



**THE COLNE**  
COMMUNITY SCHOOL & COLLEGE

# Newsletter September 2019

**For Students, Parents and Carers  
of The Colne**



Athlete Mentor Visit

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**THE COLNE**  
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## **Welcome from Mr Crane Head of School**



I would like to extend a warm welcome to all of our new students, parents and carers that have joined The Colne this year and a warm welcome back to all those that are returning. I hope you all had a restful holiday and are excited about the academic year ahead. This year we look to embed our improvements and aim to engage and educate in equal measure.



I must begin by congratulating our former Year 11 students who celebrated wonderful results in the summer. In particular, I wish to congratulate our top performers:

Holly Poynter (10 subjects at grade 8/9); Freya Gascoyne and Askari Islam (9 subjects at grade 8/9); Cameron Girdler (8 subjects at grade 8/9); Zara Khan (10 subjects at 7+); Livvy Jones (9 subjects at 7+); Imogen Lucas, Madison Cooke, Hannah Isles, Rachele Khan and Tommy Trevelyan-Ashby who all achieved 8 subjects at grade 7 or above.

These students have done exceptionally well. They were, however, not alone.

I am pleased to state that all of our

students' results have improved significantly. I wish everyone success in their future choices and I look forward to hearing about all of their undoubted continued future successes. Overall these have been the strongest results for several years across all curriculum areas as The Colne continues to move forward at pace.

The students across the year have performed very well due to their own efforts, the unwavering commitment of our staff and the support of families and our community. Early indicators and preliminary data show that we are one of the most improved schools in Essex or maybe even the most improved school. We await this final ratified information with excitement. It is good to know we are doing everything we can going forward to ensure all students get the education they deserve and have the opportunities they need to achieve and grow.



Over the summer, we have invested significantly in improving the school site for the students. The children said that they needed somewhere larger to eat, especially in the wet weather, so we have extended the refectory and added completely new furniture throughout. We are in the process of adding another serving area, which should be ready before the end of the month, to reduce any queueing issues at peak periods.



I am also delighted to tell you about our new toilets. We have rebuilt two sets of toilets for the students as previously they were looking very tired. With the new open design with floor to

ceiling cubicle doors and light open areas, the students now have a nice, modern environment. Finally, I would like to make you aware that, as a school, we are continuing our push to raise money for the Charity:Water campaign. Myself, Mr Cooksley, Mr Taylor and Mr Tunbridge (others may join) have challenged ourselves to swim to Mersea from Brightlingsea to raise extra money for this good cause. We intend to conduct our swim at the end of September, mainly to give Mr Cooksley time to train. If you wish to sponsor us please [click here](#).

I hope you enjoy our newsletter and that it helps to give you more of an insight into what your children are doing and general school life. I know that teenagers can be very quiet about school and just how useful it can be to be informed of events and activities. I wish you all every success for this academic year.



# Rewards 2019

We have revamped our awards system to now focus on positive reinforcement of expectations for our students. This will ensure that everyone is rewarded each lesson for conducting themselves in accordance with our school values. The three categories are: Attendance and Punctuality, Attitude to Learning, Appearance and Organisation. Additional ARK points can be gained as before.

If students arrive late to lesson, have incorrect uniform or misbehave, they will lose the relevant points. Students will then have the opportunity to spend their points in the 'ARK shop' and put them towards Bronze, Silver and Gold Awards. We are intending to send a computer generated report home weekly to update you on your child's rewards. The software is currently being developed.



**Attendance and Punctuality**

**Attitude to Learning**

**Appearance and Organisation**

## Plastics and the Refectory

Here at the Colne we take the issues surrounding climate change and plastic pollution very seriously and the catering team are continually working alongside our suppliers to help find the most appropriate socially responsible products that suit our needs, without putting more strain on the environment.

The amount of plastic we use in the refectory has been reduced significantly, replacing many of the pots, containers, dishes and cutlery we serve the food and drink in, with biodegradable, recyclable or compostable alternatives. These are such good replacements they are often mistaken for being plastic or non-recyclable.

