



Colchester County High School for Girls

Parent Weekly Bulletin

22 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

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



WE WISH PARENTS AND STUDENTS A RESTFUL HALF TERM BREAK

Dates for Your Diary

Monday Week A	Nov	2	Yr 8 Virtual Spelling Bee
Tuesday	Nov	3	Autumn Series GCSE Examinations
Wednesday	Nov	4	Autumn Series GCSE Examinations CCHSG Virtual Sixth Form Open Evening 18.00 – 20.00 BMAT Examinations
Thursday	Nov	5	Autumn Series GCSE Examinations Yr 9 History/Geography Matrix Day
Friday	Nov	6	Autumn Series GCSE Examinations
Saturday	Nov	7	11+ Testing

School resumes after Half Term on Monday 2 November (Week A)

Face Masks

Face masks need to be worn in all communal areas around the school.

We have seen an increase in the number of students forgetting their face masks, sometimes on multiple days.

From Monday 2 November students will still be able to obtain disposable face masks from Reception. Students will be given 2 masks and a £1 charge added to ParentPay. We would like to encourage all students to remember to bring their own face mask to school.

Car Parking, Pick up and Collection at CCHSG and Surrounding Area

Please could we politely request that parents/carers dropping off and picking up students from Norman Way and the Visitor Car Park follow the instructions of staff on car park marshalling duty.

Our priority is the safety of students and then to allow the school buses access to the bus car park. This may mean cars having to wait for a signal from the duty staff to be able to move.

Please be patient and wherever possible park elsewhere and allow your child to walk the final distance to/from school.

We also request parents to be considerate of our neighbours in surrounding roads, please avoid blocking drive ways and parking in designated areas only.

School Opening on Monday 9 November

A reminder that the additional day for the 11+ tests on Monday 9 November. The additional day is as a result of the need for schools to adjust the arrangements for the tests due to social distancing and safety measures as outlined by the Department for Education guidance. In order to accommodate the candidates across the rooms in the school only Yr 11 and Yr 13 students will be required to attend school on Monday 9 November. Students in Yrs 7-10 and Yr 12 will be set work by subject staff in advance via Sharepoint to be completed at home in their timetabled lessons on this day.

If suitable arrangements cannot be made for children of key workers to stay at home on this day they can come in to school to work on their studies under supervision until 15.35. If this is the case please return the form [link](#) by Thursday 22 October, so the school is aware of who will be attending school on 9 November in order for suitable arrangements to be made.

For students who are in school on this day a limited lunch menu will be available, cold food will still need to be ordered via the links available on the Weekly Bulletin.

Sixth Form Virtual Open Evening – Wednesday 4 November

Yr 11 students and their families are invited to attend our virtual Sixth Form Open Evening. The event will be available on our website www.cchsg.com between 18.00 and 20.00 on Wednesday 4 November. Yr 11 students will receive more information immediately after Half Term.



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



Yrs 10 & 11 Iceland Trip Easter 2021

We have a place available on the Iceland Trip for Easter 2021. If your child is on the waiting list and still wishes to be considered for a place, please email Mr King directly jking@cchsg.com by Sunday 1 November.

Yr 13 Medic/Vet/Dentist Introductory Interview

For any Yr 13 students that have applied to these courses a session will run on Thursday 5 November in G20 at lunchtime. It will be followed in the coming weeks with mock interview practice.

E-Newsletter for This Half Term Published

Find out about activities since our return to school after lockdown in the latest edition of the E-newsletter which is available to view via the website at <https://www.cchsg.com/latest-newsletter/>

Autumn Series GCSE Examinations

GCSE examinations will be taking place from Tuesday 3 November to Wednesday 11 November predominantly in the Dance Studio and Gym, and in M19 on Wednesday 4 November. Please be aware if you are moving in this area, particularly to and from the H Block and for PE.

We ask students to be respectful of those undertaking these examinations and wish the students involved every success.

Non-Uniform Day

Students who chose to wear their own clothes on Friday 9 October need to pay £1 via ParentPay. Please do so by Friday 23 October.

Head Students Foodbank Collection

A reminder of the Head Student Team annual collection and donation to the local foodbank competition: Send photographs of your donation to the Head Student Team by email, include your name and form (@AA-Headgirls), as part of a competition to see which Form Group has the largest number of donations. Please see the end of the Bulletin for details of what the Foodbank need at this time. Given the current pandemic, these donations are needed more than ever, so please do consider giving generously.

