



# Southend High School for Girls

# *Gazette*

NOVEMBER 2021

## ★ Happy 108th Birthday SHSG! ★



We are incredibly delighted to be able to celebrate this year with a birthday cake made by our Food Tech Captains: Sophie M, Anjy P, Ranelle R, Annabelle B, Sienna R and Grace S with the support of Mrs Francis and Mrs Roe.

### In this issue:

- Birthday Celebrations
- Sporting Success
- Matilda the Musical in 20 minutes
- Student Voice
- Wellbeing resources and much more...



Welcome to the  
SHSG Gazette

 @Officialshsg

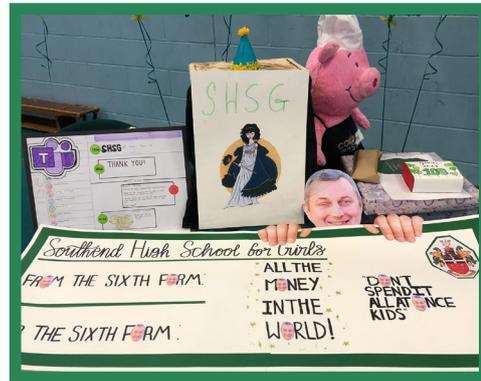
 @OfficialSHSG

# ★ 108 Years! ★

## Celebrating Southend High School for Girls Birthday



Every year, we come together as a community to wish our school a happy birthday with gifts donated by the students, a special assembly, and of course the Year 13 panto! Bringing the tradition bang up-to-date, students took part in an online escape room in their form groups, which was generously funded by our Parents' Association. A special thanks to all the students and staff for making this year's birthday celebrations just as memorable!



*The School Owl outside Mr Carey's office...rub its head on the way to exams for Good Luck!*





*Miss Lewis  
Headmistress 1913-1918*



*Miss Swann  
Headmistress 1918-1937*



*Miss Swann in her office*



*Anyone for Tennis..?*



*School Scrapbook*



*Teaching Staff*



## *House Cakes from 1936*



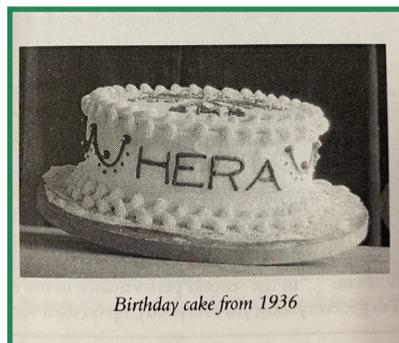
*2021 Cake baked  
by Mrs Patel*



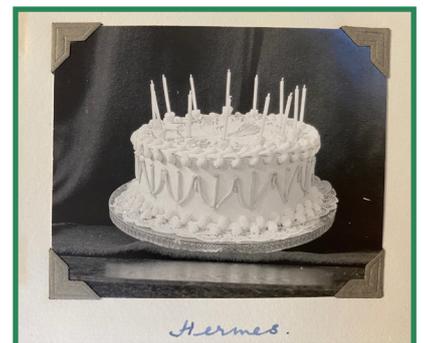
*Athene*



*Artemis.*

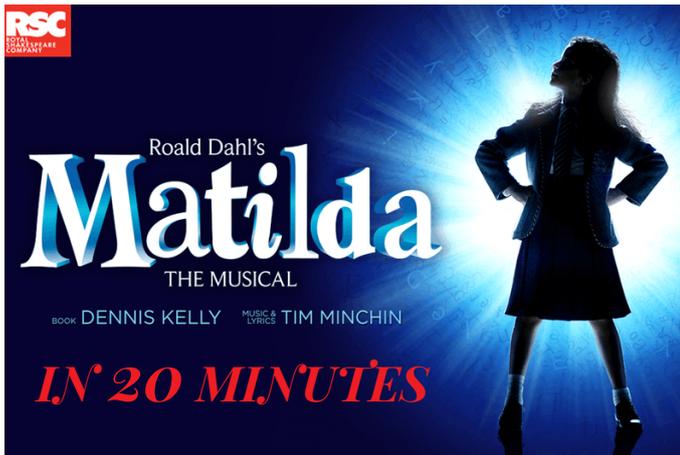


*Birthday cake from 1936*



*Hermes.*





## *Year 9 students performed the abridged version of the West End musical, Matilda.*

I was privileged enough to attend a performance, Matilda. The year 9's did incredibly well when it came to immersing the audience in the world they've created.

