# CCHSG E-Newsletter

20 March 2020

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## Executive Principal's Notes

CCHSG was founded in 1909 to provide an excellent education for young women and it is important that we continuously develop and innovate in order to fulfil that aim in the 21st Century. The scheduled official opening of our stunning new multi- purpose hall and swimming pool by MP Will Quince has had to be postponed to a more appropriate time, but we are nonetheless delighted that students can now enjoy these excellent new facilities. The students are delighted that they no longer have a cold walk across the carpark to the swimming pool.

**Parent Fundraising**

The committed engagement of so many of our parents with the school community is very much appreciated by the school's Governors and staff. We would like to thank all those parents who give their support and time so generously and by so doing, allow us to enrich the educational opportunities for all our students. Your efforts are invaluable.

**Covid-19**

You will be aware of the school closure announcement made on Wednesday, 18 March, at 17.15. Schools were only made aware of this decision at the same time and we are currently working through the detailed plans needed to facilitate this following recent government advice; this advice is constantly changing, however. We will keep parents as up-to-date as we can with all relevant information. Presently, we cannot answer exam queries until we have information from the relevant authorities and they are still working on the details. We ask that you monitor our usual lines of communication, SchoolComms and, in particular, read the general letters of information addressed to all parents. Thank you.

The upcoming weeks will make unusual and challenging demands on us all, requiring flexibility in ways of working and adaptations to our way of life. Students and staff are already prepared for a move to online working. I would like to thank our teaching staff, support staff and particularly my colleagues on the Senior Leadership Team for their incredible support. I would also like to thank all our parents and carers for their continuing support, especially in these exceptional times. I value deeply the many supportive emails the school has received.

Over the generations, CCHSG has weathered many storms, including two world wars. We are justifiably proud of our strong and caring community and we will continue to support each other in every possible way until this crisis has passed. This newsletter provides a happy reminder of the vibrant and exceptional school that we can all look forward to enjoying on our return.

With best wishes to all our students, staff and their families.



# The Big Build











We are delighted that the new CCHSG multi use educational space and swimming pool







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

# CCHSG Gains Prestigious SSAT Award

CCHSG has recently been informed that we are to receive an Educational Outcomes Award for exceptional 2019 results from the Schools, Students and Teachers network (SSAT). Educational outcomes data analysis from SSAT has shown that the school is in the top 10% of selective schools nationally for attainment and progress at GCSE. We are delighted that CCHSG has been recognised nationally by receiving this prestigious award.

The awards are based on 2019 data provided by the Department for Education and Ofsted and for the school's commitment to collaboration, analysed SSAT, the Schools, Students and Teachers network.

CCHSG was found to be among the best performing selective secondary schools and Sixth Forms in the country, receiving three awards for being in the top 10% of selective schools nationally for attainment and for being in DfE Band 1 for student progress at GCSE. The school was also recognised for being in the top 20% of selective schools nationally for student attainment at A level in academic subjects.

ssat
the schools, students and teachers network

This is a tribute to the professionalism, commitment and hard work of our teachers and students and the support of their families. A big thank you and well done to all the students, staff and governors.

Sue Williamson, Chief Executive of SSAT said:

"*Congratulations to Colchester County High School for Girls on winning three SSAT Educational Outcomes awards. This success is down to the superb learning and teaching, outstanding support and inspirational leadership of students, staff, parents and governors. You have made a huge difference to the lives of the young people in your school. Thank you.*"

www.ssatuk.co.uk

# Library and Art Block

After some delay caused by archeological investigations, the work on our new Library and Arts block is now progressing quickly. Due to open in September, the building will contain a fabulous new library and resource centre and two new art studios.











The existing Library and art rooms on the second floor of the main building will be converted into much needed classroom space to accommodate our increasing student numbers.

# Science Week at CCHSG

British Science Week 2020

3-13 March

## What's on at CCHSG?

- **Science Film**: The Martian, a ground-breaking and dangerous journey to Mars, starring Matt Damon
- **CCHSG Space Bake-Off & Bakesale**: a chance to bake and buy Space-themed bakes, prizes to be won!
- **Medical Research Talk**: exciting talk by Senior Scientific Manager, Dr Annie Speak, of the Sanger Institute about research in medicine and biochemistry
- **Physics Demos**: discover physics outside the classroom
- **5 Senses Workshop**: the science and psychology behind our senses
- **Medical Research Council Live Chat**: talk and ask questions to medical researchers and doctors
- **Dissection**: dissect and discover the anatomy of a sheep's head, heart, lungs, kidneys, eyes, and more
- **Interform brainteaser quiz**: famous names and scientific knowledge
- **Royal Society of Biology Challenge**
- **'Our Diverse World' Poster Competition**: deadline soon!

