Colchester County High School for Girls
Parent Weekly Bulletin
15 January 2021

Term Dates 2020 – 2021

Spring Term
Monday 4 January
Friday 26 March

Half Term
Monday 15 February
Friday 19 February

Summer Term
Monday 12 April
Wednesday 21 July

Bank Holiday
Monday 3 May

Half Term
Monday 31 May
Friday 4 June

Non-Pupil Days
Wednesday 2 September 2020
Thursday 22 October 2020
Friday 23 October 2020
Friday 18 December 2020
Monday 19 July 2021

Academy Days
Tuesday 20 July 2021
Wednesday 21 July 2021

Term Dates 2021 – 2022

Autumn Term
Wednesday 1 September
Friday 17 December

Half Term
Monday 25 October
Friday 29 October

Spring Term
Tuesday 4 January
Friday 1 April

Bank Holiday
Monday 3 January

Half Term
Monday 14 February
Friday 18 February

Summer Term
Tuesday 19 April
Friday 22 July

Bank Holiday
Monday 18 April
Monday 2 May

Half Term
Monday 30 May
Friday 3 June

Non-Pupil Days
Wednesday 1 September
Thursday 2 September
Thursday 21 October
Friday 22 October
Friday 17 December
Tuesday 4 January
Thursday 21 July
Friday 22 July

Follow us on Twitter: @CCHSG_
English & Drama Dept: @CHSG_Eng_Drama
PE Dept: @CchsgD
Music Dept: CCHSG_Music

Dates for Your Diary

Monday Week B	Jan	18	Yr 11 Mock Examination Results to Parents Yr 12 Progress Check 2 Marksheet Released NEETSA Governance Induction Part 2 Pastoral Meetings
Tuesday	Jan	19	Yr 10 Progress Check 2 to SLT & YM Yr 11 Reports to Office CTTC Strategic Committee 08.30
Wednesday	Jan	20	NEESTA CPD Co-Ordinator's & Operations Meeting 16.15
Thursday	Jan	21	Yr 11 Reports to Tutors Yr 12 Progress Check 2 **Deadline 09.00** CPD: Metacognition & Spaced Learning
Friday	Jan	22	

We thank parents for the many messages of positive feedback for the online provision of lessons. This reflects the hard work of our staff and the team spirit of our school community, we appreciate your support.

In addition, we continue to be proud of the way the way students have risen to the challenge and involve themselves in online learning. We strongly encourage students to stick as closely to their regular school day as possible, continuing to access all timetabled lessons via Microsoft Teams, including morning registration and Tutor Time every day.
However, students should balance their time spent on learning with looking after themselves; to not to feel overwhelmed or anxious. Our pastoral team are here to help and support when needed.

Student absence, for example due to a medical appointment, should be continued to be recorded via the normal channels or by inform Mrs Curtis, Attendance Officer, directly via fcurtis@cchsg.com, It would also be courteous if the student contacted their teacher directly to let them know of a known absence. Please ensure we continue to be kept informed regarding COVID-19 positive cases and self-isolation in student households.

School Meals
For students in school are range of jacket potatoes and pasta salad pots along with panini, sandwiches, wraps and samosas are available for pre-order. Drink, fruit and snack items can be purchased at lunchtime on the day. Please order by following the links below:
StudentLunch
A separate order form should be completed for each day that students require lunch. Orders must be submitted by 09.00 on the day required.

PE and Physical Activity at Home
Now more than ever, it is important to ensure you are keeping active and doing daily exercise. The benefits are not just physical – but essential for your mental health as well! When students are timetabled for PE, we urge them to utilise that time to exercise and get active. The PE staff are setting various tasks/ focus points, so students must regularly check their Teams page. As well as the timetabled PE, students (and staff) are encouraged to aim to do 30 minutes of exercise a day. So step away from your laptop, go and get some fresh air, and get active!

