



SHSG

# GAZETTE

THE PRINTER  
HAS RUN OUT  
OF INK!

I REALLY MISS  
MY FRIENDS :(!

I'M  
SO TIRED!

CAN YOU COME AND GET  
THE CAT OUT OF MY ROOM...

CAN YOU BE QUIET PLEASE!

HAS  
SOMEONE  
TURNED  
THE  
WIFI  
OFF?!

I'VE JUST  
SPILT TEA  
ON MY  
KEYBOARD!

...YOUR  
ZOOM  
MEETING  
WILL BEGIN  
IN 3MINS...  
...JOIN?

CAN I USE  
THE LAPTOP  
NOW?!

IT'S  
REALLY  
COLD  
IN HERE!

URGH!!!

TOO MUCH NOISE!

WHO HAS  
GOT THE  
CHARGER?

I CAN'T  
CONCERNTRATE!

I DON'T  
KNOW WHAT  
I'M DOING?!

I JUST  
LOST ALL OF  
MY WORK!

I WISH I WAS  
AT SCHOOL :(!

HOW ARE  
YOU DOING?



 @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

5<sup>th</sup> February 2021

Dear Parents, Carers and Students,

I hope this letter finds you well. In this week's letter I include some school updates.

## SHSG Gazette

This month's Gazette is wellbeing focused. Here is a preview of the front page!



Please send in photos of any activities you would like to share in the next Gazette. Previously, we have had photographs from family walks, art, poetry, baking, multi-media presentations... and so on. We would be delighted to share these with the SHSG community through the Gazette.

## Year 9 Options

Last week, a survey was sent to parents asking if they will be attending the *Year 9 Virtual Options Information Evening*. Due to the number of parents planning to attend, it has been decided that there will now be two separate sessions to reduce the impact on the technology and ensure that it runs smoothly.

The meetings will take place on **Tuesday 9<sup>th</sup> February and Wednesday 10<sup>th</sup> February between 6.30pm – 7.30pm via Zoom**. Meeting codes will be sent via email directly to parents. Different form groups may receive different codes, we ask you do not share the codes with other parents to ensure that the meetings do not exceed the maximum capacity.

Telephone: 01702 588852

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

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



## Lockdown Art Competition

Students may be interested to learn about a forthcoming Art Competition. Details are included on the poster in the Gazette and all students are invited to participate.



## Lockdown Leader Board

Congratulations to the following students for excellent achievement in lessons during lockdown.

- Whole School – Chloe B Year 7
- Lower School – Chloe B Year 7, second is Chloe F, Year 7
- Middle School – Annabelle D, Year 10
- Sixth Form – Eva S (12), Emma Sullivan (12), Abinaya S (12), Josu A (12) and Anas O (13)

## New timings of the school day

A reminder that we will move to the following school timings next week. This is to help reduce the screen fatigue issue raised in the questionnaire responses and to give families an opportunity to spend time together at the end of each day.

TIME	ACTIVITY
8.35-8.50	REG
8.55-9.45	Lesson 1
9.50-10.40	Lesson 2
10.40-11.00	BREAK
11.00-11.50	Lesson 3
11.50-12.45	LUNCH
12.45-1.35	Lesson 4
1.40-2.30	Lesson 5
2.35-2.45	TUTOR CHECK IN

Please note that the Critical worker school will also finish at 2.30pm from Monday next week.

There will be no Critical Worker school provision on Friday 12<sup>th</sup> February (Inset Day) or half term week (Monday 15<sup>th</sup> to Friday 19<sup>th</sup> February 2021) in accordance with DfE guidelines.



### Year 7/8 PE Sessions

This week Chloe T and Scarlett R (our Year 12 A Level PE Subject Captains) are leading two live training sessions for students in year 7 and 8 that are part of our school sports' teams. The sessions will run from 8.00-8.30am on Wednesday for year 7 and Friday for year 8. The sessions will be largely circuit training based to assist the students in maintaining their fitness and conditioning during this period of remote learning. Well done and thank you to Chloe and Scarlett for organising and running these sessions, and well done to all that took part.

### Reminder - Reporting Absence

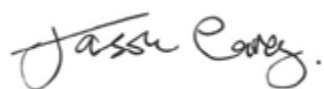
Please remember to inform the school if your child is unwell and cannot attend lessons or has a planned absence such as a doctors/dentist appointment.

- For Lower school absences (Years 7-9) please contact Pastoral Support Officers Mrs Bernier or Mrs Rooke: [cbernier@shsg.org](mailto:cbernier@shsg.org) or [arooke@shsg.org](mailto:arooke@shsg.org)
- For Middle School Absences (Years 10 and 11) please contact Pastoral Support Officer Mrs Poxon: [cpoxon@shsg.org](mailto:cpoxon@shsg.org)
- For Sixth Form absence please contact the Sixth Form Administrator Mrs Hopkins: [phopkins@shsg.org](mailto:phopkins@shsg.org)

Please notify the school by 9.00am on the first day that your child is unwell and every subsequent day of illness.

I wish you all a relaxing and enjoyable weekend.

