CCHSG E-Newsletter

18 July 2022

Contents:

2 SMSC Quality Mark - Gold Award
3 Employer Supported Policing Award
4 Religion & Worldviews - Year 9 Matrix
5 Year 7 Shakespeare
6-7 Programming Day - Year 7 Matrix
Work Related Learning - Enterprise Day
8-9 Year 13 Leaver's Event
10 Race for Life Fundraising
Spelling Bee National Final
11 A Conversation with MP Will Quince
12 Year 7 Art - Impressionist Landscapes
13 VetSoc Visiting Speaker
Intermediate Biology Olympiad
14 CCHSG Connect
15 Operating Theatre Live
16 GCSE Computing in a Day - Year 9 Matrix
Bring Your Own Device
17 Amazon Future Engineers - Guest Speaker
"Big Bang" Competition
18-19 Year 11 Celebration Event
20 Student Voice 2021/22
21 Everest Basecamp Challenge
22-23 "Blockbusters" - Summer Concert
24 Art - Year 8 Sustainable Fashion Show
25 National Literacy Trust Reading Champions Quiz
26 PE Presentation Evening
27 Sports Personality of the Year
28 PTFA News



Executive Principal's Notes

As we come to the end of another busy academic year, there can be no better illustration of the "broad, well-balanced and personalised curriculum" that we aim to offer, than the wide-ranging activities covered in this newsletter. The "Matrix" days allow students in Years 9, 10 and 11 to experience aspects of the curriculum, such as Computing, Electronics or Art, that they may no longer be studying as examination subjects. Staff regularly provide students with the opportunity to take part in external competitions such as those run by the Literacy Trust and Routes into Languages Spelling Bee. All our Year 7 students took part in the recent Shakespeare performances and our excellent "Blockbusters" showcase of drama, music and dance, directed by Mrs Cudmore-Rice and Mrs Jefferies, allowed some 230 students to be involved in a variety of roles. Our many extracurricular clubs enable students to pursue their individual interests. MedSoc and VetSoc, by inviting guest speakers to share their professional experience, also provide invaluable support for student progression.

I am delighted that, in recognition of the quality of the Spiritual, Moral, Social and Cultural (SMSC) aspects of the school curriculum and co-curriculum, the school has recently been awarded the highest (Gold) National SMSC Quality Mark. The inspectors were particularly impressed by our extra and co-curricular clubs and activities, with students praised for their "high aspirations and desire to contribute positively as future citizens of an international society".

This term we were very pleased to be able to celebrate the end of the year with our Year 11 students at Stoke by Nayland Golf Club and with our Year 13 at their Leavers' Event at Wivenhoe House. We look forward to seeing the majority of Year 11 in the Sixth Form in September and hope that Year 13 will keep in touch as they progress on to the next exciting stage of their lives.



On the final day of term students will also be enjoying a variety of extracurricular activities, with Year 7 having a Creative Arts Day and Year 8 at Essex Outdoors experiencing a range of outdoor challenges, from

climbing and high ropes to a zip wire. Year 9 will be enjoying a cinema trip, Year 10 are looking forward to a day at Thorpe Park and Year 12 have been working with Mrs Hughes to plan a variety of workshops for their Wellbeing Day.

None of these additional opportunities would be available without the hard work and dedication of our teaching and support staff. I would like to give them my sincere thanks for all that they have done throughout the year. I would also particularly like to thank Mrs Agness O'Brien, Mrs Anni Cullen and all those parents who have voluntarily given their time to support the running of the many successful PTFA initiatives and events that we have enjoyed over the past year.

We wish all our staff, students and parents a very happy and restful holiday.

Mrs Gillian Marshall MSc NPQH
Executive Principal & CEO



All Year 7 students took part in our Shakespeare extravaganza, performed for parents on 28 and 29 June. See item on page 5.

Staff Leavers

At the end of this academic year we are saying goodbye to our Head of Chemistry, Dr Clare van Mierlo who is taking up a position at Colchester Sixth Form College, PE Teacher Miss Olivia Thompson and Maths Teacher Miss Amy Dai who are moving to positions nearer to home and Head of Psychology Mrs Sarah Morley who is returning to Sixth Form teaching. Our ICT Teacher Mr Martin White, PE Teacher Mr Sean Bartlett, Art Teacher Miss Teagan Allard-Austin and History Teacher Mr Joshua Rulton have all secured alternative posts starting in September and we also say goodbye to our Temporary Science Teacher, Mr Michael Riley.

We would like to take this opportunity to sincerely thank them all for their hard work and for supporting our students, particularly over the past 2 years during the pandemic when teaching has been rather challenging. We wish them all the best for the future.

SMSC Quality Mark - Gold Award

We are delighted that as a result of the recent verification visit from Young Citizens, CCHSG has been awarded 'Gold level' of the National Spiritual, Moral, Social and Cultural (SMSC) Quality Mark. This has been confirmed by the Quality Assurance Panel. Gold is the highest award available for schools.

All schools in England must show how well their students develop in SMSC, which is the over-arching umbrella that encompasses personal development across the whole curriculum. Inspectors evaluated the effectiveness of the school's provision for student's spiritual, moral, social and cultural education.

During the inspection our extra and co-curricular clubs/ activities were consistantly praised, and it was observed that students had 'high aspirations, and a desire to contribute positively as future citizens of an international society'. In the report and self-evaluation, the inspector noted clear strengths which were:

(1) A strong sense of shared values.
(2) A clear focus on physical and emotional wellbeing
(3) A well designed curriculum with varied extracurricular links, leading to a breadth of opportunities for students

Mr Matthew Summers
Head of RE & SMSC Coordinator





Our SMSC curriculum is illustrated by a display in the dining hall area,

Employer Supported Policing Award



Dan Atkinson being presented with his "Employer Supported Policing" Award by Assistant Chief Constable Rachel Nolan and Roger Hirst, Police Fire & Crime Commissioner for Essex.

CCHSG is proud to be part of Employer Supported Policing in Essex. ESP is a national scheme. It is a partnership between employers, their staff and the police, whereby employers are asked to give paid time off to employees to undertake volunteering duties as Special Constables. The scheme is real partnership working, benefiting the employer, the police and local communities. Essex Police has the second largest Special Constabulary in the country after the Metropolitan Police, with 466 serving officers. Currently, 53 organisations are signed up to the scheme and are all benefiting from the skills and experience their staff bring back into the workplace.

Special Constables are volunteer Police Officers. They have the same powers as regular officers. Those in the ESP scheme in Essex in the last six months have carried out 1,267 hours of employer supported policing which was over 174 duties. (January – May 2022).

"I have been a Special Constable since November 2015 and have loved every minute since training. I joined up as a Special Constable to get a good insight into what being a Police Officer is like with the potential of joining up and for it to become my full-time employment. After a year of volunteering 100's of hours a month, I decided that I would remain a Special Constable and remain in my current employment.

I have had a few roles within Essex Police, firstly starting out as a Special Constable, then moved up to Special Sergeant at Colchester. I then moved over to the Rural Engagement Team as a Sergeant and since created my own team. During this time, I was also a Special Inspector for the Chelmsford district which was also a brilliant role to take on but have since moved back to the Rural Team.

CCHSG has been able to support me through the Employer Supported Policing Scheme which allows me to take paid time off site to attend training, go on shift or to attend other events. This has helped me to be where I am today, being response trained (driving with lights and sirens), attending Sergeants courses, Intoximeter training, Public Order training and much more. Without ESP, this would have not been possible.

This has also benefitted my work at CCHSG by helping me to be more confident in dealing with different types of scenarios, and to quickly adapt to a fast paced changing environment. It has also given me the ability to make quick decisions based on the information given to allow for the best possible outcome."

