



Clacton County High School Weekly News

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[The CCHS Blog](#)

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PROUD to Empower our Students

This week we held our ninth PROUD session of the academic year – each lesson links to our PROUD ideals and helps 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.

This week students in Year 8 spent a lesson out of their timetable to learn how to communicate with the hearing impaired by learning the basics of British Sign Language; how to sign their name, recognise and sign basic words.



Students in the other year groups had to put the logical part of their brain to full use when they focused on developing their critical thinking skills. They looked at how to apply reasoning and logic to unfamiliar ideas and opinions and how to analyse and interpret situations in an open-minded way. The lesson concluded with solving carefully worded conundrums linked to the development of critical thinking skills. Try to solve for yourself one of the puzzles they tackled.

Imagine a large empty bin; each minute people would come and put in one golf ball.
The first minute (Starting at 12 noon), 1 person came and put in a ball.
The second minute, 2 people put in one ball each. The third minute, 4 people put in 1 ball each. A minute later, 8 people put in 1 ball each.
This pattern continued until the bin was exactly full at 6 pm. **At what time was the bin half empty?**

Life After Sigma Sixth

Last week a number of our Sigma Sixth students, from Year 12 and Year 13, spent a day in London, visiting St Mary’s University in Twickenham. They spent the morning on campus learning about life at the University, as well as being shown around by one of their senior ambassadors. The group then spent the afternoon at Twickenham Stadium and had the opportunity to tour the home of English rugby.



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

Today marks the halfway point of this academic year! Following the half term holiday next week, there is a planned non-pupil day for staff training on Monday, 21st February.

Students return to school for the second half of the spring term on Tuesday, 22nd February at 8.45am.

PROUD – Critical Thinking Solution

5:59 - Because each minute, the number of balls double



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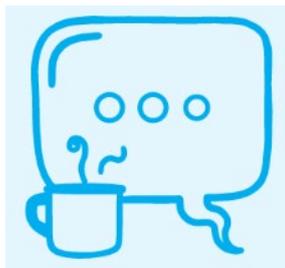
Children's Mental Health Week

As part of this week's Children's Mental Health Week, Mental Health UK have launched a new online community platform, the Parenting Hub. The pandemic has had a disproportionate impact on young people with studies from Barnardo's, Mental Health Foundation and Strathclyde University, pointing to increased levels of distress, worry and anxiety, so the launch of the Parenting Hub comes at a crucial time.



The Parenting Hub is a new online community for parents and carers to get information and access peer support to:

- provide a safe environment for parents to share experiences, support each other and access expert advice
- provide resources for parents to learn about mental health and how to better support their children
- build parents' confidence to have supportive conversations and talk about mental health.



The Parenting Hub is moderated 24/7 by trained experts so parents and carers feel safe and supported to talk about their children's wellbeing through their Chat and Forum portals. The site, created by the Young People's Programmes team, also

includes resources with practical information and guidance for parents and carers on what to do if they are concerned about their child's mental health. You can sign up to the Parenting Hub parentinghub.clic-uk.org and become part of the community of parents and carers, to support the young people in your lives.

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.](#)



After half-term the 'Word of the Week' will be **Emphasise**

Pronunciation: EMM-FA-SIZE

Meaning: to give special importance or value to something; to put stress on a word or phrase when speaking or writing.

Etymology: from Latin 'emphasis', meaning 'significance'

In Use: 'Writers often use italics to emphasise certain words'.

Sigma Sixth Lecture Series

As part of a partnership between Sigma Sixth and the University of Essex, we are delighted to give our students a taste of university style lectures through a special series of lectures entitled – 'How to think like a...'

Last week, Professor Wayne Martin, Professor of Philosophy at the University of Essex, helped launch the series with a lecture to the whole of Year 12 titled 'How to think like a...Philosopher'; introducing some key principles in philosophical thinking through exploration of a medieval painting. The opportunity to just stop and think about thinking, with the help of a fascinating painting, was a refreshing opportunity for all. All the students displayed excellent engagement with the intellectually demanding content of this lecture, reflected in the high quality of their contributions and questions to Professor Martin.

Our Sigma Scholars also attended a bespoke seminar which introduced ideas around the ethics of triage, linked to the university's work with local health authorities during the COVID pandemic. This was an eye-opening opportunity to think objectively about an emotive and complex issue.

Professor Martin took time to speak individually to students from across the college, helping to break down perceived barriers around access to the world of academia.

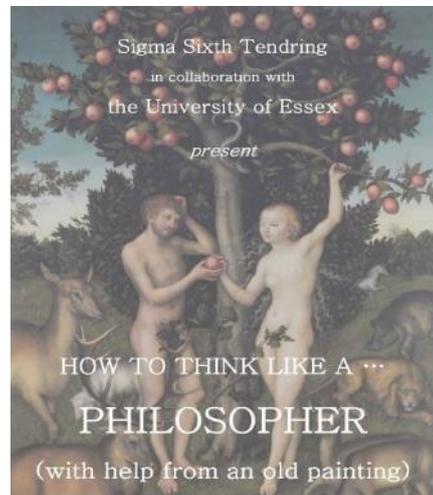
We were very proud of our students' confidence in asking questions and expressing opinions; individuals told us they found the experience 'amazing' and the opportunity to 'talk to a real professor' very motivating.

Afterwards, Professor Martin commented "On a personal note, I have to say that I found the visit to be enormously stimulating – inspiring even. It is an extraordinary cohort of students at Sigma Sixth and the staff are doing amazing work with them."

The series continues throughout this year, with visiting academics from the University of Essex, delivering specially designed lectures including:

- How to think like an...Art Historian
- How to think like an...Environmentalist
- How to think like a...Human Rights Advocate

Students who have expressed an interest in exploring philosophical thinking in more detail will also have the opportunity to visit the University of Essex campus.



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