Colchester County High School for Girls
Parent Weekly Bulletin
22 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	25	Y11 GCSE Art Examination Y13 PC2 data to Parents Y13 Assembly in the Hall
Tuesday	Mar	26	Y11 Assembly in the Hall A Level Certificate Tea and Alumni DofE Silver and Gold equipment issue, 15.45 – 17.30 Y11 GCSE Drama Technical Rehearsal all day Y11 GCSE Art Examination
Wednesday	Mar	27	Y9 Enterprise Matrix Day Y9 Assembly on Teams Y10 RS Reports and Mock Examination results to Parents
Thursday	Mar	28	DofE Silver Practice Expedition Y11 GCSE Drama Assessment P4/P5 Easter Assemblies
Friday	Mar	29	Good Friday DofE Silver Practice Expedition
Saturday	Mar	30	DofE Silver Practice Expedition

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: Would you know how to support a friend who came out as trans or non-binary?

Student Safety in the Bus Park
We remind students that before school they should make their way into school directly and not wait in the bus park for other students. Students should be aware this is a very busy area, we ask them to walk sensibly and on the path away from the coaches. At the end of the school day students should wait on the pavement for their buses/coaches and not the area where the buses are moving.

Lost Property
Please remind students to ensure that all their 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.

CCHSG 500 Club Draw - 20 March 2024
Draw Number 6/10
Congratulations to the winners of the sixth draw for the year. All winners will be contacted.

1st Prize – £106.00 - Ticket number 279380-4100536
2nd Prize – £64.60 - Ticket number 279380-3801767
3rd Prize – £42.00 - Ticket number 279380-3924202

Our thanks go to all parents and staff who have bought tickets in support of the school. Draw number 7/10 for 2023/24 academic year to be held on Monday 22 April at 11.00.

Curricular and Enrichment Activities

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.

A Level Chemistry revision sessions
Organic Chemistry revision sessions are held on a Thursday lunchtime in G20 from 12.35.
Correspondence sent out this week:
Year 12 Review of A Level Curriculum – all year 12 students – deadline Friday 19 April.
Year 9 Level 2 Higher Project Qualification Information – selected students
GCSE Mathematics Revision material – Year 9 and 10 students – deadline 13 April.
Higher Education Support – All Year 12 Students
Year 10 Thorpe Park – All year 10 students – deadline Friday 24 May
Year 8 Parent Consultation Evening Thursday 18 April for 8C, 8O and 8L
Year 8 Parent Consultation Evening Thursday 25 April for 8H, 8E and 8S

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

Word of the Week for w/c 25 March
Word of the week is: **Ostentatious** *meaning* marked by a vulgar display of wealth and success designed to impress people.

e-Safety - Lead Mr Nachman

What Parents and Carers Need to Know about X
The social media network formerly known as Twitter has undergone numerous alterations since its change of ownership and rebranding as X – and many of these recent developments have proved controversial. With any user now simply able to pay a fee for account verification, for example, the once-reliable 'blue tick' system has become largely meaningless.

That is just one of several changes that have set the social media giant on what many consider a concerning path in online safety terms. The attached guide provides a run-down of the most significant tweaks made to X; their potential safeguarding implications; and how to help ensure young people minimise the risks while they continue to use the service.

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Enrichment Activities
Head of Enrichment Learning – Mrs Pigott

MENSA Brainteaser:
In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How can this be?

Answer to last week's Brainteaser:
Answer: opportunity

Year 12 STEM Summer Placement
The Nuffield Foundation are offering research and experience placements linked to STEM Learning. These individual placements offer students the chance to develop their STEM skills through focused research activities and also to gain valuable insight into working in a professional environment. There is also a focus on developing their skills for sustainable employment within STEM sectors. Each placement takes place in the Summer Holidays. Students can take part in a placement at no cost: travel costs are reimbursed, and some students may be eligible to receive a bursary.
In order to apply students must meet at least one of the following criteria:

- Be living, or have lived, in local authority care.
- Come from a family with a combined household income of below £30,000 a year (pre-tax)
- Be entitled to free school meals, either now or at any time in the last six years.
- In receipt of, or entitled to, discretionary payments at school/college (e.g., EMA, 16-19 Bursary Fund)
- Be the first in your immediate family to participate in higher education (not including any older siblings).

