CCHSG E-Newsletter

24 May 2023

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Executive Principal's Notes

Our general mood in school at the moment is one of focus as we support our hugely positive, committed and hardworking students to enter the exam period feeling calm and well prepared. We have however, been able to balance this with some fun and celebration. Our Year 13 Leavers' Assembly provided an excellent opportunity for staff to thank Year 13 for their tremendous contribution to the school and share their good wishes. Members of the Head Student Team also spoke, reflecting with fondness on their time in school and looking forward to the exciting future that lies ahead. We are grateful to Mrs Liz White who attended the assembly to present the annual Leaver's Award on behalf of the Old Girls/ Alumnae Association and Mr Roger Bullen, who presented the Catherine Bullen Memorial Award. The Year 13 Dress-Up Day is always a wonderful spectacle, and this year was no exception with costumes ranging from *Jurassic Park,* including a huge dinosaur, *Alice in Wonderland* and *Men in Black* to *Star Wars* and the *Three Little Pigs*!

It was also a great pleasure to attend the Year 11 Celebration Tea. Our thanks to Mr Gosling as always for the outstanding catering. Many staff had sent encouraging messages for the Year Book, and attended the event in person to wish Year 11 well over the next few weeks. You can read more about all these events later in the newsletter.

We continue to focus on the development of the school site and particularly on ensuring that we move towards the use of sustainable energy sources. To this end we have had further solar panels installed on the sports hall and on the new teaching block. We are also investigating new forms of heating, such as the ground source heat pump. We work to engage students with global environmental issues and also focus on protecting and enhancing the environment for nature in our own immediate surroundings. We are delighted that our efforts have recently been recognised with the awarding of both the EcoSchools Green Flag Award with Distinction and the Woodland Trust Gold Award in recent weeks. Our thanks to the student Eco-Committee, Mr King and all the other staff involved.



We value enormously the support of parents, past students and the wider community. I would like to

thank the parents who contributed to our careers and practice interview programmes. It is also a great pleasure to hear from past students, whose advice and guidance are invaluable to our current students. We are currently exploring the development of AI and would be grateful to hear from any parents, past students or friends of the school who may have expertise in this area.

I would like to join with all the CCHSG staff in wishing our amazing Year 11 and Year 13 students every success in their exams.

Mrs Gillian Marshall MSc NPQH
Executive Principal & CEO

The CCHSG Newsletter is produced and edited by Kate Stubbs. All CCHSG staff are welcome to submit items via: kstubbs@cchsg.com

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.



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.

Our 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

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

Young Enterprise Regional Finalists

The Young Enterprise groups of Year 12 students recently took part in the Essex Showcase at Colchester Golf Club. Both teams presented confidently and answered questions by the judges showing a really good understanding of the economics behind their companies.

All for the Tote **won Best Marketing Award and** ***Sewsoy*** **won Best Company and will now go onto compete in the South East Regional Final in London at Samsun KX on 23 May.**

Sewsoy **were also recently on Vectis radio promoting their product .**









Young Enterprise is the UK's leading business and enterprise education charity. For the past 40 years it has offered a range of programmes, based on the principle of "Learning by Doing", which brings volunteers from business into the classroom to work with teachers and students.

Colchester County High School for Girls
Enterprise
YOUNG enterprise
A Member of JA Worldwide
www.cchsg.com

Company Programme: One Year

At CCHSG, we run the Company Programme which is open to all Year 12 students. This focuses on allowing students to come together as a team, set up and run a business and design their own unique product or service. Students make all the decisions about their company, from deciding on the company name and product to creating a business plan, managing the company finances, selling to the public to ultimately winding up the company and paying their taxes. The team typically consists of 12-18 students, a link teacher and a volunteer business advisor who brings business knowledge and expertise.

The Young Enterprise programme helps to increase both employability skills and academic attainment. Students develop key skills they need not only for the world of work but also for day-to-day life including:

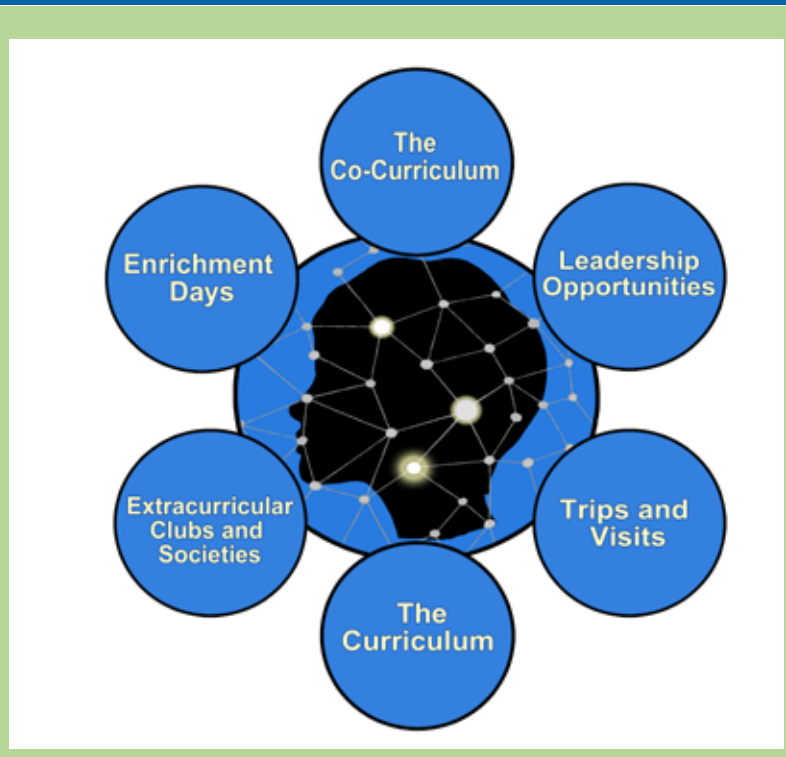
- An understanding of how business works, different roles and career opportunities that exist
- The ability to work in a team
- Improved communication skills and self-awareness
- Increased enthusiasm and self-confidence
- Willingness to take responsibility and show initiative
- Time management
- Knowledge to explain how they have personally demonstrated specific employability skills using real experiences for inclusion in CVs and personal statements or when preparing for interview

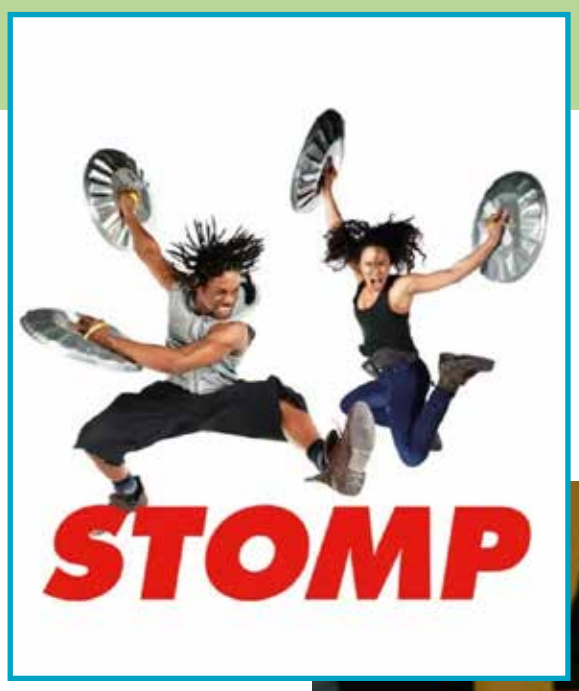
Students compete with other schools and colleges across Essex and the UK for the chance to become Young Enterprise Company of the Year.

Year 9 Creative Arts - Matrix Day, 5 May

The Year 9 Matrix blends the transition between the accelerated two-year Key Stage 3 programme and the three year Key Stage 4 programme. The Matrix consists of a flexible and balanced curriculum, the co-curriculum, STEM opportunities, trips and visits, optional instrument lessons and a programme of enrichment days.

The Matrix provides opportunities for students to access subject areas they may no longer be formally studying as part of their GCSE preferences. The enrichment days focus on Computer Science, Creative Arts, Geography, History, the environment, wellbeing and Enterprise Education.





