



SHSG

# GAZETTE



FRONT COVER IMAGE BY BEA IN YEAR 8

DO YOU WANT  
TO BUILD A  
SNOWMAN?



**INSIDE THIS ISSUE:**

- LET IT SNOW...
- AMAZING STUDENT WORK
- MEDIA CAPTAINS
- LETTER FROM OUR HEAD STUDENT
- AND MUCH MORE...

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# Southend High School for Girls

An Academy Grammar School

Southchurch Boulevard, Southend-on-Sea, SS2 4UZ

Headteacher: Mr J Carey MEd (Cantab), BA (Hons), LLE, NPQEL

5<sup>th</sup> March 2021

Dear Parents, Carers and Students,

On behalf of all the staff I want to say just how much we are looking forward to welcoming you all back to school next week!

You have been magnificent throughout this whole period; the partnership between school, parents and students has enabled us to work through lockdown together. Thank you. Since March 2020, every term has brought new challenges: from the initial lockdown a year ago, to the first term back in September with year group bubbles and groups self-isolating, and this term's full lockdown. We do not know what the next challenges will be, as we approach the summer term, but I am confident that we will meet them with strength, together.

### Return to school and testing

Thank you for engaging in the lateral flow testing programme. The feedback we have had so far has been positive; I hope that your experience has also been a good one. To date we have had over a thousand consents. Most students will therefore have had two tests before they return to school. Please remember to send your test results to school via the link sent in the previous email and below:

[Test 1 here](#)

[Test 2 here](#)

[Test 3 here](#)

### Return to school – first day back

Earlier in the week, I emailed the detailed return to school programme. Please find below a reminder of each year group's first day back in school.

Years 11, 12 and 13	Tuesday, 9 March 2021
Years 9 and 10	Wednesday, 10 March 2021
Years 7 and 8	Thursday, 11 March 2021

Students should go straight to their tutor base. I will be conducting a headteacher welcome back assembly along with the heads of year. Lessons and lesson timings will then commence exactly as before lockdown in year group bubbles and staggered end times.

Telephone: 01702 588852

Email: [office@shsg.org](mailto:office@shsg.org) Web: [www.shsg.org](http://www.shsg.org)

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- The timings of lessons and of the school day will revert to normal: Lesson 1 (9am - 10am), Lesson 2 (10:05am - 11:05am) etc.
- This will be for both remote lessons and in school face to face lessons.
- **Period 5 remote learning** lessons will end at 3:30pm.
- **Period 5 in school face to face** lessons will also revert to the normal staggered end times to avoid bubbles mixing at the end of each school day:

- Year 7: 3:10
- Year 8 & 9: 3:15
- Year 10: 3:20
- Year 11: 3:25
- Years 12 & 13: 3:30

### A reminder about your test day

Next week (and on Monday, 15 March for Year 7 and 8's testing day 3) students do not come into school on their testing day. Garons is open from 08:00 to 20:00 and we have been given priority for this site. Therefore, families can choose a convenient time. Live lessons will not take place for that year group on their testing day; it should be used for consolidation.

### Face masks

To support our rigorous health and safety programme and risk assessment, we ask parents to ensure that their child wears a face mask. Below, I have quoted the Director of Public Health, Krishna Ramkhelawon from his letter sent to parents earlier in the week:

*Research has shown that face masks, when worn correctly over the mouth and nose, play a significant role in reducing the spread of virus' such as Covid-19.*

*The DfE is also now also recommending that face coverings are worn by secondary-age pupils in classrooms, only where social distancing cannot be maintained and unless a young person is medically exempt from wearing one. Secondary and college pupils are already required to wear a face covering when moving around school buildings in corridors and communal areas, as well as when travelling to and from school on public transport.*

*Parents are also asked to wear a face mask, unless they are exempt, when dropping off and picking up their children from an education setting, including school, nursery and childminders.*

Please email your child's Head of Year if they are medically exempt from wearing a face mask.

### School meals

The canteen will again be offering Pre-Ordered lunches commencing on Tuesday 9 March. Please ensure that your child's dinner money account is topped up on Parent Pay and that they are familiar with their username and password for the food pre-order portal. Lunches for the same day will need to be ordered before school/during form time with the usual deadline of 9am. The instructions can be found [here](#).

### C2C and school buses

Trains -

We have been made aware that the C2C line will have major disruptions next week. Details regarding this can be found on this link [c2c Timetables & Service Alterations | Latest timetable information \(c2c-online.co.uk\)](#). We expect students to make alternative travel arrangements to attend school if they are not able to use the C2C services.

C2C are also deploying extra staff and managers at key stations close to schools and colleges in the mornings and afternoons to make sure all passengers can travel safely, reminding them to use the entire length of trains and platforms.

#### Buses –

Bus companies have been made aware of the SHSG plans for return to school. If you have any queries, please contact the bus companies directly:

Stephensons of Essex - <https://stephensonsofexsex.com/>

AMI Coaches Ltd - <https://www.amicoaches.co.uk/schools/>

Maymist School Buses - <https://www.maymistcoaches.com/school-buses>

#### Lockdown achievement

Congratulations to the following students for being awarded the most achievement badges during lockdown!

Overall Winner: Chloe B, Year 7:	61 badges
Lower School Winner: Elizabeth K, Year 7:	42 badges
Middle School Winner: Charlotte P, Year 11:	43 Badges
Upper School Winner: Emma S, Year 12:	10 badges

#### UCAS update

Despite the current circumstances, our Year 13 students continue to receive offers from their university choices. We hope this is providing the inspiration to maintain the high levels of engagement and determination we have seen over the last eight weeks of remote education.

97% of our students have received offers from their university choices and 19 students have already made their firm and insurance decisions.

The Sixth Form Team will provide more details regarding firm and insurance decisions to year 13 when they return to school. If any Year 13 student needs support in making these decisions, please let the Sixth Form Team know so we can arrange a careers consultation.

Year 13 have also received weekly remote visits from our 2020 alumni, who have been able to give reassurance and advice from their experiences over the last 12 months. We are very grateful to our alumni for taking the time to speak with Year 13 students.

#### Summary of information

Attached to the email with this letter we have also included a 'back to the classroom' document with more detailed information about lesson timings, homework, testing days and so on. You have already had this information but we thought you may find it useful to have everything in one place.

I wish you all an enjoyable weekend and very much look forward to seeing students back in school next week!

Yours faithfully,

Jason Carey  
Headteacher

Enc.

## HEAD TEACHER'S AWARD



Amazing work achieved in just four lessons!

The group seamlessly writes together clearly answering the question:  
**Which place is more likely to flood now and in future and why?**

Well written, high level understanding and mature writing style. GCSE level already - Excellent!

The collage features several elements: a map of the East of England showing the location of Thorpe Bay and Jaywick; a photograph of a flooded area with water splashing over a sea wall; a handwritten report titled '(Thorpe Bay - Ellen, Jaywick - Moqadesa)' which discusses the coastal location and flooding risks of both areas; a map of the UK highlighting the Essex coast; and a handwritten conclusion that states Jaywick is the most likely to flood now and in the future due to its proximity to the sea and the impact of rising sea levels. The text in the collage is well-structured and shows a clear understanding of the geographical and environmental factors involved.

