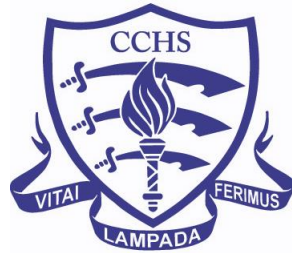


# COMMUNITAS

Autumn Term 2022



Winner of the Christmas Card Design competition:

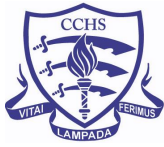
Neha Valli Gopal – 9C



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## Message from the Headteacher

### *Dear CCHS Community*

This Autumn Term has seen several chances for us to gather in so many ways.

Our school assemblies - whole school, year group and House - have provided opportunities to hear from staff and students.

Our various parents' events - Meet the Tutor, Welcome Evenings and Parents' Evenings - ensured parents have been invited in to hear key information from staff, as well as celebrating and supporting their daughters.

Our special events - PA Winter Fayre and Christmas Concerts - allowed students, their parents, staff, former students and colleagues to meet and enjoy good company, festive cheer and delight in the wonderful musical talent of students.

As staff, we have the privilege of witnessing the full range of our students' abilities, as we work with them in classrooms, during lunchtime clubs and societies, on the sports field and the stage, and on enrichment projects.

As we end the Autumn Term and look ahead to the opportunities that will

define the Spring Term, we remain united in our commitment, as a forward - looking grammar school community, to excellence in girls' education and empowerment.

I wish all CCHS families well for the holiday period, and thank you, as always, for all that you do to contribute to our school community.

*Mr Lawlor*



# Staff News



## **This term we say farewell to:**

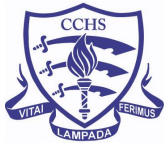
Mrs Pitt	Cover Supervisor
Miss Thorpe	Cleaner
Mrs Kamma	Science Technician
Mr Brignell	Examination Invigilator
Miss McGrath	Senior Assistant to the Headteacher
Mrs Thrower	Finance Officer
Miss Miller	Teacher of French
Mrs Smith	Assistant Finance Officer
Mr Sikora	Teacher of English
Miss Hooper	Cover Supervisor (Cover)

## **We have welcomed the following new members of staff:**

Mr Sheldon	ITT (Maths)
Mr Eluyefa	IT Technician (Digital Learning Focus)
Miss Thoburn	Senior Assistant to the Headteacher
Miss Neale	Education Support Officer

## **Staff Starting in January 2023**

Mrs Romy Barnes	Finance Officer
Mrs Sharon Shepherd	Assistant Finance Officer



## Curriculum News

Mrs Cross, Deputy Headteacher

“Educational success should be measured by how strong your desire is to keep learning”. Alfie Kohn

Here at CCHS we are blessed with students who have a keen desire to learn and with subject teachers who are tirelessly passionate about inspiring our students. This collective passion for learning is evident across our school campus, in every lesson and in every subject.



It is easy to summarise in words the curriculum content for each year group; indeed curriculum information can be found on our website and subject teachers share with students curriculum maps and plans for the term ahead. What is harder to capture on paper is the inspirational way that the curriculum is delivered and the enthusiastic response from our students.

Around school, we have an open-door policy which means that every day our corridors are full of the joyous sound of learning, of discovery, discussion, demonstration and determination. This not only allows us to celebrate the great work taking place in classrooms, but it allows us all a window into other subjects which can help us, and our students, make important cross-curricular links.

This term we have also had the opportunity to realise the results of the work that our School Development Leaders led last academic year. Mr Rowell focussed on the important area of metacognition and knowledge retrieval and the strategies he shared we now see firmly embedded into lessons. Miss Pocock and Mr Harvey focussed on working with subject teachers on inclusion and broadening the curriculum, the output of this work is now evident in curriculum plans and lessons.

At the end of term, we ask our students to reflect on their progress and to review their work. As practitioners we do the same and we continue to look for ways in which we can enhance our provision and continue to develop the important work already in place. Departments will spend time reflecting on their curriculum and looking for opportunities to develop it further, optimising cross curricular links and exploring ways to enhance student learning.

# Teaching and Learning

Mr Selby, Assistant Headteacher



Challenge is at the heart of everything we do here at CCHS; both inside the classroom and beyond. This is reflected in our school ethos and aims. We aim to use challenge as a way for all students to fulfil their individual potential. Our belief is that using this as a tool for learning and development motivates students to acquire new knowledge and understanding and stimulate them to develop new skills and attributes.

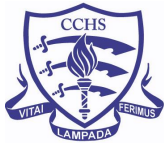
As a word, challenge is often seen as something negative, but in fact, it can be completely the opposite. In an educational context, challenge is a motivating factor. As a student, learning something with an appropriate level of challenge and difficulty is seen as important. There must be an element of difficulty within a task for us to have the desire to achieve the overall outcome. Moreover, exploring challenging concepts and ideas, stimulates us cognitively, which is ultimately beneficial in our ability to retain information in the long-term. The more challenging a piece of knowledge is to learn and understand; the more likely you are to remember it.

Being challenged isn't just important in our classwork, however, it also has positive benefits in our wider lives. It allows us to step outside of our comfort zone; to take risks; and to ultimately have experiences that help us build and grow as individuals. Taking on a mindset that embraces challenge allows people to develop a much broader set of skills, both academic and holistic.

As a school, we are proud partners of the National Association for Able Children in Education (NACE). Their belief that ability is a concept; not a natural gift, is paramount to our teaching and learning practices and philosophy. NACE believes that students become more able through challenge and challenging experiences. It helps them grow, not just as academics, but as well-rounded people. As a school, we ensure that we cultivate an environment that enables students to grow and develop through challenging scenarios and circumstances. In lessons, students are presented with challenging subject content; they are given the opportunity to explore concepts in abstract and inventive ways to develop their ability. Beyond the classroom, students are encouraged to move beyond their comfort zones, explore different clubs, societies and experiences to help them develop a range of skills that will be beneficial for not just school, but beyond their time with us.







# Enrichment

Mrs. Cross, Deputy Headteacher...

We remain committed to providing high quality enrichment activities for our students and continually seek opportunities to enhance our curriculum provision with inspiring, fun and enlightening events. This academic year we have fully embraced the return to educational trips and visits with many activities, including a trip to Ypres for Year 9 students; our first overseas trip since the pandemic.

We have also reinstated our model of whole school Enrichment Days. On these days the entire school comes off timetable and students are given the opportunity to explore a new skill or new area of learning. We held the first of these days earlier this term and it was superb, students threw themselves into the various activities with gusto and enthusiasm as the comments below from students indicate.

Our work with our partner primary schools continues through our Enrichment Day programme. This is an essential part of our Fair Access and Partnership Plan. During our first Enrichment Day, Year 5 students joined us in school to work with our Science Department and Year 12 students on 'Fizz, Pop, Bang!'.

While Year 9 students were in Ypres, in school, Year 7 students took part in a Languages day, exploring the different connections between languages. Year 8 students tapped into their creative sides in Creative Fest. Year 10 students had the benefit of receiving key careers advice from our Alumnae and other speakers. Year 11 students enjoyed an English workshop and Romeo and Juliette performance, and Year 13 delighted in extending their A level Maths studies.

The Enrichment Programme this academic year is plentiful, and we are absolutely delighted that we are able to offer so many varied activities to our students.

## Year 7

*The Year 7 languages enrichment day was one that I could never forget. Each activity we took part in introduced us to new skills and looking back has opened many doors to unusual professions. My favourite activity was the first workshop of the day – Language Patterns. In this workshop we looked at identifying patterns and how ancient and modern languages can have similarities and rules.*



*Next we had Philology, building on the idea of similar patterns and how all languages stem from one proto-language. Our workshops built on one another and although they were similar, they explored new ideas and parts of what it means to learn a language. Our enrichment day introduced me to a whole new world of language. - Fatimah (7S)*

# Enrichment

Mrs Cross, Deputy Headteacher



## Year 8

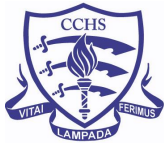
*The enrichment day was an amazing experience for all of Year 8, filled with so much fun and creativity. I enjoyed learning the dances and having a chance to work with my friends and create our own piece of choreography. The music part of my day was so much fun as it was great to put our very own twist on the song with people that I've only ever seen in the corridor before! I learnt a lot that day of course, with improving my dance skills and learning how to be a better singer, but neither of those things was nearly as special for me as the amazing Arts Showcase at the end. We cheered on our friends and the pieces of clothing created by the other groups were stunning and the actors were so confident and delivered their scenes so well. We learnt how to work together as a team and how to create something amazing with people that you might not even have talked to before, but most importantly, we had fun. -Yaarah (8G)*

*The enrichment day on Thursday was amazing! I did art and drama (some people did music and dance), and the day was themed around the musical 'We Will Rock You'. In art, we customised an item of clothing with a bohemian style. After that, in drama, we created a scene showing some the characters' personalities, then in groups performed a monologue from the musical using cannon, echo, and unison. At the end of the day, we did a catwalk showing off all our customised clothing and some people were chosen to perform their drama monologues (the music and dance were performed as well). Overall, it was a wonderful, memorable experience and I am looking forward to more CCHS enrichment days! -Imogen (8C)*

