



Southend High School for Girls *Gazette*

FEBRUARY 2022



Our new Head Student Team.

In this issue:

- Poetry by Heart
- Apprenticeships
- Recycling
- Jack Petchey
- ...and much more!



**Welcome to the
SHSG Gazette**

 @Officialshsg

 @OfficialSHSG

New Head Student Team



Introducing our new Head Student and team - more from them in our next edition...
Charlie B, Olivia T, Cassie S, Gracie P (Head Student) Sol B, Holly K and Sude P



Some fantastic fish that they made for the Chinese new year from our Origami club run by Helian T in 10C



Dear Staff and Students,

SHSG is lucky to be involved with the **Jack Petchey foundation** which allows us to celebrate our students for all the extra things they do. Previous winners have supported teachers with extra curricular learning, had involvement in new school thinking, supported their peers at a hard time, shown courage within their home situation.

The winners receive:

A prestigious badge

A certificate from Jack Petchey himself
£250 to spend on something in school.

However, the biggest benefit of Jack Petchey is the winner knowing that someone within the school community has noticed and is appreciative of what they are doing.

We are now looking to award our **January and February Jack Petchey Winners!**

If you think you have witnessed someone step up, go the extra mile, or simply support those around them, please email your nomination to:

JackPetchey@shsg.org

When you email please provide as much information and detail as possible. Staff, students and parents can nominate anonymously.

What an amazing way to show your appreciation of those around you!

Miss Killi



POETRY BY HEART

We are delighted to announce the winners of our recent Poetry by Heart competition!

For KS3, it was **Jomi** with her recital of '**Remember**' by **Christina Rossetti**

For KS4 it was **Zahra** with her recital of '**Shake my future**' by **Dorothea Smart**

For KS5 winner, **Eloise** with her recital of '**I being born a woman and distressed**' by **Edna St Vincent Millay**



Jomi



Zahra



Eloise

Poetry by Heart is a national poetry speaking competition. To take part, students choose a poem, learn it by heart and perform it out loud. Our competition this year took place in the school hall with a large audience and we are extremely proud of the confident and engaging way our reciters wowed our judges with their individual and accomplished interpretations.

The judges this year were **Lillith Freeman**, a past pupil and previous national finalist for Poetry by Heart, and **Mrs Haywood** and our student organiser was **Polly in year 12**, thank you to all three. Videos of our winners' performances will now be put forwards to a panel of esteemed poets. Selected students will be invited to take part in an exciting weekend of events at **Shakespeare's Globe Theatre**.



**Polly
YR12**



Our successes in the past have taken several SHSG students to the national finals and we wish our three finalists this year every success. Mrs Wimsett



International Women's Day

[International Women's Day](#) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

- **Celebrate women's achievements**
- **Raise awareness about women's equality**
- **Lobby for accelerated gender parity**
- **Fundraise for female-focused charities**

