



Colchester County High School for Girls

Parent Weekly Bulletin

7 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

Monday Week A	May	10	Assembly: Yr 12 Yr 11 Assessments Yr 12 History NEA Parent Talk via Teams 17.30
Tuesday	May	11	Assembly: Yr 10 Yr 13 A Level Art Studio Time
Wednesday	May	12	Assembly: Yrs 8 & 9 Yr 13 A Level Art Studio Time
Thursday	May	13	Assembly: Yr 7 Yr 11 A Level Art Studio Time Yr 11 Language Speaking Assessments
Friday	May	14	Yr 11 A Level Art Studio Time

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.

Covid-19 Code of Conduct

We urge students to continue to wear masks in classrooms and corridors, to hand wash/sanitise, and follow the one-way system. We thank them for all they are doing to keep our school community safe.

Home Testing

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

End of Term in July

The end of term for students is Friday 16 July; Monday 19 July – Wednesday 21 July are non-pupil days.

Start of Term in September

Wednesday 1 September and Thursday 2 September are a non-pupil days. Friday 3 September – Yrs 7, 9 and 12 will be in school on this day. Monday 6 September – All Year Groups will be in school.

Yr 8 & 9 HPV Vaccinations: Restoration of School Aged Immunisation Programme

For your information the Immunisation Team will be in school on Wednesday 19 May to complete the Yr 8 & 9 HPV vaccinations. All vaccinations will be completed following Covid-19 safe procedures.

Yr 11 & Yr 13 Textbook Return

Students have been asked to return school library books and textbooks. Yr 13 are to return books to the Library and Yr 11 to the blue wheelie bin marked 'Yr 11 Textbooks and library books' outside Reception. Students should not take any books to their subject teachers, as they need to be removed from the student record before they leave. Any books left on a student's record will be billed for.

Student Absence during the Assessment Period

Please be aware that during the assessment period the expectation is that students will be in school to study. Any absence for this reason will be unauthorised.

The Big Ask Survey for School Pupils

The Children's Commissioner, Dame Rachel de Souza, has launched [The Big Ask](#) – the largest ever survey of children in England. It asks all children about their priorities and concerns for the future, so that we can put children at the heart of the national recovery post-Covid-19. The deadline for completing the survey is Friday 28 May.

There is also an adults' survey for parents at

<https://www.childrenscommissioner.gov.uk/thebigask/>

Parents/Carers Consultation of Statutory Requirements for Secondary School Relationship and Sex Education

Statutory requirements have come into place making the teaching of Relationship and Sex education (RSE) compulsory in all secondary schools. RSE has always been part of the Personal, Social, Health and Careers Education (PSHCE) programme delivered on a weekly basis at CCHSG, the content of which is published on the schools website and in the year group information booklets.

In light of the statutory requirements we wanted to take the opportunity to consult with you, our parents and carers, so that you can express your views, ask any questions you may have and to let us know if you have any concerns with the new requirements.

Due to the impact of Covid-19 and social distancing regulations, we have decided to conduct the consultation online. We have done this to ensure that you still have the opportunity to engage in the future development of the curriculum and can provide us with your views and opinions.

Your views will help us shape policy and influence how we deliver relationships, sex and health education topics throughout the school in the future. If you would like to see what the new statutory requirements are, please go to:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

The following questions will refer primarily to the initial draft of our Relationship and Sex Education Policy, which you will have received along with this survey. If you have not viewed it yet please do look at it closely prior to answering these questions by [clicking here](#).

Please click on the link below to take you to the consultation form. The deadline for responses will be Friday 14 May.

[Parents/Carers Consultation of Statutory Requirements for SRE](#)

Parent App Lite

We will be launching Parent App Lite, starting with Yr 7, within the next few days. Parent App Lite will allow you to see the personal details held on our School Management System with regard to your child(ren) including emergency contacts. It will allow you to electronically and securely review and request changes to the data we hold from the convenience of your smart phone, tablet or PC. Information will be sent out to parents via email.

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 **Toad in the Hole with Homemade Gravy**; although this time of year you would expect to be having barbecues and picnics, this warming wintery dish with lashings of steamy homemade gravy can be made with meat or vegetarian sausages and will really warm you up!

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

Do send pictures to nwebb@cchsg.com.

Lost Property

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

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

Wellbeing Information

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

A Message from the Wellbeing Ambassadors: 'Brain Dump'

If you struggle to sleep, or want a good way to organise your thoughts, try Brain Dumping. On some scrapped paper, or in the notes section on your phone, give yourself a couple of minutes to write down everything that is currently on your mind. Whether it is something worrying you or a list of jobs you need to do, this will help give structure and get things off of your brain.

Quote/ Tip of the week: Avoiding a task takes as much mental energy as doing it! Deciding to do something for just 5 minutes makes you more likely to continue doing it.



