Colchester County High School for Girls
Parent Weekly Bulletin
10 May 2024

Term Dates 2023–2024

Summer Term
Monday 15 April
Tuesday 23 July

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 A Monday	May	13	Public Examinations all week
Tuesday	May	14	DofE Silver and Gold Qualifying planning 3 15.45 – 17.30
Wednesday	May	15	Y9/Y12 (selected students) – Careers talk from Mercedes Y9 Assembly on TEAMS
Thursday	May	16	Y10 RE Examination (PM) Y7 Assembly on TEAMS
Friday	May	17	DofE Bronze B Qualifying Planning 2 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: Do tourists need to think about local communities when they travel?

Lost Property
Students should 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.

DentSoc guest speaker
A guest speaker will be joining DentSoc on Monday 20 May to discuss their journey into Dentistry and their current role. A great opportunity for students interested in pursuing a career in Dentistry or interested in STEM based careers in the future. All years are welcome to come along. The presentation be at lunchtime in F12.

Immunisations
The immunisation team will be in school to administer the HPV vaccination for Year 8 Students on Wednesday 22 May, parents have been sent information and need to complete the consent form within the letter by midday on Monday 20 May.
If parents have any queries, we ask that they do not contact the school, as we will be unable to help, but should contact the immunisation service via 0300 7900597 or 0300 7900594.

Curricular and Enrichment Activities

Animation Club is running every Wednesday 15.45-16.45 in T4, delivered by the Mercury Theatre.
There are still a few places left if students would like to attend. Students should email Mr Nachman cnachman@cchsg.com or Miss Torr storr@alphatsh.org

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)

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Algebra challenges
Answers for last week's challenges are:
KS3 - The five numbers are 13 , 39 , 40 , 5 , 23.
KS4 - The two numbers are 9 and 12.
KS5 - Jamie started with 36 strawberries.

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

Sports Fixtures

Date	Time	Event/Fixture	Against	Location	Years
13.05.24	09:10-15:35	CEECC Cricket Tournament	Various		Year 7 and 8
15.05.24	15:35-17:30	Year 7 Central Venue Football Competition	Various	Philip Morant	Year 7
16.05.24	15:35-16:30	Rounders Friendly match	St Marys	CCHSG	Year 8

B-Fest – Bures Music Festival is looking for young musical talent (ages 9-19) to showcase at the festival on 10 July. See flyer attached. Students should see Mrs Cudmore-Rice for any further information.

Correspondence sent out this week:
Year 10 Geography Field Trips – Deadline Monday 27 May
Year 9 Examinations Letter and Timetable
Year 11 Study Leave
Year 8 HPV Vaccinations – Deadline Monday 22 May
YES to Success – selected students

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

Word of the Week for w/c 13 May
Word of the week is: **Vehement** *meaning* expressed with or showing conviction or intense feeling.

Careers
Careers Lead – Miss Clark

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.

The UK Chess Challenge, Essex Megafinal 19 May 2024, organised by Colchester Chess
Students are invited to take part in the largest UK junior chess competition for players aged 5–18. All abilities welcome. Closing date for entries: 18 May 2024

Venue CCHSG Main Hall, arrival from 9.30 for a 10.00 start. Approximate finish time 17.00. For more details and to register as a player at this qualifying event see
https://bit.ly/Essex-MF-2024

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Enrichment Activities
Head of Enrichment Learning – Mrs Pigott

MENSA Brainteaser:
I am a favourite drink. Add one letter and I am a blue-green colour. Change one letter and I am a business agreement. Change another letter and I am a small valley. Change one final letter and I am a percussion instrument. What was I and what did I become?

Answer to last week's Brainteaser:
Likeable, poetical and trending

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 MHST (Mental Health Support Team) 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

Looking After Your Wellbeing Online
The online world and digital technology have become such a significant part of our lives and integral to so many aspects of our daily routine, that we shouldn't be surprised at the degree of influence it can wield over what we think and how we feel. Many experiences that young people have on the internet are hugely positive and uplifting … but sadly, that's not always the case.

