



COLCHESTER  
PREP AND HIGH SCHOOL

# CPHS CONNECT

## A FORTNIGHTLY NEWSLETTER

17 November 2023  
Issue 50

### THRIVING IN A GLOBAL WORLD

At Colchester Prep and High School, we believe that happy and healthy pupils that feel part of a thriving, welcoming community are better prepared to achieve their full potential. So as a community, we were clearly delighted, to have won the Independent Schools Award for Excellence and Innovation in Mental Health and Wellbeing. This award, presented to us last week by Kriss Akabusi, British broadcaster & former sprint and hurdling athlete, was testament to all the hard work that goes into supporting the wellbeing and mental health of all our pupils – and my congratulations go out to all our staff, and in particular our fantastic Pastoral Team.

In enabling our pupils to thrive, we also feel that it is important that we also develop within them a strong sense of social purpose and agency, enabling them to understand both their own and the wider global community they belong to. During the past two weeks, pupils have not only celebrated the religious festival of Diwali and participated in Anti-bullying Week and Odd Socks Day, but we have again welcomed into our school, pupils from our Cognita schools in Chile. Sharing within them aspects of our teaching and learning – both within and outside of our classrooms, pupils have thoroughly enjoyed a range of activities, coordinated by Mr Rayner, our Head of Outdoor Learning and Global Enrichment. From a trip to Colchester Castle with our Year 1 pupils, to visiting First Site and Colchester Zoo, pupils were also treated to a Great British Menu, during a highly competitive International Quiz evening with our Year 9 Language Leaders, and Senior Prefects. These experiences not only ensure that our pupils have had the opportunity to hone their Spanish speaking but enable them to nurture a global perspective alongside making those all-important lasting friendships.

We also believe that for our pupil's own wellbeing, that it is important that they develop a strong sense of social responsibility. Volunteering and helping others not only boost their own self-confidence, but also provides a sense of accomplishment and I am delighted to see that the large number of pupils and Wellbeing Ambassadors who are eager to run stalls both at the CHSA Christmas Fayre on Friday 24 November, and at our Pre-Loved Christmas Sale on the last day of this term, in support of Y.E.S (the Youth Enquiry Service).

The opportunities that we provide for our children are a wonderful testimony to the passion and innovation of all our staff. They are also essential for today's children growing up in an uncertain, ever-changing world, where it has become increasingly important to ensure that they have the tools to "Be Well, Live Well, Learn Well"

With warmest wishes

Karen Gracie-Langrick



ISA Awards 2023



# CPHS Connected

## ANTI-BULLYING WEEK POEMS BY YEAR 8

**Etienne Y8**

Banter is not always innocent  
Upstanders are the best type of friends  
Loneliness is never the answer  
Longing for a peaceful society  
You're not alone in this world  
Intent to harm people's feelings  
Not ok to pick on people  
Grow-up and be mature

Together we can stop all bullying, so wherever  
you are you don't feel locked in

**Nina Y8**

Alone, alone, alone  
Again,  
The bitter words pierce my ears,  
Like a dagger stabbing through my heart,

But also then, she makes me laugh,  
But it seems like I am the joke,

She said it's only banter,  
But my ears burn,  
Through the words she said.

**David Y8**

At home, all alone again,  
Scrolling through apps on your phone,  
Completely zoned out, until you hear a tone,  
Your eyes flick left to right, then you let out a  
groan.

It's only banter, it's just a joke,  
Is it though? Is it though?  
Face to face or even online,  
It hurts your feelings his, hers and mine,  
Don't take it seriously, it's just a joke,  
Is it though? Is it though?

Just a compliment,  
Or even a hug,  
Something kind,  
Maybe a 'how are you',  
Something nice to fill their mind,  
We can stop this, him, her & me,  
Be the change in the world we wish to see.

## WHY IS ODD SOCKS DAY IMPORTANT?

Odd Socks Day is important because it is a fun way to show that we can be different. We all wear odd socks because it shows how people can be different and still like each other. **Amelia (Y3)**

The important thing about Odd Socks Day is that it does respect people to be different. People think it is for fun but it is a important message that people need to understand. **Jessie (Y3)**

## DIFFERENT

Monday 6 November was both Odd Socks Day for Anti-Bullying Week and World Kindness Day and we just wanted to take a moment to share with you this amazing performance by Zachary that talks about how it feels to be different.

