



Clacton County High School Sigma Sixth Tending Notices and Letters



Summer Term 2025 | Issue 33 | Friday 6th June

Please take the time to check through this mailing, particularly for your child's individual year group as there could be some important information for you to be aware of.

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Whole School Notices

Teaching Resilience

As a parent, teaching your child to be resilient is one of the most valuable gifts you can give them. Resilience helps children cope with challenges, bounce back from setbacks, and grow into confident, capable adults. Here are some practical and thoughtful ways to nurture resilience in your child:

Foster a Secure, Supportive Relationship

- Be a safe base: Let your child know they can always come to you without fear of judgment or punishment.
- Validate their feelings: Acknowledge emotions rather than dismissing them ("I can see you're really upset. That must be hard.").
- Model calm and coping: Your reactions teach them how to manage their own.

Encourage Problem-Solving, Not Perfection

- Ask questions like: "What do you think you could do next time?" or "What are your options here?"
- Avoid jumping in to fix everything: Let them try to resolve small issues on their own with your support nearby.

Normalize Failure and Setbacks

- Share your own stories of failure and how you bounced back.
- Praise effort over outcome: "I'm proud of how hard you tried," rather than "I'm proud you won."
- Reframe setbacks as learning opportunities: "What did this teach you?"

Build a Growth Mindset

- Teach them that abilities and intelligence can develop with effort. Use language like: "You haven't figured it out yet." "Every mistake is a step towards learning."

Teach Coping Skills

- Simple techniques like deep breathing, counting to 10, or going for a walk can regulate emotions.
- Creative outlets (art, music, journaling) also help process feelings.

Promote Independence and Responsibility

- Give age-appropriate tasks that allow them to contribute and feel capable such as keeping their room clean and organised.
- Let them make choices—even small ones like what to wear or what snack to have

Encourage Healthy Risk-Taking

- Let them try new things even if they might fail (e.g., trying out for a team, volunteering).
- Setting goals

Build Social Support

- Help them develop friendships and relationships with trusted adults.
- Teach empathy and how to ask for help when they need it.

Keep Routines and Structure

- Predictability can make kids feel safe.
- But also be flexible when routines break—this helps teach adaptability.

Be Patient and Consistent

Resilience is built over time. Celebrate small victories and growth moments along the way.

Donate unwanted uniform

Spare uniform in school ensures that all students have access to appropriate attire regardless of their family's financial situation. We are keen to receive any school uniform items (clean and in good condition) that your child has outgrown, including PE kit from all year groups. **Please drop off your items at our main reception from 08.15 - 16.45 Monday-Friday during term time**

Year 11 students need to wear uniform for all exams, so please do not donate until the series of exams has finished.

- We would also like to receive Year 11 ties.
- Our PE Department would be grateful for any donations of our PE kit

School Ties – September 2025





Summer Musical – Oliver!

For those unfamiliar with the story "Oliver Twist" follows the journey of an orphaned boy in Victorian England who is raised in a workhouse, then becomes a victim of the criminal underworld, before ultimately discovering his true parentage and a more prosperous future.

Performances:

Thursday, 10th July - 7pm

Friday, 11th July - 7pm

Saturday, 12th July - 2pm and 7pm

[Purchase Tickets for Oliver here](#)

Whole School Letters

No whole school letters this week

Dates for your Diary

This month

- Monday 9th June - Year 10 Mock Examinations continue
- Tuesday 10th June - Friday 13th June Year 12 Pathways week
- Thursday 19th June - Year 7 Parents' Evening
- Friday 20th June – Sixth Form Farewell Pizza Party
- Monday 30th June - Friday 4th July - Year 10 Futures Week

Later

- Thursday 3rd July - Year 11 Prom
- Thursday 10th - Saturday 12th July - "Oliver"
- Friday 18th July - End of term (school finishes at 12pm)
- Thursday 14th August – A-level/L3 Results Day
- Thursday 21st August 2025 – GCSE/L2 Results Day

Year 7

Year 7 Parents' Evening - Thursday 19th June 2025. [Letter](#) from Assistant Headteacher Mr. A Martin Book [here](#)

PSHE and RSHE

Please find [here](#) a letter from Assistant Head teacher – Mrs F Cook regarding the delivery of PSHE/RSHE lessons to Years 7, 8 & 9 in this final term of this academic year. Details on this provision at CCHS can be viewed on our [website](#).