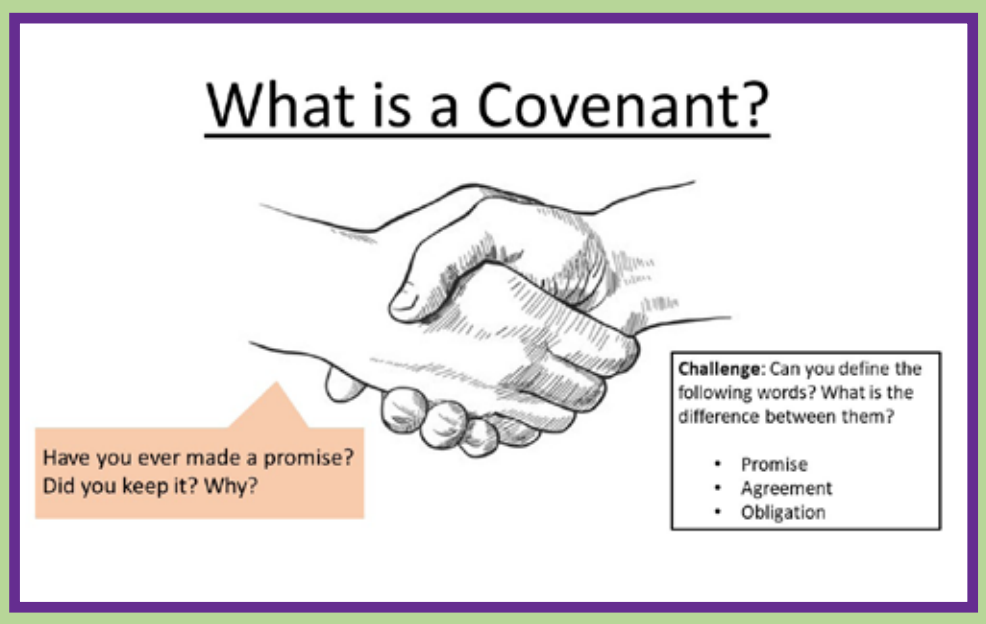
Dan Atkinson, CCHSG IT Manager

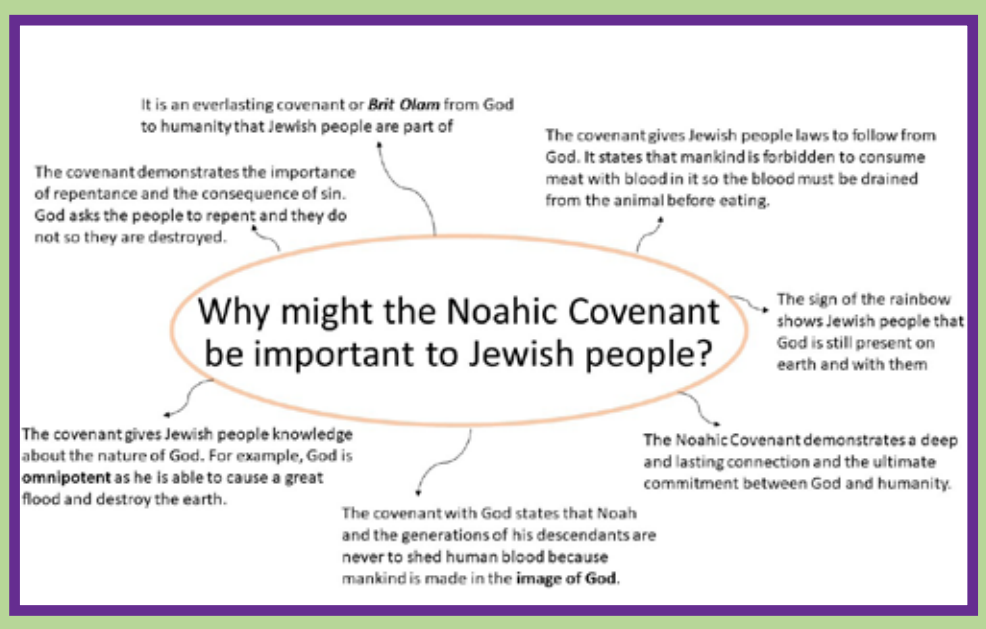


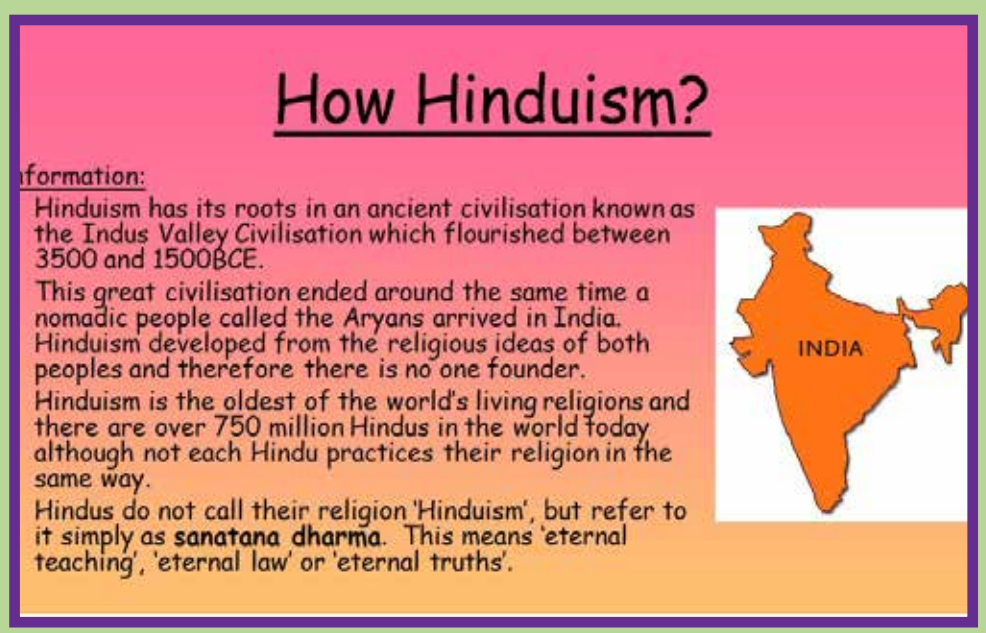
Home Office ESP EMPLOYER SUPPORTED POLICING

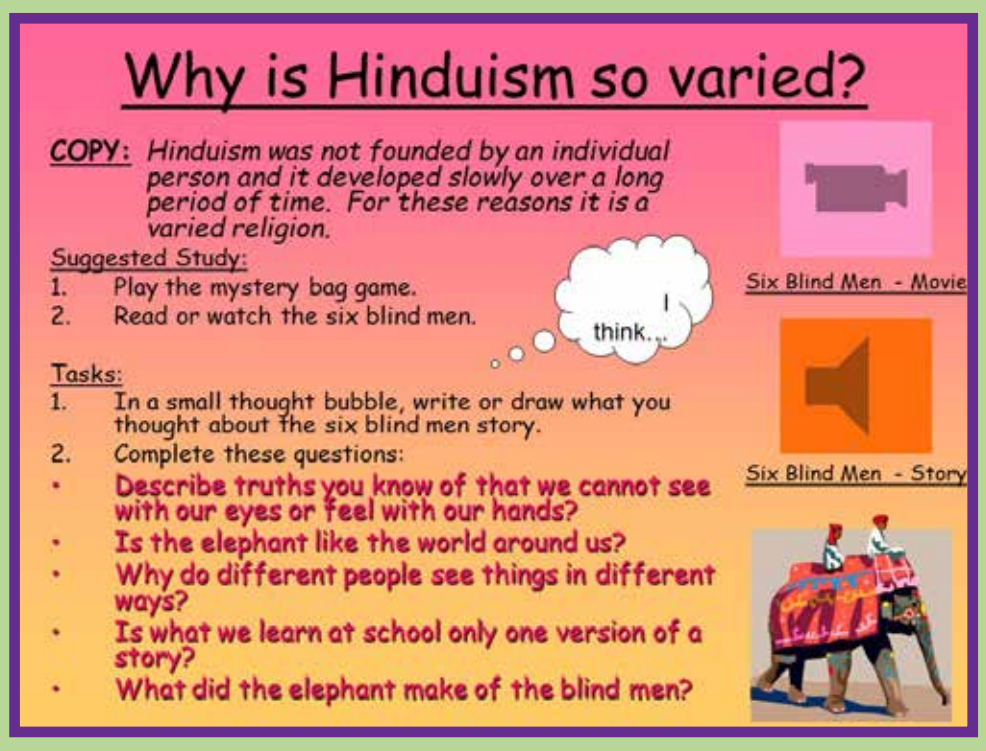
For daily news updates follow CCHSG on Facebook @colchestergirls or Twitter @CCHSG

Religion & Worldviews Day









Religion & Worldviews Day focused on learning about ideas surrounding how God is presented. This included monotheism, polytheism and progressive revelation. The day was spent in groups examining sources from the main world traditions, examining how people spend their festivities together and noticing the similarities and differences between communities. The activities we undertook included live polling, source analysis and group presentation. I particularly liked the exploration of language between Hebrew, Latin and Arabic terms for God. Explaining how the One God is present in many traditions and evolves alongside language. Overall, the day was thoroughly enjoyable with Miss Wilson, Mr Summers and Mrs Bottrell guiding us through the various traditions.

Constance Ratley & Beatrice Sivyer







Year 7 Shakespeare

This June we welcomed the return of our Year 7 Shakespeare extravaganza, directed by Mrs Cudmore-Rice and Miss Sharpe. Each Year 7 Tutor Group performed an abridged version of either “Midsummer Night’s Dream”, “The Tempest” or “Macbeth”. Shakespeare is widely considered the greatest dramatist of all time, as well as the most influential writer in the history of the English language. Among Shakespeare’s greatest contributions to the English language was the origination of hundreds of words and phrases that English speakers use to this day. These have enriched the language making it more colourful and expressive.