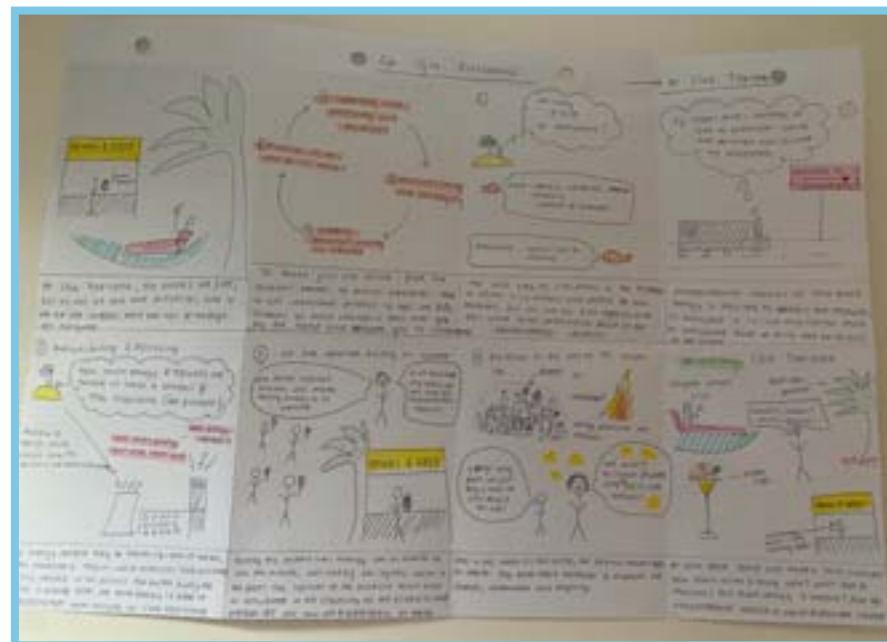


Amazing work!  
well done!

# HEAD TEACHER'S AWARD



Year 8 students have been challenged to create maths art in the snow, Bea R in year 8F has created an amazing snowman sum showing great creativity.



This is a piece of work from Gracie P in year 11. It is a revision aid for Chemistry. **'Life cycle assessment meets Club Tropicana'.**

# HEAD TEACHER'S AWARD



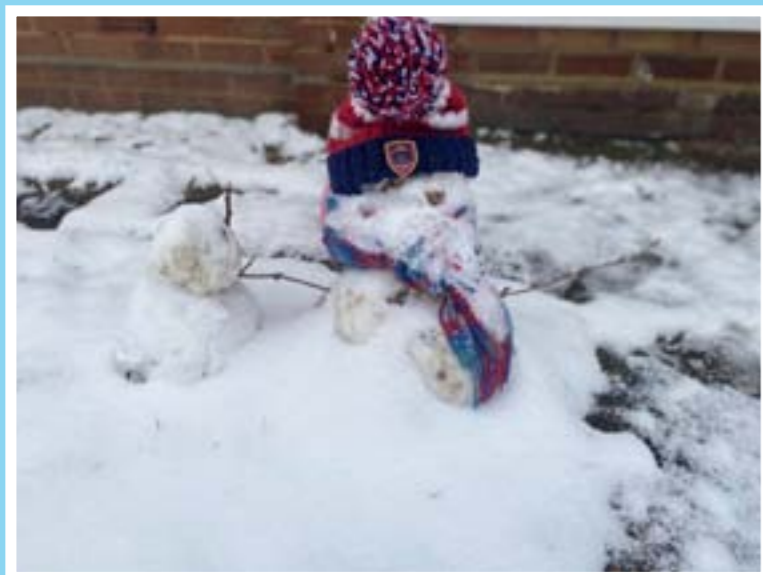
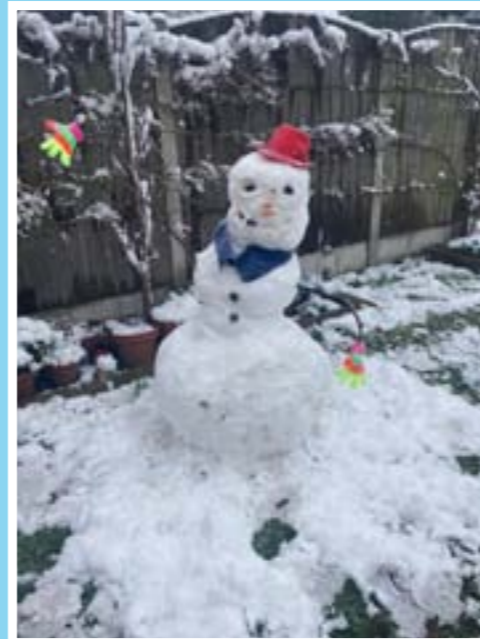
I made two videos where I conducted different, short experiments demonstrating how electrostatic charge occurs due to materials' electric fields. The first is the experiment we were suggested to try, in which after rubbing a plastic ruler with a tea towel, the water was attracted to the ruler, showing a transfer in surface electrons.



The second video shows an observation I made by accident. My cat had been sitting on my chair all day and had just got up. I tried to brush the cat fur off the chair but it was quite hard as it stuck to the chair, just rolling towards the end instead of actually coming off it. So, I picked the fur up and let it go and it floated back towards the chair and I knew that there was some static behaviour there, without even realising! On the triboelectric series (a list detailing the materials that lose or gain electrons that have an electrostatic charge), it says that cat fur has a moderate positive charge as a result of losing electrons from the chair my cat had been sitting on. Therefore, when the fur rubbed with the chair, the chair's material must have gained some surface electrons from the fur, giving it an overall negative charge and causing attraction between the two materials- they 'stick' together as a result of the opposing charges. No wonder my cat had been sitting there all day!



# DO YOU WANNA BUILD A SNOWMAN...



7E had some fun when it snowed!

Anna A - 10A went for a wintery walk with her family



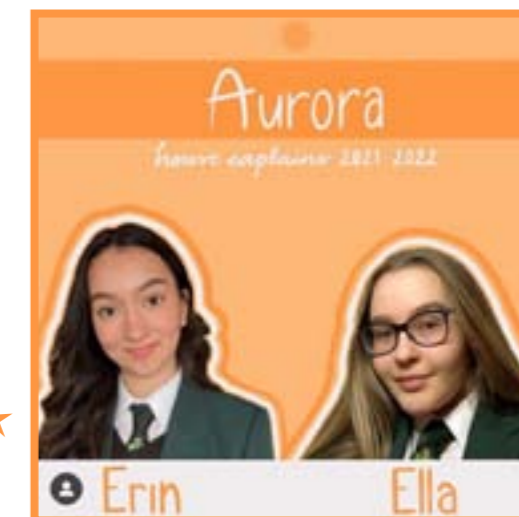
• Skye - 10A made some windowsill snowmen



# NEW HOUSE CAPTAINS



@shsghouses



We are so proud and pleased for you all to finally meet us...(virtually!) The past year has been tough, but we have so much planned for you guys to look forward to, including some new prizes and activities to add in the mix.



# My time as Head Student during the pandemic

by Amica B

★ In January 2020, with the book and badge handed over, I stepped into the role of head student at SHSG.

★ Molly, Juanita, Rosie, Ella, Annia and I, as the head student team, had so many visions for the coming year. Our focuses were on uniting all students through more whole school events involving different subjects, developing a more significant house system, making improvements to sixth form and putting greater emphasis on the importance of mental health.

In the first few months in between the parent's evenings, music concerts and settling into the roles, we met up frequently to work on these visions. We began working with subject captains and planned to have department events every half term (competitions, showcases etc.) as we wanted to contribute towards the community atmosphere in school similar to the one created in charity week.

★ There was also the exciting new project of the sixth form café, now called Scholars.

As a team we gathered feedback through various surveys with sixth formers about what they wanted the space to be. Plans were underway, progress was being made and we had hoped to see it open after the Easter holidays.



★ SCHOLARS CAFE



Then, of course, March came along and soon after our team performance in the charity week lip sync battle (one of my fondest memories), lockdown pt. 1 was announced.

## ...then Lockdown pt. 1 was announced...

Just as we were working towards getting the school all together and bridging the gap between years, we could not have been more apart as we all found ourselves stranded in our own houses.

The inexperience in a virtual school meant the focus was on figuring out how to do online lessons let alone attempting to organise online events. It was frustrating to see all the events planned for 2020 get cancelled one by one.

