



Colchester County High School for Girls

Parent Weekly Bulletin

29 January 2021



Term Dates 2020 – 2021

Spring Term

Monday 4 January
Friday 26 March

Half Term

Monday 15 February
Friday 19 February

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

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English & Drama Dept: @CCHSG_Eng_Drama
PE Dept: @CCHSGD
Music Dept: CCHSG_Music



Dates for Your Diary

Monday Week B	Feb	1	Assembly: Yr 10 Pre-Examinations & Wellbeing Assembly: Yrs 12 & 13
Tuesday	Feb	2	Assembly: Yrs 10 & 11
Wednesday	Feb	3	Assembly: Yrs 8 & 9 Yr 12 Progress Check 2 to Parents
Thursday	Feb	4	Assembly: Yr 7 NEA 1 Deadline to Students (GCSE Dr & GCSE En)
Friday	Feb	5	

School Meals

For students in school are range of jacket potatoes and pasta salad pots along with panini, sandwiches, wraps and samosas are available for pre-order. Drink, fruit and snack items can be purchased at lunchtime on the day. Please order by following the link: [StudentLunch](#)

A separate order form should be completed for each day that students require lunch. Orders must be submitted by 09.00 on the day required.

Parental Survey into Online Learning – January 2021

Thank you to those who have sat with their child and completed the survey. If you have not already done so the link for the survey can be found [here](#). The survey will close at 18.00 on Friday 29 January. Many thanks in advance for your time.

Yr 10 Examinations

With the national closure of schools still ongoing, the Yr 10 examinations will be postponed until students have returned to school. New dates have not been decided yet, but plenty of advanced notice will be given once this has been finalised.

Yrs 9 – 13 Examination Statement of Entry

The statement of entry for Yrs 9, 10, 11, 12 & 13 will be sent out electronically to individual students next week. Students must check the information carefully including all their personal details and entries.

If there are no amendments to be made, students need to confirm this via email.

If there is an amendment required, students need to email ASAP and request for the amendment.

Students must check the 'Name on Certificate' section on their statement of entry very carefully. This is how their name will appear on their examination certificates and hence it is important that they agree with it as these certificates will be a proof of their achievements in future life.

All emails should only be sent to smandal@cchsg.com and should confirm clearly that the student and parent are happy with all the details and the name on the certificate on the statement of entry.

Deadline: Wednesday 10 February. Entries will not be submitted to the awarding body until this confirmation email is received.

Department for Education - The September Guarantee for Yr 11 Students

The September Guarantee is a guarantee of an offer, made by the end of September, of an appropriate place in post-16 education or training for every young person completing compulsory education. Ensuring that every young person has an offer of a place to progress onto is particularly important as it helps young people make a seamless transition into post-16 learning or employment with training.

The September Guarantee is supported by good quality information, advice and guidance. This can come from a number of sources which include:

- Teachers
- Careers Coordinators and Guidance Advisers
- Parents and family friends
- On-line and printed information about courses, progression routes and employment routes

What does the Guarantee offer?

The September Guarantee is an offer of a place in one of the following:

- A school Sixth Form
- Employment with training to at least Level 2
- A college of further education
- An Apprenticeship



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



GCSEs, A Levels, Level 2 Project & Extended Project Qualifications Summer 2021

Ofqual and the Department for Education are jointly consulting on arrangements for awarding grades for GCSE, AS and A levels this summer and on awarding arrangements for a range of vocational and technical qualifications. Information from Simon Lebus, Interim Chief Regulator, Ofqual can be found [here](#). The consultation for the arrangements for awarding grades for GCSE, AS and A Levels this summer can be found via this [link](#) and the consultation which includes the Extended Project Qualification can be found using this [link](#). These consultations are open to anyone who wants to respond and includes students who had been expecting to take their GCSE, AS or A level exams this summer, their parents and carers, their teachers, school and college leaders, exams officers and those who use the qualifications to make selection decisions, such as further and higher education institutions and employers. The consultations end on Friday 29 January at 23.45.

We realise this is a challenging time for all our students, but want to encourage everyone to stay strong and keep studying. If any student feels that they need wellbeing support at this time, they should contact their Year Leader who can advise and signpost suitable resources and support.

