Colchester County High School for Girls
Parent Weekly Bulletin
15 September 2023

Term Dates 2023 – 2024

Autumn Term
Monday 4 September
Wednesday 20 December

Half Term
Monday 23 October
Friday 27 October

Spring Term
Thursday 4 January
Thursday 28 March
Bank Holiday
Friday 29 March

Half Term
Monday 19 February
Friday 23 February

Summer Term
Monday 15 April
Tuesday 23 July
Bank Holiday
Monday 6 May

Half Term
Monday 27 May
Friday 31 May

Non-Pupil Days
Monday 4 September
Monday 25 September
Tuesday 3 October
Friday 20 October
Wednesday 20 December
Thursday 4 January
Friday 5 January
Monday 22 July
Tuesday 23 July

Term dates 2024-2025

Autumn Term
Monday 2 September
Friday 20 December
Half Term
Monday 28 October
Friday 1 November

Spring Term
Monday 6 January
Friday 4 April
Half Term
Monday 17 February
Friday 21 February

Summer Term
Tuesday 22 April
Tuesday 22 July
Half Term
Monday 26 May
Friday 30 May

Bank Holiday
5 May

Non – Pupil Days
TBC

Safeguarding: Never Acceptable
to report a concern:
Click Here to make an Anonymous Report
Link to Whisper an anonymous third-party service for CCHSG

Dates for Your Diary

Monday **Week A**	Sept	18	Y12 Welcome Breakfast 12C,O,L and H Y7 Baseline Testing Y9 Target Grades Issued Y12 Target Grades Issued
Tuesday	Sept	19	Y11 Information Evening Y7 Baseline Testing
Wednesday	Sept	20	Y12 Welcome Breakfast 12E, S and T Y7 Baseline testing
Thursday	Sept	21	Y12 Information Evening Y7 Baseline Testing
Friday	Sept	22	Y7 Baseline Testing

Nut Free School
We ask everyone to ensure no nuts or nut products are brought into school. This includes during travel to and from school via public or shared transport. Thank you.

Votes for schools
This week's topic was: Are you scared of failure?

CCHSG 500 Club
We would like to thank all those parents/carers who have supported us through the CCHSG 500 Club in the 2022/23 academic year.
Through your generosity, CCHSG 500 Club raised over £4,144.40 last academic year with a total of £2,072.20 paid out to winners of the 10 monthly draws.
We are seeking the continued support of our school community with the CCHSG 500 Club for the 2023/24 academic year (October 2023 – July 2024). Membership takes the form of a one-off payment of £40, which entitles participants to be entered into ten monthly draws for the prize money of up to £500. All the funds raised will go directly towards the provision of additional resources and equipment for our students.
Please show your support for the work of CCHSG staff and students by joining the CCHSG 500 Club and help us reach the maximum number of ticket sales of 500 this academic year which will raise £10,000 for the school with £10,000 paid to winners of the monthly draws?
You can purchase your tickets via https://www.trybooking.co.uk/CNQO

Please purchase your tickets by 16.00 Tuesday 17 October 2023 ahead of the first draw of ten which takes place on Wednesday 18 October 2023.
Visit https://www.cchsg.com/about-cchsg/the-500-club/ for further details and Club Rules.

Please see the attached letter for further details.

Extracurricular and Enrichment Activities

Oxbridge Physics Club – G2 Thursday Lunchtime
If students are considering applying to Oxbridge for the Physical Sciences then they should come along to G2! Over the next few months, we will be going through the application process, the entrance exams, and even some mock interview questions!

Sci-fi and Science Documentary club – G3 Tuesday Lunchtime
If your child likes watching science documentaries then they are welcome to come to G3 Tuesday Lunchtime.

Y10 – 13 British Physics Olympiad
The Olympiad is restarting this year. It will be held Monday Week A lunchtimes in G1, with Mr Minton. It is open to all students in Y10-13, who would like to pursue their interest in Physics.

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Please find attached the extracurricular activities programme available at CCHSG. Please sign up on behalf of your child using SchoolCloud - Colchester County High School for Girls.

