Colchester County High School for Girls
Parent Weekly Bulletin
24 October 2024

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
21April
5 May

Non–Pupil Days 2024/25
Thursday 24 October
Friday 25 October
Friday 20 December
Monday 21 July
Tuesday 22 July

Term dates 2025-2026

Autumn Term
Monday 1 September
Friday 19 December
Half Term
27 October – 31 October

Spring Term
Monday 5 January
Friday 27 March
Half Term
16 February – 20 February

Summer Term
Monday 13 April
Monday 20 July
Half Term
25 May – 29 May
Bank Holiday
4 May

Non–Pupil Days 2025/26
Monday 1 September
Monday 22 September
Tuesday 30 September
Thursday 23 October
Friday 24 October
Friday 19 December
Friday 17 July
Monday 20 July

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

WE WISH ALL STUDENTS AND THEIR FAMILIES A RESTFUL HALF TERM

Dates for Your Diary

Friday	Oct	25	Academy Day CERN Trip
Saturday	Oct	26	CERN Trip
Sunday	Oct	27	CERN Trip

Week A Monday	Nov	4	UK Bebras – Computing Challenges – All years in Computing lessons all week Y13 Mock Examinations all week
Tuesday	Nov	5	Y11 Assembly on TEAMS Y8 Code-breaking Matrix Day P1/2 COL and HES 4/5 DofE Silver/Gold Introductory session 15.45-16.45
Wednesday	Nov	6	Y9 Assembly on TEAMS
Thursday	Nov	7	Y7 Assembly on TEAMS Y7 Parent Tutor Consultation Evening (Online)
Friday	Nov	8	
Saturday	Nov	9	Drama NEA technical rehearsal M2/ M3

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

Nut Free School
We ask everyone to ensure that 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
The topic for discussion this week is: Are elections just popularity contests?

Lost Property
Please remind students to ensure that all their belongings are clearly named, including a surname. Un-named lost property that has been handed in 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.

500 Club - first draw of the year!
Congratulations to our prize winners:

1st Prize – £89.00 -5687775 – Parent of a Year 12 student
2nd Prize – £53.00 -5886934 – Parent of a Year 12 student
3rd Prize – £36.00 - 5517956 – Parent of a Year 9 student

If you would like to support the 500 Club fundraiser and take part in the remaining 9 draws for this academic year, tickets can still be purchased via https://www.trybooking.com/uk/DRUD
The next draw will take place on Monday 18 November.
Many thanks to all those who have already purchased tickets.

October E-Newsletter Published
The e-newsletter for this half term is now available on the website via:
eNewsletter – Colchester County High School for Girls (cchsg.com)

Items include the Schools Aerospace Careers Roadshow, CCHSG Rock Band, "Dusk", Year 7 Impressionist Landscapes, Year 10 Graphics Trip to Warner Brothers Studio, an introduction to our new Language Assistants, Year 13 Biology Field Trip and much more.

Curricular and Enrichment Activities

Extracurricular clubs
Please see the attached document for the summary of the extracurricular clubs for this term. This is also available on the website at Current Extracurricular Activities – Colchester County High School for Girls (cchsg.com) Students have the opportunity to sign up for clubs via their Edulink One app. Please note that students can only sign up for clubs that have been allocated to their Year Group.

Sports Fixtures

Date	Time	Event/Fixture	Against	Location	Years
5/11	8.30am – 12.30pm	Utilita Football Cup	Various	Shrub End	7 & 8
5/11	3.35 – 5pm	NEESSA Netball	Phillip Morant	CCHSG	8 ,9 &10
6/11	3.15 - 4.45pm	Essex Cup Netball	Thorpe Hall	CCHSG	7
6/11	3.20 - 5.15pm	NEESSA Netball	Thurstable	Thurstable	10 A & B

Year 13 Chemistry Revision Schedule
Chemistry revision sessions for Year 13 take place on Monday lunchtimes in G17

Date	Topic
4 November	Enthalpy Changes
11 November	Alcohols
18 November	Rates of Reaction
25 November	Haloalkanes
2 December	Equilibrium
9 December	Organic Synthesis
16 December	General revision

Year 11 Physics Revision Sessions
Physics revision sessions for Year 11 take place on Friday lunchtimes in G0 at 12.45

Date	Topic
8 November	Space
15 November	Static Electricity
22 November	Magnets and Magnetism
29 November	Electromagnetism
6 December	AC Electricity
13 December	Transformers and the Grid

Year 13 Physics Revision Sessions
Physics revision sessions for Year 13 take place on Tuesday lunchtimes in G2 at 12.45

Date	Topic
5 November (A)	Drop-in
12 November (B)	Drop-in
19 November (A)	Work and Energy
26 November (B)	Springs and Materials
3 December (A)	Interference of Waves

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Correspondence Sent out this Week
Year 8 Ypres Battlefields Trip
A Level History Conference
Year 9 Insight into Psychology Trip

Word of the Week for w/c 4 November
Word of the week is **Cataclysmic** *meaning* causing great destruction or upheaval.

