# Colchester County High School for Girls
# Parent Weekly Bulletin
# 22 September 2023

**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

**Term dates 2024-2025**

**Autumn Term**
Monday 2 September
Friday 20 December
**Half Term**
Monday 28 October
Friday 1 November

**Spring Term**
Monday 6 January
Friday 4 April
**Half Term**
Monday 17 February
Friday 21 February

**Summer Term**
Tuesday 22 April
Tuesday 22 July
**Half Term**
Monday 26 May
Friday 30 May

**Bank Holiday**
5 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 | Sept | 23 | 11+ Test Day |
| Monday **Week B** | Sept | 25 | Non Pupil Day |
| Tuesday | Sept | 26 | Y10 Assembly in the Hall<br>Y7&8 Assembly in the Sports Hall |
| Wednesday | Sept | 27 | Y13 Biology Field Trip Information Evening (Online) |
| Thursday | Sept | 28 | Y12 Assembly in the Hall<br>Y9 Information Evening 19.00<br>Y11 Visit to Thorpe Park |
| Friday | Sept | 29 | UCAS Early Entry Deadline |

**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: Should artefacts be returned to where they were taken from?

**Colchester teacher Training Consortium Open Evening**
Colchester Teacher Training Consortium (CTTC) will host an Open Evening recruitment event on Thursday 5th October 2023 5pm to 7pm. Please see the attached poster for information.

Please find the link below regarding registering for the event.
https://forms.office.com/e/3yByGudWcc

**Extracurricular and Enrichment Activities**

**Oxbridge Physics Club – G2 Thursday Lunchtime**
If students are considering applying to Oxbridge for the Physical Sciences then they should come along to G21. Over the next few months, we will be going through the application process, the entrance exams, and mock interview questions.

**Sci-fi and Science Documentary club – G3 Tuesday Lunchtime**
If your child likes watching science documentaries then they are welcome to come to G3 Tuesday Lunchtime.

**Y10 – 13 British Physics Olympiad**
The Olympiad is restarting this year. It will be held Monday Week A lunchtimes in G1, with Mr Minton. It is open to all students in Y10-13, who would like to pursue their interest in Physics.

**Swimming**
If your child can not confidently swim 25m front crawl and 25m backstroke, please email Miss Mather (kmatherhutchinson@cchsg.com) It is very important we know this information so that we can put support in place for your child to learn this important life skill.

**CCHSG Sport – Gifted and Talented**
If your child has achieved high level sporting successes recently, please fill out the form below.
https://forms.office.com/Pages/ResponsePage.aspx?id=la3pq0GH7kuhsVbSrAP_KlB89m46209KrlJdsnmxnE1UNVo2VDhVSTZPNFBVODYwVVFCMUc0R01NMC4u

# Parent Weekly Bulletin – 22 September 2023

**Sports Fixtures**

| Date | Time | Event/Fixture | Against | Location | Years |
|---|---|---|---|---|---|
| 27.09.23 | 13:30-18:30 | Lee Valley Cross Country | Various | Lee Valley | Year 7-11 |
| 27.09.23 | 13:00-18:00 | Essex Cup U16 Football | Mayflower High School | Mayflower High School | Year 10-11 |
| 28.09.23 | 15:45-16:45 | Netball friendly | St Benedict and St Marys | CCHSG | Year 7 |

**History Book club**
The history book club will be debating the book 'The Help' the book can be borrowed from libraries or brought for a discount price through ParentPay. Please see information attached.

**Essay Competition**
Students in Y12 and Y13 are invited to enter the following essay competition on the topic of totalitarianism. The subject is the Repression in pre-war Nazi Germany. Students do not have to be taking History at A Level to enter. There is a financial prize of £1,500 shared between those who come first, second and third place. There are also £50 prizes for 5 or so essays that will be highly commended. The awards ceremony will take place in a prestigious central London location. Previous ceremonies have taken place at the Polish Embassy and the Athenaeum Club. The competition is open to those who will be in year 12 or 13 during the 2023-24 academic year. Students can find out more information from this link - https://historyoftotalitarianism.com/
Students are requested to inform Mr Paz if they submit an essay and will need to put Mr Paz's name down in the application form. The deadline is February 4 2024.

**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.**
WhatsApp is the most widely used messaging platform on the planet, with over two billion users (forecast to become three billion by 2025), across more than 180 countries. The majority of those people (70%) open the app at least once a day – but what exactly are they seeing? Contact from strangers, fake news and convincing scams are all among the service's well-documented hazards.

