



Clacton County High School Weekly News

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[The CCHS Blog](#)

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LFD Testing - Continued Vigilance

This week we have been notified of a number of further confirmed cases of COVID-19 at CCHS within both the staff and student community; this includes cases from all seven year groups. Almost all of these cases have been asymptomatic and identified due to twice weekly Lateral Flow Device testing; this emphasises the importance of keeping up with regular testing. Thank you for doing this as it is clearly identifying these asymptomatic cases.

In line with the latest government guidelines, released in August 2021, those under 18 years and 6 months of age, who are identified as a close contact, do not need to self-isolate, unless instructed to do so by NHS Track and Trace.

Instead, they are advised to get a COVID-19 PCR test and should continue to attend school. Only if this test is positive do they need to remain at home and self-isolate; they must stay at home for the 10-day isolation period and access our remote education provision so that they can continue their learning, if they are well enough to do so. If your child starts to display any of the 3 main symptoms they need to stay at home, obtain a PCR test and self-isolate until the results of the PCR test are received. If positive, they need to follow precisely the instructions issued by NHS Track and Trace.

As a reminder, the main 3 symptoms of COVID-19 are:

- a high temperature
- a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

What if your child develops symptoms of COVID19?

If your child has any of the main symptoms of COVID-19, even if they're mild:

- Get a PCR test (test that is sent to a lab) to check if they have COVID-19 as soon as possible.
- Your child should stay at home and not have visitors (self-isolate) until you get the test result – they can only leave home to have the test.

Summer Reading Challenge

This academic year, our whole-school literacy priority is focused on expanding students' vocabulary across all subjects. The project was launched over the summer with a Summer Reading Challenge and students pledging to read and review at least six books over the 6-week summer holiday. This week we announced our winners; Scarlett in Year 8 was presented with 1st prize – an Amazon Kindle Paperwhite e-reader; 2nd prize, a £20 book voucher, was won by Theo in Year 9 (not pictured) and 3rd prize went to Eloise in Year 9. Not to be left out, members of staff also joined in the fun, completing their own reviews of the books that they had read throughout the summer holiday – well done to Mrs Coe, Miss Streatfield and Miss Wade!

Safeguarding Tip of the Week:

Between 8.45am and 3.10pm you know where your children should be; in lessons or on the school site interacting with their friends at break and lunchtimes, they are safe and supervised. But, do you always know where they are before and after school? Without doubt, children need the freedom to grow and develop, to become independent and resilient, but equally it is important that we know where they are going, who with and why?

Our advice to you is talk to your children about their intentions for before and after school and know who their friends are.

- Household members no longer need to isolate if they are under 18 years of age or are double vaccinated. [Further information is available on the Government website.](#)

In school we are doing all we can to help keep each other safe, opening doors and windows, encouraging students to go outside to socialise at break and lunchtimes, but remember there are things that we can all do to help reduce the risk of spreading the COVID-19 virus:

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel, if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards



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A Fantastic Return to Competitive Sport

Since the 11th March 2020, when our rugby teams played Tendring Technology College, we have been unable to play any inter-school sports competitions. That all changed this week when we saw a fantastic return to competitive sport, after a break of eighteen months. To kick-off the year, we hosted the Year 7 and Year 8 Central Venue tournament for both Football and Netball, and welcomed teams from Harwich & Dovercourt High School, Colne Community College, Manningtree High School and Tendring Technology College.



Our Year 7 and Year 8 Thunder and Storm Netball Squads and in action below

Over two afternoons, the teams competed in round-robin tournaments, as an introduction to school sport, ahead of the league games that commence next week. Usually it is just our Year 7 teams, who take to the field of play with a little trepidation, but it was the same for our Year 8 teams this year since they were unable to play any fixtures last year.



In the Year 7 netball tournament our girls played hard and work well as a team in their first matches together; Tendring A team won the competition with 15 points, our 'CCHS 7 Thunder' team finished as runners-up with 12 points, Colne in 3rd, with our 'CCHS 7 Storm' team in joint 4th with Harwich and TTC B-team. In the Year 7 football tournament, CCHS again fielded two teams with our first team losing out to Colne A by a single point; Tendring took 3rd place, followed by CCHS B, Harwich and Colne B teams.



Our Year 7 Central Venue Football squad

On Wednesday evening, it was the turn of our Year 8 teams to brush away the netball and football cobwebs. 'CCHS 8 Thunder' and 'CCHS 8 Storm' in 2nd and 3rd respectively. Our Year 8 footballers were in action twice this week, playing in the first round of the Essex Cup on Tuesday (see the full report next week), before their tournament on Wednesday. The CCHS team finished a very credible 3rd place. Congratulations to all of our Year 7 and Year 8 netballers and footballers for some outstanding performances.

Good luck to our all teams, across all year groups, when they play their first league games against Manningtree High



School next week; the Year 9 and 10 boys football teams, plus the Year 8 and Under 16 Netball teams play at home afterschool on Tuesday, whilst the Year 11 boys, along with the Year 9 netballers, play away on Thursday. Our Year 9 footballers are in action again on Thursday in the first round of their Essex Schools Cup competition against the Colne at home. [See our Photo Gallery for more photos of the games.](#)



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