CCHSG E-Newsletter

22 May 2024

Contents:

2	CCHSG Gains SSAT Awards
3	British Council International School Award
4	CTTC OFSTED Outstanding 2024
5	National Judo Bronze Medal
	PsychSoc - Careers in Psychology
6-7	Year 13 Leavers Assembly and Awards
8-9	Head Student Team Farewells
	CCHSG Connect
10-11	CCHSG Entrepreneurship Award
12-13	Year 13 Leavers' Fancy Dress Day
14	International Biology Olympiad - Emily Wong
15	CCHSG Students Selected for RA Summer Show
16-17	Year 11 Celebration
18	Young Enterprise Regional Awards
19	Progression and Careers
	Mercedes Engineering Careers Talk
20-21	Matrix Enterprise Day - James Cracknell OBE
22-23	PE Department News
24	PTFA News



Executive Principal's Notes

Train to Teach Here!
Earlier this term Ofsted inspectors visited the Colchester Teacher Training Consortium, based on site here at CCHSG. They found the provision for primary and secondary teacher training to be outstanding in all areas. There were no areas requiring improvement. Inspectors found that "trainees attending CTTC are prepared superbly well to be teachers of tomorrow". We congratulate all the staff and trainees involved. We are also delighted that CTTC have recently received approval to provide an apprenticeship route into teaching from September 2024. Full information about teacher training opportunities with CTTC are available via www.colchesterttc.org.uk. Please do not hesitate to contact us if you are interested in a career in teaching.

In April CCHSG was awarded Foundation Level of the British Council's prestigious International School Award in recognition of its work to bring the world into the classroom. We are committed to ensuring that our curriculum is outward looking, aiming as it does to equip students for life in a global community. Our Language Assistants form a key part of this provision. Mlle Louise Henneron (French) and Fraulein Lena Schneider (German) leave us at the end of this half term. We are very grateful for the support they have provided for students in the languages department and for the extracurricular activities they have led this year.

As we constantly seek to increase the provision of activities and resources to promote the wellbeing of students and staff, we are planning to install a multigym on site. With a view to providing the benefits of exercise without a competitive element, we are hoping to find a cost-effective way of offering access to a range of resistance machines and cardio gym equipment such as rowers, ellipticals, treadmills, air bikes, stationary bikes, and ski machines. I would encourage anyone who may have helpful contacts or ideas which might support with this project, to please get in touch.

It has been my great pleasure over the past couple of weeks to participate in the assemblies and celebrations marking the end of formal lessons and the move into the exam season for our Year 11 and Year 13 students. Year 11 enjoyed an afternoon celebration with their Form Tutors and teaching staff and had the opportunity to sign yearbooks, while viewing a photo recap of



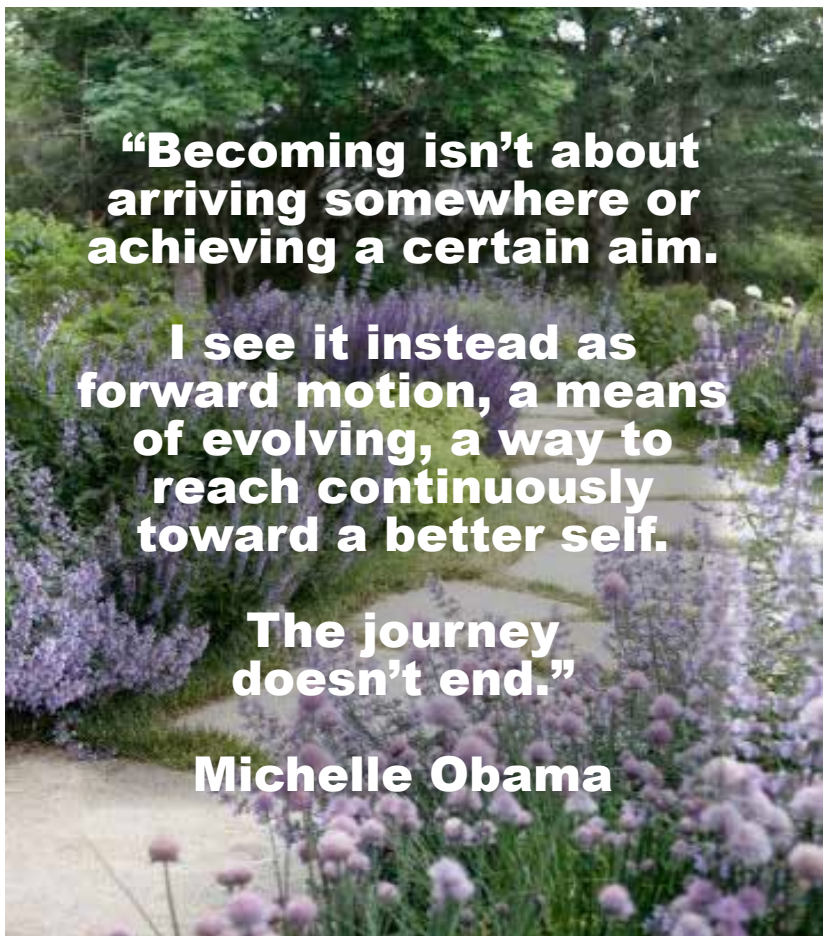
some of their best moments at CCHSG.

We were joined for the final Year 13 assembly by two much appreciated guests. Mrs Liz White of the Old Girl's Association joined us to present the OGA Leaver's Award, for contributions to the school community, to Megan Gray-Cullum. Mr Roger Bullen, from the Catherine Bullen Foundation, presented their annual award for a student progressing on to medical training, to Harriet Adediji. Year 13 marked their final day of lessons with the traditional dress up day celebrations and their own informal presentations, which are featured later.

I was incredibly proud to see the positive spirit and ethos of all these activities. The students really embodied a "respectful, kind and hardworking community" (Ofsted 2024) and it was touching to see the gratitude they showed to their pastoral and teaching staff and the Leadership Team. As Year 13 depart for exciting new destinations, they clearly demonstrated their "determination to succeed not only academically but also to be good people who will make a difference both in school and in the wider world" (Ofsted 2024). Our students are a great credit to themselves, their families and the school community. I am grateful to the Form Tutors, Pastoral teams and Sixth Form and Year 11 leaders for organising such uplifting and joyful events. Thanks also to the wider staff for their commitment and dedication in supporting our students in their journey through the school.

We wish all our Year 11 and Year 13 students success in the upcoming weeks. I sincerely thank all of you for the support you give to our community.

Mrs Gillian Marshall MSc NPQH
Executive Principal & CEO



CCHSG Gains SSAT Award

CCHSG has been recognised by the Schools, Students and Teachers network (SSAT) for exceptional educational outcomes in the 2023 exam series.

CCHSG was found to be among the best performing selective secondary schools in the country, receiving awards for being in the top 20% for attainment and the top 10% for student progress at GCSE. The awards are based on 2023 data provided by the Department for Education and Ofsted, analysed by SSAT.

