



Dear Parent

Welcome to our first, refreshed edition of our school Newsletter: CPHS Connect. It has certainly been a very busy couple of weeks – as my letter to you all last week will have suggested, and this week has been no different.

Our extensive extra-curricular programme has been very well attended with pupils participating in a wide range of activities, from eco to production club, dance to drone club, and with excitement over the introduction of our new offerings including first aid, the Mercury Theatre Costume and Make Up and School of Rock. Our sporting programme is also well under way – with our Year 3 & 4 pupils involved in tag rugby and football earlier this week.

Additionally, this week – and as a part of our STEAM Powered: Future Ready curriculum, pupils across the school participated in the Race Day Espire workshop. Senior Pupils were encouraged to collaborate and work together to gain a clear understanding into engineering and the workings of a combustion engine, pistons and the mechanics of a racing car, whilst the Prep School pupils investigated the construction of tyres including sawing them in half.

Thank you to all those parents/grandparents who were able to join me at our Sustainability Action Planning breakfast meeting on Wednesday 17. It was a fantastic opportunity for me to share with parents and staff the progress the school has made on its journey towards Net Zero and for parents to initiate and lead some of our sustainability priorities for this term. Please look out for further news on this – including clothing and textiles recycling, and our 2nd Hand Uniform Shop. Pupils have also been very active in their endeavours this week – as we look to introduce Eco-Tricity monitors and begin our recycling monitoring programmes for plastic, paper/cardboard and Terracycle.

Finally, thank you to those parents who have already responded to my invitation to join me and other members of my SLT, for a coffee morning/afternoon tea at Colchester Prep & High School on Wednesday 7 February, to learn more about our STEAM Powered: Future Ready Curriculum which will be on offer from September 2024. There is still time for other parents to register for this event, during which I will be delighted to share with you more information about our new STEAM centre and to 'unveil' our new look curriculum and Senior school day. Please follow the [link](#).

Karen Gracie-Langrick  
Headteacher



**Ms Gracie-Langrick**  
Headteacher



**STEAM POWERED FUTURE READY**

**OPENING SEPTEMBER 2024**  
**STEAM CENTRE**  
**OF EXCELLENCE & INNOVATION**

Broadcasting, Film & Media  
Climate Science Laboratory  
Robotics

Electronics  
Food Science & Nutrition  
Textiles



DISCOVER THE POWER OF STEAM AT  
[WWW.COLCHESTERHIGHSCHOOL.CO.UK](http://WWW.COLCHESTERHIGHSCHOOL.CO.UK)



# CPHS Connected

## Plant 30 Challenge by Thomas Franks

We are pleased to collaborate with Thomas Franks to launch their new Plant 30 Programme, encouraging children and their families to include a variety of plant-based foods over the next 30 days and encouraging them to try new ingredients.



A chance to ride a Smoothie bike was a great incentive!



**Be well, live well, learn well!**

**Ella C. (Y6):** "I liked doing exercise whilst creating a healthy smoothie."

## New Year's Resolutions and Achievements



Our News Team shared with us what they achieved last year and what are their aspirations for this year!



### "MY NEW YEAR ASPIRATIONS"

- Learn a musical instrument
- Improve my mathematics skills such as algebra
- Get a better score on the bleep test
- Improve on my method in my science experiments
- Learn how to cook
- Complete the plant 30 challenge **Phebe (Y6)**



### "MY ACHIEVEMENTS OF 2023"

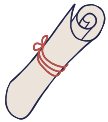
- I went to a football match against Oxford House, helping us take home a win
  - I learnt how to play squash
  - I have learnt a lot about how people in parts of the British history lived, such as in the stone age and the bronze age.
- Joshua (Y3)**

# Academically Connected

## English Masterclass



We have recently had an English Masterclass with the theme of autobiographies and non-fiction.



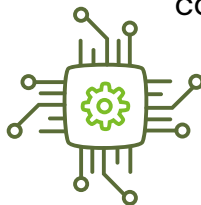
Pupils had to make these projects as their Christmas homework.



## Oxford University Computing Challenge



The Oxford University Computing Challenge is an invitation event which aims to encourage pupils who have achieved a top 10% score in the UK Bebras Challenge to develop their skills further and produce programmed solutions to computational thinking problems.



At the same time, it is hoped that the archived self-marking tasks will provide a useful resource for all school pupils studying Computer Science.

