



COLCHESTER  
PREP AND HIGH SCHOOL

# CPHS CONNECT

## A FORTNIGHTLY NEWSLETTER

1 December 2023  
Issue 51

### COUNTDOWN TO CHRISTMAS!

It was such a delight to launch the start of the Christmas Season at the CHSA PTA Christmas Fayre and Community Tree Lighting last Friday. Despite the chilly weather, there was great festive cheer, and I would like to whole-heartedly thank all the parents, staff and pupils who organised stalls, donated gifts, entertained us with Christmas carols and/or attended the fayre. It is all the more fantastic that our school community together raised an amazing £2,000 in the process. Please click here <https://youtu.be/ROJNPXC6hkU> to enjoy a short video of a wonderful whole school community event.

In the words of Ruth Carter Stapleton, "Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most." As such, I am delighted to launch our 'CPHS Christmas Giving Campaign 2023'. This year our chosen charity is Next Chapter for whom we will be raising funds for, at our Christmas Jumper Day on Tuesday 12 December. Please do encourage your child to "swap", buy second-hand or re-wear existing Christmas Jumpers, rather than to buy new for our Christmas Jumper Day. (Please see Events for more information).

Additionally, we would love to welcome as many families as possible to join us to support the upcoming Preloved Event, where we hope that you will be able to pick up some Christmas pre-loved bargains at the end of this term. The Preloved event will take place on Wednesday 13 December, at the end of the school term, from 12-1 pm in the Drama Studio. The Preloved Event has been organised by our Wellbeing Ambassadors, and all money raised from this sale will be donated to the The Youth Enquiry Service (Y.E.S).

This week, we have also launched our Humanities Advent Challenge where we have encouraged our pupils to undertake small actions to help to make the world a better place. During the month there will be a number of opportunities to think of others and also to make our planet a greener place. Please do encourage your child to take part and to help them to create the world they want to see.

Finally, while I do hope that many of you will be able to join us at our Christmas Carol Concert on Thursday December 7, I unfortunately will not be able attend as I shall be at the House of Lords for The National School's Finalist Award Ceremony. I do, however, look forward to joining our Prep parents at the Open Classroom Morning on Friday 8 December.

In the meantime, I wish you a wonderful weekend.

With warmest wishes

Karen Gracie-Langrick



#### The 2023 Humanities Faculty Advent Challenge

The season of Advent is a time for thinking of others and challenging yourself to be the best you possible.

This theme for this year's calendar is 'being a changemaker' – we can all do our bit to bring the change we want to see in the world. Some of the environmental changes we can help with are highlighted in green on your calendar.

Complete the challenges on the calendar and sign each one you complete on the line. You can write in what you did on free choice days.

Enjoy your Advent challenge and at the end reflect on what you have done over the twenty-four days.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Write an anonymous compliment for someone	2 Plant a seed or bulb
3 FREE CHOICE	4 Include someone who is left out	5 FREE CHOICE	6 Turn off the lights when you leave a room.	7 Make a donation to charity from your pocket money	8 Make & write a thank you card for someone	9 Make a foodbank donation
10 Tidy a room at home	11 Help to make a meal today	12 FREE CHOICE	13 Fill a bird feeder or make a food source for birds	14 Turn off the tap whilst brushing your teeth.	15 Hold a door open for someone	16 Make an eco decoration for someone
17 Play a board game with your family	18 FREE CHOICE	19 Wash up/empty the dishwasher	20 Take old toys & clothes to a local charity shop.	21 Call a friend or relative you haven't seen	22 FREE CHOICE	23 Make a bug hotel in the garden
24 FREE CHOICE	Show your form tutor your completed challenge card early next term. You can then keep it in your character development folder as a record of your activities this Advent.					



"How wonderful is it that nobody need wait a single moment before starting to improve the world" - Anne Frank



# CPHS Connected

## CHSA CHRISTMAS GIFT STALL – TUESDAY 5 DECEMBER

We are delighted to inform you that the CHSA Christmas Gift Stall will take place on Tuesday 5 December. This incredibly popular stall gives pupils the chance to buy beautiful, individually wrapped presents for their friends and families. Everything will be wrapped in Christmas paper ready to gift. Prices will range from £3 to £5 and the stall will be open to all year groups during morning break. Pupils are invited to bring money in a named envelope or purse on the day.



