



COLCHESTER  
PREP AND HIGH SCHOOL

# CPHS CONNECT

## A FORTNIGHTLY NEWSLETTER

6 October 2023  
Issue 48

### Putting the Arts at the Heart

Championed as part of the core curriculum and supported through co-curricular activities and clubs, the Arts are at the heart of our STEAM curriculum. As we start the new academic year, we are very excited to continue to develop our arts and cultural education across the whole curriculum, with the continued support of the Royal Opera House who assisted us in our successful application of the Artsmark Award achievement. Please read on to find out more about how we are embedding the Arts into life at CPHS.



**Ms Romero Fernandez**  
Head of Music



**Miss Door**  
Drama Teacher

### Working with the Royal Opera House

Together with Ms Gracie-Langrick, last week we attended the first of many amazing training sessions with the Royal Opera House, as part of their Cultural Champions Middle Leadership Programme.

Through workshops across the year, the course will provide support on how to incorporate dance, drama, and music into lessons to ensure that the Arts are firmly at the heart of our education.



### Mercury Theatre Partnership and Clubs

Our partnership with the Mercury Theatre continues to evolve and we have been thrilled with the range of clubs we have offered - Podcasting, Musical Theatre Dance, Game Design and next term **Make Up and Costume Design!** Our current Year 9's also performed a fantastic piece they devised as a year group to other schools live at the Mercury Theatre where they reflected on the theme of Climate Change Over Time.



### Arts at the New STEAM Centre

From September 2024, the opening of our new STEAM Centre will provide amazing opportunities and facilities for pupils to problem solve, cook, create, perform, and record their amazing exploits in the Arts. We look forward to this fabulous centre and the endless possibilities it will bring.



### Aspiring Higher in Drama

As a school, we care about pupil voice. Last year, our current Year 9 pupils asked for Drama to continue into Year 9 as they were passionate about performing. We are pleased to say that we are now working alongside this group of enthusiastic and committed creatives who are developing their skills in the Performing Arts with Miss Door, devising, performing, and critiquing live theatre. We are also delighted to announce that from September 2024, we will be introducing a new **Performing Arts GCSE** at CPHS.



# CPHS Connected

## CHSA PTA UPDATE

Thank you to all the parents who attended the CHSA PTA AGM meeting this morning where we reviewed the prior year's activities, voted on funding bids, and made plans for the year.

The first event of the year will be the Nursery and Prep Halloween Disco on Friday 13 October. Tickets are selling fast so please do not forget to log onto Cognita Connect and book your child's place at this spooktacular event!

If you are interested in getting involved, please email [helen.clarke@colchesterhighschool.co.uk](mailto:helen.clarke@colchesterhighschool.co.uk) for more information.



## CHSA NURSERY, PRE-PREP & PREP HALLOWEEN PARTY

FRIDAY 13 OCTOBER 2023

3.30 - 4.45 pm

Early Years from 3.15 pm

Main Hall - Price: £5 per child

The Colchester High School Association (CHSA) is hosting a Halloween Disco for Nursery, Pre-Prep and Prep pupils on Friday 13th October 2023. Places are limited so please complete the online form via Cognita Connect and ensure the £5 payment is made to secure your child/ren's place! Deadline for Ticket Purchases: Wednesday 11 October 2023

All funds raised go to CHSA for the benefit of the pupils!

Halloween themed disco party for Nursery, Pre-Prep and Prep School

Includes:

- Glowstick
- Music and games
- Fancy dress encouraged but optional!
- Prizes for best dressed!

EXTRAS: Sweets - Cold Drinks - Popcorn - Temporary tattoos - Pin the wart on the witch - Lucky dip (Suggestion: Each child to bring £2 - £4)

NOTE: One adult (no charge) for up to 4 children required. Children to bring in fancy dress costume to change into after school.

# Academically Connected

## Raytheon Drone Workshop

Our Senior School Drone Competition Team recently attended a Raytheon Drone Workshop in preparation for the regional finals of the Raytheon Quadcopter Challenge which will take place on 10 November. The theme of this year's competition is to build a drone to help the emergency services. The Colchester team has decided to build a drone that can find and supply people in hard-to-reach areas with emergency first aid supplies.

With the help of the Raytheon engineers, the pupils worked together to build the drone and then programme the drone and controller. This was followed by test flights where the pupils had to solve any flight issues.

They now need to modify the drone programming and chassis to achieve the goal. They will also need to make a presentation to pitch their idea to a panel of Raytheon engineers at the Regional Finals.