Colchester County High School for Girls
PROUDLY PRESENTS

YEAR SEVEN
in
“MACBETH”
“THE TEMPEST”
&
“A MIDSUMMER NIGHT’S DREAM”

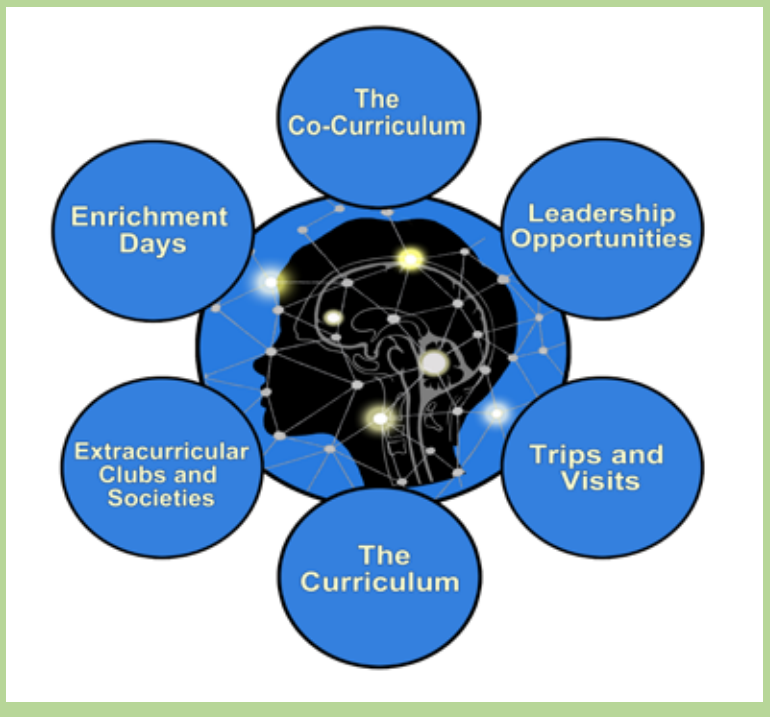


Tuesday 28 & Wednesday 29
June, 2022





Matrix - Year 7 Programming Day



The Matrix has been designed as a flexible and balanced curriculum which combines taught lessons with co-curricular activities, Science, Technology, Engineering and Maths (STEM) opportunities, trips and visits, optional music lessons and a programme of enrichment days. This enables students to engage with subject areas they may no longer be formally studying as part of their GCSE preferences.

The enrichment days focus on Creative Arts, History, the environment, Religion and Worldviews, wellbeing and enterprise education. Students are also actively encouraged to take on leadership roles within the school community.

All year 7 students had the opportunity to participate in a full day of programming activities on June 16 and 17. The day started with learning about machine code and why this is so challenging when it comes to giving computers instructions. They then learnt about programming languages and why they are important. The primary teaching language for the day was Python so after being shown some of the basics the students were then given some time for self-guided study where they learnt how to use these programming concepts:

- Sequence and selection
- Variables and assignment
- Data types
- String and string manipulation

Just before lunch the afternoon's challenge was introduced to the students. They were to be tasked with creating an Artificially Intelligent software bot, that could engage them in conversations. The ultimate aim was for each student to create a chatbot that could pass the Turing test. The Turing test is a concept devised by British cryptanalyst, mathematician and computer scientist Alan Turing where the idea is to produce a machine or computer program that can fool a real human being into thinking they are talking to an actual person rather than a machine.



The students tackled this challenge with imagination and creativity and really enjoyed the process. They also improved their programming skills significantly. There were students whose software asked questions, told funny stories and jokes, answered questions asked by the users, spoke in different languages and much more. After the development time was over, the students tested each other's software and offered feedback.

Eliza Uddin – "I thought learning to program would be really hard, but this wasn't at all. We got stuck sometimes and the teachers were really good at helping us. It was a really fun way to learn programming."

Daniella Braimoh – "I really enjoyed the day. It was cool!"

Rosie Candler's Chatbot

Chatbox.py - \\cchsg-fs-01.cchs.internal\home$\cnachman\Downloads\Chatbox.py (3.10.5)

File Edit Format Run Options Window Help

```
from random import randint
import time
print("please respond in lowercase letters")
time.sleep(2)

#Greetings
name = input("Hello! My name is Python. What's your name?")
time.sleep(1)
print("Well hello "+(name)+"! Nice to meet you!")
time.sleep(3)

#fav food
favfood = input("So, what's your favourite food?")

if favfood == "pizza" or favfood == "Pizza":
  print("Wow! Pizza! Me too!")
  top =input("What's your favourite topping?")
  print("Ooh, I like "+(top)+" too!Peperoni is my favourite!")

elif favfood == "Burger" or favfood == "burger":
  print("I like Burgers too but I prefer Pizza!")

elif favfood == "Pasta" or favfood == "pasta":
  print("I like Pasta too, especially with cheese!")

elif favfood == "cake" or favfood =="Cake":
  flavour =input("I like cake too. My favourite is chocolate cake, what about you?")
  print((flavour)+" cake is a good flavour!:)")

elif favfood == "icecream" or favfood == "Icecream":
  flavour2 = input("I like icecream too!What's your favourite flavour?")
  print((flavour2)+", cool flavour!")

else :
  print("I enjoy "+(favfood)+" too!")
time.sleep(2)

#games
game = input("So then! What's your favourite video game?Mine's minecraft!")
time.sleep(1)
print("Cool! I love " +(game) +" too!")
time.sleep(1)
character = input("Who's your favourite character?")
time.sleep(1)
print("I like " +(character)+" too.")
time.sleep(2)

#Sports
sport = input("So then, what's your favourite sport?")
time.sleep(1)

if sport == "Swimming" or sport == "swimming":
  stroke = input("I love swimming too! What's your favourite stroke?")

  if stroke == "Breaststroke" or stroke == "breaststroke":
    print("Cool! Breaststroke's my favourite too!")
```

Type here to search







Year 9 Work Related Learning and Enterprise Day

Students were involved in a “Boom and Bust” Enterprise Day on 7 July. The aim of the day was to foster understanding of the world of business and the financial markets. There was a particular focus on teamwork, entrepreneurship and decision making. As well as this the activities helped students to develop an understanding of trading on the stock market.

During the “Boom and Bust “ activity students worked in teams of five, buying shares on their ‘stock markets’ in the hope of making their team the greatest profit.











Year 13 Leavers' Event

The Year 13 Leavers' Event took place at Wivenhoe House at the University of Essex. Organised by Mrs Hughes and Mrs Tarrier, the occasion provided a wonderful opportunity to celebrate all that has been achieved and experiences shared during their time at CCHSG. We thank Year 13 for all that they have contributed to the school and wish them every success and happiness as they move on to the next stage of their lives. We are always delighted to hear from past students, and do hope that they will stay in touch.

https://www.linkedin.com/company/5435468

































Race for Life Fundraising - Isla Farquharson



This year, I took part in the Race for Life, in aid of Cancer Research UK (CRUK). This means that I walked 10,000 steps every day in March, and received sponsorships from my friends and family to raise money.

Getting 10,000 steps every day was easy sometimes; if I had a sporting activity that day I'd find myself at 10,000 by lunchtime! However, sometimes... well, sometimes I'd be walking around in circles in the kitchen at 9pm, desperately trying to get in the last few steps that I needed!

I was so (and still am!) so incredibly grateful for all of the people who sponsored me so generously; they're the people who helped make a difference, who have contributed to life-saving research that will undoubtedly make the world a better place.



Race for Life

Cancer Research UK
PO Box 1579
Oxford
OX4 9HX
0300 123 0770
raceforlife.org

I Farquharson
27 Ponders Road
Fordham
Colchester
CO6 3LY

Dear Isla,

Thank you so much for supporting Race for Life and raising an impressive £551.00!

We cannot thank you enough for your efforts in what has been a truly unique time for us all.

We've already made some great achievements in the fight against cancer:

- Cancer Research UK's research has played a role in developing 8 of the world's top 10 cancer drugs
- Over the last 40 years, Cancer Research UK's work has helped double breast cancer survival
- Cancer Research UK helped prove the link between tobacco and cancer, preventing millions of deaths worldwide

It's thanks to you, our incredible Race for Life supporters, that we can continue our groundbreaking cancer research.

We really hope you enjoyed your Race for Life challenge this year.

Yours sincerely,

The Race for Life Team
Cancer Research UK

P.S. Please encourage any friends, colleagues, or family members who may have also taken part to return their hard-earned fundraising. Race for Life isn't over until we can put every penny raised towards beating cancer.

