



Clacton County High School Weekly News

www.countyhigh.org.uk

admin@cchs.school

parentnews@cchs.school

[The CCHS Blog](#)

Autumn Term 2021 | Issue 5 | Friday 8th October

School Council wins 'Preparing for Adulthood' at Multi-School Awards

Over the last two years a small group of students have been partaking in Multi School Council meetings to discuss various topics affecting children today. These can vary from concerns about global warming or around social media. The council also strives to look at how we can be fully inclusive for children with SEND needs and students from all backgrounds and abilities attend the meetings to help achieve this. Unfortunately, due to COVID, the meetings last year were online, however this did not stop our wonderful councillors from attending and sharing their brilliant ideas virtually.

Due to the amazing participation of our children over past years we were part of a select group of schools invited to the Multi School Council awards ceremony held at Colchester Football Stadium. The day consisted of discussion sessions around mental and physical well-being, with associated activities, and also celebrated the awards given to schools and individuals. As always, our students were a credit to the school and participated in each activity with vigour and enthusiasm. Being invited to the event was wonderful in itself, but the students were even more proud to receive the "Preparing for Adulthood" award, given to Clacton County High School for all the work that goes into readying the students for life outside CCHS. The school also received a "Highly Commended" for our inclusive curriculum and one of our year 11 students, Aaron, received a nomination for the "Perseverance" award. The awards ceremony was a great success and the students left feeling extremely proud of what they and the school had achieved.



Promoting Respect and Consent



Our Sigma Sixth College recently hosted two sessions provided by the [RAP Foundation](#) - an organisation set up to empower students by educating them on the UK laws defining consent and

sexual offences, whilst promoting digital & personal safety for young adults. Each session covered topics such as mutual respect, consent and healthy relationships.

Our Sixth Form students were attentive and engaged throughout and learnt some valuable information from the sessions. Sigma Sixth is committed to helping students develop as individuals ready for life in the wider world, as well as fulfilling their academic potential. [For more information on our Sixth Form, please visit the Sigma Sixth website](#)



Sigma Sixth Open Evening

Our Sigma Sixth College is holding their annual open evening on Thursday, 4th November, for all Year 11 students considering sixth form study as their next step. Students from across the Tendring area are invited to tour the site in Jaywick Lane, to get a real flavour of the 'college experience' at our Sigma Sixth form. Don't miss out on this opportunity for you and your child, please note the date!

[Please take time to view our Sixth Form Prospectus LINK?](#)



SIGMA SIXTH
TENDRING CAMPUS
OPEN EVENING
5.00pm to 7.30pm

Thursday 4th November
We look forward to welcoming you!
Tendring Education Centre - Jaywick Lane, Clacton CO16 8BE

Discover Yourself, Define Your Future





Follow us on Twitter - @clacton_cchs and Facebook @clactoncountyhigh



Sigma Sixth Tending - The Head of College Reports

This month the college has been a hive of activity with our students settling into the new academic year. It was a joy to welcome the class of 2021 at the start of September with a full year group induction in our large and airy atrium. Students embarked on team building tasks to 'break the ice' and get to know each other – [see last week's Weekly News for the full story](#).

Our year 13 students have returned with a renewed sense of purpose, ready to embark on the final year of their A Level and Applied Level studies. In our first assembly we looked at our new Academic Mentoring Programme which are small group or 1:1 sessions that help support students with any gaps they may have in their learning.

A number of our year 12 students are now out on their one day a week work experience placement and are having a wonderful time exploring the world of work. Students are supported by their mentor and work experience coordinator in finding a high-quality work experience placement.

Recently, students received their first relationships and sex education talk from the RAP foundation – see the story on page 1. We are committed to helping students develop as individuals ready for life in the wider world and this is the first of many sessions that will be provided during the academic year.

Thank you for taking the time to read our Sigma Sixth blog, I look forward to sharing more stories about college life in the coming weeks.

Sarah McKarry, Head of College

[Read the full Sigma Sixth Blog here – Head of College Reports](#)



PROUD – PSHEE Learning

Throughout the year we devote numerous lessons to topics that link to our PROUD ideals and help support students' Personal, Social, Health and Economic Education (PSHEE). The various sessions touch on some sensitive and important subjects across the year groups and help students to explore and reflect on complex, as well as everyday circumstances, whilst learning important and useful life skills.

A few weeks ago, during our first PROUD session of the academic year, students in Year 7 looked at having respect for one another; Year 8 students learnt about the importance of getting enough sleep each night; Year 9 examined the need for tolerance within our modern diverse society, as well as understanding that everyone is equal, no matter what their gender, ethnicity, nationality or sexuality; and Year 10 and 11 were taught about sexually transmitted infections and how to protect themselves.

This week's PROUD session linked with annual World Mental Health Day, which is held on the 10th October each year, and focused on the topic of mental health and well-being. Over the past two years people's well-being and mental health has been tested and it is important for us all to acknowledge why happiness and positivity is so important to our mental health. Students looked at how they can change and improve their own mind-set to help develop their positivity. As part of their learning, students in Years 7 and 8 developed ideas focusing on good mental health and what they should do daily to boost their positive mental well-being; they also looked at how to reduce stresses in their lives. Key stage 4 students spent their session looking at the topic in more depth, learning about some causes of stress and how to relax their brain when they become overloaded. The Year 9, 10 and 11 students also learnt about the importance of getting enough sleep.

Did you know?.....that the recommend sleep for 9 to 13 year olds is between 9 and 11 hours a night; this drops slightly to between 8 and 10 hours a night for 14 to 17 year olds and 7 to 9 hours a night for those aged 18 and over.

**PERSEVERANCE
RESPONSIBILITY
OPPORTUNITY
UNITY
DIVERSITY**
CLACTON COUNTY
HIGH SCHOOL



Follow us on Twitter - @clacton_cchs and Facebook @clactoncountyhigh

