Colchester County High School for Girls
Parent Weekly Bulletin
8 March 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

Week B Monday	Mar	11	Languages Week Parent Afternoon Tea with MHST 13.45 – 15.00 Y13 Assembly via TEAMS
Tuesday	Mar	12	Evening of Languages P4 & P5 Dress rehearsal Evening of Languages 16.00 – 21.00 Y11 Assembly in the Hall
Wednesday	Mar	13	Y9 Assembly in the Hall
Thursday	Mar	14	Y8 KS4 Information Evening 18.00-20.00 English Speaking Union Shakespeare Competition Y7 Assembly in the Hall
Friday	Mar	15	Non Uniform Day (11E) Sixth Form Charity Day

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.

Year 8 Key Stage 4 Curriculum Information Evening
On Thursday 14 March we are holding a Year 8 Key Stage 4 Curriculum Information Evening to provide Year 8 students and their parents with information about the curriculum to be studied during Years 9, 10 and 11.

The evening will run between 18.00 and 20.00, during which staff will be available in the Hall, Dining Room Extension, classrooms and Sports Hall to discuss the content and structure of the various GCSE courses. The presentation and Key Stage 4 Curriculum Guide is available on the school website, www.cchsg.com.. The presentation provides information about the curriculum students will study during Years 9, 10 and 11. Hard copies of the Key Stage 4 Curriculum Guide will also be available at the information evening.

Votes for schools
The topic for discussion this week is: Should the gender of your role models matter?

Lost Property
In addition to being shown on SharePoint, lost property will be available from Wednesday 20 March until Friday 22 March in the lobby by Reception for students to browse and claim.

Ecoschools Garden Area
At CCHSG we have an area dedicated to biodiversity as part of our EcoSchools accreditation. This area has been previously seeded with wildflowers and planted with bulbs to encourage pollinators. Last year we gratefully received a donation of some herbs and strawberries. We would love any further donations of suitable plants, or peat free compost, to keep this area going, continue to encourage pollinators and provide a sustainable food source for the kitchen. We would particularly like bulbs for that all year-round colour, hardy shrubs/herbs like rosemary, lavender, buddleia and also edible berries such as blackcurrants/gooseberries, etc. Any and all donations very gratefully received. Please leave at the school's main reception. If students want to know more or help out – Mr King runs GeogSoc on Thursday lunchtime in T2.

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Curricular and Enrichment Activities

Language, Culture and Diversity Week 11-15 March
Students and staff are invited to join the MFL Department to celebrate some of the many languages and cultures of the CCHSG community

How are we celebrating?

1. Form Time: Assembly in the Hall and The Big MFL Quiz knowledge - A box of chocolate for the winning form!
2. MFL Department: A range of enrichment activities from learning the flamenco steps, cooking your favourite French pastry at home to singing your favourite German song in lesson!
3. Canteen: French, German, Italian, Indian and Chinese specialities are on the menu
4. Evening of Languages 12 March: A colourful evening for students to celebrate and share the language, dress, arts and culture of some of the many countries represented within our school community. Featuring the African Caribbean Society: poetry, dance and song, the French Club: play -*Ratatouille*, the Korean Club: dance, the Tamil Club: Indian classical dance, the South Asian Society: dance and fashion show, the Spanish Club: song '*No se habla de Bruno'* and many more.

Extracurricular activities sign up
All 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 Revision Sessions
The timetable for Chemistry revision sessions is attached at the end of the bulletin.

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PE Fixtures

Date	Time	Event/Fixture	Against	Location	Years
11.03.24	15:35-16:40	Colchester Basketball League	Trinity School	CCHSG	Year 9
13.03.24	15:35-17:00	Colchester Basketball League	TLA	TLA	Year 7
14.03.24	13:00-17:00	English Schools Football Match	St Johns	St Johns	Year 9 and 10

Parent invitation to coffee with MHST (previously WARMS)
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 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