The day consisted of activities in dance, music and visual art, focusing on improvised responses to sound and the creation of sound. The dance activities were led by a professional dancer and a former member of the cast of the West End musical STOMP. During this session students had the opportunity to recreate a STOMP based scene and showcase their ideas.

In the Music Department students used improvised “instruments”, from paper cups to basketballs to create a rhythmic musical performance with a storyline.

In addition to the STOMP workshop students analysed the work of Kandinsky to gain an understanding of how visual art can be influenced by music. Students worked in small groups to create an abstract piece of art exploring elements of colour, shape, pattern, line and form.

What does STOMP mean in music?

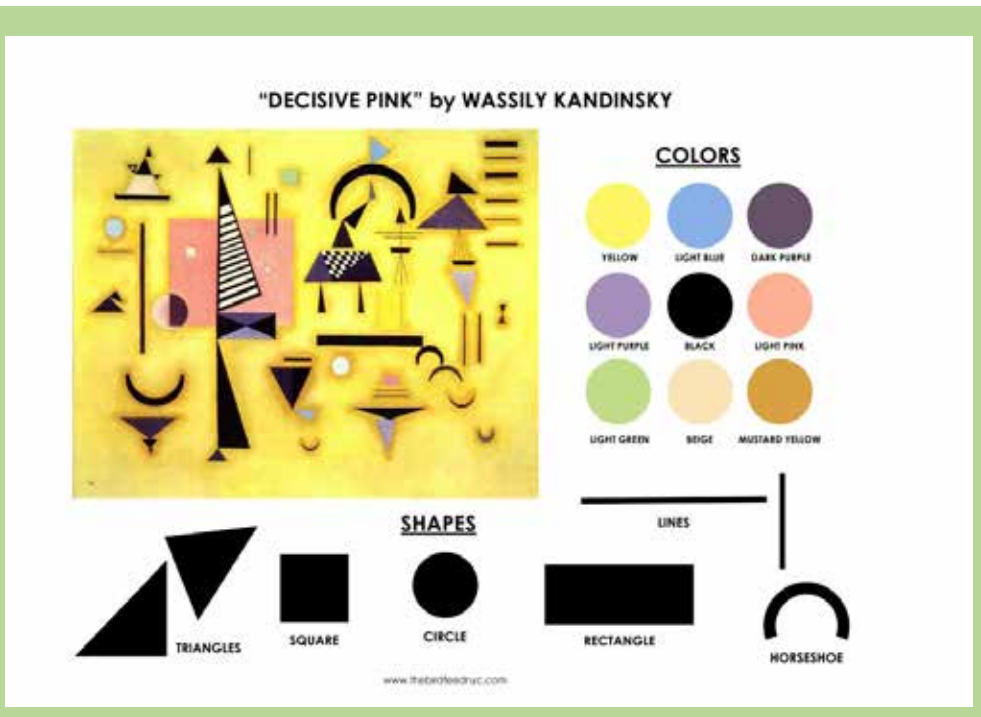
: A jazz composition, especially in early jazz, marked by a driving rhythm and a fast tempo. a dance to this music, usually marked by heavy stamping of the feet.











Wassily Kandinsky, (1866–1944), was a Russian painter and art theorist.



Kandinsky was one of the first modern artists who painted abstract shapes to express feelings, rather than creating pictures of objects and people.

Abstract means:
Something that does not resemble a person, place or thing in the natural world. The compositions are based on the individual elements that make up what we see: colour, shape, line, form and texture.





Kandinsky was one of the first modern artists to use abstract shapes to express feelings, rather than creating pictures of objects and people.

Kandinsky loved music, especially classical music. He would listen to music and try to paint what the music made him feel.

He compared the different musical notes to the colours of the rainbow. He tried to paint what the notes would look like if they were colours instead of sounds.









Woodland Trust Gold Award

CCHSG has just been awarded the Woodland Trust Gold award. This is part of our work on the Eco-Schools Green Flag application and includes cross-curricular work covered in Art, English, Biology and Geography.

As part of our work on developing the wider school environment we have undertaken additional planting and habitat management to encourage and improve biodiversity around the school grounds. This includes additional hedgerows, maintenance of our great oak trees and establishing wildlife sanctuary zones. Thanks to all the students and staff that have contributed to this important award.

The Woodland Trust is the largest woodland conservation charity in the United Kingdom and is concerned with the creation, protection, and restoration of native woodland heritage. It has planted over 50 million trees since 1972.

https://www.woodlandtrust.org.uk/







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Eco-Schools Green Flag Award with Distinction.









We are delighted to have received the Eco-Schools Green Flag award with Distinction.

Comments from the awarding body included that we are “leading by example” and they were particularly pleased by our “whole school approach to the Eco-Schools programme”. They also said that it was “brilliant to read that the Environmental Review helped students to appreciate everything that your school is already doing to benefit our environment and identify areas to work on in the future. The comments on both the document and your application were very insightful.”

They noted that our “Action Plan is strong, substantial, and ambitious. It contains innovative and impactful activities for your chosen topics. Planting trees will give your Eco-Committee a legacy … On top of installing solar panels and heat pumps, you also decided to promote positive energy behaviours, which is important even when using renewable energy sources which can feed back into the grid. And finally, you took advantage of local opportunities when collaborating with your Local Authority.”

Our plan for the environment is “very, very strong and well thought out. It would serve as a fantastic example to many other High Schools in England.” Our Curriculum Links are “innovative and considerable. It’s great to read that you are using your school grounds to enrich your student’s learning.”

“This is a massive achievement that any Eco-School would be proud of - well done, we especially loved seeing the drone photos!... It has been an absolute pleasure to read through your application, you are a wonderful ambassador for the Eco-Schools programme and we are delighted, without hesitation, to award you an Eco-Schools Green Flag with Distinction – congratulations!”

Thank you to all involved for your contributions and to Mr Kalisz for the drone photographs of the site.

Mr King
Head of Geography

Year 11 Celebration Tea and Year Book

Class of 2023

Your belief is the single most powerful tool you have. You can completely change your life just by changing your beliefs. It's not wishful thinking — believing something changes the way you see the world and yourself. When you joined CCHSG I challenged you to be the best you could be and you have risen to that challenge over and over again. I am incredibly proud of the way that you have conducted yourself over the last five years. It is a pleasure to observe you treat people with respect and kindness.

You are powerful, unique, valued and valuable. You all have magical Madrigal gifts.

Remember, when life is difficult,

"Just keep swimming".

Mrs Marshall

Executive Principal





In recognition of all their hard work and commitment, staff laid on a celebration tea for Year 11 - with an opportunity to sign Year Books and hear the many good wishes from staff across the school. Thanks to Mr Gosling and his team for the excellent catering.

Mrs Daniels presented a photomontage of memories from across the five years. How Year 11 have changed!

Hello!

I think Dwayne Johnson says it quite well "Success isn't overnight, it's when everyday you get a little better than the day before, it all adds up."

You are an amazing Year Group and I'm sure you will succeed in whatever you put your minds to. Wishing you all lots of luck and happiness for the future.

Mrs Ward - Pastoral Assistant

Dear Year 11

I couldn't be more proud of all you have achieved over the last two years. You have faced challenges, but you have remained positive and have always looked out for one another. You all deserve the very best of things and I wish you all every happiness and every success in life. Remember, If you believe in yourself, anything is possible.

Mrs Daniels - Head of Year

You have all done so well to cope with the challenges that the last few years have brought you. Be proud of what you have achieved so far and do your best in the near future to achieve your full potential. Once the exams are done, take the opportunity to treat yourselves. Try to visit places you've never been, have experiences you've never had and make the most of the freedom you can get this summer! It's been a pleasure to be a form tutor and Geography teacher to so many of you. Good luck for now and beyond. Mr Kennedy - Form Tutor

Be proud of all your efforts. It's been a pleasure to be your Form Tutor. Year 11 can be a hard year and I have always seen you come into class with focus, smiles, and resilience. I know if you put your minds to it, you will achieve anything and everything you want to- never forget that! All the best. Mrs Roshen - Form Tutor

Good luck for future endeavours.