8TH MARCH 2022

#BREAKTHEBIAS

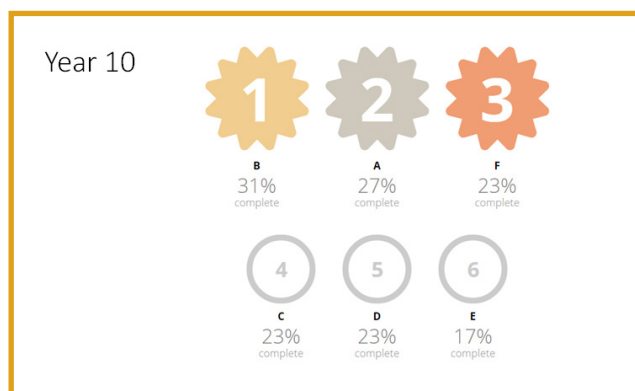
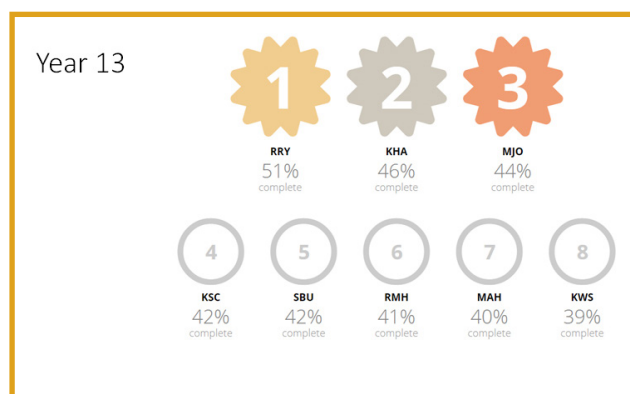
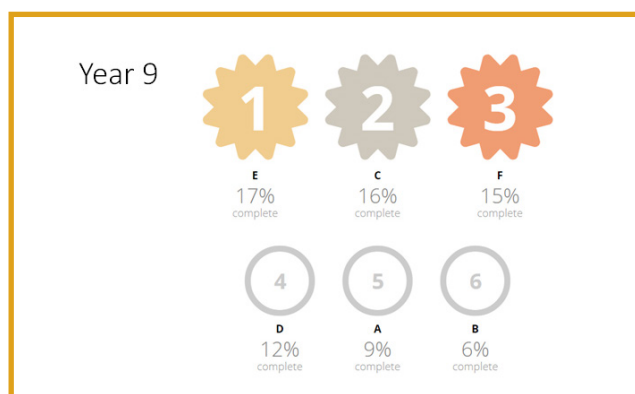
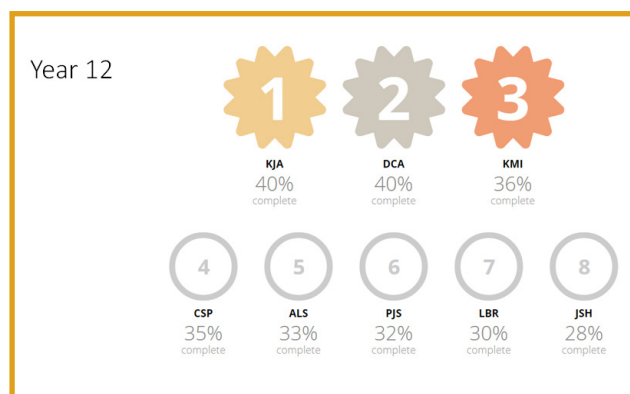
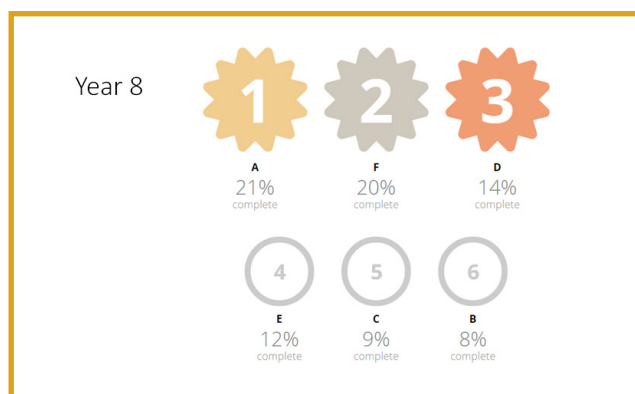
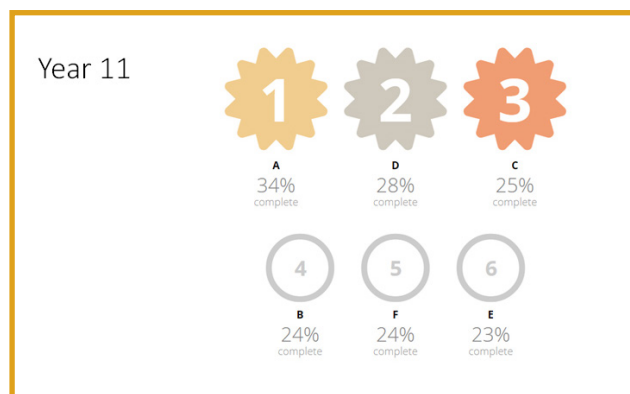
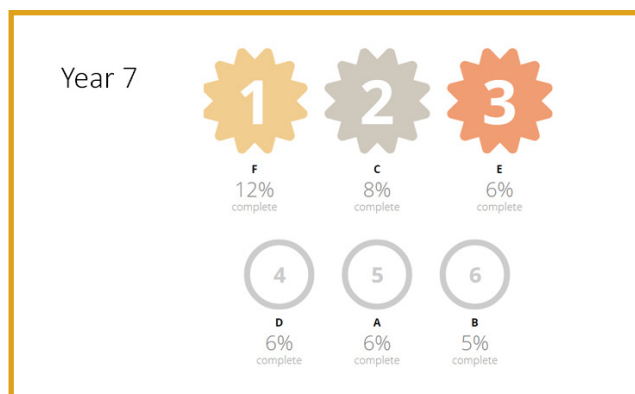


