



COLCHESTER  
PREP AND HIGH SCHOOL

# CPHS CONNECT

## A FORTNIGHTLY NEWSLETTER

15 March 2023  
Issue 55

### GOING FOR GOLD: THE VALUE OF EMPATHETIC LEADERSHIP

As Headteacher, I often feel that empathy is one of the most important qualities for today's leaders. Ensuring that children and staff feel valued and included is key to creating a caring and inclusive environment, which ultimately leads to innovation and success.

As a school we look to encourage leadership at all levels, and in particular to develop our young leaders through opportunities for pupil voice and holding roles as Prefects and pupil ambassadors. We were therefore, delighted to welcome into our school, double gold Olympian, James Cracknell OBE, to be our keynote speaker for our Leadership Conference earlier this week. Pupils in our Prep School and Senior School heard about his incredible sporting career and about his success in the field of rowing at the Olympic Games in 2000 and 2004, where he won the Gold Medals. He also shared with them, how, through failure, we can come back stronger and more determined than ever, and that perseverance and courage, two of our key values, had enabled him to achieve success at the highest level. Pupils were very excited to see and hold the gold medals and to learn a little of his current aspirations to become the next MP for Colchester.

This week has also seen the arrival of our pupils from our partner Cognita Schools in Chile. We have been delighted with the way in which they have immersed themselves into our Science Week activities, trips and classes. As part of this learning partnership, I am looking forward to developing three bi-lingual endeavours, linking language and science collaboration projects for pupils in Year 4 & 6, and language immersion and conversation in the Senior School.

Having thoroughly enjoyed last night's talented performances from pupils across our Pre-Prep and throughout the Prep and Senior School in our Spring concerts, I am very much looking forward to next week's school production of Oliver. Thank you so very much to all those parents who attended and to our pupils for continuing to provide us with such excellence in pursuit of the creative and performing arts.

With warmest wishes  
Karen Gracie-Langrick



# Academically Connected

## PREP SCIENCE WEEK

### COLCHESTER ZOO STEM DESIGN PROJECT

For National Science Week, we have been taking part in the Colchester Zoo STEM design project where the children have to work collaboratively to design a new enclosure for the zoo.

The children spent time researching different animals, designing enclosures in various formats including using MineCraft, Lego, junk modelling and building blocks. The children had to think about how their enclosures would be suitable for the animals, the zoo staff and the zoo visitors.

This has sparked some lively discussions about different perspectives and inclusivity. It was a lovely opportunity to use our Science knowledge and skills across the curriculum. Wish us luck for our entries in the competition!

Some quotes from the week:

- "We liked building our enclosure for a zebra" **Ezra (Y1) and Bella (Y2)**
- "My favourite part was building an enclosure for a crocodile" **Rio (Y1)**
- "My favourite part of the enclosure was the toys because it keeps the pandas entertained" **Cassius (Y1)**

### 'HANDS ON SCIENCE' WORKSHOPS

On Wednesday, pupils also enjoyed some '**Hands on Science**' workshops funded by the CHSA. Year 5 & 6 had a workshop about Time, during which they had to work collaboratively to improve their teamwork based upon the slick tyre changing in F1. Year 3&4 had a workshop called 'Elastic Racers' during which they made racing vehicles and tested them out and Year 1&2 participated in a workshop about Rockets, looking at energy, forces and pressure as they designed paper rockets.

- "I liked Science Week because we were trying to fly rockets" **Joshua (Y2)**
- "We went to a Science workshop and we were building rockets" **Zayn (Y2)**
- "My favourite part of Science Week was the explosion and the rockets" **Isabella (Y2)**
- "I liked the explosion because the lemon juice went everywhere" **Cassius (Y1)**

### SCIENCE WEEK IN EARLY YEARS

Meanwhile In Nursery and Reception, the children talked about all the different animals that they love to see when they visit the Zoo.

- Lennox loves seeing the tigers
- Emily loves the giraffe
- Noah loves the crocodile
- Maximilian loves seeing the elephants





## SENIOR SCIENCE WEEK

### YEAR 9 UNIVERSITY SCIENCE TRIP



As part of British Science Week, CPHS have joined forces with the School of Life Sciences at Essex University to aid them in their project to investigate the cleanliness of the air in our local vicinity.

In order to broaden pupil's understanding of the topic and engage them in potentially pursuing a science-based degree course, we were invited to spend the day at the University working with PhD students to get a flavour of what life might be like studying a scientific degree course. The pupils looked at soil microbes and plant diversity, cancer genetics and molecular biochemistry.