Swimming
If your child can not confidently swim 25m front crawl and 25m backstroke, please email Miss Mather (kmatherhutchinson@cchsg.com) It is very important we know this information so that we can put support in place for your child to learn this important life skill.

CCHSG Sport – Gifted and Talented
If your child has achieved high level sporting successes recently, please fill out the form below.
https://forms.office.com/Pages/ResponsePage.aspx?id=la3pq0GH7kuhsVbSrAP_KlB89m46209KrlJdsnmxnE1UNVo2VDhVSTZPNFBVODYwVVFCMUc0R01NMC4u

Cambridge University Ethnic & Racial Minorities Access Programme 2023-24 for Year 11
Cambridge University are running a programme for Year 11 students from ethnicities which are under represented at Cambridge University. The programme includes a day visit to Cambridge in October, where students will be able to meet current students, explore two Cambridge Colleges, and hear about the application process and life at university. Following this, they will also be running a series of online sessions focusing on study skills, A Level choices and life at the University of Cambridge.

To apply students must fulfill all of the following criteria:
-identify as being from an ethnic minority that is under-represented at the University of Cambridge.
-on track to achieve a minimum of 5 GCSEs at grades 9-7 (A*/A)

Applications close on Monday 2 October at 9am. Please use the link : Year 11 ERM Access Programme Application Form to apply. Use Mrs Pigott as a teacher reference.

Are you interested in Oxbridge? The Cambridge Student Union Shadowing Scheme 2024 (Year 12)
The Scheme consists of a three day residential where students can visit Cambridge and get a taste of all aspects of university life. They will go to lectures with their Mentor in the morning, and social events in the afternoon organised by the SU. They can even attend a formal dinner on the first night! A key aim is to show students that Cambridge University is a place for everyone, regardless of background.
The scheme is free to all participants, including accommodation, meals and travel.
All students who attend the Shadowing Scheme must have the potential to achieve A*AA at A Level

Applicants must meet one or more of the criteria below:
- Have no family or friends who have attended university
- Are eligible for free school meals
- Have parents/guardians with a low level of education
- Are refugees
- Have caring responsibilities
- Have been/are in local authority care
- Are from neighbourhoods where few people are university educated

If you wish to apply then please use the link and complete by 11 October 2023 Shadowing Scheme Application (cambridgesu.co.uk). Please use Mrs Pigott as a teacher reference.

Wellbeing Information
Any student who feels they need wellbeing support, should contact any of the following:
EWMHS: 0800 953 0222
Young Minds: https://www.youngminds.org.uk/
Kooth: https://www.kooth.com/
Sexual abuse or harassment can also be reported to neveracceptable@cchsg.com or see the anonymous reporting link on the front of the Bulletin.
Childline: 0800 1111 NSPCC: 0808 800 5000
The School Nurse and School Counsellor are available for student appointments.

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E Safety information.
Behind video-sharing platforms (like YouTube) and streaming TV shows and movies, gaming is the third most popular online activity for children in the UK. In fact, according to recent data from Ofcom, an overwhelming 89% of children aged 3 to 17 play video games. Of those, more than one in five (22%) talk to other players online who they don't know outside the game.

The risk of contact from strangers is just one of the reasons that many parents are concerned about their child's gaming: increased screen time, inappropriate content and in-game spending also figure among the most frequent fears. Agreeing on some rules around your child's gaming activities can certainly help, the guide has some useful tips for helping parents establish these boundaries.

Careers Appointments

Careers Lead – Mr Summers

Students can make appointments with our impartial careers adviser via the sign-up sheet outside of Mrs Tarrier's office.

Dining Room Arrangements
No coats or bags are permitted in the Dining Hall at breakfast, break or lunchtime. Students should put their coats and bags on the racking.
Breakfast – served between 08.00 – 08.35, accessed via the Dining Hall Extension Doors outside the servery.
Breaktime – Years 7 – 11 Break service in Dining Hall.
Lunchtime – hot food in Dining Hall at allocated time for each Year Group, cold food and pre-ordered panini/sandwiches available from the Snack Shack 12.35 – 13.00. Years 12 & 13 pre-ordered food in Sixth Form Refectory from 12.15.

