



Inspiring the leaders of tomorrow to think for themselves and act for others

MESSAGE FROM MR LAWLOR

As we start the second part of the Autumn Term, the CCHS Parents' Association (PA) continue to do great things to support the school community. The headline event coming up later this month will be the PA Winter Fayre, taking place on Saturday 23rd November (11am to 2pm). This event is a wonderful opportunity for families and friends of the school to have some festive fun, with food, arts, crafts and gifts available to buy, all in aid of supporting the school community.

The work of the CCHS PA is not only much appreciated, but so important to us. As a state school, we are provided with a fixed sum of money by the central authorities; however, our ambition for our students and staff always exceeds this. Simply put, the money raised through the work of the PA and the participation and support of the school community, means we can purchase resources, equipment, kit, etc. more quickly to directly benefit students across all year groups.

As ever, we are most grateful to all those parents, family members and friends of the school, who provide these opportunities for us, which speaks to our work as a proud community, committed to excellence in girls' education and empowerment.





CCHS Ethos

We amplify, and so fortify, our School vision and aims, as well as pursue links between subject disciplines, to cultivate core values, which direct and drive our work: **citizenship, distinction, challenge, duty, imagination, enlightenment and diversity**. This ethos forms our covenant with the CCHS community:

- Mission *A progressive grammar school community, committed to excellence in girls' education and empowerment.*
- Vision *Developing the leaders of tomorrow – **citizenship**: inspire future citizens to think for themselves and to act for others.*
- Aim *The pursuit of excellence – **distinction**: provide students with an outstanding education, with students doing their best in all endeavours.*
- Aim *Fulfilling individual potential – **challenge**: motivate students to acquire new knowledge & understanding and stimulate them to develop new skills & attributes.*
- Aim *Contributing to the community – **duty**: ensure students conduct themselves with civility and compassion at all times, supporting each other and looking beyond themselves.*
- *English, Sport and Arts subjects – **imagination**: enable students to explore new ideas and empathise with the thinking of others, without limitation or risk.*
- *Mathematics, Computer Science and Natural Sciences subjects – **enlightenment**: equip students with the insight and determination to embrace new ideas, technology and innovation, enabling them to contribute to the ever-changing natural and physical world around them.*
- *Humanities, Languages and Social Sciences subjects – **diversity**: provide students with the tools to respect and celebrate the great diversity of cultures, backgrounds and beliefs, within and beyond the School, whilst recognising that we have more in common than that which divides us.*



D e s i d e r a t a

GO PLACIDLY amid the noise

and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

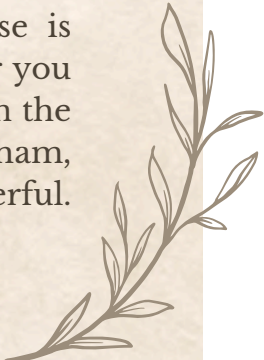
Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

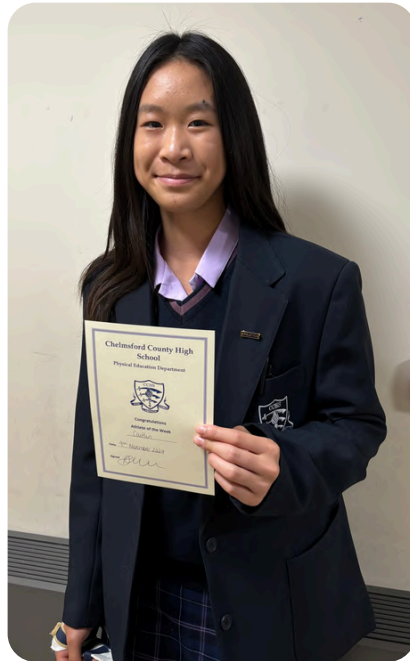
Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

by Max Ehrmann ©1927





Our athletes of the week are Charlotte, 9C and Caitlin, 9G, who played in the District Round of the National Schools Hockey Competition before half term. The girls captained the U14 side to victory, which now means that the team will go forward and represent Essex at the Regional Round of this competition in December! Both girls showed outstanding maturity and were able to stay calm during all four of the games that they played. We are very proud of you both and wish you good luck in the next round of the competition.