The SSAT Educational Outcomes database compares all state-funded schools in England. To be recognised with an Educational Outcomes Award is a significant achievement and a testament to the work of the whole school community. This is a tribute to the professionalism, commitment and hard work of our teachers and students and the support of their families. A big thank you and well done to all.



Sue Williamson, Chief Executive of SSAT said:

"Congratulations to CCHSG on winning two SSAT Educational Outcomes Awards. This success is down to the superb learning and teaching, outstanding support and inspirational leadership of students, staff, parents and governors. You have made a huge difference to the lives of the young people in your school. Thank you."

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

British Council International School Award

CCHSG has been awarded Foundation Level of the British Council's prestigious International School Award.

The International School Award celebrates the achievements of schools that do exceptional work in international education. Fostering an international dimension in the curriculum is at the heart of the British Council's work with schools, so that young people gain the cultural understanding and skills they need for life and work in today's world.

Shannon West, Head of UK Schools for the British Council, said:

"Colchester County High School's international work has earned the school well-deserved recognition with the British Council International School Award Foundation Certificate. We are delighted and proud that CCHSG is committed to developing a whole school approach to embedding and celebrating international work. The dedication from everyone is enriching education and supporting globally aware young people and the development of key skills."





Year 5 – Open Week Tours

Monday 1 July – Friday 5 July, 2024
For 11+ entrants and parents. Entry to Year 7 in September 2025.

We invite prospective students and parents/carers to find out more about CCHSG by visiting the school for a tour during our Open Week.

Tours are led by our school staff and students. Booking is essential – see

https://www.trybooking.com/uk/DDNK

Year 5 – Information Evening

Wednesday 12 June, 2024
19.00 – 20.00

This talk is now fully booked. The presentation will be available for viewing in the admissions section of the website from Thursday 13 June. Prospective students and parents are encouraged to attend the Open Week tours.

CTTC - OFSTED Outstanding

"Trainees attending CTTC are prepared superbly well to be teachers of tomorrow". (Ofsted 2024)

The teacher training provision at CTTC has again been recognised as outstanding. CTTC was awarded Ofsted's highest grade across all areas in a recent inspection, with no areas identified as requiring improvement.

CTTC is a partnership, which now extends to over 100 schools across Essex and Suffolk, who have been providing teacher training for the past 18 years. "Headteachers have chosen to work with the partnership, through recommendations and reputation" (Ofsted 2024). The consortium annually trains around 70 primary and secondary teachers from its base at Colchester County High School for Girls. Inspectors found that "trainees benefit from the highest quality training and support" (Ofsted 2024). The school centred programme allows trainees to gain Qualified Teacher Status (QTS) through a combination of taught sessions and practical on the job training in managing classes and planning lessons alongside colleagues in local schools. "Trainees value immensely the first class experience they receive, preparing them exceptionally well to take on their first teaching role" (Ofsted 2024).



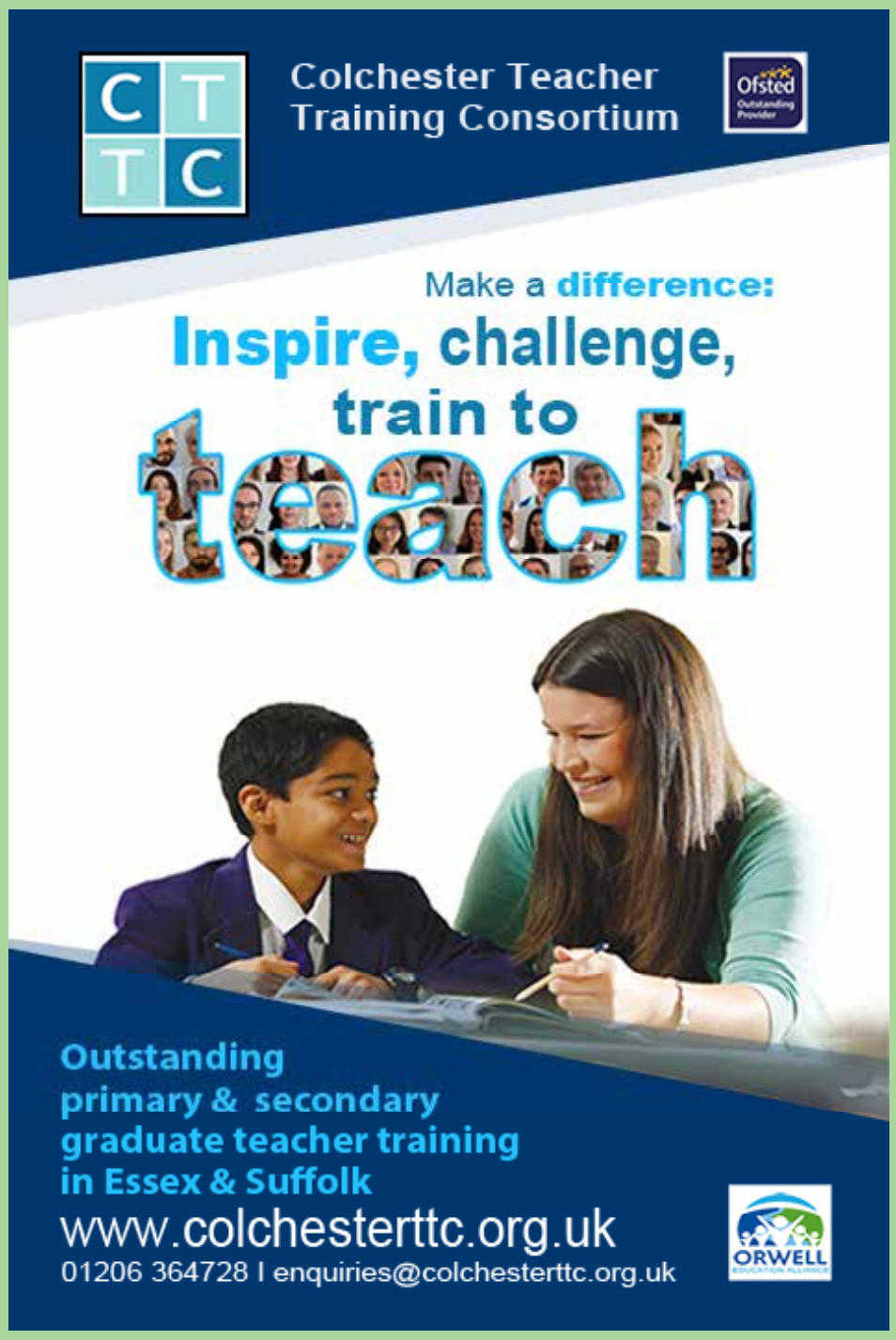
Have you ever thought about working in a job where you can make a real difference to the lives of others? Are you looking for new opportunities and the chance to develop new skills while pursuing a professional career pathway? You may be surprised by how straightforward it can be to qualify as a teacher in Primary or Secondary education with a year of training. Part time routes, for both Primary and Secondary, are available. Tax-free bursaries of up to £28,000 can be claimed by eligible trainee teachers in certain subjects. Pastoral support and mentoring is a strength of the programme and "mentors are fully equipped to support trainees exceptionally well" (Ofsted 2024).