Students in Years 7 – 11 can eat their packed lunches, school sandwiches and paninis in the Hall from 12.35 – 13.00 Monday 18 September to Thursday 21 September. On Friday 22 September the Hall will be unavailable so packed lunches are to be eaten in tutor rooms for Year 7-9. Years 10 -11 can eat under the canopy

Salad Boxes should be eaten in the Dining Hall Extension and can now be pre-ordered.

We strongly suggest students pre-order sandwiches and salad pots to avoid lengthy queues.

Pre-orders must be made by 08.30 via the Civica Eats APP

Please ensure your child's ParentPay meal account is in credit.

Dining Arrangements students to Dining Hall for Lunch:

Week A		**Week B**	
12.35	Y13 , 12, 11	**12.35**	Y 13, 12, 11
12.50	Y 8 & 7	**12.50**	Y 9 & 10
13.00	Y 9 & 10	**13.00**	Y 7 & 8

Students should arrive promptly for their slot

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Menu for w/c 18 September

Monday	Tuesday	Wednesday	Thursday	Friday
Cottage pie & Sweetcorn (D)	Lamb fried rice	Pizza chips & salad (D,G)	Sweet & sour chicken Noodles (G) (S)	Seafood tagliatelle & Green beans (D) (F) (G)
Vegetable chilli & rice (Vegan)	Halloumi burger & salad (D,G)	Macaroni cheese & Peas (D,G,)	Ratatouille (Vegan)	Sweet potato dhal pie (Vegan)
Chocolate sponge & chocolate sauce (D,E,G)	Apple crumble & custard (D) (E) (G)	Pavlova (D,E)	White chocolate cheesecake (D)	Lemon meringue pie (D) (E) (G)
Pudding £1.30				
Panini £3.30				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				
Soup carrot & coriander (Vegan)	Soup Leek & potato (Vegan)	Soup Tomato & Basil (D)	Soup Minestrone (C)	Soup Vegetable (Vegan)

Allergen key - Celery (C) Dairy (D) Eggs (E) Fish (F) Gluten (G) Soya (S) Shellfish (C)
Dishes with allergens will be displayed in this key

CivicaEats App
If your child would like to pre order cold food for lunch from the Canteen they can use the CivicaEats App. Your child can pre order sandwiches, cakes, paninis and salads. For more information please contact reception or Mr Martin, Catering Manager.

Correspondence Sent out this Week
Y13 Information evening – All Y13 students

Healthy Living Rotation
7Y R1 Tuesday period 2 and 3

Lost Property
We urge all belongings to be clearly named.
All unnamed lost property that has been handed is photographed and displayed on SharePoint via CCHSG Lost Property
Items can be collected from Reception and will be kept for two school weeks before being recycled.

MENSA Brainteasers
I am a favorite drink. Add one letter and I am a blue-green colour. Change one letter and I am a business agreement. Change another letter and I am a small valley. Change one final letter and I am a percussion instrument. What was I and what did I become?

Answer to last week's brainteaser:
Answer: Opportunity

Word of the Week for w/c 18 September
Word of the week is**: Unequivocal** meaning allowing for no doubt or misinterpretation.

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PTFA
Registered Charity No. 1110464

1. Autumn Term Dates for Your Diary
PTFA Annual General Meeting followed by Ordinary PTFA Meeting: Tuesday 26 September 2023
New Year 7 Welcome Party: Friday 13 October 2023
PTFA Meeting: Monday 6 November 2023
Nearly New Uniform Sale: Saturday 25 November 2023
Annual Christmas Market: Saturday 2 December

2. PTFA Annual General Meeting: Tuesday 26 September 2023 19.30-21.30
The PTFA would like to invite all parents/carers to the PTFA's Annual General Meeting which will take place at **Room G25 on Tuesday 26 September 2023 19.30-21.00.** This meeting will be followed by an Ordinary PTFA meeting. We anticipate the AGM will last for 30 minutes.