## Year 9

*Our trip to Ypres began with a rainy morning at 4.30am, filing onto coaches with luggage and raincoats in hand - and resulted in an amazing experience we will not soon forget. It consisted of long coach rides, visiting multiple heart-rending memorials, exploring the cobbled streets of the city called Ypres and learning about the history of our country and others'. For me, the highlight of the trip was walking through the beautiful streets of Ypres as it was a really charming, picturesque place to visit, however we were also made aware of the historical importance the place holds to this day. After visiting so many places and hearing so many interesting stories of the past; I am sure that nobody in our year group will ever forget the lovely memories we all made, with friends and teachers alike. -Tabitha (9A)*





# Enrichment

Mrs Cross, Deputy Headteacher

*School trips are the happiest time for students. We get a break from our regular school hours and to experience something that cannot be imagined in a classroom. Just recently we went on a 2-day History trip to Ypres, Belgium. It was an interesting trip and we got to learn lots about the history surrounding WW1.*

*It was jam packed with visits to museums, trenches, and a few burial grounds (German, Austrian and the Commonwealth). We got to experience what it might have felt like in WW1.*

*Overall, it was an amazing and very interesting experience and increased our History Knowledge.*

*Sarah (9A)*



## Year 10

*Careers Day is a day to look forward to your future. It is an opportunity for girls in Year 10 to meet with alumni and professionals and hear about their jobs. This day is a brilliant opportunity for many girls, as it helps them understand the huge variety of careers that are available for them to pursue and persevere in. During the day, a total of 8 speakers will present to you their chosen profession and answer your questions. On our Career Day, as Year 10 of 2022-2023, we were eager to learn more about the many jobs that we displayed interests in. Our first out of the eight speakers was a doctor, having graduated from Cardiff University, which is ranked 38th in the UK. She took us through her medical journey, and explained the long and arduous process of medical school, and the resilience needed to complete it. A solicitor was one of our other presenters. She arrived and discussed the procedure as well as the benefits and drawbacks of holding such a senior position in the legal profession. She had a difficult time climbing the ladder to success, but with determination and hard work, she became a solicitor and is now employed by a sizable law firm in London. Our last speaker, who works in the hospitality industry, is a businesswoman with numerous bakeries and cafes spread out across England. She has extensive experience starting enterprises and coming up with fresh ideas, which I believe to be crucial life skills. Many people find great motivation in her work because she rose through the ranks after starting at the bottom. To summarise, I believe that the information provided to us during careers day was essential in assisting me make decisions about my future job. Every speaker provided insight into the challenges and accomplishments that people would encounter during the next ten years. -Sophia (10H)*

# Enrichment

Mrs Cross, Deputy Headteacher



## Year 10 Careers Day

*Careers Day was not only enjoyable, interactive, and useful, but it was also something that could potentially decide our future and the different paths we would want to take on the journey to success. The ex-students that came to give us informative speeches in a variety of careers, (such as medicine, law, theatre, and investment banking - to name a few.) were able to answer all the questions asked and gave a thorough explanation of what they do, why they do it and how they got there and answered a lot of questions some of us might have had in relation to a certain career and helped us potentially realise the paths we might want to take in the future. Rooms echoed with applause at the wonderful speeches, and laughter at funny experiences and events that have happened to the speakers (and cheers at the prospect of getting some free cake!). It truly was an inspiring day, with listening to hardships some of the speakers have come across and how they did not let it stop them from achieving their goals, as well as telling us how they managed to choose between difficult decisions and when certain skills would help us lead on with our daily lives in the future. I really enjoyed careers day and took away lots of information with me at the end of the day, marvelling at how people deal with tricky situations and learning how to be independent and successful.*  
Saamya (10G)

## Year 11

*In October, Year 11 had the pleasure of a participating in an English masterclass day, which included a workshop on creative writing from our very own Mrs Barker, and a live performance of Romeo & Juliet.*

*The day began with an English themed quiz within forms, made up of 4 sections that tested knowledge from the GCSE English Literature set texts and also general knowledge of wider literature in an action-packed start to the day, with a race against the clock to be the winning team and earn the coveted bags of sweets! This was followed by a creative writing workshop from Mrs Barker, author of the young adult novel series Show Stopper and Show Stealer, which focused on effective openings and how to incorporate the techniques she has learnt on her journey to becoming a successful novelist into the English Language papers; it was certainly an eye-opener to the world of publishing books, and the skills taught were invaluable to the paper sat in mocks. After this memorable workshop, Mr Carter hosted a masterclass on structure in the English Language paper, but with a twist: he very effectively demonstrated how structure captures the reader's attention with short clips from both Star Wars and Edward Scissorhands!*

*I'm sure all of Year 11 will say that the day was a joy to take part in and greatly beneficial for our knowledge of English!*

Hanskika (11H)



## Year 12

*During Enrichment Day 1, we both had the pleasure of helping some keen Year 5 students from local primary schools to discover the joys of science, biology in particular, as we both study it at A-Level. The Year 5 students were given booklets where they studiously recorded what they had learned throughout the day. The biology tasks included studying the basics of microscopes and how to use them safely. There was also an opportunity for them to learn about the wonder that is physics (the science behind rollercoasters was very awe inspiring in particular) and Chemistry, where the students were able to carry out their very own flame tests, which understandably was a real highlight!*

*The fun in biology started with a practical which even us Year 12s still enjoy: observing an onion cell under a microscope. The Year 5s found all the different patterns of the onion very exciting, which made them think more deeply about the world around them, with many being totally fascinated with the idea that when they eat an onion, that is what it looks like!*

*Then the excitement levels were heightened even more when the students were able to swab their own cheek cells and observe these too. Many exclaimed that they couldn't believe that they could see their very own cells, and that they never knew their cells from their mouth could look so cool!*

*We think it is safe to say that all of those that came that day thoroughly enjoyed it, and we did too as it was great to see their enthusiasm and amazing sense of fun when they threw themselves into all the activities.*

*Anna (12AGO) and Eleanor (12AWO)*

*On the 13<sup>th</sup> of October, I was one of the students that volunteered to welcome young girls from a range of local primary schools to CCHS for a day of science enrichment. The day began by giving out many packets of biscuits and offering an ongoing supply of squash before the students were told what they were going to get up to for the day. I escorted them to each of their sessions in Biology, Chemistry, and Physics throughout the day, with their enthusiasm levels constantly remaining sky high. They were all ecstatic not only to tell me about how in Chemistry they made elephant toothpaste, but also very much enjoyed having a discussion over break about how the elephants would be able to brush their teeth. Maybe a giant toothbrush? Over lunch time, conversations about pets and how glad they were that the boys didn't get invited filled the room, before the day seemed to get even better when a selection of ice creams went around. When I collected them from their last session, I was quickly called into the room to see the paper rollercoasters they had made in Physics- with every design detail being explained to me extensively. It was amazing to see so many young girls filled with passion, enthusiasm, and creativity in all aspects they touched upon.*

# Enrichment

Mrs Cross, Deputy Headteacher

*If you are someone who enjoys socialising with others, I would highly recommend getting involved with the school's Primary Outreach program, as it really is a huge amount of fun!*

Matilda (12JPO)



## Year 13

*On Thursday 13th October, Year 13 Maths students had the opportunity to attend a Maths Enrichment Day, involving five separate sessions focussing on different elements of the course. These sessions aimed to draw together reoccurring concepts in A-level maths, such as modelling or the large data set.*

*For me, the most useful units were exam technique and mathematical modelling, as they tested my ability to understand and visualise the Maths I've been learning for the past years. It was also a way to see what maths can be used to calculate (if anyone needs to calculate the area of an oddly shaped drawer or velocity of a falling tennis ball then an A-level maths student should be your go to!). I also enjoyed underground maths and proofs because they were led like puzzle activities, which I can't help but want to solve!*

*Overall, the day was interesting to most people who came, and the different sessions were useful to solidify different concepts with which people commonly struggle. It improved my understanding of maths exponentially!*

Lucia (13FSE)



## Extra-Curricular Clubs and Activities

As well as the whole school enrichment day programme, we have a thriving club and activity scene here in school including Sport, The Arts, STEM, Debating, Bar Mock, Music, Fitness and many more.

Earlier this term, we celebrated this important aspect of school life in a whole school assembly where our inspirational Year 13 students kindly shared their reflections on the enrichment that they had taken part in during their time in school and how it enhanced their school life, potentially inspiring the university courses they are applying to now. Information on our work with the Duke of Edinburgh's Award Scheme and Jack Petchey Foundation was also shared.

Students can find out more about the clubs and activities available from the daily notices and on the many noticeboards around school. We always welcome new clubs run by students, further information can be provided by form tutors.

## Duke of Edinburgh's Bronze Award by Devanshi (Year 10)

A few weeks ago, the majority of Year 10 embarked on their qualifying DofE expedition, which lasted an entire weekend. The experience was really fun and rewarding, but also raised lots of challenges, which we had practised for in our training expedition.

On the first day of our qualifying expedition, I arrived at the campsite with a few friends, a 10kg rucksack and lots of hope. We got a quick reminder of the information we had learnt previously - first aid, packing skills, and orienteering - and set out on our Day 1 Expedition. My group questionably navigated through dirt fields, across roads, taking lots of food and water breaks. Luckily, a DofE navigator guided us on this day and helped us a lot. I'd recommend making sure your DofE bag is sturdy and well-packed; your back and shoulders will thank you.

