Colchester County High School for Girls
Parent Weekly Bulletin
19 December 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.



All the staff and Governors wish all our students and their families a Merry Christmas and a Happy New Year. Thank you to our parents for your consistent support.

Dates for Your Diary

Week B Monday	Jan	6	
Tuesday	Jan	7	Yr 11 Assembly in the Hall
Wednesday	Jan	8	Yr 9 Assembly in the Hall Y9 Creative Arts Matrix Day
Thursday	Jan	9	Yr 7 Assembly in the Hall
Friday	Jan	10	

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.

Lost Property
Please remind students to ensure all their belongings are clearly named, including a surname. Un-named lost property that has been handed to Reception is photographed and displayed on SharePoint via CCHSG. Once a student has identified an item of lost property on SharePoint as theirs, they can collect the item(s) from Reception. Unclaimed items are kept for two school weeks before being recycled

CCHSG 500 Club Draw 2024/25
Congratulations to our December draw winners:
First Prize £91: Ticket 430005-5815620 - Parent of a Year 11 student
Second Prize £55: Ticket 430005-5820796 - Parent of a Year 10 student
Third Prize £36: Ticket 430005-5574378 - Parent of a Year 8 student

Draw number 4/10 for 2024/25 academic year to be held on Monday 20 January 2025.
Thank you to all parents and staff who have purchased tickets.

December 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 History Association "Great Debate", A Level Physics - Cambridge Lecture Series, Remembrance Day, Year 8 Art Installation, English Speaking Union - Churchill Competition, Art Ambassadors - Winter Art Competition, Year 9 Matrix Day - Religion & World Views, Army Officer Scholarship Awarded, Penguin Random House UK Book Donation, Year 9 Psychology Trip to The Freud Museum, International Biology Olympiad, CERN Visit, Language Assistants at CCHSG, Culture Day Celebrations, PTFA Christmas Market, Classical Civilisation & Latin, British Museum Trip and much more – do take a look!

Flu vaccination clinics
The NHS are offering further opportunities to book an appointment for children who missed the recent vaccinations. Parents can book an appointment at a local venue by calling the Immunisation Team Monday- Friday 9am-5pm on 0300 790 0597 option 1

Curricular and Enrichment Activities
The summary of the extracurricular clubs for this term is 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.

Y13 Chemistry revision sessions Monday lunchtimes in G17
Please see the table below regarding the revision sessions that the Chemistry department is running

Date	Topic
6 January	Spectroscopy
13 January	How Far
20 January	Carboxylic Acids + Esters
27 January	Acids, Bases + Buffers
3 February	Nitrogen + Polymers
10 February	Electron Configuration + Ionisation Energy
24 February	Bonding + Structure
3 March	Periodicity + Group Trends
10 March	Alkanes + Alkenes
17 March	Enthalpy Changes
24 March	Alcohols
1 April	Rates of Reaction

e-Safety

What Parents and Carers Need to Know about Persuasive Design Online
For many companies who operate in the online space, attention and engagement are the holy grail. Social media sites in particular make deliberate creative choices to keep people scrolling, reading, watching and clicking. This phenomenon is known as 'persuasive design' and it's being employed in most the digital world's most popular destinations.

A study by the charity 5Rights Foundation concluded that "…the brain's response to rewards and punishments can be leveraged through persuasive design to keep children online." To tie in with Safer Internet Day 2024, the attached guide can help to educate our parents and students on the effects of persuasive design – and suggests ways to insulate themselves from its influence.

Correspondence Sent out this Week
Instrumental Letter
Creative Arts Matrix Day

Word of the Week for w/c 6 January
Word of the week is **Circumspect** *meaning* heedful of potential consequences

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.

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.

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 £29,000 are available for trainees in certain secondary subjects. Now also offering apprenticeship training routes. For further information see www.colchesterttc.org.uk

CTTC Open Evening 15 January 2025
CTTC's friendly team will be available to explain the various routes into teaching and provide advice and guidance during the CTTC Open Evening on 15 January 2025, 5-7pm. Places can be booked via: https://forms.office.com/e/PaCXLQjBB1

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 hall is not available from Monday 6 January – Friday 10 January. 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
Spaghetti Bolognese & Sweetcorn	Cottage Pie & Beans	Sausages Chips & Beans	Chicken Tikka Masala & Rice	Breaded Cod Potato Wedges & Green Beans
Cheese & Tomato Pasta & Salad	Vegetable Curry & Rice	Macaroni Cheese & Peas	Vegetable Pasta & Salad	Ratatouille & Cheesy Bread
Syrup Sponge Pudding & Custard	Apple Crumble	Profiteroles & Chocolate Sauce	Rice Pudding	Chocolate Mousse
Soup of the Day (changes daily) £1.30 with Homemade Bread £0.40				
Panini £3.30				
Soup Vegetable (Vegan)	Soup Tomato & Basil	Soup French Onion (Vegan)	Soup Carrot & Coriander (Vegan)	Soup Leek & Potato (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

Spring Term Dates for Your Diary

- **PTFA Meeting (online)- Monday 27 January 2025 18.30**
- **Spring Term Nearly New Uniform and Books Sale- Saturday 15 March 2025**

1. Fireworks Event- November 2025

The PTFA are finalising the plans for a fireworks event in November next year. The event will be held on Friday 7 November with Dynamic Fireworks providing the firework side of the entertainment. This will be the largest event the current committee has undertaken to date, and planning for this event will begin in January. We will be holding regular meetings online so if you are interested in joining the planning team for this exciting event, please email cchsgptfa@gmail.

2. Easyfundraising

Through the easyfundraising scheme as a school we have raised an amazing £6169.96 to date. If you are still doing Christmas shopping, or looking at the January sales, please remember when you shop online and have the easyfundraising bowser extension installed, thousands of retailers will donate part of what you spend to the PTFA. If you would like to join the scheme, just head to easyfundraising and follow the instructions to sign up.

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

CCHSG PTFA thanks all the CCHSG staff, students and parents for their support in 2024. We wish you an enjoyable holiday break and a happy and successful 2025!

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 nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about
PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.



SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



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#WakeUpWednesday

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Colchester Teacher Training Consortium

Ofsted Outstanding Provider

Open Evening

Weds 15 January



5-7 pm

Held at CCHSG
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