Applications are now open and close at the end of April.
To find out more information and to apply please use the link Research Placements and Experiences (stem.org.uk)
The placements are funded by the Nuffield Foundation and are arranged by STEM Learning.

For aspiring Historians:
An excellent resource for Sixth Formers undertaking personal or individual studies is http://www.history.ac.uk/reviews/paper/index.html which gives reviews of academic history books and also often includes the author's reply to the reviewer. This is also a great site for Year 11 students who are hoping to take History at A Level and would be some great summer reading to widen your knowledge.

Oxford University History faculty website also has various resources for students who are thinking of applying to Oxford to study History, many of which are useful to any aspiring History candidates.

Careers
Careers Lead - Mrs Hughes

Students can book an appointment with our impartial careers advisor Ms Poyser via this link: https://outlook.office365.com/owa/calendar/CCHSGCareersAppointment@cchsg.com/bookings/. Students will be emailed with confirmation of their appointment time and date.

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)

Coffee mornings/Afternoon tea	Topic
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

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 Open Evening Tuesday 23 April 2024 - 17.00-19.00
Held at our centre at CCHSG.
Join us to find out about training routes with CTTC, eligibility, the application process, finance, and bursaries.

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 or to book for the Open Evening 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 the 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 – the hall is available for packed lunches, Monday 25 , Wednesday 27 and Thursday 28 March. On Tuesday 26 March students will need to eat in their tutor bases. Students should vacate classrooms by 13.00, leaving the areas 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 that that the Civica Eats APP is up to date.**
- **Please ensure that ParentPay meal accounts are in credit.**
-

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 & Y8

Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Chilli Con Carnie & Rice	Cottage Pie & Sweetcorn	Sausages Chips & Beans	Cajun Chicken & Potato Wedges	EASTER HOLIDAYS
Cheese & Tomato Pasta Salad	Vegetable Curry & Rice (Vegan)	Macaroni cheese & Peas	Mediterranean Pasta & Salad	
Syrup Sponge Pudding	Apple & Blackberry Crumble	Eton Mess	Cornflake Tart & Custard	
Pudding £1.30				
Panini £3.30				
Soup of the Day (changes daily) £1.30 with Homemade Bread £0.40				
Soup French Onion (Vegan)	Soup Tomato & Basil	Soup Leek & Potato	Soup Vegetable	

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

• **PTFA Meeting:** Monday 25 March, 19.00-20.30
• **Quiz and Pizza Night:** Friday 26 April,19.00-21.30

1. Nearly New Uniform and Revision Books Sale
The Spring Term's Nearly Ne Uniform Sale was held on Saturday 16 March in the main hall and raised an amazing £1,262. The PTFA would like to thank all the volunteers who helped run the sale and our dedicated uniform team, without whom we could not continue to offer this invaluable service to our school community. If you are interested in joining the team, please email cchsgptfa@gmail.com or signup via the link below.

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.PTFA 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** hosted by our regular Quizmaster, Julian Roper 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. Quizmaster, Mr Julian Roper of ***Corporate Quiz Hire*** (www.corporatequizhire.co.uk) 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 and he has hosted several quizzes for CCHSG PTFA in the past, both in person and online (during Covid-19). This promises to be an excellent event! Tickets are limited so please do book early to avoid disappointment.

