Colchester County High School for Girls
Parent Weekly Bulletin
25 November 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

Dates for Your Diary

Saturday	Nov	26	PTFA Christmas Market 12.00 – 15.00
Monday **Week B**	Nov	28	Assembly: Yr 13 in the Hall Yr 8 Progress Check 1 to Parents Yr 11 GCSE Mock Examinations
Tuesday	Nov	29	Assembly: Yr 11 in the Hall Yr 11 GCSE Mock Examinations
Wednesday	Nov	30	Assembly: Yr 9 via Teams Yr 11 GCSE Mock Examinations
Thursday	Nov	1	Assembly: Yr 7 in the Hall Yr 11 GCSE Mock Examinations Yr 13 Parent Consultation Evening
Friday	Nov	2	No Assembly Yr 11 GCSE Mock Examinations

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: *Was awarding the World Cup to Qatar a mistake?*

Parental Voice
We wish to invite members of our parent body to the reintroduction of our termly Parental Voice Forums.
The first meeting will be held on Wednesday 30 November from 10.30 to 11.30, where we will be asking for your views on school communication.
If you wish to attend the meeting please complete the electronic form via the link:
Parental Voice Forum

Christmas Lunch 2022
Christmas lunch will be served in Form Groups on Friday 16 December – please refer to the letter sent to parents on Friday 18 November. A main meal will cost £4 per head, with the option of dessert at £2 per head, with a gluten-free, vegetarian and vegan option.
Orders should be made via ParentPay by Monday 5 December after which the food will be ordered from our suppliers. Please note we will not be able to accept any other orders after this date
The canteen will not be serving any other food on this day, students not wanting to have Christmas dinner should bring their own packed lunch to eat with their Form Group.
Students in receipt of free school meals will have the lunch funded by the school, parents should email office@cchsg.com with their child's meal choice.

Winter Concert – Tuesday 13 and Wednesday 14 December
CCHSG Music Department are pleased to invite you to the annual Winter Concert on Tuesday 13 and Wednesday 14 December. Tickets are available via TryBooking - CCHSG Winter Concert at a cost of £8. The event starts at 19.00 and there will be one 20-minute interval. A licensed bar and refreshments for purchase, kindly organised by the PTFA, will be available before the show and during the interval.
Please purchase your tickets by midday on Tuesday 13 December, when the booking site will close.
We hope to see you there!

Winter Concert 2022 – All Participants
All participants involved in the Winter Concert must attend a rehearsal on Thursday 1 December from 12.45 – 13.20 in M2 to go through the finale number "Do You Hear The People Sing?" from *Les Misérables*.

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 Sessions for w/c Monday 28 November
Yr 7: 7Y Rotation 3 will have their first session on Monday 28 November during Periods 4 & 5
Yr 8: 8Y Rotation 3 will have their first session on Tuesday 29 November during Period 3
Parents and students have had their recipe sent to them for the ingredients needed, this can also be found on 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.

East of England Train to Teach Event
Are you or do you know anyone interested in training to become a primary or secondary teacher in the East of England?
Are you or do you know anyone who is interested in teaching as a career?
The Teaching School Hubs in the East of England are hosting a free online 'Train to Teach' event on Wednesday 7 December from 16.30 – 18.00 via Zoom.
For further information and to register for this free event click on the link below:
Train to Teach in the East of England - 7th December - event registration
They have teacher training vacancies now to start training from September 2023, with a wide range of providers from across the East of England region. We are looking for people who have a degree, a passion for education and teaching and want to inspire young people to fulfil their potential.
Further information becoming a teacher can be found on the DfE 'Get into Teaching' website https://getintoteaching.education.gov.uk/.

CCHSG 500 Club
Congratulations to the winners of the November 2022 Draw:
1st Prize - £104 – Parent of a student in Yr 12 – Ticket-2766815
2nd Prize - £62 – Parent of a student in Yr 13 – Ticket -2761501
3rd Prize - £42 – Parent of student in Yr 8 – Ticket -2648613
Our thanks go to all those 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 eight 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 Wednesday 14 December, ahead of the next draw which takes place on Thursday 15 December. Terms and condition apply and can be found on our website https://www.cchsg.com/500-club-rules/

Curricular and Enrichment Activities

Extra-Curricular Clubs
Students are encouraged to attend extra-curricular clubs, signing-up via SchoolCloud has closed, but students are welcome to attend even if they did not sign-up.

PE Fixtures

Date	Time	Event	Against	Location	Year(s)
28.11.2022	15.45 -16.45	Netball	St Benedict's	Away	Yr 11
29.11.2022	13.30 – 18.00	Netball	Roding Valley	Away	Yr 7
29.11.2022	15.20 – 17.00	Netball	The Gilberd	Away	Yr 9
30.11.2022	14.30 – 17.30	Netball Essex Cup	CCHS	Away	U14
30.11.2022	15.45 – 17.15	Netball	Sixth Form College	Away	U19

Students should also check the noticeboard in PE regularly for any updates or changes.

