Colchester County High School for Girls
Parent Weekly Bulletin
19 January 2024

Term Dates 2023 – 2024

Spring Term
Thursday 4 January
Thursday 28 March
Bank Holiday
Friday 29 March

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 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
21April
5 May

Non – Pupil Days
Monday 2 September
Monday 23 September
Tuesday 1 October
Thursday 24 October
Friday 25 October
Friday 20 December
Monday 21 July
Tuesday 22 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**	Jan	22	Y10 Jack Petchey Speak Out Workshop Y13 Assembly on TEAMS Y13 Mock Examinations Y10 RS Mock Examination results to Parents Y11 Mock Examination results to Parents
Tuesday	Jan	23	Y11 Assembly on TEAMS DofE Silver and Gold planning 2 Y13 Mock Examinations
Wednesday	Jan	24	MADE Training P2-3 Y8 P4-5 Y10 MADE Parents Workshop 18.00 – 20.00 Y9 Assembly on TEAMS Y13 Mock Examination (Art)
Thursday	Jan	25	Sports Leaders L2 qualification event Y9 Parent Consultation Evening Y7 Assembly on TEAMS Y13 Mock Examination (Art)
Friday	Jan	26	Y7-Y13 Assembly on TEAMS Y9 Holocaust Memorial Day Y13 Mock Examination (Art)

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

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
The topic for discussion this week is: Would you feel comfortable having a conversation about your mental health?

Lost Property
Please ensure that all students' belongings are clearly named, including a surname. Un-named lost property that has been handed in is photographed and displayed on SharePoint via CCHSG Lost Property

History Book Club, The Help
Mr Paz is hosting a meeting to discuss the book, The Help, on Monday 22 January in T21. Any students who come and give input can get their history loyalty card ticked as well as be entered for a raffle for a prize. Students do not need to have finished the book to attend. The film adaptation will be screened in the Lecture Theatre on Tuesday 23, Wednesday 24 and Thursday 25 January. Student's will need to bring packed lunch to eat before attending as the film will start promptly at 12.45. The film classification is 12A and therefore is open to all students aged 12 and over. We recommend that parents check the content advice for the film in advance.

CCHSG Music and Drama Departments present "Oliver!"
You are warmly invited to the production which takes place on 7, 8 & 9 February at 7pm. Tickets are now on sale at £10 via Trybooking https://www.trybooking.com/uk/CXWM
Do join us if you can.

Curricular and Enrichment Activities

Extracurricular activities sign up.
If a student wishes to attend an extracurricular club a parent/carer needs to sign them up via: SchoolCloud - Colchester County High School for Girls

The full list of extracurricular clubs for the spring term can be found on the website: Current Extracurricular Activities – Colchester County High School for Girls (cchsg.com)

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Sports Fixtures

Date	Time	Event/Fixture	Against	Location	Years
23.01.24	15:45-17:15	Colchester League Basketball Match	St Marys	CCHSG	Year 7
23.01.24	12:45-18:00	Essex Cup Football Match	Saffron Walden High School	Saffron Walden High School	Year 8 and 9
24.01.24	11:30-16:00	U15 Cricket Tournament	Various	Essex Cricket Ground-Chelmsford	Year 9 and 10
24.01.24	15:45-16:45	Colchester League Netball Match	Colchester Sixth Form	CCHSG	Year 12 and 13
25.01.24	15:45-17:15	Colchester League Basketball Match	St Marys	CCHSG	Year 8

Mathematics Revision Sessions

	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

English Revision Sessions

- Fun Essay Club - Wednesday After School
- Peer mentoring - Monday and Tuesday Lunch Time
- Drop in Clinic - Thursdays in F14
- Creative Writing Club - Tuesday F14

Y13 Chemistry Revision 12.45 in G20

Thursday 25 January	Carboxylic Acids & Esters
Thursday 1 February	Nitrogen Compounds

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Correspondence Sent out this Week
A Level Economics Revision Conference
DofE Bronze A Training Day
DofE Bronze B Training Day
Adventure Live Action Role Play
GCSE Revision Workshop: Advice for Parents of Students in Year 10 and 11
DofE Silver Training Day and Practice Expedition
English Revision Guide purchase letter

Deadline for Replies and Payments

Year	Trip or Event	Deadline for Response
Selected Students	A Level Economics Revision Conference	2 February
Selected Students	DofE Bronze A Training Day	22 March
Selected Students	DofE Bronze B Training Day	22 March
Y10 and Y11	GCSE Revision Workshop: Advice for Parents of Students in Year 10 and 11	22 January
Selected Students	DofE Silver Training Day and Practice Expedition	23 February
Y11	English Revision Guide letter	29 January

Healthy Living Rotation
The recipe and ingredients have been emailed to students and parents.