**EMPOWERED
WOMEN
EMPOWER
WOMEN**

**IWD 2022 campaign theme:
#BreakTheBias**

- Imagine a gender equal world.
- A world free of bias, stereotypes, and discrimination.
- A world that is diverse, equitable, and inclusive.
- A world where difference is valued and celebrated.
- Together we can forge women's equality.
- Collectively we can all #BreakTheBias.
- Individually, we're all responsible for our own thoughts and actions - all day, every day.
- We can break the bias in our communities.
- We can break the bias in our workplaces.
- We can break the bias in our schools, colleges and universities.
- Together, we can all break the bias - on International Women's Day (IWD) and beyond

**Congratulations to the following form groups who
have interacted with Unifrog the most this term!**
Top performing forms have all received an achievement point.
WELL DONE!



Year Group	A	B	C	D	E	F
7	6,5	3,6	2,2	4, 4	5,3	1,1
8	3,1	5, 6	4,5	2,3	1,4	6,2
9	4, 5	5, 6	6, 2	3, 4	2, 1	1,3
10	1, 2	3, 1	4, 4	5, 5	6, 6	2, 3
11	1,1	4, 4	6, 3	2, 2	5, 6	3, 5

Rankings for Dec/Jan Lower middle school

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:

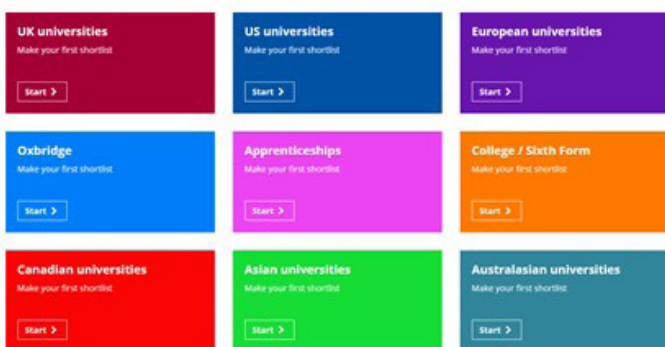
'How to find your perfect University course'

'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.





Prom

2022

Year 11 Prom!

