# CCHSG E-Newsletter

26 March 2026

Ofsted Outstanding Provider

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## Executive Principal's Notes

As we reach the end of this term, I want to express my sincere thanks to our parents and carers for their tremendous support for the school, and the young people that we serve. Your encouragement, involvement, and partnership make an enormous difference, and we are truly grateful.

This half term, a wide range of enriching extracurricular opportunities have been available for our students. During both World Book Week and Science Week, staff led an engaging selection of creative super-curricular activities, each designed to deepen subject knowledge and spark curiosity. Our annual Evening of Languages was another highlight, offering a vibrant showcase of the diverse cultures represented within the CCHSG community through dance, music, and spoken word. In addition, GCSE and A Level Music students, together with our exceptional Bella Voces choir, gave wonderful performances in this week's Spring Recital.

Students have also taken part in a number of events aimed at developing their confidence and self-belief, as well as leadership and communication skills, through public speaking. Strong public speaking skills are increasingly important, helping students articulate their ideas clearly, lead discussion, and think critically. These are abilities that will benefit them in life and in many future careers. This term, Sixth Form students represented the school at the London Regional European Youth Parliament Competition, and CCHSG delegates took on the roles of Russia, Brazil and Germany at the 2026 Felsted Model United Nations Conference. Students also participated in English-Speaking Union events, the Magistrates' Court Mock Trial Competition and the annual Public Speaking Competition at St Mary's School. We are very proud of the commitment and enthusiasm they have shown throughout these opportunities.

### AI Strategic Plan

CCHSG continues to lead the way in educational innovation. This year, teachers across the school have explored how artificial intelligence (AI) can be used ethically, safely and effectively to enrich learning and support the wider school community. Through

THE SUNDAY TIMES SCHOOLS GUIDE 2026 STATE SECONDARY SCHOOL OF THE YEAR EAST ANGLIA

thoughtful adoption, not replacement, of teacher expertise, AI will help staff to extend and personalise learning and reduce the time spent on repetitive, operational tasks. AI at CCHSG is always used to support, not replace, professional teacher judgement. In parallel with staff development, the school is actively preparing students to be ethical, informed digital citizens who use AI thoughtfully and effectively.

**Reducing Workload and Improving Efficiency**
Across the school, staff are increasingly using AI to streamline routine administration such as transcribing minutes, summarising documents, and organising information, and to support the smooth running of operations. By automating these time-consuming tasks, AI helps reduce workload and enhances overall efficiency, allowing teachers and staff to focus more on high-quality teaching and supporting students. This is an exciting development.

**Ensuring Ethical, Safe and Responsible Use**
CCHSG places great emphasis on ensuring ethical, safe and responsible use of AI. Our AI policy, which is under development across the Trust, will establish strong governance, safeguarding and communication around AI use. We will ensure that staff follow strict guidelines to protect student data and privacy and are alert to bias, misinformation and inappropriate content. As we build AI fluency for staff, leaders and students, there must always be a clear distinction between AI generated material and student work and transparency about when and why AI tools are used.

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As we come to the end of another busy term, we would like to express our gratitude to all our staff and governors for their continued dedication and commitment. The provision of additional revision sessions, both during term time and over the Easter break, academic mentoring, and extra learning resources, plays an invaluable role in supporting our students as they prepare for their upcoming GCSE and A Level examinations. We also want to recognise the hard work, resilience, and focus shown by our students during this important stage of their academic journey. It is inspiring to see our whole school community working together to foster an environment of support, encouragement, and shared purpose.

I would also like to take this opportunity to offer my sincere thanks to Tina Dunlop, who is stepping down from her role as Executive Principal's PA. Tina has worked closely with me for almost 20 years, during which time she has shown exceptional loyalty, dedication, and an unwavering commitment to supporting both me and the organisation through periods of significant change and growth. I wish her every happiness in the future.

Although the world may seem restless, hope is the promise that we are still moving towards something better.

We wish everyone an excellent Easter break.

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



**This year CCHSG students are fundraising for**

# The Catherine Bullen Foundation

Catherine was a CCHSG alumni who passed away suddenly in 2002 during her fifth year of medical training, in Namibia

The Foundation raises funds in her memory to support projects in rural Namibia which enhance health and education facilities

**www.namibia-aid.org.uk**

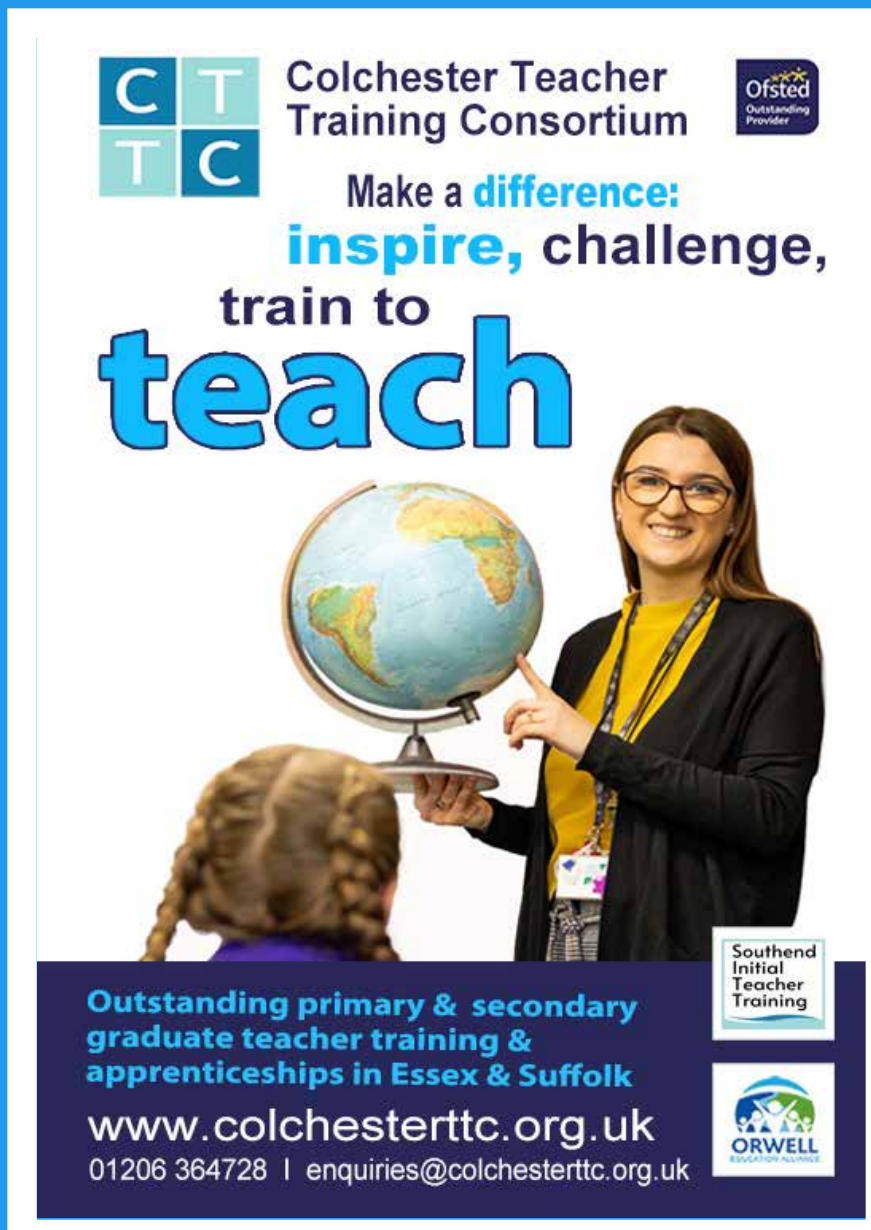
## How We Can Help:

- **Donating via ParentPay for the non-uniform days this year**
- **Donating using the Catherine Bullen Foundation JustGiving page - see QR code or www.justgiving.com/catherinebullenfdn**

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

# Colchester Teacher Training Consortium

**Do you know anyone interested in training to teach Primary or Secondary with a local, Ofsted Outstanding provider? Graduates can qualify with a year's training and bursaries are available for some subject areas.**




CTTC is a partnership, which now extends to over 100 schools across Essex and Suffolk. The consortium has been successfully providing teacher training for the past 18 years and now annually trains around 100 Primary and Secondary teachers from its base at CCHSG.

*"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).

www.colchesterttc.org.uk
Email enquiries@colchesterttc.org.uk

## Routes into Teaching

Do you have a Degree?
*You can apply if you are currently studying towards a Degree.*
Do you hold GCSE English Language and Maths at Grade 4/C or above?
Do you hold GCSE Science Grade 4/C or above? (for Primary teaching, 3-7 and 5-11)
GCSE equivalency tests are accepted.

**Yes**

Apply online via DfE 'Apply'.
https://www.gov.uk/apply-for-teacher-training
We offer four routes.

Would you like to gain some teaching experience?

**Yes**

Please contact us to arrange a school work experience in a consortium primary or secondary school

**Tuition Fee**

The tuition route fees are £9,200. Student Finance England offer loans and grants to help fund this. Bursaries and scholarships may also be available in certain shortage subjects.

On this route you will teach alongside a class teacher, four days per week and spend one day participating in our core programme, undertaking training and subject studies.

The course leads to QTS and a PGCE with Master's credits

**Salaried & Apprenticeship**

If you have relevant school experience or are already working as an unqualified teacher, you may be eligible for our Salaried route or apprenticeship.

Salary received will be at least the minimum of the unqualified teacher pay scale.

On this route you will teach a 50-80% timetable and spend one day per week participating in our core programme, undertaking training and subject studies.
The course leads to QTS with the option of a PGCE.

**Assessment Only**

If you are employed by a school and have been planning, teaching and assessing students for at least two years, you may be eligible for our Assessment Only route.

You must have taught in two different schools and be proficient in Maths and English.

## Now recruiting trainees for September 2026

### 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.

**Destinations of trainees graduating in July 2025:**

**Primary trainees** – 100% of trainees secured employment for September 2025, with 62% of trainees securing posts at CTTC partnership schools. Destinations included special schools, coastal schools and rural schools across Essex, Suffolk and Norfolk.