Every Monday the PE department are setting four challenges; students have until Friday at 15.30 to achieve their best score and submit it through their PE Teams assignment page.
Yrs 7-9 will then have a top five from each class announced in their Teams page on Monday mornings. Yrs 10 & 11 will be competing against the rest of the Year in core groups – making it a whole class effort!
All files are uploaded and saved in the PE shared area. A PE streams page is in development, where department home workouts can be found; CCHSG MSTEAM PE Dept Finally, please follow us on twitter @CCHSGD as we share ideas, and promote various activities/ challenges that we will be doing throughout online learning.

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

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Yrs 10, 11 & 12 PE Careers Talk
We have an exciting opportunity for GCSE and A Level PE students in Yrs 10, 11 and 12 to attend a virtual careers talk, held by guest speaker Dr Emily Martin from St Mary's University Twickenham. Students will have the opportunity to ask questions about careers in the Sports Science field, including finding out about the national and international opportunities that can stem from exploring a career in Sport Science. Students will also find out about the demands of a BASES accredited Sport Science course at university.
This talk is scheduled to occur during Period 2 lesson time on Friday 22 January. Students who do not have scheduled PE lessons during this time will be excused from their normal lessons for this hour. Students who have been invited to attend will receive further email correspondence regarding this insightful talk.

MFL Spelling Bee National Final Competition Success
The Languages department wishes to extend its congratulations to three students for their exceptional achievements in the National Final Competition.
They took part in the final 71 students out of the 30,531 who started the competition! It was a tightly fought contest and everyone did really well and we are incredibly proud of these students who have shown resilience and determination to progress through every stage of the competition. Two of these students finished in placed positions: German 2nd place overall and French 3rd place overall. Huge congratulations to all three competitors!

The Kilt Request for Articles
The editorial team are collecting articles for the Spring edition of The Kilt. Students who are interested in contributing should email their article to the relevant section editor (listed on the Student Bulletin) by **Friday 5 February**. The team look forward to reading submissions.

Lost Property
Unnamed items from the Autumn Term can be viewed via LostPropertyAutumn2020, please check the pictures to ensure none of the items belong to your child. Items can be claimed by emailing office@cchsg.com where they will be labelled and kept until school resumes. Any items which remain unclaimed by Friday 29 January will be disposed of.

Healthy Living – Focus on Food
Following last week's focus on breakfast this week's recipe is for lunch; an alternative to a sandwich or salad, something warm to fill you up in the winter! **Tandoori Chicken Bap with Sweet Potato Wedges** is quick, nutritious and tasty!
Find the recipe on SharePoint, with all the other recipes so far, via Focus on Food.
Do send pictures of your breakfast to nwebb@cchsg.com.

CCHSG 500 Club
Tickets are still available at £40, please consider supporting us by purchasing a ticket via https://www.trybooking.com/uk/events/landing?eid=14370 Full terms and conditions are on our website.
The next draw will take place on Wednesday 20 January.

Wellbeing Information
Any student who feels they need wellbeing support at this time should contact their Year Leader who can advise and signposts suitable resources and support orgnaisations.

Beating Lockdown Lethargy - Simple Exercises and Stay Sharp
Keeping your mind and body fit and sharp is key to avoiding stress and anxiety, try these simple exercises throughout the day to give you a mental boost.
IINTERLACE FINGERS: Press palms forwards away from you. Breathe in. If ok on your shoulders, keep fingers interlaced and lift arms. Send palms to the ceiling. Hold for 10 breaths.
SIDE STRETCH: Left hand to left hip. Lift right arm overhead. Reach to the left. Repeat on the other side.
NECK ROLLS: Left ear to left shoulder. Right ear to right shoulder. Roll head from side to side. Repeat 10 times.
GENTLE SHOULDER ROLLS: Shrug shoulders up by ears. Next gently release them down. Repeat 10 times.

