



“Be well, Live Well, Learn Well”

Dear Parents,

This week, and particularly as the sun has been shining, it has been wonderful to see the children enjoy being outside. At CPHS, our ethos promotes the notion of ‘Be well, Live well, Learn well’. Through this, we are keen to support our children in developing their self-esteem, creativity, confidence and independence. For us, Forest school and their ‘lesson in the woods’ enables us to develop a child-centred approach to their learning through exploration and play, from their early years,

Pre-Prep have enjoyed their Forest school lessons focussing on creating self-portraits; looking at self-awareness of their own facial features using a mirror and finding an array of natural resources they could use to best fit a portrait of themselves. Pupils compared their own facial features with each others, appreciating everyone’s unique qualities.



The Pre-Prep department have also enjoyed the opportunity to take their learning to Wyvernwood where they took part in an immersive and creative story telling experience within an ‘Enchanted World’. Pupils were introduced to an array of woodland character including Tatiana, Queen of the fairies and Princess Arabella. The highlight of the day was when the captain took the pupils on a mythical quest of his kingdom! I look forward to sharing with you further insights into our extra-curricular trips and activities programme from across the school over the next few weeks.



Additionally our clubs programme has begun in earnest with an abundance of outdoor activities and fixtures including cricket, athletics, benchball and multisports.



Finally, as today marked the start of study leave for our Year 11 pupils it was lovely this occasion with them and to wish them the very best of luck in their upcoming GCSE examinations.

Wishing you all a lovely weekend.

Ms Gracie-Langrick



Forest School

There are clear benefits gained by pupils through Forest school including developing their confidence, social skills, communication, motivation and concentration – **Mr Julier**

Joshua (Y2) "My favourite part of making my self portrait was finding bluebells for my eyes."

Lizzie (Y2) "I enjoyed finding crunchy brown leaves for my hair; I liked that I was able to learn a new way of making a self portrait."

Elizabeth (Y2) "I liked collecting lots of brown leaves and I used bluebells to make the bow for my hair. I found the lesson so much fun!"

Cassius (Y1) "I liked that I got to make pictures with my friends. I really liked collecting all the resources to make my hair and glasses!"

Mark (Y1) "I made mine look like I was running because I love running. I loved everything! I liked using the mirror to look at myself."



Character Connected

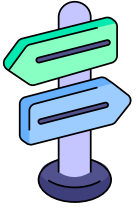
Year 6–10 Careers talk



SPW Careers



We were delighted to welcome Mark Smith from SPW Careers into school last week. SPW is an international careers company that offers support, advice and guidance for pupils. Mark spoke to Year 6 through to Year 10, offering our pupils the chance to think about their future careers. Some of our pupils got to take the Buzz personality quiz where they could find out their personality type and discover more about which jobs might suit them in the future.



Healthy Eating

Year 10 had an inspiring talk based around **Eating for Exam Success**. It looked at the importance of diet and food for academic success. The session was delivered by Lottie, one of our Thomas Franks education ambassadors.



Eco Club

At Eco club, we are committed to helping reduce waste and energy waste. We have repurposed large plastic bottles to make our own compost from the food waste at school. Additionally, we have made bird feeders from used materials. To help decrease our impact on the environment we have created a helpful list of **energy saving tips** for you to consider at home:



- Turn taps off when brushing teeth
- Don't use too much water in the bath – try and shower instead
- Having a power nap – restores your own energy levels
- Check all unused rooms in your house for lights left on
- Operate your electronic device in eco mode
- Turn appliances off when not in use
- Fill your dishwasher fully before use



- Use natural lighting
- Use less hot water
- Use LED light bulbs
- Recycle old electronics – if replacing with an energy efficient appliance
- Grow your own food if possible
- Run the dishwasher one less time each week
- Unplug your chargers – looks tidier too!
- Limit the amount of single use plastics each day