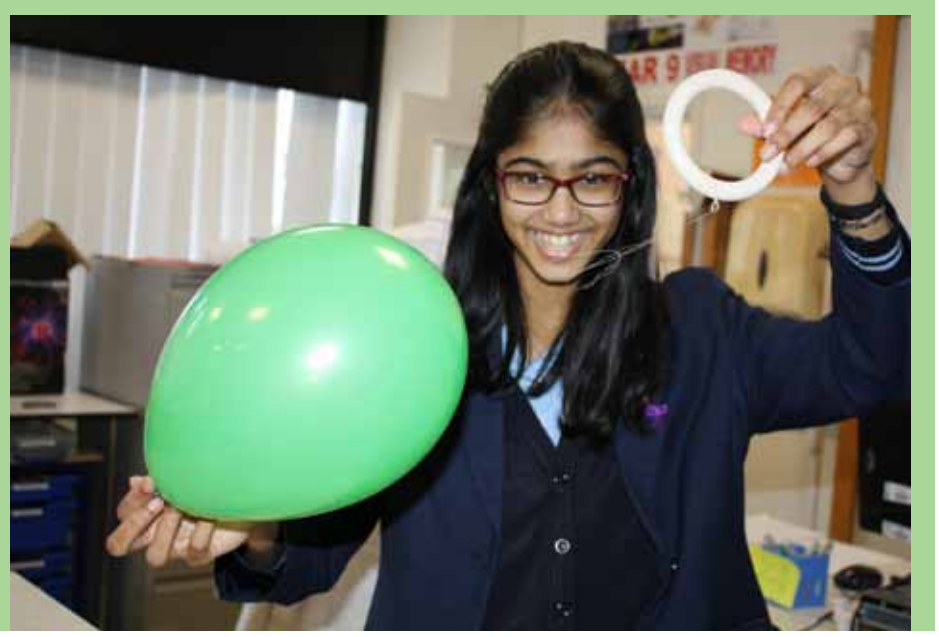
**How many events can you get involved in?**

| Monday 2 March | Tuesday 3 March | Wednesday 4 March | Thursday 5 March | Friday 6 March |
|---|---|---|---|---|
| | The Martian G18 12:45pm - Bring your lunch! | | | Year 7, 8 and 9 "Our Diverse World" - Poster Competition Deadline - Submissions to T11 |
| | | | | Physics demos G2 12:45pm |
| Year 9 Royal Society of Biology Competition | | | | |
| Form Time Quiz - 'Famous Names' | | | | |

| Monday 9 March | Tuesday 10 March | Wednesday 11 March | Thursday 12 March | Friday 13 March |
|---|---|---|---|---|
| CCHSG Space Bake-Off & Bakesale - Hand in entries to The Hall during form time, Bakesale opens 12:45pm | Medical and Biochemical Research Talk, Dr. Annie Speak G0 12:45 - Bring your lunch! | Medical Research Council Live Chat T7 12:40pm | Dissection G20 12.50pm | 5 Senses Drop-In Workshops G0 12.45pm |
| Year 9 Royal Society of Biology Competition | | | | |
| Form Time Quiz - 'Science Facts' | | | | |







Our thanks to Dr Annie Speak, an ex CCHSG student, now Senior Scientific Manager at the Sanger Institute. She visited us to talk to students about pathways in Medical and Biomedical Research.





**2015**
Moved to Experimental Cancer Genetics group

**2012**
Started at the Sanger Institute in the Mouse Genetics Project

**2011**
Moved to the University of Southern California as a Research associate

**2007**
Obtained DPhil in Biochemistry from University of Oxford

Started Postdoctoral work at University of Oxford

**2004**
Obtained MBioChem from University of Oxford

"I am interested in how alterations in genes cause developmental or functional abnormalities in the immune system with a current focus on cancer immunology.

My work aims to further uncover the interaction between the immune system and developing tumours, with a long-term view to enable this interaction to be manipulated for the development of new therapies. This involves polychromatic flow cytometry (analysis and sorting), DNA and RNA sequencing plus in vitro and in vivo models to understand the function of genes in the immune system." Dr Annie Speak

https://www.sanger.ac.uk/people/directory/speak-anneliese























# Science Bake-Off



# Year 8 - Art Exam with an insect theme

Year 8 had just 4 hours to complete their assessed pieces, which were the outcome of much planning and research. Students chose a wide range of media, from textile to collage and interpreted the theme in diverse styles. Some for example, took a Surrealist approach, while others fragmented their images in a style inspired by Cubism. One very hungry caterpillar had even eaten part of its board.



















# European Youth Parliament Regional Competition

This year's CCHSG European Youth Parliament team arrived at Churchill College, Cambridge on Thursday 13 February for the regional stage of the competition.

We were one of four teams, or committees as EYP calls them, and we were assigned the name AFET, an abbreviation of "The Committee on Foreign Affairs". The other committees were LIBE (The Committee on Civil Liberties, Justice and Home Affairs); TRAN (The Committee of Transport and Tourism); and AFCO (The Committee of Constitutional Affairs).

The practise debate was over the very contentious topic of water or milk first in tea (water obviously) and helped to expel the teams' nerves before we started the first resolution.

As our committee's resolution was the first in the booklet that was issued to all of us, we went first in defending our resolution on the topic of the Yemen War.  Each resolution session started with a defence speech from the committee presenting the resolution, and then two attack speeches from other committees, before a summation speech from the defending committee. Two or three rounds of open debate then followed, where any committee could hold up their placard and then be recognised to speak. Brief summation speeches were made by the defending committee between each round, and then at the end of all the rounds of debate, a final, longer summation speech was made. After this all delegates voted on whether or not they supported the resolution, which would then be passed or fail accordingly. It's not as complicated as it sounds, I promise.

After a few pointed reminders from the President and Vice Presidents to "please keep all points as concise as possible" and "to only offer constructive criticism please" we all got the hang of general debate.

EUROPEAN **YOUTH** PARLIAMENT

As there were only four committees present, but six resolutions in the booklet, the resolutions on economic inequality and the climate crisis did not have a committee to defend them, so some committees ended up defending an extra resolution, without preparing for it. LIBE defended the resolution about economic inequality and we, AFET, defended the resolution about the climate crisis. After all the resolutions had been debated, the jury left to decide if which committees would go through to the national stage of the competition. After a talk from a senior tutor at Churchill College on applying to competitive courses, the jury returned and announced that AFCO and, we, AFET, were to go to nationals in June.

