



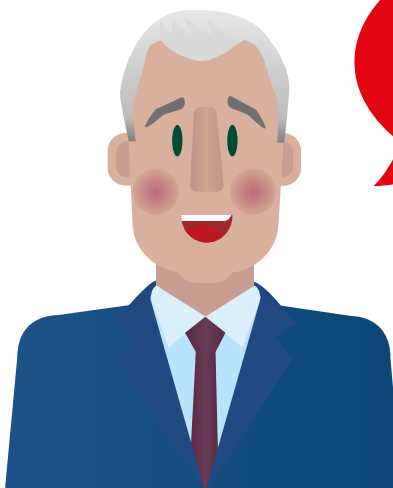
SHSG GAZETTE



CHRISTMAS CARD DESIGN BY BETHAN YEAR 12

INSIDE THIS ISSUE:

- FUN FROM THE CHRISTMAS TERM
- HEAD TEACHER AWARDS
- CHESS WINNERS
- CHRISTMAS CARD COMPETITION
- MRS SIMPSON'S RETIREMENT
- STUDENT ACHIEVEMENTS
- WORK FROM OUR POET LAUREATE AND MUCH MORE...



WELCOME BACK!



@Officialshsg



@OfficialSHSG





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

15th January 2021

Dear Parents, Carers and Students,

I hope this letter finds you well. Please find below some national and school updates to keep you informed.

GCSE and A Level examinations

Following the Prime Minister's announcement of the national lockdown on 4 January 2021, the government announced exams this year would not go ahead as planned.

This week, the Secretary of State for Education, Gavin Williamson, sent a [letter](#) to Simon Lebus, Ofqual's Chief Regulator. This letter outlines the process to agree alternative arrangements for exams in 2021 and confirms that this year the government will be trusting teachers to assess students' grades and will not be making use of an algorithm.

I have included below the main points addressed in these letters; I will continue to update you in my weekly communication once we have further information.

- Exams will not take place this year.
- The final determination of a student's grade should take place as late in the academic year as possible.
- The DfE have agreed that they will **not** use an algorithm to set or automatically standardise anyone's grade.
- Ofqual will consult on alternative arrangements for GCSE, AS and A levels which should involve the awarding of grades based on teacher assessment.
- The consultation will explore the possibility of providing externally set tasks or papers, in order that teachers can draw on this resource to support their assessments of students.
- There should also be external checks in place to support fairness and consistency between different institutions and to avoid schools proposing anomalous grades.
- It is important to note that overall outcomes this year will likely look different from 2020 and previous years.
- Students must be supported and incentivised to engage with their education for the remainder of the academic year, including to continue with any non-exam assessment where possible.

Year 11 PPEs

With the above in mind, PPE2 will not be happening in February as is currently scheduled. Adequate notice will be given to allow staff and students time to understand and prepare for the replacement for PPE2.

The best advice for students is for them to continue to work hard, engage in and enjoy their lessons and put 100% effort into any assessment tasks that they may be set. In other words, keep working as they have done up until this point.

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Lockdown rewards

We have been working on an easy to use and efficient system of recognising student achievement and effort during lockdown. Students will now have the opportunity, through SMHW, to be awarded badges for:

Badge	Awarded for
100% badge	Scoring 100% on a piece of work or assessment
Class Participation	For those who frequently contribute both verbally and in the class chat
Good work	A notably impressive piece of work or contribution in or out of the remote lesson
Top of class	A holistic view considering a range of criteria such as, for example: contributions, performance, effort and resilience etc.
Improved work	Where a student has improved work, contributions or anything else decided upon by the teacher.

Regular updates and leader boards will be shared with students; in addition, there will be celebrations for the students with the most badges.

Student leadership and form activities

Our Head Student Team, Senior Prefects and Year 11 Prefects are keen to work with the school community during lockdown to bring the SHSG family together. Tess, our Head Student, has worked closely with her team and Niamh, our Middle School Head Prefect, to produce a series of activities that they will lead in online morning registrations. These activities include dingbats, a quiz and bingo. From next week, one day a week, Year 7-9 will be joined by Year 11 Prefects and Year 10-12 will be joined by Year 12 Senior Prefects who will lead the group activity.

For Year 13, Mr Barnett has organised a series of Post 18 preparation sessions that include remote visits from our alumni; this programme will take place once a week in morning registrations. This will both bring the Year 13 community together as well as give some first-hand advice on Post 18 pathways.

Thank you to all the prefects – I am sure that the tutor groups will thoroughly enjoy your lively, morning sessions!

Year group assemblies

In a similar drive to bringing the SHSG family together, every year group participated in a year team live assembly this morning. It was very successful. Well done heads of year!

Quality assurance and Questionnaire feedback

Thank you to parents and carers for completing the questionnaire. We are delighted that parents are so positive with their feedback. Staff and students have also been sent a questionnaire.

Please encourage your daughter / son to complete this. Their feedback is important.

The main areas to develop are around students' screen fatigue and the importance of having time away from the computer; this also includes time doing exercise and getting some fresh air. Some parents also questioned the amount of homework their child is being set and that this could be reduced.

As a result, we are now working on a strategy to help students (and teachers) take time away from screens. Although we are delighted with your response to our live lesson and tutor time provision, we also recognise that we can improve further by increasing time for health.

I look forward to sharing our ideas with you next week after consulting with staff.

Remote Learning

We recognise the various challenges posed by remote teaching and learning on students, their families and staff and applaud everyone's efforts to date for ensuring that students remain connected with school and progressing through the curriculum.

