# CCHSG E-Newsletter

29 March 2023

## Contents:


| | |
|---|---|
| 3 | European Youth Parliament |
| 4-5 | World Book Day Doors |
| 6 | Year 9 Magistrates Mock Trial Competition |
| 7 | Choral Conducting Workshop |
| 8 | Year 11 GCSE History Trip, Sheffield Manor Lodge |
| | "Young Writers" Poetry Award |
| 9 | PsychSoc Mindfulness |
| 10 | PTFA, Year 7 Parents & Students Social Evening |
| | Visiting Author Alexandra Sheppard |
| 11 | Year 12 Visit the Babraham Institute |
| 12-13 | Year 7 Art, Self Portraits |
| | A level Art, Expressive Experiments |
| 14 | Tower of London Coronation Competition. |
| 15 | Year 10-12 Ski Trip to Austria |
| 16-17 | Votes for Schools |
| 18-19 | Year 7 Drama, Staging Charles Dickens |
| 20 | Updates from DofE |
| 21 | Year 9 Science Week Competition |
| | CTTC Open Evening |
| 22 | Year 12 Cambridge University Physics Lectures |
| 23 | Athlete Spotlights |
| 24 | PTFA News |




## Executive Principal's Notes

This term we have made further progress with the development of our Science, Technology, Engineering and Maths (STEM) curriculum. We recently hosted a visit from Dr Michael Smith from the Sandy Gunn Aerospace Careers Programme (SGACP). I thank all those involved in the visit, particularly Mr Nachman, Mrs Hughes, Mr Summers, Mrs Swannell and Dr Parrott. I am delighted to say that we will now be working in partnership with SGACP, across the MAT, on our Tech Curriculum, with visits to Cranfield and linking with Californian and Asian tech programmes. CCHSG has been selected to host a two-day engineering, aerospace and STEM careers workshop, for up to 300 students from Years 10-13, in July. In addition, ten students have been invited to attend one of the Spitfire workshops where they will also receive information on STEM, engineering and aerospace careers.

Collaboration with our MAT schools has also enabled further curriculum extension with the establishment of a cross MAT MS Teams group providing Spanish lessons for Year 7 students. Having attended the first very enjoyable and engaging session of this class, I am sure it will prove a great success.

Our curriculum has been enriched with a range of co-curricular opportunities this half term including visits to Bletchley Park for Year 8, A level Physics students attending lectures at Cambridge, Year 10 Psychology students visiting the Freud Museum, Year 11 History students visiting Sheffield Manor and the Library hosting visiting writer Alexandra Sheppard. I would also like to thank the staff who led a very successful ski trip for 90 students to Austria during the half term holiday. You can read more about these and other activities later in the newsletter.

This half term we also congratulated our European Youth Parliament team, supported by Mr Paz, who have progressed to the National Finals in Liverpool in July. We have always prided ourselves on the range and quality of our extracurricular opportunities. This term over 100 members of our extracurricular choral groups received additional tuition in a workshop delivered by world renowned choral conductor Tori Longdon and, supported by Mrs Jefferies, took part in the Charter Hall concert.



Current lunchtime and after school clubs are now listed on the website for student reference and it is very pleasing that data shows 92% of students are attending at least one extracurricular activity each week.

As we once again approach the external examinations, Year 11 and Year 13 are to be commended for their commitment during the mock examinations and for their excellent uptake of the revision classes scheduled over the Easter holidays. We are grateful to the teaching staff who are running these valuable additional sessions.

We welcome our new governor, Professor Shoba Arun who was recently elected by the parent body and attended her first full governing body meeting last week. We do thank her for volunteering to provide her support to the school.

**Staffing updates:**
We welcome to Mr Kidby and Mr Summers who have recently been appointed as Associates to SLT and also our new Receptionist Mrs Burdett.

This term we said goodbye to our Reprographics Technician, Mrs Sian Webster-Hirst who joined the school in April 2019 and has worked very hard to produce fantastic resources for our staff and students. She also volunteered regularly to help with the various school productions and was an active member of the PTFA supporting with a range of activities, including the nearly new uniform sales. Her dedication and support of the school has been very much appreciated.




We will also be saying goodbye to Mrs Anne Adkinson our Administration Assistant. Mrs Adkinson has worked in the main office for nearly 10 years. Many of you will have had first-hand experience, when calling or visiting the school, of her calm and helpful nature. We sincerely thank her for the thoughtful way she deals with our students. As a first aider she has shown an exemplary level of care to our staff and students in times of need. She will be missed by all at CCHSG but we wish her well in her new role.

Easter, for those of a Christian faith, is traditionally a time of reflection and renewal. The past few years have certainly presented us all with change and uncertainty which has challenged our thinking and caused us to reassess our values. For many there is now a need for stability and for clear leadership which reinforces the value of community, friendship and kindness.



This is a time of new hope and new beginnings and we have also seen how humour, determination and keeping a wider perspective can help us to move through our individual life challenges. No one exemplifies this better than longstanding friend of CCHSG, Steve Brown, who, I am delighted to say, has accepted my invitation to visit the school to speak to students as part of our end of term assemblies. Steve is an award-winning TV presenter, public speaker and mentor. He is also a wheelchair rugby player and coach who captained Great Britain at the London 2012 Paralympics. As a wheelchair rugby player he was a European Championship gold-medal winner. Since 2012, Steve has been increasingly present on television. In his earliest work he drew on his passion for, and experience in, sport. He was, among other roles, a reporter on Sky Sports' *Game Changers,* a member of the BBC team at the Invictus Games and Wimbledon 2018 and a member of the Channel 4 team at the Rio 2016 Paralympic Games. More recently, Steve has demonstrated his range as a presenter with appearances on the BBC's *Escape to the Perfect Town*, *The One Show* and *BBC Breakfast*. He has worked for the BBC on both *Springwatch* and *Blue Planet UK*. In April 2017 he became the latest member of the BBC's *Countryfile* team. Steve's life story and his determined and aspirational approach is an inspiration to us all and we look forward to welcoming him once again to CCHSG.

We wish all our staff, students and their families a very enjoyable and restful holiday break.

**Mrs Gillian Marshall MSc NPQH**
**Executive Principal & CEO**

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

# European Youth Parliament

On Thursday 23 February the CCHSG team had the opportunity to compete in the East Anglian heat of European Youth Parliament (EYP) at Churchill College, University of Cambridge.

CCHSG was given the task of proposing the committee on Civil Liberties, Justice, and Home Affairs (LIBE) which looked at how we could reduce reoffending rates in the Europe. I got to open the debate with a three-minute speech outlining the potential resolutions which could be invested in. This included: following Latvia's example in providing released convicts the right to register with the State Employment Agency, providing prisoners with an opportunity to learn basic literacy and technology skills through Non-Government Organisations like the Shannon Trust, recommending Member States to implement the Good Lives Model in their prisons to provide mental health support to convicts, and encouraging Member States to follow the Norwegian 'Reintegration Guarantee' which focuses on enabling a safe release from prison. Arthi Vijayamurugan concluded our proposition with a phenomenal closing speech, reinforcing the effectiveness of investment into resettlement, rehabilitation, and reintegration within communities.

We further competed in debates surrounding toxic masculinity; how we can support the mental health of refugees in respect of their fundamental human rights; the best way to support vulnerable citizens during the energy crisis; the importance of reducing the digital divide between Europe's younger and older generations and responses to spiking and how we can ensure young people are safe.

The CCHSG team were grateful to receive much positive feedback, recognising the strength of the points that we contributed to the General Assembly, our exemplary public speaking skills as well as the strength of our proposing motion. As a result of our performance throughout the day we were announced as the winners of the East Anglian heat, thus, have been chosen to represent the region at nationals in July. This will take place in Liverpool.

We would like to give a special thanks to Mr Paz for organising this opportunity. **Evie Tongue 12T**

## Fundraising for European Youth Parliament Competition

**Our EYP team are looking for potential sponsors to contribute to the expenses of travelling to the Nationals in Liverpool in July. If you know of a business or individual that might be interested in sponsoring them please contact Mr Paz via ipaz@cchsg.com.**

EUROPEAN YOUTH PARLIAMENT
UNITED KINGDOM




## The CCHSG EYP team are:

**Evie Tongue**
**Arthi Vijayamurugan**
**Josephine Duah**
**Zubiya Jafri**
**Adaeze Okoli**
**Megan Cullum Grey**
**Saumya Sharma**
**Kola Bashir**

**https://uk.linkedin.com/company/colchester-county-high-school-for-girls**

**CCHSG Connect is a Linkedin network for Colchester County High School for Girls staff and students, past and present.**

# World Book Day Doors 2023

The CCHSG judging panel, drawn from staff across the school, were highly impressed by the thought and effort that went into the CCHSG World Book Day Doors. Particularly notable was the standard of the designs created by the Year 11 Form Groups. Thank you to all the tutors and their Forms for their enthusiasm and creativity.

There were many notable mentions:

Best use of recycled materials – 8O

Most creative – The Main Office Staff

Librarian's choice - 8C

Reflecting the Individuality of the Form Group – 7C

Most thoughtful – 7O and 11L

Runner up – 11H

Overall winner – 11 O – for scale and most striking effect.

