



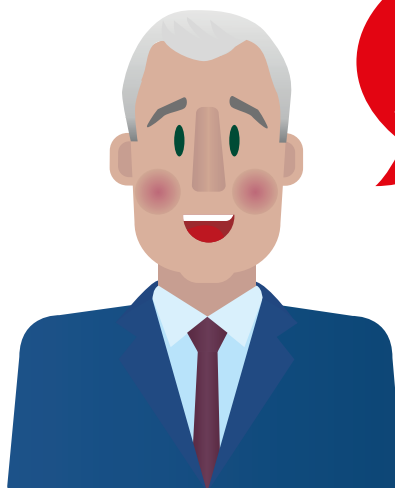
AUTUMN 2020 ISSUE

SHSG GAZETTE



INSIDE THIS ISSUE:

- OUR BIRTHDAY!
- AMAZING STUDENT WORK
- SHSG ALUMNI
- SHSG ACHIEVEMENTS
- FUNDRAISING
- SCHOOL UNIFORM INFORMATION
- AND MUCH MORE...



**WELCOME
TO THE
SHSG GAZETTE**



@Officialshsg



@OfficialSHSG



www.shsg.org



01702 588852



office@shsg.org



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

27th November 2020

Dear Parents, Carers and Students,

I hope that this letter finds you well.

Please find below a few updates and some reminders about events leading up to Christmas.

Year 7 Twelve days of Christmas performances

This week, students in Year 7 have been preparing their Twelve days of Christmas songs; they were supported by Sixth Form musicians. I have seen the finished performances and know that everyone involved would share my view that they are very impressive. The Year 7s clearly had a lot of fun and thoroughly enjoyed composing and performing their pieces. They will be published via SHSG social media platforms. Thank you especially to the Music Department and the Sixth Form musicians for organising the programme. It was clear that all students thoroughly enjoyed the event!

A reminder to all students that next Friday, 4th December 2020 is Christmas Jumper Day!

Oxford and Cambridge University Interviews

Well done to our Year 13 students who have secured interviews at the University of Cambridge and Oxford, as well as securing interviews for medicine at leading universities. These early entry interviews will take place over the next few weeks. We wish them luck.

Year 13s also enjoyed careers information, advice, and guidance through an apprenticeship masterclass this week. Thank you to three of our alumni (Danielle, Isabelle and Lauren) who spoke about the application and selection process as well as their first few months working and studying with UBS, Markel international and Morgan Stanley. We hope the Year 13 students found this useful.

Year 13 Pre-Public Examinations

Year 13 will start their PPEs next week; the examinations will last for two weeks.

Year 12 Student Leadership

Senior prefects have now been elected. Congratulations! There was a very strong field. Students should feel very proud of their achievements for taking part in the process. Senior prefects can now apply to be part of the Head Student Team and apply to be Head Student. The prestigious role of Subject Captain is also advertised; students should apply by Friday, 11th December 2020. Thank you to Ms Riebold and her team for organising the process.

Year 12 Parents' Evening

Tuesday, 1st December 2020 will be our first engagement with the online parent booking system. Thank you to parents for signing up for appointments; we look forward to meeting you, virtually, and discussing your child's progress and first term at SHSG's Sixth Form.

Telephone: 01702 588852

Email: office@shsg.org Web: www.shsg.org

Registered in England Company No: 07487455

Southend High School for Girls is the trading name of Southend High School for Girls Academy Trust



Year 11

Year 11 reports were emailed today with their first set of PPE grades. There will be a second round of PPEs in February 2021 for Year 11. In addition, on Wednesday, 2nd December 2020 we will be holding a live presentation and Q/A evening for Year 11 parents providing information about our Sixth Form.

I wish you an enjoyable and relaxing weekend.

Yours faithfully,

Jason Carey

Headteacher

Telephone: 01702 588852

Email: office@shsg.org Web: www.shsg.org

Registered in England Company No: 07487455

Southend High School for Girls is the trading name of Southend High School for Girls Academy Trust

BLM PODCAST

Evelyn G in year 8 created a three-episode podcast mini series on the Black Lives Matter movement - Evelyn has gone totally above and beyond as students were only required to make one three-minute episode!

Well done Evelyn.



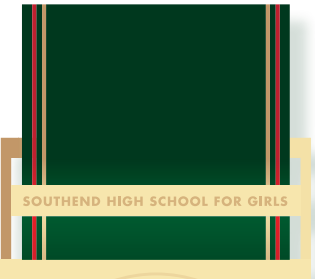
Amazing Well done!



GREATNESS IN GEOGRAPHY

In the World Biomes task Maya decided to draw her own outline map of the world instead of using the blank one provided. She did this and then added the information on very accurately. But that was not enough for her she then did a visual key of each biome underneath as a flap over the top of an information table containing a variety of information about each biome.

Well done Maya!



Well done to students who created some fantastic work in a Geography task for Year 9 - the Geopolitical Decision Making Exercise on the UK's options post-Brexit.



TOP OF THE WORLD!



LANGUAGES

The Education Perfect Northern Championships 2020 have ended and SHSG's **Leyla I** is top of the world!!

The Education Perfect Northern Championships is an annual MFL competition and from **4th to 11th November** students from SHSG were involved in a fierce contest with schools from around the world.