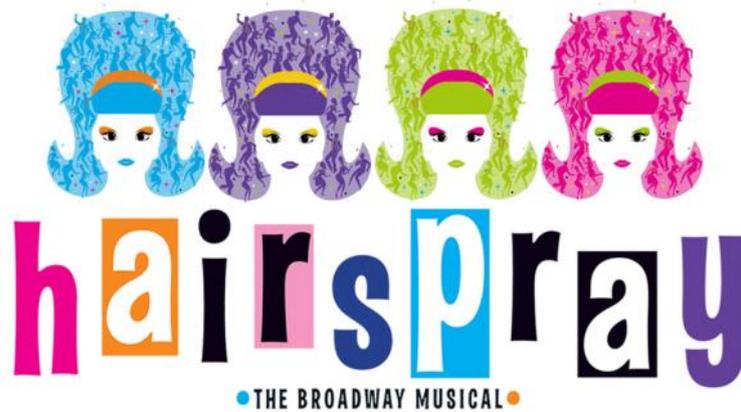
Biodegradable and compostable items are a great way to serve a wide variety of food because once they are disposed of the materials breakdown naturally without damaging the environment. They are manufactured products based on natural materials such as bagasse, which is sugar cane pulp, and plant extracts such as corn starch, which can be disposed of with food waste. These plant extract containers actually look and feel like plastic and can be identified by PLA embossed on the base. Even the straws we now use are biodegradable, so as soon as they come into contact with moisture and bacteria the degradation process begins.

We are currently looking at introducing 100% plastic free cups to serve our drinks in. They are the perfect environmentally friendly alternative to conventional disposable hot cups as they are lined with a water-based barrier coating solution, opposed to regular disposable cups which are lined with polyethylene. As they are plastic free, they can be recycled via conventional mixed paper recycling.



## Dates for your Diary

Friday 20 Sept	HPV1 injections Year 8
Monday 23 Sept	HPV1 injections Year 8
Wednesday 25 Sept	Road Safety play Year 7
Thursday 3 Oct	Open Evening 5.30pm — 7.30pm
Wednesday 9 Oct	Careers event
Thursday 17 Oct	Year 10 Parents' Evening 4pm — 7.30pm
Tuesday 22 Oct	Chemistry at Work trip (leave 8am)



### Singers, Dancers and Actors

In September we are holding auditions for Hairspray, which will be performed in February. It is set in 1962 and change is in the air, all thanks to Tracy Turnblad. She only has one mission in life and that is to be on "The Corny Collins Show". Will she achieve her dreams and get the guy along the way?

#### Auditions are as follows:

Lunchtimes:

10 September – Room 39: An introduction to the show and team

After school:

11 September – Dancers' audition rehearsal

12 September – Full Cast audition rehearsal

18 September – Auditions' Recap

19 September – Auditions



**Please speak to Mrs Welham for more information**

# Events from the Summer Term

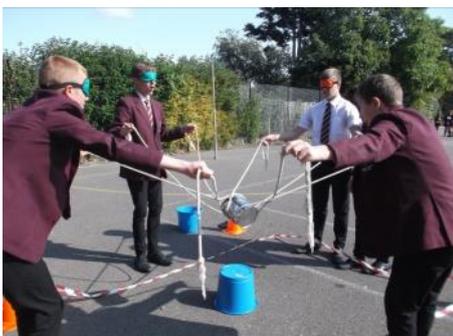


## Life Day

Life Day is an exciting new initiative developed to deliver all of the wider curriculum education that is important to ensure our students thrive in their everyday lives.

The first Life Day at the Colne took place on Friday 12 July for Years 7 – 10. Each Year group had a different focus, which varied from Mental Health and Well-being, Careers, Personal Development and so on. Over thirty guest speakers were invited to deliver the sessions including African Drumming, Olympic Weight-lifting, Yoga, Thai Chi, Team Building, First Aid, Sex and Drug Education, Road/Fire/Online Safety and Career Pathways. We even had a motivational talk from actor Dave Keeling, who was perhaps our biggest hit with all of the Year groups.

Next year, this initiative will be expanding to one Life Day per term and will cover a huge range of statutory educational requirements which are generally not covered in depth within the timetabled subjects. Staff at The Colne are pleased to be able to offer guidance and education on these topics which will help our young people to explore topics that are essential to their future well-being.





## Athlete Mentor Visit



The penultimate afternoon of the term provided an opportunity for the PE Faculty to reward our Sports Leaders, Football Activators and highest attenders at extra-curricular clubs with a visit from a member of Team GB. It was an honour to welcome Montell Douglas to the school. Montell has competed in both the Olympic and Commonwealth Games in the 100m and had her Commonwealth Gold Medal to show us. Her inspirational talk explained how she got involved in sport and offered advice and tips on how she made it to the top as a sprinter and has now transferred her skills to the GB Bobsleigh team. A practical session followed with a series of challenges encouraging students to be competitive, learn from their mistakes and never give up! Montell is aiming to be part of the next Winter Olympics and we wish her every success.