**Secondary trainees** – 94% of trainees secured posts for September. Over the past 5 years, 60% of trainees have secured posts at partnership schools. Destinations include schools in Essex and Suffolk, with a variety of types of school, including urban, 11-16 and 11-18, as well as Sixth Form colleges.

# World Book Day

## CCHSG Teachers Bring Stories to Life

World Book Day at CCHSG once again proved that the love of reading is not just for students. Teachers embraced the celebration with enthusiasm, creativity, and plenty of costumes that brought beloved characters off the page and into the corridors. From classic literature to modern favourites, staff arrived dressed as an impressive cast of heroes, villains, detectives, and whimsical figures. Students were greeted in the morning by everything from Paddington Bear and members of The Hunger Games Districts to iconic characters from children's books.

The highlight for many students was seeing teachers share the stories behind their costume choices, whether it was a childhood favourite, a character that inspired them, or simply a book they love to recommend. The day became not just a celebration of reading, but a reminder of how books connect us across ages and subjects.  World Book Day at CCHSG continues to show that when it comes to inspiring a love of reading, our teachers are always happy to lead by example, especially when costumes are involved!











## Most Dedicated Reader Photo Challenge

Teachers were encouraged to take a photo of themselves reading in an unusual place or while multi-tasking in a creative way. Alongside the photo, participants submitted a short summary explaining the types of books they enjoy and why reading matters to them.

Each Form then voted for the staff member they believe is the most dedicated reader. The Challenge was a fun and inspiring reminder that reading can happen anywhere and that CCHSG's staff were eager to set the example.

Winning entry - Mr King







## World Book Day Book Hunt: A Week of Clues, Curiosity, and Reading Fun

The English Department launched an exciting whole school Book Hunt, turning the corridors into a literary treasure trail. Our brilliant English subject ambassadors selected five engaging books and crafted clever clues that were posted around the school each day from Monday 2 March to Friday 6 March. With a new book and a fresh set of clues daily, students were challenged to put their detective skills and their reading knowledge, to the test. Students who correctly identified all the books received ten merits and were entered into a raffle for a special prize: a book voucher for one lucky winner. The Book Hunt not only encouraged reading and curiosity but also brought a sense of excitement to the week as students searched high and low for the next clue. Special thanks go to Ms Lawson for organising the event.





## Freeze! World Book Day Freeze Frame Challenge

To mark World Book Day this year, the English Department introduced a brand new creative competition: the Book Freeze Frame Challenge. Forms across the school were invited to work together to recreate a scene from a book, or even represent an entire genre, using only their imagination, teamwork, and a selection of props. Each Form was encouraged to involve every member of the group, including their tutor, to bring their chosen moment to life. While accessories and props were allowed, the rules included one clear restriction: no costumes. This pushed students to think inventively about how to use everyday items to convey iconic scenes and themes from literature. Judges awarded prizes for Best Overall, Best Form in Each Year Group, and Most Innovative Entry, celebrating both creativity and collaboration.

10H (the barricades from *Les Miserables*) has been awarded our most innovative freeze frame and 11L (the Sorting Hat scene from *Harry Potter*) has been awarded our best overall.

# The Evening of Languages

At CCHSG we are proud to have students speaking over 30 languages including Irish, French, German, Spanish, Hungarian, Dutch/Flemish, Italian, Greek, Turkish, Kurdish, Farsi/Persian, Arabic, Mauritian Creole, Tamil, Malayalam, Hindi, Urdu, Telugu, Gujarati, Bengali, Nepali, Sinhala, Burmese, Vietnamese, Cantonese, Hong Kong Chinese, Mandarin, Korean, Japanese, Igbo, Yoruba and Chichewa.

Cultures and traditions emanate from the four corners of the world. The Evening of Languages provided an excellent opportunity for students to share and celebrate this diversity in song, dance and spoken word.

Thank you to the many staff and students who assisted with the front of house and backstage organisation of the event. Particular thanks go to Mme Ollite who directed the performance..















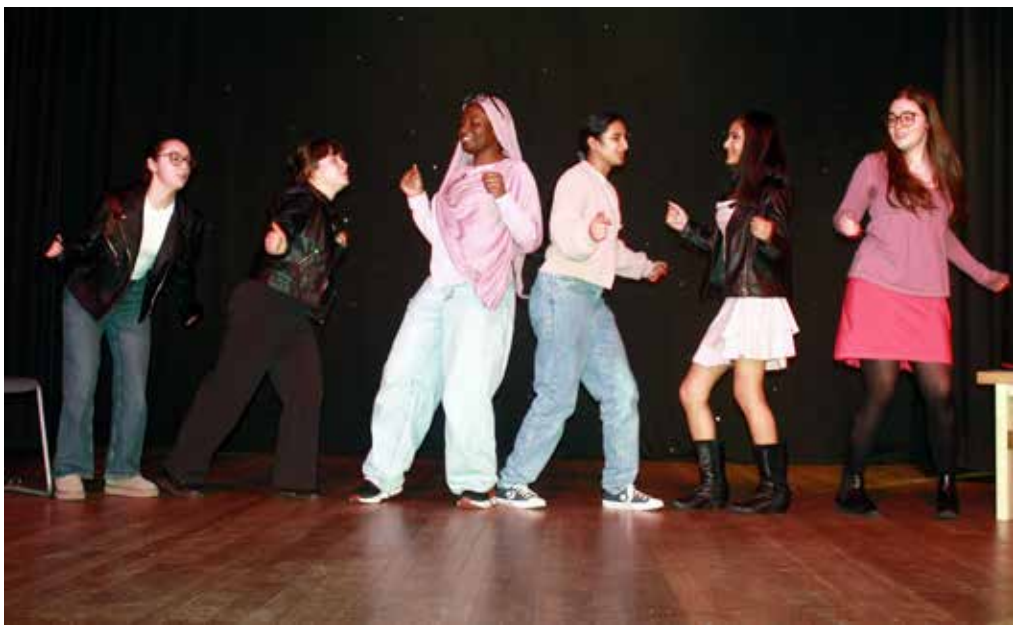












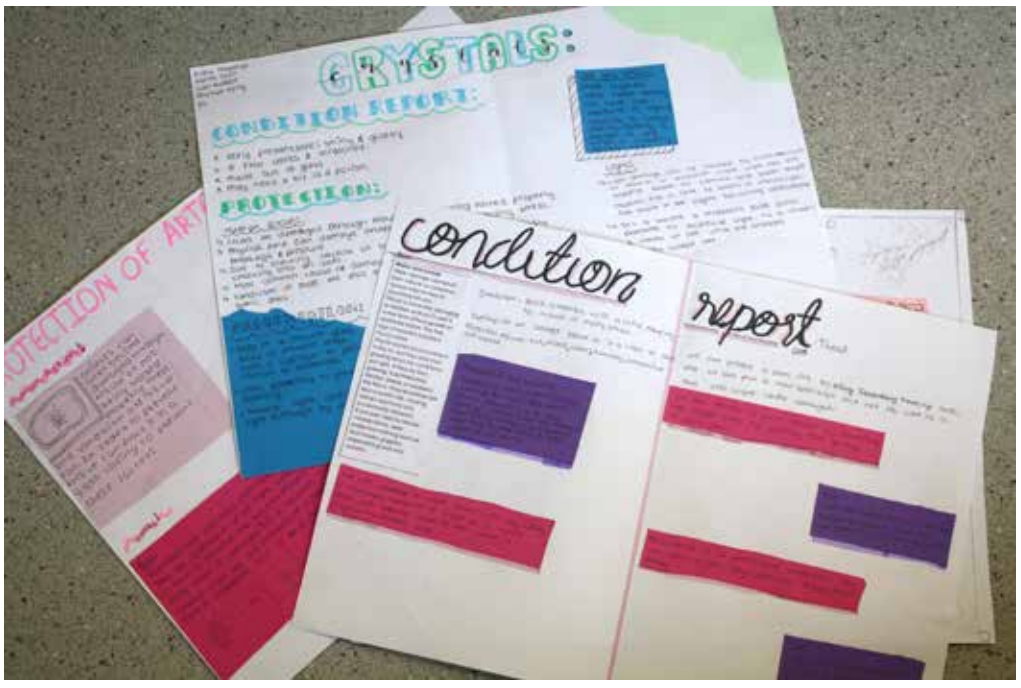


# Science Week

The theme for British Science Week 2026 (March 6 to 15, 2026) was "Curiosity: What's your question?", focusing on inspiring inquisitive thinking and celebrating how asking questions drives scientific discovery and innovation in all STEM fields. The theme encouraged everyone to explore the world through asking questions.

Science Week was an exciting celebration of experimentation, teamwork, and hands on learning. Throughout the week, students and staff enthusiastically took part in a wide range of activities designed to spark curiosity and deepen understanding of the scientific world. From foaming reactions to magnetic mysteries, every day brought something new to explore. Throughout the week, students also had the opportunity to discover new careers in science across engineering, healthcare, research, space science, computing, and more. They had access to online enrichment resources such as podcasts and videos.

In lessons, students took part in a specialised activity entitled ‘Can you be a conservator for museum treasures?’. In this task, students became conservator detectives, examining the condition of museum artefacts and learning that every material has a different enemy. By analysing signs of deterioration and thinking creatively about how to protect precious historical objects, students gained insight into real museum conservation work and the importance of safeguarding heritage for the future.




Teachers have been impressed by students’ creativity and scientific thinking across all three sciences. As Ms Arora stated: “*It was lovely to see students bring their science learning into professional situations and come up with creative solutions for real-world problems. I loved how they naturally mixed ideas from all three sciences, it really showed how confidently they’re thinking as scientists*.”

Below are selected highlights from our week full of activities, illustrated with photographs showing just how much creativity and engagement filled our classrooms:

**Magic Milk - Monday**
Students kicked off the week with swirling colours and captivating patterns as they explored how soap interacts with the surface tension of milk. This simple yet fascinating experiment set the tone for the hands on fun ahead.

**Rocket Mice, Magnets & Moss Safari - Tuesday**

- Rocket Mice launched into the air as students experimented with air pressure and force.
- Feel the Power allowed students to explore magnetic attraction and repulsion, discovering how invisible forces shape the world around us.
- Moss Safari offered a microscopic adventure as students searched for tiny tardigrades — one of nature’s toughest survivors.

