CCHSG E-Newsletter

16 December 2019

Contents:

3 The Big Build
4-5 Eco Schools & Tree Planting
6 "Winter Rocks" Concert
7 Mary's Meals Sixth Form Collection
8-9 PTFA Christmas Market
10 GCSE Drama - Physical Theatre Workshop
Steve Brown at Sixth Form Celebration
11 Mock Election 12 December
A Level History Conference
12 Battle of the Bands
13 Author Visit - Samara Levy
14-15 Sixth Form Open Evening
16-17 Student Voice - Anti Bullying Week
18 Year 13 CERN Visit
19 PTFA Donate Classroom Visualisers
20 A Poppy Is To Remember
21 CCHSG Riding Team
22-23 Sports Headlines
24 CCHSG PTFA



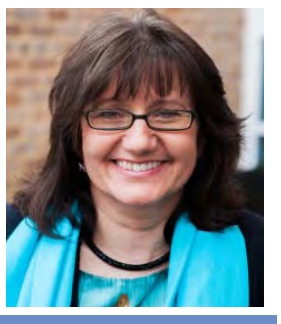
Executive Principal's Notes

It has been particularly pleasing to see how our Music Department goes from strength to strength. Students much enjoyed the Year 8 "Battle of the Bands" and with over 150 students involved, the sell out "Winter Rocks" concert was a really fabulous celebration of CCHSG musical talent. Thanks go to all the staff who supported with the organisation of the event and particularly to Mr Ulph and Mrs Cudmore-Rice.

This year's Christmas Market was a tremendous success. We thank the PTFA Committee, their Chair Mrs Agness O'Brien and the wider group of volunteers who have given their valuable time and skills throughout the year. It was lovely to see so many students and parents supporting the event and enjoying the festive atmosphere. The PTFA have pledged the funds raised towards the purchase of a much needed new CCHSG minibus.

In November we launched the Sixth Form application process with our Open Evening. This was a wonderful opportunity to showcase the excellent facilities, resources, extra curricular opportunities and staff expertise which make our Sixth Form so successful. As always we thank the Sixth Form students themselves who made a huge contribution to the evening, providing invaluable support to staff in subject areas and greeting our visitors. Sixth Form applications for September 2020 are open until 17 January 2020 and can be made via the online form on our website.

This time of year is often one of reflection, evaluation and future planning. As teachers we are always conscious of our role as a staging post on the journey that our students will make through life, and of the importance of ensuring that they are well informed, prepared and supported in their progression. Many of our students will follow courses such as Medicine, Veterinary Medicine and Dentistry with others choosing to enter Music Conservatoire, Art Foundation Courses, RADA or to train as nurses or teachers. Each year over 60% of our Year 13 gain places at Russell Group universities or Oxbridge.



It is always a particular pleasure to take part in the round of practice interviews that we provide as part of the Year 13 programme and we thank all those parents, governors and friends of the school who support with this process. We are always interested to hear from anyone with particular areas of specialism or professional expertise that might be of value in supporting student progression.

Partnership Working

The Senior Leadership Team and Governors have always worked to develop close collaboration and partnerships between CCHSG and other local schools. Since 2013 CCHSG has been the lead school in NEETSA (North East Essex Teaching School Alliance) which is an umbrella organisation of local schools providing continuing professional development for teachers and support for schools in North East Essex. In 2017 CCHSG became lead school in the Colchester Teacher Training Consortium (CTTC). Based on the school site, this is a partnership of over 40 primary and secondary schools and colleges delivering school based graduate teacher training. CTTC is now training over 80 new teachers each year. Please do not hesitate to contact CTTC if you are interested in teaching as a career.

We are working closely with Home Farm Primary School which we will welcome into the Alpha Trust after the General Election, which has delayed the legal process. The collaborative working of the Trust has been of enormous benefit to students, by increasing the educational opportunities offered to them, enabling the sharing of good practice across schools, offering greater opportunities for staff development and also in providing opportunities for making financial savings which can then be used to enhance educational provision. We are currently focusing on the transition from primary to secondary school and working with local primaries to better understand the needs of our Year 7 students.

As another very successful and busy term draws to a close, we thank all our staff for their enthusiasm and dedication and our parents and wider school community for their continuing support.

We wish all our staff, students and their families an enjoyable and restful Christmas break.



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The Big Build

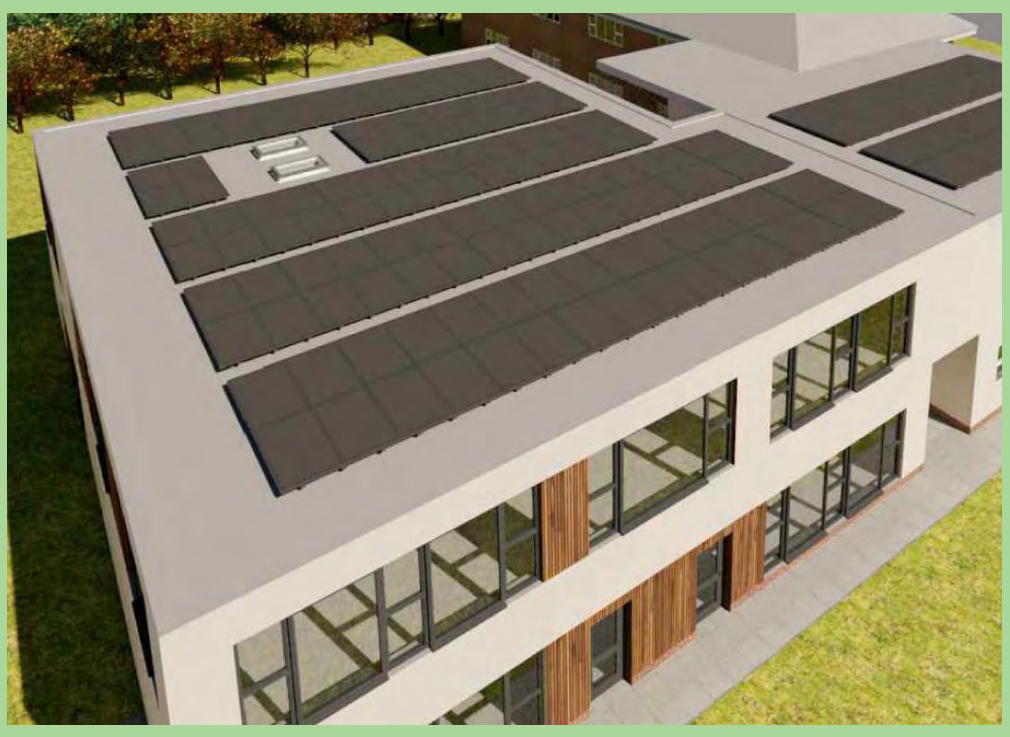


The initial work on the Library and Art Block has temporarily paused for archaeological surveys to be completed. The new Library at 200sq ft. will have capacity for 150 students.



