

Dear Parents,

Caring for the environment is a top priority at CPHS. Following our school's endeavours to 'Lead on Net Zero', our school sustainability strategy has meant that this year we are focusing on reducing waste, improving recycling, and saving electricity. Our Eco-Club, who meet on a Wednesday afternoon are instrumental to this and have created an anti-waste campaign with the slogan, "Waste is Foe, Let's Make it Go!" The ultimate aim is reduce our total waste collected by the school by 10% and increase the total amount recycled by the school to be increased by 10% by July 2024.

At CPHS we understand that it is the small, everyday actions which are having a direct impact on the future we want for ourselves and our communities – we are the change! Reducing our waste is a big task, however, in the words of Sir David Attenborough, "If working apart, we are a force powerful enough to destabilise our planet, surely working together, we are powerful enough to save it."

Waste statistics

- 12 million tonnes of plastic go into the ocean every year
- Globally, 1 million plastic water bottles are used every minute, and it takes 400 years for each one to break down.

To help achieve our goal of reducing waste by 10% at CPHS this year, after half term we are implementing Tupperware Tuesdays.

Please help your children to make a positive impact and receive House points by packing waste-free snacks and lunches on these days. Look out too, for our Sustainable Fashion event on Friday 5 July.

It has also been a fantastic opportunity this week to meet with so many of our Year 10 pupils during their interviews to become a school prefect. Listening to their pride and passion for our school and their many contributions to clubs, activities and pupil voice groups has been awe inspiring and a real privilege. Although these positions are highly sought after, whatever the outcome we can be sure that we have a superb group of future leaders in our midst.

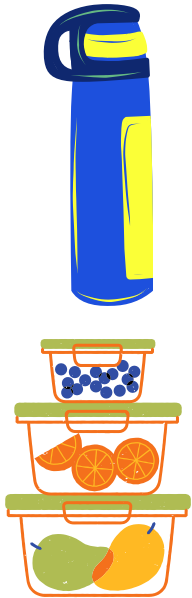
Wishing you all a lovely bank holiday weekend and half term.

Ms Gracie-Langrick and the Eco-Club Team



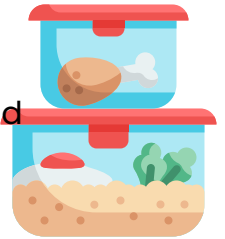
Globally Connected

Tupperware Tuesdays

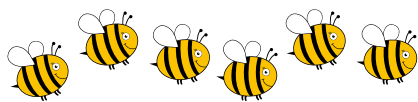


Here are a few tips and tricks to get you started!

- Only send reusable water bottles to school. Please don't send any single use plastic bottles or juice boxes.
- Try to give your child fruit or vegetables in their lunches and snacks – this is the healthiest option to keep them focussed and is the best for the planet.
- Send snacks and lunches in reusable containers (e.g. Tupperware or waxed cloth bags/wraps) rather than cling film, aluminium foil, or plastic bags.
- Buy snacks in bulk and portion out into reusable containers instead of buying things that are individually wrapped.



Why just go waste-free on Tuesdays? We encourage you to reduce lunch and snack-time waste every day of the week!



Pollinator Garden

Our Eco-club have been spending time weeding in the bedded areas ready to start creating 'pollinator friendly' gardens in school. This ties in nicely for World Bee day which was Monday 20 May. It is important to protect and preserve our bees as numbers are decreasing. You can find out ways to help bees and other pollinators [HERE](#).



The impact of Deforestation on our Planet!

On Thursday, our Year 1 pupils partnered with Mr Kitchen's Year 10 Geography class for a deforestation masterclass. Year 10s have just finished their 'Living World' GCSE unit where they studied deforestation's causes, opportunities and challenges in Malaysia. While the Year 1's have been studying deforestation in the Amazon. To aid their revision, the Year 10 pupils taught Year 1 about deforestation in Malaysia using resources they had created themselves.



