Colchester County High School for Girls
Parent Weekly Bulletin
27 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 Anonymous Report
Link to Whisper an anonymous third-party service for CCHSG.

Dates for Your Diary

Week A Monday	Sept	30	Y13 Assembly in the Hall Y11 Mock Examinations
Tuesday	Oct	1	Academy Day
Wednesday	Oct	2	Y11 Mock Examinations
Thursday	Oct	3	Y9 Assembly in the Hall Y11 Mock Examinations Y10 Trip to Mercury Theatre Y8 Information Evening 19.00
Friday	Oct	4	Y11 Mock Examinations Y13 Biology Field Trip
Saturday	Oct	5	Y13 Biology Field Trip
Sunday	Oct	6	Y13 Biology Field Trip

A parent calendar 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: Could pre-loved clothes become more popular than buying new?

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.

Annual CCHSG PTFA Christmas Market
Calling Stallholders - the annual CCHSG PTFA Christmas Market will be held on 30 November, 12.00 to 15.00.
If you would like to book a stall the PTFA would love to hear from you. Open to both the school and the wider community, the Christmas Market is always a popular and well-attended event. Stalls that have run successfully in the past include Christmas decorations, gifts, candles, jewellery, crafts, cards, scarves, skincare and health products. Spaces are limited and will fill up fast. Please register your interest early to avoid disappointment. For further details and booking form please email chsgptfa@gmail.com

Y11 CCHSG Sixth Form Open Evening – Wednesday 23 October 18.00 – 20.30
Y11 students and parents are invited to find out more about life in our Sixth Form at our Open Evening. There will be a welcome from Mrs Marshall, Mrs Hughes, Dr Parrott and Sixth Form students in the Hall 18.30-19.00. The Sixth Form will be open for tours and staff and students will be available to discuss subject choices.

Home or out alone guide
A guide to help parents and carers decide whether their child is ready to either stay at home or go out alone
Home alone or out alone guide | NSPCC Learning

Early School Closure on Wednesday 23 October 2024

On Wednesday 23 October we are holding our Sixth Form Open Evening. This is an opportunity for our current Year 11 students and their parents, as well as students from other schools, to come and discuss the work and life in our Sixth Form.

Formal lessons finish at 12.35 on this day and students will leave school at this time, in order to aid staff in their preparation for this very busy evening. It is not possible for us to arrange for the school buses that transport students from surrounding schools to arrive early, therefore parents will need to make appropriate arrangements for their child to travel home.

Students who have free school lunches or who require lunch to purchase may still do so, however a limited lunch service will be available in the Dining Hall on that day.

If suitable arrangements cannot be made for your child to travel home at 12.35, they can remain in school to work private study under supervision until 15.35 by prior arrangement. We politely request for all parents to complete the electronic form (see below) to inform us of the arrangements put in place for their child.

Students remaining on site with parental permission will be informed of the supervision arrangements nearer the time.

The deadline for completing the form is 03 October.

Form for students in Y7-11 - LINK

Form for students in Y12-13 – LINK

Curricular and Enrichment Activities

Extracurricular clubs
Students have the opportunity to sign up for clubs via their Edulink One app. Please note that students can only sign up for clubs that have been allocated to their Year Group.

Year 13 Chemistry Revision Schedule
Chemistry revision sessions for Year 13 take place on Thursday Lunchtimes in G17.
For details see the timetable at the end of the bulletin.

Sports Fixtures

Date	Time	Event/Fixture	Against	Location	Years
3/10/24	15.20 – 17.35	NEESSA Netball	Stanway	Stanway	Y8/9
4/10 /24	15.00 – 22.00	Regional relays gala	Various	Watford	Junior

Year 13 Chemistry Revision Schedule
Chemistry revision sessions for Year 13 take place on Monday Lunchtimes in G17

Date	Topic
30 September	Electron configuration + Ionisation Energies
7 October	Bonding + Structure
14 October	Periodicity + Group Trends
21 October	Alkanes + Alkenes
4 November	Enthalpy Changes
11 November	Alcohols
18 November	Rates of Reaction
25 November	Haloalkanes
2 December	Equilibrium
9 December	Organic Synthesis
16 December	General revision

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Correspondence Sent out this Week
Y11 Sixth Form Open Evening Invitation
Y13 CERN Trip
Sixth Form Open Evening Early Closure – deadline for replies 3 October
CCHSG 500 Club

Word of the Week for w/c 30 September
Word of the week is. **Euphemism** *meaning* the use of a word or phrase that is considered less offensive or less vulgar to replace another.

