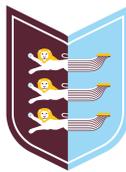


June 2022 at The Colne



THE COLNE
COMMUNITY SCHOOL & COLLEGE

Mental Health Awareness - Miss Wynne, Miss Notman, Mrs Green

This term every form will take part in a wellness walk as part of their tutor time activities. The mental health assembly this term will be covering the importance of understanding people's differences in the ways they look after their mental health, as well as the importance of being outside in nature for our wellbeing.



Two of our mental health ambassadors are helping an external agency called Enable East. Enable East is an innovative, independent NHS team, who work within the mental health and wellbeing of children and young people.

They are involved in creating a leaflet to help students with their wellbeing and resilience. This leaflet will then be handed out to numerous students at a range of different schools. Well done Jessica in Year 9 and Lily in Year 10 who are involved in this.

Year 7 were invited to a wellbeing workshop delivered by Tom Ryder from Return Wellbeing. This takes place towards the end of June. Return inspires young people to improve their mental wellbeing through creative outlets such as music. They hold workshops with 30 students at a time, creating a space for discussion and conversations about mental health.



Project: Me - Miss Wynne and Miss Notman



A handful of our Year 9 students were chosen to take part in Project: Me: Reset and Grow Programme. Students were given the opportunity to discover how physical activity can improve overall health and wellbeing, as well as confidence and fitness. The programme encourages a growth mindset, improves self-esteem and develops coping mechanisms and skills to face future challenges. The Reset and Grow programme provides a safe place for young people to learn how to make positive changes that

benefit both mind and body. As well as group sessions, students attended 1 to 1 life-coaching sessions as part of this fantastic programme to support personal goals. We look forward to having Project: Me in school again soon.

Sports Fixtures

Following on from the Year 8 football team's success in the Essex Cup they completed a perfect season by defeating Thurstable in the district cup final at Philip Morant. Goals were shared out from all round the pitch and again all the players played their part in what was a strong performance. The boys then had the opportunity to receive the trophy from current Ipswich Town player Cameron Humphries to round off what has been an incredible season.



Design and Technology - Ms Bielecka

Year 9 students have been designing and hand making Art Deco inspired clocks for their Plastics Project in Design and Technology. Here are a few of the beautiful results.



Outside of School Achievements - Mr Ox

Reece

Reece has been playing football ever since he could walk. He played for his first team at Great Bentley, which really built a fire in his belly for it. He now plays for Heybridge EJA which is a harder level, but he is doing fantastic. He has been asked to train at Chelsea FC, Norwich and has recently played against the Ipswich Academy. Well done, Reece!



Olly

Olly currently plays roller hockey for Soham club, and is currently the captain of the Under 13s team. Olly will be competing in the Under 13s inter regionals tournament in July - good luck Olly!



Charlie

Charlie has recently made the Under 16's National League team for Basketball. He was one of 15 chosen from over 50 players. Congratulations, Charlie!



Year 10

Martha, Ruby, and Jack have recently completed their Silver Duke of Edinburgh Award as part of a team, after completing their practice expedition in the South Downs, and then in The Peak District for their qualifying expedition. They completed their Bronze Award last year with school and were eager to continue with their next award.

Want to be featured in the newsletter?

If you have anything you would like to submit for the newsletter that your child has achieved, then please send any emails to mail@colne.school FAO Miss Brown.

The Colne Visual Arts Department would like to announce the School Production for Feb 2023, The Lion King - Miss Sargent



We announced the news to the students and they were thrilled, some even cried with pure joy. Auditions take place over the coming weeks and Year 7 intake for September 2022 can attend and be part of the chorus. We are thrilled and excited to be able to produce this musical. Keep reading for more information about audition success, rehearsals and performances over the coming year.

Meet Mentor Team Building Trip - Miss Milton



On Tuesday 7th June, the Peer Mentors went on a trip to Essex Outdoors in Mersea where they took part in the High Ropes and the Low Ropes challenges.

They were working on building their teamwork, communication, listening and emotional support skills.