To help your child manage their remote timetable please encourage them to access their live lessons through their Teams calendar. As teachers schedule their lessons these will automatically appear in your child's Teams calendar. To join the live lesson, they simply click on the link in the calendar. This saves students trying to find the live lesson link in their Class Teams feed.

We would also like to politely remind parents that no parent should attempt to join a live lesson and as much as possible please ensure that your child has a suitable place to do their remote learning which is as free from distractions as possible. Thank you for your understanding and support with this.

Year 7 Parents' Evening

A reminder that Year 7 Parents' Evening is Wednesday, 20 January 2021. A *Parents' Guide for Booking Appointments* (<https://shsg.schoolcloud.co.uk/>) is included as an attachment to this email.

Free School Meals

We are currently providing weekly £15 food vouchers which can be spent in a wide number of supermarkets to the parents of all pupils who qualify for Free School Meals. If you are already in receipt of Free School Meals these vouchers will be sent to you automatically for each of your children at the school and will continue for the entire lockdown period. If you are experiencing any problems accessing or opening these vouchers please contact claw@shsg.org

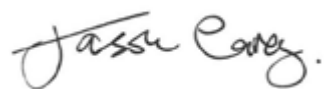
We appreciate that the continuation of the global pandemic has seen a change in the financial circumstances of many of our families. If your circumstances have recently changed or you would like to make a fresh application for Free School Meals, please do not hesitate to contact Karen Croysdill, the Finance Officer, kcroysdill@shsg.org who will treat your claim in complete confidence. The link to the Free School Meal Application Form and for more information regarding this please click [here](#):

Phone Calls Home

We are currently organising a programme to ensure that all families receive a phone call home. This will start next week.

Thank you for taking the time to read this week's lengthier update. I hope you have an enjoyable weekend.

Yours faithfully,



Jason Carey
Headteacher

HEAD TEACHER'S AWARD

WINNERS



As part of SHSG's Poet Laureate initiative, Arabella and Oluwadamilola's visual poem blew staff away.

The poem is about if feelings were tangible, how would they feel and the confusion that strong emotions can have on you (reflective of the confusion that is apparent now with lockdown and). It also gives hope in these odd times.

WATCH VIDEO



Announcing the winner of the Cursed Pen Award 2020, a creative writing award where students wrote a ghost story for Halloween.

The winner was Emma B in year 8 for her fantastic story "River Bound"

The standard of entries this year was extremely high and there were many students awarded with honourable mention awards. See page 9

Click below to read Emma's Story...

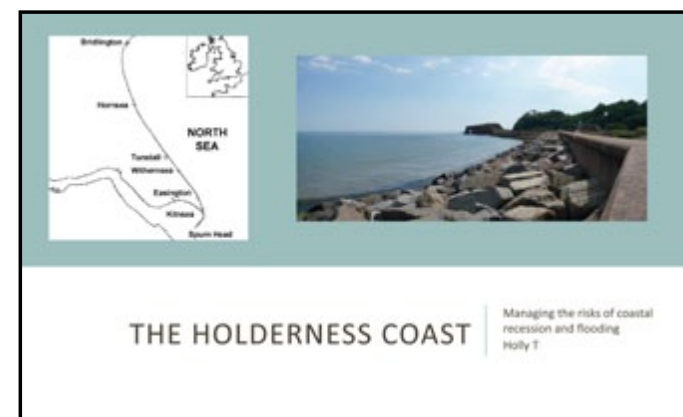
RIVER BOUND



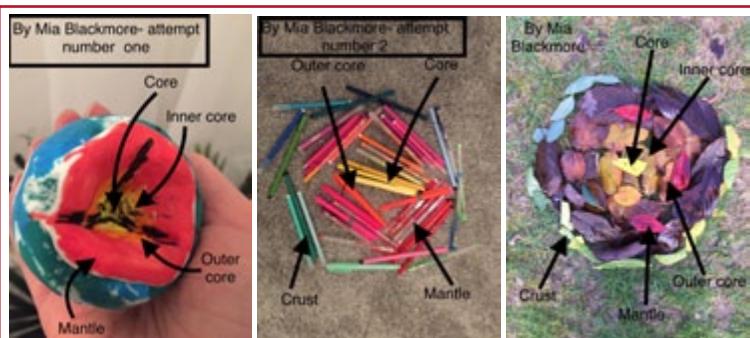
Maddison P in Year 11 has spent over five weeks working on a new logo for the English department. That may seem like a relatively small task, but Maddison created approximately 917 (!) different versions before the final design was chosen. She spent hours and hours of her time on this, even though it has nothing to do with her studies.



The final logo is pretty awesome too - pay particular attention to the Hamlet and Romeo and Juliet bookends.



Holly T has created an incredibly detailed and thorough presentation on the Holderness Coast case study, Holly spoke with great confidence in front of the class when presenting this information portraying presentation skills beyond expectation.



I have been busy making models of the earth. I attempted it three times - the first (made of clay) was very untidy as all the clays mixed together to make a bit of a mess.