Next Chapter: A Future Without Domestic Abuse – Children and Young People
Their Children & Young People (CYP) service offers practical and emotional support, information, and education for CYP who are experiencing or have experienced domestic abuse. If you are worried about a child or young person would like some more information about the range of resources on offer please contact: The CYP Team at Next Chapter 01206 500585 opt 2 or visit the website www.thenextchapter.org.uk

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Remote Learning Information, Advice and Expectations

Remote Learning Advice
The DfE have produced a parental guide to remote learning:
https://dfemedia.blog.gov.uk/2021/01/08/what-should-remote-education-look-like-how-can-your-child-learn-remotely-if-you-dont-have-a-laptop-we-answer-your-remote-learning-questions/?utm_medium=email&utm_source=govdelivery

Scan Homework Using Mobile Devices
For those who do not have a scanner at home iOs or android devices can scan homework and send to teachers electronically.
For instructions for how to scan documents with iOS: https://youtu.be/yEQRKnu4yLo
To scan documents with an android device, the best way is through the Google Drive app, which comes pre-installed in most Android devices, for instructions watch the video via link:
https://www.youtube.com/watch?v=WUz7R3luoes

Live Lessons via Microsoft Teams
Some guidance for students participating in live lessons:

- you should only use the chat and conversation function for learning purposes (not social)
- you should only unmute your microphone if requested by the teacher
- it is optional for you to have their video on, parents should monitor this* (teachers may choose to turn all videos off in some lessons)

*Student Videos during Live Lessons : If you choose to have your videos on you must adhere to the following expectations

- Appropriate dress
- Appropriate behaviour (including body language and signals)
- Appropriate position within the house with an appropriate background

Online Safety
We recognise that the majority of young people will not be physically attending school and that it is likely they will be spending longer periods of time online, which may increase their vulnerability. The breadth of issues within online safety is considerable. It can be categorised into three main areas of risk:

- Content - exposure to illegal, inappropriate or harmful material
- Contact - subjection to harmful online interaction with other users
- Conduct - personal online behaviour that increases the likelihood of, or causes, harm

It is important for parents to be vigilant about their child's online activity and to inform the school of any concerns they may have about their child in this respect. For more information and links to further useful websites please visit the e-safety pages on the CCHSG website on: https://www.cchsg.com/e-safety/

Updates on Microsoft Teams
There are frequent updates to the Teams platform and an ever growing list of compatible apps that can be used to support lessons. Each week we will be posting information about one or more of these features.
To check on recent updates and changes to Teams you can follow the link: https://tinyurl.com/yxvuked4

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Extra-Curricular and Enrichment Activities

Yrs 12 & 13 MedSoc
Medsoc will be starting up once again on Thursday 21 January, for Yrs 12 and 13 for the time being. The focus will be on university applications and the difficulties of COVID during the application period. It will be a virtual call every Thursday lunch and run by a Yr 13 students.

Law Society
For student in Yrs 10 – 13 interested in Law, meeting every Thursday at 16.00 via Teams. Please see poster below for full details.

Virtual Talks from Speakers for Schools
Next week's schedule can be found via **Live Broadcasts Schedule**.

Date & Time	Speaker	Talk Information
Tuesday 19 January 17.00 – 18.00 LINK TO JOIN	Anthony Salcito, Vice President of Microsoft Worldwide	Hear Anthony's thoughts on how technology has impacted education, what skills are important for your future career. With an opportunity to ask questions.
Wednesday 20 January 10.00 – 11.00 LINK TO JOIN	Sophie Darlington, Wildlife Cinematographer	Sophie describes what it was like to work on "Our Planet" and "Perfect Planet", and will be sharing some top tips on filmmaking
Wednesday 2 January 14.00 – 15.00 FORM TO SIGN UP	Introduction to Animation & VFX with Industrial Light & Magic	ZOOM webinar about what it's like to have a career in VFX! There will be the opportunity to ask the speakers questions too.