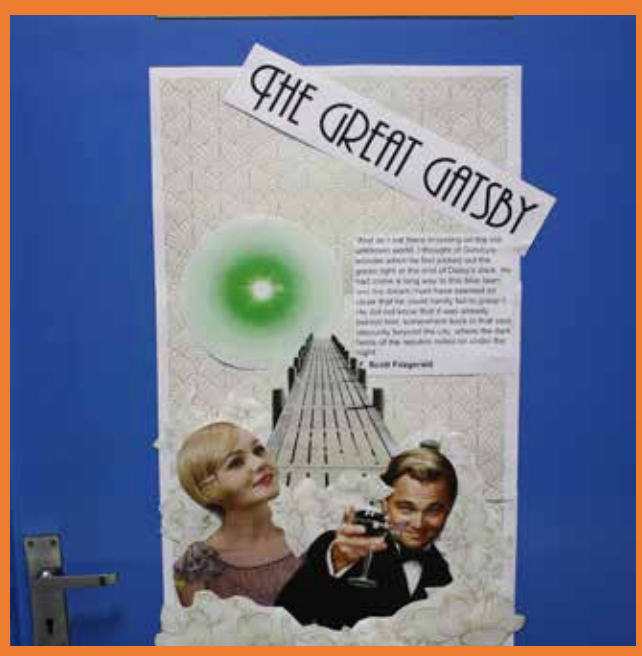
Well done to all involved!.

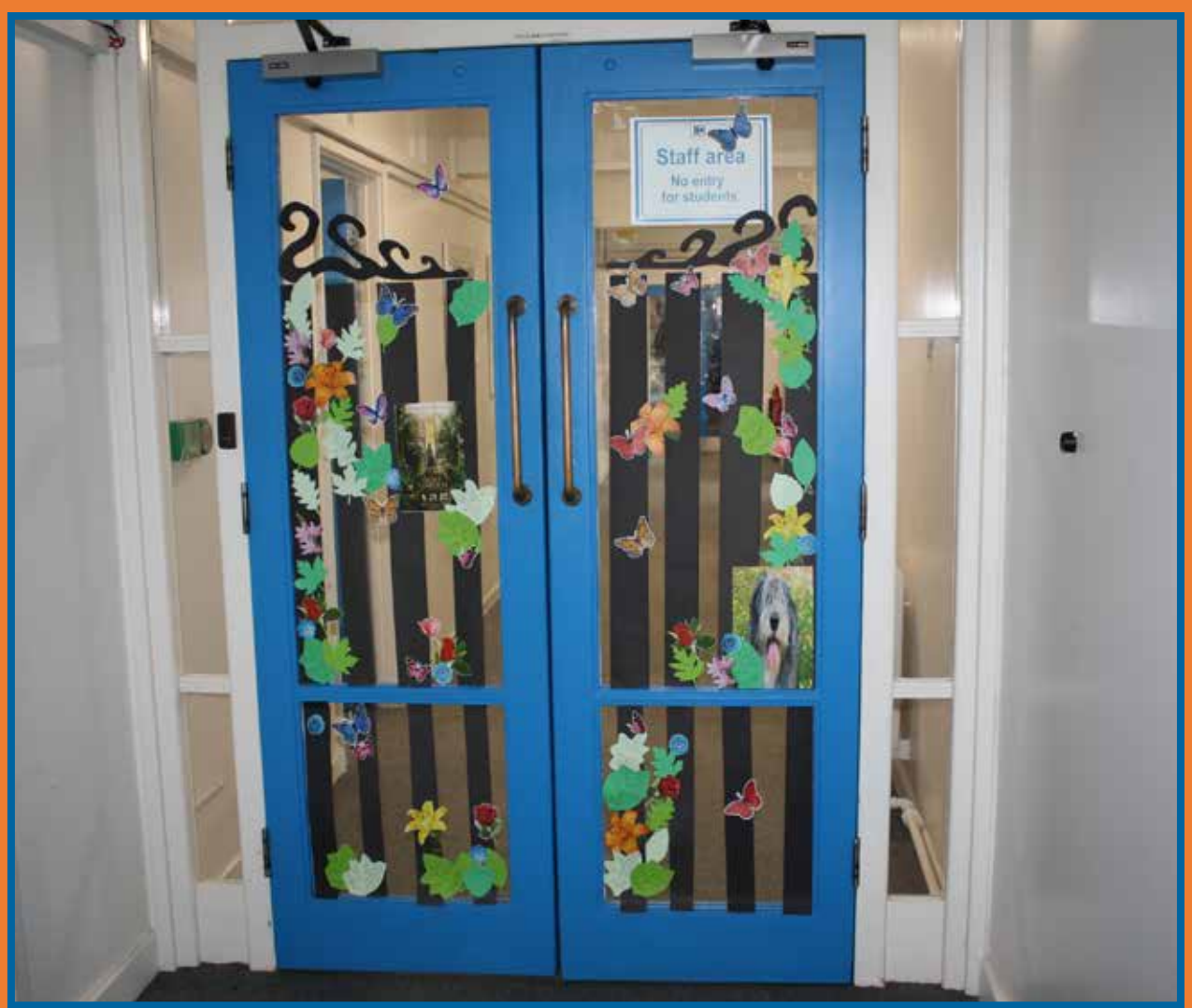













# World Book Day

A presentation by your Literacy Leaders

## Why should we celebrate World Book Day?

- World book day is celebrated throughout the globe to encourage young people like us to read for enjoyment.
- Reading can be an escape in tough times, and with fewer children reading each year, World book day is more important now than ever.



## Facts about World Book Day

- World book day is an event held to encourage reading among the youth by UNESCO.
- It was first established (and is annually held) on the 23rd April 1995, as it is the same day as the death of Shakespeare and Spanish chronicler Inca Garcilaso de la Vega (who wrote accounts of expeditions and wars which occurred during the Inca empire in Spain) as well as the birth or death of other prominent authors.
- However, World book day is celebrated on the first Thursday of March in the UK and other countries to avoid clashes with the Easter half term and St George's day. This year it is on the 2nd of March.
- Every child in full time education is given a voucher to spend on books which is sponsored by National Book Tokens




## What we are doing for World Book Day?

- A door decorating competition will be held on World Book Day where you can decorate the outside of your form room door based on a certain book or just reading in general. Everyone's doors will be judged and the winning form will receive a prize!
- Please only use blu tack so the book covers can be easily removed and not cause damage to the paint!!















# Year 9 Magistrates Mock Trial Competition

**Congratulations to our Year 9 team who won the local heat of the Magistrates Court Mock Trial Competition in Basildon Crown Court on Saturday 11 March. Our prosecution side went against The Deanes School and our defence side went against Chelmsford School for Girls – the latter was a particularly tough round. There were 7 schools in total that took part and this is the first time CCHSG has won the local heat. We look forward to preparing a new case for the regional heat.**

**Well done to everyone on the team, including our lawyers: Fareedah Abudu, Varnika Jain, Mufaro Mavhinga and Harshita Ramanand, and our witnesses: Niamh Cullen. Nora-Ann League Yomba, Amy Orton and Charlotte Peace; and our Magistrates: Evie Simmons, Maria Silva Aires and Orla Forking; and our legal adviser Sophie Richards. We wish them well in the next stage of the competition.**






On Saturday 11 March, a team of 14 Year 9 students travelled to Basildon Crown and County Courts to compete in the local county heat of the Magistrates Court Mock Trial Competition. It was a remarkable experience and after months of hard work and preparation at lunch times, the school came out on top and are now going through to the regional heat in May!

In the competition, each school competes in two rounds – one prosecuting and one defending. This year's case was about Jamie Rowe, who was allegedly holding a hammer in a threatening manner in a public courtyard. In our first round, the school faced The Deanes School, who were prosecuting. Our team felt a little apprehensive, but overall had an extremely successful first round. Though getting an overall verdict of 'not guilty', we ended up with more points than the opposing team due to the fantastic, fiery performance from our two prosecution lawyers and the outstanding efforts of the prosecution witnesses.

The second round was particularly gruelling, against Chelmsford County High School. They were extremely intimidating as a team, but we eventually triumphed as they made a few fatal mistakes. Their Legal Advisor's speech was very biased, and they introduced new evidence to the court – something which is strictly prohibited both within the competition and in reality. We managed to gain a verdict of 'not guilty' due to the fantastic questions from our defence lawyers and wonderful answers from our witnesses.

Amy, who was the Prosecution Witness 2, said 'I found the day very enjoyable and thought it was definitely an intellectually enriching experience."

Nora-Ann, Prosecution Witness 1, said 'I found the public speaking difficult but the support of my peers and of course Mr Paz, made it much easier.'

Harshita, Prosecution Lawyer 1, said 'When they announced the winner, I felt surprised but knew we could do it from the beginning. We put in a lot of effort, and I am glad that it paid off.'

Sophie, the Legal Advisor, said that 'We are all very grateful for the opportunity. I learnt a lot about the proceedings of a magistrates court, and it gave me a real insight into the world of law. I'm glad that we are able to do it all over again.'

Overall, the experience aided and enhanced our understanding of the magistrates court systems, and gave us the opportunity to share our thoughts with people in the law community. We even got to talk to the Chief Lieutenant of Essex and to develop our public speaking skills, communicating with peers from other schools.