While the show did go on for longer than expected, it never felt as if it was dragging along. There was always something happening, keeping the audience engaged with the performance. The band also provided an extra layer depth to the entire experience. It was clear to see the amount of effort the cast and team had put into the performance and that's something they should be extremely proud of.

But it wasn't easy for them to arrive at this point. When they started rehearsals, it was often disrupted by the frequent isolations of the cast members. Despite this they were able to push through, and the result was something to be proud of. Not only were they able to perform for an audience but they made lasting friendships. Without the show, much of the cast wouldn't have been introduced to the world of musical theatre and it's incredible how something like this can open up multiple opportunities for so many people.

I hope to see more performances like this in the future.

*By Chidimma E 9B*



The BBC young reporters' team had the privilege of seeing 'Matilda the musical in 20 minutes' and it was incredible! Everything about the show was spectacular but there were certain aspects that really stood out. The whole cast was brilliant and they portrayed their characters perfectly. An outstanding performance was that of Matilda herself, played by Cerys B. Her enthusiasm and wonderful voice made the show an absolute joy to watch. I also particularly enjoyed the role of Bruce, played by two amazing performers - Josie H (who acted for Bruce) and Scarlett C (who sang for Bruce). To add a sense of reality to the part, Josie even smeared some of the chocolate cake on her face!

The play had lots of great comedic performances. Mrs Trunchbull, played by Francessca H, was a hilarious character; Francessca's performance made the whole audience laugh. Some of my other favourite characters included Mrs Phelps the librarian, played by Lily G, and Mr Wormwood, played by Mr Hollick. The crowd's favourite moments included Mr Cannon's dancing and Francessca running away screaming. These performances were really funny and made the whole crowd roar with laughter. One of my personal favourite moments was when Miss Trunchbull was attacked by the Newt on a string - her reaction was priceless and really made me laugh out loud.

As for the musical performances, the band was exceptional; I don't think the show would have been the same without them. My favourite song in this show was Bruce because it was very energetic and built up some of the suspense in the story. The dancing really added to this song and made it even better. The choreographers, Amelia H and Scarlett C, choreographed it so well and it was a really lively part of the show. They did a wonderful job.

The show couldn't have worked as well as it did without the backstage team. Martha B did an amazing job of coordinating the taking of props on and off the stage and the timing was impeccable. Overall Mr Peugniez and the whole cast did an amazing job. I give this show five stars!

*By Jennifer Q 9E*



**BBC**  
**YOUNG**  
**REPORTER**

# Musical Theatre



My experience of Matilda has been a blast: from the dancing, singing, acting, laughing on stage to performing. I have been fortunate enough to play Matilda herself, including singing Naughty and having to learn a lot of lines. I auditioned in the summer of Year 8 and didn't know how amazing the performance would feel because with COVID 19, being on stage at school seemed like years away. And it wasn't easy - we had to tackle online rehearsals, the summer and the rush of putting it all together without ever being in the hall or using the props (but I haven't laughed so much in ages, and it felt great being able to give my cast members a hug!)

When performing, I have to admit I was nervous, as practising in a classroom is much different to acting in front of entire year groups, many my close friends, and teachers; when performing, you have no practices left. But it went smoothly - almost! I am so excited to get involved with future productions at SHSG and encourage younger students to join in with all the musical theatre fun!

***Cerys B 9C (Lead role of Matilda)***

*Sometimes you have to be*   
*a little bit naughty!*  



## ***When Matilda Wormwood starts school, she is faced with the trouble of the evil Headmistress, Miss Trunchbull. You know the story, right..?***

What goes on behind the scenes of putting on a musical, however, is another story.

When the email was sent out last year about Matilda the Musical auditions, I have to admit, I was hesitant. After talking to others about signing up, we decided to add our names to the list. After the process of auditions and casting, rehearsals began. Unfortunately, because of Covid, we were unable to use the stage, and had to make do with a classroom. There were five songs in total to learn, plus choreography, created by two of the cast members. We were originally going to perform the show once, for our year group. Then isolations began again, and we were unable to rehearse and perform. This meant continuing into Year 9...

After the summer holidays, we were rehearsing twice a week during lunch times. Yes, that was us in the Gym, moving tables and wooden blocks around! But we made the best of each situation, and certainly had fun doing it. After a while, we managed to secure two days to perform to a real audience, instead of our own reflections in the Gym. As the weeks went on, show day came closer and closer, and we attended two after school rehearsals on the stage, putting everything together. Finally, Matilda the Musical in 20 minutes was coming together.

