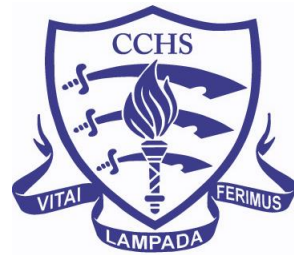


COMMUNITAS

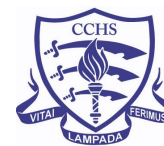
Autumn Term 2020



**Winner of the Christmas Card Design competition:
Bethany Da Costa, Year 10**

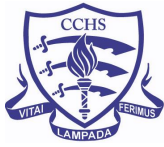


Contents



Message from the Headteacher	3
Celebrating Dr Helena Graham	4
Curriculum	6
Teaching & Learning	7
Jack Petchey Awards	8
Pastoral News	10
Sixth Form News	15
Senior Prefects	16
School News	20
House	22
Drama	24
Music	25
Learning Resource Centre	26
Sport	27





Message from the Headteacher

Dear Parents,

STAFF NEWS

Mrs Vivienne Sheehan, Science Laboratory Assistant, will leave at Christmas after 14 years' service. We are very grateful to Mrs Sheehan for her excellent service to the School and we wish her all the very best with the next chapter of her life. Mrs Emily Manning, Teacher of Chemistry went on maternity leave at the beginning of December, and Mrs Jyotsna Jethwa will be teaching her lessons. Mrs Watt will be going on maternity leave in mid January and Mrs Cutmore will cover her lessons.

After 21 years' at CCHS, Dr Graham will be retiring at Christmas, and Mrs Dawson will take over her position from January. You will find a fulsome and inspiring account of Dr Graham's contribution to the School in our Newsletter.

UNDAUNTED

For all of the current vernacular and behaviours: new normal, Covid-safe, year group bubbles, one-way systems, etc, it has been the usual and expected which have shone through for me this term. I can best illustrate this by describing the experiences of our most junior and our senior students.

We were privileged to welcome 180 amazing Year 7 students in September. They brought with them a tide of enthusiasm, energy and optimism. Their presence and impact has been a real tonic for everyone. They have settled in so wonderfully well, in their year group zone of the School. I have the pleasure of teaching Philosophy to two Year 7 classes and what an example they are—full of confidence, curiosity and capability. Our Year 7 students have had the run of the astro at lunchtimes. They have taken walks with classmates, played games, sat and chatted, and feasted on their lunches. Whilst on duty, my abiding memory is hearing their laughter and seeing their developing friendships. It is heartening to know that these bonds will grow and be cemented through the years, both within and beyond the School.

Students in the senior years, who are studying their GCSE and A Level courses, have been an absolute inspiration to us all. Their commitment to their studies, the focus on their ambitions and the

care shown to one another are extraordinary. Let the cynics, the gloomsters and the critics, who too often peddle negativity about young people, particularly teenagers, hang their heads in shame—to witness these remarkable young women persevere, prosper and thrive, with all the challenging circumstances they are facing, is fulsome testament to the power of the human spirit.

This speaks to the broader picture of our School this term. Students across all year groups have adapted and remained focused on the vital features which animate our School: developing friendships, community support and academic ambitions.

The School staff, teaching and support colleagues, have been magnificent this term. Their industry, professionalism and commitment, to each other and our students, has been true and unwavering. People who come to work at CCHS often declare what a special place it is. I am one of them, as I work through my tenth year here.

I thank our parents, governors and alumnae for all the feedback, support and encouragement that you have provided to us this term, particularly in relation to our change@cchs work. Our School is fuelled and enriched with all that these members of our community share with us.

We now prepare to turn our faces to the warmer winds of the Spring and Summer Terms, when we will experience the wonders of a School Production (it will be different, but it will be), a Dance Show (again, different, but it will be), a Spring Concert and so many other joyous occasions and traditions.

We will, together, move forward, undaunted, relishing all the strengths of our School community and embracing the opportunities that arise when gifted students, talented staff, encouraging parents, supportive governors and an engaged alumnae work in common cause.

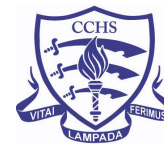
I wish you Season's Greetings and a very Happy New Year!

Mr Lawlor
Headteacher



Celebrating Dr Helena Graham

21 years' service at CCHS



A theme runs throughout Dr Graham's work – the enabling of CCHS girls to become confident young women, aware of and interested in the world around them and appreciative of the luck they have in being the inheritors of the rights that their predecessors have fought for and which many young women in the world today still do not enjoy.

Never has this been more apparent than her work on Model United Nations. Over the years Dr Graham and Dr Palmer have worked together to develop and lead on the Year 12 and Year 10 MUN days. For a number of years this included taking teams to the Felsted School international MUN event.

Dr Graham has a passionate commitment to encouraging students and staff to read and think beyond the curriculum. She has gone to great efforts to build up the school library collections with books relating to the history curriculum and to subjects that are not taught but about which Helena believes it is important for people to know

Dr Graham has facilitated 21 years of Philosophy of History – encouraging students to grapple with history beyond the curriculum and to use their historical knowledge to think hard about the nature of the subject, to question how and why we study it, and what historical understanding enables us to do in the world.

For ten years she ran the History Society – sadly now in abeyance but during its heyday consisted of a series of lectures by visiting academics, often on fairly esoteric subjects. Many of whom were sought through her own academic contacts. These lectures were always really well attended with often over 100 parents, students and visitors.

The political and societal dimensions and implications of History have always informed her choice of topics for GCSE, A level History, and most recently Politics. British Empire, Africa, India, Islam, French Revolution etc have also always been brought to the students' attention.

Dr Graham has taught a great number of students who went on to study History or cognate subjects at leading universities. Over 40 have

gone to Cambridge alone since 2004 and a high proportion of these students have graduated with first class degrees.

She has led on Black History Month for many years and was the pioneering leader of lower school internationalism. The stand-out being her work with Year 9 on their family history which she started in 2000 and the history department developed thereafter.

'What is going on in the world and why should we care?' has been a constant theme that pervades her form times, demonstrating her high levels of compassion for those around her.

Dr Graham's passion for her subject is truly outstanding and her ability to impart her knowledge and wisdom was recognised when she given Advanced Skills Teacher status. Her outreach work meant that she worked tirelessly in a great number of schools supporting a range of colleagues at various stages of their careers to share what she knows about pedagogy and practice.

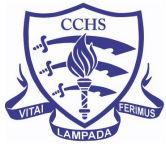
She has been involved in many CCHS Trips including leading the school's first major overseas expedition, which was to Ecuador in 2003. She has led and taken part in numerous trips including to Ypres, Berlin, and the Foreign Office etc, and even led on the Japan expedition, in 2013.

She has devoted much of her time to charity, organising numerous cake sales and non-uniform days, school discos and food bank collections, as well as being the pioneer of CHIPS and the Eco Committee.

For many years' Dr Graham has supported the local homeless shelter CHESS, and has also supported the students in Nepal.

In a celebration of this body of work for charitable organisations, in 2019 Dr Graham was presented with the High Sheriff's Award, which provides recognition and some financial support for schemes set up by individuals to tackle crime or social problems in their communities, to make them safer places in which to live.

After 21 years of dedicated service to CCHS, Dr Graham deserves to devote the next chapter to herself.