Interform Christmas Volleyball W/C Monday 5 December

Yr 7 – Monday 5 December
Yr 8 – Tuesday 6 December
Yr 9 – Wednesday 7 December
Yr 10 – Thursday 8 December
Yr 11 – Friday 9 December
Yrs 12 & 13 – Monday 12 December
Finals – Tuesday 13 December

MMI Workshop Wednesday Lunchtime
Preparation for MMI interviews continues in the Lecture Theatre at 12.50 on Wednesday. This week we are lucky to have Yr 10 Drama students helping with preparation for the role play station. This is a very important station so students are strongly encouraged to come along to practice.

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Art Competitions
Mrs Saunders draws students' attention to Art competitions that may be of interest:
The first is the Book Trust looking for students to invent their own animal.
Entries should take the form of a picture, showing what their creature looks like. For full information please go to The Booktrust Competition. Closing date is Friday 30 December.
The second is for students in Yrs 7 – 10, Toyota is looking for students to share their most imaginative car design, as entries open for their 2023 Dream Car Art Contest. Full information can be found at https://www.toyota.co.uk/dreamcar-2023. Closing date is Friday 23 December.

Physics Club
In January we would like to enter the Reimagine 2023 competition. This will involve creating a short animation/video about tackling climate change. The top three teams will have the opportunity to attend the final awards ceremony at the Science Museum in London. Students who are interested in graphic design, animation, or climate change, should come to G2 at 12.45 on Monday 12 December to find out more.

Mathematics Department Revision Sessions for Week B
Yr 13 Tuesday, Mathematics intervention in M13 Mrs Roshen
Yr 13 Tuesday, after school revision in M11 Mrs Ball
Yr 13 Thursday, Mechanics in M6 with Mr Glease
Yr 12 Tuesday, intervention in M11 Mr Williams
Yr 12 Thursday, Maths Problem Solving with Mrs Bradnum
Yr 11 GCSE Mathematics Revision
There will be no revision sessions with Mrs King for next week due to the Yr 11 mock examinations.

Yr 11 Biology Revision – Monday 28 November, 12.45 – 13.15 in F13
We will be covering protein synthesis, DNA and nephrons (all requested topics before the mock examination).

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.

e-Safety Information – Screentime and Screen Addiction
It can be challenging for parents and carers to know whether children are spending too much time on their devices, especially as large portion of their schoolwork and interactions with classmates take place using a device. Furthermore, it is even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech – related dependencies.
We wish to give parents and carers to have the knowledge and skills to identify and support children and young people who may be developing an addiction to their devices.
Please see the guide below for tips on how to deal with several potential risks such as health & wellbeing, app addiction and a lack of sleep.

Careers Information
Careers Lead – Mr Gosling

Students can make appointments with our impartial careers adviser via the sign-up sheet outside of Mrs Tarrier's office.

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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

Dining Arrangements students to Dining Hall for Lunch:

Week A		**Week B**	
12.35	Yr 13	**12.35**	Yr 13
12.45	Yr 11	**12.45**	Yr 11
12.50	Yr 8 & 7	**12.50**	Yr 9 & 10
13.00	Yr 9 & 10	**13.00**	Yr 7 & 8

Students should arrive promptly for their slot.

Menu for w/c 28 November

Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Sausage & Tomato Pasta with Sweetcorn	Slow Roasted Pork with Roast Potatoes & Carrots	Pizza, Chips & Salad	Fajita Chicken with Fried Rice	Homemade Fishfinger in a Roll with Salad
Or				
Vegetable Pasta with Salad (Vegan)	Butternut Squash & Coconut Curry with Rice (Vegan)	Macaroni Cheese with Peas	Mediterranean Pasta with Salad (Vegan)	Ratatouille with Cheesy Bread
Main Meal £3.30				
Sticky Toffee Pudding with Custard	Blackberry & Apple Crumble with Custard	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				
Minestrone (Vegan)	Vegetable (Vegan)	Tomato & Basil	Leek & Potato (Vegan)	French Onion (Vegan)

Correspondence Sent out this Week
All Yrs: Christmas Lunch 2022
All Yrs: PTFA Christmas Market
Yrs 7 & 8: STEM Computing Trip to the Gilberd (selected students)
Yr 9: *A Street Car Named Desire* Viewing (classes 9BWI, 9CCR & 9SWA)

Deadline for Replies and Payments

Year Group	**Trip or Event**	**Deadline for Response**
All Yrs	Christmas Lunch 2022	Monday 5 December
Yr 7	Bushcraft Residential Trip	Friday 9 December
Yrs 7 & 8	STEM Computing Trip to the Gilberd (selected students)	Friday 25 November
Yr 9	DofE Bronze Consent & Initial Payment	Wednesday 30 November
Yr 10	DofE Silver Consent & Initial Payment	Wednesday 30 November

Word of the Week for w/c 28 November
Next week the word is: **LANGUISH** – to be or become weak or feeble.