This journey was supposed to be around 15km and took us around 5 hours to complete - we arrived back at the campsite pretty early (around 3:30pm)! This was good, because we were exhausted and had lots of time to rest our sore feet. Soon after, we had to set up tents and camping stoves for the evening. Though half-inflated roll mats and squished sleeping bags weren't the height of comfort, it was nice to know we had somewhere warm to sleep at night. Our campsite was actually really pretty, and we had our tents right placed next to a lake.



# Enrichment

Mrs Cross, Deputy Headteacher

The landscape was completely open, so we had a beautiful view of the sunset (and the moon) that we wouldn't usually see.

For dinner, the majority of people had Indomie or Maggi noodles. We were told that they apparently "lacked in nutrition", but I found my Maggi-rice hybrid delicious either way. The experience of eating with my friends was so fun - after walking around for



a bit, we made s'mores and chatted in a tent until it was time to sleep. Sleeping in a tent was interesting. A tip for DofE would be to wear lots of layers at night - I wore 5 on the qualifying expedition, because I self-diagnosed myself with hypothermia after sleeping without layers last time.

The second day brought our final expedition. We woke up early and trekked to the bathrooms, which, for some reason, were ages away from our tents. Our group made quick breakfasts - oatmeal, waffles, porridge - and left with our bags a lot lighter. This journey was fun; we got intimidated by a horse, sang some Bollywood music, missed at least 5 turns and resolved to eat lunch as soon as we got lost. We knew what to do, though, since we were given a protocol booklet. However, our navigating skills finally pulled through, and we made it back to the campsite. Getting our qualifying certificates felt really rewarding, and we were encouraged to do Silver DofE! My muscles ached for a few days afterwards, but it was worth it; according to my class, their friendships strengthened through the pain, and they learnt valuable problem solving skills.





# Jack Petchey Awards

Mrs Cross, 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. In this edition we are celebrating winners between the period September – November 2022.

**Congratulations and thank you to them all.**



**September 2022**

**Winner:** Rose

**Year 12**

**Reason for award:**

Rose has done a lot of charity work for Big Love Charity and travelled with them to Romania for several days where she supported families and children impacted by poverty and hardship.



**October 2022**

**Winner:** Hansika

**Year 11**

**Reason for award:**

Hansika very frequently goes to the library to help out and is always happy to complete any task given to her. She volunteers at one of the Essex Libraries on a Saturday, running fortnightly story time for small children and also offering her assistance with shelving and other library tasks. This is a big help to the Librarian there, particularly at times when they are short staffed.



**November 2022**

**Winner:** Rucha A

**Year 11**

**Reason for award:**

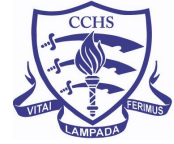
Rucha has made a significant contribution to school by attending Physics Lectures, baking 100 cupcakes for a school Bake Sale, and always going out of her way to help others. Rucha also helps in the community in her spare time by tutoring younger children in both English and Biology subjects.

Mrs Cross

Deputy Headteacher (Academic)

# Pastoral News

Miss Harrison, Deputy Headteacher, Pastoral



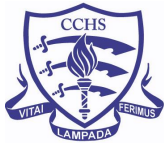
What a fabulous start to the year for the Pastoral Team. We have the newly promoted Mrs Chumbley as Senior Pastoral Leader. This means we have a new addition to the Main School Pastoral Team - Mr Copper has been welcomed as Year 8 Leader. As ever, our doors have been open—we are always here for your child 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 child need support and they are not able to reach out. I managed to speak to quite a lot of parents at various Meet the Tutor Evenings and the New Parents' Welcome Evening. I highlighted how to contact the Pastoral Team and who to contact. This complimented the Pastoral Cards that all Main School students carry to access help should they need it.

I also highlighted ways to support with online safety. We believe in wrap around care—we want to support both our students and parents. So, I just want to wish you all a restful break. We look forward to seeing you in the New Year.







# Pastoral News

Miss Harrison, Deputy Headteacher, Pastoral

## BLACK HISTORY MONTH

October saw the students enjoying the Black History Month programme. The Change and Diversity Prefects put together a wonderful assembly to celebrate BHM. The focus this year was, 'Time for Change: Action not Words'. This enabled our students to share their stories with the whole school and look at some of the key people who have actioned change through their actions. Of course, this links to the CCHS@change project—which we continue to reflect on.

## LEADERSHIP CONFERENCE

Once again, we were lucky enough to be able to run our Year 11 Leadership Conference. Under the expert guidance of Miss Burnham, the Chapman Sports Centre was transformed into a hive of activity. This year's theme was, 'The Diversity of Success'. We were lucky to have five speakers: Mitra Janes, Verity Wilde, Heather Melville OBE, Ella Jerman and Alison Jackson-Carter. What a powerful message to see three ex-students on stage speaking about their journey and how it is possible for anyone to achieve their dreams. They also ran interactive workshops to compliment their speeches—which the students really enjoyed. The corridors rang with music at lunchtime—as the Year 11 students showcased their musical talent. The afternoon's student led workshops also went down a storm. We were lucky to be joined by students from St John Payne who thoroughly enjoyed their day at the conference.

## MEET THE TUTOR EVENINGS

The New Parents' Welcome Meeting, the Year 8 Meet the Tutor evening and the Year 10 Curriculum Evening were well attended. It was wonderful to have parents in school and working with us. Parents received various messages throughout the meetings, but one thing I was able to speak about was the Pastoral Systems and the ways we can support parents/students. All parents were given timely advice on the use of social media and the dangers of various social media platforms. We are very much enjoying having our parents in school again!

## ROAD SAFETY

Can I ask for your support when dropping your child at school. Please avoid dropping your child off on the main road—some students just open the car door and jump out—not remembering there is a busy bicycle lane. I understand the traffic is busy - but we need to keep our students safe. We would also 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 students who persist in taking risks with their own safety and that of others. We are on a busy main road and students 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 these matters. Often younger students will follow the older students and so there is a communal duty and expectation that we all stick to the rules.



# Pastoral News

Miss Harrison, Deputy Headteacher, Pastoral

## THE PASTORAL HUB

Our Pastoral Hub is thriving! It is a room where students can have a 'time out' if they need to take a minute out of their day to support their wellbeing. This year the Hub is also being used for Art Therapy lessons led by Miss Stevens. It's a wonderful opportunity for students to explore their thoughts and feelings through creativity. We look forward to developing the space further in 2023 - with the Jack Petchey award money that has been kindly donated by Hansika in Year 11.

## COUNSELLING

Our counselling provision is now 15 hours a week (Monday, Tuesday, Wednesday, Thursday by appointment and referral) We also run a Mental Health First Aid Drop-in on Friday Lunchtimes from 1pm in The Pastoral Hub. Each week the room is supervised by a trained Mental Health First Aider, so please encourage your child to pop in if they need to speak to someone. If you feel your child is a Young Carer, then Mrs Hiett runs a Young Carer drop in at 12.40pm on Friday Lunchtimes. If you feel that your child needs any support then do not hesitate to get in contact with any member of the Pastoral Team.

## 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 apply you may qualify for free school lunches.

HOW TO APPLY: Go online to [www.essex.gov.uk/educationawards](http://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 students in receipt of free school meals and there is no embarrassment.

## 'THE 2 JOHNS'

We were lucky enough to welcome 'The 2 Johns' on Wednesday 7th December. They came in and delivered their online safety talk to all of our Key Stage 3 students. This was a wonderful opportunity for our students to listen to real life stories and benefit from the expertise of the two ex-Policemen. We all thoroughly enjoyed the experience. I hope you all took the opportunity to join the parent session as I am sure you would have found it invaluable.

Please also see the following link :[Online Safety \(escb.co.uk\)](http://Online Safety (escb.co.uk)) This leads to the Essex Safeguarding Children Board's Christmas online safety campaign.





## Year 7 Mrs Lewis, Year Leader

Our new Year 7 students have made an amazing start and jumped into CCHS life with tonnes of enthusiasm. They have coped extremely well with the new demands of secondary school and do so with huge smiles on their faces. Friendships have formed and are blossoming, and the year group is full of positive energy.

The first term has been jam-packed full of events. The Elevate Programme took part at the beginning of September. This provided transition support with a focus on organisation and study skills which have proved essential as our youngest students manage a variety of new subjects and adapt to new ways of working. The school disco was a big hit, no pun intended, and the Winter Fayre was very well attended with the Year 7 students doing a great job of promoting their stalls.

Extra-curricular clubs for Year 7 students have been in full swing with lots of students getting involved in sports. Our Year 7 runners did extremely well and had great success during the cross country at Felsted School – We were all so proud of the girls. During lunchtime it has been a joy to see so many student-led clubs taking place, from chess club to British Sign Languages club there's something for everyone.

Year 7 students are really finding their voices with WOW Wednesday and the form group assemblies, along with form roles being assigned and extra responsibilities being carried out.