After an input on bioaerosols and the surprising causes of other harmful particulate matter found in the air around us (e.g. flushing the toilet with the lid open, burning candles, not ventilating a room properly leading to CO<sub>2</sub> build-up) the first challenge was to design and construct an air filtration system capable of effectively reducing the risk posed to our everyday health. All teams worked superbly well on this. Pupils could also then look at some biological sample slides using powerful light microscopes, and heard about technology used to sequence the bases in DNA strands for use in countless scientific applications such as evolutionary relationships or biomedical disease research.

The highlight of the trip for many was then the chance to use the impressive lab facilities of the department. Pupils conducted an experiment to extract the DNA from E.coli bacteria and were able to use new scientific techniques such as centrifuging samples to separate layers of cells, ultra-fine pipettes to measure tiny quantities of chemicals and to feel like a proper scientist in a white lab coat!

A STEAM quiz rounded off the day and University staff judged the scientific poster competition which teams of pupils had submitted based on an experimental write-up (photosynthesis in pond weed, the reactivity series of metals and Newton's second law of motion). They were thoroughly impressed with our pupil's efforts and several teams received special acknowledgement for their thorough and accurate work.

We were extremely grateful to the University of Essex for hosting us and to Mrs Rose for organising the trip, giving our pupil's the chance to experience real-life, science-based study, to open their eyes to scientific career opportunities beyond school, to promote the practice and social benefits of STEAM and not least, to have great fun in the process.

Pupils in Year 9 concluded that the lab experiment had been exciting and had made them more enthusiastic for a career in science in the future and had provided them with a taster of what it will be like if you join a science profession after secondary school.







## WORLD BOOK DAY

Pupils from across the Prep School enjoyed dressing up as their favourite characters for World Book Day 2024.



## SCIENCE IN LITERATURE

As well as celebrating our favourite characters our Pre-Prep pupils got to enjoy the fantastic stories created by **The Association of the British Pharmaceutical Industry (ABPI)** that teaches science through the world of Ellie and her adventures. Thank you to the education team at ABPI for providing an excellent resource that enhances our STEAM curriculum and showed the pupils how you can combine science with literacy. Maybe next year pupils will come to school on World Book Day as Ellie.



## RED LION BOOK VISIT

The Prep children walked to Red Lion Book Shop to use their book tokens! They all enjoyed looking at all the different books and it was very difficult choosing just!! This is what some of the pupils in Pre-Prep had to say



**Logan (R)**- I liked playing on the mini-bus and reading my book on it

**Emily (R)**- I got a book about a unicorn. It is a funny book.

**Taylor (Y1)** – It was a good trip because I've been looking for books and I found one that I didn't have (The Monkey Puzzle)

**Alexander (Y1)** – I loved it because I found a book that was 1p less than my £10 and it was all about Lego

**Ezra (Y1)** – it was really good because the shop had books I could buy with my book token so I choose Charlie McGrew and The Horse that He Drew

**Elliott (Y5)** "I chose Harry Potter and the Prisoner of Azkaban because I have previously read The Philosopher's Stone. I am now reading The Chamber of Secrets and I thought it would be nice to carry on reading this series as I am enjoying them."

**Reenie (Y5)** "I bought Bug Hotel, Anne of Green Gables and The Wind in the Willows. I bought the Bug Hotel because I love facts about bugs. It also has life cycles in it."

**Delta (Y5)** "I chose Scythe by Neal Shusterman because I thought I would try something new."

**Asaiah (Y5)** "The book I chose sounds really interesting and it has a game inside as well."





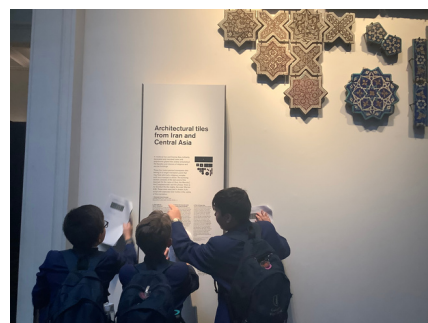
## YEAR 9 SUPPORTING LITERACY IN THE PREP SCHOOL

By Emily, Harrison, Kaylee, Harry and Martha

As Year 9 pupils we were given a task over half term by Mrs Hoddell to create a quiz, glossary or creative piece of work to help Key Stage 2 pupils understand English terms and know how to use and spot them in their own work and in literary texts. We shared these with the Prep pupils and now, with Ms Gracie-Langrick's assistance, we have combined our great ideas into one brilliant English glossary Powerpoint which we look forward to sharing with Cognita across the world.

