CCHSG E-Newsletter

22 May 2020

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Executive Principal's Notes

These are indeed difficult and unprecedented times. We are all facing the huge challenge, both in our professional lives and personally, of adapting to a new normal. The school staff have been very grateful for the many encouraging and supportive messages that we have received. I would like to thank all our staff and students for their incredible resilience, perseverance and positive approach. Our PTFA has also been a great support, particularly in working on the provision of PPE. The demands placed on us as a school are immense and require us all, whatever our role, to be flexible and creative. We have always prided ourselves on our innovative and reflective approach to teaching and learning and this new challenge is one to which we will rise. We will look back with pride on our strength of purpose and on our spirit as a school community.

During the period of school closure, much work has been undertaken by staff behind the scenes. There has been extensive work in liaison with curriculum leaders on data for the GCSE and A level grades and the usual round of staff recruitment for September has been maintained. The planned building work on the site continues, subject to social distancing, and our fantastic site team have also taken the opportunity to refurbish a number of areas around the school.

Our students are to be commended for the way in which they have responded to online learning. I congratulate them on the high standard of work that they continue to produce, some of which can be seen in this newsletter. I have also been impressed by the maturity and intellectual rigour with which the members of Student Voice have represented other students and contributed to the development of our online learning experience. The move to working remotely presents both opportunities and challenges. We were fortunate in already having systems such as Microsoft Teams and online hand in points for student work already established and many staff were already proficient in delivering online lessons. Working remotely will continue to evolve and develop as we reflect on



student feedback, facilitate staff in accessing additional training and share good practice.

As we consider and plan for the future, we must accept that our expectations, while always high, will be altered and subject to further change. We are currently preparing for the reopening of a school which will look very different. There will be new routines and ways of working which prioritise the safety of both staff and students. We will be writing to you, in due course, about our plans.

Our thoughts and sincere good wishes go to those families in our school community who sadly, have already been impacted by Covid 19.

We wish all our staff, students and their families a peaceful and safe half term.

Mrs Gillian Marshall
Executive Principal

We are pleased to announce that Home Farm Primary School has joined Alpha Trust. They will be working alongside the existing members of the Trust, CCHSG, The Gilberd School and Manningtree High School. We are delighted to have this Ofsted Outstanding Primary School on board and very much look forward to working together with Mr Richard Potter and his team.

www.homefarm.essex.sch.uk
www.alphamat.org

Colchester County High School for Girls

Admissions 2021

Current Year 5
Entry to Year 7 in Sept 2021

The 11+ test for admission in September 2021 will take place in September 2020.

Registration for the test is in May/June 2020 via the the Consortium of Selective Schools in Essex www.csse.org.uk
We welcome applicants from Essex and surrounding areas.

CCHSG is committed to promoting fair access for disadvantaged students. See website for school prospectus and full Admissions Policy www.cchsg.com

Ofsted Outstanding



A full copy of the CCHSG Admissions Policy is available **here,** or via the school website **www.cchsg.com**

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

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 **here.**

You can send cartridges in the envelopes available from school reception or ask for envelopes to be sent to your home or business address via a free account which you can sign up for **here.**
http://www.recycle4charity.co.uk/Register/C95556



The Big Build









There is much activity on the school site while we are away. The new library and art block has reached its second floor and foundations are being dug for a new classroom at the back of the M block. Our thanks to Mr Kalisz and the site team who have been busy refreshing paintwork around the building and repainting the main hall. The existing library and art rooms on the second floor of the main building are being converted into much needed classroom space to accommodate our increasing student numbers.





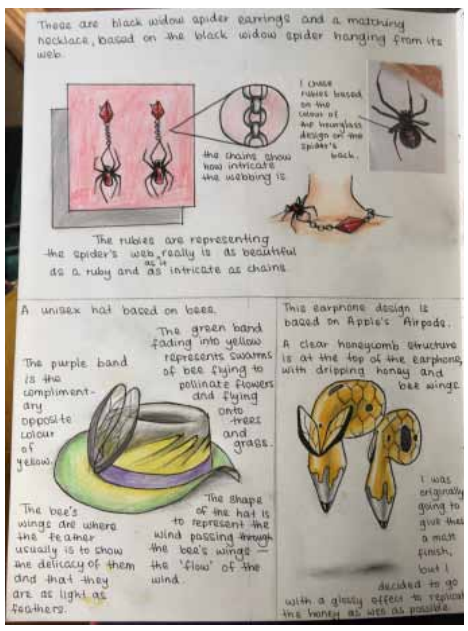


Year 8 Fashion Project

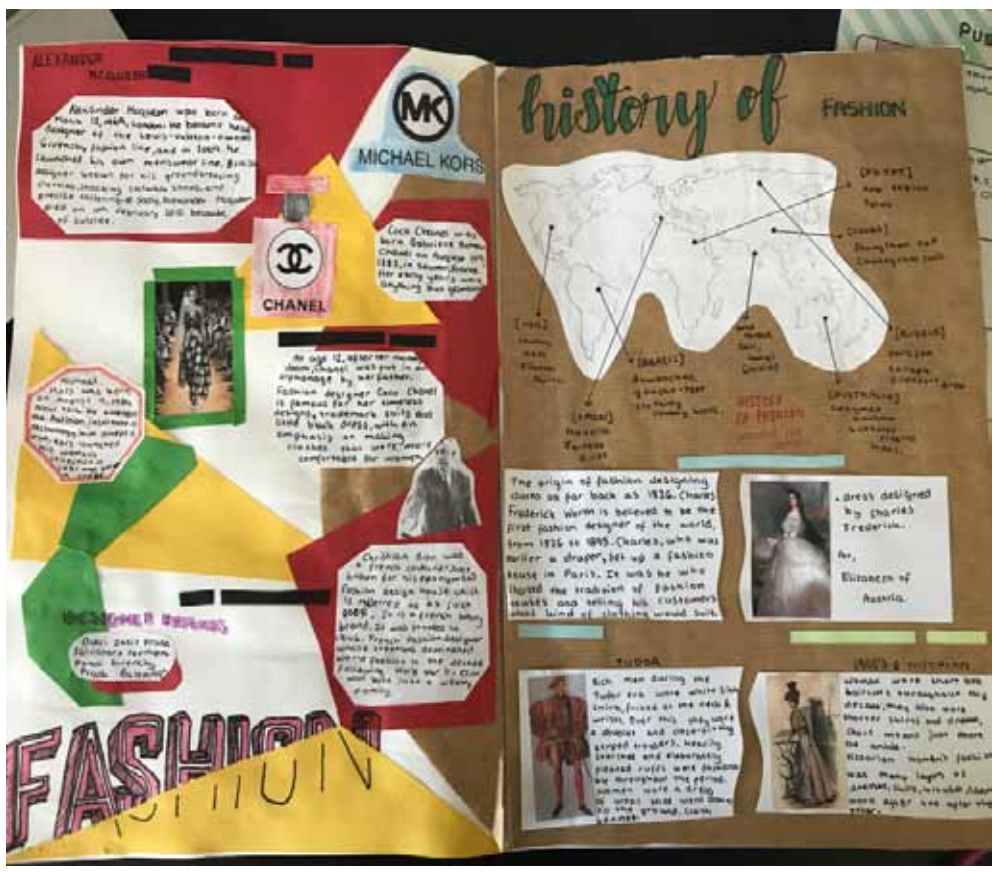


Students have been continuing their creative work at home, with Year 8 working on the history of fashion and producing their own collections based on the theme of insects. Their next project centres on the Victoria & Albert Museum. The museum website has some great ideas and activities for everyone to enjoy see www.vam.ac.uk