We'd like to give a huge thanks to Mr Paz and Mr Loftus for taking us to Cambridge, as well as all the organisers and officials and the jury for coordinating the day and making everything run smoothly.

The team and I are looking forward to going to nationals in June.  We are currently fundraising to cover the cost of our transport and accommodation and are seeking a company or local business that might be interested in sponsoring us. If you would like to find out more about this, please contact Mr Paz, via office@cchsg.com

This stunning textile piece was produced by Prakriti Arora in Year 13.  The figures are life sized.



# World Book Day - 5 March

World Book Day is a registered charity on a mission to give every child and young person a book of their own. World Book Day is the biggest celebration of its kind, designated by UNESCO as a worldwide celebration of books and reading, and marked in over 100 countries all over the world.

CCHSG staff got into the spirit by dressing up as their favourite book character and students enjoyed a live screening of a performance by the Royal Shakespeare Company.



You can find interesting resources and ideas to follow up at home via: https://www.worldbookday.com

WORLD BOOK DAY
5 MARCH 2020

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# Bletchley Park Visit



On Friday 6 March and Tuesday 10 March the whole of Year 8 were privileged to visit Bletchley Park Museum in Milton Keynes.

Bletchley Park was the top-secret site for code-breaking during the first and second world wars and the work completed there in breaking the code and deciphering the enemies messages undeniably helped the allied forces win the war and is estimated to have shortened the war by up to three years saving millions of lives in the process. With this in mind the students and staff alike were eager to find out as much as possible about the work and the lives of the people who worked there.

The visit supports the History curriculum, Creative and Critical Thinking and the Computing curriculum. The learning supports the Year 8 Computing curriculum as they are currently completing a topic on the impact of ICT and the history of computing. Before the visit students had learnt about the important work done at Bletchley Park by Alan Turing and Tommy Flowers, and how the machines they created to decipher the Nazi's messages encoded by the infamous Enigma machine, led us towards the era of modern computing we know today.

An early start to each of the days was necessary as the journey was estimated to take three hours, but as part of the day's activities students were able to watch the movie "The imitation Game", that tells the story of Alan Turing and the important work done at Bletchley Park during the war.

The students worked in their Form Groups and took part in a variety of activities throughout the day. They were given a guided tour of the museum site where they were shown all of the important buildings, told what they were used for and given an insight into what life would have been like for the thousands of young adults who were conscripted to work there in top-secret during the war.  Lunch was eaten in one of the many original huts that have been restored. Students were given some free time to explore the numerous exhibits and visit the gift-shop, this gave students the chance to see original versions of the Enigma machine and working replicas of Turing's Bombe.

The highlight of the day was an hour long workshop where students took part in a simulation of intercepting intelligence exactly as the young women working at Bletchley Park during the war would have done. This involved learning how to decipher Morse-code and then using an original Enigma machine along-side copies of a genuine Nazi code-book to decipher enemy messages and save British troops.

Tired but happy and enriched from the experience staff and students were in good spirits on the journey home, where they were treated to the Disney movie "Big Hero 6".



# Maths Feast Competition - Year 10




Advanced Mathematics Support Programme

National support for teachers and students in England

www.amsp.org.uk

www.mei.org.uk/

The Year 10 Maths Feast is an Advanced Mathematics Support Programme, funded by the government with the aim of increasing participation in AS/A level Mathematics and Further Mathematics. Supported by Mathematics in Education and Industry (MEI) the programme offers a fun educational challenge for Year 10 students which tests problem-solving and teamwork skills. Teams of four students had the opportunity to test their maths skills with an all-you-can-eat feast of problems!

There were several rounds in this three-hour event requiring different skills and strategies for success, with awards being given for good teamwork and to the winning team of each round. One of the CCHSG teams won the third round where they were required to read, understand and answer the questions on an A level Further Maths topic - they scored full marks!

Congratulations to Nikhita Bansal, Chatelle Mbugua, Jade Etim and Alicia Wang.

# UKMT Team Maths Challenge at Bancroft's School

Two students from Year 8 (Emily Wong and Isabel Cato) and two from Year 9 (Georgia Pearson and Lana Houghton) attended the Team Maths Challenge on 4 March 2020. Teams of four students from schools and colleges across the UK take part in dozens of Regional Finals and high-scoring teams are invited to compete in the National Final. Students worked through 4 rounds:- Group, Cross numbers, Shuffle and Rally.

Twenty-four school teams took part in this event and we were delighted that CCHSG was placed sixth overall. Well done to our team!