## THE BRITISH MUSEUM'S CLASSICAL TREASURES

Years 4 and 6 visited the British Museum last Thursday and had the most wonderful time. We got to enjoy exhibits based on our humanities areas of interest, Ancient Egypt for Year 4 and Early Islamic Civilisation for Year 6. The artefacts were awe-inspiring and the museum was a vast and veritable trove of wonder! Information, beautiful objects and interesting information could be found at every turn. In particular, pupils were captured by the Rosetta Stone, real mummies and Islamic designs. Miss Door



## YEAR 10 MATHS INSPIRATION LECTURES

This week the Science Museum in London hosted the first ever Maths Summit, an unprecedented event bringing together leaders from academia, industry and politics to discuss how the mathematical sciences can better contribute to research, innovation and prosperity. It was reported on the news by Cambridge graduate and now King's College London PhD student Sophie Maclean, and last week Year 10 students experienced their own meeting of mathematical minds at Chelmsford Theatre's Maths Inspiration event also featuring Sophie Maclean.



Maths inspiration comprised Sophie as well as Rob Eastaway and Ben Sparks, presenting talks on the limitations of AI such as ChatGPT when pitted against the human brain's capacity for problem solving and the mathematics that underpins today's most advanced computer graphics.

Our pupils reported:

"The Maths Inspiration Trip showed us how Maths is applied in real world situations, such as gaming and software development. The probability of me wanting to come back to this event is 99.99999.... = 100%"

**Keshawn Y10**

"I enjoyed the experience and finding out about how Maths is used in real life" **Archie Y10**

"From our point of view, the talk was exceptionally interesting, providing insight on the different, creative and practical applications of Maths. The first speaker discussed the progression of artificial intelligence and its efficiency in solving logical puzzles, which it seemed to struggle with. The second speaker spoke about prime numbers and the many laws and subsequent mystery associated with the topic. Finally, the third speaker focussed on involvement of graphs in game design which was also engaging. Overall the experience proved to be beneficial, providing a lot of information on the various topics, and the presenters were exceptionally good speakers, interacting effectively with the audience, entertaining and maintaining attention." **Anna and Demaris Y10**



# Character Connected

## SPRING CONCERT

Yee ha! What a fantastic performance last night by our Pre-Prep, Prep and Senior School performers at our Spring Showcase. We were treated to amazing musical performances of a wide selection of Country and Western songs that they have been learning in lessons and their music clubs . The children all dressed up in cowboy attire and we even enjoyed a line dance performance! Thank you to Mrs Romero-Fernandez, Mrs Sillett and Mark from The School of Rock for a wonderful evening!





# The Value of “Empathetic Leadership”

by James Cracknell, OBE

It has been a special day for me to visit Colchester Prep & High School. I believe leadership plays a huge part in all our lives no matter what we do. The most important aspect of leadership is personal responsibility. Are you being true to yourself and making the most of your potential? If you aren't then I don't think you can truly feel content.

I think sport taught me valuable lessons. To set targets, the discipline required to reach the targets, to challenge yourself but also challenge and support your teammates. If there isn't open communication within a team, I don't think you will achieve your potential.

When I was training and at school, I realised that a lesson or a training session was going to take an hour. It was going to take an hour either way so I felt it was better to make the most of the hour and not to waste it. What I have learnt over time is that being a complete leader involves being able to feel and empathise with what other people are going through. That will help them and the team reach their potential. Getting the pupils to see that, will develop the leaders we need for tomorrow.

To be a successful politician, it is crucial to understand, empathise and find solutions for a range of issues effecting people's lives, notably pot holes, sustainability and the value we place on education.



## Globally Connected

### FOOD WASTE DAY 2024



On Monday 4 March, pupils from Year 3 to 9 participated in workshops associated with Food Waste Action Week. Thank you to Thomas Franks and to Plant 30 and Surplus to Purpose (SToP) presenters Matthew Callaghan and Raj Singh for their interactive and thought provoking insights into sustainable diets and Chef Laura for our delicious surplus to purpose lunch. Plenty of food for thought for all.



## EARTH HOUR 2024

This term some of our scholars have taken part in monitoring our school's electricity usage. They have collated the data and have been delivering assemblies to the different key stages this week about the results. This has inspired them to hold an 'Earth Hour' in school, similar to that held by the WWF every March.

