



Inspiring the leaders of tomorrow to think for themselves and act for others

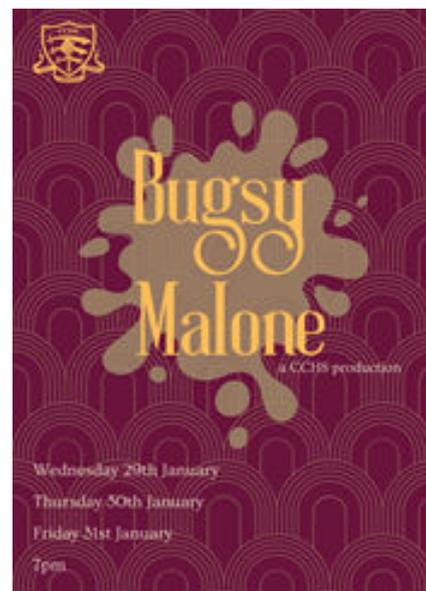
## *MESSAGE FROM MR LAWLOR*

One of the remarkable things about CCHS relates to the wealth of talent and interests that distinguish our students, both as learners and as people. An important part of this concerns the arts. Following on from the brilliant Dance Show and the fabulous Christmas Concerts last term, we will soon have the performances of this year's school production, 'Bugsy Malone', thanks to the excellent leading work of Miss Day (Subject Leader of Drama & Theatre Studies). Indeed, Miss Day and Mr Selby presented a series of super whole-school assemblies this week, interviewing members of the cast and crew, providing us with a glimpse of what is to come with the school production. This will include a matinee performance for pupils from several local primary schools on Wednesday afternoon.

These headline events, along with a host of other activities that take place each week, provide students with opportunities to learn, participate and grow beyond their classroom experiences. We will all appreciate the benefits of our own engagement with the arts. How important it is for young people to experience this and then set themselves habits for life.

We are fortunate indeed to have colleagues in our arts subjects, but in many other subjects too, who make such valuable contributions in this regard, both for students and colleagues. The passion which animates the work of school staff is wonderful, and the ambition students bring each and every day is superb.

Please do look at our arts page on the school website for a flavour of the range of activities and events that are available to students and the school community more broadly: [The Arts - Chelmsford County High School for Girls](#) Here you will find an important presentation, written by Mr Harvey (Subject Leader of Art & School Development Leader), about the place and power of creativity, in all the great ways it is manifested across our school community.





## CCHS Ethos

We amplify, and so fortify, our School vision and aims, as well as pursue links between subject disciplines, to cultivate core values, which direct and drive our work: **citizenship, distinction, challenge, duty, imagination, enlightenment and diversity**. This ethos forms our covenant with the CCHS community:

- Mission *A progressive grammar school community, committed to excellence in girls' education and empowerment.*
- Vision *Developing the leaders of tomorrow – **citizenship**: inspire future citizens to think for themselves and to act for others.*
- Aim *The pursuit of excellence – **distinction**: provide students with an outstanding education, with students doing their best in all endeavours.*
- Aim *Fulfilling individual potential – **challenge**: motivate students to acquire new knowledge & understanding and stimulate them to develop new skills & attributes.*
- Aim *Contributing to the community – **duty**: ensure students conduct themselves with civility and compassion at all times, supporting each other and looking beyond themselves.*
- *English, Sport and Arts subjects – **imagination**: enable students to explore new ideas and empathise with the thinking of others, without limitation or risk.*
- *Mathematics, Computer Science and Natural Sciences subjects – **enlightenment**: equip students with the insight and determination to embrace new ideas, technology and innovation, enabling them to contribute to the ever-changing natural and physical world around them.*
- *Humanities, Languages and Social Sciences subjects – **diversity**: provide students with the tools to respect and celebrate the great diversity of cultures, backgrounds and beliefs, within and beyond the School, whilst recognising that we have more in common than that which divides us.*



# D e s i d e r a t a

## **G** O P L A C I D L Y amid the noise

and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

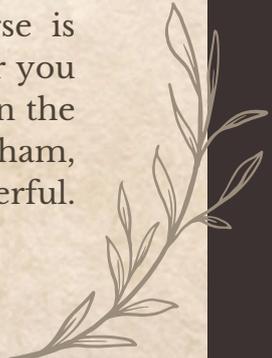
Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

by Max Ehrmann ©1927





# Student Achievements

Have you got some news to share?  
If so, please email Mrs Gross (jgross@cchs.co.uk) and attach a photo or logo, if applicable.

Sadhana, (9F), has completed her Grade 3 Examination in Indian Classical Dance, Bharatnatyam, with Distinction.