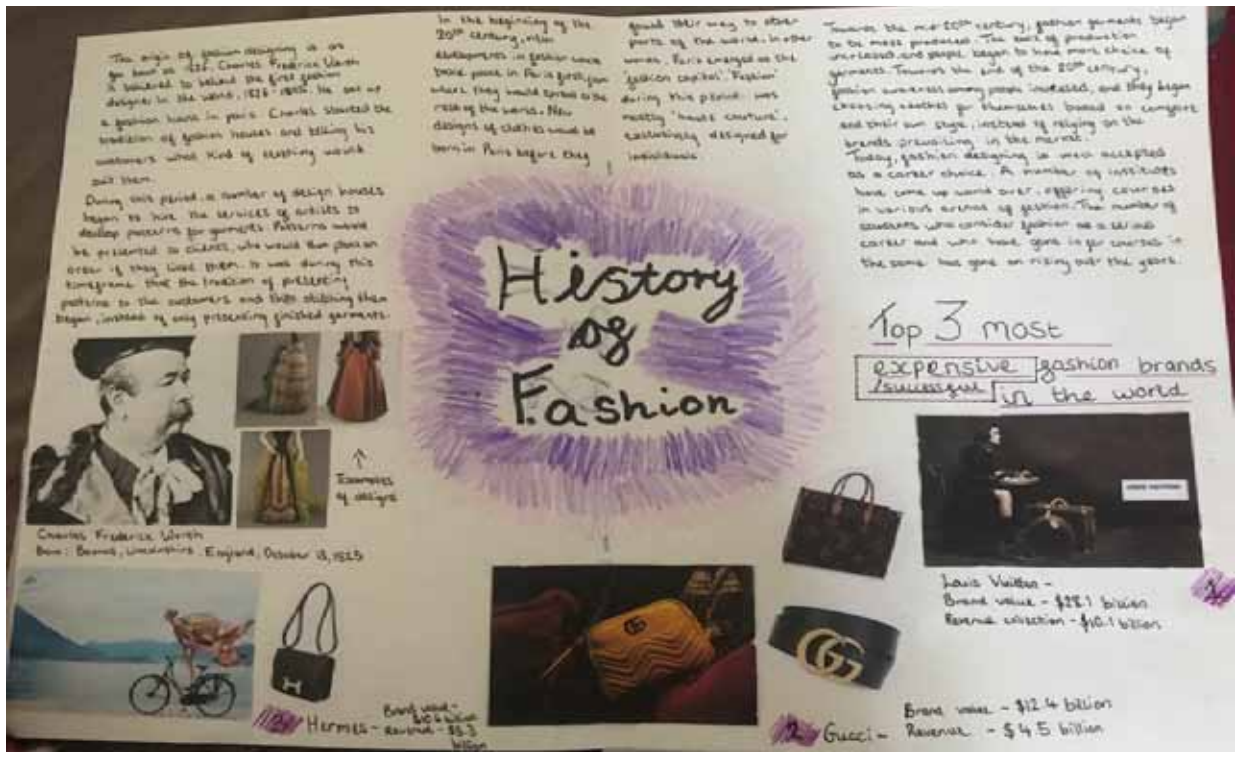












A Level Art









A Level students have been continuing to build their portfolios at home. They have been producing coursework with the theme “Hidden”. Having researched relevant artists they draw from direct observation and explore different ways in which the topic can be interpreted. Their sketchbook studies and written research are used to support the development of a visual outcome in whatever medium they choose.









CCHSG Alumni Breanna Blackboro

Breanna Blackboro progressed from CCHSG to study medicine at Birmingham Medical school in 2018. She has completed 2 years of her medical training and is currently at home in Essex. She is working in ITU as a health care assistant at Basildon hospital, helping with COVID-19 patients. Breanna originally undertook work experience at Basildon Hospital while at CCHSG.

When she left CCHSG in 2018, Breanna was awarded the annual Catherine Bullen Foundation prize. This prize commemorates CCHSG alumni Catherine, who tragically died from illness while on a student medical placement in Namibia. It is presented by Catherine's parents to a CCHSG student going onto a career within healthcare. Breanna's account below proves what a very worthy recipient of the prize she was.



Breanna pictured with Mr Bullen in May 2018.

This is Breanna's diary entry from her first shift in ITU and she has given us permission to share her experience.

My First ITU Shift

Wow. I'm honestly awestruck at how the regular ITU staff manage 12 hours shifts in full PPE without turning into dehydrated, achy and miserable prunes. The conditions are as tough as the news presents them; for once it's not all dramatised. Yet in the difficulty of the environment, there is such a sense of camaraderie and everyone working for the good of those patients and their families who are left in the darkness of Covid-19.

As an Health Care Assistant, my role today was predominantly management of equipment stocks and patient cleaning. Unfortunately the combination of heavy sedatives and medication means that the patients' bowel movements



were frequently diarrhoea.... thank goodness for the body suits and gloves. I thought I'd find this challenging to deal with, but it actually ended up being a really rewarding job and the team had good humour throughout.

A highlight was being able to extubate a patient as they made progress and no longer needed their ventilator. My role was to release a syringe to decompress the balloon that held the ventilation tube in the trachea, to pull the tube out and to quickly secure an oxygen mask in place afterwards. As the man gripped my hand with relief I could have cried.

I also spent an hour talking to a sedated patient and stopped her clawing at her tubes; she was Portuguese so didn't know what I was saying, but seemed soothed by my words. It's a really odd sensation to be talking to patients that cannot respond to you, but I think it's so important to treat them as though they can - otherwise you lose a sense of humanity in the situation.

I keep being asked why I'm an HCA if I'm wanting to be a doctor. I for one couldn't be more grateful to be having this experience. I've now got such an admiration for the HCAs, nurses and the shifts and responsibilities they each have. I like to think that even once I'm fully qualified, I'll remember my HCA days with fondness. Their job is equally if not more valuable than that of a doctor and one that in my opinion, if done properly and with love, can have far more of an impact than any number of prescriptions, diagnoses and therapies.

Breanna Blackboro

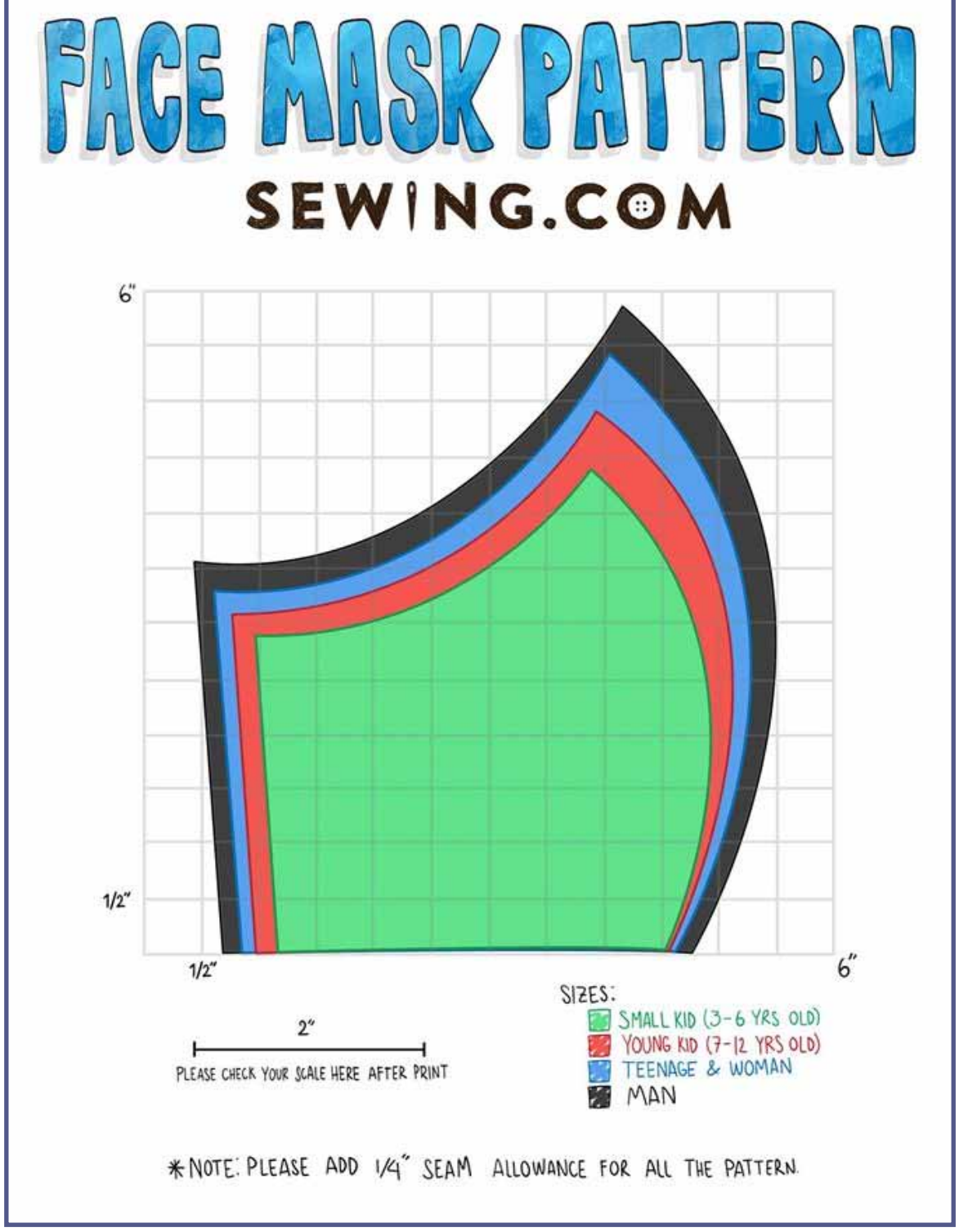
CCHSG PTFA Supporting with PPE

We are very grateful to the PTFA for their work in supporting with the production of PPE.

Cloth Face Coverings

The PTFA welcome support to make masks for staff and vulnerable students. We aim to have 500, ideally plain colours like navy or black in keeping with the school uniform. For template and instructions please see https://sewing.com/cloth-mask-diy/ or click **here**

Please post masks to school or bring them in on our return.



PPE Visors

The PTFA have managed to source and fund a supply of 1000 PPE visors which are now in school and can be used by vulnerable students and staff as deemed appropriate. We are very grateful that the PTFA have been able to support the school in this way.



Sewing Scrubs

In April the PTFA appealed to the school community to join them to support the NHS and local care homes by sewing scrubs. Our thanks go to all those who joined in their efforts, including proactive CCHSG PTFA member and parent Mrs Nikki Duffy (pictured left).

Past CCHSG Student Holly Smith

It makes us very proud to hear news of past students who are doing their bit to make a difference. Holly Smith progressed from CCHSG in 2016 and went on to study Psychology at Manchester University. Currently at home, Holly has returned to working for Thera, a charity which supports adults with learning disabilities. Her role involves providing cover to relieve the regular contracted staff from long shifts and taking the place of staff members needing to shield.