Watch pre-recorded broadcasts from their library here

Remote Learning from the BBC
The BBC have a range of resources and programmes to help study during lockdown:
https://www.bbc.co.uk/newsround/55552432

Yr 12 Newnham Essay Prize Competitions
Newnham College, University of Cambridge, have launched their annual Newnham Essay Prize competitions. There are a range of subject areas (see below), and a choice of essay titles within each area. As a school we can send up to 5 entries per subject area, students should get in touch with the relevant HoD if they would like to enter.
Deadline for submission of entries: Wednesday 10 March
Prizes are offered in Archaeology, Biological Sciences, Classics, Computer Science, Engineering, History, Mathematics, Modern and Medieval Languages, Music, Philosophy and Psychological and Behavioural Sciences, as well as their annual 'Woolf Essay Prize' with questions inspired by Virginia Woolf's A Room of One's Own.
Each of the Newnham Essay Prizes have a first prize of £400, a second prize of £200 and a third prize of £100.
For full details go to https://www.newn.cam.ac.uk/admissions/undergraduates/newnham-essay-prizes/

Engineer Online Resources from the Sea Cadets
Engineers play an important role by solving problems to make living in our world easier and more convenient, by following the engineering cycle: Idea, Design, Build, Test, and Evaluate. The Sea Cadets are sharing these online tasks to complete to learn STEM core skills: Be an engineer - Sea Cadets (sea-cadets.org)

Wool4school Design Competition
An annual design competition for students, encouraging budding fashion designers to show their innovative thinking and creative design. Prizes include internship with Feng Chen Wang, London College of Fashion summer course, meetings with industry professionals and subscription to Vogue. To find out more about the competition go to https://www.wool4school.com/gb/about-competition/

Careers and University Information

CCHSG Careers Information
Mrs Kee is continuing to hold telephone appointments with students these are available on one day every week, either Monday or Wednesday. Interested students should email Mrs Mandal via smandal@cchsg.com and include in their email a preferred telephone number for the appointment. This information will be passed on to Mrs Kee who will contact the student to fix an appointment. Students are not to approach Mrs Kee directly.

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HSBC Investing in Futures
The Early Careers team at HSBC have created a series of bite-sized free webinars via Zoom with the aim of developing skills when looking for a career. To register follow the links below, spaces are limited, and will be allocated on a first come, first serve basis.
A taste of success – Work experience: HSBC 2021 Work Experience placement opportunities are now live, apply via Work Experience.
14 January – Who am I? An exploration of Personal Branding, a key for success. Register via: https://hsbc.zoom.us/webinar/register/WN_uJLUtO6NQc2VYaD17yoP9Q
4 February – Do I need a degree to enhance my career? An exploration of various career routes. Register via https://hsbc.zoom.us/webinar/register/WN_D3x-B7VPSLyECYocbLL5Og
11 March – How to stand out? A session dedicated to applications. Register via: https://hsbc.zoom.us/webinar/register/WN_g5LQlWAyS_-O78W4DoSv1A
22 April – How to be the best you? An exploration of the different type of interviews alongside their purposes. Register via: https://hsbc.zoom.us/webinar/register/WN_cbg82vsMSkWt2ztQtAKLUQ

Oxford and Cambridge Virtual Students Conference 2021
Students are invited to the free virtual Student Conference, organised by the University of Oxford and the University of Cambridge, from 15 - 26 March.
The conference includes information on applying to Oxford and Cambridge, live Q&A sessions and the opportunity to hear about sports and societies at both Universities. A full timetable of talks and sessions will be available nearer the time.
Full information on how to book tickets can be found HERE Alternatively BOOK NOW

In2MedSchool's 2021 Webinar : "A day in the life of 6 medical students"
This webinar from In2MedSchool, will include a medical student from each year group (including intercalation year), from a variety of universities, sharing details about their life as a medical student, giving an insight into the daily routines of a medical student at different stages throughout the course . There will also be the chance to ask any questions about medical school.
The webinar will take place on Saturday 16 January at 15.00 via YouTube! Register at: https://bit.ly/MedStudentLife

University of East Anglia – HE Webinars and Taster Lectures
Their programme of online higher education talks and subject taster lectures continues and are free for students to access. For full listings visit www.uea.ac.uk/study/webinars