**High Voltage Physics & British Inventions - Wednesday**
Midweek brought electrifying demonstrations using Van de Graaff and Wimshurst generators. Students observed dramatic sparks and experimented with static electricity, followed by a session celebrating powerful British inventions that transformed the world.

**Elephant Toothpaste & Flipbook Animations - Thursday**
One of the most popular sessions, Elephant Toothpaste, brought chemistry to life with a spectacular eruption of colourful foam. Students were thrilled to see how hydrogen peroxide breaks down rapidly with the help of a catalyst.

“*When I went to the elephant toothpaste, it was really cool to see how the science behind this experiment works with hydrogen peroxide. It was amazing when it rose up. A very fun experiment — I enjoyed it a lot.*” Kaavi, Year 7

In a calmer but equally creative session, students learned how animations work by designing and making their own flipbooks, causing illustrated rockets to fly.

**Chain Reactions -** Friday
The week concluded with a captivating display of chain reactions, showing how energy can be transferred from one object to another in surprising and dramatic ways.

Science Week was not only educational but full of wonder, and curiosity. Students explored, experimented, and collaborated. Thank you to all the staff who led activities and to Mrs Meadows for co-ordinating the week of events.







BRITISH SCIENCE WEEK 2026

6-15 March









## Magic Milk Experiment

1. Pour a thin layer of milk in a shallow dish or plate.
2. Add drops of food colouring all around in the milk.
3. Dip a cotton swab in washing up liquid.
4. Then put the cotton swab in the milk – pressing it down in one spot and holding it there for about 15 seconds.

**The Science:**
Milk is made up of minerals, proteins and fats. When the washing up liquid enters the milk the fat begins to break up. The soap molecules run around and try to attach to the fat molecules in the milk. Normally this process would be invisible to you, but the food colouring helps you to see all of the movement taking place.

# CCHSG Connect

## Upcoming Reunion Events

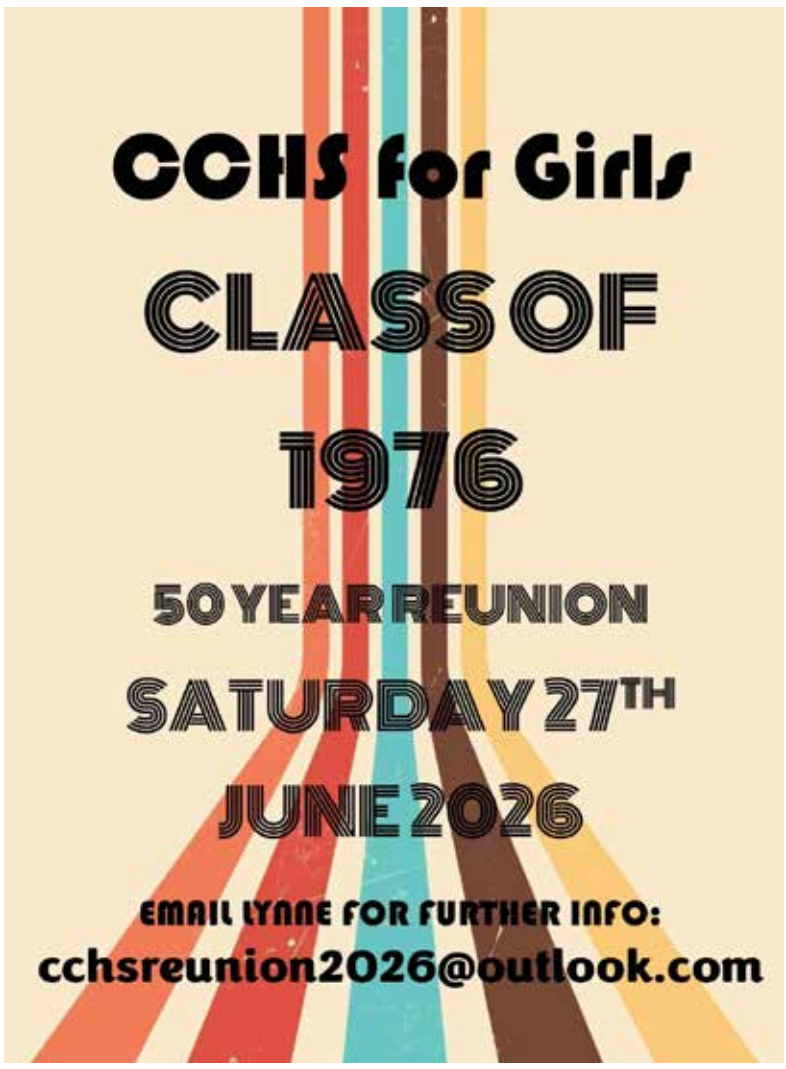
Two celebratory reunion events are scheduled to mark 50 year anniversaries this year.

**Saturday 27 June:**
Students who left CCHSG in 1976.

Contact:
cchsreunion2026@outlook.com

**Saturday 12 September:**
Students who started at CCHSG in 1976.

Contact:
karen@mosaicpublicity.co.uk







## Calling CCHSG Alumni

### Would you like to be part of our "progression wall" of Alumni Profile Posters?

We have now installed the first phase of our progression posters in the main ground floor corridor. We are aiming to capture the stories of our CCHSG alumni, whose diverse pathways will interest and inspire current students.

See alumni stories on our website here

Past students can provide their details for a poster via the link below. We would love to hear from you!

https://forms.office.com/e/mgpBciiYFv

Please contact Kate Stubbs, at kstubbs@cchsg.com with any alumni related questions or ideas.



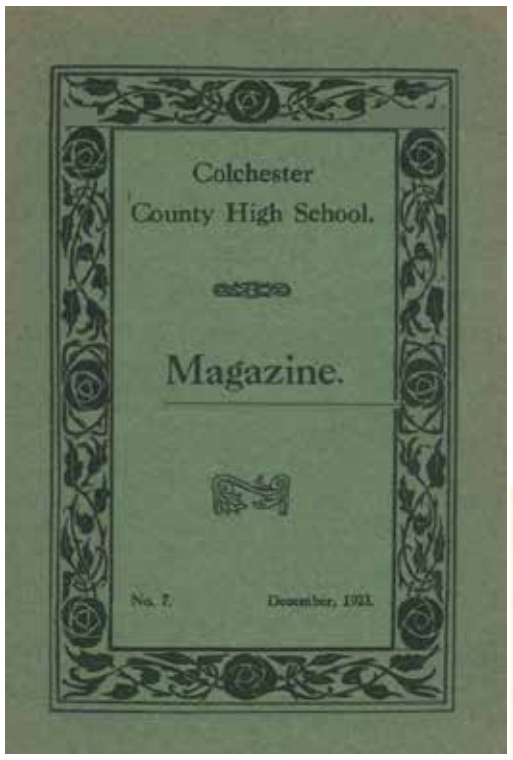

## Alumni Newsletter

Our Alumni Newsletter now publishes quarterly. Join our mailing list by contacting Kate Stubbs via kstubbs@cchsg.com or complete the online registration form at:

https://forms.office.com/e/jzfYqJ7dhj

# CCHSG Archive - School Magazines 1914-30

The first school magazine was printed in 1914 when the school was called the County School for Girls. It had 10 pages; included an editorial, staff changes, student prose/ poetry, and society updates. Publication was paused during WWI to save paper and resumed in 1919.


Colchester
County High School.

Magazine.

No. 7. December, 1923.

**Social Context of the 1920s**
Post-WWI contrasts: hardship for many, wealth for some. The period was named the "Roaring Twenties." Women gained increasing rights: The right to vote was given to women aged over 30 in 1918. Voting rights for women aged over 21 were granted in 1928.

**1919 Magazine**
Students were encouraged to submit content; poetry was particularly valued. The magazine included individual accounts from all Form Groups. One alumnae wrote about her experience of factory work during WWI (in aeroplane production).

**Student Work & Competitions**
Many editions were filled with poetry and prose from student competitions. In 1920 a piece of creative writing imagined London in 2001 with no slums and no class barriers.

**Charity & School Activities**
Students in the 1920s were fundraising for Dr Barnardo's and the Working Women's College. Form Groups hosted events such as gym displays, concerts and afternoon teas to raise money.

**League of Nations**
Articles praised the League as a "Parliament of the World." CCHSG students created a League of Nations Union in 1922.

**Growth & Alumnae Engagement**
By 1922, the school had 530 students and a 28-page magazine. Old Girls were encouraged to contribute and reports came from alumnae studying at various colleges and universities including Girton, Reading, Westfield, and Bergman-Osterberg.

**Old Girls' Association**
Membership grew from 66 (1919) to 120 (1922).
The OGA organised social events, tennis tournaments, and Christmas parties.

**Notable Events**
1924: Competition to design a school monogram (similar to today's logo).
1927: Headmistress Miss Crosswaite left for Wycombe Abbey School. Miss King, a Cambridge maths graduate, became Headmistress; on a salary of £500 with £20 increments.


Colchester County High School
Magazine.

No. VII. DECEMBER, 1925.

MAGAZINE COMMITTEE.

EXAMINATION RESULTS, 1925.

CAMBRIDGE SCHOOL CERTIFICATE, DECEMBER, 1925.

V. L. Mann, B. L. Morley, O. S. Parker, J. M. Tennant, E. Weston.

JULY, 1925—*Honours.*

J. M. Bedwell, distinction in French.
J. D. Ritchie, distinction in Scripture, English, Latin, French.
M. M. Stokes, distinction in French.


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At the end of the year Miss Diller and Miss Ironmonger left us. Miss Diller had been a member of the Staff for nearly six years and has gone to teach at the Wimbledon County Secondary School, while Miss Ironmonger, who had been with us for two years, has also taken up other work. We are all very sorry to say good-bye to them both and we hope that they will often come back to see us. The new members of the Staff this term are Miss Coote (Mathematics) and Miss Deane (History).