Celebrating Dr Helena Graham

21 years' service at CCHS



Curriculum News

Mrs Emma Ledwidge, Deputy Headteacher



As the Deputy Headteacher responsible for Curriculum and Timetabling, I will remember 2020 for lots of reasons, not least the day we found ourselves quickly shifting our well thought-out, structured, and sequenced curriculum, online. Although we are immensely proud of the hard-work and effort of everyone here in helping us achieve this, we know that there is nothing that comes close to good old-fashioned teaching and learning in specialised classrooms full of vibrant and informative resources. That is why, this article is focussing on our future endeavours, as we look with optimism towards the spring term.

At CCHS we already recognise the significance that Cognitive Load Theory has on students' learning, and great headway has been made in adapting our curriculum to incorporate spaced learning activities and memory retrieval tasks to reduce the impact that students' working memory has to encounter. The work may still be on-going but the evidence is already visible.

The theory behind Cognitive Load Theory is grounded in Constructivism, where the central idea is that learners build new knowledge upon the foundation of previous learning, and so Spaced Learning works of course, because it assists students in assimilating new information to existing knowledge.

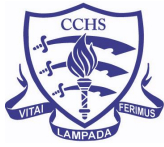
Never content with resting on our laurels we have explored further ways to support our students make those all-important marginal gains, and one such method that also sits under the Constructivist umbrella, is harnessing the benefits of curriculum connections. Curriculum connections, sometimes called Interdisciplinarity Learning, make

learning more meaningful for students. Rather than teaching subjects in isolation, which can lead to fragmentary knowledge when students attempt to apply material practically, this type of study allows students to make connections between ideas and concepts across different disciplinary boundaries, resulting in synergistic learning.



We have never viewed our curriculum as innate, a noun or a thing, but rather as something dynamic, flexible, ever-changing, in which ideas, books and concepts come alive. The curriculum is at the very heart of our School and that is why, when we return in the New year, we will be looking to: develop interdisciplinary links between subjects, explore how the natural overlap and mutual support between subjects can be made fruitful, and most importantly, determine how this will benefit the wonderful students at CCHS in the short, medium and long-term.

In the meantime, we wish you all a very Merry Christmas and a Happy New Year.
Mrs E Ledwidge (Deputy Headteacher).



CCHS Academic Excellence in Research

Building on our success in Year 12 with the Extended Project Qualification, this term we have launched our own internal research project for Year 10 students 'The CCHS Academic Excellence in Research Award'.

Restructuring the time dedicated to our Core RS curriculum has enabled students to take part in a Social, Moral, Spiritual or Cultural research project, developing key research and project management skills.

Guided by their course tutors students have chosen a topic to focus on and are starting to plan their research. Over the next term they will evaluate, analyse and develop their project ready to present a final research piece at the end of the academic year. All projects will be celebrated and given the opportunity to receive The CCHS Academic Excellence in Research Award.

Research projects have now been defined and the topics chosen have been outstanding including: memory and false memories in the criminal justice system, the impact of COVID-19 on the climate emergency and the law of attraction.

The launch of this project has been a huge success. From the first lesson students embraced the opportunity, keenly debating ideas and delighting in the chance to share their knowledge on topics that interest them, as well as developing understanding in new areas. At every stage they have surpassed expectations and Mr Harvey and Miss Stevens have enjoyed the opportunity to see our students excel in this way.

This is a superb initiative for our Year 10 students which has been made possible by their enthusiasm and effort as well as the continued support from their course tutors.





Jack Petchey Awards

Mrs Emma Ledwidge, Deputy Headteacher



Achievement Awards

CCHS students continue to demonstrate their care and interest in charitable and community work. The Jack Petchey Foundation provides a nationally recognised scheme for such altruism to be celebrated. As a Gold Award School, we are able to recognise the work of nine students, and one member of staff, across an academic year, in relation to school, local, national, and international community work. Award winners for the Autumn Term are noted below – congratulations and thank you to them all.

January 2020

Winner:

Mariella Jasper

Age: 15

Reason for award:

Mariella has achieved a Jack Petchey Foundation Award, following a wonderful nomination concerning her project work on raising self-esteem and promoting the confidence and well-being of young people. Mariella is extremely passionate about her cause and, supported by Girl Guiding, is aiming to reduce comparison in society and improve mental health. She has created a website and 30 Day Self-Growth Challenge, uses social media to raise awareness of her project, and is planning to promote her message to the whole school. The Jack Petchey Foundation recognises contributions to the community and we believe Mariella has made a great contribution to our school community and beyond through her excellent work.



opportunity to enter the Languages Immersion Challenge as well as submitting a superb contribution to the CCHS Community Creative Fest which was run online during the Summer term to share, showcase and celebrate creative expression in our School community.

March 2020

Winner:

Ruth Selden

Age: 14

Reason for award :

Ruth went above and beyond to support the learning of others to ensure they didn't fall behind during lockdown. Ruth was also selected, prior to lockdown, to be part of the Primary School Outreach Project, where she showed true leadership qualities and demonstrated her ability to speak maturely and eloquently. The Jack Petchey Foundation recognises contributions to the community and we believe Ruth has made a great contribution to our school community and beyond through her excellent work.



February 2020

Winner:

Gracie Gardham

Age: 12

Reason for award :

Not only did Gracie complete and actively engage with the work set in all subjects at a high level during the recent period of remote learning, but she also took the



April 2020

Winner:

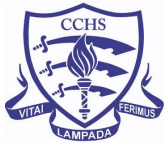
Mehzabeen Hakim

Age: 18

Reason for award

Mehzabeen has achieved a Jack Petchey Foundation Award, following a wonderful nomination from her





Jack Petchey Awards

Mrs Emma Ledwidge, Deputy Headteacher

Year Leader for her outstanding work during the recent lockdown period. Not only did Mehزابeen continually engage with form and year group activities during the recent period of remote learning, but she also took the opportunity to enter essay competitions and pursue extra-learning opportunities.

May 2020
Winner:
Victoria Abbott
Age :15



Reason for award Victoria religiously continued to single-handedly run the Philosophy of History Society every week all through lockdown. She has been the driving force behind the Young Hums Group and has encouraged the younger girls in their learning. The Jack Petchey Foundation recognises contributions to the community and we believe Victoria has made a great contribution to our school community and beyond through her excellent work.

June 2020
Winner:
Alexa Mann
Age :13



Reason for award Alexa has achieved a Jack Petchey Foundation Award, following a wonderful nomination from her Year Leader for her outstanding work during the recent lockdown period. Not only did Alexa complete and actively engage with the work set in all subjects at a high level during the recent period of remote learning, but she also took the opportunity to submit a superb contribution to the CCHS Community Creative Fest which was run online during the Summer term to share, showcase and celebrate creative expression in our School community.

September 2020
Winner:
Tabitha Sanders
Age : 11



Reason for award : This is what Tabitha's peers had to say about her: If you are looking for an exceptional Year 7 who has supported her peers, then look no further than Tabbie. From day one she has been consistently helpful, enthusiastic, and kind, marking herself out as a leader both academically and socially. Teachers comment on her enthusiasm and attentiveness, and about half the girls in 7A have listed her as one of their closest friends so far; this, along with her sunny disposition and can-do attitude, make her a model new pupil at our school.

October 2020
Winner:
Anika Mehta
Age : 11



Reason for award : Anika's peers have supported her because last year, she grew her hair long just so she could then get it cut short and donate her hair to the Little Princess Trust (a charity for girls with cancer) to help make wigs for girls. She posted a youtube video about it to raise awareness and she raised £500 for the cancer charity.