They represented the school very well and all worked together amazingly to be able to support each other in these challenges.



As a group they are now using these developed skills around the school and will be supporting the Year 6s as they transition to The Colne.

Pride Month - Miss Brown and Mr Wells

The month of June is Pride Month, which is dedicated to celebrating LGBTQ+ communities all over the world, including our Colne community. Pride is a celebration of people coming together in love and friendship, recognising how far we have come with LGBTQ+ rights and where work needs to be done. This month gives us as a community the opportunity to learn about the history of Pride and who has paved the way for current generations and future generations to come.



How can you celebrate Pride Month? There are many ways to celebrate, get your friends together and have a film festival, listen to some of your favourite LGBTQ+ musicians or get some decorations and cake together and have a Pride party! There are many events around the UK that celebrate Pride and help support charities who work with the community. Charities such as Mosaic, The Mix, Switchboard, Mermaids, Educate & Celebrate, Gendered Intelligence, LGBT Foundation and AKT Youth Homelessness Charity, are all fantastic examples of charities who educate and support young people and adults within the LGBTQ+ community.

Within our Colne community we have LGBTQ+ lunchtime clubs open to students to come along to - Monday lunchtime for Years 7 and 8 and Tuesday lunchtime for Years 9, 10 and 11.

Reading Over the Summer - Miss Reuben

With the weather getting warmer and wanting to spend more time outside, why not treat yourself to a good book whilst you sunbathe? Head over to the Reading Website [here](#), or type into any search engine 'Reading at The Colne' for more information.



phs Group P=RIOD EQUALITY

Creating period equality for all.

Your educational organisation is now providing access to free period products.

If you need a free period product:

Students can collect products from
Student Reception or Pastoral
During Break/lunch or before/after school

Funded by
Department for Education

#periodpositive
#periodequality

<https://www.phs.co.uk/periodequality/>

Period Equality - Mrs Brett

Our school is part of this government period poverty scheme.

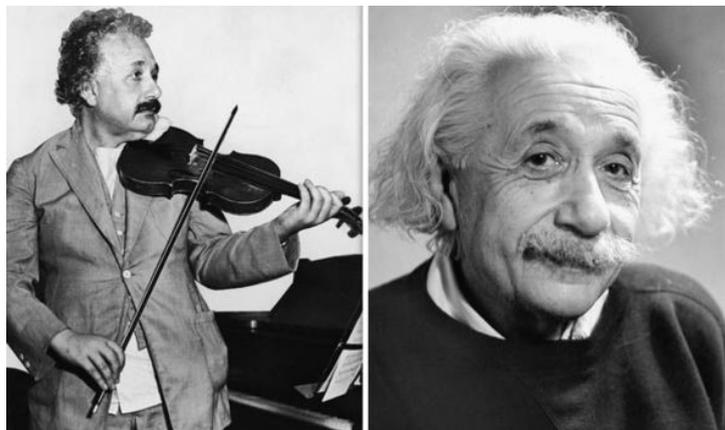
There is more information about the scheme on the Government website if you need it - see below.

Students who are in need of sanitary products are able to collect them from Student Reception or the Pastoral Office.

[Period product scheme for schools and colleges in England - GOV.UK](#)

Why should you learn an instrument? - Mrs Pipe

Learning to play an instrument properly has so many benefits. We will be sending out a letter during this term giving you information about how to sign up for lessons in September at school. Here are a few key benefits taken from the [Classic FM website](#):



1) **Playing an instrument makes you smarter.** Einstein once said: "Life without playing music is inconceivable to me. I live my daydreams in music. I see my life in terms of music... I get most joy in life out of music". And as it turns out, Einstein was onto something: many studies show a correlation between musical training and academic success, in both children and adults. Learning to play an instrument stimulates the brain, improving functions like memory and abstract reasoning skills, which are essential for maths and science.