Date: 27th June 2022. 18:30-23:30

Location: Hylands House

Ticket Price: No more than £40

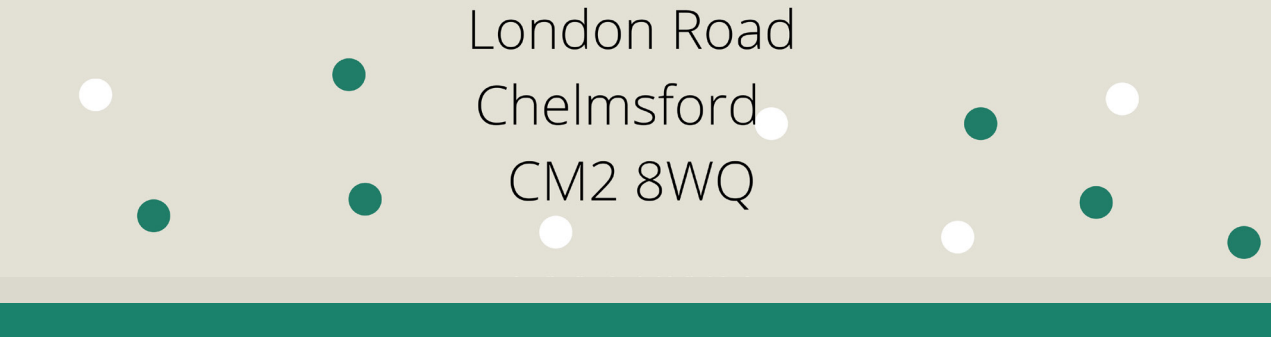
Deposit to be paid on Parent Pay by 11th Feb

Venue Address: Hylands House

London Road

Chelmsford

CM2 8WQ



7th February saw the start of **National Apprenticeship week**.

Years 10, 11, 12 and 13 had a fascinating talk from our **Enterprise Advisor Rob Brooks**.

Rob began by myth busting commonly held beliefs about apprenticeships that they are not just for those who are not academic and that you will end up making the tea!

Rob explained how apprenticeships work as a **post 18 option**. Rob is affiliated with the NHS and told us that **90% of careers in the NHS can be accessed through an apprenticeship scheme**.

95% of apprenticeships offered can go to a degree level.


Currently it is only doctors and dentists that have to be graduates.

Rob's powerpoint has been shared on the careers channels for each year group on Teams for further information and links

Degree level apprenticeships







- Diagnostic radiographer
- Dietitian
- Healthcare science practitioner
- Midwife
- Nursing associate (foundation degree)
- Occupational therapist
- Operating department practitioner



- Paramedic
- Physiotherapist
- Podiatrist
- Prosthetist/orthotist
- Psychological wellbeing practitioner
- Registered nurse
- Speech and language therapist
- Therapeutic radiographer

Check for latest health apprenticeships standards
<https://haso.skillsforhealth.org.uk/standards/>

 healthcareersuk  @healthcareers  advice@healthcareers.nhs.uk
 @HealthCareersUK  NHSCareers  0345 60 60 655



Apprenticeships in the NHS

Rob Brooks, Talent for Care Relationship Manager (Apprenticeships)



 healthcareersuk  @healthcareers  advice@healthcareers.nhs.uk
 @HealthCareersUK  NHSCareers  0345 60 60 655

Step into the NHS website



- Key stage 3 and 4
- Real life examples of work experience placements
- Career mapper – short quiz to suggest possible careers
- Links to teaching resources
- Information about primary and secondary school competitions
- 60+ roles listed

USEFUL LINKS:

Visit our websites:

www.stepintothens.nhs.uk (bite-sized info for school students)

www.healthcareers.nhs.uk (detailed careers info, course finder, health careers quiz, resources etc.)

Search and apply:

www.jobs.nhs.uk/

www.gov.uk/apply-apprenticeship

Visit:

www.amazingapprenticeships.com/

www.haso.skillsforhealth.org.uk/



STUDENT VOICE
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Lola N in year 11 approached Student Voice with some ideas to restart recycling throughout the school. She looked at what we currently do as a school and if there were any ways we could improve and created a presentation for students.

If you have a good idea about ways we can make a positive change in school, contact the Student Voice

STUDENT VOICE PRESENTATION

How SHSG is becoming a more Eco-Friendly School

Ms Haywood
khaywood@shsg.org

Recycling

Reestablishment of recycling across the school

- We are aiming to place recycling bins in every room across the school
- We will set up a system so that these bins can be emptied at least once a week (more information about how you can get involved at the end)
- There are a lot of paper sheets handed out across the school, even since the use of teams and online resources, so the use of these recycling bins is still very important!
- Although many people seem to think that what goes into the recycling bins is not actually recycled, this is not the case unless non-recyclable waste is thrown into these bins.