United Kingdom Mathematics Trust

# National Citizen Service

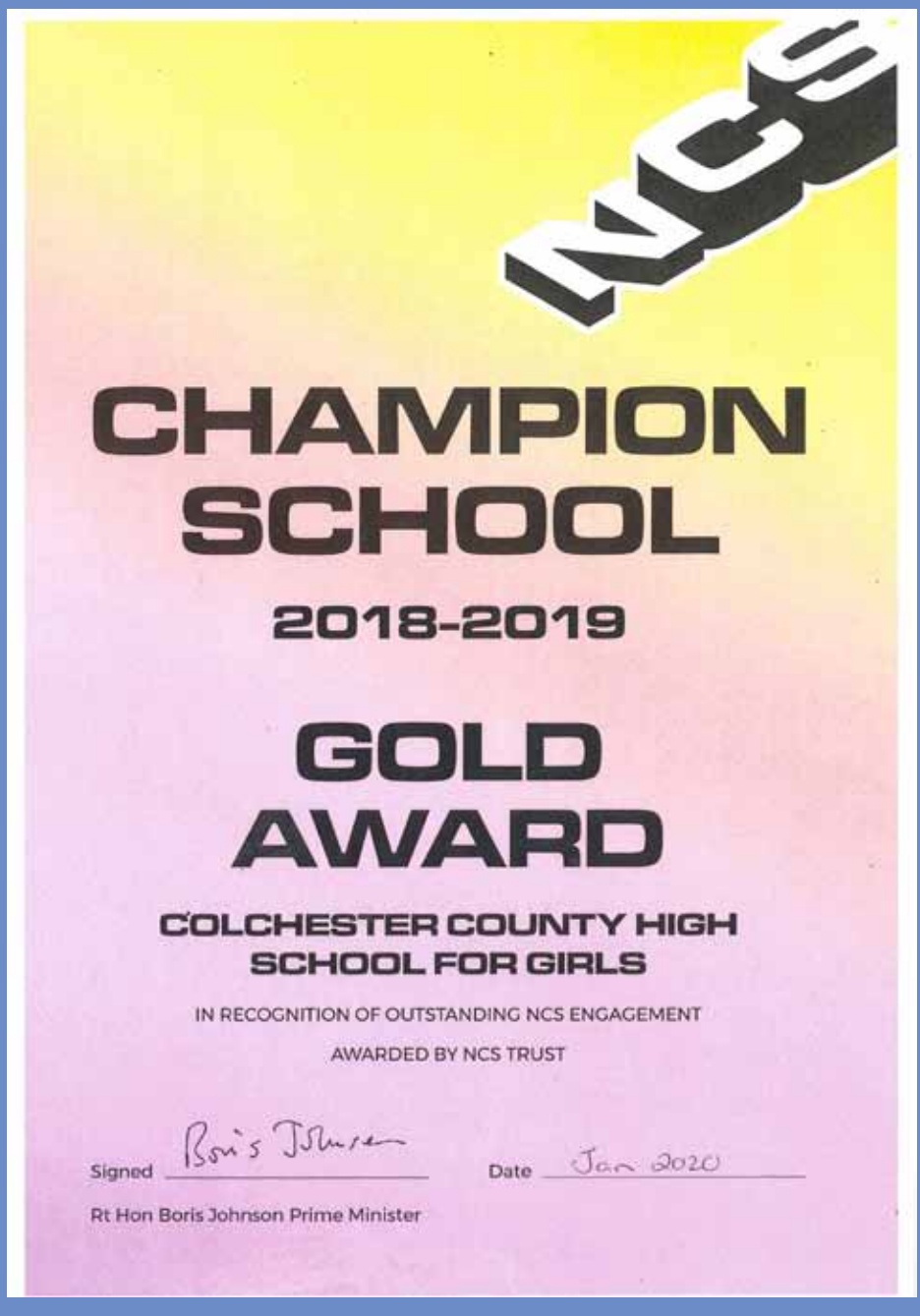
We are delighted to announce that the National Citizen Service has awarded us with Gold status as in 2018-19 over 50% of our Year 11 cohort participated in their summer activities. As well as a plaque, we received a certificate from the Prime Minister.

The National Citizen Service is open to all 16 and 17-year-olds in England. It helps young people build skills for work and life, while they take on new challenges and meet new friends. They have a short time away from home and take part in a team project that will help their community.

The National Citizen Service is the country's fastest-growing youth movement. It aims to engage young people in activities which will help them to 'succeed in new challenges, embrace new experiences and make their mark on the world.'

Current Year 11 have already been visited by the NCS team and have had information regarding this summer's activities with many students signing up to participate already.

Interested students should visit wearencs.com or ask Mrs Joslin for more information.




NATIONAL SERVICE CITIZEN

IT ALL STARTS AT YES

THE SUMMER THAT TURNS NO YOU CAN'T INTO NO WE CAN

# 7H National Oreo Day Bake for Cancer Research

Did you know it was "National Oreo Cookie Day" on 6 March? Well 7H with Mr Ulph certainly did. They used the theme for their creative bakes and raised a total of £107.83 for Cancer Research.  Well done all!












# Young Enterprise

**Our thanks to MP Will Quince who spent lunchtime talking to our Sixth Form Young Enterprise Groups and hearing about their projects. He even recalled his own Young Enterprise experience, during which his group marketed a product involving something unfamiliar to many of our students - a mouse mat. Also visiting were Mr Quince's assistant, Fabian Green and Clive Bass, Young Enterprise business advisor.**



## Team Dynamic

The aim of team "Dynamic" is to create saleable and effective product that can help anybody in an emergency, specifically people with medical conditions, and to take advantage of the increasing domination of technology in our society to provide a platform for delivering this.

The product is the Penguin Pocket; a self-adhesive card holder that can be attached to any smooth surface, e.g. a phone or a fridge. The Penguin Pocket comes with an "In Case of Emergencies" card, where the customer writes emergency details they would need to disclose if they were in an accident.

**Team Natura** aim to tackle issues such as sustainable travel and reducing plastic pollution, by making small changes to daily essential items, such as bags, mugs and much more. In addition, they aim to also educate others about the importance of the helping the environment, with tips on how to take part.

