



Southend High School for Girls *Gazette*

CHRISTMAS 2021



Merry Christmas
from the
SHSG Family

HO HO HO

Cover Illustration by Emily W Year 13

In this issue:

- Hares About Town
- Sporting Success
- Musical performances
- Student Voice
- Wellbeing resources and much more...



Welcome to the
SHSG Gazette

 @Officialshsg

 @OfficialSHSG

BBC School news reporters have been working hard researching the background behind the Hares About Town charity initiative that took place recently in Southend to support the valuable work of Havens Hospice.

They interviewed Mr Cannon about the involvement of SHSG in the creation of our Leverets who have returned to school after being on display in Southend.



They were also lucky enough to interview visual artist and old girl of SHSG, Bronwyn Oldham via a Teams call about her involvement in the project. Bronwyn worked in conjunction with local artist Andy Downes to create the vision created by celebrity designer, Lawrence Lewellyn Bowen.

Their hare '**Larry**' was positioned outside the casino on the seafront and later raised a staggering **£12,000** for charity!

Our SHSG reporters were able to quiz Bronwyn on the experience of being involved in the project and gained valuable insight into the everyday work of a successful visual artist.





Kate with her amazing Advent Book Tree

Our Librarian Ms Wakeman wanted something creative to encourage our students to come to the library and borrow books to read over the festive period.

Kate R was asked to create an advent calendar that would reveal a book everyday on the lead up to the end of term. Kate would also like to thank Ms Wakeman, Ms Arnold, Max M and Liza E for their help.

