



Colchester County High School for Girls

Parent Weekly Bulletin

9 October 2020



Term Dates 2020 – 2021 For Students

Autumn Term

Thursday 3 September
Thursday 17 December

Half Term

Monday 26 October
Friday 30 October

Spring Term

Monday 4 January
Friday 26 March

Half Term

Monday 15 February
Friday 19 February

Summer Term

Monday 12 April
Friday 16 July

Bank Holiday

Monday 3 May

Half Term

Monday 31 May
Friday 4 June

Non-Pupil Days

Wednesday 2 September 2020
Thursday 22 October 2020
Friday 23 October 2020
Friday 18 December 2020
Monday 19 July 2021

Academy Days

Tuesday 20 July 2021
Wednesday 21 July 2021

Dates for Your Diary

Monday Week A	Oct	12	Virtual Assembly: Yrs 12 & 13 Autumn Series GCE Examinations Yr 7 Flu Vaccination Yr 10 Careers Talk Period 3
Tuesday	Oct	13	Virtual Assembly: Yrs 10 & 11 Autumn Series GCE Examinations
Wednesday	Oct	14	Virtual Assembly: Yrs 8 & 9 Autumn Series GCE Examinations
Thursday	Oct	15	Virtual Assembly: Yr 7 Autumn Series GCE Examinations
Friday	Oct	16	Autumn Series GCE Examinations Yr 13 UCAS Deadline Foodbank Collection

Canteen Breakfast Service

From Monday 12 October the canteen will be open for a breakfast service from 08.00 to 08.30 without the need to pre-order, although the pre-order service will still be available for the time being. All items will be for take away to eat in allocated before school areas e.g. toast, porridge pots, fruit juice, bacon rolls, hash browns. Hot drinks – coffee and hot chocolate will also be available for purchase – students are encouraged to bring their own lidded cup however lidded cups from the canteen will be provided if required. All students accessing the canteen must wear a face mask, keep 2m distance from each other and follow the instructions of staff on duty.

Yrs 12 and 13 only may purchase hot drinks – coffee, hot chocolate, etc., from the canteen at Breaktime, 10.10 – 10.25

Yr 12 may access the canteen at 13.05 each day if they have not pre-ordered lunch.

Covid-19 Code of Conduct

We have a number of students in each year group who have not yet returned the electronic link to acknowledge they have read and understand the Covid-19 Code of Conduct, despite reminders given in class and an email reminder link sent to students. Please can you check your child has responded and completed the electronic form via the link sent to their school email account.

Student Survey

A link has gone home to a student online learning survey. Please spare the time to complete a quick survey about you and your devices at home. This will help us build a picture of access to online learning across our school. Please complete the survey by Monday 19 October, thank you.

Non-Uniform Day

Final reminder that £1 payment for participation in non-uniform day should be paid via ParentPay by Monday 12 October in support of the following charities Yrs 12 and 13 Humanitarian Aid Relief Trust – HART. Yr 7s - 11 the Stephen Lawrence Charitable Trust and the Climate Coalition.

Black History Month

Please find at the end of this Bulletin a resource with suggestions and activities that can be done to complement this month's celebration of Black History. We will be holding virtual Assemblies and Tutor Time activities across the month.

GCSE Examinations in Autumn 2020

The individual timetable and JCQ information to students for written examinations have been emailed to the relevant candidates on Wednesday 7 October. Students and parents should take note of this information.

Yr 7 Nasal Flu Vaccination – Monday 12 October

The immunisation team will be in school during the morning to administer the vaccine.

Follow us on Twitter: @CCHSG_
English & Drama Dept: @CCHSG_Eng_Drama
PE Dept: @CchsgD
Music Dept: CCHSG_Music



For daily news updates follow CCHSG on
Facebook or Twitter @CCHSG_



Yr 11 Virtual Parent Consultation Evening 21 October, 16.15 – 19.15

Please look out for a letter going home early next week detailing the format of our Virtual Parent Consultation Evening and how you can book appointments online for a 5 minute video chat with your chosen subject areas.

Yr 12 EPQ Applications

To apply to undertake an EPQ students need to email Mrs Pigott for an application form, fill this in, print it off and place in the allocated EPQ tray in G23. The deadline for submission is Friday 16 October.