As someone who gets energy through interacting with people, by talking and keeping busy, it was demotivating. I still really miss engaging with the other years. However, in relativity these problems were small, and the lockdown gave lots of time for us to think about our privileges and the social imbalance in the world.

At least we are extremely lucky to be living in an environment where many of us are able to remotely access the internet and the capacity of that technology allowed us to have live lessons where we could still interact with our teachers and friends. Then, when the initial routine of virtual school had begun to settle, I was very glad to be able to help with the remote communications.

## cont...

The many Prezi presentations filmed during the pandemic were a defining part of my time as head student. The senior prefects and the team were an immense help in putting together virtual inductions and tours. To be able to unite virtually and do the things we usually do despite all the restrictions was reassuring.



We were even more hopeful when we were able to return to school, however briefly it may have been. You didn't have to look far past the hand sanitisers or gates separating bubbles to see that it was far from what it used to be. The atmosphere was very strange but I think we were all just glad to be back in a change of environment and with our friends that we hadn't seen for months.

With this return, as a head student team, we were able to get actively involved in projects again and catch up on missed time. I am pleased that we could still contribute towards some of our visions, particularly sixth form facility improvements:

- ★ COVID safe water dispensers installed across school
  - ★ Scholars- the new sixth form café
  - ★ General study space improvements
- (based on satisfaction surveys that were produced)

**Sitting here in round three of lockdown, in the classroom that is my living room, I can see that we were right to believe that the brief taste of normality would not last long.**

This time, however, we are more prepared on the virtual learning front and I hope that students are putting the focus on looking after themselves. There is so much uncertainty and worry about the future and a lot of that is out of our hands; so instead we must make ourselves in the current moment the priority.

Of course, the year was not ideal for a head student team, or anyone. We all did the best we could in the circumstances, and I think that, as a school, we did a fantastic job of staying **motivated** and **positive** even when things were tough. I miss the **people** and the **atmosphere** of the **events** and the **years uniting**. It is a distant memory and perhaps we will never go fully back to what we deemed normality. Despite this, I believe we will adapt as we have been doing throughout our whole history as a school.

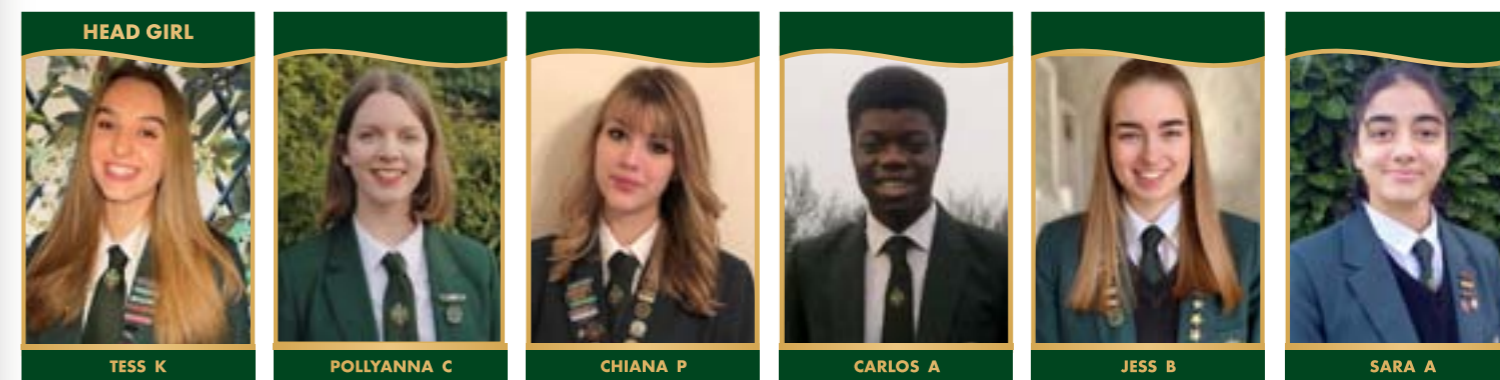
It was a privilege to have this opportunity and though it was a challenging year, I've enjoyed every bit of the role as head student and working with a strong team and some wonderful people. I know that Tess and her team are going to do a brilliant job as they have so many ideas for 2021 which I look forward to seeing put in place!

Amica B 13KMI



## Meet your new team...

We are so excited for the upcoming year and soon enough we'll finally have a group photo rather than just individual pictures.



# PE VIRTUAL CHALLENGE...THE RESULTS!



During the first half term we held some virtual races for the main school year groups. It was great to see a wide variety of students taking part with many participating several times over the weeks which saw many achieve some huge personal bests.

A huge well done to all that took part regardless of positions! However, it is evident that we have a very dedicated & competitive set of year 7's!

## 1km...2.5km and 5km.



YEAR 7 VIRTUAL RACE	
<b>1KM/10</b>	
Chloe B	3:36
Chloe F	4:00
Zoe M	4:12
Shiloh	4:20
<b>2.5KM/13</b>	
Chloe B	9:58
Shiloh	11:23
Chloe F	11:33
Zoe M	12:15
<b>5KM/12</b>	
Chloe B	22:36
Shiloh	23:37
Chloe F	25:05
Emily C	25:08

YEAR 8 VIRTUAL RACE	
<b>1KM/7</b>	
Lilianna	4:27
Jess H	4:35
Evie D	5:36
<b>2.5KM/6</b>	
Izzy R & Eloise C	15:00
Amelia B	15:56
Ruby P	16:14
<b>5KM/12</b>	
Olivia D	24:30
Matilda R	33:20

YEAR 9 VIRTUAL RACE	
<b>1KM/9</b>	
Sophia R	3:53
Darcy D	4:43
Beatrice B	5:00
<b>2.5KM/6</b>	
Amelia B	11:32
Scarlett B	12:11
Chiara L	12:30
<b>5KM/6</b>	
Georgia L	21:34
Izzy R	26:42
Ellen M	27:20

YEAR 10 VIRTUAL RACE	
<b>1KM/13</b>	
Daisy W	3:54
Joyce N	3:58
Imogen P	4:15
<b>2.5KM/6</b>	
Daisy W	11:14
Imogen P	12:05
Evie W	12:21
<b>5KM/6</b>	
Joyce N	21:58
Daisy W	24:05
Imogen P	24:24

YEAR 11 VIRTUAL RACE	
<b>1KM/6</b>	
Maddison L	4:26
Kate W	4:49
Izzy L	5:30
<b>2.5KM/13</b>	
Ellie W	10:45
Jasmine T	13:50
Olivia T	14:55
<b>5KM/12</b>	
Jasmine T	27:50
Kate W	31:01
Izzy L	31:32

# MATHS CAPTAINS COMPETITION



**Next Sunday 14th March is Pi Day – the national day dedicated to everyone’s favourite Greek letter!**

To celebrate how much easier pi has made it for us to find areas of circles in our exams, next week SHSG is going to have a Pi Week where we will hold a series of competitions, so you can send in your entries to [shsgmathscaptains@shsg.org](mailto:shsgmathscaptains@shsg.org) for the chance to **win house points, badges and more!**

Activities will include:

- **The Pi poster competition**
- **Who can memorise the most digits of Pi (there is a reason it's a button on your calculator)**
- **Who can get the closest to Pi by trying the Buffon Needle Experiment**
- **the best Pi Day joke/pun/pick up line**
- **...and of course photos for the annual SHSG pie baking competition (though sadly we won't be tasting your creations this year)!**

## PI WEEK

LET'S CELEBRATE PI DAY (14/03/21) BY HAVING A PI WEEK AT SHSG

THE SHSG MATHS CAPTAINS ARE RUNNING A SERIES OF COMPETITIONS OPEN FOR ALL YEARS!

1

3.14 159265358979323846264338327

CAN YOU GET THE CLOSEST TO PI USING THE BUFFON EXPERIMENT?