Higher Education and Careers Support - UK University Search
UK University & Apprenticeship Search are running two virtual fairs please see **here** for more information.
Yrs 11, 12 & 13 UK University & Apprenticeship Search Virtual Fair - Wednesday 27 January 18.00. Find out more and **sign up here.**
Meet the Russell Group Virtual Event - Wednesday 10 February 12.00 – 19.00. Find out more and **sign up here**

Goldsmiths, University of London Virtual Tours
Students can view a virtual tour of their South East London campus; you can choose to explore the areas that interest you, or choose a 'Day in the Life' to see a subject-specific series of interactive videos. View the tour via https://virtualtours.gold.ac.uk/

University Of Glasgow Virtual Information Sessions
Information sessions for students and parents continue to run on various dates through January and February, details can be found at www.glasgow.ac.uk/explore/visit/virtual
They are also hosting Geography and Spanish masterclasses suitable for secondary school students, find out more here: www.glasgow.ac.uk/undergraduate/teachers/whatson

Bloomberg Apprenticeship Event – 21 January 16.00
Bloomberg partners with Russell Group universities and award-winning apprenticeship providers to deliver their programme: Data Path Finance Path Business and Administration ICT
Students can register to attend the event here

Springpod Virtual Careers Fair – 27 January
Springpod is holding their Virtual Careers Fair, allowing students to learn from companies such as HSBC, Network Rail, EY and Cancer Research UK. To find out more and about current their programmes/insight days please click here.

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Community Information

Colchester Police Local Update
Essex Police have shared with us their latest newsletter and updates, this is available via:
https://colchesternhw.org.uk/colchester-and-essex-police/

Correspondence Sent Out This Week
Yrs 10 and 11: Link for Online Parent Revision and Wellbeing Workshops
Yrs 10 and 11: Iceland Trip (selected students)

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Yr 7	Bushcraft Residential Trip	Friday 29 January

This Week's Brainteaser
Rearrange the following letters to give three 6-letter words. What are they?
A D E K S T

Last week's answer: 44 using divide, plus, multiply, minus. Minus 20 using plus, divide, minus, multiply.

Word of the Week for w/c 18 January
Next week the word is: **OXYMORON** – a figure of speech where a statement seems to be self-contradictory.

Colchester County High School for Girls
15 January

PTFA
Registered Charity No. 1110464

1. Second Hand Uniform and Revision Books
Following the success of our second hand uniform and revision books sale in the Summer Term last year, we are still hoping that there will be the opportunity for another one-day sale in the Spring Term, subject to Covid-19 restrictions and school reopening post lockdown. In order to ensure social distancing and the safety of all concerned, the sale will be by appointment only through an online booking system.
If you are having a sort out, please keep items of outgrown uniform and revision books, as we will gratefully accept your donations when school reopens post the current lockdown. Thank you in advance for responding to this appeal.

Upcoming Second Hand Uniform Sale date (subject to Covid-19 restrictions)
Date: Saturday 27 February
Time: 09.00 – 15.00
Venue: CCHSG Gym
Appointment booking details to follow. We regret that we cannot take advance reservations for items. Sales will be on a first come first served basis.

2. Seamstress Available for Uniform Alterations
We are pleased to be collaborating with Mrs Sally (Sal) Williams of Copford, Colchester who will be able to do alterations to your child's uniform, including blazer, at a very affordable price. Contact: Sal at 01206 211735 / 07542 182552 or email sallyannwilliams1965@gmail.com

3. Help Raise Funds for CCHSG PTFA
If you have ideas that could help generate funds and/or create virtual social opportunities for the PTFA community, please email us at cchsgptfa@gmail.com. Here are some simple ways that you can already support the school during this difficult time:

- **Easyfundraising** – Every time you do your online shopping via Easyfundraising, retailers donate money to CCHSG PTA, completely free. Please sign up here: https://www.easyfundraising.org.uk/causes/colchestercountygirlspta/
- ***AmazonSmile*** – You now need to search for amazon on www.easyfundraising.org.uk or the App. You will then be directed to AmazonSmile. Sign up to support Colchester County High School for Girls PTFA.
- **STIKINS ® by Label Planet** – Multipurpose name labels for all a school items. CCHSG PTFA earns up to 30% commission on all sales. Name labels are essential for busy parents and schools who don't have time to deal with lost property. Stikins are an easy self-adhesive solution with no sewing needed. CCHSG PTFA have been allocated a unique code 35809 for parents to use. Visit https://www.stikins.co.uk to order online.
- Ink Cartridges Recycling In Support of CCHSG PTFA. With home schooling and many parents working from home at the moment, you can help raise funds simply by recycling your ink cartridges via the Recycle4Charity programme. For each inkjet cartridge recycled via the programme we will receive a £1 donation. Cartridge brands accepted include HP, Dell, Canon, Kodak, Frama, Pitney Bowes and Neopost, full list here https://www.recycle4charity.co.uk/InkjetCartridges For your convenience, FREEPOST envelopes can also be sent to your home address so you can send cartridges directly via freepost. To do this, please register at: http://www.recycle4charity.co.uk/Register/C95556

PTFA CONTACTS:
Chair: Agness O'Brien
agnessobrien@hotmail.com
Tel. 01376 573694 or 07951 511653
For all enquires related to the PTFA, email cchsgptfa@gmail.com

Research: Physical Activity Supports the Brain to Improve Memory & Thinking Skills.

Did you know that exercise helps our memory and thinking skills?

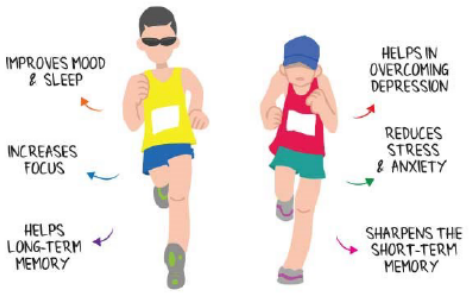
Exercise reduces insulin, inflammation, and "stimulates the release of chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain, and the survival of new brain cells". (*www.health.harvard.edu).*

Exercise helps us all to improve our moods, reduces stress and anxiety. It also helps us to sleep better allowing us to function better in our daily life. When we don't exercise we can have "problems in these areas frequently causing cognitive impairments".(*www.health.harvard.edu)*

Research at the Harvard Medical School states; "The University of British Columbia, researchers found that regular aerobic exercise, the kind that gets your heart and your sweat glands pumping, appears to boost the size of the hippocampus, the brain area involved in verbal memory and learning." (*Heidi Godman, Executive Editor, Harvard Health Letter, 09 April, 2014).*

"Regular exercise of moderate intensity over six months or a year is associated with an increase in the volume of selected brain regions," (*Dr Scott McGinnis, Neurologist , Harvard Medical School)*





PHYSICAL EXERCISE IS THE KEY TO BRAIN HEALTH

DEVELOPINGHUMANBRAIN.ORG

RESOURCES:

http://www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110

http://thebrainflux.com/brain-benefits-of-exercise/

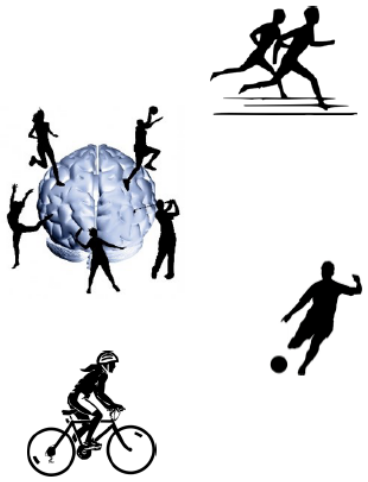
SPORT ENGLAND

NEETSA
Lead School:
Colchester County High School for Girls
Norman Way
Colchester
CO3 3US
Telephone 01206 216286

SPORT ENGLAND

PHYSICAL EXERCISE:

IMPROVING BRAIN ACTIVITY AND COGNITION



A NEETSA and Sport England Teaching Approach Initiative

How can physical exercise help your child?

