



Clacton County High School Sigma Sixth Tending Weekly News



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Jack Petchey Speak Out Final

A few weeks ago, we featured the annual Speak Out Challenge where seventy-five year 10 students participated in a number of Jack Petchey "Speak Out" workshops. The public speaking workshops are funded by the Jack Petchey Foundation and focus on equipping students with the skills and confidence to be better public speakers and listeners.



Our top students then battled it out in our own final, speaking in front of their peers in a Year group assembly. Last week, our two winning public speakers, Rocco and Esme, took to the stage in the regional final at Colchester Academy. Both students delivered exceptional speeches that were both thought-provoking and moving, we are extremely proud of both our CCHS representatives.



Rocco's speech, about supporting high street shops, hit a cord with the judging panel and he was chosen as the Regional Runner-up –

Congratulations Rocco! Many thanks to all the students, and accompanying staff, who gave up their evening to support Rocco and Esme.



Racing Car Team Return to Competition

Our Formula 24 Racing car team have been waiting for three years to get back out on the race track and last weekend could not have come soon enough! Since last September the team have been adapting and improving our Mark 1 car 'Andromeda', as well as completing and testing our second car 'Neptune'.



Very early last Sunday morning, the team departed for the Goodwood Motor Circuit in West Sussex and what a day they had! Fantastic sunshine and a great competition, with numerous teams taking the opportunity to re-launch their racing post-pandemic; over eighty teams and one hundred and forty plus cars converged on the race track.



This was the team's first outing with two cars. Each car completed two races throughout the busy day, with the trusted Andromeda car proving to have much higher top speed and therefore much faster than the new car; overall the team's highest finish position was 23rd out of sixty cars in their class. Although they did not feature on the finishing podium, the team did collect their first F24 trophy for the best portfolio made by Martha Hillier – a graphical presentation of the progress of the CCHS team.



The team now have an abundance of race data to analyse to help improve both cars' performance and have five weeks to turn the cars around ready for their next outing.

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Coastal Athletics 2022

The annual athletics meet, between the local schools within the Tendring district, made a welcome return this week. After an absence of three years, it was a new experience for three-quarters of the CCHS team, with the majority of students having never competed on a full-size athletics track or used dedicated throwing and jumping areas. Despite their inexperience they certainly did not disappoint with the CCHS team managing to clock up sixty-two medal positions – twenty-four of them gold. These results, and the fact that CCHS fielded a competitor in every event, led us to within just three points of clinching the Coastal Athletics Championship 2022. Unfortunately, we had to concede to the Colne Community School who won 397 points to our 394; Tendring Technology College were third overall with 372 points.



The star of the day was speed demon, Alfie who broke two school records, shaving a fraction off the Year 10 boys' 100m and smashed the 200m record, which has stood for twenty one years, by 2/10th of a second! The year 10 boys team clocked up a total of six gold medals from the twelve events, including a hat-trick for Alfie, when he helped bring the Year 10 boys' relay home in a near record time. George won the Triple Jump, Teddy took the Discus gold and Harrison the top spot in the Shotput. The Year 9 boys picked up five of the teams' gold – Thomas won the 200m, Cabhan won the Discus competition, Alfie gold in the Long Jump; Tom the High Jump gold and the team then went on to win the 4x100m relay. These results combined to secure the trophy for the Year 9 and 10 boys'; the only silverware for CCHS on the day!



All of our medal winners, pictured alongside the winning Year 9 and Year 10 Boys' Relay Teams

The tally of CCHS gold medals also included Year 7 girls – Emily, 100m; Mylie, Shot; Sydney, High Jump; and the girls' 4x100m relay. Year 8 girls – Mia, 300m. Year 8 boys - Vontai, 800m; Seth, Triple Jump; and Imanu'El, High Jump – despite being unable to complete the competition through injury. Year 9 girls – Elinga, Triple Jump; and Sophia, High Jump. Year 10 girls – Kayleigh, 200m; Adeya, Shotput and Grace, High Jump.



Well done 'Team CCHS', some fine performances with some fantastic new school records; a very successful afternoon of quality athletics. [Visit our Photos webpage for more action shots from this year's Coastal Athletics Meet.](#)

The CCHS 'Word of the Week'

In the Weekly News every Friday, we are publishing the featured word for the following week, its definition, origins and an example of its use in a sentence. [Click here for details about the CCHS 'Word of the Week' initiative.](#)



Next week's 'Word of the Week' is **Fluid**

Pronunciation: FLEW-ID

Meaning: a substance that has no fixed shape and yields easily to external pressure; able to flow easily

Etymology: from Latin verb 'fluere', meaning 'to flow'

In Use: 'Gender is increasingly seen by many as fluid, rather than rigid'

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