Please follow our CCHS PE Department Twitter account to keep up to date with our sporting news

[@CCHS4GPE](https://twitter.com/CCHS4GPE)



Please follow our PE Instagram account for everything PE & Sport.

[@pe_cchs](https://www.instagram.com/pe_cchs)



Next week in PSHE – Wednesday 13th November – Period 3.

Year 7 – Elevate Following with Mr Selby.

Year 8 – Stereotyping

Year 9 – Borrowing money (9H Self-defence)

Year 10 – Perfectionism pt 2

Year 11. – private revision for mock examinations

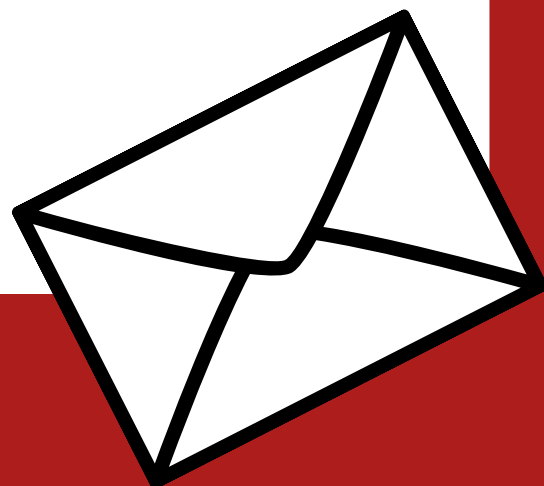
Year 12 – Sex education and the media's portrayal.

Year 13 – Electives

SchoolPost

Letters home this week...

Letter Title	Recipients	Date sent
Year 13 Parents' Evening	Year 13	4th November 2024
Snowdonia 2025	Year 10 Geographers	4th November 2024
Flu Vaccine Catch Up Clinic	Years 7 to 11	6th November 2024
PA Movie night Reminder	Years 7 to 9	6th November 2024
Winter Fayre Support Request	Years 7 to 13	7th November 2024
Request for the help of parents/carers at the Year 9 and 12 Careers Evening.	Years 9 and 12	7th November 2024
Medical Provision Reminder	All Parents/Carers and Students	8th November 2024



Flu Vaccine Catch up Clinics

Has your child missed their school vaccinations?

We are running catch up clinics in your area for the flu vaccine this winter, the Next Clinic is:

**Crouch Vale Medical Centre, CM3 5QP
On Saturday 23rd November 2024**

Please call

0300 790 0597 Option 1

To Book an Appointment

For information on school aged vaccinations please visit our website: eput.nhs.uk/childrensvaccines

#GetWinterStrong



Dear CCHS Community,

RE: Arrival at and departure from school

I have received feedback from local residents about their experiences during periods when students are arriving at and departing from school. Each week, in our Friday bulletin, we include a reminder about the importance of road safety at these times. Local residents have raised associated issues, with some parents parking inappropriately, e.g. across driveways, and dangerously, e.g. on footpaths.

CCHS has been part of this local community since 1907 and our relationships with and respect for our local community are very important to us, as I know they will be for you. Clearly we are a big school, as all the other local schools are. You may have noticed that CCHS senior staff are out on gate duty each morning and afternoon to ensure the safety of students as they leave, board buses and coaches, etc.

I ask for your continued vigilance and co-operation, please, to ensure that if you are dropping off or collecting your daughter, you remain mindful of the local residents around the school, including First Avenue, Corporation Road, Swiss Avenue, Westfield Avenue and Elms Drive, please.

Thank you in advance for your support with this – it is appreciated.

Yours faithfully,

Mr Lawlor.

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Please be aware of your surroundings when dropping off and picking up students to and from school. The area directly outside our school, in Broomfield Road, is a very busy thoroughfare. A vehicle which is not parked safely can be dangerous for other vehicles, as can dropping off/picking up students in the buslane.



**ROAD
SAFETY**

ARTIST OF THE WEEK



ARTIST OF THE WEEK-
Saisha in 7S, for this stunning pencil drawing. Artist in the making. Well done!