Origami Club

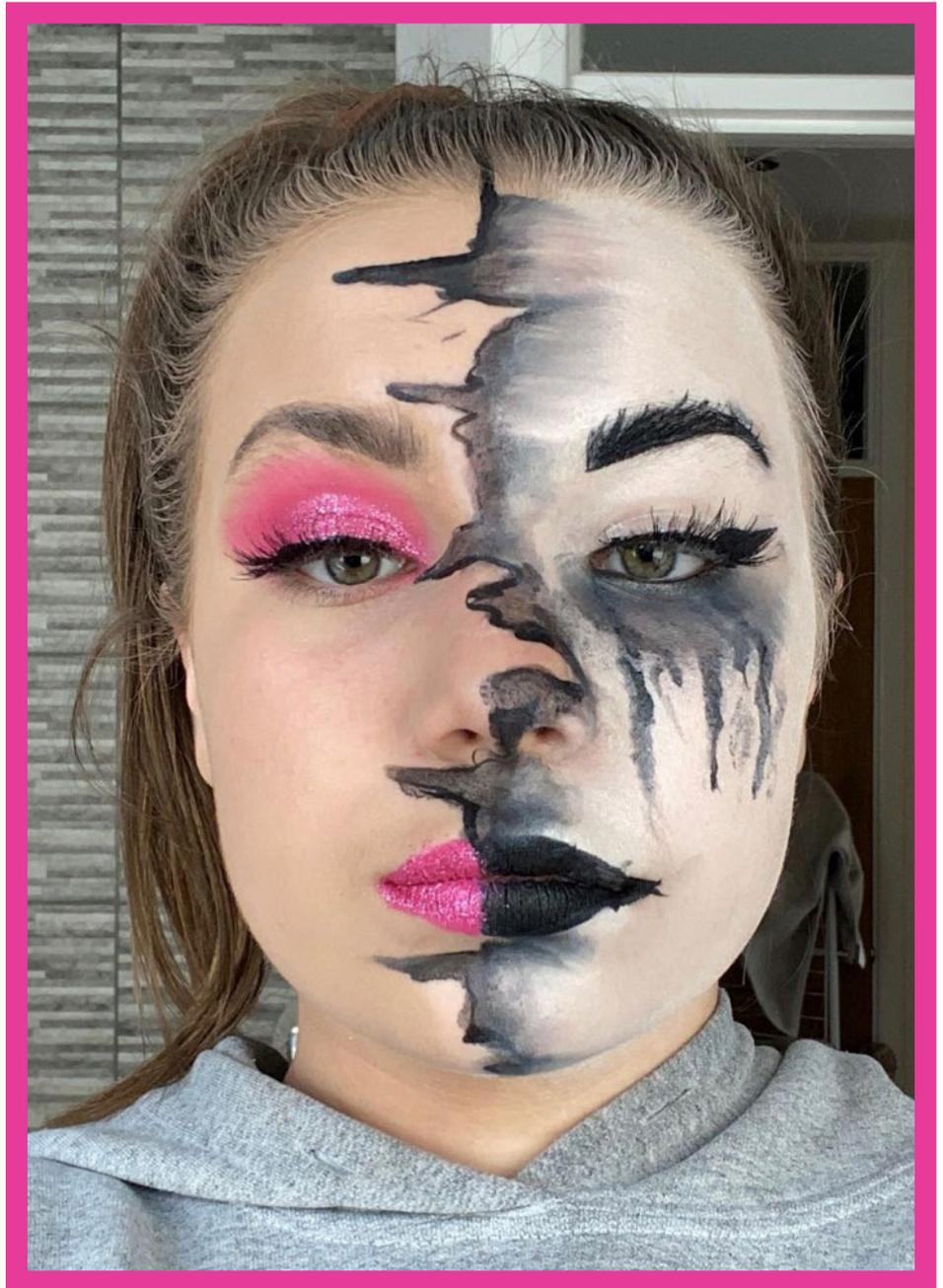


Origami Santa's made during Origami club run by Helian T in year 10. The club meets every Wednesday lunch in B3 if anyone else would like to learn the art!

Head Teacher's Award



A Headteacher's award was awarded to Maisie last year but unable to be presented due to Covid restrictions. Maisie was asked to produce an artistic response to one of the poems from the Year 8 Anthology. Maisie chose **'Not Waving but Drowning' by Stevie Smith**. Her art was intended to show the public and private face of the speaker in the poem and how they disguised their problems until their problems overwhelmed them.



"I chose the poem "Not waving but drowning" because at first the poem seems quite simple and not very descriptive, but when you take the time to look closely at the language used it says that it is about a man who is suffering but puts on a brave face, so no one knows. I chose to do two sides to this look; the black and white side is for the inner side of him that is suffering and hurt.

To me, black and white are dull colours so I used them to show the sad side. On the other side is the side he shows everyone just a normal and ok person. I also used cracks in the middle to show how he is slowly breaking down."



Amazing work Maisie well done!

MEDICAL MAVERICKS WORLD

The Official Magazine of Medical Mavericks.

Inspiring the next generation of medics and scientists by taking real medical and sports science equipment into schools, colleges & events all over the UK.

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[Enquire Now](#)



MMTV



BEEN TO A WORKSHOP



CAREERS SPACE

★ School Christmas card competition winners! ★

The standard of school birthday cards this year was exceptionally high!



Charlotte C
Year 9



Emily W
Year 13



Maya G
Year 8

WWW.UNIFROG.ORG

STUDENTS



**ONE-STOP-SHOP
FOR GETTING IN**
SIGN IN AT WWW.UNIFROG.ORG

All students from Years 7-13 have now been registered with the excellent online platform Unifrog. We have invested in this as it provides age appropriate activities for all levels to guide our students into making the right choices for their future.

From personality profiles, exploring subjects, how to write a CV and personal logs for tracking university aspirations it is a great resource to use and one students may wish to look at with their parents/guardians.

Unifrog also offer lots of fascinating free webinars. Students and parents/guardians can access these live and from the archives from topics such as:

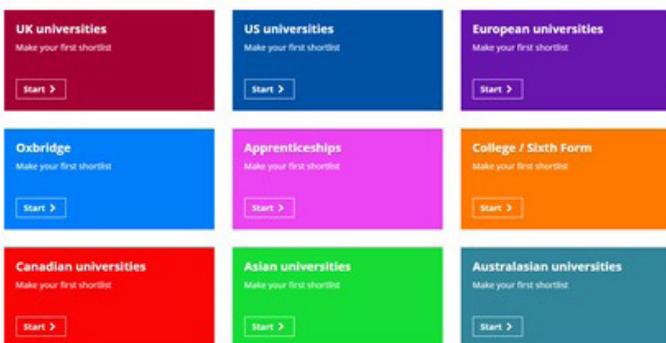
'How to find your perfect University course'

'Explore social work with the University of Birmingham'

'How to choose the best GCSEs'
'Personal Statement writing' from Sheffield University.