Cerys, as Matilda, put on an incredible performance, as did the rest of the cast. Teacher cameos such as Mr Hollick and Ms Trevena as the Wormwoods, and Ms Haywood as Miss Honey were a great addition to the cast. The audiences on both Wednesday and Thursday definitely looked like they had enjoyed the show, and hopefully will be inspired by this musical to sign up and audition for similar opportunities. This whole experience was incredible, and I, among others, will miss the lunchtime rehearsals and chaos that was our show!

So thank you to everyone who was involved in this production, from cast members to band members, and a special thanks to Mr Lodge for sound and lighting, Mrs Foley for assisting rehearsals, and Mr Peugniez for directing.

**Don't forget, Musical Theatre Club is back after half term for Year 7 and 8!**

***By Isla B 9E***





SHSG YOUNG ACTORS  
COMPANY PRESENTS

# ROSE COLOURED GLASSES

Written and Directed by  
Nyah W

**WEDS 2nd FEBRUARY**  
Performances at **4.30pm & 7pm**

**VENUE:** SHSG

**TICKETS:** £2.50 (Includes refreshments)

Available on Parent Pay

All proceeds go to SHSG Drama Students Fund

Nyah's play 'Rose Coloured Glasses' was runner up for the 2021 National Theatre New Views Student Playwriting Competition.



Rose Coloured Glasses was written for the National Theatre New Views playwriting competition 2021. With over 600 plays submitted, Nyah's beautiful play was judged to be runner-up, and was performed by National Theatre actors in a video-d performance in July. This version is directed by Nyah herself and acted by her fellow Year 13 drama students.

The play is set between two time periods: 1940s New York and a care home during the 2020 pandemic. Dorothy, a resident in a care home is feeling lonely, isolated and confused. A brief encounter between Dorothy and an enigmatic Nurse reminds her of her turbulent youth as a dancer in New York.

*Written and directed by Nyah W*

**We do hope you will be able to join us to see Nyah's play. Tickets £2.50 are available on Parent pay.**

*Dear students,*

I hope you are enjoying using Unifrog?

You will be given time in form to complete tasks but don't forget you can log in at any time to explore pathways for your future.

**Do you think you would like to go to university or is an apprenticeship for you?**

You can take a quiz to find out your personality profile and start tracking your competencies (skills) to help you write a cracking **CV** or **UCAS** profile when the time is right. You can even see what degrees are available abroad!

**It is a great way to start thinking about your future.**

There are a number of free seminars coming up in **November** that you can sign up for with the University of Leicester and Southampton regarding studying subjects as diverse as:

**Fine Art, Textile Design, Environmental Sciences and Volcanology!**

Just click on the **'upcoming webinars'** link in your Unifrog profile.

Link here:

[For Students - Webinars - Teacher - Unifrog](#)

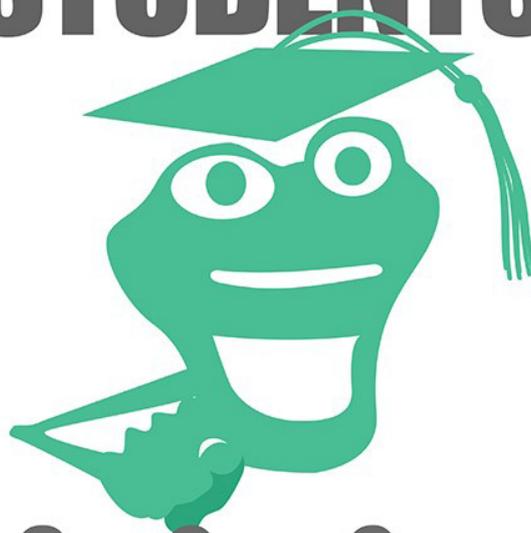
We help students compare every opportunity, then apply successfully. We also empower teachers and counselors to manage the progression process effectively.

