



Clacton County High School Weekly News

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[The CCHS Blog](#)

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Year 9 NEMO Team Victory

This week our top Year 9 mathematicians were in action in the latest edition of the North Essex Mathematics Olympiad (NEMO) which took place at Colne Community School. A grand total of 24 teams of students from across the district tackled a variety of challenging maths questions and puzzles



across three rounds. The contest culminated in a team relay race where each member of the team had to answer a question correctly before the next member of the team could start their question. Congratulations to our team in Group B - Chloe, Sonny, Harvey and Martha, who won their group's competition and each of them won a £20 amazon voucher prize. They are the first ever CCHS team to win a NEMO competition! Praise must also go to our team in Group A – Samiha, William, Elise and Bethany who were neck and neck, with the eventual group winners, right up until the final round; they all worked extremely well and put in an amazing effort.

Under 14 Essex Cup Run Comes to an End

Late last year our Year 9 boys started their 2021-22 Essex Cup run by beating Colne Community School and Harwich and Dovercourt High School in first two rounds of the knock-out cup competition. They were then drawn at home for their 3rd round match against King John School, Benfleet who travelled from the south of the county to play the fixture. A place in the quarter-final was up for grabs and a fantastically competitive match ensued. The action went end to end with two very evenly matched sides keen to progress to the next round. The stalemate was broken half-way through the second-half when King John, attacking the CCHS goal, delivered a well-placed corner kick into the box which connected with one of their forwards, sending the ball into the back of our net. CCHS then really stepped-up their game, knowing that they had to at least draw level to remain in the competition. Despite their best efforts and constant pressure, the game concluded without further score, signifying the end of the Year 9's cup run for this season. Well done and commiserations to the boys; we wish King John School good luck in the quarter-finals.



Half-Term & Non-Pupil Day – 21st February

We are nearly halfway through this academic year and finish for the half-term holiday next Friday, 11th February. School finishes at the usual time after Lesson 4 at 3.10pm. Following the week-long break there is an additional day of holiday for students.

Monday, 21st February is one of our planned non-pupil days for staff training, in conjunction with all the other Sigma Trust schools. **Students will return to school for the second half of the spring term on Tuesday, 22nd February at 8.45am.**



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Safer Internet Day – Tuesday 8th February

Next Tuesday is Safer Internet Day, this year's theme is 'All fun and games? Exploring respect and relationships online' - From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are a part of. Safer Internet Day 2022 celebrates young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers. Safer Internet Day inspires a national conversation about using technology responsibly, respectfully, critically, and creatively. Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

**All fun and games?
Exploring respect and relationships online**



Students - Safer Internet Day Top Tips

Using your actions and words with care

What you do, say and share online can have a big impact on the way other people feel, as well as how others perceive you. When emotions are high, take a moment to reflect and continue when you're feeling calmer.

Building healthy relationships

Listen to and support your friends both online and offline by respecting their boundaries and treating them with kindness.

Look out for signs of an unhealthy relationship – if someone is pressuring you, is dishonest, or makes you feel uncomfortable, know that you can always talk to an adult or friend you trust.

Being an upstander when you see bullying, harassment or hate.

By using reporting tools or speaking out if you feel able to do so, you can offer support to the victims of these behaviours. This can help people to feel less alone and can encourage them to seek further assistance if they need it.

Keeping a look out for suspicious information and people online.

Knowing it's never too late to talk to an adult about something you're experiencing online.

Even if you're worried it might be uncomfortable, or you think you've done something wrong, speaking to someone is the first step in getting support and moving forward.

Further top tips for students and where they can seek support if something goes wrong, can be found on the [Safer Internet Day Students' webpage](#)

Parents - Safer Internet Day Top Tips

Having conversations without judgement

- Whether by playing games, watching videos, or doing things your child enjoys, spending time together online is a great way to start conversations about the online world and how they're finding being a part of it.
- It is important to ask questions and take an interest in what your child enjoys online.
- An essential part of having this open dialogue is to not judge, even if their behaviour or life online isn't what you wanted or expected. This ensures that your child feels they can come to you if ever they make a mistake or experience a problem online.

Further top tips for parents and where they can seek support if something goes wrong, can be found on the [Safer Internet Day Parents' webpage](#)

CCHS Mental Health Influencers

Mid and North East Essex Mind, the mental health charity, are setting up a Young People's Mental Health Council so they can develop services that work for students in school.



They are calling on students to lend their voice, as mental health influencers, to help MIND develop the best mental health support services at CCHS school.

Next week students are invited to attend a [special lunchtime forum in our Conference Room](#) – Year 7, 8, on **Wednesday 9th February** and **Year 10, 11 meeting Thursday 10th February**. Students who are interested in or are considering a future career in health, social care or psychology would particularly benefit from attending.

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.](#)



Word of the Week

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

Pronunciation: TEN-SHUN

Meaning: mental strain or something under intense pressure

Etymology: from Latin 'tendere', meaning 'to stretch'

In Use: 'Exams can be a source of tension for some students'



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