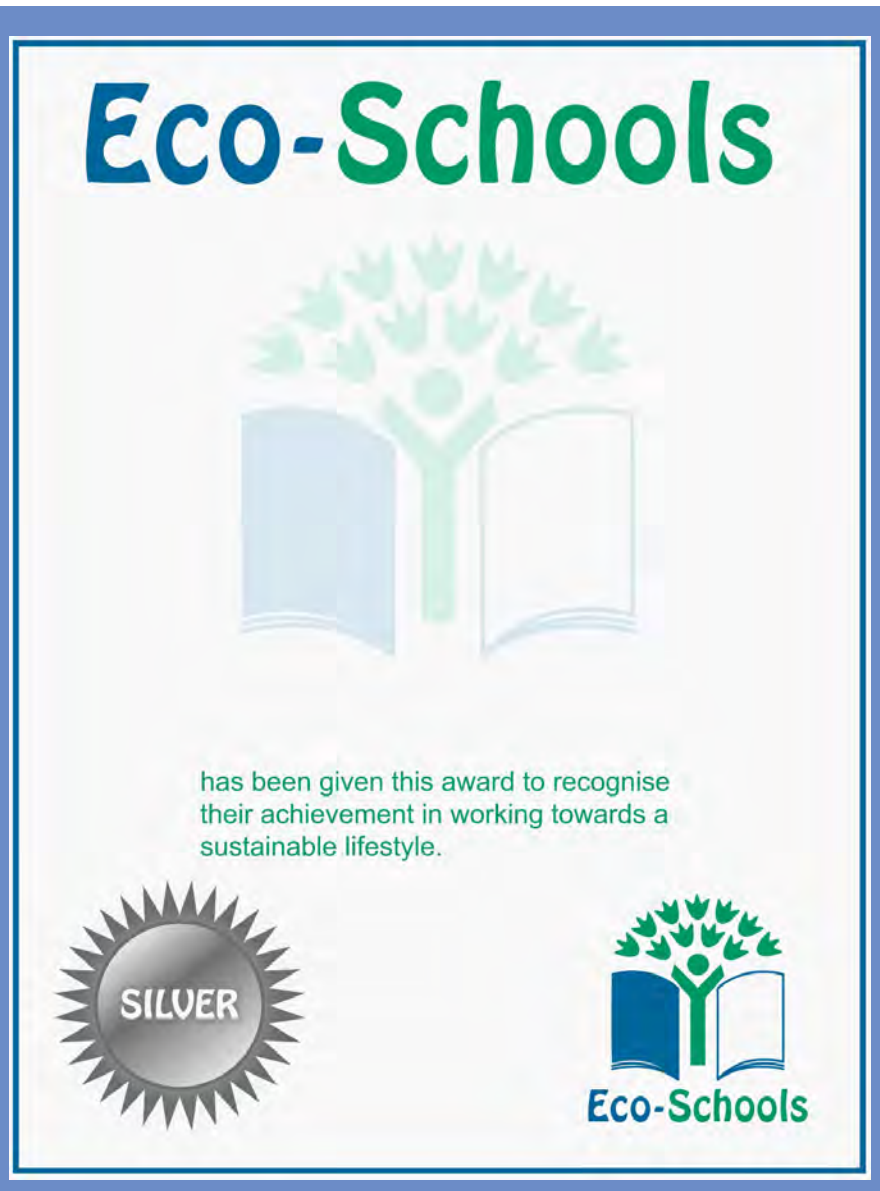


Work on the new swimming pool is almost complete. The pool will be increased in size and the adjoining changing rooms will provide a much improved facility.









Eco-Schools runs as part of Geog Soc on Thursday lunchtimes 12.45- 1.20 in the Geography Department. All students are welcome to participate.

As part of the new building projects we are in discussions over solar panels and electric car charging points….

The Eco-Schools team welcomes any ideas about making the school's future more sustainable.

Students should speak to Mr King or their Student Voice Representative if they have any suggestions.

Our Progress So Far

Recycling

The school has a contract with a local company CSH Environmental Ltd to manage our waste for us. They sort out all the recyclable materials in our waste at their state of the art plant in Colchester. Only a tiny amount of what we put in bins will go to landfill. Paper is collected separately to help with the processing.

The IT department contract a hardware supply company to collect all old computer equipment. This is then recycled and redistributed through their online outlet.



Following Eco-Schools suggestions and consultation with CCHSG Student Voice, the canteen now use recyclable and biodegradable packaging and the PTFA are planning to use real crockery at events as much as possible, to reduce single use plastics.

Waste

We have a 1100 Litre commercial cardboard bin which is emptied once per week.

The kitchens have a special bin for all compostable food waste, peelings etc. which is emptied twice a week.



Biodiversity

We have two ponds, one of which is left untouched so wildlife can live there and have a natural habitat.

We have a fully planted biodiversity area, next to





the Sixth Form block. The species have been planted specially to encourage pollinators. This area also has a range of feeders and invertebrate habitats.

Energy - Heating

In the last 3 years the main plant and pipework in the school has been replaced with more efficient equipment and a computerized heating control system is in place.

New thermostatic room sensors are linked to monitor our heating requirements and keep it within agreed limits.



Air conditioning units are pre-set and locked to enable optimal temperature control and prevent wastage.

The Woodland Trust

We have been working with the Woodland Trust to improve biodiversity and offset carbon by planting over 400 trees around the school grounds. Mr King, Mr Kennedy and Miss Bowdidge, along with students from Year 7, 9, 11 & 12, have successfully planted over 400 new trees. These include silver birch and hazel copses, a mini wild cherry orchard and a brand new hedgerow with six different species. Many thanks to the woodland trust for their donation.