Well done, Sadhana.

*Well done!*



Anshu, (10G), achieved her Brown Belt in Shotokan Karate in December. She has been committed to training and shown dedication and hard work for the past 18 months.

Anshu has shown great perseverance in mastering the techniques, forms and sparring skills required at this level. This marks her journey towards Black Belt.

Congratulations, Anshu!

Diya, (12DNO), entered the ICU Global Youth Essay Competition and has been awarded third prize from across 2000 applicants from 119 countries.

Details can be found in the link <https://www.icu.ac.jp/en/news/GlobalYouthEssay2024.html>.

Congratulations, Diya!





# Student Achievements

Have you got some news to share?  
If so, please email Mrs Gross (jgross@cchs.co.uk) and attach a photo or logo, if applicable.

Mara, (12DNO), came 2nd in the Year 12/13 race at the Essex Schools Cross Country competition on 18th January.

She qualified to represent Essex at the English Schools (Nationals) Cross Country in March.

At the Essex Cross Country Championships on 4th January, Mara placed 4th, and qualified to represent Essex at the Intercounties Cross Country in Nottingham in March.

Very well done, Mara!



## Congratulations!



Our Athlete of the Week is Alexa, (9F), who played in a MESSSA Netball match and was incredible from start to finish. She was an integral part of the team playing GA, putting up shots from everywhere in the circle successfully.

Well done, Alexa!



Please follow our CCHS PE Department Twitter account to keep up to date with our sporting news

@CCHS4GPE

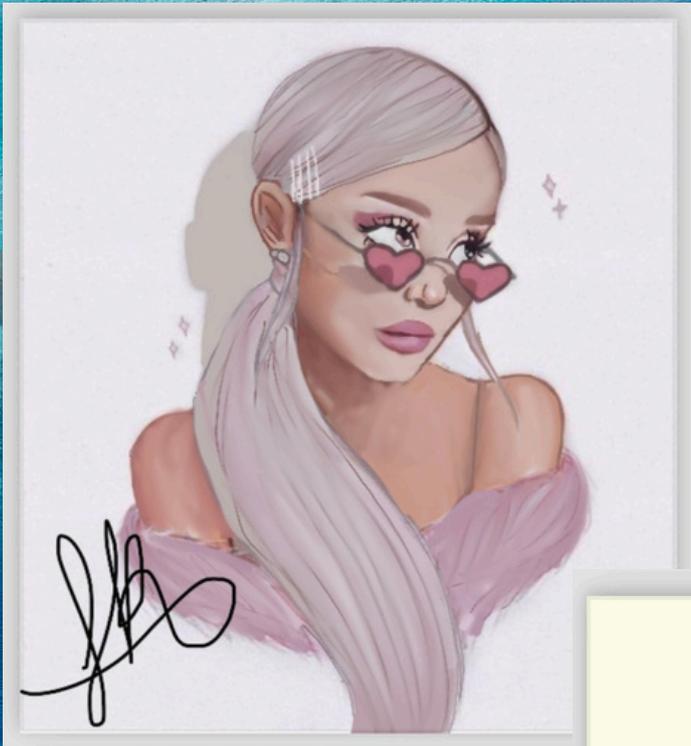


Please follow our PE Instagram account for everything PE & Sport.

@pe\_cchs



# Artist *of the week*



ARTIST OF THE WEEK- Sarina in Year 7, for these great digital drawings. Keep them coming!

*Next week in PSHE –Friday 31st  
January 2025 - Period 4.*

*Year 7 – 7A,C,F – Puberty talk with SBU, 7G,H,S – puberty lesson with form tutors.*

*Year 8 – HPV vaccine information. (8C – fire officer.)*

*Year 9 – Feelings about sharing nudes.*

*Year 10 – Pornography – stereotyping and peer pressure.*

*Year 11. – Extremism – Influencing speech.*

*Year 12 – Model United Nations with Dr Palmer & form tutors.*

*Year 13 – Call out culture.*

**Dear CCHS Community,**

RE: Arrival at and departure from school

Further to my communication with you last term, we continue to receive feedback from local residents about their experiences during student arrival and departure periods.

Local residents have raised concerns about some parents parking inappropriately, e.g. across their driveways, and dangerously, e.g. on footpaths.

I ask for your continued vigilance and co-operation, please, to ensure that if you are dropping off or collecting your daughter, you remain mindful of the local residents around the school, including First Avenue, Corporation Road, Swiss Avenue, Westfield Avenue and Elms Drive.