MENSA Brainteasers
In English it's (910, 911, 912) in German it's (511, 512, 513) what is it in French?

Answer to last week's Brainteaser
18 (Boxing – 6, Gym – 9, Pool – 16)

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.

Enrichment Lead – Mrs Pigott

STEM SMART
This is a free programme to support students in raising their attainment at school and developing their confidence to apply to study physical or biological sciences, engineering or computer science at top universities. The programme starts in the January of Year 12 and runs for 17 months.
Full eligibility criteria can be found on the STEM SMART webpage.
Applications are now open and will close on 31 October 2024. Eligible students can complete this application form.

Year 13 Oxbridge Applicants
Hertford College, Oxford and Emmanuel College, Cambridge are running a webinar on **Thursday 3 October 2024 at 17:00** on **How to approach Oxbridge Interviews**. The session will review the admissions process, include insights and advice from Oxbridge tutors and current students as well as practical tips and advice for how to prepare for an Oxbridge interview. The session will be led by outreach staff from each college and is open to all Year 13 state school students from Essex.
The link to sign up is: https://cambridge.eu.qualtrics.com/jfe/form/SV_0oWbAYLIrDQ7inA Student should sign up by 30 September to receive a link to join the webinar.

Sutton Trust Pathways Programmes Year 12 students
The Pathways Programmes run over two academic years, starting in Year 12 and finishing before the exams in Year 13. Alongside a work experience placement with a leading employer, there is a programme of after-school and weekend skill workshops and information sessions, mentoring opportunities, networking opportunities, and a summer residential packed full of opportunities to develop skills needed to access a certain career. Please use the link for more information and to apply: Career Pathways - Sutton Trust Pathways

Any student applying will need to use Mrs Pigott as the teacher reference.

Careers/Progression Information

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

Virtual work experience courses are 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: Catching a Criminal: Forensics and Language, The Psychology Behind Memory, How to Change Law in the UK, Proof in Mathematics.

Join Unifrog for the following webinars next week: Webinars - Student - Unifrog

Top tips for acing your Personal Statement (Year 12-13)
Date: Monday 30 September 16:30
Time: 45 minutes

Breaking barriers: applying to selective universities (Year 11-13)
Date: Monday 30 September 17:30
Time: 45 minutes

Top tips for acing your portfolio for university creative arts courses (Year 12-13)
Date: Tuesday 1 October 16:30
Time: 45 minutes

What to expect when applying for medicine and dentistry courses (Year 12-13)
Date: Tuesday 1 October 17:30
Time: 45 minutes

Top tips for acing your Common App essay (Year 12-13 who are thinking of applying to universities in the US)
Date: Wednesday 2 October 16:30
Time: 45 minutes

Let's explore: sociology
Date: Wednesday 2 October 16:30
Time: 45 minutes

What to expect from a university course interview (Year 12-13)
Date: Wednesday 2 October 17:30
Time: 45 minutes

Let's explore: Business management
Date: Tuesday 3 October 17:30
Time: 45 minutes

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'.

Colchester Teacher Training Consortium – Open Evening 7 October, 17.00-19.00
For any graduate, or current undergraduate interested in training to teach primary or secondary with an Ofsted Outstanding provider, CTTC are holding an Open Evening on Monday 7 October 2024 17.00 – 19.00. 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 now £31,650 and many former trainees have moved quickly into leadership and management roles. Tax-free bursaries of up to £28,000 are available for trainees in certain secondary subjects.

Now also offering apprenticeship training routes – why not find out more?

