



Clacton County High School Weekly News

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[The CCHS Blog](#)

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STEM Faraday Challenge – Part 2

Last week we reported on the Year 8 Faraday Challenge Day, organised by the Institute of Engineering and Technology (IET), held in school to help promote the importance of the STEM (Science, Technology, Engineering & Maths) subjects. Throughout the day, five teams of students competed to design, create and promote the best solution to an engineering challenge based around rail infrastructure and transport. Recordings of the team's presentations along with copies of their designs and photos of their prototypes were submitted to the IET Faraday Challenge Team for judging and this week we discovered which CCHS team had triumphed.



The winning design tackled a problem associated with a passenger indicator, counting down to the departure of a train. The Green, Amber, Red traffic light display indicates how much time until departure – Green: plenty of time; Amber: one minute to go and then Red once the gates have closed. We are delighted to announce the winning design was produced by a team from 8X3 – Josh, Josh, Josh, Riley and Jack – each received a £10 gift voucher from the IET and the team were presented with their special trophy by CCHS STEM co-ordinator, Mr Binczyk. The boys also earn themselves a position in the national league table. They now wait to hear if they have qualified for the national final, scheduled to be held during the autumn term. If successful they will compete for a cash prize of up to £1,000 for the school to spend on STEM activities. An additional prize went to Jayden for his hard work and determination; he had some great ideas and worked hard to implement them throughout the entire challenge. Well done to all the students who participated, producing some great design ideas between them.

PROUD @ CCHS

Throughout the year we complement our student's learning with various PROUD sessions. These lessons take students away from their normal timetabled subject to learn about a range of topics, dependent on their year group, that link to our PROUD ideals and help support students' Personal, Social, Health and Economic Education (PSHEE).

PROUD @ CCHS

Over the past term PROUD sessions have covered topics developing knowledge about discrimination, sexual harassment, consent and contraception, finance and the value of money and the facts about vaping and smoking. Other sessions were also devoted to developing personal growth mindset, to encourage students to recognise that although people in school and the wider community do not necessarily have identical beliefs or ideals, but we should all have respect for each other regardless of background, faith, colour, race or gender; this leads to a kinder and more coherent society.



More recently students have learnt about the additional responsibilities of young carers alongside their schoolwork. Sometimes they may miss out on activities and events due to their commitments at home. Sessions were also held on highlighting the importance of staying safe online and raising awareness that not everyone they meet virtually is actually whom they seem to be.



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Racing Driver in the Making?

Vinny in Year 8 has been keen on racing Go-Karts since he was 8 years old and by the age of 10 he was driving his own car. He has big aspirations and hopes to follow in the footsteps of Lewis Hamilton, who started his career by racing Go-Karts. Over the past three years, Vinny has been competing all over the country and has progressively moved up the ranks. After competing in the British Championships at Kimbolton in Huntingdon, a few weeks ago, Vinny, who races car no.80, is ranked 22nd nationally in his age group; he is hoping to improve his position in the table when he competes in the next round of the championships, in Scotland within the next couple of weeks. Well done Vinny and good luck for the rest of the season!



Respect the Water

The summer is nearly upon us and as we are now venturing to the beach and out-and-about around open water, we would like to highlight the importance of RNLI's national drowning prevention campaign - Respect the Water. Each year more than 180 people die around the coasts in the UK. Over half of those who died at the coast last year did not set out to go in the water – slips and falls while walking and running contribute to the most coastal deaths. The seas around our coast are cold enough all year round to trigger cold water shock, which can steal the air from your lungs and leave even the strongest of swimmers helpless.

If you get into trouble in the water follow their

'5 Steps to Float' - www.respectthewater.com

1. If you fall into water, fight your instinct to swim until the cold-water shock passes.
2. Lean back, extend your arms and legs.
3. If you need to, gently move them around to help you float.
4. Float until you can control your breathing.
5. Only then, call for help or swim to safety.



The big message is to be aware that open water - the sea, rivers, lakes, reservoirs and flooded quarry pits - are much colder than any swimming pool; visibility underwater is reduced and currents, tides and river weed, affect your ability to swim and stay safe. Cold water shock can seriously affect anyone's capability to survive after falling into open water.

FLOATING FACTS

What you're wearing could help keep you alive

Clothing can help you float - In most cases, clothing and footwear improves buoyancy during the first moments in the water - because it traps air between the layers when you fall in. Moving less helps the air stay trapped, helping you to float. When put to the test, most people found floating easier than they anticipated.

Free Sea Swimming Safety Sessions

To give students an opportunity to learn how to stay safe whilst swimming in the sea, the local RNLI, in conjunction with Swim England, are running a number of FREE Swim Safe sessions this summer on the beach by the Clacton Lifeboat station. The sessions take place during the summer holidays, from Monday 16th to Friday 22nd August along with further sessions between Wednesday 1st and Sunday 5th September. This is an ideal way of learning how to stay safe on the beach and in the sea over the summer. Anyone, up to the age of 14 can participate – just book a place on Swimsafe.org.uk



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