Colchester County High School for Girls
Parent Weekly Bulletin
2 December 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

Monday **Week A**	Dec	5	Assembly: Yr 13 in the Hall Yr 8 PSHCE Talk in the Hall, Period 3 Yr 12 Internal Assessments
Tuesday	Dec	6	Assembly: Yr 11 in the Hall Yr 8 CCT Matrix Day Yr 12 Internal Assessments
Wednesday	Dec	7	Assembly: Yr 9 in the Hall Yr 12 Internal Assessments
Thursday	Dec	8	Assembly: Yr 7 in the Hall Yr 12 Internal Assessments
Friday	Dec	9	No Assembly Yr 12 Internal Assessments

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 progress around British Sign Language (BSL) happening quickly enough?*

Christmas Lunch 2022
A reminder that the final day to order Christmas Lunch for your child is 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.
Please refer to the letter sent to parents on Friday 18 November orders should be made via ParentPay
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.

End of Term Cinema Visit for all Students – Friday 16 December
A reminder that the deadline to consent to and pay for the cinema trip is Monday 5 December. Please make payment via ParentPay and complete the electronic consent form when prompted to via email from EVOLVE+.
We hope the whole school community enjoys this day.

Winter Concert – 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!

Yr 8 Creative and Critical Thinking Matrix Day – Thursday 6 December
All students will be off timetable in the Hall for their CCT Matrix Day. Students should go directly to the Hall after morning registration.

Music Success
Congratulations to a student in 7E who participated in two events in the Chelmsford Competitive Festival of Music on Saturday 5 and 12 November, obtaining the following achievements:
Piano: Piano Recital: Primary 11 Years and under - 2nd Place with a Cup and with Honours.
Harp: Primary Recital: 11 Years and under - 2nd Place with a Distinction.
Any String Instrumental solo: Age 10 & 11 - 2nd Place with a Distinction.

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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RSC Essex Chemistry Mastermind Competition Success
Congratulations to four students from Yrs 9 – 11: after a challenging second round, they have successfully made it through to the Regional Finals of the RSC Essex Chemistry Mastermind competition. The final round will see them compete against three other schools within Essex with the hope of winning and representing Essex at the Top of the Bench competition next year. Well done on their achievement so far and we wish them good luck for the finals!

Online Careers Presentations – Monday 5 – Wednesday 7 December
Students in Yrs 9-13 are warmly invited to attend a range of live virtual Careers presentations on TEAMs.
So that they can find out more about a range of future career opportunities and hear from those currently working in the field. Students have been emailed with the Presentation Schedule and registration details, which can also be found on the Student Bulletin.
We thank parents who are giving the presentations for their support.
Please find below the presentation schedule:

Date	Time	Profession
Monday 5 December	17.30	Chief Executive Officer (Howden CAP)
	18.00	Solicitor (Litigation Partner at City Law firm)
	18.30	Professional Engineer – Ford Motor Company
Tuesday 6 December	17.00	Network Engineer and Programmer
	18.00	Solicitor (Equity Capital Markets/Public Company transactions)
Wednesday 7 December	18.00	Lead Web Developer
	18.30	Chartered Accountant
	19.00	Police Officer

Healthy Living Sessions for w/c Monday 5 December
Yr 7: 7X Rotation 3 will have their first session on Monday 5 December during Periods 4 & 5
Yr 8: there is no scheduled session for Yr 8.
Parents and students have had their recipe sent to them for the ingredients needed, this can also be found on SharePoint.

Lost Property
We urge all belongings to be clearly named.
Any unnamed lost property that has been handed in can be collected from Reception and will be kept for two weeks before being disposed of.

<u>Curricular and Enrichment Activities</u>

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)
05.12.2022	14.30 – 19.00	London & SE Badminton Cup	Bancrofts	Away	U14 & U16
06.12.2022	15.20 – 17.30	Football	Colne Community College	Away	Yrs 7 & 8
07.12.2022	15.20 – 17.30	Netball Central Venue	Various	The Gilberd	Yrs 7 & 8
08.12.2022	15.45 – 16.45	Netball	St Benedicts	Home	Yr 10

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

Interform Christmas Volleyball W/C Monday 5 December
There will be prizes for the overall winner and best team fancy dress:

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

PE Reminder
If students have borrowed a Netball dress, Netball shorts, or an Athletics/Cross Country vest, these should be returned to the PE department.
PE Clubs have now finished due to Christmas Volleyball starting next week.

