



# Clacton County High School Sigma Sixth Tending Weekly News



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[Link to Weekly Notices](#)

## Careers Advice from the Professionals

This week we welcomed former CCHS student, and now freelance Content Creator and Communications Specialist, Emma Oldfield, back to school to lead careers based and motivational talks to students. Emma spoke to group of 25 female students, giving them an insight into her career in media and sport helping to inspire them to create their own opportunities. Emma gave them an insight into her route into the media industry; the valuable experience that she gained by working at the BBC as trainee and her subsequent Publicist role at BBC Sounds, her move to Channel 4 and then to Sky last year. Emma spoke about how she continues to push her boundaries, take risks and her recent and brave move into working as a freelance content creator. She is currently a Pepsi Max Ambassador, fronting their UEFA Women's Champions League campaign for 24/25 and collaborates regularly with various professional female footballers and women's clubs.



Many of our sports students have a dream of playing a sport professionally or just thought that their passion for sport meant that they could only become a PE teacher to work in the sports industry. Emma showed them how a girl from Clacton could make her mark in media and promoting women's sport. She also highlighted that opportunities do not just arrive on a plate and that she has had to work hard to piece together her dream career, opening doors that she didn't even know existed.

Later in the day Emma spoke to another group of students, sharing some of her stories about her experiences growing up and how she overcame challenges in her life, to help

them navigate their own lives. She spoke candidly about how she turned her adversities into her own superpower after growing-up with an abusive and neglectful father and losing her mother to cancer at the age of seventeen. She was left unable to function with no parents, no financial support and was battling an eating disorder; she had no safety net, no one to lean on to provide support or opportunities. Emma demonstrated that you can overcome challenges in life and that self-improvement is an ongoing process and that small changes in how you live your life, really do make a difference - 'If Nothing Changes, Nothing Changes'. Many thanks to Emma for taking the time to return to her roots and for sharing her experiences; we hope that the students, who were lucky enough to meet Emma, found the sessions beneficial.

Follow Emma on Social – [Instagram](#) and [TikTok](#)

## Are you an ex-CCHS student who would like to be part of our Alumni contact group?

We continue to add to our network of connections with people who have previously attended our school. We would like former CCHS students to become involved as part of our careers inspired 'Raising Aspirations' initiative. Participation doesn't mean that you have to visit the school, nor does it involve any commitment from you other than sending us your profile and allowing us to use this as part of a 'Where Are They Now?' billboard. We also continue to search for CCHS Alumni via our social media platforms to extend our outreach request to see how far and wide ex-students have travelled. We can then add them to our contacts so that they receive regular updates on their old school. We look forward to hearing from anyone interested in being part of this in-school initiative. If you would like to be part of the contact group, please email [admin@cchs.school](mailto:admin@cchs.school)



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## Inter-School Indoor Athletics

Our Year 7 and Year 8 athletes recently took part in the annual Coastal Schools Indoor Athletics Championships, against other local secondary schools. Our Year 7 team travelled to Tendring Technology College at the end of November, whilst the Year 8 team (pictured here) were in action last week. The teams took part in a number of indoor field events; standing vertical jump, speed bounce, standing long jump and javelin, along with numerous running and relay races. Our Year 7 athletes produced some great results throughout the various 'track' and 'field' disciplines, with the girls' team finishing 3<sup>rd</sup> and boys' 4<sup>th</sup> overall.



The Year 8 competition was held at CCHS with the assistance of a team of our Year 9 sports leaders, who were on hand to measure the jumps and throws, count the bounces and time the races. Our Year 8 teams faced some tough opposition from Manningtree High and the Colne Community School, but still managed to produce some great results and enjoyed a fantastic afternoon of athletics. After a closely fought competition, both Year 8 teams finished in third place to Manningtree and the Colne. Well done to all of our athletes and our sports leaders for their assistance; we now look forward to the summer term and athletics outside.



