Colchester County High School for Girls
Parent Weekly Bulletin
3 November 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**	Nov	6	UK Bebras Computing challenges all week Y11 Assembly in the Hall Y13 Assembly in the Lecture Theatre
Tuesday	Nov	7	Historical Great Debate Competition After School Y10 Assembly in the Hall Y12 Assembly in the Lecture Theatre
Wednesday	Nov	8	Y10 Firstsite Gallery visit Y9 Assembly in the Hall
Thursday	Nov	9	Y8 Assembly in the Hall Y7 Parent Tutor Consultation Evening Online
Friday	Nov	10	Y7 Assembly in the Hall Y9 Geography/History Matrix Day DofE Bronze Group B Introductory Session 15:45 – 17:30

A parent calendar is available on the school website (link)

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: Is it time to call a general election?

Year 9 Geography/History Matrix Day Friday 10 November Periods 1-5.
This is the first of the Year 9 Matrix Days for Geography and History.
All students in Year 9 will be involved in the day.
All students currently studying History will be in the Hall studying the Geography of Natural Hazards.
All students currently studying Geography will be in their Geography classes studying the History of Germany. Students who study both will be in the Hall doing Geography. For the Geography day, students will need pen, paper and, if they have one, their BYOD for use in the research sections of the day. For the History day, students will need pen.

First Draw for the CCHSG 500 Club 2023/24 - 18 October
We are very grateful to all those parents and staff who have purchased tickets for the CCHSG 500 Club this academic year. The prize winners of the first draw of ten were:
1st Prize – £102.00 - Ticket number 279380-4041533 (Parent of Year 7 student)
2nd Prize – £61.20 - Ticket number 279380-4012205 (Parent of Year 7 student)
3rd Prize – £40.80 - Ticket number 279380-3918751 (Parent of Year 8 student)

Draw 2 for 2023/24 academic year to be held on Wednesday 15 November 2023
Tickets are still available to purchase for the remaining 9 draws via
https://www.trybooking.co.uk/CNQO
Membership takes the form of a one off payment of £40, which entitles participants to be entered into monthly draws.

All the funds raised will go directly towards the provision of additional resources and equipment.
Visit https://www.cchsg.com/about-cchsg/the-500-club/ for further details and Club Rules

WARMS Survey
The Wellbeing and Resilience Mental Health Service (WARMS), working within the school, run by Mid and North East Essex Mind, are very interested in understanding the issues you feel you would like more support with and understanding around. They plan to use your responses to shape your school's approach to mental health. They would appreciate you completing this survey to help them support the school more effectively. The survey should take no longer than 5 minutes to complete. The survey will close on the 17 November. Thank you.

WARMS Survey for Parents: https://forms.gle/jMpoAi45F9Qt2gdt6

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Vaccinations
Catch up Flu vaccination Clincs are now running for any students that missed the vaccination, please poster below.

Curricular and Enrichment Activities
Please continue to use schoolcloud for signing up to clubs. All new PE clubs are now available. SchoolCloud - Colchester County High School for Girls
Please find attached an updated copy of CCHSG Extracurricular programme Autumn Term 2.

Mathematics Revision Sessions
Please see the information below regarding revision sessions that the Mathematics department are running

Sports Fixtures

Date	Time	Event/Fixture	Against	Location	Years
07.11.23	15:35-17:30	Colchester Netball League Match	TLA	TLA	Year 11
07.11.23	15:35-17:00	U14 Netball Essex Cup Match	Tendering School	CCHSG	Year 8-9
07.11.23	11:30-15:00	District Cross Country	Various	Northern Gateway	Year 7-13
08.11.23	15:45-17:30	Netball Central Venue	Various	Philip Morant School	Year 7
09.11.23	13:30-18:00	U16 Netball Essex Cup Match	St Cleres School	St Cleres School	Year 10-11

Careers
Careers Lead – Mr Summers
Careers Appointments with our advisor Ms Poyser are available. Students who wish to make an appointment may list their name on the sign-up sheet on the M-Block Office Door opposite M8. Students will be emailed with confirmation of their appointment and date.

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.

Parent invite to Coffee with WARMS
Mid and North East Essex Mind's WARMS team are offering parent support on a range of topics. This will be a chance to learn Cognitive Behavioural Therapy (CBT) tools and strategies to support both parents and their child, as well as having a group discussion with those experiencing similar difficulties.