"It was a really good experience having the Year 1 pupils visit us and their understanding of deforestation was impressive!"

Beth (Y10)

"I liked working with the Year 10s. I really enjoyed telling them what I know about the Amazon rainforest." **Cassius (Y1)**



Academically Connected



Young translators

Three of our Year 8 pupils have been awarded a commendation for the Spanish translation they completed as part of the Anthea Bell Prize for Young Translators competition.

Anthea Bell OBE (1936–2018) is ranked among the leading literary translators of the 20th and 21st centuries and this competition, run by Queen's College Oxford is held in her honour to encourage and inspire pupils from across the UK to study languages. Congratulations to Sophie, Amy and Niamh for this fantastic achievement.



UKMT challenge

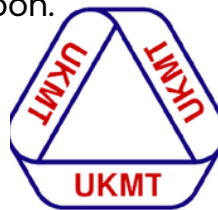


Our Year 7 and 8 pupils received their certificates for the UKMT Junior Maths challenge this week. These pupils achieved Bronze, Silver or Gold in the challenge which is a brilliant achievement. The UKMT challenge hopes to inspire a love of maths and the pupils expressed how much they enjoyed participating in this event.



A special mention goes to Eli in Year 7 who attained the best score in the school.

Certificates for Prep school participants will follow soon.



MFL: Spanish Play



On Tuesday, we welcomed Onatti Productions into school to perform a Spanish play for our Year 7-10 pupils currently studying Spanish. This is a really valuable and fun experience for our pupils, engaging them and immersing them into the language.

The pupils enjoyed watching the play, titled, 'Reserva Duplicada' (Double booking) and some even managed to participate! Pupils said the interactive play gave them an opportunity to use their Spanish skills and that they found it an 'enjoyable experience'.





The Very Hungry Caterpillar

Using the book focus, The Very Hungry Caterpillar, pupils in Nursery and Reception used a selection of fruit and vegetables to create their own imaginative caterpillars.

Our pupils were not only developing their creativity, but also learning life skills such as how to cut safely and tasting and touching new and different foods. The pupils loved their hands on experience and had lots of fun.



Exam Time



It's been a busy time with exams and assessments during this half term. Our main hall has been transformed into an examination room for Years 7, 8 and 9. It is fantastic to see all the pupils supporting one another during these times. Our teachers have also been on hand to support, offering pre-exam revision and support sessions.

Character Connected

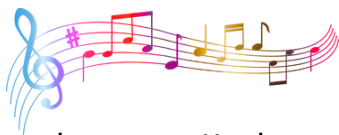
Mental Health Week



During Mental Health week Years 3, 4, 5 and 6 took part in an assembly on the importance of embracing differences in others as well as appreciating their own uniqueness; being able to recognise that we all have different needs and learning styles. Pupils were given a tour of the brain, learning how it develops even long after they have left CPHS! Pupils were introduced to the term neuro-diversity and discussed the many ways that neuro-diversity presents in people, both in and out of the classroom.

This week, we welcomed a visit from Helen Stanton Taylor from the ISA. Helen came into school to talk to those involved in our winning of the ISA Award for Pupil Wellbeing and Mental Health. Thank you in particular to our mental health leads, Ms Haggerty and Mrs Larwood, and to our pupil wellbeing ambassadors.





Musical Tour

You may have spotted our pupil Zachary (Y5), featured in the Colchester Gazette last week. Zachary, who last year was cast as Tiny Tim in an adaptation of Charles Dickens' 'A Christmas Carol' in London, has spent the past two months touring China in Andrew Lloyd Webber's, 'Love Never Dies'. He is having a fantastic time and has had the chance to visit some popular sights of China including the terracotta warriors. This particular tour is for three months, after which Zachary will dive back into his school and performing arts academy rehearsals. Wishing him the best of luck for his final month with this production.