Healthy Living Sessions

Students in will have a Healthy Living session with Nina Webb on a rotation basis:

Yr 7 on Monday Periods 4 and 5 or Tuesday Periods 2 and 3

Yr 8 on Monday Periods 4 and 5 or Tuesday Periods 1 and 2

Parents are notified a week in advance of the session, in addition students can find the recipe and ingredients via SharePoint.

We hope they enjoy the Healthy Living session.

Wellbeing Information

University of York Top Tips for Student Wellbeing

Following the tips below can nurture your wellbeing and increase your resilience:

- Share. Don't keep things bottled up
- Balance studying with other activities
- Accept who you are
- Give to others
- Keep in touch with family and friends
- Get active
- Eat healthily

Student Safety Concern

We bring to the attention of parents that cannabis infused sweets are on the rise in popularity among teenagers but they pose a serious danger to health because of their strength and if consumed to excess.

Known as 'edibles' they are attractively packaged in a way designed to appeal to young people while making it difficult to distinguish them from regular sweets. The concern however, is that not all the packaging contains adequate information as to their strength and simply state 'infused with cannabis.'

Police warn that unregulated sweets like these are dangerous as the levels of drugs they contain are unknown.

Extra-Curricular information

Royal Town Planning Institute (RTPI) Future Planners Competition

As town planners, RTPI are thinking about the ways towns and cities, as well as the countryside, will need to adapt in the future. This includes adjusting to the current pandemic and keeping people safe, but also looking at the lessons we have learned about working remotely, reduced travel, online shopping and the way we use our town centres and interact with each other. So they want to hear ideas from students - as the citizens and planners of the future - about how to make local communities and places more sustainable. The competition is to **pitch a plan for regeneration to the local council**.

Identify a local area: how should the place change? What issues must local council planning department need to consider to make it happen? Further details can be found below. Entries should be sent to Mr King via iking@cchsg.com by 13 November.

Healthy Living – Focus on Food

This week's focus from Healthy Living is on **cauliflower**. An excellent source of vitamins and minerals, low in calories but high in fibre, eating cauliflower has many beneficial effects including reducing the risk of diseases and is good for weight loss. This week's recipe for **Cauliflower Chickpea and Coconut Curry** can be found on the Sharepoint with all the other recipes so far via [Focus on Food](#) Send pictures of your curry to nwebb@cchsg.com.

Careers Information

CCHSG Careers Information

The impartial careers advisor, Mrs Kee will be available on the telephone to discuss career opportunities on Wednesday 14 October. Please email Mrs Mandal at smandal@cchsg.com, to request an appointment with Mrs Kee.



Community Information

Colchester CAREless Pollution Campaign

CAREless Pollution is a new Colchester-wide campaign encouraging drivers to switch off their engines while they wait at traffic lights, level crossings or outside schools to reduce air pollution.

Scientific research shows that air pollution inside a car with the engine running is up to seven times higher than the air pollution outside the car. There is strong evidence that links air pollution to heart disease, stroke, respiratory disease and lung cancer. Switching off your car engine is a simple action that brings health benefits to everyone inside the car. For more information and to get involved: www.colchester.gov.uk/cleanair.

National Hate Crime Awareness Week 2020, Saturday 10 October – Saturday 17 October

Essex Strategic Hate Crime Prevention Partnership are highlighting this awareness week across social media platforms. In addition, please find attached Essex Police's Hate Crime Leaflet for your information

Breakfast and Lunch Pre-Orders

Please pre-order using the links below (links change weekly). We ask you to be careful when selecting your pre-order to ensure the correct food is ordered.

- Breakfast service from 08.00 to 08.30 without the need to pre-order: toast, porridge pots, fruit juice, bacon rolls, hash browns. Hot drinks – coffee and hot chocolate will also be available
- Breakfast can still be pre-ordered by 10.30 on the previous day for collection from the canteen between 08.00 and 08.30
- Salad pots are now available to order along with sandwiches and paninis for service at the outside server, these need to be pre-ordered by 09.00 on the day required
- Hot food and other items will be available from the canteen at the allocated lunch time for each year group Yr 7 to Yr 11 and Yr 13
- Yr 12 need to pre-order all food including hot food which will be served from the Sixth Form Refectory by 09.00 on the day required. Yr 12 who forget to pre-order can obtain lunch at 13.05 in the Dining Hall

[Student Breakfast](#)

[Student Lunch](#)

[Year 12 Lunch Order Form \(includes hot food order\)](#)