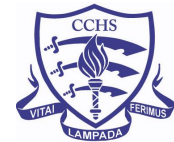
November 2020
Winner: Louise Fail
Age : 16



Reason for award : This was the reason given by her peers: Louise raised a large sum of money for Bowel Cancer over summer by cutting off a large amount of her hair (9 1/2 inches)

Pastoral News

Miss Fiona Harrison, Acting Assistant Headteacher, Pastoral



Pictured above is the Pastoral Team. As you can see there are some new faces in amongst some old favourites! I am currently the Acting Assistant Head of Pastoral Care. We have Mrs Busby next to me—she has taken over as the Year 8 Year Leader and we have Miss Burnham as the new Year 9 Year Leader. As ever, our doors are always open—we are here for your daughters whether it is to celebrate successes or to be their parachutes when they need support. You are always more than welcome to contact us should your daughter need support and they are not able to reach out. The students have been absolutely fantastic this term—adapting to the COVID regulations. They have kept their spirits up—getting involved in new House Events and throwing themselves into their learning after a significant period away from the school. It is lovely to hear the corridors ringing with their voices and laughter again! I hope you all have a restful break.

LEADERSHIP AWARDS

Please encourage your daughter to complete the leadership pages of her log book in advance of the end of the spring term. These awards are presented annually at Easter. All of her leadership experiences should be listed here and nothing is too small.

MEET THE TUTOR EVENINGS

The New Parents Welcome Meeting and the Year 10 Meet the Tutor Evening looked a little different this year. Both were filmed, but we

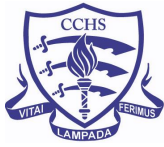
trust that the opportunity to hear important presentations relevant to your daughter's year group and time set aside to meet the tutor was a useful experience. We very much look forward to seeing you all in person when the COVID restrictions are lifted and we are allowed to welcome you in to school again.

ROAD SAFETY

We would be grateful if you could reinforce the rules about crossing the road safely at home. Whilst it may seem unnecessary, we still find that there are girls who persist in taking risks with their own safety and that of others. It is especially relevant at the moment with the ongoing roadworks on Broomfield Road. We are on a busy main road and girls need to remember that they should only attempt to cross the surrounding roads at a marked pedestrian crossing and whilst wholly abiding by the signals. We are grateful for your support in this matter to keep all of our girls safe. Often younger girls will follow the older ones and so there is a communal duty and expectation that we all stick to the rules.

'HELPING YOU TO HELP YOURSELF'

On Friday 6th November we ran 'Helping you to help yourself' sessions for Years 11 and 12—in response to the effects of Lockdown on their mental health. Jo Morton-Brown an Emotional Wellbeing Practitioner, and Lesley Williams a Motivational Speaker, formerly of the Basildon Youth Theatre, ran workshops looking at how to



Pastoral News

Miss Fiona Harrison, Assistant Headteacher, Pastoral

manage any mental health needs and how to develop a positive self image. Both sessions gave the students strategies to help with any feelings they may be experiencing. Furthermore, it gave them time to reflect—signposting where they should go if they need help.

FREE SCHOOL MEALS

If you are in receipt of a qualifying benefit: Income Support, Job Seekers Allowance-Income Based, Child Tax Credit (Working Tax Credit is not a qualifying benefit. There are some non-qualifying benefits) If your taxable annual household income is less than £16, 190.

If the above applies to you, you may qualify for free school lunches.

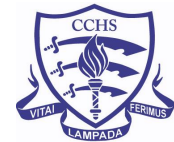
HOW TO APPLY: Go online to www.essex.gov.uk/educationawards

Or request an application form from the Education and Awards enquiry line on 0845 603 2200. Please be assured that we always deal discreetly and sensitively with any girls in receipt of free school meals and there is no embarrassment or knowledge to other girls.

COUNSELLING

We have managed to extend our counselling provision to 3 days a week (Tuesday, Wednesday, Thursday by appointment and referral) and the girls are also supported by our School Nurse. (Wednesday appointments are available) . New this term is our Mental Health First Aid Drop-in on a Tuesday Lunchtime in L2. Each week the room is supervised by a trained Mental Health First Aider, so please encourage your daughter to pop in if they need to speak to someone. If you feel that your daughter needs such support then do not hesitate to get in contact with any member of the pastoral team.





Year 7

Mrs Nina Lewis, Year Leader

What an incredible group of young people we have in Year 7! To start at a new school in the midst of a global pandemic was a huge challenge, and our Year 7s made it look easy. They have coped extremely well with the new demands of secondary school life and do so with huge smiles on their faces. Friendships have formed and are blossoming, and the year group is full of positive energy. As we come to the end of term, their energy levels have continued to impress us all with superb performances at House lip sync, House football and House balloon tennis.

Year 7 are finding their voices already as student-led year group assemblies have been delivered to include a wide range of relevant themes, from the life of Miranda Stewart and progression towards gender equality, to issues surrounding disability and examples of the incredible resilience shown by members of our school community. Incredible musical performances at the start of our assemblies have been a joy to watch and listen to and awarding two Year 7s with the Jack Petchey award was an extremely proud moment.

Participation in our new extra-curricular timetable has been very high, with nine of our clubs being student-led! Even as the weather has turned colder it's amazing to see so many Year 7s heading over to the astro for their PE clubs with so much enthusiasm.

Overall, it has been a very successful first term for Year 7 and I have no doubt that January will bring them all even more opportunities to shine. I wish you all a restful Christmas break and a very Happy New Year.

Year 8

Mrs Hayley Busby, Year Leader

This has been a very memorable term at the end of a very memorable year for Year 8.

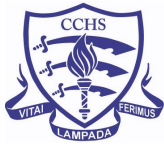
Despite the ongoing pandemic and issues faced to us all as a human race, Year 8 have been

absolutely brilliant, rising to the challenges faced and creating many new opportunities.

We have seen a change in the tutor team this year, and the students have welcomed their new form tutors (and myself as Year Leader) with open arms. Having a consistent form time to start the day has provided some needed relief in the morning to help the students get ready to start the day and provide familiarity with their peers. They have used this time to do some mindful reading on Mondays to help get ready for the week ahead. Then, as the week continues the team spirit of the form has been strengthened by 'Winning Wednesdays'. These weekly competitions have led to some great opportunities for the students to learn more about the news whilst giving the students a chance to speak out about their thoughts and views on the week's news. Plus, they are very motivated to be crowned the winner of the term, this week marks the decider- to be announced! The week cumulates with some amazing assemblies, given the students a chance to share their passions, and ending with Freedom Fridays. This is where the girls can be found dancing, doing yoga or engaging in active discussion after watching some thought provoking TedTalk videos.

October marked Black History Month. With this year the girls were treated to a full schedule to help educate them about the importance of black history. With some brilliant talks led by our own sixth formers, as well as the form tutors and myself presenting some information on unknown figures in history (did you know that Bessie Coleman was the first black woman to fly- before Amelia Earhart?), the students are more passionate than ever by our Change initiative and making sure all members of our community feel a part of the CCHS family.

Whilst there may not be as many Christmas festivities as usual, the students are busy spreading joy with their smiling faces and initiatives to keep them busy. At lunch time, the rooms are filled with card game competitions and charades. These are played with such an intensity that even the most game weary person would not be able to help themselves be drawn in to take part. I know that I would love to have



some of the Year 8 students on my team at my next family game of charades, whenever that may be, we would win for sure! They are also extremely excited for the Christmas lip sync battle. With such tricky dance moves and miming all at once, I cannot help but have a small tear in my eye when I watch them as a proud Year Leader. It may be different this year but they are still giving everything 100%, something we can all learn from. I hope you and your families have a wonderful peaceful and relaxing Christmas. I am already excited to welcome all the girls back in the new year to see what amazing things they will accomplish in 2021.