*School Celebrities, 1922-3.*

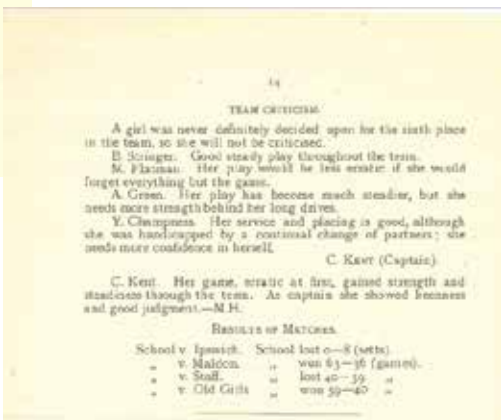


*Back Row:* J. McIntyre (Hockey Captain), D. Bellman (President of the School Branch of L.N.U.), C. Maunder (Head of the School and Magazine Editor), E. Parker (Secretary of O.G.A.), B. White (Netball Captain).

*Front Row:* M. Lawrence (Netball Captain—Grey Friars VII.), D. Stoner (Hockey Captain—Grey Friars XI.), D. Spencer (Tennis Captain—Grey Friars Team).

The Tennis Captain, C. Kent, was unfortunately absent.

[We were confidentially told, by one of the celebrities, that the expression of sinfulness about us all here was due to hunger, and no other cause as the photograph was taken at the end of the morning].


TEAM CRITICISMS.

A girl was never definitely decided upon for the sixth place in the team, so she will not be criticised.

B. Stringer. Good steady play throughout the term.

M. Flannan. Her play would be less erratic if she would forget everything but the game.

A. Green. Her play has become much steadier, but she needs more strength behind her long drives.

Y. Champness. Her service and placing is good, although she was handicapped by a continual change of partners: she needs more confidence in herself.

C. Kent (Captain).

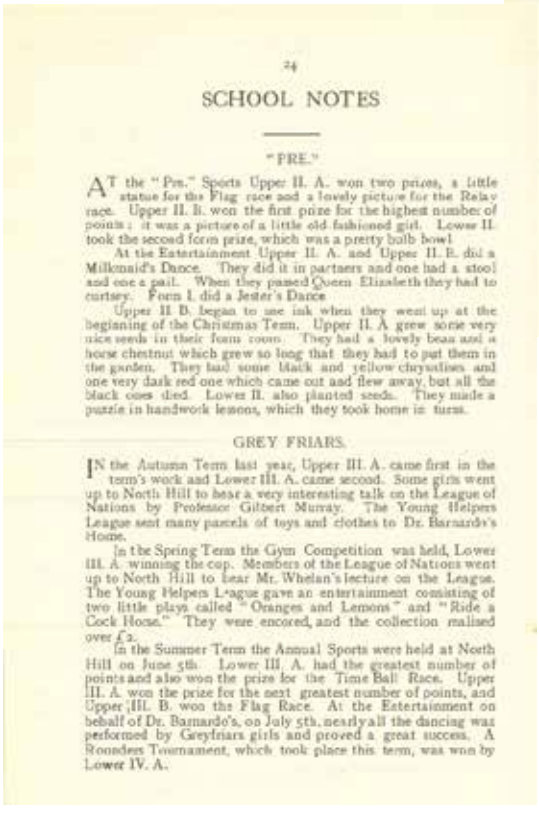
C. Kent. Her game, erratic at first, gained strength and steadiness though the term. As captain she showed keenness and good judgment.—M. H.

RESULTS OF MATCHES.

| | | | |
|---|---|---|---|
| School v. Ipswich. | | School lost 0—8 (sets). | |
| " v. Maldon. | " | won 63—36 (games). | |
| " v. Staff. | " | lost 40—59 | " |
| " v. Old Girls | " | won 59—40 | " |

THE C.C.H.S. ALPHABET.

A's for the Art-room; we go there in turns
And draw lines and leaves, milk-cans and chairs.
B's for the Bell that calls us from games
To lessons and classrooms to answer our names.
C's for the Chem. Lab. with its bottles and stalls,
Explosions and noises, and often it stinks!
D is for Dancing and also for Drill,
We enjoy them both for we hate to sit still,
E as for Read the head of the school,
She makes the speeches according to rule.
F is for French, in which we excel:
Comment-allez-vous?—I hope you are well.
G is for Games and also for Gym.
We all like these lessons, the fat and the slim.
H is for Hockey, the finest of games,
We play it quite often except when it rains.
I's for the Ink that gets spilled on the floor,
On hands and on blouses, etc., galore!
J's for the joyous noise that we hear
When exams. are over and parties are near.
K's for the Kitchen, with its lovely big fire,
We all crowd around it, and raise the maids' ire.


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SCHOOL NOTES

"PRE."

AT the "Pre." Sports Upper II. A. won two prizes, a little statue for the Flag race and a lovely picture for the Relay race. Upper II. B. won the first prize for the highest number of points: it was a picture of a little old fashioned girl. Lower II. took the second form prize, which was a pretty bulb bowl.

At the Entertainment Upper II. A. and Upper II. B. did a Milkmaid's Dance. They did it in partners and one had a stool and one a pail. When they passed Queen Elizabeth they had to curtsey. Form I. did a Jester's Dance.

Upper II. B. began to use ink when they went up at the beginning of the Christmas Term. Upper II. A. grew some very nice seeds in their form room. They had a lovely bean and a horse chestnut which grew so long that they had to put them in the garden. They had some black and yellow chrysalises and one very dark red one which came out and flew away, but all the black ones died. Lower II. also planted seeds. They made a puzzle in handwork lessons, which they took home in turns.

GREY FRIARS.

IN the Autumn Term last year, Upper III. A. came first in the term's work and Lower III. A. came second. Some girls went up to North Hill to hear a very interesting talk on the League of Nations by Professor Gilbert Murray. The Young Helpers League sent many parcels of toys and clothes to Dr. Barnardo's Home.

In the Spring Term the Gym Competition was held, Lower III. A. winning the cup. Members of the League of Nations went up to North Hill to hear Mr. Whelan's lecture on the League. The Young Helpers League gave an entertainment consisting of two little plays called "Oranges and Lemons" and "Ride a Cock Horse." They were encored, and the collection realised over £2.

In the Summer Term the Annual Sports were held at North Hill on June 5th. Lower III. A. had the greatest number of points and also won the prize for the Time Ball Race. Upper III. A. won the prize for the next greatest number of points, and Upper III. B. won the Flag Race. At the Entertainment on behalf of Dr. Barnardo's, on July 5th, nearly all the dancing was performed by Greyfriars girls and proved a great success. A Rounders Tournament, which took place this term, was won by Lower IV. A.

Digital copies of School Magazines from 1909 to 1999 can be found on the school website:
https://www.cchsg.com/about-cchsg/history-of-cchsg/

# Psychology Olympiad




The British Psychology Olympiad (BPO) is for secondary students in Year 9 to 12 across the globe. The challenge aims to provide a platform for students worldwide to engage in high level psychology discussions, ignite their interest in the field, develop research and critical thinking abilities, as well as showcase their research and writing skills. Aspiring psychologists have the opportunity to apply their knowledge in real-life scenarios.

Psychology students meet with Mrs Bridge once a week to prepare and the competition takes place in three separate rounds.

- Round 1 (Qualifier): A 1.5-hour online test featuring 20 multiple-choice questions (MCQs) covering fundamental psychological concepts.
- Round 2 (National Round): An online test consisting of four short-answer questions (400 words max each) for those who pass the first round.
- Round 3 (Global Round): A psychology essay competition with a maximum word count of 1500 words.

With over 1000 participants from top-performing schools internationally, the competition for the first round - multiple choice questions, was incredibly fierce. 32 CCHSG students were successful in progressing on to the second round where 9 gained a bronze award (top 30–60%) and 4 a silver (top 10–30%). This means that these 13 students are through to the final essay writing competition. Congratulations to all those students who took part.  We look forward to seeing the results from the next stage.

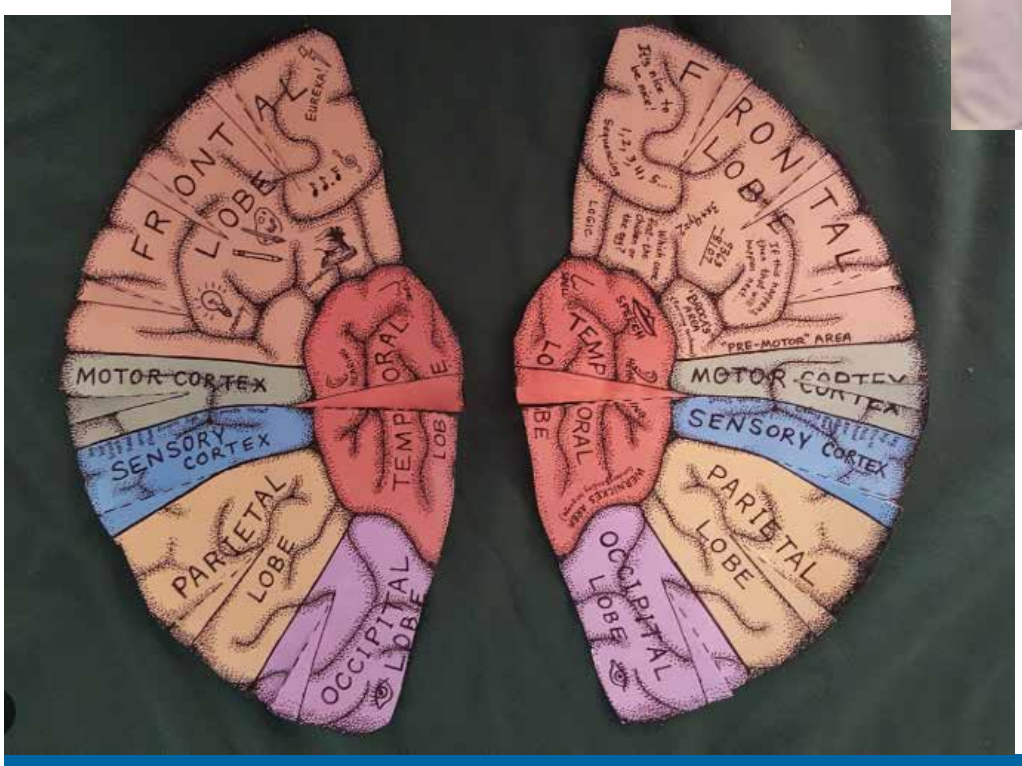
**https://www.mindsunderground.com/british-psychology-olympiad**

# Brain Hats - Year 9 Psychology

The human brain is a 1.4kg powerhouse of 86 billion neurons. It controls absolutely everything you think, feel, say and do. The brain is made up of lobes that control different functions.

