



# Clacton County High School

## Sigma Sixth Tending

## Notices and Letters



**Spring Term 2025 | Issue 23 | Friday 7<sup>th</sup> March**

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**

#### **Parents collecting by car at the end of the day**

Thank you to the vast majority of parents who adhere to the signage for pick up at the end of the day. For those who may need a reminder, please be aware of the following that is clearly displayed on signs:

- No vehicles should be brought onto the school site to collect children without prior consent (this is only for a very small number of medical need students)
- No parking/waiting on the yellow zig zag lines

#### **Please be reminded** Student uniform expectations

**Hair** - Only natural hair colours are allowed for students; e.g. no blue, pink, red, purple, green - this includes extensions and braids. Extreme hairstyles are also unacceptable. Any student who comes to school with hair deemed unacceptable could be removed from lessons until their hair meets our expectations. Thank you for continuing to support the school in these matters.

#### **Free On-line Workshop**

##### **How to Support your Child around Exam Anxiety – Wednesday 23<sup>rd</sup>, April at 7pm.**

NELFT MHST will be running an exam stress workshop for parents to equip them with strategies to support their child during exam periods.

#### **About this event**

We all experience stress from time to time, and this is normal. For young people, this feeling may be triggered when facing exams and could lead to uncomfortable physical sensations and unhelpful ways of thinking and behaving. We understand the impact this can have on young people and their families and how this may leave parents struggling to know what the best thing to say or do is. Because of this, the **NELFT Mental Health Support Team** will be running an exam stress workshop for parents to equip them with cognitive behavioural strategies to support their young people during exam periods. Run by experienced practitioners, this online free workshop will explore:

- The teenage brain
- What stress is
- When stress becomes a problem
- Techniques to manage physical symptoms
- Techniques to manage unhelpful ways of thinking
- Techniques to promote healthy patterns of behaviour
- Things that are within and out of our control
- How to make stress our friend

Please register on Eventbrite for a ticket. Click [here](#) to register. This workshop is an online event

## Has your child downloaded the Student Arbor App yet?



**Dinner Money** – Students can see their dinner money balance and let you know if they need a dinner money top up! (Free school meal allowances will not be visible)

**Ask Arbor** - Powered by AI. Students can ask Arbor questions about their day and get answers instantly. E.g. “Do I have PE tomorrow?” “How much lunch money do I have?”

If students need to check the App whilst at school they must ask a member of staff for permission to use their phone first.

**Convenience** - The Student Arbor App offers a convenient way for students to access their school information, without having to always rely on their parents and carers.

**Progress and behaviour** - The App provides access to the information they need to understand their own progress and performance. They can easily check their calendar, see their behaviour points, and exactly when and why they were awarded them.

**Attendance** - The App also gives students an overview of their attendance by day, week, or term.

**Assignments** - Students can see which assignments are coming up, or are overdue, all without needing to ask their parents/carers or teachers.

**Security** - The App is designed specifically for mobile phones, it's super intuitive to use, and it's secure, with biometric login, including Face ID.

**In App Messages** - Whether it's an exam room change or a non-uniform day, students will see in-app messages.

**How to download the App** – Click [here](#) for instructions

**Login** – Students login with their school login details

## Relationships, Sex and Health Education (RSHE) Essex Survey 2025

Essex County Council have contacted all schools in Essex about their Relationships, Sex and Health Education (RSHE) survey 2025 which is aimed at young people aged 11-25 to find out their views in relation to big topics such as relationships, sexual health and how young people use the internet. The information received from this survey will be used to shape a number of services for young people including education, professional training and sexual health services. Findings will also be shared with Essex Safeguarding Children Board (ESCB) to inform their wider work on keeping children and young people safe across the county.

The confidential survey is open to 11 (Year 7) to 25 year olds and is **optional for young people to complete**. The survey will close on Sunday 16<sup>th</sup> March. Findings of the survey will be shared with a range of stakeholders including educational settings and published around May. Findings will be available at county level and where we have enough responses also at district level.

To ensure that the views of as many young people in Essex are captured as possible, Essex County Council have shared the link to the survey: [Relationships, Sex & Health Education Survey 2025 - Essex County Council - Citizen Space](#) as well as a QR code to the survey which can be found on this [poster](#).

This survey link and poster will also be posted on your child's Google Classroom for them to access from Monday 3rd March. When completing the survey, students will need to select the **Tendring district** as part of the process.

For more information on the survey please contact [YouthWork@essex.gov.uk](mailto:YouthWork@essex.gov.uk)

### Whole School Letters

No whole school letters this week

### Dates for Your Diary

- Monday 17<sup>th</sup> – Tuesday 18<sup>th</sup> March – Year 9 Assessments
- Thursday 3<sup>rd</sup> April – Year 10 Parents Evening
- Friday 4<sup>th</sup> April – End of Term Half Day

### Year 7

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

### Year 8

**Year 8 reports** are ready to be downloaded from Arbor. Please see the [how to guide](#) for more information

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

### Year 9

**Year 9 Assessments – Monday, 17<sup>th</sup> March and Tuesday, 18<sup>th</sup> March**  
[Letter](#) from Assistant Head teacher – Mr A Martin

**Scientific calculators** are available for purchase to Year 9 students in Arbor pay (school shop section) £6.49 each. Once paid for they can be collected from reception.

