



# CPHS CONNECT

## A FORTNIGHTLY NEWSLETTER

### Committed To Creating Responsible Digital Citizens

I am lucky enough to be this editions **Staff Spotlight** and to share with you the success of our recent Digital Parent Educator event with **The 2 Johns**. I have always been passionate about teaching children how to manage and deal with risks they face online and am proud to announce that on Wednesday we received notification that CPHS has been accredited as a **Common Sense Media School for 2023-2024**. An honour that recognises our efforts in teaching digital citizenship to young people and engaging the entire school community in this important discussion. This achievement acknowledges our school's commitment to helping pupils build skills that are essential for their well-being today, and for the opportunities they will have tomorrow.

Reflecting on our workshops with The 2 Johns we are delighted that they picked up on current trends across the school and worked with the children to discuss **the potential pitfalls and peaks of the 'Internet Express'**. Following the sessions all our stakeholders, pupils, teacher and parents were asked to share their feedback.

**Alexa (Y3)**: "I really enjoyed it and learnt that you should not post videos on any app that's like social media because people can screen shot it and find out where you live."

**Charlie (Y6)**: "I really enjoyed the way the 2 Johns taught us as I found them funny and they didn't tell you off if you used a certain website or had heard of one. I learnt that people can track you from any photos using a photo tracker which is kind of scary. I was also blown away about the fact that digital crimes have gone up 1000%."

**Jonny (Y10)**: "I thoroughly enjoyed the assembly yesterday. I thought the 2 Johns were very good at portraying the effects of the online world. probably the best internet safety assembly yet".

**Mrs Bagherzedah (parent)**: "As parents we always try to protect our children as much as possible but sometimes, we can only do so much. The main point we took from this presentation was that communication is key! Keeping the channels of communication open at all times is critical in protecting our children and to stress the point that they must come to us immediately if they find themselves in a situation that makes them uncomfortable (in anyway) and that by talking openly and honestly to us they will never be told off or put their family in danger. It is this, that the child predators rely on so that they can blackmail and abuse them further. As The 2 Johns say, "children do not choose to be abused" and it is never their fault!"

**Ms Gracie-Langrick**: "The workshop was a valuable insight for parents and educators into the online world for our children today. Impactful and alarming - the knowledge and confidence some of the youngest members of our school community have in terms of their own access and engagement with influencers and their sites".

As a school community we want to ensure that those channels of communication are always open and part of our commitment to Digital Citizenship is to consider all the ways in which we can do this. I would thoroughly recommend signing up to Common Sense Media and look at all of the resources available for parents. One examples is the article on [Social networking for teens](#) which reviews in detail the apps our teens use. It is a goldmine of useful information.

I very much look forward to working with you all as we strive to prepare our children for the ever-changing digital world.

**Ms Philippa Rush - E-safety Lead**



# CPHS Connected



## Another Royal Connection

It was lovely to receive this photo of former pupil Will Pestell, who is now serving in the RAF as an apprentice Mechanical Engineer. Will was recently assigned to the 'mission' of standing a post on the Coronation of King Charles III. He was positioned by King Charles Street (on Whitehall, just before Westminster) and will receive his first medal for this duty – the first with Charles and Camilla on it

## SLT Coffee Morning

Thank you very much to all the parents who were able to attend our SLT Coffee Morning on Wednesday 10 May. We very much enjoyed the opportunity to meet with you and do hope you also found it beneficial. We look forward to meeting more of you at the Autumn Term meeting.



# Community Connected

## Summer STEAM Clubs



We would like to introduce you to two new STEAM related summer holiday clubs that your child might be interested in attending over the summer holidays.

Signals Games Academy is running a week long course for young people aged 15 to 18 who are interested in careers in the games industry. The course begins on Monday 31 July and applications are open now.

The week of workshops and masterclasses will cover all areas of game development, including: artwork, sound design, game design plus inspiring talks from industry professionals. A great opportunity for those who want to be content creators not consumers.

Flight Academy Boot Camp – The 'Propel into Future Flight' series of week-long boot camps allow young people (ages 14-18) to solve an industry challenge, collaborate with and learn from leading Air Mobility experts, and be empowered to pursue a career in Sustainable Aviation. Ideal for anyone looking to work in aerospace.

# Globally Connected

## Marking UN Cultural Diversity Day

To mark UN Cultural Diversity Day on Sunday 21 May, Setayesh (Y7) and Emily (Y8) have created a poster for each of the form rooms providing some exciting ways that you can celebrate the day at home:

- Visiting an exhibition or a museum dedicated to other cultures
- Learn about another religion
- Plan an international movie night
- Listen to music from a different culture
- Play a game or take up a sport from a different culture (e.g. Karate, cricket, pétanque)
- Invite a friend and cook traditional food
- Learn about traditional stories from other cultures
- Volunteer with an organisation working for diversity and inclusion
- Learn another language



Jess (Y10) also created an assembly that has been shared with pupils in forms that talks about the importance of understanding other cultures and the essential role of intercultural dialogue for achieving peace and sustainable development.