EVENT	SIGN-UP LINK
Quiz Night Friday 26 April	https://volunteersignup.org/8MJQY
Uniform Team Sign Up	https://volunteersignup.org/7B4AT

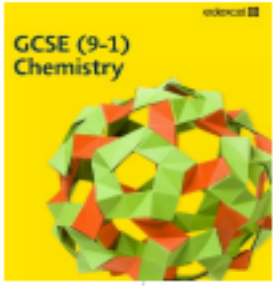
PTFA CONTACTS:
PTFA Chair: Mrs Anni Cullen
https://www.cchsg.com/parent-carers-hub/cchsg-ptfa/
For all enquires related to the PTFA, please email cchsgptfa@gmail.com

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

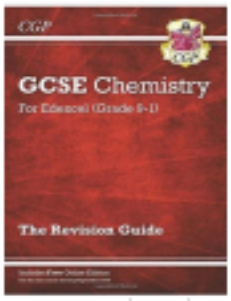


Useful revision websites:

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 apps 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 X

AGE RESTRICTION 13+

In October 2022, the enormously popular social media network Twitter was purchased by tech tycoon Elon Musk. That sparked a host of changes to the platform – not all which have been received positively by its fans. The alterations have continued with each passing month, many of them raising online safety concerns among the 530 million users of Twitter (now rebranded as simply X). With further adjustments reportedly in the pipeline, X has attracted more than its usual share of controversy and caution in recent times.

WHAT ARE THE RISKS?

A BLOCK ON BLOCKING

X has announced plans to remove its blocking feature. Previously, this stopped other users from viewing your profile or sending you direct messages, while also hiding their posts from your feed. Only this latter function will now remain. The decision has been criticised by some members, who feel that blocking (in its current form) protects them from X users who "promote denial and hatred".

LIMITED REPORTING FEATURES

X offers a premium membership, with some functionality (such as controlling who can view and reply to your posts) increasingly being made exclusive to those who pay the subscription fee. Several commentators have speculated that X could one day become an exclusively paid-for service, with access to accounts being revoked for anyone unwilling or unable to take out a subscription.

AGE-INAPPROPRIATE CONTENT

Many of X's less age-appropriate posts can feature anything from extreme political views to pornography. While accounts marked as 18+ are restricted from non-members, it's still fairly easy to stumble across this material accidentally. X's new 'For You' page also shows content from accounts that a user *doesn't* already follow – meaning that almost anything could end up on a child's feed.

VERIFICATION FOR SALE

Historically, Twitter's moderators granted account verification: certifying someone as authentic by placing a blue tick next to their username. One of X's earliest changes was to place verification behind a paywall; this caused the number of celebrity impersonators to rise and left no way to distinguish, say, a legitimate influencer from a copycat fake account seeking to exploit other users.

Advice for Parents & Carers

PROTECT PRIVACY

Unsavoury characters may try to gain access to a young person's X account – either to view their posts and gather information on them, or to completely take control of it. To minimise risk, ensure the account has a strong password and enable the 'Protect Your Posts' feature (via the account settings), so that strangers can't view your child's posts without first being approved as a follower.

DON'T RISE TO THE BAIT

To gain more views and followers, some X users post deliberately inflammatory comments on sensitive topics such as race, sexual orientation and gender issues. Many young people could find this upsetting. Emphasise that, if your child encounters someone spreading hate on X, it's best not to give that person what they want: an argument. Ignore them, mute their account and move on.

STAY ALERT FOR IMPOSTERS

Make sure your child understands that X's blue ticks no longer guarantee the identity of anyone on the platform. While it might be exciting if a celebrity liked your child's post, it could just as easily be an imposter with malicious intentions. If your child's not 100% sure that an X user actually *is* who they claim to be, advise them to err on the side of caution and avoid interacting with that account.

ONLY FOLLOW TRUSTED ACCOUNTS

Using the 'Following' tab on X helps to ensure that the only content your child sees has come from accounts they've chosen to follow: this should reduce the chance of them inadvertently being exposed to harmful, violent or explicit content. Show your child how to report another user's account if, say, they're behaving inappropriately by spreading misinformation or offensive opinions.

BE READY TO TAKE ACTION

If your child suffers harassment on the platform or becomes the target of a hack, you could consider deactivating their account entirely. Recently, X's safety features have been criticised for allegedly failing to protect users' wellbeing – so if your child is being subjected to abusive messages or similar mistreatment on the platform, it might be prudent to remove them from X altogether.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. Always eager to test out the latest apps, games and online trends, he's also a parent who understands the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.

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: 01.11.2023


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