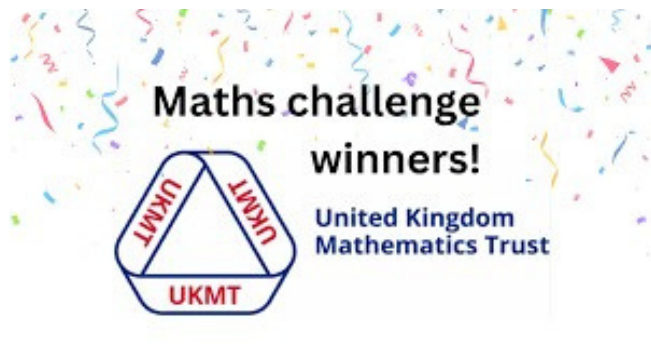
Academically Connected



Maths Challenge



On Thursday last week pupils from Year 5 to 8 in our Prep and Senior Schools sat the Junior Maths Challenge. A national competition organised by the UK Maths Trust. The Challenge consists of 25 multiple choice questions of increasing difficulty, which are designed to challenge mathematical reasoning, fluency and precision of thought. We have done particularly well this year across both the Prep and Senior School with a total of 20 bronze certificates, 8 silver certificates and 5 gold certificates. Particular credit must go to Delta in Year 5 who performed the best in the Prep School, Ethan in Year 8 who was the best in his Year and Eli in Year 7 who performed the best in the school!



Congratulations to everyone who took part and especially to our certificate winners. Watch out in the next newsletter for a photo of all the certificate winners. We now have to wait to find out which of our pupils have been successful in getting through to the next round of the competition – the Junior Kangaroo! Good luck everyone!



Superstar Scientists

The Prep School welcomes nine new Crest Superstar Scientists into its midst this week. Following last term's Prep School Crest Science Club, nine children received their awards this week. The children had to complete a series of **STEAM** (Science, Technology, Engineering, Arts and Maths) based experiments that focused on real-world problem solving and had them getting to grips with not only their science skills but their investigative, teamwork and collaboration skills too. All key attributes of our 21st Century curriculum imbedded within the Prep School. Congratulations go to Ben, Lara, Yusuf, Beth, Shay, Amelia, Ella, Aaron and Harry. All could be the budding scientists of tomorrow.



Poet Laureate

Congratulations go to **Edward (Y8)** who has been awarded the school Poet Laureate award.

He has already received his certificate but his name will be put up onto the board ready for September.

Edward said, "I am really pleased to receive this award and looking forward to starting my new role".



Digitally Connected



A massive well done to Year 7 pupils Disha, Rafael, William, Joshua and Francisco who all passed their MOS PowerPoint Exam this week. A mention must go to Francisco who scored 94% and Joshua who scored 97.5%! Well done everyone, great results.



Actively Connected



SPORTS AND CLUBS UPDATE

Our focus has been on swimming and water safety in advance of the summer holidays. The skills are vital to not only keep our pupils safe but also what to do with others in danger. We take on the Colchester Schools at the Garrison on Thursday. Good luck to all of the team, and fingers crossed we can celebrate some new district champions again next week.- **Mr Dowson**

House Water Polo results 2024

Congratulations go to the **Danes**, the 2024 House Water Polo Winners!



	NORMANS	ROMANS	SAXONS	DANES
YR 3 & 4	9	3	3	9
YR 5	9	9	3	3
YR 6	5	3	1	7
YR 7	1	1	9	6
YR 8	1	2	9	4
YR 9	0	4	3	9
POINTS	25	22	28	38



SPORTS NEWS

In preparation for upcoming competitions, our pupils have been practising their athletics at CRGS.

Year 7

Super tough competition and our team worked really hard. Our top performer was Jessica who took 3rd place in the Shot Putt.



Year 8



A great effort by all. Our top performer was Adam who took the win in the 800m. Third place wins went to Matilda (Javelin), Paul (Long Jump), Tom (Shot putt), Archie (Javelin) and the boys relay team (Adam, Archie, Jake and Edward).

Year 9

Despite the cold, it was a great evening. Sophie and Harry claimed second places in the 800m and Shot Putt respectively.



Year 10

Great results for our Year 10s. Taylor was on great form and threw the javelin 40.55m to take the win. Second places for Lucy (Long Jump) and Quentin (100m).



Congratulations

Noah (Y11) has been playing for the Essex Rebels basketball team for a while now. He competes in the U-16's national league, and following the end of season awards on Wednesday night he was named MVP for the U-16 team. Noah has also qualified for the Essex County U-17's team and is looking to attend Copleston Basketball Academy next year to see if he can earn a scholarship in the US. Amazing news Noah.