- 2) **Your social life will improve.** Joining a musical group at any age encourages you to develop relationships with new kinds of people. It also builds skills in leadership and team-building, as well as showing you the rewards of working with others.
- 3) **Playing an instrument relieves stress.** Music keeps you calm. It has a unique effect on our emotions, and has even been proven to lower heart rate and blood pressure
- 4) **It builds your confidence.** Playing an instrument helps you get comfortable with self-expression. Playing in public can help children feel confident in presenting their work in a non-academic context.
- 5) **Practising a musical instrument improves patience.** It's an important lesson to learn that the more effort you put into something, the better the result will be.
- 6) **It helps improve your memory.** Researchers have found that learning to play a musical instrument can enhance verbal memory, spatial reasoning and literacy skills. Playing an instrument makes you use both sides of your brain, which strengthens memory power.
- 7) **Playing music makes you more creative.** Practising and perfecting a piece of music does wonders for the creative side of your brain.
- 8) **Playing music is fun!** There are lots of scientifically accurate benefits to learning a musical instrument, but what matters most is that it's enjoyable for the player. While other hobbies like watching TV or flicking through social media are passive, playing music actively engages and stimulates the brain, making you feel happy and occupied.



Year 6 Music Workshop - Mrs Green

On Monday 20th June, the Year 6 students of Brightlingsea Primary School joined the Music Department for a Music Workshop. It was a two hour workshop in which the Year 10 GCSE Music students helped teach the Year 6 pupils. Pupils chose an instrument from the piano, guitar, bass guitar, vocals and drums. They then sat with the Year 10 specialists to have one-on-one tutoring. The bass guitar was tricky to learn, but the Year 6 girls picked it up with ease. We learnt Jessie J's 'Price Tag' and once everyone had a practice, we played together as a whole class ensemble. All the pupils in both years worked really hard making the outcome a great success. Well done everyone!



Essex Teaching Awards

On Tuesday 14th June, Mrs Poynter, Miss Brown and Miss Burton attended the Essex Teaching Awards in Chelmsford for an evening of celebration and recognition of their work in school. They, along with others, had been nominated by other members of staff at school and were successful in being shortlisted for the event. Miss Brown and Miss Burton both received 'highly commended' nominations at the awards evening, Miss Brown for the New Teacher of the Year Award and Miss Burton for Non-teaching Staff Member of the Year Award. Mrs Poynter received a Lifetime Achievement Award. We are very proud that our staff were involved in this evening and received such glowing nominations - well done!



Key dates:

1st July - Non pupil day

4th & 6 July - Year 10 Post-16 Taster Days: please speak with Miss Weaver or Miss Brett for more information.

5th July - Year 6 students induction day, parents evening, uniform sales

7th July - Sports Award Evening

11th July - Mersea camp trips - Year 7 & 8 (half a week each year)

18th of July - Duke of Edinburgh Presentation Evening

19th July - Years 9 and 10 Sports Day

20th July - Year 7 and 8 Sports Day

22nd July - Non pupil day

Vacancies and volunteers

We have a number of vacancies currently advertised, including Graduate Teaching Assistants and Cleaners. These vacancies are advertised on the Sigma Trust website [here](#) (please contact the school directly for information on the Cleaner role).

We also have some volunteer positions available. Please see the next page regarding our Volunteer Library Manager position. We are also in need of a voluntary Minibus Driver - if you know of anyone who may be interested in the position, please ask them to contact the school directly for more information!

Volunteer Library Manager at The Colne



Do you want to help us foster reading for pleasure?

Do you want to be part of building a reading culture and community?

Do you like to learn about current books and recommend them to students?

Do you like to create eye-catching displays and draw attention to books?

We need a volunteer who will come into the school at least once a week and help organise and operate the library. Duties may include helping to establish a system to check books in and out of the library, working with support staff regarding reading, encouraging children to check out books, teaching children what a library is and promoting reading in the school.



If you are interested, please contact mail@colne.school FAO Miss Reuben for more information.

