

March 2023 at The Colne

Key Dates

31 March 2023 - Non-uniform day; the school closes at 12.35pm
 26 April 2023 - Year 7 Parents Evening
 1 May 2023 - Bank Holiday
 8 May 2023 - Bank Holiday
 6 July 2023 - Year 10 Parents Evening

10-19 March
**British
 Science
 Week
 2023**



BRITISH SCIENCE WEEK 2023 - Ms Roling

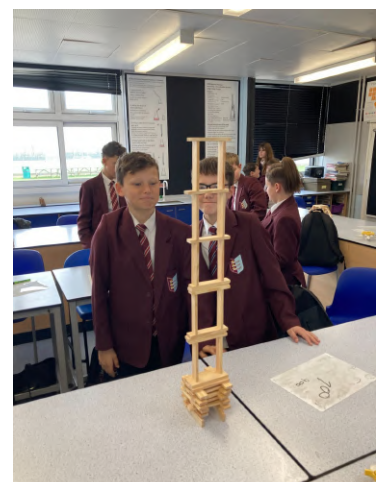
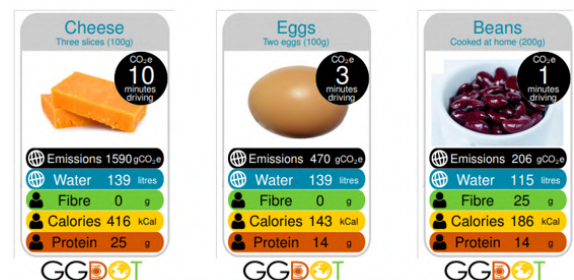
As we celebrate togetherness, after a period where isolation was a sad but necessary reality, 'Connections' was an apt theme for British Science Week 2023.

Nearly all innovations in science, technology, engineering and maths are built on connections between people; two (or more) heads are better than one, after all!

To celebrate this, KS3 students took part in an engineering bridge building and tower challenge in their science lessons, putting their problem solving, communication and creativity skills to the test.

Students also had the opportunity to try their hand at sending and decoding morse code messages with circuits that they had built.

Assemblies during this week highlighted the connections between our food choices and the impact it can have on climate change, learning that all of us can be a part of the solution with a simple change that all of us could try.



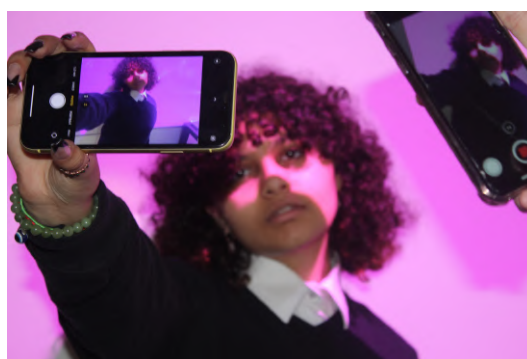
GCSE Art, Photography & 3D Design Taster Sessions - Mrs Kelly

Our year 9 students have been able to get a taste of what studying GCSE Art, Photography and 3D Design might be like at three taster sessions that have taken place in the last few weeks.



In the Art taster session, students made large mixed media pieces showing Brightlingsea church and in the 3D Design taster session pupils made clay sculptures of the church. These will be entered into the *All Saints Church Competition of the Arts* that will celebrate the church and its grounds in an exhibition that will happen when the church reopens this year.

Potential photography students took photographs on the theme of *electronic communication*, in response to a competition run by the Chelmsford Science and Engineering Society. We were really impressed with the creative responses of the students.



Year 11 English - Mrs Fry

With the final few weeks until GCSEs approaching, the English Department wanted to say how impressed we all were with attitudes towards the most recent mock assessments. Not long to go now! A reminder of the revision sessions on offer after school in the English department is below:

After School Revision

Language Section B Tuesday		Language Section A Wednesday		Literature Friday	
Week A	Mrs Fry A6	Paper 1	Miss Jones A17	Macbeth	Mrs Fry A6
Week B	Mr Rudkins A6	Paper 2	Mr Wells A19	A Christmas Carol	Miss Reuben A9
All sessions will focus on exam skills. Each literature session will look at a different exam question.				An Inspector Calls	Miss Jones A17
				Poetry	Mr Wells A19

Termly Rewards - P.E - Miss Pearson

See below the P.E. termly rewards for achievement, commitment, and effort. Well done to all of those students!