MENSA Brainteaser:
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.

Answer to last week's Brainteaser:
Answer: 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 22 January
Word of the week is: Oscillate *meaning* to swing between two points.

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.

Parent invitation to Coffee with MHST (previously known as WARMS)
The WARMS team have moved over to NELFT (North East London Foundation NHS Trust) and are now known as MHST (Mental Health Support Team)
The MHST are offering parent support on a range of topics. This will be a chance to learn Cognitive Behavioural Therapy (CBT) tools and strategies to support both parents and their child, as well as having a group discussion with those experiencing similar difficulties.

Coffee mornings/Afternoon tea	Topic
Monday 5 February- 9.15-10:45	Low Mood/Lack of motivation
Monday 11 March- 13:45- 15:00	Anxiety and worries
Monday 20 May- 9.15-10:45	TBC following previous coffee mornings/afternoon tea
Monday 1 July- 13:45- 15:00	Looking after wellbeing over the summer break

How to book: please email Cara.Porter@nelft.nhs.uk at least two weeks before the session you would like to attend. *Please note there are a maximum of 20 spaces per session.*

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eSafety

On Tuesday 09 January the school held a successful whole school eSafety event in conjunction with the renowned safety trainers known as “The 2 Johns”. The event included a presentation tailored to each of the different Year Groups of students, a staff training workshop and an after school parental workshop. John and John passed on lots of useful advice and practical tips for staying safe and keeping our children safe online.

Additional information and guides about how to safety use many of the most popular platforms can be accessed from John and John’s website linked below and you can also find links there to their social media platforms.

https://esafetytraining.org/

Careers

Careers Leader – Mrs Hughes

Careers Appointments with our advisor Jennifer Poyser are available. Students who wish to make an appointment are asked to list their name on the sign-up sheet in the M-Block on the office door opposite M8. Students will be emailed with confirmation of their appointment date and time.

Spotlight on bursaries available for secondary subjects
Did you know that bursaries are available for trainee teachers in in some subjects? Bursaries are tax-free and paid monthly to trainees who have a 1st, 2:1 or 2:2 degree, or who have a Master’s or PhD. For training in 2024/25, the amount available is:

- Chemistry, Computing, Maths and Physics - £28,000
- Languages. Biology, Design & Technology and Geography - £25,000
- Art & Design, English, Music and RE - £10,000

To find out more, please email enquiries@colchesterttc.org.uk or call 01206 364728.

CTTC Open Evening – Wednesday 24 January
Are you or is anyone you know, interested in finding out about training to teach at Primary or Secondary level, in any subject? If so the next CTTC Open Evening takes place on Wednesday 24 January between 5pm and 7pm.

To sign up, please complete the MS Form here

Further information can be found on the poster below.

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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.

Packed Lunches

All next week students will need to eat their packed lunches in their tutor bases. Students should ensure the classrooms are tidy and cleared by 13.00.

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 that your Civica Eats APP is up to date.

Please ensure your 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**	Y13, 12, 11
12.50	Y8 & 7	**12.50**	Y9 & 10
13.00	Y9 & 10	**13.00**	Y7 & 8

Students should arrive promptly for their slot.

Menu for w/c 22 January

Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Cottage Pie & Sweetcorn (MK)	Chili Con Carnie & Rice	Pizza Chips & Beans (MK) (G)	Sweet & Sour Chicken Noodles (G) (S)	Breaded Cod, Potato Wedges & Green Beans (F) (MK)
Vegetable Curry & Rice (Vegan)	Cheese & Tomato Pasta (MK) (G)	Macaroni Cheese & Peas (MK) (G)	Vegetable Pasta & Salad (G)	Quiche & Salad (Mk) (G) (E)
Sticky Toffee Pudding (MK) (G) (E)	Apple Crumble (MK) (G)	Cheesecake (MK)	Rice Pudding (MK)	Pancakes (G) (MK) (E)
Pudding £1.30				
Panini £3.30				
Soup of the Day (changes daily) £1.30 with Homemade Bread £0.40				
Soup French Onion (Vegan)	Soup Butternut Squash & Sweet Potato (Vegan)	Soup Tomato & Basil (Vegan)	Soup Carrot & Coriander (Vegan)	Soup Vegetable (Vegan)

Allergen key - Milk (Mk) Eggs (E) Fish (F) Gluten (G) Soya (S). Dishes with allergens will be displayed in this key.