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

### Year 10

**Advance notice – Year 10 Parent evening and “How to help your child revise” Thursday, 3<sup>rd</sup> April**

An overview of the year 10 curriculum can be seen [here](#)

### Year 11

#### **PROUD**

Year 11 mocks are over! Student attitude and exam behaviour was excellent and we are hopeful for good results. Well done to all our current year 11 students, keep up with the good work and keep opting into revision sessions which count towards the Passport to Prom.

#### **Reminder**

**Scientific calculators** are available for purchase in Arbor pay (school shop section) £6.49 each. Once paid for they can be collected from reception.

**Revision guides** The following revision guides are available for purchase on Arbor under the School Shop tab once the guide has been paid for, students can collect them from their subject teacher: Maths, Science, English Language, Computer, Spanish, Physical Education

### **Advance notice for the Prom: PROM Thursday, 3<sup>rd</sup> July 2025**

Parents may already be considering transport arrangements for the evening and the following information will help with your planning:

- Students will start arriving at 6pm for doors to open at 7pm
- Prom group photo will be taken at 7pm
- Cars to arrive from 6pm

### **Free Prom clothing – Les Nicoll on Facebook**

North Essex Support Team (NEST) is collecting, displaying, and giving away free of charge prom dresses, suits, shoes, and accessories. Local events include:

#### **Harwich**

**Sunday, 23<sup>rd</sup> March - Harwich Arts and Heritage Centre**, Main Road, Harwich, CO12 4AJ

09.30 am – 1.30 pm

#### **Clacton**

**Saturday, 30<sup>th</sup> March - Great Clacton Community Centre**, 16 -26 Valley Road, Gt. Clacton, CO15 4AR

10.00 - 12.00pm

#### **Colchester**

**Saturday, 5<sup>th</sup> April - Elm Church**, Clematis Way, Greenstead, Colchester, CO4 3PY

09.30 am – 2.00 pm

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

### **Sixth Form Notices**

**Year 12 - Careers information, advice and guidance (CIAG) – [Letter](#) from Mrs M Read**

### **Careers Guidance Updates**

#### **Should I become a Doctor?**

**Free Webinar Thursday, 13<sup>th</sup> March 7pm – 8.30pm for Year 9 – Year 11 students**

More details can be seen [here](#). The sign-up deadline is Monday, 10<sup>th</sup> March.

### **Safeguarding, SEND, and Wellbeing**

**Understanding Autism for Parents of children in Secondary School** - Thursday, March 20<sup>th</sup> 6.30-8.00pm

This workshop is designed to provide advice & support to parents of children in secondary school who would like to know more about Autism.

[Understanding Autism for Parents of children in Secondary School Tickets, Thu, Mar 20<sup>th</sup>, 2025 at 6:30 PM](#)

#### **About this event**

This workshop is designed to provide advice & support to parents of children in secondary school who would like to know more about Autism.

Please note we are not part of the Diagnostic Service and will not be able to answer questions around waiting lists or outcomes for those in the process of assessment.

The workshop will last 90 minutes and will cover:

- Neurodiversity – current thinking
- Introducing the Autism Spectrum
- Tuning into your child's behaviour
- SPELL framework
- Looking after yourselves

The workshop will be delivered over Microsoft TEAMS and therefore you will need to download this app prior to the workshop.

#### **School Vaccination Catch up Clinics**

Click [here](#) for more information and dates

## Community Notices



### Junior Rugby

Harwich rugby club have a fantastic opportunity to host a second Saracens camp. Click [here](#) for more information on this.

### St Helena – Pier to Pier 2025 – Sunday, 18<sup>th</sup> May 10.00am

St Helena Hospice's 40th anniversary. Walk 7 or 14 miles between Clacton and Walton piers for St Helena. Participation on this special occasion will allow more people to access the St Helena Hospice services that they need. You may also take this chance to honour and remember your loved ones. The walk is the perfect time to reflect on the special moments and memories you and your loved ones shared. Pier to Pier is open to all ages, plus the route is suitable for pushchairs and wheelchairs. **Sign up required**

- click [here](#) for more information. A lot of CCHS students and staff will be taking part

## Career Opportunities

### Citizens Advice Tendring £1.00 Challenge

Citizens Advice Tendring, a registered charity that has provided essential services and support to the local community for many years. They are unfortunately facing the very real threat of closure due to the complete withdrawal of funding, which has left them needing to raise £150,000 to keep doors open and continue serving the Tendring area.

In response to this, they have launched an urgent fundraising campaign called the "£1.00 Challenge." The concept is simple: if every resident in Tendring could donate just £1.00, or more if possible, they could raise enough funds to ensure that services remain in the community. Please click [here](#) for more information.

### Considering a Career in Teaching?

Advance Teacher Training (ATT) work with many schools across Essex and Suffolk to deliver teacher training. They have training bases in Clacton and Colchester with schools in Tendring, Colchester, Braintree and surrounding areas. With over 20 years of experience of delivering teacher training, they offer knowledgeable trainers, excellent facilities and personalised support. By joining Advance Teacher Training you will gain experience in primary or secondary phases including Post-16.

Discover more at the next Advance Teacher Training drop-in open event on Thursday 3<sup>rd</sup> April, 6pm to 7.30pm at the Tendring Education Centre, Jaywick Lane. Clacton on Sea CO16 8BE. Follow the [link](#) for additional information

### Career Opportunities at CCHS

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