An overview of the Year 7 curriculum can be seen [here](#)

See our [Curriculum Microsite](#) for comprehensive information about our curriculum

Year 8

Year 8 into 9 Subject Choices - More information in a [letter](#) from Mr A Martin - Assistant Headteacher

PSHE and RSHE

Please find [here](#) a letter from Assistant Head teacher – Mrs F Cook regarding the delivery of PSHE/RSHE lessons to Years 7, 8 & 9 in this final term of this academic year. Details on this provision at CCHS can be viewed on our [website](#).

An overview of the Year 8 curriculum can be seen [here](#)

See our [Curriculum Microsite](#) for comprehensive information about our curriculum

Year 9

PSHE and RSHE

Please find [here](#) a letter from Assistant Head teacher – Mrs F Cook regarding the delivery of PSHE/RSHE lessons to Years 7, 8 & 9 in this final term of this academic year. Details on this provision at CCHS can be viewed on our [website](#).

An overview of the Year 9 curriculum can be seen [here](#)

See our [Curriculum Microsite](#) for comprehensive information about our curriculum

Year 10

Reminder

Year 10 Futures week – Monday, 30th June – Friday, 4th July

Includes work experience/shadowing and Career interviews

- Your child's work experience arrangements must be recorded on this [Booking form](#)
- Pre-interview information must be recorded [here](#)

From **Tuesday 1st July to Thursday 3rd July**, all Year 10 students are expected to be engaged in a work experience placement and will not attend school. Students can attend a place of work with a parent, family member, or another responsible adult (with parental consent). This workplace experience (Work Shadowing) aims to provide insight into the world of work. Once a placement has been found for your child please complete the work placement consent form above (Booking form) *Please note: students attending agreed placements in childcare do not need to complete the form.*

If your child is unable to secure a placement with a family member or friend, they will participate in a series of workplace visits, alongside virtual experiences, coordinated by CCHS staff.

Monday, 30th June – Friday, 4th July 2025

Monday 30th June	Tuesday 1st July	Wednesday 2nd July	Thursday 3rd July	Friday 4th July
Lessons will be targeted to prepare students for their work experience placements.	Workplace experience	Workplace experience	Workplace experience	Sigma Sixth Tending Experience Day (Invite only) College Preparation Day (students <u>not</u> attending Sigma)

Year 10 - Continued

Year 10 career interviews

Students will receive a one-on-one interview with a career's advisor to help them explore future career options based on their interests, skills, and qualifications.

When is my child's interview?

Students are kindly requested to complete the questionnaire found [here](#), after which an appointment day and time will be allocated

Please encourage your child to prepare by considering the following five key steps, which will be discussed during the interview:

1. **Interests and Strengths** – What subjects or activities do you enjoy and excel in?
2. **Career Aspirations** – What jobs or industries interest you?
3. **Qualifications and Skills** – What qualifications do you need for your chosen career?
4. **Post-16 Pathways** – Do you want to pursue A-levels, vocational courses, an apprenticeship, or another route?
5. **Action Plan** – What are your next steps to achieve your goals?

Taking time to reflect on these points will help ensure a productive and meaningful discussion about their future.

We encourage you to explore our careers website, [Unifrog](#), which offers quality resources, including career options, webinars and advice to assist with future plans to help get the most from this experience.

Year 10 Mock examinations – Continue

Please find [here](#) a letter from Deputy Headteacher Mrs K Loosley

The mock exam timetable can be found [here](#)

An overview of the Year 9 curriculum can be seen [here](#)

See our [Curriculum Microsite](#) for comprehensive information about our curriculum

Year 11

Year 11 PROM - Thursday, 3rd July 2025 – 7pm to 10pm

Tickets

All students eligible to purchase a ticket to Prom 2025 will see the option to pay in Arbor (Arbor shop) Tickets can be collected from the main reception office.

