Reddit, so sub-reddits are occasionally prone to bias, misinformation and opinions being repeated as if they are facts. Fake news articles often grab users' attention with catchy or controversial headlines, and Reddit is no exception. It's important that young people are able to identify fake news – and disregard it rather than sharing it.

GIFTING AND SPENDING

Users can gift awards to the authors of posts that they like (thereby encouraging their favourite redditors to keep contributing) by spending Reddit Coins. This virtual currency can be bought on demand (with real money) or received as part of the paid-for premium package. Users sending a gift can also leave an anonymous private message, a feature which has been abused by groomers.

'SUPPORTIVE' STRANGERS

By definition, Reddit users interact with strangers in public through their community – but also have the option to do so privately. Groomers could repeatedly up-vote a child's comments or respond encouragingly to their posts to win their trust. Once they've built a rapport, the predator then begins messaging the child in private to obtain personal details or try to lure them into meeting in person.

NEVER-ENDING NOTIFICATIONS

Reddit's default is for all notifications to be on. There are a total of 26 types of notification on the platform, ranging from chat messages and comments to updates and mentions of username. This would lead to a child's device being pinged almost constantly with alerts, frequently causing them to be distracted by incoming notifications rather than being present in the moment.

Advice for Parents & Carers

SORT THE SETTINGS

Reddit's user settings can help ensure that minors don't view adult material. Under the 'Feed Settings' tab, switch the Adult Content toggle to 'off', and enable Safe Browsing Mode (this blurs out any explicit images). Also in settings, you can turn off all unnecessary notifications, to prevent your child being distracted by every post or comment on Reddit, allowing them some tech-free time.

RISE ABOVE IT

If a person says something critical or offensive to your child on Reddit, it's natural that they'll want to respond. Explain to them, however, that is exactly the reaction that trolls look for. Don't give them the satisfaction: instead, report the comment to Reddit Support for investigation. Blocking a user stops them from messaging or following your child on the platform.

ENCOURAGE CRITICAL THINKING

It can often be difficult to tell if something online is real or fake – particularly for young people. It's important to encourage your child to double-check with reputable sources if what they've read is genuine. Remind them to consider what motives might be in the message – and to watch out for scams. Chatting about this regularly helps to develop critical thinking skills and good online habits.

AVOID PRIVATE MESSAGING

Through their Reddit profile, young people can control who's able to message them privately – with options including 'no-one' and 'accounts older than 30 days'. These controls help ensure potential groomers can't talk to your child in private, and that Reddit's admins and other users will be able to moderate and report anything they spot which causes them concern.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



R/NSFW

NOS

National Online Safety®

#WakeUpWednesday

PE Clubs and Practices (Autumn Term 2022)
Monday 7 November – Friday 2 December 2022

Year 7-13 INTERFORM XMAS VOLLEYBALL: w/c 5 December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning 08.00 – 08.30		**Table Tennis** Gym All Years (PCA) 	**Netball Team Training** Years 7-8 (NKN, KMA) 	**GCSE Swimming** All Years (NKN) 	**Feel Good Friday** All Years (KMA) 
Lunchtime 12.40 – 13.05	**Table Tennis** Gym All Years (RJE PCA)  **Netball** Year 8-11 (KMA)  **Badminton** Sports Hall All Years (DWI) 	**Football** Year 7 (LDY)  **Beginners Swimming** Year 10-13 (NKN)  **Sports Leaders** (PCA, KMA) 	**Netball** Year 7 (PCA, KMA)  **Beginners Swimming** Year 7-9 (NKN)  **Basketball** Sports Hall All Years (JWA, DWI) 	**GCSE/ A-LEVEL Theory Support** H3 (NKN & Student Mentors)  **Indoor Cricket** Sports Hall All Years (PCA)  **Swimming** Year 7-9 (KMA)  **Football** Year 8-11 (LDY) 	**Friday Fun Day** Gym All Years 
After school 15.45 – 16.45	**SCHOOL MEETINGS**	**FIXTURES EVENING** **Netball Team Training** **Year 7-9** (NKN, PCA, KMA, LDY)	**FIXTURES EVENING** **Netball Team Training** **Year 10-13** (NKN, PCA, KMA, LDY)	**FIXTURES EVENING** 	

MFL CLUBS 2022-2023

Day	Club	Yrs	Rm	Time	Leader
Monday	French	All	T13	12.45 – 13.20	Mademoiselle Prévost
Tuesday	Spanish	All	G6	12.45 – 13.20	Señor Snow
Tuesday	German	All	T14	12.50 – 13.15	Frau David and Emily
Tuesday	Italian	All	T11	12.50 – 13.15	Signorina Grandi
Wednesday	Chinese	All	T10	12.50 – 13.15	Page Laoshi
Wednesday	French GCSE – Essay Writing	11	G7	12.45 – 13.20	
Wednesday	Tamil	All	G6	12.45 – 13.20	Students in Year 11
Thursday	German GCSE	10/11	T13	12.50 – 13.15	Herr Page
Thursday	French GCSE - Grammar	10/11	G6	15.45 – 16.30	Monsieur Snow
Thursday	Korean	All	G7	12.45 – 13.20	Students in Year 12
Friday	French GCSE – Listening Practice	11	T13	12.45 – 13.20	Monsieur Snow

Train to Teach in the East of England

Free virtual event - **Wednesday 7th December 2022 - 4:30-6:00pm**

Thinking of training to teach in the East of England? Find out what our region has to offer:

- Get advice on next steps into teaching and how to apply
- Take advantage of the opportunity to hear from different training providers in the East of England
- Additional support for those applying for shortage subjects and overseas applicants
- Support for school experience visits
- Areas covered: Cambridgeshire, Essex, Norfolk, Peterborough, Suffolk







Click here to register or scan the QR code

This event is run by the Teaching School Hubs in the East of England and the East of England Regional Network for ITT

Alpha Teaching School Hub · Cambridgeshire & Peterborough Teaching School Hub · Chafford Hundred Teaching School Hub · East of England Regional Network for ITT · inspiration teaching school hub · JULIAN Teaching School Hub · Saffron Teaching School Hub · Unity Teaching School Hub