According to Ofcom, WhatsApp is used by more than half of 3- to 17-year-olds in the UK (including one in three from the 8–11 bracket), despite its 16+ age restriction. If your child hops onto WhatsApp to stay in touch with friends or family, the attached guide to the service contains the key details you'll need to support them in doing it safely

**Careers Appointments**

**Careers Lead** – Mr Summers

Students can make appointments with our impartial careers adviser via the sign-up sheet outside the M-Block Office Door - opposite M8.

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**Dining Room Arrangements**
No coats or bags are permitted in the Dining Hall at breakfast, break or lunchtime. Students should put their coats and bags on the racking.
Breakfast – served between 08.00 – 08.35, accessed via the Dining Hall Extension Doors outside the servery.
Breaktime – Years 7 – 11 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. Years 12 & 13 pre-ordered food in Sixth Form Refectory from 12.15.

Students in Years 7 – 11 can eat their packed lunches, school sandwiches and paninis in the Hall from 12.35 – 13.00 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.**

**Dining Arrangements students to Dining Hall for Lunch:**

| **Week A** | | **Week B** | |
|---|---|---|---|
| **12.35** | Y13 , 12, 11 | **12.35** | Y 13, 12, 11 |
| **12.50** | Y 8 & 7 | **12.50** | Y 9 & 10 |
| **13.00** | Y 9 & 10 | **13.00** | Y 7 & 8 |

**Students should arrive promptly for their slot**

**Menu for w/c 25 September**

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|---|---|---|---|---|
| Non-Pupil Day | Spaghetti Bolognese & Sweetcorn (G) | Sausages Chips & Beans (G) | Sticky Chinese Chicken, Rice & Sweetcorn (S) | Fish Finger Roll & Salad (D) (E) (G) (F) |
| | | | | |
| | Vegetable Curry & Rice (Vegan) | Macaroni Cheese & Peas (D) (G) | Vegetable Pasta & Salad (G) | Vegetable Lasagne & Salad (D) (G) |
| | | | | |
| | Apple & Blackberry Crumble (D) (G) | White Chocolate Mousse (D) (E) | Banana & Toffee sponge & custard (D) (E) (G) | Strawberry Pannacotta (D) |
| **Pudding £1.30** | | | | |
| **Panini £3.30** | | | | |
| Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40 | | | | |
| | Butternut Squash & Sweet Potato (Vegan) | Soup Vegetable (Vegan) | Soup Tomato & Basil (D) | Soup French Onion (Vegan) |

**Allergen key - Celery (C) Dairy (D) Eggs (E) Fish (F) Gluten (G) Soya (S) Shellfish (C)**
**Dishes with allergens will be displayed in this key**

**CivicaEats App**
If your child would like to pre order cold food for lunch from the Canteen they can use the CivicaEats App. Your child can pre order sandwiches, cakes, paninis and salads. For more information please contact reception or Mr Martin, Catering Manager.

# Parent Weekly Bulletin – 22 September 2023

**Correspondence Sent out this Week**
Y9 Information Evening
Y10 Information Evening
A Level History Tudors Conference Y13 History Students
Graphical Calculator Y9 - Y13 Maths Students
Y9 DofE Bronze Programme Booklet
A Level Biology fieldtrip information evening

**Deadline for Replies and Payments**

| Year Group | Trip or Event | Deadline for Response |
|---|---|---|
| Y13 History Students | A Level History Tudors Conference | 26 September |
| Y9 - Y13 Maths Students | Graphical Calculator | 29 September |
| Y9 Students | DofE Bronze Booklet | 6 October |

**Healthy Living Rotation**
Year 8 8X R1 Tuesday 26 September Period 2 and Period 3
Students and Parents have been emailed with the initial recipe for ingredients.

**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**
At a leisure centre there are three times as many people taking part in Yoga as doing Boxing. There are 10 more people Swimming than Boxing and 7 less in the Gym than Swimming in the pool. 9 people are working out in the Gym. How many are doing Yoga?

**Answer to last week's brainteaser:**
Answer: Tea, teal, deal, dell and bell

**Word of the Week for w/c 25 September**
Word of the week is**: Implode** meaning to collapse inwardly with force as a result of external pressure

# Parent Weekly Bulletin
# 22 September 2023

Registered Charity No. 1110464

**1. Autumn Term Dates for Your Diary**

- **PTFA Annual General Meeting:** Tuesday 26 September 2023
- **New Year 7 Welcome Party:** Friday 13 October 2023
- **PTFA Meeting:** Monday 6 November 2023
- **Nearly New Uniform Sale:** Saturday 25 November 2023
- **Annual Christmas Market:** Saturday 2 December

**2. PTFA Annual General Meeting to be followed by Ordinary PTFA Meeting:** Tuesday 26 September 2023 19.30-21.30
The PTFA would like to invite all parents/carers to the PTFA's Annual General Meeting which will take place at **Room G25 on Tuesday 26 September 2023 19.30- 21.00.** This meeting will be followed by an Ordinary PTFA meeting. We anticipate the AGM will last for 30 minutes.