Correspondence sent out this week:
School Rock Prom – selected students - deadline Thursday 7 March
Non-uniform Day 11E – Years 7 – 11 – deadline Thursday 14 March
Ski Trip 2025 – selected students – deadline Friday 5 April
ESU Churchill Public Speaking Competition Regional Final – selected students – deadline Friday 8 March.
A Level Examination Arrangements –Year 13 – Deadline 26 April
GCSE Examination Arrangements –Year 11 – Deadline 26 April
Instrumental Music Lessons – Summer Term – All students – deadline 8 March

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

Word of the Week for w/c 11 March
Word of the week is: **surreptitious** *meaning* done in a concealed or underhand way to escape notice, especially disapproval.

e-Safety - Lead Mr Nachman

What You Need to Know about Disney+
In 2019, media titan Disney launched its own streaming platform, intending to challenge the likes of Netflix and Amazon Prime. Giving (often exclusive) access to shows and movies, such as the legendary studio's animated classics and the revered Star Wars back catalogue, Disney+ has been a colossal success, proving popular with viewers of all ages.

Despite Disney's reputation for wholesome, child-friendly content, however, there's far more material available on their platform – some of which is aimed exclusively at adults. This could easily fly under the radar, given the company's general image. The attached guide has useful tips to help your family sit back, relax and enjoy what Disney+ has to offer.

Enrichment Activities

Head of Enrichment Learning – Mrs Pigott

MENSA Brainteaser:
A cyclist covers his outward journey at 15 mph.
The return, over exactly the same distance, is uphill. He completes it at 5 mph.
What is the cyclist's average speed over the entire journey?

Answer to last week's Brainteaser:
Answer: Local and vocal

Oxford University Competition
Oxford University would like students to make a two-minute video celebrating an unsung hero of science! This exciting competition is open to anyone aged 16-18, either as an individual or in teams of two or three. The shortlisted videos will be promoted by Hertford College, University of Oxford and their creators will be invited to a prizegiving event in the summer. They will be looking for engaging content and brilliant ideas, rather than professional video editing skills, you don't need any fancy equipment to take part and can film and edit the videos on your phone if you'd like.
The deadline is Tuesday 16th April. For more information use the link www.hertford.ox.ac.uk/unsungscience

Flash Fiction French & Spanish Competitions
The Modern Languages Faculty at Hertford College, University of Oxford are delighted to announce that submissions to their annual French and Spanish Flash Fiction competitions for UK secondary school students are now **open!** If you are learning French in Years 7-13, you are invited to send them a very short story written in French to be in with a chance of winning up to £100. The panel of academic judges are looking for a complete story, *in French or Spanish,* using **no more than 100 words**. They will be assessing stories on their imagination and narrative flair, as well as linguistic accuracy. Your use of French or Spanish will be considered in the context of your age and year group: in other words, they will not expect younger pupils to compete against older pupils linguistically.
The deadline for submitting your entry is 12 noon on 27 March 2024. For more information use the link Language Competitions | Faculty of Medieval and Modern Languages (ox.ac.uk)

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.

Careers - Careers Lead - Mrs Hughes

Careers appointments with our advisor Ms 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.

Creative Careers Open Evening
Speakers for Schools is a UK-wide charity that gives young people from state schools and colleges fully funded opportunities to meet leading and local employers and gain valuable insights. They offer a quick and easy way for students to find and apply for virtual and in-person placements with leading employers such as Virgin, TikTok, Bentley Motors, Tesco, Boots, the NHS, Vodafone and Spotify.

The Creative Careers programme is led by ScreenSkills and supported by employers from across the creative sector. Never before have careers across creative industries been more exciting, relevant or innovative.

During this session students can hear directly from creative industry employers about roles available and the importance of creative skills in the workplace.