Year 9

Miss Charlotte Burnham, Year Leader



Before I even begin, I want to start by saying just how impressed and proud I am of the Year 9 cohort. They have acted with respect and pride through all of the different rule changes and procedures we have at school due to the pandemic. Year 9 have returned back to school and have thrived in everything they have done.

What a start to the term it has been, the motto that we have for the year 'teamwork makes the dreamwork' has been extremely evident through all that Year 9 do. The return of the competitive house competitions where they have battled it out in House football relays, balloon tennis and lip sync have definitely highlighted these characteristics! They have shown enthusiasm for their Houses and adapted very well to the new events. House balloon tennis was a definite highlight, with some pairs reaching an outstanding total! House football unfortunately had to be played in the rain but due to their resilience and determination they did it with encouragement and smiles all round



- not to mention their very wet form tutors!

Some of Year 9 have also been involved with the Silver Arts Awards project this year, which has started very well with the students running different workshops. The workshops are delivered to their peers, which they have all shown maturity and their desire to improve in different areas of the arts.

The extra curricular clubs have been flourishing with a large number of students committing every single week. This is so lovely to see and I hope the mentality of always wanting to do their very best stays with them for the entirety of their school life and beyond.

In the New Year we will be starting the options process, which I know the students are very excited about. This will allow them to specialise in the subjects they are most interested in.

They have been taking part in an extensive form time programme, ranging from interesting facts on a Monday, take a break Tuesdays (involving activities to work on student mindfulness and coping strategies, personal to them) and 'friyay form time', the stand out game being charades.

I feel the Year 9 students have blossomed since being back in school and I look forward to working with them all over the next few years!

Year 10

Miss Georgie Sales, Year Leader

Despite a disruptive end to Year 9, the cohort of 2017 have excelled in every way possible, and

have gone beyond my expectations. Without having a full and complete Option process in Year 9, the now Year 10 have completely thrown themselves in to their new and condensed timetables, and they are absolutely thriving in their GCSE courses!

In form time, I have introduced 'Thoughtful Tuesday's' which is where each form will take part in a range of different mindfulness activities, with their form tutor. I have introduced this in Year 10 as I thought it was vital for them to know and understand the different strategies of keeping calm when faced with a pressured situation. Where possible, and staying within our bubble, we have still continued with 'Move-it Monday'. This has been mainly based on the weather, and as you can see from the photo, in September we had some glorious sunshine!



Earlier in the term, the whole of Year 10 took part in the 'Jack Petchey Speak Out' competition, which is a public speaking competition. The speakers who came in to work with the girls were astounded with how they conducted themselves, but also with how they threw themselves at the task ahead. I also saw first-hand some of the speeches created and delivered and was very impressed. The winners from each form will go through to the next round - well done to everyone involved!

More recently, Year 10 have just started applying for their roles as Prefects; they have one week to write 150 words for why they should be selected for the role. This is something I know they are all very excited about and so am I!

House events have changed a little this year, but this has not stopped Year 10s enthusiasm and competitive nature! We have had House football relay, House balloon tennis and to replace the ever-popular House karaoke, we have House lip-sync battle! I for one am very excited to be a judge!

I am so impressed with the 'bounce-back' ability Year 10 have shown, when stepping back in to CCHS this academic year, and I am looking forward to seeing the year group shine; in the classroom and beyond.

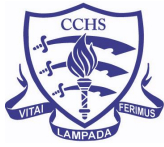
Year 11 Mrs Marion Chumbley Year Leader

Year 11 have thoroughly embraced being back in school this term. They are working hard and are attending any catch-up sessions at lunchtime to which they have been invited. Well done!

Meanwhile other activities this term have been the Geography field trip to Epping forest and a wellbeing afternoon "Helping you to help yourself." Competition remains strong in all of the adjusted House activities; balloon tennis proved very interesting. Form times are very busy as the year 11 have Ted Talk Tuesday, scholarly activities and Mindfulness moments!

I commend year 11 for their attitude to school, their studies and one another; it has been a pleasure working with them this term. I wish them all a restful and enjoyable break.





Sixth Form News

Dr Michael Palmer, Mrs Hayley Ellen and Mrs Emma Hiett

This has obviously in some ways been a strange and challenging term for the CCHS Sixth Form. However as we reach the end of term we are proud of how much staff and students have been able to achieve both academically and in terms of extra-curricular activities. Whilst we have missed trips, concerts and the ease of running clubs and societies as well as some aspects of 'normal' teaching we have continued with varied and fascinating lessons and with a range of activities beyond the curriculum. The work of the House Officials, Sports Officials and Dance Officials in running activities for younger students has been much valued and we are really glad of the resourcefulness of our officials. It is also great that they have managed to run activities after their time in office was so affected by the closure of the site in the spring and summer. We thank all our Year 13 students for everything they have done in their various prefect roles.

YEAR 13 UCAS AND MOCK EXAMINATIONS

All students are grateful to Mrs Hopkins, our Higher Education Adviser, for the support she has given to them in the UCAS application process. At the time of writing we are checking and sending the remaining UCAS forms and intend this to be complete by the middle of next week. We are also supporting a number of our students in their preparation for Oxford and Cambridge interviews. A number of these interviews are taking place in school and these are being well supported by the IT expertise of Mr Cable.

Year 13 students have recently received their mock examination timetables; these examinations take place in the first week of term in January. Whilst we are not anticipating disruption we do have contingency plans in place in case of Covid or weather-related problems. We have no doubt that all the students will make the best use of the opportunity the mocks provide to practice and to prepare for their examinations in the summer. Students will receive the results of these examinations in their lessons in January and formal statements of results will be published to parents in the week beginning 25th January. We will then ensure that any students who are

identified as being in need of particular support are closely mentored over their remaining time in school.

YEAR 12

We have been delighted with the progress Year 12 students have made since starting their sixth form work in September and we are very aware of the challenges they faced in terms of re-starting school after such a long break from education. Mrs Hicks and her team of tutors have been on hand to support the students and subject staff have been impressed with the engagement and commitment from all their Year 12 classes. We thank Mrs Ellen for her work in facilitating the recent 'Wellbeing Morning' for Year 12 students and hope that many found it useful.

We congratulate those Year 12 students who have had periods of self-isolation on their continued engagement with remote schooling and on their support for staff. It need hardly be said that teaching a lesson which is both 'remote' and 'live in the classroom' is a reasonable challenge for staff. However it is one made easier by the engagement and commitment of their students.

YEAR 12 - PREFECT APPOINTMENTS

Congratulations to those Year 12 students who have already been appointed to leadership positions as Senior Prefects, House Officials, Sports Officials and Dance Officials. We are sure that they will enjoy their year in office and learn a very great deal from their work. At the time of writing staff are considering applications for Subject Prefect roles and these will be announced early next term.

YEAR 12 - PERMISSION TO GO OFFSITE

From January, Year 12 students will be allowed to leave the school site after 12.35p.m., if they have no further commitments in school in order to travel home and study for a longer period of time, uninterrupted by travel. Students should not organise a regular commitment outside school during this time as there may be commitments which arise in school which do not feature on a student's regular timetable.