Negative incidents online, such as disagreements with other users, stumbling across upsetting content or feeling left out by friends, can be intensely damaging to a child's emotional state. The attached guide has some useful tips for young people and trusted adults on how even small, simple actions can help to protect our wellbeing when we're on the internet.

Colchester Teacher Training Consortium

Director Mrs Christine Wager

Provision Remains Outstanding – Inspiring Tomorrow's Teachers
"Trainees attending CTTC are prepared superbly well to be teachers of tomorrow". (Ofsted 2024)

The teacher training provision at CTTC has again been recognised as outstanding. CTTC was awarded Ofsted's highest grade across all areas in a recent inspection, with no areas identified as requiring improvement.

Inspectors found that "*trainees benefit from the highest quality training and support."* (Ofsted 2024). The school centred programme allows trainees to gain Qualified Teacher Status (QTS) through a combination of taught sessions and practical on the job training in managing classes and planning lessons alongside colleagues in local schools.

"Trainees value immensely the first class experience they receive, preparing them exceptionally well to take on their first teaching role" (Ofsted 2024).

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.

Part time routes, for both Primary and Secondary, are available. Tax-free bursaries of up to £28,000 can be claimed by eligible trainee teachers in certain subjects. Pastoral support and mentoring is a strength of the programme and "*mentors are fully equipped to support trainees exceptionally well."* (Ofsted 2024)

Apprenticeship Route into Teaching with CTTC
Trainees will be paid to train to teach Primary or Secondary by following the Apprenticeship route, whilst still following CTTC's highly rated training programme and having access to the fantastic support and opportunities CTTC provides.

Employment prospects are excellent as local schools are keen to employ trainees from the partnership. The starting salary for teachers is currently £30,000 and many former trainees move quickly into leadership and management roles.

For further information see www.colchesterttc.org.uk, call 01206 364728 or email enquiries@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 will not be available next week Monday 13 – Friday 17 May due to examinations taking place. Students are to eat their packed lunch 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.**

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognese & Sweetcorn	Lamb Fried Rice	Pizza Chips & Beans	Chicken Tikka Masla & Rice	Pan Fried Salmon, New Potatoes & Green Beans
Vegetable Curry & Rice	Mediterranean Pasta & Salad	Macaroni Cheese & Peas	Cheese & Tomato Tart & Salad	Quiche & Salad
Jam Sponge Pudding	Mediterranean Pasta & Salad	Pavlova	Banana & Toffee Sponge	Chocolate Mousse
Panini £3.30				
Soup of the Day (changes daily) £1.30 with Homemade Bread £0.40				
Soup Carrot & Coriander (Vegan)	Soup Leek & Potato (Vegan)	Soup Tomato & Basil	Soup Butternut Squash & Sweet Potato (Vegan)	Soup Tomato & Lentil (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

Summer Term Dates for Your Diary

- **PTFA Meeting:** Monday 3 June, 18.30-20.00
- **Summer Term Uniform and Books Sales:**
  New Year 7 intake: Tuesday 25 June, 17:00-19:00
  W**hole school:** Saturday 6 July, 10.00-12.30

1.PTFA Summer Term Meeting: Monday 3 June
The next PTFA meeting will be held online via Microsoft Teams on Monday 3 June from 19.00-21.00. If you would like to attend, please click on the following link to join the meeting: PTFA Summer Term Meeting

2. Summer Term Nearly New Uniform and Books Sales:
Tuesday 25 June, 17:00-19:00 (new Year 7 intake)
Saturday 6 July, 10.00-12.30 (whole school)

The nearly new Uniform sale for the 2024/2025 incoming Year 7 intake will take place on Tuesday 25 June. This sale is only open to parents and students from the new intake due to start in September 2024. The final Nearly New Uniform and Books Sale for this academic year 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.