Yours faithfully,



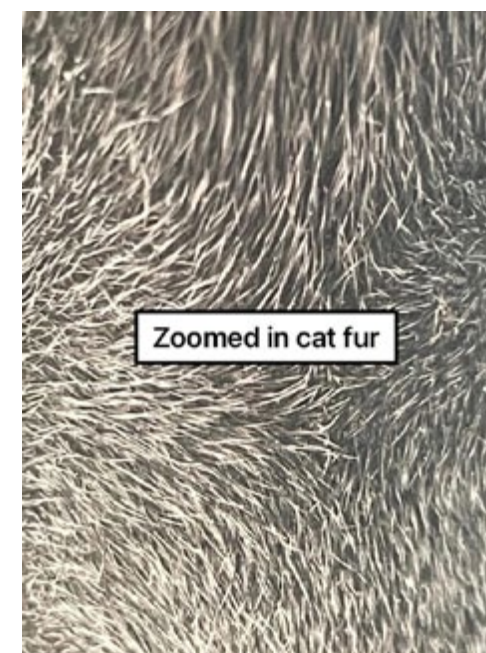
Mr J Carey  
Headteacher

MR CAREY

## HEAD TEACHER'S AWARD

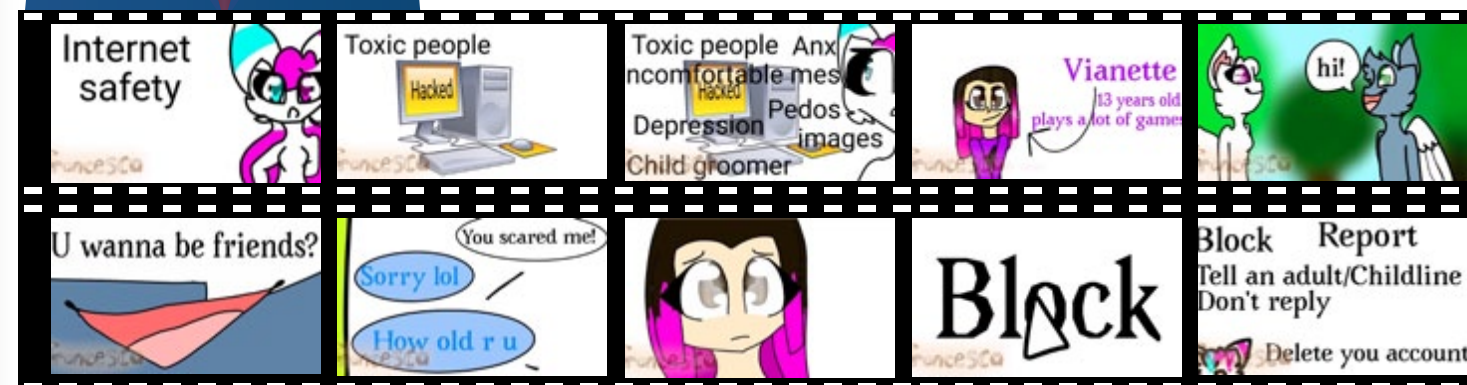


Brooke S in Year 7 took some amazing photographs for her Science class extension work - some **super up-close** images.



Amazing work!  
well done!

Francesca R in year 7 has produced a very impressive internet safety video for Mr Moroney's Science class.





## HOUSE CAPTAINS

It's 2021 which means you have new house captains and we are so excited for you all to see what we have been preparing!

We know the past year hasn't been easy, but we have so much planned for you to look forward to... So get excited because this year is going to be bigger and better than ever before!



@shsghouses

## YOUR 2021 HOUSE CAPTAINS ARE:



This year we want to make sure that no matter the circumstances, we still have challenges, events and opportunities for everyone to get involved!

Best believe that we have something 'cooking' for you coming very soon! Keep your eyes peeled and make sure to keep up to date with our **Instagram** account for regular updates and new challenges @shsghouses - You never know, there could be a few prizes in the mix...

**We hope to be seeing and talking to you all soon!**  
**From your 2021 House Captains**



United Kingdom  
Mathematics Trust

## UKMT Intermediate Maths Challenge

Good luck to the 168 students in **Years 9-11** who sat the **UKMT Intermediate Mathematical Challenge** on **Wednesday 3rd February!**

The Intermediate Mathematical Challenge is a 60-minute, multiple-choice competition aimed at students across the UK. It encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems. The problems on the Intermediate Mathematical Challenge are designed to make students think. Most are accessible, yet still challenge those with more experience. All our top set Year 10&11 students have been automatically entered; students in the rest of the year group plus students in Year 9 were invited to participate if they wished.

## CHILDREN'S MENTAL HEALTH WEEK



**Place2Be** is a children's mental health charity that provides counselling and mental health support and training in UK schools, using tried and tested methods backed by research. We believe that children should not have to face mental health problems alone.

[CLICK HERE TO WATCH THE VIDEO](#)

"This year's Children's Mental Health Week is all about **expressing yourself** – about finding creative ways in which to share your thoughts, ideas and feelings. So whether that's through **photography, through art, through drama, through music or poetry** – it's finding those things that makes you **feel good about yourself**."

"And while this is Children's Mental Health Week there has never been a more important time to talk about **parental wellbeing and mental health** too. Last year you told me just how important this was that many of us find it hard to prioritise. This is a hugely challenging time for us all so please **look after yourself** too. Find those ways in which to share your thoughts and your feelings or find someone to talk to because we really do need to be the very best versions of ourselves for the children in our care."