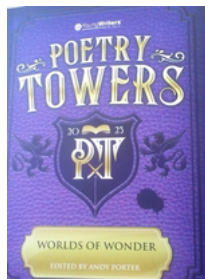


## Othello Live

The English Department would like to inform all Year 8 pupils and above that they can see a free live National Theatre production of Othello on [YouTube](#). What a fabulous opportunity to see a national production. Warning – This production contains racially offensive language and imagery, and depictions of mental and domestic abuse and violence, which some people may find upsetting. The production also contains strobe lighting and loud noises. [Rated 12A](#)



## Published Poets in Prep School



Congratulations to our current Year 5's who recently had their poems that they wrote in Year 4 published in a Young Poetry Writer Anthology. There is a copy at Reception should anyone wish to read their awesome entries. Could one of these children be a future Poet Laureate?

## Year 6 Scholars Blue Peter Book Badge Assembly

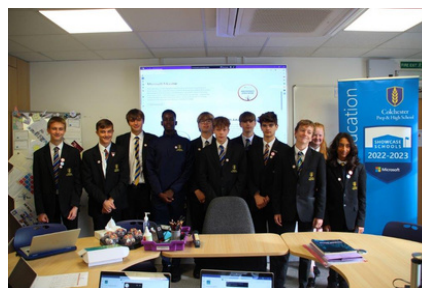
Thank you to our new Year 6 Scholars for their assembly to the Prep School explaining how they can take part in the Blue Peter Book Badge initiative. The Blue Peter Book Badge is an exciting opportunity where the children are asked to share their thoughts on a favourite book, draw a character or scene or report on books and writers that they love. Once the children have received a badge, it allows free entry to over 200 Blue Peter attractions around the country. We are hopeful that every child in Prep will earn a Blue Peter Book Badge.



# Digitally Connected

## Expanding Digital Skills with Donna

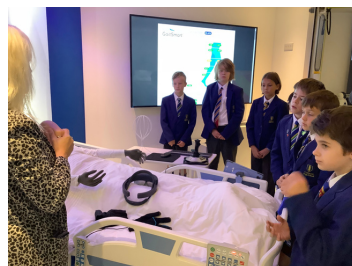
This week we welcomed Cognita Digital Learning Adviser, Donna Shah back to CPHS to help extend our pupil's professional digital skillsets. Pupils in Years 10 and 11 took part in activities on Microsoft Learn to finalise their Microsoft Educator (ME) badges. Whereas in Years 5, 6 and 8 the pupils participated in Adobe Express Master Classes where they learnt to create professional looking social media content, compelling web pages, animated videos and develop their own brand.





## Adastral Park

The winners of the Year 5 & 6 Coding challenge attended an exciting computing day organised and run by British Telecom at their East Anglia headquarters in Adastral Park, Ipswich on Wednesday 4 October. The lucky pupils participated in a range of different sessions during the day focused on Edisons, Micro:Bit, Crumble Robots and Showcase Tours. They were also fortunate enough to be invited to the BT Network Operations Centre that monitors the BT Network across the UK and beyond. It was a fabulous day for the pupils and a great insight into how digital technology and a STEAM education links into business and the world of work.



# Character Connected

## Keeping our Children Safe

Thank you to Mrs Larwood and Mrs Haggerty for organising speakers and workshops this week that are focussed on many of the risks facing our teenagers today – mental health, misogyny and knife crime. Please read below to find out more.

### Natalie Shay & Mental Health

Multi-award-winning Indie Pop Artist, Natalie Shay spoke about her career in the music industry but also shared her own anxiety issues and how she will not allow her fear of being judged to get in the way of creating authentic music and implored the pupils to not let others stop them from achieving great things. Natalie also spoke about how being a musician was a business and how she had to juggle her own financial accounts, networking and PR and that our pupils should take the opportunity to learn business skills as well as focussing on their academic studies.



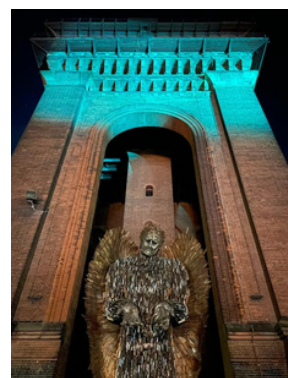
### Knife Crime Workshop

On Thursday 5 October, pupils in Years 7 and 8 watched a theatre workshop entitled 'It's About Your Son' run by the Little Two Theatre company that tackled the issues surrounding knife harm and how it can impact whole communities. Staff remained with pupils throughout the session and were on hand to support if pupils had any questions after the performance. Year 7 pupils will also next week be taken to see the Knife Angel currently on display near the Mercury Theatre.