ACL Family Learning: Free Training on MS Teams Session for Parents

ACL are running free training sessions for parents where they will help answer any questions and give a guided explore around TEAMS, answering any questions parents or their children have. The first session will be offered online through ZOOM, the second session will be online onto TEAMS, so parents can experience what their children will access for their learning. Booking open via:

<http://bit.ly/trainingontteams4Feb>

<http://bit.ly/trainingontteams11Feb>

PE Weekly Challenges

The weekly challenges can be found at the end of this Bulletin. Students should not forget to take part in this week's PE challenges, aiming to complete a minimum of 2 challenges and upload their best result to MS Teams by Friday 29 January. Good Luck!

PE Weekly Challenge Results (18 – 22 January)

Well done to all the students who completed last week's PE challenges!

Yr 10 Core Groups

1st – 10DD 412 points

2nd – 10EE 402 points

3rd – 10FF 391 points

4th – 10AA 340 points

5th – 10CC 321 points

6th – 10BB 249 points

Yr 11 Core Groups

1st – 11CC with 411 points

2nd – 11BB with 402 points

3rd – 11FF with 391 points

4th – 11DD with 373 points

5th – 11EE with 226 points

6th – 11AA with 202 points

Students can view the top scorers from the whole school via the Student Bulletin.

Lost Property – Final Reminder

A number of items were handed or found in classrooms before the Christmas break. These items can be viewed via [LostPropertyAutumn2020](#), please check the pictures to ensure none of the items belong to your child. Items can be claimed by emailing office@cchsg.com where they will be labelled and kept until school resumes. Any items which remain unclaimed by Friday 29 January will be disposed of.

Healthy Living – Focus on Food

Snacks are an important part of daily nutrition; they help provide you with enough fuel to perform at your best. However, a lot of snacks can be high in saturated fat, sugar and salt, and offer little nutritional value. To feel satiated (or satisfied), aim to eat afternoon or mid-morning snacks that have a good mix of macronutrients: carbohydrates, protein and good fats.

With this in mind this week's recipes are for **Salted Caramel & Macadamia Bliss Balls** and **Falafel Balls with Yoghurt Dip**. These delicious snacks can be a way to meet daily nutritional needs — adding an extra serving of fruit, vegetables or grains. Find the recipes on SharePoint, with all the other recipes so far, via [Focus on Food](#). Do send pictures of your breakfast to nwebb@cchsg.com.

Wellbeing Information

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

A message from the Student Voice Team about Learning online during Online Learning

Now more than ever, it is important to strike a balance between technology and the time away from our screens. Unfortunately, studies show that we are more likely to reach out to tech when we are idle. Therefore, it's important to remember to socialise not just with friends but with our families and also to not have too much time alone.

To help limit those idle moments, we should think about what would be a better use of our time... Exercise? Chat with a family member? Finish off some homework? Plan our schedule for the next day? Read a book? Even stare out the window at our surroundings? A good tip to help break the addiction to tech, is to turn off notifications on your phone/laptop so that you don't feel the impulse to check your messages or other social media updates every time your phone pings.

When planning for your day ahead, schedule for the day and the evening. Plan regular breaks to make sure that you have given yourself time to learn, relax and exercise. Obviously, with all of us learning online each day, there is a big element where we have to use technology. During lessons, to keep your brain active and your eyes healthy, remember to look away from your screen for 20 seconds, every 20 minutes. Use the movement time in between lessons to get up and have a stretch or a little wander around the room. If you need to send an email, consider the time of day you are sending it. If it is past 17.00, it is unreasonable to expect your teacher will read and respond. Wait until the next morning to send it.

Be considerate, be proactive and be kind to yourself and others. We are all in this together.

Many thanks – Student Voice Representative.

How to Stay Calm in a Global Pandemic

We are delighted to be able to share this short ebook by Dr Emma Hepburn, please Click [here](#) for the link.

Young Minds – Coping with anxiety about the future due to COVID-19

If you are worried about the impact of coronavirus on your emotional wellbeing and mental health

<https://youngminds.org.uk/blog/coping-with-anxiety-about-the-future-due-to-covid-19/#where-to-get-help>

SS Learning Safeguard Mental Health and Wellbeing 10 Top Tips

Have produced free Safeguarding Children 10 Top Tips Parent Resource. It is designed to offer advice on how parents can safeguard young people's mental health and promote their wellbeing and is available as a document and short video presentation.

The link to both resources is here: <https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents/-/pj==>

RSE Sessions for Parents

Please see below details of free online training workshops on Relationships and Sex Education (RSE) for parents and carers delivered by Sexual Health organisation Brook.

