



COLCHESTER
PREP AND HIGH SCHOOL

CPHS CONNECT

16 February 2024
Issue 54

As we approach our half term break, I know that this will be a key opportunity for all in our school community to take a breather from the busy pace of school life and to afford some time to reflect on our own mental and physical wellbeing.

In conjunction with Children's Mental Health Week, run by Place2Be, our pupils have taken the opportunity over the past week to build on their own positive wellbeing, connected to this year's theme of **'My Voice Matters'**, notably:



Ms Gracie-Langrick
Headteacher

- **connecting with others**, through our Trinity College Bronze Arts Award to our Year 8 Shakespeare Showcase, Prep School Mindful Meditation and Year 1 taking the time to learn about their own, and others, feelings and emotions
- **keeping physically active**, with our EYFS pupils enjoying Forest School, to Prep School ISA Cross Country and our Year 7 undertaking a guided walking tour of Colchester City
- **learning new skills** as pupils participate in new enrichment and extra-curricular activities such as learning about First Aid, and Make-Up Artistry and through an ever-growing number of pupil MOS accreditations
- **giving to others**, supporting charity fund raising for NSPCC Number Day, and acting as mascots in support of the Essex Rebels Volleyball Team
- paying attention to the present moment and **using their voice** as anti-bullying ambassadors to 'unite against bullying' and demonstrating expertise in digital literacy.



At CPHS, we are fully aware of the importance of encouraging young people to feel confident and to ensure that their voices can be heard, not only because it has a positive impact on wellbeing but also because it enables them to become more connected to their communities.

While some families may use the upcoming half term break to enjoy the exhilaration of the black runs on the ski slopes, I do hope for many of us that this will provide some time to reconnect with family and friends.

STEAM POWERED FUTURE READY



Community Connected



Chinese New Year

新年快樂

Nursery and Reception have been celebrating Chinese New Year, the year of the Dragon. They enjoyed making a Chinese stir fry, tasting the noodles and vegetables with chopsticks and writing their name in Chinese.



Mental Health Week



Pupils from Year 3 to Year 6 started Monday with Mindful Moments having a Meditation session with Ms Haggerty.

"I feel stress-free after this session" **Alexa (Year 4)**

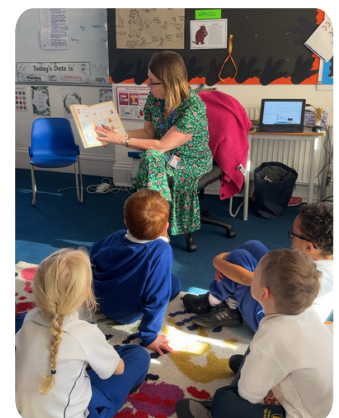
Emotions And Feelings

During Mental Health week, Year 1 pupils began learning about their brain and how to draw upon their emotions and feelings when they encounter certain situations.

The children are beginning to understand and manage their own emotions, thinking and behaviours.

Taylor: "I'm beginning to understand some of my emotions and feelings."

Cassius: "I think that knowing my feelings will help me in the future."



Matilda: "I am going to use it to help me not be so worried."

Academically Connected

Forest School

The Nursery Butterflies and Reception children had a wonderful morning at Forest School playing on the swings and hammocks, digging holes, observing birds using the binoculars, counting sticks, leaves and bugs and making camp fires.



Super Science: Laboratory Experiment



Year 5 pupils spent some time in the laboratories investigating the separating of materials. We added sand and salt to water and used filtration and evaporation to separate the materials.

Rosemary: "I enjoyed using the Bunsen burner as it was amazing how, when the water evaporated, we were left with salt crystals."

GCSE Ceramics Workshop

The artist Neville Tatham came to our school to run a Ceramics Workshop for Year 10-11 pupils who are going to take GCSE Art, Craft & Design.

"I thought it was really inspiring – educational and captivating having an artist sharing their experience in the field." **Millie W**

"I found it very engaging and fun, it was also very educational and helpful towards my art GCSE project." **Will B**



Our pupils really enjoyed it!
A big thank you to Neville Tatham!

Number Day Cake Competition

NSPCC



Jude



Noah and Joshua



Ella F



Paul and Fionn

Our pupils had a cake competition for NSPCC Number Day.

All cakes were amazing!

Congratulations to our winner Ella F!

"I feel really happy that I won the Number Day cake competition because I spent two hours trying to make it as perfect as I could. I tried my best to make it both taste yummy and look decorative. I tried my hardest to get lots of numbers on the cake and have a variation of numbers and maths equipment.