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 If you are able to help out at either of the sales, please sign up via the links at the bottom of the page.

3. Christmas Market 2024: Saturday 30 November
The Christmas Market is the single biggest event in the PTFA calendar and it has only been successful thanks to all the hard work of 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 and would like to find out more please email xmasmarket2024@mail2world.com.

4. Easyfundraising Appeal
Since the PTFA joined the easyfundraising scheme, parents have raised over £5.9k for the PTFA by shopping online. Over 7000 brands such as John Lewis, Asos, New Look and more are taking part. If you're thinking of booking a summer holiday this year, travel companies such as Walt Disney World Travel, Tui, Expedia, Booking.com and more are supporting the scheme. To join won't cost you any extra as all donation costs are met by the individual brands. 216 of our parents have already joined the scheme. To support CCHSG PTFA through easyfundraising please visit
https://www.easyfundraising.org.uk/causes/colchestercountygirlspta

EVENT	SIGN-UP LINK
Uniform Team Sign Up	https://volunteersignup.org/7B4AT
New Year 7 Intake Uniform Sale	https://volunteersignup.org/BDCJE
Summer Term Nearly New Uniform and Books Sale	https://volunteersignup.org/3RRAD

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

PTFA

SUMMER TERM NEARLY NEW UNIFORM & BOOK SALE

Saturday 6 July 2024

10.00 - 12.30

Main Hall, CCHSG

Open to all year groups

As some of the uniform may have been altered, we recommend that you bring your child along with you to try the items before purchasing. You will also need to bring a bag or two for your purchases.

Payment accepted:

Cash or credit/debit cards only.

Email:

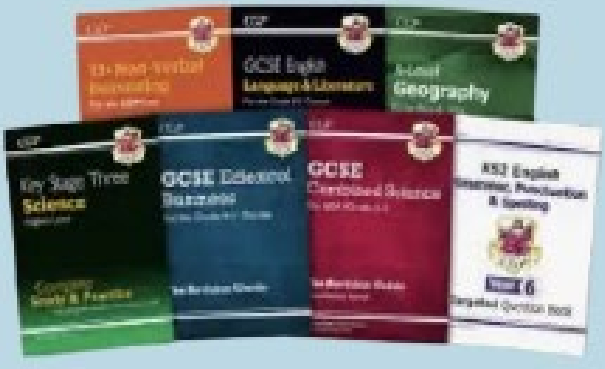
cchsgptfa@gmail.com

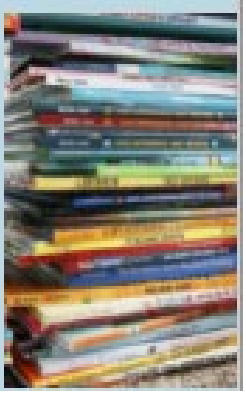
Made with PosterMyWall.com



Uniform and book donations gratefully received until Friday 8 March 2024. Please place donations in clearly marked wheelie bins outside reception.







B-FEST

10TH JULY 2024

BURES MUSIC FESTIVAL IS LOOKING FOR YOUNG TALENT TO PERFORM AT OUR ANNUAL B-FEST COMPETITION!



Are you aged between 9 and 19?
Would you like the opportunity to perform for a festival audience?
We are looking for budding singers, bands, soloists, small groups and other musicians to take part in the B-Fest competition in the BMF Big Top, on Thursday 11th July.

TAKE PART FOR A CHANCE TO WIN A SHARE OF THE £300 PRIZE POT!

This special event gives budding stars a taste of the limelight with the opportunity to perform in a large venue before an enthusiastic crowd.

THE OVERALL WINNER WILL OPEN THE FESTIVAL ON SATURDAY 13th JULY.

To enter, upload a video or MP3 using our online application form by 21st June.
See **www.buresmusicfestival.com** for entry details.

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.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT *IS* DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert



Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.

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: 15.03.2023