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

Searching for opportunities

<b>UK universities</b> Make your first choice! <a href="#">Start &gt;</a>	<b>US universities</b> Make your first choice! <a href="#">Start &gt;</a>	<b>European universities</b> Make your first choice! <a href="#">Start &gt;</a>
<b>Oxbridge</b> Make your first choice! <a href="#">Start &gt;</a>	<b>Apprenticeships</b> Make your first choice! <a href="#">Start &gt;</a>	<b>College / Sixth Form</b> Make your first choice! <a href="#">Start &gt;</a>
<b>Canadian universities</b> Make your first choice! <a href="#">Start &gt;</a>	<b>Asian universities</b> Make your first choice! <a href="#">Start &gt;</a>	<b>Australasian universities</b> Make your first choice! <a href="#">Start &gt;</a>

# STUDENTS



**ONE-STOP-SHOP  
FOR GETTING IN**  
SIGN IN AT [WWW.UNIFROG.ORG](http://WWW.UNIFROG.ORG)

	<p><b>Explore Geography with the University of Leicester</b> For Students Geography is an academic discipline that examines connections between earth and human societies. Dr Matt Wilde draws on his own research to explore the relationship between oil and humanitarian crisis in the petroleum-rich state of Venezuela in Latin America.</p> <p>&gt; Monday 1 November @ 16:30 UK time - 1hr - <a href="#">sign up</a> </p>
	<p><b>Explore Economics with the University of Leicester</b> For Students Join us to find out how knowledge of Economics, Finance and Business and Management help us to understand the housing market crash during the sub-prime crisis as well as the recent boom during the pandemic. Learn how some economic policies have helped to sustain the market.</p> <p>&gt; Tuesday 2 November @ 16:30 UK time - 1hr - <a href="#">sign up</a> </p>
	<p><b>Explore Modern Languages with the University of Leicester</b> For Students What is 'national identity' in a globalised world? Do the words we choose to use really matter? How can we change the world? If these questions intrigue you, then it's also worth asking yourself: 'Why study Modern Languages at university?'</p> <p>&gt; Wednesday 3 November @ 16:30 UK time - 1hr - <a href="#">sign up</a> </p>
	<p><b>Explore International Human Rights with the University of Leicester</b> For Students The Holocaust showed the importance of citizenship or 'the right to have rights' and led directly to today's international human rights. Even so, many people lack citizenship, face discrimination and are deprived of their human rights. This talk explores why.</p> <p>&gt; Thursday 4 November @ 16:30 UK time - 1hr - <a href="#">sign up</a> </p>
	<p><b>Explore environmental sciences and volcanology with the University of Leicester</b> For Students Want to know more about environmental and ecological challenges of the twenty-first century, such as climate change, pollution, conservation, natural resource management and natural hazards? Hear about the challenges from the perspective of environmental science and volcanology.</p> <p>&gt; Wednesday 10 November @ 16:30 UK time - 1hr - <a href="#">sign up</a> </p>
	<p><b>Explore English Literature with the University of Leicester</b> For Students This session offers seven reasons why you should reconsider any negative thoughts / feelings about studying Dickens by exploring his place in early celebrity culture and the legacies of his life and work.</p> <p>&gt; Thursday 11 November @ 16:30 UK time - 1hr - <a href="#">sign up</a> </p>
	<p><b>Explore Textile Design with the University of Southampton</b> For Students Find out where a degree in Textiles could take you! We'll showcase some of our graduates and the roles they have found in this diverse industry, ranging from fashion to innovation, high street to high end. We'll also explain how Southampton supports designers to address key issues such as sustainability.</p> <p>&gt; Monday 15 November @ 16:30 UK time - 1hr - <a href="#">sign up</a> </p>
	<p><b>Explore Fine Art with the University of Southampton</b> For Students Discover where ideas come from, and how resolving their realisation in Fine Art has an impact far beyond art itself. Learn about the structure of the BA Fine Art course at Southampton, and get advice on how to start building your portfolio.</p> <p>&gt; Tuesday 16 November @ 16:30 UK time - 1hr - <a href="#">sign up</a> </p>



## ***Recent sporting success.***

SHSG have competed in both friendly and cup competitions this half term.

Our recent cup success includes:

### ***Cross-country***

On Tuesday 19th October, our cross-country teams had a fantastic result at the first round of the National Schools Cross Country Cup. The Junior girls (years 7 and 8 combined) won their race with all six athletes finishing in the top 20; Chloe B 2nd, Annalise B 4th, Chloe F 5th, Niamh S 6th, Yasmine R 12th and Poppy P 19th. Therefore, the team will progress to the regional final.

***The Inter girls*** (years 9 and 10 combined) placed 3rd, also qualifying for the regional final; everyone involved ran extremely well. A specific mention must go to Skye C who placed 2nd and Georgia L 7th. The regional final will be held at Southend High School for boys on Saturday 13th November (the top 3 teams here will progress to the national final in Newquay on 4th December).

