



# Colchester County High School for Girls

## Parent Weekly Bulletin

### 28 January 2022



#### 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  
Monday 18 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  
Tuesday 19 July  
Wednesday 20 July  
Thursday 21 July

#### Prov Term Dates 2022 – 2023

##### Autumn Term

Thursday 1 September  
Tuesday 20 December

##### Half Term

Monday 24 October  
Friday 28 October

##### Spring Term

Thursday 5 January  
Friday 31 March

##### Half Term

Monday 13 February  
Friday 17 February

##### Summer Term

Monday 17 April  
Friday 21 July

##### Bank Holiday

Monday 1 May

##### Half Term

Monday 29 May  
Friday 2 June

#### Non-Pupil Days TBC

#### 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

Saturday	Jan	29	
Sunday	Jan	30	We Will Rock You Technical Rehearsal 10.00 – 15.00
Monday Week A	Jan	31	Assembly: Yr 11 in the Hall Assembly: Yrs 12 & 13 via Teams Yr 12 Progress Check 2 to Parents We Will Rock You Dress Rehearsal PTFA Meeting 19.30 – 21.00
Tuesday	Feb	1	Assembly: Yrs 10 & 11 via Teams Yr 10 DofE Bronze Group A 15.45 – 17.30
Wednesday	Feb	2	Assembly: Yrs 7 & 8 via Teams Yr 10 ESU Churchill Competition Round 2 17.00 – 19.30 We Will Rock You Performance
Thursday	Feb	3	Assembly: Yr 9 via teams We Will Rock You Performance
Friday	Feb	4	Non-Uniform Day organised by 11H Sixth Form Charity Day Yr 13 Mock Examination Deadline We Will Rock You Performance

#### Student Home Testing

We encourage all students to continue testing twice weekly. Please register results via [www.testregister.co.uk/login](http://www.testregister.co.uk/login) and [www.gov.uk/report-covid19-result](http://www.gov.uk/report-covid19-result).

Face coverings are no longer recommended in communal areas for students. However they are welcome to continue to wear a face covering if they wish as a personal choice and we would like to recommend and encourage students to do so in communal areas where regular mixing of groups and individuals occurs.

Students should continue to use the one-way system – it was put in place as a key covid measure.

#### Eating in Corridors and in Classrooms

Students are reminded that they should not be eating in corridors, taking hot drinks out of the canteen and eating in classrooms at lunchtime, except for if attending a club run under staff supervision.

Classrooms continue to be cleaned by the Site Team at lunchtime.

#### Use of the Art Block

The toilet facilities in the Art block are available for all year groups to use. Students are reminded that the resources in the Art block should be for Art purposes only. If they wish to participate in the many co-curricular Art offers they should see Mrs Saunders or Miss Allard-Austin. If they want to use a computer or print something off for other subjects, they should go to their allocated computer suite or the Library at lunchtime.

#### Updated Guidelines for Covid-19 Testing and Isolation

We ask parents/carers to remain alert to the symptoms of Covid-19 and keep their child at home if they display symptoms.

Examples of when to end self-isolation if you have had covid-19 symptoms or have received a positive Covid-19 test result can be found below. For full information regarding the latest changes to guidance, please see <https://www.gov.uk/coronavirus>

#### Non-Uniform Day – Friday 4 February

11H are organising the day to support the charity Women for Afghan Women (WAW). Students are encouraged to participate by wearing clothes appropriate to their chosen theme of *Valentine's Day – The Clothes you Love* and pay a voluntary contribution of £1 via ParentPay. However, as with all non-uniform days, students should dress appropriately for a working school day and wear suitable footwear. Students must not wear ripped jeans, short skirts, shorts, cropped or low cut tops, and hair and jewellery rules still apply. If students have PE on this day they are required to bring PE kit to change into and remove loose accessories in order to safely carry out sporting activities.



## Sixth Form Charity Day – Friday 4 February

Due to February being LGBT+ History Month, the Head Student Team are organising the day to support the charity Outhouse East; a local charity that aims to support LGBT+ people through counselling, support sessions, and youth services. The theme for the day is *Pride*; students are asked to pay a voluntary contribution of £1 via ParentPay to wear more casual clothes for the day. Students must not wear ripped jeans, short skirts, shorts, cropped or low cut tops, and hair and jewellery rules still apply.

## Yrs 7-11: Covid Vaccine Consent

A reminder to the deadline to give consent for the vaccination session on 8/9 February is midday on Friday 4 February. Any questions relating to this session or vaccine should be directed to the Essex School Aged Immunisation team on 0300 790 0597.

