Colchester County High School for Girls
Parent Weekly Bulletin
7 July 2023

Term Dates 2022 – 2023

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
Monday 4 September
Monday 25 September
Tuesday 3 October
Friday 20 October
Wednesday 20 December
Thursday 4 January
Friday 5 January
Monday 22 July
Tuesday 23 July

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**	July	10	
Tuesday	July	11	Y8 CCT Matrix Day Sports Presentation Evening
Wednesday	July	12	Y12 Internal Assessments to Parents Sports Day
Thursday	July	13	Summer Show Performance
Friday	July	14	Summer Show Performance

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: Could you be better at following sun safety advice?

Summer Show **13 and 14 July 2023**
Performances of CCHSG's show "Simply the Best" will take place on the evenings of Thursday 13 and Friday 14 July. The concert will be in the main school hall and will begin at 19:00. The PTFA will be running a bar and refreshments before the performance and during the interval.

The show will be a variety of performances in music, dance, and drama, with the extracurricular music groups performing along with some smaller ensembles and solo performances.

We would be delighted if you could join us for the show. Tickets for the performances are on sale at £10 each and can be purchased via TryBooking using the link https://www.trybooking.co.uk/CMHY. The site will close at midday Thursday 13 July.

Assistant Finance Officer Vacancy
Alpha Trust are seeking to employ an Assistant Finance Officer based in the Trust offices at Colchester County High School for Girls. Experience is preferred but training will be provided for a suitable candidate.

The successful candidate will provide effective financial assistance to the Central Finance Team and local schools within the Trust and support with the day-to-day running of the Finance department.

Further information can be found on our website, www.cchsg.com

Colchester Teacher Training Consortium
Applications to train with Colchester Teacher Training Consortium are still open for September 2023. Further details can be found at the end of the bulletin.

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Extracurricular and Enrichment Activities

PE Fixtures

Date	Time	Event/Fixture	Against	Location	Years
12 July	Various	Sports Day		CCHSG	All

If you child still has a school netball dress or athletics vest, please can they return it to the PE department as soon as possible.

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

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

What Parents and Carers Need to Know about Rumble
Conceived as giving independent content creators equal representation in the online space, Rumble has found something of a niche in restoring a voice to influencers who have been blocked from similar platforms. It's become particularly renowned as a forum for political debate, with some prominent account holders' choice of subject matter attracting a degree of notoriety.

In a recent study it was found that the platform's most popular topics included gun laws, the January 2021 Capitol riots and Covid vaccines. Many parents and carers may feel that these sensitive topics – when addressed in a less-than-sensitive manner – aren't suitable for young users. We have attached a helpful guide to help inform parents whether Rumble is a suitable platform for their children to be using.

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Dining Room Arrangements
No coats are permitted in the Dining Hall at breakfast, break or lunchtime. Students should put their coats on the racking.
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.
Students in Yrs 7 – 11 can eat their packed lunches in their form rooms from 12.35 – 13.00 as the Hall is unavailable due to the examinations.
Salad Boxes should be eaten in the Dining Hall Extension and can now be pre-ordered.
We strongly suggest students pre-order sandwiches and salad pots to avoid lengthy queues.

Pre-orders must be made by 08.30 via the Civica Eats APP

Please ensure your child's ParentPay meal account is in credit by the end of Term.

Dining Arrangements students to Dining Hall for Lunch:

Week A		**Week B**	
12.35	Yr 13 , 12, 11	**12.35**	Yr 13, 12, 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 10 July

Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Cottage pie sweetcorn	Lasagne Salad	Pizza Chips salad	Cajun chicken potato wedges salad	Breaded cod sauté potatoes green beans
Vegetable Chilli rice (Vegan)	Brie apple & onion tart	Macaroni Cheese & Peas	Mediterranean Pasta salad (Vegan)	Quiche salad
Chocolate sponge chocolate sauce	Blackberry & Apple Crumble & Custard	Eton mess	Lemon meringue pie	Bakewell tart custard
Pudding £1.30				
Panino £3.30				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				
Carrot & coriander Soup (vegan)	Butternut squash sweet potato (Vegan)	Minestrone (Vegan)	Leek & Potato	Vegetable soup (Vegan)