- Frontal Lobe (The Executive): Handles complex thinking, planning, and personality. Example: Deciding to finish chores before playing games.
- Parietal Lobe (The Sensor): Processes touch, temperature, and spatial awareness. Example: Feeling the difference between a smooth coin and a rough key in your pocket.




- Temporal Lobe (The Librarian): Manages hearing, language, and long-term memories. Example: Recognising a friend's voice or remembering a song.
- Occipital Lobe (The Projector): Dedicated entirely to vision. Example: Interpreting shapes and colours to recognise a "Stop" sign.

Students in Year 9 created "brain hats" to support learning about their brain and the different parts of it. The template shows different regions of the brain, indicating the different tasks that certain areas are responsible for.

# Forensic Psychology in Practice for Year 13

Mrs Phillips gave each student in the Psychology classes a role to play in a mock crime scene, to put their learning into practice. The hands-on encounter with resources used during a police investigations provided a memorable experience and illustrated how the specification requirements apply in a real life situation.



The activity confirmed how challenging forensic investigations can be with limited evidence at any crime scene. '*I was a detective and knew it was a particular suspect the whole time but I couldn't prove it*', Nimra.




'*I was the murderer and I found it exciting and hard to be in character. It was funny when people didn't get that I was the murderer even though there were major giveaways in my interview*,' Lashana.

'*I was one of the suspects who was a friend of the victim. It was fun to be interviewed and see how my answers directed or helped the investigation*', Ananya.

This practical activity also reinforced students' learning of Psychology as a holistic subject. Cognitive interviewing strategies were implemented (Memory topic). Students were engaged in understanding explanations of offender behaviour (Forensic topic), and considered the reliability and validity of evidence (Research Methods topic).

# St. Mary's Public Speaking Competition

CCHSG students took part in the annual St Mary's Public Speaking Competition, with teams from The Gilberd School, St Benedict's Catholic College, and Colchester Royal Grammar School participating. The event brought together a range of thoughtful speeches and engaging debate.

Representing CCHSG were Isha Sapre as Chairperson, Rebecca Yang as Speaker, and Scarlett Webb as Proposer of the Vote of Thanks. The team worked extremely well together, following the structure of the competition smoothly:

- the chairperson introduced the speaker,
- the speaker delivered their speech,
- the chairperson invited questions from the audience, and then introduced the proposer of the Vote of Thanks before closing the proceedings.

Each member played their role effectively, contributing to a confident and well-coordinated team performance. The team came only a few points away from being awarded Best Overall Team, and Isha Sapre was awarded Best Chairperson.

Well done to Rebecca Yang, Scarlett Webb and Isha Sapre for their hard work and teamwork.
**Isha Sapre 10S**

Public speaking is important because it helps individuals build confidence, allowing them to overcome nerves and express their ideas clearly. It also strengthens a person's communication skills by teaching them how to organise their thoughts and adapt their message to different audiences. In addition, strong public speaking abilities can boost career opportunities, as many roles require presenting information, leading discussions, or persuading others.



# Sixth Form News

## Young Enterprise

Young Enterprise is a national charity in the UK that focuses on financial and enterprise education for young people. Its mission is to equip students with the practical skills, knowledge, and confidence they need to succeed in the modern world of work. Key aspects include hands-on learning. instead of traditional classroom lessons, Young Enterprise uses a “learning by doing” approach. Participants develop core “life skills” such as teamwork, problem-solving, resilience, and public speaking. The programme helps students understand how to manage money and achieve financial independence.

Sixth Form students at CCHSG have the opportunity to take part in The Young Enterprise Company Programme. This allows students to set up and run their own real business for a year, managing everything from product design and marketing to finances and sales. Students are paired with a volunteer from the local business community who provides guidance and real-world insights.

Our Year 12 Young Enterprise students have successfully launched their two companies, each creating bespoke hand-made crafts. They have been selling at Young Enterprise trade events, and you can support them via their social media accounts or the Young Enterprise Trading Station by filtering your selection to CCHSG. HERE



### Rivifica

Handmade jewellery
HERE





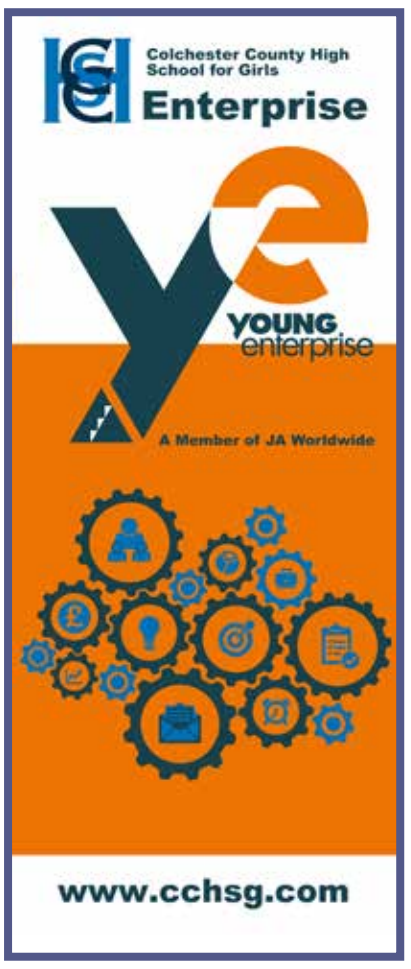
### The Ribbon Diary

Handmade scrunchies
HERE






We wish both teams the best of luck as they prepare for the Essex County Showcase competition for the Company of the Year.



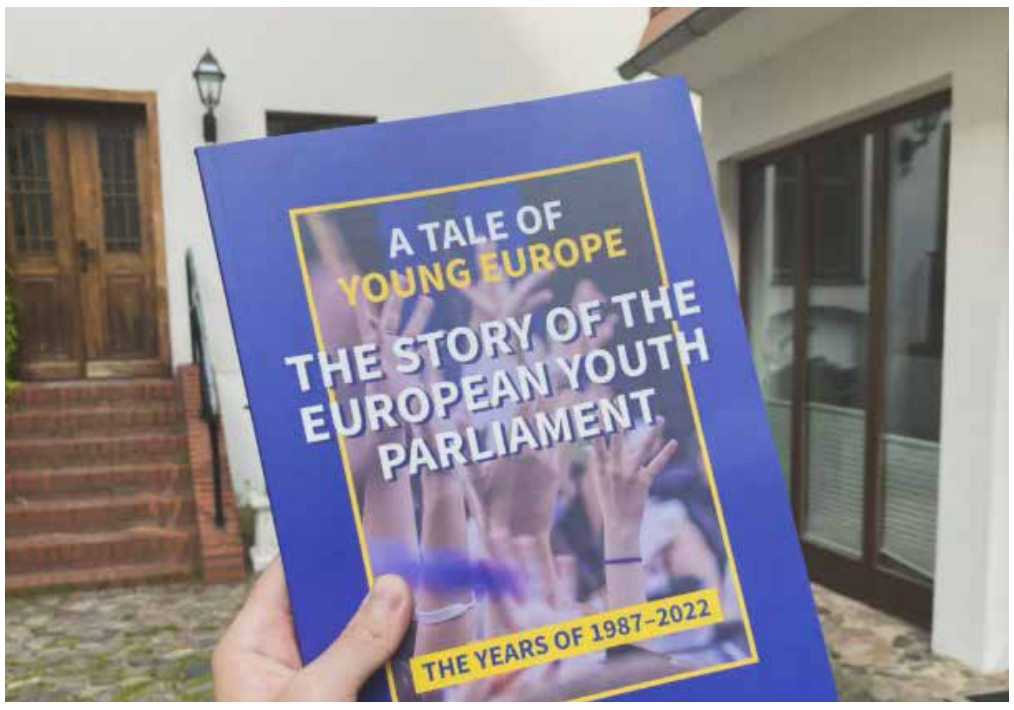

## Thank you from CARA

CARA (Centre for Action on Rape and Abuse) is a locally-based charity which works with victims and survivors of sexual violence and abuse, providing independent, specialist support and promoting and representing their rights and needs.

CCHSG recently received thanks from CARA for our efforts in raising £197, donated to CARA through their Just Giving page. The donation will help CARA to continue to offer their valuable services.

# Public Speaking

Here at CCHSG we offer many public speaking opportunities for students. Although the idea of getting up in front of an audience may seem terrifying at first, with practice it is much easier than you may think. Public speaking helps students build confidence, communication, critical thinking, and leadership skills; these are all qualities that employers, colleges and universities value when considering applicants. Being involved and showing interest can really help you stand out.




On 10 March, 16 students had the opportunity to represent the school at the London Regional European Youth Parliament Competition. Taking part in EYP allowed students to debate real-world issues, such as refugees and AI, and collaborate with others to present solutions. EYP was a fantastic opportunity to learn more about politics and develop key skills, like diplomacy and teamwork. We were also lucky enough to have a Baroness, who has a seat in the House of Lords, to come and answer any questions we asked; This gave us valuable insight into the UK's politics currently and how us students could have an impact.

At the start of this month, CCHSG acted as delegates for Russia, Brazil and Germany at the 2026 Felsted Model United Nations Conference. The conference gave students the opportunity to debate global challenges as different countries. This experience strengthened **our research skills, as students had to understand their c**ountry's perspective and speak as the countries representative. It also improved our ability to work under pressure and come to a solution.