## Swimmers Win a Haul of Medals at the Essex County Championships

Congratulations to our top swimmers who have recently returned from the Essex County Championships with numerous personal best times, final qualifications and medals to help produce Clacton Swimming Club's most successful county championship in recent years. It is also impressive that four of the swimmers are in Year 7 - Harry had a great debut at the championships, competing in the 50m, 100m, and 200m breaststroke, achieving a personal best time in the 50m event, showing some impressive progress in his first year of competitive swimming. Rosie built on last year's performance by qualifying for the 50m backstroke, freestyle and butterfly events. She achieved personal best in the 50m freestyle and 50m butterfly, proving that her hard work and determination to improve has been worth it. Ruby and Savannah had a great championship with qualifying times, personal best times and medals too numerous to list. The twins pulled off a one-in-a-million feat by tying in the 200m breaststroke, coming home with exactly the same time in the final. Well done to Ruby for achieving a regional qualifying time in the 100m breaststroke and Savannah for her regional qualification in the 50m breaststroke.

Harry in Year 8 is currently on top form after qualifying for ten events and progressing to the finals in the 100m and 200m freestyle, as well as the 50m, 100m and 200m backstroke. He achieved regional qualification in both the 50m and 200m backstroke events. Year 10 student, Emily had an amazing county championship, progressing to the finals in all three of her events. She collected bronze medals in the 50m and 100m breaststroke finals, and narrowly missed out in the 200m event but achieved regional qualification in all three events. Well done to all of them!



## Celebrating Student Success

### Attendance Weekly Golden Ticket Awards – Data from the final week of the Autumn Term

100% Attendance prize draw - one student from each form group wins a 'Golden Attendance Ticket', allowing them to skip to the front of the Clouds food servery queue on a day of their choice.

## Congratulations to.....



#### Year 7

Rosie Phillips, Sam Turner, Mila Ryan, Layla Hall, Jennifer Ovod, Amelia Ghinda, Hlib Maslechko, Emmie Rollings, Oliver Fenton, Scarlett Hawke, Riley Jones and Jake Spong



#### Year 8

Jaime Collins, Abbie Earl, Kareem Edwards, Grace Itungo, Archie Nash, Kyle Partridge, Louise Simenok, Tallulah Smith, Quint Taylor, Josh Tuck, Finley Ward and Zaylee White



#### Year 9

Ava Donaghy, Kyle Edwards, Jason Eversden, Finley Goodin, Harry Green, Piotr Jaruzel, Demii Lee, Bobby Majid, Leyla Mott, Jay Myers, Zara Rodrigues and Bradley Siddle



#### Year 10

Roman Arber, Neave Cassidy, Millie Field, Aaron Hobbs, Grace Hopley, Alexis Hunt, Jackson Kamara, Elsie Perry, Justyna Rycombel, Keira Stevens and Lacey Turner



#### Year 11

Leon Coleman, Suzanna Deans, Erin Feagan, Emilia Gallagher, Grace Griffiths, Addison Hannon, Ronnie Lynch, Eva McCarthy-Lawrence, Jack Robertson, Lucie Rudd and Alfie Soames

### Weekly Proud Awards

The top students in each year group who attained the most PROUD+ points earned during the final week of last term and also had 100% attendance (listed alphabetically) – Each year group winner collects the top prize of an amazing £5 Amazon voucher.



#### Year 7

Oscar Ball, Tyler Brooker, Oliver Cole, Millie Franklin, Juliet Israel, Rosie Phillips, Tommy Phillips, Benjamin Siby and Dulcie Westbrook  
**Winner** – Oliver

#### Year 8

**Winner** – Caleb Hartman-Gray

#### Year 9

Logan Bennett, Tinashe Jayden Chandiwana, Emily Dingwall, Poppy Hughes, Tosheema Mihindukulasooriya, Serena Pye, Luke Roberts and Veronica Warren  
**Winner** – Serena

#### Year 10

Cryrodge Chitiza, Owen Clark, Adam Kedge, Millie Lambert, Hollie Nelson and Charlotte Revell  
**Winner** – Cryrodge

#### Year 11

George Barr, Scarlett Brooks, Ella Byford, Grace Griffiths, Kayleigh Howe, Logan King, Callum Mowle, Bartosz Olejnik, Sam Whitfield and Zack Winslett  
**Winner** – Ella