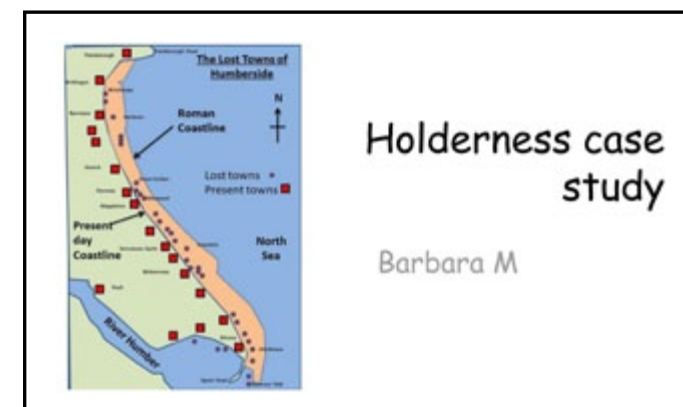
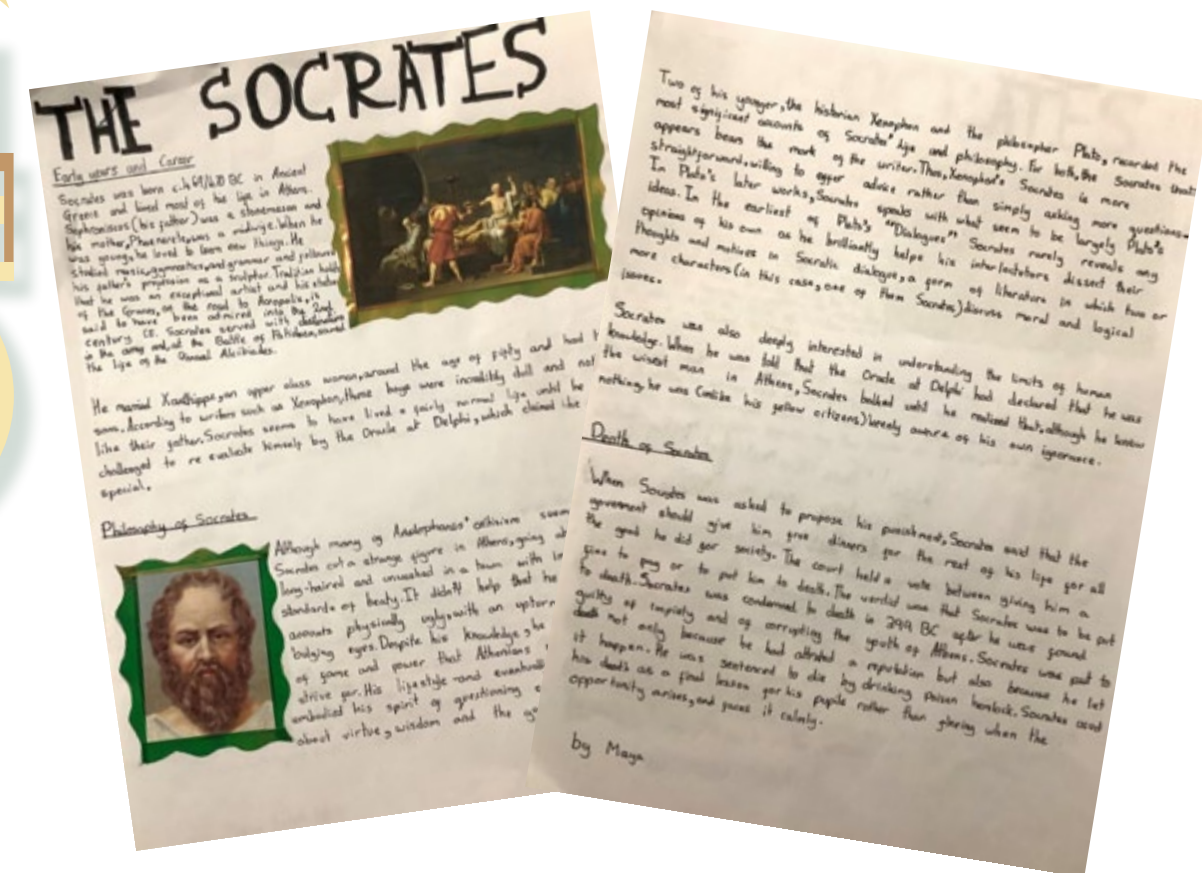
The second time I tried to do it with pens but this didn't work either. This was because the pens were obviously straight and so I had a square Earth rather than a round one.

The third time I decided to make it out of leaves. I thought this would be a good idea as they wouldn't merge into one and they were not straight.

Also, I thought it made more sense to make the Earth out of natural resources.



A fantastic piece of written work by Maya B-P.



Barbara M has created an incredibly detailed and thorough presentation on the Holderness Coast case study. Not only this, Barbara spoke with great confidence and clarity in front of the class when presenting this information.



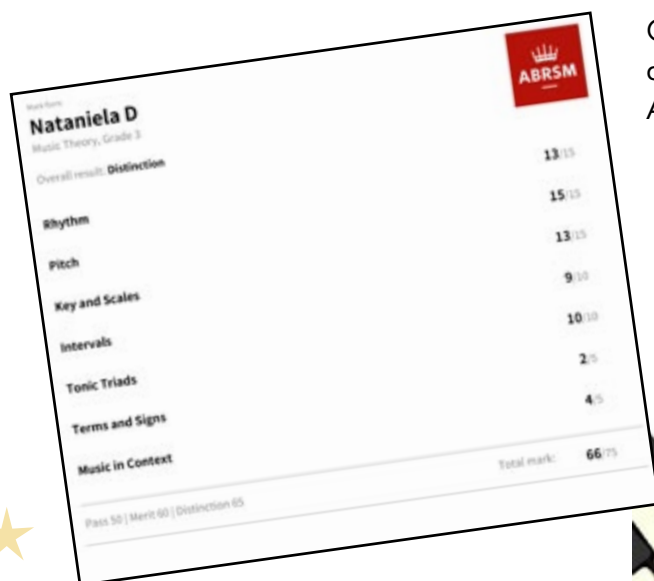
Some amazing work by our students, well done!