Click [HERE](#) for more information

Webinars - Student - Unifrog



Students are given some time in the registration and PHSE programme to access Unifrog. However since they have their own personal logins they are able to access it at any time. We award achievement points for the forms with the most interaction on Unifrog each term. This term the winners were;

7F 8E 9F 10A 11A 12 DCA 13RRY



Congratulations to all! Who will win next term?



Year 7 song-writing day

Lyndsey, Music Captain 2021



It has long been an SHSG tradition for Year 7 to spend a day bonding in their form groups writing a seasonal song to perform in the annual Christmas Concerts. As music A-level students, we are given the opportunity to organise and support a form each on their song-writing journey and are responsible for coordinating rehearsals and conducting their performance in one of the Christmas Concerts.

The day begins with small groups within the form writing their own Christmas song, surrounding a theme of their choice; for example, some forms may choose Santa and others may choose snow. Following breaktime and much-needed refreshment, every group performs their composed song to the rest of their form before voting on which song they love the most, therefore selecting the song they will perform as a form group. Once the favoured song is selected, it is taught to everyone else along with actions and, for the ambitious, harmonies.



Whilst in 2020 we had to conduct this day in a slightly different fashion due to restrictions, this year we were able to return to 'normal' – or at least close to it, introducing the whole year group to the music department early into their SHSG lives and exposing them to just a small portion of what we have to offer as a Department. The year group are brilliant to work with and this year most forms seemed very eager to include a witty rap in their songs, which added to the tangible sense of excitement and allowed us to bond with the students in each of our forms. I know, as a Year 13 student who joined as an 'external' sixth former, that it was an opportunity that hadn't been presented to me before and I will remember for years to come after I have left SHSG.

Well done to all the Year 7s who took part in the concert last week, and thank you to your parents for supporting us



Music Captain Handover

Milly, Music Captain 2021

Although our time as Music Captains began unusually due to the impacts of Covid-19 in January 2020, we didn't let that stop us from spreading music throughout the school. After having several Teams calls with the rest of the Music Captain Team, we decided to introduce '**Musical Mondays**', where students from different years submitted videos to be played virtually in form times. This brought a positive start to the school week, despite being in lockdown; we also held the annual House Music competition virtually this year, which allowed students to perform and share their musical talent with the rest of the school whilst keeping it safe for everybody involved. Students sent in videos of them performing and each form group voted for their favourites; congratulations to one of our Music Captains, **Milly**, who won the trophy for **Artemis!**



Coming back in September, we were able to start rehearsing ensembles again and it was so great to be able to make music with people from all year groups after over a year apart. Some of the Music Captains took responsibility for organising and running their own ensembles: SHSG Choir, Flute ensemble, and Clarinet Ensemble. This allowed them to bond with younger students and encourage more people to get involved with the Department. As Captains, we also had the responsibility of organising the two Christmas Concerts. Seeing so many people come together to watch and perform on stage was one of the highlights of our time as Music Captains. We have all had so much fun representing the Music Department during our time as a team and wish the best of luck to the new Captains: Niamh, Sian, and Gabby.



Southend Music Festival success

Purba, Music Captain 2021

On the 16th November, the SHSG Orchestra and Wind Band took part in the **Southend Musical Festival** for the first time in two years due to the pandemic. It was a very special feeling to be able to perform again in front of an audience and share our music with the community. Both ensembles were successful in winning the first-place trophy with high marks in their respective classes.

The adjudicator said the Orchestra's rendition of the Mission Impossible Theme was **'exciting'** with **'well contrasted and controlled dynamics'** and complimented the **'lovely unison'** woodwind sound and **'good balance'** of the brass in Carmen.

The woodwind section was commended for their **'great opening chords'**, **'intonation'** and **'tight rhythms'** in the Hairspray medley played by Wind Band; they also showed good **'articulation'** in Under the Sea.



Novem Consort performed on Friday the 19th winning one of their two evening classes. It was a very enjoyable evening singing alongside two well-established adult choirs, Southend Vox and Alumni, celebrating choral music. We were praised for our **'good dynamic range'** in Northern Lights and **'clear rhythms'** in Carol of the Bells with both pieces being performed **'musically and effectively'**. Laudate Dominum had an **'effective opening'** and there was a **'good balance'** in The Long Day Closes.