We've teamed up with BAFTA Kids and Oak National Academy to create a free assembly featuring pupils and well known-faces discussing the theme of:

**'Express Yourself'.**

Hosted by Blue Peter's Lindsey Russell, and CBBC Presenter and Place2Be Champion Rhys Stephenson, the assembly is a great way to help children to explore the creative ways they can share their thoughts and feelings.



In partnership with BAFTA Kids and Oak National Academy, we've created a series of free virtual sessions led by experts and familiar faces across acting, art, content creation, dance and writing. The **"I Express Myself Through..."** series sees stars such as Oti and Bukky Bakray discuss how they creatively express themselves, and share their tips and advice for children and young people. These videos are aimed at older primary school pupils, and secondary / high school pupils.



## Secondary Activities

Assembly guides, class activities & fundraising ideas for secondary school staff or those working with over 11s.

[DOWNLOAD](#)

Our free resources will help children and young people to explore what it means to Express Yourself. All of the ideas can be adapted for use in school, for home-schooling, online lessons or independent learning.



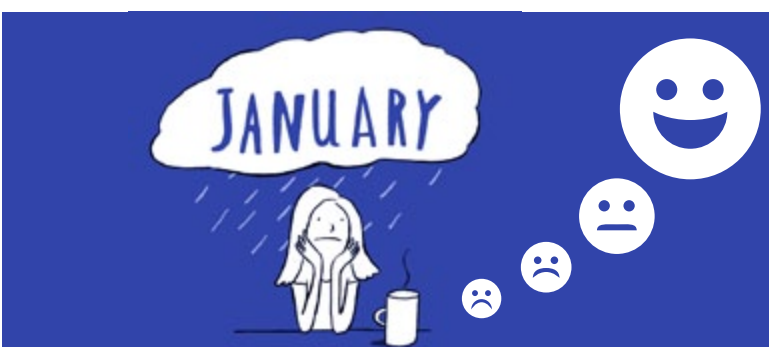
JANUARY

# BLUES...



...are a real thing and for those of us struggling with feelings of anxiety and depression, the additional blues, coupled with the uncertainty of the pandemic, can leave you feeling pretty overwhelmed.

For anyone who needs that little extra support, there are many fantastic organisations out there ready to help you. These are listed in the wellbeing directory pages near the end of the Gazette.



## THE 5 C's...

By Dr Radha Modgil  
from BBC Radio 1's Life Hacks

### CONTROL

Think about the things you are in control of. The things you are not in control of, let go. This will help to maintain your emotional energy.

### CARE

Self care - **look after yourself.**  
Get up at the same time.  
Wash, dress and brush your teeth.  
Get a good nights sleep, get active and do some form of exercise, this will help your mental and emotional wellbeing.


### CONTINUITY

In a world that is rapidly changing, we need to find **OUR** grounding, **OUR** normality. Watch the same programmes you normally watch, listen to the same music or radio shows you always listen to. This will help you with a sense of normality and groundedness right now.

### CREATIVITY

Creativity is really going to help right now. Hobbies, crafting, painting, singing, drumming, dancing, D.I.Y. whatever it might be just get into that because it will help to take your mind away from any worries or anxieties.

### COMPASSION


...and kindness, to yourself if you are having a difficult day, by talking to someone and asking for support. Kindness to others, we need to look after everyone in our society and we can do that by being kind :) 

# FRIENDLY FEBRUARY




**We need each other more than ever right now!**

This month let's focus on reaching out to connect with others and doing our best to be a good friend. Our acts of kindness and connection ripple out and impact so many more people than we realise - and they also boost our own happy hormones too! In stressful times people around us may be feeling the strain, so let's try to **keep calm**, take time to **listen** and show **compassion**.




For more tips, see the Action for Happiness calendar at the back of this Gazette



# KINDNESS



**Kindness** has the singular ability to unlock our shared humanity.

**Kindness** strengthens relationships, develops community and deepens solidarity.

It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that **kindness** is something that all human beings need to experience and practise to be fully alive.

[CLICK  
TO  
WATCH  
VIDEO](#)

**Kindness**  
is central  
to all our  
mental health  
at this time

You see, kindness has the power to create community, support and hope

No act of  
**kindness**  
is ever wasted.

**It's important to be kind to yourself as well**

- Whatever you can manage today is **good enough**. Some people feel that the lockdown is giving them the time and chance to learn new skills or try new things. That may be you, and if so, enjoy and celebrate that.
- If this isn't you, try not to beat yourself up about what you see others doing. If things are hard right now, try and find some small things to **celebrate each day**.
- Getting up and **washing your hair** can be just as much of an achievement as someone else posting about a 5k run on Instagram.



"If you are a child, between six and 13, and you're doing all your schoolwork/homework on screens, and using it for social reasons too, then it is important you also take a couple of hours a day looking at things far away," **Daniel Hardiman-McCartney, clinical adviser at the College of Optometrists.**

**"Every 20 minutes, try and have a break."**

When we are looking at a screen, we blink less which can cause our eyes to feel dry. Make sure you are



## 20 20 20

### The 20-20-20 rule

- **PAUSE EVERY 20 MINUTES**
- **LOOK 20ft AWAY FOR 20 SECONDS**
- **Let your eye muscle relax, squeeze stagnant tears away.**

blinking often when on devices, this will help the eyes relubricate and reduce damage done by blue light. If you are focusing closely for a long time it can be tiring for your eyes.



Try and spend an hour before bed **WITHOUT** looking at a screen, because the blue light from devices can trick our brain into thinking it's still daylight.