Alongside her studies at Manchester, Holly has been promoting sustainability and managing a student-run zero waste shop. Her volunteering has seen the shop grow from a small outlet in the Students' Union to its own premises. We congratulate her on winning, earlier this year, 4 awards at the university's Social Responsibility: Making A Difference, and Volunteer of the Year awards. Watch a video about this **here.** Well done Holly!

Wellbeing and Student Voice

Student Voice continue to meet virtually via Microsoft Teams on Friday mornings. They have been working hard to represent other students regarding online learning during these challenging times. The following points raised by students have been shared with teaching staff:

- Clarity of instruction and where to find resources/ where to complete work
- Length of time it is sometimes taking to complete work
- Problems of having to have 3 tabs open constantly so that you can access all of the necessary details required for lessons
- Access to computers at home and not necessarily working within the timings of a school day
- Access to a printer for some people
- Access to staff for advice
- Advance notice of assessments

Student Voice have also highlighted some email etiquette they would like students to consider, in particular the generation of lots of emails by clicking 'reply all' instead of 'reply'.

Since the Easter break students have been told that:

- SharePoint is the only place you will consistently find your work. Staff can also use Teams in addition if they wish
- Always email staff with a question or query, do not contact them via Teams
- Avoid sending unnecessary emails – email directly the person you want to message, not the whole class, and keep content about the lesson work
- Staff will answer emails within working hours, but may give a specific time for email queries. If you are waiting for an answer to be able to proceed, perhaps move on to other work
- Always use your school email to communicate with staff



We are all on a learning journey with this way of working. Student Voice will check back in with students to see how things are progressing in a few weeks. In the meantime they would like to encourage all students to contact them directly if they have ideas, concerns or issues that it would be useful to raise at the Student Voice meeting. Student Voice representatives for each Year Group are listed below and they can be contacted via their school email.

	Student Voice Representatives	Form	Also representing Form(s)
Year 7	Adaya Izekor-Moses Minha Fathima	7C 7E	7L, 7H, 7O
Year 8	Emily Sandum Emily Wong	8H 8E	8C 8O, 8L
Year 9	Eva Jones Zubiya Jafri	9C 9E	9O 9L, 9H
Year 10	Madison Allen Leticia Alvarez	10C 10L	10H 10O,10E
Year 11	Lucy Morgan Sameera Bhalotra-Bowers	11C 11O	11E 11H, 11L
Year 12	Mia Urwin Emily Chen	12O 12E	Sixth Form
Year 13	Charlotte Scott-Haynes Aisling O'Neill Joeille Alfhaily Phoebe Davies		Head Student Team Representatives (2 attend each wk)

Supporting Wellbeing

If any student needs wellbeing support at this time, please contact their Year Leader who can advise and signpost suitable resources and support organisations.

Social connections, alongside exercise, sleep, diet and routine, are important protective factors for mental health. All NHS mental health trusts are setting up 24/7 helplines, and seeking to use digital and virtual channels, to continue delivering support during the coronavirus (COVID-19) outbreak. Resources to promote and support children and young people's mental wellbeing include:

Rise Above, provided by Public Health England supports young people by providing videos with tips on gaining confidence, dealing with anxiety and coping strategies from other young people.



Every Mind Matters NHS platform supports looking after your own and other's mental health.

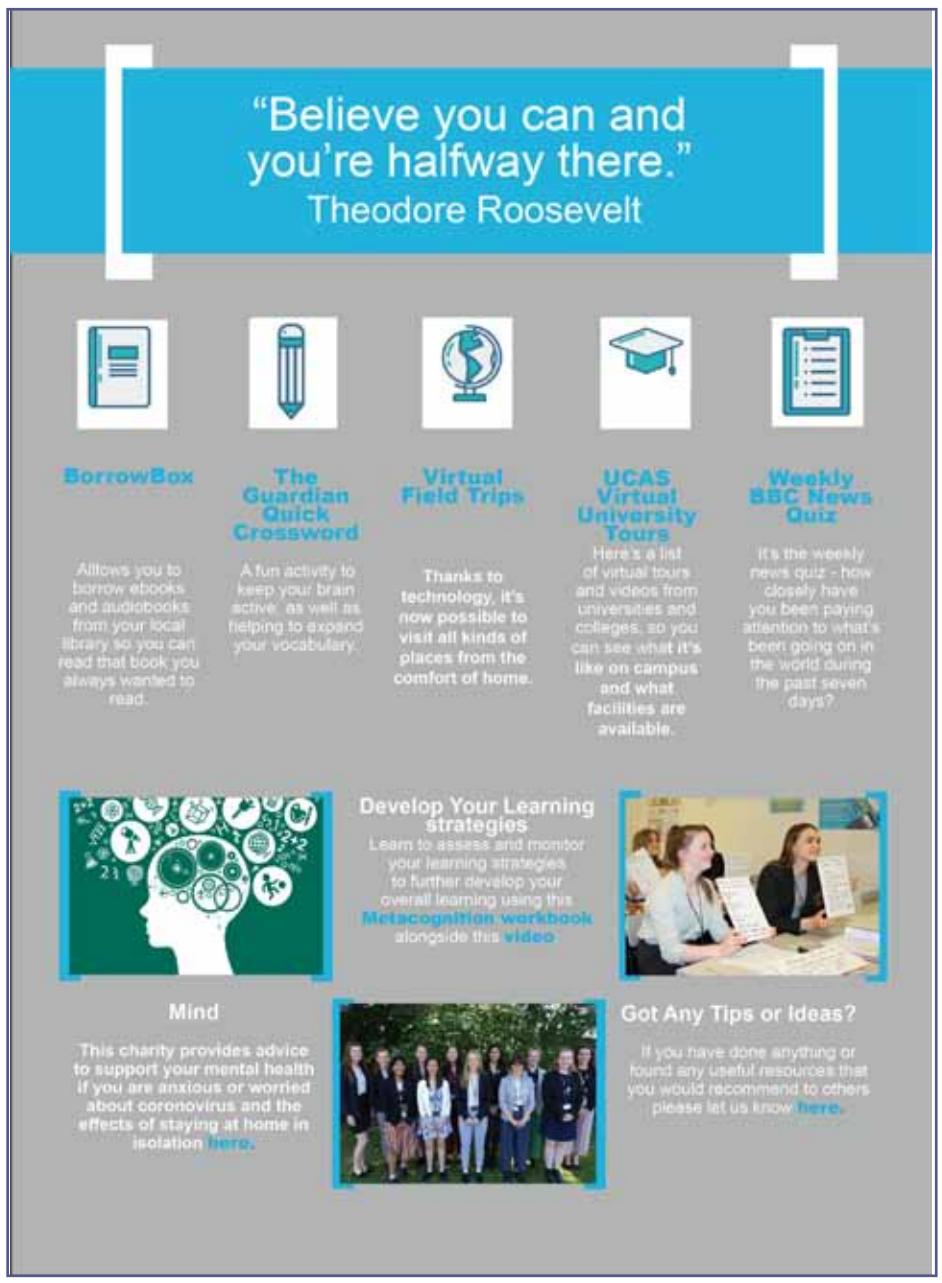
MindEd - Provides educational resources for adults about children and young people's mental health, which is relevant for parents and carers as well as volunteers, teachers, and other professionals working with children.

Message from the Head Student Team



The Head Student Team, along with Mr Gosling have been producing a Sixth Form Bulletin to support Year 11 transition. This contains helpful links and ideas to support Year 11 in preparing for Sixth Form study. It is emailed to all CCHSG Year 11 on a fortnightly basis.





- Try getting into a daily routine. Think about how you can adapt and create positive new routines This will help you feel more motivated to get out of bed and it will make the situation feel a little more normal.
- Go outside! Going on a run, walking your dog or just simply taking a stroll around the neighbourhood has positive effects on your mindset and helps you feel more grounded.
- Talk to your friends regularly. Whether you talk on FaceTime/ Zoom, watch films together on Netflix Party or just message each other, it's important to reach out and support each other in during this time.
- Try out some Yoga! Yoga is a great way to clear your mind and spend some time with yourself, whilst staying healthy. We recommend Yoga with Adriene on YouTube.
- Keep a quarantine diary. You could do this by keeping track of the books you read and the films you watch, or just note down what you get up to each day.
- Use 'Calm'. It's an app for meditation and sleep, easily found on the AppStore. This will help you take care of yourself and feel more at ease.
- Listen to 'At Home Readings.' This is a series on Spotify in which actors from certain film franchises read books from that universe! We'd recommend starting with 'Harry Potter At Home: Readings'.
- Set goals: Setting goals and achieving them gives a sense of control and purpose – think about things you want or need to do that you can still do at home. It could be watching a film, reading a book or learning something online.
- Listen to a podcast. From films, to books, to politics, to true crime - you can find a podcast on absolutely anything through Spotify. They're a great way to unwind and can fill up an empty half hour of your day.

This is the Head Student Team. We hope that you are staying safe and healthy! We know that, in this unprecedented time of quarantine, everything can feel a little overwhelming and it can be difficult to stay motivated whilst staying inside and observing social distancing rules. That's why we've come up with a few wellbeing tips that might help you feel a bit better.