We thank the festival for giving us this opportunity and platform to share our love of music with the wider community and look forward to returning with even more ensembles in 2022.





Christmas Concerts

Catherine and Emma, Music Captains 2021

On Tuesday 7th and Wednesday 8th December, the Music Department held its annual Christmas concerts; after almost two years without any musical events in school and eighteen months without rehearsal, the evening was met with much excitement and anticipation. It was a pleasure to welcome so many new faces both on stage and in the audience to support and appreciate the hard work displayed by every member of the Department.

Particular highlights of the evening were the performances by the new Year 7 forms in their self-composed Christmas songs, as is tradition, alongside the large ensemble performances such as Orchestra, Wind Band and Big Band who worked seamlessly together despite a year spent without proper rehearsal as an ensemble. Among the old familiar ensembles, there was also the introduction of new ensembles such as violin and string quartet, and a new woodwind ensemble comprised of flutes and clarinets.



Thank you to everyone involved for your hard work and dedication, as well as a thank you to all parents for your continued support. A massive thank you must go to the school support team and site staff, who have given their continued dedication to the Music Department for the concert period. From designing the programmes to building the stage and helping in any way asked – we are truly more grateful than we can say. Mr Peugniez and Miss Ryan are the final, and perhaps biggest thank you. For organising the concerts, supporting the ensembles, running rehearsals, and always encouraging us with their enthusiasm and ambition, this concert couldn't have happened without you.



Dates for your Diaries

We have two confirmed dates for 2022 already:

The Summer Concert

will take place in the School Hall
on Monday 11th July at 7pm

and

The Big Band and BBQ

will take place in the CPA Quad
on Friday 15th July at 6pm
with a BBQ manned by the Parents' Association and a bar run by our own finance team!

We also hope to see the return of the annual soloists concert and Chamber Choir **'Evening of Song'** dates to be confirmed in the new year.



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.



Southend High School for Girls presents

**COMING
in 2022**



COMEDY *of ERRORS*



22nd-23rd February 2022

Ticket enquiries via SHSG next term

National Finals

The Autumn term has been a very successful term in PE. We have competed in a wide range of both friendly and cup fixtures in netball, cross country, swimming, athletics, basketball and football. We have also progressed to compete at the National Final in Cross Country, Swimming and Biathlon.



Francesca in year 7 has competed in the **Swim England Diving Talent Games** in Leeds.

Despite being in isolation for 10 days in advance of the event and therefore unable to practice, Francesca placed **4th** in the gym, and **11th** in the pool, achieving **6th place overall** in this prestigious national competition.

She is now waiting to hear if her result is enough for selection to the "Team England Zone squad", a pathway for potential future **Team GB** athletes.

Swimming National Finals



ENGLISH SCHOOLS SWIMMING ASSOCIATION

The SHSG National School's Swimming Teams qualified for the **ESSA Secondary Schools Team Championship National Final**.

Junior girls:

Rae W Lucy C Chloe B Jasmine C Ruthie E

Inter Girls:

Skye C Lucy R Ifeoma N Isabelle C Charlotte CS.

This was a great experience to compete at the Olympic pool in Stratford. Both Teams performed very well with the Junior Girls progressing through the heats and placing **4th** in the final.

Well done to all!



A big congratulations must also go to **Skye C** and **Jasmine C** for their personal achievements in qualifying for the **National Winter Championships in Sheffield** on 3rd-5th December.

Jasmine competed in **50m breaststroke** and was only **1 of 3 12-year-olds** in the country to qualify for this event which is a fantastic achievement!

Skye performed incredibly well, **breaking two East Region Junior records**, and placing **3rd** in the final of the **50m Freestyle** and **50m butterfly**. **Skye** also competed in **100m Individual Medley**, **100m Freestyle**, **100m Butterfly** and experienced swimming with some Olympians in the pool!

This is a brilliant achievement to qualify for such a prestigious competition, especially as the youngest in their events!



Cross Country National Final

On Saturday 4th December, both the Junior Girls and Intermediate Girls competed at the ESAA National Cross-Country Final in Newquay, Cornwall. It is a huge achievement to qualify for the National Final and all runners performed very well, despite competing in possibly every weather condition possible, from sleet and hail stones to 40mph winds!