# SLEEEEEEPP...ZZZZZ

**Screen time and sleep**



**Blue light** is also known to disrupt the sleep/wake cycle especially if you are using digital devices before going to bed. The exposure to blue light at night blocks the production of melatonin hormone that signals your body to go to sleep. Also, the artificial blue light from the screen makes the brain think that it is daylight. This is why you often have those sleepless nights or irregular sleep patterns.



ZZZ



**Why we need to sleep...**

- ☁ Sleep recharges your brain and your body
- ☁ It's a fundamental ingredient in keeping healthy
- ☁ A good nights sleep makes you wake up happy :)
- ☁ Getting outside in the daylight helps you to sleep
- ☁ Read a book (not on a device)
- ☁ Try and go to sleep at the same time every day
- ☁ Try to leave gadgets outside your bedroom
- ☁ Create a calm environment & avoid distractions
- ☁ Listen to soft music or a sleep App





Poster Design by Isabel L

**Lockdown Art Competition**

**ENTRIES DUE BY MARCH 1ST**

**INFO-**

- No theme for submissions
- Can be in any medium
- Submit with your full name, form group, and a sentence about why you chose to do what you did
- One winner from each year
- Winners will receive an art badge!

**WHERE TO SEND SUBMISSIONS-**

- YEAR 7– 15-MMag@shsg.org
- YEAR 8– 15-ILow@shsg.org
- YEAR 9– 15-BSum@shsg.org
- YEAR 10– 15-IMoo@shsg.org
- YEAR 11– 15-CWal@shsg.org
- SIXTH FORM– rstewart@shsg.org

**ENTER NOW!**



# Grayson's Art Club!

We want to encourage everyone to express their creativity through art.

**Art is GOOD FOR YOU, whoever you are.**

Last year nearly ten thousand people submitted their artwork to Grayson and Philippa.



## Submit Your Art!

If you would like the chance for your art to feature on the show click on the link below. You can only submit one artwork per theme. The deadlines for submissions are as follows:



### FAMILY

submissions close end of 10th February

### NATURE

submissions close end of 17th February

### FOOD

submissions close end of 24th February

### DREAMS

submissions close end of 3rd March

### WORK

submissions close end of 10th March

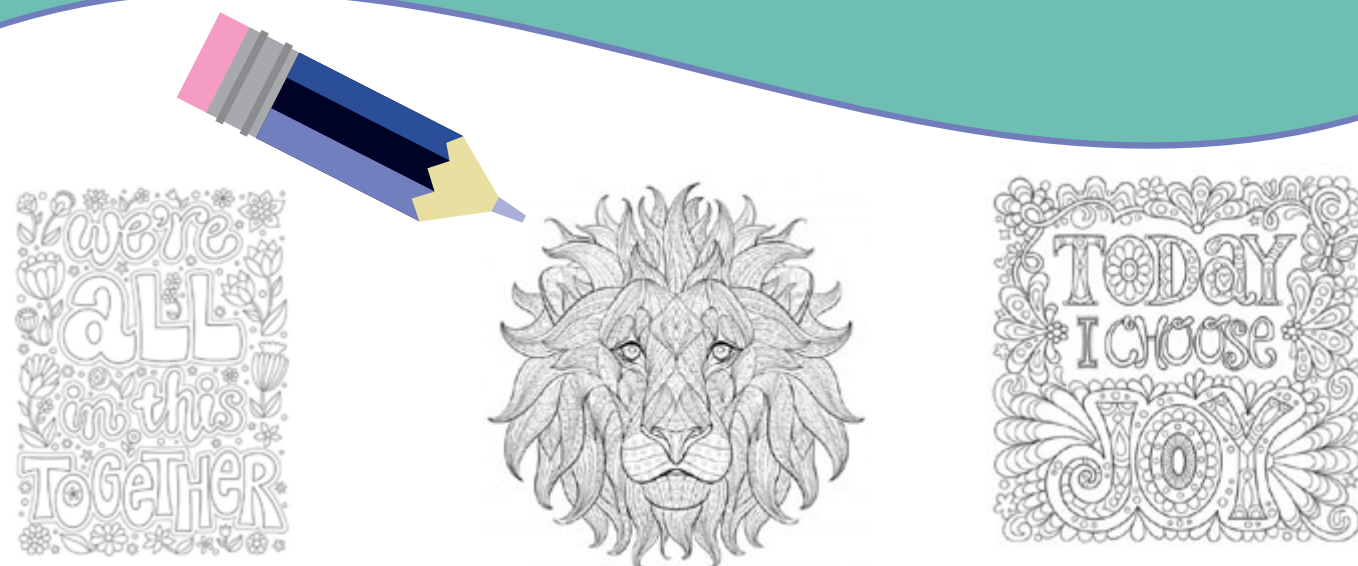
### TRAVEL

submissions close end of 17th March

**CLICK  
TO  
SUBMIT  
YOUR  
ART**

**MAKE ART! It's doesn't have to be good.  
The point is to get lost in the flow of making it.  
And making art is NOT just for kids or GENIUSES...but for ALL.**





### Colouring can calm the busiest of minds.

Thanks to its basic, repetitive motions, colouring engages parts of the cerebral cortex while relaxing the amygdala, the brain's fear centre. It can let your brain have some much needed rest and relaxation

Colouring lets you nurture your inner artist, when your mind is engaged but free to roam, ideas can pop up unleashing inner creative genius!