**3.New Year 7 Welcome Party:** Friday 13 October 19.00-21.00
The PTFA is pleased to invite all Year 7 students and their parents/carers to a social evening on Friday 13 October 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 vegetarian snacks and drinks will be provided. Please be advised, that students are not permitted to bring mobile phones or recording equipment into the disco. 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 6 October.** If you have not yet signed up to Classlist, please join this safe parent community through the link given above.

**4. Autumn Term Nearly New Uniform and Books Sale:** Saturday 25 November 2023 10.00-12.30
This term's Nearly New Uniform and Books Sale will take place in the Main Hall, on Saturday 25 November 2023 from 10.00-12.30. 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 **Friday 17 November t**o allow the PTFA uniform team to prepare all items for sale. Please sign up via the link below if you would like to help at the sale. Thank you in advance for your continued support.

**5.Beresford's Advertising Boards**
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. This year's board list is up and running- thank you to all those who have already volunteered to host an adveristing board at their address. 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.

**6. 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).
CCHSG PTFA thanks you in advance for your support.

| EVENT | SIGN-UP LINK |
|---|---|
| **Year 7 Welcome Party:** Friday 13 October 2023 | https://volunteersignup.org/PPAQ7 |

**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/

# YEAR 7 SOCIAL EVENING

for Parents/Carers & Students

Organised by:

PTFA

## Friday, 13 October 2023

**19.00 - 21.00 I Doors open 18.30**

**Tickets @ £12.50 available on www.classlist.com**
**(What's on -> Events -> Upcoming -> Year 7 Social Evening 2023)**

Ticket purchase deadline: Friday 6 October 2023, 23.59

**STUDENTS - entry through Main Hall side entrance.**
**Enjoy the disco with DJ Scott Dewing, snacks & refreshments.**

**PARENTS/CARERS - entry through foyer**
**Canapes & refreshments, licensed bar available.**
**Siblings including infants strictly not allowed.**

Classlist

Email: cchsgptfa@gmail.com

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 WHATSAPP

...MSG ME...

WHAT ARE THE RISKS?

AGE RESTRICTION 16+

In UK and Europe; rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

## EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

## CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

## FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original ... and might not be entirely factual, either.

## 'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

## CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversions and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

## VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

# Advice for Parents & Carers

...TYPING...

## EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know *never* to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

## THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

## ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except ...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

## CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

## Meet Our Expert



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

...HEY OSCAR...

National Online Safety®

#WakeUpWednesday

Source: https://blog.whatsapp.com/an-open-letter | https://faq.whatsapp.com/1070188395823332 | https://faq.whatsapp.com/360059896189245/?helpref=hc_fnav
https://www.whatsapp.com/security | https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private
https://www.aura.com/learn/whatsapp-scams



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.09.2023

# 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

PTFA

Thank you for your support!

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

# Enjoy History? Or love reading? Join...

# History Book Club!

*The Help*

By Kathryn Stockett

Recommended: 'White Label: Young Adult'

Warning: references to miscarriages and racism




**We will have a meeting to debate some of the issues with the book.**

**We will also play the film in December. Date TBC.**

Enter a vanished and unjust world: Jackson, Mississippi, 1962. Where black maids raise white children, but aren't trusted not to steal the silver . . .

There's Aibileen, raising her seventeenth white child and nursing the hurt caused by her own son's tragic death; Minny, whose cooking is nearly as sassy as her tongue; and white Miss Skeeter, home from College, who wants to know why her beloved maid has disappeared.

Skeeter, Aibileen and Minny. No one would believe they'd be friends; fewer still would tolerate it. But as each woman finds the courage to cross boundaries, they come to depend and rely upon one another. Each is in a search of a truth. And together they have an extraordinary story to tell...

**Books can be borrowed from libraries or bought from Red Lion Bookshop at 125 High Street, Colchester through the school's ParentPay at a discount - £7.99. Deadline is October 6th, Friday.**



# OPEN EVENING

**Colchester Teacher Training Consortium**
**Thursday 5th October 2023**
**5pm to 7pm**
**Colchester County High School,**
**Norman Way, Colchester CO3 3US**

**To book please use the QR code**

**Interested in becoming a Primary or Secondary school teacher then please come along.**

Colchester Teacher Training Consortium

Ofsted Outstanding Provider

**www.colchesterttc.org.uk**
**01206 364728**
**enquiries@colchesterttc.org.uk**