# Actively Connected

## SPORTS & CLUBS UPDATE

by Mr Dowson

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

It has been a great few weeks for swimming with the end of our House Water Polo Competition and a great performance by Year 5 and 6 at the Holmwood House Swimming Gala. We now turn to teaching our pupils personal survival and looking at how they can keep safe in the water in advance of the summer holidays. Out of the pool, we have also begun athletics training ahead of upcoming athletics meets and of course sports day. We enjoyed some wonderful performances at athletics practice at CGRS, Adam (1st - 800m), Archie (1st - Javelin), and Ben (1st - 800m) for their event wins - and we hope it gives you all confidence for the competitions ahead. Special mentions also go to Sophia and Etienne (Y7) who both came 2nd in the Shot Putt.

## House Water Polo 2023 - Final Scores

We have now completed all our House Water Polo matches and this year congratulations go to the Danes - this year's House Water Polo Champions!



	NORMANS	ROMANS	SAXONS	DANES
Year 5	6	0	3	9
Year 6	9	3	3	3
Year 7	3	3	6 (+1)	6 (+3)
Year 8	3	7	4	0
Year 9	0	7 (+3)	3	7 (+5)
Final scores	21	20	19	25



Our Year 3 & 4 pupils also had their first experience of water polo and this is how their teams fared.

	NORMANS	ROMANS	SAXONS	DANES
SCORES	7	3	9	5



## Holmwood House Swimming Gala

On Tuesday 2 May, our Junior swimming team travelled to Holmwood House for a friendly swimming gala. The team swam superbly with everyone giving their best effort. Emilia (Y6) was on top form winning the Year 5 & 6 girl's breaststroke. Mae (Y6) has improved so much on Butterfly, and also took the win in the toughest stroke. Our Year 5 & 6 boy's medley relay team of: Sam, Charlie, Ted and Tomi and girl's medley relay team of Mae, Emilia, Connie and Lily also took gold in their race. Congratulations everyone!



### Swimming Gala by Emilia and Mae (Y6)

There were 3 schools there, these were Holmwood House, St Mary's and us! Before the gala started, Mr Dowson gave us our own Colchester Prep and High school swimming hats, donated by Mrs Wallace. These made us look really smart and we were so pleased with them. Once the gala had started, Mr Dowson and Mrs Banks cheered us on and encouraged us all the way through. Whether we came first or last, we were always congratulated for trying our best, not only by our teachers, but our parents and friends as well.

A few of us won our races, and lots of us came 2nd or 3rd. The year 5&6 boy's team won the boys medley relay, as well as the year 5&6 girls team winning the girl's medley relay! At the end we had a freestyle relay with everyone in our team in it, this was against Holmwood House's and St Marys' whole team! We swam two lengths each and performed brilliantly. Once we had finished the relay, we were all so proud of ourselves and how well we had done.



## National USA Triathlon Achievement

Congratulations to Adam (Year 7). Adam took part in the National ISA Triathlon. This was Adam's first full triathlon and against the clock he took an amazing 2nd place in this annual national event. Well-done Adam, it is a really fantastic achievement.



## Colchester Schools Athletics

On Thursday 11 May, it was the Colchester Senior Schools Athletics Meet at the Garrison Track. There were event wins for: Adam (Yr 7 1500m) & Taylor (Yr 9 Javelin). Also, congratulations go to our pupils who took silver: Niamh (Yr 7 1500m), Jude (Yr 10 1500m) and William (Yr 10 Discus). In such a tough competition, to finish in the top 5 was no mean feat, so well done also to: Matilda (4th Javelin), Etienne (5th Shot Putt), Quentin (3rd 100m), Lucy (3rd 200m/4th Long Jump), Phoebe (5th Shot Putt), Layla (3rd Shot Putt), Joshua (4th 400m) & George (5th Long Jump). Thanks for a great day.

## CONGRATULATIONS GO TO.....

**Arthur (Yr 11)** who took part in the 2023 World Sprint Duathlon in Ibiza. The event is part of the World Triathlon series. Arthur came off the bike 5 seconds in the lead and held it until the end for an amazing victory. It is an absolutely brilliant achievement Arthur, and we are all very proud of you, well done.

**Adam (Y7) and Arthur (Y11)** who brought home more medals from the Essex County Track and Field Championships. Adam finished 2nd in the 1500m U13 Boys race with a new PB of 4:53.61 and Arthur who won his 3000m event.

**Taylor & William (Y9)**, who both had their first game for [@SaintsRugby](#) on Sunday, with William captaining the side. A great honour and hopefully the start of a long relationship with the club. We are especially proud that CPHS have had 2 players put forward this year, an amazing achievement for a school. William has also been recognised as Coach's Play of the Year by [The Colchester Rugby Club](#) and Taylor, Parents Player of the Year.