Mrs King - Form Tutor

Dear Yr 11,

Sorry I couldn't be here today but I will cherish the moments we created in lessons. Remember we "rise by lifting other". Bonne Chance pour tout! Madame Ollite - Form Tutor





A huge congratulations for all your hard work over this past year. I have seen the effort you've all been putting in to revision and wish you all the best for the upcoming exams. Enjoy the summer when it arrives!

Mrs Pigott - Form Tutor

Dear Year 11

It has been fun getting to know you this year and I am really looking forward to getting to know a few more of you on the Disneyland Trip, but mostly looking forward to getting to know most of you over the next two years.

Best of luck with your exams and have a fantastic Summer.

Mrs Hughes- Associate Vice Principal

Head of Sixth Form

To Year 11

I have been very impressed and inspired by seeing how you work so well together as a year group. You have shown great resilience and adaptability and your support for one another is commendable.

You all have very bright futures in front of you and I wish you every success in your examinations and next steps.

Best wishes

Dr Parrott - Associate Principal



Dear Year 11,

What a great Year group you have been.
I will miss…

Your laughter, your kindness and consideration for others, your thoughtful questions and your curious minds.

Stay unique,

Stay resilient

and

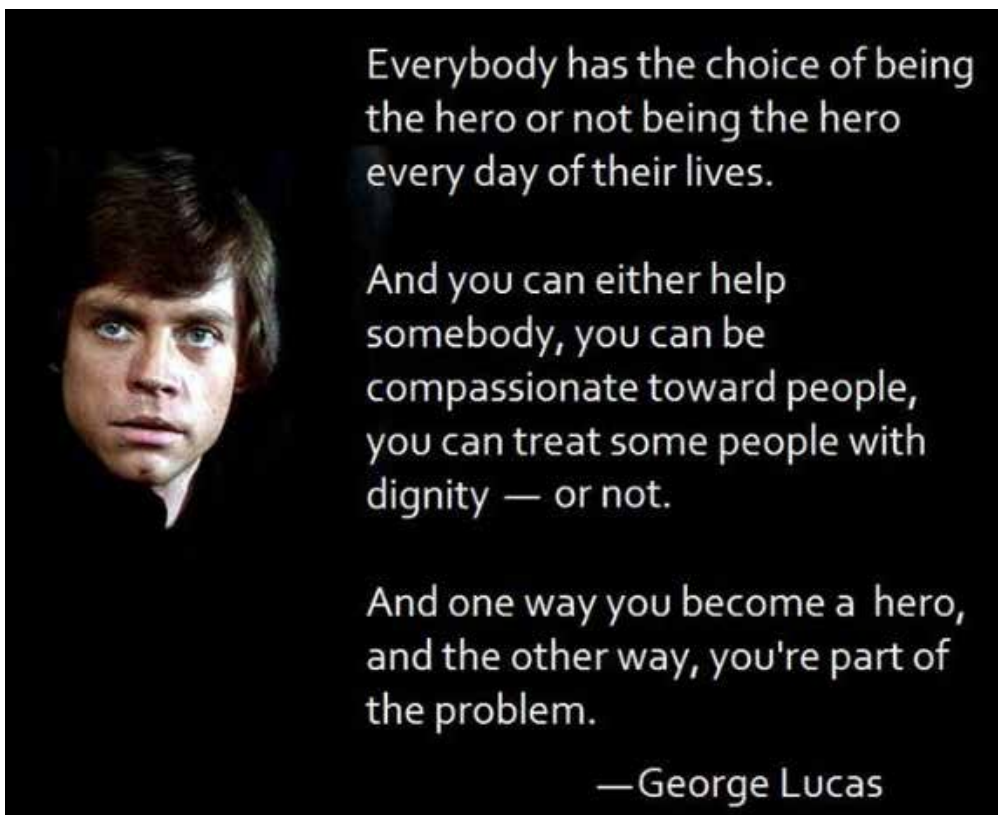
Stay being you!

Stay safe and until September…

Best wishes, Mrs Frost - Associate Principal

"Never let failure discourage you. Every time you get to the base of a mountain (literal or metaphorical), you're presented with a new opportunity to challenge yourself, to push your limits beyond what you thought possible, to learn from climbers on the trail ahead of you, and to take in some amazing views. Your performance on the mountain you climbed last week or last month or last year doesn't matter - because it's all about what you are doing right now." - Alison Levine (Mountain climber & explorer)

Mr King - Form Tutor



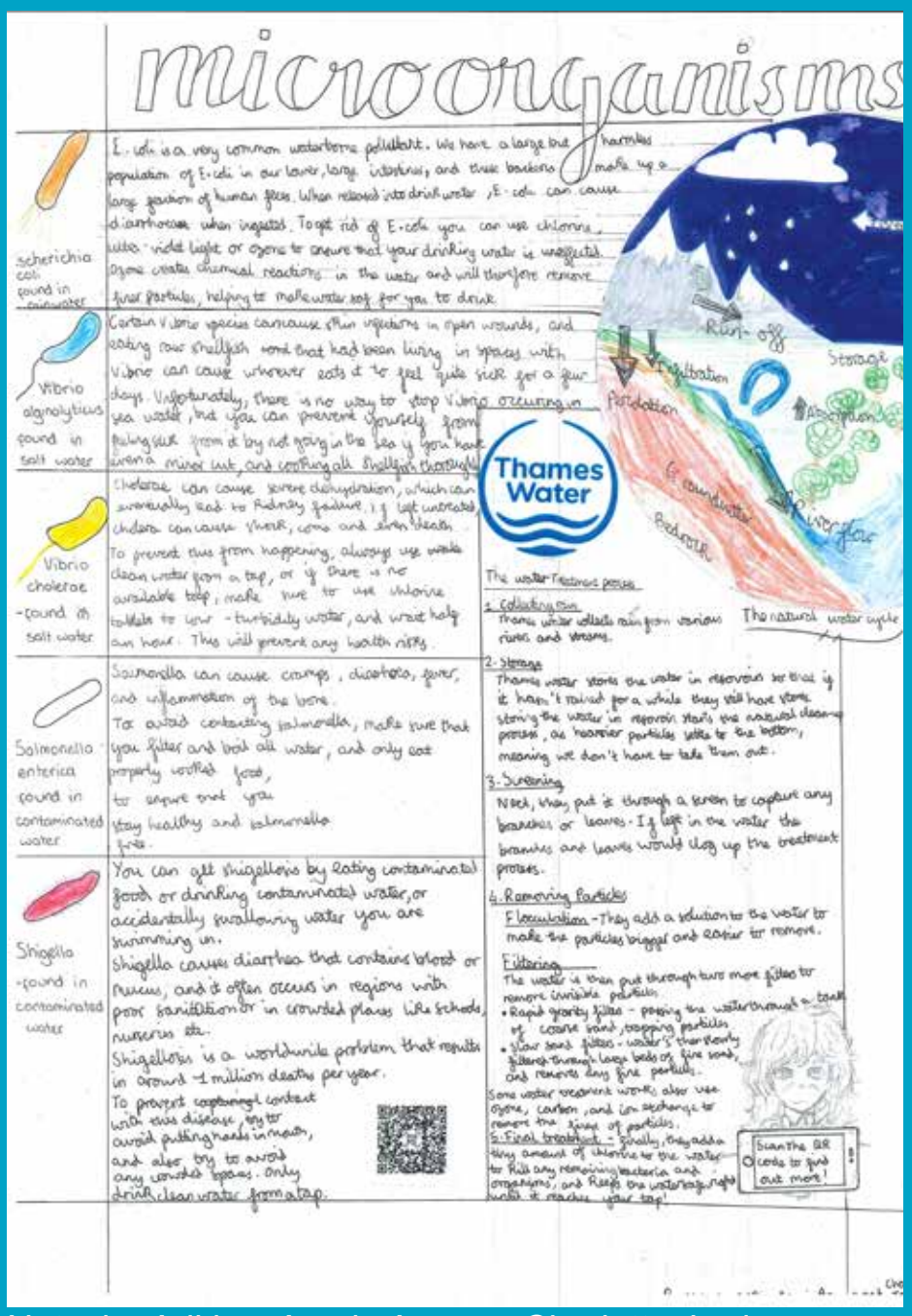
MiSAC competition run by the Biology department

The Biology department is very pleased to announce that Lauren Wong has been highly commended in the annual MiSAC competition. The Biology department selected the best posters which met the competition criteria and eight posters representing the work of 23 students were sent off to MiSAC.