Senior colleagues recently met with Elms Drive residents, who expressed concern about the congestion in the road during school arrival and departure times. We have contacted Chelmsford City Council about the use of Rectory Lane car park. I note below information from them which may be helpful to families:

*“Please be advised there is a standard five-minute grace period on all vehicles to allow the purchase of a pay and display ticket. Therefore, any vehicles that are in the car park for the purposes of dropping off and / or picking up should fall within that grace period.”*

Thank you, in advance, for your support with these matters.

Yours faithfully,

Mr Lawlor.

Please be aware of your surroundings when dropping off and picking up students to and from school. The area directly outside our school, in Broomfield Road, is a very busy thoroughfare. A vehicle which is not parked safely can be dangerous for other vehicles, as can dropping off/picking up students in the buslane.



**ROAD  
SAFETY**

# On CCHS socials this week...

**CCHS @CCHS4G** · 17 Jan  
 Our set has now arrived for our production of 'Bugsy Malone'! We have a full week of rehearsals with our wonderful set before we hit show week. Tickets are still available to buy on ParentPay. Performances of Bugsy Malone start at 7pm on 29th, 30th and 31st January.



**CCHS @CCHS4G** · 20 Jan  
 We are delighted to be hosting an early edition of the IOP/CSES lecture, 'Where Technology Meets Nature', presented by Dr Jacqueline Edge, Imperial College London, on Thursday afternoon.

**Where technology meets nature**  
 An IOP / CSES lecture for the public, presented by Dr Jacqueline Edge, Imperial College London

**Thursday 23<sup>rd</sup> January 2025**  
 CCHS will be holding an early edition of this lecture in Room V10 at 4:00 pm

With the lecture at ARU starting at 7pm  
 Refreshments available from 6:30 pm at ARU

Batteries are an important part of every climate change because they can help us to store energy when the sun shines or the wind blows and when it's dark or still, release the stored energy to power our homes. This also gives us an alternative form of energy to power our cars.

However, we need to make sure we are not generating new environmental impacts, by digging up minerals for batteries and using more chemicals. Engineers use a tool called Life Cycle Assessment to track all the impacts that a technology might impose, considering every aspect of the technology's production, use, reuse and eventual disposal.

Life Cycle Assessment is a way of accounting for all impacts of extracting raw materials, the impacts of living with waste products, such as gases, inorganic chemicals and discarded batteries, and everything in-between. This tool can help us to work out which materials or processes for the technology cause the most damage, so that we can work out how to reshape them and use more sustainable options.

Location: MB221 Lord Ashcroft Building, Ariva Ruskin University, Bishop Hall Lane, Chelmsford CM1 1SQ  
 Attendance is free and open to all – no reservation required  
 For further information please contact david.d.hall@iop.org

IOP Institute of Physics

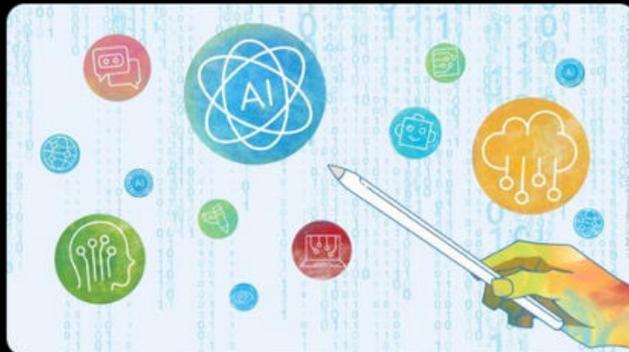


**CCHS @CCHS4G** · 20 Jan  
 The set is in place, the rehearsals are continuing, and the tech set up takes place this week. Not long to go now until showtime!  
[cchs.co.uk/extra-curricular...](https://cchs.co.uk/extra-curricular...)

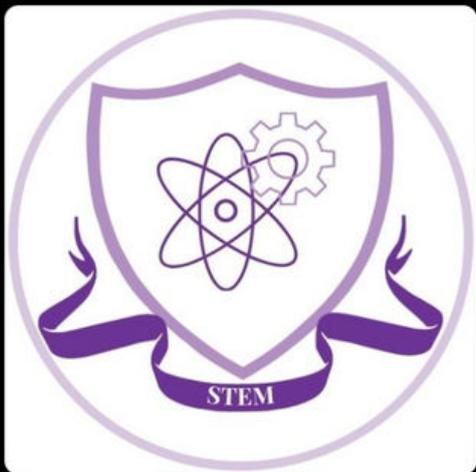
**Bugsy Malone**  
 a CCHS production

Wednesday 29th January  
 Thursday 30th January  
 Friday 31st January  
 7pm

**CCHS @CCHS4G** · 1h  
 The 2025 International Day of Education inspires reflections on the power of education to equip individuals and communities to navigate, understand and influence technological advancement.  
[unesco.org/en/days/educat...](https://unesco.org/en/days/educat...)



