



COLCHESTER  
PREP AND HIGH SCHOOL

# CPHS CONNECT

**A FORTNIGHTLY NEWSLETTER**

## **BACK TO SCHOOL WITH A BUZZ**

The return to school, following what I hope was a restful and restorative half term break, has seemed swift and full of endeavour. Pupils have returned diligently to their academic studies – and our sporting fixtures and extra-curricular clubs programme is buzzing with energy. In particular we wish our Drone Club well in the upcoming Regional Raytheon Challenge competition later this month.

Next week we are looking forward to welcoming into our school 15 pupils from our Cognita Partner schools in Chile – and I know that our Year 9 Language Leaders and GCSE Linguists will be keen to make best use of this opportunity to develop their spoken Spanish and to make some lasting friendships across the globe.

Additionally, and following a fantastic whole school response with the recent sustainability survey, parents, pupils and staff have today been involved in a workshop to establish the school's next steps and journey towards achieving Net Zero. Our Eco Club have also spoken in assembly this week to our Senior School pupils about the importance of a sustainable lifestyle.

As we continue to place sustainability at the heart of our school strategy. I am delighted that we will also be welcoming into the school on Monday 5 external speakers on the topic of Green Careers. Amongst others they will be discussing agronomy, offshore wind farming and Global Sustainability.

Next Monday we are looking forward to attending the ISA (Independent School Association) Awards in the Midlands where we have been nominated as Finalists in two categories: Mental Health and Wellbeing and for Future Readiness. Fingers crossed that we may come back with a winning combination!

And finally, just before half term, we were treated to a visit from a former pupil, Jules Hudson, who was presenting at the Mercury Theatre on the topic of 'The Town Where I Was Born'. As part of his presentation, which also included insights into his BBC Career on Country File and Escape to the Country, Jules took a short video of our school – and recorded a conversation on school life then and now. I do hope that you enjoy the short [video](#) of his visit. We look forward to welcoming Jules back into our school community for the opening of our STEAM Centre in September 2024.

With warm (and not too wet and windy!) wishes

Ms Gracie-Langrick



**Ms Gracie-Langrick**  
Headteacher



With Jules Hudson



# CPHS Connected

## THE ANTI-BULLYING ALLIANCE – ADDRESSING BANTER

As part of this year's Anti-Bullying Week campaign organised by the Anti-Bullying Alliance), we shall be discussing what we mean by 'banter', the role 'banter' plays in bullying and how we can tackle it in our PSHE lessons and Form Times.

Banter and jokes can play an important role in the development and maintenance of friendships. Banter is defined as 'the playful and friendly exchange of teasing remarks'. However, sometimes these behaviours can be taken too far such that the behaviours constitute bullying. For example, when there is targeted repetition of the 'banter' or if the 'banter' is about personal characteristics such as appearance. The significance of behaviours that we would think of as bullying can also be downplayed when people try to pass the behaviours off as 'just banter'. We are not saying that we can't joke with friends, but we are encouraging everyone to be mindful of how, sometimes, these jokes may not be received as they were intended. With this in mind, we need to be clear that 'banter' is not hurtful by its very definition but if something being called 'banter' is hurting someone, it is no longer 'banter' but hurtful behaviour and potentially bullying behaviour.

Our Prep Pupils will also participate in Odd Socks Day on Monday 13 November to celebrate what makes us all unique !

## A SPOOKTACULAR LUNCH

Thank you to Thomas Franks for a spooktacular lunch for Halloween.

We do hope the pupils enjoyed getting their fangs into the ghoolish selection of :

Jellied brains

Brain bread

Chocolate dipped spider apples

Buried biscuits

False teeth cookies

Mummified fingers

Shrunken heads



## EXPLORING PUMPKINS IN NURSERY AND RECEPTION

Reception and the Butterfly children enjoyed exploring a pumpkin. We pulled out the pith, toasted and tasted the seeds, painted pictures of pumpkins, made orange play dough and learnt about the lifecycle and parts of a pumpkin.