ANNOUNCEMENTS

Josie has created a new god...

Edamister is the god of dairy and the cheese edam was named after him.
Edamister is the son of Odin and Aurora they had only him and no other kids. He was proclaimed god of dairy as he never ate anything else as a young kid. He allowed the cows to go down to earth, he also made many more types of cheeses him most famous being the edam cheese.



Congratulations to Nataniela D in Year 8 who gained a Distinction in the Grade 3 Piano Theory exam!
A fantastic achievement!



We are sad to say goodbye to **Lesley Macmeikan**, CPA Faculty Support who moved to East Sussex over the Christmas break and **Linda Pearkes**, part-time Receptionist who has retired after many years with the SHSG family.

We wish you both good health and happiness for the future.



RAISING FUNDS ON THE RUN!



We would like to share a fantastic achievement Georgia L YEAR 9e and her friend Sophia R (also YEAR 9) set out to run a half marathon and raised money for Havens Hospice charity.

They decided to raise money for charity themselves without any parental intervention.

Both trained really hard for the event (22 km) and ran their first half marathon in:

1 hour 56 minutes ★

A brilliant time with little training!



Sophia R and Georgia L outside Run Active in Leigh-on-sea.
(Sophia's sponsor)

In total Georgia and Sophia raised

over £2000
for Havens Hospice.



Sophia and Georgia in the Leigh Times

MRS SIMPSON IS LEAVING...



READY...STEADY...GO!...AND ENJOY YOUR RETIREMENT FROM ALL AT SHSG

The day has finally come when we have to say goodbye to **the legend** that is, **Mrs Simpson**.

For **33 years** she has been the foundation of the **SHSG PE** department and her contribution to school sport has been immeasurable. From countless Borough titles, County titles, National titles and even competing on an international stage, her achievements have been incredible.

All the students that have participated in sport at SHSG will have very fond memories of the training, the tournaments, the competing, the travelling, the overnight stays, the wins, the losses, the representative kit and the friendships made through their sporting experiences. There are very few people in this world that have such intense passion for making students achieve their very best, and Mrs Simpson's commitment and drive for this is second to none.

She is quite simply, irreplaceable and SHSG won't be the same without her. We wish her the very best in her retirement and hope that she enjoys lots of new adventures.

We would like to thank everyone for their very generous donations towards a retirement gift – a reflection of how much she is adored and respected. We were able to buy Mrs Simpson a platinum David Lloyd membership. That should keep her busy for a year!

Thank you to all who contributed.

MRS SIMPSON IS LEAVING...



Mr Carey giving a socially distanced speech.

Mrs Buscombe presenting Mrs Simpson with her memory book.



Mrs Simpson being presented with her lovely gifts.



A MESSAGE FROM MRS SIMPSON...



It is with a heavy heart but also great pride and gratitude that I have 'blown' my final whistle on my 33 years and one term at SHSG.

I have been completely overwhelmed by the generosity of so many people. I have received messages and videos from lots of colleagues, students and parents. My gift of a "Platinum" membership to David Lloyd for a year is the most perfect present! I can't begin to thank you enough.

I would like to take this opportunity to express my thanks to all my colleagues at SHSG for being so supportive of my department over many years and allowing the girls to fulfil their many sporting commitments, often during curriculum time!

Thank you to the last **six Head teachers at SHSG** for recognising the importance of Physical Education and for allowing me to enter just about any competition, wherever it was taking place, allowing the girls to compete in a wide range of sports and against some of the best schools in the country.

I need to say a huge thank you to **Mrs Garnham, Mrs Buscombe, Miss Jenkins** and **Mrs Quinn** for the being the best 'team' to be part of - I couldn't have asked for more a supportive department. Also, to **Miss Ryan** for her outstanding leadership of the CPA faculty and to **Mr Barnett** and **Mr O'Brien** for their determination to bring Rugby into the 'girls' school!

I would like to thank all the parents who have stood on the side-lines in freezing weather conditions supporting the Cross Country runners; the parent "mathematicians" who worked out the national final athletics scores; the parent scorers on the netball side-lines, the "parent" taxi service ferrying countless teams to fixtures and all the parental sponsorship we have received enabling us to purchase the smartest kit for our teams and some of the most up to date sports equipment for use in curriculum time.

Finally, my last thank you has to be to the **'Girls in green'** - What a wonderful, talented, committed, determined and loyal bunch of individuals you are. You are the ones who have made my time at SHSG so special.
The memories are endless but here are some of the best bits:

- **Finishing in 3rd place** at our first appearance at the **World Schools' Athletics Championships in Tallin in 2009**, and **Georgia A** scoring **100 points for the 100m hurdles** and being awarded the **'Athlete' of the championship**.
- **Winning the first National Athletics title**, out of a total of 20 titles, in **1989 in Grimsby**
- **Sarah W** competing for **GB** in the 4 x100m relay in the **Sydney Olympics in 2000**.
- The **2017 under 16 netball team** for being the first squad to reach the **National schools' Final**;
- and finally, my absolute delight in witnessing so many individuals reaching the highest levels in their chosen sports. The latest addition to the list being **Eleanor B** on her selection for the **Scottish Senior Netball Squad in 2019**.

★ ★ ★ My message to every student is that **YOU** are at the **VERY BEST** school. ★ ★ ★
"Reach for the moon and even if you don't quite make it you'll fall amongst the stars".

