Colchester County High School for Girls
Parent Weekly Bulletin
16 February 2024

Term Dates 2023–2024

Spring Term
Thursday 4 January
Thursday 28 March

Half Term
Monday 19 February
Friday 24 February

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.

We wish everyone a restful half term break.

Dates for Your Diary

Monday Week A	Feb	26	Y13 Assembly in the Hall Y12 Departmental Assessments (all week)
Tuesday	Feb	27	Y11 History Trip to the Golden Hinde Jack Petchey Foundation Presentation Evening Y11 Assembly in the Hall
Wednesday	Feb	28	Y10 GCSE RS Mock Examination Y9 Assembly in the Hall Y12 Higher Education Evening
Thursday	Feb	29	Y7 (COL) Parent Consultation Evening Y7 Assembly in the Hall Y10 Examinations
Friday	Mar	1	Y10 Examinations

The parent calendar for 2023/24 is available on the school website (link)

Nut Free School
We ask everyone to ensure that 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: Will you be the first smokefree generation?

CCHSG 500 Club Draw - 14 February 2023
1st Prize – £106.00 - Ticket number 279380-3917542 (Parent of Year 13 student)
2nd Prize – £64.60 - Ticket number 279380-4137698 (Parent of Year 7 student)
3rd Prize – £42.00 - Ticket number 279380-3953387 (Parent of Year 7 student)
All winners have been notified.

Draw number 6/10 for 2023/24 academic year to be held on Wednesday 20 March 2024 at 11.00. We thank all those generous parents and staff who have bought tickets in support of CCHSG.

Lost Property
Please ensure that all student 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 Items can be collected from Reception and will be kept for two school weeks before being recycled.

Oliver!
We would like to congratulate all the students and staff for the wonderful performance of *Oliver!* last week. Thank you to everybody that performed, planned, prepared and supported the production which was a fantastic community event. Well done to all!

February E-Newsletter Published
The e-newsletter for this half term is now available on the website via:
eNewsletter – Colchester County High School for Girls (cchsg.com)
Items include: Ofsted Report 2024 - the Student Perspective, Year 7 Accelerated Reader, *Oliver!,* Chinese teaching at CCHSG, Year 8 Matrix Day - Puppet Animation, Game Design and Graphics, The Franco-British Pen Pal Project, Art Department Visit to Tate Modern and more – do take a look.

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Curricular and Enrichment Activities

Extracurricular activities sign up
Please remember that students must be signed up by a parent/carer for any extracurricular clubs in which they participate 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)

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

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

Chemistry GCSE and A Level Revision Sessions
The timetable for Chemistry revision sessions is attached at the end of the bulletin.

Correspondence sent out this week:
DofE Gold Training Day and Practice Expedition – selected students – deadline Friday 23 February
KS4 Curriculum Consultation Letter – Year 7 and 8 – deadline 09.30 Monday 26 February
CCHSG Evening of Languages Rehearsals – Selected Students

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

Word of the Week for w/c 26 February
Word of the week is: **Succinct** *Meaning* expressed with brevity and clarity, with no wasted words.

eSafety – e-safety Lead Mr Nachman

Smartphone Safety Tips for Young People
According to Ofcom, 69% of under-18s use a smartphone as their main method of going online. Additionally, 49% of children use them for online gaming – putting smartphones only behind consoles (59%) as the device of choice for playing games on. Most people won't require such statistical evidence, however, to acknowledge the huge importance of phones to young people.

We all want to ensure that handsets are used responsibly – and, above all, safely. From passcodes to parental controls, and from screen time to scams, the guide attached at the end of this Bulletin has the essential advice.

Enrichment Activities

Head of Enrichment Learning – Mrs Pigott

MENSA Brainteaser:
The alphabet is written here but some letters are missing.
Arrange the missing letters to give a word.
What is it?
ABDFGHIJKLMPRVWXYZ

Answer to last week's Brainteaser:
Answer: Renault and neutral.

Oxford University masterclasses for students in Years 8 and 11-13
21 February Year 12 Inspire Study Day - Geography
22 February Years 11,12 & 13 Oxford Online Maths Club S7ep7
24 February Year 12 Year 12 Physics Taster Morning
28 February Year 12 Discover Computer Science
29 February Years 11, 12 &13 Oxford Online Maths Club S7ep8
1 March Years 11, 12 & 13 The Big Think Competition
2 March Years 8, 11 and 13 Beginners' Languages Taster Day

Wellbeing Information

If a student feels they need wellbeing support, they should contact any member of the pastoral team or 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 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 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

Parents can book by emailing Cara.Porter@nelft.nhs.uk at least two weeks before the session they would like to attend.
Please note there are a maximum of 20 spaces per session

Careers

Careers Lead - Mrs Hughes

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

For Students interested in a Career in the Arts

The BBC is launching the 'Bring the Drama Festival. It is an opportunity for students to look behind the scenes of film, TV and theatre. Find out more about careers in this industry through the website BBC Arts - Welcome to the Bring the Drama Festival. Students keen on being involved in connecting to over 150 partners with the BBC, including, talks, tours, workshops, masterclasses, Q&A etc. should download the ERIC careers app to find out more.

Careers Corner

On Tuesday, 13 February, there was a Careers 'Drop in' session for either small groups or 1:1s during lunchtime in the library. All Year 8 were encouraged to participate. If they had any questions about their future aspirations they could ask our Independent Careers Advisor.

Oxbridge

Everyone knows the value of reading and how impactful it is for making applications to Oxbridge and Russell Group Universities, but students should not feel restricted to just reading what is recommended! Oxford have compiled the best of their cross-curricular digital resources to support learning and exploration which can be found here - Digital Resource Hub. For Podcasts students could try Oxford's podcasts page.