Public speaking can help students with their academic success as well and can help to build resilience. Students have also said that though at the beginning they were feeling nervous by the end they actively enjoy speaking and defending their resolutions. It allows individuals to find their voice and express their views on important issues. Interested students are welcome to attend the MUN club which runs weekly. **Janya Singh 12S**




From: *How to Develop Self-Confidence and Influence People by Public Speaking* **by Dale Carnegie**

**The European Youth Parliament (EYP) is a youth-led platform that empowers over 30,000 young people across 40 countries to engage in civic education and intercultural exchange. Through its signature "learning by doing" approach, participants aged 14 to 28 gather at hundreds of annual sessions to debate pressing global issues, from climate change to human rights, in a non-partisan environment. By moving from teambuilding and committee research to full-scale parliamentary debates, EYP helps students develop vital leadership, communication, and critical thinking skills.**

EUROPEAN YOUTH PARLIAMENT

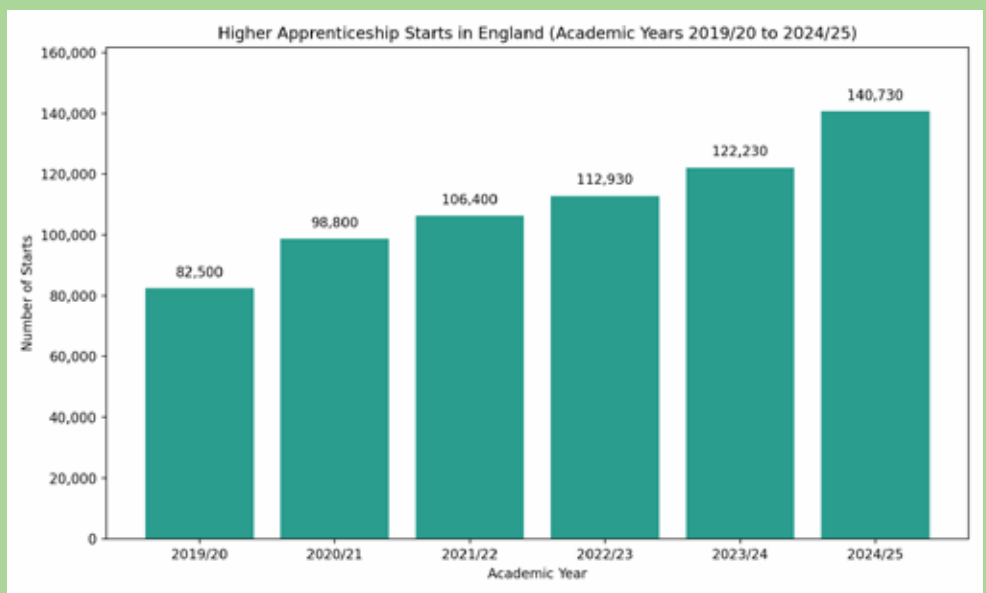
# Degree Apprenticeships




**A degree apprenticeship is a programme that allows someone to work in a paid job while studying for a university degree at the same time. It combines practical, on-the-job experience with academic learning, and employers usually cover the tuition fees. This means the apprentice earns a salary, gains real workplace skills, and finishes with a recognised degree and work experience. To apply, individuals typically search for vacancies on company websites, the government apprenticeship site, or university partners. Applications usually involve submitting a CV, completing an online form, and attending interviews or assessments set by the employer.**

## Degree Apprenticeship starts by Sector for 2025

- Business, Administration, and Law: Remained the most popular sector, accounting for 31.8% of all apprenticeship starts.
- Health, Public Services and Care: Held 21.2% of starts, marking it as a major area for high-level training.
- Engineering and Manufacturing Technologies: Represented 14.1% of starts, with a 5% increase compared to 2023/24, totalling 102,280 engineering/tech starts.
- Digital Technology: Accounted for 9.7% of starts.




## Interview with Afraa Faiz, Degree Apprenticeship Applicant in Year 13

by Gabrielle Yeboa-Henaku

**What made you think about applying for a degree apprenticeship?**

I became interested in a degree apprenticeship after doing work experience where I met current apprentices, as well as seeing some of my friends choose this route. I liked the idea of being in a working environment while studying for a degree, as it gives you a better understanding of what a career in an office environment would be like, while also working towards a specific goal. It also feels like a pathway that can take you further than just an undergraduate degree on its own.

**How has the process been inside school/how were you supported?**

I completed my apprenticeship applications independently. However, I did ask some of my teachers for advice, especially when preparing for interviews, which was helpful. Although, balancing multiple apprenticeship applications alongside my A-Levels was quite challenging, as I was managing different staged of applications while also keeping up with revision, topic tests and mocks. Even so, having support from teachers when I needed it made the process much more manageable.

**What career/industry are you going into?**

I am going into law, with the aim of becoming a solicitor.

**Would you recommend a degree apprenticeship?**

I would recommend a degree apprenticeship to people who are genuinely interested in the career they wish to pursue and are willing to put in the time and effort, not only throughout the application process but also during the apprenticeship itself. The hours can vary a lot and can sometimes be quite long, so it's important to be aware of the high demands.  It is also worth considering that, although you're still studying and have a day at university each week, your lifestyle will be quite different from that of a typical university student.

That said, I would still recommend applying for a degree apprenticeship, as it can be a very rewarding route as you gain both a degree and valuable experience at the same time. It can also be especially enjoyable as you have the opportunity to meet so many different people.

# National Careers Week

CCHSG hosted a series of events to celebrate National Careers Week. This compliments the extensive activities that take place as part of the curriculum. The initiative aimed to broaden students' horizons by connecting classroom learning to the professional world through contact with a range of guest speakers and industry experts:

**IT and Technology with Mr Thomas Bridge**
IT Consultant Mr Thomas Bridge led an engaging session focused on the rapidly evolving tech sector. He detailed how core competencies like logical problem-solving, advanced coding, and digital literacy serve as the foundation for a vast array of global opportunities. Students explored how these technical skills are no longer confined to traditional "tech" roles but are now essential across almost every modern industry.

**Community and Healthcare with St Helena Hospice**
Representatives from St Helena Hospice provided a comprehensive look into the multifaceted worlds of healthcare, charity management, and community support. They highlighted the diverse career paths available within the third sector, ranging from clinical roles to fundraising and operations. The session emphasised the hospice's partnership with the Duke of Edinburgh's Award, explaining how students can gain meaningful life experience and develop vital soft skills through local volunteering and service.

**Legal Pathways with Mrs Veronica Roberts**
The school was pleased to welcome Alpha Trustee Mrs Veronica Roberts, a Solicitor from the prestigious international law firm Herbert Smith Freehills LLP. Mrs Roberts provided an insider's perspective on the rigorous but rewarding journey to becoming a solicitor. She demystified the legal qualification process and discussed the breadth of specialisms available within the legal profession, from corporate law to human rights.

**Creative Industries with Sarah Hagger-Holt**
Acclaimed visiting author Sarah Hagger-Holt spoke to students about the power of the written word. She shared her personal journey as a writer, illustrating how creativity, technical writing ability, and perseverance are the keys to success. Her talk shed light on the various career trajectories within publishing, media, and the wider creative economy, encouraging aspiring writers to hone their unique voices.

**STEM Innovation with Mr Tom Palmer**
The week also featured a high-energy STEM talk by Mr Tom Palmer, who demonstrated the direct link between Science, Technology, Engineering, and Maths and the solutions to modern global challenges. He explained why these specific skill sets are currently in such high demand by employers and encouraged students to see STEM subjects as a gate-way to innovation and high-impact careers in the future.

The week provided students with a clearer understanding of their future pathways and the practical steps needed to achieve their professional ambitions.  Our thanks go to Miss Clark for organising the programme.

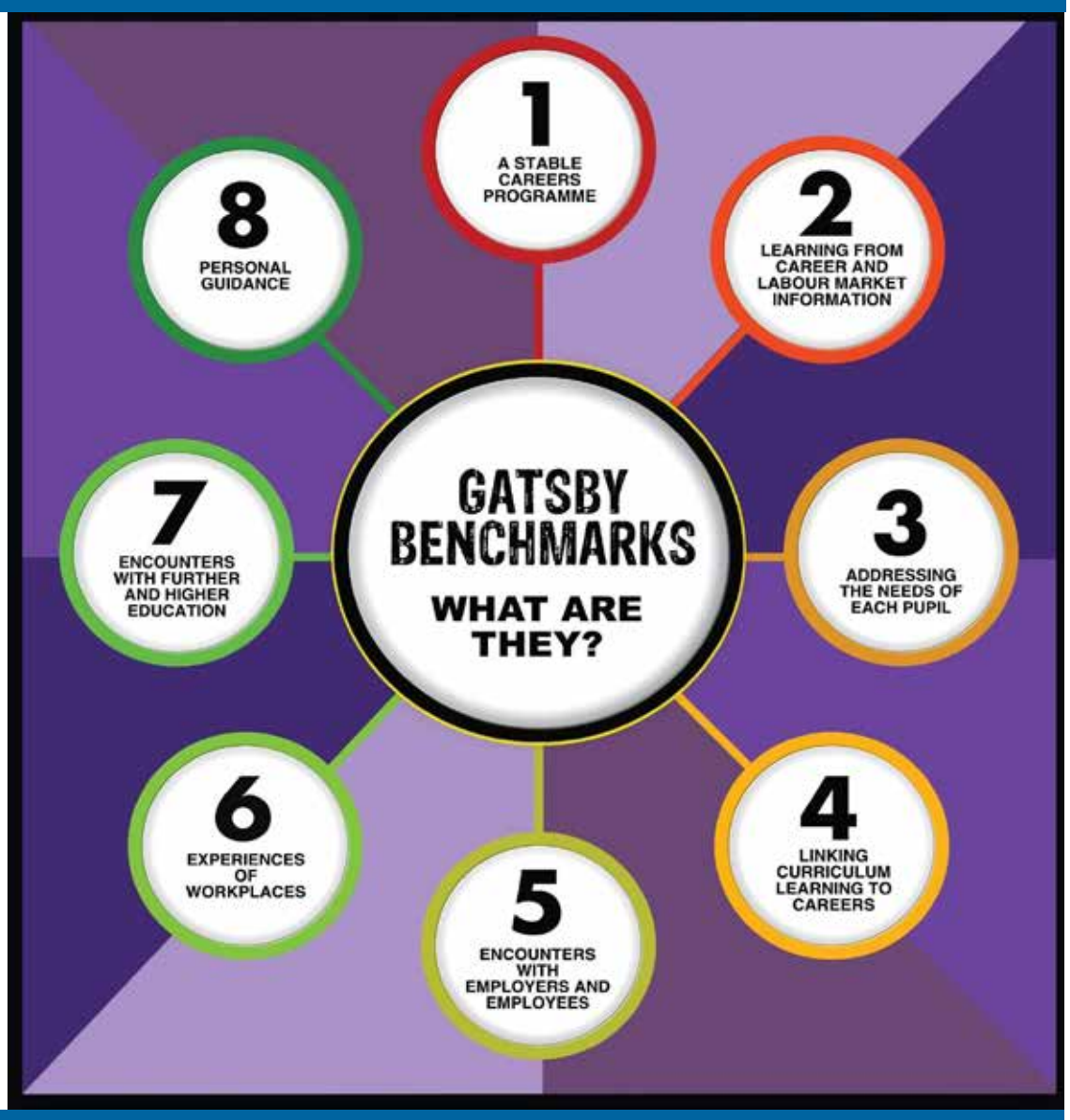
## Gatsby Benchmarks

In 2024, following two years of extensive research and consultation, the Gatsby Benchmarks were updated to ensure they continue to define world-class career guidance for young people, based on international evidence. They are now used in over 4,700 secondary schools, colleges and independent training providers.