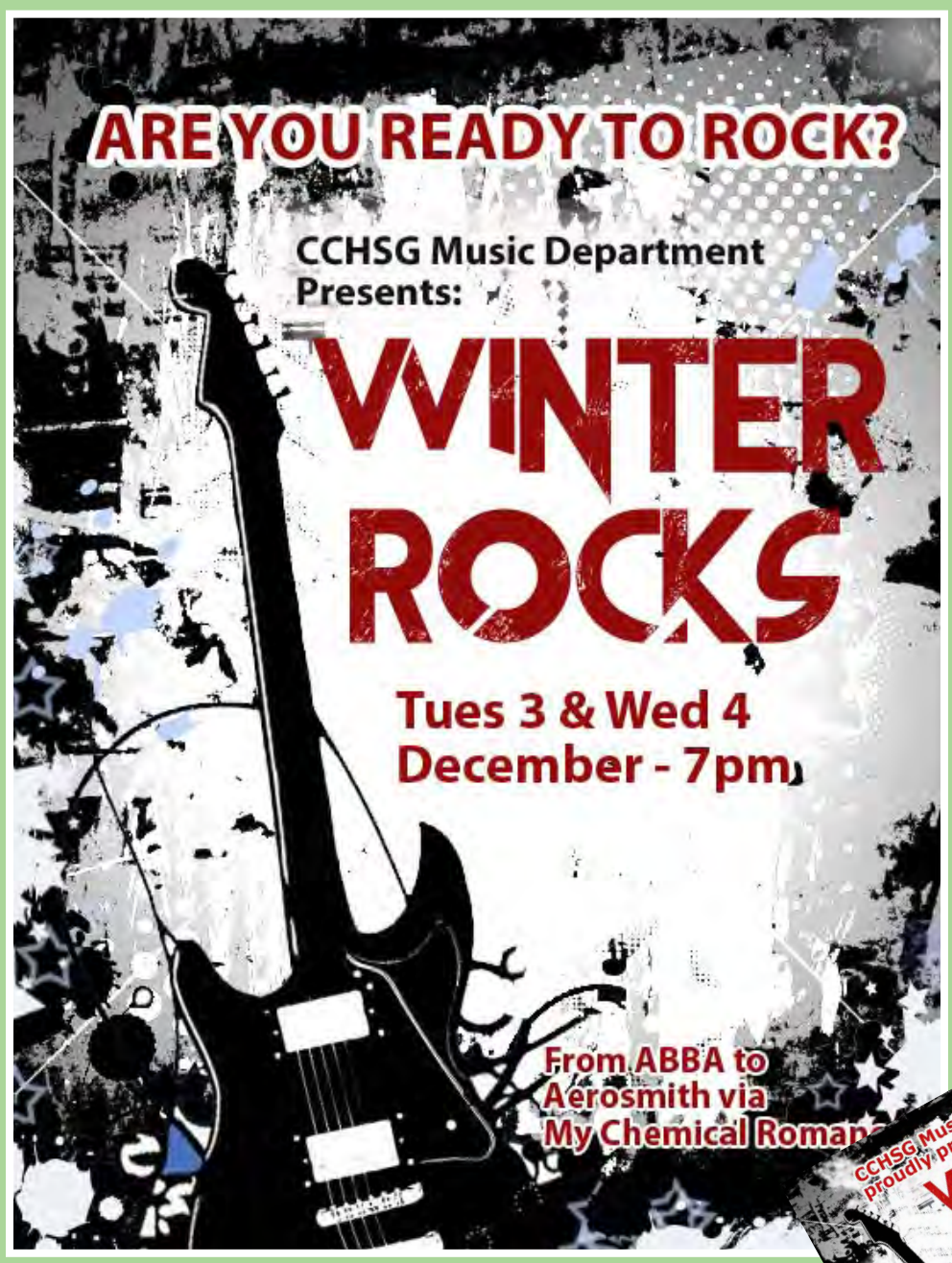






WOODLAND TRUST

CCHSG Music Department Presents “Winter Rocks”



Congratulations to all the students involved in our sell out winter concert. The lively evenings of rock music, including the “Ba-roque” of composers such as Bach were enjoyed by all. Particular thanks go to Mr Ulph, Mrs Cudmore-Rice and all the staff volunteers who supported at the event.

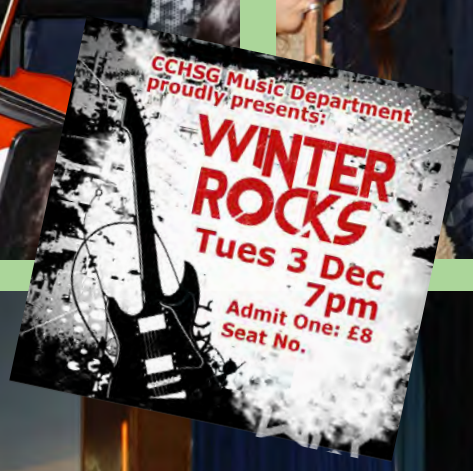
As always we are grateful to the PTFA volunteers for providing refreshments before the performance and during the interval.











PTFA



Sixth Form Collect for Mary's Meals



Mary's Meals is a global movement supported by people from many walks of life and different backgrounds. Their aim is that every child receives one daily meal in their place of education and that all those who have more than they need, share with those who lack even the most basic things.



The Head Student Team organised a collection of backpacks containing school equipment and other essentials during the non uniform day in November. Thank you to all those students who made donations. The team also met with representatives from the charity at their stall at the PTFA Christmas Market and assisted with giving out leaflets to raise awareness. We thank Mr Michael O'Brien whose kind donation funded the cost of the Mary's Meals stall.

The Sixth Form decided to donate the proceeds from their non uniform day to the charity and hope to continue to support them throughout 2020.



Find out more at:

https://youtu.be/gA0yN3VpsFE



Christmas Market 2019



A huge thank you to all the PTFA volunteers, students and stallholders who worked so hard to make our PTFA Christmas Market such a lovely community occasion. Our thanks also to singer Serena Grant and magician Mr Scott Holmes for their excellent entertainment, and the Year 7 and 8 students for their choral performance.

We are also very grateful to Beresfords for their sponsorship via the estate agents boards and thank all those households who hosted the boards. In addition, we cannot thank our parent community enough for coming forward to donate all the delicious cakes, hot food for the café and items for the various raffle, tombola, revision and Library book stalls.

It was lovely to see all the staff, parents and students who came along to support the event and create such an enjoyable, festive atmosphere. We are delighted to say that we also raised in access of £5,500 towards a new school minibus. Well done to all involved.