The team would like to say a huge thanks to Mr Paz for coaching us over the past few months, and to Mr Hodivala KC, who gave us his insight and really aided us in our cross- and examination-in-chiefs. We look forward to participating in the next round and are really grateful for the opportunity to compete.

**Sophie Richards**

# Tori Longdon - Choral Conducting Workshop

On Wednesday 1 March world renowned choral conductor, Tori Longdon ran a workshop guiding and coaching our choral conductors and also gave a masterclass to our choirs.

Tori Longdon studied at Durham University and the Royal Academy of Music, where she was awarded a distinction for her MA in Choral Conducting. She now directs several ensembles around London including the Covent Garden Chorus and holds the post of International Music Director for the Alpha Choral Courses in Shenzhen, China. She is also conductor for the National Youth Choirs of Great Britain and an on-screen conductor for Songs of Praise on BBC1, as well as an adjudicator for their competitions including 'Young Choir of The Year' and 'Young Chorister of The Year'. She appeared on BBC2 as a judge on two series of the *The Choir* with Gareth Malone, among other achievements. Her workshop leading and adjudicating has taken her around the world, from Poland and Sweden to China and the USA. She is a passionate advocate of music education in all its forms, teaching at the Junior Guildhall conservatoire in London and coaching voice for the Royal Schools of Church Music and the Voices Foundation.

The workshop was open to members of the CCHSG extracurricular choral groups "The Bluebirds" and "The Nightingales". Students had the opportunity to take part in a practical and hands-on workshop, which focused on a broad range of activities to improve balance, expression and vocal technique. During the event, Tori also gave a careers talk about the working life of a choral conductor. There were plenty of opportunities for the students to ask questions and dig deeper into life of a conductor.

*"It was a privilege to spend the day with such an experienced and talented conductor. I learnt so many skills, in both music and leadership, which will undoubtedly help me in the future. The workshop was fun and engaging for all and I hope that Tori will be back to share her expertise in the future!"* **Heather Dick**

*"It was wonderful to conduct with Tori's help during the workshop. Her advice was so useful and the students involved with the choir also had a great day. We will be able to take Tori's advice forward in our future rehearsals and performances."* **Alana Coyle**







Sixth Form students Alana Coyle and Heather Dick joined Tori Longdon in leading the choirs during the workshop.

# Music Achievement

Congratulations to Senaya De Silva 7E, who participated in two events in the Stratford and East London Music Festival last month. Playing the piano, she achieved first place in the Ivor Rees Memorial Cup and also gained first place in the Piano Repertoire. Well done!



# Year 11 GCSE History Trip, Sheffield Manor Lodge



Sheffield Manor Lodge, also known as Sheffield Manor, is a lodge built about 1516 in what then was a large deer park southeast of Sheffield, South Yorkshire, to provide a country retreat for George Talbot, the 4th Earl of Shrewsbury. Years later, Mary, Queen of Scots was held prisoner by the 6th Earl of Shrewsbury at both Sheffield Manor Lodge and Sheffield Castle. Her ghost is said by some to haunt the Turret House building.

On Tuesday 21 February the Year 11 history classes visited the site of Sheffield Manor Lodge to undertake our field study for our GCSE course. The morning began with an early arrival at school at 6:30am, followed by a four-hour coach journey much improved by a rest stop at McDonald's.



The day consisted of many enjoyable activities including a tour of the site which housed Mary Queen of Scots for the 14 years of her captivity in England and an escape-room style problem solving task described as "thrilling" and "inspiring" by Year 11 students. As well as this, students also engaged in typical Elizabethan activities such as letter writing with a dipping pen and ink and wearing traditional Elizabethan clothing.



Overall, Year 11 students felt that the day was "really fun" and "provided a good consolidation of our knowledge" and would like to thank the history department for organising a memorable and interesting trip. **Anna Prince 11O**

# "Young Writers" Poetry Award

We are very pleased to hear that our students were winners of the Autumn Term National Poetry Competition run by the Young Writers organisation.




The school has received a £100 National Book Token and an Award of Excellence trophy. We congratulate all the students involved and the English Department, in particular Miss Simcock and Miss Laughlin.



Young Writers have promoted poetry and creative writing within schools and poetry competitions for the past 32 years.
https://www.youngwriters.co.uk/

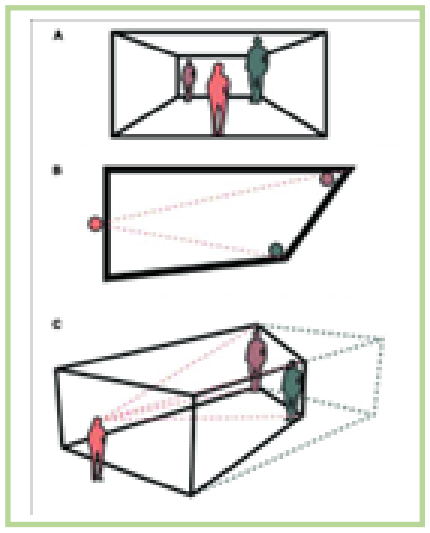
# PsychSoc Mindfulness

It has been hands on in PsychSoc this term!  We have discussed our perceptions of seeing is not always believing and mindfulness techniques recently. We have been hands on making our own Ames room models to demonstrate that if we look from a certain angle our perception of a room looks normal, but it is not as it seems! The room is named after Adelbert Ames, Jr who designed this illusion of the trapezoid room.

Here is a picture of this perception of a girl who stands different sides of the room but appears to be taller on one side. And this is a picture of what we made and the secret of how it is done.  We also make mindfulness glitter bottles







as one of the techniques that can be used to calm our minds when we are too busy or worried.  There are plenty of other mindfulness things you can do as well, such as; yoga, breathing techniques and walking paying attention to what you see.  This is what we suggest you can do if you would like to make a mindfulness glitter jar too.  Fill a small bottle or jar with water.  You can colour it with food colouring if you like. Then add three different colours of glitters or gems.

**How Do You Use a Mindfulness Jar?**

Look at the container when it is still, as this is what our mind is like when we are calm, and we are able to think clearly. Now give the bottle a good shake and see the glitter and gems mix up. This is like our mind when we get worked up, busy swirling around and not able to think clearly.  Now look at the glitter, the three colours you have chosen symbolically represent our thoughts, feelings, and behaviours. These three are intertwined and all affect one another, so taking time to think about each one of these colours helps to calm your mind to think more clearly.

PsychSoc is run weekly by Mrs Phillips and open to students from all Year Groups.







*In Psych Soc, we have been learning about the most intriguing and varied topics, such as investigating serial killers and the psychology behind why they repeatedly commit murder, learning about emotions and expressions such as micro expressions and even finding out about children's language acquisition. We have also covered areas like psychological connotations with colour and how music therapy functions.*

*Psych Soc also provides students with the opportunity to explore different career paths in psychology and a chance to ask questions and learn more about psychology from professionals in the field. For some sessions, we created fun crafts such as a mini Ames room, and it was especially helpful for Year 8 students when there was a session on mindfulness during the Year 8 exam week, and we created a mindfulness bottle which helps you calm down during times of stress.*

**Abhishta Kodam  8S**

# PTFA - Year 7 Parents & Students Social Evening

Our thanks to the PTFA volunteers and Chair Anni Cullen for organising a very successful Year 7 Social Evening on 10 March.

The hall was transformed as students were entertained with a disco, and games, then provided with pizza, which was very well received.

The PTFA also invited parents/carers to attend a separate reception, with drinks and canapes in the school dining hall, while the students were at their party.

The PTFA would like to thank all the Year 7 parents and students who attended. £811 was raised and a fantastic night was had by all. We are also grateful to our Sixth Former volunteers, Duke of Edinburgh Year 9 students and staff for their help and support at the event.




# Visiting Author - Alexandra Sheppard

Year 7 and 8 students were fascinated to hear from visiting author Alexandra Sheppard about her journey as a writer. Following the presentation students were able to ask questions about writing and the life of an author in general. There was then the opportunity to speak with Alexandra individually as she signed copies of her latest book *Oh My Gods.* This novel features Helen Thomas a half-mortal teenager who has just moved in with her dorky dad and self-absorbed older siblings - who happen to be the ancient Greek gods, living incognito in London!









## ‘Lots of 5:30am alarms and a sticker system’: Alexandra Sheppard on life as an author

Alexandra Sheppard went to the University of Nottingham to study English but dropped out in the first year. She went on to work in advertising and, thanks to a writing course, she mastered the habit of writing every day. She published *Oh My Gods* in 2019 and has been visiting schools since, inspiring Year 7s and Year 8s with talks on her novel, which marries modern day contemporary teen fiction with Greek mythology.