Three main ways SHSG is becoming greener

- 01 Reestablishing and developing recycling system
- 02 Providing more sustainable resources and alternatives
- 03 Providing opportunities for you to get involved

What does NOT go into the recycling bins



- Plastic
- Your lunch
- General waste
- Anything that is not an ONLY paper item

If any other items get mixed in with the rest of the paper recycling, it may not be recycled.

Join the recycling team



We need volunteers to help maintain the recycling system across the school.

Joining the recycling team is a great way to get more involved in helping the school to become more eco-friendly.

If you are interested in helping out or have any questions, email Ms Haywood (khaywood@shsg.org)

Rose Coloured Glasses



On Wednesday 2nd February there were two performances of *Rose Coloured Glasses* in the Drama studio which was written and directed by Nyah W in Year 13. Nyah's play was runner up for the **2021 National Theatre New Views Student Playwriting competition**. Congratulations to all students involved in this wonderful production.

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.



Nyah W Year 13



Chess Club



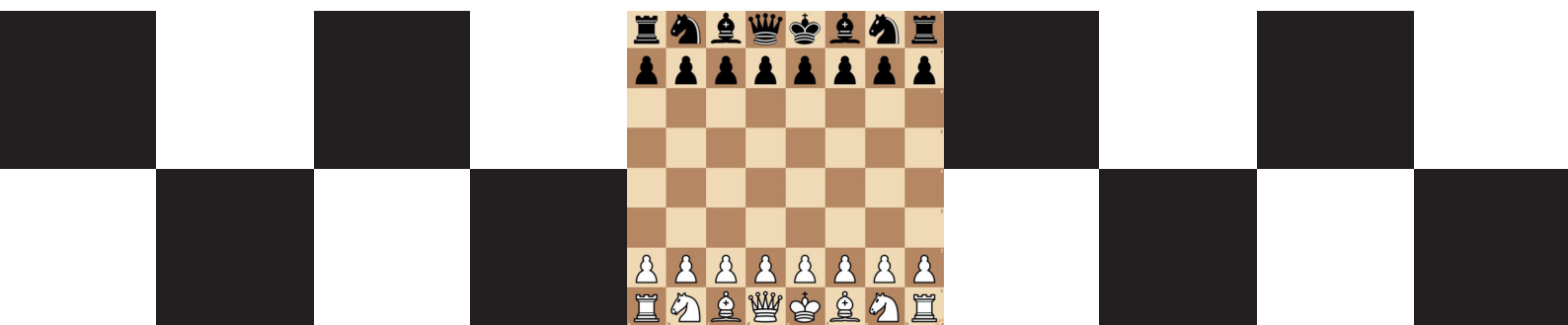
The SHSG Chess Club meets on Tuesday lunchtimes



Room B6

**Well attended by both beginners
and experienced players.**

All are welcome to join!



The FIRST team



We are **so excited** to have our new **Year 12/13** football kit.

This is the **FIRST TIME** for SHSG Sixth Form to have a **boys' football** team.

A huge thank you to the generosity of **Vincent McCarthy Solicitors** for their sponsorship. The boys team are really looking forward to their next fixture.



A huge well done to:

Chloe B
Shiloh O
Lilianna T
Daisy W

who represented Essex in a tough race on Saturday at the SE Inter Counties Cross Country in Reigate.

Congratulations also to **Chloe B** for winning her qualifying round which progresses her to the National Biathlon Final.
An amazing achievement! @shsg_pe

COUNTY LINES



We were delighted to welcome **Leo Powell** to SHSG to deliver **county lines awareness assemblies** to all year groups. Leo Powell is one of the UK's leading County Lines trainers, demonstrating a wealth of knowledge and expertise in the area of gangs, grooming, exploitation and more.