# Community Connected



## CHSA PTA CHRISTMAS FAYRE

On Friday November 24, the CHSA (PTA) will be hosting our annual Christmas Fayre! This is always such a joyous start to the Christmas Season for our pupils and will once again include the lighting of our CPHS community Christmas tree! There will be lots of fun stalls for all the pupils to enjoy as well as a raffle draw and gift bag tombola. The CHSA PTA are looking for volunteers to help make the event a success. If you are able to help, please contact Helen Clarke at [Helen.Clarke@Cognita.com](mailto:Helen.Clarke@Cognita.com)

## SUSTAINABILITY MEETING AT COLCHESTER INSTITUTE

Thank you to Mrs Bruce (grandparent of 2 pupils at CPHS) who invited our school to attend the "Hot Debate: Can we Control the Climate Crisis?" event at Colchester Institute on Thursday 12 October. This was a fantastic opportunity for parents and pupils from our school to engage with this live debate and to gain insights into local renewable energy initiatives that can help us to cut our carbon footprints.



# Digitally Connected



## FUTURE READY LEARNING

As part of our ethos of preparing our pupils for the world beyond the school gates, our Year 5 and 6 pupils have been excited to be learning some new digital skills. This is what they have to say.

### GMETRIX

As we are the current year 6's we are lucky enough to be able to use GMetrix. GMetrix's is a system that you use to prepare yourself for an MOS exam, by taking practice tests which helps us to be "STEAM Powered, Future Ready - Ben (Y6)

In GMetrix you will learn how to be ready for the MOS PowerPoint exam, there are loads of different practice tests to get ready for the real thing - Harry (Y6)

### ADOBE EXPRESS LESSON

Pupils in Year 5 and 6 have enjoyed a lesson on Adobe Express by Miss Shah. Adobe Express is a creative platform where we can create and edit photos, videos, posters, drawing and marketing information. We can also create brands and libraries which means we can collaborate and work together on projects. This will help us be future ready as we will be used to computers and expressing ourselves online. This would help me if I was looking at a job where I had to be working on promotions like marketing.



# Academically Connected

## ISA EAST ART COMPETITION WINNERS

Please join us in congratulating our ISA East Art Competition winners

**Margaret** (Y7) 1st place 2D Art Individual Upper KS2 for her Monet Painting

**Gyorgy** (Y8) 2nd place Textiles Individual KS3 for his Ear phone Case

**Millie** (Y11) Highly Commended Fashion & Accessories KS4 & 5 for her Distortion T-shirt



## DICTATION – FUTURE READY SKILLS

By Darcey (Y6)

In spellings, group 3 have started doing dictation with Mrs C Smith. It is quite difficult, but I think it is a good skill for the future. Mrs Smith reads out the word and then uses the word in a sentence whilst we have to write it down as quickly as possible. She will read them faster and faster each time.

## YEAR 7 TASTER DAY EXPERIENCE

On Wednesday 1 November, Year 6 enjoyed a Taster Day experience in our Senior School.

In the afternoon, the pupils enjoyed completing a maths challenge, learning how maths can be used to create Art and learning about Code Breakers in World War II and the work of those at Bletchley Park.



## A PUPIL TESTIMONY BY JACK

Hello, I'm Jack and I am going to tell you about the day we spent in Senior School this week. In the morning we had some assessments to do but at break and lunch we were with the seniors which was fun to be around some different people.

Then, in the afternoon we went to the Innovation Suite and met Mrs Hewes the Senior School Head of Mathematics. First, we played an algebra game. We used a dice and cubes as counters. Second, we did a pizza activity which built on the algebra we had done before. The pizza activity was fun but the next one with Mrs Larwood and Miss Haggerty was even more fun!

It was World War 2 coding and decoding which was great. First, we had to code "ATTACK AT DAWN" by putting the letters three in front which looked like "DWWDG DW GDZQ". Then after coding that we could code our own message like "Hello" which became "Lioor". Next we learnt about Alan Turing. We learnt that he invented the first computer and the enigma machine to crack German codes during the Second World War. We also learned that a computer was a job instead of a device. It was a really fun day and by the end we had learnt some cool stuff and forgotten all about the assessments!