Prom planning:

- Students will start arriving at 6pm for doors to open at 7pm
- Cars to arrive from 6pm
- Prom group photo will be taken at 7pm
- Student spectators must behave according to school policies
- Spectators are welcome to watch students arrive. Please note that spaces are limited and spectators must remain in the designated areas.

From Monday, 9th June - Study Leave begins for all Year 11 students

Students are expected to be in school for pre-exam revision and exams only. This is known as Study Leave.

Book a computer room at school

If a student is unable to access online revision at home, they are welcome to book a computer at school. Click [here](#) to book.

[Year 11 Summer Exam & Revision Timetable 2025](#)

Year 11 - Continued

Uniform

All students are expected to be in full uniform whilst on the school site for all of their exams

Morning pre-exam revision

These will either be held in the main hall or in year 11 tutor rooms, notices will alert students of the location on the day. Morning revision sessions start at 8.15 am. Students may enter through the main reception doors from 8.10 am.

Sigma Sixth Induction Day – Thursday 10th July

Our Sixth Form Induction Day for Year 11 students, joining us in September, will be on Thursday, 10th July. We are very excited to welcome the new cohort to Sigma Sixth for the day and have some exciting activities planned which we hope students will find both informative and enjoyable.

The day begins with an introductory talk on life in the college and the expectations of being a Sigma Sixth student. Students will then participate in activities that will help them prepare for their studies in September and will be introduced to their subject assignments which they are expected to complete over the summer holiday

The afternoon session will focus on team building. We have invited The Problem-Solving Company into college to provide a range of team building and problem solving activities to develop a bond with the new cohort through collaborative working and promote critical thinking in preparation for post-16 study.

Letters have been sent to applicants, parents and carers but if you have not received this or require further information please contact the sixth form team: sixthform@cchs.school

An overview of the Year 11 curriculum can be seen [here](#)

See our [Curriculum Microsite](#) for comprehensive information about our curriculum

Sixth Form Notices

Year 12 Post 18 Pathways Week 2025, Tuesday, 10th June – Friday, 13th June

Please find [here](#) a letter from Career Support - Mrs A Read with important

Pathways Week provides a range of activities designed to support and inform students with post-18 choices. These will include information and guidance regarding higher education, apprenticeships, business skills, preparing for interviews and the world of work. The week will include a huge amount of information that will be of benefit to all year 12 students, regardless of their future pathway and forms an essential component of their sixth form education.

Sixth Form Exam and Revision

[Key Stage 5 exam and revision timetable.](#)

Year 13 lessons will continue until students have completed their last exam in that subject.

Their final day with us is officially Friday, 20th June. We will celebrate their time with us at our annual pizza party between 12 noon-1 pm on that day.

Careers Guidance Updates



Unifrog events – click [here](#) for upcoming events

What You Need to Know about: Violent Content Online – [click here](#)

External support - teenage mental health

Stem 4 supporting teenage mental health

<https://stem4.org.uk>

Anxiety UK support and help for those diagnosed with, or who suspect they may have, an anxiety condition.

<https://www.anxietyuk.org.uk/get-help>

No Panic Information for sufferers and carers of people with panic, anxiety, phobias and Obsessive Compulsive Disorders (OCD)

<https://nopanics.org.uk>

OCD Action support and information for anybody affected by OCD

<https://ocdaction.org.uk/i-need-support/helpline/>



Help you child beat exam stress – Watch for signs of stress

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress.

Click [here](#) for more information

Community Notices



Career Opportunities

Career Opportunities at CCHS

This week, new positions are available: Click [here](#) for further information.

Accessibility

If you need any of our published or website information in an alternative accessible format please contact us via admin@cchs.school or on 01255 424266 or by making an in-person request to our main reception on Walton Road, Clacton on Sea, Essex, CO15 6DZ