2

9502884 197169399 3751058 2097494

BAKE THE BEST PI(E)!

3

4592307816406286208998628034

HOW MANY DIGITS OF PI CAN YOU MEMORISE?

4

8258421170 6798214808 65132823066470

WHO CAN MAKE THE BEST POSTER - ALL ABOUT PI!

5

9384460955058223372535940912848117450

GIVE US YOUR BEST PI PICKUP LINE/ PUN/JOKE

COME TO THE NERD SIDE WE HAVE PI.

EMAIL ALL SUBMISSIONS [@shsgmathscaptains@shsg.org](mailto:@shsgmathscaptains@shsg.org)



STUDENT READING RECOMMENDATIONS - WEEK TWO

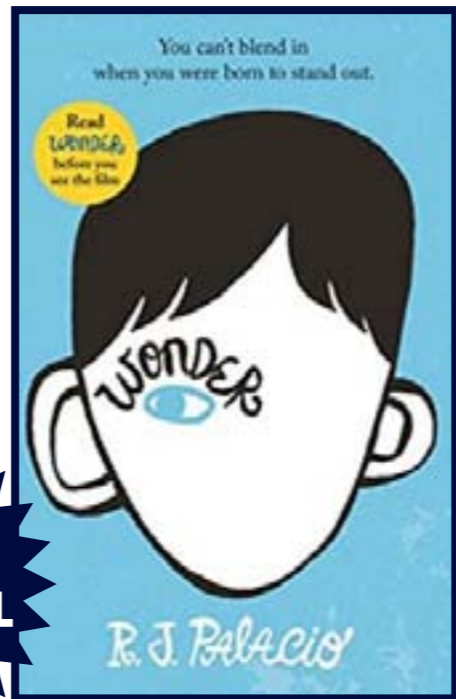


**Wonder by R J Palacio**

Previously home-schooled, August Pullman just wants to be accepted at his new school just like most other ten year olds in his year. However, Auggie can't help but stand out as he was born with a severe facial deformity. Most people react with horror to his appearance and don't take the time to meet the smart, funny, Star Wars-loving boy underneath.

The story follows August through the first person as he experiences more than the usual ups and downs of all aspects of life. A great part of this book is how we see the perspective's of other characters, providing glimpses into their own behaviour and exploring the impact our actions can have on others.

Inspired by a real-life encounter Palacio had with a child who had craniofacial disorder, this thought provoking, engaging and uplifting book is a great read.



**LOWER SCHOOL**

**UPPER SCHOOL**

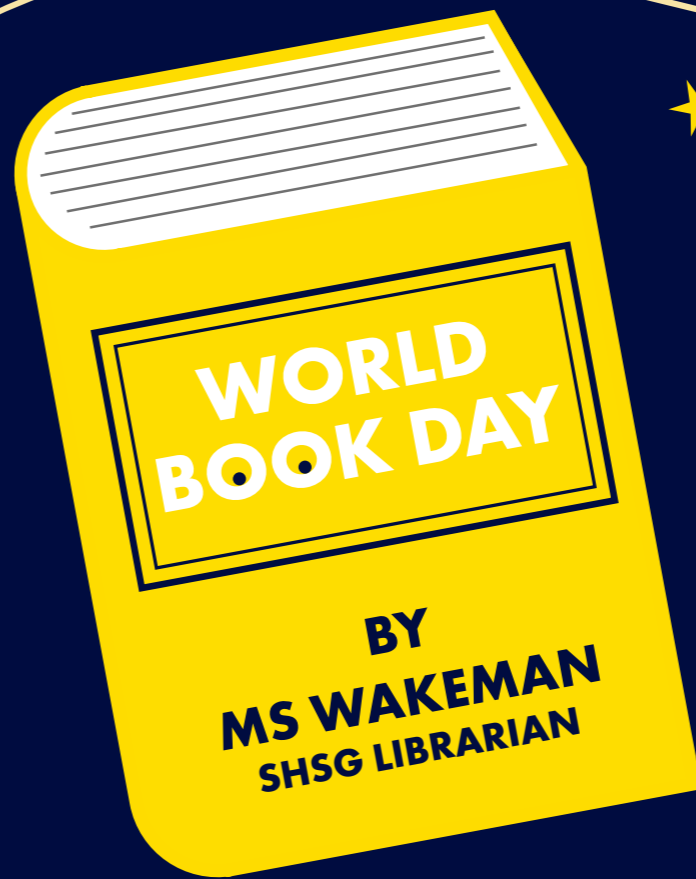
**Pig-Heart Boy by Malorie Blackman**

Thirteen year old Cameron desperately needs a new heart when he is offered the opportunity to take part in a radical and controversial experiment involving the transplant of a pig's heart. While Cameron soon comes to terms with the idea, he finds the world around him less accepting.

**"A sensitive and informative story that provides a vivid insight into transgenics and xenotransplantations and still manages to squeeze in the inevitable guinea-pig and piggy in the middle jokes" - Independent**



THE LOCKDOWN LIBRARY



**How to Celebrate World Book Day in Lockdown**

Click the [link](#) for a digital version of the **£1 book token**

The digital token can be printed at home or shown to booksellers on a phone or tablet screen.

The £1 book tokens can then be used for an exclusive, new, and completely **FREE World Book Day book** (available from major supermarkets while stock lasts) or used to get £1 off any full priced book or audio book instead.

You can redeem your £1 token in lockdown OR hold on to it to use later.



Download a free audiobook Available from the [World book Day website](#) from 18th February to 28th March.

Join the [World Book Day Book Club](#) (available on YouTube from March) and share a book with students up and down the country. You can register for more information [here](#).



The book club will be starting with: **High Rise Mystery by Sharna Jackson.** "With its vibrant urban setting and winning characterisation, High Rise Mystery is a very welcome addition to the burgeoning child detective genre. The murder of their art school teacher sets young sleuths Nik and Norva on a thrilling adventure to bring his killer to justice. Whilst the brooding presence of the high rise block, theTri, ensures the novel feels topical and real, High Rise Mystery is, at its heart, a classic children's whodunit." **Waterstones**

**Check out the World Book Day website for podcasts, book recommendations, fun activities and more.**





## GEOGRAPHY COMPETITIONS!

### CREATIVE WRITING, ART, INVENTING AND PROBLEM SOLVING

We have three in-school geography competitions for you to get involved with this term for the chance to win prizes including exclusive geography badges and gift cards!

Entries can also be submitted to competition websites as well as to us!  
See the next poster for more detail!

**HELP SHAPE THE FUTURE YOU WANT TO LIVE IN**

### THE BRIGHT IDEAS CHALLENGE

By 2050 Planet Earth will support more than 9 billion people. According to The United Nations, that means that by 2050 we're going to need 60% more food, at least 40% more fresh water and 50% more energy!

Think of a potential energy challenge facing a future city in 2050. What innovation in technology or society could solve that energy challenge? Could your innovation create more clean and affordable energy for a future city, and/or make a future city more efficient by saving energy?

Fill out the bright ideas entry form attached with your ideas! If we receive some amazing ideas we'll officially submit them to the national competition!

**Please submit entries to [15-abel@shsg.org](mailto:15-abel@shsg.org) by 14th May - entries can also be submitted to the Bright Ideas Challenge website entry page**

### GREEN STORIES WRITING COMPETITIONS

Love creative writing? How does writing a TV series or novel with an eco-twist sound? We're looking for short stories that in some way touch upon ideas around building a sustainable society. It can be any genre but must have the idea of environmentally sustainable practices and/or sustainable societies e.g. a legal drama could be in a city where everyone has gardens on their roofs and generates their own energy.

The series can extend for as many episodes as you wish, and episodes can be as short as 8-15 minutes, or any other length up to 60 minutes. Just write a synopsis and scripts of an episode or two!