## YPRES TRIP – A MOMENT TO REFLECT

Our Senior School pupils had a reflective trip recently to the World War One Battlefields of Ypres and the Somme where they studied first-hand what life was like in the trenches. Thank you to Ben, our School Poet Laureate, who also read his Remembrance poem at the Thiepval Memorial. A wreath was laid by Tom, George and Jack, who also had paid pilgrimage to a relative at this memorial- Harry Lapwood.

### PUPIL TESTIMONY

**Eli** – I really enjoyed the trip and found it very interesting. I really enjoyed walking through the old trench systems and finding out about how soldiers lived.

**William.B** – What I liked about the trip is how we visited some of the places that I had seen in a documentary, it was surreal and interesting!

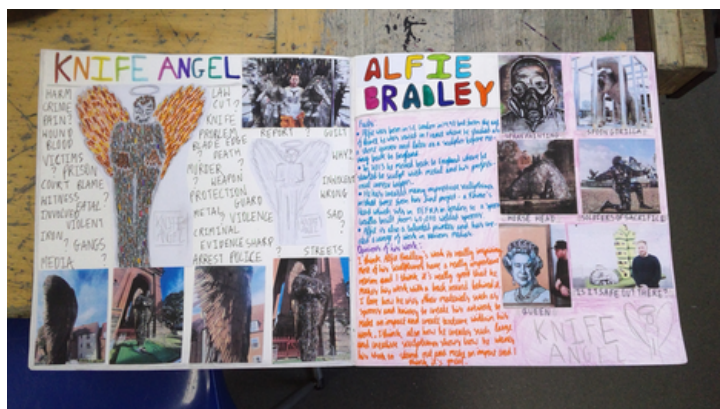
**Emily** – I enjoyed being with my friends. I found it really interesting to actually be where it happened and it made me fully imagine what it was like. It was quite shocking to actually see the amount of graves there. I also enjoyed the whole experience of going on the Eurotunnel and staying together.

**Martha.W** – I really enjoyed the trip to Ypres and believe it was a great experience and learning opportunity. It also allowed me to bond with pupils in other year groups. The food was great and the accommodation was really nice. I recommend the trip to anyone thinking about going on it to learn more about the First World War.



## THE KNIFE ANGEL

Pupils in Years 8 & 9 and Year 10 GCSE Art pupils recently went to see The Knife Angel Sculpture produced by artist Alfie Bradley that was in Colchester. Year 9 were clearly inspired and created some amazing sketchbook work replicating this moving piece of art.





# Character Connected

## Graphic Design Success

Congratulations to Zoreslav (Y5) who was one of 10 children and young people in Colchester whose design was chosen for the logo and brand identity of Colchester Creative Pathways, a new local cultural education partnership. The shortlisted entries will now be given to Langham based graphic designers, Blank Space, who will create the final logo and branding incorporating all the designs. We look forward to more opportunities to collaborate with the partnership in the future.



## Duke of Edinburgh Trips

**By Mr Rayner – Head of Outdoor Learning and Enrichment**

Congratulations to all our Year 10 & 11 pupils who recently participated in the Duke of Edinburgh Expedition part of their Bronze Award. The chosen route took the pupils through some breathtaking areas on the Essex and Suffolk border. The expedition required them to navigate their way through forests, cross rivers, and conquer steep hills. During the expedition, the pupils encountered numerous challenges that tested their physical and mental strength. They had to deal with unpredictable weather conditions, including bright sunshine and heat. However, it was their resilience and unwavering determination that helped them overcome these hurdles. We encourage all Year 9 to take up the opportunity when it comes their way in the Spring term.



## Congratulations go to:

**Zachary** in Year 5 who has got his first professional theatre role of Tiny Tim in an adaptation of Charles Dickens' famous A Christmas Carol at London's Middle Temple Hall. Zachary also recently performed at the Tendring Business Awards at The Princes Theatre in Clacton.



# Actively Connected

## SPORTS & CLUBS UPDATE

By Mr Dowson.