Employment prospects are excellent as local schools are keen to employ trainees from the partnership. The starting salary for teachers is currently £30,000 and many former trainees move quickly into leadership and management roles.

Apprenticeship Route into Teaching with CTTC

Trainees will be paid to train to teach Primary or Secondary by following the Apprenticeship route, whilst still following CTTC's highly rated training programme and having access to the fantastic support and opportunities CTTC provides. Email enquiries@colchesterttc.org.uk for more information.

Apprenticeships



Now Recruiting for Sept 2024

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

National Judo Bronze Medallist

On 17 March I travelled to Birmingham for my first ever Judo National Championships. I fought in the Espoirs Group, meaning I fought people of similar age and weight. I had three fights with very tough competitors and came away from the competition with a bronze medal. I was extremely pleased with my performance and gained a lot of experience from this competition. I hope to inspire more people, girls especially, to talk about and try more minority sports such as judo as it is a great way of making friends for life and building confidence.



Previously, on 3 March I travelled to Heacham with a few others from my judo club to grade for my next belt, which was brown. For this I had to fight a line up of three people one after another, with no rest.



It was safe to say I was extremely exhausted by the time I had finished, but I won all my fights and was awarded my brown belt, pending the successful performance of my kata. Kata or forms, are pre-arranged patterns of attack and defence, which in judo are practised with a partner for the purpose of perfecting judo techniques. After successfully performing my kata, on 20 March I was presented with my brown belt.

Teagan Lynn, Year 10

Example of a throw performed as part of my kata



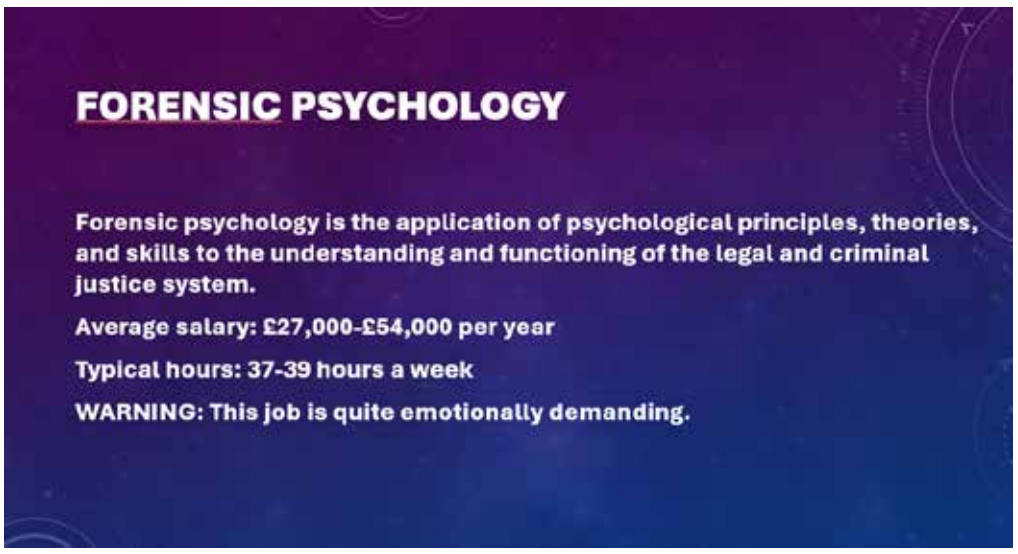
PsychSoc - Careers in Psychology

Psychology Society (PsychSoc) is a popular lunchtime club which enables students to explore aspects of the subject in greater depth and to debate issues. Students also have the opportunity to develop their communication skills by presenting to the group about a topic that interests them.

Themes often include an aspect of progression and a discussion of careers related to psychology. For example Year 12 students presented about Social Psychology and then related this to careers in this field. Year 9 student Ella gave a presentation about the psychological profile of serial killers, linking this to the career paths for a Forensic Psychologist.











Year 13 Leavers' Assembly and Awards

OGA 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. This year the award went to Megan Gray-Cullum in acknowledgement of her many contributions to the school community, citing in particular: her sustained and wide-ranging contributions to the school societies, such as LawSoc and Debate Society. She has faced challenges over the last few years, but faced them with positivity and strength, providing an inspiration for others. Our thanks go to Mrs Liz White from the OGA who attended the assembly to speak to students and present the award.



Mrs Liz White with Megan
The OGA were pleased to learn that Megan will be reading Law at Cambridge University in September.

Catherine Bullen Foundation

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 Harriet Adediji. Harriet is hoping to progress on to a career in Medicine and has completed work experience placements on a paediatric ward as well as volunteering at a local care home. She has worked to extend her knowledge beyond the classroom by taking part in online medicine masterclasses and is currently completing an independent research project on the effect of ethnicity on pain perception and management.





Harriet is also the co-president of the school's African Caribbean Society, organising regular whole-school events, assemblies and debates.

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 and Mrs Bullen the foundation has since funded charitable projects supporting a school and medical services 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.

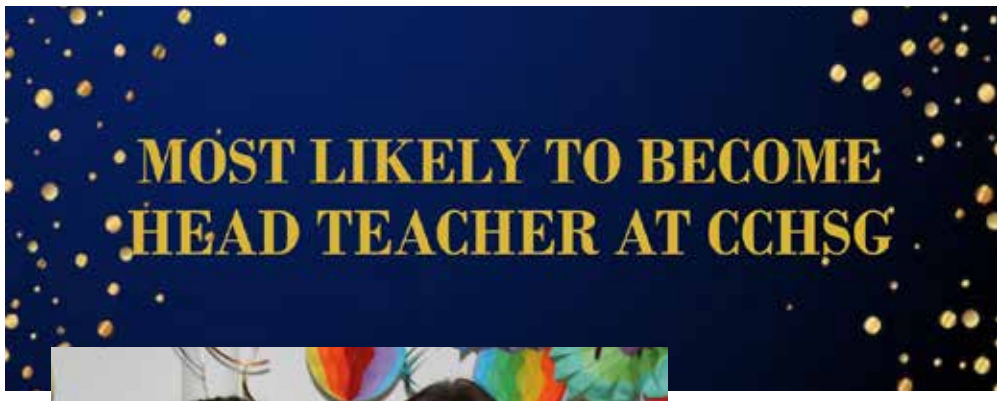
https://www.namibia-aid.org.uk/











Year 13 came up with their own list of award winners!