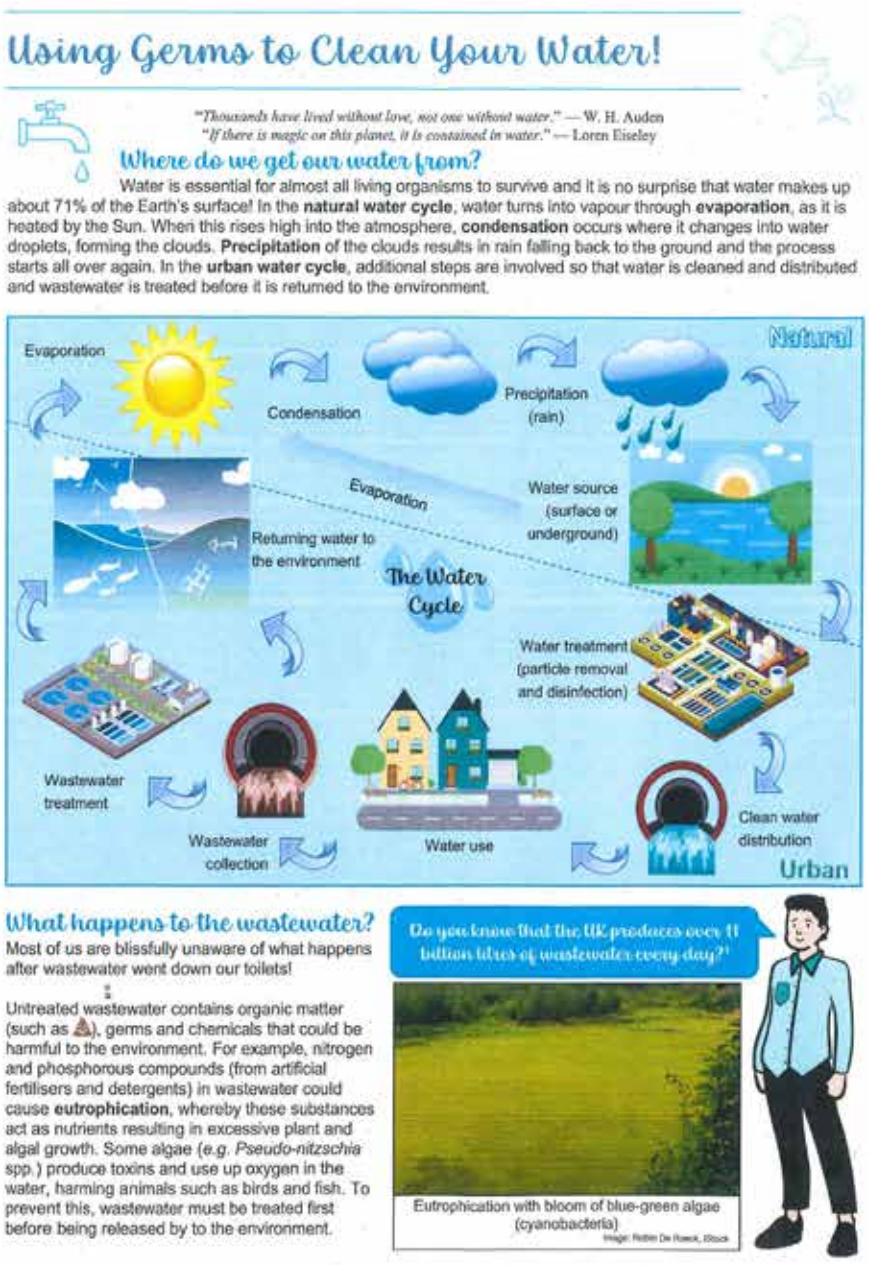
MiSAC received entries from 58 educational establishments in England with 291 entries in total. The judging panel consisted of Emeritus Professor Anthony Whalley, Liverpool John Moores University, Dr Fiona Lane, Head of the NCBE and Stephen Bullock, Microbiology Manager of Thames Water, together with officers of MiSAC.

The Biology department congratulates the creators of the entries chosen and send further congratulations to Lauren Wong on her fantastic achievement. Winning entries (along with Lauren's poster) can be viewed on the MiSAC website

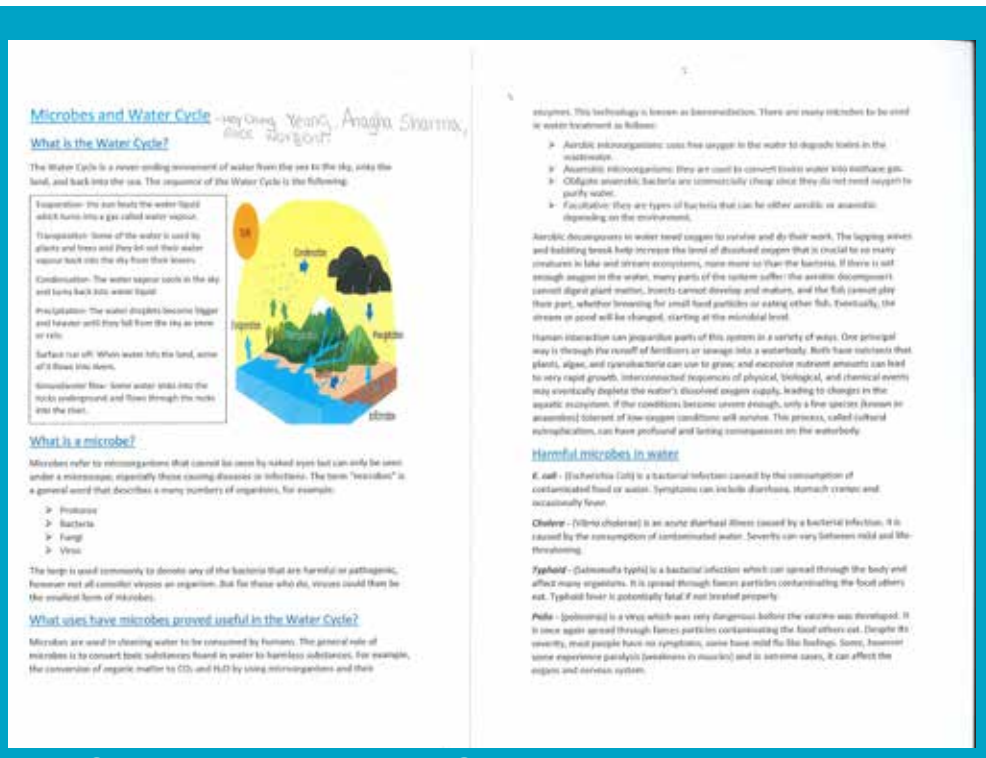
https://www.misac.org.uk/2023winners.html.