We took cross-country teams to compete in the Thorpe Hall cross country relays where the year 7's drew 1st place, and year 8's and 9's both won. Year 10 placed 3rd and year 11 placed 2nd in their respective races.

Lee Valley cross country championships - Year 7's 2nd. Year 8/9's 1st.

### ***Netball***

U13's progressed through to the second round of the national School Sports Magazine competition.

U14's won 29-9 against Woodlands and are through to the 2nd round of the Essex Cup.

U14's and U16's won their county tournament, progressing through to the regional finals of the National Cup in Colchester on Sunday 21st November.

U16's won 34-10 against Sweyne and are through to the second round of the Essex cup.

### ***Football***

U13's won 7-0 against Chase and have progressed to the second round of the Essex Cup.

(Other age groups are due to compete after half term in both the Essex Cup and National Cup).

### ***Biathlon***

5 students represented the school by competing individually in the National Biathlon final at the University of Bath on Saturday 16th October. Their results were:

#### ***U13***

Chloe B - 4th / 97

Grace W - 37th / 93

Jasmine C - 54th / 97

#### ***U14***

Skye C - 6th / 66

Charlotte C-S - 33rd / 66

## Swimming

On Friday 8th October, the swimming team competed in Watford for the National Schools Swimming Relays.

Junior team (Chloe B, Lucy C, Jasmine C, Rae W)

Freestyle relay - **Silver**

Junior medley - **Gold**

Intermediate team (Ifeoma N, Lucy R, Skye C, Isabel C)

Freestyle relay - Silver

Intermediate relay - Gold

This was an excellent result which placed the school as overall winners in **1st place!**

We hope to qualify for the national final held at the Stratford Olympic pool on Saturday 20th November.

## Equestrian

Mathilda C who represented SHSG at the NSEA Dressage Competition. Mathilda achieved a fantastic result with a 1st and 4th, earning her a place in the forthcoming championships at Keysoe.

**It has been a successful start to this year's sporting success at SHSG and we are looking forward to this half term where we will also be introducing basketball to our extra-curricular provision.**