The Junior Girls performed exceptionally well placing **4th** in the country! Well done to:

- Chloe B 21st**
- Annalise B 25th**
- Shiloh O 35th**
- Niamh S 58th**
- Chloe F 95th**
- Yasmin R 107th**

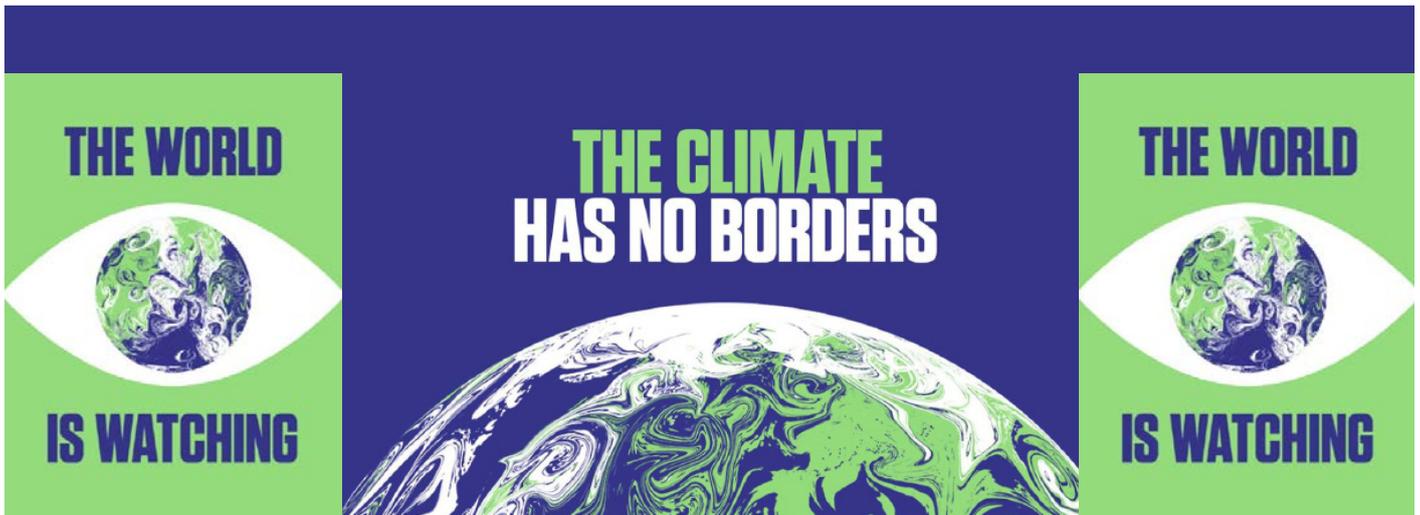
The Intermediate Girls also performed well in **26th** position. A special mention must go to the top scorer, **Liliana T** who came **40th** in the country. Well done to:

- Georgia L**
- Sophia R**
- Abigail M**
- Darcy D**
- Charlotte HP**

Well done to all involved and keep up the hard work!



The updated extra curricular timetable will be posted at the beginning of the new term in January



UN COP 26 mini conference at SHSG

Designed to simulate real life events, SHSG hosted three lunch time conferences where each form represented a country.

Each country was allowed to speak for a maximum of 3 minutes only around the key themes of:

cash, cars, coal and trees

These themes were highlighted by Boris Johnson as the UK hosted the real event in Glasgow.

In preparation for the debate's forms used morning registration times and the resources provided to research and develop their countries prioritise and views on the four themes already mentioned.

The Year 9 and 10 kicked off the debate on Thursday 11/11 swiftly followed by Year 12 and 13. Year 7 and 8 has their event on Tuesday 16th November.

All debates were equally frustrating as we could not agree on a consensus easily without extending deadlines to reach targets beyond 2060 – which is deemed too late to stop warming going beyond 2 degrees.

This was mirrored by real life events in Glasgow where decisions were hampered by countries not wanting to agree to ' phasing out coal ' but only ' phasing down coal ' use for example.



**UN CLIMATE
CHANGE
CONFERENCE
UK 2021**

IN PARTNERSHIP WITH ITALY

01-12 NOV 2021
GLASGOW

COP26

IN PARTNERSHIP WITH ITALY



This week has seen KS5 Chemistry students produce their 'Chemistree' as part of the annual Chemistree competition.