All students in **Years 7-10** had the opportunity to take part and some in **Years 7-9** were fortunate to have a computer lesson to allow them to compete in school. However, the majority of the action took part during students' free time

Everyone who chose to compete worked extremely hard and their efforts placed SHSG:

★ ★ **1ST IN ENGLAND**

- **6TH GLOBALLY IN OUR CATEGORY**
 - **1ST IN ENGLAND**
for French, German, Spanish, Italian & Russian
- **1ST GLOBALLY FOR GERMAN**
- **2ND FOR JAPANESE IN ENGLAND**
- **2ND GLOBALLY FOR GREEK**

In addition, there were some fantastic individual performances with 3 of our students ranking in the **top 100** (out of over **19,800 participants!**).

WOW!

SHSG TOP THREE STUDENTS



Special congratulations to:

Vanesa O (Yr9) 50th

Dhvani P (Yr9) 37th

Leyla I (Yr10) who was 1st in the world!

Along with her certificate, Leyla will be receiving a gift card in recognition of her efforts.

34 of our students earned themselves awards which are based on the number of points that they have scored and will be receiving certificates:

500 points 1,000 points 2,000 points 3,000 points
5,000 points 10,000 points

GO TEAM MATHS!

United Kingdom
Mathematics Trust

Congratulations to all our students who sat the **UKMT Senior Maths Challenge** on **Tuesday 3rd November**.

The **90-minute multiple choice paper**, sat on-line, encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems. It is tackled **without a calculator** and with the added jeopardy of negative scoring for those whose proposed answers are incorrect. It is aimed at **Sixth Form students** although **6 students in Year 11** and **1 student in Year 10** also chose to participate.

Our students performed magnificently!

Special congratulations go to:

Kitty C (Yr10) who scored **Best in School** and has qualified for the **British Mathematical Olympiad 1 follow on round** held on **26th November**, an opportunity offered to only **1,000 of the very highest performers**.

Urbi M (Yr12) was one of the **top 6,000 scorers** and has qualified for the **Senior Kangaroo to be sat on 25th and 26th November**.

We wish both Kitty and Urbi the best of luck in their follow-on rounds.



Amazing
and best of luck
in the follow-on
rounds!!



We are extremely proud of all our students and the fantastic commitment they have shown to enhance their language learning.

AMAZING STUDENT ACHIEVEMENTS



SCIENCE

During the summer holidays, several students took part in the **Science Education Prefect competition**. All students who took part did a great job but congratulations to **Dhvani 18th place** and **Leyla 12th place** who both achieved an **Elite Award**. A fantastic achievement!"

Leyla I
ELITE
AWARD

Dhvani P
ELITE
AWARD

A GOOD EYE FOR ART



These amazing drawings were created by **Mayah year 7**

SHSG ALUMNI

Poppy S left SHSG at the end of year 11 in 2015, having had a very successful & enjoyable time at SHSG. She went on to attend **Welbeck Defence College** with a view to joining the **Royal Navy**.

Recently she passed her final assessment and is now what is described as a **'trained strength' Sub Lieutenant** and is qualified to be on watch on Her Majesty's warships.



Playing for the Royal Navy rugby team



DOWN UNDER

During a tour of duty with the Chilean Navy

Poppy started at **Britannia Royal Naval College** in September 2017. After qualifying as an officer she had spent two years as a Sub Lieutenant serving on several ships in the UK and abroad. She was lucky enough to spend 4 months with the Chilean Navy touring the Southern Hemisphere.

On her return from the Southern Hemisphere, she was based at **HMS Collingwood** where she passed her final assessments.

Poppy is now an **Officer of the Watch** meaning she is qualified to man the bridge of Her Majesty's warships. Her next post will be on secondment to the French Navy for two years. Her journey continues but colleagues and life at **SHSG** definitely gave her a good start.



Passing out from Britannia Royal Naval College

AMAZING STUDENT MEDIA SUCCESS

Cadbury

dentsu

Rise Up

Rise Up is our digital challenge designed to unlock the emerging marketing potential in young people. The annual competition is open to 11 to 18 year olds, offering them the chance to develop a marketing campaign that tackles an issue in society which is close to their heart.

'Cadbury Acts of Kindness'

Over lockdown, I participated in the **Dentsu Rise Up Challenge** in collaboration with **Cadbury**, to come up with a new marketing campaign reflecting kindness and generosity, thus encouraging the nation to associate these brand values with **Cadbury**.

After completing the online marketing course, I pieced together my campaign, entitled **'Cadbury Acts of Kindness'** and submitted my entry.

On **Friday 25th September**, I was fortunate enough to participate in the **finale day**, as I had been shortlisted to a group of around 10 entrants nationwide. I put together a sales pitch and video which was shown to a judging panel, who gave some useful feedback and positive comments. Following some early entry careers talks, two winners were announced at the end of the awards event (via Zoom, of course!) of which I am honoured to say that I was the **highly commended winner!**

The whole experience has been a pleasure to be part of and has been a wonderful insight into opportunities available within the media industry.

Chiana P - Year 12



**HIGHLY
COMMENDED
WINNER**



CONTINUED...

AMAZING STUDENT MEDIA SUCCESS - UPDATE

WORK EXPERIENCE...

The Code - Rise Up Finale 2020

In the October half-term, I undertook one week of work experience with **Dentsu** and **Salesforce** following the competition: **Dentsu** are one of the biggest global marketing service groups, who have worked with the likes of **Aston Villa FC, Aviva, Kellogg's, P&G, Microsoft, Burberry and many more**, while **Salesforce** are a customer relationship management solution who work with the likes of **Dentsu**.