Patron: Her Majesty The Queen
Presidents: HRH The Duke of Gloucester KG GCVO and HRH Princess Alexandra, the Hon. Lady Ogilvy RG GCVO
Chief Executive: Michelle Mitchell CBE
Registered Charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).
Registered Company: limited by guarantee in England and Wales (4225234) and registered in the Isle of Man (5712F).
Registered Address: 2 Redman Place, London, E20 1JQ
Race for Life is a registered trademark of Cancer Research UK

I think it's so very important that we all make a difference where we can, and every little thing can help, no matter how small. Whether it's generously sponsoring someone like myself, getting involved and taking part in activities such as this, or even just donating your spare change into a collection bucket! It all adds up, and will help so many people. That's why I participated in the Race for Life; to make a positive change in the world, and it is something I plan to continue to do for a very long time.

Isla Farquharson 7E

CANCER RESEARCH UK

Race for Life

Spelling Bee National Final

The Languages Department wishes to extend its congratulations to the Tania Neethling for her exceptional achievement at Cambridge University in the Routes into Languages Spelling Bee National Final. Tania came second in German out of the 19,857 students that started the competition. She has shown an enormous amount of resilience and commitment and should be incredibly proud.

The aim of the Spelling Bee is for students in Year 7 to practise and improve their vocabulary, spelling and memory skills in a foreign language (French, Spanish and German) and to raise the profile of language learning through a class, school and regional competition.



routes into LANGUAGES

My Spelling Bee Experience



On Monday 27 June, I had the amazing honour of representing CCHSG at the German National Final of the Spelling Bee in Cambridge. When we first arrived, I was very nervous. In only one minute, I would be asked any words from 300 which I had to learn and then had to spell them correctly while trying to succeed against my competitors. There were 28 other competitors in the semi-final, but I managed to be one of the four people who got through to the final. Going up on the stage in front of hundreds of people was very frightening however I managed to overcome the obstacles and placed 2nd - a feat I am incredibly proud of out of the 19,857 students who started the competition. **Tania Neethling 7S**

A Conversation with MP Will Quince

This item is an abbreviated version of an article which first appeared in the student newspaper "The Kilt" in June 2022.

On Friday 13 May, members of "The Kilt" editorial team were fortunate to have the opportunity to interview Will Quince, the Member of Parliament for Colchester. Interviewers were anxious to ask questions which were relevant to the students of CCHSG, particularly those with career ambitions in politics.



As a result, we first asked Mr Quince how he ended up in a career in politics. He explained that his passion for this area first took root during conversations he had had around the dinner table throughout his childhood, debating on topics with his family members. He studied Law at Aberystwyth University and found himself running for election in Wales in 2000. it was running for election in Hertfordshire in 2007 which launched his political career, as here he was successfully elected. He became MP for Colchester in 2015 as part of the Conservative party.

With his own career steps in mind, we were then able to ask Mr Quince if he had any advice for students aiming for a career in politics. He stressed that there is not really one set route towards becoming a politician, so it is useful to focus on a different type of work first, in order to back yourself with experience. Even if a person is highly qualified to be a Member of Parliament, they will have to rely on the votes of constituents, so it's a great idea to have a back-up plan. Interestingly, Mr Quince reflected that life as an MP can be difficult as he explained that his work is 'not really a job it is a lifestyle'. He stressed that working as an MP will affect someone's whole family, all of the time.

Mr Quince also spent time discussing the recently implemented measures surrounding mental health in UK schools. He explained that there is currently 20% coverage of mental health support in schools, and he is aiming for 35% coverage by next year. Although he described this push as not "enough", considering the demand for mental health support has quadrupled in recent years, explaining that these steps will cost £79 million and that it is therefore difficult to make massive change within a short time frame. A particularly interesting topic of discussion during the interview was how Mr Quince, as an MP, deals with opinions of his constituents which differ to his own. His personal belief is that he has been elected as a representative of his constituency, and so he prioritises making informed decisions on the behalf of Colchester, which will very rarely please every single one of his constituents. He argues that he "can't please everybody", and that its "best not to try", making reference to a loud minority who make their opinions very clear, but sometimes do not reflect the views of Colchester as a whole. Mr Quince stated that one of the challenging aspects of being a politician is making tough decisions, and his stance on the best way to overcome these challenges seems to be believing in himself to make the best decision for Colchester as a constituency, which is a practice many students may find helpful to adopt when making difficult decisions themselves: always remember to believe in yourself.





The problem of recruitment and retention of teachers and NHS nurses is a pressing problem and, with many of the students at CCHSG thinking about career decisions, we decided to ask Mr Quince for his views. He voiced that in his opinion, nursing and teaching are both career sectors that have lots of interest but there is more of a problem with retention rather than recruitment in the first place. He believes that the way to solve this is for people to pursue careers in other things and then become teachers- Mr Quince's view is that this means all teachers would have a passion for teaching and "have a desire for the greater good and not seeing their occupation as just a job". This, in turn, would hopefully mean that teachers remain in this occupation and thus solve the retention crisis.

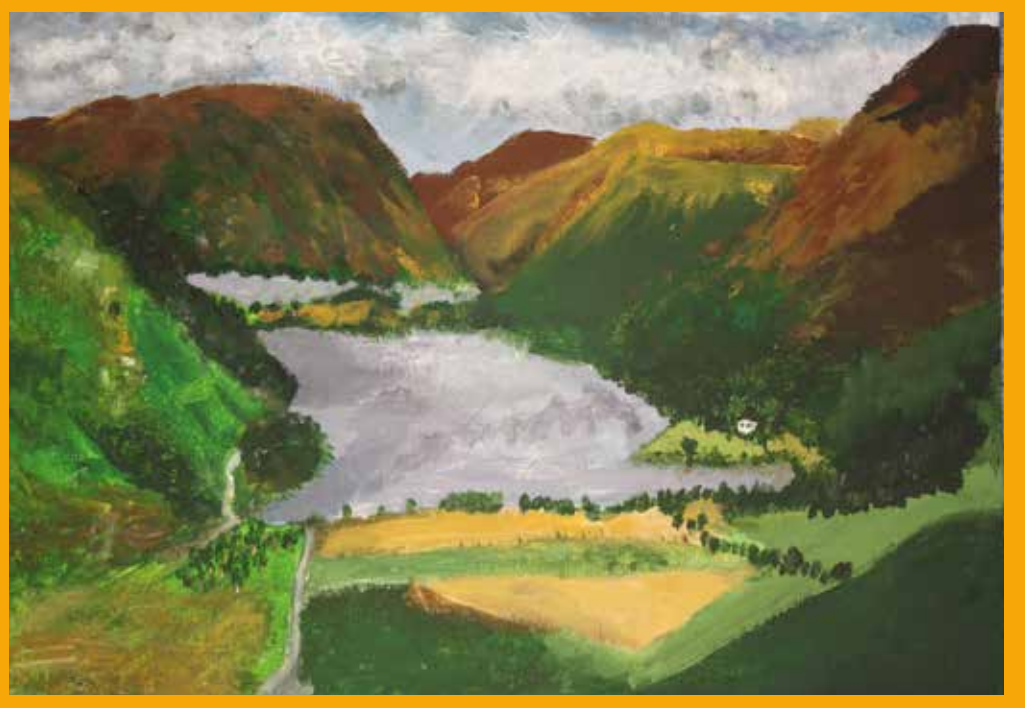
Our interview with Mr Quince was eye-opening and gave us an insight into the chaotic lifestyle that is politics. We hope that his advice for any budding politicians within the CCHSG community proves useful.

Alana Coyle, Tilly Croney and Siân Rees, Year 12

Year 7 Art - Impressionist Landscapes

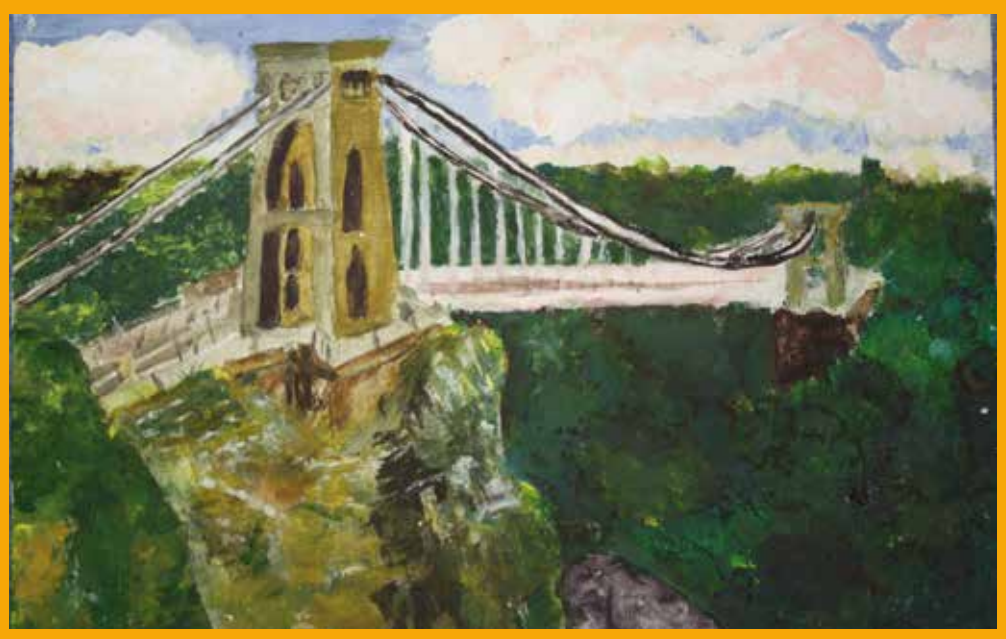
Year 7 students have been studying Impressionism, the art movement in painting originating in France in the 1860s. Artists such as Eduard Monet and Camille Pissarro attempted to depicting the visual impression of the moment, especially in terms of the shifting effect of light and colour.

