



Colchester County High School for Girls

Parent Weekly Bulletin

21 May 2021



Term Dates 2020 – 2021

Summer Term

Monday 12 April
Wednesday 21 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

Term Dates 2021 – 2022

Autumn Term

Wednesday 1 September
Friday 17 December

Half Term

Monday 25 October
Friday 29 October

Spring Term

Tuesday 4 January
Friday 1 April
Bank Holiday
Monday 3 January

Half Term

Monday 14 February
Friday 18 February

Summer Term

Tuesday 19 April
Friday 22 July
Bank Holiday
Monday 18 April
Monday 2 May

Half Term

Monday 30 May
Friday 3 June

Non-Pupil Days

Wednesday 1 September
Thursday 2 September
Thursday 21 October
Friday 22 October
Friday 17 December
Tuesday 4 January
Thursday 21 July
Friday 22 July

NSPCC helpline to report abuse in education on 0800 136 663 or email help@nspcc.org.uk

Dates for Your Diary

Saturday	May	22	Yr 12 DofE Silver Practice Expedition
Sunday	May	23	Yr 12 DofE Silver Practice Expedition
Monday Week A	May	24	Assembly: Yr 12
Tuesday	May	25	Assembly: Yr 10 Yr 13 Leavers Assembly and Dress-Up Morning
Wednesday	May	26	Assembly: Yrs 8 & 9 Yr 11 Raspberry Pi Competition Regional Final (selected students) Yr 13 Sixth Form Leavers' Soiree 14.30 – 16.30
Thursday	May	27	Assembly: Yr 7
Friday	May	28	

Covid-19 Code of Conduct

Following government recommendation, we strongly encourage students to continue to wear a face mask when moving around the communal areas in the school. All other Covid safe measures, including hand sanitizing, one-way system and year bubbles remain in place. We need to continue to do all we can to keep our community safe.

Face masks must still be worn on public transport including school buses.

Home Testing

Testing should continue twice weekly, please register student results via www.testregister.co.uk/login and www.gov.uk/report-covid19-result.

Sad News

We were saddened this week to hear of the passing of a Yr 12 CRGS student. Our deepest sympathies and thoughts are with the family, friends and the school. Students at CRGS are creating a memorial tree and there may be some students at CCHSG who would like to contribute. A supply of wooden hearts are being made available at Reception for students to write a message on and return to Reception; they will be collected later in the week.

Any student who needs support or just someone to talk to should see their Year Leader or Pastoral Assistant. We can also refer them to the school nurse or our school counsellor. There are a number of organisations who can offer advice and support:

Childline: 0800 111 <https://www.childline.org.uk/>
Samaritans: 116 123 <https://www.samaritans.org/>
Winstons Wish: <https://www.winstonswish.org/>
St Helena Hospice: <https://www.sthelenahospice.org.uk/>
Kooth: <https://www.kooth.com/>
Child Bereavement UK: <http://www.childbereavementuk.org>
Cruse Bereavement Care: <https://www.cruse.org.uk/>

Essex County Council Letter to Parents

Please find attached a letter from Essex County Council regarding the education arrangements which will stay the same, and those that will change, following the Prime Minister's announcement regarding step three of the roadmap of easing of restrictions.

CCHSG 500 Club – Winners of the May Draw

First prize £275: Ticket – 46054-1044607 Parent of a student in Yr 7
Second prize £165: Ticket – 46054-1041593 Parent of student in Yr 10
Third Prize £110: Ticket – 46054-1033609 Parent of a student in Yr 7
Our thanks go to all those generous parents and staff who have purchased tickets in support of the school. The next draw will take place on Friday 18 June. Full terms and conditions and a list of winning numbers from all the draws are available on our website.



Remembering Mr Ulph

The Book of Condolence and JustGiving page will remain open until Friday 28 May.

Parents or past students without a CCHSG login are invited to send items via email to BookofCondolences@cchsg.com

The JustGiving page can be accessed via

https://www.justgiving.com/crowdfunding/inmemoryofmrulph?utm_term=bdGWADmQx

The thoughts and best wishes of all the CCHSG community continue to be with Mr Ulph's family at this time.

Yr 13 Leavers Arrangements

Monday 24 May: Final day for returning textbooks – textbooks must be returned to the Library, any books not returned after this date will be charged for.

The PTFA are happy to receive revision books in good condition, please place in the assigned PTFA wheelie bins by Reception.

Tuesday 25 May: Leavers Assembly and Dress-Up Morning – students to leave site by 13.30. Specific information regarding Dress-Up arrangements has been given to students.

Wednesday 26 May: Sixth Form Leavers' Soiree – students are invited into school at 14.30 to gather under the Canopy for food, photos, fun and final goodbyes. Depart for the last time as a cohort by 16.30. Dress code should be suitable to reflect this formal event.