Over the course of the week, I learnt valuable interview skills of which I got to put into practice on the final day, where I had a mock interview with interviewers from both companies.

It was also extremely insightful to talk to numerous people in different media roles to not only find out about their current jobs, but how their careers began and then progressed, leaving them where they are today.

Every day was a panel of people talking about such experiences and their job roles, but a couple of people I was privileged enough to talk to have had some really exciting careers in particular: one started her whole career working in the **White House**, while another in her teenage years watched **Zoella's videos on YouTube...** and now manages her.

All this, in combination with the mentoring I have been offered, has helped me decide on the next steps I am going to take to (hopefully!) have a career in the media industry post A-Levels, that **Dentsu** have very kindly said they will support!

On top of this, I feel honoured to say that I was asked to meet the **Global CEO of Dentsu** on Monday 16th November, following my work experience. The meeting was a brilliant insight into the world of business in media: I was fortunate enough to listen to **Raja Rajamannar, the CMO (Chief Marketing and Communications Officer) of Mastercard in conversation with Wendy Clark (Dentsu's CEO)** which was followed by a 'Q and A' session with myself and the other winner on the **'Rise Up'** challenge. I was asked about my experience with the challenge, my weeks work experience and how Dentsu can help me in my future career.



The meeting was broadcast live to over **16 different time zones** with questions being asked from **Dentsu** offices all over the world. I would also like to say thank you to **Ms Casson** for her ongoing support!

Chiana P - Year 12



**An amazing
achievement.
Well done Chiana!**

SCHOOL BIRTHDAY



On Friday 23rd October we celebrated the school's 107th Birthday! Here are a few of the fantastic cards and videos that were designed. We will share more from the celebrations in the next Gazette.



There was also another birthday in the same week...

★
**HAPPY BIRTHDAY
TO MR CAREY!**



BALLET

Earlier this year, Gabriella successfully auditioned for a place on the Royal Ballet School's Associate programme. Out of hundreds of applicants only a handful are selected and Gabriella began the new term today 27/9/2020. She will train with the Royal Ballet School at the weekends whilst also continuing with her local dance school.

Everyone at SHSG would like to say congratulations to Gabriella on this amazing achievement and exciting opportunity!



FUNDRAISING

YEAR 13 PROM

Our previous year 13 student have been amazing!

After coronavirus cancelled their year 13 prom, they decided to donate the money collected for prom tickets to charity.

So far they have donated to the following charities:

£250
to Lebanon
Red cross

£250
to the Stephen
Lawrence charitable
trust (BLM charity)

£250
to Saba Relief
(Yemen charity)

'If and when the
prom venue refund us,
a further **£500** will
be donated too!'
Maya B

Little Princess Trust
 Providing real hair wigs for children suffering with hair loss



#proud



Sophie (Year 8) decided at the end of the school holidays to have her hair cut off to donate to the Little Princess Trust charity. The charity makes wigs for children who have lost their hair to cancer or other illnesses.

Sophie's hair had got very long during lockdown, and although she loved having long hair, she wanted to help someone who could not grow their own hair. Sophie had over eight inches cut off!

Alongside the hair donation, Sophie wanted to raise money for the charity too. Sophie researched and found out that it costs £550 to make and fit a wig. With only one week to go before "the big chop", she set herself the ambitious target of raising £550, so that she knew that by donating her hair and the money, a child would get a wig. With a bit of help from social media and a lot of incredibly generous friends and family, and the local Lions Charity Group - she smashed her target and raised more than double her original target by reaching an incredible £1200!

Sophie posted her hair yesterday!

Message from Sophie's parent:

"Thanks to SHSG for helping us to teach our girls that there's a bigger world than just themselves!"

For further information on The Little Princess Trust and the wonderful work they do, please see

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



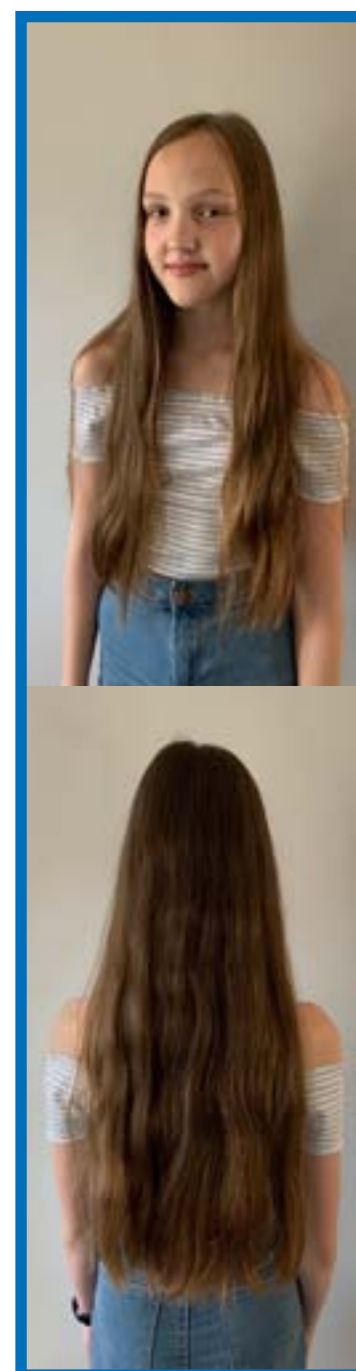
Little Princess Trust



You may remember one of our Year 8 students here at SHSG, Tegan B, was having her hair cut to donate to the **Little Princess Trust** to raise money for **Little Havens hospice**.