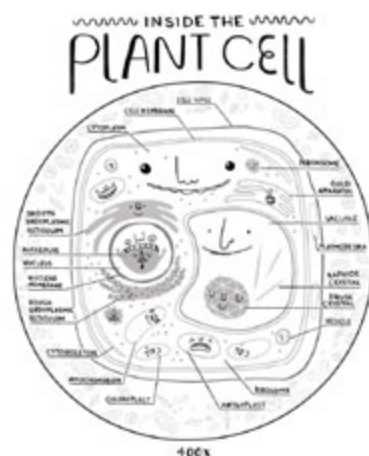
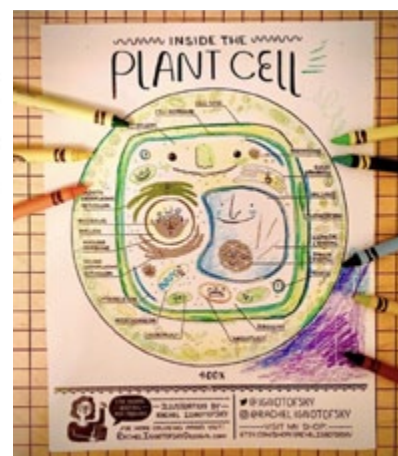
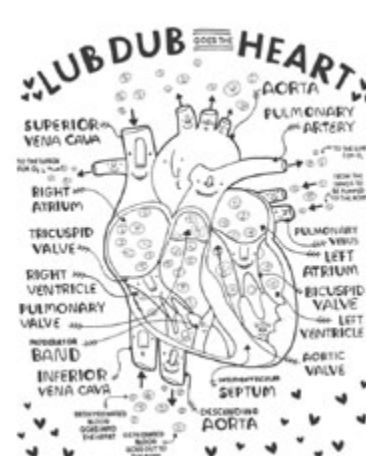
Coloring utilizes both hemispheres of the brain, right and left. When we are thinking about balance, color choices, applying coloured pencil to paper, we are working on problem solving and fine motor skills.

**There are hundreds of websites offering free downloads of colouring sheets, simply look online!**



Rachel Ignatofsky is a New York Times Best Selling author and illustrator, based in Los Angeles. She has some great educational printable coloring sheets which you can access here:

<https://www.rachelignatofskydesign.com/free-downloads>



## MEMORY JARS

Have you thought about making a memory jar? You could use it to record special moments, fill it with wishes, happy memories, things that you are grateful for, daily activities that have changed or people and places that you miss since the Lockdown has begun.

You could add drawings or photographs, recipes for cakes you might have baked - It could act as a time-capsule. There are lots of resources online with ideas of how to decorate your jar and what to put inside.



## MUSICAL MEMORIES

Why not make a playlist called:

### "THE LOCKDOWN LIST"

Choose a favourite song from the top 40 hits for each year of your life and put them in a playlist in chronological order or make a list of all the songs you will party to with your friends when lockdown is over!

**Playing them will bring back memories for sure!**



## Journaling, Quarantine Corresspondance & Lockdown Letters

**Why not start a Journal? It can do more than just help you record your memories or find self-expression. It's good for your health too!**

Sometimes it's good to write things down, especially if you can't talk to someone.

Write down your thoughts, feelings, add clippings from the news, draw, copy out song lyrics which resonate, do a digital version with embedded material? Or maybe write a letter to a friend or family.





LET'S GET PHYSICAL...



**P.E. WITH JOE IS BACK**

**9am  
Monday  
Wednesday  
Friday**

**CLICK  
TO GET  
ACTIVE  
WITH  
JOE**

**Live on The Body Coach TV**

Why not try a couch to 5k, daily cycle ride, Joe Wicks workouts, just have a dance or try some yoga  
Any form of exercise is so important at the moment for both your physical & mental well being.



Active Essex have over 200 workouts  
on their **YouTube** channel.



Youth Sport Trusts virtual PE lessons  
of which included athletics, rounders & leadership.

## ★ PE VIRTUAL CHALLENGE ★

**DON'T FORGET!**  
★ ★ ★ ★ ★  
Our year group  
**VIRTUAL CHALLENGE**

A little friendly competition  
up until February half term.

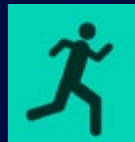
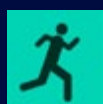


Starting from now a **virtual competition** will be set  
for each year group covering 3 different distances:

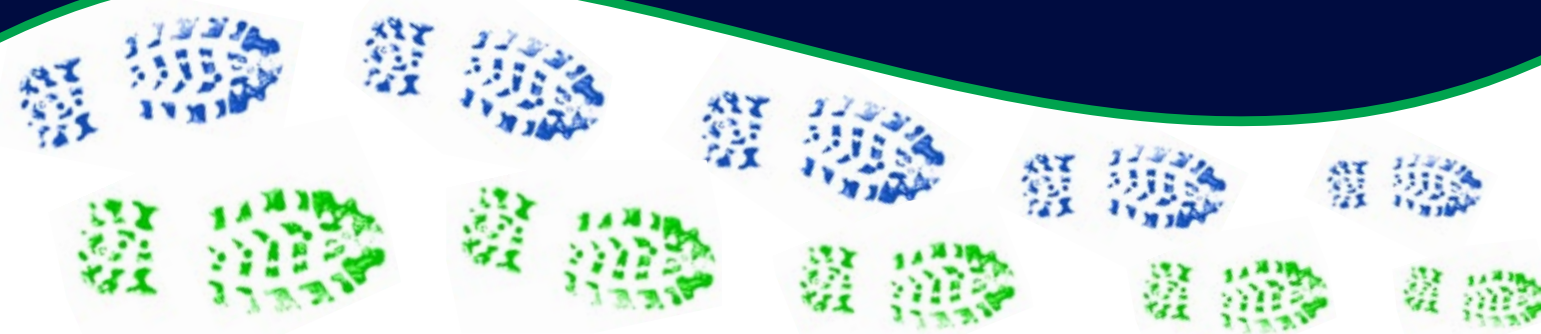
**1km...2.5km and 5km.**

Students are to email evidence of their times & distance along with their name and  
year group to [sjenkins@shsg.org](mailto:sjenkins@shsg.org)

**Happy running!**



A MESSAGE FROM THE PE DEPARTMENT



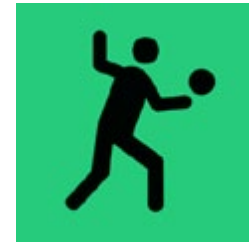
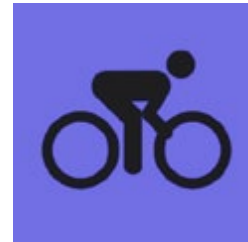
# KEEPING ACTIVE

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.**



**Take action, get active**  
Get moving for mental health



**Other activities you could give a try to get active...**

**HIIT, Pilates, Yoga** – whatever exercise floats  
your boat that day.

**Walking** – it's great to try and get some fresh air  
everyday so why not incorporate this into your challenge?

**Baking** – get your sweat on in the kitchen by  
cooking up a storm.

**Gardening** – this can be a great workout too!





# PE DEPARTMENT NEWS FLASH



After a year cut short and some competitions not finishing or even beginning, Southend High School for Girls has been ranked

\*\*\* **24th in the country** \*\*\*

out of all private and state schools for school sport.

**Only one of 5 state schools in the top 30!**

AN AMAZING ACHIEVEMENT - WELL DONE EVERYONE.

ENGLISH

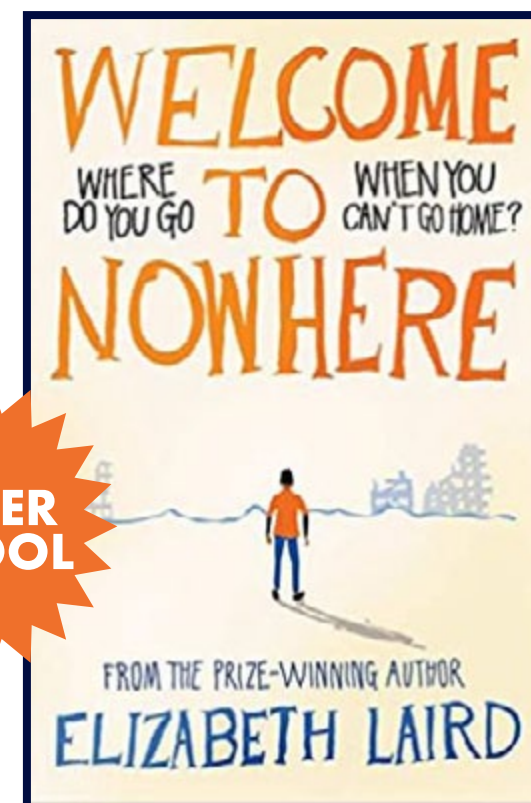
## STUDENT READING RECOMMENDATIONS



### Welcome to Nowhere by Elizabeth Laird

This book is narrated by a boy who is trapped in war-torn Syria. Omar has a dream of being a successful businessman which quickly fades as his home becomes ruined by civil war. He and his family move from home-to-home trying to escape the pull of war. Omar finds himself in a new place and things go downhill from there. Losing those you love is never easy but in the refugee camp that, and being a victim of war, is a normal thing. In this book we see him grow up and change his role from imaginative boy to working young man. This is a beautifully written book portraying the modern effects of war and how it can transform a person.

**LOWER SCHOOL**



**UPPER SCHOOL**



### One Day by David Nicholls

This is a truly engrossing book. The concept allows the reader to fully invest in the story and relationship of these two characters, and will leave you feeling like you've been there through every moment.

The story starts in 1988 with Dexter Mayhew and Emma Morley who have just met. They both know that the next day, after college graduation, they must go their separate ways. But after only one day together, they cannot stop thinking about one another. As the years go by, Dex and Em begin to lead separate lives – lives very different from the people they once dreamed they'd become. And yet, unable to let go of that special something that grabbed onto them that first night, an extraordinary relationship develops between the two. Over twenty years, snapshots of that relationship are revealed on the same day – July 15th – of each year. Dex and Em face squabbles and fights, hopes and missed opportunities, laughter and tears. And as the true meaning of this one crucial day is revealed, they must come to grips with the nature of love and life itself.



# ESCAPE IN A BOOK

BY  
MS WAKEMAN  
SHSG LIBRARIAN

## Public Libraries have lots to offer online.

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:

- **Manga, graphic novels and magazines;**
- **Audiobooks and eBooks;**
- **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 news papers and magazines including weekly and daily publications in over 60 languages.
- **EBSCO Masterfile:** An electronic database of thousands of magazines.

