Colchester County High School for Girls
Parent Weekly Bulletin
20 January 2023

Term Dates 2022 – 2023

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
Monday 8 May

Half Term
Monday 29 May
Friday 2 June

Non-Pupil Days
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 B**	Jan	23	Assembly: Yr 13 via TEAMS The Royal Marine Band Workshop Yr 10 Progress Check 2 to Parents
Tuesday	Jan	24	Assembly: Yr 11 via TEAMS Sixth Form STEM Physics Lecture at University of Cambridge, 16.00 – 20.30
Wednesday	Jan	25	Assembly: Yr 9 via TEAMS
Thursday	Jan	26	Assembly: Yr 7 via TEAMS Yr 9 Holocaust Memorial Day Yr 10 Parent Consultation Evening 16.15 – 19.15
Friday	Jan	27	Assembly: All Yrs via TEAMS Yrs 7 – 9 Flu Vaccinations
Saturday	Jan	28	*Les Misérables* School Edition Tech Rehearsal 10.00 – 15.00

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 okay for the Government to change its mind?*

National Education Union Industrial Action on Wednesday 1 February
We recognise that recruitment into teaching is becoming increasingly difficult. Whilst our staff are incredibly supportive of the school and we appreciate their hard work, legally there is no requirement or obligation for teachers to provide information to their school as to whether or not they will be taking industrial action.
Therefore, we will inform parents/carers next week once we have finalised our plans for Wednesday 1 February.

Yr 9 Holocaust Memorial Day – Thursday 26 January
Students will be off timetable in the Hall Periods 1 – 5 on the day, we hope they find it a valuable experience.

Yr 10 Parent Consultation Evening – Thursday 26 January 16.15 – 19.15
You have been invited to make appointments for the Yr 10 Parent Consultation Evening, taking place online.

Yrs 7 – 9 Flu Vaccination – Friday 27 January
The immunisation team will be in school to administer the vaccination, parents have been sent information and need to complete the consent form within the letter by Friday 20 January. If you have any queries we ask that you do not contact the school, as we will be unable to help, please contact the immunisation service via 0300 7900597 or 0300 7900594.

***Les Misérables* School Edition - Wednesday 1, Thursday 2 and Friday 3 February**
Tickets for the performances are on sale at £10 each and can be purchased via TryBooking using the link: Trybooking: Les Miserables School Edition. The show will start at 19.00, refreshments will be served during the interval.
Please be aware that this production contains adult themes and some bad language which might not be appropriate for very young children. There will also be use of flashing lights and loud noises.

Art Department Appeal
The Art department are looking for any unwanted buckets and spades for a project. If you are able to help, students can donate items to Mrs Saunders in G26. Thank you.

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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CCHSG Ski Trip 2023
A reminder that payment for the optional Spa should be made by Friday 20 January.

Healthy Living Sessions for w/c Monday 23 January
Yr 7: 7Y Rotation 4 will have their second session on Monday 23 January, Periods 4 & 5
Yr 8: 8Y Rotation 4 will have their second session on Tuesday 24 January, Period 3
Students will have discussed the recipe and the ingredients needed in their previous session with Miss Webb.

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 school weeks before being disposed of.

Yr 12 UNIQ
UNIQ is a free programme that offers sustained support to help students prepare for university and explore the subjects that interests them. It offers sustained online support as well as an in person residential in Oxford over the summer. It provides an opportunity for students to find out if Oxford is right for them by working with undergraduates and academics. There are a wide variety of subjects to choose from and applications only take around 10 minutes. There are 1600 places available for state school students, selected on the basis of school grades and socio-economic and educational background.
Applications are now open and close on 23 January at 23.00. To register and apply: https://www.uniq.ox.ac.uk/apply2023/
If students do make an application it will ask them to put down a referee – please use Mrs Pigott as the referee so that she can verify it.

Extracurricular and Enrichment Activities

PE Fixtures

Date	Time	Event	Against	Location	Year(s)
24.01.2023	15.45 – 16.45	GCSE Netball	N/A	CCHSG	Yr 11
25.01.2023	15.45 – 16.45	A Level Netball	N/A	CCHSG	Yr 13
25.01.2023	15.20 – 17.15	Football	St Helena	Away	U14
26.01.2023	15.45 – 16.30	Basketball	St Mary's	CCHSG	Yr 8

PE Department Interform Competitions

Dates for Interform Dodgeball	
Friday 3 February	Yr 11/ Sixth Form
Monday 6 February	Yr 10
Tuesday 7 February	Yr 9
Wednesday 8 February	Yr 8
Thursday 9 February	Yr 7

Dates for Interform Football	
Friday 3 February	Yr 7
Monday 6 February	Yr 8
Tuesday 7 February	Yr 10
Wednesday 8 February	Yr 9
Thursday 9 February	Yr 11/ Sixth Form

Yr 11 GCSE History Revision – Wednesday Lunchtime in T21
Mr Kidby will be launching lunchtime revision sessions on Wednesdays starting next week in T21. These will be focused on examination technique rather than content, although some contextual knowledge will inevitably be reviewed. All welcome.