We are encouraging everyone in our school community to turn off all electrical devices for an hour on Tuesday 26th March 2.30–3.30pm. In this time pupils will either continue with their lessons, or they might be involved in some 'changemaker' activities such as writing to our MP to persuade parliament to do more for our planet and our future.

If you wish to be involved, please click [here](#) for information on how you could give an hour for our Earth this March.



## CPHS Connected

### MOTHER'S DAY STALL

Thank you to the CHSA for organising the Mother's Day Stall. In total, they raised £475. We hope that everyone enjoyed their gifts

### PRAYER SPACE

We again welcomed the Colchester Baptist Church to Prep School to deliver the annual prayer space. In alignment with Empathy Week our children took the opportunity to be calm, thoughtful and reflect upon their lives and those of others. They had the opportunity to give their thanks to those around them, say sorry and to begin to think about prioritising values in their lives. As always, the children thoroughly engaged within the Prayer Space – so much so that Year 3 in particular wished to carry on their calm reflections once they returned to the classroom.



**Taylor (Y1)** – I really liked the calm corner because there were two bottles filled with glittery water, I felt so calm when I watched the glitter floating.

**Lara (Y3)** – I liked how you could take a moment to be still.



**Yusuf (Y4)** – I think the most important thing about the Prayer Space was the bit where you read stories about people in third world countries and wrote how the stories made you feel or a prayer for those having hard times.

**Noah (Y4):** The plasma ball activity was awesome and it was important because you could think about all the amazing things Jesus and God have done for us.



**Ben and James (Y4)** We both thought that the jigsaw puzzle activity was fun and relaxing. It represented that we are all unique and there is only one of each of us.



# Actively Connected

## SWIMMING GALA RESULTS

### YEAR 3 & 4 RESULTS

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

Congratulations go to our race winners:

YR 3 & 4 OPEN FREESTYLE RACE 1	YR 3 & 4 OPEN FREESTYLE RACE 2	YR 3 & 4 OPEN FREESTYLE RACE 3	YR 3 & 4 OPEN FREESTYLE RACE 4	BACK STROKE WIDTH	BACK STROKE LENGTH	BREAST STROKE WIDTH	BREAST STROKE LENGTH
BEN	KOURTNEY	XANDER	SHAY	EZRA	SHAY	ALEXA	SHAY

Our relay winners were: **Normans**.

Our champion swimmer was: **Shay**

### SENIOR GIRLS SWIMMING GALA

YR 7 GIRLS RACE	YR 8 GIRLS RACE	YR 9 GIRLS RACE	YR 10 GIRLS RACE	YR 11 GIRLS RACE	BACKSTROKE (WIDTH)	BACKSTROKE (LENGTH)	BREASTSTROKE (WIDTH)	BREASTSTROKE (LENGTH)
SAFIA	CHARLOTTE	XAVANNA	PHOEBE	CHARLOTTE	SOPHIE	PHOEBE	XAVANNA	LUCY

Our relay winners were: **Normans (Widths) and Danes (Lengths)**

Our champion swimmer was: **Charlotte**

## PREP HOUSE HOCKEY RESULTS 2024

Congratulations go to the Normans and the Danes who share the 2024 House Hockey championships.

	NORMANS	ROMANS	SAXONS	DANES
YR 5 & 6	6 (+1)	3 (-1)	3 (0)	6 (+1)
POSITIONS	1st	4th	3rd	1st

## SENIOR HOUSE HOCKEY RESULTS 2024

Congratulations go to the Romans, the 2024 House Hockey Winners!

	NORMANS	ROMANS	SAXONS	DANES
YR 7 BOYS	0	9	6	3
YR 8 BOYS	3	6	9	0
YR 9 BOYS	3	4	3	7
YR 10 'A' TEAM	9	6	0	3
YR 10 'B' TEAM	3	6	0	9
POINTS	18 (-18)	31	18 (-15)	22

## ISA EAST REGIONAL CROSS-COUNTRY

On Friday 16 February, our best cross-country runners travelled to Littlegarth School for the ISA EAST Regional cross-country. Congratulations go to Mousie (4th) and Rosemary (5th) in Year 5 who both qualified for the National ISA Finals with a top ten finish.