## Yr 13 Mock Examination Special Considerations

A reminder to students that the deadline for entering Special Considerations following the Mock Examinations is Friday 28 January 2022. Special Considerations should be entered via [Yr 13 Mock Examination Special Considerations](#)

## Yr 11 NCS Opportunity

Please see the letter at the end of the Bulletin regarding the opportunity to take part in the NCS programme.

## “We Will Rock You” – Wednesday 2, Thursday 3 and Friday 4 February at 19.00

Tickets continue to be available at £10 each and can be purchased via TryBooking using the following link <https://www.trybooking.co.uk/BKRK>

The performance starts at 19.00, with one short interval you are welcome to bring your own refreshments. Ticket numbers have been limited, and the length of the run extended from 2 nights to 3, to ensure an element of social distancing. The room will be well ventilated, so please dress warmly. We advise that audience members wear masks while in the school building and where possible, take a lateral flow test prior to attending. Please note that video and photography at the event is not permitted.

## Summer Camp to be held at CCHSG

Barracudas Summer Camp for children aged 4.5 to 14 will be running at CCHSG over the summer holidays this year <https://www.barracudas.co.uk/> Book during January for discounted rates - call 01480 467567 or see the poster at the end of this Bulletin.

**Parent discount:** Parents can get £10 off a full week by applying this code in the promotions box: HSCH22. These cannot be used in conjunction with other offers.

## Lost Property

Any unnamed lost property that has been handed in since the start of this term, has been photographed and recorded on SharePoint for students to view. We urge them to check to see if anything belongs to them, items can be collected from Reception. **Please ensure all belongings brought into school are named.**

## Healthy Living Rotations

Yrs 7 & 8 students should have been notified by their Form Tutor which Healthy Living Rotation they will be on and noted the dates in their planner. Parents will be sent a reminder email the week before your child is due to have their rotation. Next week's rotations with Mrs Webb will be:

**Monday 31 January is 8Y Rotation 4 and on Tuesday 1 February is 8X Rotation 3.**

We hope they enjoy their Healthy Living sessions.

**Safeguarding Update – Please see the end of this Bulletin for ten top tips to stay safe online.**

## Wellbeing Information

Any student who feels they need wellbeing support, should contact 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](mailto: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 after Half Term.

## Extra-Curricular and Enrichment Activities

### PE Fixtures

Date	Time	Event	Against	Location	Year(s)
31.01.2022	14.30 – 17.00	Netball Essex Cup	Anglo European	Away	Yr 7
02.02.2022	11.30 – 15.15	Cricket	Various	Away	U13
02.02.2022	15.15 – 17.15	Netball Central Venue	Various	Away	Yr 7
03.02.2022	15.15 – 17.15	Basketball	Various	Away	Yr 7

Students should also check the noticeboard in PE regularly for any updates or changes.

### Yr 13 A Level Biology Revision – Wednesday 2 February 12.15 – 13.15 in F13

These will continue each week on Wednesday, picking up a different topic/skill. This week we will be statistics part 2 continuing from last Wednesday.

### Yr 11 GCSE Biology Revision – Thursday 3 February 12.45 – 13.15 in F13

This week we will be looking at Topic 7 – homeostasis. Students are welcome to bring their lunch.

### Yrs 10-13 PsychSoc – Tuesday 1 February, 12.50 – 13.20 in H4

For students to find out about their own perception; is what you see truly reality? They should come along and find out with the Yr 13 Psychologists.

### Yrs 11 & 13 Mathematics Department Revision Sessions

The Mathematics department will be running various lunchtime support sessions, please see below:

Yr 13 Revision	Week A	Week B
	Pure Tuesday (BRO) M10	Pure Tuesday (ADI) M10
	Statistics Monday (ABA) M10	Mechanics Monday (SBR) M10
Yr 11 Revision	Week A	Week B
	Monday (JWA) M9	Tuesday (PBU) M7
Yr 13 intervention	Week A and B DGO M10	
Yr 12 intervention	Week A and B DWI M8	
Add Maths		
Week A MKI Monday in M7	Week B EGL Wednesday M9	

### Submissions for *The KILT*

The editorial team thank those who submitted work for the Christmas edition, which was very successful. They are now looking for work to be submitted to be included in the next edition. If students would like to write an article they should see the Student Bulletin for details.