House events have been a highlight for everyone including staff. The Year 7 House events are extremely competitive, but mostly they are full of laughter, excitement and create huge amounts of noise as the Year 7s cheer each other on. House karaoke was incredible this year and saw 7G crowned the winners following their highly energetic dance routine, including flips and lifts!!

I would like to take this opportunity to congratulate Year 7 students on a brilliant first term, and I look forward to seeing what is to come in the new year.

Wishing you all a very restful break.

Mrs Lewis



## Pastoral News

### Year 8

#### Mr Copper Year Leader

It has been a jam-packed first term for Year 8 students. After the challenges of Year 7 – taking new subjects, joining a new cohort, and getting involved in all the trimmings of our school’s extracurricular provision – they came back optimistic and ready to continue their academic journeys of hard work and resilience.

Accordingly, there have been numerous exciting changes and events for them this term. Saying farewell to the incredible Mrs. Lewis and her team of dedicated Year 7 team and being greeted by a new Year Leader and new set of Form Tutors has been a fantastic transition; it was made all the better by the fact that Mr. Jones has come along with them on this ride. They have also experienced their new weekly form time activities, including the always-exciting ‘Friday Frenzy’, a whole-school weekly quiz ranging a variety of topics, from guessing the teacher from their baby photos to pontificating on the top five most popular chocolate bars in the UK. Competition has been stiff and rife, but as it stands 8A are at the helm. There have also been some brilliant House Events, with one highlight being the moment a more-than-healthy contingent of Year 8 students filled our new sports hall’s balcony to scream in support of their houses in House Indoor Athletics.

Those pupils at the school who know me know that House Karaoke is my favourite time of the school year. Forget Christmas-time and festive preparations; for me, it is a time of blood, sweat, and tears!, as forms polish off their final choreography and ensure their lyrics are known so well as to be belted out. Year 8’s performances this year did not disappoint, with a zesty and impassioned show being put on for all – a genuine high standard was shown, and long may this competitive spirit continue.

This has all been capped off by two Enrichment opportunities: a dramatic Science workshop about magnets and magnetism, which left its Year 8 audience laughing and enthused, alongside their first Enrichment Day, which focused on the creative arts. Resounding reviews filtered across the year group at the impressive drama, dance, music, and textiles produced across this day. There have also been the prerequisite activities as the term has come to a close: the Winter Fayre, toward which so many Year 8s volunteered their time and effort; the Christmas Carol Concerts, always a superb illustration of our students and their talents; and even some snowman-making squeezed in during our penultimate week!

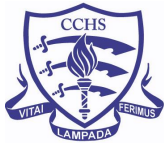
I spoke at the beginning of the year to Year 8 students and their parents and guardians about “Being Their Best Self”. This mantra was intended to be exciting and malleable. Year 8 is a time after joining the school, but before moving upwards to Year 9 and options. It is a time where our young people have been afforded the opportunities to get involved with whatever they want. And if that meant changing their interests, their hobbies, their extra-curricular engagement – well, all the better.

It has been a pleasure to lead this year group thus far, and Year 8 students have so much to look forward to going into Christmas and the New Year.

–Mr. Copper







## Pastoral News

### Year 9

#### Miss Sales, Year Leader

Year 9 students made an excellent start to the year and made a smooth transition from Year 8. The students are still creating new friendships beyond their form classes and cementing friendships to last for many years to come. All lessons, across all subjects are now in different sets, and no more lessons happen in form groups, which is something I know the students enjoy, as they like to branch out and gain a new level of confidence, outside the form group. It has been a very exciting term, and Year 9 students have certainly thrown themselves in to every aspect of the school.

We have enjoyed many House events so far this term, with many more to come. A favourite amongst the year group is House Decorated Classrooms, which will take place just before the Christmas holidays. A competitive House event is House Karaoke, which saw 9S take the win for the second year running, closely followed by 9H. A personal highlight was when Mr Harvey got on stage and started playing the guitar like a true rockstar! 9A took the title in House Football without losing a single game. It was so good to see so many students taking part in House Football especially in the cold and wet with so many smiles on their faces.



On Enrichment Day 1, the year group ventured to Ypres, where we got to learn and appreciate the history of WW1, visit various museums and spend some time

in trenches. Year 9 students were fantastic on this trip and showed impeccable behaviour throughout, showing maturity beyond their years. I was an extremely proud Year Leader!

During tutor time, we have various activities going on; we have Thoughtful Tuesday, where we do everything mindful, such as colouring in, chair yoga and many more. We have Thursday Fit where we learn how to become more mentally, physically, and emotionally fit, for example, we learn and discuss how we can be more resilient and robust. Friday Frenzy's is something



that we all look forward too, they have now become a whole school House Event. Last half term, 9S, 9H and 9G all come first and enjoyed their Friday Frenzy prize during tutor time. As a year group, they are absolutely smashing their Form Assemblies.



# Pastoral News

## Year 9

### Miss Sales, Year Leader

when they deliver them to the rest of the year group. So far, we have had 9G lead an assembly on Day of the Dead and 9C lead an assembly on Winter Festivals.

In the new year, Year 9 students will start to select their options for GCSE, when they will be able to be more selective in their studies. All in all, it has been a fantastic term and I have every faith that Year 9 students will carry their enthusiasm from this term, into the New Year. I wish you all a well-deserved Christmas break.



## Year 10

### Mrs Busby, Year Leader

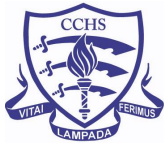
Year 10 students have had a fabulous start to the academic year, I cannot believe a term has gone by so quickly. It must be because there have been so many fantastic events for the year group to participate in, from the Jack Petchey Speak Out Challenge, Geography field trip, DofE, Culture Fest, just to name a few; it has definitely been a busy term!

The year group have been inspired by the motto: 'we are the magic', and they have definitely been creating magic both in and out of the classroom! Tulasi and Arthie have both taken part in the UKMT Senior Maths Kangaroo, something usually only undertaken by Sixth Form students. Sophia received her flute diploma and Arya flew to India after winning a Hindi speaking

competition to learn more about the Hindi language. These are but just a few of the fantastic achievements of the year group this year.

The Jack Petchey Speak Out Challenge that took place in September was a fantastic opportunity for students to practice their oratory skills and find their voice, whilst talking about what they are passionate about. The winners of this round have gone through to the next stage of the competition, which will take place in January. I look forward to seeing how well they do in the new year.





## Pastoral News

### Year 10

#### Mrs Busby, Year Leader

Year 10 also took part in careers events for their enrichment day. This was a fantastic opportunity for them to learn about different careers from alumni and other guest speakers, giving them a true insight into what it is like in certain careers and



what they would need to get there. I know many students found this particularly useful in helping plan out their next few years in education.

The Geography field trip also took place in Epping Forest, it was absolutely fantastic to see the year group go on another external trip. It does truly feel like the school is back to normal following COVID. This field trip enabled them to learn their practical skills required for their coursework, and see their Geography education live in action.



The Duke of Edinburgh's Bronze Award expedition took place this term; a true test of skills and resilience outside of the classroom. Whilst many students found this



challenging, they rose to the occasion with a smile on their face, every student that took part has talked about how rewarding the experience has been.

Finally, we had an amazing time participating in Culture Fest. To celebrate Culture Day, 10H led an assembly demonstrating some amazing dancing and sharing stories of inspirational people from various cultures around the world. Seeing the students wear their cultural clothing and being able express the delight they see in their culture was a joy to see.

With the Autumn Term wrapping up and the Spring Term on the way, when the year group will have to experience more new challenges, now marks a time for to rest over the Christmas break. It has been my pleasure helping guide them though the first term, and I cannot wait to see all the great things they achieve in the next! Have a great holiday.

Mrs Busby

Year 10 Leader





## Year 11

### Miss Burnham, Year Leader



Year 11 students have just finished probably one of the busiest terms this year. In between the hard work they have been putting in, in preparation for their mocks, they have also been busy planning and organising

the Leadership Conference 2022.

This year, our conference was titled, 'the diversity of success', stemming from our year motto, 'success is how you define it'. The students wanted a focus on having ex students as the speakers to make it even more relatable. We had some brilliant speeches from three ex students and subsequent workshops that left the students 'buzzing' at the end of the day. Furthermore we had two additional speakers one of which was over MS Teams for the first year ever!



Aside from all of this, they have been busy with all of their extra-curricular activities; music and the upcoming concerts, drama and the upcoming production, dance and the dance show. Of course, this is alongside so many different sporting activities. Enrichment did not stop there. Following on



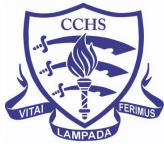
from this, they have had an English enrichment day, restart a heart week and many house events, including the one and only House karaoke. This year group thrives in the enrichment of the extra-



curricular and have a wonderful mentality towards attendance and practice making perfect

Year 11 students have a busy few months ahead of them, but as ever, I know that they will take it in their stride to be the best that they can be.

Miss Burnham



## Sixth Form News

Dr Palmer, Mrs Connolly and Mrs Hiett

Mrs Hiett, Mrs Connolly and I would like to thank all of our sixth form students for the energy and commitment they have shown over this long term. We would also like to wish everyone a restful holiday and the usual compliments of the season.