All sessions are delivered live online and are free of charge. Booking details can be found in the attached.



RSE at Home with
Parents ESSEX Free Tr

Domestic Abuse

COMPASS is the single point of access helpline to support victims of domestic abuse across Southend, Essex and Thurrock. Access to your local domestic abuse support services will remain unchanged throughout the national lockdown. The COMPASS helpline 0330 333 7444 is open every day, 08.00 – 20.00 Monday – Friday and 08.00 – 13.00 Saturday and Sunday.

Outside these hours there is information and national 24 hour numbers available on their website

<https://www.essexcompass.org.uk> where you can also make an online referral and will be contacted within 24 hours.

National helplines:

[National Domestic Violence Helpline](#) - 0808 2000 247

[National LGBT+ Domestic Abuse Helpline](#) - 0800 999 5428

[Respect](#) - 0808 802 4040

[Men's Advice Line](#) - 0808 801 0327

[Shelter](#) - 0800 800 444

[NSPCC Helpline](#) - 0808 800 5000

[ChildLine](#) - 0800 1111

[Samaritans](#) - 116 123

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[ChildLine](#) - 0800 1111

[Samaritans](#) - 116 123

Safe in Essex Programme for February

Please find their programme at the end of this Bulletin.

Extra-Curricular and Enrichment Activities

Dead Poetry Society

The Dead Poetry Society will be starting meetings again via MS Teams on Fridays 12.45 – 13.15 (Week B only), starting from next week. Students should confirm their interest in attendance by emailing Mr Doyle. There is no obligation to read or contribute, unless they wish.

Dead Poetry Society Podcasts

Also tune in for the daily Dead Poetry Podcasts. This week we have had: Burns Night; Lord Byron; Emma Lazarus; Heinrich Heine; and Walt Whitman. They remain available to listen to on the MS Teams group.

Debate Club – Wednesday 3 February, 16.30 via MS Teams

The next Debate Club session will discuss the statement: "Are mental health issues more overlooked than physical health issues?" If students wish to join the debate group they should email Mr Paz to be added to the MS Teams group. Students can also join with the link on the Student Bulletin.

RSBP Big Garden Birdwatch – 29 – 31 January

Spend an hour watching the birds in your garden, and then record what you have seen.

This will help the RSPB see a snapshot of garden birds all over the UK, helping to increase their understanding of the challenges faced by wildlife. For full instructions and a range of extra resources please go to <https://www.rspb.org.uk/get-involved/activities/birdwatch/everything-you-need-to-know-about-big-garden-birdwatch/> You can submit your results online at <https://www.rspb.org.uk/get-involved/activities/birdwatch/submit-results/> until 19 February.

Virtual Talks from Speakers for Schools

Next week's schedule can be found via [Live Broadcasts Schedule](#).

Date & Time	Speaker	Talk Information
Monday 1 February 10.00 – 11.00 LINK TO JOIN	Dorothy Byrne Editor-at-Large, Channel 4	Shares her insights into journalism and will question whether we can trust the media.
Tuesday 2 February 10.00 – 11.00 LINK TO JOIN	Brnako Bjelobaba Finance and Engaging with Democracy Speaker	Brnako Bjelobaba, provides an honest approach to what makes a difference in terms of presenting yourself and how success can follow failure.
Tuesday 2 February 14.00 – 15.00 LINK TO JOIN	Dr Crystal Oldman, CEO, The Queen's Nursing Institute	Hear more about her career in community nursing and an insight into working in nursing.
Thursday 4 February 14.00 – 15.00 LINK TO JOIN	Adrienne Herbert & Alice Living	How to motivate yourself and maintain wellbeing during lockdown

Watch pre-recorded broadcasts from their library [here](#)

Firstsite – The Great Big Art Exhibition!

Firstsite, supported by the Plus Tate network, Arts Council England, a selection of artists and National Museums, is leading 'The Great Big Art Exhibition' by asking everyone to create their own artwork and sharing it by displaying it in front windows, balconies, gardens and roofs to celebrate the creativity and resolve of the nation.

Artworks can be made of anything at all. For details about how to get involved, please go to https://firstsite.uk/the-great-big-art-exhibition/pack/?dm_i=6SE6,5H5Q,2G8XHO,MZXX,1

Colchester & Ipswich Museums: Museum From Home

The Museums team have devised a variety of activities inspired by the collections across Colchester and Ipswich, to help educate and entertain. From art to nature, archaeology to social history, they bring the museum to you!