The person who is most likely to be prime minister…
Most likely to:
win a Nobel prize…
go viral for something silly…
win an Oscar…
travel to space…
compete in the Olympics….
win the lottery but lose the ticket…
set a world record…
become a secret agent…
go on Dragon's Den or The Apprentice…
write their autobiography…
perform in the West End…
invent time travel…
come up with their own fashion brand…
go on I'm a Celebrity…
become the next Picasso…
meet The King…
win a GRAMMY Award...
Best dressed in the year…
Best laugh in the year…
Person you can count on the most…



Winner Gabrielle Ateba:

"I just love this school so much!"

Worst car parking... "Don't worry you will get better!"



Our prizewinners were:



Head Student Team - Leaving Speeches



Sophie Baker

I would like to start by saying that being a student at CCHSG for the past seven years has been an absolute privilege. I believe that coming to this school has, without a doubt, been critical in shaping the type of person I have become and wish to be in the future.

The past seven years has been a time of growth and self-discovery and the school has provided me with a nurturing and supportive environment in which to flourish. One of the things that struck me most about CCHSG from the beginning was the sense of community. All the teachers and staff throughout my experience at the school have not only been educators but mentors too. They have been willing to guide and encourage all of us to reach our potential.

Beyond academic studies, the school has provided us with leadership opportunities, not only in the Sixth Form, but from Year 7 onwards. I remember being nervous at the thought of taking on any leadership roles at the start of Year 7. However when I took the leap of faith and decided to apply for the role of Student Voice, my confidence grew and my public speaking skills improved significantly. I was given the opportunity to actively participate in school life by communicating with older pupils and also the Senior Leadership Team. In addition, in Sixth Form, the societies are predominantly student led, for example, I ran Psychsoc along with two other Year 13s. There was always an amazing turnout and the society enabled students to learn and better understand the subject in a fun way. However, I am sure that some of the students only turned up for the sweets and biscuits we usually provided during each session!!

With the vast array of extracurricular activities the school offers, there is always a club that students can join and if not, they can set one up. From participation in several school productions to representing the school in numerous swimming competitions, I have been able to completely immerse myself in school life. I am fully aware that the school prides itself on academic excellence, however the key role this school has provided is in allowing us to understand that we all have brilliance in ourselves not just academically.

In conclusion, from the moment we stepped through the gates at CCHSG, whether that be in Year 12 or in Year 7, CCHSG has enabled us to take an active approach to our learning and has subsequently taught us how to navigate events in our lives through critical thinking, time management and independent learning. We have been lucky to have been provided with such an enriching and supportive educational environment. CCHSG is a place where you can thrive not just academically, but socially and personally too. I can truly say that is has been a thoroughly enjoyable experience and I have loved every minute of my time here. I would like to thank the staff and wish everyone all the best for the future.

Thank you to the Head Student Team 2023/24 for all their hard work in support of the school. They have been excellent ambassadors for CCHSG throughout the year.





Rowena Fernando

I want to start by saying that it has been an honour to have been in sixth form with all of you, and some even from Year 7. I remember the first day of Year 7 and 12 so vividly and though they were years apart, it felt like *deja vu* because both times I saw new faces. Some faces became either my lifelong friends or they became lifelong friends with each other; some faces ran societies, took part in competitions, bought culture day to this school. some faces are always in the library or resources room and don't think I've forgotten the faces who wore their high vis and did duty back in Year 12.

It's been inspiring seeing how far people have come from Year 7 or the beginning of Sixth Form. I know I myself have come along way from yodelling at bushcraft in Year 7 and being salty when we didn't win choral comp. Before I tried to forget these embarrassing moments, but really we should be remembering them. Because by remembering them we see how far we have come - not only intellectually but as people.

We should all appreciate the countless memories this place has given us. I know I'll never forget the 7E tree, Mrs Marshall's famous "eat the frog" speech, the wild Disneyland trip last year where I bought 200 lollipops and desperately tried to get rid of them and my personal favourite- the buzz of the all4thetote experience (if you bought an all4thetote ur just superior). What I'm trying to say is, remember your accomplishments because YOU did that no matter how small they are (I know I'm still celebrating that we got the vending machine to ourselves). Be proud of the people you have become and are to be in the future.

And whilst I (and I assume most of us) are excited to continue onto our next steps whether that be university, apprenticeships, gap years or summer plans abroad- I know we we will all have that one thing we will miss about the school. I'll miss the smell of popcorn lingering around the refectory, I'll miss the couch in the common room, I'll miss the wellbeing area, I'll miss the chocolate cake with chocolate, I'll even miss feeling superior when I open locked doors with my lanyard for the lower school, but most of all I will miss the environment. I'd like to think you all agree with me when I say that it's the people that make a school. A school is defined by its pupils and each and every one of us has contributed to such a respectful, fun and comforting environment and I wouldn't have wanted to be anywhere else.

I want to thank my friends for dealing with my bad jokes and I think we should all be grateful to the people who surround our day to day lives. We should also thank the staff for helping us with our studies, the site team and cleaning staff for always clearing up our mess, the IT department for coming to the rescue when we forget our passwords. I'd like to personally thank the canteen staff for providing me with the only thing that kept me going - chocolate chai.

The past may have shaped who we are now but it's the present that determines our future, so let's make the most of what we have right now and SMASH A levels.

CCHSG Alumni

CCHSG Alumni
CCHSG Connect

We are working with the education charity Future First to help us build an even more thriving professional and social network among our alumni community. We would very much like to get back in touch with past students and enable them to benefit from links to our wider alumni network. In addition, our former students have wide ranging experience and expertise which could be hugely beneficial in informing and inspiring our current students. Please help us reach out to our former students using your own networks. Past students can sign up at:

https://www.futurefirsthub.org.uk/register/cchsgconnect



CCHSG Entrepreneurship Award - 17 April

Students from Years 7 to 10 are invited to compete for the annual CCHSG Entrepreneurship Award. A shortlist of finalists is selected to present their ideas to a panel of expert judges. We are very grateful to this year's judges:

Simon Mead: CEO, Colbea
Gemma Cuff: Director, Gemstone Mortgages
Karen Turnbull: Economic Strategy Specialist, Colchester City Council
Priyangshu Kar: Programme Director, ACO Technologies plc

Congratulations to all the students who were involved. The judges said that the decision was really difficult as the standard of the ideas and quality of presentations was very high.







Year 7

GlossyXAngelic & The Green Project

Prisma Poudel 7S, Lily Moore 7C, Samiksha Kataksham 7E, Emma Borra 7E, Anaisha Shah 7E

Year 8

HAS Keychains & Environmental Warriors

Akshara Subramanian 8L, Adanna Udechuku 8L, Sophia Lichtwardt-Kailoglou 8L, Helena Travaglia 8L Advita Shukla 8O, Manaswini Bhandari 8O Varenya Anugandla 8O, Adhya Kotha 8O

Year 9

Adorn & Cherry Charms

Yiran Xu 9O, Rashida Barco 9O, Medha Annam 9O, Fiona Wu 9O, Crystabella Owusu-Amponsah 9O, Deekshita Nayagam 9O, Aarthi Sridhar 9L

Year 10

Jolie & Botanicards

Adithi Varadaraj 10E, Kyla Hammond 10E, Idara Ubong 10E, Nicole Ivanova 10C, Francesca Calver 10S Beatrix Drakeford 10O

Thanks to Mr Borley for organising the competition.