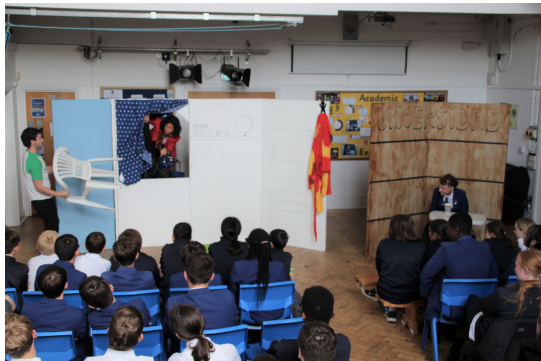
# Academically Connected

## Prohibited Items for GCSE Examinations

Please can we remind all parents and pupils that in the examination room candidates must not have access to items other than those stated in the instructions on the question paper, the stationery list or the specification for that subject. Candidates must not be in possession of the following items:

- iPods;
- mobile phones;
- MP3/4 players or similar devices;
- watches.

## Onatti Theatre Returns



To support our Spanish curriculum, our Modern Foreign Languages department organised for Onatti Productions, a theatre company, to return to school today to perform a play in Spanish, "Mi Personalidad" to our Senior School pupils. The play was performed by two native speakers and was specifically written for our target audience with opportunities for pupils to participate.

## Notices

### Summer Hats and Sunscreen

With the sun finally shining this week, can we please remind all parents that sunhats are available for purchase from the CHSA. Hats are £5 each and **the only hats to be worn in school**. Nursery pupils are also asked to leave a named bottle of sunscreen (SPF50) in Nursery. All other pupils are asked to apply sunscreen in the morning before coming to school.

### Class Photos

The deadline date to order class photos (plus Year 6 & 11 group photos) online is Thursday 8 June. Up to that deadline date parents can also benefit from free delivery back to CPHS. If you have any questions or queries please contact Rob Sambrook on 01394 383944.

### Smartwatches

Please note that smartwatches are **prohibited** in school.



Nursery and Pre-Prep Hat (Nursery to Year 2)



Prep Hat - Years 3+

## CPHS Events

### Play and Learn - Cold Cooking



Come along to our next Play and Learn and discover the joy of cooking with Mrs Young. This will a cold cookery activity session where your child will learn to make their own colourful fruit kebabs.

Our Nursery and Reception pupils love their weekly "Kids Can Cook" sessions where they develop new skills, learn about hygiene, find out about different ingredients and discover what happens when things are mixed together. It is also a great way for them to use their new found mathematical skills in a real life situation.

All children must be accompanied by a parent, grandparent or other guardian and not currently a pupil at CPHS. This event is for ages 2 to 4.

## Deadline for Summer Ball Ticket Sales

It is just a few more weeks until the Colchester Prep & High School 140th Birthday Celebration Summer Ball on Friday June 9 at Wivenhoe House. If you are still thinking about joining the celebration, please note that the deadline for booking tickets is Wednesday 24 May 2023. Tickets are £70 per person and can be booked through the payment section of Cognita Connect.



As part of the evening's activities, we will be hosting a raffle and would be extremely grateful for any donations of raffle prizes. Please contact Helen.Clarke@cognita.com if you are able to donate.

We do hope to see you there!

## Pre-Loved Sale - Friday 16 June

After the huge success of our last event where we raised over £300 for Y.E.S, The Wellbeing Ambassadors are pleased to invite you to attend our summer term 'Pre-Loved Clothing and Toys' event. A great opportunity to pick up some bargains before the summer holidays. The Wellbeing Ambassadors thank you for your support with this event and look forward to seeing you there!

COLCHESTER  
PREP AND HIGH SCHOOL

# PRELOVED SALE

FRIDAY 16TH JUNE,  
3.30-4.30 PM ON THE LOWER  
PLAYGROUND

WOMENS, MENS AND CHILDRENS CLOTHING  
AND TOYS AVAILABLE

All money raised will go to Y.E.S  
Colchester's Youth Enquiry Service  
provide vital support for young people  
facing difficulties in their lives.

## Diary Dates

### May

#### W/C Monday 22

KS1-KS3 Assessment Week

#### Wednesday 25

Tea Time Recital

#### Friday 26

Play and Learn - Cold Cooking

### June

#### Tuesday 6

Prep Sports Day (Years 3-6)

#### Wednesday 7

Year 7-10 Engineering Careers  
Talks

#### Thursday 8

Community Choir Session

#### Friday 9

Year 5 Mock 11+ Examination  
Senior Sports Day  
140th Summer Ball

#### Tuesday 13

CHSA Fathers Day Gift Stall

#### Wednesday 14

Year 1 & 2 Trip to Walton

#### Thursday 15

Nursery and Pre-Prep Sports Day

#### Friday 16

Pre-Loved Community Event

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