Menu for w/c 12 October

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Tomato Pasta with Carrots	Spicy Lamb Mince Curry with Rice	Pizza, Chips & Salad	Cajun Chicken with Potato Wedges & Sweetcorn	Fish Goujons with Sauté Potatoes & Green Beans
Or				
Vegetable Curry with Rice	Mediterranean Pasta Salad	Macaroni Cheese with Peas	Tiropitakia with Salad	Quiche with Salad
Main Meal £2.90				
Sticky Toffee Pudding with Custard	Apple Crumble with Custard	Pavlova	Bread & Butter Pudding with Custard	Cornflake Tart with Custard
Pudding £1.20				
Panini £2.90				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				

Correspondence Sent Out This Week

All Yrs: Student Safety Alert:

All Yrs: Important Information for Parents

All Yrs: Student Survey

Yrs 7 – 11: Non-Uniform Day

Yr 7: Healthy Living Rotation (selected students)

Yr 8: Healthy Living Rotation (selected students)

Yrs 12 & 13: Sixth Form Charity Day

Yr 12: ESU Public Speaking Competition (selected students)

Yr 12: A Level Mathematics Textbooks Purchase (Mathematics students only)

Yr 13: A Level Mathematics Textbooks Purchase (Mathematics students only)



Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
All Yrs	Student Survey	Monday 19 October
Yrs 7 – 11	Non-Uniform Day	Monday 12 October
Yr 7	KS3 Mathematics Textbook Purchase	Friday 9 October
Yrs 9 – 12	Graphical Calculator Purchase	Friday 9 October
Yr 12	Permission Form for Leaving the Site at Lunch for Period 4 and or 5	Monday 12 October
Yr 12	ESU Public Speaking Competition	
Yr 12	A Level Mathematics Textbooks Purchase	Wednesday 21 October
Yrs 12 & 13	Sixth Form Charity Day	Monday 12 October
Yr 13	Permission Form for Leaving the Site at Lunch for Period 4 and or 5	
Yr 13	A Level Mathematics Textbooks Purchase	Wednesday 21 October

Word of the Week for w/c 12 October

Next week the word is: **PREDILECTION** – a tendency to think favourably of something in particular.



Colchester County High School for Girls

9 October 2020



Registered Charity No. 1110464

1. PTFA Committee Vacancy - Secretary

We currently have a vacancy for a Committee Secretary and would welcome enquiries from anyone who might be interested in finding out more about the role.

Job function: The Secretary is a key committee member as they are responsible for ensuring effective communication links between committee members and between the PTFA and the school. The Secretary deals with all the correspondence that the PTFA receives and helps the Chair ensure that committee meetings run smoothly.

Main duties:

- Deal with correspondence
- Prepare and distribute agendas for meetings
- Take the minutes of meetings, type them up and distribute them
- Ensure that enough committee members are present to make the meeting quorate
- Write the annual report with the Chair

2. Diary Dates for Autumn Term

'Spooked' Virtual Quiz Night – Friday 13 November 19.00 – 21.30

Ever wondered if your family was the brainiest within the CCHSG network? Now is your chance to find out! Book tickets for this Virtual Quiz Night and take part from the comfort of your own living room. The event is hosted for the PTFA, free of charge, by our regular Quizmaster, parent Julian Roper who runs 'Corporate Quiz Hire' www.corporatequizhire.co.uk

Entry fee: £10 per family. Tickets available via Classlist for only **40 teams**, so purchase now to avoid disappointment.

3. Classlist Sign-up - All Year Groups

If you have not done so already, please sign up on Classlist via www.classlist.com, search for our school and sign up. You can also download the Classlist app on iOS and Android. Current Year 7 parents will particularly find Classlist very useful to connect with other parents from your child's Form and Year Group. Classlist offers a fully GDPR-compliant way for you to communicate directly with school families. It is the perfect way to connect parents easily and safely, because users have full control over what data they would like to share.

4. Second Hand Uniform and Revision Books Collection - Keep Them Coming!

Your donations can be deposited in wheelie bins, which are both clearly marked and situated to the left of the reception entrance at the school. Thank you in advance for responding to this appeal.

Please note that due to the ongoing situation with Covid-19, we are not currently able to commit to further dates for sales this term.

5. Seamstress Available for Uniform Alterations

We are pleased to be collaborating with Mrs Sally (Sal) Williams of Copford, Colchester who will be able to do alterations to student uniform including blazers at a very affordable price. Contact: Sal at 01206 211735 / 07542182552 or email sallyannwilliams1965@gmail.com.

