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

Term Dates 2023–2024

Spring Term
Thursday 4 January
Thursday 28 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 2024
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 2024/25
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	Apr	22	Y12 Assembly in the Hall Y11 MFL Speaking Assessments all week
Tuesday	Apr	23	GCSE/A Level PE visit to the University of Essex (Years 9,10,12) Y10 Assembly in the Hall
Wednesday	Apr	24	Y8 Assembly in the Hall
Thursday	Apr	25	Y8 (HES) Parent Consultation Evening online Y8 Junior Maths Challenge
Friday	Apr	26	DofE Bronze A Qualifying Planning 1 and kit return 15.45- 17.30

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 like to see more wildlife brought into your built-up area?

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.

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 summer term can be found via: 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

Chemistry Revision Sessions
GCSE Revision sessions
The timetable for Chemistry GCSE 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.

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

Correspondence sent out this week:
Healthy Eating Session - Year 12
Creative Arts Matrix Day – Year 9
PSHCE Letter – Year 11

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

Word of the Week for w/c 22 April
Word of the week is: **Pugnacious** *meaning* inclined to fight or be aggressive.

Enrichment Activities

Head of Enrichment Learning – Mrs Pigott

MENSA Brainteaser:
I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?

Answer to last week's Brainteaser:
Answer: The man is playing Monopoly. He lands on a property with a hotel and doesn't have enough money to pay the rent.

Cambridge University Subject Masterclasses Year 12
Cambridge University are holding various Subject Masterclasses that offer students in Year 12 the chance to experience typical undergraduate teaching at the university, and to learn more about a topic of interest. The masterclasses are open to individuals at a cost of £12.50 for online and £20 for in-person.
Each Masterclass includes:

- two taster sessions delivered by academic staff from the University
- the opportunity to ask questions
- an introduction to the Cambridge admissions process
- the chance to hear about life as a Cambridge student from current undergraduates

Funded places are available for eligible students - use the link to "Funded Place" on the webpage for information.

Current masterclasses that are open to book:

- Theology, Religion and Philosophy of Religion, 27 April 2024, 10:20am- 1:15pm, In person
- Linguistics, Law and Mathematics, 18 May 2024, 10:30am to 1:15pm, In person
- Cardiovascular Physiology (PDN), 23 April 2024, 4:15pm to 6:45pm, Online
- Chemical Engineering and Biotechnology, 25 April 2024, 4:15pm to 6:45pm, Online
- Biochemistry and Genetics, 29 April 2024, 4:15pm to 6:45pm, Online

See https://www.undergraduate.study.cam.ac.uk/events/masterclasses for more information.

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)

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 20 May- 9.15-10:45	Facing fears in social situations
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 is a maximum of 20 spaces per session.

e-Safety - Lead Mr Nachman

What Parents and Carers Need to Know about AI Virtual Friends

Artificial intelligence is probably the hot topic in technology circles right now, with questions being raised worldwide about how AI might conceivably affect the very future of the human race. In the short term, however – definitely as far as its impact on young people is concerned – the clearest risk is almost certainly the AI-powered 'virtual friends' which are springing up all over the internet.

There's Replika and Kuki, for instance, while Snapchat has recently got in on the act with My AI – and search engines like Bing and Google have developed their own versions. Are these machine intelligences suitable online companions for young people? What are their limitations and weak spots? The attached guide profiles the emergence of AI 'virtual friends'.



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 the CTTC 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

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.

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.**

Packed Lunches – The hall is available Monday 22 – Thursday 25 April for packed lunches. On Friday students will need to eat in their tutor bases. Students should vacate classrooms by 13.00, leaving the areas clean and tidy**.**

Monday	Tuesday	Wednesday	Thursday	Friday
Beef In Black Bean Sauce & Rice	Lasagne & Salad	Pizza Chips & Beans	Katsu Chicken Curry & Rice	Breaded Cod, Sautéed Potatoes & Green Beans
Vegetable Pasta & Salad	Cheese & Tomato Tart & Salad	Macaroni Cheese & Peas	Cheesy Stack Wrap & Salad	Quiche & Salad
Sticky Toffee Pudding	Apple & Blackberry Crumble	Cheesecake	Tiramisu	Bakewell Tart
Pudding £1.30				
Panini £3.30				
Soup of the Day (changes daily) £1.30 with Homemade Bread £0.40				
Soup Carrot & Coriander (Vegan)	Soup Tomato & Lentil (Vegan)	Soup Vegetable (Vegan)	Soup Tomato & Basil	Soup Butternut Squash & Sweet Potato (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 and Summer Term Dates for Your Diary

- **Quiz and Pizza Night:** Friday 26 April,19.00-21.30
- **PTFA Meeting:** Monday 3 June 18.30-20.00
- **Summer Term Uniform Sale (incoming Year 7 only):** Tuesday 25 June 17.00-19.00
- **Summer Term Uniform and Books Sale (whole school):** Saturday 6 July 10.00- 12.30

1. Quiz Night: Friday 26 April 19.00-21.30

Last chance to buy tickets, booking window closing tonight 8pm

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 (2Adults +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!

We are still in need of volunteers to help run the PTFA stalls- please sign up via the link below if you are able to help.