## READING FOR PLEASURE IN LOCKDOWN

As we approach another prolonged period of lockdown, I wanted to remind everyone of the pleasures of escaping into a book and how to find that next literary fix while you are unable to access the school library.



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 Yr12's - especially those planning to do an EPQ.

[CLICK HERE TO REGISTER](#)



Project Gutenberg is a library of over 60,000 free eBooks which are out of copyright, this means that the books are over 95 years old, so it consists mainly of the classics.

Now is a great time to catch up on Alice in Wonderland, Emma, Frankenstein, Jane Eyre, Anne of Green Gables, Moby Dick and many more.

[Click here](#) for a list of the 100 most downloaded books. Project Gutenberg eBooks require no special apps to read, just the regular Web browsers or eBook readers that are included with computers and mobile devices.

In addition, I know that the libraries in Southend are offering a click and collect service. Simply complete an online form with your favourite authors and genres and the librarian will select titles for you to choose from according to your preferences and then contact you with a time slot to pick them up.

If you live outside Southend, it is likely that your local library is offering something similar, just check their website. Do not worry if you are not already a member, it is easy to join online and you will be able to use your temporary membership number immediately. For libraries in Southend go to library catalogue on the Southend Borough Council website.



**Audible** are offering a range of their audiobooks for free. You do not need to create an account just browse Audible Stories and when you find something you like tap, start. All stories can be streamed on desktops, laptops, phones or tablets.

For those of you who like being read to, check out your favourite authors websites and Instagram pages as many are reading their own books, talking about writing and more. My current favourite is **Neil Gaiman reading The Graveyard Book**.

If you would like to recommend something that you have read by writing a brief review please email me at [library@shsg.org](mailto:library@shsg.org) and I will include your review on the library news page.

Ms Wakeman  
Librarian

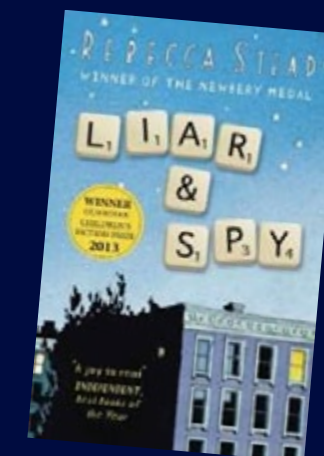


## SHSG 'Lockdown Library' Recommended Reads

### Feel Good Fiction - Junior Fiction

**Liar & Spy**  
Stead, Rebecca

Follows a boy as his family circumstances change and he deals with friendships and enemies at home and school. A beautiful, heart-warming story.



**A Pocketful of Stars**  
Bushby, Aisha

A magical book about family, friendship and finding out who you are, full of emotion and a secret fantasy world to discover. Perfect for fans of Jacqueline Wilson.



**Pax**  
Pennypacker, Sara

The moving story of the extraordinary friendship between a boy and his fox and their epic journey to be reunited.





## SHSG 'Lockdown Library' Recommended Reads

### Feel Good Fiction -Senior Fiction

#### Fan Girl

Rowell, Rainbow

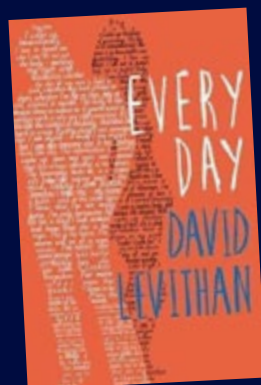
Cath and Wren are identical twins, and until recently they did absolutely everything together. Now they're off to university and Wren's decided she doesn't want to be one half of a pair anymore - she wants to dance, meet boys, go to parties and let loose.



#### Every Day

Levithan, David

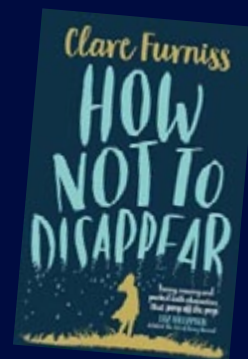
Each morning, A wakes up in a different body. There's never any warning about who it will be, but A is used to that. Never get too attached. And that's fine, until A wakes up in the body of Justin and meets Justin's girlfriend, Rhiannon. From that moment, the rules by which A has been living no longer apply. Because finally A has found someone he wants to be with - every day...



#### How Not To Disappear

Furniss, Clare

A Teenager finds herself at a rural crossroads in her life and sets off on a road trip of self-discovery with a long-lost great aunt who is in the early stages of dementia.



## Resources for Learning and Reading Online

There is now a fantastic **17 PAGE** document on the **Library page** of the school website full of Links to Learning and Reading Resources available to you online. This includes: Resources for Study skills and Wellbeing, Reading for Pleasure, All Subjects — Years 7 to 11, All Subjects — Sixth Form, Maths, English, Science, Music and Drama, Art, Technology and Computing, Sport and PE, History, Geography, Religious Studies, Psychology and Sociology, Business and Politics and Language.



A link to the full document can be found on the library news page which you can access by clicking the link on the library page of the school website.



CLICK HERE TO ACCESS THE LIBRARY PAGE OF THE SCHOOL WEBSITE...

## Lesbian Gay Bisexual Trans + History Month

The overall aim of LGBT+ History month is to promote equality and diversity for the benefit of the public

The theme for February is '**Body, Mind, Spirit**' and like the last few years, is linked to a National Curriculum subject.



