



COLCHESTER
PREP AND HIGH SCHOOL

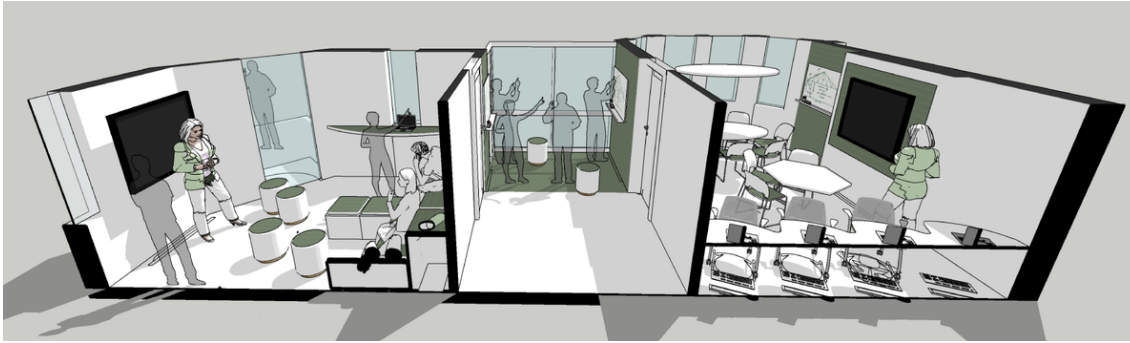
CPHS CONNECT

A FORTNIGHTLY NEWSLETTER

22 September 2023
Issue 47

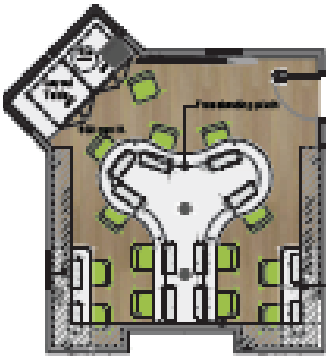
FULL STEAM AHEAD

This week we started work on the new STEAM Centre of Excellence & Innovation at Oxford Road and are excited to show you some initial plans of how it will look.



Ms Gracie-Langrick
Headteacher

Film & Media (Green Screen) – Ideation Room – Coding and Programming



Fashion & Textiles



Electronics



Recording/Broadcasting



Ideation Space

Through the investment by Cognita in these new state-of-the-art facilities, our pupils will be able to take part in a wide range of practical, analytical and creative activities that will help prepare them for the 21st century workplace. We look forward to being able to share more information with you as this exciting project progresses throughout this academic year.

Thank you to all the parents who attended the **Prep Meet the Teacher evening** on Thursday. We truly believe that education is a partnership between parents and teachers and we hope you enjoyed the opportunity to meet the Prep School teachers and ask any questions you may have about the curriculum, expectations or the school routine.

Equally, we look forward to welcoming into our school all current and prospective parents for our Open Mornings next Friday and Saturday, and hope to see you there if you would like to find out more information about the next stage of your child's education.

Finally, I would like to take this opportunity to wish our Year 6 pupils who are taking the 11+ Examination on Saturday, the best of luck. You have all worked incredibly hard and we know you will deliver your best effort on the day.

With warmest wishes

Karen Gracie-Langrick



CPHS Connected

PUPIL LEADERSHIP AT CPHS

Please join us in congratulating our new Head Pupils and Captains for the Academic Year



Prep Head Pupils

Charlotte – Head Girl, Ben – Head Boy
Phebe – Deputy Head Girl, Thomas – Deputy Head Boy



Senior Head Pupils

Ben – Head Boy, Millie – Head Girl,
Jessica – Deputy Head Girl, Jude – Deputy Head Boy



Prep House Captains



Senior House Captains



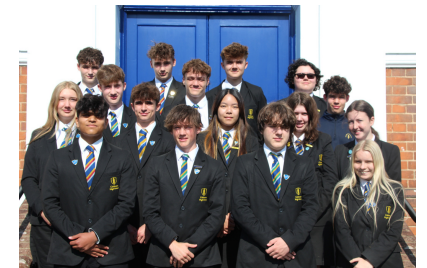
Prep Sports Captains



Senior Sports Captains



Year 6 Prefects



Year 11 Prefects



Year 6 Scholars



Year 7 Scholars

WHAT THE PUPILS SAY

Head Boy

By Ben (Y6)

I recently received Head Boy status and I am very excited to bring my ideas forwards to make the school a better place. I will make sure to get everybody involved in School life and make our school a stronger community. I will make sure nobody feels invisible and always try to help, and I will make sure there are no issues but if there are I will solve them with generosity.