Follow them on social media or explore their growing library via <https://cimuseums.org.uk/museumfromhome/>

FootprintFacts Climate Action Competition

The student founded-and-led organisation dedicated to raising awareness of climate change, are organising The Climate Action Competition. Students should research and create a video on any climate-related topic of their choice, which will be judged by a panel of leaders in the field of climate-related social enterprise. The winning submissions will be presented at a virtual event accompanied by a discussion with the judges, will receive a cash prize and the opportunity to work with the FootprintFacts organisation at school. For more details, please visit footprintfacts.org/climate-video-competition/, or email us at info@footprintfacts.org.

Youth and Community Listening Projects in Partnership with the Police and Fire Crime Commissioners (PFCC)

The PFCC seeks feedback from young people to prioritise issues that they feel are important. They are looking to reach out further and are launching a listening projects that our students can get involved with.

Community listening project: the PFCC invite students to take part in the violence and vulnerability unit's new listening project around youth violence & vulnerability in the community. Helping them to prioritise work and funding for the violence and vulnerability teams work for 2021-2022.

Take part here <https://form.jotform.com/210141629817049> Open for views now, until Thursday 18 March.

Yrs 12 & 13 Black British Historical Fiction Event – Wednesday 3 February, 17.00 – 18.00

This free online event organised by the Goldsmiths Writers' Centre, sees British writers S.I. Martin (*Incomparable World*) and Catherine Johnson (*Freedom*) discuss the importance of this literary genre for Black writers and readers, and how retrieving history imaginatively leads not only to page-turning fiction for all ages but also opens up new perspectives on the past. Both writers have produced ground-breaking historical fiction for adults and young people. [Bookings are now open.](#)

Yr 12 Nuffield Research Programme

The Nuffield Scheme, aimed at students who come from low income families, or do not have a family history of going to university, can offer placements in industry, universities and at local organisations; undertaking a placement help to inspire and motivate, giving students the skills and confidence they need to get a place at a top university or secure a career boosting apprenticeship. For more information go to: <https://www.nuffieldfoundation.org/students-teachers/nuffield-research-placements> The closing date for applications is 31 March.

Yr 12 University of Nottingham Summer Schools

These are an opportunity for students to experience life at a leading university, try out a range of course options related to their interests and develop focus and motivation for the remainder of their post-16 studies. In addition, students can earn a contextual offer (up to 2 grades lower) and a bursary (£1000 per year) for study at Nottingham. The university has explained how the summer school works, the benefits and how to apply in this helpful [recorded presentation](#). Applications are now open until Tuesday 2 March, further details are available at www.nottingham.ac.uk/suttontrust.

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 are not to approach Mrs Kee directly.

Building Your Future Career at University - Thursday 18 February, 18.00 – 19.00

Featuring speakers from a range of universities, including Goldsmiths, Reading, St Mary's Twickenham, Solent University Southampton, and the University of Suffolk, this online event, for Yr 12 & 13 students and their parents, shares information about the university experience focusing on placement and sandwich years, internships, volunteering, work-based assignments and modules, networking opportunities, support for entrepreneurs and, careers advice and support at university, [registration](#) is now open.

What University Live? & What Career Live? Virtual Event - 19 & 20 March

They hope this to be an engaging online experience, replicating the physical event format. Students will be able to speak to universities and companies to get all the information they need to make a decision about their future.

Registration is now open. To gain access to the online event platform, [they must register using this link](#)



Yrs 12 & 13 Cambridge Undergraduate Conference in German Studies

This free virtual Cambridge Undergraduate Conference in German Studies, will take place on 6 and 7 February; students of German are welcome to attend the panels and film screening on the Saturday and are encouraged to attend the second day of the conference, when there will be a careers panel and a drop in session with current Cambridge German Studies undergraduates. The conference programme and booking can be found [here](#).

A day in the Life of GP Webinar – Saturday 30 January 15.00 via Zoom

The webinar hopes to give an insight into the life of a GP and what kind of activities they would do in their daily routine. GPs will share what happens in a typical day for them and how they manage to juggle different work commitments and the patients they see. To sign up for the webinar:

<https://docs.google.com/forms/d/e/1FAIpQLSdlrkZse-joCGoShLm2tZXefFphq49OC0QkGXiooQDLCuZ0Zg/viewform>

A link to the webinar will be sent to those registered the day before the webinar.