## WORLD KINDNESS DAY

By Ella (Y6)

On the 14 November it was World Kindness Day and one way the Year 6 girls celebrated was that at break time we all met up with Mrs K Smith to do a lovely piece of art about friendship. It was split into 10 pieces and all of the girls had one piece and they had to draw and colour their part. The picture once all the pieces are stuck together should look like a globe with people supporting each other all around it. This session helped us express kindness and friendship. It was also a nice opportunity to work altogether as we are not all in the same class normally.

**Pre Prep Cookery Club** also made heart shaped biscuits to give to all the Prep School teachers to celebrate Anti-Bullying Week and being kind.





# Community Connected



## CHSA PTA CHRISTMAS FAYRE AND TREE LIGHTING

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)

We would also be most grateful for any donations of the following

- drinks – such as spirits, wine and non-alcoholic cordials
- chocolate and non-perishable Christmas food items – jams, chutneys, biscuits, crackers, coffee, tea etc
- spa and grooming products
- candles
- stationery and books
- gardening items
- Christmas mugs
- Christmas clothes preloved.

Your child will today have also brought Raffle Tickets home with them and we kindly

The top prize is a Samsung Galaxy Tablet, a perfect gift for Christmas!



## REMEMBRANCE DAY – WE WILL REMEMBER THEM

In recognition of Armistice Day and Remembrance Sunday, on Friday November 10 our pupils joined together to reflect on the service and personal sacrifices from the Armed Forces community, and all those that have defended our freedoms and protected our way of life, both past and present.

Thank you to our Head pupils who all spoke so eloquently. Thank you also to former pupil Isaac who returned to play the last post for our Senior School service and to our visitors from the Armed Forces Mr J Lazenby MBE (Civil Engagement and Information Management Officer) and Garrison Sergeant Major, Andy Lamont who were in attendance.



# Academically Connected

## USING MATHS TO COMPLETE THEIR MISSION

Senior Maths Enrichment club have been working through a Mathematics Escape Room as part of Maths Week England 2023. They had to answer questions and solve puzzles in order to complete 4 different missions, and to collect the numbers for the secret code.



## PREP SCHOOL SCIENCE COMPETITION



Every species has its own unique scientific name that is chosen by the individual or team that discovers it. Prep School pupils are invited to come up with their own Special Species by combining together different Latin or Greek words and imagining what the species would look like and why the species might have developed those features through evolution. Full details of the competition can be found on TEAMS. Deadline Friday 24 November.

## YEAR 1 TRIP TO COLCHESTER CASTLE

As part of the children's Humanities topic this term, Year 1 visited Colchester Castle to enrich their learning in Castles in History and to learn more about the local area. They were accompanied by our Chilean students who are visiting the school for a two-week period (see global) which was lovely opportunity for Year 1 to enhance their global awareness and knowledge of Chile.

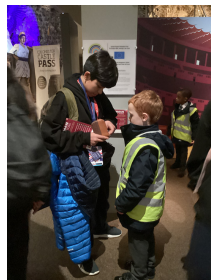


### PUPIL TESTIMONY

"I liked dressing up as a Roman soldier and putting a bowl on my head!" **Mark**

"We went down into the Roman caves to see the foundation of the temple. I even found an oyster shell in the ancient walls" **Alexander**

"We went up lots of steps to stand in the battlements from outside" **Ezra**



# Character Connected

## DRAMA WORKSHOPS IN PREP

Our Prep children thoroughly enjoyed their recent workshops from Drama4All. The theme of the sessions was Phileas Fogg and his Journey around the world in 80 days. Pupils role played as adventurers and created characters of their own to help them explore.





## CPHS HAS TALENT

What a fantastic evening!! We had 20 acts including representation from all year groups (Year 3 to Year 11). The acts included singing, dance fusion (gymnastic and martial arts), dance choreographies, jokes, piano, violin playing and a piano duet, martial arts routines and memorising long digit numbers (Pi in this case).

Congratulations to:

Senior Winner: Amy (Singing)  
Senior Runner-up: Rafael (Singing)  
Prep Winner: Darcey and Ella (Dance)  
Prep Runner-Up: Zachary (Singing)  
Audience Prize: Noah (Martial Arts routine)

Thank you also to Edward and Rhys who not only performed solos but they also presented the show with incredible wit. They were professional and kept the audience entertained with their professional improvisations and humour.

You can hear a compilation of the performances [here](#).