**CCHS @CCHS4G** · 20 Jan  
 All the best to our students participating in the British Mathematical Olympiad, International Chemistry Olympiad and Senior Physics Challenge, all taking place this week.  
[cchs.co.uk/extra-curricular...](https://cchs.co.uk/extra-curricular...)



**@CCHS4G** · 20 Jan  
 we are looking forward to welcoming students, and their families, to our Sixth Form Insights Evening on Thursday. If you are interested in joining the CCHS Sixth Form (September 2025 start), please do visit our website.  
[cchs.co.uk/sixth-form/six...](https://cchs.co.uk/sixth-form/six...)

**Chelmsford County High School**  
 for Girls

**Sixth Form Prospectus**

2025 Entry



[twitter.com/CCHS4G](https://twitter.com/CCHS4G)



[instagram.com/cchs4g/](https://instagram.com/cchs4g/)



[facebook.com/cchsessex](https://facebook.com/cchsessex)



[youtube.com/@chelmsfordcountyhighschool2697](https://youtube.com/@chelmsfordcountyhighschool2697)



Elevate Education's Spring Term

## Parent Webinar Series

Elevate Education delivers high-impact workshops to our students that help to develop their study skills, motivation, and exam preparation. Over the next term, you're invited to join their parent webinar series, where you can help support your child at home by reinforcing the skills they're learning at school.

### ***How You Can Make Technology an Ally (& Not the Enemy!)***

4th February 6:00pm

### ***How You Can Help Your Child Prepare for Exams***

11th March 6:00pm

### ***How You Can Support Your Child During Exams***

25th March 6:00pm

Register today at: <https://go.elevateeducation.com/ukschoolwebinar>

# PA Quiz Night

**7th February 2025**

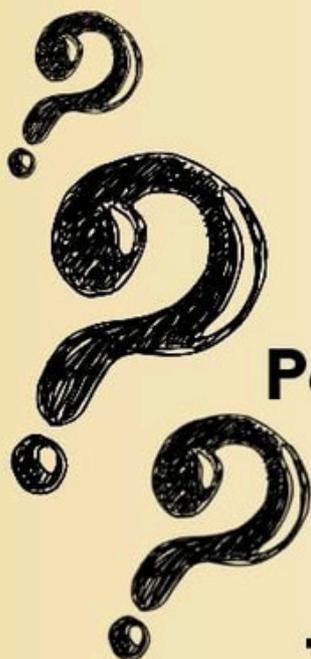
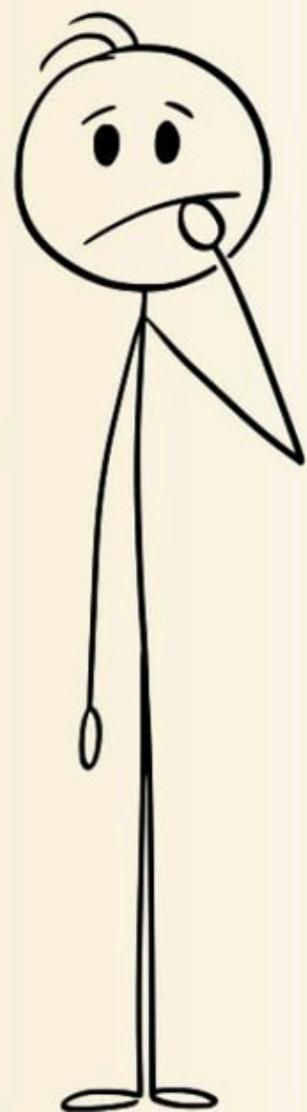
**Doors open at 7pm**