Natasha Adkins, Azaria Agyare, Charlotte Jordan



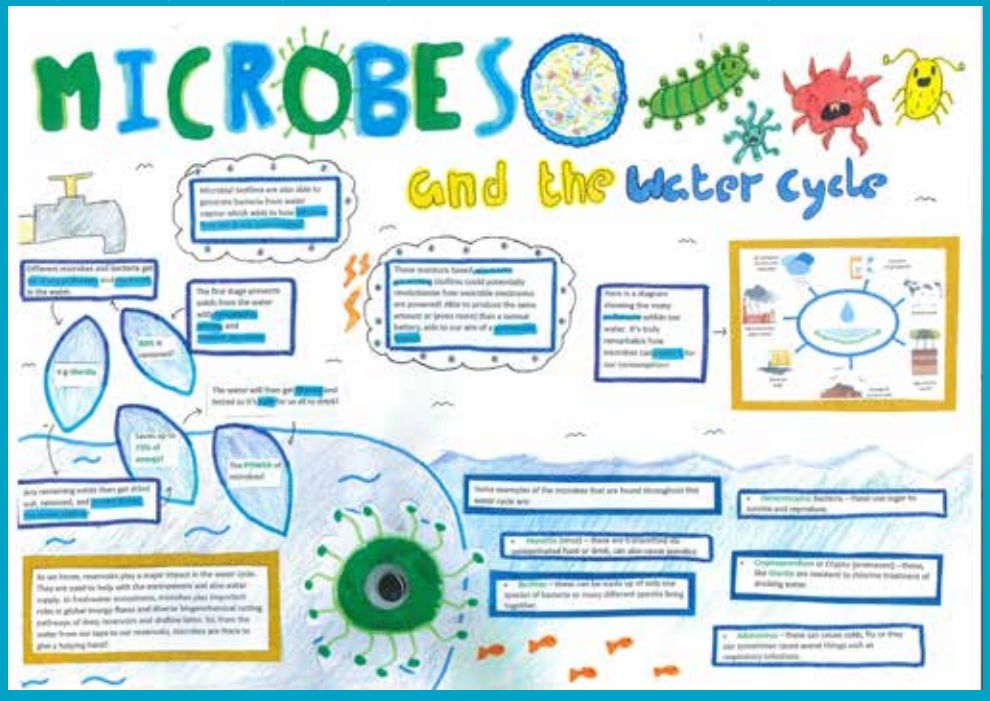
Lauren Wong



Hoy Ching Yeung, Anagha Sharma, Alice Wargent

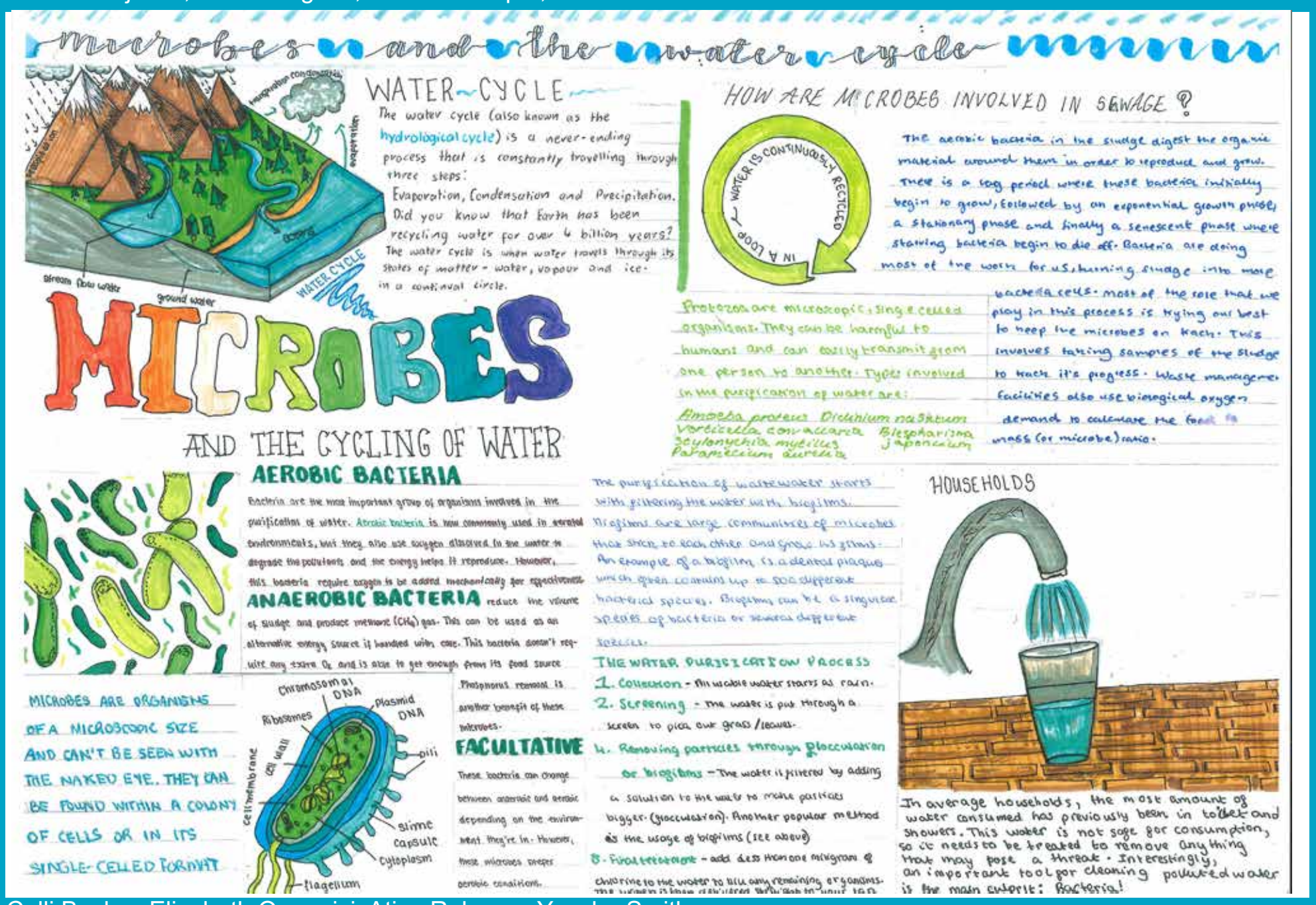


Vishnupriya Jangama, Sumaya Habib, Anusri Govindarajan



Semilore Ajibula, Kate Hodgson, Vanshika Popat, Lillian Lawrence

MiSAC is the Microbiology in Schools Advisory Committee and they work to encourage and promote the teaching of microbiology in schools and colleges. This year marked the 35th annual competition and the theme was “Microbes and the Water Cycle” with the aim being to develop an understanding among teenagers of the key roles of microbes in the water cycle. Year 8 students were given the opportunity to participate in the competition through their Biology lessons. They could complete the tasks independently or work in groups of up to 4.



Calli Boyles, Elizabeth Ogunniyi, Atiya Rahman, Yanshu Smith

Sixth Form Film

Thank you to all the staff and students, particularly the Head Student Team, who contributed to the making of our recent film about the CCHSG Sixth Form. We were delighted to work in collaboration with a producer and videographer from Carmel Jane Photography who structured the film around a script devised by the Head Student Team. We look forward to publishing the film on our website before the end of the Summer Term.





Student quotes:

This professional and aspirational environment enables us to reach our full potential.

Our Sixth Form is a welcoming space.

There is always help if you need it as our Sixth Form nurtures wellbeing and pastoral care is a priority.

In our Sixth Form, you will always be a part of the CCHSG family.

There's also a strong alumni network to help us with our career progression.

With a wide range of extracurricular societies and clubs, there is something for everyone.

We enjoy innovation and creativity in our learning, alongside staff who help us to develop skills beyond the exam curriculum.

We actively celebrate diversity through events such as cultural days, languages week and our Afro Caribbean and South Asian Societies



Our thanks to the Head Student Team 2022/23 for all their hard work and contribution to the school this year. We wish them every success in the future and hope they will stay in touch.

Oid Girls/Alumnae Association Leaver's Award



The Old Girls'/Alumnae Association (OGA) annually recognises a student nominated by the school who has demonstrated qualities of merit outside their academic studies by presenting them with an award. We were delighted to welcome one of our ex- students, Mrs Liz White, representing the OGA, to the Year 13 Leaver's Assembly. She talked about the need to follow your dreams and take a "can do" approach to life.

The winner of the award this year was Kaavya Chandrasekar. Kaavya was chosen in acknowledgement of her sustained and wide-ranging contributions to the school, her charity work and her active participation in the Head Student Team.

Outside school Kaavya is a St John's Ambulance first aid volunteer and she has also run first aid classes at CCHSG. She was chosen to be the Lord Lieutenant's cadet. Her contribution in terms of volunteering hours and fundraising for St. John's Ambulance resulted in her being



invited to Buckingham Palace last January by HRH Princess Anne as a 'young achiever'. Kaavya has also been involved in charitable work in rural India.