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THE
FRIENDL
CANDLE
Jerena Grant


Tombola
Tickets 20p
or
5 for £1
PTFA

GCSE Drama - Physical Theatre

GCSE Drama students had the opportunity to take part in a physical theatre workshop organised by Mrs Cudmore-Rice and led by students currently taking the Acting course at Colchester Institute. Physical Theatre is a type of performance where physical movement is the primary method of storytelling rather than, for example, text in a play or music and lyrics in an opera. It also sometimes includes other techniques such as mime, gesture and modern dance to create performance pieces. The visiting students performed an inspiring example of physical theatre, which they had devised as part of their Acting course.





Sixth Form Celebration Evening with Steve Brown

We were delighted that inspirational speaker Steve Brown was able to join us to present awards at our Sixth Form Celebration Evening on 10 December. At the age of 24, Steve was forced to re-evaluate and rebuild his life after a spinal cord injury left him paralysed from the chest down and unable to walk. While rehabilitating at Stoke Mandeville Hospital he watched a wheelchair rugby match and was inspired to take up the sport. Steve went on to become a British Wheelchair Rugby athlete and Captain of the Great Britain National Wheelchair Rugby Team during the 2012 Summer Paralympics.

"Sport has helped me grow in confidence, self-control and self-belief, and this is what I convey to the young people I meet. Through having the opportunity to learn that athletes are only human and have had to overcome their own problems, the young people can relate and listen to the messages the athletes are getting across. I want to help the young people I meet and show them what can be achieved if you set your mind to it."

Steve is one of the most recognised faces in disability sport, and having featured in numerous television broadcasts, including presenting for Channel 4 at the Paralympics and appearing on the One Show. In addition he has worked extensively with young people as a Sky Sports Living for Sport Mentor and is now a regular presenter on the BBC's "Countryfile" and "Springwatch".

We congratulate all those students collecting their certificates. The evening provided an excellent opportunity to celebrate their outstanding achievements and the effort and commitment that they have demonstrated.





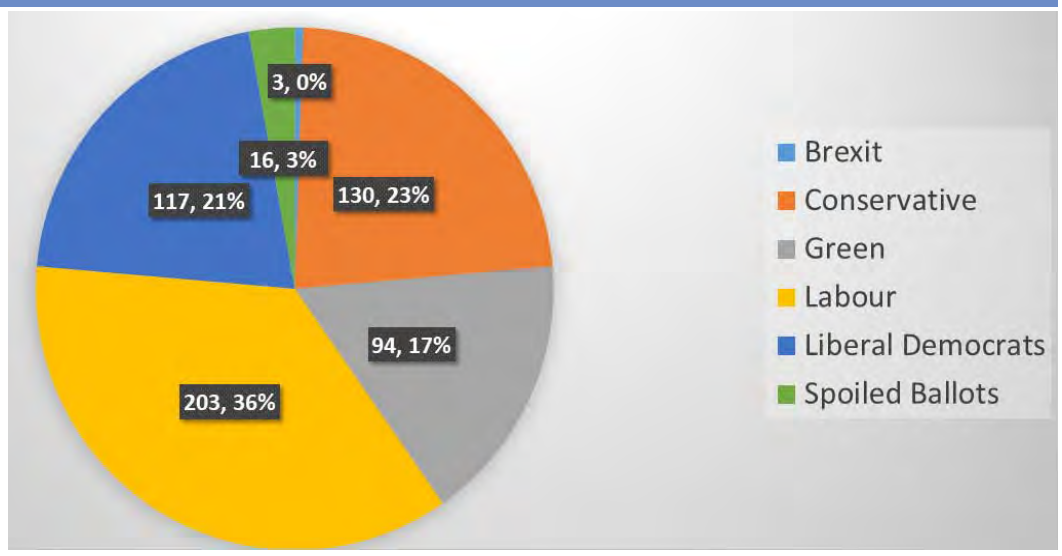


12 December - Mock Election

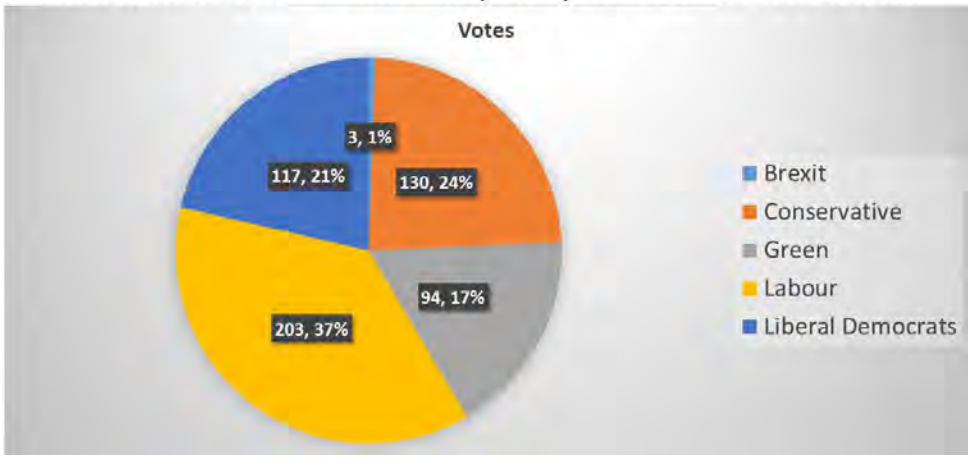
CCHSG organised a mock election to coincide with the General Election on 12 December. Prior to the event members of the Debate Club pitched to students why they should vote for their particular party. The vote was a busy event taking place during break and lunchtime. Voting was completely voluntary to reflect the real election. 563 votes were cast, representing voter turnout of about 55%.

As a school the Labour Party won with 203 votes (36%), with the Conservatives second at 130 (23%). Students also had the opportunity to vote using the Alternative Vote method in order to learn about different voting systems. This is when voters rank the parties by preference. The party with the least votes gets eliminated and their votes get redistributed to the remaining parties based on the preferences. This continues until a party has a majority (50% + 1). Under this system the Labour Party won in the final round with 271 votes, but the Liberal Democrats managed to beat the Conservatives in the round before and came second in the final at 236 votes.

If each Form had been a constituency, there would have been 37 constituencies. Using the current First Past the Post voting system, Labour would have come top in 16 forms. As this is not a majority of the Forms (that would require 19 forms) this would have resulted in a hung parliament.