Sports Captain

By Ella (Y6)

This year I was appointed Roman Sports Captain. Sports Captain gives lots of opportunity to lead in sport and help others to learn and like sport. We have been asked to help in Netball club and we will be asked to lead in games.

House Captain

By Harry (Y6)

Being a House Captain gives you lots of responsibility but it is fun and I highly recommend it.



WHO IS NEW AT CPHS?

Please join me in welcoming the following new staff to CPHS.



Mr Strachan
Operations
Manager

Enjoys spending time with family and friends and is a keen car enthusiast



Mr Rothwell
Teacher of
Mathematics and
Business

A rugby fan and supporter of Castleford Tigers Rugby League Club



Miss Bontems
PE & Games Teacher

A professional volleyball player who has represented England U17's and U19's and coached the East of England U17's squad



Mr Hesketh
Facilities
Manager

An avid reader who also loves going to the cinema and theatre and lived in Dubai



Miss Moss
Science
Technician

Loves walking in nature and spending time with family and friends.

Community Connected

HARVEST FESTIVAL

Thank you to all our Prep parents for the donations to our Harvest Festival Assembly. The total weight of food donations to the Colchester Food Bank was a whopping 95kg!



PROUD TO SPONSOR GIRLS' FOOTBALL

We are delighted to be the official corporate sponsors of the Stanway Rovers U12 Girls match kit, continuing our school ethos of "sport for all" in the local community. Good luck to all the girls playing this season.

REMEMBERING "THE BATTLE OF ARNHEM"



CPHS was proud to join together with the Airborne Forces on Wednesday 20 September to remember the bravery and sacrifice of British and Polish airborne soldiers who fought at the Battle of Arnhem, and to celebrate the enduring bonds formed between troops and the Dutch people.

The service of commemoration, organised by Colchester-based 16 Air Assault Brigade and Colchester City Council, saw civic dignitaries, soldiers and members of the public gather to mark the battle's 79th anniversary. Our Senior School Head pupils were invited to lay sunflowers at the War Memorial, replicating what Dutch children do at the main commemoration service at Oosterbeek cemetery in the Netherlands.

HELPING THOSE IN NEED

CPHS are proud to be a table sponsor of the CHAIN (Colchester Helping Anyone in Need) Black Tie Ball that will be held this evening. This year they are supporting two organisations – Brave Futures; Supporting young people who have experienced sexual abuse and Age Well East, who support and empower people to age well.

Digitally Connected

YEAR 3 LAPTOPS

By Amelia (Y3)

I'm enjoying our laptops so far this year because they are really fun to do lessons on. I also like the laptops because it is a fun way to learn and a great way to have lots of different education. But too much screen time can effect your eyes.



Academically Connected

YEAR 1 & 2 LOCAL AREA WALK



Year 1 and 2 went on a local area walk for their Science lesson. They were looking for different materials in the real world. They were able to see the same material could be used to make different objects. They also saw the same object made using different materials; a chair made of wood and a chair made of metal. They took their ipads with them so they could take pictures of the different materials they saw and Year 2 also recorded their findings in a table.

ISA EAST ART COMPETITION ENTRIES 2023

Good luck to all our pupils whose artwork has been chosen to represent CPHS at the ISA East Art Competition. The creativity is outstanding!



Character Connected

PERI MUSIC LESSONS

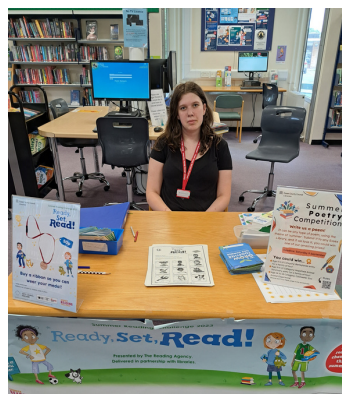
If your child is interested in individual instrumental tuition on piano, singing, violin, flute, clarinet, saxophone, trumpet, guitar and drums or would like to be part of our School of Rock programme, please complete the request form [here](#).