Colchester Teacher Training Consortium
Do you know a graduate, or current undergraduate interested in training to teach primary or secondary with an Ofsted Outstanding provider? Pastoral support and mentoring is a strength of the programme and local schools are keen to employ trainees from the partnership. The starting salary for teachers is now £31,650 and many former trainees have moved quickly into leadership and management roles. Tax-free bursaries of up to £28,000 are available for trainees in certain secondary subjects. Now also offering apprenticeship training routes – why not find out more? For further information see www.colchesterttc.org.uk

e Safety
Lead - Mr Nachman

What Parents and Carers Need to Know about Influencers

The concept of influencers is hardly a new one. Through newspaper columns and TV spots, we've long been accustomed to hearing informed opinion from, say, Martin Lewis on money, Nigella Lawson on food or Mark Kermode on cinema. How the digital revolution has changed the game, however, is by providing a plethora of platforms from which literally anyone can have their say.

Online, you'll find hordes of people holding forth on any number of topics: gaming, beauty, travel, fashion, fitness … virtually anything you can think of. What qualifies them as 'experts', however? Is it safe for young people to consume the oceans of content that they generate? The attached guide brings you the essential information about the influencer phenomenon.

Careers
Lead – Miss Clark

Students can book an appointment with our impartial careers advisor Ms Poyser via this link: https://outlook.office365.com/owa/calendar/CCHSGCareersAppointment@cchsg.com/bookings/ . Students will be emailed with confirmation of their appointment time and date.

Wellbeing Information
If a student feels they need wellbeing support, they should contact any member of the pastoral team or 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.

Dining Room Arrangements

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 the Dining Hall at allocated time for each Year Group, cold food and pre-ordered paninis and sandwiches available from the Snack Shack 12.35 – 13.00. Years 12 & 13 pre-ordered food in Sixth Form Refectory from 12.15.

Packed lunches
The school hall is not available for packed lunches week commencing 4 November due to the Year 13 mock examinations. Students should eat their packed lunches in their tutor base and vacate classrooms by 13.00, leaving the area clean and tidy.

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 that that the Civica Eats APP is up to date.**
- **Please ensure that ParentPay meal accounts are in credit.**

Monday	Tuesday	Wednesday	Thursday	Friday
Cottage Pie & Sweetcorn	Lasagne & Salad	Sausages Chips & Beans	Cajun Chicken, Potato Wedges & Sweetcorn	Pan fried Salmon, New potatoes & Green beans
Cheese & Tomato Pasta	Mediterranean Pasta & Salad	Macaroni Cheese & Peas	Vegetable Chilli & Rice	Quiche & Salad
Sticky Toffee Pudding & Custard	Apple Cake	Profiteroles & Chocolate Sauce	Rice Pudding & Jam	Cheesecake
Soup of the Day (changes daily) £1.30 with Homemade Bread £0.40				
Panini £3.30				
Soup Vegetable (Vegan)	Soup Butternut Squash & Sweet Potato (Vegan)	Soup Tomato & Basil	Soup Leek & Potato (Vegan)	Soup Carrot & Coriander (Vegan)

Please let a member of the catering team know of any allergies.
Full allergen information is available upon request.

PTFA
Registered Charity No. 1110464

Autumn Term Dates for Your Diary

- Nearly New Uniform and Books Sale: Saturday 23 November
- Christmas Market 2024: Saturday 30 November

1. Year 7 Welcome Party
It was lovely to meet so many parents at the Year 7 Welcome Party and the students certainly seemed to enjoy the disco and the candy floss machine! A big thank you to all the staff, PTFA volunteers and Sixth Form students who helped with the running of the event. The event was primarily organised as a social occasion, however we are delighted to say that £1,200 was raised. This will contribute directly to purchasing additional resources for students.

2. Nearly New Uniform Team Appeal
The PTFA are reaching out to ask for your support in joining the Nearly New Uniform Team. This invaluable service provides affordable, good quality uniforms to our school community, especially important in these times of economic uncertainty. Unfortunately, several of our dedicated volunteers have moved on as their children have left the school for higher education. Without new volunteers, the PTFA may struggle to continue offering this much-needed service. If you can spare any time to help, your involvement with processing the uniform donations or assisting at the termly sales, would be greatly appreciated. If you are interested in finding out more, or joining the team, please email cchsgptfa@gmail.com

Donations of uniform items in good condition are very welcome at any time of the year and can be left in the blue wheelie bin outside school reception.