Students experimented with brush marks and colours, choosing their own landscape scenes to develop. They also undertook research to find out more about the work of Impressionist artists.















VetSoc talk with Dr David Williams

On 14 June Dr David Williams, from the Veterinary School at the University of Cambridge, joined VetSoc via Teams to give a wonderful talk about veterinary medicine at Cambridge and a deep insight into his speciality of ophthalmology.

Dr Williams talked us through some of the many cases he has come across in his career and really engaged with the students to broaden their knowledge of veterinary ophthalmology, which was both fascinating and eye opening. These cases ranged from lice irritating and affecting the eyes of elephants to the salmon farmed in the fjords of Norway who were getting nitrogen bubbles in their eyes due to the bends, making them distressed, which turned out to be caused by the way they were being fed.

Overall, the students who attended really enjoyed engaging with the talk and learning more about veterinary medicine at Cambridge and the speciality of ophthalmology. We were all very grateful that David could make the time to talk to us and even offered to give the students of Vetsoc a tour of the veterinary department at Cambridge!

Lotti Talbot, Erin Barbrook

Dr Williams qualified from Cambridge Veterinary School in 1988 knowing from the start that he wanted to devote his professional career to veterinary ophthalmology.



He worked at the Animal Health Trust and the Royal Veterinary College where he undertook a PhD in ocular immunology. This remains one of his main interests, although cataract epidemiology and exotic animal ophthalmology are also high on the list! David has written books and book chapters in ophthalmology and spoken on the subject internationally.

Royal Society of Biology - Intermediate Biology Olympiad 2022

All Year 12 biologists were invited to take part the 2022 Royal Society's Intermediate Biology Olympiad competition in June. This is an international competition set by the Royal Society of Biology based on challenging A Level biology content. 30 of the 74 biologists chose to take part the online competition, that was sat by 2,566 students from 608 schools worldwide. This was just before the end of year assessment so it was useful revision as well.

All our students achieved very high results: 7 gold award, the highest number we have achieved since the Intermediate Olympiad started, 6 silver awards, 6 bronze award and 7 highly commended, a very impressive achievement by all students. These awards should be used as part of the students UCAS personal statements as it is a recognised competition. Some of these students will hopefully now sit the Biology Olympiad in January 2022 and these intermediate results look promising for the next level of competition.

Congratulations in particular to Sophie Birt our top scorer in school who achieved over 80% with her gold award, putting her in the top 5% nationally. All participating students now have access to a year's membership of The Biologist, the royal society of Biology's magazine and e-newsletters featuring bioscience-related news and events.



Advice from Former Student

Former CCHSG student Milly, who left in 2019, spoke to us about what she has gone on to do and gave her advice to current students.

I have just finished my undergraduate degree in Biology at the University of Sheffield. I am planning to enjoy my summer then I am heading to Edinburgh to study Palaeontology for my Master's degree. I am doing a Master's by research so the next year will be spent working with Dr Steve Brusatte (one of my childhood heroes, who is currently the BBC's palaeontology consultant and has worked on several documentaries with David Attenborough) to study a newly discovered Mongolian dinosaur called 'Oksoko'. Hopefully by the end of next year I will have published my first scientific paper and be well on the way to a full career as a researcher (and have travelled around Mongolia).

CCHSG has been so important in making this happen. I first got in contact with Dr Brusatte through the school by inviting him to give a talk at the Biology Society. Because I had already got to know him, he held a space open for me on his degree course. I think that is probably the best advice I can give; make sure people know who you are.

Go up and talk to your lecturers and teachers, email people out of the blue, talk to people directly about job offers. Make sure they can put a name to a face—you would be surprised how few people do it and how far it gets you. Most people are more than happy to talk to someone who is taking an interest in their work, especially scientists!

The other advice I would give is to get a hobby outside of school work. I started rock climbing in Sixth Form and have now travelled across Britain and Europe climbing cliffs and mountains. School is important but it needs to be balanced; having hobbies makes you a much more rounded person.

You have a lot more free time at university and it is up to you how you spend it—it is possible to excel in academic work without compromising on having a life outside of it.

This is me climbing halfway up a mountain in North Wales:



CCHSG Alumni Visits MedSoc



On Wednesday 29 June, MedSoc had the pleasure of receiving a presentation from past student Faith King. Faith talked about her journey to medical school after completing her A Levels at CCSHG in 2020. She went on to read medicine at Leicester Medical School, where she has just finished her second year of study.

Faith delivered a very informative and interactive presentation, specifically tailored towards us at CCSHG, having been in our shoes 3 years prior. She took us through each step of applying to medicine including work experience, entrance exams and personal statements. Although the process seemed overwhelming at first, Faith reassured us that the assistance CCHSG provides students with applications is unparalleled!

Members of MedSoc found Faith's advice on choosing a medical school to be extremely helpful. She informed us of the criteria one should look at when choosing a medical school such as course structure, location, and facilities. She described how Leicester met all her criteria perfectly and described the medical course at Leicester Medical School to be one that is practical based and has integrated patient-contact from the very 1st year of study. Faith's decision to study at Leicester was partly incentivised by the provision of a free iPad, which also seemed to pique the interest of many at MedSoc!

We are very grateful for Faith for her incredibly engaging and encouraging presentation and wish her the best of luck with her future endeavours!

Jaysri Govindarajan Year 12

Operating Theatre - Live

On 6 July, 90 students in Years 10-12 gowned up as they stepped into the shoes of a surgeon in a real operating theatre. Our aspiring medical and healthcare students were able to journey inside the human body like never before. Over the period of a day students were guided by the “Operating Theatre Live” staff in undertaking a systematic dissection of real specimens and attempted real surgery.



The Year 12 perspective

As Year 12s our time to choose a course grows short, for that reason it is so vital to have people like Aine and the rest of the staff come in and give us that more clinical side of a vocation many of us yearn for. We started by getting a run through the anatomy of the body and Aine familiarised us with some useful medical jargon, making us practise identifying different areas of the body. For example, when asked to locate the posterior distal anterior femur, we knew to point to our kneecap. She endeavoured to make anatomical terminology more accessible and gave us some fun ice breaking tasks. Despite our genuine interest in anatomical knowledge, the dissections were the highlight of the day. Each group was given half a pig’s head, followed by the rest of its organs.

It was truly insightful to have access to an organism like that, and hopefully one day we would be able to utilise these skills as doctors. Additionally what really made our day was how helpful Aine was. She took the time to answer our questions and guide us in our future choices with some meaningful advice that was honest and insightful.

Bliss Falowo and Nneoma Nwakamma

Year 10 Perspective

In the assembly hall turned operating theatre, Aine walked us through anatomy of the head and lungs in the morning, then the heart and GI tract in the afternoon. After some brief directions, we were to test our knowledge on a pig. At the start of the day, Aine explained the basics of anatomical terminology, and interesting medical scenarios involving the brain. ‘Scooping out’ the brain from the pig, we investigated the brain stem, cerebellum, temporal lobe, and frontal lobe. We saw the folds like waves all over the frontal lobe and the spider-web like pattern on the cerebellum, and the white protrusion of the brain stem. Then, after much hard-work we removed the eyes from the pigs’ head. Some even managed to cut out the lens! We also experimented with the movement of the temporomandibular joints and the pig’s calcified facial muscles. Later on, we investigated the respiratory system with a pair of lungs from the pigs. We could see the carina bifurcating the two bronchi which we then cut further down into the bronchioles and lobes. We observed the properties of various tissues as our scissors moved down, finding interconnected veins, arteries and lymphatic ducts, and the miniscule alveoli.