Virtual Parent & Carer Open Evening to DISCOVER! Creative Careers Tickets, Thu 18 Apr 2024 at 18:30 | Eventbrite

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 that the Civica Eats APP is up to date.**
- **Please ensure that ParentPay meal accounts are in credit.**

The hall is available all week, Monday 11 March – Friday 15 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**
Spaghetti Bolognese & Sweetcorn	Sticky Chinese Chicken Rice & Sweetcorn	Breaded Pork Schnitzel & Chips	Chicken Tikka Masala & Rice	Breaded Cod, New potatoes & Green Beans
Mediterranean Pasta & Salad	Vegetable Stir Fry	Vegetable Pasta	Sweet Potato Dhal & Naan Bread	Vegetable Lasagne & Salad
Tiramisu	Banana & Toffee Sponge	German Apple Cake	Indian Rice Pudding	Profiteroles & Chocolate Sauce
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 Butternut Squash & Sweet Potato (Vegan)	Soup Tomato & Lentil	Soup French Onion

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
• PTFA Meeting: Monday 25 March, 19.00-20.30
• Quiz and Pizza Night: Friday 26 April

1**. 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 on Saturday 16 March, 10.00 – 12.30. Thank you to all those who have volunteered to help set up the sale the afternoon before. We urgently need volunteers for the sale day itself, so if you can spare a couple of hours on the morning of Saturday 16 March, please sign up via the link below. Thank you in advance for your continued support.

2.PTFA Meeting: Monday 25 March, 19.00-20.30
The next PTFA meeting will be held online via Microsoft Teams on Monday 25 March at 19.00. The upcoming Quiz Night to be held on Friday 26 April, during the summer term, will be the main topic of discussion and planning. We look forward to welcoming all those who have expressed an interest in helping to plan and run the Quiz Night. You can join the meeting on 25 March via the following link: PTFA Meeting

3**.Quiz & Pizza Night: Friday 26 April 19.00-21.30**
Following the hugely successful sold out Quiz Night last year, we are pleased to invite you to 2024's PTFA Quiz & Pizza Night at CCHSG Main Hall on Friday 26 April 2024 (19.00-21.30)
TICKETS (available via **Classlist**):

Family : £25.00 (2 Adults + 2 Children)
Adult : £10.00 (18 years and over)
Child : £5.00 (17 years and under)

Ticket price includes vegetarian pizza, chicken wings/vegetable nuggets, garlic bread, onion rings, and salad. Teams of 6-8 or we can find you a team on the night.

The evening is hosted by our regular Quizmaster - Mr Julian Roper of *Corporate Quiz Hire* (www.corporatequizhire.co.uk) He has 15 years' experience in organising and hosting quiz events for anything from 20 people to over 150 people. Julian delivers an entertaining, interactive and unique experience for quiz goers. This promises to be an excellent event! Tickets are limited so please do book early to avoid disappointment.

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

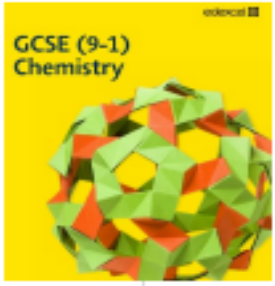
PTFA CONTACTS:
PTFA Chair: Mrs Anni Cullen
https://www.cchsg.com/parent-carers-hub/cchsg-ptfa/
For all enquires related to the PTFA, please email cchsgptfa@gmail.com

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

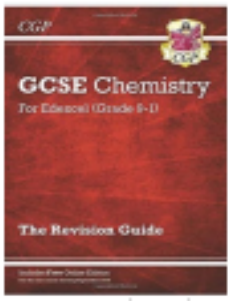


Useful revision websites:

PMT: Physics and Maths Tutor

SaveMyExams

Cognito YouTube Videos



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ORWELL EDUCATION ALLIANCE

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 platforms 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 DISNEY+

WHAT ARE THE RISKS?

The Walt Disney Company's streaming service, Disney+ combines entertainment from the famous animation studio itself with Pixar, Star and National Geographic, plus the Marvel and Star Wars franchises. With access to the latest releases, Disney classics and original series, there's plenty of content to explore. While parents may have noted that adverts have now been introduced on some versions of the service, the platform is – unsurprisingly for a Disney product – designed to be appropriate for the whole family.

LESS SUITABLE CONTENT

While Disney+ is predominantly family friendly, there *are* some movies and shows in its library which are aimed at an older audience: these may scare younger ones or contain themes or language that you'd rather your child wasn't exposed to. You could avoid such situations by enabling Junior Mode (see 'Adjust content settings', below) or specifying a content age rating for your child's profile.