She raised an amazing £345.00!

Well Done Tegan!



Ref: 72466



Tuesday, 15 September 2020

Tegan

Thank you so much
 for raising an amazing
£345.00
 for Little Havens

Dear Tegan,

On behalf of all of us here at Little Havens, we wanted to write and say a HUGE thank you for raising a fantastic £345.00 by cutting your lovely hair just after lockdown. What an absolute star you are!

Your support and generosity is so very appreciated, and will help us continue 'Making every day count' for the children we care for, as well as their families.

When a patient is diagnosed with a complex or incurable condition, Havens Hospices is there to support every aspect of their life.

"I was finding things hard, so I decided to have a look around Little Havens. Everyone was lovely. I always thought Little Havens was for end of life care. I didn't realise it was for children with longer-term illnesses too." – Sam

You should feel extremely proud of the donation you've made to Little Havens, because we are truly grateful and we know all our families are too.

Thank you so much,

LK Collie,

Lorraine Collie
 Fundraising Team

You're in charge of what information Havens Hospices has about you, and what you want to receive from the charity. Everything is laid out in our Privacy Policy which you can read on our website. But you can change how we contact you by emailing changeme@havenshospices.org.uk, visiting havenshospices.org.uk/update or calling 01702 220 305.

**Every one of us
 Making every day count.**

Havens Hospices is registered in England and Wales as a company limited by guarantee.
 Registered address: 228 Priory Crescent, Southend-on-Sea, Essex, SS2 6PL.
 Company number: 1030967 | VAT Registration Number: 104467146 | Registered Charity Number: 1027718



SCHOOL IMPROVEMENT FUND

We are delighted with all the school improvements that have been made over the last few months, particularly during this period of disruption whilst dealing with the COVID pandemic.

THE NEW SCHOLARS CAFE



Our new Sixth Form Café that we have aptly named '**Scholars**' looks absolutely fantastic.

This project cost around **£100,000** and the main commitment to this cost came from school funds.

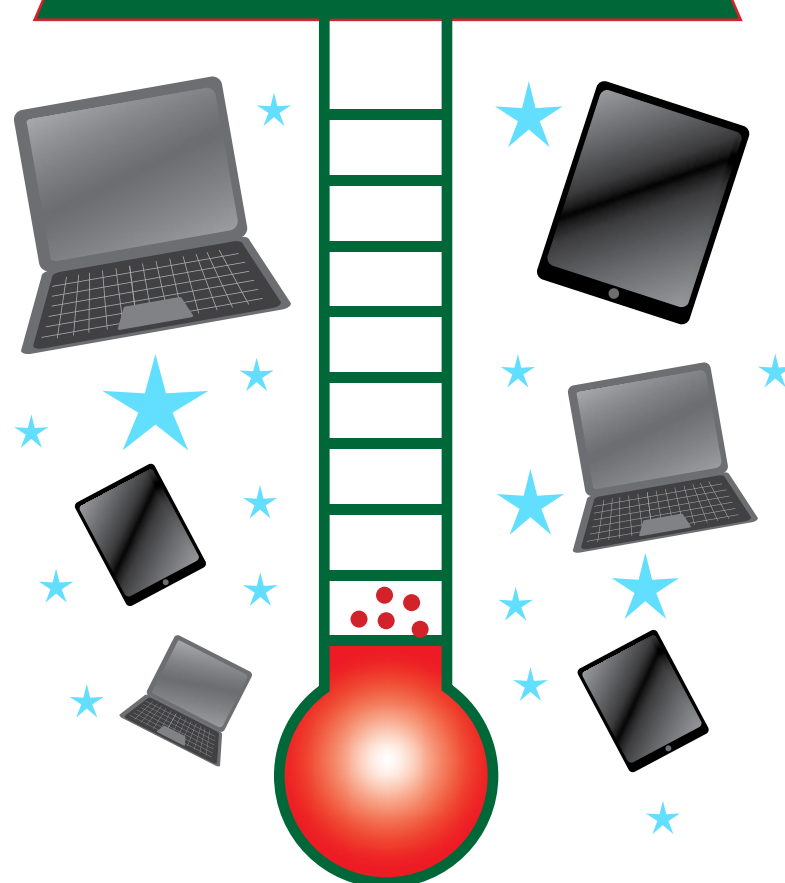


We are also about to embark on further building work involving the **complete restoration of the school's flat roofs** and the replacement of all the Crittall windows in the Main School, originally built in 1957. We have successfully secured some **Government funding** towards this project but despite this, a significant financial contribution is also being made by the school.

Further enhancements have also been made to the **Year 13 Private Study Room**, previously the Staff Quiet Room and plans are in place to replace the seating in the Science Department to ensure students' comfort whilst studying in those rooms for extended periods of time.

The school has also recently invested in the purchase of around **90 laptops** for use by students in school enhancing lessons taught throughout the curriculum. In addition, **laptops/iPads** have been purchased for **all staff** to assist in future-proofing ourselves in case of further lockdowns and ensuring that staff can continue to deliver excellent virtual lessons for those students who may be required to self-isolate.