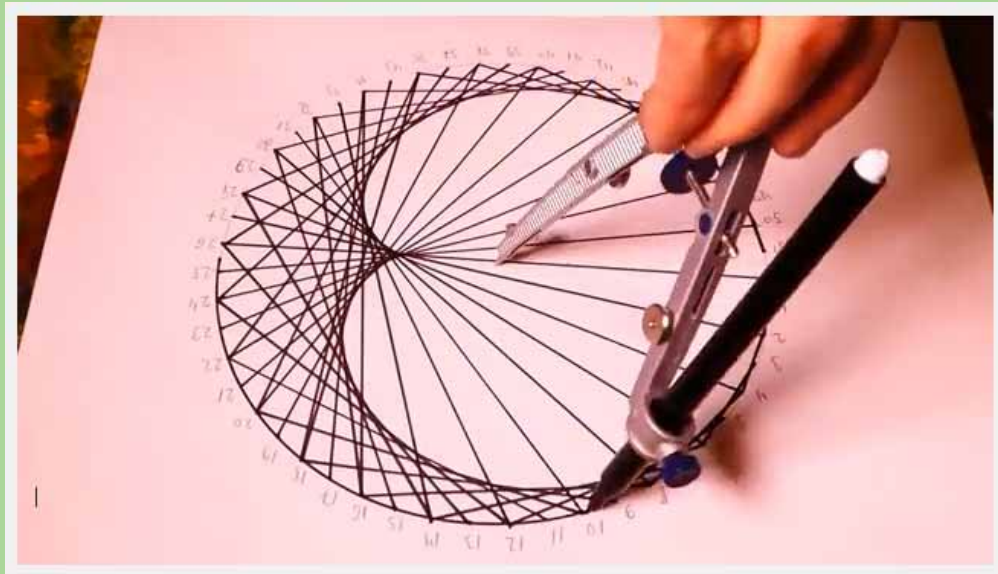
We hope that these ideas help fill up your days and stay motivated. Thank you for reading and stay safe!
The Head Student Team

Maths Department Geometry

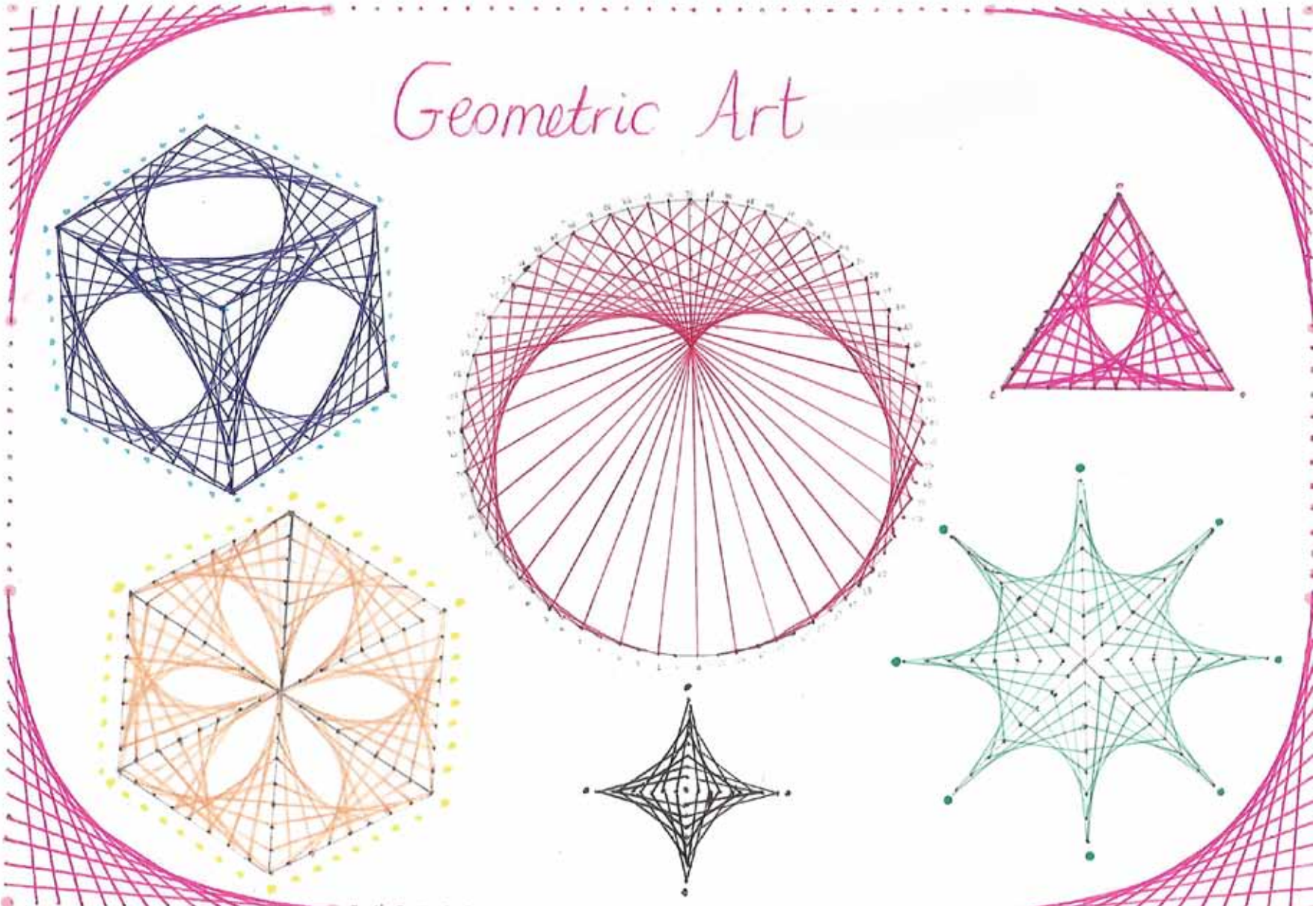
Year 13 have created these amazing geometric designs following video tutorials:

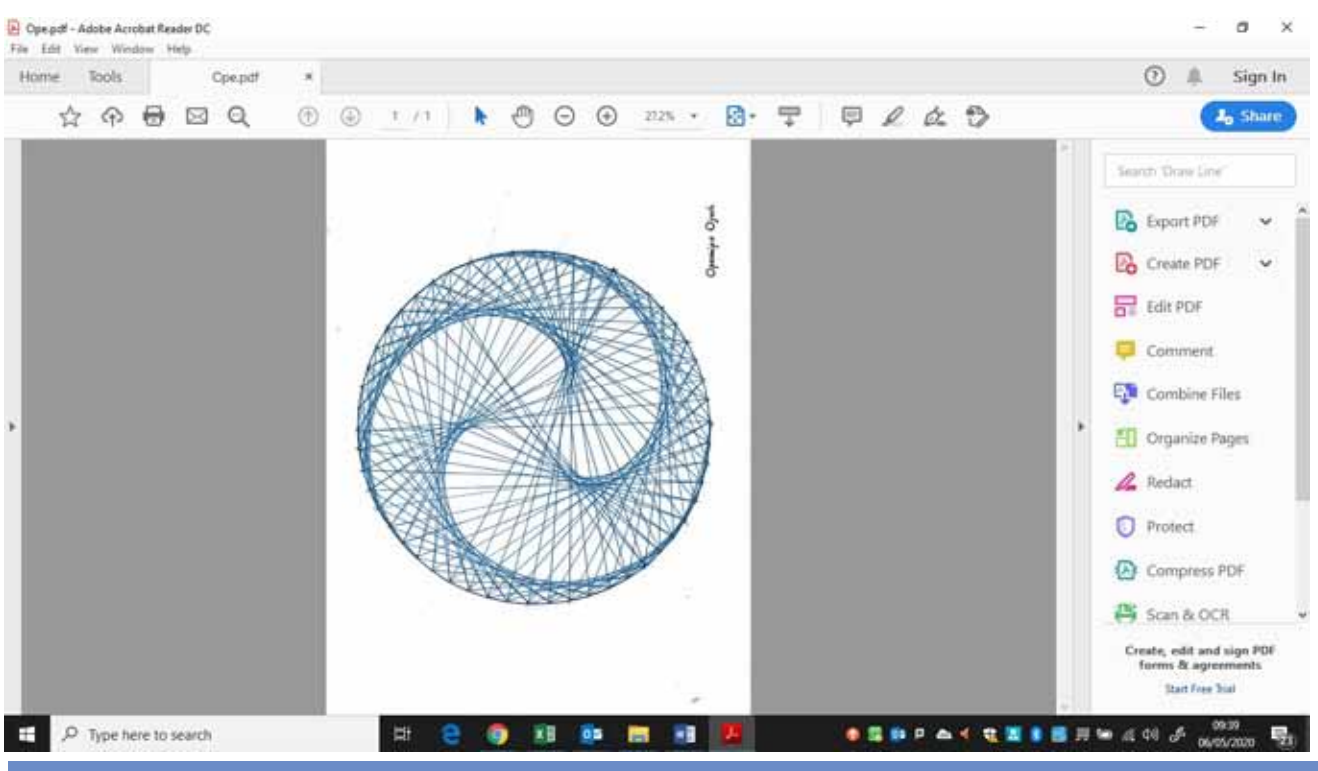
https://www.youtube.com/watch?v=jfAHfS40-CI Click here