# Sports Day

## Can anyone beat Oak House?

The end of term saw students compete to gain as many points as possible for their House team at Sports Day. During the morning the field events were held, in which there were many fantastic distances thrown and jumped. Of particular mention, in the Year 10 boys' Long Jump, Jack Crease broke the school record with a jump of 6 metres.

The afternoon track events involved the whole school and commenced with an open 800m in which all students and staff that completed the distance in 10 minutes scored a point for their House team. Sprints and relays then followed with a great atmosphere as students encouraged others from their House group to do their best.

### Overall places were as follows:

- 1<sup>st</sup> place – Oak**
- 2<sup>nd</sup> place – Larch**
- 3<sup>rd</sup> place – Cedar**
- 4<sup>th</sup> place – Nordmann**
- 5<sup>th</sup> place – Elder**



# **A week in Mersea Camp for Year 7**

## **July 2019**

What better way for the Year 7 students to finish their first year at The Colne, than with a week under canvas at Mersea Camp! On Monday 15 July 2019, 156 excited students, along with 17 members of staff, travelled to Mersea for a week of activities. Students worked outside of their comfort zone and gained independence as they took on a wide range of challenges. Activities included archery, caving, climbing, high ropes, off road biking, swimming, zip wire and the giant swing.

The evenings consisted of a range of House challenges, allowing students to work in their tutor groups to gain points. The Tug of War was won by Cedar House overall, but it was Larch that rose to the top in both the Team Challenge activities and Mersea Olympics, resulting in them winning the House activities.

The final day was here before we knew it and after the last activity session, all students took part in an 'It's a Knockout' session, where unfortunately, the rain added to the water in some of the games we played! We returned to school exhausted, yet a great time was had by all!



**“Mersea was good! Fun activities. The sleeping was cold on the first night.”**



**“The Mersea trip was all right, the activities were fun. The giant swing was the best, the adventure course was really fun as well.”**



**“Mersea was okay, the food wasn't great and there were wasps everywhere but the activities were great.”**

**“My experience at Mersea was really exciting, especially the giant swing.”**



**“My experience at Mersea was really fun, especially the giant swing. When I had caving I thought it was very claustrophobic but it was fun at the same time.”**

# The Colne School of Art Exhibition 2019



The annual School of Art exhibition takes place in the summer term every year, not long after students in Year 11 complete their final art exam. As a department, it is one of the most exciting days of the academic year. It is a celebration of their hard work and achievements over the three-year course and an opportunity to share their successes with friends, family and our wider community.

Along with the incredible artwork on display, we were excited to introduce the first annual Art and Photography awards too. Presented by Mrs Kelly and Mr Crane, this was a chance to celebrate the students who have gone above and beyond throughout the course. There were awards in Art and Photography for aspiration, resilience, kindness and the most improved in each area. The Faculty Choice award went to Megan Smith for her unwavering effort in both Art and Photography and the Head of School award went to Freya Gascoyne for her giant painting of a reclining figure.



# School Clubs

	<b>Lunchtime 1:30pm – 2:00pm</b>	<b>After school 3:10pm – 4:20pm</b>
<b>Monday</b>	<b>Creative Writing</b> Mrs C Coyne (Room 16) Open to any student wanting to improve their writing skills.	<b>3D design GCSE coursework support session</b> Miss E Notman (4:30 finish) (Room 38)
<b>Tuesday</b>		<b>3D design GCSE coursework support session</b> Miss E Notman (4:30 finish) (Room 38)  <b>Year 8, 9,10 and 11 Boys' Basketball</b> Mr Ox (Gym and Sports Hall)  <b>Year 7 and 8 Boys' and Girls' Fitness club</b> Mr Elliott (Fitness Room)  <b>Year 7, 8, 9, 10 and 11 Girls' Football</b> Miss Bishop, Miss Austin (Astroturf)  <b>Year 9, 10 and 11 Dance</b> Miss Milton (Dance Studio)  <b>STEM Club Year 10</b> Dr P Beckerson (Room 68)
<b>Wednesday</b>	<b>Year 7, 8, 9, 10 and 11 Boys' and Girls' Basketball Shooting Practice</b> Mr Ox (Sports Hall)	<b>3D design GCSE coursework support session</b> Miss E Notman (4:30 finish) (Room 38)  <b>Year 7, 8, 9, 10 and 11 Boys' Football</b> Mr Elliott, Mr Grimwood, Mr Ox, Mr Heighway (Astroturf and Top Field)  <b>Year 8, 9, 10, 11 Girls' Basketball</b> Mrs Pulford, Ms Simon (Sports Hall and Gym)  <b>Hairspray Rehearsals</b> Mrs Lee (Room 39/ Main Hall)
<b>Thursday</b>	<b>Year 7 and 8 Dance Club</b> Miss Milton (Gym)	<b>Year 7,8,9,10 &amp; 11 Boys and girls Rugby</b> Mr Ox (Top Field)  <b>Year 7,8,9,10 &amp;11 Girls Netball.</b> Mrs Pulford, Miss Bishop, Miss Austin (Netball Courts)  <b>Hairspray Rehearsals</b> Mrs Lee (Room 39/ Main Hall)  <b>STEM Club Year 11 (fortnightly)</b> Dr P Beckerson (Room 68)
<b>Friday</b>		<b>Year 9, 10 and 11 BTEC and Sport Science Additional Support</b> Mrs Pulford, Mr Ox, Mr Elliott (Learning Centre)