The novel entry just needs to be a plot synopsis with a chapter or two, we recommend the first, last and one in the middle.

**Please submit entries to [15-htit@shsg.org](mailto:15-htit@shsg.org) by 14th May - entries can also be submitted to the Green Stories Writing Competition**

### CREATIVE EARTH COMPETITION

Want to get creative in an art sort of way? The Creative Earth Art Competition is the one for you.

Simply download the creative earth template and print and draw directly or complete digitally what the world would look like if you could choose. Whether it's garden cities, clear skies and wind turbines or oceans teeming with life - we want you to paint, draw or design a piece of art that shows how you'd like our planet to look in the future. All artwork must fit within the circle and include the colour green. Apart from that, we want you to get creative.

The creative earth art competition website has a short video explaining more and shows some fab examples if you're looking for inspiration or aren't sure where to start!

**Please submit entries to [15-enas@shsg.org](mailto:15-enas@shsg.org) by 14th May!**

**WE CAN'T WAIT TO SEE ALL YOUR ENTRIES!**



Hares About Town is a spectacular public art event in partnership with Wild in Art that will weave its way across Southend on Sea from 1st July for 10 weeks in 2021. Hare sculptures, each one individually designed by an artist and sponsored by a business, form a free, fun, family-friendly trail of discovery for local people to explore and enjoy!



Schools, colleges and community groups from across Southend adopted and design their own smaller Hare sculpture – a Leveret – while taking part in our county-wide Learning Programme for children and young people.

After 10 weeks on public display, it's will return to it's SHSG home and be on display throughout the school.

Here's a little sneak peak of some of the Leverettes staff have been painting over lockdown ready for the exhibition...



The Art department were very impressed with this detailed and accurate drawing of this lock down hero by **Hannah P Year 10** She chose to draw this picture of Sir Captain Tom Moore as he was an inspiration to us all in these difficult times.





## ABOVE AND BEYOND



Dear Staff and Students,

I hope your half term of remote teaching and learning has gone well. This is our third lockdown and whilst we are all in the swing of things with remote lessons, there are lots of you that are experiencing and doing things above and beyond our normal expectations.

SHSG is lucky to be involved with the **Jack Petchey foundation** which allows us to celebrate our students for all the extra things they do. Previous winners have supported teachers with extra curricular learning, had involvement in new school thinking, supported their peers at a hard time, shown courage within their home situation.

The winners receive:

**A prestigious badge**  
**A certificate from Jack Petchey himself**  
**£250 to spend on something in school.**

However, the biggest benefit of Jack Petchey is the winner knowing that someone within the school community has noticed and is appreciative of what they are doing.

We are now looking to award our **January and February Jack Petchey Winners!**

If you think you have witnessed someone step up, go the extra mile, or simply support those around them, please email your nomination to:

**JackPetchey@shsg.org**

When you email please provide as much information and detail as possible. **Staff, students and parents can nominate anonymously** until we are back at school.

**What an amazing way to show your appreciation of those around you during a lockdown!**

**Miss Killi**



## BASIC PANCAKE RECIPE

**Prep: 10 mins Cook: 20 mins**  
**Makes 6**

Ingredients  
100g plain flour  
2 large eggs  
300ml milk  
1 tbsp sunflower or vegetable oil, plus a little extra for frying

**METHOD****STEP 1**

Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

**STEP 2**

Set aside for 30 mins to rest if you have time, or start cooking straight away.

**STEP 3**

Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.

**STEP 4**

When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

**STEP 5**

Serve with toppings of your choice.

## GLUTEN FREE PANCAKES

**Prep: 5 mins Cook: 25 mins**  
**Makes 6**

Ingredients  
125g gluten-free plain flour (we used Doves Farm)  
1 egg  
250ml milk  
butter, for frying

**METHOD****STEP 1**

Put the flour in a bowl and make a well in the centre. Crack the egg in the middle and pour in a quarter of the milk. Use an electric or balloon whisk to thoroughly combine the mixture. Once you have a paste, mix in another quarter and once lump free, mix in the remaining milk. Leave to rest for 20 mins. Stir again before using.

**STEP 2**

Heat a small non-stick frying pan with a knob of butter. When the butter starts to foam, pour a small amount of the mixture into the pan and swirl around to coat the base – you want a thin layer. Cook for a few mins until golden brown on the bottom, then turn over and cook until golden on the other side. Repeat until you have used all the mixture, stirring the mixture between pancakes and adding more butter for frying as necessary.

**STEP 3**

Serve with toppings of your choice.

## VEGAN PANCAKES

**Prep: 5 mins Cook: 30 mins**  
**Makes 14 pancakes**

Ingredients  
300g self-raising flour  
1 tsp baking powder  
1 tbsp sugar (any kind)  
1 tbsp vanilla extract  
400ml plant-based milk (such as oat, almond or soya)  
1 tbsp vegetable oil for cooking

**METHOD****STEP 1**

Whisk the flour, baking powder, sugar, vanilla extract and a pinch of salt in a bowl using a balloon whisk until mixed. Slowly pour in the milk until you get a smooth, thick batter.

**STEP 2**

Heat a little of the oil in a non-stick frying pan over a medium-low heat, and add 2 tbsp batter into the pan at a time to make small, round pancakes. You will need to do this in batches of two-three at a time. Cook for 3-4 mins until the edges are set, and bubbles are appearing on the surface. Flip the pancakes over and cook for another 2-3 mins until golden on both sides and cooked through. Keep warm in a low oven while you cook the remaining pancakes.

**STEP 3**

Serve stacked with toppings of your choice.

**TOPPINGS:**

**Lemon and sugar, maple syrup and ice cream, mixed berries, Nutella, chocolate spread, cooked apple, cinnamon and sultanas, savoury cheese and ham, peanut butter and jam, honey and greek yoghurt or create your own favourite filling.**

**(N.B. We do not recommend including all these fillings at once!)**

# HOUSE CAPTAINS

We are very pleased to announce the Media Captains for this academic year are Arabella, Kemi, Robyn and Isabelle.

Here they are wearing their shiny new captain badges and lanyards for the **BBC Young Reporters club** that has continued to meet on Teams every **Wednesday lunchtime**.

They have lots of great ideas for engaging with the student body.

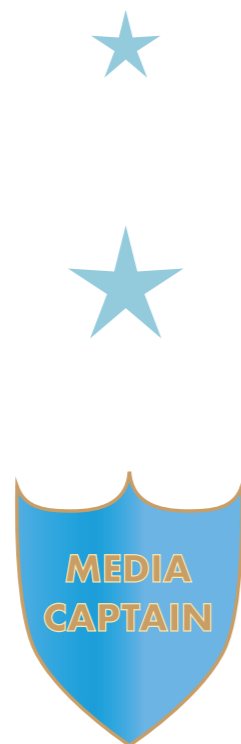
**Do follow them on instagram: @shsg.media.**

**You can also follow the department: @shsgmediadept**



@shsgmediadept

@shsg.media



# ONLINE OPPORTUNITIES

<https://www.thebritishacademy.ac.uk>



**CLICK HERE TO WATCH THE TALK**



A level Media students attended an online conference with esteemed philosopher and feminist theorist Judith Butler

**CLICK HERE TO WATCH THE TALK**

Judith Butler is a professor at the University of California and one of the set theorists on the Alevel Media Studies course. The talk was organised by the British Academy SHAPE initiative. It stands for Social Sciences, Humanities and the Arts for People and the Economy and aims to promote those subjects that help us understand ourselves and the human world around us (such as Media Studies)



These workshops are free and a fantastic opportunity to engage with industry specialists from the BBC and the wider media industry.

## BBC digital cities

free zooms for both students and families. A fantastic lineup of **ONLINE** events for people working in or interested in TV and related creative industries.