TEAM A



TEAM B



TEAM C

Teachers and KS5 students will get to vote for their favourite tree with the winning tree announced on the last day of term.



Student Voice

After choosing and settling into roles within the team (Researchers, Press Officers, Public Liaison Officers and Project Managers), Student Voice have started to focus on issues within the school and ideas raised by the students. We have been liaising with members of the Senior Leadership Team and communicating with the student community using Microsoft Forms and the program Smart School Councils in order to gather their opinions and identify our target areas.

This term we have been focusing on the homework policies, maintenance and cleanliness of the school toilet facilities and variety of canteen options. We meet fortnightly to discuss these issues, advised by suggestions and concerns sent to us by the students, and report back regularly to the students to inform them on what we are currently working on.

If you have any suggestions or questions please don't hesitate to email us at studentvoice21-22@shsg.org and we will contact you and support you in what you wish to achieve within the school.

Evie – Student Voice Press Officer

We have also been working alongside the Equality and Diversity team and the Recycling Team to make changes around the school and create a school environment and that the student body are proud to be a part of.

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



★ ★ ★ ★ ★

'Twas was the night before Christmas

'Twas the night before Christmas everyone was asleep
The silence was loud, no noise, not a peep
Christmas was around the corner, from the houses you could tell
And a few hours earlier each house heard a Noel.

My siblings reluctantly slept before me
So Santa could put presents under the tree.
After many Christmas movies and sweets galore
All the kids dreamt about St. Nick by their door.

★ Finally settled down, ready to fall asleep
I heard the grass rustling, so much one would call it a beast!
I got out of my bed, as fast as I could be
I dashed to my windows, and what I saw shocked me.

There were footsteps in the snow, the moon lit bright.
Who could be outside on this cold winter's night?
My eyes led me to the answer, a shadow I did see
Of a sleigh, some reindeer and a man full of glee!

The man was smartly dressed, his chin hairy,
I even thought it was Mr Carey!
But once I looked again, and my eyes did not deceive
Santa! I called. I must get him before he leaves!

Now Dasher, now Dancer, now Prancer and Vixen
On Comet, on Cupid, on Donner and Blitzen.
The man called out, 'All reindeers to the top!
But please be careful, do not wake anybody up!'

Nearly dawn, St. Nick could not afford a delay
And so, the reindeer flew, up up and away.
Toys filled a bright red sack, and a snow-covered sleigh flew high
And I saw sparkles of magic light up the dark sky.

I heard a thud on the roof and my house shook
St Nicholas fell down our chimney, holding a thick dusty book.
He looked into the book and gave a smile of joy
'They were all good this year!' he said, 'They all get a toy!'

★ He was dressed in red and fur, in his iconic look
He dusted himself free of ashes, hung his hat on a hook.
With the sack of goodies on his back, he muttered to himself
'I've seen one person awake tonight, hope there will be no one else!'

There was a sparkle in his eyes, his dimples made me smile
His cheeks chubby and red, his hair completely wild!
His nose was plump and round, his mouth in a constant grin
His beard grew long and fuzzy, the hair grey and thin.

His face was full of wrinkles, his eyebrows so thick
He looked so old, yet he moved around so quick!
He had silver glasses kept at the tip of his nose
And his belly so round that it wiggled when he arose!

★ As I was staring at him in awe, he gave me a smile and a wink
But I continued to stand there in shock, I couldn't even blink!
He was a very merry guy, the merriest of them all
And he left a sign that he had visited our house on the wall.

Our tree was left crowded with neatly wrapped presents
He ate all the cookies and then called them 'quite pleasant'.
Santa flung the sack on his back and made his belt tight
He then disappeared into the black of the night.

St Nicholas jumped into his sleigh and called his reindeer
'Thank you all! We will see you next year!'
Let your smile be wide and your spirits shine bright
Merry Christmas to all and to all a goodnight!