Sixth Form News

Dr Michael Palmer, Mrs Hayley Ellen and Mrs Emma Hiett

These are the arrangements already in place for Year 13 students and are a Sixth Form privilege which may be reviewed if a student's progress or organisation give cause for concern. Please note that all Sixth Form students are required to attend every day between 8.45a.m. and 12.35p.m.

GOVERNMENT 16-19 BURSARY SCHEME

The Government 16 -19 Bursary Scheme is available to assist students in continuing in full time education, and is managed internally by the School. A number of awards were made to students earlier in the term but a second chance to apply for funding will be publicised in January; details will be forthcoming at the beginning of next term.

HAPPY CHRISTMAS

We have a number of traditions at CCHS which are particular to our School. Many of these cannot happen this year but we hope that the virtual Languages Assembly presented by year 12 will give the whole school community some much needed festive cheer and be a reminder of those other traditions which will doubtless make a return in years to come.

All students and staff will have found this to be a very busy term and I would like to wish all Sixth Form students a relaxing holiday; I look forward to welcoming them back in the New Year.

SENIOR PREFECTS:

We congratulate all ten of the Year 12 students who Mr Lawlor has recently appointed to be our Senior Prefects for 2021. We have given them the opportunity overleaf to introduce themselves to the CCHS community.

Sophia Aung

My name is Sophia Aung and I am currently studying Biology, Chemistry, Mathematics and Geography, with a desire to read geography at university. My main passion outside of lessons is dance, which I have done since I was three, but in more recent times (or in the spring lockdown to be precise) I have found an enthusiasm for baking.

Throughout my five years at CCHS, I have loved throwing myself into all that CCHS has to offer. As a keen sportswoman, I took full advantage of the school dance show and netball team which, alongside the residential trips and countless house events, allowed me to create the many friendships and memories that I have so far. One of the best things about this school is the talented girls by whom you are surrounded. I have learnt so much from my peers and taken inspiration from their incredible achievements.



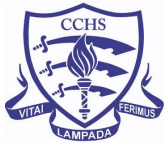
There is a real sense of community at CCHS and I know I would not believe in myself half as much as I do today if it wasn't for the encouragement of the staff and students. I am very much looking forward to working hard with my fellow prefects to become the most successful Senior Prefect Team that we can be.

Nandini Bindal

The thought of becoming a Senior Prefect seemed like such a far-off possibility in Year 7. I saw the Senior Prefects as our role-models and it almost feels a bit surreal that now I will be filling this role and representing a community I am so proud to be part of. I hope that we can inspire the younger girls just as the previous Senior Prefect teams have inspired me over the years.

My last 5 years at CCHS have flown by and have been transformational for me.





Senior Prefects 2020/21

I am so grateful that CCHS has been my home for so long. It has given me so many experiences where I have been able to meet new people and try new things! I have spent my time at CCHS making the most of the wealth of opportunities it has to offer, whether that is the music concerts, school productions or regularly embarrassing myself in house events! I also have jumped at multiple opportunities to take on leadership roles within my year group in MUN and the Leadership Conference and now I am ready and excited to embrace similar responsibilities on a school-wide level!

I am currently studying Biology, Chemistry, Maths and Economics, alongside an EPQ, for my A-Levels, with the intention of studying medicine at university. I am really looking forward to working with the rest of the Senior Prefect team and get completely stuck into my new role!

Esther Brindle

Throughout my 5 years at CCHS, I have under gone many titles, ranging from the drunken porter in the school production of Macbeth, to tall girl on the piano, even including the loud Year 7 with an obnoxiously large, chip-printed school bag (my sense of style from an early age clearly cannot be denied)! Despite the fact that I now have straighter teeth and an extra foot of height in contrast to my younger counterpart, my love and passion for the school has never faded. I will forever be grateful for this school where I have grown, matured, been inspired, been gifted with boundless opportunities, and maybe even done some learning! Now, as I am at the height of my CCHS career, I am honoured to be given the opportunity to inspire younger students and enact change within the community that has supported me for years. Bringing natural creative flair to everything I do, it is no surprise that I am currently studying Music, Theatre Studies, English and Biology, as well as learning



Russian GCSE as an extracurricular, and my university aspirations are guided towards either Music or English, though, as of current, I am dedicated to helping the school in any way I can.

Aliyyah Gbadamosi

As a new student at CCHS since this September, becoming a Senior Prefect is an honour and I know that the role lines up with the things I am passionate about and can excel in. I am self-motivated, enthusiastic and diligent. I have the ability to think outside of the box and introduce authentic ideas. I am looking forward to working alongside many of the amazing people I already admire in my short time here.



Currently I am studying Maths, English Literature, Government and Politics, Economics alongside EPQ. I aspire to study the PPE course in university and pursue a career in Politics as I feel it is an area I can make a real difference in. I am working towards my goals already as I recently joined the UK Youth Parliament. I have been able to experience so much confidence, growth and personal development, which I am sure that my time at CCHS will allow me to develop even more.

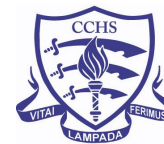
As a member of the Senior Prefect team, I am excited to help as much as I can and get to know the students also! I am excited to have the opportunity to represent the CCHS community as well as to encourage us all to do our best and promote togetherness.

Katie Holmes

From my secondary school, I was the only student who decided to come to CCHS for sixth form. My first day of sixth form was filled with apprehension and worries but these were



Senior Prefects



quickly alleviated by the warm welcome that I received when I arrived.

My decision to apply for the role of a Senior Prefect at CCHS, was largely driven by my passion, determination, enthusiasm and ability to rally people together with a shared sense of motivation and pride at the end goal achieved.

At A-Level, I study English Literature, History, Psychology, French and an EPQ which is focused on the age of criminal responsibility, as Law is what I strive to read at University.

When I look back at my first term that I have spent at CCHS, I have been warmly welcomed into a school community that not only enriches each and every student as an individual, but has a passion to care for and support all of the students that are part of its community. Therefore, to have been chosen as a Senior Prefect, makes me feel extremely proud, as it means that I can work towards giving back to this community.

I have been selected for the role of Alumnae Development and I am really looking forward to working with my fellow Senior Prefects in the new year and to begin to benefit from both the rewards and the challenges that this role will bring.

Isabelle Keegan

Since joining the school in Year 7, I feel that I have developed not only my confidence, but also my willingness to try things outside of my comfort zone. Throughout my years at CCHS, I have come to admire its inclusivity and the wide variety of opportunities it has to offer- there is an extra-curricular club for everyone, whether this is a sports team such as Hockey, an academic society like MedSoc or an opportunity to try something new, for example Chess club. As well as this, there are always opportunities for you to expand your leadership skills, and I have been lucky to be able to help coach the younger hockey teams,



as well as occasionally umpiring their matches (before Covid-19, obviously!).

I am currently studying Maths, Chemistry, Economics and French as my A-levels, and I am considering applying for Economics at university. As a PA prefect, I look forward to working with the Parents' Association to decide what we need as a school community (more Krispy Kreme doughnut sales?) as well as working with the Senior Prefect team as a whole, to hopefully make a positive contribution to the school.