3.New Year 7 Welcome Party: Friday 13 October 19.00-21.00
The PTFA is pleased to invite all Y7 students and their parents/carers to a social evening on Friday 13 October from 19.00 - 21.00.
Tickets are available to purchase at £12.50 per child via www.classlist.com. Students will be entertained with a disco, and snacks and drinks will be provided. Please be advised, that students are not permitted to bring mobile phones or recording equipment into the disco. Parents/carers are invited to attend a separate reception while the students are at their party. Complimentary canapes will be served and there will be a licensed bar and hot drinks available to purchase.
Tickets must be purchased **by 23.55 on Friday 6 October.** If you have not yet signed up to Classlist, please join this safe parent community through the link given above.

4. Autumn Term Nearly New Uniform and Books Sale: Saturday 25 November 2023 10.00-12.30
This term's Nearly New Uniform and Books Sale will take place in the Main Hall, on Saturday 25 November 2023 from 10.00-12.30. We appeal for donations of clean, good quality uniform items that your child has outgrown and revision books. Donations can be deposited in the clearly marked blue wheelie bins outside the school reception. Please send donations by **Friday 17 November t**o allow the PTFA uniform team to prepare all items for sale. Please sign up via the link below if you would like to help at the sale. Thank you in advance for your continued support.

5.Vinodh Gurusamy's Kilimanjaro Trek
Last term we were delighted to announce that Year 8 parent, Vinodh Gurusamy, successfully summitted Mount Kilimanjaro in Tanzania, Africa to raise funds for the PTFA. Vinodh, who has previously completed several summits in the UK, as well as Machu Picchu, in Peru before the pandemic, is rightfully delighted with his achievement.
There is still time to help him raise funds for the PTFA. To support him, please visit:
https://www.justgiving.com/campaign/vinodhkilimanjaro

6. Volunteer Sign Up Links
None of our planned events can run without the kind support of volunteer staff/parents/carers. Could you help? To sign-up, please click on the link for the individual event to go to the sign-up sheet (or copy it into your web browser if clicking does not work).
CCHSG PTFA thanks you in advance for your support.

EVENT	SIGN-UP LINK
Year 7 Welcome Party: Friday 13 October 2023	https://volunteersignup.org/PPAQ7

PTFA CONTACTS:
PTFA Chair: Mrs Anni Cullen
For all enquires related to PTFA, email cchsgptfa@gmail.com
https://www.cchsg.com/parent-carers-hub/cchsg-ptfa/

YEAR 7 SOCIAL EVENING

for Parents/Carers & Students

Organised by:

PTFA

Friday, 13 October 2023

19.00 - 21.00 I Doors open 18.30

Tickets @ £12.50 available on www.classlist.com
(What's on -> Events -> Upcoming -> Year 7 Social Evening 2023)

Ticket purchase deadline: Friday 6 October 2023, 23.59

STUDENTS - entry through Main Hall side entrance.
Enjoy the disco with DJ Scott Dewing, snacks & refreshments.

PARENTS/CARERS - entry through foyer
Canapes & refreshments, licensed bar available.
Siblings including infants strictly not allowed.

Email: cchsgptfa@gmail.com


Colchester County
High School For Girls
COMMITTED · TO · EXCELLENCE
WISDOM GIVETH LIFE
CCHSG
500 Club
now available via Trybooking
https://trybooking.co.uk/CNQO
(Terms & conditions apply)
Email: 500clubcoordinator@cchsg.com

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert



Daniel Lipscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.

Source: https://hipal.app/about/privacy.html

National Online Safety®

#WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.09.2023

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Advertise our most popular annual event with a

Beresfords Estate Agents Advertising Board

Do you own a property in COLCHESTER or CHELMSFORD which is in a prominent location with public access and visibility and would like to volunteer your address?

Boards are installed no more than 3 weeks before the event and removed during the week afterwards. Family and friends can also volunteer.



GET IN TOUCH TODAY!

cchsgptfa@gmail.com

with the following information:

- full address
- preferred contact email
- preferred contact number

PTFA

Thank you for your support!

For all things CCHSG PTFA related, visit www://cchsg.com/parent-carers-hub/cchsg-ptfa/