



Clacton County High School Weekly News

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[The CCHS Blog](#)

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CCHS in the Community



Last week our Year 9 Broader Curriculum Community Influencer group spent time on Clacton beach conducting a litter pick. The students worked hard and managed to fill 3 black

bags in just 40 minutes. Well done to them all! It certainly demonstrates how important it is to put your litter in a bin or take it home rather than just dropping it on the floor.



End of Term Fundraising Appeal

The end of the spring term is just two weeks away and as always, **the last day of term, on Friday 1st April, will be a non-uniform day** in aid of charity. This term we are supporting the Disaster Emergencies Committee's 'Ukraine Humanitarian Appeal'.



Families fleeing the conflict have left their homes with only the items they were able to carry. The money raised will provide; food, water, shelter, healthcare and protection for those fleeing the conflict. The appeal is already open for donations **which can be made through ParentPay via a special option - just allocate a donation to the 'CCHS Non-Uniform Day 1st April 2022'** Students are also welcome to bring donations into school during the final week of term. Form tutors will be collecting contributions. Recommended donation is £1.00, although any donation is welcome.



Analysing Human Performance

Last week a number of our Year 12 BTEC Sport students spent a day 'Learning on Location' at Essex University's Human Performance Unit.



The students spent time in a special sports performance testing centre, comparing their aerobic performance to their anaerobic performance by taking part in vo2 max,



vertical jump and 10 second sprint tests. They then analysed their results and examined the impact psychology can have on performance, looking at attention and reaction time.

The visit was a certain eye-opener for the students into how a professional sports person's performance is measured and how their training regime is impacted by the results.

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 is based on the concept of **Institutional Racism**

Pronunciation: INN-STI-TUE-SHUN-AL RAY-CISM

Meaning: the collective failure of an organisation to provide an appropriate and professional service to people because of their colour, culture or ethnic origin.

Etymology: from Latin 'instiuo', meaning 'to set up', and French 'racisme', meaning hatred, discrimination or bias based on race or descent

In Use: 'It has been suggested that the organisation had displayed elements of institutional racism in how it dealt with some employees.'



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Spring Term - Sports Round-Up – Part 1

The sports fixtures traditionally re-commence after half-term, and since then, as the evenings are becoming lighter our sports teams have been in action again. Our Rugby and girls' Football squads have been kept busy with fixtures against the Colne Community School, Tendring Technology College and Harwich, with additional games against Manningtree next week. This week we are featuring the girls' football...



Our Year 7 girls have been training hard and thanks to their Year 11 coach, Lacey Forrest, have started to gel as a team. After defeats against the Colne and Tendring, the girls were on cloud nine this week with a decisive victory against Harwich and hope to continue their winning streak against Manningtree.



The Under 14 girls' team brings together girls in Years 8 and 9. They started the season with a defeat against Tendring but were also celebrating this week after a fantastic match against Harwich. The girls made a slow start and conceded two goals early in the first half, but were soon into their stride and piled on the pressure. Before half-time the girls had levelled the scores with two fantastic goals. The team then stepped up their game to the next level, this eventually paid off with a third CCHS goal with just ten minutes of the game remaining - a skilful run down the left-wing by Dulcee, followed by a great cross into the box, connecting with Olivia who slipped the ball past the keeper. As the time ticked down, Harwich threw everything at levelling the scores with the whole Harwich team in the CCHS half of the pitch for their final attack. In the final seconds of the game, a loose ball in front of the CCHS goal caused a heart stopping moment but was effectively cleared by the CCHS defence as the final whistle signalled a well-deserved victory for the girls.



Our Under 16 girls triumphed 6-3 over Colne in the first game of the season but, as with the Under 14 girls, struggled against another strong Tendring side. As there are only three Under 16 teams, the girls finish the season as league runners-up behind Tendring. Well done to all our footballers and good luck to our Year 7 and Under 14 teams against Manningtree. See next week's newsletter for part 2, featuring our boys in action on the rugby field...

[See our photo gallery for more pictures of all of our sports teams in action](#)



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