Students must be available to come in to school any time up to Friday 18 June if additional evidence for assessments is required.

We hope the students enjoy their last days in school and take with them happy memories.

Yr 11 Textbook Return

Yr 11 are to return their books to the blue wheelie bin marked 'Yr 11 Textbooks and library books' outside Reception.

Old uniform items in good condition can be brought in and put in the PTFA wheelie bin, also outside Reception.

Parent App Lite

Parent App Lite, has now been launched to Yrs 7-10 & 12. Parent App Lite will allow parents to see the personal details held on our school management system with regard to students, including emergency contacts. It will also allow parents to electronically and securely review and request changes to the data we hold for their child.

Colchester Teacher Training Consortium: Virtual Teaching Session – Thursday 27 May

The **Colchester Teacher Training Consortium** (CTTC) are holding this session which will be an ideal introduction to the teaching profession. Please see poster at the end of the Bulletin for full details and share this with anyone you know who is interested in becoming a teacher.

The Big Ask Survey for School Pupils

A reminder that [The Big Ask](#) – the largest ever survey of children in England, is open until Friday 28 May. It asks all young people about their priorities and concerns for the future, so that they are at the heart of the national recovery post-Covid-19.

There is also an adults' survey for parents at <https://www.childrenscommissioner.gov.uk/thebigask/>

Lost Property

All unnamed lost property that has been handed in since students' return to school, has been photographed and recorded on SharePoint. Items can be viewed via the link [Lost Property](#).

Please check to see if anything belongs to you, items can be collected from Reception. Unclaimed lost property will be disposed of at the end of the Summer Term.

Healthy Living Sessions

Students 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.

Healthy Living – Focus on Food

This week's recipe is for **Buddha Bowl**; a simple, one-bowl meal, typically vegetarian or vegan that includes rice, legumes, fresh vegetables, and plant proteins. Often they are served cold, but some versions are served with a warm base. They are a great way to get all your servings of vegetables, putting together multiple variations of tastes, flavours and textures.

Find the recipe on SharePoint, with all the other recipes so far, via [Focus on Food](#).

Do send pictures to nwebb@cchsg.com.



Extra-Curricular and Enrichment Activities

VetSoc – Monday 24 May 18.00

VetSoc is continuing next Monday at 18.00 via MS Teams and will be learning all about pugs! Run by students in Yr 12, it is open to aspiring Vets from all year groups – students should email Dr Martin IMartin@cchsg.com if interested to be added to the Team.

Inter-Form Netball w/c 24 May

Inter-Form Netball will take place during lunchtimes as follows, students should note the date and the further information: Monday 24 – Year 10, Tuesday 25 – Year 11, Wednesday 26 – Year 7, Thursday 27 – Year 8, Friday 28 – Year 9.

- We will endeavour to finish by 13.15 to allow students enough time to eat their lunch
- Each Form Group must provide a team of minimum 7 players and a maximum of 9 players
- If they usually have a hot lunch they will need to pre-order a panini, or bring their own packed lunch, on that day
- If they do not have PE on the day that the year group is scheduled to play, then they should come to school wearing their PE kit
- Covid-19 health and safety measures are to stay in place, so please no spectators other than Form Tutors who may wish to come out and support their Form
- Throwing clubs will still take place on the field on the usual Year Group day, but Inter-Form Netball will replace the usual Netball club. Rounders club will NOT be taking place next week

Yrs 7 & 8 Royal Mail Heroes Stamp Design Competition – Final Call for Entries!

A reminder that the closing date for entries in this competition is 17.00 on Friday 28 May, the winning design will be awarded £1000 prize for themselves and their school. The Art department has registered CCHSG to take part; honour key worker heroes by producing a set of eight commemorative stamps to celebrate their achievements. For more information please see the competition website : https://www.stampcompetition.ichild.co.uk/?dm_i=40SI,1A4ZJ,7D3MT9,4MISI,1
Entry forms are available from the Art department.

Biology Photography Competition

The Royal Society of Biology have an annual biological photography competition and this year the theme is 'Interconnected'. All of life on earth is interconnected, for example food webs, ecosystems, saprophytic fungi, a spider's web, our tissues and organs to name just a few. So if you enjoy photography and have some ideas on interconnected, get your camera out. The competition has two age categories each with a cash prize: for entrants who are 18 years old and over (£1000) and for entrants under 18 years old (£500).

Full details from their website: <https://www.rsb.org.uk/get-involved/rsb-competitions/photography-competition>

Deadline to submit your images is 23 July.

Careers and University Information

CCHSG Careers Information

Mrs Kee is continuing to hold telephone appointments with students these are available on one day every week, either Monday or Wednesday. Interested students should email Mrs Mandal via smandal@cchsg.com and include in their email a preferred telephone number for the appointment. This information will be passed on to Mrs Kee who will contact the student to fix an appointment. Students should not approach Mrs Kee directly.