## The best part of the job?

‘*The school visits. And I never expected them to be. I was not a confident public speaker at all. I wasn’t sure how to craft my presentations so that they would be engaging. But the same rules apply whether you’re crafting presentations in an advertising boardroom, or to teenagers. It’s all about storytelling and being engaging and listening.’*

Interview by Mirium Foley
https://www.alcs.co.uk/news/lots-of-530am-alarms-and-a-sticker-system-alexandra-sheppard-on-life-as-an-author/



# Year 12 Visit the Babraham Institute

The Babraham institute was one of the best school trips I have experienced in my 6 years of being at CCHSG. It gave me an insight to the many pathways A level Biology can take you progression-wise and created many synoptic links with the topics we have been looking at in the course. In my group, we focused on PCR testing and how it can aid in identifying mutated molecules. We learnt about the theory behind PCR testing (polymerase chain reaction) which related well with our DNA topic we have been learning at school and also when hearing about PCR testing consistently throughout the pandemic. It's often rewarding to see things being taught at school come to life in these testing labs.

I also put my practical skills to use by learning new pipetting techniques in a process called electrophoresis where we examined which of the yeast cell samples had undergone a successful mutation. The supervisors were amazing and answered any questions we had giving us a first-hand experience of what life is like working at research centres.  The trip was extremely engaging and fun and I'd like to thank Mrs Ukwatte and Mr Loftus for making this trip happen!

**Christa Ugorji**

In my project, we used single-cell RNA sequencing data to identify different clusters of immune cells within a sample of blood, by comparing the level of gene expression in each cell. We also learnt how this technique can be used to discover new cell types! We even got to see the whole genome of these cells, finding the regions where the genome is being unwound and made accessible, where regulatory proteins are binding, in order to identify promoter regions. It was amazing to see how everything I was learning in school applied to real research e.g. enzymes, protein synthesis, cell structure. I found my project fascinating and it was a very fun day in general!

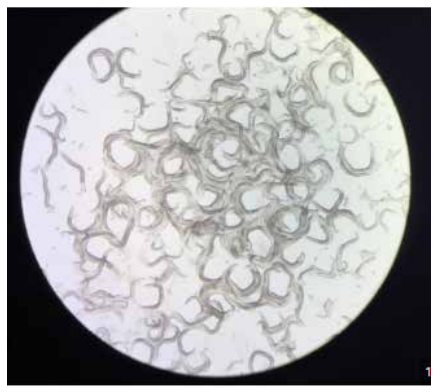
**Charlotte Olivier**



**Working with C. elegans worms as a model for ageing and disease**

Age-related diseases like Alzheimer's are often associated with clumps of protein called protein aggregates (amyloid beta) building up in and outside of cells. Caenorhabditis elegans, a type of nematode worm, are used to study the link between ageing and formation of protein aggregates. In our project at the Babraham Institute, we used fluorescence microscopy to observe the presence or absence of fluorescent protein aggregates in worms of different ages, specifically at days 3 and 10 of their roughly 2 week lifespan, and to classify them into three groups:
A – having no aggregates,
B – having aggregates in the posterior bulb or
C – having aggregates in both the posterior and anterior bulb.

C. elegans are good models for studying this as they have a short lifespan so their entire ageing process can be observed over a 2 week period. They are also easy to maintain and are kept on agar plates with a food supply of E. coli bacteria. Being transparent means it is easy to see protein aggregates inside the worms and they can produce large numbers of offspring quickly.





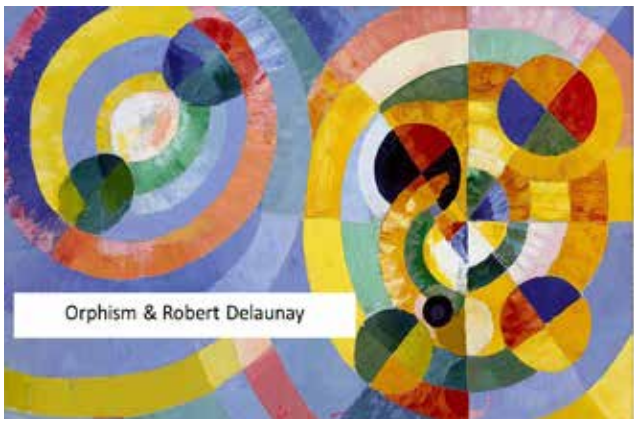

When the worms run out of food they must be transferred to a new plate. During the project we learnt to transfer the worms between agar plates using a wire worm pick – a thin, slightly hooked piece of wire attached to a hollow glass rod. First, we sterilized the worm pick by flaming it, then once it had cooled, used it to scrape a small amount of the E. coli on the new plate to help the worms stick to the wire. Looking into the light microscope as a guide, we carefully swiped the wire over a small patch of agar to pick up worms, then deposited them onto a new plate.

Overall, it was very interesting to be able to visualise processes of ageing in such a small organism that initially seems very different to humans and to develop new practical skills.

**Eva Black**

# Year 7 Art - Self Portraits











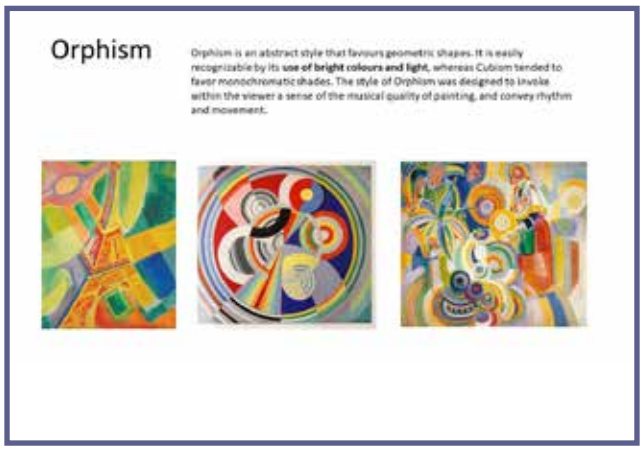




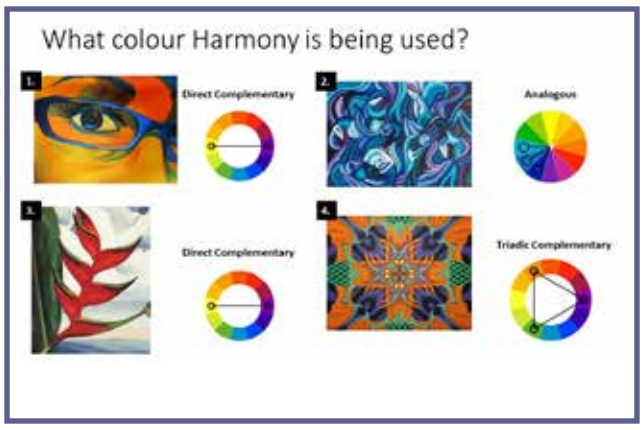




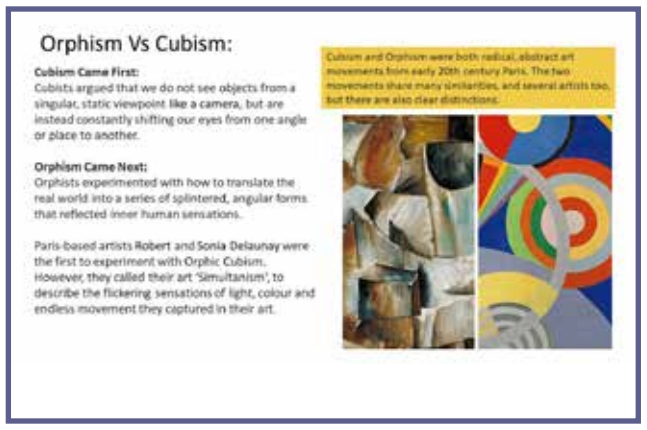




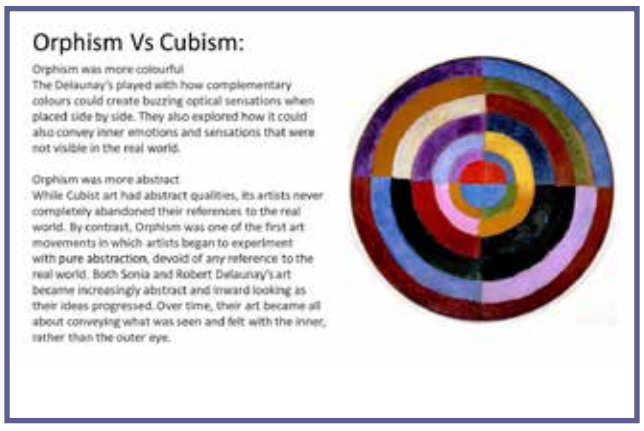















# Year 12 - Abstract Expressionism



**Abstract expressionism is the term applied to new forms of abstract art developed by American painters such as Jackson Pollock, Mark Rothko and Willem de Kooning in the 1940s and 1950s. It is often characterised by gestural brushstrokes or mark-making, and the impression of spontaneity.**

**This half term A level Art students have been researching expressionism, exploring a variety of expressive painting techniques and creating abstract compositions.**







# Tower of London Coronation Competition.

**THE TOWER OF LONDON**
**SCHOOLS CORONATION COMPETITION**
**EXCITING OPPORTUNITY!**

The Tower of London is looking for schools across the UK to take part in an exciting competition to mark the Coronation of His Majesty King Charles III.

They are inviting you to **create an illustration** for their **specially designed Coronation benches** to usher in the new era.