Teacher Training

Is anyone you know interested in training to be a teacher?

CCHSG is lead school for Colchester Teacher Training Consortium (CTTC), one of the best training providers in the area. The school centred programme, recognised by Ofsted as outstanding, allows trainees to gain Qualified Teacher Status (QTS) and a Postgraduate Certificate in Education (PGCE) through a combination of taught sessions and practical training alongside colleagues in schools.

CTTC is currently recruiting applicants for September 2024 and graduates can qualify as a teacher in Primary or Secondary education with just a year of training. Part time routes, for both Primary and Secondary, are available.

Pastoral support and mentoring is a strength of the programme and local schools are keen to employ trainees from the partnership. The starting salary for teachers is currently £30,000 and many former trainees have moved quickly into leadership and management roles.

For further information see www.colchesterttc.org.uk

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Dining Room Arrangements

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 paninis and 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

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 that your ParentPay meal account is in credit.**

Dining Arrangements students to Dining Hall for Lunch: The main hall is available for students to eat their packed lunches from Monday 26 February – Friday 1 March

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

Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Chilli Con Carnie & Rice	Cottage Pie & Sweetcorn	Sausages Chips & Beans	Cajun Chicken & Potato Wedges	Seafood Tagliatelle & Green Beans
Vegetable Pasta & Salad (Vegan)	Spinach & Tomato Frittata	Macaroni Cheese & Peas	Vegetable Curry & Rice	Ratatouille & Cheesy Bread
Syrup Sponge Pudding	Apple Crumble & Custard	Eton Mess	Rice Pudding	White Chocolate Mousse
Pudding £1.30				
Panini £3.30				
Soup of the Day (changes daily) £1.30 with Homemade Bread £0.40				
Soup Vegetable (Vegan)	Soup Tomato & Basil	Soup Leek & Potato (Vegan)	Soup French Onion (Vegan)	Soup Carrot & Coriander (Vegan)

Please let a member of the catering team know of any allergies. Full allergen information is available upon request.

PTFA
Registered Charity No. 1110464

Spring Term Dates for Your Diary

• **Nearly New Uniform Sale:** Saturday 16 March, 10.00 – 12.30

1.Oliver! Drama Production: 7-9 February
The PTFA would like to thank all of those who helped run refreshment stalls, provided baked goods for sale and prepared pick n mix and popcorn across the three nights of the drama department's production of Oliver, especially braving the chaos of the A12 on Friday night. An amazing total of over £1250 was raised!

2. 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.

3.Uniform Team Appeal
The PTFA is urgently 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 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 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 or sign up via the link below.

4. Quiz Night Event Team
Last year's Quiz and Curry Night proved to be one of most successful quiz nights to date. Tickets were completely sold out ahead of the event and an excellent night was had by all. This year's Quiz Night will take place on Friday 26 April and the PTFA is currently working to put together a planning team for the event. If you would like to join the Quiz Night event team, please email cchsgptfa@gmail.com. Alternatively, if you would like to volunteer to help on the night, you can sign up via the link below.

5. Easyfundraising
Easyfundraising is a simple, effective way of helping us raise funds when you shop online, Hundreds of brands take part in the scheme- for example, M&S, John Lewis, H&M to name but a few. If you are thinking of booking an Easter or Summer holiday, Tui and booking.com are also donating through the initiative. It doesn't cost you any extra and all you need to do is visit **easyfundraising** and search for us (Colchester County High School For Girls PTA). We have already raised £5777.94 since the start of the scheme thanks to the 211 parents who have already signed up to Easyfundraising.

EVENT	SIGN-UP LINK
Nearly New Uniform and Books Sale Saturday 16 March	https://volunteersignup.org/WD4CE
Quiz Night Friday 26 April	https://volunteersignup.org/8MJQY
Uniform Team Sign Up	https://volunteersignup.org/7B4AT

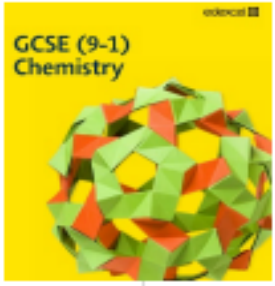
PTFA CONTACTS:
PTFA Chair: Mrs Anni Cullen
https://www.cchsg.com/parent-carers-hub/cchsg-ptfa/
For all enquires related to the PTFA, please email cchsgptfa@gmail.com

Year 11 Chemistry Revision 2024

Sessions start on Wednesday 31st Jan

12.45pm prompt in G17

Wednesday 31st Jan	Moles 1
Wednesday 7th Feb	Structure and Bonding
Wednesday 14th Feb	Ionic and Redox Eqns
HALF TERM	
Wednesday 28th Feb	Organic 1 & 2
Wednesday 6th Mar	Electrolysis
Wednesday 13th Mar	Concentration/Titration Calculations
Wednesday 20th Mar	Organic 3 & 4
Wednesday 27th Mar	Analysis
EASTER	
EASTER	
Wednesday 17th Apr	Moles 2
Wednesday 24th Apr	Equilibrium
Wednesday 1st May	Reactivity Series
Wednesday 8th May	Assorted topics

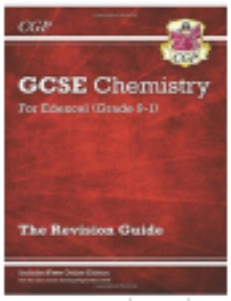


Useful revision websites:

PMT: Physics and Maths Tutor

SaveMyExams

Cognito YouTube Videos



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

SMARTPHONE SAFETY TIPS

for young people

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosey around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

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 safety behaviour of young people in the UK, USA and Australia.

The National College

NOS National Online Safety

#WakeUpWednesday

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

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