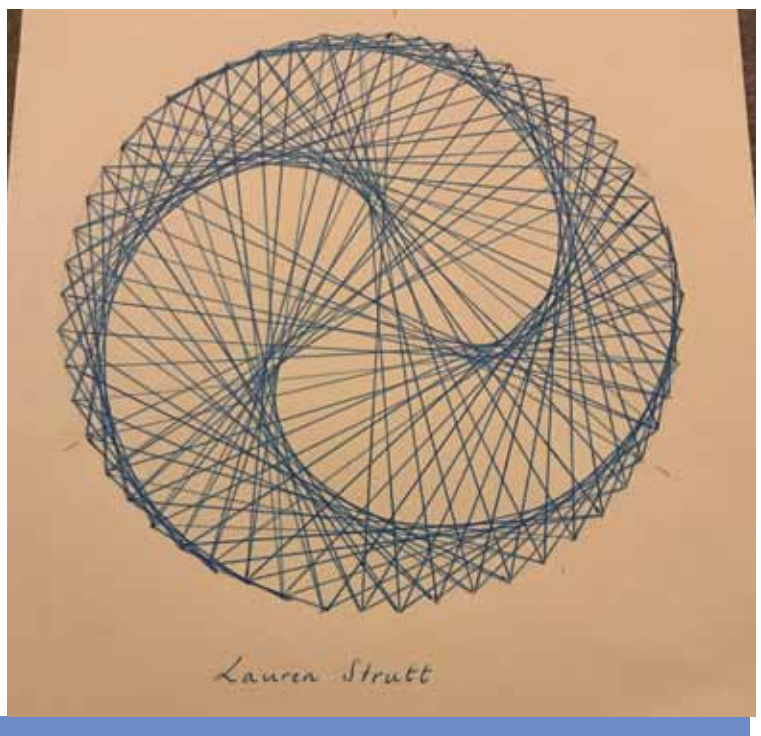
https://www.youtube.com/watch?v=LL9--DZFoUU Click here



how to draw geometric cardioid & heart art in spirograph pattern

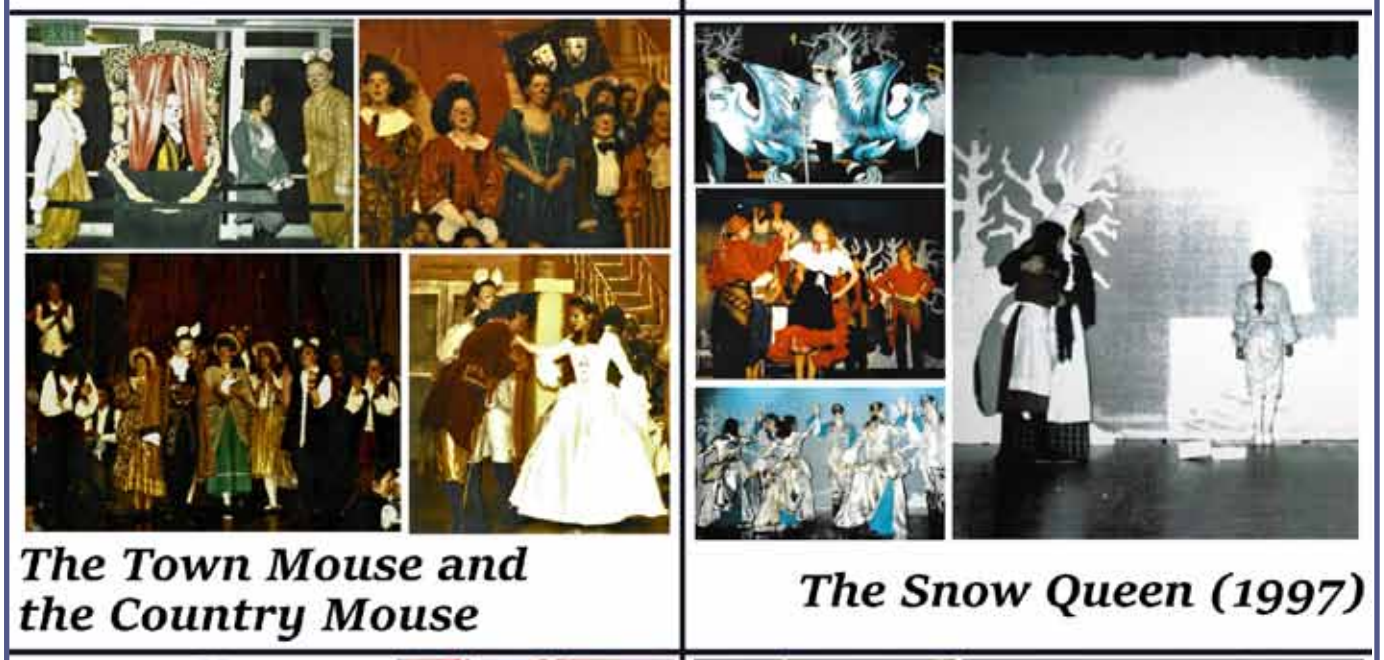


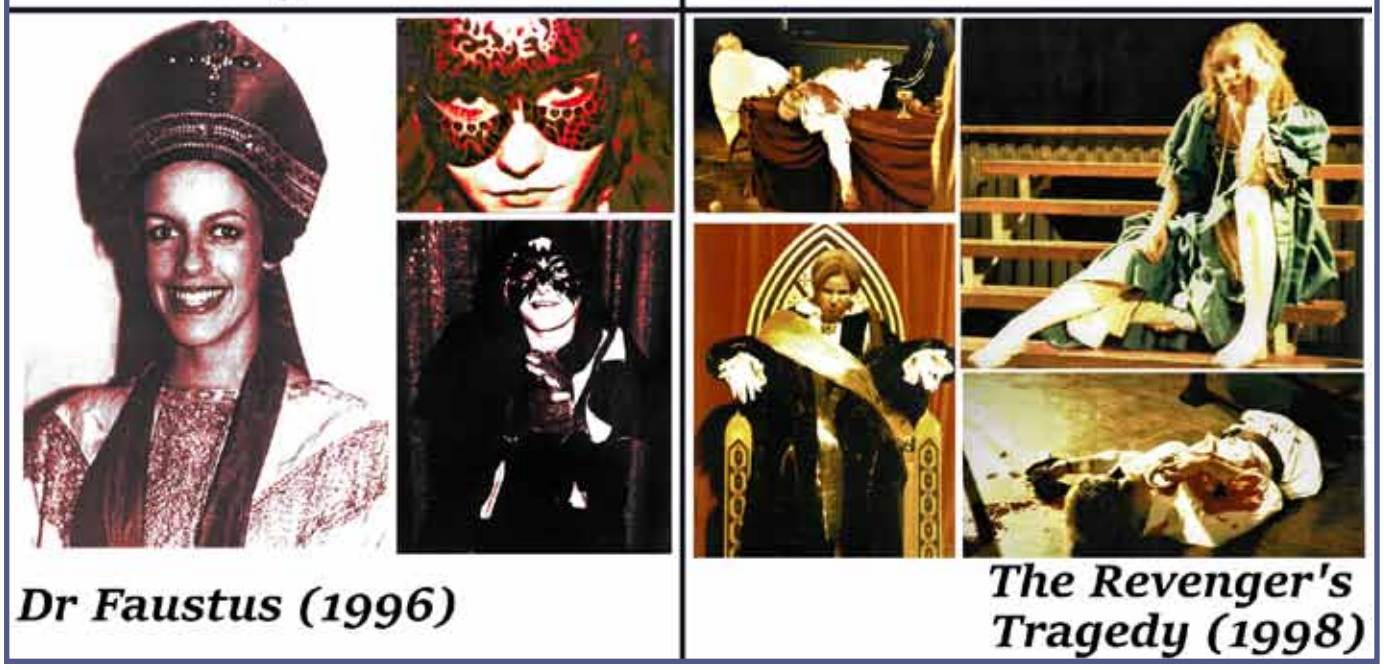




Drama at CCHSG







The Drama and Music Departments' next production - "Les Miserables", is planned for 2021. In preparation for auditions students can listen to the soundtrack, watch the film or watch extracts from the stage show on YouTube.

Students from all Years are able to audition for a wide range of minor roles and chorus, with lead roles open to Years 9 to 13. Young characters are open to Years 7 and 8. Orchestral information will be available nearer the time.

Drama has always been a strength at CCHSG. Year 13 student Lucy Molnar , who has starred in a number of CCHSG productions, decided to use her Jack Petchey Foundation award to fund a permanent reminder of some of the excellent productions that have taken place over the years. She sourced photographs and created a series of posters documenting CCHSG productions. Lucy's posters will be printed and framed using funds from the award and displayed in the Music and Drama Department. The funding also subsidised a production of "The Revenger's Tragedy" which Lucy directed in January 2020.

Our thanks to Mrs Davidson for her help in producing "The Revenger's Tragedy" and in supplying photographs of some of the earlier productions.

Jack Petchey Foundation
Inspire • Motivate • Achieve

Lucy was also responsible for sketch writing for the hugely enjoyable 2019 "Shaky Webfest" produced and choreographed by Mrs Cudmore-Rice.



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





Cinderella 2015 Showstoppers





We Will Rock You 2016 An Evening of One Act Plays





Guys and Dolls 2017 Friday Night at the CCHSG Palladium



Oliver! **2018** **Summer Madness**



Fiddler on the Roof **2019** **A Very Shaky Webfest**



The Revenger's Tragedy **2020** **Return to the Forbidden Planet**

Daisy Thomas



Letter to CCHSG Students

My first year at university has been, in three words: busy, chaotic and wonderful! I've enjoyed writing for different student newspapers although the stakes are a lot higher than The Kilt - people certainly aren't afraid to tell you if they disagree! I've loved studying English. It's currently 'Shakespeare term' which means I proudly drink my coffee out of my 'Shakespeare club mug of glory' from Mrs Davidson to get me through every essay.

