Colchester County High School for Girls
Parent Weekly Bulletin
6 September 2024

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

Term dates 2025-2026

Autumn Term
Monday 1 September
Friday 19 December
Half Term
27 October – 31 October

Spring Term
Monday 5 January
Friday 27 March
Half Term
16 February – 20 February

Summer Term
Monday 13 April
Monday 20 July
Half Term
25 May – 29 May
Bank Holiday
4 May

Non–Pupil Days 2025/26
Monday 1 September
Monday 22 September
Tuesday 30 September
Thursday 23 October
Friday 24 October
Friday 19 December
Friday 17 July
Monday 20 July

Safeguarding:
Never Acceptable
to report a concern:
Click Here to make an

Dates for Your Diary

Week B Monday	Sept	9	Y11 assembly in the Hall
Tuesday	Sept	10	MADE Training Y9 P2&3 and Y11 P4&5
Wednesday	Sept	11	Y9 Assembly in the Hall Y7 Information Evening 19.00
Thursday	Sept	12	Y10 Assembly in the Hall The Fair for extracurricular clubs
Friday	Sept	13	Sixth Form ESFA Bursary Deadline

The parent calendar for 2024/25 will be available on the school website shortly

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 for the first week of September is: Should everyone be first aid trained?

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.

The Education Funding Agency (EFA) Bursary Fund
The EFA aims to support students who face the greatest financial barriers to continuing in education post-16. The deadline for applications for bursaries for CCHSG Sixth Form students is Friday 13 September. Students should complete a new application for each year. Letters can be obtained from the School Office. For further information about the bursary see https://www.gov.uk/1619-bursary-fund/overview

Edulink One
Parents are requested to check and amend (if required) their details on Edulink One, including their address, emergency contact and their child's mode of transport to school.

Appointments
When informing the school of appointments, parents are asked to send through confirmation notification for our records.

Student safety in the Bus Park



There is new signage in the bus park to indicate waiting areas and areas for students to walk to and from their stationary bus. Students should be aware this is a very busy area, we ask them to walk sensibly and on marked areas away from the buses. At the end of the school day students should wait in the marked area for their buses/coaches and not in the area where the buses are moving. We remind students that before school they should make their way into school directly and not wait in the bus park for other students.

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CCHSG 500 Club
We would like to thank all those staff and parents who have supported us through the 500 Club in the 2023/24 academic year. Through your generosity, CCHSG 500 Club raised over £4,240.00 with a total of £2,072.20 paid out to winners of the 10 monthly draws.

We are seeking the continued support of our school community with the CCHSG 500 Club for the 2024/25 academic year (October 2024 – July 2025). Parents/carers, students (aged 16 & over) and staff of CCHSG can take part. Membership takes the form of a one-off payment of £40, which entitles participants to be entered into ten monthly draws for the prize money of up to £500. All the funds raised will go directly towards the provision of additional resources and equipment for our students. Tickets and further details are available via: https://www.trybooking.com/uk/DRUD

Rewards and Awards
Student Voice was involved in the review of the Rewards and Awards and this has resulted in the system of AWARDS:

Academic
Wider school/extra-curricular
Attendance at clubs and societies
Role Model – Doing the right thing
Determination – Effort
Social – Helping others

Award categories Year 7 – Year 13	AWARDs required in academic year	Students awarded with:
Bronze	50	Certificate & badge
Silver	100	Certificate & badge
Gold	150	Certificate & badge (enter prize draw)
Platinum	200	Certificate & badge (enter prize draw)

Students will receive these awards through their whole school journey Y7-Y13. Students are acknowledged for their merits at the end of term and the end of year assembly. The total AWARDS merits achieved will also be included in Progress Checks and signposted in end of year Tutor Reports. Students who achieve Gold or Platinum will be entered in a special draw at the end of the year for a 'big prize'.

Correspondence Sent out this Week
School Photographs (all years)
Y11 Information Evening

Word of the Week for w/c 9 September
Word of the week is: **Facetious** *meaning* not serious about a serious subject, in an attempt to be funny or to be clever.

MENSA Brainteasers
What has no hands but might knock on your door, and if it does you better open up?

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 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.

All year groups
Take the Quiz on Unifrog to explore careers and subjects related to your interests! Quiz Profile - Student - Unifrog
Remember to record any activities you have done and skills you have demonstrated throughout the year on Unifrog to help with future applications: Activities - Student - Unifrog Skills - Student - Unifrog

Years 9-13
Check out virtual work experience courses available on Unifrog: Courses - Student - Unifrog

Examples of virtual work experience: The Institute of Chartered Accountants in England and Wales, Get Into Teaching, NHS, BBC, Mechanical Engineering.

Examples of courses include: Catching a Criminal: Forensics and Language, The Psychology Behind Memory, How to Change Law in the UK, Proof in Mathematics.

E Safety lead – Mr. C Nachman

What Parents and Carers Need to Know about Persuasive Design Online
For many companies who operate in the online space, attention and engagement are the holy grail. Social media sites in particular make deliberate creative choices to keep people scrolling, reading, watching and clicking. This phenomenon is known as 'persuasive design' and it's being employed in most the digital world's most popular destinations.