Leo delivers uniquely designed assemblies to both primary and secondary schools, ensuring the language and the way it is communicated fits perfectly for the age groups that it is being delivered to.

More information about Leo can be found on his website: <https://www.leopowell.co.uk>

<https://www.nationalcrimeagency.gov.uk/what-we-do/crime-threats/drug-trafficking/county-lines>



To mark World Book Day the librarians will be holding a sale of used library books in reception at break and lunchtime on **Thursday 3rd March**. Most books will be **20p**, so come and pick up some bargains!

LIBRARY BOOK SALE

COME AND PICK UP SOME BARGAINS ALL BOOKS 20P

IN RECEPTION
BREAK AND LUNCHTIME 3RD MARCH



They will also be running two competitions...

GUESS WHO'S COMING TO DINNER?

Visit reception during break or lunchtime on World Book Day and see if you work out who our literary dinner party guests are from the clues on the table?



BOOK SYNONYMS

What if authors picked synonyms for their book titles?

Pick up a list of book synonyms from the library or reception and see if you can work out the original titles of the books?

SEE YOU ALL AFTER HALF TERM!



BASIC PANCAKE RECIPE

Prep: 10 mins Cook: 20 mins
Makes 6

Ingredients
100g plain flour
2 large eggs
300ml milk
1 tbsp sunflower or vegetable oil, plus a little extra for frying

METHOD

STEP 1

Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

STEP 2

Set aside for 30 mins to rest if you have time, or start cooking straight away.

STEP 3

Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.

STEP 4

When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

STEP 5

Serve with toppings of your choice.

GLUTEN FREE PANCAKES

Prep: 5 mins Cook: 25 mins
Makes 6

Ingredients
125g gluten-free plain flour (we used Doves Farm)
1 egg
250ml milk
butter, for frying

METHOD

STEP 1

Put the flour in a bowl and make a well in the centre. Crack the egg in the middle and pour in a quarter of the milk. Use an electric or balloon whisk to thoroughly combine the mixture. Once you have a paste, mix in another quarter and once lump free, mix in the remaining milk. Leave to rest for 20 mins. Stir again before using.

STEP 2

Heat a small non-stick frying pan with a knob of butter. When the butter starts to foam, pour a small amount of the mixture into the pan and swirl around to coat the base – you want a thin layer. Cook for a few mins until golden brown on the bottom, then turn over and cook until golden on the other side. Repeat until you have used all the mixture, stirring the mixture between pancakes and adding more butter for frying as necessary.

STEP 3

Serve with toppings of your choice.

VEGAN PANCAKES

Prep: 5 mins Cook: 30 mins
Makes 14 pancakes

Ingredients
300g self-raising flour
1 tsp baking powder
1 tbsp sugar (any kind)
1 tbsp vanilla extract
400ml plant-based milk (such as oat, almond or soya)
1 tbsp vegetable oil for cooking

METHOD

STEP 1

Whisk the flour, baking powder, sugar, vanilla extract and a pinch of salt in a bowl using a balloon whisk until mixed. Slowly pour in the milk until you get a smooth, thick batter.

STEP 2

Heat a little of the oil in a non-stick frying pan over a medium-low heat, and add 2 tbsp batter into the pan at a time to make small, round pancakes. You will need to do this in batches of two-three at a time. Cook for 3-4 mins until the edges are set, and bubbles are appearing on the surface. Flip the pancakes over and cook for another 2-3 mins until golden on both sides and cooked through. Keep warm in a low oven while you cook the remaining pancakes.

STEP 3

Serve stacked with toppings of your choice.

TOPPINGS:

Lemon and sugar, maple syrup and Ice cream, mixed berries, Nutella, chocolate spread, cooked apple, cinnamon and sultanas, savoury cheese and ham, peanut butter and jam, honey and greek yoghurt or create your own favourite filling.

(N.B. We do not recommend including all these fillings at once!)



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.