★ ★ ★ ★ ★
Jomi Year 8

Thank you



1st December - World HIV/AIDS Day

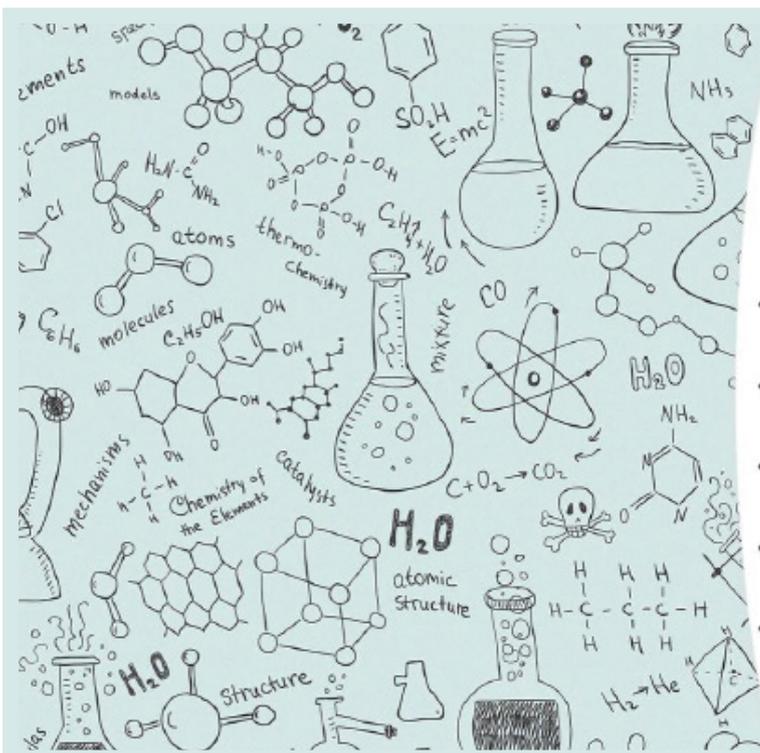
Thank you to everyone who supported this by donating and / or purchasing a red ribbon. We raised a total of £278.59. This is a huge amount - the biggest ever!!! So . . . a big thank you to everyone who donated via the honest box or ParentPay systems.