Their current product includes: A reusable bamboo travel mug, a bamboo toothbrush, a bamboo cutlery set (which is reusable) along with a straw, all encased in a canvas bag printed with their logo.
https://instagram.com/natura.ye?igshid=1sxz2pz8vdf7e






**Employers are increasingly looking for people who are innovative, creative and adaptable. The Young Enterprise Company Programme provides the perfect opportunity for students to develop these skills in an engaging and challenging way.**

**https://www.young-enterprise.org.uk**

# 9L Valentines Bakesale Fundraiser

Well done to 9L with Mr King who were fundraising today with a bakesale in support of Lizzie's Fund https://www.facebook.com/LizziesFund/

This charity funds research in to brain tumours and supports the families who are impacted.










The bake sale made £219.76.

Well done to all who baked and bought.

www.thebraintumourcharity.org

# Year 7 fundraising for Lepra

lepra
We will beat leprosy together

Year 7 have been fundraising for Lepra as part of their PSHCE programme this term. Lepra is a UK-based international charity working to beat leprosy in communities in Bangladesh, Zimbabwe, India and Mozambique.

The students had a lot of fun completing a Zumba workout on Monday 2 March as part of their fundraising efforts. A big think you to our instructor and to the Year 7 students for their enthusiastic participation.



Year 7 Students have raised over £4,500 from sponsored events such as swimming and running and collecting donations from selling cakes and handmade items. This is an incredible sum that will be a very positive contribution to the work Lepra does for people affected by leprosy.

**CCHSG is delighted to be sponsored by**

**www.cityandcountry.co.uk**

CITY & COUNTRY

# Babraham Research Institute
# Sixth Form Projects Day




Eight Year 12 students attended the annual Babraham Research Institute's Sixth Form Project Day on 26 February. Babraham is a world leading biological research institute south of Cambridge, which has been running the projects day for 27 years. The students undertook practical work in the research labs with post doctoral scientists and also had a careers session.  It was a unique opportunity to experience life inside a research lab which is not usually an option at sixth form level. This is what some of the students thought of the projects day:

"I was working in a small group with two PhD students, one of whom is working on the adaptive immune system. We learned some theory about how B cells cut and paste different sections of DNA through a process called VDJ recombination to produce genes, from which the antibody proteins can be formed, which make up the variable region. In the lab, we practised pipetting before carrying out PCR, to rapidly synthesise DNA .  After testing our samples under UV light we were able to identify which DNA was wild type and which was mutated. Overall the experience was really enjoyable; it was exciting to try out techniques that were new to me and see specialised technology in action.  I also valued the opportunity to discuss with the students their own experiences of studying biology and the careers this has lead them towards.

Attending this trip was definitely a good opportunity for me. Right now I am still considering what I want to do in the future and whether to pursue biology any further. By being able to witness this research I started to remember why I was so passionate about biology in the first place. My small group studied "Cancer Cell Cannibalism", where at first inspection I thought the tumour cells were actively consuming each other in an act of aggression. Turns out that this was not the case. By dying the cells with fluorescent proteins, we could view in real time the "softer" cells forcibly pushing themselves into other cells. One cell could find itself, sometimes, with four others in itself. The even more interesting part is that not all of the cells are digested. Out of the four, one might just leave the host cell. An other might be digested and the final two may just live their remaining life spans within the host cell. Research has yet to answer why but they hope to use this to potentially turn a cancerous tumour against itself by consuming its other cells. As well as all this information, I was able got to see an actual research lab and use a wide-field fluorescent microscope which costs £250,000!  Overall, I was very grateful to be given this opportunity." **Libbi**

"During the project we were looking at cancer killing antibodies and how different DNA samples can be separated by their different weights using electrophoresis. We then had a talk about patents from a patent lawyer who works for

the company Five Star which I found very interesting as I found out about all these different jobs that you can do with a biology degree. Overall, the day was really interesting and it has given me lots of insight into what Icould do after Sixth Form such as an apprenticeship and all of the different opportunities biology could open."

"The project day at Babraham institute was very insightful. It especially opened my eyes to the many different career pathways that are available for science graduates. In the first project we looked at different antibodies and how scientists can manipulate the antibodies to target certain cancer cells. We looked at a mouse's spleen, centrifuged and stained the different blood cells to identify which cells were present using scientific machinery and software. From the graphs we could identify the size and granularity of certain cells and using that information, determine what type of blood cell it was. In the second experiment we separated DNA and used electric current to determine the size of each DNA sample by comparing it to a known sample of DNA. Overall the sessions were engaging, and it was very interesting to experience working in a lab."

"Our project was involving epigenetic markers and gene expression, where genes can be switched on or off when cells differentiate. The senior researcher described it as having lots of book marks in one book to tell you which page numbers to go to (the epigenetic markers in the genome), which indicates to you which genes to express (gene expression), this allows the cells to differentiate for different functions in the body . Fluorescent stains attached to antibodies specific for DNA methylation of cytosine is what allowed the markers in the different regions of the nucleus to fluoresce .To observe this we looked at embryonic stem cells from mice; the nuclei were then stained with different fluorescent colours using fluorescence microscopy . Some of the cells which we observed were grown in different conditions to the other set of cells , one was with inhibitors to prevent cell signalling of DNA methylation , thereby preventing the epigenetic markers in the DNA from fluorescing when stained . When we looked under the microscope, the cells with the brighter spots in the nucleus were the ones grown in conditions without the DNA methylation inhibitor. The cells grown with the DNA methylation inhibitor had fewer of these bright spots in the nucleus and these were dimmer."

"I took part in the 'glow in the dark gene expression' where we found out about gene silencers, enhancers and promoters to switch genes on and off, thus affecting the structure and function of different cells, as well as how DNA folds and hence affects the proteins. I found the theory behind the enhancers and promoters that can be given a fluorescent element, which we observed using confocal microscopy, so that they can be studied in relation to the genes they affect particularly interesting."