Congratulations to the overall winners - Botanicards



Year 13 - Leaver's Fancy Dress Day

Year 13 marked their last day in school with the traditional "dress up". The costumes get more inventive every year and this year students also held a parade so that their costumes could be viewed by Year 8 students.

Students were keen to thank their teaching staff, Form Tutors, Mrs Hughes and the Sixth Form leadership Team.

We are grateful to Mrs Tarrier, Mr Maulkerson and Mrs Hughes for organising the day and to Mr Martin and the catering team for the delicious buffet lunch. We wish Year 13 every success over the coming exam weeks.














CCHSG
★2024★
LEAVERS








CCHSG
★2024★
LEAVERS




CCHSG
★2024★
LEAVERS



International Biology Olympiad

Emily Wong in 12O has been taking part in selection rounds to be part of the UK's team that will compete at the International Biology Olympiad in Kazakstan in July.

Four Year 13 and four Year 12 Biology students took part in the British Biology Olympiad (BBO) competition in February. This is a national competition working with the Royal Society of Biology and the University of Warwick based on challenging A level Biology content. The competition allows students to demonstrate their knowledge of the syllabus and further reading as well as advanced problem solving skills. There are two 45 minutes online tests which are taken in school under staff supervised exam conditions. This year over 10,000 students from more than 800 schools participated.

At CCHSG three students achieved gold medals, one silver medal, two bronze medals and one highly commended. Only 5% of students who took part in the BBO have been awarded gold medals, 10% of students haven been awarded with silver medals and 15% of students for both bronze and highly commended.

Congratulations to:
Emily Wong (our top scorer), Eva Black, Aisha Erkabova, Nidhi Nallanickann, Carys Sergeant, Isabelle Burridge, Mahathi Annam and Alina Hijazi.

Two Year 12 students who achieved a gold medal decided they wanted to go further and take part in the team selection for Internation Biology Olympiad (IBO), which is a competition for pre-university students testing their practical and theoretical biology skills. The competition brings together students from all around the world and tries to both challenge and stimulate their curiosity in the biosciences. The United Kingdom has taken part in every International Biology Olympiad since 1998. The IBO is attended by 70+ countries who each send their best and most dedicated Biology students. The event lasts approximately a week, during which students undertake a series of long and very difficult theory and practical exams. It tests knowledge as well as the students' mental fortitude, endurance and adaptability.

Students also go on a range of excursions and experience cultural activities arranged by the host, as well as gala dinners and opening/closing ceremonies. One student made it to the second round of team selection at the University of Warwick and... has made it through!
Emily Wong is one of the four students who will represent the UK at the IBO 2024 in Kazakhstan. CCHSG is extremely proud to be represented internationally by our Year 12 student. We wish Emily good luck at the Olympiad in July. **Mrs Ukwatte**





The Biology Olympiad

Last February, I found out that I got a Gold in the British Biology Olympiad and so qualified for the next online round! This round is used to select the top sixteen students in the country for a training camp, which is then used to select the top four to represent the UK in the International Biology Olympiad (IBO) in July. This year, the second round was based on a scientific paper on proteins in green algae. After a couple of weeks, I found out that I had made it into the top sixteen!

I went to the training and selection camp at the University of Warwick for four days in the Easter holidays. There, we memorized plant families, dissected live maggots with forceps, chased freshwater shrimp with teaspoons, and pipetted until our thumbs stopped functioning. We did all of that (plus forced socializing time) thirteen hours a day. It was quite the experience, to say the least. Although it was pretty intense, we all had a lot of fun. My favourite part was probably opening up the dying anaesthetized maggot while trying to keep it alive – our task was to identify unknown solutions by observing the effect of each one on the maggot's heart rate. However, I enjoyed learning about plants much more than I thought I would, and identifying organisms from the river sample actually became quite relaxing once I got used to the smell!

On the last day, we were given a guided tour of Warwick's Life Sciences labs while the instructors did the final marking and counting up of scores. When they announced the four who made it into the UK team, I was shocked – I had got in! This year's IBO is in Kazakhstan so I will be going there with the rest of the team for two weeks in July. Hopefully I get to practise my pipetting before then, or the UK's not getting a medal from me…

Overall, this has been an amazing experience (and it's not even over yet!) so I'd like to thank Mrs Ukwatte for giving me the opportunity to take part in the first place. For any aspiring scientists out there, why not try the Olympiads? You might even end up competing internationally!

Emily Wong 12O



CCHSG Students selected for RA Summer Show

Now in its sixth year, the Young Artists' Summer Show is a free, open submission exhibition for students aged 4–19 studying in the UK. Artworks are judged by a panel of artists and arts professionals, with selected artworks displayed online and on-site at the Royal Academy of Arts.

https://youngartists.royalacademy.org.uk/



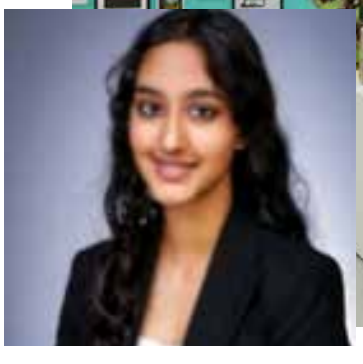


Natasha Adkins

Study of natural form in pen and ink

Congratulations to Natasha Adkins in Year 9 and Natania Cherian in Year 13 who have both been selected for the show and will have their work displayed both in the digital and on-site exhibitions.

Natania's painting is part of her current A level examination work.



The Royal Academy of Arts (RA) is an art institution based in Burlington House in Piccadilly in London. Founded in 1768, it has a unique position as an independent, privately funded institution led by eminent artists and architects. Its purpose is to promote the creation, enjoyment and appreciation of the visual arts through exhibitions, education and debate.



Year 11 Celebration



Mrs Marshall

Executive Principal



To the amazing class of 2024,
You are superstars!

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 you all and it is a pleasure to observe you treat people with respect and kindness. You have persevered and demonstrated resilience bringing 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.

Angelou shows how nothing can get her down. She will rise to any occasion and nothing will hold her back.



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

Do not let people put you down.
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.

Remember, when life is difficult, "Just keep swimming".



Year 11 enjoyed an afternoon of celebration, signing year books, eating pick n' mix and remembering some of the best moments of their 5 years at CCHSG.

Mrs Marshall, Mrs Frost, and Dr Parrott joined with all the Form Tutors and wider staff in wishing the Year Group well and celebrating their time at CCHSG. We look forward to seeing many of them in the Sixth Form in September.

Thanks to Mrs Daniels, Mrs Ward, Miss Wright and all those involved in organising the event.