## Schools OUT UK

**Schools OUT UK** is an education charity that began life as The Gay Teachers Association in 1974. Our overarching goal is to make our schools and educational institutions safe spaces for our Lesbian, Gay, Bisexual and Trans (LGBT) communities as teachers, lecturers and trainers; as pupils and students; as parents; as teaching and learning support staff; as site-officers, catering and cleaning staff; and as headteachers, managers and governors. There is no other organisation that supports such a wide community in attaining such a wide, yet simple overarching goal.

<http://www.schools-out.org.uk>



**Just Like Us** is the charity for LGBT+ young people empowering them from the classroom to their careers is our purpose

<https://www.justlikeus.org>



### Uncovering Hidden Histories

The website enables you to find out more about the law, people, symbols and themes that are represented in picture on the Voices and Visibility: Uncovering Hidden Histories wallchart.

<http://voicesandvisibility.org.uk>





## ONLINE OPPORTUNITIES

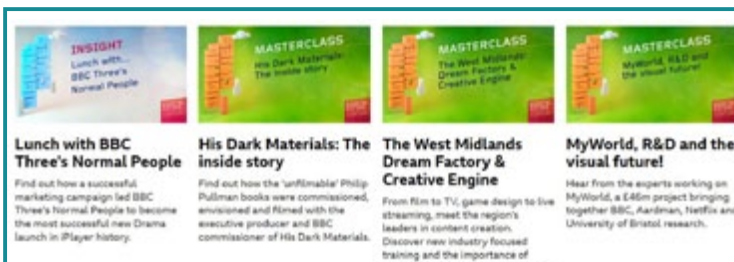
### BBC digital cities,

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>



The BBC have teamed up with top UK media organisations to deliver a varied schedule of amazing **FREE** events for people who work in, or want to work in, the creative industries.



Another really good online opportunity to see Judith Butler, one of the A-level set theorists, especially for Year 12s to add to their UCAS statements

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



### Leaders in SHAPE: Judith Butler

8 Feb 2021, 17:00 - 17:45

Live streaming | On-demand

Contact @britacademy for further information about accessibility of this event



Meet the most influential figures within and beyond academia shaping the fields of social sciences, humanities and the arts.

In the next event in our Leaders in SHAPE series, renowned philosopher and cultural theorist Judith Butler joins Conor Gearty to discuss their life and career.

Judith Butler is one of the most influential thinkers of modern times. Best known for their work in gender theory, Judith Butler's text **Gender Trouble: Feminism and the Subversion of Identity (1990)** revolutionised popular attitudes on gender and remains one of the most talked-about scholarly books of the 20th century, as celebrated as it is controversial.

Today, Butler writes widely on other questions of philosophy, culture and politics, with books including **Notes Toward a Performative Theory of Assembly (2015)**, a co-edited volume **Vulnerability in Resistance (2015)** and most recently **The Force of Non-Violence (2020)**, which offers a way to think about aggressive non-violence.

Sign up to watch the event live and have the opportunity to submit your question during the audience Q&A. This event is part of LGBT+ History Month 2021. Speaker: Professor Judith Butler FBA, Maxine Elliott Professor of Comparative Literature, University of California, Berkeley.

FOR THERE IS ALWAYS LIGHT.  
IF ONLY WE'RE BRAVE  
ENOUGH TO SEE IT. IF ONLY  
WE'RE BRAVE ENOUGH TO BE  
IT.

AMANDA GORMAN



“Start where  
you are.  
Use what you  
have.  
Do what you  
can.”

UNTIL FURTHER NOTICE I WILL BE  
TRYING MY BEST  
AND **NOT** GIVING MYSELF A  
HARD TIME FOR JUST  
BEING A regular HUMAN  
BEING IN A difficult  
WORLD who cannot  
do EVERYTHING.

We **Can NOT** Have  
The Same **expectations** of  
ourselves as we would  
IN a **NORMAL** week  
Because These are  
**NOT NORMAL** weeks; Be  
**PaTient** WITH yourself.  
@LAURAJANEILLUSTRATIONS

everything will be okay  
in the end.

if it's not okay,  
it's not the end.

DOING AND  
MAKING  
ARE ACTS  
OF HOPE

CORITA KENT



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

A NEWSPAPER TO CELEBRATE ALL  
THAT IS GOOD IN THE WORLD



@thehappynewspaper

www.thehappynewspaper.com

## ACTION CALENDAR: FRIENDLY FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



Learn more about this month's theme at [www.actionforhappiness.org/friendly-february](http://www.actionforhappiness.org/friendly-february)

www.actionforhappiness.org

Happier · Kinder · Together

Working to make  
lives better  
www.southend.gov.uk

southend  
on sea  
BOROUGH COUNCIL

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.

ChatHealth NHS

01702 534843 @SouthendSN  
sccg.southendpublichealthnurses@nhs.net





<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**

# 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>



Here for you

Call: **Mon-Fri 9.30am-5.30pm**

**03444 775 774**

<https://www.anxietyuk.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>



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:

**[Sccg.southendpublichealthnurses@nhs.net](mailto: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://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**

Images by Charlie Mackesy



**HAVE A GOOD WEEK AND STAY SAFE EVERYONE.**



**HANDS**



**FACE**



**SPACE**