St George’s, University of London: Applying to Medicine – Thursday 4 February 16.00 – 17.30

For those considering applying to medicine, St George’s staff and medical students give an overview of the application process and entry requirements. They will cover topics such as what skills doctors need and how to prepare an application as well as work experience and work experience alternatives, with a Q & A session.

[Register here](#) to attend this live webinar, contact webinars@sgul.ac.uk if you have any questions.

Queen Mary University of London – Supporting Wellbeing and Success

Students and parents are invited to join the East London Universities: Supporting Wellbeing and Success event on Wednesday 24 February 16.30 – 18.30. During the event students, alumni and staff from across seven East London universities will discuss the range of student support services available at universities and how students are supported to be happy and successful. [Find out more](#)

Queen Mary University of London Degree Apprenticeships

Queen Mary has partnered with a number of well-known employers to offer Degree Apprenticeships with companies such as Goldman Sachs, Morgan Stanley and KPMG. These are an opportunity for those interested in working while studying. Find out more information on their degree apprenticeships, including entry requirements, via the link [Degree Apprenticeships](#)

Yr 12 PwC’s Virtual Summer Programme – Monday 1 February 17.00 – 18.00

Young Professionals are hosting this webinar for students to learn about their work experience opportunities for students interested in Business, Accounting, Finance & Technology

Spaces are limited, apply via <https://www.research.net/r/PwC-Work-Experience>

Apprenticeship Programme at Bloomberg – Tuesday 2 February, 17.30

Bloomberg are hosting this event for parents to learn what apprenticeships they have on offer and why completing an apprenticeship is a great career option. You will hear from recruiters and a panel with current apprentices and members of the management team who are involved in the programme. Parents can register [here](#).

Community Information

Chelmer Housing Partnership’s Customer Review Panel

Chelmer Housing Partnership, a social housing provider in Essex, are looking for residents to join their panel. Those interested in learning more need to complete an expression of interest form available by emailing consultation@chp.org.uk.

Correspondence Sent Out This Week

All Yrs: Online Learning at CCHSG

Yr 7: Buscraft Residential Trip

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
All Yrs	Parental Survey into Online Learning	Friday 29 January

This Week’s Brainteaser

Complete each word so that a chain is formed, with each word suffixing the previous word and prefixing the following word. What are the words?

MOTOR ___ E LAND __ R _ DOWN __ G __ MOST

Last week’s answer: 13.75

Word of the Week for w/c 1 February

Next week the word is: **DESTITUTE** – without means or sustenance; lacking food, clothing and shelter.



Colchester County High School for Girls

29 January 2021



Registered Charity No. 1110464



1. Classlist Sign-up – All Year Groups

Would you like to connect with other parents from your child's Form and Year Group? If you have not done so already why not join the CCHSG Classlist? Year 7 parents may find Classlist particularly useful in connecting with other parents, as the usual social opportunities have been very limited this year. Classlist offers a fully GDPR-compliant way for you to communicate directly with school families. It is the perfect way to connect easily and safely, because users have full control over what data they would like to share. Simply go to www.classlist.com, search for our school and sign up. You can also download the Classlist app on iOS and Android.

Class Reps Needed to Host Virtual Meet-up of Parents

Since the start of the pandemic, the PTFA has endeavoured to support our local communities and keep our members connected through events like our virtual quiz nights. We would now like to encourage parents to engage with other parents from their child's Form. We are seeking volunteers who have paid Zoom accounts to host virtual coffee mornings, cocktail hours, quiz nights or other virtual gatherings. If you can help with this, or would like more information, please get in touch with Agness O'Brien via Classlist or email cchsgptfa@gmail.com.

2. Second Hand Uniform and Revision Books

Due to the uncertainty over school re-opening and following the latest Government and NHS advice, the planned one-day uniform and revision books sale on Saturday 27 February will be postponed for the foreseeable future. The safety of parents, students and volunteers running and attending such an event is paramount. Rest assured that we will definitely organise a sale as soon as it is safe to do so.

If you are having a sort out, please keep items of outgrown uniform and revision books, as we will gratefully accept your donations when school reopens.