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Correspondence Sent out this Week
7H: Choral Competition Winners Performing at the Summer Show “Simply The Best”
8E: Choral Competition Winners Performing at the Summer Show “Simply The Best”

Lost Property
We urge all belongings to be clearly named.
All unnamed lost property that has been handed is photographed and displayed on SharePoint via CCHSG Lost Property
Items can be collected from Reception and will be kept for two school weeks before being recycled.

MENSA Brainteasers
I have four wings, but cannot fly, I never laugh and never cry; On the same spot I'm always found, toiling away with little sound. What am I?

Answer to last week’s brainteaser:
Answer: A map

Word of the Week for w/c 10 July
Word of the week is**: Nemesis** meaning something that a person cannot conquer, achieve.

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PTFA
Registered Charity No. 1110464

1. Summer Term Dates for Your Diary

- Nearly New Uniform and Book Sale: Saturday 8 July, 10.00–12.30 (all Year Groups welcome)
- Summer Concert: Thursday 13 and Friday 14 July

2. New Year 7 Intake Nearly New Uniform Sale Feedback

The PTFA held a very successful Nearly New Uniform and Books Sale on Wednesday 28 June for the 2023/2024 Year 7 intake. Just over £4000 was raised! The PTFA would like to thank all the parent volunteers who gave up their time and helped with preparing the sale on Wednesday morning, and staffing the sale on Wednesday evening - we could not have managed without your help.

3. Nearly New Uniform and Books Sale Saturday 8 July

The PTFA will be holding the Summer term Nearly New Uniform and Books Sale on Saturday 8 July, which is open to all Year Groups. This will be the last opportunity to purchase any uniform needed for the start of the Autumn term. We are in urgent need of volunteers for this sale. If you have a couple of hours to spare, please sign up using the link at the bottom of the page by 10pm tonight.

4. Vinodh Gurusamy's Kilimanjaro Trek: July 2023

We are delighted to announce that Year 7 parent, Vinodh Gurusamy, will be trekking up Mount Kilimanjaro in Tanzania, Africa to raise funds for the PTFA. Vinodh, who has previously completed several summits in the UK, as well as Machu Picchu, in Peru before the pandemic, is excited to be trekking once again. If you would like to support Vinodh and donate, please visit:
https://www.justgiving.com/campaign/vinodhkilimanjaro

5. Cakes and Beyond Team

The summer concert will see the return of the PTFA's Cake and Beyond Team who will be providing the cakes and desserts available for purchase on the cake stall. We always welcome new members so if you have a passion for baking and want to help the PTFA in fundraising for the school, please email cchsgptfa@gmail.com .

6. Summer Concert: Thursday 13 and Friday 14 July

The PTFA will be providing refreshments for the Summer Concert on Thursday 13 and Friday 14 July. We will be running a licensed bar, and a selection of refreshments will be on sale including cakes, popcorn, pick 'n mix and ice cream. We are in need of volunteers for this event. If you are attending the concert, please consider signing up to help before the show starts and during the interval. We'll have you back in your seats before the second half of the show!

7. Grand Prize Draw Summer 2023

Be in it to win it - the PTFA's Grand Prize Summer Draw is live with some amazing prizes up for grabs!
1st Prize - £150 cash
2nd Prize - Enchanting Escape for 2 Gift Box (overnight stay in one of 330 locations)
3rd Prize - BBQ Hamper
Tickets at £5.00 per entry can be purchased via https://www.trybooking.co.uk/CKJZ
Winners will be notified via email. Winning ticket numbers, but not the names of the winners, will also be posted in the school's Parent and Staff Bulletins, Facebook page and on Classlist. Draw date: Monday 17 July 2023 10:00-10:30. All monies raised will allow the PTFA to continue funding additional equipment and resources for departments across the school. We thank you in advance for supporting this fundraising initiative.