SOUTHEND HIGH SCHOOL FOR GIRLS
SCHOOL IMPROVEMENT FUND
FUNDRAISING CAMPAIGN



SCHOOL IMPROVEMENT FUND

SOUTHEND HIGH SCHOOL FOR GIRLS
SCHOOL IMPROVEMENT FUND
FUNDRAISING CAMPAIGN

Moving forward, we would like to continue with the exciting plans for the further enhancement of private study areas and of course the expansion and complete modernisation of the main library. However, the size and scope of the project will depend on the success of our appeal for donations from parents, grandparents, alumni, and friends of the school.

The school is asking for assistance with these future projects so that we can continue to provide the very best state of the art facilities for our students. We will be providing regular updates regarding our fundraising project via the Gazette and our website to demonstrate just how valuable these contributions are!

Thanks to everyone who currently makes a regular standing order to the school.

If you would like to set up a regular standing order, full details can be found on the school website in the "Administration Centre" or by contacting Mrs Croysdill in the School Bank – kcroysdill@shsg.org

We are also pleased to announce that one-off parent donations as well as donations by grandparents, alumni, and all friends of the school can now easily be made via our new ParentPay Gift Aid Donations Page by clicking here



The link to our **Gift Aid Donations Page** can also be found on the **School Website** both in the '**Parents**' tab and the '**About Us**' tab and can also be accessed from your **Parent Pay Home Page**.



If you click on the icon for your child on the Home Page you will see the option to '**Donate**' under '**Menus and Choices**' – this link will also take you to the new **Donations Page**.

The best way of giving to the School Improvement Fund is to make your gift tax efficient.

Every £1 donated to the school under **Gift Aid** is **worth £1.25** to the School Improvement Fund so please fill in a gift aid mandate where possible. If you are donating via **Parent Pay**, please remember to tick the box to confirm that you would like your donation to be gift aided.

Our thanks to all our parents and supporters – with your help, we can ensure that we are able to provide the very best facilities for our pupils both now and in the future!

"The end of the Autumn Term is almost upon us and we are sad to say goodbye to our colleague Lisa Taylor.

On behalf of everyone at Southend High School for Girls, we would like to wish Lisa all the very best for the future, you will be missed by both your colleagues and students".





The School Birthday!

As the big 10th is gradually nearing,

The school prepares for another cheering.

"So they can hear you in Kent!" Mrs Leeman says,

Shouted every year drilled into our heads.

Traditions are resumed, keeping the school spirit alive.

Celebrating its history when the big day arrives.

Presents are given although mainly clocks,

With the occasional white board and stationery stock.

We break into song, Jerusalem the hymn of choice.

Chariots of fire sung with elevated voice.

The only line we really know,

The rest of the words gone out the window!

October 23rd entices a day full of fun,

Where lots of cake is eaten and party games are won.

The sixth form pantomime is always performed,

Bound to cause laughter however never a yawn.

Because the school Birthday is never a bore.

Instead, a time of happiness and excitement with smiles galore!

Wise words are spoken from Mr Carey our head,

And celebratory messages are waiting to be read.

All that is left to say is Hip Hip hooray!

Wishing a Happy Birthday on behalf of 10s!

Are you a poet
and you didn't even
know it?



Many of our talented students took the opportunity over lockdown to pursue and develop their hobbies and interests.

Students were encouraged to share their accomplishments with their form tutors. It brightened our in boxes to receive examples of fabulous crafting, photography, music, film making and of course lots and lots of baking!

We noticed that we had a very keen poet in our midst, **Imogen F in 10A**. Imogen's poems were a delightful surprise over the summer and several were published in the gazette.

We have decided to award Imogen the role of '**SHSG poet Laureate**'. She will produce poems that reflect the key events in the life of SHSG and our wider community.

Traditionally the Queen pays the national poet laureate in wine, our Imogen received a bag of wine gums today and will shortly receive a bespoke badge.

We are hoping to expand the role over time and would like to appoint a poet for each key stage. We would also like to connect our poets over Teams and encourage them to collaborate with our musicians and visual artists to put their writing to music, art and video.

Any students interested in getting involved should contact Ms Casson at vcasson@shsg.org.



Imogen F is a lovely poet and wrote some poems over lockdown, one of which was in a previous Gazette. She also composed the School Birthday poem on the previous page.





AVAILABLE
NOW TO
ORDER ON
PARENTPAY!

ADVENTURE ISLAND & SEA LIFE ADVENTURE TICKETS

Adventure Island
Blue wristbands

ONLY
£17
each

compared to
£32 full price

Sea Life Adventure
Tickets

ONLY
£6.50
each

compared to
£17.50 full price

If you would like to order some tickets, please place your order via **Parent Pay**

Then email **Mrs Croysdill** in the School bank at kcroysdill@shsg.org to let her know whether you would like to collect the tickets from Reception or have them posted out to you.

Are you a natty knitter?



One in 7 babies are born needing extra care.
Up to 8,000 babies will spend their first Christmas in UK hospitals.

Blankets provide such vital warmth for premature babies and help with temperature regulation when not in their incubators during feeds. However, with COVID restrictions, blankets this year are even more important as they can provide the transfer of scent of parents who are potentially unable to visit.