## Careers & University Information

### National Apprenticeship Week – Opportunities from Young Professionals, Monday 7 February 17.00 – 18.00

Young Professionals are running free webinars for students, parents and teachers are also welcome, interested in careers in Law, Banking and Finance and Technology:

- Careers in Law: They will be joined by top industry professionals from Clifford Chance and Linklaters as well as Browne Jacobson, Charles Russell Speechlys, Pinsent Masons and Freeths as they share what it's like working at some of the most distinguished law firms in the country.  
Registration Link: <https://www.surveymonkey.co.uk/r/Careers-in-Law>
- Careers in Technology: hear from Capgemini, IBM, WWT, VMware, Vodafone, Experian, Goldman Sachs, and Virgin Media talking about life at a worldwide tech company.  
Registration Link: <https://www.surveymonkey.co.uk/r/TechTheFuture-Event>
- Careers in Banking and Finance: Banking and Financial Services including Goldman Sachs, Fidelity International, HSBC, and Marsh McLennan giving insights into the profession.  
Registration Link: <https://www.surveymonkey.co.uk/r/TechTheFuture-Event>

Students who attend will receive a certificate of completion which can be used and talked about in future job / UCAS applications.



## Dining Room Arrangements

Breakfast – ‘to go’ served between 08.00 – 08.35, accessed via the Dining Hall Extension Doors outside the servery.

Breaktime – Yrs 7-11 need to go to the allocated outside area to eat. Break service ‘to go’ in Dining Hall.

Lunchtime – hot food in Dining Hall at allocated time for each Year Group, cold food and pre-ordered panini/sandwiches available from outside servery 12.35 – 13.00. Yrs 12&13 pre-ordered food in Sixth Form Refectory from 12.15.

There must be no eating in classrooms except if wet lunch is declared.

**Pre-orders must be made by 08.30 Please ensure your child’s ParentPay meal account is in credit.**

[Student Lunch Order](#)

[Sixth Form Lunch Order](#)

## Menu for w/c 31 January

Monday	Tuesday	Wednesday	Thursday	Friday
Beef in Black Bean Sauce with Rice	Lasagne with Salad	Pizza, Chips & Salad	Breaded Chicken with Potato Wedges & Sweetcorn	Seafood Tagliatelle with Broccoli
Or				
Cheese & Tomato Pasta Salad	Mediterranean Pasta (Vegan)	Macaroni Cheese with Peas	Crispy Tofu with Salad (Vegan)	Chickpea & Coriander Burger with Salad (Vegan)
Main Meal £3				
Sticky Toffee Pudding with Custard	Blackberry & Apple Crumble with Custard	White Chocolate Cheesecake	Banana & Toffee Sponge with Custard	Bakewell Tart with Custard
Pudding £1.20				
Panini £3				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				
Vegetable (Vegan)	Leek & Potato (Vegan)	French Onion (Vegan)	Tomato & Basil (Vegan)	Sweet Potato & Butternut Squash (Vegan)

## Correspondence Sent out this Week:

Yrs 7 & 8: BYOD Scheme – Phase 2

Yrs 7 – 11: Non-Uniform Day

Yr 9: BYOD Scheme – Phase 2

Yr 9: DofE Bronze Group A Training Day

Yr 9: DofE Bronze Group B Training Day

Yr 10: Year 10 Examinations

Yr 10: DofE Bronze Group A Training Day

Yr 10: DofE Bronze Group A Training Day

Yrs 12 & 13: DofE Gold Training Day and Practice Expedition

Yrs 12 & 13: Sixth Form Charity Day

## Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
All Yrs	We Will Rock You Participation Permission	Friday 28 January
Yrs 7 – 11	Covid Vaccine Consent	Friday 4 February
Yrs 7 – 11	Non-Uniform Day	Friday 4 February
Yrs 7 – 9	BYOD Scheme – Phase 2	Thursday 10 February
Yr 7	Bushcraft Residential Programme	Friday 28 January
Yr 9	DofE Bronze Group A Training Day	Tuesday 19 April
Yr 9	DofE Bronze Group B Training Day	Friday 29 April
Yr 10	DofE Bronze Group A Training Day	Friday 11 March
Yr 10	DofE Bronze Group B Training Day	Friday 18 March
Yrs 12 & 13	DofE Gold Training Day and Practice Expedition	Friday 4 March
Yrs 12 & 13	Charity Day	Friday 4 February



## Mr Williams' Weekly Mathematics Conundrum

This term our conundrums will take the form of Cryptography puzzles, similar to those Alan Turing will have decoded during the Second World War. Well done to everyone who entered last week, particularly to a student in 12L who submitted the first correct answer of 81.