## CONGRATULATIONS GO TO:

**James** (Y7) who achieved a merit (84%) in his Grade 1 RockShool Vocals exam.

**Ms Romero-Fernandez** who is now a MIE Fellow 2023-24 for her dedication, inspiration and influence on the MIEE Community



# Globally Connected

## CELEBRATING DIWALI

Across the School this week, our pupils have been celebrating Diwali

- The Butterfly children drew round their hand and arms and created their own Mehndi patterns. They participated in Bollywood dancing using scarves to create some cool dance moves.
- Nursery and Reception created Diwali t-lights pots and watched a video about a little called Deena who was celebrating her first Diwali.
- Our Diversity Ambassadors joined together with pupils and staff to create chalk Rangoli patterns on the playground. The Prep children also enjoyed colouring in Diwali templates.

### What Nursery Learnt from the Diwali Video

**Xavier** "the little girl went into the garden saw lights and fireworks."

**Maxy** "they have lights and a party."

**William** "they dress up in beautiful clothes."



## NEW ECO WARRIORS

Congratulations to Demaris and Anna in Year 10 and Olivia, Millie and Jessica in Year 11 who have all been designated as honouree Eco Club Representatives for their work supporting the School Sustainability initiatives.



## GREEN CAREERS DAY AT CPHS

On Monday 6 November, we welcomed five external speakers to school for our 2nd annual Green Careers Day as part of Green Careers Week. Pupils in Years 5 to 8 enjoyed a carousel of presentations from:

- Professor Leanne Hepburn about degrees in Sustainability offered at Essex University who also spoke to Years 10 and 11 in assembly,
- Mark Smith of SPW Careers about the skills required for green careers,
- Tom Smith, Agronomer about the importance of sustainable farming,
- Alastair Dutton about offshore wind farms and
- Jenna and Sid from Patch Vegetarian Restaurant talked about sustainable eating and food production.

With the government requirement for all publically listed businesses with a turnover of £500 mln or who have more than 500 employees to now report on Environmental Social and Government (ESG) matters, a knowledge of sustainability will become a requirement for many of our pupils going into the workplace and we want to ensure our pupils are fully prepared.



### Pupil Testimony from Year 5

"We met Tom. He is an agronomist. Agronomists are people who help farmers, for example giving them advice on how to grow their crops better." Zoreslav

"Leanne [a professor from the University of Essex] was amazing... I learnt about how sustainable we need to be when eating fish. I really enjoyed her talk because we got to see marine biologists in action. I found out how interesting it was to be 600 feet under water." Katie

"We listened to Sid and Jenna from Patch, a café and restaurant for vegetarians and vegans. They grow some of their own vegetables... Sid is the chef. They change their menus every four weeks. Jenna wants everyone to be happy. They do poetry nights and they have musicians." Zachary

"Mark is a careers person who told us about lots of jobs. He was talking about the different skills that are needed to have a green career." Barney

### Pupil Testimony from Form 8S

**Etienne** found the Green Careers day very inspiring. It made him consider a environmentally friendly future career.

**Amy** said that by listening to the Green Careers speech it made her think about changing her mindset when considering what to do after finishing school.



# Actively Connected

## SPORTS & CLUBS UPDATE

By Mr Dowson.

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

It was straight back into the action after the Half Term holidays with our CPHS Interhouse cross country week. Congratulations go to the Romans our Prep and Senior School champions! Every term we run a big House sports event and look forward to the Swimming Galas and Sports Day in the new year. Pre-Prep results will be reported in the next newsletter.

### Congratulations go to our race winners:

YEAR 3 GIRLS	Skyle	YEAR 3 BOYS	Jesse
YEAR 4 GIRLS	Edie	YEAR 4 BOYS	Ben
YEAR 5 GIRLS	Mousie	YEAR 5 BOYS	Elliott
YEAR 6 GIRLS	Ella	YEAR 6 BOYS	Dexter
YEAR 7 GIRLS	Margaret	YEAR 7 BOYS	Rafael
YEAR 8 GIRLS	Niamh	YEAR 8 BOYS	Jake
YEAR 9 GIRLS	Martha	YEAR 9 BOYS	Aaron
YEAR 10 GIRLS	Phoebe	YEAR 10 BOYS	Ethan
YEAR 11 GIRLS	Millie	YEAR 11 BOYS	Ben



## CBSSP JUNIOR CROSS COUNTRY

On Tuesday 7 November, we travelled up to the Northern Gateway for the annual CBSSP Junior cross country. There were lots of nerves from our Year 3 pupils, but everyone did an amazing job. Special well-done to our top finishers: Ben (7th), Rosemary (8th), Ella (9th) Mousie (10th), Elliott (17th) and Amelia (23rd). You all did your school and team-mates proud.