## VOLUNTEERING IN EARLY YEARS

The Early Years Department want to say a big thank you to Charlotte and Ella who help out in the EYFS Department nearly every day, giving up their playtime and lunchtime to support the youngest children in the school. At CPHS, we pride ourselves on our community spirit and this is a wonderful example of how our pupils love to give back. Well done Ella and Charlotte!



# Community Connected

Please encourage your children to support us in our "CPHS Christmas Giving Campaign 2023"

## PRELOVED EVENT

WEDNESDAY 13 DECEMBER



Please come along to support the Preloved Event and pick up some Christmas bargains on Wednesday 13 December, 12-1pm in the Drama Studio.

All money raised will go to support Y.E.S, a local mental health charity.

Donations gratefully received – Good condition clothing, toys or Christmas items.

## CHRISTMAS JUMPER DAY 2023

TUESDAY 12 DECEMBER



Christmas Jumper Day this year is on Tuesday 12 December. Pupils should give £2 minimum donation for the privilege of wearing a Christmas jumper, or other sensible seasonal decoration. School uniform will still apply for the remainder of your attire.

All funds raised will be put towards gift cards for Next Chapter who are a local refuge doing amazing work for vulnerable families in the Colchester area.

For those who wish to give extra support, it will also be possible to donate a gift card for a local shop. Next Chapter recommend Boots, Superdrug & Primark as most suitable. This generous gift enables the residents to buy a simple present for their families this Christmas. All cards and donations should be given to form teachers on 12 December.



# Academically Connected

## INTRODUCING STEAM TO YEAR 1

Our Year 1 pupils were so excited to arrive at school Wednesday to find out they were using Lego to support their learning. The pupils, together with a little help from their Year 5 and 6 friends, quickly went to work designing and creating their own Lego castles as part of their History lesson. They then had to evaluate how they did. This was a fun and creative way for the children to learn about the past whilst providing them with skills for future jobs in construction and engineering!



Evaluation  
Use these questions to help you evaluate your castle design.

Which castle features does your design include? Why?  
arrow slits to shoot and towers to guard.

I used my hands and lego.

Which tools did you use? Why?

What do you like the most about your design?  
Arrow slits bcs peopl can shoot.

## YEAR 7 SCHOLARSHIPS – A PUPIL PERSPECTIVES

This week Offer Letters went out to pupils in Year 6 who had been awarded Year 7 Scholarships. This is what two of our future scholars had to say:

- Recently, I was awarded a Performing Arts Scholarship. I was very proud and excited! We had to perform an acting scene, sing notes (that Ms Romero-Fernandez played on the piano) and clap rhythms. I love to sing, dance and act. It helped that I had also won the Prep Talent Show with Ella. I love to represent my school in many ways, including sport. I do lots of performing arts clubs outside of school as well. This scholarship has helped me realise that I am talented at performing. It has improved my confidence so much as well, just knowing that others enjoy seeing me perform. **Darcey**
- I recently achieved the Sports Scholarship at our school. I am very proud of this as I worked very hard and I love representing the school. I had to do a small written test with about ten questions then we did a fitness test. We did things like the vertical and horizontal jump, obstacle course, sprinting throwing and co-ordination. We also had to do Tennis, Basketball and the Bleep Test. Having a Sports Scholarship will improve my confidence and my wish to do well in this area. It is a nice feeling to find out that other people think I am good at sport as well. **Ella**

## Blue Peter Book Badge by Phebe and Lauren (Y6)



A couple of weeks ago the Year 6 Scholars presented the assembly that introduced the Blue Peter Book Badge. The whole of the Prep School has applied for these amazing badges. I have also earned this incredibly special badge myself (Lauren)!



Some of the questions that we were asked on the application form were: Tell us about a book that you have really enjoyed and what were the best bits? What other books have you enjoyed, and what did you like about them?

There are lots of other Blue Peter badges that you can earn, so head to the Blue Peter website and apply for your very own badge!