Congratulations to our Year 6 – Year 10 pupils who took part in this challenge!

## STEAM Race Day

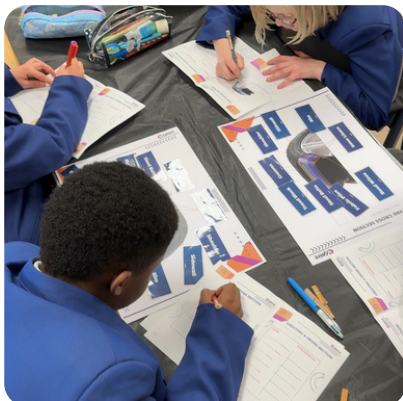
STEAM Powered Engineers For Tomorrow's World!

A huge thank you to the CHSA for funding the 'Race Academy'. Y7 and Y8 were taking apart engines and looking at how they work, Y5 and Y6 cut up tyres exploring the structural integrity and tyre pressures. Thank you to Adam Sirett and 'Espire Education'.

"Personally – I enjoyed doing this wonderful activity and felt rather curious with constructing and deconstructing engines." **Ted (Y8)**

"We were lucky to learn life skills as taking apart an engine was a beneficial skill and encouraged many friendly relationships and team work to be formed in the process".

**William A. (Y7)**





# Community Connected

## PRELOVED EVENT

The Preloved Event's sale raised £163 for the Youth Enquiry Service charity!



This organisation supports young people facing mental health challenges, offering them the care and assistance they need.

A big thank you to our wellbeing ambassadors and staff who helped us to organise this event.



# Character Connected

## Rock Taster Session

We have recently had a taster session for our School of Rock programme for Years 6 - 9.

Our pupils had a lot of fun learning a new style of music. It was a great opportunity for them to play guitar in a rock style.



## Congratulations go to:

Our talented pupil Zachery was very busy performing as Tiny Tim in London over the school holidays.

He learnt so much from the other professional actors and musicians!



## Extracurricular activities

In the Spring Term we are excited to offer a new First Aid Course (Year 4-11), Dance Club (Year 1-11) and the Mercury Costume Project (Year 4-11)



**Dance Club** - Prepare to be inspired, engaged, and energised  
Cost - Pre-Prep £60 per term, Prep and Seniors £75 per term.

**Mercury Costume Project:** Step into the world of creativity and expression with our Costume Design afterschool Club! Cost - £80 per term.

**Year 4 - 11 Medics First Aid Training** - The class will be incredibly interactive and full of lifesaving information. Cost - £80 per term.

**School of Rock** - We are thrilled to introduce an exciting new after-school opportunity for your child - The School of Rock Club!

Please see our clubs programme for more information.

# Actively Connected

## SPORTS & CLUBS UPDATE

"This week, we've been working hard to get our fitness back with the bleep test in PE. Thank you for your effort and commitment. It has been great to see many of you improving your scores from last term." **Mr Dowson**



### Congratulations to our race winners:



YR 6 OPEN FREESTYLE RACE 3	BACK STROKE WIDTH	BACK STROKE LENGTH	BREAST STROKE WIDTH	BREAST STROKE LENGTH
LILY & CHARLOTTE - TIE	PHEBE	LILY	ELLIOTT	TOMI
YR 5 OPEN FREESTYLE RACE 1	YR 5 OPEN FREESTYLE RACE 2	YR 5 OPEN FREESTYLE RACE 3	YR 6 OPEN FREESTYLE RACE 1	YR 6 OPEN FREESTYLE RACE 2
DINOBI	FREDDIE	AIDAN	SIENNA	ELLA F



Our relay winners were: **Normans** (Widths) & **Danes** (Lengths).  
Our champion swimmer was: **Lily (Y6)**

	NORMANS	ROMANS	SAXONS	DANES
YR 5 & 6	101	73	82	90
POSITIONS	1st	4th	3rd	2nd

## Sports Fixture

### Football

Oxford House 0 v 5 CPHS – Goals from Jesse, Shay, James and two for our player of the match, Ben.

### Rugby

Oxford House 11 v 6 CPHS – Tries from Elliott, Stanley, Rosemary and three for our player of the match, Thomas.

### Thurstable Game

Thurstable 4 v 1 CPHS – Tom with the CPHS goal and the player of the match was Aaron.