## Southend High School for Girls

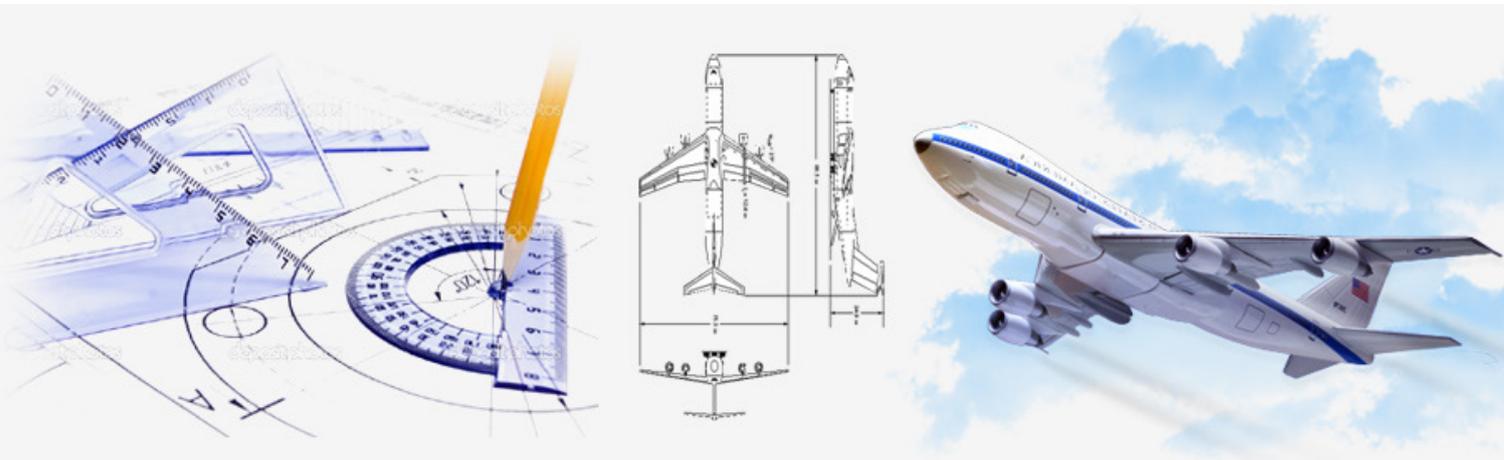
AN ACADEMY GRAMMAR SCHOOL

### PE EXTRA-CURRICULAR TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BEFORE SCHOOL</b> 7:50 - 8:25AM		YEAR 7-13 BOOT CAMP (TDA) YEARS 7-11 BADMINTON (ECH)	GCSE 1-2-1s (LBL) YEARS 12/13 FITNESS SUITE	YEAR 10 NETBALL (MKN)	YEAR 7-13 CROSS COUNTRY (TDA)
<b>LUNCHTIME</b> 12:30-1PM  The Sports hall will be available for year 12/13 students to play Basketball from 1.10-1.25pm every day but you must wear trainers	YEAR 9 NETBALL (MKN)	YEAR 7 NETBALL (TDA & MKN)	A LEVEL PE OPEN HOUSE (ECH)	YEAR 7 FOOTBALL (ECH)	U16 NETBALL SQUAD (MKN & TDA)
	GCSE PE OPEN HOUSE (LBL)	DANCE CLUB	U14 NETBALL (MKN & LBL)	YEAR 9-11 BASKETBALL (TAL)	
	YEAR 7-13 CROSS COUNTRY/FITNESS TRAINING (TDA)	TAG/CONTACT RUGBY YEAR 7-10 (ROB)	YEAR 8-10 FOOTBALL (TAL)	YEAR 12/13 FITNESS SUITE (TDA)	YEAR 12/13 FOOTBALL
<b>AFTERSCHOOL</b> 3:30-4:30PM	YEAR 7 NETBALL SQUAD ONLY ALL AVAILABLE STAFF	YEAR 8 NETBALL ALL AVAILABLE STAFF	YEAR 7 NETBALL ALL AVAILABLE STAFF	YEAR 7 & 8 BASKETBALL (TAL)	

When fixtures are scheduled, after school sessions will be cancelled. **You will be notified in advance.**  
Any changes to the programme will be posted on your class extra curricular Teams page.  
If you are not on the extra curricular Teams page then you need to email Mrs Buscombe to ask to be added.

# Physics Virtual Engineering workshop



## Post-16 Pathways

Year 12 and Year 13 Physics students took part in an Aeronautical Engineering Virtual Workshop by London City University with Mrs Brown on Wednesday 6th October, hosted by Dr Sathiskumar Anusuya Ponnusami of City University, London.

Dr Sathis shared his inspirational story, from seeing an aeroplane for the first time in his village in India, to making his first paper aeroplane, and through his varied career in Aeronautical Engineering.

The workshop included fascinating state-of-the-art aircraft developments, for example harnessing the turbulent wing vibrations to generate electricity for cabin lighting and refrigeration.

Dr Sathis answered questions from our students about the future of commercial aerospace, sustainability, and the possibility of long-haul electric flights. It was an enlightening workshop which emphasised the global nature of engineering, as well as highlighting the importance of diversity for continued innovation.



*High Flyers!*



# THE CURSED PEN



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

Emma in Year 8 was the winner of the 2020 Cursed Pen Competition run by Mr McGarvey. Emma was in Year 7 at the time of the competition and won with her story called '**River Bound**'. Mr McGarvey said that there were many strong entries but Emma's was the creepiest .

As assemblies were not able to take place last year, Emma was presented her award by Mr Carey this week. **Well done Emma!**



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



**Last year, Student Voice, along with the rest of the country, had to adapt to a new environment and we had to overcome many challenges. That didn't stop us from making changes and improvements to the school and the SHSG community, even though we weren't physically in it!**

We collaborated with the Senior Leadership Team on several important issues, such as enforcing a strict homework policy to ease student workload and a completely new behaviour and rewards system which will make it easier this year for students to track their progress and achieve recognition for not only academic success but for effort as well.

We work with the Equality and Diversity group, and last year created a Pride celebration for Assembly.

Sixth formers created revision guidance and support to lower years which will be invaluable as those students progress throughout the school.

Our new year has started with a freshly selected team; each member had to apply for their role. We recently met for the first time this academic year, with students from all year groups joining.

We spoke about successful projects from last year and how we could use some of the online techniques implemented last year to hear from all students again this year. We also came up with ideas for improvements for the year ahead, to make the school community even more collaborative between staff and students. As the term progresses, we will work through our focussed roles of Researchers, Press Officers, Project Managers and Public Liaison Officers.