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MMI Workshop – Wednesday, 12.50 in the Lecture Theatre
Preparation continues at lunchtime on Wednesday. This week we will be continuing to look scenarios. This is a great opportunity to practice thinking on your feet.

Yrs 7 – 10 CCHSG Enterprise Award Meeting – Friday 9 December, 12.45 in G3
A chance for students to create a proposal for their own social enterprise and of winning £100 towards their enterprise.
Students will need to be in Yrs 7 – 10 and be in a group of 3 or 4 students to enter.
If interested in the competition students should email Mr Fletcher tfletcher@cchsg.com to be added to the MS Teams group and be provided with the template for their proposal and come along to the meeting on Friday 9 December.
Students will also have the opportunity to sell their products at an Enterprise stand at lunchtimes.

Yrs 10 – 13 British Physics Olympiad
The Olympiad will be continuing on Monday week A lunchtime 12:45 in G1, with Mr Minton.
It is open to all students in Yrs 10-13, who would like to test their Physics skills against other students in the UK and potentially the world!

Yr 11 Biology Revision – Monday 12.45 – 13.20 in F13
We are starting topic 1 revision (core processes) from Yr 9, all welcome.

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.

Advent of Kindness
Please see below a poster from the Charlie Waller Trust, a mental health charity, with 25 wellbeing and mindfullness activities in the run-up to Christmas.

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.

Essex Career Guide
This is the link to the Essex Career Guide career-hub-lmi-booklet-final.pdf to everything students need to know about getting ready for the job or the training they would like to do. This guide has information on jobs and training in Essex. There are a lot of opportunities students may be interested in, we urge them to take a look.

e-Safety Information – What Parents Need to Know about TikTok

TikTok is hugely popular amongst teenagers and our students are no exception. Whilst we hear lots about how students enjoy using it and positive interactions, equally we have the occasional e-Safety incident or concern that involves the use of TikTok.

TikTok is a free social media platform that lets users create, share, and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of Spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

We have included below a helpful guide to provide tips on several potential risks such as age-inappropriate content, dangerous challenges and contact with strangers.

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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 the Snack Shack 12.35 – 13.00. Yrs 12&13 pre-ordered food in Sixth Form Refectory from 12.15.
Yrs 7-9 can eat their packed lunches in the Main Hall.
Panini and salad pots can be eaten in the Dining Room Extension. Merchandise from the vending machine is also available to purchase in the Snack Shack at Break and Lunchtime.
There must be no eating in classrooms except if wet lunch is declared.

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.

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

Menu for w/c 5 December

Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Cottage Pie with Sweetcorn	Paella	Sausages, Chips & Beans	Cajun Chicken, Potato Wedges & Baked Beans	Breaded Cod, Sauté Potatoes & Green Beans
Or				
Chickpea Curry with Rice (Vegan)	Vegetable Pasta Salad (Vegan)	Macaroni Cheese with Peas	Spinach & Tomato Frittata with Salad	Quiche with Salad
Main Meal £3.30				
Syrup Sponge Pudding with Custard	Apple Crumble with Custard	Profiteroles with Chocolate Sauce	Rice Pudding with Jam	Chocolate Mousse
Pudding £1.30				
Panini £3.30				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				
Tomato & Lentil (Vegan)	Vegetable (Vegan)	Minestrone (Vegan)	Carrot & Coriander (Vegan)	Tomato & Basil

Correspondence Sent out this Week
All Yrs: End of Term Cinema Visit
All Yrs: Winter Concert Letter (selected students
All Yrs: Music Instrumental Lessons for Spring Term
Yr 7: Healthy living Sessions (selected students)
Yrs 9 & 10: RSC Top of the Bench Competition (selected students)

Deadline for Replies and Payments

Year Group	**Trip or Event**	**Deadline for Response**
All Yrs	Christmas Lunch 2022	Monday 5 December
All Yrs	End of Term Cinema Visit	Monday 5 December
All Yrs	Winter Concert	Friday 2 December
All Yrs	Music Instrumental Lessons for Spring Term	Friday 9 December
Yr 7	Bushcraft Residential Trip	Friday 9 December
Yrs 9 & 10	RSC Top of the Bench Competition	Monday 5 December

Word of the Week for w/c 5 December
Next week the word is: **ABJECT** – utterly hopeless.