## YEAR 7 CASTLES

BY MRS LARWOOD

Last week, Year 7's shared their castle presentations as part of their study on the Battle of Hastings and the Norman Conquest. Pupils were tasked with the job of making a model of one of the castle types they had learnt about in class, including Motte & Baileys, stone keeps and concentric castles. I have been blown away by the sheer size and impressive designs of many of our castles and pupils were able to confidently talk about why William the Conqueror built castles to establish control over the rebellious English and explain how castle design changed over time. Well done to all of you and thank you to parents who have helped to support the castle construction process!

Pupil Reflections:

**Juwon-** I enjoyed the overall presentation and making my creation!

**Kallum-** I liked making my castle and presenting it to the class.

**Jacob-** I found this project was enjoyable and creative.

**Disha-** Presenting my castle put me out of my comfort zone!



## Digitally Connected

### ESAFETY UPDATE

BY MRS RUSH – ESAFETY LEAD



As it is approaching Christmas I thought it timely to send a [link](#) to Internet Safety Matters Guide for ensuring your child's devices are set up with the appropriate safety settings in place.

The link also includes an excellent Digital Resilience Toolkit which is well worth looking into as our children navigate an ever more connected world.

KS3 and 4 have, this term, received E-Safety assemblies on the idea of 'Thinking Traps' and how to avoid falling into negative thoughts when interacting or not interacting with people online. We continue to support our children to navigate safely through their digital lives within our PSHE and Computing lessons and welcome the support you offer at home.

KS1 and 2 considered the positive and negative effects of the Internet on our life and activities we can do away from our computers.

### Congratulations go to:

**Annie-Mae** (Y10) who passed her MOS in PowerPoint.

**Demaris B** (Y10) who passed his MOS in Excel & has now passed all 3 exams, which makes him a **"Microsoft Office Associate"**.



# Character Connected

## EMBRACING THE COLD AND THE GREAT OUTDOORS IN FOREST SCHOOL

For Forest School this week our Early Years pupils enjoyed a Winter Walk at Hilly Fields. They looked at the ice and frost on the ground and trees, and spotted berries for the birds. They enjoyed being out in the fresh air in the sunshine going on a "Bear Hunt" and even climbing a mountain! They especially loved looking at their shadows and creating funny poses.

**Noah** "It was frosty on the ground"

**Emily** "I liked feeling the ice"

**Xavier** "We went up a mountain on the walk and looked out at the top"



## Congratulations go to:

**Barney** (Y5) who passed his ABRSM Grade 3 violin exam with Merit.

# Globally Connected

## CNN & COGNITA SCHOOLS GLOBAL CALL TO EARTH DAY

We are absolutely delighted to have been a part of the CNN International and Cognita Schools global Call to Earth Day initiative on Wednesday 29 November. This initiative was a celebration of our planet's intrinsic value and the collective responsibility to protect it.

For the project, Katie, Rosemary, Darcey and Aimee in Year 5 and 6 created a collaborative piece of artwork that vividly conveyed why they believe our planet is worth protecting and the importance of sustainability.

Launched by CNN in 2019, Call to Earth spotlights individuals, organisations and schools, dedicated to safeguarding our planet for future generations. Our passionate students have enthusiastically joined this cause, championing sustainability, and addressing crucial environmental issues within their local communities.

See more of this artwork on CNN's online gallery [here](#).

## NEW ECO REPRESENTATIVES

Please join us in congratulating our new Eco Representatives, Ben and Stanley in Year 6. Stanley and Ben are both members of the Eco Club and have also recently attended meetings with the Headteacher and the School Sustainability Working Group.





# Actively Connected

## SPORTS & CLUBS UPDATE

By Mr Dowson.

Working together to provide sporting opportunities for our young people.

It has been another busy few weeks with lots of opportunities for our pupils to get involved in a wide variety of sports. It was a great joy to finally be able to hold the Pre-Prep House cross Country Competition and congratulations to our winners the Saxons! At CPHS, we are firm believers in sport for all and I am so proud of our Year 10 GCSE pupils who recently helped officiate the Panathlon Challenge National Swimming Finals @londonaquaticcentre. These events give pupils with learning difficulties and disabilities the opportunity to compete for their schools and help ensure that sport is inclusive of all. The pupils thoroughly enjoyed the experience and we hope the children competing did so too.