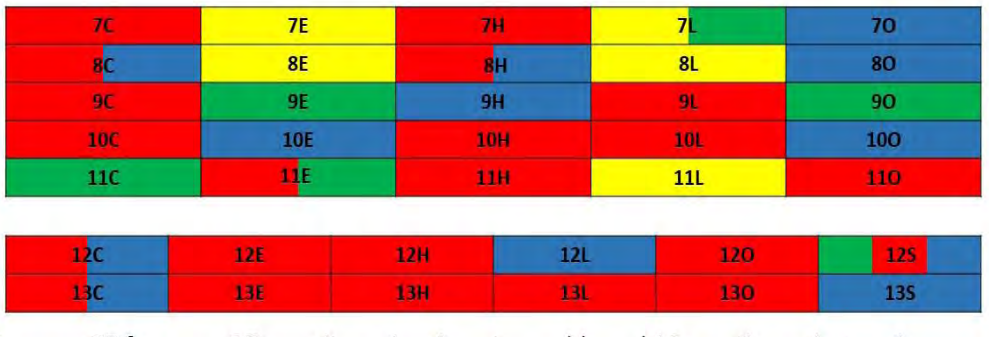


Results based on a 55% turnout (563 votes).





Results if each form was a constituency, voting in the first past the post system.



Sixth Form History Conference

On Tuesday 12 November, we awoke bright and early to make our way to Shaftesbury Avenue, London. The lectures were delivered by two experienced professors and one expert historian, the man, the myth, the legend: David Starkey. The conference was designed to aid students, like us, taking A Level history and, more specifically, to help those studying the Tudor dynasty. We covered four Tudor monarchs over the course of the day, including Henry VII (who we are currently studying), Henry VIII and his daughters, Mary Tudor and Elizabeth I. We began with Henry VIII and we quickly recalled the famous rhyme that covers his reign.

The way the professors interpreted the sources was fascinating and they offered original ideas that we hadn't thought about. However, the knowledge that we had disappeared when we started on Mary Tudor. We have not covered Mary Tudor yet and as a group we knew very little about her. Despite this obvious obstacle, we listened intently and made notes for future reference. Once again, the feminist take on her reign and her reluctance to make her husband her equivalent, was captivating and we cannot wait to start learning about her. We moved swiftly on to Elizabeth I and, thankfully, we got our mojo back as most of us had studied her for GCSE. It was interesting to see how much we could remember from our revision and we re-visited a source we had looked at as part of our GCSE course. This section was especially useful as it helped us understand how much depth and detail we would have to include in our essays.

Finally, David Starkey presented Henry VII. As we already knew about Henry VII we found ourselves being able to apply knowledge that we had learnt in class and we were pleased that we could follow the lecture quite easily. His passion for the Tudor dynasty really inspired us and we look forward to continuing the course!

Eaven Harris and Ana Victoria Anderson Martinez

Year 8 Battle of the Bands

In what has become an annual event, one band representing each Year 8 Form Group competed in front of a packed audience. Students came dressed according to the non uniform day theme of "Something from Your Childhood."

All the students involved deserve to be commended and the voting was close. Eventually 8H, performing "Walk" by the Foo Fighters, were declared the winners. Thanks to Mr Ulph and Mrs Cudmore-Rice for organising the performances.











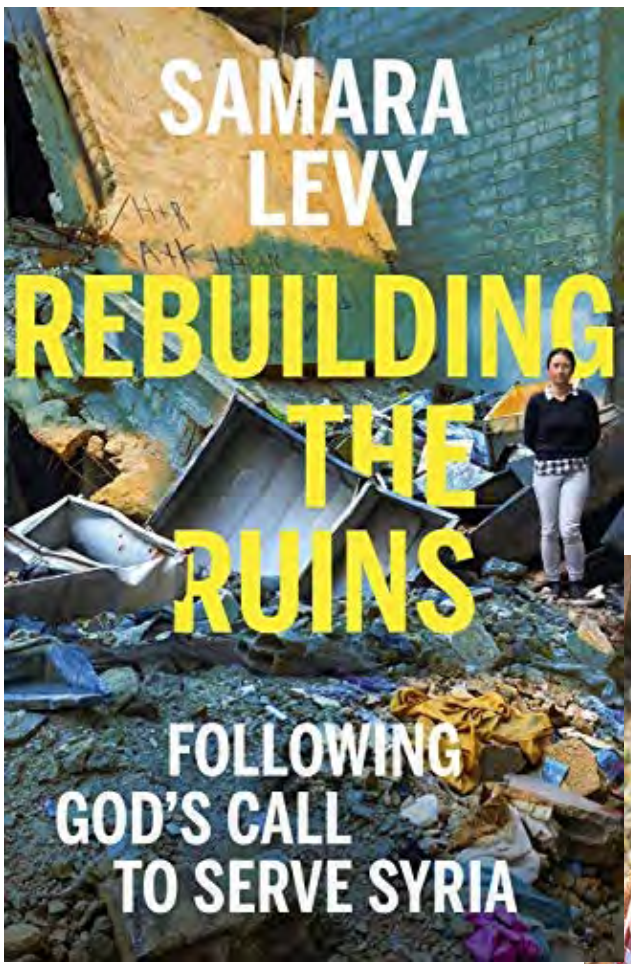




National Youth Orchestra of Great Britain

Our congratulations to Viviane Ghiglino in 11O who has been accepted as one of the flutes of the National Youth Orchestra of Great Britain for 2020. Viviane currently studies flute at the Junior Guildhall School of Music and Drama, and is also a member of Britten Sinfonia Academy.

Author Visit - Samara Levy





Samara Levy is Founder and CEO of Samara's Aid Appeal which provides medical and humanitarian aid in Syria and the Middle East. Samara was a stay at home mum with two young boys with no fundraising experience when she felt called to help those caught up in the Syrian crisis. It started with a vision to fill one lorry of aid, but four years later she has just loaded her 101st container, has sent 11 ambulances to Syria, set up a charity and distributed aid to more than 350,000 people in the Middle East. "Rebuilding the Ruins" tells the story not only of how this work developed from nothing, but also of Samara's own internal journey of faith.



CCHSG is delighted to be sponsored by

www.cityandcountry.co.uk

CITY & COUNTRY

Sixth Form Open Evening

We would like to thank all the CCHSG staff and students involved in the hugely successful and very busy Sixth Form Open Evening on 7 November. It was lovely to welcome so many students from different secondary schools alongside our own Year 11 students.











The application form for September 2020 entry into our top performing Sixth Form is now open and can be accessed via the website or

https://cchsg.applicaa.com/year12

Applications close on 17 January 2020. For further information about Sixth Form admissions and a copy of the Sixth Form prospectus, please see the Sixth Form area of the CCHSG website www.cchsg.com












A LEVEL
CLASSICAL
IVILISATION
GREEK ART






Sixth Form
Colchester County
High School for Girls
Colchester County High School for Girls
Sixth Form
2020 Entry
DO YOU HAVE A QUESTION?
ASK ME

Student Voice - Anti Bullying Week



Student Voice recruits two representatives from each Year Group, via a student vote, at the start of the academic year. Each Tutor Group is assigned one of these students as their Student Voice Representative and they are responsible for representing the views of the group at Student Voice meetings and for communicating Student Voice activities.