**CCHS main hall  
Pre-order menu and  
licensed bar**

**Parents, teachers, students,  
and friends welcome**

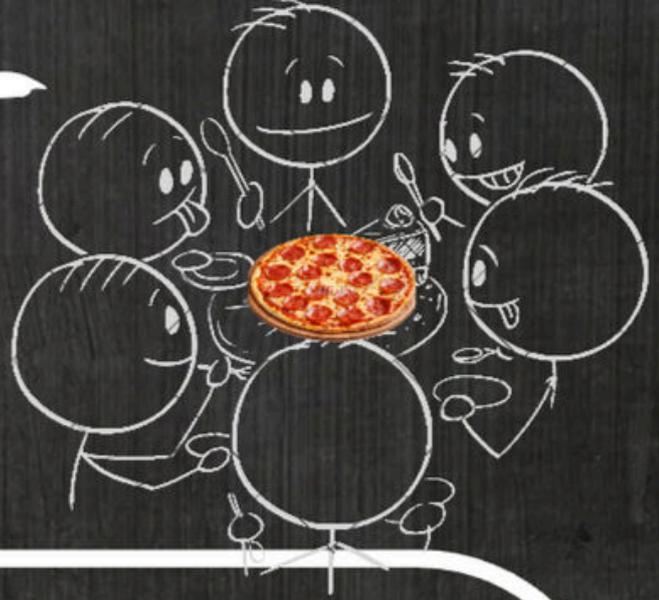
**Tickets £10 on ParentPay  
If you wish to be put  
together as a team (up to  
10) email [PA@cchs.co.uk](mailto:PA@cchs.co.uk)**

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# QUIZ NIGHT

# Menu



## Domino's Pizza

Large size:

**PEPPERONI PASSION | £12**

TOMATO SAUCE, MOZZARELLA, PEPPERONI

**ORIGINAL CHEESE & TOMATO (VEGETARIAN) | £12**

TOMATO SAUCE, MOZZARELLA

**VEGAN MARGHERITA | £12**

VEGAN DOUGH, VEGAN CHEESE AND TOMATO

Small size:

**GLUTEN FREE PEPPERONI PASSION | £8**

GLUTEN FREE PIZZA BASE, TOMATO SAUCE, MOZZARELLA, PEPPERONI

**GLUTEN FREE CHEESE AND TOMATO | £8**

GLUTEN FREE PIZZA BASE, TOMATO SAUCE, MOZZARELLA

**PRE-ORDER YOUR PIZZAS ON PARENTPAY  
AND EMAIL [PA@CCHS.CO.UK](mailto:PA@CCHS.CO.UK) WITH YOUR  
TEAM'S PIZZA CHOICES**

THERE WILL BE A LICENSED BAR AND OTHER DRINKS AND SNACKS AVAILABLE



# IF IN DOUBT, SIT THEM OUT

## UK Concussion Guidelines for Non-Elite (Grassroots) Sport

Participants in grassroots sports will be better protected from the potentially devastating effects of head injuries and concussion thanks to new official guidelines advising: *'if in doubt, sit them out'*.

The Government and the Sport and Recreation Alliance today publishes the first UK-wide Concussion Guidelines for Grassroots Sport which will help players, coaches, parents, schools, National Governing Bodies and sports administrators to identify, manage and prevent the issue.

[The UK Concussion Guidelines for Non-Elite \(Grassroots\) Sport can be viewed here.](#)

The guidelines, developed by an expert panel of domestic and international clinicians and academics in neurology and sports medicine, sets out steps to improve understanding and awareness of the prevention and treatment of concussion in grassroots sport where trained medical professionals are less likely to be routinely present. It is targeted at people of all ages.

*'if in doubt, sit them out'* is the strapline, making clear no-one should return to sport within 24 hours of a suspected concussion and builds on guidance already introduced in Scotland.

Players, parents, coaches, teachers and administrators are now asked to read the guidance and familiarise themselves with the necessary steps to:

- **RECOGNISE** the signs of concussion;
- **REMOVE** anyone suspected of being concussed immediately and;
- **RETURN** safely to daily activity, education/work and, ultimately, sport.



# Chelmsford County High School for Girls

## Keep on swimming!



### Context

The CCHS swimming pool was built in the 1960s, partly from funds raised by CCHS families. Dedicated upgrading and maintenance work over the years has ensured that the pool has served generations of students and young people across the Chelmsford community.

At the moment, our pool supports the PE curriculum for our 1,162 students, as well as nearly 200 pupils from five local primary schools, and nearly 600 young people from the wider community who use our pool with clubs.

Our swimming pool is truly a community pool.

### Goal

Now is the time to modernise this important community resource to preserve it for future generations of students, pupils and young people. We are asking for your support now, just as the CCHS community rallied in the 1960s to ensure a pool was built, to help us achieve this important goal.

### Fundraising

We estimate that the pool will require up to £250,000 over the next two years to bring it back to a suitable condition to support swimming in our community for the foreseeable future.

Our immediate need is to replace our aged boiler and gas pipework, which will cost approximately £35,000.

We will be organising some sponsored events and other fundraising activities, however if you are able to support us with any amount, we have a fundraising page available at <https://www.totalgiving.co.uk/appeal/Keep-CCHS-Swimming>