<https://www.bbc.co.uk/digitalcities>

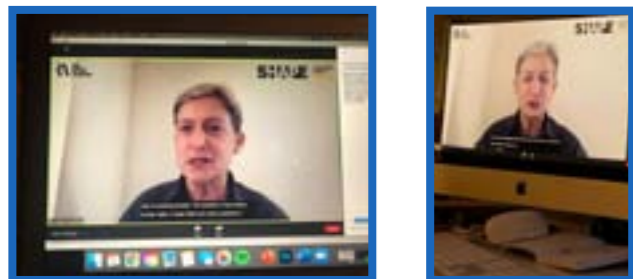


A level Media students have been taking part in some of the exciting workshops offered virtually by the BBC as part of their Digital Cities Virtual programme. Arabella in Year 12 enjoyed a recent one all about diversity...

**I went to the BBC workshop called: "TV roles: Diversity in Detail" and it delved into the lack of representation both on screen and behind the scenes. There were some alarming figures showing how production seniority consists of less than 10% of BAME writers, directors, and producers. We also delved into how this is a problem for creatives and audiences alike as well as the steps being taken to increase diversity in the industry. It was definitely an informative and eye-opening discussion I'll refer to in the future.**

**Arabella.**

ONLINE OPPORTUNITIES



This was a fascinating talk where Butler discussed the impact of her work, most notably her book 'Gender Trouble'. She discussed her thoughts about human rights, grievability in the post colonial era, the Black Lives Matter movement, the future of feminism and the need for collectivism and collaboration. She answered questions from the delegates including one from a student who asked if she was aware that she was on the A level specification!

Butler seemed delighted at this and was keen to encourage young people to be open minded and to develop her ideas (she recognised things have moved on significantly since she wrote Gender Trouble in 1989).

The event was attended by over a thousand delegates and was a unique opportunity for our students to experience university level discussion, live streamed between London and California from the comfort of their own homes. It will also be an experience that they can refer to in their UCAS statement.



It was really interesting to see the level of discussion between academics, which gave me an insight into what to expect going into a university environment. I was engaged by the way they talked about changing attitudes towards gender, race and other social issues and how society's beliefs have changed so quickly over the last 30 years. It was amazing to hear from a person whose views would have been thought of as 'progressive' at the start of their career, whereas now these issues have become the 'norm' to learn about.

Orla in Year 13

The British Academy President's Medal winner's event: Margaret Atwood



The British Academy has a really interesting calendar of events, all of which are free to attend via Zoom. The next one that could be of interest to our students is Margaret Atwood in conversation with David Cannadine.



CLICK HERE TO WATCH THE TALK

HOUSE CAPTAINS

**BBC YOUNG REPORTER**

**HANDS** **FACE** **SPACE**

**Views on the Covid-19 Vaccines**

**How Reading Has Helped Me During Lockdown**

**Lockdown Boredom Buster Recommendations: Books and Films**

**Home Schooling & Parenting**

**TOP TIPS TO MAINTAIN A POSITIVE MENTAL HEALTH IN LOCKDOWN**

The infographic contains several text boxes with quotes and advice. For example, under 'Views on the Covid-19 Vaccines', it includes quotes from students like 'I think they are a trustworthy and if offered, you should get it...' and 'I think it's rubbish but everyone should take it if they get the chance to...'. Under 'Lockdown Boredom Buster Recommendations', it lists books like 'Book Thief' and 'Blackman', and films like 'The Sandlot' and 'The Sandlot 2'. The 'Home Schooling & Parenting' section discusses the challenges of remote learning and offers advice like 'As we enter a third lockdown, parents take another round of remote learning...'. The 'TOP TIPS TO MAINTAIN A POSITIVE MENTAL HEALTH IN LOCKDOWN' section lists five tips: 1. Keep a regular routine, 2. Take a break from the screen, 3. Talk about your feelings, 4. Try something new, 5. Try something you can be proud of.

GIRL POWER



[International Women's Day](#) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

- Celebrate women's achievements
- Raise awareness about women's equality
- Lobby for accelerated gender parity
- Fundraise for female-focused charities

# 8TH MARCH 2021

## #CHOOSETOCHALLENGE

A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day.

We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world.

**What colors symbolize International Women's Day?**  
**Purple, green and white are the colors of International Women's Day. The colors originated from the Women's Social and Political Union (WSPU) in the UK in 1908.**

From challenge comes change.

**EMPOWERED WOMEN  
 EMPOWER WOMEN**

**Purple signifies justice and dignity.**

**White represents purity. (albeit a controversial concept)**

**Green symbolizes hope.**

WOMEN OF THE WORLD FESTIVAL



[The WOW Foundation](#) exists to build, convene and sustain a global movement that believes a gender equal world is desirable, possible and urgently required.

WOW - Women of the World was founded by Jude Kelly in 2010, when the first WOW Festival took place at Southbank Centre. Since then, WOW Festivals celebrating women and girls, and taking a frank look at the obstacles they face, have taken place across the globe, reaching more than two million people.

Through festivals, events, schools programmes and more, WOW challenges the belief that gender equality has already been achieved – and hopes to join the dots between people, movements and ideas to change the world.

**CLICK HERE TO WATCH AMIKA GEORGE**



Amika George is a 20 year old student at Cambridge University, who, at the age of 17, started the Free Periods campaign from her bedroom to end period poverty in the UK. After reading about children missing school, as they were unable to afford menstrual products, Amika started an online movement, organised a protest in London, attended by over 2,000 young people, and launched a legal campaign.

THE FESTIVAL AT A GLANCE...

WHAT'S ON...

YOUTH ACTIVISTS...



**About the Women's Equality Party**

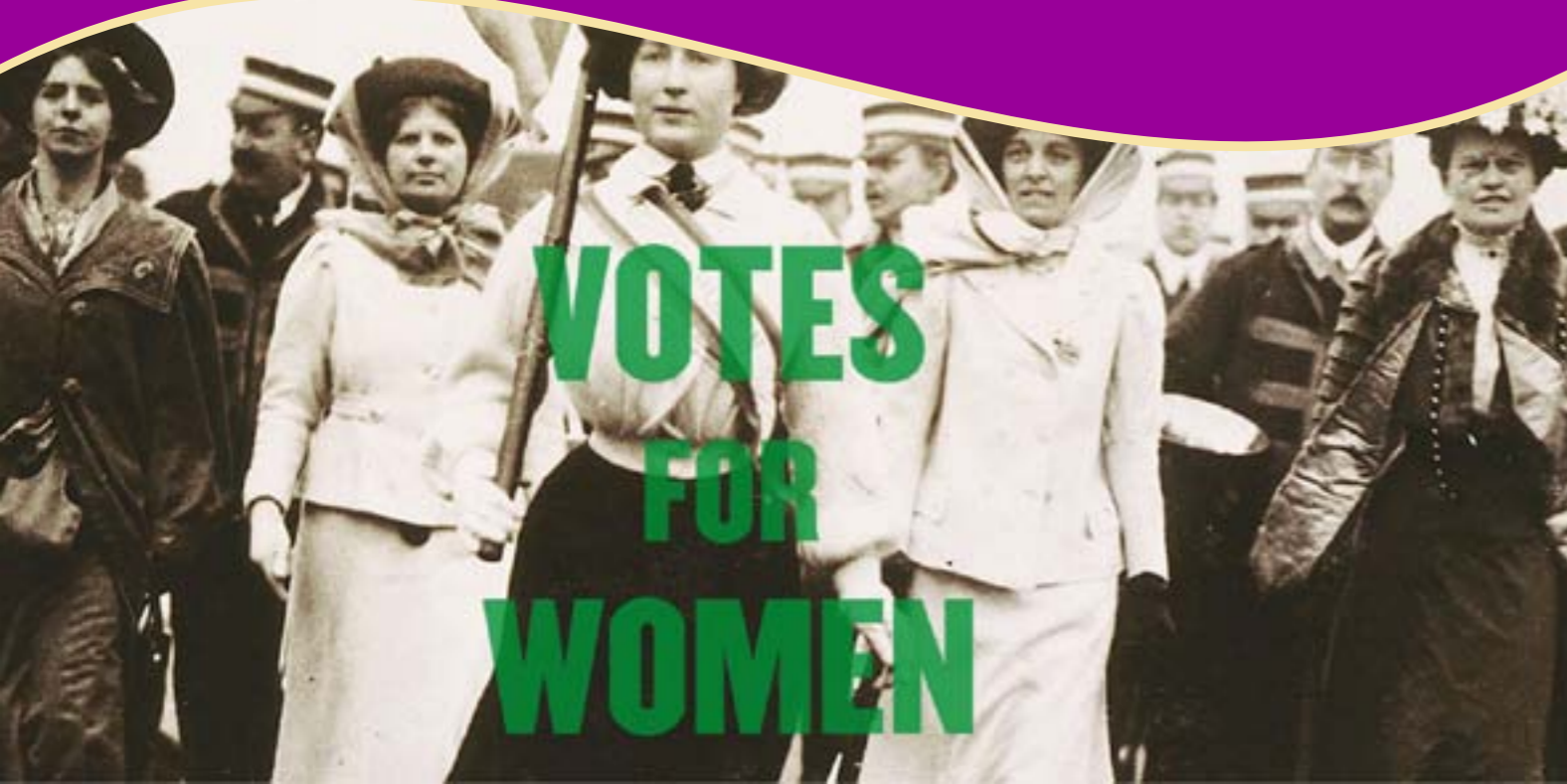
Equality for women isn't a women's issue. When women fulfill their potential, everyone benefits. Equality means better politics, a more vibrant economy, a workforce that draws on the talents of the whole population and a society at ease with itself.