Aside from my degree, I've spent most of my time working with different activist groups in Cambridge such as the Living Wage Campaign, the Undoing Borders campaign and Climate Justice groups. Moving into next year, I'll be chair of the Ethical Affairs committee - which is essentially a committee of students dedicated to making sure the University is a progressive place that we should be proud of. The skills I've gained through all sorts of assemblies and responsibilities at CCHSG definitely come in handy when you're the youngest person in a council room full of powerful (and intimidating) University managers - for that I'm very grateful!

When joining the CCHSG European Youth Parliament team back in year 12, I never thought the kinds of resolutions we were defending would become a very real part of my University life. Now I spend my time writing, defending and trying to pass real-life resolutions to help tackle the climate crisis, rates of homelessness in the city and low wages of maintenance staff. In an intimidatingly 'traditional' place like Cambridge, it's been incredible to find a community of such lovely open-minded people passionate about making it a better place. We also have so much fun while doing it (a revolution needs just as much dancing as it does organising).

Moving beyond school (no matter where your next steps take you) is your first chance to properly choose how you take what you've learnt and apply it to the world around you. I'm so excited for all the new Year 13s about to do the same. Whatever your current interests, they can be amplified, expanded and explored beyond anything you've ever had the chance to do before - I've absolutely loved it, and so will you!

Daisy Thomas - Robinson College, Cambridge



Languages Department

Our Language Leaders have been working together virtually with Mme Ollite on Microsoft Teams. They have shared recipes and information about different cultures. They also make book and film recommendations. Look out for further Language Leaders updates via CCHSG social media.

Language Leaders

A Multilingual 'Happy Birthday' Song

생일축하합니다 - Korean (saengil chukha hamnida)

祝你生日快樂 - Cantonese (juk nei sang yut fai lok)

祝你生日快乐 - Mandarin (zhu ni sheng ri kuai le)

Pen-blwydd hapus i ti - Welsh (penbluewith hapus ee tee)

تولدت مبارک - Persian (tavalodet mobarak)

بەڕێز ڕۆژبونت خۆش بێت - Kurdish (rozhi la daikbunt piroz bet)

عيد ميلاد سعيد - Arabic (eid milad saeid)

Kay wei nimlu Tashi Delek - Dzongkha
(Kay we njim-loo Ta-shi dele)

જન્મદિવસ ની શુભકામના - Gujrati
(Janmadivasa nee shoebakmana)

जन्मदिन मुबारक हो - Hindi (janamdin mubarak ho)

Wszystkiego najlepszego z okazji urodzin - Polish
(wshy-stkie-go nay-lep-she-go z o-ka-zyi u-ro-djin)

Felix sit natalis dies Latin

Feliz cumpleaños - Spanish (felith compleanyos)

Alles Gute zum Geburstag - German (spoken as written)

Joyeux anniversaire - French (jwa you zanee vair saire)

Happy birthday to you - English

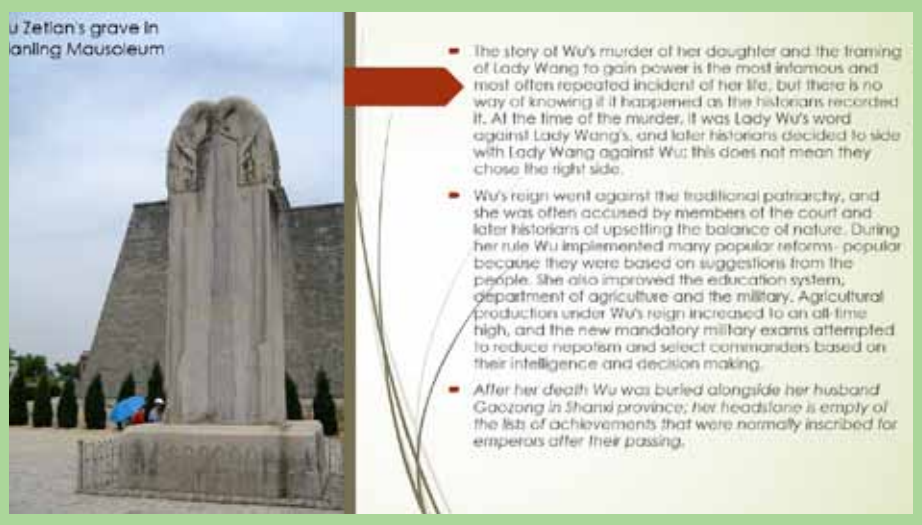
By the Language Leaders

The song is dedicated to 3 of the languages staff who have their birthdays in May and particularly to Mme Burgess who celebrated a special birthday!

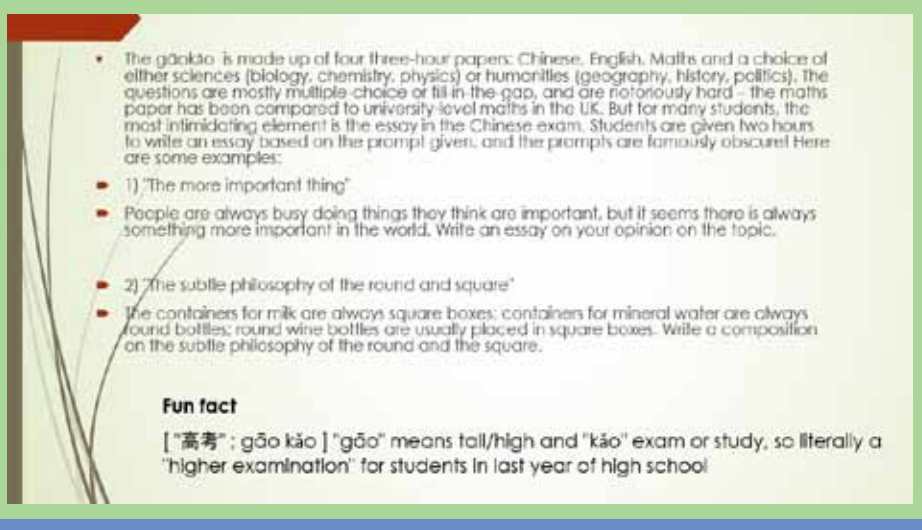














Science Leaders Update

Discovering Science outside the Classroom

This year, the Science Leaders have been hard at work putting together a schedule of exciting Science-related events. In the lead up to CCHSG Science Week in March, we conducted our form-time Ethics debate, heard from Dr Samick Sofat, Senior House Officer at Colchester General Hospital, in our all-years Medicine talk, and ran the annual Science Poster competition with the theme 'Our Diverse World'. A big 'congratulations' to Vyoma Upadhyaya, 11E, winner of the December Satellite-design challenge!

CCHSG Science Week

British Science Week at CCHSG was celebrated with events ranging from our popular dissection session to our well-received talks and space-themed bakesale. We began the week with an exciting screening of 'The Martian', based on the novel by Andy Weir, which tells of the story of Mark Watney, an astronaut who gets stranded on Mars. We followed his intense efforts to come back home to Earth, even when all the odds were against him. In our exciting Physics demonstrations, centred around Static Electricity, we traced the process of electrostatic induction and tried our hands on the Van de Graaff generator. Amongst interactive experiments and demonstrations, notable sights included a hovering polystyrene ball and a fountain of statically charged aluminium foil cups.

Bake-Off & Bakesale

We began week two of Science Week with the CCHSG space-themed Bake-Off and Bakesale, hosting scores of outstanding and imaginative cakes, from a baked rendition of 'Starry Night' to a depiction of a cataclysmic collision in space. Huge congratulations to our winners.



Overall, we raised a grand total of £105.91 for the charity Satro, which works to inspire young people to succeed in STEM in school and for life. The Science Leaders and the Science Department send a warm thank you to all our bakers, volunteers and buyers.

On Tuesday 10 March, we were delighted to welcome Dr Anneliese Speak, Senior Scientific Manager at the Sanger Institute in Cambridge and former student at CCHSG. Dr Speak, after studying Biochemistry at the University of Oxford, is now conducting postdoctoral research, and highlighted for us valuable insights into the world of research and the pathway through school, university and beyond.

We were pleased to gain further insight into professions in Science in our 'I'm a Scientist, Get Me Out of Here' lunchtime session (which you can still get involved with at home at imascientist.org.uk), in which scientist contestants shared their innovative research with students in this STEM-empowering initiative.

Following wonderful responses in previous years, we held our dissection session, where we discovered in more detail the anatomy of a number of organs including the heart and eyes. In addition, we were introduced to the intricate structure of a sheep's head with the assistance of one of our Year 13s, Chloe-Louise Hoes, who is going on to study Veterinary Medicine. We would like to extend our thanks to our Science Leaders and the Science Department for facilitating this fantastic opportunity and to our participants for your unfailing enthusiasm.



We ended the week(s) with our insightful '5 Senses Workshop', a place for budding psychologists to explore the Science behind our senses. Our discoveries in the smell workshop included the difficulty in distinguishing between the scents of apple and potato, and in our multisensory booth, we put into practice the 'Rubber Hand Illusion', with intriguing results (please see 'The Rubber Hand Illusion - Horizon: Is Seeing Believing? - BBC Two' on YouTube for a demonstration). We also explored the anatomy of the eye and the psychology behind how we see, and conducted experiments on how we perceive sound.

