



Colchester County High School for Girls

Parent Weekly Bulletin

8 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

Follow us on Twitter: @CCHSG
English & Drama Dept: @CCHSG_Eng_Drama
PE Dept: @CCHSGD
Music Dept: CCHSG_Music



Dates for Your Diary

Monday Week A	Jan	11	
Tuesday	Jan	12	
Wednesday	Jan	13	Yr 8 & 10 MADE Workshops Yrs 10 & 11 MADE Parent Workshop 18.00 (online) Yrs 10 & 11 Wellbeing Workshop 19.00 (online)
Thursday	Jan	14	
Friday	Jan	15	Sixth Form Application Deadline

This has been another challenging week in the Covid-19 pandemic, but we are all immensely proud of the way our whole school community has pulled together to establish both online learning through live lessons and provision for critical worker and vulnerable children in school at very short notice. Our teachers and support staff are working very hard to plan and deliver the remote learning programme and we know that students have been appreciative of what has already taken place this week. It is important that students balance their time spent on learning with looking after themselves. We do not want students to feel overwhelmed or anxious and our pastoral team are here to help and support when needed.

Thank you all again for your continued support and co-operation in helping students adapt to online learning.

All students are expected to be accessing all timetabled lessons wherever possible, via Microsoft Teams and continue with their curriculum studies. This includes morning registration and Tutor Time with their Tutor every day. Registers will be taken throughout the day. If for any reason a student will miss a lesson, for example, due to a medical appointment, the Attendance Officer, Mrs Curtis, must be informed via fcurtis@cchsg.com, just as if the students were in school. It would also be courteous if students contact their teacher directly to let them know of a known absence. We strongly encourage students to stick as closely to their regular school day as possible, including core PE; the PE department have compiled online workouts and health and wellbeing tips on their PE channel accessed via Microsoft Teams. In addition, please find below their safety leaflet.

Live Streaming of Lessons for Remote Online Learning

Many parents have already consented to live streaming of lessons for their child i.e. their child attending the lesson with their teacher and being able to contribute through audio and video means. We are now seeking the consent from all those who have not yet done so particularly parents of Yr 7 and Yr 12 students who were not in school last year. If you have not yet done this, please follow the link below to give your consent. If you are unsure if you have given your consent, please consent again.

[Consent for Live Stream Lessons](#)

We hope that the consent will be given as a lack of consent will severely restrict your child's access to online live lessons and interactions with their teacher. Thank you

School Meals

For students whose parents are key workers and are 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 via [Student Lunch](#)

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.

MADE Training – Wednesday 13 January

Yrs 8 & 10 are participating in MADE training on Wednesday 13 January; Yr 8 will participate Period 2 and Yr 10 Period 3.

Parents of Yrs 10 & 11 have been invited to the MADE revision workshop (18.00 – 19.00) and a wellbeing workshop (19.00 – 20.00) following the MADE Workshop for Yr 10 students on the same day.



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

Lost Property

A number of items unnamed were handed over or found in classrooms before the Christmas break. Students can view these items via [LostPropertyAutumn2020](#), do encourage your child to check the pictures to ensure none of the items belong to them. 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. Please ensure all items are labelled with your child's name when school resumes so they can be returned to their owner if found.

Yr 8 HPV Vaccinations

These were due to take place on Monday 18 January, but have now understandably been cancelled. We will inform parents as soon as a suitable date for them to be re-arranged has been made. Thank you for your patience.

Healthy Living – Focus on Food

This week there are three recipe's to try with a focus on breakfast; a most important meal that kicks start your metabolism. These simple recipes are well worth trying; not only will they fuel your body with good healthy foods but they will help you stay full up for longer and avoid snacking on high sugar, low nutrition foods. Find them on the SharePoint, with all the other recipes so far, via [Focus on Food](#). Do send pictures of your breakfast to nwebb@cchsg.com.

CCHSG 500 Club

Tickets are still available at £40, please consider supporting us by purchasing a ticket via <https://www.trybooking.com/uk/events/landing?eid=14370> Full terms and conditions are on our website. The next draw will take place on Wednesday 20 January.

Wellbeing Information

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

If you believe that there is a safeguarding risk to any child in your community, or you have concerns, the following contacts can help and advise you:-

Family Operations Hub 0345 6037627 (ask for the Children and Families Hub Priority Line), and/or contact the following:
Emergency Duty Service 0345 6061212 (immediate out of hours response, Mon-Thurs 17.00 – 08.45 and Fri 16.30 – Mon 08.45 including Bank Holidays)
Police 999 or 112.