"In my project we made paracetamol, which was really fascinating to use the high tech chemistry equipment and we learnt a bit about what it is like to make a drug and the whole process. The scientists were lovely and really enthusiastic and answered all our questions."

Thank you very much to Babraham Research Institute for once again organising a great laboratory based experience for the students.

Babraham Institute

www.babraham.ac.uk

## Excellent British Biology Olympiad results for Year 13 biologists

Eleven Year 13 biology students sat the British Biology Olympiad competition in January. This is an national competition set by the Royal Society of Biology based on challenging A Level Biology content. The competition allows students to demonstrate their knowledge by offering a wide ranging syllabus and consists of two, 45-minute multiple choice online tests. These are taken in school under staff-supervised exam conditions. This year 9520 students from 668 UK schools participated.

Royal Society of Biology

British Biology Olympiad

All our students achieved medals with very high results which puts CCHSG in the top 26%. The students achieved 4 gold medals, 6 silver medals and 1 bronze medal, all of which will be awarded in the leavers assembly in May.

Congratulations to Twinkle Agrawal our top scorer, Hannah Bevan, Emily Birt, Sophie Carlin, Lucy Molnar, Krithi Muli, Ashling O'Neill, Lucy Parker, Katie Pereira, Adeline Sivyer, and Jasmine West.

# CCHSG Sports Headlines

## Floor and Vault Regional Gymnastics Competition

On 3 March, nine CCHSG gymnasts competed at Chelmsford Gymnastics Centre for the Floor and Vault Regional competition, an U14 team and an U19 team. They each had to perform an individual floor routine, and two vaults. The girls performed to an exceptionally high standard, competing against the best schools in the region, including the current British Championship medallists! The U19's ended up placing 3rd. Isabella Cullen had one of the highest scores overall on the floor and vault.





Well done to the gymnasts who represented the school: Amelia Taylor and Ellie Spurr (Year 7), Zainab Rizwan and Madeleine Strevens (Year 8), Hannah Johnson (Year 9), Vinuki Peries, Bella Cullen, Ella Aldons (Year 10) and Charlotte Lo (Year 11).

## Year 7 Netball

The Year 7 A and B team have finally finished the 'central venue' tournament, where they play every school in Colchester. The A team remained un-defeated - with impressive scores such as 12-0 in 8 minute matches.

The B team also won majority of their games. Both teams played some excellent netball, which is shows that all their hard work is paying off.  Most of the team  have been attending both the after school, and before school training sessions!



## Year 7 Football

The Year 7 football team recently participated in the district schools competition at St Helena. Over the course of three evenings, the girls won 7 matches, drew 1 and lost 1, finishing in a very respectable 3rd place. All of the girls performed brilliantly and some fantastic football was displayed throughout the tournament. The defenders produced some outstanding tackles, while the midfielders and attackers scored some superb goals.  All the team should be very proud of their performances.

The team consisted of; Lily Tyler, Francesca Howell, Ellie Spurr, Fajr Ahmed, Ranita Aryibi, Tisha Ramdan, Lyla Belshaw, Sarah-Jane Leugue Yomba and Alicia Russell.

# Interform Dodgeball

The action was frantic and the noise incredible as students battled it out with inter-form dodgeball in the new sportshall. The competition ran for a week with teams from all Year Groups.

Thanks to the Sports Leaders and PE staff for organising the fun!







# Cross Country Results

| | Year 7 | Year 8 | Year 9 | Year 10 |
|---|---|---|---|---|
| 1st | Lyla Belshaw 9.33 | Imogen Jones 10.53 | Bella Johnson 11.09 | Rose Sheppard 9.53 |
| 2nd | Beatrice Sivyer 11.18 | Olivia Edwards 11.25 | Inika Prakash 11.31 | Kaela Swaine 10.12 |
| 3rd | Esther Soyombo 11.25 | Isadora Spalding 11.30 | Louisa Harvey 11.52 | Erin Handley 11.14 |
| 4th | Lily Tyler 11.29 | Kate Archer 11.46 | Eve Alexandrovich 12.09 | Charlotte Norman 11.23 |
| 5th | Gabriella Goldsmith 11.59 | Eva Marshallsay Clarke 12.08 | Hannah Johnson 12.16 | Niamh Masterson 11.40 |
| 6th | Eva Swann 12.00 | Cecily Bradshaw 12.40 | Olivia Powell 12.19 | Chloe Dennis 11.40 |
| 7th | Ellie Spurr 12.32 | Ada Huynh-Jackson 12.44 | Rebekah Nicholson 12.19 | Sophie Durgan 11.45 |
| 8th | Connie Ratley 12.34 | Daisy Rea 13.01 | Abbie Spurr 12.20 | Maddy Allen 11.49 |
| 9th | Lauren Holmes-Cook 12.38 | Anna Witrykus 13.08 | Maya Osbourne 12.33 | Milly Stubbs 12.23 |
| 10th | Valeria Jelpidiforova 12.40 | Lexi Smith/ Amelie Murray 13.12 | Florence Milner 12.56 | Sam Smith 12.24 |

This half term, the students have been working on cross country during PE lessons, running the 1.5 mile course. The PE team have seen some fantastic effort and motivation shown by the students in their aim to beat their own personal targets; whether its time based or running further than they previously have.