**BBE A FORCE FOR CHANGE**

**Mission**

WE are pushing for equal representation in politics, business, industry and throughout working life. WE are pressing for equal pay and an equal opportunity to thrive. WE are campaigning for equal parenting and caregiving and shared responsibilities at home to give everyone equal opportunities both in family life and in the workplace. WE urge an education system that creates opportunities for all children and an understanding of why this matters. WE strive for equal treatment of women by and in the media. WE seek an end to violence against women. WE will pursue equal healthcare.

DEEDS NOT WORDS



The Suffragettes were a movement that campaigned for equal opportunities for women. A suffragette was a member of an activist women's organization in the early 20th century who, under the banner "Votes for Women", fought for the right to vote in public elections. The term refers in particular to members of the British Women's Social and Political Union, a women-only movement founded in 1903 by Emmeline Pankhurst, which engaged in direct action and civil disobedience.



'Deeds not Words'

Votes for Women

Dare to be free



Time magazine named Emmeline Pankhurst one of the 100 Most Important People of the 20th Century, saying: 'She shaped an idea of women for our time; she shook society into a new pattern from which there could be no going back.'



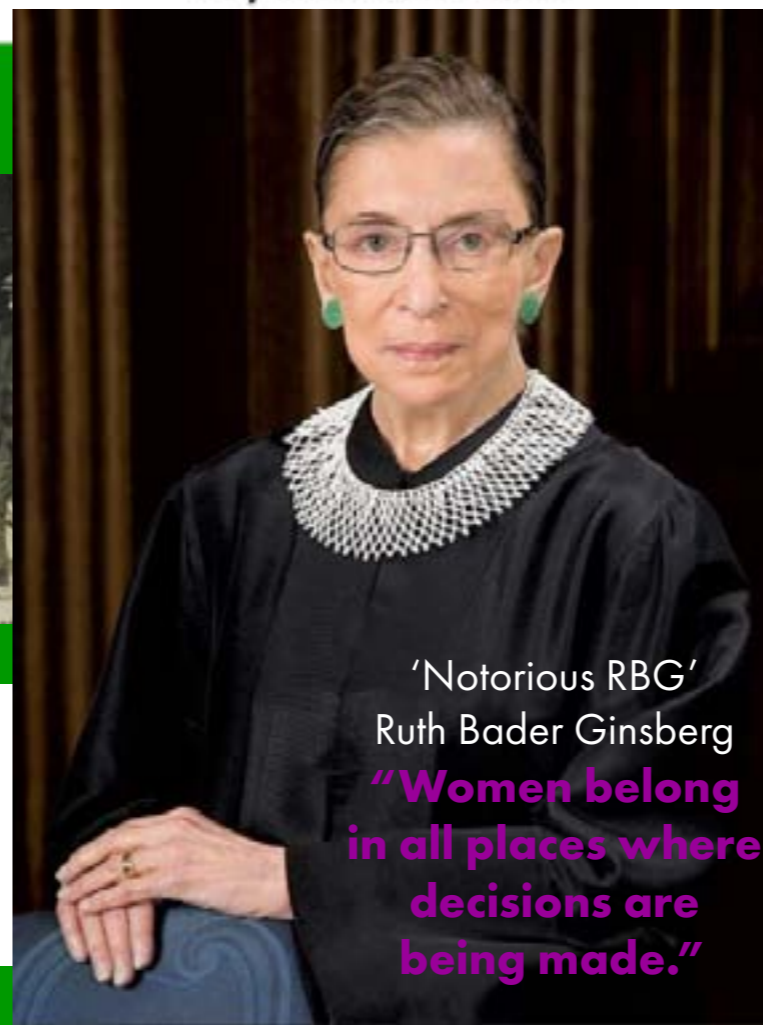
GIRL POWER



HERE'S TO  
*Strong women.*  
MAY WE KNOW THEM.  
MAY WE BE THEM.  
MAY WE RAISE THEM.



GRRRL POWER



'Notorious RBG'  
Ruth Bader Ginsberg  
"Women belong in all places where decisions are being made."



"A girl should be two things: who and what she wants."  
-Coco Chanel



**VOTES FOR WOMEN** Votes was a temporary exhibition at the Museum of London between February 2018 and March 2019 which you can view online here:

<https://virtualexhibitions.museumoflondon.org.uk/votes-for-women/>

SCIENCE WEEK 5th - 18th MARCH

CLICK ON THE LINK TO GO TO THE SCIENCE PADLET

CLICK HERE TO FIND OUT MORE

British Science week 2021

Class of 2020-2021

Smashing stereotypes

Online talks

EP Global Learning Festival



Membership of the 200 Club costs £12 per academic year. If you would like to be in with a chance of winning one of three cash prizes every month, please email Sarah: [shsgclub200@outlook.com](mailto:shsgclub200@outlook.com)

PA 200 Club winners - Congratulations to the winners for the following draws

PA 200 Club winners - December 2020

1ST  
£46.50

1st £46.50 Miss Stevenson  
2nd £27.90 Mr Sadler  
3rd £18.60 Dr Azudo

PA 200 Club winners - Christmas 2020

1ST  
£46.50

1st £46.50 Mr Cookson  
2nd £27.90 Ms Pieper  
3rd £18.60 Mrs Carter

PA 200 Club winners - January 2021

1ST  
£46.50

1st £46.50 Mrs Brierly  
2nd £27.90 Mrs Akinnawonu  
3rd £18.60 Mr Carpenter

PA 200 Club winners - February 2021

1ST  
£46.50

1st £46.50 Mrs Edwards  
2nd £27.90 Mr Fitzpatrick  
3rd £18.60 Mrs Cole

Friends can scan this to follow you.

LEIGHTINTEAM

@leightinteam

Collecting donations for those in need during the COVID-19 crisis

On the first Thursday of the month, a team of volunteers is collecting donations from driveways and doorsteps for our local food banks, homeless shelters and soup kitchens.

If you would like to leave a tin or can of something outside your property this Thursday around 5pm, we would be very grateful.