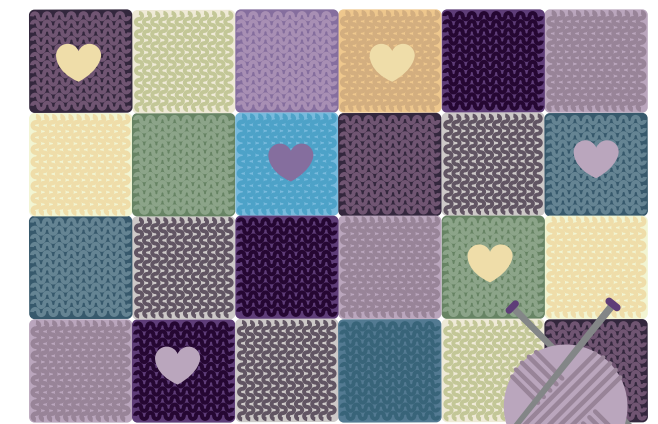
♥ The blankets will be the babies first Christmas present. ♥

We are asking students to knit a square **(or many squares)** for blankets that we will be able to send to support the campaign.

♥ You will need **size 8 needles (4MM)** and **assorted yarn**.

We will be starting **Wednesday 2nd December** in registration...And our very own Mrs Ladner will be on hand to help. She has also kindly agreed to sew the squares together.

♥ Parents can get involved too!



Finished squares need to be received by **11th December** at the latest

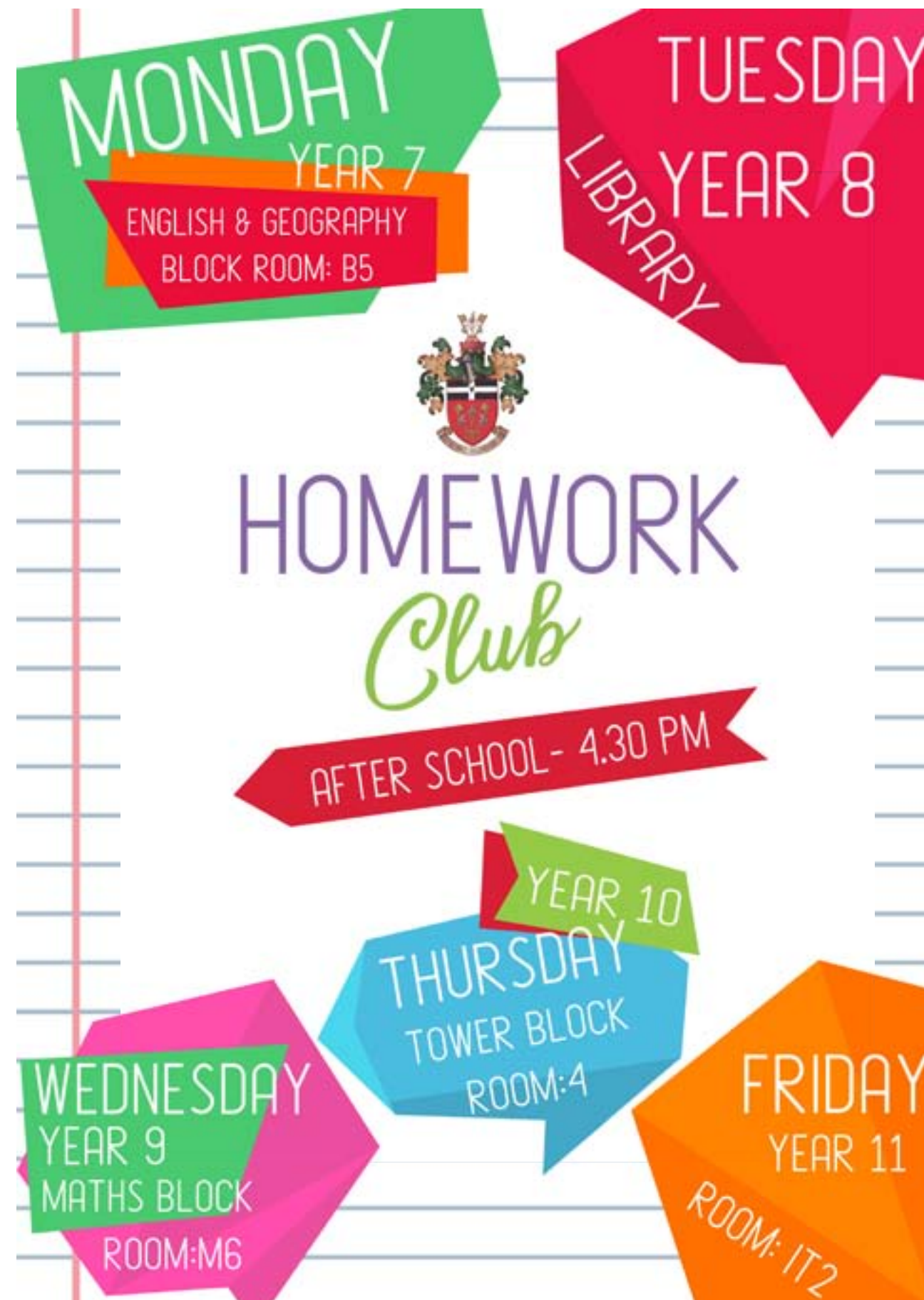
#sosblankets4babies

REVERSE ADVENT CALENDAR

Year 7 will be taking part in a 'Reverse Advent Calendar' donating an item of long shelf life food or toiletries for every day in Advent. All proceeds will be donated to the Homeless for Christmas.