### Last week's method:

Starting with the letter 'W' work your way round the grid using NESW as North, East, South, and West respectively.

This week's Cryptography Conundrum is as follows:

### Chapter 2

"Easy," read Ellie's reply to Mike. "I like to relax by composing free-form poetry, but what does it mean? Send me the answer, if you can..."

*When attacked, islanders that  
effortlessly iron sticks prize  
imperfect endives. Uma Benjamina  
Rtinko has tiny sgraffiti read  
at erstwhile thanes and  
onomatopoeic ehs underline dry  
education.*

Decoding the message will reveal a question. The required solution is the answer to the question. Please enter your answer below. If the answer is a number please enter it in numerical form, e.g. 55. If the answer is a word, please enter the word, e.g. omega.

Submit your answers via [Mr Williams' Weekly Mathematics Conundrum](#) – best of luck!

### Word of the Week for w/c 31 January

Next week the word is **ANARCHISM** – a doctrine urging the abolition of government or governmental restraint as the indispensable condition for full social and political liberty.



### 1. Spring Term Dates for Your Diary

**PTFA Meeting:** Monday 31 January, 19.30 – 21.00

- **Second Hand Uniform & Book Sale:** Saturday 19 March, 09.00 – 13.00  
*Please note that second hand uniform sales cannot take place outside published dates.*
- **Welcome Party for Year 7 Students and Parents:** Friday 25 March, 19.00 – 21.00  
TBC (subject to Covid-19 restrictions)
- **PTFA Meeting:** Monday 28 March, 19.30 – 21.00
- **Quiz & Curry Night:** Friday 22 April, 19.00 – 21.30, TBC (subject to Covid-19 restrictions)

**Note:** All planned PTFA events are continually reviewed and where necessary changes will be made in response to the latest government guidance.

### 2. Spring Term Second Hand Uniform and Books Sale (Saturday 19 March, 09.00 – 13.00)

The next Second Hand Uniform Sale open to all Year Groups will take place on Saturday 19 March (09.00 – 13.00) in the Main Hall. This sale will not be by appointment, but we do anticipate a large attendance, so we would appreciate your support and patience as we get you through the sale room. Please try to avoid bringing siblings unless they are currently at the school and need to get uniform.

Volunteer opportunities are now open for the above sale. To sign up, please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the signup sheet. Thank you for volunteering!

<https://volunteersignup.org/WB9LM>

*Please note that second hand uniform sales cannot take place outside published dates.*

### 3. Second Hand Uniform Shop – Volunteers needed

At CCHSG, we have a team of very dedicated volunteers who continually look at ways to generate funds in aid of the school. Our second hand uniform shop has been a steady source of income bringing in an average of £7,000 annually. There is however, a need for more volunteers to come forward to help with washing, ironing and mending the items donated before they go on sale. Ideally, we would like to establish a team of at least 4-6 people, who can be part of a weekly rota, collecting items from the designated wheelie bins. Most of the volunteers currently working on this scheme have children who will be leaving CCHSG soon so we would like to encourage parent volunteers from Years 7 and 8 to come forward so that we can continue to provide this useful service to our community.

### 4. Raise FREE donations for CCHSG PTFA via Easyfundraising & AmazonSmile

Here are two simple ways that you can support the school whilst you shop online for all your travel, business or family needs.

- You can sign up and help us by choosing to support Colchester County High School for Girls PTFA on the **AmazonSmile** website, or search for AmazonSmile on [www.easyfundraising.org.uk](http://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 for all other online purchases via **Easyfundraising** at: <https://www.easyfundraising.org.uk/causes/colchestercountygirlspta/>  
Every time you do your online shopping via easyfundraising, retailers donate money to CCHSG PTA, completely free or scan the QR-code