### Congratulations go to

**Adam** (Y8) who took part in the Essex Cross Country Championships and received a Silver medal

**Aaron** (Y9) Aaron who has been selected for the Under 15s North Essex District cricket team and will be training with them over the next 10 weeks.

# Notices

## Year 6 Scholarship

Colchester Prep & High School are delighted to offer 3-year Academic Scholarships to Year 6 pupils demonstrating outstanding achievement in English and Mathematics. Applicants for Academic Scholarships are required to undertake an assessment in English and Mathematics and attend an interview.



### 2024 Scholarship Timeline.

**Application Deadline:** Friday 9 February 2024

**Assessments:** Wednesday 28 February 2024

**Awards:** Week Commencing Monday 11 March 2024

## BT STEAM Apprenticeship

Is your Year 11 child interested in a STEAM career? If so, please see attached flyer providing information on exciting apprenticeships currently available with BT.

## Digital Harwich by Wilf (Y9)

Are you interested in digital arts, creating video games and electronic music? Then come to the free event "Digital Harwich" on Saturday the 20 of January 2024, learn to make video games and more, all for free!

I am very proud to say that I have been asked to demonstrate a game I have personally designed and created by some of the staff at signals, who are co-running the event. To find out more, go to [Signals.org.uk](https://signals.org.uk)!

## New After School Club Phone

After School Club has a new mobile phone number. Please delete the previous number and add the following to your directory.

**07377 590 909**

This number can also be used for Breakfast Club and Nursery Wraparound if required.

## Diary Dates

### January

#### Monday 22

MLF French Production in School,  
Year 7 - 10

#### Monday 22

Year 7 & 8 Online Parents' Evening

#### Tuesday 23

Year 8 Swimming Gala

#### Wednesday 24

Year 9 Options & Careers Day

#### Thursday 25

Teatime Recital (by invitation)

#### Thursday 25

"Here4You" Mental Health Talk



### Friday 26

Year 11 Careers in the Military Talk

### Friday 26

Nursery Messy Play and Learn

### Tuesday 30

Year 9 Swimming Gala

### Wednesday 31

Year 7 & 8 In Person Parents' Evening

### February

#### Thursday 1

Community Choir Session

#### Friday 2

NSPCC Numbers Reception Taster Day

# Events

## Reception Mathematics Taster Day



Join us for a fun morning as we celebrate **NSPCC** Numbers Day on Friday 2 February where your child will enjoy going on a mathematical scavenger hunt, engaging in numerical challenges, and building number towers while exploring geometrical shapes.

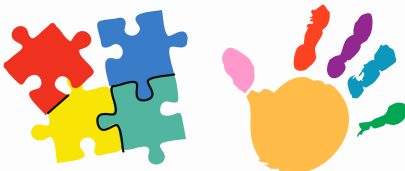
**Number  
Day 2024**

Please book your place through the form on our website:  
<https://www.colchesterhighschool.co.uk/book-an-event/>,  
email [info@colchesterhighschool.co.uk](mailto:info@colchesterhighschool.co.uk) or call 01206 573 389

## Messy Play and Learn

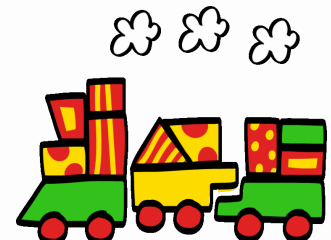
Get ready for a delightful day of exploration, creativity and quality time with your little ones. Messy play is one of the best ways for our children to learn and develop.

We are looking forward to welcoming you to our school!



**Learning that is all about play!**

Please book your place through the form on our website:  
<https://www.colchesterhighschool.co.uk/book-an-event/>, email  
[info@colchesterhighschool.co.uk](mailto:info@colchesterhighschool.co.uk) or call 01206 573 389





# Colchester High School Association

## JOIN US!

To get involved and find out more about what we do, how you could help, events coming up and how funds raised are being spent, please come along to our next meeting or get in touch!

Email: [CHSA@colchesterhighschool.co.uk](mailto:CHSA@colchesterhighschool.co.uk)

Facebook group: CHSA – Colchester High School PTA

### WHY NOT COME ALONG TO OUR NEXT MEETING?

Thursday 1<sup>st</sup> February 2024 – 8:45 am  
in the Refectory