YOU ARE INVITED TO

CCHS WINTER FAYRE

GAMES . FOOD . CRAFTS

SATURDAY | **23RD** | **11AM - 2PM**
NOV

Chelmsford County High School

£1 Admission

Students free

Card machine available



On CCHS socials this week...



CCHS @CCHS4G · Nov 6

We are delighted that Mrs Cross and Mr Selby will be presenting at the ICGS Educating Girls Symposium, being hosted at Wimbledon High School, this week.

cchs.co.uk/about-us/inter...



icgs

**International
Coalition of
Girls' Schools**

**Advancing Girls'
Education Globally**



CCHS @CCHS4G · 5m

We are thrilled that our Inter Girls' Team have qualified for the National Schools Cross Country Finals in December!
cchs.co.uk/extra-curricul...



CCHS @CCHS4G · Nov 7

Superb engagement and wonderful feedback from Year 10 students on their recent Careers Day.
cchs.co.uk/about-us/feedb...



twitter.com/CCHS4G



[instagram.com/cchs4g/](https://www.instagram.com/cchs4g/)



[facebook.com/cchsessex](https://www.facebook.com/cchsessex)



[youtube.com/@chelmsfordcountyhighschool2697](https://www.youtube.com/@chelmsfordcountyhighschool2697)



IF IN DOUBT, SIT THEM OUT

UK Concussion Guidelines for Non-Elite (Grassroots) Sport

Participants in grassroots sports will be better protected from the potentially devastating effects of head injuries and concussion thanks to new official guidelines advising: *'if in doubt, sit them out'*.

The Government and the Sport and Recreation Alliance today publishes the first UK-wide Concussion Guidelines for Grassroots Sport which will help players, coaches, parents, schools, National Governing Bodies and sports administrators to identify, manage and prevent the issue.

[The UK Concussion Guidelines for Non-Elite \(Grassroots\) Sport can be viewed here.](#)

The guidelines, developed by an expert panel of domestic and international clinicians and academics in neurology and sports medicine, sets out steps to improve understanding and awareness of the prevention and treatment of concussion in grassroots sport where trained medical professionals are less likely to be routinely present. It is targeted at people of all ages.

'If in doubt, sit them out' is the strapline, making clear no-one should return to sport within 24 hours of a suspected concussion and builds on guidance already introduced in Scotland.

Players, parents, coaches, teachers and administrators are now asked to read the guidance and familiarise themselves with the necessary steps to:

- **RECOGNISE** the signs of concussion;
- **REMOVE** anyone suspected of being concussed immediately and;
- **RETURN** safely to daily activity, education/work and, ultimately, sport.

Autumn Term Parent Support Series

elevate
education

Free Parent Webinars

Join us and Elevate Education for FREE 60- minute webinars designed to help you support your child's studies at home.

[Click here to Register](#)

In the Autumn Term, we'll cover:

1. **Help Improve Your Child's Memory**
- 19th November @6:00pm
2. **How You Can Build Resilience in Your Child**
- 3rd December @6:00pm
3. **How to Help Your Child Alleviate Stress**
- 17th December @6:00pm





Chelmsford County High School for Girls

Keep on swimming!

Context

The CCHS swimming pool was built in the 1960s, partly from funds raised by CCHS families. Dedicated upgrading and maintenance work over the years has ensured that the pool has served generations of students and young people across the Chelmsford community.

At the moment, our pool supports the PE curriculum for our 1,162 students, as well as nearly 200 pupils from five local primary schools, and nearly 600 young people from the wider community who use our pool with clubs.

Our swimming pool is truly a community pool.

Goal

Now is the time to modernise this important community resource to preserve it for future generations of students, pupils and young people. We are asking for your support now, just as the CCHS community rallied in the 1960s to ensure a pool was built, to help us achieve this important goal.

Fundraising

We estimate that the pool will require up to £250,000 over the next two years to bring it back to a suitable condition to support swimming in our community for the foreseeable future.

Our immediate need is to replace our aged boiler and gas pipework, which will cost approximately £35,000.

We will be organising some sponsored events and other fundraising activities, however if you are able to support us with any amount, we have a fundraising page available at <https://www.totalgiving.co.uk/appeal/Keep-CCHS-Swimming>