Healthy Living Sessions

Students in will have a Healthy Living session with Miss 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

Updated Advice

For updated advice for parents and carers on looking after the mental health and wellbeing of children or young people during the coronavirus (COVID-19) outbreak please go to

[COVID-19: guidance on supporting children and young people’s mental health and wellbeing](#)

E-Safety Notice

If you are a parent or carer, then managing the amount of time the young people you are responsible for spend using screens can be a constant battle. We want to afford young people with the opportunity to self-regulate and give them access to the extra learning opportunities technology presents them with. However, spending a disproportionate amount of time on-screen rather than other forms of learning, physical activity and human interaction can affect a young person’s well-being.

Ahead of the coming half-term holiday we offer this advice to parents and carers:

- Set a good example with your own device use
- Have discussions about the risks that they may face based on their online activities
- Put in place a family agreement and agree an appropriate length of time they can use their device
- Help them build critical thinking to understand that some features on platforms are design to keep you watching or playing
- Encourage them to switch off auto-play on platform to remove the temptation to binge on programmes
- Use tech tools and parental control to manage the time they spend online and the apps they use
- Get the whole family to unplug and create ‘screen free’ zones at home
- Together find apps, site and games that will help children explore their passions and make screen time active
- For younger children find ways to combine touch screen use with creative and active play
- Encourage children to self-regulate the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing

For additional advice please see the attached information leaflet.

Network Rail - Safety Message

School holidays are peak season for rail trespassing; there is the potential to be seriously injured or killed as a result of stepping on the tracks. Network Rail and British Transport Police are promoting a campaign called '[You vs. Train](#)' to raise awareness of the dangers around railways. Please make yourself aware and share with others their safety message.

Healthy Living – Focus on Food

This week's recipe for **Pumpkin Risotto** can be found on the Sharepoint with all the other recipes so far via [Focus on Food](#). An excellent recipe for autumn and Halloween; a dish that uses up some of the lovely insides from the tradition of pumpkin carving, rather than putting them into the bin. The recipe also works well with any type of squash and is really simple to make. Send pictures of your curry to nwebb@cchsg.com.

Extra-Curricular Information

World Town Planning Day 2020

The Plan The World We Need competition is open to students at secondary schools (ages 11- 18). It asks them, as the citizens and planners of the future, to compile their best ideas about how to make local communities and places more sustainable. These ideas should form a pitch for the local council.

World Town Planning Day, also known as World Urbanism Day, is a day to give special recognition to the ideals of community planning which bring professional planners and the general public together. World Town Planning Day presents an opportunity to look at planning from a global perspective, an event which appeals to the conscience of citizens and public authorities in order to draw attention to the environmental impact resulting from the development of cities and territories. See <https://bit.ly/PlanTheWorld2020> for full details!

Lockdown Unlocked Exhibition

Submissions of artwork and other creative response to lockdown are invited from students aged 14-24 for the Lockdown Unlocked open exhibition, sponsored by Firstsite. This is a chance to share experiences of lockdown and the aftermath, in the form of an A4, 2D artwork. Responses could be anything from drawings, paintings or photography to poetry, textiles or word art. To submit pieces, send a good quality Jpeg image of submissions to lockdownexhibition@gmail.com. Include full name, age and town/village. Can also include a small descriptor and title of submission(s).

Email submissions must be received by midnight 03.11.20. More information on the instagram page: @lockdown.exhibition

Careers and University Information

CCHSG Careers Information

The impartial careers advisor, Mrs Kee will be available on the telephone to discuss career opportunities on Wednesday 4 November. Please email Mrs Mandal at smandal@cchsg.com, to request an appointment with Mrs Kee.

Medical Projects Group – Virtual Medical Work Experience

For those students looking for medical work experience more dates have been added and more spaces are available on the Virtual Work Experience Week via the links below:

[GP Live Course](#) [Virtual Work Experience Week](#)

UK University and Apprenticeship Search Virtual Fair – Wednesday 4 November

With students unable to visit events and open days this is an opportunity for students to meet over 100 universities and apprenticeship providers. They can also gain vital advice from 10 webinars ([see here](#)) throughout the day.

Students can sign up and find out more please here: <https://ukunisearch-london.vfairs.com/>

Their short YouTube guide to the virtual event can be viewed: [See here](#)

What Career Live and What University Live Virtual Event 2020 – 6 & 7 November

This [virtual event](#) opens is aimed to help students to make decisions about their future with confidence. It is an opportunity to speak to representatives from leading universities and employers as well as careers advisers and industry experts.