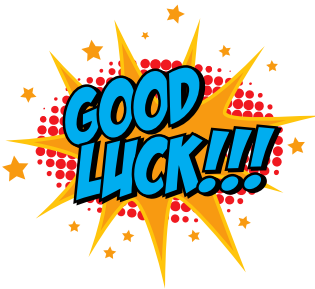
Congratulations also go to **Ben (Y5)**. Ben plays football for the Feering Falcons and on Sunday he scored 5 goals to make his total for the season 30, and overall, his 100th goal for the club. Fantastic achievement, Ben.



Finally, congratulations go to **Edie (Y4)**. Edie took part in another gymnastics competition last weekend with the leading competitors qualifying for a regional competition. Edie took joint first on the bars, and third for her floor routine. This enables her to qualify for the next stage. Well-done Edie, a great achievement.

Year 11

Today we said goodbye to our Year 11 pupils. It was an happy and celebratory Leavers' assembly and Mrs Larwood had compiled some fantastic photos and videos of our pupils throughout their time at CPHS. There were messages full of memories and reflection from those teachers who could not make it to the assembly and both Mrs Hoddell and Mr Newcombe were able to share their enjoyment at being Year 11 Form Tutors.



These wonderful keepsake CPHS teddies, carefully crafted by Mrs Larwood.



YOU Can
Do THIS

We wish all our Year 11 pupils the absolute best of luck in their exams and for their futures as the changemakers of tomorrow.



Notices

Suncream



It has come to our attention that some Nivea sun creams contain almond oil. Although not all Nivea sun cream products will contain almond oil, the company have been unable to confirm at this time that there is no cross contamination between products. Therefore, please ensure that any sun cream worn to school is not Nivea of any type until further confirmation has been received directly from Nivea.

Diary Dates

May

Saturday 18

STEAM Taster Day - Year 5

Monday 20 - Friday 24

Year 7-9 GL Assessment Week

Thursday 23

Teatime Recital (by invitation)

Friday 24

Nursery Play and Learn

June

Monday 3 - Friday 7

Year 1 - 6 Assessment Week

Monday 3 - Friday 14

GL Assessments Seniors

Saturday 8

Year 3 & 4 Journey Around the World Event

Monday 10 - Friday 14

Character Development Presentation Week



Events

FULL STEAM AHEAD!

Open to Year 5 pupils
A Space Escape Adventure

Locked in space with only 2 hours to get out! Do you have the knowledge of **Science, Technology, Engineering, Arts and Mathematics** to escape?

Saturday 18 May 9.30 am to 11.30 am Registration: 9.15 am

TO ACCEPT THIS MISSION CALL
01206 589 998

COLCHESTER
PREP AND HIGH SCHOOL

Get ready for a STEAM Space Escape Adventure on **Saturday 18 May 9.30am-11.30am**. This is open to anyone currently in Year 5 so please invite friends to come along. Places for this event are filling up fast. **Booking is required** so please call 01206 589 998 to confirm a place.

Let's Leap Sports Academy is hosting their May half term day camp at CPHS, from **Tuesday 28 May to Friday 31 May**.

Suitable for ages 4 -12 years.

From electric segway go-karting to fencing, zorbo football, inflatable obstacle courses, and many other unique opportunities, Let's Leap aim to create memorable experiences for children while offering them new and enriching experiences.

To book, visit [Let's Leap](http://letsleapsportsacademy.co.uk) or use their QR code.

let's Leap SPORTS ACADEMY

MAY HALF TERM CAMP DATES
Tuesday 28th May to Friday 31st May 2024

Ofsted Registered
Ages | 4-12 Years

MAY HALF TERM HOLIDAY ACTIVITY CAMP

Wellesley Rd, Colchester, CO3 3HD

HOW TO BOOK | letsleapsportsacademy.co.uk | 020 3797 6386

CAMP ACTIVITIES

- Concussion
- Electric Go-karting
- Segway Training
- Archery
- Zorbo Football
- Kin-Ball
- Heel Tag
- Multi Sports
- Fencing
- Animal Shows
- Forest School
- Swimming
- Arts & Crafts
- Inflatable Obstacle Course

register and book
QR code

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