2. Summer Term Nearly New Uniform and Books Sale: Saturday 6 July 10.00 - 12.30

The academic year's final Nearly New Uniform and Books Sale will take place on Saturday 6 July at 10.00-12.00 in the main hall. This sale will be open to the whole school and will be the last opportunity to purchase any uniform before the start of the Autumn term. In addition there will be a Nearly New Uniform Sale on Tuesday 25 June which will be open to incoming Year 7 parents and students only. We are appealing for any uniform you would like to donate which is in good, resaleable condition. Donations can be placed in the blue PTFA donation bin outside reception. If you would like to join our uniform team, please email cchsgptfa@gmail.com

3. Christmas Market 2024: Saturday 30 November

The PTFA is pleased to announce the return of our annual Christmas Market on Saturday 30 November. The Christmas Market is the single biggest event in the PTFA calendar and it has only been successful thanks to all of the hard work from school staff and parent volunteers. Over the next coming weeks, we will be forming a Christmas market planning committee which will cover catering, stalls, marketing and Santa's Grotto. If you are interested in joining, please email xmasmarket2024@mail2world.com

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

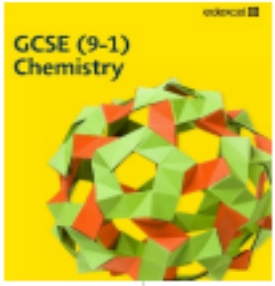
PTFA CONTACTS:
PTFA Chair: Mrs Anni Cullen
https://www.cchsg.com/parent-carers-hub/cchsg-ptfa/
For all enquires related to the PTFA, please email cchsgptfa@gmail.com

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

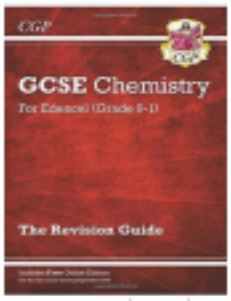


Useful revision websites:

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

What Parents & Carers Need to Know about AI VIRTUAL FRIENDS

Artificial intelligence – particularly in terms of how it generates natural language – has seen significant development over the last six months, with companies releasing new AI-based software or adding an AI element to existing apps (such as Snapchat, for example). One form of AI to become especially popular has been the 'AI friend' or chatbot, as children eagerly experiment with these new-found computer-generated companions. There are now numerous apps available with this 'virtual friend' functionality, with the likelihood of it being added to other successful platforms soon.

WHAT ARE THE RISKS?

CONTENT AND ACCOUNTABILITY

AI chatbots may not always be able to recognise when content is age inappropriate or harmful and should be filtered out. So there's a possibility that children could be exposed to offensive language or explicit material while conversing with their virtual friend. The companies producing such AI solutions are also unlikely to take responsibility for any content that their algorithms generate.

REDUCED SOCIAL CONTACT

An excessive reliance on chatbots for social interaction could potentially cause a child to begin reducing the amount of face-to-face communication they have, leading to social isolation. If young people become dependent on chatbots to provide companionship, it could very likely hinder the development of their real-life social skills.

LACK OF SENSITIVITY

Chatbot software isn't always sophisticated enough to pick up on subtle emotional cues or recognise signs of distress in children, as most humans would. It might therefore fail to respond appropriately. AI misinterpreting what it's being told or replying insensitively to a young user who's already struggling could potentially impact a child's emotional wellbeing or exacerbate any existing emotional issues.

UNINTENTIONAL BIAS

AI companions are only as reliable as the information they've been programmed with. The algorithms they use, therefore, may unintentionally promote bias, stereotypes or discriminatory behaviour (as many originate from the USA or the UK, for instance, they can display a distinctly western-centric worldview). This could lead to children developing skewed attitudes and behaviours.

COGNITIVE LIMITATIONS

Although many are now undeniably advanced, AI-powered chatbots still have limitations in terms of understanding complex concepts, context and nuance. Depending heavily on chatbots to help with learning or solving problems may stunt the development of a child's own powers of critical thinking, creativity and ability to engage in open-ended discussions with other people.

PRIVACY CONCERNS

Chatbots typically collect data about users, including personal information and conversations. This is ostensibly to improve their performance as they gradually learn about our behaviour – but many experts are warning that there may be significant risks associated with how this information is stored and used (the possibility of potential breaches or misuse by third parties, for instance).

Advice for Parents & Carers

CHAT ABOUT CHATBOTS

If your child is already expressing an interest in AI apps, a relaxed, natural chat should help you to discover which ones they're aware of and how they're using them (or are planning to). Discuss these options with your child and perhaps do your own research to ensure you think they're suitable. Once you're totally happy, you could sit with your young one and begin exploring AI chatbots together.

CREATE A SAFE ENVIRONMENT

If your child is keen to engage with AI chatbots, encourage them to do so in a safe environment: ideally in a shared space at home, so you can easily keep an eye and ear on their progress. Set up appropriate content filtering measures in advance – and gently remind them that you'll be close by and ready to help with any questions or concerns that may arise.

FIND A BALANCE

Work alongside your child to establish the right balance in terms of how they might use AI-powered chatbots – and when it's appropriate. It's important to make sure that children are still getting plenty of opportunities to learn to solve problems for themselves, as well as building their interpersonal skills through face-to-face conversations with friends, family members and teachers.

TAKE CONTROL

As with any form of app or game, when it comes to AI chatbots we'd strongly recommend that you consider employing parental controls (either on the device being used or within the software itself) to manage which apps your child can download and use. This is particularly important for younger children, who may be more at risk of being upset or frightened by inappropriate content.

RECOGNISE THE RISKS

It's unlikely that most children will have even considered the potential risks attached to having a virtual companion. So it's probably wise to explain some of the possible hazards and challenges of AI chatbots to your child. In particular, emphasise that AI isn't a real person (however much it might sound like one) and may occasionally tell them something that isn't entirely impartial or accurate.

Meet Our Expert



A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.

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: 21.06.2023


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