The CCHSG Science Week activities were enjoyed by students from across the school. Through the events, we hope to have built on your interests in science and given you ideas moving forward. We would like to sincerely thank all who contributed and all those who took part.

Ozzadeh Tajalli, Science Leader

Computing and The Robot Challenge

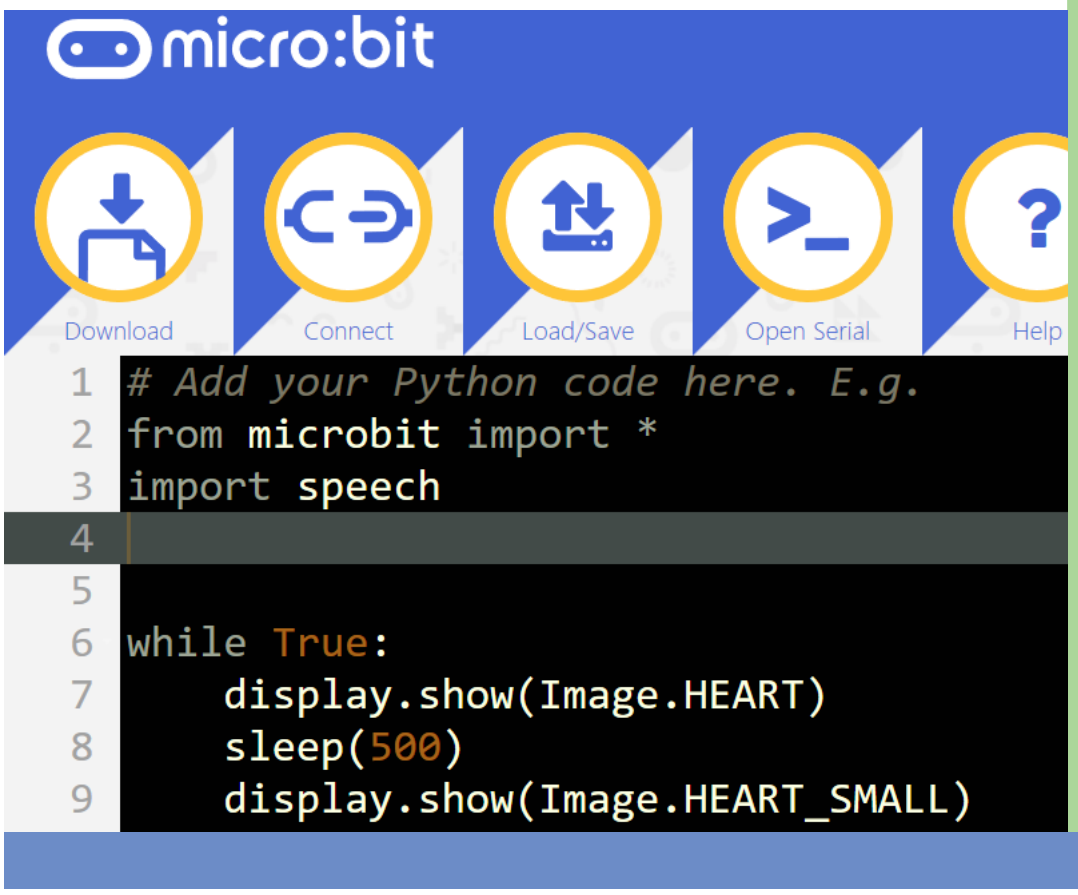
Design a Robot Competition

Mr Nachman in the Computing Department is running a competition to help us say “Thank-you” to our key workers and to inspire creativity.

The competition requires you to use materials found around the house (boxes, plastic tubs, tin-foil, paint, glue etc.) to build a robot that bears a thank you message in some way (not necessarily digital) to all our wonderful Keyworkers. You can display it outside your house or in a window. To enter students and their families should send photographs of their entry to Mr Nachman via his school email.



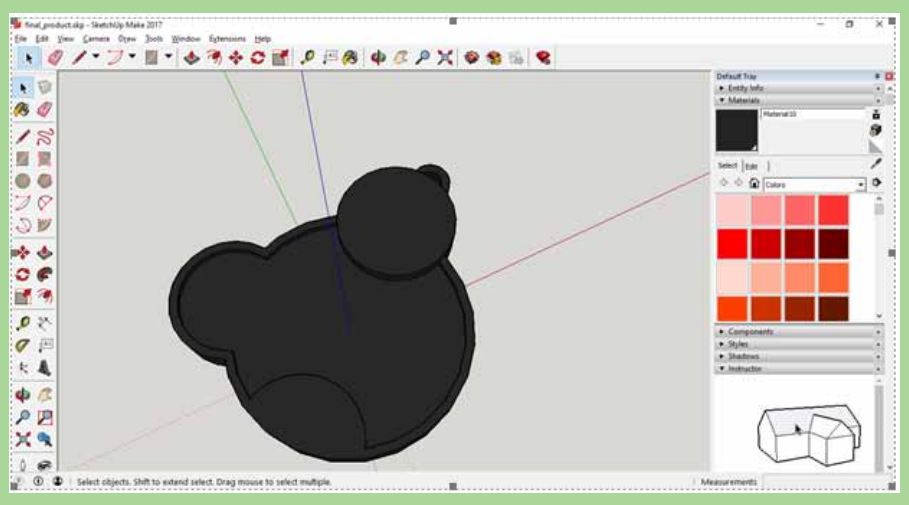
The competition will run as long as we are not in school. When we return to school the winner will have a prize to share with their family and a donation made to a charity of their choice. Well done to students who have already produced entries.

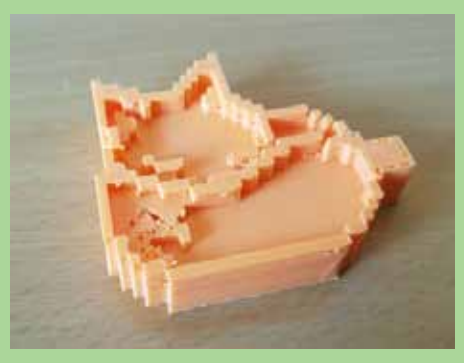


Year 9 have been designing their own 3D printed items.

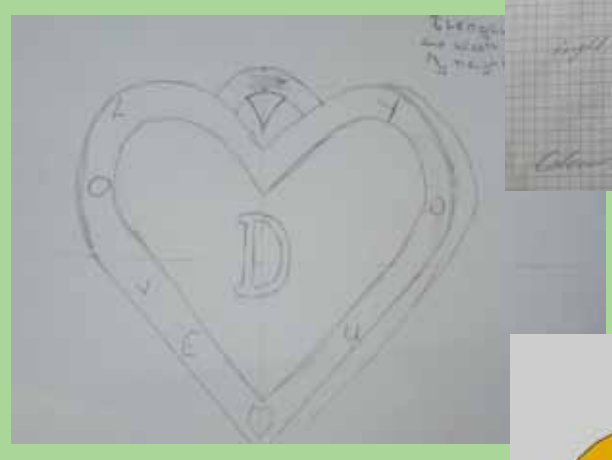
The brief they were given was to design a small item like a keyring or useful item of jewellery. The specification was:

1. Size must be approximately width 50-100mm, length 50-100mm, height 5-20mm
2. Must have a flat base with no unsupported overhangs
3. All surfaces must be flat with no hollow or 2D elements
4. Must be one complete shape, all joined or connected together













UCAS and Universities

Many of the universities have created online resources which students can access as part of their remote learning. These give insight into potential areas of study as well as providing useful tips and support in enhancing general study skills. Future Learn have free online courses from universities suitable for students aged 13+. Find these **here**.



UCAS Virtual University Tours and Open Days
Wanting to find out more about universities? UCAS have provided a list of list of virtual tours and videos from universities and colleges, so you can see what it's like on campus and what facilities are available **here**

University of Essex Webinar Series
Essex academics have created a set of short videos giving a flavour of what it is like to study undergraduate and postgraduate courses at the university. They can be found **here**. The University of Essex also has a number of useful resources aimed at secondary school students. See Growth Mindset for Post 16. Learn to embrace challenge and benefit from constructive criticism to support your learning using this **Growth Mindset Workbook** alongside this **video**.





Student Activities from the University of Cambridge
A range of activities have been created by academics which connect to specific university courses. These enable students to learn more about a specific subject and support them in deciding between different university subjects or in just trying to keep their minds active. Find these activities **here**

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.