### Misogyny Theatre Workshop

Meanwhile, on Thursday, pupils in Year 9 participated in a Stronger Together workshop that was created to educate, challenge and change the narrative around sexism and misogyny whilst promoting the importance of healthy relationships.



## Oliver the Musical Auditions

Auditions for Production Club's Oliver Junior Musical have begun! Some beautiful singing and expressive acting have been viewed this week with more to follow next week. Should your child still wish to join the Production Club, it is not too late – please contact Miss Door or Mrs Romero-Fernandez.



## Talent Show Auditions

Does your child have any amazing talents such as singing, playing an instrument, dancing, acting, reciting poetry, storytelling, magic, puppetry, stand-up comedy, gymnastics, football tricks, ...? Then we would love for them to audition for our CPHS Talent Show. Details have been sent out by Cognita Connect. The deadline for virtual auditions is Wednesday 18 October.

## Tea Time Concert October 2023

We were treated to some fabulous performances from across the school at the first Tea Time Concert of the year on Thursday 6 October. This is a lovely opportunity for our pupils to build their confidence in performing in front of a small audience and a memorable experience for staff and parents.



## Congratulations Go To

**Rafael** (Y7) who performed in two shows at the Royal Albert Hall. He led a dance troupe and sang in We're Gonna Change the World.

**Chloe** (Y9) and **Xavana** (Y8) for their successful auditions to act in the Mercury Theatre's pantomime – Sleeping Beauty. A second successful time for Chloe and first time achievement for Xavana – we wish you luck with your rehearsals and cannot wait to see you live on stage!

**Chloe** (Y9) who passed her Grade 3 Clarinet examination with Merit.

**Paul** (Y8) who passed his Grade 1 Guitar examination.

**Thomas** (Y8) who passed his Grade 2 Guitar.

# Globally Connected

## GBWD 2023



Learning how to switch off in a digital world is a life skill. For Global Be Well Day, Newsteam created this short [video](#) of their favourite activities outside of school that do not require a screen! We hope you find something that helps your wellbeing too.



## Global Be Well Day in Photos



# Actively Connected

## SPORTS & CLUBS UPDATE

By Mr Dowson.

It has been a fabulous two weeks with many opportunities for our pupils to compete in a wide range of sports including swimming, netball, and football.

This can also be a great opportunity for our pupils to show their leadership as well as their sporting ability and as the organiser of the ISA East Junior Swimming Gala yesterday, I would like to say thank you so much to Charlotte, Millie and our Year 11 GCSE PE group for their support, without you these events would not take place. The results of the event will be published in the next newsletter.

In other news, our COGNITA Global 'Be Well' activities on Friday 29 September gave us an opportunity to take a break from our screens and 'walk and talk' around Hilly Fields. I hope all enjoyed our hike and were able to appreciate how exercise can really help to improve our mental health and give us time and space to think.

As it starts to get colder and wetter up at the field, please make sure that you have full Games kit when we go to Shrub End, your football boots and shin pads.

### Year 5 & 6 A Team – CBBSSP Tournament

Congratulations to our Year 5 & 6 football team who competed in the CBBSSP mixed football tournament on Thursday 28 September. The team tried really hard and have developed some great skills to take them into the season.

### U-15 Netball and Football at Gosfield

On Thursday 21 September, our U-15 netball & football teams travelled to Gosfield School for a friendly game.

**Netball: Gosfield 6 v 18 CPHS** – A great win for our girls in the first game of the season. There were so many good performances, and the player of the match was Ruth .

**Football: Gosfield 9 v 3 CPHS** – It was a tough first game of the season but many lessons learnt. Player of the match was Ethan for always playing with pride and passion for his school and respect for the opposition and his team mates.

*Working together to provide sporting opportunities for our young people.*



# Events

## 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.

# Notices

## Water Bottles Reminder

Can all pupils please bring in a water bottle each day that can be refilled using one of the water stations in the playground.

# Diary Dates

## October

### Saturday 7 & 8

DofE Expedition

### Wednesday 11

Year 7 Taster Day for Year 6 – External Pupils

### Thursday 12

Prep School Online Parents Evening – Online

### Monday 16

Prep School Online Parents Evening – In Person

### Friday 20

Application Deadline for Year 7 – external pupils

### Thursday 19 – Friday 27

Half Term Holiday

### Monday 30 – Nov 3

CPHS Interhouse Cross Country Week

## November

### Wednesday 1

Year 7 Assessments and Taster Day – Internal Pupils

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