PTFA

Registered Charity No. 1110464

1. Spring Term Dates for Your Diary

- **PTFA Meeting:** Monday 29 January, 18.30 – 20.00 online meeting
- **Oliver! School Production (Refreshments):** Wednesday 7 – Friday 9 February
- **Nearly New Uniform Sale:** Saturday 16 March, 10.00 – 12.30

2. PTFA Spring Term Meeting: Monday 29 January 18.30-20.00
The spring term PTFA meeting will be held online on Monday 29 January Microsoft Teams. We will be reviewing feedback from the highly successful Christmas Market and planning our next event, the Quiz Night which will be taking place in April. If you would like to attend the meeting, please join via the following link
PTFA Spring Term Meeting
Meeting ID: 945 515 356 906 1
Passcode: br2rhC

3. Oliver! School Production (Refreshments): Wednesday 7 – Friday 9 February
The PTFA will be selling refreshments, popcorn, pick n mix, candy floss and running a licensed bar, before the performance and during the interval. If you are coming along to watch the show, please do consider signing up-we'll make sure you're in your seats in plenty of time to watch the show! Please sign-up via the links below if you would like to help.

4. Nearly New Uniform and Revision Books Sale: Saturday 16 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 Friday 8 March to allow preparation ahead of the sale. Please sign up via the link below if you would like to help with the sale preparation or on the sale day itself.
Thank you in advance for your continued support.

5.Uniform Team Appeal
The PTFA is currently appealing for volunteers to join our friendly Nearly New Uniform team. The incredible success of our Nearly New uniform sales is due to the dedication of all of our uniform team volunteers- we could not continue to offer this invaluable service without them. After the summer term we will be losing a few integral members of the team, and so we are appealing for volunteers to join the team so that we can continue to offer good quality, affordable nearly new uniform to our school community. If you are interested in joining, please email cchsgptfa@gmail.com

6.Easyfundraising
You can help us raise funds by signing up to easyfundraising.com when you shop online. Hundreds of brands now take part in the scheme, for example: M&S, Argos, Asos and John Lewis to name but a few. If you're thinking of booking your summer holiday TUI and Booking.com are also donating through the initiative. It doesn't cost you any extra- all you need to do to sign up is click on this link Easyfundraising Signup Link and search for us (Colchester County High School For Girls PTA) or scan the QR code on the Easyfundraising poster in this bulletin. 211 parents have already joined and we've raised an amazing £5777.94 since the start of the scheme. Thank you for all your support!

EVENT	SIGN-UP LINK
Oliver! School Production Refreshments Wednesday 7 Feb	https://volunteersignup.org/KXPEE
Oliver! School Production Refreshments Thursday 8 Feb	https://volunteersignup.org/3L9QP
Oliver! School Production Refreshments Friday 9 Feb	https://volunteersignup.org/XPQB4
Nearly New Uniform and Books Sale Saturday 16 March	https://volunteersignup.org/WD4CE

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

Colchester Teacher Training Consortium

Ofsted Outstanding Provider

Open Evening

Weds 24 January

held at Colchester County High School for Girls,
Norman Way, Colchester, CO3 3US

5 - 7 pm



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How to sign up

1. Visit the link below or scan the QR code
   www.easyfundraising.org.uk/support-a-good-cause
2. Search for us **(Colchester County High School for Girls PTA)**
   or scan QR code
3. Your favourite brands donate whenever you spend with them

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Excellent ★★★★★
3,945 reviews on ★ Trustpilot

Colchester County High School for Girls

Drama and Music Departments present



Lionel Bart's

OLIVER!

Wednesday 7
Thursday 8 &
Friday 9 February

7pm

Tickets £10 via
www.trybooking.com/uk/CXWM
or scan QR code

By special arrangement with CAMERON MACKINTOSH
This amateur production is licensed by Music Theatre International

MENTAL HEALTH SUPPORT TEAM

NELFT NHS
NHS Foundation Trust

Parent Coffee Mornings/Afternoon Tea with MHST





Who are we?

We are the Mental Health Support Team (MHST)

- We are a service aimed at providing early intervention support for young people and their families experiencing common mental health difficulties.
- We also work closely with staff to develop a whole -school/college approach to mental health and wellbeing.

What are we offering?

Parent support!

- MHST will be hosting a series of parent coffee mornings/afternoon teas with set topics around mental health and wellbeing.
- This will be a chance to learn Cognitive Behavioural Therapy (CBT) tools and strategies to help support you and your child, as well as the opportunity to ask questions and have group discussions with those parents experiencing similar challenges.
- Refreshments will be provided.

When and how to book?

Date and time	Topic
Monday 27th November @ 13:45– 15:00	Emotional regulation
Monday 5th February @ 9:15– 10:45	Low mood/lack of motivation
Monday 11th March @ 13:45– 15:00	Anxiety and worries
Monday 20th May @ 9:15– 10:45	TBC following response to previous coffee mornings/afternoon teas
Monday 1st July @ 13:45– 15:00	Looking after wellbeing over the summer break

Please email cara.porter@nelft.nhs.uk at least two weeks before the session you would like to attend.

Please note there are a maximum of 20 spaces per session.