8. Beresfords Estate Agents Advertising Boards-Christmas Market 2023. This year, once again, we are delighted to be sponsored by Beresford Estate Agents. Beresfords will be providing Christmas Market advertising boards across CO and CM postcodes. We will be back in touch with all the parents, grandparents and friends who previously registered their addresses in Colchester and Chelmsford to confirm if they are happy to host a board again this year. If you own a property in Colchester or Chelmsford 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. Email cchsgptfa@gmail.com with your full address, preferred email and contact phone number if you would like to register for a board.

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Registered Charity No. 1110464

9. Volunteer Sign-up links

None of our planned events can run without the kind support of volunteer staff/parents/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).

EVENT	SIGN-UP LINK
Nearly New Uniform Sale: Saturday 8 July	https://volunteersignup.org/CR9LC
Summer Concert: Thursday 13 July	https://volunteersignup.org/K4AR8
Summer Concert: Friday 14 July	https://volunteersignup.org/CT99Y

PTFA CONTACTS:

PTFA Chair: Mrs Anni Cullen

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

https://www.cchsg.com/parent-carers-hub/cchsg-ptfa/

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about RUMBLE

AGE RESTRICTION 12+

on the App Store; 'Teen' on Google Play

A video-sharing platform designed as an alternative to YouTube, Rumble is the epitome of a 'slow burner' in digital circles: it was initially launched in 2013, but it's only in the last two or three years that it's begun to gain serious traction. Much of Rumble's recent growth has stemmed from its association with Truth Social, the platform founded by former US President Donald Trump. Rumble's content frequently reflects some intense political viewpoints; this can often affect the way it approaches topics and has occasionally caused the platform to venture into controversial territory.

WHAT ARE THE RISKS?

POLITICAL AFFILIATIONS

The company which developed Rumble is also responsible for hosting Truth Social, the often contentious news and social network founded by Donald Trump. Indeed, Rumble's content often reflects the ideas of one group of US voters, who have embraced it as an alternative to more mainstream social media. Many parents may feel that such an overtly political platform isn't suitable for young people.

PROVOCATIVE CONTENT

Rumble prides itself on championing free speech, with its CEO declaring the platform "immune to cancel culture". Many of Rumble's highest-profile content creators – such as Andrew Tate and Russell Brand – are well known for sharing opinions which are often described as extreme. While adults might be equipped to treat this content objectively, much of it may not be appropriate for a young audience.

INAPPROPRIATE MATERIAL

In very simple terms, Rumble works a little like YouTube but with far fewer censors and restrictions being applied to its content. If age-inappropriate material or potentially harmful misinformation is trending on the platform and being shared among more mature users, there's a distinct possibility that Rumble's algorithm may also recommend that content to a child.

CONTROVERSIAL FIGURES

Many of Rumble's best-known accounts are owned by individuals who have previously been banned from other social media platforms. There could, of course, be a variety of reasons behind this – but it almost certainly increases the chances of your child coming across content on Rumble which probably wouldn't be deemed acceptable on other similar platforms.

SENSITIVE TOPICS

In recent months, some prominent Rumble influencers have expressed uncompromising views on sensitive subjects such as gun control, abortion, LGBTQ issues and more. With many Rumble accounts tending to display a noticeable political bias, the concern would be that young people using the platform may not always be presented with an impartial perspective on these important and complex topics.

THE ALTERNATIVE VIEW

Advice for Parents & Carers

TALK ABOUT POLITICS

Rumble does have a team of moderators, but the nature of the platform means that some permitted content is likely to be controversial and highly subjective. That possibility might make many parents uncomfortable – but if your child does view (or hear about) something provocative on Rumble, it can still provide a useful opportunity to discuss politics at home in a safe, relaxed environment.