After lunch, we used our GCSE knowledge of the heart to dissect that of the pig, locating the atria and ventricles, and features such as the aorta, right and left coronary arteries, and tendinous cords. Aine then gave us a tour of this pig’s enormous GI tract, from liver to anal canal. The day was concluded with an extremely insightful Q&A, in which Aine answered questions on medical professions, university applications and provided helpful study advice for those of us still in Year 10. We thoroughly enjoyed the day, and learnt very much – the experience encouraged us all to pursue a career in biology and medical sciences. Many thanks to the Aine, and the staff at Operating Theatre Live!

Lucy Sands, Tanmaya Ramachandran



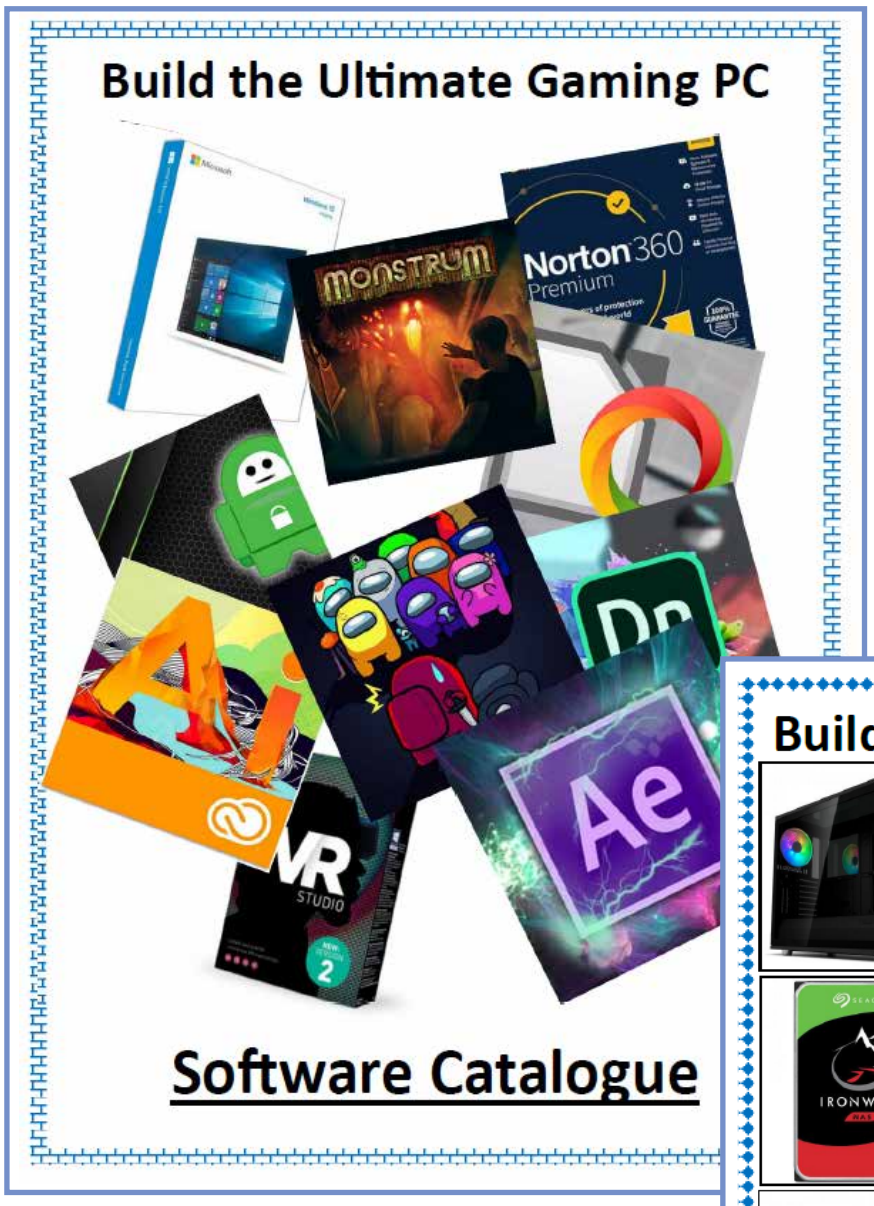
Year 9 - GCSE Computing in a Day

On June 7 and 8, all Year 9 students took part in their second Computer Science Matrix Day. The first day back in May centred around just programming and building software applications whilst this day encompassed wider aspects of computer science and was titled: “GCSE Computer Science in a Day”.

During the morning students took part in activities where they were learning about computer systems, CPUs, memory and storage and software. The final morning activity allowed students to choose items of hardware to build their ultimate gaming PC.

The students were then treated to some guest speakers. There were former CCHSG Computer Science students who are now attending university studying degrees in computer science and software development, and a guest speaker from Amazon Future Engineers.

In the afternoon the students learned more about programming and solving algorithmic problems. The final activity of the day involved the students choosing which software including games, that they would like to install on their ultimate gaming PC.





“it was a really enjoyable day. There was lots to learn and it was very interesting hearing form the guest speakers.”
Anne Sunega

“My favourite part is the programming and problem solving tasks but it’s all interesting and presented in a fun way.”
Emma Wright

Bring Your Own Device Fortnight

From the week commencing 27/6 to 8/7, students who are participating in the school BYOD scheme were bringing their devices into school every day for use in lessons.

The BYOD scheme is an integral part of the school’s technology strategy and although still in the early stages it is starting to gain momentum. Over the next three years we are aiming to reach a level where most students are using their laptops to enhance learning, in most of their lessons. Students in Years 7 to 9 have BYOD devices, this is on a rolling program we are extending to more students year on year.

The BYOD fortnight was a chance to give staff and students the opportunity to use the laptops in the classroom to develop the use of technology and enhance their learning. Imaginative use of the devices were seen in Maths, English, Languages, the Sciences among other subjects.

“I really enjoyed using my laptop in lessons, we used some interactive learning tools and quizzes.” Year 7 student

“I think if we are able to use the laptops more it could improve our learning, bringing the laptop means we have to copy less books and can sometimes complete tasks more efficiently.” Year 7 student

“The worry about introducing this technology into the classroom is having to plan more, or having to account for students without devices. I found that with a little bit of thinking ahead it didn’t take much extra planning and the more I was using the devices the easier it became to think of adaptations. It really motivates the students and increases the workflow without increasing the workload for the teacher.” Year 7 teacher

Amazon Future Engineers - Guest Speaker

45 students from all Year Groups attended an open invitation to come and hear guest speaker Paul Huston, who is a software development manager at Amazon, talk at lunchtime on 22 June in the lecture theatre. Paul spoke about his background as a software engineer and how he served an apprenticeship with BT before starting his own online gaming company. he is currently working with Amazon developing the speech and language for Alexa.

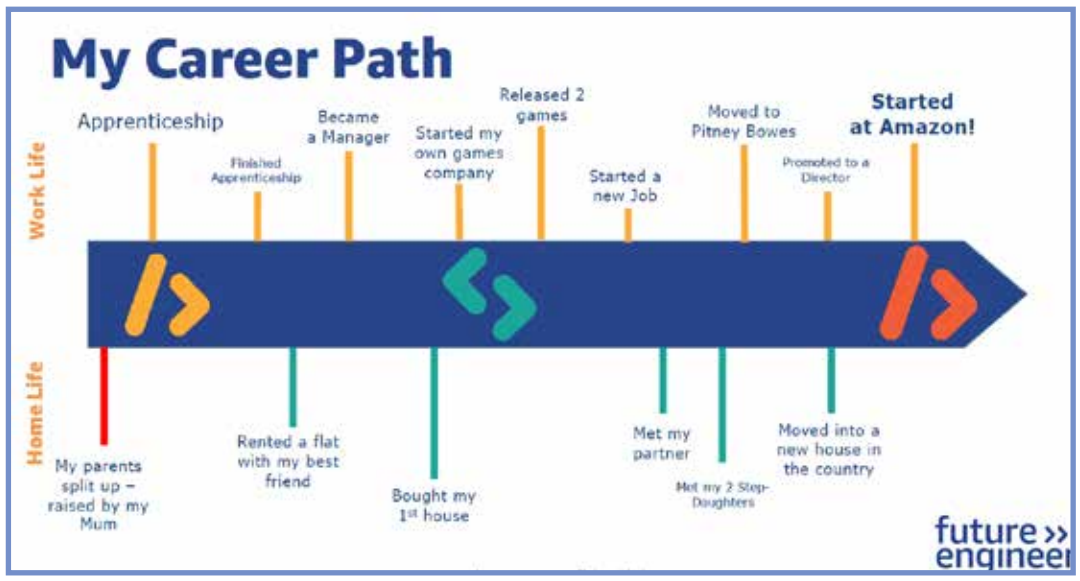
Paul had lots of useful advice for our students about careers in general but also about how to progress as an engineer or computer scientist. Students asked lots of good questions mostly centred around Alexa, for example:

Is Alexa always listening to us?
The simple answer is no.