Anushka Kumar

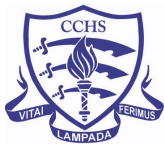
Having been at CCHS for five years I think that it is safe to say that I have seen a clear change in myself whether it be the decision of pinning my fringe back (something my friends should have encouraged me to do much sooner) or the fact that I was able to see a tremendous increase in my confidence. The various extra curricular activities provided by the school is one of the aspects I enjoy the most as they allow relief and a boost of self esteem. The encouragement from staff and students alike to jump at opportunities is something I enjoy. From representing the school at Jack Petchey or delivering an introduction at the leadership conference it is safe to say that CCHS has helped me grow as a person. When coming to the topic of A - levels I currently take Maths, Chemistry, Computing and Economics with the hope of applying for a degree in Economics and Management at university. I look forward to being a Senior Prefect and representing the school.



Aadya Rao

Although it feels like just yesterday that I was a slightly smaller and much shyer Year 7, it is clear how much I have grown





Senior Prefects

over the last 5 years, and I am not just talking about finally getting rid of my awful fringe. I have built up my confidence thanks to all the opportunities and events that I have been involved in, for example, running a workshop as part of the leadership conference and taking part (perhaps too competitively sometimes) in a multitude of House events even when there was no hope of coming back from last place in November. Applying for the role of Senior Prefect was a terrifying feat but now I am very glad I did as I intend on doing the best job I can.

I am currently studying Biology, Chemistry, Psychology, and Latin for my A levels, in order to hopefully study veterinary science at university. I am really looking forward to making the most of the time as a Senior Prefect and I hope to inspire others to apply for this role in the future!

Sophie Scott

Since joining the school in 2015, I have experienced so much at CCHS. Whether they were small, very positive, changes about myself (such as no longer having an extreme side parting next to one ear), or big changes such as my confidence. I was shy coming into the School, and for a few years every Parents' Evening would be the same sentence: "She should talk more". I can now consider myself a relatively confident person and that is thanks to CCHS.

One of my favourite things about the school is the community. This is exemplified by the assortment of House events, school teams and the leadership conference in Year 11. It has helped me make many friends and built my confidence as well as become creative by helping work out how we can decorate our form room at Christmas, without breaking any of the rules (it has so far proven to be near impossible).

I enjoy many activities, such as football and athletics. I have been on both these sports teams



for the school, as well as outside of school. Additionally, I really enjoy drama; this year will be the first year I partake in the School 'play'/ assortment of monologues.

I am currently studying Chemistry, Biology, Psychology and Theatre Studies alongside an EPQ, in hopes to eventually read medicine at University. I aspire to become a paediatrician as I already love working with children as a tutor for primary school ages.

This year, I am looking forward to being a member of the Senior Prefect Team; they all are amazing people and I am excited to work with them (in a year that won't be 2020).

Keren Ulame-Eweka

Hi there, my name is Keren Ulame-Eweka, and I am one of your ten senior prefects for this upcoming year. I recently started at CCHS for sixth form and I love it here (and I am sure you do to). On my first day of school I was so nervous about starting afresh, and I had no idea what to expect. Only a few people came from my old school and if I am honest I was not sure if I would fit in. But I can now confidently say that I have sunk in so well and I have made a lot of friends. I'm now even a Senior Prefect! This has made my experience so positive so far.

At my old school I was part of the National Athletics team for four years - running - and we were always in the top two in England, being co-captain of the team in year 10. I also partake in sewing outside of school which is a huge passion on me.

I am currently studying Biology, Chemistry, French and Maths, all of which I love. I am studying these so I can study medicine at university. I look forward to working with the staff, the students and the Senior Prefect team this upcoming year. I am hopeful that we can make this year a good one (with precautions with regard to the pandemic of course!)



Diwali, The Festival of Lights

By Aastha Gogia, Year 8



Diwali typically lasts five days and celebrated during the Hindu Lunisolar month Kartika (between mid-October and mid-November)

Diwali is the five-day festival of lights, celebrated by millions of Hindus, Sikhs and Jains across the world. The festival, which coincides with the Hindu New Year, celebrates new beginnings and the triumph of good over evil and light over darkness.

Rama is the hero of the story of Diwali, rescuing the kidnapped Sita from her captor. And here is the beautiful Sita, kidnapped by the evil Ravana but rescued by Rama and Hanuman. In the story of Diwali, Diya's are used to light the way for Rama and Sita's return home.

The list of special Diwali sweets (Mithai) include freshly made Jalebis, Gulab Jamun, Shankarpale, Kheer, Gajar Ka Halwa, Kajoo Barfi (cashew sweet), Suji Halwa and Besan Ke Ladoo are amongst the most popular during this occasion. To exchange Indian sweets or mithai with your loved ones during Diwali is to shower them with blessings for the coming year

All the simple rituals of Diwali have a significance and a story to tell. The illumination of homes with lights and the skies with fireworks is an expression of gesture to the heavens for the attainment of health, wealth, knowledge, peace and prosperity. This year Diwali is on the 14th November. Happy Diwali!!!

German Debating Competition



This year, for the first time, four Year 12 students took part in a national debating competition, run by the Goethe Institute. Due to the current social distancing situation this took place via Zoom; therefore, in true 'new normal' style on Wednesday 25th November Alexander Carter and Elizabeth Reay logged in at school and Retha Krüger and Lydia O'Boyle joined in from home!

This round was against the The Watford Grammar Schools Consortium (previous winners of the competition). There was some nervousness and trepidation on our part as the CCHS team had not actually been able to discuss face-to-face due to various self-isolation requirements! Nonetheless unperturbed, the four students gave a great performance in support of the motion 'the changing of names of

colonial and racist buildings and street names is justified.' The students constructed their arguments well and were praised for their excellent research and high-level vocabulary; unfortunately, however, we did not make it through to the next round this time. It was a fabulous opportunity to interact with other learners of German, and the CCHS students have gained a lot from their experience. Our students commented that the other team used a lot of the techniques that were highlighted in the Jack Petchey speak out workshop they took part in in Year 10. All in all, it was a really great experience and we hope to be selected for the competition again next year!

Congratulations to our students for their performances.



House News

Ms Stephanie Holt



Returning to school this term saw the introduction of our brand new Angelou House as well as many COVID-19 guidelines which threatened our usual House Events schedule. But, after brainstorming ideas at our House Official Meetings, we came up with ways we could adapt our previous House Events to become more COVID-friendly and therefore doable under the current circumstances. This led to the introduction of House Quiz, House Balloon Tennis, and the adaptation of House Football to become House Football Drills/Dizzy Penalties and House Karaoke to become House Lip Sync Battle.

House Quiz started us off this term with each form participating in a general knowledge quiz produced by the House Officials. This was a huge success, maybe too much so, with several forms receiving full marks which was great to see.

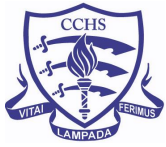
House Balloon Tennis was next on the agenda and this involved pairs from every form bringing in a spatula and using balloons to see how long a rally they could keep up. This led to the school's competitive spirits being ignited once again and saw us well underway with the Autumn Term's House Events.

House Football Drills took place in November and it was lovely to see so many girls take part, either in the event itself or cheering their

team on which confirmed to us that the togetherness these House Events bring has been really important, especially in such challenging times. It certainly made standing in the cold at lunchtime so worthwhile!!

And what can we say about House Lip Sync Battle? An adapted version of a classic House Event but Year 7 still blew us away! We had everything from Aladdin to Mariah Carey with some exceptional choreography! It was so lovely to see the Year 7's throwing themselves into the House System especially under such restrictions where the audience, which would usually be made up of their year group and other members of the school, was reduced to just 3 judges and 6 House Officials. The happiness it brought to everyone was so needed and we are so so proud. We cannot wait to see what the rest of the school have in store for us!