6. Other Ways You Can Help Raise Funds for CCHSG PTFA

As we all continue to practise social distancing, more of our work and shopping is being done online. Here are a few simple ways to support the school during this difficult time.

- **Easyfundraising** - Every time you do your online shopping via easyfundraising, retailers donate money to CCHSG PTA, completely free. Please sign up here: <https://www.easyfundraising.org.uk/causes/colchestercountygirlspta/>
- **AmazonSmile** - You now need to search for amazon on www.easyfundraising.org.uk or the App. You will then be directed to AmazonSmile. Sign up to support Colchester County High School for Girls PTFA.

PTFA CONTACTS:

Chair: Agness O'Brien

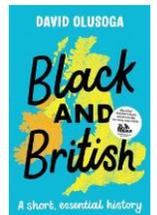
agnessobrien@hotmail.com

Tel. 01376 573694 or 07951 511653

For all enquires related to the PTFA, email cchsgpta@gmail.com

Black History Month

<p>1. Rosa Parks, civil rights activist. https://eu.usatoday.com/story/news/nation/2020/02/04/rosa-parks-famous-birthday-5-facts-you-should-know/4653590002/</p>	<p>2. Maya Angelou, poet and writer. https://www.biography.com/writer/maya-angelou</p>	<p>3. Mary Seacole, nurse. https://www.bbc.co.uk/programmes/p07pvv3z</p>	<p>4. Juan Garrido, explorer. https://face2faceafrica.com/article/7-amazing-black-explorers-who-made-a-mark-in-history</p>	<p>5. Michelle Obama, former First Lady and campaigner. https://www.youtube.com/watch?v=wePNJGL7nDU</p>	<p>6. David Olusoga. Historian. David was born in Gateshead and grew up there https://www.bbc.co.uk/programmes/profiles/2pT94YQjVvGILJpdYDrMn6t/david-olusoga</p>	<p>7. Billie Holliday, singer. https://www.youtube.com/watch?v=Web007rzSOI</p>
<p>8. Chris Ofili, Turner Prize winning artist. https://artuk.org/discover/stories/ten-black-british-artists-to-celebrate</p>	<p>9. Dr Shirley Jackson, physicist. https://www.youtube.com/watch?v=mKAgAdaJw0</p>	<p>10. Joseph Bologne, classical musician 'Black Mozart' https://www.classicfm.com/discover-music/black-composers-who-made-classical-music-history/</p>	<p>11. Reasonable Blackman, Tudor silk weaver. https://www.historyextra.com/period/tudor/black-faces-of-tudor-england/</p>	<p>12. Barbara Walker, artist. https://artuk.org/discover/stories/celebrating-black-british-artists-in-public-collections</p>	<p>13. Matthew Henson, Polar Explorer. https://www.nationalgeographic.com/news/2016/02/160224-polar-explorer-matthew-henson-photos/</p>	<p>14. Jesse Owens, Olympic medallist. https://www.youtube.com/watch?v=quQopJmQry4</p>
<p>15. Celestine Edwards, journalist and anti-slavery campaigner. <i>A plaque is being unveiled to Celestine in Sunderland today</i> https://www.sunderland.ac.uk/more/news/story/long-before-black-lives-matter-there-was-1384</p>	<p>16. The first Black Briton, taken from Black and British. https://www.youtube.com/watch?v=v4oiXLBoi0Q</p>	<p>17. Otis Boykin, inventor. https://www.youtube.com/watch?v=YXqOoALq5fs</p>	<p>18. Charles Drew, scientist. https://www.youtube.com/watch?v=vFddM7p2zH4</p>	<p>19. Florence Prince, classical musician. https://www.classicfm.com/discover-music/black-composers-who-made-classical-music-history/</p>	<p>20. Bernadine Evaristo, writer. https://literature.britishcouncil.org/writer/bernadine-evaristo</p>	<p>21. Dianna Abbott, politician. https://www.blackhistorymonth.org.uk/article/section/history-of-politics/the-first-black-parliamentarians-in-our-times/</p>
<p>22. Black Poppies, soldiers in WW1. Year 9 History students reading extracts of this at the moment https://media.nationalarchives.gov.uk/index.php/black-poppies-britains-black-community-great-war/</p>	<p>23. Dame Doreen Lawrence, https://www.blackhistorymonth.org.uk/article/section/bhm-firsts/baroness-lawrence-theres-no-halo-just-say-hello/</p>	<p>24. Nat King Cole, singer. https://www.youtube.com/watch?v=JFyuOEovTOE</p>	<p>25. Donald Rodney, artist. https://artuk.org/discover/stories/ten-black-british-artists-to-celebrate</p>	<p>26. Chadwin Boseman, actor. https://www.youtube.com/watch?v=4VSx2E7WE50</p>	<p>27. John Kent, policeman. https://www.blackhistorymonth.org.uk/article/section/bhm-firsts/john-kent-britains-first-black-policeman/</p>	<p>28. Dame Jocelyn Barrow, Windrush pioneer. https://www.blackhistorymonth.org.uk/article/section/bhm-firsts/windrush-pioneer-dame-jocelyn-barrow/</p>
<p>29. Black soldiers in WW2. https://blackpresence.co.uk/black-british-soldiers-the-forgotten-fighters/</p>	<p>30. Dr Anthony Roberts, QC. https://www.blackhistorymonth.org.uk/article/section/bhm-firsts/dr-john-anthony-roberts-qc/</p>	<p>31. James Peters, rugby player. https://www.blackhistorymonth.org.uk/article/section/bhm-firsts/james-peters-the-1st-black-rugby-player/</p>	<p>Further resources: Hamilton, theatre by an all black cast: https://www.youtube.com/watch?v=DSCKfXpAGHc Black History Month website: https://www.blackhistorymonth.org.uk/ African Kingdoms: https://africkingdoms.co.uk/ Black and British, A Short Essential History by David Olusoga Black and British - BBC, https://www.bbc.co.uk/programmes/p0499smp National Archives, Black British History on Record, https://www.nationalarchives.gov.uk/black-history</p>			



