



Clacton County High School Weekly News

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[The CCHS Blog](#)

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On The Level – Improved Wellbeing

This week, as part of our on-going focus on mental health, students across all year groups participated in a special online programme ‘On The Level’ produced by REPRESENT - an award-winning youth development organisation and media platform. Our commitment is to help ensure our students have the skills and tools available to help them manage their mental health and improve their well-being.



The online workshops included a live interactive TV show, presented by young people for young people, along with digital material and questions, accessed by the students throughout the presentation. ‘On the Level’ workshops



also link young people in need of help directly with Digital Health services and online counselling. We hope that all our students found these sessions useful in helping support their mental well-being.

Members of the pastoral team are always available for students chat through any concerns they may have. There is also a multitude of resources and additional information available to provide help and advice for our students.

Amazing Apprenticeships

- Are you ready to support your child with their next big decision?
- How much do you know about apprenticeships, traineeships, T-Levels, degree apprenticeships, university and gap year options?
- Is your child looking to you for help and guidance when it comes to their career options?

Amazing Apprenticeships and NGTU have teamed up to arm parents with knowledge, keep them informed and make sure they are best placed to help their child with their next steps. They bring together parents who will share their own experiences, challenges and perspectives of supporting their child with their career aspirations, experts to offer advice on the newest career opportunities and the steps needed to get to them and role models that will give the inside scoop on what taking these steps is really like.

The most important part? It’s all about parental perspective. What parents need, what parents are (or will be) experiencing and what parents need to know to best support their child.

[Sign up to the Careers Podcast Series for parents & carers](#)



The Parent Perspective podcast

Nature helps support Mental Wellbeing

As part of the recent Mental Health Awareness Week, National Online Safety published another one of their helpful guides, suggesting 12 Top Tips to Supporting Mental Wellbeing Through Nature Online and Offline. ‘Nature’ was the theme of this year’s awareness week, with clear evidence that getting access to nature is excellent for our mental health. Many people have found the Covid-19 pandemic to be a severe test of their mental wellbeing and responded to that challenge by turning to nature. With restrictions beginning to ease, it is the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. Just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.



The guide brings you some top tips for incorporating nature and digital tech into your daily routine – helping lift your mood and reduce your stress levels. They have compiled some simple suggestions for you to follow or for the whole family. In the guide, you’ll find tips such as giving Geocaching a go, ditching your phone and playing sports – [Download a copy HERE and get back to nature this half-term.](#)

National Online Safety a numerous eSafety guides available to download as part of their [#WakeUpWednesday](#) series.



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Year 11 Conclude their Secondary Education



Today, our Year 11 student spent their final day together as a full cohort. After half term they will be following their own individual bespoke timetables as they progress towards the end of the formal part of their secondary education at Clacton County High School. Yesterday, they assembled outside in their year group bubble for a final photo together, ahead of the traditional shirt signing in Clouds restaurant this morning. There was then an opportunity for them to conclude their five years at CCHS with some friendly games of football and rounders.



Although many of them will be joining our Sigma Sixth Form in September, the gathering today gave students an opportunity to celebrate their time at CCHS and say goodbye to those who are off to study elsewhere next academic year. We will see many students in a few weeks at their formal Year 11 Prom celebration, but we would like to take this opportunity to wish them all the very best for their future endeavours.

Year 11 – An Amazing Opportunity

This week representatives from the National Citizen Service (NCS) presented our Year 11 students with an opportunity they cannot afford to refuse. The government are investing £1500 in every 16 and 17-year-old, to enable them to learn the skills for work and life, which they need to succeed in the future, whilst having an amazing time.



Yes to Adventure; Yes to Your Future; Yes to Making a Difference – It all starts with YES!

“If somebody offers you an amazing opportunity but you are not sure you can do it, say yes – then learn how to do it later!” – Richard Branson

During this summer, our students have the opportunity for adventure, discovery and action. As part of the National Citizen Service program 2021, they will take part in two weeks of activities, including a 2-day outward bound trip focusing on team work, problem solving skills and pushing personal boundaries and 3-days learning vital Life Skills. During the second week, students will work from a local community base, to plan and implement a project to make a difference in their local community. Year 11 students have missed out enough over the past eighteen months, do not miss out on any more opportunities; make this summer one you'll never forget. Register for NCS today and get ready to meet a bunch of new mates, learn life lessons, skills and hacks, get your voice out there, and push yourself to new limits...in the best way possible! This once-in-a-lifetime opportunity will cost a maximum of £50 and for some students could be as low as just £10 – to learn more about NCS 2021 and register by visiting [wearncs.com](https://www.wearncs.com)



Half-Term is Here!

The summer term is flying by and we finish today for the Whitsun half-term. **We are back to school on Monday 7th June for six action-packed weeks, until the start of the summer holidays.**



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