For further information see www.colchesterttc.org.uk

Open Evening attendance can be registered via CTTC Open Evening Registration Form - Monday 7th October 2024 - 5.00 pm - 7.00 pm (office.com)

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 school hall is available for packed lunches next week on Monday, Wednesday and Thursday. On Friday 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.**

Monday	Tuesday	Wednesday	Thursday	Friday
Cottage Pie & Sweetcorn	Non Pupil Day	Burger Chips & Beans	Katsu Chicken Curry & Rice	Fishcake & Broccoli
Vegetable Pasta & Salad		Macaroni Cheese & Peas	Gnocchi in Tomato Sauce	Quiche & Salad
Syrup Sponge Pudding		Eton Mess	Banana & Toffee Sponge	Cheesecake
Panini £3.30				
Soup of the Day (changes daily) £1.30 with Homemade Bread £0.40				
Soup Vegetable (Vegan)		Soup Leek & Potato (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

Autumn Term Dates for Your Diary

- Year 7 Welcome Party: Friday 18 October
- Nearly New Uniform: Saturday 23 November
- Christmas Market 2024: Saturday 30 November

1. 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. This social event is a valuable opportunity for parents/carers to get to know other parents/carers from their 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.

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 Year 7 parents/carers mingle with other parents from the Year Group. 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. Tickets are not required for parents/carers (limited to 2 attendees) but we do need the names of all attendees, so parents/carers must ensure that they complete the short questionnaire on the ticket purchase page. If parents/carers are yet to join www.classlist.com they can do so via www.classlist.comThe PTFA look forward to welcoming all our new Year 7 students and parents to the event.

2. Nearly New Uniform Team Appeal

The PTFA are reaching out to ask for your support in joining the Nearly New Uniform Team. This invaluable service provides affordable, good quality uniforms to our school community, especially important in these times of economic uncertainty. Unfortunately, several of our dedicated volunteers have moved on as their children have left the school for higher education, and without new volunteers, the PTFA may struggle to continue offering this much-needed service. If you can spare any time to help, your involvement would be greatly appreciated. If you are interested in joining the team, please email cchsgptfa@gmail.com

3.Year 7 Welcome Party Volunteers

The Year 7 Welcome Party will be taking place on Friday 18 October and the PTFA are in urgent need of volunteers to help at this event. If you have a few hours to spare and would like to help, please sign up on volunteersignup.org.

Year 7 Welcome Party Volunteer Sign Up volunteersignup.org/F8CQR

4. Annual Christmas Market

The Annual CCHSG PTFA Christmas Market will be held on 30 November, 12 noon to 15.00

If you or anyone you know would like to book a stall the PTFA would love to hear from you. Our team has been busy planning this year's event, and we hope you'll join us in making it another great success. Open to both the school and the wider community, the Christmas Market is always a popular and well attended event. It's widely promoted through social media and local village magazines, ensuring plenty of festive excitement. Our Café will be serving homemade cakes and hot food, so come along and enjoy some seasonal fun with us!

Stalls that have run successfully in the past include Christmas decorations, gifts, candles, jewellery, crafts, cards, scarves, skincare and health products. Spaces are limited and will fill up fast. Please register your interest early to avoid disappointment. For further details and Booking Form, please email us at: cchsgptfa@gmail.com

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
Christmas
MARKET 2024
Saturday 30 November 2024
12 Noon - 3PM
• Amazing variety of stalls
• Christmas crafts
• Seasonal gift ideas
• PTFA cafe with food, snacks, drinks and cakes
• Live Christmas music
• Santa's Grotto- last year's sold out Santa experience back by popular demand!
• FREE parking

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

Colchester Teacher Training Consortium

Ofsted Outstanding Provider

Open Evening

Monday 7 October

5-7 pm

Held at CCHSG
Norman Way
Colchester
CO3 3US



Outstanding primary & secondary graduate teacher training in Essex & Suffolk

See website or scan QR to book

www.colchesterttc.org.uk

01206 364728 I enquiries@colchesterttc.org.uk


Sixth Form
Colchester County High School for Girls
Open Evening
23 October 2024, 6-8.30pm
Direct entry to our top performing Sixth Form for September 2025
For a prospectus visit: www.cchsg.com
Ofsted Outstanding
Norman Way, Colchester, CO3 3US | E: office@cchsg.com | T:01206 576973