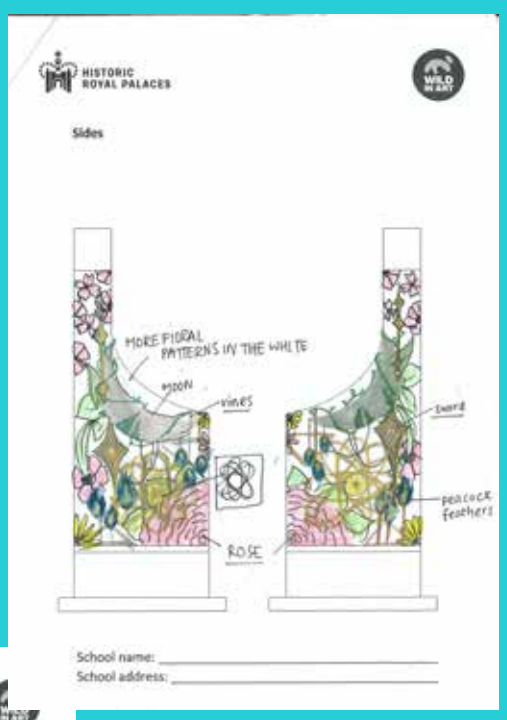
We will exploring the Coronation it as a moment of transition and encouraging you to think about the values and symbols which you wish to define the new era.

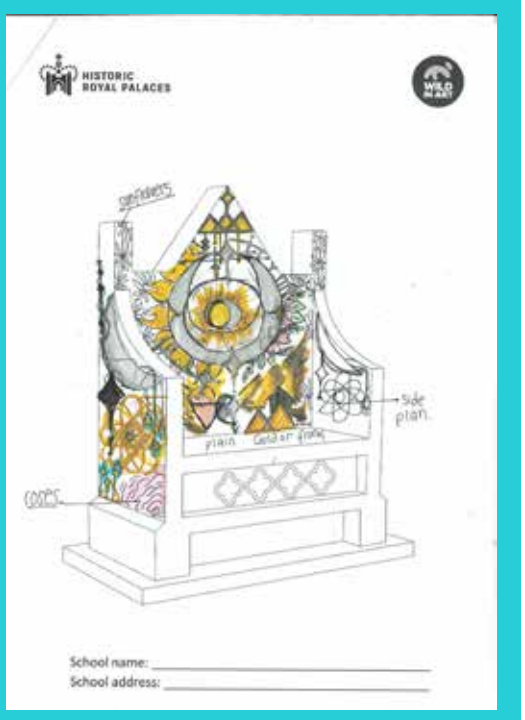
Following their workshop session led by Mrs Saunders during Year 8 Graphics Day, students have been working to refine their entries for the Coronation Schools Competition. The students were very excited about the prospect of the competition and thoroughly enjoyed developing their ideas using the resources provided. As the final designs were produced in Form Groups, CCHSG submitted a total of six designs for the competition. Of the more that 1,500 designs entered, CCHSG designs were selected as one of the 50 shortlisted entries. While not one of the final 15 elected, the students should nonetheless be very proud of their achievement.











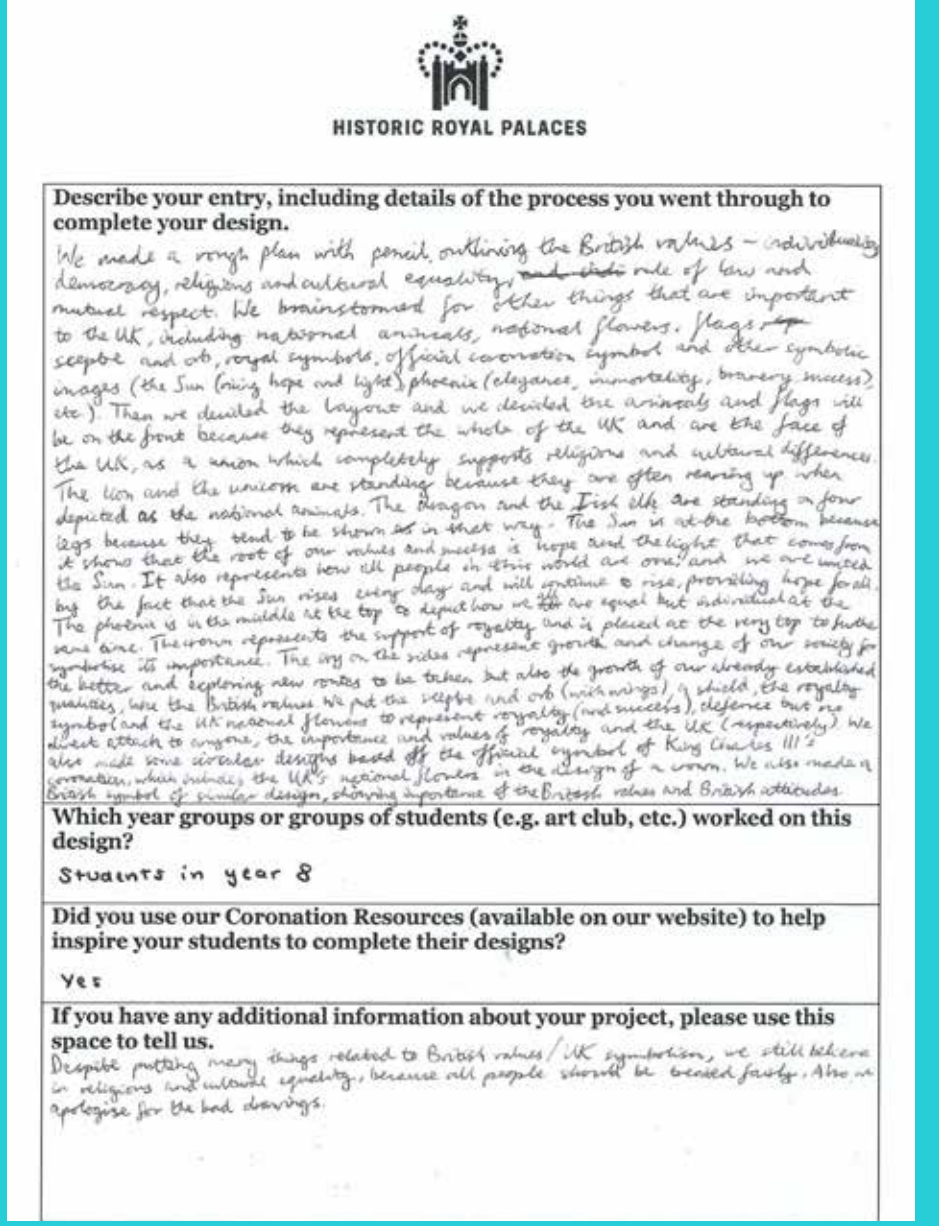










# Ski Trip to Austria









Ski trip 2023 was one of the best experiences of my life and I am very grateful that I got the opportunity to take part. Even though it was great, if anyone tells you that it is easy to ski, they are lying. You will be tired and you will ache, but that is all part of the adventure. The ache and tiredness is overcome by the adrenaline rush as you go down the mountain, the willingness to succeed and the breath-taking views that you are surrounded by. The skiing was incredible, but as well as this we had evening entertainment and that did not disappoint. Miss Wright and Miss Wilson made the perfect 90s playlist for the disco which kept everyone singing and dancing until the end. On another evening we went to an ice hockey match, the match was very entertaining and the crowds' excitement added to the thrill of the game. Overall, this trip was amazing and if you are given the opportunity to go on a ski trip, take it as it is an unforgettable experience that you would not regret. Thank you Mr Williams for organising the trip, it is one I won't forget!
**Abbie Spurr**

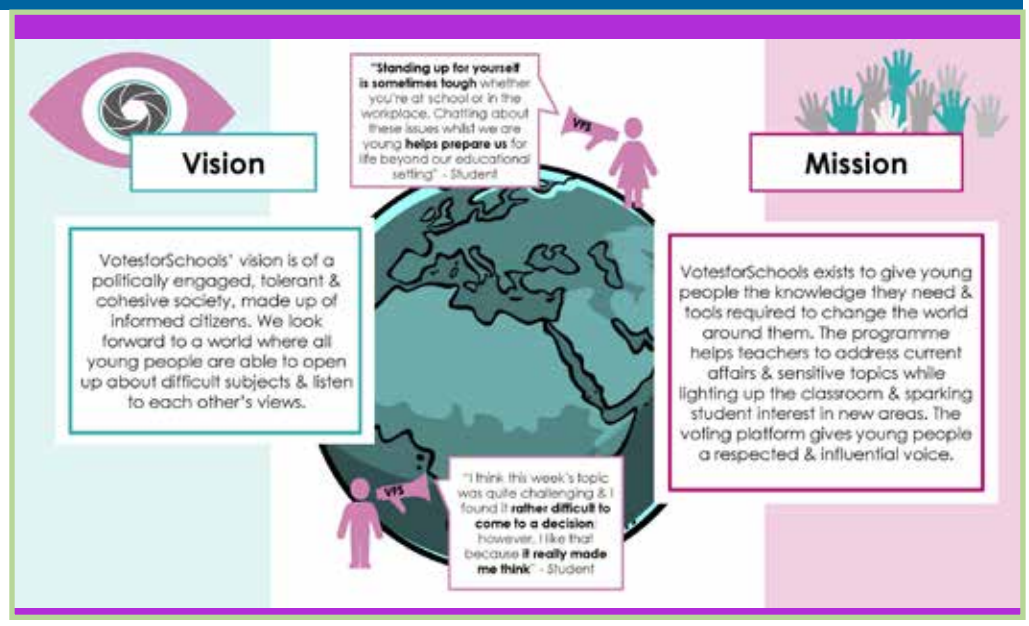
The Austria Ski Trip to Saalbach was one of the best trips I've ever been on. We went by coach and it was a long journey but worth it when we got to the mountains. I had never skied before but that was not a problem as we were put into groups of similar ability and the ski instructors were all lovely and supportive. My highlight of the trip was definitely the first time at the top of the mountain. One evening we went to an ice hockey match in Zell Am See town, which was amazing to be part of a full stadium when watching the home team win. As well as skiing during the day, we had activities in the evenings like exploring the local town and also a 90s/2000s themed disco hosted by Miss Wright and Miss Wilson. It was a week packed full of activities and although tiring I would without a doubt do it again. Thank you to Mr Williams for organising it and all the staff for helping out!
**Milly Gandy**