## ISA EAST JUNIOR SWIMMING GALA

On Thursday 5 October, our Prep swimming team took part in the annual ISA EAST Junior Swimming Gala at Crown Pools, Ipswich. There were 18 schools present from 4 counties, and the standard of the competition was very high. Nevertheless, we still had performances to celebrate. Our top swimmer was Tomi who was third in the Year 6 Breaststroke. James was 5th in the Year 4 Breaststroke, with Shay 6th in both the Year 4 freestyle and backstroke. Our Year 5 boys also came 6th in the 4 x 25m freestyle relay. Our top girls' performer was Edie taking 7th in the Year 4 backstroke. We hope that all our swimmers enjoyed the event and a big shout out to our Year 11 GCSE PE pupils who officiated at the event.

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



## SENIOR SCHOOL DISTRICT LEAGUE FOOTBALL MATCHES

On Tuesday 10 October, Year 7 & 8/9 teams played Colchester Academy in the first district league matches of the season.

Year 7 – Colchester Academy 6 v CPHS 2 – Year 7 took the lead, but then faced a difficult first half defensively. However, Francisco had a great second half in goal, and captain Joseph was the Player Of the Match for his two goals and superb leadership.

Year 8 & 9 – Colchester Academy 6 v CPHS 0 – A disappointing result, but the team didn't give up, with the second half only 1-0. Charlie was Player Of the Match for the second half in goal.



## Congratulations go to:

**Freddie** (Y9) who came second in The Hudson Trophy golf competition on Saturday 30 September

# Globally Connected



## SUSTAINABILITY TESTIMONIALS FROM NEWSTEAM

Inspired by the survey they completed on sustainability, Newsteam would like to share with you their biggest concerns about the environment and their suggestions on how we can all live a more sustainable life.

### What are our biggest concerns

- Climate change
- Pollution
- Plastic pollution
- Environmental pollution
- Deforestation
- Sea creatures getting trapped in big fishing nets
- Littering in the ocean, E.G., turtles getting trapped in plastic and poisoning themselves and dying
- Destruction of animal's homes
- Wildfires hurting koalas
- Animals dying for fur and elephant tusks.

### How We Can Help the Environment?

- Use less plastic
- litter picking
- Plant trees
- Go electric or hybrid
- Write to the Prime Minister about how we could make the environment a better place to live
- Walk to school

# Notices

## NO PENS DAY IN PREP SCHOOL!

For one day during the week commencing Monday 27 November, classes in the Prep School will be putting down their writing implements in English and Mathematics to explore different ways of learning. The emphasis will be on speaking and listening skills and the importance of fostering excellent communication skills within our 'future ready' learning environment. Activities will include drama, poetry recitals, times table battles and challenging mental maths games.

## REMEMBRANCE SERVICE – POPPY SALES

Next Friday, 10 November, the school will hold Remembrance Services to commemorate British service members who have died in wars and other military conflicts since the onset of World War I. Poppies (Red/pins/white) and other poppy items are now available for a donation in Reception

## PARENT SPEAKERS REQUESTED



# Events

## RECEPTION TASTER DAY



Is your child ready to start Reception in September 2024? Join us for an exciting morning where your child will have fun planning and building their own Lego Duplo constructions.

Through hands-on play activities, they will learn to think creatively, understand mathematical concepts, and learn about the world around them.

Starting school can be a daunting time but at CPHS we are here to hold their hand – and yours! To book your place, please contact Admissions on 01206 589 998 or email [joinus@colchesterhighschool.co.uk](mailto:joinus@colchesterhighschool.co.uk).

# Diary Dates

## November

### Monday 6

Green Careers Event  
Chilean Exchange Trip  
(until Nov 17)

### Wednesday 8

Year 11 Parents' Evening

### Thursday 9

Prep Drama Workshop  
Nursery Key Person Meetings  
Prep and Senior Talent Show

### Friday 10

Remembrance Services  
Essex University Year 11 Talk

### W/C Monday 13

Year 7 Scholarship Assessments  
Anti Bullying Week

### Monday 13

Odd Socks Day in Prep  
Jacqui Robinson 11+ Talk

### Friday 17

Year 11 Health and Social Care  
(Medicine) Careers talk  
Year 12 Awards Night

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