## NEESSA DISTRICT CROSS COUNTRY

On Tuesday, it was the NEESSA District cross country at the Northern Gateway. Our top runners were: Adam (3rd), Niamh (11th), Ben (6th), Phoebe (20th) and Aaron (25th). Well done to all of our athletes, I was so impressed with your determination and commitment.

## CBBSP U-14 BOYS BADMINTON

Aaron, Harry, Archie and Etienne in Years 8 and 9 attended the CBBSP U-14 Boys Badminton at St Benedicts on Tuesday 7 November. Aaron was in top form winning all of his singles matches apart from against CRGS. The team won 2 games and lost 2, finishing in third place.



## ISA EAST SENIOR SWIMMING GALA

On Thursday, it was the ISA EAST Senior Swimming Gala at Crown Pools, Ipswich. It was a great effort from our swimmers and also our Year 10 GCSE PE helpers. Top performers were: Freddy (Y7) – 2nd Backstroke, Adam (Y8) – 2nd Butterfly & Backstroke, William (Y9) – 2nd Breaststroke & Freestyle and Ben (Y11) – 2nd Butterfly & Freestyle. Because of the consistent results our boys team **finished champions!** Well done to all of the team. You were all awesome!

# SPORTS FIXTURE NEWS

## U -15 DISTRICT NETBALL

On Tuesday 31 October, our U-15 girls netball team played their first District League match against the Gilberd. It was a tough start against such a huge school, but to their credit the girls never gave up.

**Gilberd 17 v 5 CPHS** – Our player of the match was Ruth for the second time, this year. Special mention also to Niamh for such a great performance as a Yr 8 against Yr 10's.

## TAG RUGBY AND FOOTBALL AGAINST OXFORD HOUSE

On Wednesday 8 November, we played friendly tag rugby & football matches against Oxford House at CRGS's Games fields. Here are the scores:

**Year 3 & 4 Rugby – Oxford House 8 v CPHS 8:** Tries from: Edie, James C, Alexa, and the Player of the Match Shay(x 5).

**Year 5 & 6 Football – Oxford House 5 v CPHS 8.** Goals from: Elliott, Ella, Thomas (x 2) and Player of the Match Ben (x 4).

## FOOTBALL AGAINST IPSWICH HIGH SCHOOL

On Monday 6 November we travelled to Ipswich High School for U-13 and U-16 football.

**Year 8 – IPHS 2 v CPS 2:** So many chances, but only Jake and Theo could benefit. There were so many good performances, but midfielder Edward was our player of the match.

**Year 11 – IHSchool 3 v CPHS 0:** A disappointing result for our Year 11's but it was great to get them a game, with TJ making his school team debut. Player of the match was William.

## OXFORD HOUSE MATCH – PUPIL REPORT



On the 8 of November, the CPHS was invited to the Colchester Royal Grammar School's football ground to play against Oxford House school. The school battled hard against them and by half time we were winning 5-0. Then in the second half we ended winning 8-5. Ella scored 1 goal, Elliot scored 1, Thomas scored 2 goals and Benjamin Nicholls scored 3 goals. **Ben**

I enjoyed the opportunity to support them. **Harry**

## CONGRATULATIONS GO TO:

**Kallum (Y7)** who won silver for Kumite at the JKA Open Championships for his age group on Saturday in Crawley. He got down to the semi-final for Kata but just missed out on a medal in this category. A brilliant achievement, congratulations Kallum.

**Adam (Y8)** who has started the cross-country season in great form, winning the second Essex Cross Country League race in Basildon last weekend. An amazing start to the season, well-done Adam.



# Events

## RECEPTION TASTER DAY– 22 NOVEMBER



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).



## PLAY AND LEARN – CHRISTMAS CRAFTS – 24 NOVEMBER

Book your place at our next Play and Learn when we will be getting in the mood for Christmas, listening to Christmas tunes and making homemade festive arts and crafts. Open to all children from 18 months to 4 years old, all children must be accompanied by a parent, grandparent or other guardian and not currently a pupil at CPHS.

Please email [info@colchesterhighschool.co.uk](mailto:info@colchesterhighschool.co.uk) or call 01206 573 389 if you would like to attend.