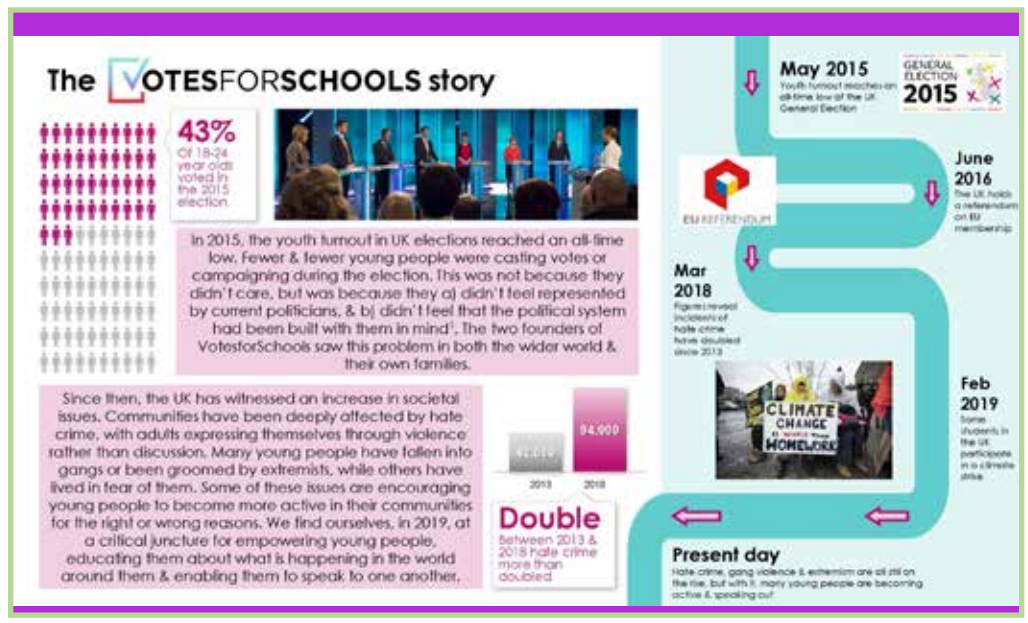


# Votes for Schools

**votesforSchools is a voting platform that we use weekly with our students. It aims to highlight the importance of being informed, curious, and heard.**

**Each week the subject changes as a direct reflection of what is happening in the news. After the students have thought about the issues raised, they then vote on an overarching question.**




## Be informed. Be curious. Be heard.

| | | |
|---|---|---|
| Learn about what is going on in the world; be interested in people, their choices, the beliefs and values they hold, and the issues they face. | Ask questions; seek out different viewpoints to challenge your own thinking, and have the courage to change your mind! | Speak up about the issues you really care about; talk about the changes you want to make, and feel inspired to take democratic action. |
| *Growing up in an age of fake news and social media, voters need to know how to distinguish fact from opinion and form well-rounded judgements. We help voters develop a critical eye and hope to instil in them a lifelong interest in current affairs and social change.* | *To have cohesive societies, people need to learn how to live together peacefully and respectfully. Our lessons help voters to challenge each others' views, appreciate a diversity of opinion, and have constructive discussions. They will also understand the significance of changing their mind.* | *Humanity is facing many complex challenges. To overcome these, young people need to take centre stage. We want them to feel empowered and have an active role in changing the world, using their knowledge and curiosity as a springboard for getting their voices heard.* |
| ☑ Learn about the world<br>☑ Seek other points of view<br>☑ Empathise with others<br>☑ Separate fact and opinion | ☑ Think before you speak<br>☑ Ask relevant and meaningful questions<br>☑ Listen and respond thoughtfully<br>☑ Be open to different opinions | ☑ Voice your opinion<br>☑ Stand up for what you believe in<br>☑ Feel empowered to make a change<br>☑ Take democratic action |

Is it okay for the Government to change its mind?

Are UK supermarkets doing enough to tackle food waste?

24TH FEBRUARY - 03RD MARCH 2023

Will science solve the world's problems?

06TH - 13TH JANUARY 2023

Should we blame influencers for online harm?

03RD - 17TH FEBRUARY 2023

Should non-LGBTQ+ people tell LGBTQ+ stories?

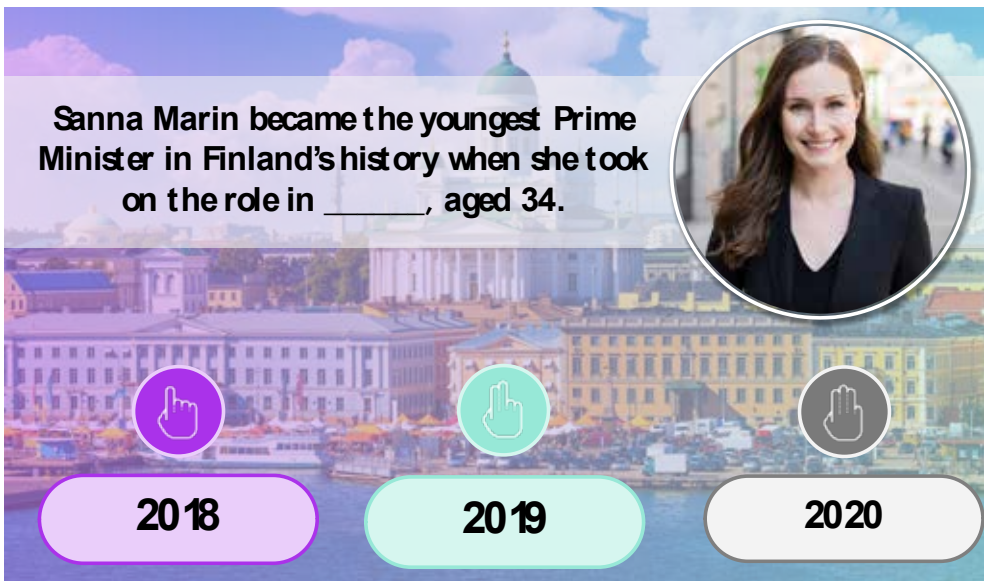
17TH - 24TH FEBRUARY 2023

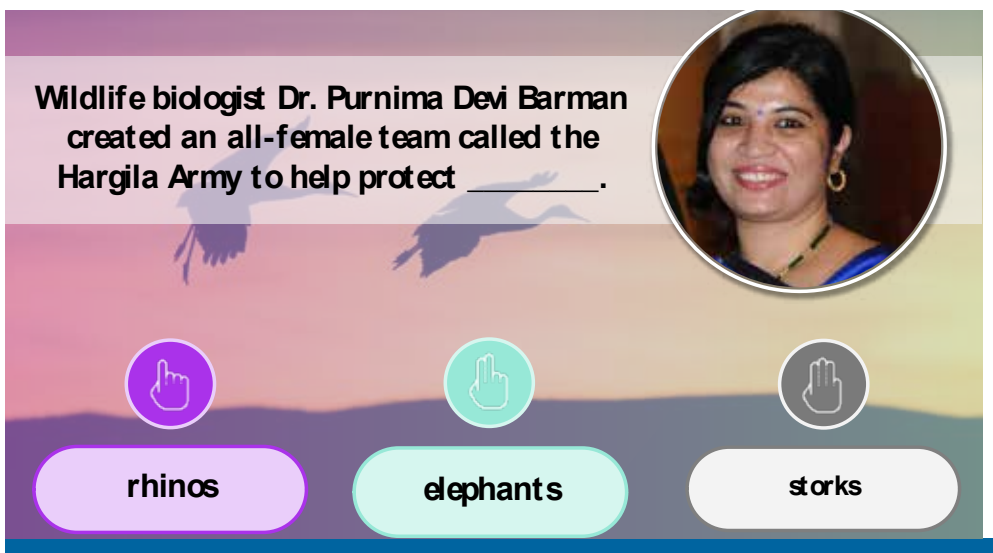
To celebrate both WorldPride and LGBT History Month, students exploried some of the LGBTQ+ stories recently - or currently - on our screens. They then assessed whether or not it is appropriate for non-LGBTQ+ actors to play these roles, or for filmmakers, directors or producers to curate stories about experiences they may not have had.