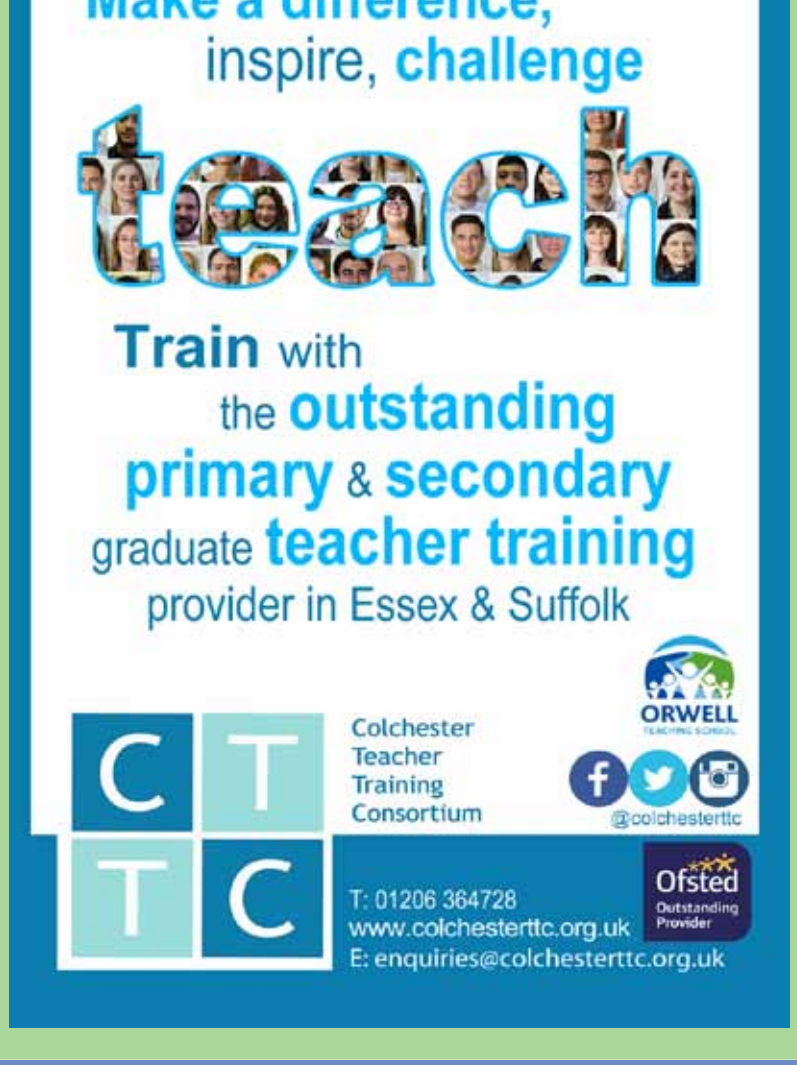
Colchester Teacher Training Consortium

Now Recruiting Trainees for September 2020

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

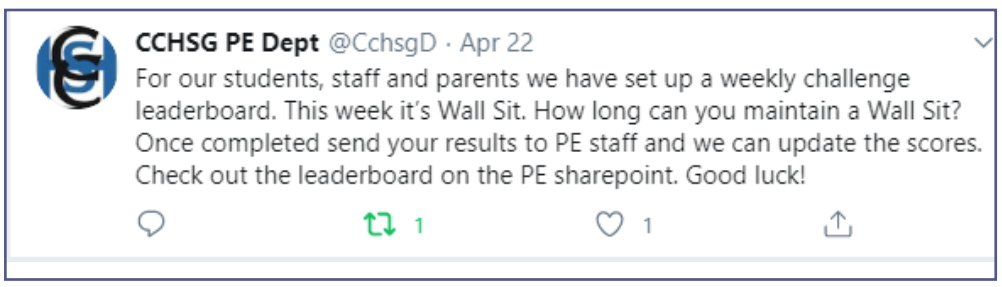
For further information call 01206 364728 see www.colchesterttc.org.uk or contact enquiries@colchesterttc.org.uk



News from the PE Department

It is vital to keep body and mind active during self-isolation and particularly important to look after your physical wellbeing. Our physical health has a big impact on how we feel emotionally and mentally. At times like these, it can be easy to fall into unhealthy patterns of behaviour which in turn can make you feel worse. Try to eat healthy, well-balanced meals, drink enough water and get regular exercise, outdoors if you can.

The CCHSG PE department has been as busy as ever during the period of self-isolation, promoting exercise in a variety of ways. Staff have used the PE department Twitter feed @cchsgD to share video challenges for students to try. Some students took things a step further and responded with their own challenges for staff to try!



Alongside this, the department has been setting weekly workout videos to replace PE lessons, along with a weekly challenge for exercises such as push-ups, planks and wall-sits to see who can get themselves on the weekly challenge leader board.









Below are some photos that students have sent in of their challenges over the lockdown period.









The PE department continues to share activities via Student Share Point > PE > Weekly workouts and on the PE departments twitter @cchsgD

PTFA

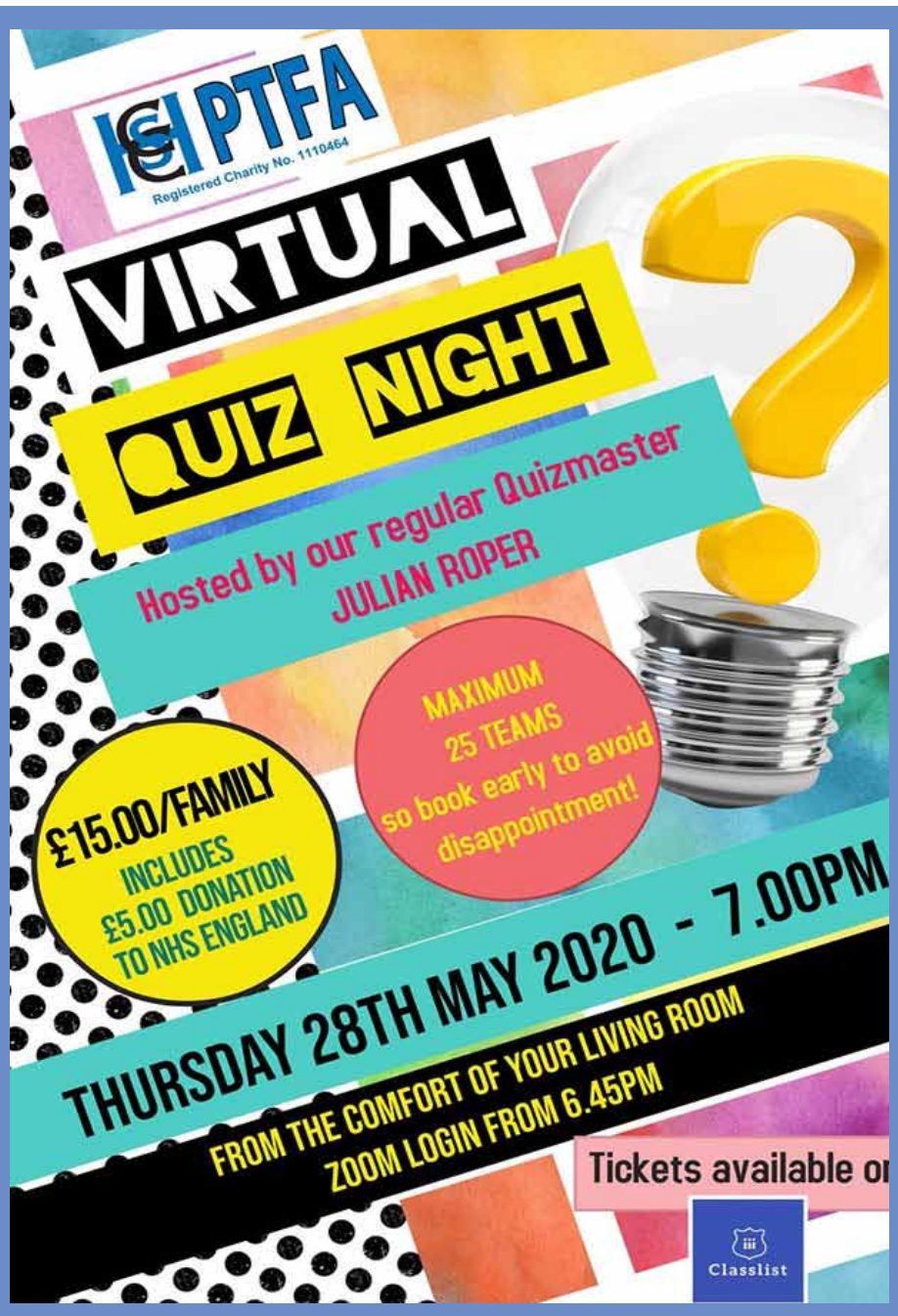
PTFA Virtual Quiz Night

Thursday 28 May 2020 at 19.00.
Come and join us for our inaugural CCHSG Family Virtual Quiz Night hosted by our regular Quizmaster, Julian Roper from the comfort of your own living room.

Entry fee: £15.00 per family. The money raised will be used by the PTFA to fund the supply of PPE masks for vulnerable students and staff at CCHSG to use at school and a donation of £5.00 per entry will be made to NHS England. Julian has just set up his quiz hire company, Corporate Quiz Hire and has kindly offered to host this online event for us free of charge. He will also host a company quiz free of charge for the winning team. Numbers are limited to 25 Teams.

HOW TO TAKE PART IN THE QUIZ
1. Buy a ticket via Classlist. If you haven't done so already, please sign up for Classlist at www.classlist.com, search for our school and sign up. You can also download the Classlist app on iOs and Android.
2. You will then be sent a Zoom link and password. Quizmaster Julian Roper, a CCHSG parent himself, will be the host for this session.
3. If you are a first time Zoom user, you will need to enter some additional details such as name etc. Download Zoom here: https://zoom.us/support/download
4. Once you log on, you will be directed to a "waiting room" where the Quizmaster can then admit you and your team to meeting/quiz.
5. Each participating team will need a) pen & paper, b) joker from pack of cards or one printed off, c) wooden spoon & d) hat - the reason for which will become clear on the night!

Places are limited so book early to avoid disappointment.
Email: cchsgptfa@gmail.com OR contact Quizmaster Julian at 07939 360787 (www.corporatequizhire.co.uk)



Classlist

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



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

PTFA CONTACTS:

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

cchsgptfa@gmail.com