Colchester County High School for Girls
Parent Weekly Bulletin
17 November 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

Monday **Week B**	Nov	20	Y8 CCT Matrix Day Y11 GSCE Mock Examinations all Week Y10 GCSE Mock RS Examination
Tuesday	Nov	21	Y8 Cyberfirst Girls Competition online Qualifier rounds all week Y10 Careers visit to Colchester Zoo Y11 Assembly on TEAMS
Wednesday	Nov	22	Y9 Religion and Worldviews Matrix Day (9DD/9EE/9FF & 9GG) Y9 Assembly on TEAMS
Thursday	Nov	23	Y7 Assembly in the Hall Y13 Parent Consultation Evening
Friday	Nov	24	DofE Bronze group B Training Session 1 15:45 – 17:30 Y12 & Y13 Art Trip to Curwen Print Study Centre
Saturday	Nov	25	PTFA Nearly New Uniform and Books Sale 10.00-12.30

A parent calendar is available on the school website (link)

The Sixth Form at CCHSG
Applications for Sixth Form are now open and can be submitted using this link. Colchester County High School for Girls Sixth Form Application Form (24 Entry) (office.com)

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: Does your school do enough to deal with bullying?

CCHSG Alumni Network – CCHSG Connect
Over the coming academic year, we will be working with the education charity Future First to help us build an even more thriving professional and social network among our alumni community. We would very much like to get back in touch with past students and enable them to benefit from links to our wider alumni network. In addition, our former students have wide ranging experience and expertise which could be hugely beneficial in informing and inspiring our current students. Please help us reach out to our former students using your own networks. Past students can sign up via the QR code below or at:
https://www.futurefirsthub.org.uk/register/cchsgconnect

CCHSG 500 Club - Draw 2 – 15 November 2023
Thank you to all those staff and parents who have purchased tickets. The winners of this month's draw are:

1st Prize – £106.00 - Ticket number 279380-4012205 (CCHSG Staff)
2nd Prize – £64.60 - Ticket number 279380-3921613 (Parent of Year 11 student)
3rd Prize – £42.00 - Ticket number 279380-3924861 (Parent of Year 8 student)

Draw number 3 of 10 for 2023/24 academic year to be held on Wednesday 20 December 2023 at 11.00.
Tickets are still available to purchase for the remaining 8 draws via
https://www.trybooking.co.uk/CNQO
Membership takes the form of a one off payment of £40, which entitles participants to be entered into monthly draws.
All the funds raised will go directly towards the provision of additional resources and equipment for students. Please purchase by Tuesday 19 December to be included in the next draw.

Visit https://www.cchsg.com/about-cchsg/the-500-club/ for further details and Club Rules.

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 BYOD Windows 11 Upgrade
If your child has a BYOD device, please see below the dates where we require your child to bring their BYOD device to the ICT Service office for the Windows 11 upgrade.

We will try to get the upgrade completed within the school day but may require your child to pick the device up the following school day. When the device has been dropped off, a ticket will be made on our helpdesk and an email will be sent to your child's school email address when their device is ready to be picked up.

Please note that if your child's device is already running Windows 11, then there is no need for them to bring their device to us. If your child is in year 8, they should bring their device to ICT Services as soon as possible.

If your child has missed the time below, they should bring their device to ICT Services as soon as possible.

Our Windows 11 build contains the following key changes:

- Upgrade from Windows 10 including application updates.
- Enhancing security on the device.
- Cloud filter and reporting, upgrade from the Unified Client.
- Cloud management and the removal of the Always On VPN requirement.

Form Group	Date From	Date To
9C 9E	13/11/2023	15/11/2023
9H 9L	15/11/2023	17/11/2023
9O 9S	20/11/2023	22/11/2023
10C 10E	22/11/2023	24/11/2023
10H 10L	27/11/2023	29/11/2023
10O 10S	29/11/2023	01/12/2023
11C 11E	04/12/2023	06/12/2023
11H 11L	06/12/2023	08/12/2023
11O	11/12/2023	13/12/2023
Catchup for any remaining	13/12/2023	15/12/2023

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Curricular and Enrichment Activities
Please continue to use schoolcloud for signing up to clubs. New PE clubs are now available. SchoolCloud - Colchester County High School for Girls

Mathematics Revision Sessions
Please see the table below regarding the revision sessions that the Mathematics department are running

	Week A	Week B
A Level	Pure Thursday 19.00 on TEAMS Mrs Roshen	Statistics Wednesday 20.00 on TEAMS Mrs Bradnum
	Thursday Lunch selected students Mrs Roshen M11	Mechanics Wednesday lunch Mr Glease M6
	FM Core Pure Wednesday 20.00 Mrs Bradnum	
Year 12	Homework support, Wednesday Lunch Mr Glease	
GCSE Revision	Friday open to all Mrs Burnett M9	Thursday open to all Mrs King M8
Add Maths	Wednesday Year 10 Mrs Kordzaia Humphreys M11 Year 11 Mr Walsh M12	Wednesday Year 10 Mrs Kordzaia Humphreys M11 Year 11 Mr Walsh M12