BINGE WATCHING

With the option to view content on any internet-enabled device and a growing catalogue of movies, cartoons and documentaries, Disney+ can make managing screen time difficult. This could result in children binge watching content, distracting them from activities like homework or socialising. Too much screen time has also been shown to negatively impact mood, sleep patterns and weight.

PHISHING EMAILS

Be especially cautious if you receive emails or text messages purporting to be from Disney+. There have been numerous reports of online scammers impersonating Disney+ staff in an attempt to gain access to subscribers' personal information. Disney+ states it will never email or call customers asking for their payment details, their private information or their password.

ENCROACHING ADVERTS

Disney+ has introduced a new subscription package – Disney+ Standard with Ads – which plays commercials before movies and during shows (like many TV channels). There are no adverts in Junior Mode, but profiles with a content rating of 6+ years will see ads appropriate for that age category. Adults who give consent will see personalised adverts based on their location and viewing history.

ACCESSING ADULTS' PROFILES

If adults don't set a PIN for their profile, children could access it and encounter content which isn't age appropriate. In the settings, Junior Mode has a toggle titled 'Kid-Proof Exit' which requires the user to read four words (numbers, spelled out) and enter them to switch profiles. For older children who can read, though, this isn't secure enough – so using a PIN for adult profiles is recommended.

Advice for Parents & Carers

ADJUST CONTENT SETTINGS

When setting up an account, there's an option to create profiles in what's called Junior Mode. This generally covers material that's suitable for children up to age 6 and is therefore fairly limited. You can give older children a wider choice of viewing by building a standard profile, then going into the settings and choosing a content rating from one of the pre-set alternatives: 6+, 9+, 12+ or 14+.

ADD PIN PROTECTION

Disney+ enables you to effectively lock profiles behind a four-digit PIN. In particular, some of the shows on the platform's Star content hub are far more oriented to adults (including several hard-hitting dramas from US networks), so protecting parents' or older siblings' profiles with a PIN will help to prevent younger children stumbling across material which isn't intended for them.

TURN OFF AUTO-PLAY

When a cartoon, show or movie finishes, Disney+ uses algorithms to identify content with similar themes, which it thinks your child will also enjoy. This suggestion will then automatically begin to play by default. There's an option to turn off this auto-play function in the profile settings, which will encourage your child to take a break from the screen and move on to a different activity.

ENJOY AS A FAMILY

When your child watches a movie or show on Disney+ for the first time, you may want to sit with them to ensure it's suitable. You could do the same when introducing them to older films that you haven't seen for years: your perception of what's appropriate has very probably changed, and some of the language and attitudes in movies from your own childhood may seem quite shocking today.

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.

National Online Safety®

#WakeUpWednesday

Source: https://help.disneyplus.com/csp?id=csp_article_content&sys_kb_id=ff68cdd3dbefc49860f3eacb1396197 0 | https://help.disneyplus.com/csp?id=csp_article_content&sys_kb_id=f53eba1fdbd441d03a1feb2ed3961936
https://help.disneyplus.com/csp?id=csp_article_content&sys_kb_id=9582efcbdb1aac50055ceadc13961917 | https://help.disneyplus.com/en-GB/article/disneyplus-en-us-scam-prevention#:~:text=Be%20wary%20of%20sites%20that,as%20password%20or%20billing%20details

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.12.2023


PTFA
QUIZ
NIGHT
Tickets available on
www.classlist.com
ADULT £10.00 (Age 18 & over)
CHILD £5.00 (Age 17 & under)
Family £25.00
(2 adults &2 children)
TEAMS OF 6-8
Ticket price includes vegetarian pizza and sides
Cakes, popcorn and pick n mix available to purchase
Licensed bar will be available
FRIDAY 26 APRIL 2024
Main Hall, CCHSG
19.00 - 21.30 (Doors open 18.30)
Quizmaster: JULIAN ROPER
Corporate Quiz Hire
www.corporatequizhire.co.uk
Made with PosterMyWall.com