Boys	Year 7	Year 8	Year 9	Year 10	Year 11
Achievement	Micah Telfer	Cameron Seward	Drew Surman-Wells	Louie Chang	Preston Palmer
Commitment	Dexter Rusbridge	Oliver Keith	Ben Carpenter	Jack Beard	Malachy Matthews
Effort	Kit Matthews	Reggie Tingay-Smith	Austin Wainford	Ollie Warren	Alfie Cade

Girls	Year 7	Year 8	Year 9	Year 10	Year 11
Achievement	Karolina Ezrow	Bethany Utting	Ruby Morgan	Evie Allan	Eve Milgate
Commitment	Demi Johnston-Pooley	Lexi Netzel	Nell Cory	Lexi Newbury	Amelie Myhill
Effort	Yana Melnychuk	Lily Clark	Emily Holben	Maia Clarke	Sera-May Peniket

Year 7 Basketball - Mrs Pulford

On Tuesday 14 March our Year 7 girls basketball team travelled to TLA School to take part in a District 3v3 competition. Upon arrival we found out we had to play against 8 other schools in the Colchester district, with each game a frantic 6 minutes of end to end action.

Over the course of the afternoon the team remained undefeated, with all players scoring some fantastic shots, as well as winning many interceptions. It was difficult to keep track of the placings but as we sat at the end of the final game and the places were announced, we were thrilled to find out that we had finished in first place. Congratulations to Bonnie, Michaela, Lilly and Paige. We look forward to the league games beginning next year!



Year 11 GCSE Students - Ms Sargent

On Friday 10th March 2023, Year 11 GCSE drama students completed their component 2 practical exam. The examiner was impressed with their hard work and talent. The drama teachers are incredibly proud of them all and wish them all the best in their component 3 theory exam.



Spring Reading Challenge - Miss Reuben

Don't forget to log all of your entries for the Spring Reading Challenge! The Reading Website (found by searching 'Reading at The Colne') has all the information you need.

What do I do?

Read at least one book from each topic and log it on the Reading Website!

Search 'Reading at The Colne' for our website.

Topic 1:

27th January is International Holocaust Remembrance Day. Why not read a book written by a Jewish author, or about the Jewish culture?

Topic 2:

Chinese New Year is from 22nd January – 5th February. Read a book from a Chinese author, or with a storyline set in or about China.

Topic 3:

Burns Night is on the 25th January and is for the famous poet, Robert Burns. Read some poetry – ask your teachers what their favourite poems are!

Topic 4:

LGBT History Month is celebrated in February. Read a book written by, or about, people the LGBT community!

How long do I have?

You have until 31st March to read and submit your books. Any submissions in April will not be counted!
You can submit as many times as you like.

Speak to Miss Reuben in A9 for more information.

Spring Reading Challenge 2023

Marc's House - Mr Mwanyo and Ms Parker

Marc's House is a charity that was founded in 2012 in the Eastern Democratic Republic of Congo.

Marc's House started off with just looking after abandoned/street children but it grew rapidly to accommodate former child soldiers as well.

They currently have 135 children, of which 80 boys and 55 girls - age between 2 to 19 years old. Most of the children using the facilities only come in for the night (a safe place to sleep, shower and have a meal) and leave in the morning. Most nights they get about 250 children seeking shelter at the facilities. Over the past 10 years they have looked after more than 6000 children, some on a permanent basis and some only temporary and they never turn a child away.



Ms Parker, Miss Hastie and Miss Kyriakides and others have donated and collected children's and adult clothes, toys, toiletries, kitchen equipment etc that Marc's House are sending to the DRC within the next month. Our school has donated 140 computers, of which some will be used by the children that they look after, some will be donated to local schools who have no computers in exchange to educate the children and some will be used in internet cafes to generate money for the charity (food, basic necessities and bills).



Marc's House is now starting to collect again and your help would be greatly appreciated. If you have anything that you are able to donate, they will happily accept. Please note we are also able to take baby milk, nappies etc which will be given to the local hospital in exchange for any treatment the children may need.

Also, the young girls have sewing lessons which enables them to not only repair and mend but also make clothing. If anyone has an old sewing machine, spare cloth or threads sat around gathering dust then Marc's House would gratefully accept these also. Donations can be sent to the school where they will be stored until the next shipment.

Below are just a few of the children that will be receiving this first shipment of donations and we plan to have a follow up assembly which we hope will not only have pictures but also words of thanks from the children themselves.



Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



NOS National
Online
Safety®
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.03.2023