HOMework CLUB



CHRISTMAS PUDDINGS FOR SALE



Following the success of last year's Christmas Pudding sales by the PA, there are a limited number of Christmas Puddings (**Ultimate Plum Puddings**) left for sale this year and these are available for parents to purchase at a reduced cost.

The money raised will again go to the **PA**.
The puddings have a 'Best Before' Date of October 2021 - so are of course still delicious!

Ultimate Plum Puddings



There are a small number of
MEDIUM PUDDINGS
(454g)

ONLY
£2.50
each!

(WAS £6.50)



There are approx 60
SMALL INDIVIDUAL
PUDDINGS
(120g)

ONLY
£1.25
each!

(WAS £3.25)

HURRY
WHILE STOCKS
LAST!

If you would like to place an order, please contact:

Mrs Karen Croysdill in the School Bank: kcroysdill@shsg.org - she will then add this item to Parent Pay for you so that you can pay for the puddings and organise a collection method for you.

CHRISTMAS HOUSES AND CHARITY EVENTS



£1 donation paid via parent pay to SAVE THE CHILDREN

Two students wearing the best Christmas Jumpers in each year group will receive **HOUSE POINTS!**



OPERATION CHRISTMAS CHILD

Over the last few years we have supported many local charities around Christmas time including Women's Refuge, Southend Toy Drive, HARP and Foodbank.

This year we will be supporting Operation Christmas Child.

● We would like each form to fill at least one shoebox with presents to be delivered to children in more than 100 countries.

● The deadline for preparing your shoeboxes is:

Monday 7th December.

● More information regarding collection to follow.



HIV & AIDS AWARENESS



**World HIV/AIDS day
1st December 2020**

In the week building up to **World HIV/AIDS day** on **1/12/2020**, the students will be having age appropriate activities in morning form time in the run up to this day.

I will also be operating an honesty box system based in each of the year **9-13 bubbles** by their Head of Year's office from:

Tuesday 24th Nov - Tuesday 1st Dec.

Students will be able to pay the **£1** into the honesty box and take a red ribbon or pay via **parent pay** and take a ribbon.

Ribbons are not free!

I can appreciate that not everyone will be able to support this initiative this year, but I am hoping to raise as much money as possible.

Thanks for your support as we normally raise a significant sum of money to support further research, campaigning, and support for those affected by **HIV/AIDS**.

Ms C Spilstead
Director of Faculty - Humanities

FACING UP TO FACE MASKS



LITTLE WAYS TO SAVE THE WORLD!

Face masks - as face masks are part of our everyday lives...

COULD YOU TRY USING REUSABLE WASHABLE CLOTH MASKS?

Single use masks generate a huge amount of waste as people use them to protect themselves from Coronavirus.



If you prefer to use these masks please make sure that you are putting them in the black plastic sack, as general waste and if possible rip the circular straps, this prevents animals becoming trapped in them in the event the mask escapes the proper waste procedure.

STUDENT VOICE

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



GCSE & A LEVEL GEOGRAPHY – OPEN HOUSE

Due to the current circumstances, Open House **will not be running on Thursday lunch times this term**. Instead, your class teacher will be uploading weekly revision questions onto Microsoft Teams for you to complete. Whilst these are optional, it is strongly recommended that you make use of these additional resources to support your ongoing revision for your public examinations. Your answers will be teacher marked and online feedback will be given. The first set of questions have already been sent out. **Mrs Patel**

NOTICES

The girls are taking part in cross country during their PE lessons. Please can you ensure that your daughter runs in an **“old”** pair of training shoes/spikes/studded shoes. She can then change into the training shoes that she is currently wearing for her lessons. She will also need a spare pair of socks to change into and a suitable bag to put her muddy shoes into after the lesson.

Thank you

S Simpson

Lead Teacher of Physical Education

Danielle's Schoolwear

Danielle's are **unable** to embroider any school PE kit for the foreseeable future. Please ensure that your daughter's PE kit is labelled with her full name and her form group.

Thank you for your forbearance with this. As soon as the situation alters you will be informed.

INTER HOUSE CROSS COUNTRY CHAMPIONSHIPS

The year 7 and 8 inter house cross country championships took place on the school field last week and both year groups achieved some excellent PB's!

The individual winner in **YEAR 7** was: **Shiloh** in a time of **10.17** followed by **Chloe B** in 10.33 and **Chloe F** in a time of 10.47.

The overall house placing were:

1st	Aurora	56
2nd	Aphrodite	63
3rd	Hera	82
4th	Hermes	164
5th	Artemis	168
6th	Athene	203



A picture of the 1st, 2nd and 3rd placed **YEAR 7's**.

In the **YEAR 8** competition the overall winner was: **Skye** in a time of **10.29** followed by **Olivia** in **10.40** and **Abigail** a very close 3rd place in a time of **10.41**

The overall house results were:

1st	Hermes	76
2nd	Aphrodite	107
3rd	Hera	125
4th	Artemis	132
4th	Athene	132
6th	Aurora	150

Well done to all the girls who represented their house teams. Its always fantastic to see the girls running and for the team managers and marshals from each cheering their teams on!