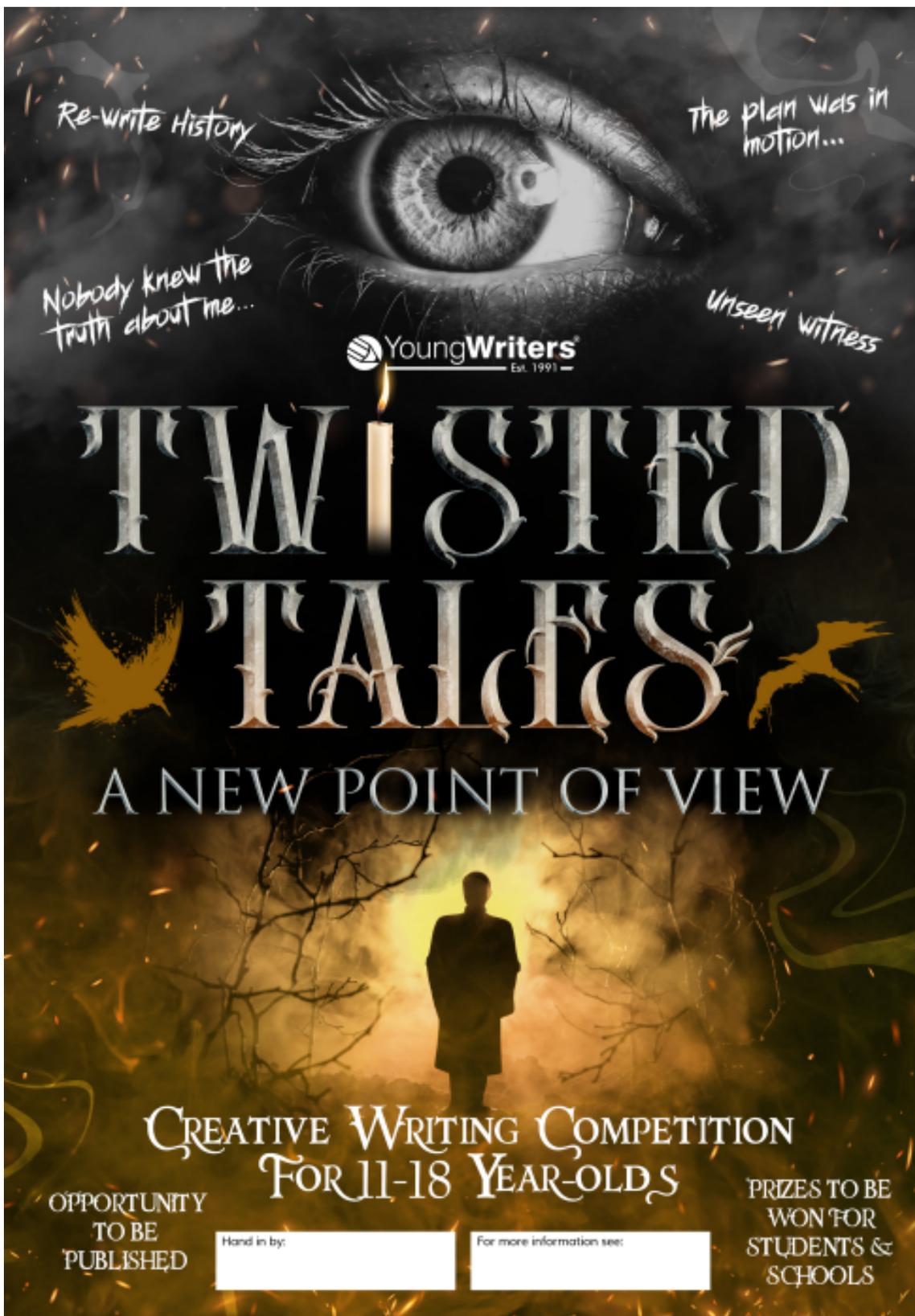
National Writing Competition

Are you a budding young writer?

Twisted Tales have announced their Young Writers competition!

Deadline: Monday 18th July 2022.

See Miss Reuben to get your entry information.



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The plan was in motion...

Unseen witness

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A NEW POINT OF VIEW

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