Kaavya is aspiring to be a doctor and hoping to study medicine at the University of St Andrews in September.

History Book Club- Debra Barnes Author Visit

Last term, History Book Club's chosen book was *The Young Survivors,* a historical account of a French Jewish family and the horrors they endured during the Holocaust, written by Debra Barnes and inspired by her own family's experiences.

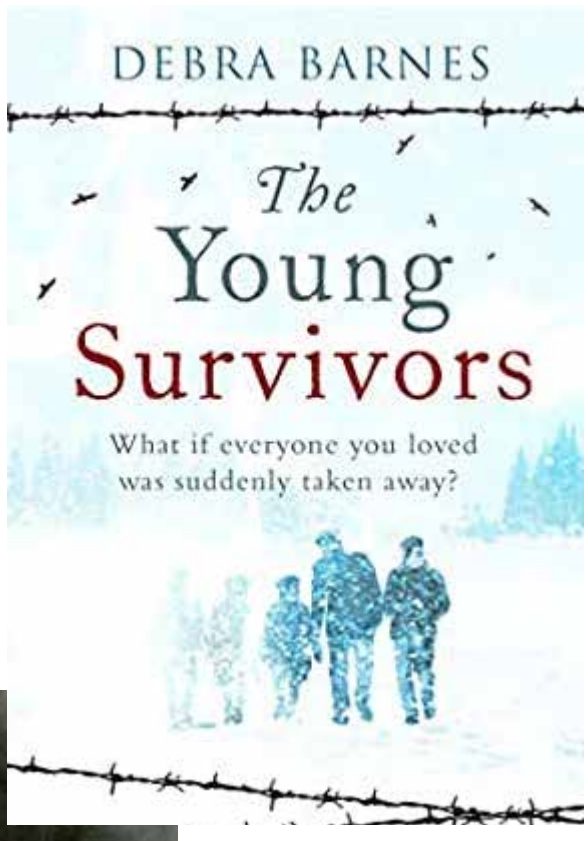
We were honoured to have Debra Barnes herself visit the school, where she shared her family's heart-breaking past and how it inspired her to not only write the novel based upon her mother and her four siblings, but to fully research their individual Holocaust stories. The five were merely children at the time; their trauma so heavy that Barnes' mother never discussed much of the suffering they had endured. This meant Debra had to carry out her own research, to reveal what had happened to her mother and her family and explore the injustices they faced.

Everyone who attended the talk was deeply touched and moved by Debra's sharing of the brutality behind the effects of the Holocaust- how its traumatic consequences are still rooted in current generations. Barnes' search into her heritage is ultimately inspiring, acting as a lesson to us all that we should not forget those from the past and how it's so important to allow their stories to live on. I highly encourage everyone to read *The Young Survivors*, it is not only educating on the persecution of Jewish people, but it is ultimately humanizing, exposing graphically the emotional side of the war.

Millie McLean

Debra Barnes is the debut author of The Young Survivors. The book was inspired by her mother, Paulette, who was born in France in 1938.







My mum is one of the baby twins. Only Jean, (far right) Mum and eldest brother Jacques (back row) survived the Holocaust and only Jean is still with us. #NeverForget

Departing Messages from the Head Student Team



Siân Rees

Many of the memories we've made over our time here can be credited to the dedicated teaching staff. Being willing to take us on incredible trips whether it was sporting, music, subject based or development trips like EYP, or Disneyland Paris, we have made great memories and are very grateful for the opportunities. Looking over our school career, we have been taught a wide range of knowledge - most of which I can't remember - and have our talented teachers to thank for contributing to where we are today.

Whilst many will be glad to get rid of us, I'm sure they'll eventually miss the lessons in which we may have laughed more than learned. The staff have supported us through the many highs and the many lows and, so, I would like to invite everyone to give them a round of applause for the consistent effort that they've made. I believe I'm speaking for everyone by saying that despite making mistakes and not always succeeding the first time, we have supported each other and found a way out. Entering our final days at Colchester County High School for Girls is bitter-sweet as this chapter to our lives is ending, however I'm sure we are all equally excited for what the future holds.

I'll end with a cliche with which Troy Bolton says best: "*teachers have encouraged us to break the status quo and define ourselves as we choose. Where a jock can cook up a mean creme brulee, and a brainiac can break it down on the dance floor. It's a place where one person, if it's the right person, changes us all".* Even though our experience hasn't quite been like that in High School Musical, everyone has been able to discover their likes and dislikes, their talents and areas to improve, suggesting that we are a pretty good bunch of - brace yourself - adults. Best of luck to everyone, I'm sure you'll smash it.



Maddy Allen

After a bit of thinking the realisation came that this isn't about the uncertainty that lies ahead, it's about understanding that whatever path we choose to take will, in at least some way, be shaped by the people we've become in these four walls.
A wise Assistant to the Head of Sixth Form once told me - do what you want, and be happy. It's no secret that whatever each of us has to look forward to, won't always be smooth sailing - but when has anything ever gone perfectly to plan? So despite the trials and tribulations that are sure to be ahead, I hope we all learn to find love and happiness in every aspect of our lives, in sunrises and the people you care for, in favourite songs or comfort movies. I hope we can all learn to fall in love with growth and change and the messiness and beauty of growing up and making mistakes and becoming exactly who we want to be. Counting down to the moment we leave used to be a distant thought but years have turned to months, months to weeks and now just a couple of days!! Contrary to the beliefs of many Year 7s, being in Year 13 certainly doesn't mean we know everything, we've got a lot to learn and a lot of living to do before that myth even becomes half true but I truly believe that every single one of you in this room is going to go on and do incredible things and I have no doubt that you'll be the ones changing others lives for the better, you've already done that for me. So look around and give each other a round of applause because we've made it this far, and we've got a lot farther to go, but those huge steps we've got to make are made a lot easier when you've got people by your side. So good luck, and I'll see you all the reunion in 10 years, I'm sure I'll be just as in awe of your achievements then as I already am now.

Heather Dick:



Let me tell the tale
Of a girl who didn't stop
Who climbed up every mountain
Without a pause upon the top.
She'd dance until each blade of grass
Was clothed in drops of dew,
And the sun knew her by name
But the silver moon did too.
For a fear had settled in her bones;
A fear of sitting still,
That if you're not moving forward
It must mean you never will.
So in time her dance got slower
And she looked at all she'd seen
But found gaps inside the places
That she'd never fully been,
For she was a human doing
Human moving, human seeing,
But she'd never taken time
To simply be a human being.

E.H

This is a real pivotal time in our lives. A time of big decisions. For some that's exciting, for some overwhelming and daunting and for most of us a mix of both. I think we can all identify with this poem. We have all been the girl climbing mountains without pausing on top. Think about all of the amazing things that you've achieved that you haven't given yourself the credit for, because you've already moved on to your next accomplishment. But it's also so important to take time out, to reflect, to enjoy the little things. It's also ok to not have everything figured out. It's ok to not always be on the move from one thing to the next. That doesn't make you a failure. It makes you a human being.



Kaavya Chandrasekar

We're all here today because an important chapter of our lives is coming to an end. For some of us this chapter started off in blue kilts, 7 years ago, as little annoying 11 year olds with eager eyes, and for some of you it's been two years, packed full of memories and smiles. Either way, before we look ahead to the future and turn to the next chapter, I want everyone to look back and remember we've grown so much as not only individuals, but as a Year Group. For me CCHSG, is not just a school, it's a family, and whilst that's cheesy it's true, beyond the big silver gates we walk through every day, are friends that we laugh with, teachers we learn with and opportunities we've succeeded with. From standing on the field during fire drills each and every year, looking at the Sixth Formers on the other end and wondering if I'm ever going to stand there. The privilege of being first into the canteen during lunch! Seeing so many of us well past our school bus days and driving into school. We've all honestly grown up so much, and I'm so proud of everyone. Our motto as you know is 'wisdom giveth life' and we leave here as not just individuals, but well educated ones. We've understood the value of our education and a path we want to follow to fulfil our goals in life. I hope everyone achieves the future they want. We're standing here celebrating the past, so we can awaken the future.