## ESSEX SCHOOLS CROSS COUNTRY

On Tuesday 27 February, Niamh and Adam in Year 8 travelled to Writtle College to represent CPHS in the Essex Schools Year 7 & 8 cross country. Only the top runners in the county were represented, with both pupils performing brilliantly and coming in a very respectable 12th and 54th out of over 200 runners respectively.

## ISA NATIONAL CROSS COUNTRY

On Saturday 2 March, it was the ISA National Cross Country at Worksop College. Congratulations to Adam who finished in an amazing 9th place and Niamh who finished 32nd as Year 8s against Year 9's. Congratulations also to Rosemary in Year 5 who also qualified in her first national race. Well-done to you all, we are very proud of you.

## VOLUNTEERING AT THE PANATHLON



Our Year 8 and 9 pupils have once again been volunteering at the Panathlon events to ensure that sport is accessible to all.

Year 9 sports leaders helped to run an event for eight schools. Four teams at this event were from schools with hearing impairment units. A good experience for our young leaders. Year 8 leaders helped to run an event for six primary schools. For many of the children it was the first time that they had represented their school team with many of them from Key Stage 1. They took part in Boccia, New Age Kurling, Bean Bag throw, Target throw, mini basketball, table top volleyball and skittles.

The leaders were shown how to play the sports but also how to adapt to allow everyone to take part. E.g Bell balls for visually impaired, ramps for wheelchair users, plus coloured cones for hearing impairment children - used as signals.

## CONGRATULATIONS GO TO:

**Edie (Y4)** the Essex County Gymnastics Champion

**Adam (Y8)** the Essex Cross Country League Champion.



## ISA EAST U-11 NETBALL TOURNAMENT



On Friday 1 March, it was the rescheduled ISA EAST U-11 Netball tournament at New Hall. The girls played group matches against: Copthill, Oakfields, Gosfield and Littlegarth 'B'. The team came 8th out of 12 schools. Our player of the tournament was shared between Ella C and Charlotte B. Well-done girls.

## SPORTS FIXTURE NEWS HOLMWOOD HOUSE SWIMMING GALA

On Monday 4 March, pupils from Year 3 to 8 travelled to Holmwood House to take part in a friendly swimming gala with Gosfield School also in attendance. Race wins went to:

**Prep** - Lily (Y6 - Backstroke) and Tomi (Y6 - Breaststroke). Whilst second place finishes went to: Amelia (Y3-Backstroke), Edie (Y-5 Breaststroke) and our U-11 freestyle relay team of: Lily, Tomi, Ella C and Charlotte.

**Seniors** - Jake (Y8 - Breaststroke), Adam (Y8 - Butterfly), the Boys medley and freestyle relay team. Second place finishes for: Freddy (Y7-Backstroke) and Charlotte (Y8- Butterfly).

Well-done, you were all amazing and did a great job.



# Notices

## POLITE REQUEST FROM NEIGHBOUR

We have had a polite request from a local resident asking that parents refrain from using the gravel road alongside of Wellesley Road as stones are being churned up scratching cars. They are also concerned for the safety of local children who use the gravel path.

## END OF TERM

Please note that the **Spring Term ends on Wednesday 27 March at 12 noon**. There are no after school clubs or wraparound care on that day.

## MAY HALF TERM HOLIDAY CAMP

Colchester Prep and High School are delighted to be hosting a new thrilling May Half-Term adventure with Let's Leap! The camp will run from Tuesday 28 May to Friday 31 May 2024, 8:00 am to 6:00 pm.

Our lineup includes a fantastic mix of activities to suit every interest. Please see [attached](#) flyer for more details. To book your child's spot, visit their booking link [here](#).

**Let's Leap**  
SPORTS ACADEMY

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

Ages | 4-12 Years

Ofsted Registered

MULTI-SPORTS  
SWIMMING  
ELECTRIC GO-KARTING  
FENCING

**MAY HALF TERM HOLIDAY ACTIVITY CAMP**

COLCHESTER PREP AND HIGH SCHOOL

Wellesley Rd, Colchester, CO3 3HD

HOW TO BOOK | [letsleapsportsacademy.co.uk](https://letsleapsportsacademy.co.uk) | 020 3797 6386

# Diary Dates

## March

### Wednesday 20

Class Photos  
Reception Taster Day

### Wednesday 20 & Thursday 21

Oliver The Production

### Thursday 21

KS1 Trip to Jimmy's Farm  
Year 5 Easter Cracked Trip to Baptist Church

### Friday 22

Play and Learn

### Wednesday 27

End of Term - 12 noon

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