Yr 11 GCSE Biology Revision – Monday 12.45 – 13.15 in F13
Weekly revision sessions for GCSE Biology will resume Monday 23 January at lunchtime. We will be looking at the respiration and lung topic and doing some examination questions.

History Book Club/Film Club – Tuesday 24 January Lunchtime in T2
The History department will be showing an episode of Black And British documentary to link with last term's History Book Club. This will be next Tuesday in T2. Those who attend will be entered for a raffle for a department prize. Students do not have to have read the book to attend though highly encouraged!
For those students who have read the book last term if they would like to write a short review for the newsletter they should please let Mr Paz know.

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e-Safety Information – Stay Safe on New Devices

With many of our students and their family members likely to have received new devices over the Christmas holidays, we thought it important to share advice on making sure those devices are ready to be used safely. The guide below has a list of top tips to make it easier for you to protect yourself and your devices in the digital world - helping you steer clear of hazards like misleading information and vicious viruses. There's never a bad time to refresh your internet safety knowledge, but it's an especially smart thing to do before you start using any shiny new devices!

The guide includes tips such as double-checking your news sources, taking breaks from being online and not sharing personal information.

Careers Information

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

Useful Careers Information

Students wondering what to do next? For options post GCSE, these links might be of use:
Get the Jump: explore your education and training choices | National Careers Service
Interested in a Career in Sport/Physical Wellbeing? Please see Careers Magazine - Active Essex
Careers Guidance for Essex career-hub-lmi-booklet-final.pdf (greateressexcareershub.co.uk)

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.

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.
As a result of the rehearsals for the school production, packed lunches are to be eaten in Form Rooms between 12.35 – 12.55. All Form Rooms should be empty by 13.00.
Paninis and Salad bowls to be eaten in the Dining Hall extension 12.35-12.50.

Please note:

Due to the upcoming school production, packed lunches for Yrs 7 – 9 are to be eaten in Form Rooms 12.35 – 12.50.
Students should ensure they are outside by 12.50.
Panini and salad bowls are to be eaten in the Dining Hall Extension only, not in Form Rooms.
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.

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Menu for w/c 20 January

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognese with Sweetcorn	Slow Roast Pulled Pork with Roast Potatoes & Carrots	Beefburger, Chips & Salad	Chicken Tikka Masala with Rice	Seafood Tagliatelle with Green Beans
Or				
Vegetable Pasta with Salad (Vegan)	Butternut & Coconut Curry with Rice (Vegan)	Macaroni Cheese with Peas	Cheesy Stack Wrap with Salad	Gnocchi in Tomato Sauce with Salad
Main Meal £3.30				
Jam Sponge Pudding with Custard	Blackberry & Apple Crumble with Custard	Pavlova	Banana & Toffee Sponge with Custard	Pancakes
Pudding £1.30				
Panino £3.30				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				
Minestrone (Vegan)	Butternut Squash & Sweet Potato (Vegan)	French Onion (Vegan)	Tomato & Basil	Leek & Potato (Vegan)

Correspondence Sent out this Week
All Yrs: Royal Marine Band Workshop (selected students)
Yr 7: PTFA Social Event
Yr 10: Public Speaking Competition (Selected students)
Yr 10: Parent Consultation Evening
Yrs 10 – 12: Ski Trip 2023 Revised Departure (participants only)
Yr 11: GCSE French Revision Sessions (selected students)
Yrs 12 & 13: STEM Physics Lectures (selected students)
Yrs 12 & 13: A Level History Webinars (History students only)

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yr 7	PTFA Social Event	Friday 3 March
Yrs 7 – 9	Annual Flu Vaccination	Friday 20 January
Yr 8	Computing Trip to Bletchley Park	Monday 6 February
Yrs 8 – 10	Disneyland Netball Tour (final balance due)	Tuesday 31 January
Yr 9	DofE Bronze Payment	Tuesday 31 January
Yr 10	Public Speaking Competition	Friday 20 January
Yr 11	DofE Silver Payment	Tuesday 31 January
Yr 11	GCSE French Revision Sessions (selected students)	Wednesday 25 January
Yrs 10 – 12	Ski Trip 2023 Option Spa payment	Friday 20 January
Yrs 10 – 13	Jack Petchey Foundation Presentation Evening	Friday 20 January
Yrs 12 & 13	STEM Physics Lectures	Friday 20 January
Yrs 12 & 13	A Level History Webinars	Friday 10 February

MENSA Brainteasers
Which word goes after PETROL and before ROOM, and which word goes after NAP and before SHIP?
Place the two words together to give the word.
What is it?