Extra-Curricular and Enrichment Activities

Yr 7 Lunchtime Netball Club (Wednesdays)

Due to the high numbers of students wishing to take part, we have had to split the year group in half, please make note of the following dates for the next half of the year group:

HES Forms ONLY on Wednesday 12 May and Wednesday 19 May.

Book of the Month

Congratulations to a student in Yr 7 for their winning book review of last month's book *Alice's Adventures in Wonderland* by Lewis Carroll. Read the review in the next school newsletter.

The Book of the Month for May is ***Shadow and Bone*** by Leigh Bardugo. Students can write a review and email it to Mrs Croxson ccroxson@cchsg.com by **Friday 28 May**. See the end of the Bulletin for full details.

National Numeracy Day – Wednesday 19 May 2021

The Mathematics department would like to encourage everyone to take part in the National Numeracy Day activities. The day is all about recognising that numbers play a big part in all our lives and helping people sharpen their skills and build their confidence.

There are lots of National Numeracy Day activities to suit everybody available on their website, they are free and easy-to-use for improving number confidence and skills. It is all about everyday Mathematics, helping you be better equipped to get on at school, work or even make your money go further. Take a look and get involved at:

https://www.nationalnumeracy.org.uk/numeracyday?utm_source=642

Virtual Talks from Speakers for Schools

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

Date	Speaker	Talk Information
Tuesday 11 May 17.00 – 18.00 LINK TO JOIN	Martin Houghton- Brown, CEO, St John Ambulance	Hear from the CEO of St John Ambulance to learn more about the work of St John Ambulance during the pandemic. Martin will be sharing his journey to self-acceptance and success and will be answering questions.

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

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.

St George's, University of London: Exploring Medicine, Healthcare and Work Experience Webinars

St George's are offering Yr 12 students the opportunity to attend their next series of live webinars:

Exploring Medicine: Tuesday 18 May at 16.00 – 17.00 [Register](#)

An overview of the Medicine application process. Different types of medical school degrees and key skills for doctors will also be covered. There will be tips on preparing applications and the chance to ask a medical student questions.

Exploring healthcare courses and careers: Thursday 27 May at 16.00 – 17.00 [Register](#)

This event will give an insight into different healthcare roles and courses and an overview of the university application process and entry requirements, hear from healthcare university students about their experiences.

Work experience for healthcare courses: Tuesday 8 June at 16.00 – 17.00 [Register](#)

Find out what types of experience are useful, and how to reflect on experiences to make a strong university application. Advice and insight into clinical roles and work experience alternatives during a pandemic, and useful resources and tools. To learn more about St George's, speak to some of their current students and/or watch previous webinars, visit their webpages [here](#).

Yr 11 – 13: IBM Insight Evening Thursday 13 May 17.00 – 18.00

IBM's top Business and Technology leaders are hosting this special evening event, hear about some of the projects they are working on as well as their school leaver opportunities, summer insight days and gap year placements. To apply for this event please click on the application link: <https://www.research.net/r/IBM-Insight-Evening>



Community Information

Free Mathematics Anxiety Webinar – Wednesday 12 May at 20.00

Eedi are running a free webinar for parents entitled: *Helping Your Child Overcome Maths Anxiety & Build Mathematical Resilience*, aimed at parents of children aged 9 to 14. They will cover:

1. What Maths anxiety is
2. How to spot the signs
3. Practical strategies to help your child cope
4. Actionable tips on helping them build mathematical resilience

To join the webinar follow [this link](#) or reserve a place on this page:

https://us02web.zoom.us/join/register/WN_gillACidQ7K0PwZ9Tx6tHg

Could You Foster?

Nexus Fostering is a well-established and highly regarded fostering agency, based in Hornchurch, who are urgently seeking full-time and respite foster carers throughout the area. The agency is rated Ofsted 'Outstanding' in all areas and place a high premium on the quality of support and care that they provide to every one of the foster carers and, in turn, the children and young people placed with them. www.nexusfostering.co.uk

To find out more about becoming a foster carer or a respite carer in Colchester and surrounding areas please call 0800 389 0143 or email foster@nexusfostering.co.uk

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 and wear a face mask in the Dining Hall except when eating.

Please ensure your child's ParentPay meal account is in credit.

[Student Lunch Order Form](#)

[Year 12 Lunch Order Form](#)

Menu for w/c 10 May

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognese with Sweetcorn	Spicy Lamb Mince Curry with Rice	Sausage, Chips & Beans	Chicken Tikka Masala with Garlic Naan Bread	Seafood Tagliatelle with Broccoli
Or				
Vegetable Chilli with Rice	Vegetable Lasagne with Salad	Macaroni Cheese with Peas	Cheese & Tomato Pasta Salad	Gnocchi in Tomato Sauce with Salad
Main Meal £2.90				
Syrup Sponge Pudding with Custard	Apple Crumble with Custard	Profiteroles with Chocolate Sauce	Chocolate Sponge with Chocolate Sauce	Bakewell Tart with Custard
Pudding £1.20				
Panini £2.90				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				

Correspondence Sent Out This Week

Yrs 7-10: PTFA Second Hand Uniform Sale - Saturday 15 May

Yr 7: Healthy Living Rotation (selected students)

Yr 8: Healthy Living Rotation (selected students)

Yr 12: Student Review of Curriculum (selected students)

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
All Yrs	Consultation of Statutory Requirements for SRE	Friday 14 May
Yr 9	GCSE English Book Order	Friday 7 May
Yr 12	A Level History NEA Confirmation and Talk Attendance	Monday 10 May
Yr 12	Student Review of Curriculum (selected students)	Friday 14 May



This Week's Brainteaser

Pair the words to give four longer words. What are they?