### **Year 12.**

Our Year 12 students have thrown themselves into so many activities over the past months that is hard to know where to start. They have made great progress on their A level courses and Mrs Hopkins and her team are looking forward to a really fascinating range of EPQ essays being submitted next term. We are also excited about the future of our Young Enterprise team and eager to see what they will offer in terms of products for us all to buy.

We congratulate all the Year 12 students who have recently been appointed to roles as school officials. We are much looking forward to working with our new Senior Prefects, House Officials, Sports Officials, Dance Officials and Global Citizenship Officials once they take up their new roles in January. We also thank everyone who has applied for another prefect role and look forward to publishing the list of roles awarded at the start of next term.

Mrs Hopkins is much looking forward to beginning to work more closely with Year 12 students on their Higher Education plans next term and Dr Hiner is keen to assist with all manner of careers information. Mrs Hopkins and Dr Palmer are pleased to invite all Year 12 students and their parents to our Oxford and Cambridge Information Evening. This will take place online on the 25<sup>th</sup> January and we are delighted once again to be welcoming as our guest speaker Dr Sam Lucy of Newnham College, Cambridge.



# Sixth Form News

Dr Palmer, Mrs Connolly and Mrs Hiett

## Year 13.

As all parents of Year 13 students will know, this has been a very busy term with both a good deal of academic work and also the UCAS process. At the time of writing many students have interviews coming up and we continue to offer them all the support possible as they prepare for these. We also look forward to receiving news of their successes in January.

Our Year 13 students are very aware that their mock examinations are taking place at the start of next term. We much encourage everyone to take sufficient time to rest and relax over the holiday period and look forward to some excellent results from these examinations. Staff will be working very hard immediately after each examination to return papers and grades to students as soon as possible so as students can really learn from their performances in January and use them as a springboard to further success.

We thank all our Year 13 students for the excellent work they have done in leading so many school activities such as our regular subject societies and in other aspects of their prefect roles. Most recently Louisa, Tal and Davina gave us an excellent example of inspirational leadership in their work organising and presenting Culture Fest Week. This week of events, performances and reflection on the different cultural backgrounds which are represented at the school did a massive amount to celebrate diversity in our community and we much look forward to this becoming an annual school event.

Dr M Palmer

In October, the Art Department launched our Black History Month Art competition to celebrate Black Excellence.

Students from all year groups were invited to submit their work with all pieces displayed in an Exhibition outside the main hall. The results were superb with over 15 pieces, displaying a wide range of skill and cultural reference, reflecting brilliantly the diversity and compassion of our school community.



We were particularly impressed by our winners who demonstrated a high level of skill in thought provoking and visually exciting pieces.

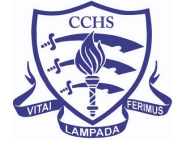


1<sup>st</sup> Place Vaishnavi (8G)

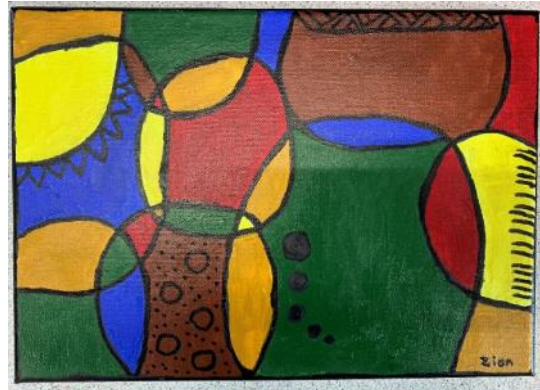


# Art News

## Mr Harvey



2<sup>nd</sup> Place – Nicole (8C)



3<sup>rd</sup> Place- Zion (8H)

The exhibition was up for a week in the Dining Hall for everyone to see. We would like to say a huge well done and thank you to everyone who entered; we were extremely impressed with your work.

### Remembrance Day

In November, we marked Remembrance Day by creating a poppy installation in the quad. Students from Year 7 to 9 came to Mr Harvey's Art club on Mondays and made over 30 poppies using recycled materials. Not only were the poppies bright and beautiful but the installation provided a space for students to reflect on past and current conflicts around the world.





## Christmas Decorations

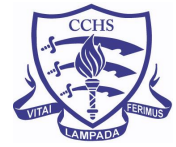
It is that time of year again when our Year 7 and 8 students make the Christmas decorations for the School to get everyone into the festive spirit.

This year's theme was diversity. Year 7 students focused on the colours of the LGBTQ+ flag and Year 8 students produced Elves from around the world. The decorations have brought colour and joy to our dining area and students should be proud of the quality and impact of their pieces.



# Art News

## Mr Harvey



## Drama Newsletter

I feel like this is something that I write as an introductory section to all my Drama newsletter articles, but it continues to remain ever true: *'we have had another busy and enjoyable term in the Drama Department'*.

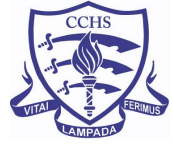
In our academic lessons, our Year 13 students spent the first half-term building, developing and refining devised performances for their A-Level Performance Examination. As ever, students are required to build a piece of theatre that is inspired by the work of an influential practitioner or theatre maker. Our students, this year, explored the work of Bertolt Brecht and Epic Theatre. A primary factor within Brecht's work is ensuring a social and/or political message shines through. We were fortunate enough to experience some outstanding pieces of theatre, which explored themes and issues relevant to today's society, such as: gun violence and the rights of women in society. These performances were proudly showcased to family, friends and school staff in a showcase evening taking place in October.

Our extra-curricular programme is also in full swing. Our Year 9 students continue to enjoy our Joint Drama Society in collaboration with King Edward VI Grammar School. Each week, students from both schools join together to work on improvisations, scripted work and a whole host of other Drama activities. This is overseen by teachers at both schools, but is primarily run by our Sixth Form Drama Mentors. Thank you to Emily, Fortune and Khushi for giving up time each week to plan and run these sessions.

The highlight of our Drama calendar is our Whole School Production, and this year, we are very excited to present 'Little Shop of Horrors' at our musical. This will be the first time in four years that a Musical has taken place at CCHS, and my first musical production with the school. We began this process all the way back in June last year, auditioning students in all year groups; with rehearsals starting in September. We have a cast of over fifty students involved in this production and we look forward to showcasing our hard work on Wednesday 1<sup>st</sup>, Thursday 2<sup>nd</sup> and Friday 3<sup>rd</sup> February 2023. Tickets are on sale now via Positickets; you can purchase tickets by following the link below: [Positickets - The Box Office for Drama & Events](#).







**Chelmsford County High School for Girls  
presents**

# **LITTLE SHOP OF HORRORS**



**Wednesday 1st February, Thursday 2nd February,  
and Friday 3rd February**



This term has seen numerous musical successes from our students.

It was amazing to finally have the return of our live Christmas Concerts with the previous ones being back in December 2019. Playing in front of two sold out audiences always gives our students an extra lift and they didn't disappoint. As ever we had a mixture of festive and other pieces ranging from Jazz and musical theatre to Vivaldi and Schubert.

For the first time ever, CCHS now has three classroom music teachers. We welcomed Ms Hutton to the music team who has settled in really well and inspiring students to challenge themselves whether it be in class, senior choir or beyond. We also welcomed Miss Abbott to our team of peripatetic colleagues. She has also settled in well teaching guitar and leading our guitar ensemble.

Our peripatetic staff have been working really hard with over 220 students between them. First and foremost, they are developing students love for their chosen instrument. Where agreed they also ensure students are prepared and are ready to sit a graded examination. It is lovely to hear students playing during the day in such an eclectic mix of music and genres.

CCHS is an exam centre for ABRSM grades. We have been fortunate to hold a sitting for this term. I am pleased to report that we had a 100% pass rate and some of the standout results are Rose in year 13 achieving grade 8 voice with distinction and Amy in year 12 achieving grade 8 violin also with distinction. Congratulations to all students who took an examination.

In October, our Year 11 GCSE music students all recorded their solo performances (30% of their final grade). Ms Hutton, Mrs Clements and I were very fortunate to listen to a set of truly fantastic performances.

Rehearsals for the forthcoming production of Little Shop of Horrors production in February have been taking place with numerous singing and band rehearsals. The band and cast gave a sneak peek of the title track during the Christmas concert which thrilled the audience and built the anticipation of what is to come. It is really shaping up to be a fantastic school musical.

This term also saw 73 Year 9 students Bronze Arts Award work externally moderated. This work began in Year 8, and whilst it has been a long wait it was certainly worth it. All 73 students passed this level 1 vocational award with flying colours. The moderator made comments on numerous students work stating how they had gone above and beyond in their exceptional projects.

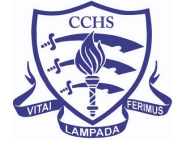
Over the last three years, the School has been working towards Artsmark following our successful Gold Award back in 2019. Despite the many challenges facing us all during the subsequent years I'm thrilled we finally submitted our impact study with Arts Council England renewing our Gold status again for another two years. This is a significant achievement for the School, of which the Music Department played a significant part.

Mr Lamberti



# House News

Ms Holt



This term has seen so many exciting House events running up to the end of the year. This term the events have not only been sporty, but very musical and many students have been seen singing on the stage representing and supporting their house with plenty of energy and enthusiasm!