I'm going to miss SHSG terribly but I'll always be rooting for the **'GREEN ARMY'**

Mrs S Simpson
PE - Southend High School for Girls

MRS SIMPSON POEM



Poem by Imogen F Poet Laureate YEAR 10

An Ode to Mrs Simpson

**As a teacher at our school for over 30 years,
For many you have helped us get over our fears.**

**Like the cross-country course that everyone dreads!
Except for those who have it drilled into their heads.**

**Hidden boxes of chocolate from members of staff,
They know where they are so they've had the last laugh!**

**With a huge list of achievements to your name,
But to teach us PE was your end game.**

**According to your colleagues you're very clean and tidy,
Although to some of your students this may seem unlikely!**

**With a drive to succeed and to always do your best,
You're always up for a challenge or to be put to the test!**

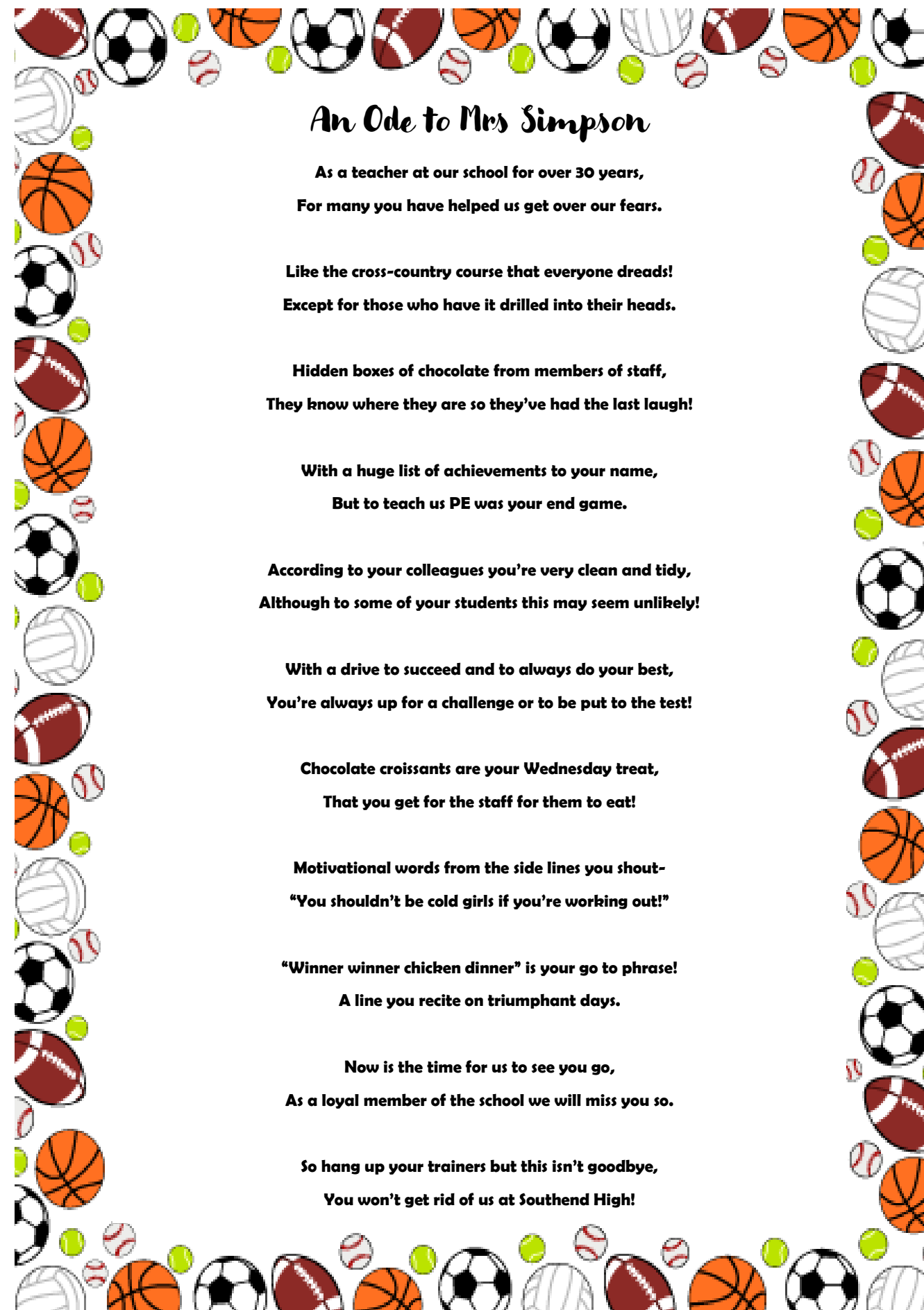
**Chocolate croissants are your Wednesday treat,
That you get for the staff for them to eat!**