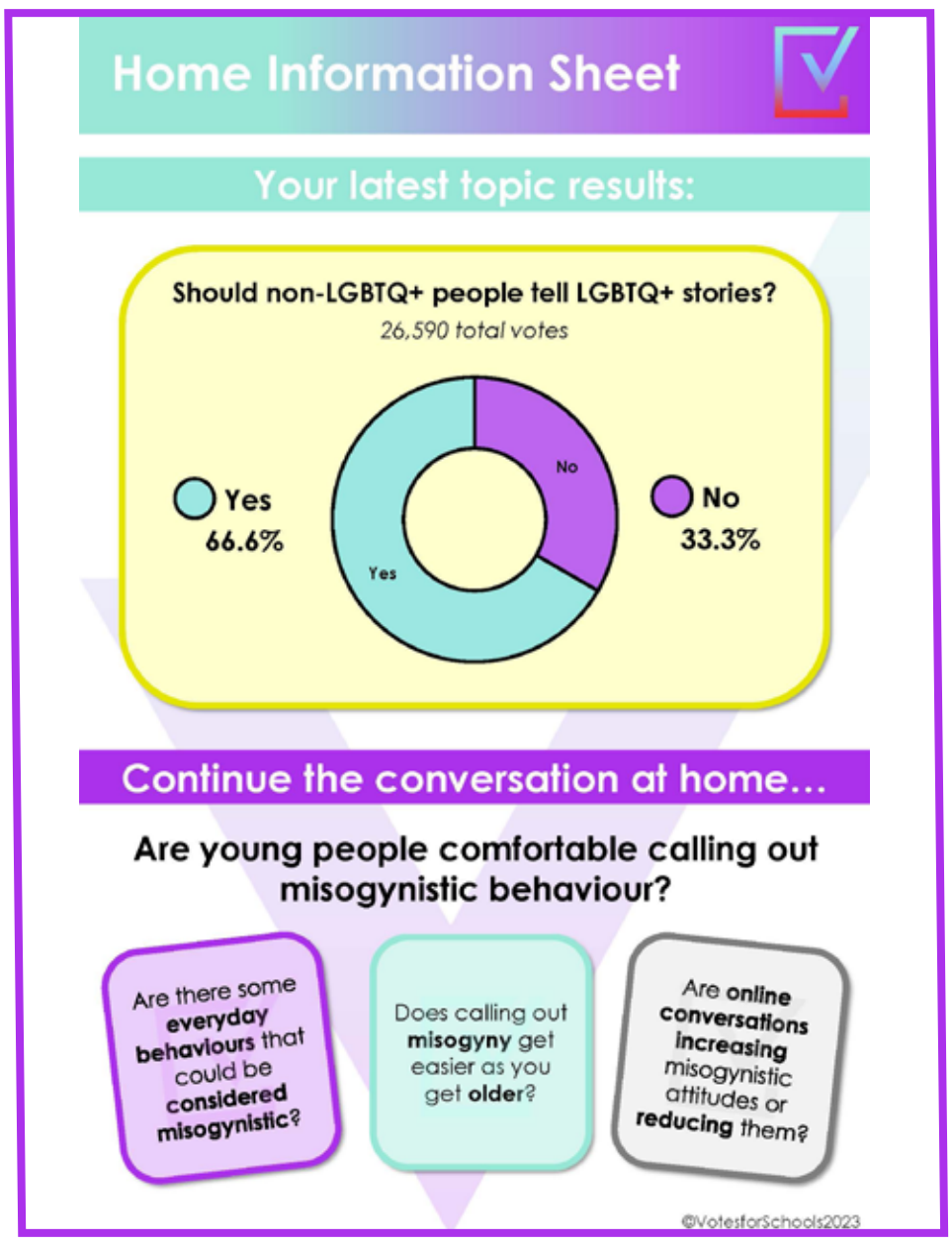
## Are young people comfortable calling out misogynistic behaviour?

03RD - 10TH MARCH 2023

Following the rise in misogyny online and amongst young people, this VoteTopic took a closer look at some examples of misogynistic behaviour in action and the potential barriers to calling out friends or peers in these situations. Students were able to find further information and support in the Home Information Sheet (see below). Meanwhile, for International Women's Day, the assembly explored this year's theme of #EmbraceEquity, and looked at some female trailblazers from around the world.



# Year 7 Drama - Staging Charles Dickens

Congratulations to the Year 7 Form Groups who each performed a stave (chapter) of Charles Dicken's "A Christmas Carol" on stage, for the rest of their Year Group. Thanks to Drama teaching staff Mr Fogarty and Mrs Cudmore-Rice and the English staff, who taught students about the whole text during English lessons.



Charles Dickens is perhaps as famous today as he was in his lifetime, the author of 15 novels, five novellas, and many stories and essays, including "Oliver Twist", "Great Expectations" and "A Christmas Carol". He also concerned himself with social issues. He excelled in writing about London settings and grotesque and comic characters such as Uriah Heep and Fagin, Miss Havisham and Scrooge, the Artful Dodger and Sam Weller.

***"No one who can read, ever looks at a book, even unopened on a shelf, like one who cannot." Dickens***













*“No one is useless in this world who lightens the burdens of another.”*

*“Have a heart that never hardens, and a temper that never tires, and a touch that never hurts.”*















The use of staves and the title, ‘A Christmas Carol’, suggest that this novella, like a carol, was meant to be listened to and enjoyed by groups of people. Each chapter of the novella has a clear and separate purpose:  The first chapter introduces Scrooge and emphasises his character flaws, before setting into motion the events that will lead to his redemption. The final chapter reintroduces things from the first chapter, such as the charity collectors. This gives the story a circular structure that clearly shows how Scrooge has changed — Scrooge shows that he’s learnt from his experience, saying that he promises to “live in the Past, the Present and the Future”.

https://gcseenglishwithmisshuttlestone.wordpress.

# Updates from DofE

The Duke of Edinburgh's Award participants continue to be busy completing the sections of their awards. The Bronze teams have completed their after school training and have been planning their routes for their qualifying expeditions which take place in Tendring in June. They are also looking forward to their training days in April and May which will take place at school and they will be able to practice their campcraft and navigational skills in the local area.



The Silver group recently completed their training day in Bures, it was a cold and frosty start on the 11 March and we are all hoping it will be a bit warmer for their practice expedition. On their training day the teams had a first aid refresher, reminded themselves of how to pitch a tent and enjoyed a lunch cooked on Trangia's with one team even bringing vegetarian sausages to cook. They also had an opportunity to hone their navigational skills with an instructor lead walk from Bures Scout hut to Arger Fen. The teams then had to navigate their own way back using the skills they had learnt. By the time the newsletter is issued, the teams will be out on their practice expedition in the North Downs.



On 14 March the DofE team were delighted to welcome Colchester Mayor Tim Young and DofE regional Operations Officer Rebekah Gay to CCHSG for our Bronze presentation Evening.

75 students were awarded their Bronze Award with the Mayor and Rebekah handing out the badges and certificates. Our two DofE Young Leaders hosted the evening and did a terrific job introducing well received speeches from the Mayor, Rebekah, Miss Barrett and Mr Embleton. It was a pleasure to be able to celebrate the successes of so many students in achieving their Bronze Award.

We thank everyone who attended the evening for contributing to the wonderful atmosphere and hope that they enjoyed it as much as we did.

**Mr Embleton & Miss Barrett**









# Ipswich High School Science Week Competition



Congratulations to the following Year 9 students on winning the Science Week Practical Competition held at Ipswich High School:

Beatrix Drakeford 9O
Sophie Feeney 9O
Nicole Ivanova 9C
Nivedha Kunnath 9E
Bronwen Pool 9O
Julia Zhao 9C

They worked extremely well as a team and carried out practical experiments in all three sciences that were beyond their classroom experience. They then undertook some excellent analyses of their results. The group were a credit to the school and showed huge enthusiasm for the challenge – well done!



# Colchester Teacher Training Consortium (CTTC)

Are you looking for new opportunities and the chance to develop new skills while pursuing a professional career pathway? Do you want to join a profession where you can make a real difference to the lives of children and young people? If you already have a degree, or are currently studying for a degree, now is the time to explore the opportunities to train to teach in Primary or Secondary education with CTTC based at CCHSG.

Established in 2003, CTTC works in partnership with over 60 schools and colleges across North Essex and Suffolk. The training hubs are located in both Colchester, on the CCHSG site, and Ipswich, to serve the local schools. The school centred programme allows trainees to gain Qualified Teacher Status (QTS) alongside a Master's level PGCE (opt-in required for salaried trainees), through a combination of taught sessions, academic reading and research and guided school based teaching.

CTTC programmes are run in collaboration with our partner schools and CTTC was judged outstanding across all areas by Ofsted. In 2022, 100% of trainees commended the quality of CTTC's curriculum and programme.

Local schools are keen to employ trainees from the partnership and many Early Career Teachers and former trainees move quickly into leadership and management roles.