Colchester County High School for Girls
2 December 2022

PTFA
Registered Charity No. 1110464

COMMITTED TO EXCELLENCE

1. Autumn Term Dates for Your Diary

- **Winter Concert:** Tuesday 13 and Wednesday 14 December

2. Annual Christmas Market 2022

The Christmas Market was a huge success. Thanks to all our PTFA volunteers, school staff and student helpers who worked so hard to make this our best event ever. We were delighted by the number of people that attended. Our wonderful stallholders created a festive display and the café, with a range of amazing curries and cakes, was incredibly popular. Not only was this a lovely community event which made a great start to the Christmas season, we also raised over £5,600. Well done to all involved!

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. Winter Concert: Tuesday 13 and Wednesday 14 December

The PTFA will be providing refreshments and a licensed bar at the Christmas Concert, before the performance and during the interval. Please sign up via the links below if you are able to help. We are very grateful for volunteers!

5. Volunteer Sign-up Links

Event	Volunteer Sign-up link
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

What Parents & Carers Need to Know about TIKTOK

AGE RESTRICTION 13+

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it *could* potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app: it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive: figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Meet Our Expert



Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.

National Online Safety

#WakeUpWednesday


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
Draw Date - 9 December
COLCHESTER COUNTY HIGH SCHOOL FOR GIRLS
Norman Way, Colchester, CO3 3US
cchsgptfa@gmail.com
Sponsored by
Beresfords


PTFA
GRAND RAFFLE
PRIZES
1. £250 CASH PRIZE
2. Luxury Christmas Hamper
3. 12 Days of Curries Hamper
4. Lian Oriental Restaurant Meal for 2 Voucher
5. Case of Prosecco
6. Wilkins & Sons Afternoon Tea for 2
7. Wilkins & Sons Advent Calendar
8. Hamper
9. Bath Set
10. Toiletries
11. £20 Amazon Gift Card
Draw date: Friday 9 December 2022
Email: cchsgptfa@gmail.com
Sponsored by
Beresfords

ADVENT OF KINDNESS 2022

In this challenging year, here are 25 ideas to bring a little more kindness into the world in the run-up to Christmas

1. Start a happiness jar for December and write down one thing each day that has made you happy.
2. Write a letter or draw a picture for someone who might be feeling lonely.
3. Put on some gloves, grab a carrier bag, go for a walk and pick up as much litter as you can.
4. Do a Christmas quiz with your friends.
5. Find five minutes to help someone out today.
6. At the end of the day write down three positive things that have happened.
7. Make a playlist of your favourite Christmas songs and share it with your friends.
8. Set up an obstacle course and see how quickly you can do it.
9. Learn three new facts and share them with your friends.
10. Give some love to your postie and bin collection team and draw thank you posters to put up.
11. Take time to think about what you have done this year that you are really proud of.
12. Write a Christmas card to someone you wouldn't usually send one to.
13. Try making a giant Santa on the floor with household items (remember to clear up after!).
14. Make some Christmas tree decorations.
15. Make a small gift and give it to someone who won't be expecting it.
16. Try a blindfold taste test of various Christmas foods – really concentrate on the flavours and textures.
17. Talk about your family Christmas traditions with your friends and see if anyone else does the same.
18. Put on your favourite song and dance like no one is watching.
19. Design and make a board game you can play with your friends and family.
20. Pay someone a compliment.
21. Take some quiet time out to do some colouring in.
22. Spend five minutes doing some stretches today.
23. Have a video call with someone you haven't seen for a while.
24. Perform three acts of kindness during the day.
25. Enjoy giving, enjoy receiving – happy Christmas!

CONNECT · GIVE TO OTHERS · BE ACTIVE · TAKE NOTICE · KEEP LEARNING

GET IN TOUCH
hello@charliewaller.org · 01635 869754

FIND OUT MORE
charliewaller.org

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