Increase their Energy

If you exercise regularly you improve your muscle strength which helps you to improve your metabolism and gives your more energy to think creatively and with clarity.

Sharpens Focus

Dr. John Ratey, author of "Spark - The Revolutionary New Science of Exercise and the Brain" says that "exercise improves your brain in the short term by raising your focus for two to three hours afterwards. If you have a presentation or speaking engagement try to work out beforehand; you'll be at your peak when you have to perform. In the long term, it can even help starve off brain aging and Alzheimer's. This works on the cellular level through neuroplasticity, the ability of the brain to improve itself with blood flow and levels of brain-derived protein. " He calls it "miracle-gro" for the brain, and it all comes from regular exercise! (*Forbes, 08 May 2012).*

Improves their Memory

When you are more active the brain can remember more. This is increasingly important in the higher content of GCSE and A levels after government reforms. The journal of the American College of Sports Medicine, carried out research whereby "students were asked to memorise a string of letters, and were then allowed to run, lift weights, or sit quietly. The students who ran were quicker and more accurate when they were tested than students who chose the other two options." (*Forbes, 08 May 2012).*

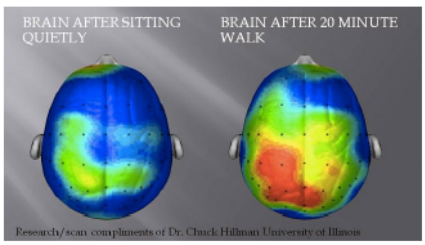
Improves Mood

Exercise releases endorphins, which improves memory. Exercise also releases serotonin, which improves mood and signs of depression. "According to the Mayo Clinic. Duke University researchers proved that depressed adults who exercised regularly improved as much as those treated with the antidepressant Zoloft!" (*Forbes, 08 May 2012).*

Helps Impulse Control

As the previous paragraph states, exercise increases endorphins. This release in hormone supports your ability to prioritise and avoid distractions.

Why Exercise Makes you Smarter?



www.openculture.com

"Science now believes exercise is not just good for your heart it can also make you smarter and that means it can make you better at what you do. It works fast by stimulating your nervous system in the best ways to perform at a higher level within a short period of time." (*www.worldlifeexpectancy.com)*

Therefore exercise can:-

A) **Reduce depression in adults**

B) **Protect children from depression**

C) **Impact on the structure of children's brain's in a positively to support learning and mental health.**

The Science Bit

Finally, the brain reacts to exercise by:

A) Exercise releases more endorphins. Your brain will record it as a moment of stress. There is a chemical to fight stress around the endorphins.

B) When you exercise your heart rate goes up. And you "release a protein called BDNF (Brain-Derived Neurotrophic Factor)." *(www.fastcompany.com)*

C) "This BDNF protects and repairs an element to your memory neurons and acts as a reset switch." (*www.fastcompany.com)*

Which means after exercise we have a clearer mind and feel happy and relaxed.

A Collaborative Initiative between :

Colchester County High School for Girls
Manningtree High School
Gilberd High School
Thurstable Sports College and Sixth Form Centre.
Colchester Academy
St Benedict's Catholic College
Colchester Royal Grammar School
St Helena
Philip Morant
Stanway
Tendring Technology College
Clacton County High School
Thomas Lord Audley
Harwich & Dovercourt

Are you interested in the law?

JOIN CCHSG LAW SOCIETY!

Students in Year 12 are starting a new club for aspiring lawyers and any students who are interested in the law. We'll be having discussions on different aspects of the law every week, giving students a chance to express their passion for the law and practice their argument skills. All students from Y10 and beyond are welcome.



Every Thursday

After School at 16:00 on TEAMS – Students will be sent an invitation and link by Mr Kidby on Monday 18 January