**Motivational words from the side lines you shout-
"You shouldn't be cold girls if you're working out!"**

**"Winner winner chicken dinner" is your go to phrase!
A line you recite on triumphant days.**

**Now is the time for us to see you go,
As a loyal member of the school we will miss you so.**

**So hang up your trainers but this isn't goodbye,
You won't get rid of us at Southend High!**



A MESSAGE FROM THE PE DEPARTMENT



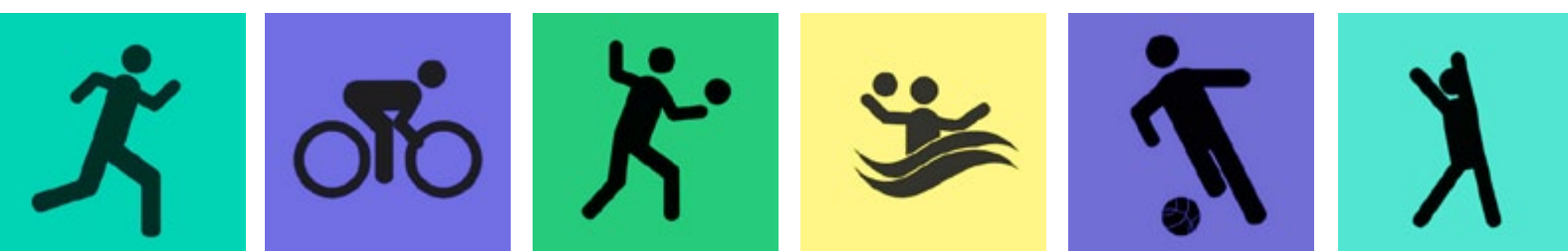
Physical ACTIVITY

always plays an important role in well being, and in the current climate, it's **MORE** critical than ever.

Since day 1 of the Spring term we have been setting a variety of activities for students in year 7-11 to engage in, during their PE lessons.

We have been providing students with a choice of activities in order to provide flexibility in terms of the resources and space needed, but also to accommodate the different interests, motivations and fitness levels of all students.

Going outside and away from their screens is always promoted as the optimal choice but this will not always be possible.



- Students are expected to register at the start of the lesson and receive their instructions for the lesson, and then they check back in at the end, to tell us how they got on with their tasks.
- Students that upload evidence of their engagement are being awarded merit marks.
- Please support us by encouraging them to participate and engage, and perhaps keep them company by joining in.

Thank you, The PE department.



★ SHSG VIRTUAL PE CHALLENGE ★

In addition to the practical and theory work options being set in all PE lessons we would like to offer the students in all year groups the chance of a little friendly competition up until February half term.

Starting from now a **virtual competition** will be set for each year group covering 3 different distances:

1km...2.5km and 5km.

Students are to email evidence of their times & distance along with their name and year group to sjenkins@shsg.org

Happy running!



SHSG INSTAGRAM

'Artist in Residence'

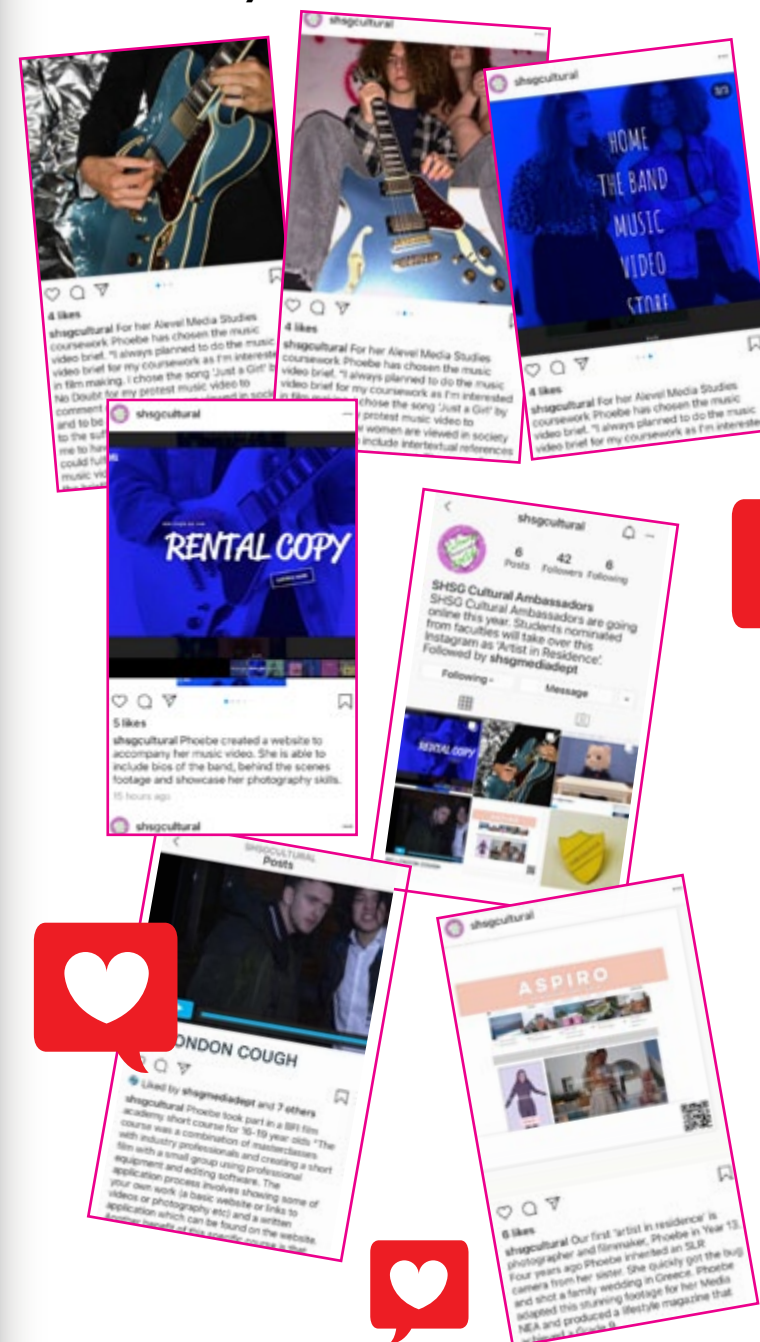
There is now a new **INSTAGRAM** account for **MEDIA** - its user name is:

@shsgcultural

Due to social distancing and Covid restrictions, SHSG cultural ambassadors are going online this year!