Student Voice aims to:

- Support the continuous improvement of the school
- Represent the views of all students in a positive dialogue with senior staff
- Encourage student leadership and allow this to be a driver for change
- Provide opportunities for students to take responsibility, to suggest, research and present positive changes to the school and to contribute to decision making
- To communicate the work of Student Voice clearly to students, staff, governors and the wider school community

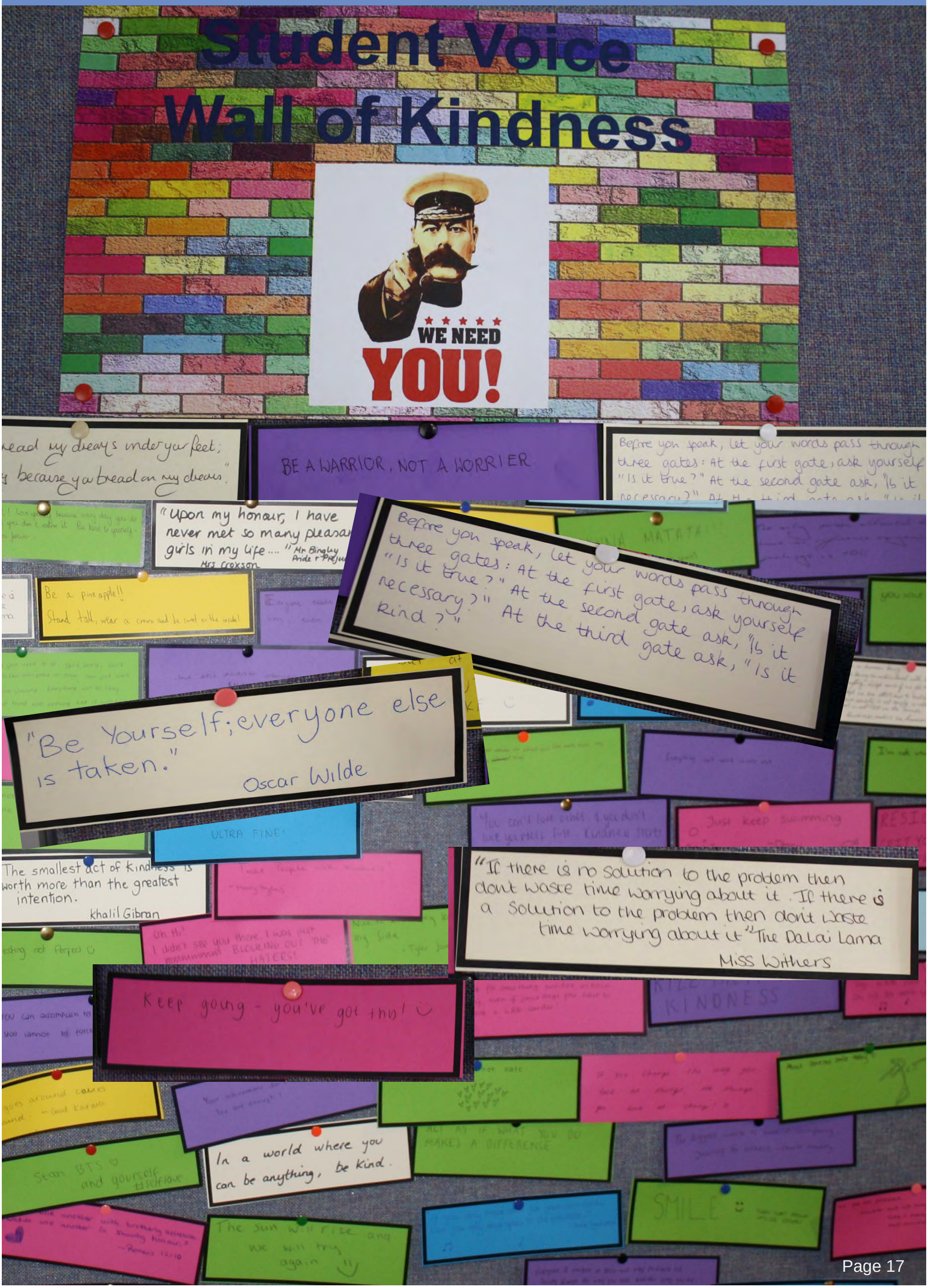
Anti-Bullying Week



Student Voice led a series of assemblies for Anti-Bullying Week and asked staff and students to contribute to a CCHSG “wall of kindness” in the foyer. Anti-Bullying Week, supported by O2, urged everyone to remember that ‘Change Starts with Us’ underlining how everyday acts like listening to people, having a conversation, thinking about the impact of our words or stopping before hitting ‘like’ on a hurtful social media post, can all help to reduce bullying.

In a survey young people highlighted where they thought change should start, with over three quarters (76%) of those polled saying that social media and gaming platforms should do more to change the way they address bullying, and nearly half (48%) saying their schools should do more. More than four in ten (44%) of children and young people said that the media and influencers had the power to reduce bullying. Three quarters (73%) said that adults needed to step up to help tackle the problem, and a quarter (25%) said grown-ups were not good role models for online and face-to-face behaviour.
https://www.anti-bullyingalliance.org.uk/…/anti-bullying-week

Wall of Kindness



Year 13 Visit CERN



Looking back on the CERN-trip, it remains one of the most enjoyable (and, of course, educational) school trips I have ever been on. Being able to talk to PhD students at the plasma research centre and later seeing the large hadron collider up close (and I mean up close – there couldn't have been more than a metre separating us) were both incredibly exciting opportunities. This, paired with an incredible group of friends and the opportunity to explore old town Geneva and its museums, made for a hugely memorable trip.



Firstly, let's address the real reason we were all there: CERN and the opportunity to gain a better understanding of the exciting experiments taking place at the centre. Simply by eating lunch in the communal cafeteria, you quickly saw how incredibly diverse the research centre was. Not only was the food remarkably nice, the international hubbub of languages and cultures present in one area made for a lively and intriguing environment. The centre draws scientists from around the world who come together to try to answer fundamental questions about the nature of the universe and its building blocks. Once we had finished our lunch and discovered the exhibition on the work completed at CERN, we had a tour of the centre and got to see the Large Hadron Collider up close.