3. 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 your child's uniform, including blazer, at a very affordable price. Contact: Sal at 01206 211735 / 07542 182552 or email sallyannwilliams1965@gmail.com

4. Help Raise Funds for CCHSG PTFA

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 some 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.
- **STIKINS® by Label Planet** – Multipurpose name labels for all a school items. CCHSG PTFA earns up to 30% commission on all sales. Name labels are essential for busy parents and schools who don't have time to deal with lost property. Stikins are an easy self-adhesive solution with no sewing needed. CCHSG PTFA have been allocated a unique code 35809 for parents to use. Visit <https://www.stikins.co.uk> to order online.
- **Ink Cartridges Recycling In Support of CCHSG PTFA**. With home schooling and many parents working from home at the moment, you can help raise funds simply by recycling your ink cartridges via the Recycle4Charity programme. For each inkjet cartridge recycled via the programme we will receive a £1 donation. Cartridge brands accepted include HP, Dell, Canon, Kodak, Frama, Pitney Bowes and Neopost, full list here <https://www.recycle4charity.co.uk/InkjetCartridges>
For your convenience, FREEPOST envelopes can also be sent to your home address so you can send cartridges directly via freepost. To do this, please register at: <http://www.recycle4charity.co.uk/Register/C95556>

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



CCHSG PE DEPARTMENT CHALLENGES WEEK 4



Can you be the best in your class?

Complete challenges to earn points. Upload Evidence for challenge 1 along with your results. Use the results table in your Teams page. Good Luck!

CHALLENGE 1	CHALLENGE 2	CHALLENGE 3	CHALLENGE 4
<p><u>4 KM challenge</u> You can: Run/ Walk Use an app such as Strava to record your time and distance. Submit a screen shot of your route as evidence. Please read the PE SAFETY LEAFLET.</p>	<p><u>Squat Kick Challenge</u> How many squat kicks can you do in 1 minute? Count one every time you kick. Squat deeper for more of a</p>  <p>challenge.</p>	<p><u>V-Sit Challenge</u> How many V-Sits can you do in 1 minute? Start flat on the floor with your arms behind, Try to touch your toes.</p> 	<p><u>Tuck Jump Challenge.</u> How many Tuck jumps can you do in 1 minute? Try to tuck your knees up to your chest. Bend your knees when you land</p> 
<p><u>Points:</u> Over 40 mins= 2 points Under 36 mins= 3 points Under 34 mins= 4 points Under 32 mins= 5 points Under 24 mins= 6 points Under 22 mins= 7 points Under 18 mins= 8 Points</p>	<p><u>Points:</u> 0-5= 2 points 6-10= 3 points 11-15 = 4 points 16-20 = 5 points 21-25 = 6 points 26- 30= 7 points 31 + = 8 points</p>	<p><u>Points:</u> 0-3= 2 points 4-8 = 3 points 9-11 = 4 points 12-14 = 5 points 15-19 = 6 points 20-24= 7 points 25 + = 8 points.</p>	<p><u>Points:</u> 0-5= 2 points 6-10= 3 points 11-15 = 4 points 16-20 = 5 points 21-25 = 6 points 26- 30= 7 points 31 + = 8 points</p>

Online Activities

1st to 26th February 2021 via Microsoft Teams

You can access Microsoft Teams via the internet or download the app



Note: By booking a place, you are giving your consent to share any interactions you use during the online session with other participants, eg. Video streaming and audio content. Participants are required to use their camera and use headphones during the cyp virtual session.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10 AM	Mindfulness and Relaxation Families 	Self-Care For You Mixed ages CYP 	Staying Active Families 	Self-Care For You Parents 	Yoga Families 
12 PM	Conflict resolution and managing anger 13-19 	Staying Safe in a Virtual World Mixed ages CYP 	Strong Resilience and emotional wellbeing 13-19 	Boot camp Mixed ages CYP 	Lets get Arty Mixed Ages CYP 
2 PM	Creative Creations Mixed Ages CYP 	Strong Resilience and emotional wellbeing 8-12 	Conflict resolution and managing anger 8-12 	One Community 13-19 	
4 PM	Coping through Covid Families 	Yoga Families 	Family Fun Families 	Staying Active Families 	

To book your place, please check out our website; www.childrenssociety.org.uk/east/services/safe-in-essex or contact Essexreferrals@childrenssociety.org.uk

Safe in Essex Advice Line 10am – 2pm: 07725 639571 (if unanswered, leave a message and someone will contact you)