***We are looking forward to working with the school's leadership over the coming year to improve the specific aspects highlighted by students so far this term, such as homework schedules, ways to reduce the line for the canteen, and ways to recycle more from all areas of the school.***

**Follow us on Instagram for updates on projects and questionnaires.**



**@shsgstudentvoice**



## Equality and Diversity Club

At the beginning of this academic school year, SHSG's new and reformed Equality and Diversity committee resumed its biweekly meeting, with goals to make the school an accommodating environment for students of all identities.

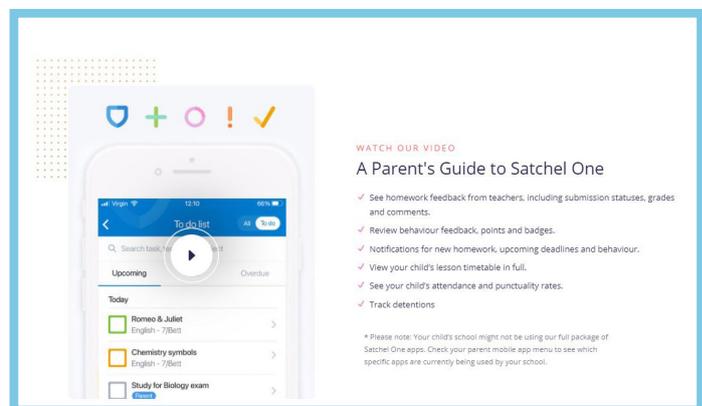
Upper school and sixth form students passionate about aiding in this journey applied to join the club last year (though lower school students are very involved and pivotal in the success of this club also), and now, COVID-restrictions-permitting, we can physically get together, in a progressive and productive space, and discuss ways in which the school could be changed, both long-term and short-term, to combat prejudices against those of different races, sexualities and genders, and those who may be neurodivergent.

Currently, we are working to decolonise and diversify school subjects by exposing students to successful people in those fields and industries who come from diverse backgrounds (using school display boards) and by communicating closely with the heads of those departments to erase prejudice that may be woven into the curriculum.

We're also exploring different activities that could be done in school to celebrate different cultural and LGBTQ+ holidays/festivals/days of importance. Constant updates will be sent out on the progress we make, though we hope our efforts can make SHSG a more happy, safe, and successful scene.

**Yemisi O 11D**

## A parents guide to Satchel One (SMHW)



Please click on the link below for a useful guide for parents to Satchel One.

satchel:



## Easyfundraising

Southend High School For Girls, Southend On Sea - Parents' Association are registered with easyfundraising, which means you can raise **FREE** donations for us every time you shop online. Over 4,000 shops and sites will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself!



These donations really mount up and make a BIG difference to us, so we'd really appreciate it if you could take a moment to sign up and support us. It's completely FREE and only takes a moment.

You can find our easyfundraising page at <https://www.easyfundraising.org.uk/causes/shsg>

Thank you so much!

A promotional banner with a light yellow background. At the top center is the easyfundraising logo. Below it, the text 'Help raise free funds for our school every time you shop online' is written in a large, dark blue, handwritten-style font. The banner is decorated with illustrations of a pen holder, a laptop, a blue backpack, and a stack of colorful books. At the bottom, a dark grey bar contains the URL 'www.easyfundraising.org.uk/causes/shsg' in white text.

easyfundraising  
feel good shopping

# Help raise free funds for our school every time you shop online

[www.easyfundraising.org.uk/causes/shsg](https://www.easyfundraising.org.uk/causes/shsg)

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](https://www.instagram.com/thehappynewspaper)

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

**New Ways November 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1  Make a list of new things you want to do this month	2  Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7  Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					