Essex Champion



Congratulations to our Head of Science, Mrs Rose who stepped out of the lab to recently become Essex running champion for the 300m and the 100m. Not only that, Mrs Rose has ranked #1 for her age category in the 300m! Well done Mrs Rose, a fantastic achievement!



Community Connected

Air Cadets



Well done to Paul (Yr 8) who joined the City of Colchester Air cadets in February and has since passed his entrance test. On top of that, he was named best newcomer at the admission ceremony. What a great start to Paul's journey as an Air cadet.



Charity work

Elijah and Noah (Yr 7) had a busy day full of charity work. Both took part in the Nuclear Rush Rookies Pro Mud run to raise money and awareness for Diabetes UK, a cause that is close to their hearts. This course was a 3km run, not only battling through mud but also with around 56 obstacles along the lap. Both did so well and completed their events.

That same day, both Elijah and Noah volunteered in the soup kitchen, helping to serve food and hot drinks to the homeless and those in need. They both really dedicated their day to help others and should be very proud of themselves.



Lara (Y3) has been working hard raising money for Lennox Children Cancer Fund. Lara's brother, Lennox (Reception) has been receiving treatment for leukaemia for during this academic year. Lara has been selling sunflowers that she has grown and has managed to raise nearly £200 for the charity. An amazing achievement.



Actively Connected



SPORTS AND CLUBS UPDATE

We have had some fantastic athletics events for our Senior school pupils and despite the tough competition, our pupils have done an amazing job. We have district sports coming up later in the summer and look forward to more pupils participating in that. Our Prep school pupils have had the chance to participate in some cricket friendly matches which has been great fun for all involved. -**Mr Dowson**

SPORTS NEWS



Senior Athletics Event- 9 May

Our pupils attended the CBSSP Senior Athletics event at the Garrison, which, being the first big athletics event of the season, gave the pupils a chance to test their skills along with almost all of the local district schools.

CPHS had a great day with wins for **Sophie** (1500m), **Adam** (1500m) and **Taylor**, setting a new PB in the Javelin. Second place went to **Niamh** (1500m) and **Aaron** (Javelin) and third place finishes went to **Erik** (High Jump), **Taylor** (Shot), and **Quentin** (100m).

Excellent work from everyone and great efforts from the team particularly **Jess** (Shot), **Martha** (Shot), **Thomas** (1500m), **Lucy** (200m), **Eloise** (800m) and **Nathan** (200m), who all took fourth place, narrowly missing out on the top 3. Well done to all the pupils that participated.

ISA East - 14 May

Our pupils attended this athletics event in Cambridge and we had some excellent results.

Attaining 1st place and going to the nationals are: **Xavanna** (Shot), **Nathan** (400m), **Lucy** (Long jump), **Taylor** (Shot, Discus and Javelin), **Daniel** (1500m) and **Quentin** (100m). **Sophie** (1500m) came 2nd and is also going to the nationals!

Well done to Aaron, Olly, Margaret, Eli and Sam for their 2nd and 3rd places. Nationals are being held in Birmingham on 17th June and our pupils will be representing both CPHS and ISA East Anglia.



Congratulations

Congratulations go to Kallum (**y7**) who won a bronze medal in Kumite at the Japanese karate Association competition, representing his karate school in the whole of London and the South East. His belt category meant he had to freestyle Kumite with some of the regional best blackbelts making this medal a fantastic achievement.



Alumni achievements

We have some exciting Alumni achievements to share. Kiera Atkinson, has recently gained a full scholarship in cross-country and track, to study at Iona College in New York.

Whilst Tom Blackwell was part of the successful Braintree Town side that gained promotion from the National League South to the National League, one division off the fully professions EFL League Two. Both a great inspiration to our current pupils.