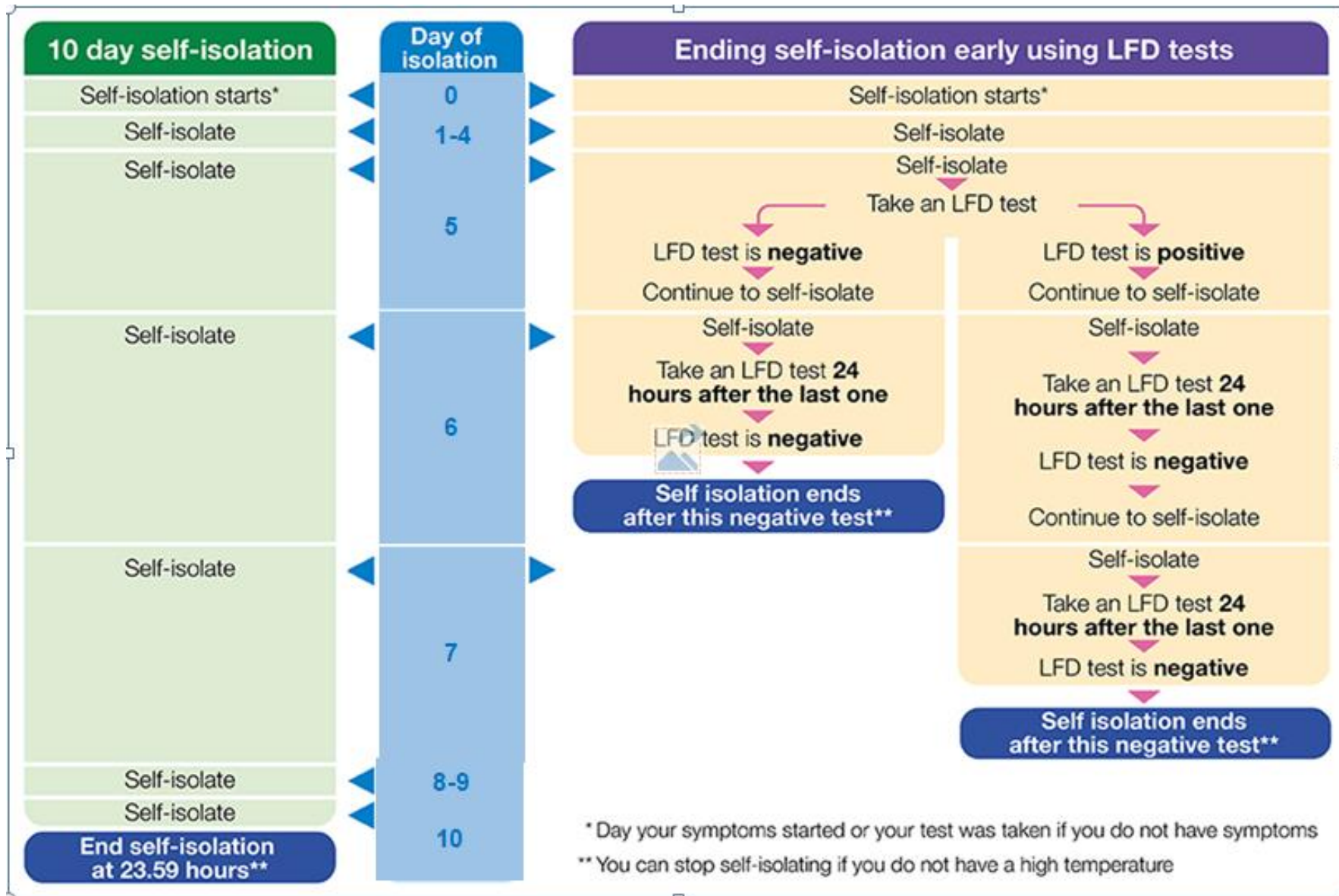


### 5. Fundraising Ideas

If you have ideas that could help generate funds and/or create social opportunities for the PTFA community, please email us at [cchsgptfa@gmail.com](mailto:cchsgptfa@gmail.com)

**PTFA CONTACTS:** For all enquires related to PTFA email [cchsgptfa@gmail.com](mailto:cchsgptfa@gmail.com)

**EXAMPLES OF WHEN TO END SELF-ISOLATION IF YOU HAVE HAD COVID-19 SYMPTOMS OR HAVE RECEIVED A POSITIVE COVID-19 TEST RESULT:**



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or call 01480 467567







Dear Parent/Carer,

The NCS programme offers young people, aged 16-17, a once in a lifetime opportunity to do something meaningful with their summer break, as well as a chance to develop skills and take on new challenges that will set them up for adult life. They'll also do something good for their local community, carrying out a project to support a cause they care about. We've seen first-hand what an amazing feeling of accomplishment and increased confidence this brings.