Not only was the opportunity to tour the centre rewarding, our tour guide was an extraordinary man, called Klaus, who had been working at CERN for almost 50 years. Not only was he exceptionally intelligent, he had a brilliant sense of humour, making the tour both enlightening and fun. We also learnt that the centre has led not only to discoveries of fundamental particles such as the Higgs Boson, but it is also the birthplace of the World Wide Web. In 1989 Tim Berners-Lee, a British scientist, invented the web whilst working at CERN – it was originally developed to improve the sharing of information between scientists in institutes around the world.

We also visited the centre for plasma research and had the opportunity to talk to PhD students about the centre's mission and their own research. Here, we received a better understanding of plasma (a gas of ions and free electrons) and how it is generated and controlled within the centre. Our tour guide also explained some of the developments that are still needed in order to better control nuclear fusion reactions, that can take part within the plasma. The possibilities of using nuclear fusion to generate energy in the near future were also discussed. I particularly enjoyed seeing the plasma centre as it highlighted the enormous amount of research that comes with developing new ways of generating energy, and reflected on the exciting possibilities that these this research provides.

Lastly, the trip provided us with a great amount of freedom to pursue our own interests when exploring old town Geneva. Many of us visited the National History Museum and later, as a group, we all visited the History of Science Museum. Both were brilliant in relaying information in an engaging and informative way. In my group, we also decided to visit the Olympic Museum, climb the towers in St Peter's cathedral, and ventured into a Louis Vuitton shop. We also all went to laser tag which I'm sure was fun for everyone but, no doubt, made all together better by winning.

Finally, how could I legitimately write an article about the CERN trip without mentioning the cheese fondue which, apart from CERN of course, was the highlight of the trip.

Hendrijke Dorussen Year 13

New Classroom Visualisers



We are very grateful that, at the request of the Senior Leadership Team, the PTFA have been able to fund visualisers for all subject areas across CCHSG.

“The Psychology Department have already made great use of their new visualiser in lessons to enable students to share their work and discuss it in a really productive way. Class 12A were the first to use the visualiser and shared their work on the history of brain imaging techniques. Not only could everyone in the class see an exemplar piece of work, those presenting were able to reflect on and develop their work following the valuable feedback from their peers. We have since shared exam answers, revision thinking maps and journal articles in class and continue to reap the benefits of this immediate sharing of good practice. The visualiser allows the whole class to see written work and examples immediately and conveniently, promoting greater interaction and effective discussion”.
Mrs Phillips and 12A Psychology class.







Thank you to Imogen, Hattie & Melissa for their demonstration.

Would you like your daily work to make a real difference to the lives of others? Are you looking for new opportunities and the chance to develop new skills while pursuing a professional career pathway? If you already have a degree you could qualify as a teacher in Primary or Secondary education with a year of training. CTTC is validated by the University of Greenwich to deliver a PGCE course, offered at either professional or postgraduate level, the latter providing 120 credits towards Master’s level study.

Colchester Teacher Training Consortium

Now Recruiting Trainees for September 2020

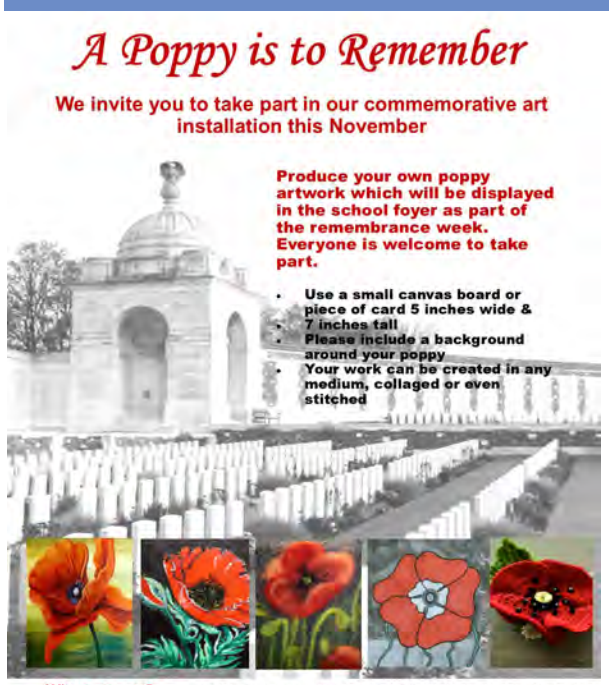
Established in 2004, the CTTC partnership of local schools annually trains around 80 primary and secondary teachers from its base at CCHSG.

The school centred programme, recognised by Ofsted as outstanding, allows trainees to gain Qualified Teacher Status (QTS) through a combination of taught sessions and practical training alongside colleagues in schools. Pastoral support and mentoring is a strength of the programme and local schools are keen to employ trainees from the partnership, with many NQTs and former trainees moving quickly into leadership and management roles.

For further information call 01206 364728 see www.colchesterttc.org.uk or contact enquiries@colchesterttc.org.uk



Remembrance Day Art Installation





Well done to all those who contributed their creative skills to our remembrance display in the foyer. It was wonderful to see so many people making their own personal contribution to our community tribute.



















CCHSG Riding Team - Congratulations!

Nations Cup win, Individual Dressage win & Reserve National Dressage Team

In mid October the riding team, having qualified for many classes, headed to muddy Addington Manor Equestrian centre, for the National school's championships. We were pitting our jumping and dressage skills against the very best qualifying teams from England, Scotland, Ireland and Wales. The team has been, in the past 18 months, beset by injury (horse and human) and we have new partnerships, where the horse and rider are still getting to know each other. Despite adversity, everything came together. Thanks to team manager Anna Hastings for planning our qualifiers and the championships!

Emilia Kay, riding Sky was reaching dizzying heights, which was a joy to watch. Emilia is a graceful rider who makes it look a lot easier than it is. No surprise that she did so well. In the 1m 10 they came 8th which sent them into the jump-off where they came 6th out of 45. In the 1m 20 elite class they flew round to come 7th!

Izzy Lane, on her new horse, "The Gorgeous Secret", came 6th in the 95cm "jumping with style". She then came 8th in the technically challenging Elementary Dressage. She wasn't finished there. She also won the Novice Dressage in a huge class. Izzy is a National Dressage Champion. Not many people can say that! Representing England with selected riders from other English schools, in the highly competitive Nations Cup Dressage, Izzy also helped the England team to victory, Izzy really had the most incredible weekend for her team.