The Catherine Bullen Memorial Prize

We are grateful to Mr Roger Bullen who, together with his wife Linda, annually present the Catherine Bullen Memorial Prize to a Year 13 student who is progressing to a medical career. This year the award went to Annabel Brookes for her involvement in leading with the CCHSG MedSoc.



The Catherine Bullen Foundation



In the Summer of 2002, ex CCHSG student Catherine Bullen was just 22 years old and a fifth-year medical student at Bristol University. Electing to further her medical studies in Africa, she travelled first to Namibia. While on safari she become seriously ill with gastroenteritis and tragically died. There was a feeling that something positive must emerge from this awful loss and within a matter of days, the Catherine Bullen Memorial Fund was launched. Run by Mr & Mrs Bullen the foundation has since funded charitable projects in north-eastern Namibia in the Omaheke region. Mr and Mrs Bullen visit the region regularly to volunteer at the clinic funded by the foundation, where Mrs Bullen works as a nurse.

https://www.namibia-aid.org.uk/









Year 13 - Dress Up Day - 9 May














Buildbright




K!

Year 13 Leavers' Assembly

As Year 13 completed their final week of lessons, the Leaver's Assembly and the Year Book provided a forum for staff to congratulate them on their contribution to the school and to wish them well in the future.



Mrs Marshall
Executive Principal & CEO

To the amazing class of 2023

When you joined CCHSG I challenged you to be the best you could be and you have risen to that challenge over and over again. I am incredibly proud of the way that you have conducted yourself over the last few years; It is a pleasure to observe you treat people with respect and to be kind towards each other. You have persevered and risen to the challenge.

This brings to mind the words of Maya Angelou:

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Your belief is the single most powerful tool you have. You can completely change your life just by changing your beliefs. It's not wishful thinking — believing something changes the way you see the world and yourself. Believe in yourself!





Dr Parrott - Associate Principal

To Year 13,

You have been an exceptional Year Group as you have shown great resilience and adaptability. I have been very impressed and inspired by seeing how you work so well together as a Year Group. Your support for one another is commendable.

My very best wishes for your examinations and the future. Do keep in touch with us as we would like to know how you are getting on.





Mrs Frost - Associate Principal

Dear Year 13,

When I think of your Year Group I think of your energy, adaptability and kindness. You will be missed!

Best of luck in the forthcoming examinations. You have got this! Good luck with your next chapter of life...I Can't wait for you to come back to your Certificate Tea to tell me all about it.



Let your light shine.
Be a source of strength and courage.
Share your wisdom.
Radiate love.

Wilferd Peterson



Mrs Hughes
Associate Vice Principal,
Head of Sixth Form

Dear Class of 2023,

What a privilege it has been to work with you for the past two crazy years. There have been so many great memories you have made since starting Year 12; Singalong Movie Nights, Cultural Day, Fundraising, so many Societies and most recently the super competitive Netball Tournament!

Your dedication and commitment to each other and your values are commendable. I have seen you overcome obstacles and lift yourselves and others higher than you thought possible and this is just the beginning.

You have so many wonderful opportunities awaiting you and you now have the skills, tenacity and humour to take them head on. When there are bumps in the road, which there will be, that's what makes life so interesting. So now take everything you have gained from your CCHSG family and go fill the world with your riches beyond compare!

I'll miss you heaps, but I will always be proud of you!



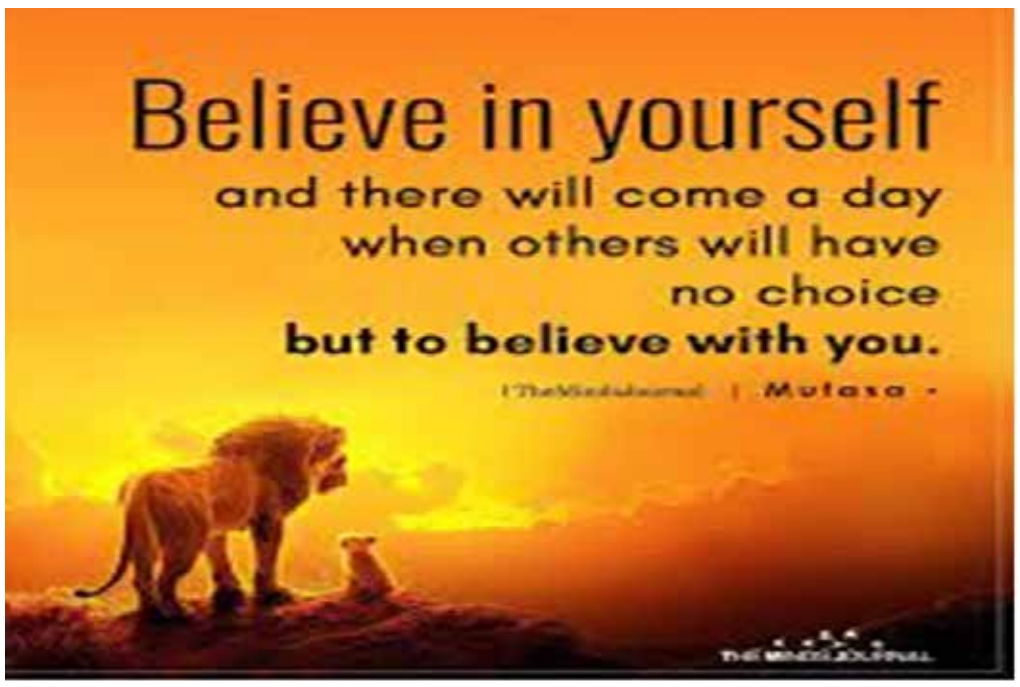
Mrs Tarrier

Pastoral Assistant

Year 13, It has been a pleasure getting to know you all and see you thrive over the last few years, I know some of you have had challenges to overcome and I hope that I have helped you to find the positives, even in difficult situations.

Remember *'You are stronger than you realize, braver than you believe and smarter than you think!'*

Embrace all that life throws at you and remember to laugh even at the difficult times – the sun still shines even when its hiding behind a cloud.





Miss Torr - Vice Principal

Well done on successfully completing Sixth Form. Success feels different for each person.

In the words of Henry David Thoreau:

"Go confidently in the direction of your dreams. Live the life you have imagined."

Good luck in the summer exams and beyond.





Mr Holdsworth

Assistant to the Head of Sixth Form

You have all been amazing and you must give yourself credit for making my experience of helping you through Sixth Form enjoyable. You've been on a journey and are only at the start of what promises to be an exciting post CCHSG life. One day you will look back on your time here and say, "Do you know what, Mr Holdsworth was right, we did have a good time." You just have to promise to let me know when that moment is. Whatever happens and whatever route you take, seize the opportunities presented to you with both hands and just be the best version of you. Each and every one of you will enrich the lives of people you meet for however brief a moment and that will be without really trying.

A few messages I'd like to pass on to you as you embark on the next steps:

The World is like a book; those who do not travel only read the first page.

You'll have good days, bad days, overwhelming days, too tired days, I'm awesome days, I can't go on days. But every day you'll show up.

And finally, it wouldn't really be a message from me without this…

Life is like riding a bike; to keep your balance, you have to keep moving forward.

Good luck, and most importantly, have fun.



PTFA Quiz & Curry Night - 28 April

The PTFA's sold out Quiz and Curry Night proved to be an amazing night, with a brain-teasingly epic quiz, hosted by Julian Roper, our regular Quizmaster.

Delicious food was enjoyed by all, and the culmination of the evening saw last year's champions "Geeky Blinders" lose the Quiz Night Shield to new team "The Bookworms".











The PTFA would like to thank everyone that made the night possible- the incredible team of parents who provided the delicious food led by Agness O'Brien, Julian Roper, for generously donating his time to host the night, and all the PTFA helpers on the stalls and behind the scenes.