The table shows the top ten leader board for each Year Group. Well done to everyone during their cross country lessons. A special mention to Lyla Belshaw for beating the course record with a fantastic time of 9.33.

# RE Candle Conference

Year 10 attended an RE Candle Conference, to support their RE GCSE. The conference, facilitated by Dr Peter Vardy, was designed to enrich and extend students' knowledge & understanding and support the development of strong skills in analysis and evaluation.

The challenging philosophical issues explored included the nature of god, life after death, sin and salvation and the sanctity of life. The introductory session examined the nature of God, considered the reasons that Christians have for believing in God and arguments for the existence of God. Students then considered what each approach suggested about the nature of God, reflecting on the difficulty of describing God in words or pictures and considering up how believers use metaphors and symbols as well as the doctrine of the Trinity.




Dr Peter Vardy, Vice Principal of Heythrop College, University of London

www.candleconferences.com



**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 90 credits towards Master's level study.**

## Now Recruiting Trainees for September 2020

Colchester Teacher Training Consortium

**Established in 2004, the CTTC partnership of local schools annually trains around 90 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.**

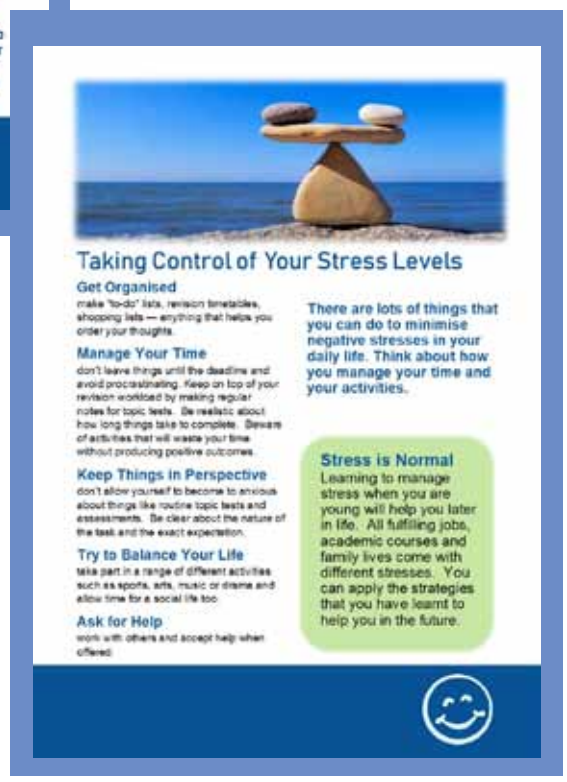
**For further information call 01206 364728 see www.colchesterttc.org.uk or contact enquiries@colchesterttc.org.uk**



# Wellbeing Ambassadors

The Student Wellbeing Ambassador Programme was launched at CCHSG in September 2018. We now have a team of 16 ambassadors representing all Year Groups across the school. The Student Wellbeing Ambassadors promote and support the safety and wellbeing of all students throughout the school. They serve as positive role models for other students and support Student Voice to influence daily life within school.




Our ambassadors have completed training developed in partnership with the NHS Child and Adolescent Mental Health Services (CAMHS), and the School Wellbeing Service teams in a range of local authorities.
It is delivered by Worth-it Positive Education www.worthit.org.uk The workshops train students in approaches and strategies that will help them to develop and lead peer support projects that reduce stigma, improve access, develop positive coping and reduce stress, with the aim of improving wellbeing through peer support.



Wellbeing Ambassadors undertake activities such as leading assemblies on the theme of exam stress with ideas for coping strategies. They also worked with Student Voice to produce a wellbeing leaflet for students.

Another wellbeing activity was the introduction of "Mile Monday" across the school during the summer term. Students are invited to enjoy the benefits of walking a mile at lunchtime and the numbers participating average 260 each week. The ambassadors have also been instrumental in introducing a range of clubs with a wellbeing focus such as yoga, board games, benchball, dodgeball and progressive muscle relaxation.

WORTH-IT®
Wellbeing & Resilience

# PTFA Committee

## PTFA Contacts - Your PTFA Officers:

### Chair: Agness O'Brien
Job function: The Chair provides leadership for the Committee, sets the agenda for meetings and manages meetings in line with the agenda. The Chair will ensure that all new members feel welcome and that their contributions are valued. The Chair will work closely with the Treasurer and Secretary to ensure that the PTFA is run effectively and that the Constitution of the PTFA is upheld.

### Vice Chair: Ade Asemota
Job function: To support the chair in all aspects of their role, to ensure that the business of the PTFA is conducted in accordance with the wishes of the representatives of the PTFA and to uphold the Constitution of the PTFA.

### Treasurer: Rouzbeh Elahi
Job function: To maintain up-to-date records of all PTFA financial transactions. Although all the Committee Members have equal responsibility for the control and management of PTFA funds the Treasurer plays an important part in helping the committee carry out these duties properly.

### For all PTFA enquiries: cchsgptfa@gmail.com

### Secretary: Carol O'Neill – with Kathryn Held as Assistant
Job function: The Secretary is a key committee member as they are responsible for ensuring effective communication links between committee members and between the PTFA and the school. The Secretary deals with all the correspondence that the PTFA receives and helps the Chair ensure that committee meetings run smoothly.

### Communications Manager: Kate Stubbs
Job Function: To promote the work of the PTFA and to ensure clear communication between the PTFA, the staff and leadership team of the school and all other stakeholders.

### Committee Members:
Committee Members work alongside the PTFA Officers.
Main duties: Attend PTFA Committee Meetings and contribute to discussions, get involved in planning, owning and running events, potentially run smaller projects, or parts of larger events with a Sub Committee, encourage participation and enthusiasm for the events organized by the PTFA.