Ellie Hastings on "Darna", a horse she hasn't had for very long, came joint 8th in Novice Individual Dressage, no mean feat in classes this size. But "Darna" can really move and they looked superb together. Both of Ellie's horses qualified, so then riding "Blu" to perfection, Ellie came 4th in the enormous Prelim Individual Class with a whopping score!

Izzy Cleghorn on "Billy", won the warm up dressage on the Saturday with a PB score and a really fantastic test, so Izzy



was in great spirits about Billy's strong performance after his 18 month sabbatical due to injury, He was back with a bang!

Team Dressage

In Team One were: Izzy Cleghorn on "Billy" , Ellie Hastings on "Darna" and "Nilla", ridden by new member Anna Hill. Anna did a fantastic job in her warm up and team dressage tests for someone who normally prefers to showjump! Each test was getting better and better. Anna was a great new addition to the team.

Now for team two in the dressage: Izzy Cleghorn on "Billy ", Ellie Hastings on "Darna", Izzy Lane on "Secret" and Gracie Tyte on the youngster "Bella" . Gracie was amazingly brave to join the team in at the eleventh hour on an inexperienced horse to make up the team of 4, thankfully calm, experienced riding helped "Bella" to do a lovely test, not many people would have dived in like this, hats off to her. These girls were utterly brilliant. None of them are pure dressage riders, but as the light faded, we were able to finally cheer when Ellie finished her test in near darkness and we realised that looking back at all of the brilliantly executed tests, that we really did have a good chance against the 38 teams that had qualified!



Individually Izzy Cleghorn was 5th with another PB, Izzy Lane 2nd and Ellie Hastings 4th in their sections meaning with an average score of 74.1 they secured themselves the accolade of Reserve National Dressage Champions!

Competing against specialist sporting schools and colleges, the CCHSG team have made other schools sit up and take notice, they have showed how hard work, determination, sportsmanship and team spirit make them the team and riders to beat. Now to plan next year! **Izzy Cleghorn 11C**

Sports Headlines

Colchester Sports Awards





On Monday 25 November the PE Department went to the Colchester Sports Personality of the Year Awards at the Colchester United Football Stadium. The award winners are nominated from Colchester and surrounding areas and include clubs as well as schools. We had a large number of Winners and Commendations highlighting the incredible hard work and success of our students.

Winners:

Chloe Dennis: U14 Female Sports Personality of the Year (Badminton)

Year 8 Rounders Team: U14 Team of the Year
Bella Johnson, Olivia Gravatt, Bella Garrard, Taro Chandiwana, Maya Osborne, Olivia Powell, Sheena Franklin and Elise Ando.

The PE Department:
PE Department of the Year (3rd time in the last 4 years)

Commendations:

Bella Johnson (Cricket, Hockey, Rounders)
Isabelle Lane (Equestrian)
Inter Swim Team: Charlotte Norman, Cerys Williams, Lucy Morgan and Isabelle McPherson.



Gazette

Monday December 2, 2019

SPORT COLCHESTER SPORTS PERSONALITY AWARDS

■ Team prize - Colchester County High School for Girls' rounders aces won the under-14 team award. They are pictured with mayor Nick Cope Pictures: MARK JARVIS

Sporting stars re for achievements

COLCHESTER'S top sporting talent enjoyed the limelight at a glittering ceremony to reward the borough's top achievers of 2019.

The Sport Colchester Sports Personality Awards were held at the JobServe Community Stadium on Monday.

Individuals, teams and volunteers representing a variety of sports received awards and commendations in front of a packed audience.

By MATT PLUMMER

the 75kg category at the British Boxing Championships, in Sheffield.

Athlete Rebecca Jeggo received the Female Sports Personality prize, following a year of success at both regional and national level.

Among many

er Edward Appleby and sailor Faye Chatterton.

Copford powerlifter Mick Amey was recognised for his vast success by winning a special Lifetime Achievement Award while the prestigious Premier Award was won by former Colchester Rugby Club youngster Lewis Ludlam.

Goalball with Sport England



Teams alternate throwing or rolling the ball from one end of the playing area to the other, and players remain in the area of their own goal in both defence and attack. Players must use the sound of the bell to judge the position and movement of the ball.



In collaboration with Sport England the PE Department had a Goalball coach working with PE groups. This was an interesting and enjoyable insight into this team sport which is designed specifically for athletes with a visual impairment.

Christmas Volleyball

The annual inter-form Christmas volleyball tournament, organised by the PE Department, generated some very competitive matches, and some great costumes!



















PTFA



Christmas Market 2019

It was lovely to see all the staff, parents and students who came along to support the event and create such an enjoyable, festive atmosphere. We are delighted to say that we also raised in access of £5,500 towards a new school minibus. Well done to all involved.



Winter Rocks Concert

Our thanks to the PTFA volunteers who provided the refreshments before the concert and during the interval. The profits from these sales, like all our fundraising, go directly back to the school through the funding of staff bids for resources and equipment.

It is great to end the year on such a positive note. The Christmas Market is the culmination of a hugely successful year for the PTFA and we look forward to working together to build on our achievements in 2020.

PTFA CONTACTS:
Chair: Agness O'Brien
Tel. 01376 573694 or 07951 511653
cchsgptfa@gmail.com

Easyfundraising

It's easy to get involved and costs you nothing. Sign up to support Colchester County High School for Girls PTFA at: https://www.easyfundraising.org.uk/causes/colchestercountygirlspta



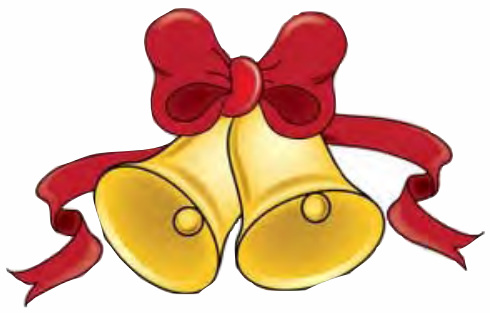


Second Hand Uniform Sales

The next Second Hand Uniform Sale open to everyone will be at the "Return to the Forbidden Planet" spring production on 6 & 7 February 2020. Non ticket holders will also be able to access the uniform sale.

Donations of uniform can be left at the school reception from January onwards.

Do come along, grab some bargains and support our efforts to encourage eco-awareness and recycling.



We thank all the parents, staff and students for their support throughout 2019. We wish you all a restful and enjoyable Christmas break.