Teacher's quotes

Goodbye and good luck everyone!! I hope you have a nice life!! - Mr Nachman

You are the first year group I have seen all the way through from the yonder years of year 7 to the here and now of year 11. The journey has been a long and winding road, not unlike the graph of the sine function. I am seriously impressed with your achievements so far and wish you the best with your future endeavours. Remember...don't get none, and enjoy yourselves. - Mr Walsh

It has been an amazing privilege to teach you for GCSE and I have enjoyed every lesson. You are all brilliant physicists! With all your talent and enthusiasm, I am sure you will all go on to achieve great things! Best wishes, Dr Cox.

To Year 11, 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. 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.

I am proud to have been 11BLA's English teacher the last two years. We have been journeyed through epic love stories, heart breaking tragedies and how to make the world a better place a little bit at a time - values that I know you will take with you whether you are moving on or staying with us at CCHSG. Good luck! "Be who you are and say how you feel, because those who mind don't matter, and those who matter don't mind." – Dr. Seuss - Mrs Laughlin

"Believe in yourself, you are braver than you think, more talented than you know and capable of more than you imagine". may have visited me from time to time during rs will know this is a message I try to send :) azing and will be successful in whatever you ding you best wishes for the future wherever ou, and I hope to see some of you again next year. Mrs Ward xx



Dear Year 11,

What a great Year group you have been! You are kind, you are considerate of others, you are thoughtful, you are curious. Stay unique, stay resilient and stay being you! Stay safe and until September...

Best wishes, Mrs Frost

Hope you enjoyed your History lessons over the past 3 years! Remember, "Those who cannot remember the past are condemned to repeat it." - Mr Paz

Ok everyone, whiteboards out.... So, what is Mrs Swannell's favourite part of physics? Of course a beautifully drawn graph with pencil AND a ruler! It has been a pleasure to teach all of you and I wish you all the best in the exam and whatever comes next. - Mrs Swannell

Lovely year 11's, I wish you all the best on your next journey, whatever that may be. As always, be kind to yourself and have confidence in what you are doing. A further thank you to the GCSE PE class for being a dream to teach in year 10. All the best, Mrs Knight

To my English class, thank you for your hard work and determination over the last two years. Continue doing your best, and your life will be full of endless possibilities. Good luck for the future! Mrs Watkins

Year 11, thank you for all your positivity, humour and kindness that you have brought to the school. You should all be extremely proud of all the hard work you have put it over the past year, and remember, "People will forget what you said, people will forget what you did, but people will never forget how you made them feel" - Maya Angelou. I wish you all the best in the future and hope to be teaching many of you again in year 12! - Miss Wright

Teacher's quotes



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 x

"I dream of painting and then I paint my dream." Vincent Van Gogh. Here's wishing you all the very best of luck in your forthcoming examinations. You are all amazing students and should be proud of your achievements to date. Let your dreams become your reality. With all good wishes for the future. - Mrs Saunders

'Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle' Christian D.Larson. Good Luck in your final exams and wishing you all the best for your future. - Miss Torr

As the great artist Picasso once said, 'Art washes away from the soul the dust of everyday life'. To be an artist is to allow your soul to cleanse, to find a type of freedom in the creation of marks, colours and shapes. As you move forward in your educational journey and onwards into the as yet unmarked paths of your futures, I hope that you continue to cleanse your souls with colour, and keep art as a part of your lives. My best wishes go with you all, out into the big wide world! - Mrs Crozier

I would like to thank all of you for your kind nature, determination and positive attitude towards your learning at CCHSG. It has been an absolute pleasure both teaching you, and seeing you grow over the past five years. I am sure that you will go on in life and achieve incredible things, I have no doubt! Keep that passion in life for learning as it will ensure you get the best out of it. All the best. - Mr Kidby

Deutsch hat Spaß gemacht, oder? Alles Gute für die Zukunft. Frau Davison.

I am so sad to see you all leave - you have been a terrific year group and I have thoroughly enjoyed teaching my History class. You have worked incredibly hard and maintained such a positive attitude towards your studies-good luck for all the exams and all your future endeavours X - Mrs Pigott

Dear year 11. It has been an absolute pleasure teaching some of you but also working with many of you on school productions. I remember clearly the little aliens in Return to the Forbidden Planet, your outstanding contribution to We Will Rock You, but mostly your professionalism and mega talent as shown in both Les Miserable and Oliver. Your kindness to younger students, who aspire to be like you, is a credit to you all. There are so many fabulous memories to choose from and I wish all of you health, happiness and success in your next adventure. - Mrs Cudmore-Rice

It has neen a pleasure teaching you Mathematics. Remember: 'The beautiful thing about learning is that no one can take it away from you' -BBKing

Dear Year 11, To quote Barack Obama "The study of geography is about more than just memorising places on a map. It's about understanding the complexity of our world, appreciating the diversity of cultures that exists across continents. And in the end, it's about using all that knowledge to help bridge divides and bring people together." It has been a pleasure teaching you on this stage of the great adventure that is life, use the knowledge you have gained to be the bridges we need now and in the future. Mr King

Well done Year 11 on your hard work. Best of luck if you're applying to Eaton! Otherwise, have a nice summer break and look forward to teaching you in year 12! - Mr Glease

I wish you all the very best in whatever direction the future takes you. Above all, be happy and CARPE DIEM - Ms Hodgkinson



On behalf of all the staff at CCHSG we wish Year 11 every success in the coming weeks. We look forward to seeing many of them in the Sixth Form in September.

Young Enterprise - Essex Finalists

Congratulations to team ‘Crystal Charms’ for reaching the Essex final of the Young Enterprise competition and winning the ‘Best Customer Service’ award. The following students participated in a trade fair, interview, and presentation on the final’s day. The judges were particularly impressed with the level profitability and the team cohesion throughout the process.

Our team members were:

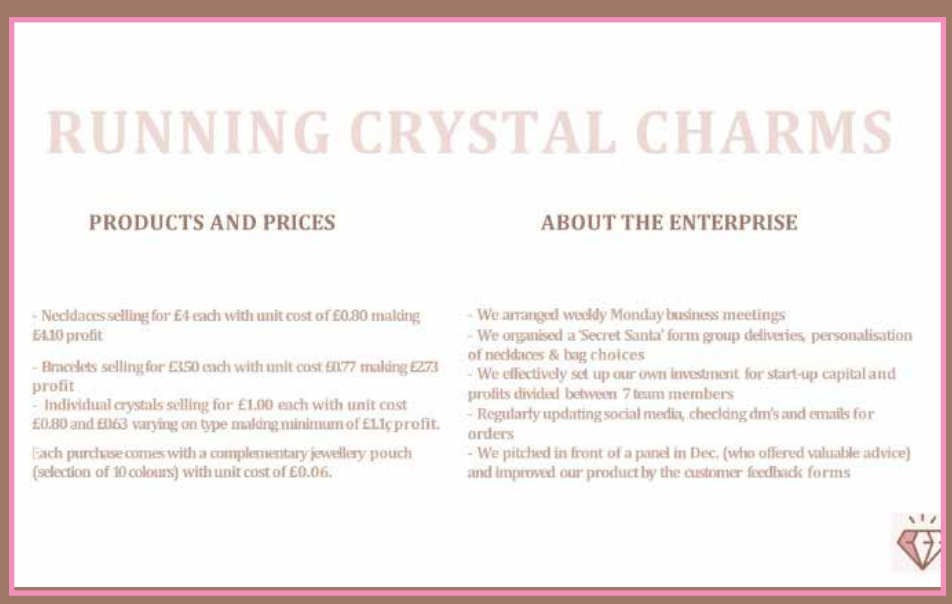
Anuji Madanayake
Madeline Donlan
Renoa Azmir
Imogen Secker
Millie McLean
Jyotsna Ramesh
Shubhi Kulshreshtha