## MID YEAR ENTRY OPEN MORNING



Do you know someone who is new to the area or considering a change of school for their child before September 2024? We would love to invite them to our mid-year entry Open Morning on Thursday 7 December to show them what a Colchester Prep & High School education has to offer.

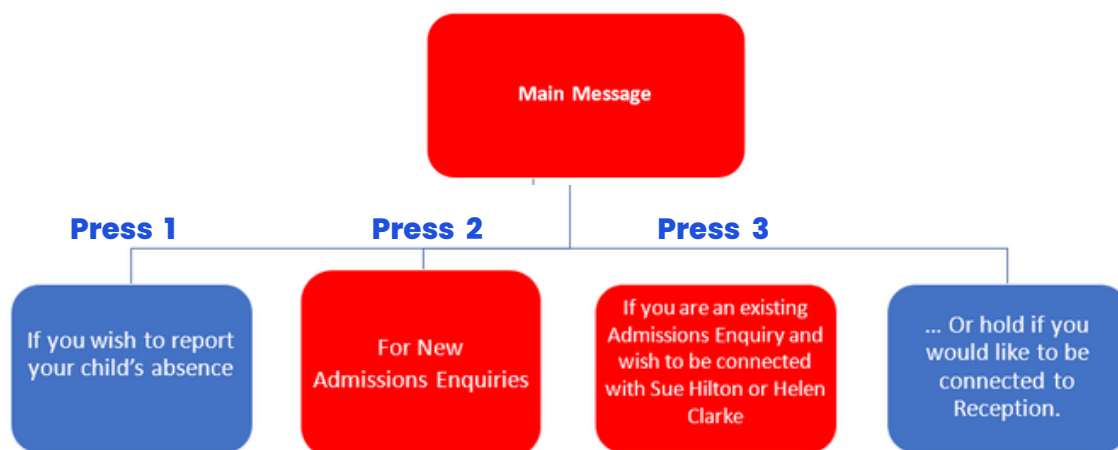
To arrange their personal tour and meeting with Ms Gracie-Langrick, they should contact our Admissions Team on 01206 589 998 or at join [us@Colchesterhighschool.co.uk](mailto:us@Colchesterhighschool.co.uk).

# Notices

## NEW TELEPHONE SYSTEM

Please note that the school has a new telephone system and as such the options have changed.

They are now:



## PARENT SPEAKERS REQUESTED

**Are you an Artist, Crafter or Designer?**

*The Art department would love to invite you in to school to share your artwork with our pupils.*

**Please contact Ms Traynor to arrange a visit.  
Emma.Traynor@colchesterhighschool.co.uk**

## PRE LOVED SALE – DONATIONS REQUESTED

After the huge success of our last two Preloved events where we have raised over £490 for Y.E.S, we are pleased to invite you to attend our Autumn term 'Pre-Loved Clothing and Toys' event on Wednesday 13 December 2023 from 1pm.

We would be most grateful for any donations of toys and Christmas Gifts. If you have any items you wish to donate please ask your child to hand them in at the school's main reception. We ask that donations are in good clean condition, perhaps items that someone has grown out of or that they no longer use but that can be 'loved' by someone else.



## END OF TERM

Please note that school finishes on Wednesday 13 December at 12 noon. There are no after school clubs or wraparound care on that day.

## COSTUMES NEEDED! CAN YOU HELP PLEASE?

We would love any vintage clothing or costumes reminiscent of different time periods (in particular Tudor/Stewart, Regency Victorian, Edwardian in style) to help us refresh our costumes cupboard. Any clothing e.g. waistcoats, old prom or wedding dresses or accessories that you could donate would be greatly appreciated. Items should be placed in a bag and left at Reception for Miss Door to collect.

# Diary Dates

## November

### W/C Monday 20

Year 11 Mock Exams Begin  
KS1-3 Assessment Week

### Wednesday 22

Reception Taster Morning

### Thursday 23

Year 10 GCSE PE Panathlon

### Friday 24

Early Years Play and Learn  
CHSA Christmas Fayre

### Thursday 30

Community Choir

## December

### Tuesday 5

CHSA Christmas Gift Stall

### Wednesday 6

Year 6 & 7 CSES British Cycling  
Talk

### Thursday 7

Mid-Year Admissions Open  
Morning  
Nursery & Pre-Prep Nativity  
Christmas Carol Concert

### Friday 8

Prep Parent Open Classroom

### Wednesday 13

Wellbeing Preloved Sale

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