Top tips for staying emotionally healthy during self-isolation:



- **Stick to an active daily routine** (e.g. creating your own daily programme including three meals a day, learning times, activity time slots, self-care opportunities and bedtime routine)
- **Do light activity** - stretch and home workouts (e.g. yoga, dance, spring cleaning etc)
- **Keep up hobbies that keep you moving** (e.g. baking, reading, writing, making music, gardening, etc.)
- **Engage in creative activities** (e.g. art, scrap book making, junk modelling, restoring furniture, create music, redecorating)
- **Keep connected to others** (e.g. phones, email, skype, websites, helplines & online counselling)
- **Keep an active mind** (e.g. learning a new skill, research, brain training games, home learning using such free websites)
- **Try Meditation and relaxation** (e.g. Apps and free YouTube videos such as headspace)
- **Hot desk at home with planned short brain breaks**
- **Plan meals in advance**
- **Do things you enjoy doing** (e.g. watch a box set, paint your nails, listen to podcasts, reading, etc.)
- **Keeping hydrated** – drink plenty of water during the day
- **Self-care opportunities** (Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety)



Safe in Essex Programme for January

In regards to the recent COVID-19 changes and schools closing, **Safe in Essex live sessions** have restarted from Wednesday 6 January. There will be 4 sessions a day on a range of different topics that cater for an age range of 8-19 in addition to some sessions that are for families as well as young people. Please find their programme at the end of this Bulletin.

Support for Colchester Residents

Advice and support on accessing food, information on key community contacts, support for Clinically Extremely vulnerable people, and mental health support services is available in the [Support for Communities](#) section of their website.

E-Safety: OMEGLE.COM

We have been made aware of a website called OMEGLE.COM which allows users to log in to web cam chats and chat groups without having to register. It is a free online chat website which randomly pairs users in one-on-one chat sessions where they chat anonymously.

This means that this website could be accessed by anyone with any intention without personal information needing to be handed over. Not based in the UK, any young person could be talking to someone from all over the world. This may be a concern, especially as there have been reports of young people being coerced into exposing themselves online and being exposed to males engaging in sexual activity.

We urge parents and young people to be vigilant and ensure that the correct safeguards and precautions are being taken. With the correct safety settings on WIFI and parental controls the website will likely be blocked.

If you have concerns or have experienced any incidents, these should be reported to the police via 101 or Online Protection Centre (www.ceop.police.uk).

Enrichment Activities

PE with Joe Wicks returns every Monday, Wednesday and Friday at 09.00 starting from Monday 11 January: <https://www.youtube.com/c/TheBodyCoachTV/community>

BBC Education

Starting on Monday 11 January, each week day on BBC Two there will be programming to support the GCSE curriculum. In addition, CBBC will have a three-hour block of primary school programming from 09.00, including BBC Live Lessons and BBC Bitesize Daily, as well as other educational programming such as Our School and Celebrity Supply Teacher and much loved titles such as Horrible Histories, Art Ninja and Operation Ouch.

Their content will be built around Bitesize Daily secondary shows, complemented by Shakespeare and classic Drama adaptations alongside Science, History and factual titles from the BBC's award-winning factual programming units. Bitesize Daily primary and secondary will also air every day on BBC Red Button as well as episodes being available on demand on BBC iPlayer.

More information can be found via: https://www.bbc.com/mediacentre/2020/bbc-launches-biggest-education-offer-ever?at_campaign=64&at_custom4=6C147B68-4F78-11EB-A276-E3864D484DA4&at_custom1=%5Bpost+type%5D&at_custom2=twitter&at_custom3=%40bbcpress&at_medium=custom7&fbclid=IwAR3xPx5RG5UaisnywK-XIT0x6L3naSaiwYusCYmmBX5EiT1T10cU9FQpGU

Virtual Talks from Speakers for Schools

They are continuing to run their live broadcasts for young people learning online, at school and at home. Their upcoming schedule can be found via [LIVE BROADCASTS SCHEDULE](#).

Date & Time	Speaker	Talk Information
Thursday 14 January 17.00 – 18.00 LINK TO TALK	Shai Weiss, CEO, Virgin Atlantic Airways Speaker bio here .	Sharing insights into his career journey and discussing how he became CEO of Virgin Atlantic, the importance of teamwork, resilience and maintaining mental clarity during difficult times.

Use the link to the talk above to watch, join 10 minutes before the broadcast to be ready. You can join without needing an account – [Watch how here](#) For full speaker descriptions visit the [Broadcast Schedule here](#)
Watch pre-recorded broadcasts from their library [here](#)

Careers and University Information

CCHSG Careers Information

Mrs Kee will hold telephone appointments with students from Wednesday 13 January onwards. Appointments will be 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.



HSBC Work Experience

HSBC Work Experience is now live and open to all students in Yrs 10 – 13. There are opportunities across the whole of the UK, in financial services, investment banking, marketing, digital, compliance and HR. The Work Experience opportunities will be available through June to August 2021 and will be one week long. Applications should be made via <https://bit.ly/3rjRjT2> and close on Sunday 21 February.