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













Progression and Careers

The Gatsby Benchmarks are a framework for school leaders, headteachers, and careers advisors to assess the development of their pupils in employability skills. They also help students track their own progress and identify areas in which they need to continue developing their skills. Sir John Holman, a former Headteacher and founder of the National STEM Learning Centre, was asked by the Gatsby Charitable Foundation to undertake an independent, international review of career guidance. Working with the University of Derby, the project visited six countries, analysed good practice in English schools and reviewed existing literature. From all of this, Sir John identified what 'good' looked like and outlined a framework of eight benchmarks that secondary schools and colleges can use to improve their career guidance programme. We are using these benchmarks at CCHSG.



Mercedes Engineering



Despite being one of the most globally popular sporting championships, Formula 1 lacks significant female representation. It would not be possible for drivers, such as Lewis Hamilton, to reach such phenomenal success without an extensive team of support behind them.

On 15 May, Sixth Form and Lower School students were honoured to receive a talk from three female engineers from Mercedes. Margarita Torres Diaz, Kate Ashby and Julia Baldyga work at the Mercedes Headquarters on the F1 technology campus, just a short drive from the renown Silverstone circuit. On site there are close to 1000 people- the majority being engineers, but also those working in HR, operations, and other areas. 75% of these workers focus on F1, while the other quarter concentrate on advancing technology. Some of their recent work includes the AMG1, a new sports car based on Hamilton's engine, which involves transferring an F1 engine into a £3 million road car, and generating power unit technology for Formula E, in which Mercedes have won drivers and constructors championships but have recently decided to exit after 2 seasons.

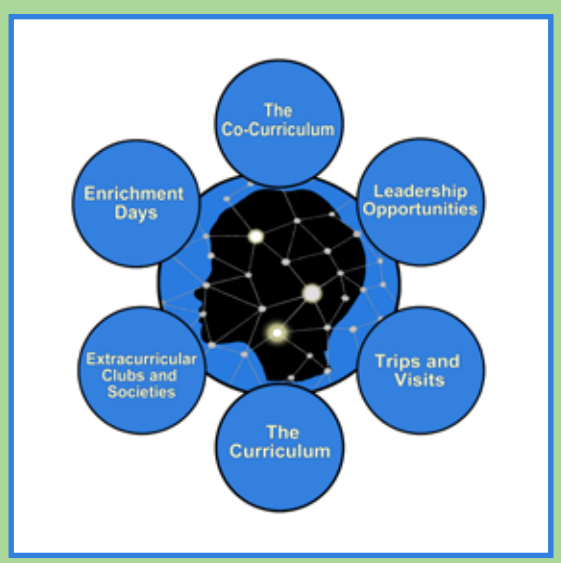
Margarita shared her experience of working in the Mercedes factory, having previously been trackside for 6 years, working with Bottas for 3 years and supporting Hamilton as his Track Lead Engineer in 2019 (even getting to be on the podium). From her 12/13 years of working in the industry, Margarita has achieved much success by solving problems in the competing cars week by week; she shared the triumphs of working in a 'fast-paced environment'. Kate is currently a 4th year student at Loughborough University studying Mechanical Engineering, as did the other two engineers, working as a Mechanical Engineer at Mercedes through a placement. She expressed her aspiration to eventually working trackside. Currently she is rotating through different departments where she designs a car in CAD, helps build the car six weeks later, and tests the car a few weeks after that. Kate is currently working on the new F1 power unit, for which new rules come into place in 2026, which involves creating an electric motor for the engine to generate more energy. Like Kate, 120-150 new students are brought in each year at Mercedes; with the importance of each role and its accompanying pressure and opportunities, students leave with extensive hands-on experience. Julia joined Mercedes on a graduate scheme and eventually secured a permanent role, having originally working trackside with an F3 team for a few years, which allowed her to gain experience and exposure to the industry. Julia's role as an STA Engineer involves taking care of the manufacturing side of components, aiding companies in figuring out the manufacturing of intricate parts for the functionality of cars (the parts which Kate works on). Much like Margarita's and Kate's positions, Julia's is also extremely fast-paced, however her day-to-day work can also include travelling, as she goes from supplier to supplier.

The engineers shared not only their experiences, but also some invaluable advice. They encouraged aspiring engineers to not be deterred by the underrepresentation of women in the industry, but to be full of tenacity when it comes to 18+ apprenticeships, placement years, post-grad schemes, and any other way of entering the world of engineering. It is safe to say everyone left the talk amazed by the work and talent of the engineers and inspired by their remarkable motivation. **Millie McLean**

23 June is Women in Engineering Day

https://www.awarenessdays.com/awareness-days-calendar/international-women-in-engineering-day-2024/

Enterprise Matrix Day



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 not be formally studying as part of their timetabled curriculum.

As part of the extended CCHSG KS3 curriculum, Year 9 students were involved in an Enterprise Matrix Day on Wednesday 27 March. Provided by Mark Sexton, of Essex Work Skills, the day featured enterprise education activities requiring creativity, strategic thinking, the ability to problem-solve and to manage time and resources. These are all useful skills whether students end up running their own business or being employed by someone else.



The interactive session centred around trading in commodities and aimed to introduce students to economic concepts and build their understanding of financial markets; with a particular focus on teamwork, entrepreneurship and decision making.





Being “enterprising” however, is not the same as having an ambition to be self-employed. Being enterprising is characterised by exhibiting skills such as individuality, creativity, and leadership. These key skills are increasingly demanded by both academic and non-academic employers and research organisations. These enterprise activities provide ample opportunity for students to look at providing solutions to real world business problems and challenges, enhancing their creative and problem-solving skills.

There are many enterprise qualities that will help students to deal confidently with the demands of further study and the world of work. These include the ability to:

- **Make decisions**
- **Work in a team environment**
- **Be creative and innovative**
- **Solve problems**
- **Think critically**
- **Manage time and resources**
- **Communicate effectively**
- **Be positive and have a ‘can do’ attitude**
- **Think flexibly and be prepared to adapt**
- **Be persistent and overcome challenges**

Visiting Speaker - James Cracknell OBE

As part of the day guest speaker British athlete, rowing champion and double Olympic gold medallist James Cracknell OBE, gave a presentation to students. Since retiring from competitive rowing in 2006, Cracknell has continued to be a household name, carrying out dangerous and gruelling challenges on shows for the BBC and Discovery. He has also used his passion for adventure and fitness to front successful campaigns to promote public health and fitness and provided commentary for several high-profile sporting events.