A study by the charity 5Rights Foundation concluded that "…the brain's response to rewards and punishments can be leveraged through persuasive design to keep children online." To tie in with Safer Internet Day 2024, the attached guide can help to educate us about the effects of persuasive design and suggests ways to insulate ourselves from its influence.

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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.

The school hall is available for packed lunches next week on Monday, Tuesday, Wednesday and Friday. Thursday 12 September students should eat their packed lunch in their tutor base and vacate classrooms by 13.00, leaving the area 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**
Cottage Pie & Sweetcorn	Chilli Con Carnie & Rice	Burger Chips & Beans	Cajun Chicken & Potato Wedges	Seafood Tagliatelle & Broccoli
Vegetable Curry & Rice	Mediterranean Pasta & Salad	Macaroni Cheese & Peas	Vegetable Lasagna & Salad	Quiche & Salad
Jam Sponge Pudding	Apple & Blackberry Crumble & Custard	Chocolate Mousse	Cheesecake	Pancakes
Panini £3.30				
Soup of the Day (changes daily) £1.30 with Homemade Bread £0.40				
Soup Tomato & Basil	Soup Vegetable (Vegan)	Soup Butternut Squash & Sweet Potato (Vegan)	Soup Tomato & Lentil (Vegan)	Soup French Onion (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

Autumn Term Dates for Your Diary

- PTFA Annual General Meeting followed by Ordinary PTFA Meeting: Wednesday 18 September
- Year 7 Welcome Party: Friday 18 October
- Nearly New Uniform: Saturday 23 November
- Christmas Market 2024: Saturday 30 November

1. PTFA Annual General Meeting followed by Ordinary PTFA Meeting: Wednesday 18 September 19.30

The PTFA AGM will take place on Wednesday 18 September in room G25 at 19.30. The AGM will run for approximately 30 minutes, and this will be followed by the first ordinary meeting of the new academic year.

2. Year 7 Welcome Party: Friday 18 October

The PTFA is pleased to announce that this year's New Year 7 Welcome Party will be taking place on Friday 18 October from 19.00-21.00. Doors will open from 18.30 onwards.

This social event is a valuable opportunity for parents/carers to get to know other parents/carers from your child's Form and Year Group, and for students to socialise and make some new friends. Students will be entertained with a disco and provided with snacks and drinks during the evening. Year 7 Form Tutors will also be attending this event. Students are free to wear casual, comfortable clothing and shoes. Please note that there is no provision for students to stay in school after 16.00 before this event.

The parent/carer event will take place separately, in the dining hall. There will be a licenced bar and hot drinks available to purchase. Complimentary canapes will be served whilst you mingle with other parents from your child's Year. A Raffle Draw, in support of the PTFA, will also be held at this event.

Tickets are available to purchase at £12.50 per child only via www.classlist.com (to cover the costs of the event). Tickets must be purchased by 23.59 on Friday 11 October 2024. We regret that due to catering deadlines, we will not be able to extend the ticket purchase deadline. If you have twins, you will need to purchase two tickets for the event. Tickets are not required for parents/carers (limited to 2 attendees) but we do need the names of all attendees, so please ensure you complete the short questionnaire on the ticket purchase page. If you are yet to join Classlist, you can do so via www.classlist.com

The PTFA look forward to welcoming all our new Year 7 students and parents to the event.

3. Easyfundrasing 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 winter 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

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

CCHSG PTFA Calendar 2024/2025

PTFA

Autumn Term

PTFA Annual General Meeting followed by Ordinary PTFA Meeting	Wed September 18 19.30 - 21.00
Year 7 Students, Parents/Carers Social Evening (Disco & Refreshments for students, Refreshments & Raffle Draw for parents)	Fri October 18 19.00 - 21.30
PTFA Meeting (Online - link to be published)	Mon November 11 18.30 - 20.00
Nearly New Uniform & Books Sale (Open to all year group)	Sat November 23 10.00 - 12.30
Annual Christmas Market	Sat November 30 12.00 - 15.00
Winter Concert (Hot Drinks, Licenced Bar & Raffle)	Tues 3 Dec/Wed 4 Dec

Spring Term

PTFA Meeting (Online - link to be published)	Mon January 27 18.30 - 20.00
School Production-The Boyfriend (Hot Drinks, Licenced Bar & Raffle)	Mon 5 Feb/Tues 6 Feb/Wed 7 Feb
Spring Term Nearly New Uniform & Books Sale (Open to all year groups)	Sat 15 March 10.00 - 12.30
PTFA Meeting (Online - link to be published)	Tues March 25 18.30 - 20.00

Summer Term

Quiz Night Food to be catered, PTFA run Bar & Cafe	Fri April 25 19.00 - 21.30
PTFA Meeting (Online - link to be published)	Mon June 2 18.30 - 20.00
Summer Term Nearly New Uniform Sale (Open to all year groups- subject to stock availability)	Sat 5 July 10.00 - 12.30
School Production (Hot Drinks, Licenced Bar & Raffle)	Wed 16 July

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 nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about
PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.



SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



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#WakeUpWednesday

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