The Gatsby Benchmarks have been central to government statutory guidance for secondary schools and guidance for colleges since 2018.

CCHSG has been awarded the Quality in Careers Standard in recognition of the high quality provision in this curriculum area.

The Quality in Careers Standard



# Healthy Living

Our Healthy Living classroom has once again been buzzing with energy this term as students in Year 7 and 8 continue to build both their culinary confidence and their understanding of healthy, safe cooking.

Year 7 have taken their first steps into more advanced practical work, learning how to handle raw meat safely while preparing their own pasta bolognese dishes. Alongside mastering flavour balancing and seasoning, they have been developing essential wider skills such as time management, organisation, and teamwork in a busy kitchen environment. Students have also been encouraged to think about the nutritional value of their dishes – understanding how ingredients contribute to a balanced meal.

Meanwhile, year 8 have been delving into the fascinating science of baking. They have explored how different raising agents work and why proving dough is such an important stage in creating the perfect pizza base. From there, they let their creativity shine, designing a fantastic range of pizzas that showcased adventurous flavours and thoughtful ingredient choices.

Across both year groups, we place a strong emphasis on understanding nutrition, making informed food choices, and recognising the importance of dietary needs and allergies. Students learn how to adapt recipes for vegetarians, vegans, and those with intolerances or allergies, helping them appreciate the responsibility and inclusivity required when preparing food for others.

*"Well done to all our young chefs for their enthusiasm, curiosity, and growing confidence. I look forward to seeing what they create next!"*
**Miss Dennis**

## Homemade Healthy Pizza Ingredients:

- 225g (1 ½ cups) strong plain white flour or strong wholemeal flour
- Good pinch of salt
- 1 level teaspoon sugar
- 1/2 sachet easy blend dried yeast
- Tomato puree
- 1 jar pizza sauce
- A small selection of (cooked) meats, reduced fat cheeses and vegetables for your choice for toppings
- Fresh or dried herbs

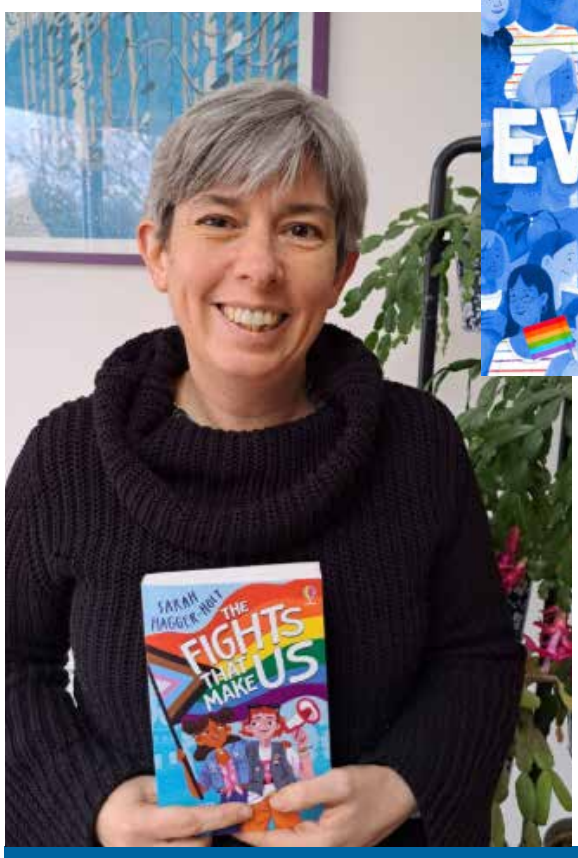
## Method:

- Put the flour, sugar, salt and yeast into a mixing bowl and stir (do not let the salt touch the yeast directly).
- Add in a tablespoon of oil to your 150ml tepid water and pour into the bowl. Stir with a spoon.
- When the dough starts to get tough, use your hands. If too sticky add more flour.
- Bring to a ball and place onto a floured work surface. Knead well for at least 5 minutes; stretching and pulling the dough. Sprinkle with flour if it becomes too sticky. Leave in the bowl to prove for ~30 minutes.
- Preheat your oven to 180.
- Prepare any other toppings.
- Roll out your dough so that it will fit to the size of your baking tray/sheet/pizza stone and place on it.
- Spoon the sauce onto the centre of your rolled out dough and using the back of the spoon, spread it out but make sure you leave a crust.
- Place on your other toppings (make sure it is not too thick) and then bake in your oven for 15-20 minutes.



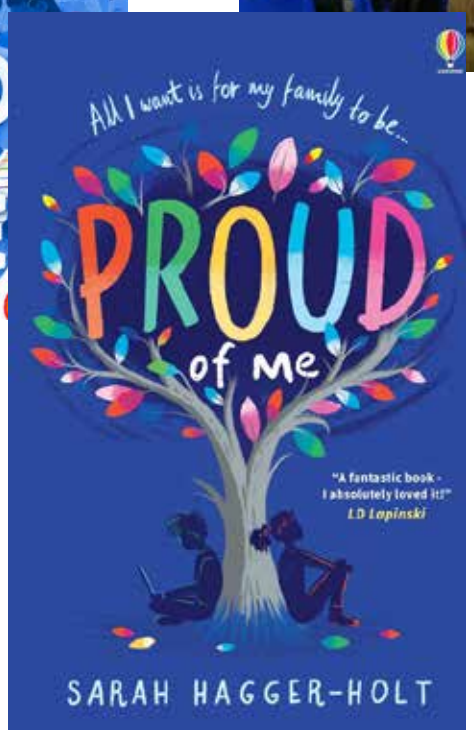
# Visiting Author - Sarah Hagger-Holt

CCHSG was delighted to welcome author Sarah Hagger-Holt for a special World Book Day visit. Known for her engaging and thoughtful fiction for young people, Sarah came in to speak to Year 7 and 8 students about her books and her journey into becoming a published author.













This author visit proved to be an inspiring experience, offering students a chance to hear first hand about the writing process, creative inspiration, and what it takes to build a career in literature. It was a wonderful addition to the school's World Book Day celebrations and an exciting opportunity for Year 7 and 8 to connect with the world of reading and storytelling. Special thanks go to Mrs Barber for organising the event.

# Colchester MP Pam Cox Visits CCHSG

Pam Cox studied history at Robinson College, Cambridge, and in 1997 was awarded a PhD for a thesis on the history of girls' delinquency in Britain. Prior to her election as an MP, she was a professor of social history and criminology at the University of Essex. Her election to Parliament for Colchester made her the first Labour MP to win the seat since the 1945 general election and the first woman to represent the constituency in its history.



We were delighted to welcome Pam to CCHSG on 13 March. As well as giving an inspiring talk on female empowerment, Student Voice and The Kilt Team had the opportunity to pose questions about her journey and the work she has been doing to make life better in Colchester.

*"As a woman looking to study PPE at university next year, it was so inspiring to meet a woman in politics representing our local interests. I am so grateful that Pam Cox could come in and speak to us, and provide very comprehensive answers to all of our questions."*
**Sophie Hanslow, Year 13**
Current Affairs Editor for *The Kilt*



# Spring Recital

Colchester County High School for Girls
Music Department presents a

Spring Recital 2026

Tuesday 24 March
18.00 to 19.00

A celebration of music from the CCHSG Music department featuring solo and ensemble performances by our A level and GCSE students

## Our Recital Programme

**There is no Rose**
By Philip W. R. Stopford
**Performed by Bella Voces:**
Iris Pampapathi, Keela Tudor, Jessica Bell, Elodie Bennett, Sophie Reed, Olivia Forest, Ellie Martin, Nithila Subramanian, Adanna Udechuku, Serena Guo, Clara Wendt, Rosemary Fish, Arwa Rashid, Ellie Macmillian, Tehzeeb Azmee, Abigail Fominyam

**The Bounce** by Zoe Rahman
Senaya De Silva

***Voi Che Sapere*** by Mozart
Elodie Bennett

**Country Dance** by Gd3 Trinity
Eliza Pampapathi

**Waltz in B Minor** by Chopin, No2 Op69
Shiyue He

**She Used to Be Mine** from *Waitress*
Olivia Forest

**Take 5** by Dave Brubeck
Rebecca Sholoye

**I Dreamed a Dream** from *Les Miserables*
Sophie Reed

**Here Comes the Sun** by *The Beatles*
Ruhani Sandhu

**Unwritten** by Natasha Bedingfield
**Bella Voces**

**Lost in the Brass** by Geeks
Gabi Cullen

**The Shire** by Howard Shore
Alice Wargent (piano), Chloe Probert (flute), Hoy Ching Yeung (violin)

**O Lovely Peace** by Handel
Elodie Bennett and Sophie Reed

**Mouvement de Valse** by Louise Farenc
Semilore Ajibola

**Allegro Sprintoso** by Jean Baptiste
Hoy Ching Yeung (violin)

**Part of your World** from *The Little Mermaid*
Jessica Bell

**Go Pac** by Mussorgsky
Archie Bridge

**Astonishing** from *Little Women*
Ellie Martin

**The End**

Congratulations to our GCSE and A level Music students who, together with our outstanding *Bella Voces* choir, performed a superb repertoire of music at our Spring recital. Thanks go to Mrs Sharp for co-ordinating the event.