The AIM Group – New Apprenticeship and Traineeship Opportunities

There are new apprenticeship and traineeship opportunities in East Anglia, which can be viewed here:

<https://theaimgroup.cmail19.com/t/t-l-mkrjhtd-ydkjtuxiy-y/>

JCA London Fashion Academy Open Day – Wednesday 26 May 17.00 – 19.00

Aspiring fashion design innovators are invited to learn about their Masters Course and scholarships, space is limited, book via [Register](#)

UCL: Study Sociology and Politics of Science BSc at UCL: Advice Session

The department of Science and Technology Studies is holding an Advice Sessions for potential applicants regarding their degree programmes. Registration is required via <https://www.ucl.ac.uk/sts/advice>.

For more information about their programmes go to <https://www.ucl.ac.uk/sts/bsc> or contact sts-admission@ucl.ac.uk

Wellbeing Information

Any student who feels they need wellbeing support should contact their Year Leader who can advise and signpost suitable resources and support organisations.

Sexual abuse or harassment can also be reported to neveracceptable@cchsg.com

A Message to Students From the Wellbeing Ambassadors

We know that being near to Half Term can bring with it lots of extra work making it hard to manage your time or do things you enjoy. Remember to focus on the positive things that are going on around you at the moment. By doing this you will be able to have a more positive mindset and feel calmer during the day.

You could do this by:

1. Writing three things you are grateful for each day
2. Doing something you enjoy (not school or work related)
3. Spending some time outside
4. Doing some exercise
5. Speaking to friends
6. Planning your time to schedule in time for yourself so that you do not become too overwhelmed

E-Safety Information – Addressing Online Pornography

As a result of their curiosity, or by accident, children can find pornography fairly easily on the internet. Dependent on their age, it can be upsetting or confusing as pornography portrays an unrealistic image of sex and relationships. Although industry and Government are working towards a solution to protect children from seeing porn online, understanding how your child may access it and what impact this can have on their emotions will help you prepare them for what they might see and build their resilience if it happens.

Protect your child - Starting a conversation about relationships, sex and pornography

Depending on the age of your child and their maturity level, you may find it tricky to start a conversation about this issue especially if they haven't learned about the birds or the bees or are still unaware of where babies come from.

When starting a conversation it is best to meet them where they are and establish what they need to know and what can be explained later as they gain more understanding about the world around them and their own body.

Before starting a conversation about online porn, it's best to put it into the context of what healthy relationships look like, talk about issues around puberty and what consent is.

How to talk about online pornography with your child

Pornography can be a difficult subject to talk about with children, especially younger ones. But it is important to let your child know that pornography doesn't show a realistic picture of sex and relationships. At the link below, Dr Linda Papadopoulos provides age-specific do's and don'ts to consider when addressing online pornography with children as they grow.

For more information on this topic please visit: <https://www.internetmatters.org/issues/online-pornography/> “

Community Information

Essex Highways: Safer Essex Roads Partnership

Please see below statistics from Essex Highways for April, as part of their Vision Zero-No Road Deaths campaign.

Colchester Castle Is Back Open

Colchester Castle is now back open and bookings are being taken via a reserved time slot in advance, slots are available between 10.00 – 16.00 (Mon-Sat) and 11.00 – 16.00 (Sun). Book by calling 01206 282939.



Breakfast and Lunch Pre-Orders

Please pre-order using the links below (links change weekly). With breakfast service from 08.00 to 08.30 (without the need to pre-order) and salad pots 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 continue to 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.

**Students should keep their social distance when queuing in the Dining Hall and sit in their year bubble area
Please ensure your child's ParentPay meal account is in credit.**

[Student Lunch Order](#)

[Year 12 Lunch Order](#)

Menu for w/c 24 May

Monday	Tuesday	Wednesday	Thursday	Friday
Chilli con Carne with Rice	Paella	Pizza with Curly Fries & Salad	Cajun Chicken with Potato Wedges & Sweetcorn	Breaded Cod with Sauté Potatoes & Green Beans
Or				
Cheese & Tomato Tart with Salad	Vegetable Pasta Salad	Macaroni Cheese with Peas	Cheesy Bean Burger with Salad	Quiche with Salad
Main Meal £2.90				
Sticky Toffee Pudding with Custard	Apple Crumble & Custard	Pavlova	Lemon Meringue Pie	Apple & Blueberry Danish with Cream
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 12: Biology and Chemistry Textbook Purchase (Biology & Chemistry students only)

Yr 13: Information

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yr 12	Biology and Chemistry Textbook Purchase	Friday 18 June

This Week's Brainteaser

Replace each set of dashes with a five letter word, the same five letters must be used for both words. What are the words?
I thought my dog had _____, but it was a _____ alarm.