Colchester County High School for Girls
25 November 2022

PTFA
Registered Charity No. 1110464

COMMITTED TO EXCELLENCE

1. Autumn Term Dates for Your Diary

- **Annual Christmas Market:** Saturday 26 November, 12.00 – 15.00
- **Nearly New Uniform and Revision Books Sale:** Saturday 26 November, 12.00 – 15.00 (during the Christmas Market)
- **Winter Concert** (Refreshments**):** Tuesday 13 and Wednesday 14 December

2. Annual Christmas Market 2022: Saturday 26 November, 12.00 – 15.00

CCHSG PTFA invites you to start the festive season with us at our annual Christmas Market, held at the school and open to the school and local community. With around 30 stalls selling yuletide crafts, gifts, festive decorations, art, jewellery, handbags, clothing, food and drinks, books and many others, there is something for everyone of any age. There are also over a dozen games stalls run by our students and CCHSG's Young Enterprise teams will be there, so please visit their stalls too. You will also be entertained by solo singer and guitarist Serena Grant and our very own CCHSG students during the event.

Our popular Christmas Market Café will be abuzz with lots of homemade curries, noodles, flavoured rice, cakes and pastries to suit everyone. Why not pop along with friends and family for a spot of festive shopping then join us for lunch or grab a takeaway? We look forward to seeing you!

Revision Books

Looking for used and new revision books for 11+, SATs, GCSE or A Level? Look no further than our Christmas Market book stall!

Nearly New Uniform

Our large stock of nearly new uniform will be on sale at very affordable prices during the Christmas Market. Proceeds from this initiative allow the PTFA to fund additional equipment and resources for departments across the school.

3. CCHSG PTFA Christmas Grand Raffle Draw 2022

Please support us by purchasing tickets if you can. The draw will take place on Friday 9 December and winners will be notified via email or telephone. 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.

4. Christmas & World Cup Scratch Cards

Why not raise funds for CCHSG PTFA through our very own Christmas and World Cup themed Scratch Cards? There is a winner for every card (50% of amount raised from the individual cards goes to the winner and 50% goes to CCHSG PTFA)

There are 7 themes to choose from:

Christmas Carols, Christmas Food & Drinks, Christmas Movies, Christmas Traditions, Christmas Nativity Scenes, Qatar World Cup 2022, English Football Teams, Lucky Numbers.

Contact cchsgptfa@gmail.com to obtain your desired card(s).

5. Volunteer Sign-up Links

Event	Volunteer Sign-up link
Annual Christmas Market Saturday 26 November	https://volunteersignup.org/9P7R8
Nearly New Uniform Sale Saturday 26 November	https://volunteersignup.org/E4QHQ
Winter Concert Tuesday 13 December	https://volunteersignup.org/KYX8P
Winter Concert Wednesday 14 December	https://volunteersignup.org/QALJB

PTFA CONTACTS:

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

YOUNG ENTERPRISE
TEAM 1

Christmas Market

ALL FOR THE TOTE

BUY CUSTOMISED TOTE BAGS - THE PERFECT CHRISTMAS GIFT!

12PM- 3PM

SATURDAY 26TH NOVEMBER

NORMAN WAY,COLCHESTER CO3 3US

try...

Sewsoy

"better than clingfilm!"

Sewsoy's soy wax wraps have been made with the motive to tackle single-use plastic, particularly cling film. It is estimated that by 2050, there will be more plastic than fish in our oceans!

Our wraps are made with **100% cotton fabric** and **pure soy wax**. They are pliable and perfect for food and containers!

Start fresh with Sewsoy at the *Christmas Market*!

Saturday, 26 November 2022
Colchester County High School for Girls, Norman Way, Colchester, CO3 3US

Why Sewsoy?

- locally sourced
- biodegradable
- regan
- shopping small
- ethical values

Find us on socials!

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sewsoy.inquiries@gmail.com



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech - related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47% of parents said they thought their children spent too much time in front of screens

What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

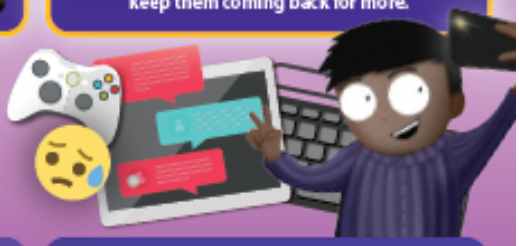
The Children's Commissioner report 'Life in Likes' explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

National Online Safety®

Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

STATISTICS

52% of children aged **3-4** go online for nearly **9hrs** a week

82% of children aged **5-7** go online for nearly **9.5hrs** a week

93% of children aged **8-11** go online for nearly **13.5hrs** a week

99% of children aged **12-15** go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

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

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