We have had multiple House assemblies this year in which we have had games of charades, guess the lyrics, an impromptu karaoke performance from 7A and mini obstacle courses, all in preparation for the events ahead. These interactive, in person assemblies have been a highlight of our jobs, getting to see all years and the teachers getting involved whilst allowing us to have fun and be wildly creative!

Our first House event of the year was a new one – House indoor athletics – bringing with it the most competitive team relays CCHS has ever seen! With teachers and students making up the teams, pressure was high, and the event certainly brought interest to the school calendar. Year 13 raced whilst Year 7 cheered from the viewing platform and aiming to impress, the House officials sprinted, dodging, and jumping to win the races. We were so fast that there was even a few slips and trips, but everyone got back up and persevered, for which we are so very proud.

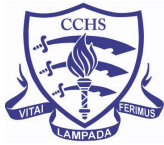
The highly anticipated House football took place throughout November. Many students embraced their competitiveness and the House officials cheered from the side-lines as many exciting and high pace football games took place! We think A House has some budding footballers with their teams coming first place in both Year 8 and Year 9, whilst 7A came 2<sup>nd</sup> place. The House spirit was amazing, with C House coming first place in Year 7 and S in first place for Year 10.

To continue, we had the return of House Karaoke, some may argue the loudest House event of the year. The performances were ones to remember with G house winning year 7 Karaoke with a pitch perfect rendition of One Direction, followed by A House who sang High Hopes, in close second place. For their first term at the school and their first tutor group performance on stage the House officials and their form tutors could not be prouder. Everyone sang their hearts out and had amazing dance moves and even some tricks making the event truly energetic, this is what makes House Karaoke an event to look forward to every year.

Finally, to end the year, we cannot wait to complete our final event as House Officials, House Decorated Classrooms, a truly unique house event. The ideas are ever growing, and the creativity is astonishing, and we cannot wait to see where we are transported each time we walk into a decorated classroom this year.

We would like to take this opportunity to thank the Music and PE staff for working with the House Officials to coordinate and lead events, and most importantly Miss Holt for making sure every event is remembered and made as fun as possible for the students competing.

Our final term as House Officials has been a great one, the events have been so memorable and the joy of working with younger years to make the house system work has been a pleasure for us all, it is not something we will forget any time soon. We wish the new House Officials the best of luck for January, and we know they will do an amazing job. This year we have seen, not only high scores, but determination and dedication, so thank you all for getting in the House spirit. We as House Officials cannot thank you enough for getting involved in events and putting your energy into winning the cup or shield for your House.



## Library News

Mrs Martin & Mrs Davis

We have had a very busy term, and somewhere along the way we celebrated a year of being in our new library. Thank you to everyone who kindly bought books from our Amazon wishlist; we have added nearly 150 new books to the Oliver catalogue this term and have plenty more still to do.

We are enjoying the new flexibility that the space offers. Mrs Howell was pleased to be able to conduct all Year 7 library introduction lessons, which were met as usual with enthusiasm from the students – particularly the escape room challenge that finishes each set of lessons. We can see them using the skills they learned to use the library and its resources to great effect.

Mrs Howell was also pleased to work with Mrs Hopkins to offer a refresher lecture on study skills to those Year 12 students who are planning to undertake the EPQ. Skills such as referencing and effective researching will stand them in good stead for any further studies they decide to take, and the lecture went extremely well.

As ever, in March we will celebrate World Book Day and have invited the author Sufiya Ahmed to visit and give a talk to Year 7 students. Sufiya's novels tell the stories of British-Indian women in various historical moments, such as World War II and the Suffragette movement.



In October, we offered the Year 7 students a chance to enter a competition run by the author Robert MacFarlane, based on his book of nature poetry 'The Lost Words'. Congratulations to Ella Browne of 7S, whose acrostic 'Robin' has been shortlisted by the judges for final judging by Robert. We will keep our fingers crossed that we have further good news to come.



## German Exchange Trip 2022

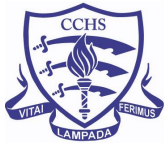
Once Covid restrictions had eased and international travel was easier, the German Department and our partner school in Backnang were super excited, after a 3 year hiatus, to be able to organise the exchange again. Much organisation was completed behind the scenes and on the evening of Sunday 6<sup>th</sup> November there was an excited group of students, parents and teachers in the CCHS car park anxiously awaiting the coach from Backnang. Upon its arrival partners were found and greeted. Then with some trepidation off went the families with their extra family member to start a week of visits and immersion in the British way of life. We are very grateful to the parents for hosting, and for the wonderful opportunities given to our partner students. We have heard many stories of great amusement, fun activities and families enjoying the company of their German student, and how they were just like a member of the family and will be missed!

The German students spent two days in lessons and there was a real buzz of excitement around the school when they were visiting. The school-week ended with a joint project with the Year 10 CCHS and Backnang students working together on similarities and differences between the countries; interestingly the main differences are in schooling! Sadly, the week flew by at warp speed and at the early hour of 05:00 it was time to meet once again outside the school for the German coach to depart.

We hope the students are keeping in contact and are looking forward to their return visit to Germany in June, when the weather will be somewhat warmer. There are a few re-counts from students below. Perhaps of particular interest to Year 9 and Year 11 (those planning on doing A Level German) and something for you to consider next year.

Mrs T Cannon





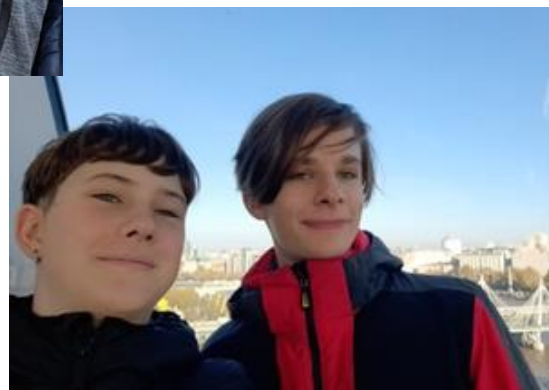
## German Department News

### Róisín

It was a great experience having the German students to stay with us and I think they would feel the same. When Peter stayed with my family and I, he got to experience some of the things I would do on a daily basis such as walking to school or taking part in a physics practical. As well as this we also got to spend time with some of the other exchange students and going out going ice skating (which they were all very good at). The exchanges also taught us many things about life in Germany for example kirchensteuer (the church tax) and the differences in the schooling. I can't wait to be able to go over and see them in June.

### Anna

I took part in the German Exchange, and I found it absolutely amazing! Our partners arrived at 9pm at night, and although it was awkward at first, now I have a friend for life! On Monday we went together for my lessons, and my partner was not so happy to find out that we had to do a HIIT workout for the PE lesson, one of his first exposures to English schools. Throughout the week, we did many different activities together, from meeting up with other people to an escape room and going to clip and climb, to sitting down and playing board games as a family, or even doing Duolingo together! One of the highlights was my dog barking at my partner every morning when he woke up! On the last full day of the Exchange, we went to London, where we went to the London Eye and visited the London Dungeon (would highly recommend) and dining at an authentic English pub. Finally, when we dropped our partners off at 5am, everyone was very sad, even the parents, and there was a lot of hugs and goodbyes. We are both still in contact with each other, and me and my partner call around once a week, to practise my German and his English, and to just chat. We all really enjoyed the experience and are incredibly excited to go to Germany! Thank you so much, Frau Cannon and Frau Gilbert, for organising this!





## German Department News

### Sansitha

The German exchange was definitely a new experience for our year group. We had seen it happen in Year 7, but due to Covid, we were unsure if we would have our own. However, we were so grateful and appreciative to have the opportunity to meet some amazing people and create these special bonds with our new friends. We created unforgettable memories throughout the week. From going out after school, to singing karaoke in a form room with the whole year. It really strengthened the connection, of not only the German and the English exchange student, but also of the entire year group. It was lovely to watch our year connect over taking care and entertaining the German exchange students, break and lunch certainly being the most interesting. Yet it was also wonderful to see the German students integrated into our school lifestyle as they experienced a day at CCHS. Thank you to our German teachers for making the exchange possible again, allowing us to spend our week socialising and bonding with the spectacular group and we are super excited to meet them again next June.



### Olivia

The German exchange was a great experience! They were all so nice and I had great fun throughout the week. I'm looking forward to going to Germany next year.

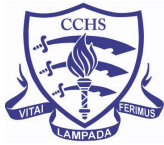
### Arya

After spending the afternoon with our German Exchange partners, working in groups to create a small project on the some of the key differences between Germany and UK, some of us took our German exchange partners to the cinema to watch Black Panther 2. We all enjoyed the film, and was a fun experience for our German Partners too. It was a great day overall!



### Gracie

When I first heard about the German Exchange, I was a bit hesitant as to whether I should sign up, but as soon as I first contacted my partner, we had an instant connection. Having spent the week with Kiana, I feel like I've made a friend for life and am looking forward to going to Germany in June.



## German Department News

### Prethika

I thoroughly enjoyed hosting my exchange student and making friends with them. Throughout the week, we both had wonderful opportunities to learn about each other's cultures. My German friend especially enjoyed trying British food including scones! As well helping me improve my German, my exchange partner taught me how to ice skate which was very fun! From escape rooms to Adventure Island the whole week was filled with exciting activities which we both enjoyed.