Sports Fixtures

Date	Time	Event/Fixture	Against	Location	Years
21.11.23	09:00-12:00	Ultilita Girls Cup 1st Round	Various	Shrub End	Year 7 and 8
21.11.23	14:30-18:30	Football Essex Cup Match	Becket Keys School	Becket Keys School	Year 8 and 9
21.11.23	15:45-17:15	Colchester Netball Central Venue	Various	Philip Morant	Year 8
22.11.23	12:30-18:30	Lee Valley Indoor Athletics	Various	Lee Valley	Year 8 and 9
23.11.23	12:15-18:30	KS4 Badminton County Round	Chelmsford County High School for Girls	Chelmsford County High School for Girls	Year 10 and 11

Careers
Careers Lead – Mr Summers
Careers Appointments with our advisor Ms Poyser are available. Students who wish to make an appointment may list their name on the sign-up sheet on the M-Block Office Door opposite M8. Students will be emailed with confirmation of their appointment and date.

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.

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E Safety
You might know Five Nights at Freddy's by reputation, even if your child has never actually played the game. Via playground rumours and circulated footage on platforms like YouTube, this 12-rated survival horror series (so far comprising nine games, several spin-off novels, and a movie adaptation) has become possessed of a certain cult status among far younger players.

Whether the initial interest is sparked by peer pressure or morbid curiosity, this spooky saga of things that go bump in the night seems to resonate with many pre-teen gamers. However, as the attached guide explains, the sinister characters, unrelenting sense of tension and some disturbing themes are all potential hazards that parents and carers should be aware of.

This week at Colchester Teacher Training Consortium
The theme of our primary training this week was Phonics, Writing and the Arts. Using the book 'The Lighthouse Keeper's Lunch', trainees designed and created a system to safely transfer the lighthouse keeper's lunch to him in the lighthouse, without the greedy seagulls stealing his tasty food! Trainees really enjoyed the interactive nature of this session.

We attended the DfE Get Into Teaching – East of England event at Norwich City FC this week where it was great to talk about our teacher training offer in Essex and Suffolk with potential applicants.

MENSA Brainteaser:
Vinegar + carbolic acid + carbon dioxide - aspirin = ?

Answer to last week's Brainteaser:
The A can be replaced by any other vowel and still form a legitimate English word.

Word of the Week for w/c 20 November
Word of the week is**: Autocratic** *meaning* somebody who dominates others.

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.

The hall will be available Monday 20 November – Thursday 23 November next week. On Friday students will eat in their tutor bases and will need to be out by 13.00 leaving the classroom clean and tidy.

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

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Menu for w/c 20 November

Monday	Tuesday	Wednesday	Thursday	Friday
Beef in Black Bean Sauce & Rice (S)	Lasagne & Salad (G) (D)	Burger, Chips & Beans (G)	Chicken Korma & Rice	Pan Fried Salmon, New potatoes & Green Beans (F)
Vegetable Pasta & Salad (G)	Vegetable Curry & Rice (Vegan)	Macaroni Cheese Peas (D) (G)	Gnocchi in Tomato Sauce (G)	Quiche & Salad (D) (G) (E)
Jam Sponge Pudding	Apple Crumble	Chocolate Cheesecake (D)	Banana & Toffee Sponge & Custard (D) (E) (G)	Pancakes (G)
Pudding £1.30				
Panini £3.30				
Soup of the Day (changes daily) £1.30 with Homemade Bread £0.40				
Soup Vegetable (Vegan)	Soup Carrot & Coriander (Vegan)	Soup Leek & Potato (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.

Correspondence Sent out this Week
Y10 Careers visit to Colchester Zoo
DofE Gold Confirmation Letter
Biology Chemistry Physics Review Letter

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Y10	Careers visit to Colchester Zoo	20 November
Selected Students	DofE Gold Confirmation Letter	15 December
A Level Science Students	Biology Chemistry Physic Review Letter	20 November

Healthy Living Rotation
Y7 7Y Rotation 2 Monday 20 November period 4 and period 5.
Y7 7X Rotation 2 Tuesday 21 November period 2 and period 3.
The recipe and ingredients have ben emailed to students and parents.

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.

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PTFA
Registered Charity No. 1110464

1. Autumn Term Dates for Your Diary

- **Nearly New Uniform Sale:** Saturday 25 November
- **Annual Christmas Market:** Saturday 2 December
- **Winter Concert:** Tuesday 5 and Wednesday 6 December

2. 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. We are also urgently looking for volunteers to help at the sale. Please sign up via the link below if you would like to help. Thank you in advance for your continued support. Nearly New Uniform Sale Volunteer Sign Up

3. Annual Christmas Market: Saturday 2 December 12:00-15:00
The Christmas Market is the biggest event in the PTFA calendar and will be held on Saturday 2 December from 12.00-15.00. This event is a very enjoyable community celebration, which also raises a significant amount of funds for the benefit of students. However, its success each year does rely on the support of a team of amazing parent and staff volunteers. If you would like to volunteer to help on our catering or cake teams or you would like to run one of the very popular PTFA games stalls, please sign up via the following link Christmas Market Volunteer Sign Up

4.Grand Prize Christmas Draw
The PTFA is delighted to announce that the Grand Prize Christmas Draw tickets are now on sale on trybooking.com.
1st Prize: £250 Cash Prize
2nd Prize: Fortnum and Mason Hamper worth £150 - co-sponsored by Seven Seas Bespoke Kitchen Worktops
3rd Prize: Imperial Dinner for Two Restaurant Voucher sponsored by Lian's Chinese Restaurant in Witham.
Tickets are £5 each and can be purchased by clicking on the following link:
https://www.trybooking.com/uk/CWAK
The draw will be held on Friday 15 December at 10.30 am.
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.