Competition question

As town planners, we are thinking about the ways towns and cities, as well as the countryside, will need to adapt in the future. This includes adjusting to the current pandemic and keeping people safe, but also looking at the lessons we've learned about working remotely, reduced travel, online shopping and the way we use our town centres and interact with each other. **So we want to hear ideas from your students - as the citizens and planners of the future - about how to make local communities and places more sustainable.**

The competition is to pitch a plan for regeneration to the local council. Identify a local area and ask your students: how do you think the place should change? And what issues must your local council planning department need to consider to make it happen?

Students should follow a five-step plan and answer the following points:

- Describe the local site or area you have chosen
- Include maps and a image of the site or area
- Include any data and research surrounding the area
- Your plan/vision for the future of that site/area
- A brief explanation of where you see the site in 10 years

Tips for competition success

- Choose a local area, such as an empty plot of land (such as a brownfield site), an area that needs improvement or where buildings have closed down. Either near the school or where the students live and know. The specific area might have changed since the lockdown or a specific building might have been considered an eyesore beforehand.
- A template is provided which could form the basis for either a short written report (2-3 pages in Word or PDF) or a presentation (10 slides/2 mins in Powerpoint, Visio or MP4 film). Clearly title each section so the judges can understand the story through the proposal.
- Entries should include maps/imagery to show the regeneration proposal, and justify why. They should include some basic information about the topic being discussed or about the local area e.g. landscape, history, population, or transport links.
- Pupils could also use current news stories on climate change and planning, as well as research into the local area around the school as inspiration.
- You might want to review the council's website and its town planning pages.

Remind your students while there are lots of things we can do to reduce our carbon footprint, they should think about what **town planners** can do to help people make better choices as they go about their daily lives. Planners can influence the physical environment, energy, transport, waste. However, although planners can do many things, they cannot ban the consumption of red meat or stop people taking flights!

ISPTFA

INVITE YOU TO

SPOOKED!

A HALLOWEEN THEMED VIRTUAL QUIZ NIGHT

FRIDAY 13 NOVEMBER 2020

7.00PM-9.30PM

HOSTED BY: MR JULIAN ROPER
(CORPORATE QUIZ HIRE)

ENTRY

£10.00 PER FAMILY

PURCHASE TICKET VIA CLASSLIST

LIMITED TO 40 TEAMS

ZOOM LOGIN DETAILS WILL BE SENT VIA EMAIL

YOU WILL NEED

NASTY NIBBLES & SPOOKTAILS

PEN & PAPER

JOKER FROM A PACK OF CARDS OR ONE PRINTED OFF

WOODEN SPOON

A HAT

(THE REASON FOR WHICH WILL BECOME CLEAR ON THE NIGHT)

Email: cchsgptfa@gmail.com