Answer from Friday 6 January: 32 and F. The numbers increase by five. The letters are the initials of the numbers found by adding the two digits together.

Word of the Week for w/c 20 January
Next week the word is: **VEX** – to irritate.

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PTFA
Registered Charity No. 1110464

1. Spring Term Dates for Your Diary
- **PTFA Meeting:** Monday 30 January, 19.00 – 20.30
- ***Les Misérables* - School Edition, Production (Refreshments):** Wednesday 1 – Friday 3 February
- **Nearly New Uniform Sale:** Saturday 4 March, 10.00 – 12.30
- **Year 7 Parents and Students Social Evening:** Friday 10 March, 19.00 – 21.00

2. *Les Misérables* - School Edition, Production (Refreshments)
On Wednesday 1 – Friday 3 February the PTFA will be selling refreshments, popcorn and running a licensed bar, before the performance and during the interval. Please sign-up via the links below if you are able to help.

3. Nearly New Uniform and Revision Book Sale: Saturday 4 March, 10.00 – 12.30
The next Nearly New Uniform Sale, open to all years, will be held in the Main Hall. We appeal for donations of clean, good quality uniform items that your child has outgrown and revision books. Donations can be deposited in the clearly marked blue wheelie bins outside the school Reception. Please send donations by Tuesday 28 February to allow preparation ahead of the sale that weekend. Please sign up via the link below if you would like to help at the sale. Thank you in advance for your continued support.

4. Year 7 Parents and Students Social Evening: Friday 10 March, 19.00 – 21.00
The PTFA is pleased to invite all Year 7 students and their parents/carers to a social evening on Friday 10 March from 19.00 - 21.00. Tickets are available to purchase at £12.50 per child via www.classlist.com. Students will be entertained with a disco, and snacks and drinks will be provided. Parents/carers are invited to attend a separate reception while the students are at their party. Complimentary canapes will be served and there will be a licensed bar and hot drinks available to purchase. Tickets must be purchased **by 23.55 on Friday 3 March.** If you have not yet signed up to Classlist, please join this safe parent community through the link given above.

5. Volunteer Sign-up links
None of our planned events can run without the kind support of volunteer staff, parents and carers. Could you help? To sign-up, please click on the link for the individual event to go to the sign-up sheet (or copy it into your web browser if clicking does not work).
CCHSG PTFA thanks you in advance for your support.

EVENT	SIGN-UP LINK
***Les Misérables* (School Edition) Production:** Wednesday 1 February	https://volunteersignup.org/4BBC9
***Les Misérables* (School Edition) Production:** Thursday 2 February	https://volunteersignup.org/JT8AB
***Les Misérables* (School Edition) Production:** Friday 3 February	https://volunteersignup.org/A4FB9
Nearly New Uniform and Revision Book Sale: Saturday 4 March	https://volunteersignup.org/L8MYC
Year 7 Parents and Students Social Evening: Friday 10 March	https://volunteersignup.org/JDWJW

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


STAY SAFE ON
NEW DEVICES
Whether you're an internet newbie or a pro at surfing the web, it's always important to keep online safety in mind. We've pulled together a list of top tips to make it easier for you to protect yourself and your devices in the digital world – helping you steer clear of hazards like misleading information and vicious viruses. There's never a bad time to refresh your internet safety knowledge, but it's an especially smart thing to do before you start using any shiny new devices!
SHOW RESPECT TO OTHERS
Be suspicious of new information
TELL A TRUSTED ADULT IF SOMETHING UPSETS YOU
DON'T CHAT WITH STRANGERS
BE HONEST WITH PARENTS & CARERS
TAKE BREAKS FROM BEING ONLINE
ASK PERMISSION before downloading anything
AVOID SHARING PRIVATE PHOTOS
Don't give away personal information
Stick to trusted apps
TAKE NOTICE OF AGE RESTRICTIONS
DOUBLE CHECK YOUR NEWS SOURCES
NOS
National Online Safety®
#WakeUpWednesday