Last week's answer: a) Build b) Brief c) Boundless

Word of the Week for w/c 24 May

Next week the word is: **CATHARSIS** – the purging of emotions or revelling of emotional tensions.



1. Second Hand Uniform and Revision Books Sales

THANK YOU!

We would like to thank all those purchasers and parent volunteers who supported our recent Second Hand Uniform and Revision Books Sale on Saturday 15 May, £3,556.68 was raised! This is a phenomenal amount, which will directly fund educational resources and equipment for various departments at CCHSG.

2. Volunteers Needed for Upcoming Second Hand Uniform Sales for new Year 7 (September 2021 intake)

Our next sales will be held primarily for the new Year 7 students joining us in September 2021. The sale dates are Saturday 19 and Saturday 26 June from 10.00 to 16.00. The PTFA would be very grateful for volunteers to help prepare for the sales and to support with the stewarding and staffing on the actual sale dates.

For full details and to sign up as a volunteer, click the links below or scan the applicable QR-Codes at the bottom of this page, using the camera on your mobile phone.

Saturday 19 June 2021: <https://volunteersignup.org/TEH3D>

Saturday 26 June 2021: <https://volunteersignup.org/E7LRL>

3. All Years – Appeal for Uniform and Revision Book Donations

Ahead of the 2 days of uniform sale in June, for the new Year 7 students starting this September, the PTFA is urgently seeking donations of uniform and revision books, from all Year Groups, especially if your child is in Year 11 and will no longer need them.

Kilts that are no longer fit for use are also welcome as these can be recycled to make scrunchies. Buttons from blazers, cardigans and kilts are also recycled.

Please ask students to deposit items in the wheelie bins from Monday – Thursday only. This is to allow 72 hours for the clothes and books to become sterile. They will be collected by the PTFA every Monday morning. Thank you in advance for responding to this appeal.

4. JustGiving Fundraising Campaign in Support of CCHSG PTFA – Appeal for Donations

Over £1,700 already raised including over £300 in Gift-aid

Due to the constraints resulting from the Covid-19 pandemic, our fundraising will be much reduced this year. We have had to cancel many of our events and move others online. There has never been a better or more important time to support CCHSG PTFA.

We understand that not everyone will be able to help financially at this time, but if you are able to make a contribution it would be gratefully received, please log on to <https://www.justgiving.com/campaign/CCHSGPTFA2021> or scan the QR-Code. For those interested, it is also possible to create your own Fundraising Page, via the site, and link it to our campaign. You can then share it with your friends via social media and other communications to broaden our reach.

5. CCHSG PTFA's Virtual Market

CCHSG PTFA now has a Virtual Market on Facebook. We are delighted to offer this new opportunity, during these challenging times, for local business and individuals to promote their products and services, for a nominal fee, in our Virtual Market Place. Facebook Business Pages and Individual Members can apply to be Registered Advertisers with this Group. Membership is subject to Admin approval.

To register as an advertiser, complete this Google form: <https://forms.gle/3E63TnD5oCXxdh9i8>

The Group's Rules can be found here: <https://www.facebook.com/groups/cchsgptfa/about>

Every penny raised through membership fees goes directly to support the school. Why not invite your friends and acquaintances to join the group?

See the PTFA section of the school website for full terms and conditions.

Your input and ideas are always welcome and appreciated by the PTFA. Share your ideas by getting in touch with us via email at cchsgptfa@gmail.com. You can find out more about the CCHSG PTFA activities via the PTFA section of the school website at www.cchsg.com



QR-Code for Second Hand
Uniform Sale Volunteers (19 June)



QR-Code for Second Hand Uniform
Sale Volunteers (26 June)



QR-Code for PTFA's Virtual
Market



QR-Code for JustGiving
Fundraising Campaign

VIRTUAL TEACHING SESSION

Thursday 27th May

4-6pm

MAKE A
DIFFERENCE

INSPIRE
CHALLENGE
TEACH



Scan the
QR code
to book
your place



This session will include a brief introduction to the profession; an introduction to behaviour management; what outstanding teaching looks like; and a guided lesson observation. There will also be an opportunity to ask questions.



April 2021

On the roads of Essex



5

PEOPLE KILLED
IN TRAFFIC
COLLISIONS



50

SERIOUS
CASUALTIES



42

MOBILE
PHONE
OFFENCES



125

DRINK
DRIVE
ARRESTS



102

DRUG
DRIVE
ARRESTS



139

SEATBELT
OFFENCES



313

VEHICLES
SEIZED NO
INSURANCE



105

CARELESS
DRIVING
OFFENCES
PROSECUTED



128

ROADS
POLICING
TOTAL
ARRESTS



4,128

PEOPLE WHO RECEIVED AN
EDUCATIONAL COURSE



103

EXTRA EYES
SUBMISSIONS