How will we see Alexa develop over the coming years?
They are working on Alexa being able to respond to human emotions.

https://AmazonFutureEngineer.co.uk/cyberrobotics





Amazon Future Engineer is a computer science education program that seeks to afford all young people the opportunity to explore their potential. It centres on providing increased access to CS and STEM education, a foundational experience that often leads to high opportunity careers.

By building on experience to create learning programmes Amazon hopes to enable all young people to access to these careers—not just at Amazon, but anywhere their creativity and potential may lead them.



What is the challenge?
Can you code an Amazon Hercules robot to deliver your friend's birthday present on time? Join this free, 3-hour virtual challenge to learn programming basics. The challenge runs on Chrome and is recommended for aged 8 or above.

Big Bang Competition

Congratulations to Ranita Ariyibi and Maria Stanciu in Year 9 who attended the "Big Bang" Competition on 22 June. Ranita and Maria built a translator for British Sign Language that uses computer vision and machine learning to translate hand gestures into text. This can then allow deaf people to use home assistant devices such as Alexa or Google Assistant. It can also be used as a learning tool or simply as a translator. The students were nominated for four awards:

The Intellectual Property Office Award for Outstanding Innovator; The Stantec Developing Future Communities Award; The Big Bang Junior Engineering Award; UK Young Engineer(s) of the Year.

They placed as runners up for the Junior Engineering Award and received a trophy and £250. To be nominated for so many awards was such an achievement and they were competing against students who were 18 years old. The students will be looking to build upon the experience and improve their product for next year with the aim of winning. You can see the presentation at https://www.youtube.com/watch?v=rE2MtceT9GM



Year 11 Celebration Event

Year 11 marked the end of exams and the start of their summer break, with a celebration event at Stoke by Nayland Golf Club. Students and staff enjoyed a buffet and disco, and the chocolate fountain proved particularly popular!

We wish all Year 11 a very enjoyable holiday and look forward to seeing most of them again, in the Sixth Form in September.

































Student Voice 2021/22

This has been a very active and effective year for Student Voice. The group have continued with the early evening online meetings, which were introduced during the pandemic, and the discussions have been more extensive and productive than ever. The action points from the meetings are circulated to all the Senior Leadership Team and pastoral staff, and Mrs Frost is able to raise relevant points for discussion at Senior Leadership Team Meetings.

Sharing the Views of Wider Students

Each meeting there is an opportunity for group members to raise any issues brought to them by other students. These range from problems around the school site – such as queues at the vending machine, or bins being too full, to requests for particular items to be sold in the canteen. Students also raise curriculum issues, such as problems with homework setting or themes that they would like covered in the PSHCE programme. Student Voice also collaborate with other student groups across the school. In January Reanne O'Brien and Nishka Sheik attended a Student Voice meeting on behalf of the Wellbeing Ambassadors, to discuss ideas for a wellbeing room and talk about how they can best support students. Student Voice are also called on to contribute to the recruitment of senior staff.

Feedback for Staff

In addition to responding to items raised by other students, Student Voice is often asked to give feedback and suggestions to support the development of areas of the school. This year the group were asked to give feedback about their experience of "careers" education – what they consider this includes, which aspects they have found particularly helpful and which aspects they might like to see developed further. Feedback was shared with the Careers Lead and Mrs Daniels as PSHCE lead and formed part of the ongoing review of Careers provision.

The Student Voice group are regularly asked to provide information about the type of teacher marking that they find the most helpful, so that this can be shared with staff. In December, Student Voice brought examples of helpful marking or feedback to share at the meeting, explaining why they found the particular approach to be helpful to their learning. This information was shared with teaching staff. Student Voice also confirmed the content of the student planners for 2022/23, as well as choosing artwork for the three different covers.

As part of an ongoing review, Student Voice were also asked to give a student perspective on the types of display currently in evidence in the school corridors. Following this there will be more framed student artwork around the building and subjects will be encouraged to put up more displays showing students engaged in activities and trips.

Never Acceptable – School Culture

Early in the year, further work was done on raising awareness of micro-aggressions, in collaboration with the African Caribbean Society. Members of Student Voice contributed to an assembly presentation on the topic. The group also reviewed the CCHSG Equality and Diversity Statement, making suggestions which were included in the revised version, now agreed by Governors.

Exploring Student Perceptions about Safe and Unsafe Areas of the School/Surrounding area

At the start of the academic year there was a survey of all students to identify any "hotspots" in school or in the area immediately outside school where they might feel intimidated or unsafe. Student Voice contributed their ideas and in particular identified that students from other schools cycling at speed on the pavements outside school were a safety risk. As a result of this the issue was raised with neighbouring schools, and has been much improved.

Anti-Bullying Week – 15-19 November

Anti-Bullying Week took place in November, and "One Kind Word" was the theme from the anti-bullying alliance for this year. Poppy Sugden wrote a script for a short film on the theme, largely acted by Student Voice members but also including brief appearances by several members of staff. This was shown as an assembly presentation by Student Voice to all Year Groups.

Visit from Will Quince MP

In mid May MP Will Quince visited CCHSG and spoke to the whole of Year 9 about his role as a politician. Student Voice, alongside members of the Kilt editorial team, were then invited to a question and answer session, where varied topics varied ranged from tackling homelessness, to what the government is doing to improve mental health and wellbeing services for young people.

Reading at CCHSG

Student Voice were asked to consider the promotion of reading in school and what we could do to develop this further. Students to fed back with their own ideas and those from wider students. They also gave very positive general feedback on the new library facilities. It was suggested that there could be wider subject reading for Sixth Form students, to support A level study and preparation for university and that some visual shelf signage for the categories of books could be added, so students can locate them easily.

Body Shaming

During the Spring term, wider students had raised the issue of instances of body shaming occurring in our community. Student Voice decided to address this via an assembly presentation for all Year Groups and spent time planning and preparing this. The feedback following the presentation was very positive and we hope it has raised awareness of this important issue.

Student Voice continue in post until October 2022, when elections for the new team will take place. We hope that many of the students will want to be involved.

Everest Basecamp Trek - Parent Fundraiser

Everest Base Camp Challenge fundraiser by CCHSG Parent



Last term Mr Gowrishankar Jegadeeswaran, parent of a CCHSG Year 8 student completed the huge challenge of trekking to Everest Base Camp in the Himalayas in Nepal.

Over £1,700 was raised in sponsorship!



We congratulate Mr Gowrishankar on completing the challenge and thank him for choosing to raise funds in support of CCHSG PTFA. Many thanks also to all the generous donors.

In recognition of his outstanding fundraising for the PTFA, PTFA President, Mr Muldoon, presented Mr Gowrishankar with a gift and certificate of thanks.



Why Not Support PTFA Fundraising?

Raise FREE donations for CCHSG PTFA via Easyfundraising & AmazonSmile

CCHSG PTFA is registered with easyfundraising and AmazonSmile so you can help us raise funds simply by doing your everyday online shopping! We've already raised over £5,200 with 194 supporters since April 2016. Every time you shop, we receive a small donation to say 'thank you!'

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



AmazonSmile is a way for customers to support their favourite charity every time they shop with Amazon. Amazon will donate a portion of the price of eligible purchases to the charity of your choice.



Signing up is easy - here's how!

1. Visit smile.amazon.com
2. Sign in with your Amazon.com credentials
3. Select Colchester County High School for Girls PTFA as your charitable organisation to receive donations & start shopping!
5. Add a bookmark for smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile

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

“Blockbusters” - Summer Concert

Congratulations to all the 230+ students who have worked extremely hard over the Summer Term to prepare their pieces for “Blockbusters” our showcase of drama, music and dance. Elements of the evening have been specially selected in celebration and memory of Mr Michael Ulph.

Many thanks to all the staff who were involved in helping to put the production together and in supporting on the evenings of the performance. ook out for our next production will be “Les Miserables” in Spring 2023.













We would like to thank our peripatetic music staff who have kindly donated a beautiful music stand, dedicated to and in memory of Mr Ulph, to the Music Department. The stand will be kept safe over in M block and used for all future concerts and productions.

















Art Sustainable Fashion Show - Year 8

The whole of Year 8 worked in small groups on a "sustainable fashion" project. They designed, branded and marketed their own fashion items, made entirely from recycled materials. The Dada art movement, with its repurposing of everyday objects into works of art, provided inspiration. Students produced mood boards and presentations about their fashion lines, before parading their garments and accessories on the outdoor catwalk.





Presentation

- Talk about the garment/ garments/ accessories you have made for the cat walk. Answer these key questions:

1. How is this ethically sustainable?
2. How does this relate to the Dada movement?
3. How did you make the garment?
4. What materials did you use and where did you source them?