The House System is what makes our school so special and unique and this term its importance in the school community has been made clearer than ever. On behalf of all the House Officials, I would like to say a huge thank you to all the students and staff who have taken part in House Events this year, virtually or socially distanced, participating in the event itself or cheering on from the side lines - we could not have done it without you!



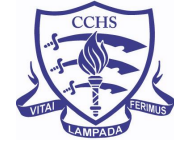
House News

Ms Stephanie Holt



Drama News

Mr Adam Selby



GCSE AND A-LEVEL PRACTICAL PERFORMANCES

Year 11 and Year 13 students have just completed their practical devised exams; both of which make a significant contribution to their final grades at the end of the year.

Back in September, students in both Year 11 and Year 13, spent two introductory lessons exploring a variety of stimuli, dramatic genres and styles, to inform their work. This provided more of a challenge this year for all of our students than normal, given that they were required to build and develop a performance that considered Covid-19 safety and security for all involved. However, all our students took this in their stride and developed sophisticated and cultured pieces of theatre, which demonstrated not only their dramatic ability, but also their imagination.

Over a three-week period, Mrs Broughton and I were treated to thirteen GCSE performances and two A-Level performances exploring themes such as: women's roles in a contemporary society; socio-economic imbalance; mental-health; and mela-dramatic comedy in a school setting. We were overwhelmed with the quality of our performances, this year, especially given the reduced timeframe that our students were given to develop these. Our resilient students overcame obstacles and challenges in order to develop performances of up to twenty minutes in length.

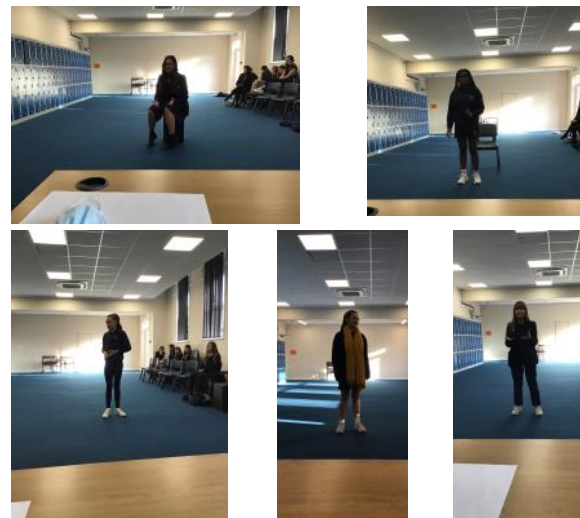
We were unfortunately unable to invite parents in this year to showcase our students outstanding talents and work. But, know with satisfaction and confidence, just how proud we are of the quality of work produced, and we hope to resume our usual showcases as soon as possible.

WHOLE SCHOOL PRODUCTION

From the week beginning 9th November, we held whole-school auditions for this year's school production. As I am sure many of you are aware, it was our intention to perform *Sister Act* in 2021, but given the restrictions around singing, dancing and rehearsals, this has been postponed to 2022.

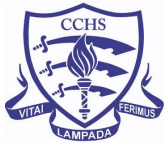
This year's production will be a combination of monologues, duologues and short performances which showcase acting talent from Year 7, all the way up to Year 13. We have selected a range of material to be included in the showcase, including: a selection of Talking Heads monologues by Alan Bennett; extracts from *DNA* by Dennis Kelly; and scenes from *Ernie's Incredible Illucinations* by Alan Ayckbourn, to name just a few.

We were overwhelmed with the calibre of talent from those who auditioned. So many students had put such effort into selecting, rehearsing and performing a piece for us – thank you to them. Unfortunately, given the restrictions we face, we had to select less students than normal, but we have selected a small cast of outstanding performers, and we look forward to sharing our work with you in the near future. Rehearsals are currently under way...



LOOKING AHEAD

If we can not go to the theatre; then the theatre must come to us. We are so excited that we have secured a visiting theatre company to perform to our students in March 2021. Students in Year 10, 12 and 13 will watch a performance of *UBU* by Splendid Productions. Students will experience a socially distanced performance of this classic piece, which will subsequently inform some Live Theatre work in their lesson. We are so looking forward to welcoming Splendid Productions in March.



Well this term has certainly been different to every other year in the approach to Christmas.

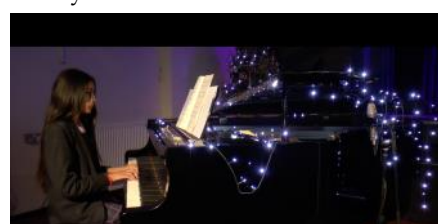
Whilst we have had to suspend our traditional jam packed extra-curricular timetable that usually means every single classroom and practice room is in use during the day and lunchtimes, we have not been without a wealth of Music.

Once term got into full swing (pardon the Musical pun!) we planned a virtual Christmas concert and tried to ensure an item or ensemble was represented by each year group. This has meant that there were various quartets/quintet and solos as well as a 14 strong Year 7 String Ensemble (13 Violins and 1 Cello) and a similar size group for the Sixth Form String Ensemble as well as a year 10 Samba Band. Our thanks go to the peripatetic staff and the sixth form students who helped or ran ensembles alongside our own. We hope you enjoy the final product – a different concert this year but no less talent and no less enthusiasm than we enjoy every year, just more resilience and multi layers and gloves this year! Click [HERE](#) to view.

Inside the classroom has been a very different term for the Music Department as well, as we have been teaching Years 7 & 8 in their classroom bubbles and this has meant rethinking our curriculum that usually involves some class orchestra performance work. Well what a

delight it has been. Year 7 students have been learning to play the Ukulele and have been brilliant, enthusiastic and disappointed when the lesson ends all too soon. The same can be said with the guitar for year 8. A bigger instrument and a greater physical challenge which has again been a big hit. Who knows what the future holds there! Year 9 have begun composing House Music digitally thanks to some excellent online software we have introduced them to, and the good news is they can access that from home if they really get a taste for it!

And finally, from us all here in the Music Department, we would like to thank our Musicians particularly for adopting such a mature attitude and being so flexible and understanding with the way we have had to take part in and present our Music this term, it has been understandably difficult on us all, but vital for our health and our safety as a community. The Music will never stop in some form or another, and we are so very proud of you as we always are. We will continue to enjoy and showcase all that you can do. We wish you a very Merry Christmas.



Learning Resource Centre

Mrs Angela Martin & Mrs Alexia Treadway



Every year, I teach the Year 7 students how to use the library to find the resources they need for their studies as well as finding enjoyable books to read. This term, I showed the students how we arrange the library, how to search for books on the catalogue and then finished with an Escape Room Challenge to see how much they had remembered of the lessons during the previous 8 weeks. It was mayhem for a while but resulted in the students collaborating to resolve the clues and eventually, one team entered the correct code on a file on the VLE to win some amazing prizes.

The Juniper Book Award runs from October to March with six shortlisted books selected for entry into the competition. All six books are available to borrow from the CCHS catalogue and students can vote for their favourites on the Juniper website [HERE](#) by selecting the book they have read and adding a review. There are prizes for the best reviews so do encourage your daughters to take part and the winning book will be announced in March.

The Film Club took place in the library last month and Spies in Disguise was enjoyed by many of the Year 7 students who came up during their lunch times to watch this animated adventure film. Look out for information about the next showing after Christmas.