Students nominated from faculties will take over this Instagram account as **'Artist in Residence'**

Our first artist is photographer and filmmaker **Phoebe in year 13**



The Media department hold **Open house** for **Year 11** in the Media Studio on Mondays A and Tuesday B Lunchtime. **BBC Young Reporters** on Teams Wednesday Lunch time. Its user name is:

@shsgmediadept



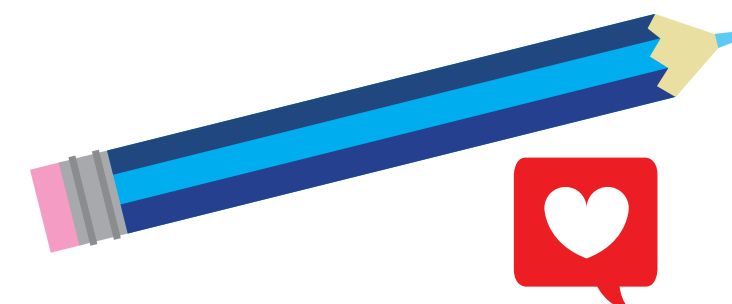
COOL!



There is now an **ART INSTAGRAM** for our school. Its user name is:

@shsgart

It will be posting work by all year groups, Artists to look at, inspirations for students and lots more!



SHE PLAYS TO WIN - THE QUEENS GAMBIT



Four players from our **SHSG Chess Team:**
Purba A, Urbi M, Olivia C and Leyla I

achieved **THIRD PLACE** in a
National Blitz Chess Competition
"She Plays to Win".
(All other teams had five players!)

The **"She Plays to Win Competition"** is only
open to girls in **years seven to thirteen in the UK**.
They were also playing in the highest Division
(**Division A**) in the competition.

They would like to encourage more girls to enter
the competition that is played online and the next
competition is on **10th February 2021**

This was an excellent result considering that there were
102 girls from **16 schools from all over the UK**
competing and especially for **Purba A**, who won **all**
of her games against tough opposition. She was one of
only four girls to have a **perfect score** in the competition.

It is especially amazing as the two schools above us are
independent schools that employ chess coaches! As do
some of the schools below them too.

Well Done everyone!

Mr Greenwood

**3RD
PLACE**

**DIVISION
A**

THE CURSED PEN



The Cursed Pen Award 2020, is a creative writing
award where students wrote a ghost story for Halloween.

The winner was **Emma B in YEAR 8**
for her fantastic story **"River Bound"**

In addition to this, the winners for other year groups
were:

Ciara G, Year 7, with "The Old Manor House".
Dhvani P, Year 9, with "The Laughter of a Child".
Monica S, Year 10, with "The Shadow".

The standard of entries this year was extremely high
and there were many students awarded with honourable
mention awards.

All the winning entries and honourable mention awards
are available to view on a website we have set up to
showcase the writing talent of our students. The link
below will take you to it, but be warned some of the
stories are not for the faint-hearted.



THE CURSED PEN



**CLICK TO READ
(IF YOU DARE!)**

STUDENT VOICE



STUDENT VOICE
STUDENT VOICE
STUDENT VOICE
STUDENT VOICE
STUDENT VOICE
STUDENT VOICE

This September, with the return to school, came the return of **SHSG's Student Voice**, more eager than ever to accommodate its students as much as possible after they had spent over six months manoeuvring the completely foreign grounds of quarantining whilst straddling studies. With these new circumstances came new challenges, and for this reason, the Student Voice Team had to adapt and make some changes. It still serves the same purpose but has been restructured to more accurately reflect our vision of helping students at SHSG and increase efficiency among us.

Instead of there being representatives being elected from each form group, which wasn't practical due to the large numbers of people that would amass, there are now a select few people completing specific jobs that contribute to a larger scheme of ideas.

These jobs include:

- **Press officer (responsible for making sure all students know what the Student Voice and Action team is doing)**
- **Data Analyst (responsible for making sure that students' views and opinions are interpreted fairly and pushed forward for action)**
- **Researcher (responsible for finding out the issues, concerns and views which are most relevant to students)**
- **Project Manager (responsible for making sure things get done)**
- **Public Liaison Officer (public face of the Student Voice team)**

So far, we have been familiarising ourselves with the dynamics of the revitalised Student Voice team and trying to adjust to make it work from a distance where we all cannot be in the same room. We've been getting to know the students through weekly polls and questionnaires etc. and have made it known that we'll be actively trying our best to improve the school experience for SHSG students.

The biggest concern of students as of now is managing homework and Student Voice is working alongside SLT in a long-term project to improve the use of homework to support learning.

Printing is also another concern that has arisen, with some students being less able to access some resources for them to complete their work in a mid-COVID world. Sixth Form students are also putting together revision and study support ideas for main school. These are all things that we are currently working to improve as we go into the new year and will continue to pursue as long as we are able. We hope now you are feeling informed as to the direction of the Student Voice team this year and are confident in our vision.

Please feel free to email studentvoice20-21@shsg.org with any concerns, suggestions and questions etc. you may have. Have a great holiday!

Yemisi (Press Officer)

CHRISTMAS CARD COMPETITION

In normal circumstances the winners of our Christmas card competition would be printed and posted.
But instead this year they were sent virtually!

1st



Winner - Bethan Year 12



Runners up - Skye Year 9



Runners up - Olivia T Year 11



Poem by Imogen F Poet Laureate YEAR 10

Pencil Illustration by Abby YEAR 10

Covid Christmas!

As we approach the season to be jolly,
Filled with mincepies, candy canes and lots of holly.
Our mood is immediately turned around,
Because this year has been tough and we need a new sound!