Learning objective 8C

- To have successfully started making your garment ready for the runway show on 6th of July. This needs to be appropriate to wear in school and if not clothes/tights will need to be worn underneath.
- Consider your success criteria for this form:
- How well it relates to your insect: /10
- How well you have used the materials: /10
- Aesthetically pleasing: /10
- Sustainability: /10
- Brand and logo: /10





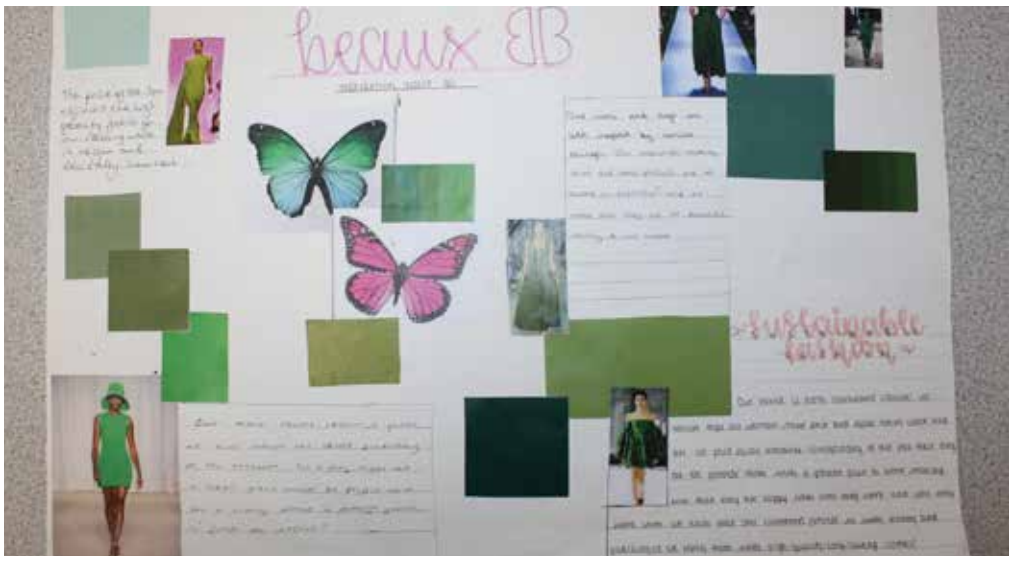




















National Literacy Trust Reading Champions Quiz

Reading Champions is a national reading campaign that supports and celebrates reading culture within schools, encouraging reading for pleasure, reading diversely, and the development of reading stamina. This is the first year that the Library has supported students to enter the completition and we were delighted to come 3rd out of 24 in our region. Congratualtions to the students who took part.



www.literacytrust.org.uk

National Literacy Trust

Reading Champions

ALCS

“During the Spring term of 2022 myself and three other members of Years 7-9 respectively competed in a regional reading challenge heat, representing the school. We were all really excited and proud to be in the school’s first team in this competition. There were a wide variety of different categories, based on a large variety of books, and we were able to choose a joker to double the points from one category. We decide to double the points in the sci-fi category after a brief discussion with the librarians. The most memorable category was the picture category, where there was a video for each book containing clues. It was great fun to try and puzzle out, even though many of the clues were obscure and hard to pick out. We even found a team mascot! It was a penguin, and we nicknamed it Pengu. We were all really tense when the results came out, since we’d all worked really hard, and wanted to do well. When we realised, we had come third, we were all really exhilarated and proud of how well we had done. We were happy to be good role models for the school, and those of us that are currently in Year 7 or 8 hope to try again next year to try and make it to the national finals. All of us want to give the librarians a huge thank you for helping to set up and organise the competition in our school, and also for being great moral support to those of us competing”.

Eveline Gaydon 8E

PE Presentation Evening

The annual PE Presentation Evening provides an opportunity to share the success of sports teams across the school and to recognise the individual achievements of students. Well done to all those who received awards and also to all those students who have represented the school during the course of the year.

Jadesola Fawehinmi

Winner:
KS3 Athletics Standards Points



Lyla Belshaw

Winner:
KS4 Performer of the Year



Ella Hudson

Winner:
KS3 Outstanding Contribution



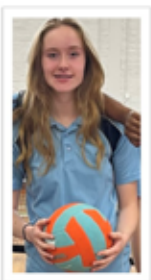
Year 7 Football

Winner:
KS3 Team of the Year



Maya Osborne

Winner:
KS4 Outstanding Contribution



U14 Netball

Winner:
KS4 Team of the Year



Isobel Maddison

Winner:
KS3 Sporting Excellence Outside School



Georgia Banyard

Winner:
KS3 Performer of the Year



Connie Ratley

Winner:
KS4 Sporting Excellence Outside School







Rebecca Alderton

Winner: KS5 Sporting Excellence

Lily Tyler

Winner:
Athletics Standards Points



Year 10 Rounders Olympics World Cup

As part of the Year 10 PE lessons we took part in a series of Athletics events and Rounders matches against other "countries" within the core PE groups, in order to try and win the prestigious Rounders Olympics World Cup. These PE lessons were both fun and educational, and helped us develop our Rounders and Athletics skills, meanwhile making new friends in the process. Some key highlights of the tournament included Team England having someone dress up as Queen Elizabeth II for their opening ceremony performance of "God Save the Queen".

Colombia's performance of "Shakira" was also a crowd favourite. Hasika catching two balls in a row for Team Sri Lanka during a hugely competitive Rounders match was particularly impressive. Overall, everyone had a great time participating, and the fact that each team was representing a particularly country added a more competitive element which everyone thoroughly enjoyed.



PE Sports Personality of the Year - Bella Johnson

Bella first caught the attention of PE staff in Yar 7, when she represented the school in nearly every sport. Each year from then (excluding covid years), she has continued to impress the department. Her contribution to PE and school sport is second to none. She is a key member of a number of teams and over her time at CCHSG, has represented the school in the U16 Netball A team, rounders (taking the team to the national finals which was a CCHSG first), cricket, athletics, cross country and football.

Outside school, her talent continues to thrive. Her main sport is cricket, and she has been selected for the second year running as part of the England Cricket Board development pathway. This covers 9 counties and London and she participates as an “All-Rounder”. She is the only one from her Essex year group to be selected. As well as this, she was recently asked to captain one of the Sunrisers EPP sides and is hoping to progress within the Sunrisers set up which feeds into The 100 and England Academy. She went on to place second in the National All Rounder Competition at the start of the academic year. Her latest achievement is that she has been playing in the men’s league and has been opening the batting this season, and made history by being the first female at Chappel and Wakes Colne in it’s 175+ year history to score a century for any team, let alone a men’s league team.

But Bella doesn’t just stop at cricket. She is also part of the England rounders team. She was scouted at the schools Nationals finals, and went to to get selected in the England u14s squad. She impressed them so much that she has not needed to trial again and was automatically selected for the England playing squads in 2021 and 2020. She has played in international fixtures 2 years running and has England caps for both those years. She was also selected for the England U16s squad this year and it doesn’t stop there….

Bella has also been in the Suffolk age group teams for Hockey since she took up the sport aged 12. She is currently part of the U17s county squad and played in the A team at all fixtures during the winter season. She was also asked to play for Sudbury Ladies 1st team and she played in all matches for the 1st team up to January but sadly was unable to participate in the matches from January due to clashes again with her cricket commitments.

The winner of Sports Personality should be someone who is successful, committed, a positive role model, has a passion for their sport, is competitive, gives 100% every time and is willing to go the extra mile for the sake of their team. Bella encompasses all of these things.

Well done and congratulations for all you have achieved so far, Bella.

The CCHSG PE Department



PTFA

PTFA CONTACTS:

Chair: Agness O'Brien
cchsgptfa@gmail.com

Registered Charity No. 110464

Autumn Dates for Your Diary

PTFA AGM and Ordinary Meeting:

Monday 26 September 19.30 – 21.00
If you would like to be an active member of the PTFA, our Annual General Meeting is at 19.30 on Monday 26 September 2022, at the school. All are welcome.

Annual Christmas Market:

Saturday 26 November, 12.00 – 15.00
Save the date for this popular annual fundraising event hosted by CCHSG PTFA which is open to our local community. Bookings are open for stalls.
Cost: Single stall £25, Double stalls £40.
For further details please email cchsgptfa@gmail.com

The PTFA would like to thank all of you for your tremendous support towards our fundraising initiatives throughout the 2021/2023 academic year. Our joint efforts raised an amazing £24,107.08!

Beresfords Estate Agent's Advertising Boards to Promote the PTFA Christmas Market

If you own a property in Colchester or Chelmsford which is in a prominent location with public access or visibility and would like to volunteer your address, please let us know.



Contact: Agness O'Brien on Classlist or email cchsgptfa@gmail.com





Special thanks to our PTFA Committee Members and volunteers, in particular, our hardworking and dedicated team of volunteers for the Nearly New Uniform Scheme. We wish everyone a restful and enjoyable summer break.