# CCHSG Rewards and Awards

| Award categories Year 7 – Year 13 | AWARDs required in academic year | Students awarded with: |
|---|---|---|
| Bronze | 50 | Certificate & badge |
| Silver | 100 | Certificate & badge |
| Gold | 150 | Certificate & badge (enter prize draw) |
| Platinum | 200 | Certificate & badge (enter prize draw) |

Teachers will be awarding your merit points throughout the whole academic year. You will be acknowledged for your outstanding achievements in each end of term assembly.



## Merits to be awarded for the following categories:

**A**cademic achievement
**W**ider school or extracurricular activities
**A**ttendance at clubs and societies
**R**ole Model – for doing the right thing
**D**etermination – for effort
**S**ocial – for helping others

Student Voice was involved in a review of the Rewards and Awards system. Students requested that more merits are awarded for doing the right thing and for involvement in school life. This has resulted in the current system of AWARDS:

- All merits are to be awarded on SIMS and staff are encouraged to award two or three merits per lesson
- Students will receive these awards through their whole school journey, Year 7 to Year 13 to ensure continuity and clear expectations
- Students will be acknowledged for their merits at the end of term and the end of year assembly
- The total number of AWARDS merits each student achieves will also be included in progress checks and signposted in end of year Tutor Reports

Students who achieve Gold or Platinum will be entered in a special draw at the end of the year for a 'big prize'.




# AWARDS Merits

## Latest Totals – March 2026

**Year 7 Merit Totals**




**Year 8 Merit Totals**




**Year 9 Merit Totals**




**Year 10 Merit Totals**




**Year 11 Merit Totals**




**Year 12 Merit Totals**




**Year 13 Merit Totals**




Sixth Form

# Year 7 “A Christmas Carol”

Year 7 recently brought Charles Dickens’ 1843 classic, *A Christmas Carol,* to life. Under the guidance of Mrs Cudmore-Rice and Mr Fogarty, each of the novella’s five “staves” was performed by a different Form Group. The rest of the Year Group provided an appreciative audience as each Form took to the stage in the main hall.

The story follows Ebenezer Scrooge, a man who ignores the suffering of others until three Christmas ghosts force him to face his ways. This supernatural intervention sparks a total transformation, turning Scrooge into a man of remarkable generosity.

More than just a ghost story, Dickens wrote the book as a sharp social commentary. Having been forced to leave school for factory work when his father was sent to debtor’s prison, Dickens used his writing to advocate for the underprivileged and highlight the hardships he knew firsthand.

























# GCSE Drama - Mercury Theatre Visit




On Thursday 12 March, the Year 10 and 11 GCSE Drama classes went to see *The Manningtree Witches* at the Mercury Theatre. Evaluating live theatre is one component of the GCSE Drama curriculum.

The plot follows the beginning of Matthew Hopkin's infamous witch trials across Essex and Suffolk, and the narrative is told through the lives of the innocent women persecuted during the hunts. The production was truly incredible, with a talented cast both onstage and behind the scenes.



As a piece in association with renowned theatre company *Frantic Assembly,* it was also an excellent opportunity to experience their distinctive style live, particularly in the way physical theatre was used to convey relationships, tension, and power. Overall, the trip was not only enjoyable but highly valuable in supporting our GCSE studies. It was a memorable opportunity to see how drama can be used to explore powerful and challenging themes.
**Scarlett Webb, 10S**




# Senaya De Silva - Music Festival

Congratulations to Senaya De Silva on her recent achievements at the Stratford and East London Music Festival:

Class 480: Harp Solo (18 years and under) – 1st, Honours with 88 marks
Class 418: Instrumental Solo (Grade 5 and 6) – 1st, Honours with 88 marks
Class 330: Piano Solo (Grade 5 and 6) – 1st, Honours with 86 marks
She placed 1st out of 15 pianists.
Class 317: Piano Solo (15 years and under) – 2nd, Honours with 85 marks.

Senaya also made an excellent contribution to our recent Spring Recital, performing *The Bounce* by Zoe Rahman.



# CCHSG ClimACTivists Group

ClimACTivists is a student-led initiative, facilitated by Essex County Council, which aims to increase the participation of young people in climate mitigation and adaptation activities. The staff link for the group is Mr Gordon.

*Litter picking was a very fulfilling experience as I, alongside other Climactivists, was able to make a change for our school whilst encouraging others to do the same.*
Year 9 Student.

Over 30 students took part in a litter pick as part of the school's ClimACTivists group, contributing toward their Bronze Award for sustainability engagement. Students found the activity rewarding, taking pride in improving the school's outdoor environment and seeing the immediate impact of their efforts. Beyond creating a cleaner space, the event encouraged teamwork, boosted wellbeing through time spent outdoors, and strengthened students' sense of environmental responsibility. Activities like this help build lifelong sustainable habits and empower young people to take meaningful action within their community.





*"Although our site is generally very clean, I found litter picking allowed me to make a contributution and see the difference. It felt good to know that my effort helped protect the environment and make the school grounds a safer place for wildlife."* **Arnisha Srirangam,Year 8**

# PTFA Laptop Donations to Library



Our thanks to the PTFA who have recently funded a further 20 laptops for use in the Library. Students are already making full use of these during library lessons, study periods and over lunchtime and break. Mrs Cox and Mrs Craig are pleased that they now have this invaluable additional resource for students to use.

**In the past two years the PTFA have funded the purchase of:**

- PE: Football goalposts and football team kits
- The Adventure Society After School Club: equipment for live action role play (LARP) which will now take place each term
- Computing: Raspberry Pi units and VEX Robotics equipment for use in lessons and at lunchtime clubs
- 10 covered corridor boards for the display of student work
- Drama and Music: Upgraded stage lighting system in the Main Hall for use during concerts and productions

We are very grateful to the PTFA committee and volunteers for their support.

PTFA

# PE Department - Spring Term 2

As we reach the end of the winter sports season, we are delighted to reflect on a term filled with energy, determination and impressive sporting achievements across the school. Our students have shown exceptional commitment, teamwork and enthusiasm, and we are proud to share the highlights from the past two terms.

The season began with the Year 7 and 8 Cross Country Championships at Chelmsford Athletics Centre, where our students tackled a demanding course with courage and endurance. Every runner demonstrated admirable resilience, and their performances were a fantastic start to a busy sporting term.

The Under 14 football team has experienced an especially active schedule, beginning with a superb away win against Thurstable School where their teamwork and attacking play shone. They continued their strong form in a competitive match against St Helena School on Thursday 5 March, followed by a very close fixture against Thomas Lord Audley School that ended in a narrow 2–1 loss despite the team's determined efforts. Another well-fought match against St Benedict's further demonstrated the squad's developing skill, coordination and spirit. Their commitment throughout a challenging run of fixtures has been excellent.

Basketball has also seen success across Year Groups. The Year 7 team delivered a remarkable performance at the Colchester District Tournament, winning all their matches and being crowned District Champions, a tremendous achievement for such a new team. The Year 10 team visited St Benedict's for an extremely competitive fixture and, although they did not secure the win, they displayed great determination and improvement. Our Year 9 basketball team also took on Philip Morant School in a close and competitive match. Meanwhile, the Year 11 basketball team completed their group-stage games against Philip Morant and St Benedict's and now await confirmation on whether they will progress to the district semi-finals.

This term also saw our Under 14 and Under 16 badminton teams travel to St Helen's School in London for the regional round of the National Badminton Finals. Both teams faced tough competition but played with outstanding teamwork and resilience throughout. Although we will not be moving forward to the national finals this year, we are incredibly proud of the effort, determination and sportsmanship displayed by all players.

Another highlight of the season was the annual Swimming Gala, held on Thursday 19 March. Students competed in both individual and relay events, demonstrating impressive strength, endurance and competitive spirit. Their performances in the pool were a fantastic way to round off the term's sporting events.

Our Interform Football competitions kicked off on Friday 13 March. Each Year Group will competed within their



Year 7 District Basketball Champions




Year 7 Cross Country



Year 8 Cross Country



Under 14 and Under 16 Badminton Teams at the Regional Final

Tutor Groups for the chance to be crowned champions of their Year. It was a great week of friendly rivalry, teamwork and community spirit.

As we close the winter season, we look forward with excitement to the start of the summer sports programme. Our new extracurricular timetable will offer athletics, rounders, cricket and tennis, providing students with fresh opportunities to develop their skills and take part in competitive events. We hope to see even more students attending clubs and representing the school in activities such as the Athletics Track and Field Cup, district rounders competitions and both indoor and beach cricket events.

Thank you to all students for their hard work, enthusiasm and dedication throughout the last two terms. We are proud of every one of our students and look forward to an exciting summer of sport ahead.
**Miss Freeman**

**Please follow the PE Instagram account for regular updates from the PE department: @CCHSGPE**

# Athlete in the Spotlight

**Every half term the PE Department selects 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…**

## Monica Malagala



CLUB: Chelmsford Athletics Club

INSPIRATION: Camryn Rogers
(Canadian hammer thrower who recently threw over 80m in the World Athletics Championships)

TRAINING SCHEDULE: Monday and Thursday after school, Saturday morning and Sunday morning

RECENT ACHIEVEMENTS:
- National champion in the under 17 women's shotput at the England Athletics Indoor Nationals in Sheffield, throwing a huge personal best of 14.41m
- Southern Indoor Shotput Champion
- Essex and Eastern Indoor Shotput Champion, setting a new championship record and regional record of 13.84m

LONG TERM GOAL: To compete for Great Britain in the Olympics

PRE-COMP MEAL: Fruit and fibre cereal and orange juice

# PTFA

**PTFA CONTACTS:**

**Chair: Anni Cullen**
**cchsgptfa@gmail.com**

**Registered Charity No. 110464**







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## Update on Nearly New Uniform and Revision Books Sale

The PTFA would like to extend thanks to the volunteers who helped at our recent Nearly New Uniform and Books Sale. We are also grateful to all those who support us by making donations of clothing and revision books or by making purchases at the sales. We are pleased to receive donations, via the wheelie bins at the front of school, at any time of the year.

At the last sale on Saturday 21 March, we raised an amazing £1,050. This means we have made a total of £2,780.40 from sales so far this academic year.






**The PTFA Committee wish everyone a restful holiday break and look forward to seeing you all next term.**