**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**

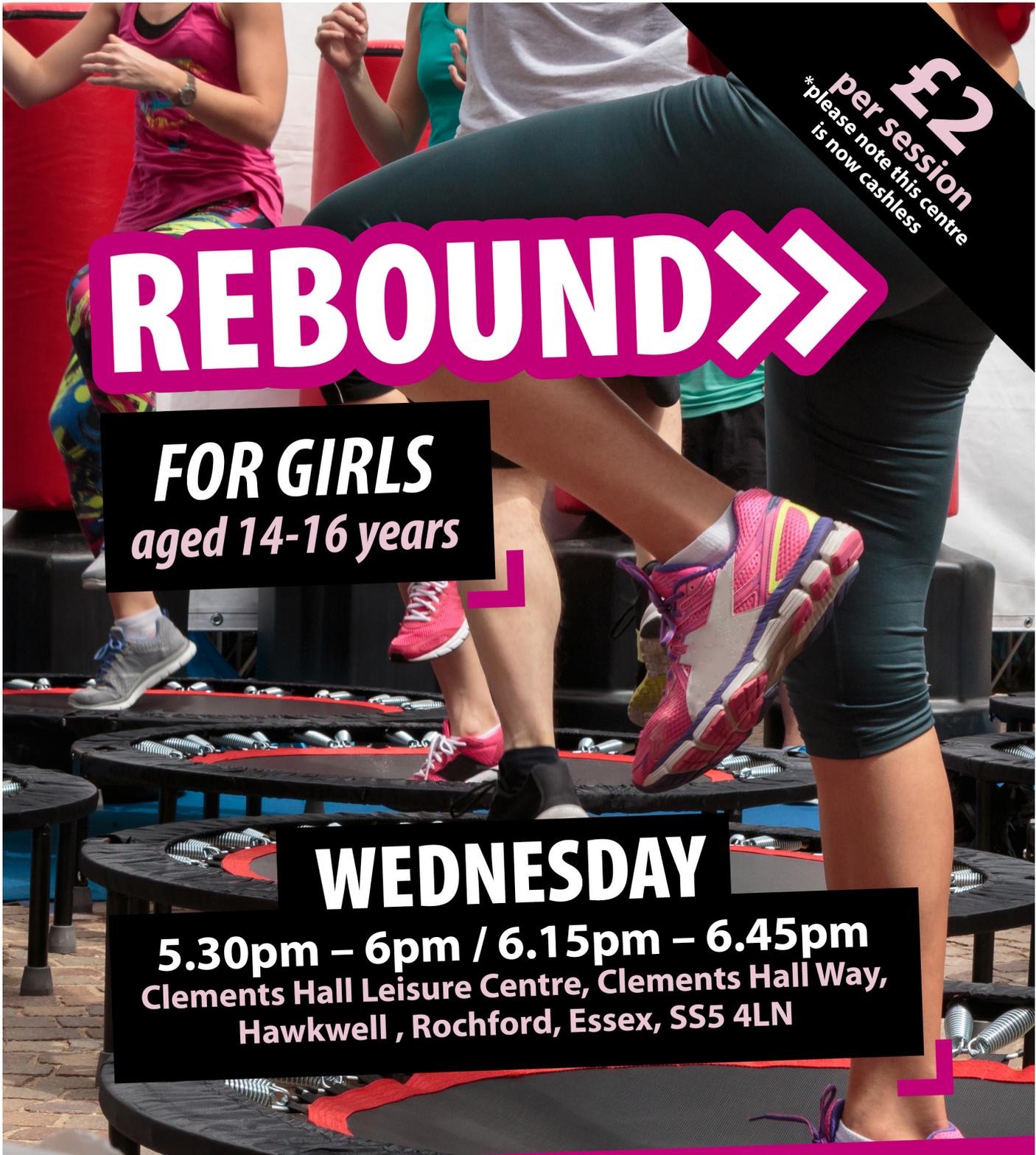
**FREE  
TASTER  
SESSIONS**

# **REBOUND** >>

**Tuesday 26 October - 17.30,  
Wednesday 27 October  
(14-16 girls only) -17.30,  
Thursday 28 October - 10.00,  
Friday 29 October - 10.00**  
**Clements Hall Leisure Centre, Clements Hall Way,  
Hawwell , Rochford, Essex, SS5 4LN**

Book via the Fusion app, website  
or cashless at the centre





**£2**  
per session  
\*please note this centre  
is now cashless

# REBOUND >>

**FOR GIRLS**  
*aged 14-16 years*

**WEDNESDAY**  
**5.30pm – 6pm / 6.15pm – 6.45pm**  
Clements Hall Leisure Centre, Clements Hall Way,  
Hawkevell, Rochford, Essex, SS5 4LN

Book via the Fusion app, website  
or cashless at the centre





**NSPCC**

<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](http://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>

## AnxietyUK



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**

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://yopies.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**

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



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

**07520 649895**

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

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

Text us for *confidential* advice and support

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might store messages 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 follow-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 schools mobile phone policy. Messages are charged at your usual rate.



01702 534843 @SouthendSN  
sccg.southendpublichealthnurses@nhs.net



**...Only 7 weeks  
until Christmas...  
HO HO HO!**