Coffee mornings/Afternoon tea	Topic
Monday 27 November- 13:45- 15:00	Emotional Regulation
Monday 5 February- 9.15-10:45	Low Mood/Lack of motivation
Monday 11 March- 13:45- 15:00	Anxiety and worries
Monday 20 May- 9.15-10:45	TBC following previous coffee mornings/afternoon tea
Monday 1 July- 13:45- 15:00	Looking after wellbeing over the summer break

How to book: Please email c.porter@mnessexmind.org at least two weeks before the session you would like to attend.
Please note there are a maximum of 20 spaces per session.

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This week at Colchester Teacher Training Consortium
This week we have been focussing on their PGCE studies recently; in the week before half term all trainees had a one-to-one tutorial with their PGCE tutor. This proved an excellent opportunity for trainees to discuss their progress towards to PGCE so far, including sharing draft work, discussing key findings from literature, and discussing research methods.

If you are out and about locally this week, look out for new CTTC advertising boards at Colchester United Football Club and in the matchday programme. The CTTC logo and information on how to train to teach from September 2024 can also be found in the Colchester Zoo e-magazine and in the regional LIFE magazines which you may receive through your household door.

MENSA Brainteasers
K, S, T V. The sequence is that of letters that start the names of multiple states of the USA. M and N start 8 names each. A, I and W start 4 names each. C and O start 3 names each and L, S, T and V start 2 names each.

Answer to last week's brainteaser:
Fibonacci. The letters are replaced by the Fibonacci sequence.

Word of the Week for w/c 6 November
Word of the week is**: Underhand** *meaning* done secretively and dishonestly or with the intention to deceive or cheat somebody.

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.

The hall will be available from Monday 6 November – Thursday 9 November. Friday 10 November students will need to eat in their tutor bases and and ensure everything cleared away by 13.00.

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 6 November

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Tomato Pasta & Sweetcorn (G)	Paella (C)	Pizza Chips & Beans (G)(D)	Katsu Chicken Curry & Rice	Breaded Cod Wedges & Green Beans (D) (G) (E) (F)
Mediterranean Pasta & Salad (G)	Cheese & Tomato Tart & Salad (D) (G)	Macaroni Cheese & Peas (D) (G)	Vegetable Lasagne & Salad (D) (G)	Ratatouille & Cheesy Bread (G) (D)
Sticky Toffee Pudding & Custard (D) (E) (G)	Blackberry & Apple Crumble (D) (G)	Profiteroles & Chocolate Sauce (D) (E) (G)	Rice Pudding & Jam (D)	Bakewell Tart & Custard (D) (E) (G)
Pudding £1.30				
Panini £3.30				
Soup of the Day (changes daily) £0.60 with Homemade Bread £0.40				
Soup Minestrone (C)	Soup Leek & Potato (Vegan)	Soup Butternut Squash & Sweet Potato (Vegan)	Soup Tomato & Basil (D)	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
Physics trip to Cambridge
DofE Silver Award Confirmation
Y9 Matrix day

Deadline for Replies and Payments

Year Group	Trip or Event	Deadline for Response
Selected Students	Physics trip to Cambridge	3 November
Selected Students	DofE Silver Award Confirmation	10 November

Healthy Living Rotation
Y7 7X Rotation 1 Monday 6 November period 4 and period 5.
Y7 7Y Rotation 2 Tuesday 7 November period 2 and period 3.
The recipe and ingredients have ben emailed to students and parents.

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.

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PTFA
Registered Charity No. 1110464

COMMITTED TO EXCELLENCE
WISDOM GIVETH LIFE
CCHSG

1. Autumn Term Dates for Your Diary

- **PTFA Meeting:** Monday 6 November 2023 (via TEAMS)
- **Nearly New Uniform Sale:** Saturday 25 November 2023
- **Annual Christmas Market:** Saturday 2 December

2. PTFA Meeting (via TEAMS): Monday 6 November 2023, 18.30- 20.00
The next PTFA meeting will be held on Monday 6 November from 6.30pm to 8.00pm. In order to facilitate the attendance of parents who cannot make the meetings in person at the school, the PTFA have made the decision to hold the PTFA meetings via Teams in future. The Annual General Meeting every September will remain an in-person meeting to be held at CCHSG, but the termly ordinary PTFA meetings will now move online. To join the meeting via Microsoft Teams, please click on the following link: PTFA Meeting

3. 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.