A sound of Christmas songs by Mariah and Wham,
Instead of the news on repeat reporting things to ban!
As a nation we have united and collaborated,
Now it's time for Christmas which is long awaited.

Put up the tinsel, stockings and the tree,
Because Covid Christmas is the place to be!
Despite restrictions like the 2 metre rule,
With certain precautions we can still do it all.

Like gather with our family and eat a huge platter,
As after all this is all that matters!
2020 has had its share of downs,
But at Christmas time we get rid of those frowns.

With the turkey in the oven and some great company,
There is no difference to what it should be.
This year has been strange, we can all accept,
But Christmas is an occasion we must not neglect!

With Christmas jumper day as something funny,
And shoeboxes filled in order to raise money.
Our school remains in the Christmas spirit,
Even though some are not really feeling it!

In December we reflect on the recent year,
However we must not look back with dread and fear,
To boost our spirits the bells do chime,
Happy Covid Christmas and have a good time!

Presenting the winners of the Geography Photography Competition - December 2020 ...

GARDENER'S WORLD CHALLENGE CATEGORY



ISLA G - 9D

WILDER ESSEX CATEGORY



CHIANA P - 12RRY

CAPTIVATING COLOURS CATEGORY



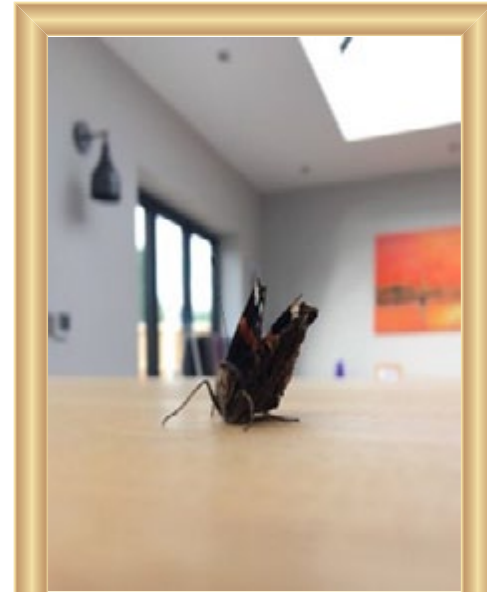
NOOR F - 8C

PATTERN & TEXTURE CATEGORY



JESS B - 10C

WILDLIFE MOTION CATEGORY



ISABELLE K - 8C

GREAT DONATIONS



Mr O'Callaghan with donations from his form for the reverse advent calendar.



1st December World HIV/AIDS Day

Thank you to everyone who supported this by donating and / or purchasing a red ribbon. We raised a total of £176. This is a huge amount - the biggest ever!!! So . . . a big thank you to everyone who donated via the honest box or Parent Pay systems.
Ms Spilstead

YEAR 12 & 13 had a competition for the best decorated Christmas Tree - here is the winning tree - winning by 4.08 stars!

THE
WINNING
TREE



CONGRATULATIONS YEAR 12!

CHRISTMAS FUN

The best of the Year 12 Christmas jumpers



Shoe Box
Appeal Donations





Send in your best
Eco-New Year's resolutions

What are you doing to

REDUCE

REUSE

RECYCLE

this year?

Replies to go to: cspilstead@shsg.org



USEFUL CONTACTS

RESOURCES



Here for you

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

Call:

Mon-Fri 9.30am-5.30pm

03444 775 774

childline

ONLINE, ON THE PHONE, ANYTIME

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

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

YOUNG MiND S

fighting for young people's mental health

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

Young Minds Helpline for parents and young people.

If there are concerns about a young person's mental health during this difficult time, you can contact the **Young Minds Helplines**.

Parents Helpline: If you are a parent who needs advice about your child's mental health you can contact the Parents Helpline directly on 0808 802 between 9:30am-4pm

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

The Young Minds website is here:

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



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>

Yoopies #StrongerUnited

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://yopies.co.uk>



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

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

help@nspcc.org

Call:

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

0808 800 5000

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

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:
Sccg.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://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




ACTION CALENDAR: HAPPIER JANUARY 2021




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 "Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi				1 Find three good things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help to brighten their day
4 Write a list of things you feel grateful for in life and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something physically active (ideally outdoors)	10 Thank someone you're grateful to and tell them why
11 Switch off all your tech 2 hours before bedtime	12 Connect with someone near you - share a smile or chat	13 Be gentle with yourself when you make mistakes	14 Take a different route today and see what you notice	15 Eat healthy food which really nourishes you today	16 Get outside and notice five things that are beautiful	17 Contribute positively to a good cause or your community
18 Focus on what's good, even if today feels tough	19 Get back in contact with an old friend you miss	20 Go to bed in good time and give yourself time to recharge	21 Take a small step towards an important goal	22 Try out something new to get out of your comfort zone	23 Plan something fun and invite others to join you	24 Put away digital devices and focus on being in the moment
25 Decide to lift people up rather than put them down	26 Say hello to a neighbour and get to know them better	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Use one of your personal strengths in a new way	30 Count how many people you can smile at today	31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS






www.actionforhappiness.org
Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Working to make
lives better
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 inform your parents, teachers or anyone else if you contact the school nurse. We might inform 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 aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. 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 charged at your usual rate.



01702 534843 @SouthendSN
sccg.southendpublichealthnurses@nhs.net

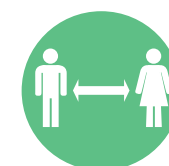
Wishing you a Happy New Year!



HANDS



FACE



SPACE