5.Christmas Market Sponsors
The PTFA is currently searching for sponsors for the Christmas Market. If you own a business or work for a business that would like to sponsor the Christmas Market, please contact cchsgptfa@gmail.com.

6. Donation Station at the Nearly New Uniform Sale: Saturday 25 November
The Christmas Market is fast approaching and the PTFA is appealing for donations support our festive games stalls. We are urgently appealing for:
Soft Toys for our Soft Toy Tombola
Books - both children's and adult fiction or non fiction books for our "Winter's Tale Secret Book Stall"
Sweets and chocolate as small prizes across all our games stalls.
Nail polish and temporary children's tattoos for our "Mrs Claus' Magical Glitter and Tattoo Stall

Could we ask that any donations are brought to our Nearly New Uniform and Books sale where there will be a Donation Station on Saturday 25 November from 10.00-12.30. If you would like to support the Christmas Market by donating any of these items, please come along and drop them off to our friendly PTFA volunteers and enjoy a mince pie and hot drink on us. **Please do not send donations into school at any other time**. Thank you.

EVENT	SIGN-UP LINK
Nearly New Uniform and Books Sale and Donation Station: Friday 25 November 2023	https://volunteersignup.org/AJE4L
Christmas Market 2023: Saturday 2 December 2023	https://volunteersignup.org/T4EH4

PTFA CONTACTS:
PTFA Chair: Mrs Anni Cullen
https://www.cchsg.com/parent-carers-hub/cchsg-ptfa/
For all enquires related to the PTFA, please email cchsgptfa@gmail.com

PTFA

AUTUMN TERM NEARLY NEW UNIFORM & BOOK SALE

Saturday 25 Nov 2023
10.00 - 12.30
Main Hall, CCHSG

Open to all year groups

As some of the uniform may have been altered, we recommend that you bring your child along with you to try the items before purchasing. You will also need to bring a bag or two for your purchases.

Payment accepted:

Cash or credit/debit cards only.

Email:

cchsgptfa@gmail.com



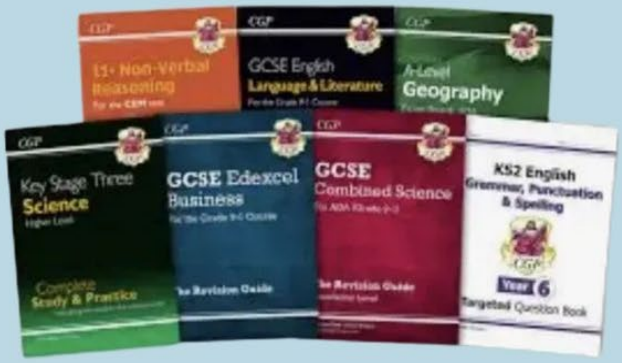






Uniform and book donations gratefully received until Friday 17 November. Please place donations in clearly marked wheelie bins outside reception.







PTFA

CHRISTMAS MARKET

SATURDAY 2 DECEMBER 2023

12NOON - 3PM

- Grand Raffle Draw
- Christmas crafts
- Games with prizes to be won
- Seasonal Gift ideas
- Produce stalls
- Curries, snacks, drinks and cakes (our PTFA Cafe is always buzzing!)
- Live Christmas music and much more!
- FREE parking

FREE ENTRY

Sponsored by:

Beresfords

For stall reservation,
cchsgptfa@gmail.com

Reserve your stall by 3 November 2023. Spaces are limited. Book now to avoid disappointment.

PTFA

CHRISTMAS MARKET 2023

Sponsored by: Beresfords

School's Out INFLATABLE FUN

GRAND PRIZE DRAW

1st Prize

£250

Sponsored by CCHSG PTFA

2nd Prize

Luxury Christmas Hamper

Sponsored by Seven Seas Marble & Granite

3rd Prize

Imperial Banquet for 2

Sponsored by Lian Oriental Restaurant

Scan QR-code for tickets

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 games which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

FIVE NIGHTS AT FREDDY'S

AGE RESTRICTION PEGI 12

WHAT ARE THE RISKS?

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

AGE-INAPPROPRIATE CONTENT

18

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences: they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

PLAYING IN ISOLATION

Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadbear' (costing £8.99), which unlocks new levels and mini-games.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Night's at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series *do* provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Night's at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

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

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.10.2023