CONGRATULATIONS GO TO....

Peter (Y10) who has been awarded his Chief Scout's Gold award. To achieve the award, Peter obtained 9 challenge awards and at least 6 other activity awards. Activities Peter has taken part in include abseiling, sailing, snowboarding, climbing, canoeing and windsurfing. He will now be moving on to Explorers and will work towards his Platinum Award.

Jessica (Y11) who volunteered at the Tiptree Library for the Summer Reading Challenge.

Tom (Y11) who attended the World Scout Jamboree in South Korea and survived the heatwave!



Actively Connected

SPORTS & CLUBS UPDATE

By Mr Dowson.

Working together to provide sporting opportunities for our young people.

Thank you for such a positive start back. It has been brilliant to hear about all the sports you have been taking part in over the summer and to see your enthusiasm in lessons, even the dreaded bleep test! Congratulations to our first winners of the year – Adam – 1st in the Year 8 150 m swim and 1250 m run Rafael 2nd in Year 7 Boys 150 m Swim and 1250 m run at the Holmwood House Aquathlon.

Holmwood House Aquathlon

By Darcey (Y6)

Yesterday, CPHS was invited to the Aquathlon at Holmwood House. The pupils that took part were James (Y4), Shay (Y4), Edie (Y4), Mousie (Y5), Ben (Y5), Elliott (Y5), Rosemary (Y5), me (Y6), Ella (Y6), Sammy (Y7), Niamh (Y8), Rafael (Y7), Jake (Y8) and Adam (Y8). Everyone did amazingly and tried their hardest. There were 4 schools there. It was not easy to achieve first place as the competition was very strong.



Congratulations go to:

Ben (Y5) & Sammy Y7 who completed the Hylands Park Chelmsford Race for Life Pretty Muddy 5k at the start of the summer. They raised just under £2,000 for the Bowel Babe Fund of Cancer Research UK.

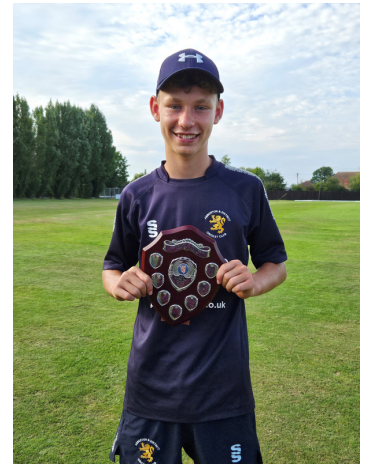
Adam (Y8) who took part in the IRC National Championships at Mallory Park representing the East Region. He achieved some fantastic results over a weekend of tri and aquathlon racing, including an amazing 7th in the National Aquathlon 'A' final on Saturday.

Freddie (Y8) who finished second in the Junior Club Championships at Colchester Golf Club, also earning the Most Improved Player award for his work on his handicap.

Aaron (Y9) Aaron's Abberton cricket team finished as the league champions with Aaron deservedly being awarded as the Young Colts Player Of The Year.

William (Y11) who played his first game in the East Anglian Cricket Premier League for Frinton's first XI side.

Arthur (Y11 - Class of 23) who won the British Youth Triathlon championship.



Share your achievements, it might inspire others: Adam.dowson@colchesterhighschool.co.uk or via your PE TEAM.

IF YOU GO DOWN TO THE WOODS TODAY



Our EYFS children enjoyed their first forest school experience this week. Mr Rayner, our Forest School leader and Head of Outdoor Learning and Global Enrichment, took the children to Hilly Fields and showed them the wonder of the great outdoors. The children learnt the names of different plants and the ones to avoid with thorns and brambles. Several eager eyed children spotted the squirrels getting ready for Autumn.