Cracknell, who was appointed OBE for "services to sport" in the 2005 New Year Honours List, was involved in a serious accident while cycling in 2015, leaving him with life-changing head injuries. He spoke about his experiences throughout his varied career and the importance of maximising the opportunities presented to you and persevering in the face of life's challenges.

Student comments about the day included:

"I think it was a good introduction to economics for those who haven't tried it yet, and had the perfect number of interactive aspects, I would gladly do it all again if given the opportunity!" Eowyn Chambers 9S

"I enjoyed it especially as I got to understand it more and found myself being quite excited when a change happened, especially positive. Overall, I found the day really organised and well planned." Aroush Fatima 9S

"It was an amazing day, I loved how the trading situations changed each round and the talk from the James Cracknell, our guest speaker was insightful!" Semilore Ajibola 9S

"I really enjoyed the day and the talk from James Cracknell was really interesting!" Alyssa Chan 9S





Implicit Skills

At CCHSG transferable skills that will help students respond with confidence to the demands of undergraduate study and the world of work are embedded in our curriculum. We want all students to recognise and understand the importance of developing these skills and competencies across all subjects and encourage them to think about which skills they are using and improving in every lesson.

Cognitive Skills
Non routine problem solving
Systems Thinking
Critical Thinking
ICT Literacy

Interpersonal Skills
Communication
Relationships
Collaboration

Intrapersonal Skills
Adaptability
Self-development/management

The Organisation for Economic Co-operation and Development defines skills, or competencies, as 'the bundle of knowledge, attributes and capacities that can be learned and that enable individuals to successfully and consistently perform an activity and task and can be built upon and extended through learning.'

"I found the activity fun and it gave me a chance to work in an environment which financially had a high return."
Jasmine Anolue 9S

Mrs Marshall commented:

"As a school we promote innovation and having a positive mindset. We aim to provide students with a range of activities which promote the skills of resilience, leadership, communication and teamworking to prepare them for a successful future, in higher education, in work and in their personal lives. We thank James Cracknell, whose life in so many ways illustrates these desirable skills and character traits, for providing the students with such an inspiring talk."

ESSEX WORK SKILLS

https://essexworkskills.co.uk/schools/

Updates from the PE Department

Equestrian



The girls including Isobel Hinde, Sophie Feeney and India Scholey are looking forward to getting out competing now the weather is looking drier.

If anyone wants to join the equestian team they should contact the school office.



CCHSG equestrian team have had some fabulous results so far this school year. Robyn Heap and Jemima Rutland qualified for the team grassroots showjumping finals in August. Robyn, Jemima and Antonia Gorbitz have also qualified for the national team dressage championships in October. Antonia, Robyn and Lara Thompson have been filming online dressage all winter and Antonia and Robyn accumulated enough points to qualify for dressage championships in May.

Football



The past three weeks Central Venue has been taking place at Philip Morant School, the first week we saw our U16s perform excellently and place 3rd. The U14s are currently competing for their title, and smashed their first round remaining undefeated as we head into the next round! We wish them the best of luck!

Athletics

Our summer athletics is well underway with our lunchtime clubs allowing students to focus on specific events. We have had several friendlies over the past couple weeks allowing students to warm up in preparation for the Colchester Schools competition in May. We have some great potential within every Year Group and will look forward to seeing what they all achieve this year.



Badminton

On Saturday 20 April the KS4 Badminton team travelled to the National Centre of Excellence in Milton Keynes to compete in the National Schools championships finals. The team progressed from the regional round as winners and were therefore representatives of London and Southeast at the finals. The team consisted of Caitlin Kong, Delisha Khachane, Harleen Nanda, Saanvi Kumar and Srivaarsha Puvvada. All players got off to a strong start in their singles and doubles matches, and after the first round of play-offs in the morning session we topped our group. This meant that we went into the afternoon session as firm favourites for the title, unfortunately we got the tough draw in the semi-finals and lost the match 3-2. This meant that we went into the 3/4th place play off and once again came up against some very strong competition. Overall, the team placed 4th out of the 8 schools that were in the finals, and out of over 200 in the competition from the very first rounds. The team were outstanding from the beginning. We as a PE department are extremely impressed and proud of their achievements.



Francesca Howell - East Region Swimming Champion

The weekend of 19 April, Francesca had a successful weekend at the East Region swimming championships. She achieved 4th place in the 800m freestyle on Friday evening with a 10 second personal best, followed by winning a gold on Saturday in the 200m backstroke final with another personal best. We congratulate her on becoming the East Region Champion!

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…

Adanna Udechuku



CLUB:
Colchester and Tendring Athletics Club

TRAINING SCHEDULE:
I train for an hour on Mondays and an hour and a half on Wednesdays for shot, hammer, discus and sometimes javelin. I do strength and dynamism training, as well as rehab work following two leg fractures in the last three years, most mornings as well as drills in my garden. I go to other athletics tracks (Chelmsford, Braintree etc.) at the weekend for extra hammer and discus training.

RECENT ACHIEVEMENTS:
Following my overall successes at my first Essex Championships last year, I have started the season with much better performances all-round and hopes of pushing into regional and national standard age group competitions.

LONG TERM GOAL:
Representing team GB at the European Youth Olympics

INSPIRATION: My dad because he did the Olympics, and is my coach (and best supporter) and he always pushes me to do my best

PRE-COMPETITION MEAL:
Whatever is in my kit bag.

PTFA

PTFA CONTACTS:

Chair: Anni Cullen
cchsgptfa@gmail.com

Registered Charity No. 110464



Summer Term Uniform and Book Sales:

Tuesday 25 June, 17:00-19:00
Saturday 6 July, 10.00-12.30

Nearly New Uniform Scheme

The PTFA would like to thank all the volunteers who helped run the sale and our dedicated uniform team, without whom we could not continue to offer this invaluable service to our school community.

If you would like to join our uniform team, please email cchsgptfa@gmail.com.

Uniform Donation Appeal

We are appealing for any uniform you would like to donate which is in good, resaleable condition. Donations can be placed in the blue PTFA donation bin outside school reception.

Summer Term Dates for Your Diary

PTFA Meeting:
Monday 3 June, 18.30-20.00

Summer Term Uniform and Book Sales:

New Year 7 intake:
Tuesday 25 June, 17:00-19:00

Whole school:
Saturday 6 July, 10.00-12.30

Summer Concert (refreshments)
Wednesday 17 July

The PTFA will be running a licensed bar and refreshment stalls at the Summer Show on 17 July. We are in need of volunteers to help staff the stalls, and to also join our Cakes and Beyond team who help supply the cakes stall with their amazing baked goods. If you would like to join the Cakes and Beyond team, please email cchsgptfa@gmail.com.