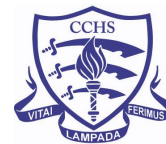
### Maria

Since Year 9, I have wanted to take part in the German exchange but unfortunately because of Covid this was delayed. At the beginning of the term, we had the opportunity to sign up for this year's exchange and I was a little apprehensive but also really excited to finally get the chance. I was partnered with a lovely girl called Sonja, and we quickly became good friends during the short time she was here in England (our whole German class became quite close with all the exchange students, as you can see in the photo). I'm so grateful for the opportunity and I'm looking forward to visiting Backnang in the summer!



# STEM

Mrs Kurian and Mrs Connolly



What a busy term it has been with a wide range of STEM events taking place within and outside school. In October, 60 students from local primary schools spent a day with us exploring all three fields of science with the support from our sixth form students, as part of enrichment day. Last month, CCHS was delighted to welcome the UK's longest running STEM roadshow for the first time. The event sponsored by BAE in partnership with the Royal Air Force and the Royal Navy was based on the theme 'magnetism'. Year 7 & 8 students had a real insight into a wide range of applications of electromagnets and a diverse range of career opportunities available through STEM subjects. Our sixth form students also had the remarkable opportunity to attend the 'Science Live: Physics' lecture at the Emmanuel Centre in London, where they listened to prominent physicists covering a wide range of disciplines, from solar and astrophysics to oceanography and quantum biology.



The electronics club, run by Mr Nicholls, has been buzzing with students on Wednesday lunchtimes. Year 7 groups enjoyed making flashing door hangers. Each student customised their hanger with laser-cut acrylic and a spectrum of different coloured LEDs. Year 8 students are currently making electronic dice using programmable PIC chips and movement sensors. Year 9 students are building personal stereo amplifiers incorporating a colour changing sound-to-light display. Some of the staff and students had the opportunity to drive 'Spirit of Boudicca', a radio-controlled robot created by five of our Year 9 students. They are looking forward to participating in the Rampaging Chariot competition, an annual event hosted by Leonardo. It continues to be a delight to welcome lots of enthusiastic students to the clubs, seeing them expand their skills and knowledge of electronics.

It has been another successful year for CCHS students with respect to Arkwright Engineering Scholarship Programme, the most esteemed award of its kind in the UK. Aseel and Hannah, in Year 12 were selected to become Arkwright Scholars along with Manaal, in Year 13, after a rigorous selection process. Each student receives a personalised mentoring programme sponsored by reputed companies, in addition to £600 which they can use to fund engineering related courses or projects. We are currently supporting the applications of Year 11 students who have expressed an interest to apply for the programme.



This term, some of our Year 12 students have been selected for 'The Upskill Me Empowered Females in STEM programme' that provide an opportunity to solve a real-world STEM problem as part of Dyson Project Based Learning Challenge. The Upskill Me STEM Scholars are also attending masterclasses and receiving group mentorship from diverse and relatable women in STEM. It is pleasing to note that four Year 12 students have secured a place in the STEM SMART programme, a widening participation initiative from the University of Cambridge in association with Isaac Physics.



Our Industrial Cadets Gold Project is now well underway with Year 12 students having had several meetings with engineers from Leonardo, their mentoring company. They are looking forward to their two-day residential trip in January at Canterbury University where students will be developing the theories and models for their project using the facilities at the university. They will also attend workshops that will provide an insight into university life and higher education.

Thirty-Three Year 9 students have been selected for the STEM Leaders programme that is aimed to inspire, lead and mentor their peers through the creation and delivery of STEM activities. Many students from Years 8-11 are working hard on their projects which they will be submitting in March for Secondary Engineers Leaders Awards. We are also looking forward to the launch of Industrial Cadets Bronze award next term.



A big thank you for the energy and enthusiasm shown by all participants, staff and sponsoring companies who are supporting them. I wish you all a relaxing Christmas break.



# STEM

.....Mrs.Kurian.and.Mrs.Connolly.....



## Empowered females in STEM programme

Empowered females in STEM is a six-month course by *UpSkill Me*, where young females in Years 12 and 13 are given access to professional STEM mentorship by industry leads of the likes of Dyson and Google, as well as a hand at a group competition, with the objective of progressing their employability skills.

Although initially daunting, the launch event was surprisingly fun. Before anything else, our first challenge was talking to the people we were assigned into groups with. UpSkill helped us with several icebreakers and games that allowed us to see the kind of people we would be working on our Dyson project with. From Kahoot to even spaghetti tower building, all these mini challenges helped build soft skills like communication and patience. The afternoon saw a panel of high-profile females in STEM from Pfizer to BP, who answered our questions on what it looked like to be a woman in a male-saturated industry, and what their career path looked like. Finally, we had our first mentoring session, where the ground rules were laid for our team and a name was decided, the 'Bunsen Burners' in our case!

Our advice is to talk. Everyone is in the same boat as you, as scared as you; be the person to break the ice. Going into that launch event for a few hours made some friendships which we hope would last a few years. Despite what people tell you, events like this are more than for 'networking', but for connecting with people who share your interests and outlook.

Following the launch event, we had our first virtual masterclass on Zoom, the topic being 'adaptability' – it was amazing to be a part of. The person who spoke to us was incredible, teaching us that despite life going off course (frequently) something beautiful can come out of it. Her success story, despite the troubles she faced, was inspiring and gave us all courage that if we get knocked back down, we can come back stronger, and crucially, 'the only constant element of life is change.' We look forward to the next masterclass on problem-solving!

The masterclass was followed by a mentoring session which was a great opportunity to build soft skills and it was beneficial to put our heads together to decide where to go next. The Dyson Challenge will not be easy, but we look forward to working hard and harmoniously with others to produce a great solution for air pollution in the end that we will be proud of.

*Ruth and Martha (Year 12)*



The Arkwright Engineering scholarship is an esteemed stem-focused scheme, designed to support aspiring engineers in furthering their career ambitions and entry into the field.

After a rigorous application process, a few hundred students are selected as scholars and matched to a sponsoring company, which will provide a financial reward of £600 to students and £400 to schools to aid the growth of stem subjects, and mentor in the engineering industry. In late September, it was confirmed that I was to be an Arkwright Scholar sponsored by McLaren Racing. As not only a fan of the sport but as an aspiring F1 engineer, this is an incredible opportunity to network and gain some insight into the notoriously enclosed motorsport industry.

As a result of this, the rest of the McLaren scholars and I were invited to the McLaren Technology Centre, There we were given a tour of the Headquarters, introduced to the engineers who are to be our mentors and a visit to McLaren's Automotive Section to see the production and test process of some of the most powerful supercars and hypercars on earth, entailing a monsoon test where 6000litres of water is poured on the car at high pressure to test for leaks. The tour began with a walk down the infamous boulevard where key race cars and hypercars in McLaren's history are displayed, from Daniel Ricciardo's 2021 winning F1 car, to Bruce McLaren's self built car. We then took a tour of the car build workshop where the 2021 were deconstructed into their key parts, highlighting the level of detail that goes into designing an F1 car. Then we visited mission control, the best place to watch a race and the place where race strategists process live data from on track and make important calls during the races to maximise driver performance. After the tour we had time to talk to network with engineers and discuss the details of our work experience with McLaren in the summer.

Not only has the Arkwright Engineering scholarship itself given me the skills and the confidence to further my knowledge in the field, but the application process developed my technical and interview / application skills. Although difficult, I received a lot of support from the school. During the application process, we had talks from an Arkwright Liaison Officer and in the interview process, mock interviews with one of our governors, Steve Miles, were provided where we received valuable feedback. The process enabled me to take the initiative and delve deeper into motorsport engineering and make a start in developing my materials and mechanical engineering and I look forward to gaining greater insight in the future.

Aseel, Year 12

<https://vimeo.com/774712522/d8b87d1cc3>



# Sports News

Miss G Sales, Miss Bellamy, Miss S Sales, Miss Burnham & Mr May.....

What a busy term we have had so far! Lots of training has been taking place since September along with several fixtures & competitions. Students & teams have been very successful this term, having won & qualified for Regional competitions. We wish them every success in rest of the season.

Some matches have had to be rearranged due the weather conditions so the fixture list will be updated and sent out in the New Year.

## Students Celebrations

This year we will be giving out certificates to students who are chosen as Player's player of the match and/or Coach's player/athlete/swimmer of the competition, etc. Students will also be given certificates for helping out through officiating as not only does this help the PE staff but it is a great learning experience for them.

At the end of each week, the Department selects an **Athlete of the Week**, which could be awarded because of how they have trained, played/competed, encouraged team mates, been a good captain or helped with clubs etc. Keep an eye out on twitter @CCHS4GPE and Instagram pe\_cchs to see who we has been chosen.

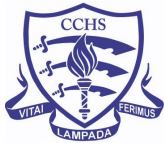


## Cross-Country

The cross-country season so far this year has been very exciting to say the least! We kicked off the season with the first round the English Schools' Cross-Country cup at The Champion school and the runners didn't disappoint. The Year 7's took to the course in fine style and though racing a year young, the whole of the year 7 team finished in the top 12! An amazing effort from everybody. They finished in 2<sup>nd</sup> overall and the inter team finished in 3<sup>rd</sup>, both qualifying for the Regional Finals round at Felsted - something we have not achieved in many years!