Forest School has a positive impact on all children in terms of developing social skills and relationships and increasing confidence. By fostering a love of the outside and caring for the environment children become thoughtful, motivated learners, inquisitive about the world around them. Their mental health , language, communication and physical skills all benefit from the great outdoors – whatever the weather!

YEAR 7 CUFFLEY TRIP

William – Last week, we went to Cuffley to get to know the Year 7s better. It was incredible, we made fires, built shelters and traps, we even did an activity where the plane crashed and we had to help the people get out who got injured. It was really fun. Some days we got to make our own food as well. We made dinner and breakfast and the food was delectable. I just managed to survive the last day and was so happy to go home.

Joseph – When we woke up, we always had a great activity waiting for us. I really liked the walk in the dark, because of all the noises of different animals late at night. The skills that I learnt were so cool like lighting a fire with a magnifying glass or saving someone from a plane crash.

Noah – I loved the woods night walk and sleeping in the tent with Eli. It was great fun. I love playing with my friends and the teachers helped me lots.

James – What I really liked about Cuffley were the activities, especially the fire lighting and building the shelters. On our second night we slept in our shelter that we built and played football in the dried riverbed. It was a brilliant trip that made memories for everyone there.

George – I enjoyed the games the instructors taught us and the civilisation experiment. I enjoyed the fire starting lesson and the tent building session. Cuffley was great!

Eli – At Cuffley I really enjoyed building shelters. First, we learnt how to tie a bowline and a trucker's hitch, which we then placed and pegged a tarp over, this was a tarp shelter. We then learnt that there were three different types of natural shelter all of which we built. But my favourite bit was sleeping under our tarp shelter on the second night.

Charlotte – Cuffley was really good because there were so many things that brought my day happiness. There were some activities that were very funny. I really enjoyed one activity called night stalking. Night Stalking was where all of Year 7 went for a walk in the night. Cuffley taught me many skills like starting a fire, knowing how to save a life and build a den.



Notices

GLOBAL BE WELL DAY



Please note that all pupils should wear PE Kit next Friday for Global Be Well Day.

PUPILS REPORTING IT ISSUES

Please note that if a pupil is experiencing computer IT issues, they should inform their form teacher or admin who will then report the issue to IT. They should not be emailing the Service Desk or Mr Stuart directly. Please also ensure that your child regularly updates their computer's firmware and software.

TAKE CARE OF YOUR AIR

We have received a complaint from local residents regarding parents leaving their engines running whilst picking up their children from School. Please can we kindly request that all parents switch off their engines when stationary to help improve air quality around the school.

Did you know that air pollution INSIDE a stationary vehicle with the engine running is higher than the air pollution outside the vehicle, so drivers and their passengers are unnecessarily breathing in poor quality air? To learn more about car engines and pollution, please click [here](#)

GREEN CAREERS WEEK – SPEAKERS NEEDED



This year we will be holding our Green Careers Day on Monday 6 November for pupils in Years 5 to 8 and we are looking for speakers who work in Green Careers. If you are available to speak on this day, please email Samantha.Larwood@cognita.com.

DIVERSITY LIBRARY IS OPEN



Events

AUTUMN OPEN MORNINGS – 29 & 30 SEPTEMBER



DISCOVER THE POWER OF STEAM...

OPEN MORNING
FRIDAY SEPTEMBER 29
Prep School Open Morning
SATURDAY SEPTEMBER 30
Senior School Open Morning

The workplace of tomorrow will be driven by the worlds of science, technology, engineering, arts, and mathematics. That is why we have put STEAM at the heart of our curriculum.

A co-educational independent school for ages 2 to 16
Visit colchesterhighschool.co.uk

COLCHESTER
PREP AND HIGH SCHOOL

STEAM POWERED. FUTURE READY.

WE ARE EXCELLENT.
ISI INSPECTION 2023

One more week to go until our Autumn Open Mornings. This is a wonderful opportunity for prospective parents to learn more about our School, and we would be most grateful if you would let your friends and family know about the Open Days if they have children looking to start or change schools.

You are of course welcome to attend if you are interested in learning more about the next stage of your child's education at CPHS. If you require more information, please contact Mrs Hilton, our Admissions Manager on 01206 217 116 or email admissions@colchesterhighschool.co.uk.