Notices

Diary Dates



June

Monday 3 – Friday 7

Year 1 – 6 Assessment Week

Monday 3 – Friday 14

GL Assessments Seniors

Saturday 8

Year 3 & 4 Kitchen Science Event

Monday 10 – Friday 14

Character Development Presentation Week

Tuesday 11

Prep Sports Day

Thursday 13

Nursery Sports Day & Pre-Prep Sports Day

Friday 14


Senior Sports Day

Monday 17

Year 7 Induction Day & Prep School Move-up Day



Notices


Essex Partnership University
NHS Foundation Trust

VACCINE CATCH-UP CLINICS

For more information or to book an appointment please call **0300 790 0597**

Has your child missed their routine school vaccinations?

We are running catch-up clinics in your area. Find your nearest clinic below:

- **Greenstead Community Centre, CO4 3QE**
Thursday 30 May, 10am – 3pm
- **Berechurch Family Hub, CO2 8NN**
Friday 31 May, 10am – 2.30pm
- **The Vibe, CO12 4AH**
Saturday 8 June, 10am – 3pm

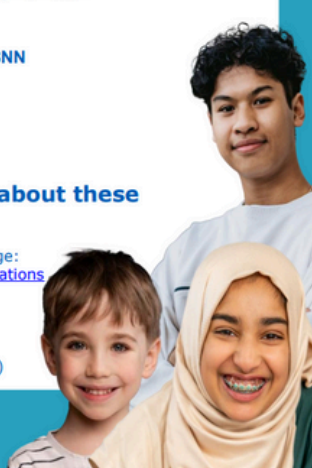
Do you have questions about these vaccinations?

Visit the NHS website vaccination page:
www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/

HPV** (from Year 8)
DTP & Meningitis ACWY (from Year 9)

**Eligible boys born after 01/09/2006

#DoYourBitEssex



Communication has been sent out regarding the Ski Trip to Passo del Tonale, Italy for next Easter. This is open to current Year 6 pupils progressing to the Senior school at CPHS, and to the current Year 7s and Year 8s. Places are on a first come-first served basis with the booking system going live at 8:00PM Friday 24 May. To secure a place, please complete your **non-refundable** deposit of £300 via Conita Connect by Monday 3 June.



Our pupils received their vaccines in school last week, however, if your child was absent and/or was unable to receive theirs, NHS offer a vaccine catch-up clinic. Please visit **NHS Vaccinations** for more information.

Events



COLCHESTER
PREP AND HIGH SCHOOL
Wellesley Road
Colchester
CO3 3HD



Year 3 and 4 pupils,
we invite you to join us for
a morning of
Kitchen Science
Saturday 8 June
9.30-11.30am
Registration 9.15am

To book, visit our events page [HERE](#)

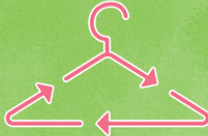
Booking is essential!

This fun workshop, specially designed by our teaching team, will explore the world of science through experiments using everyday kitchen items!

STEAM POWERED FUTURE READY

Join us for a morning of science exploration and experimentation at our Science Kitchen on Saturday 8 June 9.30-11.30am. This event is open to any pupils currently in Year 3 or Year 4 so please invite friends to come along.

Booking is essential for this event. Please visit our Events page [HERE](#) to confirm your place.



COLCHESTER
PREP AND HIGH SCHOOL

Sustainable Fashion, Sustainable Future

For Year 8, 9 & 10 pupils

Friday 5 July
2-3.30pm

Guest speakers:
Ruth Ogier
(Head of International programmes, War on Want)
Amanda Sutherland
(Sustainable Fashion designer and speaker)

Colchester
Prep & High School
Wellesley Road,
Colchester,
CO3 3HD

Event organised by Jill Bruce, Lead Climate Ambassador, Federation of Essex WIs

Sustainable Fashion Event

We are thrilled to be hosting this Sustainable fashion event at CPHS. This event is for Year 8, 9 and 10 pupils, and we look forward to welcoming both our pupils and those from local schools to join us. This event has been organised by Jill Bruce who is the Lead Climate Ambassador for the federation of Essex WIs. We are proud to work alongside Jill in driving forward our school's sustainability strategy.