Over a period of 2 weeks, they will;

- ✓ Meet new people
- ✓ Stay away from home
- ✓ Give back to their local community through voluntary action
- ✓ Try new things
  
- ✓ Take on new challenges
- ✓ Develop the skills and confidence to take on their next steps
- ✓ Generate experience for their university application, job/apprenticeship interview or CV and more!

NCS is all about helping teenagers realise their potential by giving them a taste of independence and loading them up with new skills that set them up to achieve their future goals, whatever they may be. And this year, it's your teen's turn!

We attended an assembly at your teens school this week, and if your teen did want to register their interest in taking part in NCS this summer, we asked them to share your contact details. This is so that we can complete the administrative process required to get them signed up to a programme date. If they did let us know they are interested, we'll be in touch with you by email or phone to run through the steps we need to complete their booking.

A place on NCS is worth around £1200 and we usually ask for a £50 contribution for our standard NCS programme. However, if your teen is eligible for pupil premium it can be as little as just £10.

We've created a parent/guardian video to explain more about what your teen could be doing this summer here [https://www.youtube.com/watch?v=My\\_5TDdMEyI](https://www.youtube.com/watch?v=My_5TDdMEyI)

If you have any questions or want to book your teens place, please go to [wearencs.com](http://wearencs.com) or call 01767 319505.

We look forward to welcoming your teen on NCS this summer!

Hear2Listen NCS

National Citizen Service Trust is a not-for-profit organisation incorporated by Royal Charter and established to shape, support, champion and lead a thriving National Citizen Service.

National Citizen Service Trust is registered in England and Wales with Royal Charter Body number RC000894.

# 10 tips to stay safe online

Not sure what advice to give your child? Our pointers have got you covered.

1. Be careful about talking to people you don't know and trust in real life – anyone can pretend to be a child online. If you do talk to people you don't know, don't give away personal information – such as what street you live on or where you go to school, or share your location with them. Say no to any requests they send you for images or videos of yourself, and stop talking to them
2. Set your profiles to private, to limit what others can see
3. Think carefully about what you share and with who. Once you've shared an image, you've no control over what the other person does with it. Remember, it's **illegal** to take, share or view sexual images of under-18s, full stop
4. Be mindful of your digital footprint. What you post online now could come back to bite you later, like when applying for jobs, college or university
5. If you see something upsetting, or someone bullies you, tell an adult you trust. Report it too
6. When reading news online, ask yourself what the source is, when it was published, and whether it could be a hoax or made up. Read beyond the headline too
7. Remember, people try to make their lives look more exciting and interesting online. There's a lot people can do with photo editing to make their photos look better. So don't assume everything you see is a true-to-life representation
8. Watch out for hoaxes and scams, like messages you're meant to forward on or that ask you for payment details or your password
9. Take any content that seems to glamourise gang lifestyles with a very large pinch of salt – it's not as glamorous as it looks. Be wary of schemes promising easy cash for receiving and transferring money too, they're almost definitely criminal activity
10. Watch out for loot boxes or other parts of games where you pay money to take a chance on getting a reward – you can get sucked into spending lots of money on them



Don't feel confident starting a conversation with your child about what they're up to online? Read this advice from the NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety>

## Further information

This factsheet was produced by [Safeguarding Training Centre from The Key](https://www.thekeysupport.com/safeguarding): [www.thekeysupport.com/safeguarding](https://www.thekeysupport.com/safeguarding)

- > ['Ban kids from loot box gambling in games', BBC News, 12 September 2019](https://www.bbc.co.uk/news/technology-49661870)  
<https://www.bbc.co.uk/news/technology-49661870>
- > [How to spot fake news, Childline](https://www.childline.org.uk/get-involved/articles/how-to-spot-fake-news/)  
<https://www.childline.org.uk/get-involved/articles/how-to-spot-fake-news/>
- > ['Rescue and Reponse county lines project: strategic assessment 2019, Greater London Authority](https://www.london.gov.uk/mopac-publications/rescue-and-response-pan-london-county-lines-service)  
<https://www.london.gov.uk/mopac-publications/rescue-and-response-pan-london-county-lines-service>
- > [Home, Money Mules](https://moneymules.co.uk/)  
<https://moneymules.co.uk/>
- > [Sharing nudes and semi-nudes: advice for education settings working with children and young people, GOV.UK – Department for Digital, Culture, Media and Sport, UK Council for Internet Safety](https://www.gov.uk/government/publications/sexting-in-schools-and-colleges)  
<https://www.gov.uk/government/publications/sexting-in-schools-and-colleges>