**ALLERGENS KEY**  
 C = Celery  
 CG = Cereal  
 containing Gluten  
 CS = Crustaceans  
 E = Egg  
 F = Fish  
 L = Lupin

# Main Meal Deal Menu

D = Dairy  
 MO = Molluscs  
 MU = Mustard  
 N = Nuts  
 P = Peanuts  
 SS = Sesame Seeds  
 S = Soya  
 SD = Sulphur  
 Dioxide

£2.30 Free School Meal value **WEEK 1**

Around the  World

Home Cooked Tasty Meals.....

	India 	GB 	China 	Mexico 	Spain 
	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Chicken Korma + Turmeric Rice or	Traditional Shepherd's Pie or	Chicken Chow Mein or	Oven Baked Enchiladas or	Paprika Seasoned Chicken + Savoury Rice or
Dish of the Day Vegetarian	Chunky Veg Korma With Rice	Sweet Potato Topped Veggie Shepherd's Pie	Sweet + Sour Quorn with Rice Noodles	Spicy Quorn + Veg Chilli + Rice	Vegetable Paella
Vegetables + Salads Choice of two:	Naan Bread Sweetcorn Sautéed Courgettes Seasonal Salad	Chips Sliced Carrots Broccoli Seasonal Salad	Sweet Chilli Potatoes Steir Fry Veg Mange Tout Seasonal Salad	Cancun Potatoes Chilli Tomatoes Green Beans Seasonal Salad	Chips Spanish Veg Mix Peas Seasonal Salad
Dessert Choice of one:	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits
Drink	Bottle of Water	Bottle of Water	Bottle of Water	Bottle of Water	Bottle of Water

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£2.30 Free School Meal Value **Week 2**  
 Home Cooked Tasty Meals....

Around the  World

	India 	Mexico 	Morocco 	GB 	France 
	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Chicken Tikka Masala + Rice or	Chilli Con Carne with Brown + White Rice or	Lamb Tagine Style Meatballs in Rich Tomato Sauce or	Roast Gammon + Pineapple or	Chicken + Ham En Crouste or
Dish of the Day Vegetarian	Vegetable Biryani + Curry Sauce	Spicy Quorn + Veg Wrap with Corn Chips	Khobez Bread filled Chickpea Stew	Quorn Sausage Toad in Hole	Tarte Flambe
Vegetables + Salads Choice of two:	Spiced Wedges Onion Bhaji Mughlai Saag Seasonal Salad	Chips Peas Fiesta Corn + Pepper Seasonal Salad	Couscous Zaalouk Roasted Carrots Seasonal Salad	Roast Potatoes Baked Veg Buttered Cabbage Seasonal Salad	Chips Courgette Provençal Haricot Vert Seasonal Salad
Dessert Choice of one:	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits
Drink	Bottle of Water	Bottle of Water	Bottle of Water	Bottle of Water	Bottle of Water

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# Main Meal Deal Menu

Around the World

£2.30 Free School Meal value

WEEK 3

Home Cooked Tasty Meals

D = Dairy  
 MO = Molluscs  
 MU = Mustard  
 N = Nuts  
 P = Peanuts  
 SS = Sesame Seeds  
 S = Soya  
 SD = Sulphur Dioxide