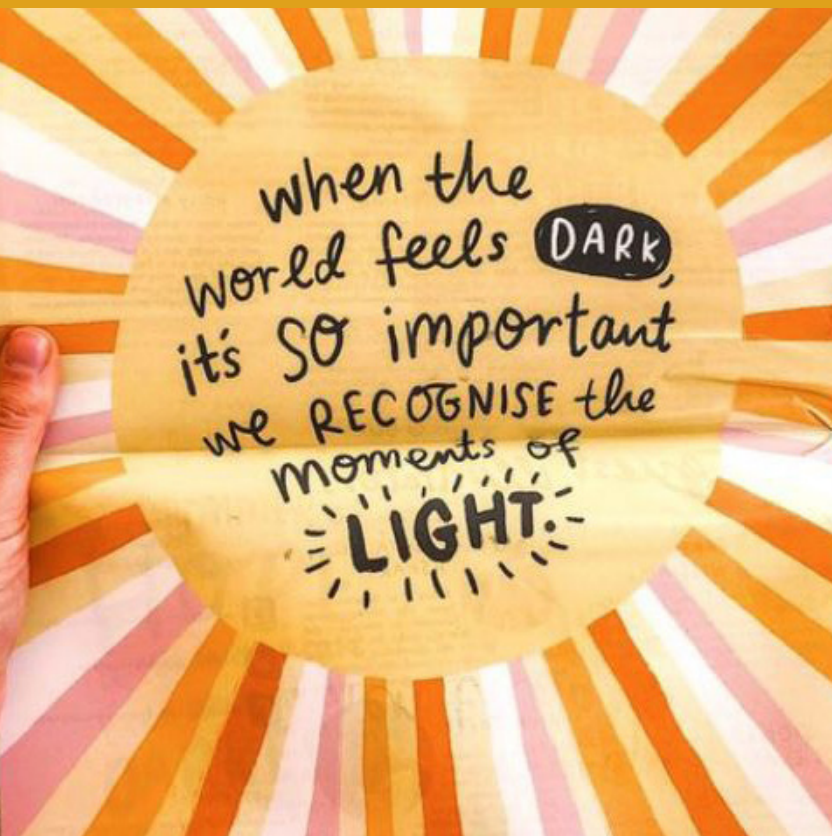
These donations really mount up and make a BIG difference to us, so we'd really appreciate it if

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

Thank you so much!

The banner features a purple background with white snowflakes and a white Christmas tree. At the top left is the Easyfundraising logo and '£35M Raised'. The main text reads 'Christmas shopping means more than just gifts' in a large, white, handwritten-style font, followed by 'you can help us raise FREE donations' in a smaller white font. On the right, there is a graphic of a purple gift tag with a pink heart and the text 'THIS MEANS MORE.' in bold, teal, block letters. At the bottom, a row of partner logos is displayed: ebay, John Lewis, M&S, Groupon, Boots, Argos, moonpig, and Booking.com. Below the logos, a dark purple bar 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



A NEWSPAPER TO CELEBRATE ALL THAT IS GOOD IN THE WORLD

We want to shed some light on this world we're living in and remind people just how much good stuff happens. We celebrate the Everyday Heroes, the people who don't expect to be praised for what they do on a day-to-day basis, those who have turned horrific events into a time to be proud of humanity, the people who didn't help somebody else to go viral on Facebook but because they make us believe this world has the potential to be better.



 @thehappynewspaper

 www.thehappynewspaper.com

Mindful March 2022

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Appreciate nature around you, wherever you are

20 Focus on what makes you and others happy today dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Cultivate a feeling of loving-kindness towards others today

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



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 MiMDS

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://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

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

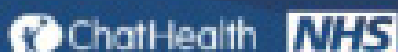
WE SUPPORT YOUNG PEOPLE
WITH ALL KINDS OF THINGS LIKE...

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 share concerns 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 'mums' 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

**Enjoy the half term
Holiday!**