Yr 12 & 13 Marks & Spencer's Apprenticeship Opportunity Webinar – Thursday 28 January, 17.00 – 18.00

M&S are recruiting Retail Management and Fashion apprentices across the UK. If you are interested in Business, Retail, Management or Fashion and would like to apply for their apprenticeship programme sign up to application link below for their webinar <https://www.research.net/r/Marks-Spencer-Webinar>

Work Experience Programmes

Springpod offers virtual Work Experience programmes and Insight Days that are free for students and can be completed at times that suit them. A certificate is available from the employer on completion for use in CVs, Personal Statements and future interviews. They all feature live interaction, the opportunity to ask questions and work/ tasks will also be set and marked upon completion. A list of upcoming opportunities for 2021 is available here

Queen Mary University of London – Journey to Higher Education Series

To support students in the lead up and transition to higher education, the university has produced a webinar series, some of the topics will include:

Preparing for university interviews: Wednesday 13 January

Student Finance: Wednesday 20 January

Transition to Higher Education: Wednesday 27 January

For more information and to register go to <https://www.qmul.ac.uk/outreach/hub/journey-to-higher-education-webinar-series/>

Correspondence Sent Out This Week

All Yrs: Letter to Parents from Essex County Council

All Yrs: PCR Test for Children attending School (key worker students only)

Yr 13: Internal Assessment Information

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yr 7	Bushcraft Residential Trip	Friday 29 January

This Week's Brainteaser

Working from left to right, calculate the numbers in the order shown (without using order of operation).

Replace each question mark with a mathematical sign. Plus, minus, multiply and divide can each be used once only.

What are the highest and lowest numbers that can possibly be scored?

$$9 \ ? \ 3 \ ? \ 4 \ ? \ 7 \ ? \ 5 =$$

Last week's answer: No, it will be short by 0.090909 gallons.

Word of the Week for w/c 11 January

Next week the word is: **IMPERTINENT** – intrusive or presumptuous behaviour or action.

Online Activities









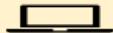










6th - 29th January 2021 via Microsoft Teams

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



FOR AGES, 8-12, 13-19 and families

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
<u>10 AM</u>	Mindfulness and Relaxation Families 	Self-Care For You Mixed ages CYP 	Staying Active for Life Families 	Self-Care For You Parents 	Staying Active for Life Families 
<u>12 PM</u>	Conflict resolution and managing anger 13-19 	Staying Safe in a Virtual World Mixed ages CYP 	Strong Resilience and emotional wellbeing 13-19 	Staying Safe in a Virtual World Parents 	One Community 13-19 
<u>2 PM</u>	Coping through Covid Families 	Strong Resilience and emotional wellbeing 8-12 	Conflict resolution and managing anger 8-12 	Tips and guidance for managing home learning Mixed ages CYP 	EYPDAS Drug and Alcohol awareness session 
<u>4 PM</u>	Family Scavenger Hunt Families 	Family Bingo Families 	Family Fun snack ideas Families 	FAMILY FUN QUIZ Families 	2pm – 3pm Ages 13-17 3pm to 4pm Ages 18 - 25

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)

How to stay safe when...

Going for a Run:

- Always stop and double check before crossing a road. Stop, Look, Listen.
- Ideally, run without headphones. If you are running with music, then have the volume on low and remove your earphones when approaching a crossing.
- Wear brightly coloured clothes. Have something reflective such as an armband, especially in the evening.
- Stick to populated areas, main pathways and pavements.
- Let someone know where you are going and how long you should be gone for.
- Take a mobile phone with you



Going for a bike ride:

- ALWAYS WEAR A HELMET
- Make sure that your bike has working lights.
- Check that your breaks are working before you leave.
- Check that your tyres are inflated before you leave.
- Wear suitable clothing. Loose clothing, such as long scarves can become tangled in the wheels.
- Stick to populated areas, main pathways and pavements.
- Let someone know where you are going and how long you should be gone for.
- Take a mobile phone with you
- Do not listen to music whilst riding, you will need to remain alert to the traffic and your surroundings.



Going for a walk:

- Stick to populated areas, main pathways and pavements, especially if you are alone.
- Let someone know where you are going and how long you should be gone for.
- Take a mobile phone with you
- Ideally, walk without headphones. If you are walking with music, then have the volume on low and remove your earphones when approaching a crossing.
- Wear appropriate clothing and footwear for the weather.



Join our school on Classlist

Classlist is the parent app that brings you into the heart of our school community.

- ✓ Get in touch with parents in our school
- ✓ Ask questions to the parents in your child's class
- ✓ See what's coming up for you and your child
- ✓ Find like-minded friends in our community
- ✓ Organise meet-ups and birthday parties
- ✓ Buy event tickets & RSVP to invitations

I can ask the parents in my child's class questions

It helps me to see who's who at my school and see who lives nearby

I can organise my child's birthday party and see who's coming



I can stay in the loop with important school info & PTA events coming up

Now I know who my child is friends with, I can get in touch with their parents

Round-up emails help me keep up with what's going on even when I'm busy

Is Classlist moderated?

Yes! This keeps our community friendly, welcoming and useful.

How much information do I need to share?

You're in control! You decide how much information to share and what notifications you want.

Is Classlist safe?

Yes! It's fully GDPR-compliant, private and secure.

Sign up today! It's easy and completely free

1

Download the Classlist app on iOS or Android

2

Select our school and sign up



Classlist

Smarter together.

www.classlist.com