Please follow the links below for more information:

[What University Live? & What Career Live?](#) [virtual event](#)

University of Warwick Virtual Open Days: Saturday 24 and Monday 26 October

An opportunity to find out more about living and learning at Warwick; sessions are available to help showcase what it is like to go to university and to help find the right course. To find out more and book please go to <https://opendays.warwick.ac.uk/>

Day Of The Dentist

A one day practical course for Sixth Form and secondary school students seeking further insight into the world of dentistry. The workshop provides an opportunity to place fillings, take impressions, place stitches and scale teeth all upon our prosthetic teaching models and are held at the following venues and dates:

Birmingham: Saturday 21 November

Manchester: Saturday 28 November

Central London: Sunday 12 December

fee: £135.00. For more information and to book visit www.thewisdomtooth.co.uk/dod

Community Information

West Bergholt Concert Band

Whilst unable to get together in person at the moment, the West Bergholt Concert Band meet up virtually via Zoom every Friday. For those who play a woodwind or brass instrument and would like to give playing in a concert band a go, they would love to hear from you. Training Band (grades 1-4) is from 18.15 to 19.15 and Concert Band (grade 5 upwards) is from 19.30 – 21.00. There is no audition and no need to have taken any formal examinations. If you are interested or for more details please email Mrs Webster-Hirst via swebsterhirst@cchsg.com. They look forward to hearing from you.

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
- New line now available: pizza portions
- 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](#)

Menu for w/c 2 November

Monday	Tuesday	Wednesday	Thursday	Friday
Chilli-con-Carne with Rice	Sausage Plait with Carrots	Beef Burger, Chips & Beans	Sticky Chinese Chicken with Rice & Sweetcorn	Breaded Cod with Potato Wedges & Broccoli
Or				
Cheese & Tomato Pasta Salad	Vegetable Pasta Salad	Macaroni Cheese with Peas	Mushroom Stroganoff with Rice	Cheesy Stack Wrap with Salad
Main Meal £2.90				
Syrup Sponge Pudding with Custard	Apple Crumble with Custard	White Chocolate Cheesecake	Pancakes with Lemon & Sugar	Rice Pudding with Jam
Pudding £1.20				
Panini £2.90				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				

Correspondence Sent Out This Week

- Yr 7: Healthy Living Rotation (selected students)
- Yr 8: Healthy Living Rotation (selected students)
- Yr 10: UCAT Preparation Scheme
- Yr 11: UCAT Preparation Scheme
- Yr 12: UCAT Preparation Scheme (Biology and Chemistry students only)
- Yr 13: A Level Biology Ecosystems Fieldwork (Biology students only)

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yr 10	UCAT Preparation Scheme	Monday 16 November
Yr 11	UCAT Preparation Scheme	Monday 9 November
Yr 12	UCAT Preparation Scheme	Monday 2 November
Yr 13	A Level Biology Ecosystems Fieldwork	Friday 23 October

Word of the Week for w/c 2 November

Next week the word is: **FRENETIC** – frantic; frenzied.



Colchester County High School for Girls

22 October 2020



Registered Charity No. 1110464

1. 'Spooked' Virtual Quiz Night – Friday 13 November 19.00 – 2.130

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.

Please support us and get your ticket NOW!

2. 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.

3. 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.

4. Help Raise Funds for CCHSG PTFA

As the coronavirus pandemic reduces the options for fundraising yet further, with one in four people on the planet facing some form of severe restriction on their movements, it is time for CCHSG PTFA to look for some more virtual fundraising ideas to replace the physical events which normally take place. If you have ideas that could help generate funds and/or create virtual social opportunities for the PTFA community, please email us at cchsgptfa@gmail.com.

Here are two simple ways that you can already 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.

5. CCHSG Fundraising – coming soon an opportunity to join the 500 Club.

We would like to wish you all a safe and restful half term.

PTFA CONTACTS:

Chair: Agness O'Brien

agnessobrien@hotmail.com

Tel. 01376 573694 or 07951 511653

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



Foodbank

What you can donate....

- ▶ SMALL BAGS OF RICE
- ▶ LONGLIFE MILK
- ▶ LONGLIFE JUICE
- ▶ SHAMPOO
- ▶ CARRIER BAGS/ REUSEABLE BAGS
- ▶ SQUASH
- ▶ TINNED FRUIT
- ▶ DEODORANTS
- ▶ TINNED POTATOES
- ▶ TINNED PUDDINGS
- ▶ TINS OR PACKETS OF CUSTARD
- ▶ JAM
- ▶ PEANUT BUTTER
- ▶ TOOTH BRUSH/ TOOTH PASTE
- ▶ RAZORS
- ▶ SHOWER GEL
- ▶ SMALL JARS OF COFFEE
- ▶ SMALL WASHING POWDER/LIQUID
- ▶ SMALL MULTIPACK SNACKS (PENGUIN/CLUB/TWIX)
- ▶ TINNED TOMATOES





IPTFA
 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