I also have to thank my sister Amelia as she helped me to come with lots of the ideas." **Ella F**

Shakespeare Showcase

Year 8 pupils performed a selection of short scenes and monologues from Shakespeare plays including Macbeth, A Midsummer Night's Dream, As you Like It, The Tempest, and Romeo and Juliet.

Pupils wore an array of self-selected costumes to perform for their parents in a confident and expressive manner. It was fabulous to see their charismatic Shakespearean performances.

Year 8's also designed the posters for their performances and collaborated with each other to use the space creatively. Mrs Hoddel, Miss Ritson and Miss Door are rightfully proud of our budding performers.



Explorer Display

As part of our topic on Explorers, Year 5 worked in teams to produce an information poster on one of three Amazon explorers: Percy Fawcett, Francisco de Orellana and Hiram Bingham. We started off our research at home and then came together to use our Steps to Success to plan and produce our posters.



Mousie: "I enjoyed making our posters because we all contributed to it to make it the best it could be. The posters emerged from all of us doing our part."

Elliott: "We had roles so that we all had to do something. It was fun working with different people because we all had different ideas."

Digitally Connected



**Microsoft Office Specialist
Power Point and Word Exams**



Congratulations to our Year 8 and Year 9 pupils who have achieved a qualification in MOS! :

Year 8 – PowerPoint

Albert G
Ethan F
Edward C
George B
Theo W
Niamh M

Year 9 – Word

Harry M

Year 8 – Word

David M

Character Connected



Royal Opera House's Cultural Champion Training

Mrs Romero-Fernandez and **Miss Door** have been completing the Royal Opera House's Cultural Champion training and thoroughly enjoying every minute of it. The course aims at providing enrichment sessions about dance, drama and designing for the arts which will enable us to enhance and inspire, even further, our Arts provision at CPHS.



As such, Miss Door and Mrs Romero-Fernandez had the privilege of watching an opera at the Royal Opera House in Covent Garden on Thursday 8 February 2024. The opera they watched, La Boheme, is a lively love story with a tragic end. The show was awe-inspiring from the costumes, sets, and stunning vocals, the audience were bewitched.



Arts Awards



Ms Romero-Fernandez and Ms Haggerty were featured in an Art Awards website blog. Full version of the article please see [here](#).

As Arts Award Advisors in Change Centres, Ms Romero-Fernandez and Ms Haggerty were nominated for their creativity, dedication, and unique approaches which have positively impacted children.

"We work together in a hybrid way that helps our students put their experiences into beautiful Book creator portfolios."

Anti-Bullying Ambassadors

Congratulations to the following pupils who have recently become anti-bullying ambassadors:

Barney B (**Year 5**)
Lauren F (**Year 6**)
Edie B (**Year 4**)
Amelia F (**Year 3**)



"I am Barney and I am an Anti-bullying Ambassador. We have meetings where we can discuss the anti-bullying policy and how bullying is affecting our school. Our school doesn't have any bullying issues because we don't tolerate it." **Barney**



Actively Connected

Year 9 Swimming Gala Results

Congratulations to our race winners:

YR 9 OPEN FREESTYLE RACE 1	YR 9 OPEN FREESTYLE RACE 2	YR 9 OPEN FREESTYLE RACE 3	YR 9 OPEN FREESTYLE RACE 4
MONTY	THOMAS R	WILLIAM B	NO RACE NEEDED
BACK STROKE WIDTH	BACK STROKE LENGTH	BREAST STROKE WIDTH	BREAST STROKE LENGTH
OSCAR W	WILLIAM B	WILF J	WILLIAM B

Our relay winners were: **Danes (Widths)**

Our champion swimmer was: **William B**

	NORMANS	ROMANS	SAXONS	DANES
YR 7 BOYS	81	69	103	55
YR 8 BOYS	60	31	81	83
YR 9 BOYS	53	67	84	74
POINTS	194	167	268	212



Volleyball Mascots

Last weekend a group of our pupils from Year 3 to 7 joined Ms Bontems Essex Rebels Volleyball team as mascots at two big games at the University of Essex Sports Arena. The pupils who attended walked onto the court with the athletes and got to meet them post-game. Thank you to Ms Bontems for organising it!

We have 2 upcoming games at The University of Essex, Sunday 18 February and Sunday 10 March, if you would like to be involved in the games as a mascot or ball boy/girl please contact Miss Bontems:

Charlotte.bontems@cognita.com



Congratulations to:

Alexa who has recently passed her Level 6 stage of swimming lessons at Leisureworld!