3. Annual Christmas Market - Call for Stallholders

The Annual CCHSG PTFA Christmas Market will be held on 30 November, 12.00 to 15.00.

If you or anyone you know would like to book a stall the PTFA would love to hear from you. Our team has been busy planning this year's event, and we hope you will join us in making it another great success. Open to both the school and the wider community, the Christmas Market is always a popular and well attended event. It's widely promoted through social media and local village magazines, ensuring plenty of festive excitement. Our Café will be serving homemade cakes and hot food, so come along and enjoy some seasonal fun with us! Stalls that have run successfully in the past include Christmas decorations, gifts, candles, jewellery, crafts, cards, scarves, skincare and health products. Spaces are limited and will fill up fast. Please register your interest early to avoid disappointment. For further details and Booking Form, please email us at: cchsgptfa@gmail.com

We are very grateful to our Christmas Market sponsors – Fenn Wright Estate Agents.

4. Annual Christmas Market - Call for Volunteers
The Annual Christmas Market is the biggest event in the PTFA's calendar. The market will only be a success if everybody supports it in whatever way they can. Whether it's running a stall, assisting on the day, baking cakes or biscuits for our cake stall or helping with post-event cleanup, your involvement makes a huge difference. Sign up via the link below or email us at cchsgptfa@gmail.com

Christmas Market Volunteering: volunteersignup.org/TYBMQ

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

PTFA

Christmas MARKET 2024

Saturday 30 November 2024

12 Noon - 3PM

- Amazing variety of stalls
- Christmas crafts
- Seasonal gift ideas
- PTFA cafe with food, snacks, drinks and cakes
- Live Christmas music
- Santa's Grotto- last year's sold out Santa experience back by popular demand!
- FREE parking

Proud to be sponsored by

Fenn Wright

THE HOME OF PROPERTY


Support our fundraiser
Be in it to win it!
One £40 ticket enters you in 10 monthly draws, each with a chance to win up to £500
500 Club
CCHSG
First draw Monday 21 October
Tickets are available via:
https://www.trybooking.com/uk/DRUD
Terms & conditions apply

PTFA

NEARLY NEW UNIFORM & BOOK SALE

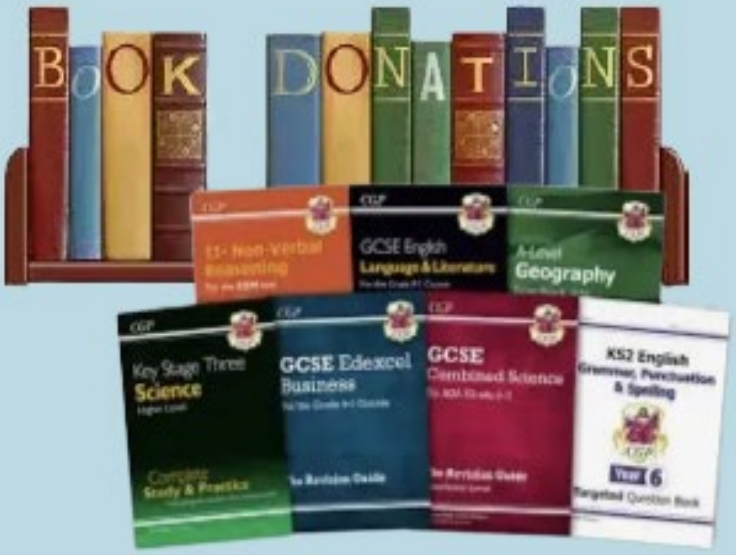


Saturday 23 November 2024

10.00 - 12.30

Main Hall, CCHSG

As some of the uniform may have been altered, we recommend that you bring your child along with you to try the items before purchasing. You will also need to bring a bag or two for your purchases.



Payment accepted:

Cash or credit/debit cards only.

Email:

cchsgptfa@gmail.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.

What Parents & Carers Need to Know about

INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

WHAT ARE THE RISKS?

HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising: this can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge brand empires around their large, impressionable following.

THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

PRIVACY CONCERNS

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.

Advice for Parents & Carers

KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.

SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, relatable material which acknowledges their imperfections and struggles as well.

SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including time limits and privacy settings (the two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.

PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.

Meet Our Expert



A former director of digital learning and currently a deputy headmaster and DSL, Brendan O'Keeffe's experience and expertise gives him a clear insight into how modern digital systems impact the experience of children, staff and parents – and which strategies help to ensure that the online world remains a useful educational tool rather than a minefield of risks.

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: 24.05.2023