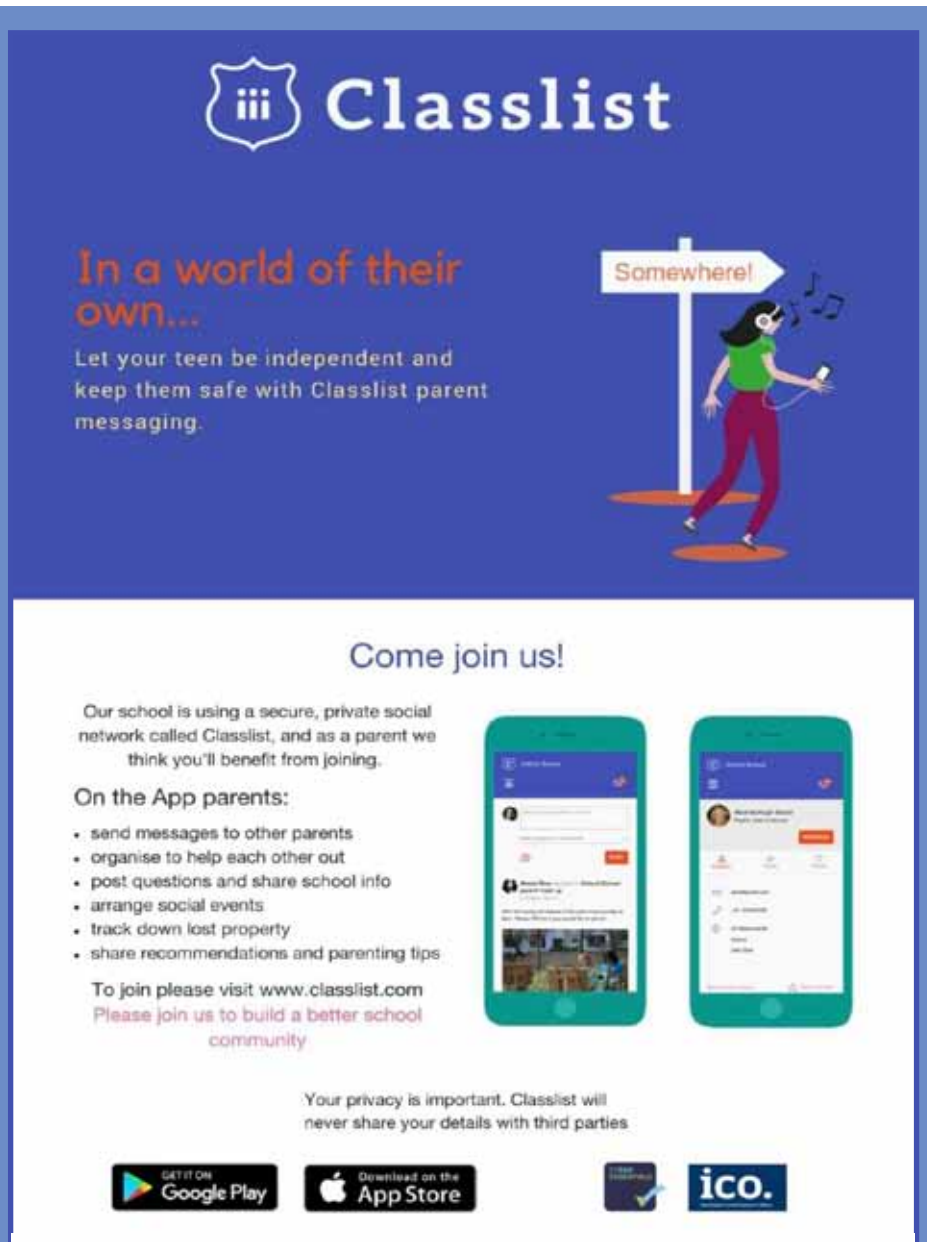
# PTFA

## Recycle Your Ink Cartridges and Raise Funds for CCHSG PTFA

Did you know that you can help us raise funds simply by recycling your ink cartridges via our Recycle4Charity programme? For each inkjet cartridge recycled via the programme we will receive a £1 donation, meaning you can help the environment whilst raising money for our school! Cartridge brands you can recycle and that will originate a donation include HP, Dell, Canon, Kodak, Frama, Pitney Bowes and Neopost. Full list at: https://www.recycle4charity.co.uk/InkjetCartridges.

You can send cartridges in the envelopes available from school reception or via a free account which you can sign up for at: http://www.recycle4charity.co.uk/Register/C95556




Classlist is an award winning online platform and mobile app designed to make life easier for parents. It is free to use, completely secure, GDPR compliant and used by over 2,000 UK schools. CCHSG Classlist is only open to parents of students from our school. Parents are put into groups based on their child's Year Group. You can find out more by visiting:

https://www.classlist.com




## Second Hand Uniform Sales

Second Hand Uniform Sales are advertised on Classlist and in the PTFA section at the end of the weekly Parent Bulletin.

These sales are a great opportunity to grab some bargains and support our efforts to encourage eco-awareness and recycling.

*We regret that we cannot accommodate individual requests to purchase uniform outside the published sale dates.*

Donations of uniform in good condition, are gratefully received via the school reception throughout the year.




## 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

## PTFA CONTACTS:

**Chair: Agness O'Brien**
**Tel. 01376 573694 or 07951 511653**

**cchsgptfa@gmail.com**