Thanks you to all the wonderful parents who so generously bought books from our [Amazon Wishlist](#) - all of the purchases are now being borrowed by the students in every year of the school.

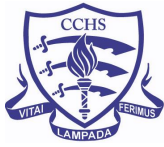
The eBook Platform has been hugely popular, especially for those students learning from home. This new platform allows students to search the [CCHS Oliver Catalogue](#) as normal but download some of the most popular titles instead of borrowing the equivalent printed books. The Parents' Association were kind enough to fund this new initiative and I have emailed instructions to all students on how to access this valuable resource before the Christmas Holidays.



"Reading gives us some place to go when we have to stay where we are"

—Mason Cooley





Sports News

Miss Sarah Bellamy, Miss Georgie Sales, & Miss Charlotte Burnham

Cross-Country – Miss Sales

Without any lunch time clubs, I had no idea what to do with my time, and when I heard we could start some Sports clubs again, I could not wait! And I was even more excited to see so many Year 7's sign up for Running club. When I arrived on the astro for the first session, I was stunned to see how many had actually turned up, and then to see the numbers follow through each week, was amazing! The talent for middle distance running in Year 7 is incredible; I have been teaching at CCHS for nearly 8 years, and I have never seen talent or the numbers like it. I can't wait for our first Cross-country competition and to compete against other school's in the local area and beyond. I am so proud of every single Year 7 who has attended running club, and a credit to all of you who have been working so hard.

Hopefully, soon there will be a running club for Years 8 and 9, so they can practice and help improve their fitness and stamina – so watch this space!



Swimming – Miss Sales

Due to the pandemic, we have had to separate year groups at sports clubs, and this is particularly important in the swimming pool. We have Year 8 club on Tuesday's and Year 9 on a Wednesday, and sadly we have had to cancel morning swimming club and Improvers swimming due to crossing year group bubbles. But hopefully, we will be able to introduce them when we are allowed.

Both year groups have been in full swing and

we have had fantastic attendance. We have had some new additions to both teams which has been brilliant, making the teams stronger and more varied. I cannot wait for the MESSSA league to start again and to (at some point in the not too distant future!) retain our District title at the MESSSA relays.

In the New Year, I am hoping the Year 7 swimming squad will be announced and they will be ready to get training! The Year 7 swimming trials would have normally happened at the start of the academic year, but due to the pandemic, and not being able to use the pool, there has been a slight delay. But they will happen! So, the best of luck to any Year 7's who want to trial.

Hockey - Miss Burnham

Well what a start to the hockey season it has been! With having students from each of their groups coming out to train it has been incredible to see the progress they have made. I would like to take this opportunity to say thank you to Isabelle Keegan who has been there to help, from a distance, meaning that we do not have to

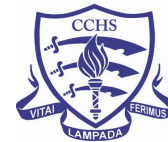


be selective in our training sessions.

Year 7 is always an incredible training session due to the sheer volume of students that attend for a variety of reasons. Some students are there to strive to get better, to be in the team and to perform to the best of their ability. On the other hand, some students are there to enhance their skills or to take part purely for the love of the sport. The Year 8 team have been training

Sports News

Miss Sarah Bellamy, Miss Georgie Sales, & Miss Charlotte Burnham



together since day one. The students are truly dedicated to bettering their skills and they demonstrate this at every training session. The Year 9 team never fail to surprise me with their determination to win or practise. No matter the weather you can always count on them to show up to training willing and ready as ever. It is due to the nature of this team that they did so well last year and I definitely have the same aspirations for them this year.

The students and I cannot wait until we can play fixtures against other schools in different competitions. However, this time has not been wasted and the extra training has enabled all teams to continue to grow and better their abilities each week. I have never seen such a high standard of hockey across Key Stage Three and I am so excited to see where this season takes us!

Physical Education & Extra-Curricular Sport – Miss Bellamy

Physical Education lessons and extra-curricular clubs have been very different this year so far due to a variety of reasons including Covid restrictions, no sharing of equipment, reduced outside area available due to the building work etc. It has been difficult at times for the students and staff to deal with the reduced space and weather conditions, however, the department have come up with some imaginative ideas to ensure students are still learning as well as improving their fitness and well-being. Fitness circuits allowed lots of fun (see photos on the next page) to be had alongside the learning and practising of important skills as well as including a competitiveness element. Students were introduced to adapted games and have definitely found “No-bench, bench ball” to be one of their favourite activities. Lots of unofficial inter-house competitions have taken place too, leading to Achievement Points being given to students on SIMS.

The weather has been cold recently and we have allowed students to wear waterproof jackets over the top of the PE kit along with gloves, however large coats with big hoods and hoodies are not safe to wear in lessons or at clubs so it is important that students organise themselves to have the correct layers - polo tops, PE round

neck jumpers and a thin waterproof coat on to keep warm, but safe too. Students will be moving around so will warm up quickly during lessons.

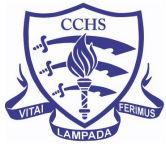
It has been fantastic to see the large number of students taking part in the extra-curricular clubs that have been happening this half term, especially as there have been lots of new faces. Students are thoroughly enjoying being outside and engaging with each other through sport. Obviously, sanitising of equipment and washing of hands has been extremely important to keep everyone safe while having fun learning new skills and playing matches. Year 7 netball has been extremely popular with over 100 students turning up to train, leading to the practice being split over two lunchtimes to ensure safety of the students and allowing them to access the training fully.

None of this could be done without the hard work of the PE department who are as ever ensuring students have access to excellent coaching and training. A big thank you to our Sports officials; Rebecca Anderson and Eve Percival who have been outside in the cold alongside us, helping to coach the younger year groups while maintaining social distancing at all times. We also want to thank Mr Copper who has taken over the role of coaching Football for running the Year 7 sessions.

As a department, we cannot wait to be able to get back to being able to compete against other schools but until then we will continue to have fun together while preparing for the future matches.

Dance Show

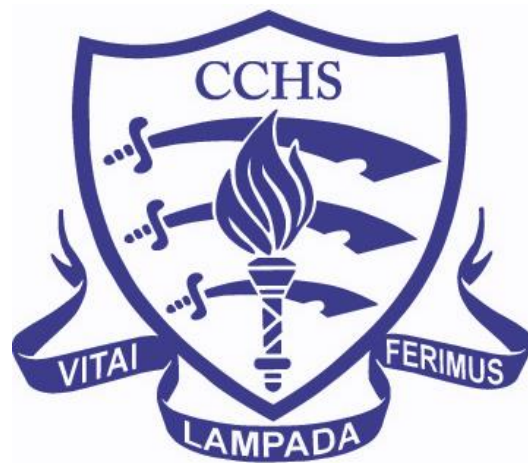
This year’s dance show will definitely be a new experience for all. Our amazing Dance Officials have worked so hard with the department and school to ensure they can still teach students the dances while following strict procedures to keep everyone safe. They have been imaginative and practical in tackling issues and obstacles due to social distancing along with finding innovative ways to maintain the progress of the show. Students are very excited about their involvement in the dance show and we are sure that EMPIRE will be outstanding as ever.



Sports News

Miss Sarah Bellamy, Miss Georgie Sales, & Miss Charlotte Burnham





Chelmsford County High School for Girls

Broomfield Road

Chelmsford

Essex CM1 1RW

T: 01245 352592 . E: office@cchs.essex.sch.uk

 @CCHS4G