Eg. tinned meat, beans, fruit and veg, one pot meals, custard, pasta, biscuits, long life milk and juice, toiletries, etc.

More information can be found on the Marina Estate Residents Facebook page.

Thank you!

JOIN TODAY! YOU'VE GOT TO BE IN IT TO WIN IT!





<https://www.nspcc.org.uk>

Contact trained helpline counsellors 24 hours a day by email or online reporting form:

[help@nspcc.org](mailto:help@nspcc.org)

Call:

Mon-Fri 8am-10pm & 9am-6pm weekends

0808 800 5000



Here for you

Call: Mon-Fri 9.30am-5.30pm

03444 775 774

<https://www.anxietyuk.org.uk>

childline

ONLINE, ON THE PHONE, ANYTIME

[childline.org.uk](http://childline.org.uk) | 0800 1111

<https://www.childline.org.uk>



Beat is the UK's eating disorder charity supporting both individuals and families affected by eating disorders.

**Help for young people**

The Beat Youthline is open to anyone **under 18**.

**Youthline: 0808 801 0711**

**Email:** [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)

**Help for adults**

The Beat Adult Helpline is open to anyone **over 18**.

Parents, teachers or any concerned adults should call the adult helpline.

**Helpline: 0808 801 0677**

**Email:** [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

<https://www.beateatingdisorders.org.uk>



Kooth are an online counselling service which offers young people free, safe and anonymous online chat 24 hours a day.

<https://www.kooth.com>

The Young Minds website is here:

<https://www.youngminds.org.uk>

**YoungMinds Crisis Messenger:**

If you are a young person experiencing a mental health crisis you can text:

**YM to 85258 for free 24/7 support**

**A NEWSPAPER TO CELEBRATE ALL THAT IS GOOD IN THE WORLD**



To the PERSON who NEEDS it...  
I'm SORRY the WEIGHT OF THE  
WORLD is a little TOO HEAVY to  
HOLD right NOW. Just know things  
CAN and will GET BETTER... but  
FOR NOW, keep doing your BEST.  
Your BEST is ALWAYS enough.  
-emily coxhead

@thehappynewspaper

[www.thehappynewspaper.com](http://www.thehappynewspaper.com)

**ACTION CALENDAR: MINDFUL MARCH 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness <a href="http://dailylifehappiness.net">dailylifehappiness.net</a>	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn			

ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Happier • Kinder • Together



Unicef have released strategies for teenagers mental health at this time.

How teenagers can protect their mental health during coronavirus (COVID-19) | UNICEF  
6 strategies for teens facing a new (temporary) normal:

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>



#### A Guide for Parents to Black Lives Matter

published by the childcare platform, Yoopies. They state that "Racism and race is not a one-conversation topic, and our guide by no means contains all the answers, we simply hope to provide the foundations of good places to start and help empower families to work towards racial equality". It is written with a British perspective, with contributions from both white and BAME writers.

<https://yooopies.co.uk>



We provide advice and support to empower anyone experiencing a mental health problem.

**Infoline: 0300 123 3393**

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

**Text: 86463**

We're open 9am to 6pm,

Monday to Friday (except for bank holidays).

<https://www.mind.org.uk>



Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

Transgender, nonbinary and gender-diverse children and teens need support and understanding, as well as the freedom to explore their gender identity. Whatever the outcome, Mermaids is committed to helping families navigate the challenges they may face.

<https://mermaidsuk.org.uk>

Talk to us on: **0808 801 0400**  
**Helpline Open Monday to Friday, 9am to 9pm**



Karma Nirvana is an award-winning National charity supporting victims of honour-based abuse and forced marriage. Honour crimes are not determined by age, faith, gender or sexuality, we support and work with all victims

**UK Helpline: 0800 5999 247**  
**Monday - Friday: 9am - 5pm**

<https://karmanirvana.org.uk>



You can access confidential emotional support at any time from Samaritans. Whatever you're going through, a Samaritan will face it with you.

**Call: 116 123**

or **email: [jo@samaritans.org](mailto:jo@samaritans.org)**

Calls are free We're here 24 hours a day,  
365 days a year.



Supporting those who have experienced violence and abuse – domestic violence, sexual violence, 'honour' based violence, forced marriage, FGM, human trafficking or modern slavery – we are here to support you.

Freephone 24-Hour National Domestic Abuse

**Helpline: 0808 2000 247**

visit [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)  
(access live chat Mon-Fri 3-10pm)  
or visit:

<https://www.refuge.org.uk>



The Muslim Youth Helpline (MYH) is an award winning registered charity which provides pioneering faith and culturally sensitive services to Muslim youth in the UK.

Free & confidential support to young people in need.

**Call: 0808 808 2008**

**Email & Live Chat:** <http://myh.org.uk/helpline>

<https://www.myh.org.uk>

## SCHOOL NURSE

Just a reminder that the School Nursing Team are still supporting children and families during this time. The School Nursing team can be contacted on **01702 534843** by parents, young people and schools.

Schools can also continue to contact the team via the generic School Nursing email:

**[scgg.southendpublichealthnurses@nhs.net](mailto:scgg.southendpublichealthnurses@nhs.net)**

Young people living in Southend can also access **ChatHealth**, which is a secure and confidential **text messaging service** for young people aged between 11 – 19 years.

It allows young people living in Southend to easily and anonymously get in touch with a School Nurse for advice and support regarding mental health, sexual health, bullying, drugs, alcohol, self-harm, relationships and smoking as well as any other health issue. **TEXT: 07520 649895.**

Please continue to follow and share our twitter page with parents **@SouthendSN** for updates on useful health resources, sharing of health information and hints and tips to support children and young people's mental health.

We also work closely with our health visiting colleagues and are aware that lots of the children and young people we support also have an under 5 in the family.

Information on health visiting support for families can be found below:

[https://www.southend.gov.uk/info/200233/health\\_and\\_wellbeing/940/health\\_visitors](https://www.southend.gov.uk/info/200233/health_and_wellbeing/940/health_visitors)  
<https://livewellsouthend.com/kb5/southendonsea/directory/service.page?id=ikJu0JwEmHY&familychannel=8>

Please continue to share these links and contact details with the families and young people at your schools.

Many Thanks

**Hannah Hayes – Senior School Nurse – Southend-on-Sea Borough Council**

The Student Voice have created posters to remind students to wear a mask around school.



Working to make  
lives better  
[www.southend.gov.uk](http://www.southend.gov.uk)



IF YOU'RE **11-19** YEARS OLD **TEXT YOUR SCHOOL NURSE**

**07520 649895**

WE SUPPORT YOUNG PEOPLE WITH ALL KINDS OF THINGS LIKE...

**RELATIONSHIPS**  
**MENTAL BULLYING SELF**  
**HEALTH ALCOHOL HARM**  
**HEALTHY EATING**  
**DRUGS SMOKING**

Text us for *confidential* advice and support

We do not usually refer to your parents, teachers or anyone else if you contact the school nurse. We might refer to someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We are in touch to you when you are working day and you should get an immediate answer back to confirm we received your text. There will not be any extra charge of nurse working hours. If you need help before you head back from us, contact a member of school staff or your teacher. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps. Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are changed if your text is not.

ChatHealth NHS

01702 534843 @SouthendSN  
sccg.southendpublichealthnurses@nhs.net

# STUDENTS

When travelling with c2c, please remember to:



Wash your hands or use hand sanitiser



Wear a face covering



Keep a safe space from others



## Did you know?

We've made it easier to buy train tickets with our c2c Train Travel app!

- Plan your journey
- Purchase your ticket
- Load your ticket directly to your Smartcard

Or buy your tickets online at [c2c-online.co.uk](https://www.c2c-online.co.uk)



**WE LOOK FORWARD TO SEEING YOU ALL BACK AT SCHOOL THIS WEEK!**



**HANDS**



**FACE**



**SPACE**