RESEARCH ALTERNATIVES

No video-sharing platform is totally free from potentially harmful content, of course – but the number of prominent account holders on Rumble whose output has previously been banned from similar services is certainly a cause for concern. If your child is becoming interested in influencer culture or politics specifically, you could perhaps research more family-friendly platforms together.

CHECK UP REGULARLY

Like any video-sharing platform, there's a chance that Rumble might suggest inappropriate content for your child. There may be an algorithm issue – or it could be that the recommendations are based on videos they've previously viewed. If your child uses Rumble, you might consider a chat with them about which accounts they follow and what type of content is suitable for their age.

DISCUSS IMPARTIALITY

Many prominent Rumble accounts wear their political leanings firmly on their sleeves. As a result, it can be tricky for impressionable young people to appreciate both sides of any given debate. If your child is old enough to use Rumble, you may feel that a discussion of some things they've seen might be prudent – if so, be prepared from some complex (and possibly lengthy) conversations!

Meet Our Expert



Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on multiple sites including IGN and TechRadar.

National Online Safety®

#WakeUpWednesday

Source: https://www.pewresearch.org/journalism/2022/10/06/prominent-accounts-on-alternative-social-media-sites-mostly-are-individuals-not-organizations/

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.07.2023

GRAND PRIZE DRAW

Summer 2023

1st Prize: £150 cash

2nd Prize: Enchanting Escape for 2 Gift Box

(Overnight stay in one of over 330 locations)

3rd Prize: Barbeque Hamper

Scan QR Code for tickets

£5.00 per entry

Draw Date:
Monday 17 July 2023

Registered Charity No. 1110464
Registered under the Gambling Act 2005 with Colchester Borough Council

Promoter: Mrs Anni Cullen (Chair, CCHSG PTFA)
Colchester County High School for Girls, Norman Way, Colchester, CO3 3US

Tickets are non-transferable and may not be purchased by persons under 16 years of age.



Kilimanjaro Trek
July 2023

In July 2023, CCHSG parent, Vinodh Gurusamy, will be trekking up Kilimanjaro, in Tanzania. Having climbed summits both in the UK and in Peru before the pandemic, Vinodh is excited to be trekking once again, in a bid to raise funds for CCHSG PTFA.

We hope that the funds raised by Vinodh's Kilimanjaro trek will enable us to provide further funding support across the school and wish him all the best with the trek.

JustGiving

Scan QR-code to donate now

If you or anyone in your family is taking part in similar fundraising activities and would like to raise funds for CCHSG PTFA to benefit students at CCHSG, please contact us at

cchsgptfa@gmail.com

CAN YOU HELP?

Advertise our most popular annual event with a

Beresfords Estate Agents Advertising Board

Do you own a property in COLCHESTER or CHELMSFORD which is in a prominent location with public access and visibility and would like to volunteer your address?

Boards are installed no more than 3 weeks before the event and removed during the week afterwards. Family and friends can also volunteer.

GET IN TOUCH TODAY!

cchsgptfa@gmail.com

with the following information:

- full address
- preferred contact email
- preferred contact number

Beresfords

Supporting the local community

Colchester County High School for Girls PTFA

Christmas Market

2 December, 12-3pm

Norman Way, CO3 3US cchsgptfa@gmail.com

www.beresfords.co.uk

PTFA

Thank you for your support!

For all things CCHSG PTFA related, visit www://cchsg.com/parent-carers-hub/cchsg-ptfa/

Colchester County High School for Girls
Drama & Music Departments Present:

"SIMPLY THE BEST"

Music, dance & drama showcasing the music of some of our most famous divas!

Thursday 13 & Friday 14 July 7pm

Tickets £10
Via Trybooking

www.trybooking.co.uk/CMHY

Bar and refreshments available before the show and during the interval, kindly provided by CCHSG PTFA

Colchester Teacher Training Consortium

Interested in training to teach?

Applications are still

OPEN

for September 2023

APPLY VIA DFE APPLY USING THE QR CODE

Please contact:
enquiries@colchesterttc.org.uk
Phone: 01206 364728