PLAY AND LEARN – 29 SEPTEMBER



COLCHESTER
PREP AND HIGH SCHOOL

Play and Learn

A Parent and Toddler First Steps in Learning Event
Friday 29 September
10 am to 11 am

Join us for a fun filled morning learning about healthy eating and making fruit kebabs.

For children aged 2 – 4 years

To Book Your Place
E: info@colchesterhighschool.co.uk
T: 01206 573 389

For our first Play and Learn session of the school year and as it is Global Be Well Day, we will be teaching the children to make fruit kebabs. Our Nursery children benefit from a wide range of enrichment activities including our weekly cooking lessons "Kids Can Cook" where the pupils are taught the basic skills of cooking and the importance of a healthy diet.

All children must be accompanied by a parent, grandparent or other guardian and not currently a pupil at CPHS.

Please contact us to book your place by emailing info@colchesterhighschool.co.uk or by calling 01206 573 389.

PTA AGM – FRIDAY 8 OCTOBER

Please come along to the PTA AGM on Friday 8 October and find out how you can get involved. We will also be voting on funding bids.

The CHSA is a parent-led group, which organises social events and fun activities for pupils, parents and staff throughout the year. We aim to foster the school's sense of community and to raise funds to purchase those extra items and experiences.



COLCHESTER
PREP AND HIGH SCHOOL

CHSA AGM

Friday 6 October 2023
at 8.30am in the School Refectory

EVERYONE IS WELCOME

Vote on bids, find out plans for the year and vote in the Executive Committee

Stay informed and get involved. Meet new people. Have fun.

FOR MORE INFORMATION
chsa@colchesterhighschool.co.uk

YEAR 5 PERFORMING AND CREATIVE ARTS WORKSHOP – SATURDAY 14 OCTOBER



On Saturday 14 October from 9.30am to 11.30am, we would like to invite Year 5 pupils to an interactive Performing and Creative Arts workshop that will explore the impact of climate change and pollution on the oceans through Drama, Music and Art.

This event is open to all year 5 pupils in the Colchester area. If you would like your child to attend the event, please contact Mrs Hilton, our Admissions Manager on 01206 217 116 or complete the booking form [here](#).

HALF TERM HOLIDAY AT CPHS

Does your child have a passion for Technology? Do they dream of being an inventor, wind energy engineer, driverless car mechanic, metaverse developer or telesurgeon of the 21st Century workplace? Then sign them up today for the new Tech and STEM themed Holiday Camp that will be held at Colchester Prep & High School during the October half-term holiday.

Diary Dates

September

Tuesday 26 and Wednesday 27
Year 11 Careers Interviews

Friday 29
Prep Open Morning
Play and Learn
Global Be Well Day

Saturday 30
Senior School Open Morning

October

Tuesday 3
Year 7 Scholarship Meeting
(internals)

Thursday 5
Tea Time Recital
Year 7–9 Theatre Workshop

Friday 6
CHSA PTA AGM

Saturday 7 & 8
DofE Expedition

Please refer to the calendar on Cognita Connect for dates and events.

OCTOBER HALF TERM TECH CAMP

AT COLCHESTER PREP & HIGH SCHOOL, CO3 3HD

19TH – 27TH OCTOBER

AGES 5–11 | £49 PER DAY
9AM – 4PM DAILY

BOOK 5 DAYS ONLY PAY FOR 4

www.nextthing.education

OCTOBER HALF TERM 2023

What's on?

- Revolting Robotics
- Vampiric Virtual Reality
- Creepy Coding
- Thrilling Tech Fun
- Spell-binding Inventions

Different activity theme each day, please check website for your camp activities

19TH OCT – 27TH OCT LIMITED SPACES

A great environment!
"My kids loved it and we've rebooked for the next camps in October. The staff were also super helpful. Would 10/10 recommend!"
St Bernadette Primary School

BOOK 5 DAYS ONLY PAY FOR 4

What to bring to camp

- Packed Lunch and Snacks (not more)
- Water Bottle
- Medication if Required
- Halloween Costume (Friday Optional)

www.nextthing.education
E: info@nextthing.education
T: 01442873150