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 | 0800 1111

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

YOUNG MiNDS

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>



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://yoopies.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

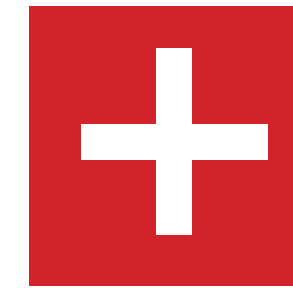
A NEWSPAPER TO CELEBRATE ALL THAT IS GOOD IN THE WORLD

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

KINDNESS CALENDAR: DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Leave a positive message for someone else to find	1. Share the Kindness Calendar with others and spread kindness	2. Contact someone you can't be with to see how they are	3. Offer to help someone who is facing difficulties at the moment	4. Give kind comments to as many people as possible today	5. Make a gift for someone who is homeless or feeling lonely	6. Support a charity, cause or campaign you really care about
7. Share a happy memory or inspiring thought with a loved one	8. Do something helpful for a friend or family member	9. Notice when you're hard on yourself or others and be kind instead	10. Listen wholeheartedly to others without judging them	11. Be generous. Feed someone with food, love or kindness today	12. Buy an extra item and donate it to a local food bank	13. See how many different people you can smile at today
14. Appreciate kindness and thank people who do things for you	15. Contact an elderly neighbour and brighten up their day	16. Look for something positive to say to everyone you speak to	17. Practice gratitude. List the kind things others have done for you	18. Give away something that you have been holding on to	19. Buy locally and support independent shops near you	20. Contact someone who may be alone or feeling isolated
21. Be kind to the planet. Eat less meat and use less energy	22. Congratulate someone for an achievement that may go unnoticed	23. Choose to give or receive the gift of forgiveness	24. Bring joy to others. Share something which made you laugh	25. Treat everyone with kindness today, including yourself!	26. Get outside. Pick up litter or do something kind for nature	27. Call a relative who is far away to say hello and have a chat
28. Turn off digital devices and really listen to people	29. Let someone know how much you appreciate them and why	30. Plan some new acts of kindness to do in 2021	Let's look beyond our differences and help each other. Every act of kindness matters			

ACTION FOR HAPPINESS #DoGoodDecember www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december Keep Calm • Stay Wise • Be Kind



Shopping online? Please help raise funds via easyfundraising.org.uk/causes/shsg.

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



Visit easyfundraising.org.uk/causes/shsg to register and start raising funds every time you shop online. There are thousands of retailers taking part ready to make a donation. Just visit easyfundraising.org.uk/causes/shsg every time you shop online, find your retailer and shop as normal. The retailers will make a donation at no extra cost to you.

Why not download the [easyfundraising app](https://easyfundraising.org.uk) to make sure you never miss a donation.



In the last 30 days, supporters have raised **£238.63** via easyfundraising which is fantastic, **thank you**.





200 CLUB

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

PA 200 Club winners – October 2020

1ST
£46.50

1st £46.50 Mrs Jeanette Cottis
2nd £27.90 Mr Tenna
3rd £18.60 Miss Edwards

PA 200 Club winners – November 2020

1ST
£46.50

1st £46.50 Mr Mark Howe
2nd £27.90 Miss Barness
3rd £18.60 Mr Pandey

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

LEARNING RESOURCES



Are you a member of your public library?

If not, you are missing out!

Whilst the libraries are closed in accordance with Government guidelines, you can join online and use your temporary membership number to access the **FREE** e-resources.

For libraries in Southend go to Library Catalogue on the [Southend Borough Council website](#).

Join today and you will get access to lots of fantastic online resources, which you can access from anywhere:

- **Graphic novels and magazines**
(from Borrow Box)
- **Audiobooks and ebooks**
(via the RB Digital app and website)
- **Graphic novels and manga**
(via RB Digital app and website)

Free access to subscription services, including:
Britannica Student Encyclopedia: an encyclopedia aimed at students between the ages of 12 and 18 years.

Press Reader: 7000 UK and international newspapers and magazines including weekly and daily publications in over 60 languages.

EBSCO Masterfile: An electronic database of thousands of magazines. Articles are either available in full text or as an abstract.

And many more...



If you are self-isolating, you have an excellent opportunity to read widely and so improve your vocabulary, sentence structure and understanding of genre, form and stories. All of this will be incredibly useful in improving your future examination results (be they GCSE, A-level or undergraduate). If you could read one novel per week while in isolation, you will be giving your future self an amazing opportunity for success in the future.

While schools are closed Audible are offering free instant streaming of stories for children (including classics). It is entirely free and there is no need to register or provide details. All stories can be streamed on desktops, laptops, phones or tablet:

<https://stories.audible.com/start-listen>

We cannot vouch for the quality of the contemporary books offered but there are some excellent readers of the Classics: Brave New World, Jane Eyre, Dorian Gray, Wuthering Heights etc.

Stories are available in 6 languages so it is possible that the simpler French, German and Spanish texts will be of interest to our languages students.



JSTOR is a digital library for scholars, researchers, and students

JSTOR provides access to more than 12 million academic journal articles, books, and primary sources in 75 disciplines.

While we are in lockdown they are allowing subscribers to read **100 FREE articles**. This is a great resource for Yr 12's - especially those planning to do an EPQ.

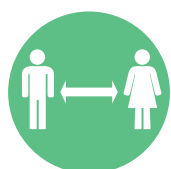
[CLICK HERE TO REGISTER](#)



HANDS



FACE



SPACE

**PLEASE STAY SAFE
AROUND THE SCHOOL**