### Cross Country Athlete of the Race

ESAA First Round - Champion School	Juniors Yrs 7&8 Izzy Eida		Inters Yrs 9&10 Bethan Davies
MESSA XC - Writtle College	Year 7 Esme Thomas	Juniors Yrs 8&9 Lottie Wilkin	Inters Yrs10 & 11 May Perrin
ESAA Regional Finals - Felsted School	Juniors Yrs 7&8 Frankie Philipps		Inters Yrs 9&10 Ginika Onyechere



## Sports News

.....Miss G Sales, Miss Bellamy, Miss S Sales, Miss Burnham & Mr May.....

The Regional final took place on a cold and dark Saturday in November. Teams had to finish in the top 3 to qualify for the National finals in Leeds. Both the Junior and the Inter teams out-performed themselves. The Inters finished in a fine 8<sup>th</sup> place and the Juniors finished in an amazing 4<sup>th</sup> place, narrowly missing out on a place at the National finals by 2 points! We are sure next year will be their turn.

Junior team: Frankie (7S), Izzy (7S), Esme (7H), Lilly (7A), Charlotte (7C) and Sibylla (7G). Inter team: Lottie (9G), Ginika (10S), Kesia (9F), May (10F) and Neha (9C).



In this year's District competition which was held at Writtle College for the first time; saw some stellar performances from our runners. In the Inter girls' race (years 10&11) May and Ginika took on the rather wet course and finished in 17<sup>th</sup> place and 31<sup>st</sup>. In the Junior girls race (Years 8&9) we had some great performances from Bethan Davies who finished in 3<sup>rd</sup> place and gained her Mid-Essex vest. Lottie finished in

9<sup>th</sup> and Kesia in 55<sup>th</sup>. The team overall finished in 7<sup>th</sup> place in the District. Finally, in the Year 7 competition, we had the biggest team competing, than we had for a long time. Performance of the day came from Frankie in 2<sup>nd</sup> place and Izzy in 4<sup>th</sup> and Esme not far behind in 10<sup>th</sup>. Charlotte made up the team and they finished as District Champions! The 'B' team finished in 14<sup>th</sup> and the 'C' team in 24<sup>th</sup>. Well done to all runners this year, it has been a pleasure for Miss S. Sales and me to watch you all race and compete: bring on our last race in February!

Miss G Sales



# Sports News

Miss G Sales, Miss Bellamy, Miss S Sales, Miss Burnham & Mr May



## Hockey

This year started with a brilliant performance from our U16 hockey team in the Nationals qualifier tournament at Old Loughts. Unfortunately, we did not make it through but the team played brilliantly and beat some

very good teams.



Alongside this we have entered the Essex Hockey Cup and Plate competitions for U14s and continue to practise as a squad to work towards winning.

All age groups continue to train and play in friendly fixtures in order to get better every time & work on team tactics. Sadly, hockey is becoming a less popular sport at many other schools, so continuing to promote hockey is super important to us.

Miss C. Burnham



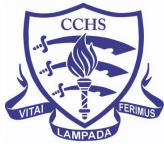
## Tennis

The Year 7&8 team as well as the Years 9&10 team during the summer were both East Region division 2 winners. This meant that they qualified to compete in the Regional tennis finals in Sutton. Unfortunately, the Years 7&8 team already had enrichment day activities booked so were not able to attend. However, if they play as well as they did in the summer term, they will hopefully be able to compete next year! The Years 9&10 team competed and thoroughly enjoyed the experience.

What a brilliant day it was. Our students remained brilliant sportswomen throughout and I was so proud of how well they did. Fingers crossed for this season to be as successful!

Miss C. Burnham





## Sports News

.....Miss G Sales, Miss Bellamy, Miss S Sales, Miss Burnham & Mr May.....

### Swimming



We had yet another record year of numbers for swimming trials this year, with a squad of 12 finally picked and ready to train and compete! We have got lots of swimming galas booked in on the calendar and we had our first gala against Great Baddow School last week. This was a chance for Year 7 to not only swim for the first time, but to see their opposition. All year groups did extremely well;

Year 7 won, Year 8 won, Year 9 won and Years 10/11 finished. This meant we finished 1<sup>st</sup> overall – well done to all that swam, and we look forward to more galas and the MESSSA relays in the new year!

Miss G. Sales

### Netball



On top of entering the MESSSA & National competitions, we decided to enter the Essex Cup competition, which for U14 is a straight knock-out competition and for Year 7, it starts as a league which then becomes a knockout contest.

The Year 7 have played two of the Cup league matches so far, winning both in very close matches against New Hall & Gable Hall. We still have Brentwood & West Hatch to play once they have scheduled the fixtures with us.

The following have played so far:

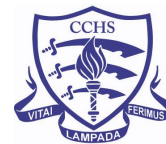
Year 7 Team – Caitin, Alexa, Izzy, Phoebe, Esme, Charlotte, Lilly, Shruthi, Imaan, Natasha, Rose, Arianna, Amy, Diya, Eloise.

U14 team – Mimi, Rosie, Sarah, Muna, Lottie, Kaylee, Matilda, Lilly, Lily, Thanisha, Daisy.



# Sports News

Miss G Sales, Miss Bellamy, Miss S Sales, Miss Burnham & Mr May



## Netball

Having narrowly missed out on qualifying for the Essex County Schools' Finals in October, though disappointed, the team have kept a positive attitude when preparing for the first round of the Essex Cup. The team played some lovely netball against Frances Bardsley who came over to play us – managing to win a tight game to go through to the next round, where we met Colchester High. Once again it was a home match and though we were leading for a lot of the game, Colchester managed



to turn over some of our centre passes and win 10-13. Congratulations to the following students who were selected by the opposition and I for the Players' player award and Coach's player award after their matches.



## Netball Player of the Match

Competition	Player's Player of the Match	Coach's Player of the Match
U16 District Round	Kaia	Esther
U14 District Round	Muna	Matilda
U16 CESSA Champs	Maisie	Jess
Yr7 E.Cup v New Hall	Caitlin	Isobelle
U14 E.Cup v F.Bardsley	Lottie	Kaylee
Yr7 E.Cup v Gable Hall	Alexa	Amy
U14 E.Cup v Colchester	Muna	Rosie



## Football

We entered both the U13 & U15 MESSA Football tournaments this year and while the U15 competition was postponed due to bad weather (we are hoping for a new date in the near future), the U13 tournament took place on 18<sup>th</sup> November at Heybridge Swifts ground.

Thirteen MESSA schools entered the competition and were split into two pools. Whoever won each pool would play off for 1<sup>st</sup> & 2<sup>nd</sup>, those who came 2<sup>nd</sup> in their pool would play-off for 3<sup>rd</sup> & 4<sup>th</sup> etc.

The team played extremely well throughout the tournament only letting one goal in during open play resulting in finishing 2<sup>nd</sup> in the pool. In the play-off the U13's had to play against Great Baddow and though we had most of the possession, we could not score. This meant that we had to go to penalties - Grace managed to save the first 2 and though we scored our first penalty, Great Baddow went on to win 3-2.



## Indoor Athletics



We have had huge numbers of students turn up every Thursday lunch time for Indoor Athletics club from both Years 7 & 8 which is amazing to see. The standard of ability is so high, we are going to struggle to pick the two teams for our first competition in January. We will be competing against all the other secondary schools in Chelmsford at CSAC.

The competition will consist of both track events and field events, on the track we have the following races:

- 4 x 1 obstacle relay,
- 2, 4 and 6 lap races,
- 8 lap paarlouf
- 4 x 2 lap relay

For the field events we have:

- Shot putt,
- Speed bounce,
- Standing long jump
- Triple jump
- Vertical jump

We are extremely excited for the students to attend the competition and we wish them all the luck on winning and retain our title as CESSA champions.

Miss S. Sales





## Sports News

Miss G Sales, Miss Bellamy, Miss S Sales, Miss Burnham & Mr May

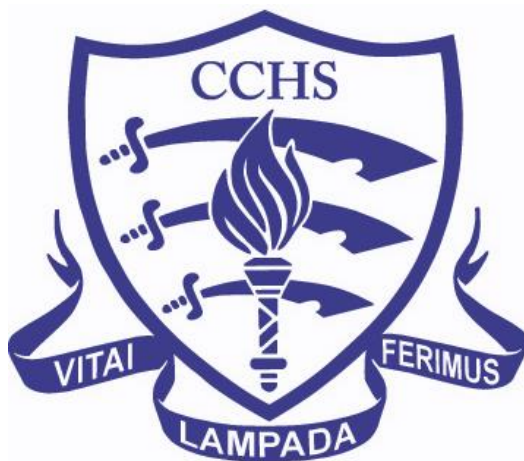


### Sports Presentation Evening

The Sports Presentation Evening will be taking place on Thursday 19<sup>th</sup> January 2023. We will be celebrating all the successes of the students and teams from last year, 2021-22.

Along with awarding Colours for students who have represented school over several years and trained consistently; we will be giving out trophies and awards to individuals and teams for outstanding performances and commitment.

Invitations to selected Years 8 – 13 students will be sent out via school post. Our fabulous Sports Officials will be hosting this wonderful evening of celebration, alongside the PE department.



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