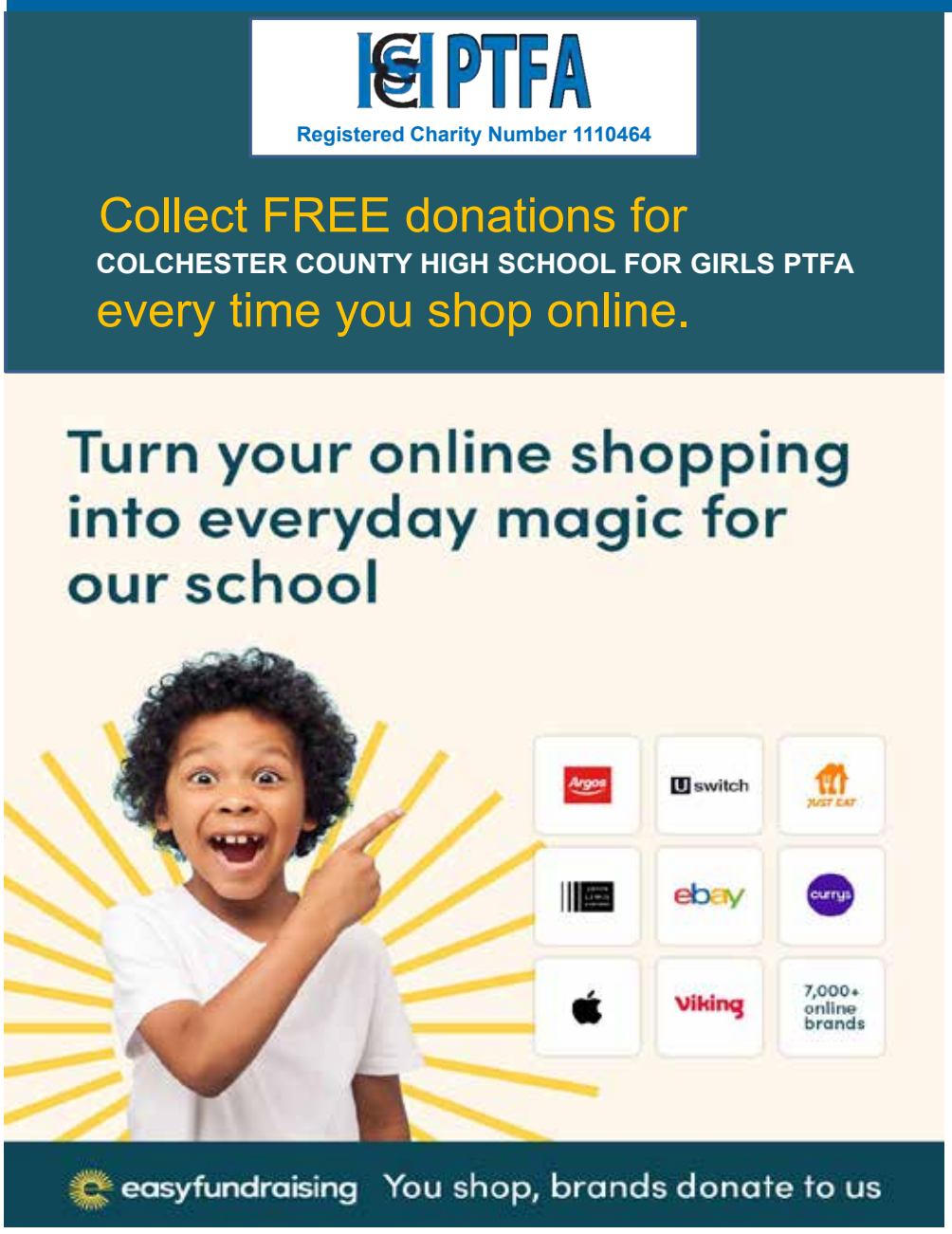
Over £1,100 was raised – a fantastic sum! We look forward to seeing you all next year!

Stickins Labels - School Fundraiser



CCHSG PTFA earns up to 30% commission on all sales of these multipurpose name labels for all school items. Name labels are essential for busy parents and schools who don't have time to deal with lost property. Stikins are an easy self-adhesive solution with no sewing needed. CCHSG PTFA have been allocated a unique code 35809 for parents to use. Visit https://www.stikins.co.uk to order online.

PTFA Easyfundraising





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

Paris Netball Tour 2023

We started the journey with a rocky start. After waiting at Dover for 12 hours we finally arrived in Paris at our accommodation.

On Day One we took part in the England netball masterclasses. We learnt lots of new skills which we were able to use later on in the trip, and also had a chance to ask some England Netball players some questions.

Day Two we had an early start, all teams made their way to the two locations for the tournament. After many pool matches all teams made it through to the knockouts where some excellent netball was played meaning the u14 teams came 1st, 4th, 5th and 7th and the u16s 3rd and 4th. A fantastic result!



Day Three was the day everyone was looking forward to! We had the best day at Disney with many rides, Disney food and a trip to the Disney store, ending in watching the lightshow which was the perfect finish to the best trip!

Thank you so much to all the PE department for the best time, especially Mrs Knight for organising a trip to remember.
By Fran Howell and Lyla Belshaw





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…

Tilly Hewitt



CLUB:
Chelmsford Athletics Club

TRAINING SCHEDULE:
Weights Monday, shot, discus and javelin
Tuesday and Thursday

RECENT ACHIEVEMENTS:
Currently ranked U15G 1st in the UK for shot, 3rd in the UK for discus, 6th in the UK for javelin. Gold for Essex indoor shot, silver for East of England and South of England, Bronze for England Shot

LONG TERM GOAL:
To go to the Olympics

INSPIRATION:
Sophie McKinna

PREMATCH MEAL:
Sushi

Lyla Belshaw wins TCS Mini London Marathon

Lyla Belshaw is celebrating after winning the TCS Mini London Marathon. Lyla crossed the line first to become under-15 girls' champion, at the event.

She sped around the 2.6km course in a fine time of 8m 26s, to claim one of her greatest-ever wins. Representing the East of England, she led from start to finish and took the tape by a clear margin, on The Mall.

The Colchester Harriers runner, who is coached by Dave Smith, was delighted to claim a notable victory in the capital. She was accepted into Harriers in 2019, when she won the ISA National Schools Cross Country.

After finishing sixth last October and eighth the previous year, Lyla was only hoping for a top-five position but she surprised herself by winning the under-15 girls' title. Congratulations Lyla!





https://www.gazette-news.co.uk/news/23476399.colchester-harriers-lyla-belshaw-wins-tcs-mini-london-marathon/

PTFA

PTFA CONTACTS:

Chair: Anni Cullen
cchsgptfa@gmail.com

Registered Charity No. 110464

Summer Term Dates for Your Diary

- **Nearly New Uniform and Book Sale: Wednesday 28 June (Year 7 2023/24 Intake only) 17.00-18.30**
- **Nearly New Uniform Sale (All Years Welcome): Saturday 8 July, 10.00 – 12.30**
- **Summer Concert: Thursday 13 and Friday 14 July (providing refreshments)**

Nearly New Uniform and Books Donations

The PTFA will be running two Nearly New Uniform sales this term-:

Wednesday 28 June (2023/2024 New Year 7 intake only) and Saturday 8 July.

We are appealing for donations of good quality outgrown uniform as well as textbooks and revision books which are no longer needed. Any items donated can be placed in the PTFA donation bins situated outside reception.





Beresfords Estate Agents Advertising Boards

Christmas Market 2023

This year, once again, we are delighted to be sponsored by Beresford Estate Agents.

If you own a property in Colchester or Chelmsford which is in a prominent location with public access or visibility and would like to volunteer your address please let us know. Boards are installed no more than 3 weeks before the event and removed during the week afterwards. Family and friends can also volunteer. Email cchsgptfa@gmail.com with your full address, preferred email and contact phone number if you would like to register for a board.

Volunteer Sign-up links

None of our planned events can run without the kind support of volunteer staff/parents/carers. Could you help? To sign-up, please click on the link for the individual event :

Nearly New Uniform Sale Year 7 2023 Intake: Wednesday 28 June
https://volunteersignup.org/YLDM9

Nearly New Uniform Sale (All Years): Saturday 8 July
https://volunteersignup.org/CR9LC