"I am really proud of passing my Level 6 swimming lessons. I was a bit nervous going into level 7 but now really enjoying it. I can't wait to get to Level 8 and learn some diving techniques." **Alexa**



Year 10/11 Swimming Gala Results

Congratulations to our race winners:

YR 10 BACKSTROKE	YR 11 BACKSTROKE	YR 10 BREASTSTROKE	YR 11 BREASTSTROKE
OWEN B	BEN W	QUENTIN C	BEN W
YR 10 BUTTERFLY	YR 11 BUTTERFLY	YR 10 FRONT CRAWL	YR 11 FRONT CRAWL
PETER O	BEN W	QUENTIN C	BEN W

Our relay winners were: **Danes (Lengths)**

Our champion swimmer was: **Peter O & Ben W**



	NORMANS	ROMANS	SAXONS	DANES
YR 7 BOYS	81	69	103	55
YR 8 BOYS	60	31	81	83
YR 9 BOYS	53	67	84	74
YR 10/11 BOYS	41	74	62	113
POINTS	235	241	330	325



Sport Fixtures:

On Wednesday 7 February, we took some of Year 7 & 8 over to Holmwood House for some netball and football matches. The girls were also able to play Felsted in a triangular tournament.

Holmwood House 1 v 7 CPHS U13 Girls & Felsted 1 v 6 CPHS U-13 Girls' - A fantastic victory for our U-13 girls' netball team, who played brilliantly in their first full game together. Nina B's contribution in both matches earned her the player of the match award.

Holmwood House 1 v 8 CPHS Y7 football - A fantastic, confidence building victory with the goals from Kallum D, Eli H, Juwan E, with two for captain Joseph Austin S and three for Player of the match William A.

Holmwood House 1 v 1 CPHS Y8 football - Year 8 created lots of chances but found themselves 1-0 down. Captain Archie N saved the day with a great strike, also hitting the post. Albert G was player of the match.

EVENTS

Open Morning



Our next Open Mornings will be held on:

- Friday 1 March (Prep School) from 9.30 am – 11.30 am and
- Saturday 2 March (Senior School) from 10 am – 1 pm.

The Open Mornings will provide prospective parents with an opportunity to learn more about our School and our STEAM Powered Future Ready curriculum. Please feel free to attend if you would like to learn more about what we are offering your children in the next key stage of their education.

We would also be most grateful if you would let your friends and family know about the Open Days and especially if they have children looking to start or change schools. CPHS is for those families who would appreciate our close knit community and individualised educational offering focussed on creating the changemakers of tomorrow's world.

To book a place, please fill in the short form [here](#).

Steam Centre **Opening September 2024**



"Let's Get Arty" Reception Taster Day



Join us for a fun morning exploring drama, music, art and cookery through play. A perfect way to introduce your child to the exciting world of creative and performing arts.

Arts are at the Heart of our STEAM Curriculum, inspiring creativity, collaboration and critical thinking skills to ensure that your child is ready to take centre stage and has the skills required for thriving in the 21st Century.

Please book your place through the form on our website, by emailing info@colchesterhighschool.co.uk or by calling 01206 573 389

Notices

E-Safety Tip

The rise in the prominence of AI over recent months has led to specialists in education and wider afield taking a close look at AI and what parents need to know. The key fact is that all of the most used AI sites have an age restriction of 13 with parental permission required for anyone using AI under the age of 18. At CPHS we take the digital safety of our pupils very seriously and are working hard to ensure that all staff understand the potential pitfalls and peaks of the use of AI in the classroom. We also feel it is important for our parent community to have an understanding of the main AI sites available and this fantastic [guide](#) from Internet Matters takes you through the important points for each of the four most used AI sites.

Diary Dates

Wednesday 28 February

Year 5 Scholarship Assessment Day for
Year 6 Entry 2024

Friday 1 March

Prep Open Morning

Saturday 2 March

Senior Open Morning

Monday 4 – Friday 8

Year 11 Mock Exams

Monday 4 – Friday 8

Year 10 Assessment Week

Wednesday 6

CHSA Mother's Day Stall

Wednesday 6 – Wednesday 13

Year 1 – Year 9 Assessment Week

W/C Monday 11

Year 6 2024 Scholarship Awards Notified

Monday 11 – Friday 15

Science Week

Wednesday 13

Pre-Prep Gala Preparation

Wednesday 13

Introduction to Senior School for Years 4 & 5

Thursday 14

Pre-Prep Spring Showcase

Prep & Seniors Spring Concerts