**Why not join us at our next Open Evening or contact us now via:**

**01206 364728 (Monday - Friday 8am - 4pm)**
**enquiries@colchesterttc.org.uk**
**www.colchesterttc.org.uk**



# Cambridge University Physics Lectures



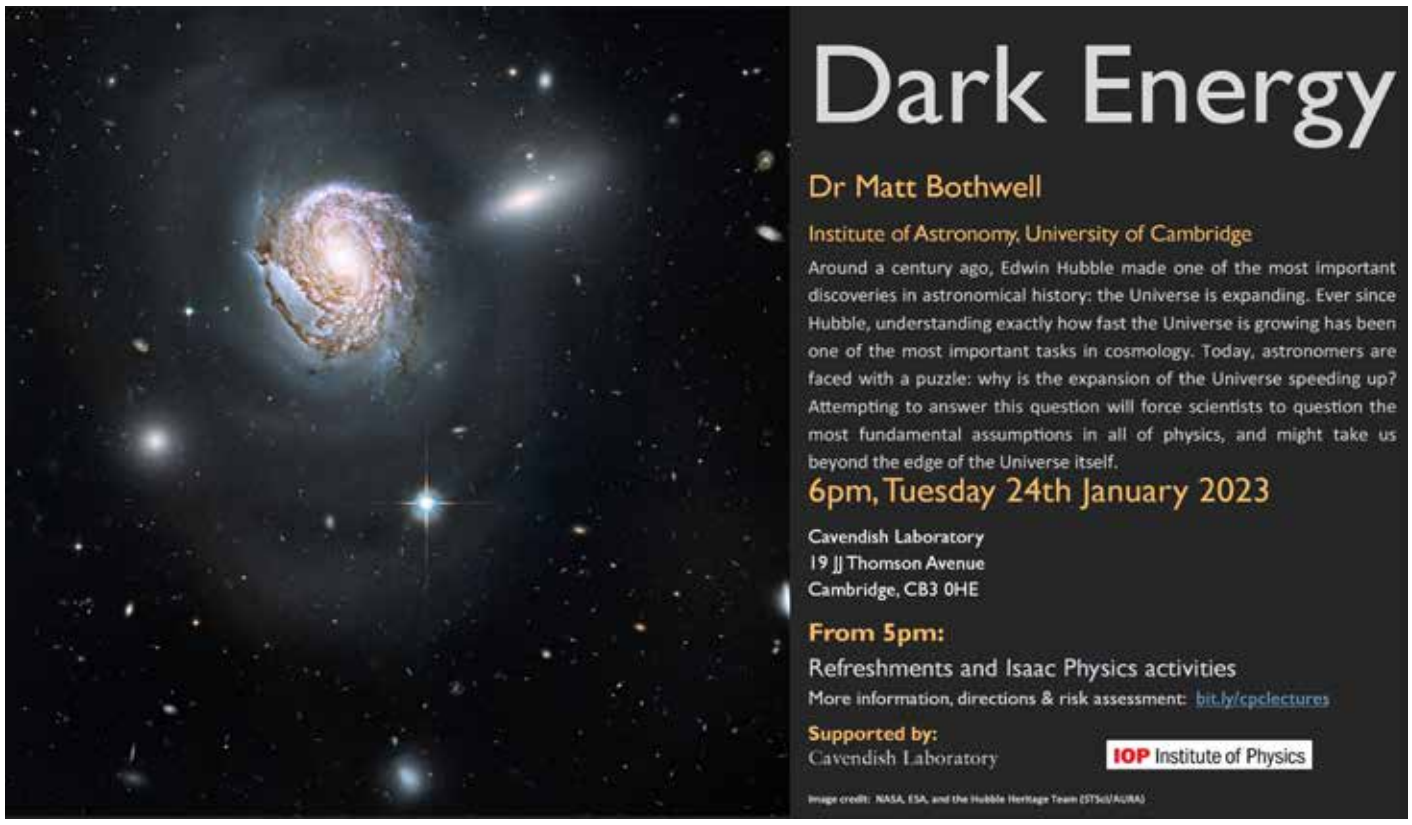

Year 12 and 13 students, accompanied by Mr Adamson, have had the opportunity to attend a series of lectures covering themes which extend and deepen their curriculum knowledge. The trips also gave students a chance to experience university style lectures and to learn more about the study of Physics as a discipline. Many of the lectures are given by experts in their field, people who are actively researching Physics, so also provide students with the opportunity to learn more about what a career in research is actually like.

Supported by the Cavendish Laboratory, the Institute of Physics and the Department of Engineering, Cambridge University offer this lecture series to Sixth Form Students. Lectures aim to enthuse, stimulate and challenge students and their teachers across the whole broad spectrum of physics-related topics.

Held at the Cavendish Laboratory, sessions begin with an interactive Isaac Physics problem solving session followed by a lecture.

Students attending the lectures are also able to visit the Cavendish Museum which houses many of the historically important pieces of apparatus which contributed to major discoveries by members of the Laboratory. Exhibits include apparatus used by Maxwell, Thomson, Rutherford, Aston, Cockcroft and Walton. Post Second World War exhibits include the discovery of pulsars, and the structure of the DNA molecule.

https://outreach.phy.cam.ac.uk/programme/cpc











# Athlete in the Spotlight

**Every half term the PE Department will be selecting athletes to be in our "Athlete Spotlight". Athletes are invited to share their sporting success in and outside school as well as their training schedule, long-term goals and more!**

**This half term's Athlete in the Spotlight…**

## Maddie Allan



CLUB:
Great Bentley Running Club/ KATS netball club

TRAINING SCHEDULE:
Sessions per week - netball X2, running X2, swim X2, bike X1 & gym X1

RECENT ACHIEVEMENTS:
2nd in age-group at Grizzly Run, 20 mile cross country (4hrs 8mins)

LONG TERM GOAL:
IronMan Competition

INSPIRATION:
Lucy Charles Barclay, Jamie-Lee Price & Keira Walsh

PREMATCH MEAL:
Bagel with peanut butter and banana

**This half term's Athlete in the Spotlight…**

## Kate Archer



CLUB:
KATS Netball Club and London Pulse

TRAINING SCHEDULE:
Training: Monday and Wednesday
Matches: Saturday and Sunday

RECENT ACHIEVEMENTS:
London Pulse U17 Franchise

LONG TERM GOAL:
Netball Super League player

INSPIRATION:
Serena Guthrie

PREMATCH MEAL:
Pesto Pasta

# PTFA

**PTFA CONTACTS:**

Chair: Anni Cullen
cchsgptfa@gmail.com

Registered Charity No. 110464

## Spring Term Dates for Your Diary

### Quiz and Curry Night:
### Friday 28 April, 19.00 - 22.00

**The PTFA is pleased to invite you to another Family Quiz and Curry Night hosted by the PTFA's regular Quizmaster Mr Julian Roper at the CCHSG Main Hall on Friday 28 April 19.00-21.30. Teams of 6-8 or we can find you a team on the night. Tickets are available for parents/carers via Classlist**

**Family: £25 (2 adults + 2 children)**
**Adult: £10 (18 years and over)**
**Child: £5 (17 years and under)**

**Ticket price includes vegetarian meal and for children and non-spicy eaters there will be pizza and noodles available. Additional meat dishes will be available for purchase and the PTFA will be running a licensed bar, raffle and dessert stall.**

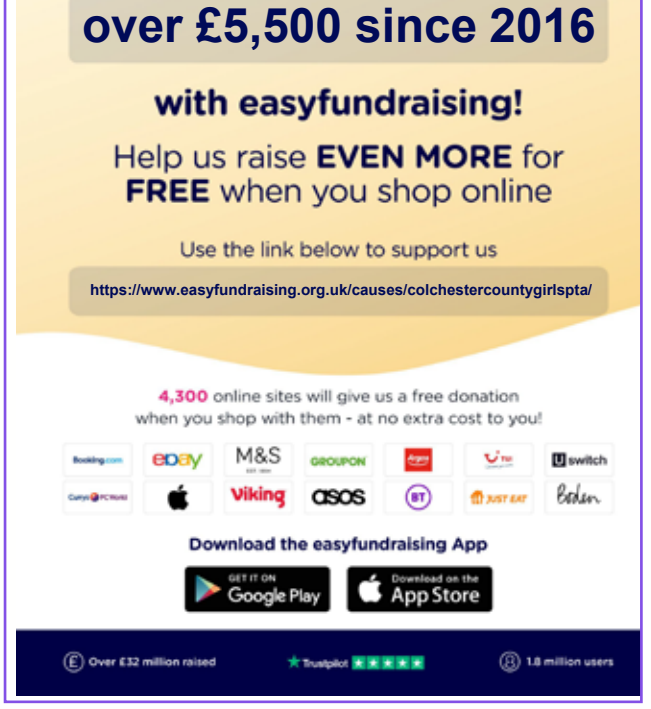



## Raise FREE donations for CCHSG PTFA via Easyfundraising




CCHSG PTFA is registered with easyfundraising so you can help us raise funds simply by doing your everyday online shopping! We've already raised over £5,500 with 200 supporters since April 2016. Every time you shop, we receive a small donation to say 'thank you!'

It's completely free to join. Use the link below or scan the QR-code.




https://www.easyfundraising.org.uk/causes/colchestercountygirlspta/