Congratulations go to our race winners:			
YEAR 1 GIRLS	Matilda	YEAR 1 BOYS	Taylor
YEAR 2 GIRLS	Lizzie	YEAR 2 BOYS	Dontae



	NORMANS	ROMANS	SAXONS	DANES
YEAR 1	9	12	15	0
YEAR 2	8	9	13	6
FINAL SCORES	17	21	28	6



Congratulations go to the Pre-Prep Saxons, the 2023 CPHS Cross Country winners.



## SPORTS FIXTURES

**U12 Football at Ipswich High School** – Tuesday 14 November

**Ipswich High School 13 v CPHS 0** – Unfortunately, Ipswich High School had an incredibly strong team, and we struggled to keep possession and build attacks. Player of the match was Huxley, who played with passion and determination throughout.

**U-15 District Netball at Philip Morant School** – Wednesday 22 November.

**PMS 4 v 18 CPHS** – Our U-15 Girls' Netball team took part in their second District match of the season and put in an amazing performance from start to finish. A fantastic victory for the girls. The player of the match was Beth.

**U-11 Girls Football Fixture Against St Josephs College** – Ipswich Wednesday 22 November.

CPHS 4 v 0 St Joseph's College – Goals were from 'Player Of The Match' Ella C (x 2), Rosemary (x 1) and an own goal. Well done to Mousie for her 2 assists.

## Congratulations Go To

Adam (Y8) who recently took part in the Eastern Cross Country Championships in Horsepath, Cambridgeshire. Adam finished in a fine 3rd place, 1 second behind 2nd and 3 seconds behind the winner.

# Notices

## WINTER UNIFORM REMINDER

As Winter has now well and truly arrived we would like to remind all parents about the following uniform rules.

**Nursery and Prep School** – Only the blue regulation navy waterproof fleece-lined coat, regulation blue hat and/or regulation scarf should be worn.

### Senior School

- Coats, hats and scarfs should be plain or navy. No fashionable designs. No sewn-on badges or hoodie type coats.
- Regulation school knee-length grey skirt for Years 7 to 9 should be worn with grey/black tights (winter) or grey/black ankle length socks.
- Regulation school knee-length black suit skirt to be worn with black tights (winter) or black ankle socks
- **All pupils should wear black leather school shoes. Trainers are NOT to be worn to school.**
- **All children should bring a coat to school each day.**

## REMINDER TO UPDATE YOUR CHILD'S DEVICE

For security, and to keep your PC running smoothly, it is important to regularly update your computer Firmware and Software. Please see the attached document Digital Device Notices for instructions.

## BIKES IN THE DARK

With darker mornings and darker nights, if your child is coming to school by bike, please ensure that they are fully aware of the following recommended procedures to stay safe.



- Check that you have working front and rear lights?
- Wear a helmet with a light?
- Wear high visibility clothing or reflectors?

## CHILDREN'S FLU VACCINE

The Community School Aged Immunisation Service have already visited CPHS for this year. However if your child was absent on this day and you would like your child/the child in your care to be vaccinated against flu, this can still be arranged by contacting the service directly on 0300 790 0597. Please note that the programme is due to end mid-December.

More information about flu immunisations in England can be found here: [Protecting your child against flu; Information for parents and carers \(publishing.service.gov.uk\)](#)

## END OF TERM – WEDNESDAY 13 DECEMBER AT 12 NOON

Please note that school finishes on Wednesday 13 December at 12 noon. There are no after school clubs or wraparound care on that day but you are all welcome to attend the Pre-Loved Event from 12 noon to 1 pm in the Drama Studio.

# Events

## MID YEAR ENTRY OPEN MORNING THURSDAY 7 DECEMBER



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).

# Diary Dates

## December

### Tuesday 5

CHSA Christmas Gift Stall  
Year 8 Shakespeare Showcase

### 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

### Tuesday 12

EY's Arts and Crafts  
Christmas Jumper Day and Next  
Chapter Appeal

### Wednesday 13

Wellbeing Preloved Sale

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