	India	Italy	GB	China	Greece
	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Chicken Rogan Josh + Basmati Rice or	Spaghetti Bolognese + Parmesan or	Roast Beef + Yorkshire Pudding or	Sweet + Sour Chicken + Egg Noodles or	Greek Lamb Moussaka or
Dish of the Day Vegetarian	Vegetable Curry in Paratha Bread	Vegetable Lasagne	Mushroom + Veg Roast	Quorn + Ginger Stir Fry and Rice	Stuffed Red Pepper + Halloumi Cheese
Vegetables + Salads Choice of two:	Bombay Potatoes Mushroom Bhaji Chilli Green Beans Seasonal Salad	Chips Sugar Snap Peas Baked Butternut Squash Seasonal Salad	Roast Potatoes Sprouts Sliced Carrots Seasonal Salad	Shanghai Potatoes Stir Fry Vegetables Chinese Cabbage Seasonal Salad	Chips Greek Salad Grilled Tomatoes Seasonal Salad
Dessert Choice of one:	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits
Drink	Bottle of Water	Bottle of Water	Bottle of Water	Bottle of Water	Bottle of Water

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# Main Meal Deal Menu

Around the World

£2.30 Free School Meal value

WEEK 4

Home Cooked Tasty Meals

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 MU = Mustard  
 N = Nuts  
 P = Peanuts  
 SS = Sesame Seeds  
 S = Soya  
 SD = Sulphur Dioxide

	India	USA	Italy	Jamaica	GB
	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Chicken Balti + Basmati Rice or	Texan BBQ Turkey Meatballs + Wedges or	Lasagne Al Forno or	Jerk Chicken Drumsticks with Rice + Peas or	Traditional Minced Beef Pie or
Dish of the Day Vegetarian	Chana Masala + Rice (chickpeas)	Mac 'n' Cheese	Mushroom + Pesto Pasta	Sunny Vegetable Patties	BBQ Jackfruit Wrap
Vegetables + Salads Choice of two:	Sag Aloo Spicy Green Beans Peas Seasonal Salad	Chips Corn Cobbette Broccoli Seasonal Salad	Herby Parmesan Potatoes Sweetcorn Baby Carrots Seasonal Salad	Sweet Potato Fries Bok Choy Grilled Veg Seasonal Salad	Chips Diced Carrots Cauliflower Seasonal Salad
Dessert Choice of one:	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits	Fresh Fruit Salad Yoghurt Cheese + Biscuits
Drink	Bottle of Water	Bottle of Water	Bottle of Water	Bottle of Water	Bottle of Water

## **SIN-Full Recipe** by Mrs S Innes

### **Sausage Rolls**

#### **Ingredients**

##### **For the rough puff pastry**

225g/8oz Plain flour  
½ tsp Salt  
200g/7oz butter, chilled and cubed  
180ml/6fl oz chilled water  
½ Lemon, juice only

##### **For the filling**

600g/1lb 5oz Sausage meat  
1 tbsp chopped fresh Sage  
½ onion finely diced and softened  
salt and freshly ground black pepper



#### **Method**

- 1- Sift the flour and salt into a large bowl and add the butter. Mix the butter around with a large metal spoon to coat it in flour. Be careful to keep the butter in lumps.
- 2- Mix the water and lemon juice together and gradually pour it into the flour and butter mixture.
- 3- Using a round-tipped knife, cut across the contents of the bowl several times, turning the bowl continuously as you chop the butter into the flour, until the dough comes together. The dough is very wet at this point.
- 4- Tip it onto a lightly floured work surface and quickly shape it into a rectangle about 30cm x 20cm/12in x 8in. With the pastry vertically on the board, fold the bottom third of the pastry up onto the middle third, then the top third down onto the other thirds. Wrap in cling film and chill for 10 minutes.
- 5- Bring the pastry out of the fridge and with the folded edge to the sides, roll the pastry again into the same proportions as the original narrow rectangle and fold in the same way again. Chill again. Repeat this twice more. After the last folding stage, wrap the pastry in cling film and chill in the fridge for two hours.
- 6- Cook the onions gently, over a low heat, stirring occasionally, for 15 – 20 minutes or until they are soft, translucent and lightly caramelised. Then cool.
- 7- Place the sausage meat, chopped sage, salt, and freshly ground black pepper into a large bowl and mix thoroughly. Once cooled add the onions and mix again.
- 8- Pre-heat oven to 220C/425F/Gas 7. Cover a large baking sheet with baking parchment.
- 9- Place the pastry onto a lightly floured board and roll out to a Rectangle. On the short side of the rectangle place a cylinder of seasoned sausage meat.
- 10- Wet the short edge of the pastry with a little water and roll up the sausage meat in the pastry. Place onto the lined baking sheet with the seam underneath. Repeat with the remaining sausage meat and pastry. Cut to desired size.
- 11- Glaze each sausage roll with the beaten egg. Diagonally slash each sausage roll on the top three times.



***“Every student can learn, just not on the same day or the same way.”***

**George Evans**