Ms Spilstead



*Merry Christmas
from
Rud'owl'ph.*

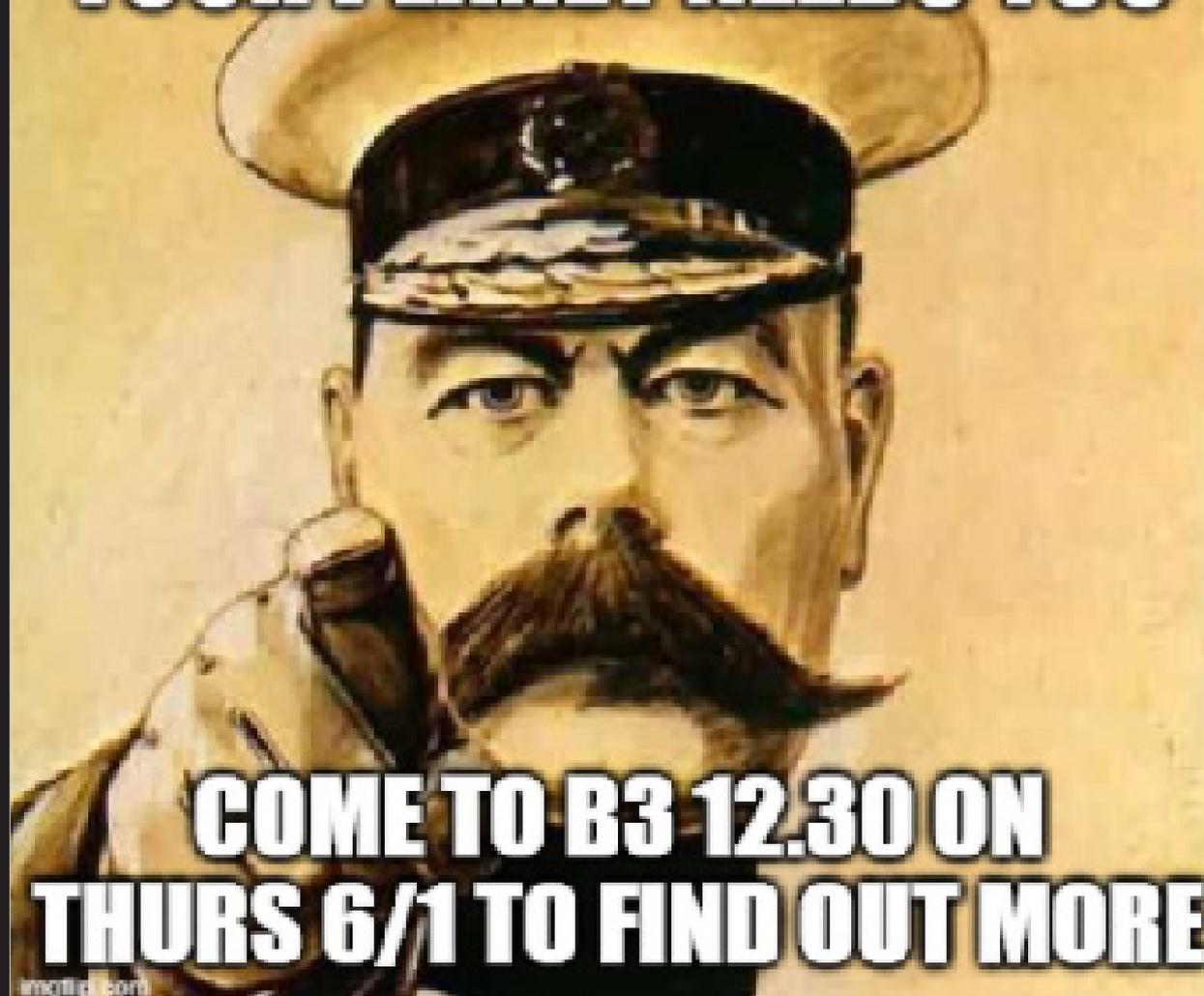




What's happening in Chemistry – CH3

- Monday – Year 11 Triple Chemistry Revision
12:30 – 13:00
- Tuesday – Chemistry Open House
12:30 – 13:20
- Wednesday – Year 13 Chemistry Revision
12:45 – 13:15
- Thursday – KS3 Chemistry Club
12:30 – 13:00
- Friday – Year 12 Student Run Revision
12:50 – 13:20

YOUR PLANET NEEDS YOU



COME TO B3 12.30 ON THURS 6/1 TO FIND OUT MORE



Easyfundraising

Please remember to use #easyfundraising when you do your Christmas shopping. Over 6,000 shops and sites will donate to Southend High School For Girls Parents' Association at no extra cost to you - so you can raise donations when you buy gifts, decorations, your festive food or anything else online. All the funds raised are used to support the students at SHSG.



These donations really mount up and make a BIG difference to us, so we'd really appreciate it if

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

Thank you so much!

The banner features the Easyfundraising logo and tagline 'feel good shopping' in the top left corner, followed by '£35M Raised'. The main text reads 'Christmas shopping means more than just gifts' in a large, white, handwritten-style font, with 'you can help us raise FREE donations' underneath. A purple gift tag with a pink heart and the text 'THIS MEANS MORE.' is positioned on the right. The bottom of the banner displays a row of partner logos: eBay, John Lewis, M&S, Groupon, Boots, Argos, moonpig, and Booking.com. A dark purple bar at the bottom contains the text 'You Shop. 6,100 sites will Donate to us. For Free.'

By entering the easyfundraising advent calendar you could WIN a £250 donation EVERY day for the SHSG Parents' Association until Christmas. For each day you enter, you'll also get a FREE entry to the Christmas Day Grand Prize Draw for £1,000 to spend at John Lewis & Partners and a £10,000 donation for the SHSG PA. Visit 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

December Kindness 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Spread kindness and share the December calendar with others	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 Support a charity, cause or campaign you really care about
5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today	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 Buy an extra item and donate it to a local food bank
12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	15 Contact an older neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving
19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	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 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2022	

ACTION FOR HAPPINESS

Happier · Kinder · Together





<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

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

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

<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://yoopies.co.uk>



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

Infoline: 0300 123 3393

Email: info@mind.org.uk

Text: 86463

We're open 9am to 6pm,
Monday to Friday (except for bank holidays).

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



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

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
(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

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

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 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 pictures. We support messaging from UK mobile numbers only which does not include messages sent from landlines, international mobile numbers and some 'burner' 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.

SPACE



01702 534843 @SouthendSN
sccg.southendpublichealthnurses@nhs.net



Illustration by Charlie Mackenzie

★
Wishing you and your families a safe and Happy Christmas.
★