CLOCK FAST POST COLOUR STREET WORK WISE CODE

Last week's answer: Chocolate.

Word of the Week for w/c 10 May

Next week the word is: **VINDICATE** – to clear of an accusation or suspicion.



**Colchester County High
School for Girls
7 May 2021**



Registered Charity No. 1110464



1. Second Hand Uniform and Revision Books Sale – Open for appointment booking now (subject to Covid-19 restrictions)

Date: Saturday 15 May
Time: 09.00 – 16.00
Venue: CCHSG Gymnasium

Online appointment booking is open now via the link or scan the QR-Code below using your mobile phone camera.
https://form.jotform.com/cchsgptfa/UniformSale_Saturday15May_2021

£5 booking fee per appointment will be refunded in cash on arrival at the sale. We regret that we cannot take advance reservations for items. Sales will be on a first come first served basis.

2. Volunteers needed for the Second Hand Uniform Sale

The PTFA would be very grateful for volunteers to help prepare for the sale on the 13 and 14 May and to support with the stewarding and staffing of the actual sale on Saturday 15 May.

For full details and to sign-up, scan the QR-Code below or go to <https://volunteersignup.org/8BFH8> or scan

3. Uniform and Revision Book Donations

Donations of outgrown uniform and revision books are gratefully accepted, via the wheelie bins outside school Reception. Please ask students to deposit items 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 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. We now need to look at other new, different, Covid-19 safe ways to plug this gap. 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 below.

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.

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. Find out more about the CCHSG PTFA activities via the PTFA section of the school website at www.cchsg.com

5. Waggy Tales Bookshop (Usborne Books)

We are pleased to announce that Waggy Tales Bookshop, an Independent Usborne Seller has kindly agreed to donate a percentage of all sales of books made through a unique code to CCHSG PTFA. They can provide some great resources for KS1, KS2, KS3 and KS4 including dictionaries, Thesaurus, Language resources, Creative Writing activity journals, a wide variety of fiction up to Young Adult, Science resources, History, Coding, Business, Economics, Politics, Law, Mindfulness books to ease stress, and many more.

Follow the link for a catalogue of books and quote EDUGROUP when ordering [Waggy Tales Bookshop](#)

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



QR-Code for Second Hand Uniform and Revision Books Sale Appointments



QR-Code for Volunteers for the Second Hand Uniform Sale



QR-Code for JustGiving Fundraising Campaign



The CCHSG Book Of The Month- May
SHADOW AND BONE

by Leigh Bardugo

(Teen/Young Adult- please seek permission from your parent/carer if you are in years 7-8).

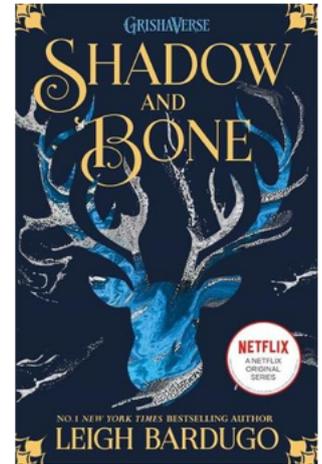
'Enter the Grishaverse with book one of the Shadow and Bone Trilogy by number one New York Times- bestselling author, Leigh Bardugo. Perfect for fans of Laini Taylor and Sarah J. Maas.' -**Waterstones 2021**

Soldier. Summoner. Saint. Orphaned and expendable, Alina Starkov is a soldier who knows she may not survive her first trek across the Shadow Fold - a swath of unnatural darkness crawling with monsters. But when her regiment is attacked, Alina unleashes dormant magic not even she knew she possessed.

Now Alina will enter a lavish world of royalty and intrigue as she trains with the Grisha, her country's magical military elite - and falls under the spell of their notorious leader, the Darkling. He believes Alina can summon a force capable of destroying the Shadow Fold and reuniting their war-ravaged country, but only if she can master her untamed gift.

As the threat to the kingdom mounts and Alina unlocks the secrets of her past, she will make a dangerous discovery that could threaten all she loves and the very future of a nation.

Welcome to Ravka . . . a world of science and superstition where nothing is what it seems.



In addition to this, you are encouraged to write a review and email it to Mrs Croxson ccroxson@cchsg.com by the **last Friday of each month**.