4. Annual Christmas Market: Saturday 2 December
The Christmas Market is the biggest event in the PTFA calendar and will be held on Saturday 2 December from 12.00-15.00. This event is a very enjoyable community celebration, which also raises a significant amount of funds for the benefit of students. However, its success each year does rely on the support of a team of amazing parent and staff volunteers. If you would like to volunteer to help on our catering or cake teams or you would like to run one of the very popular PTFA games stalls, please sign up via the following link https://volunteersignup.org/T4EH4

5. Christmas Market Sponsors
The PTFA is currently searching for sponsors for the Christmas Market. If you own a business or work for a business that would like to sponsor the Christmas Market, please contact cchsgptfa@gmail.com.

6. Donation Station at the Nearly New Uniform Sale: Saturday 25 November
The Christmas Market is fast approaching and the PTFA is appealing for donation ssupport our festive games stalls. We are appealing for:

- **Soft Toys** for our Soft Toy Tombola
- **Books** - both children's and adult fiction or non fiction books for our "Winter's Tale Secret Book Stall"
- **Sweets and chocolate** as small prizes across all our games stalls.

Could we ask that any donations are brought to our Nearly New Uniform and Books sale where there will be a **Donation Station** on Saturday 25 November from 10.00-12.30. If you would like to support the Christmas Market by donating any of these items, please come along and drop them off to our friendly PTFA volunteers and enjoy a mince pie and hot drink on us.

EVENT	SIGN-UP LINK
Nearly New Uniform and Books Sale and Donation Station: Friday 25 November 2023	https://volunteersignup.org/AJE4L
Christmas Market 2023: Saturday 2 December 2023	https://volunteersignup.org/T4EH4

PTFA CONTACTS:
PTFA Chair: Mrs Anni Cullen
https://www.cchsg.com/parent-carers-hub/cchsg-ptfa/

For all enquires related to the PTFA, please email cchsgptfa@gmail.com

Revision Sessions Mathematics Department 2023 -2024

WEEK A	WEEK B
Pure Thursday 7:00 pm (teams) Mrs Roshen	Stats Wednesday 8:00pm (teams) Mrs Bradnum
Thursday lunch selected students Mrs Roshen	Mechanics Wednesday Lunch Mr Glease
FM Core Pure Wednesday 8:00pm (teams) Mrs Bradnum	

Y13 Pure Maths, Statistics

Additional Maths

YEAR 10	**YEAR 10**
WEEK A	WEEK B
Wednesday M8	Wednesday M8
Year 11	**Year 11**
Wednesday M12	Wednesday M12

GCSE Revision

WEEK A	WEEK B
Mrs Burnett Friday Lunchtime M9	Mrs King Thursday Lunchtime M8

Y12 Homework Correction Support

WEEK A
Mr Glease Wednesday Lunchtime M10

□

PTFA

CHRISTMAS MARKET

SATURDAY 2 DECEMBER 2023

12NOON - 3PM

- Grand Raffle Draw
- Christmas crafts
- Games with prizes to be won
- Seasonal Gift ideas
- Produce stalls
- Curries, snacks, drinks and cakes (our PTFA Cafe is always buzzing!)
- Live Christmas music and much more!
- FREE parking

FREE ENTRY

Sponsored by:

Beresfords

For stall reservation,
cchsgptfa@gmail.com

Reserve your stall by 3 November 2023. Spaces are limited. Book now to avoid disappointment.

NHS
Essex Partnership University
NHS Foundation Trust

FLU VACCINE CATCH UP CLINICS

Has your child missed their school vaccinations?

We are running catch up clinics in north east Essex for flu.

Your nearest catch up clinics this winter:

- **Clacton**
  14 & 23 October & 18 November
- **Colchester:**
  24 October, 4 November & 16 December
- **Harwich:**
  25 October & 2 January

It's easy to catch up.
Book your nearest clinic NOW on 0300 790 0597 or for more information on missed vaccinations.



#DOYOURBITESSEX