



# Southend High School for Girls

# *Gazette*

MARCH 2022



Diversity and Culture at SHSG

## In this issue:

- Chess championships
- Sporting excellence
- Competitions
- A message from our Head Student
- Drama reviews and much more...

Welcome to the  
SHSG Gazette



 @Officialshsg

 @OfficialSHSG





## My time as Head Student

by Tess K

**December 2020, we began the application for Head Student. The initial stages of the application process, being our letter of interest, group interview and student panel interview were all able to be held in school.**

Unfortunately, due to COVID-19 striking again, our final interview with SLT was held on zoom, along with the reveal of my success at being appointed as the new Head Student, alongside my fantastic team: Sara, Pollyanna, Jess, Chiana and Carlos.

With **January 2021** marking our official handover as a team, we were already met with the challenges of a lockdown. We began with an online assembly to introduce ourselves to the rest of the school, and the previous Head Student, Amica, kindly delivered the top-secret head student book and badge to my door (COVID-safe of course!). As a team, we wanted to clearly lay out our goals for the year, accepting that although lockdowns and restrictions may limit us in some aspects, we weren't going to allow it to hold us back.

*...the previous Head Student, Amica, kindly delivered the top-secret head student book and badge to my door... (COVID-safe of course!)*

We began our weekly meetings with SLT, and our frequent team meetings in order to set our goals our clearly. Although we often ended up enjoying the use of the filters on zoom, our team began to bond and acknowledge our different strengths. We wanted to ensure we were connected with the main school, so we organised for our team of prefects to join a lower school form time and conduct an activity with them. Not only did this help to start people's days off with a little more excitement during online school, but it allowed for the sixth form and main school to connect with one another. The activities that we created included spot the difference, guess the flag, and many more. We continued to do these throughout the duration of our online school experience, that being the entirety of the beginning of the year. In addition to this, we had a lot of fun filming a cover of 'Wonderwall' with members of staff and other students, with Pollyanna's incredible piano skills, Chiana on bass and my singing.



**March the 8th. Finally, our first day back at school, officially being the new head student team on SHSG grounds.**

Preparing for this day was not only daunting from the perspective of it being our first day back in three months, but also knowing we now had this entirely new responsibility to take care of too.

Leading up to this date, my team and I had many online meetings in preparation for our new in-person environment. We were met with many new jobs from teachers throughout the school, with an abundance of emails regarding vaccinations, events, etc. all within the different social bubbles. Inevitably, it was initially difficult to adjust to such a new way of learning and being a part of the *green army*, but, with help from my team and those around me, we were able to fulfil many of our hopes for the year.

We were able to film many assemblies throughout the year, including our anti-bullying assembly in which we linked to Cadbury's slogan: 'there is a glass and half in everybody'. Luckily, we were able to do this assembly in person to each year group, considering it was after social restrictions were lifted. It was a lot of fun to be able to interact with the year groups face-to-face. However, we did not want our legacy to remain limited to just assemblies and organising events, so each of us began our own individual projects.



*cont...*

Jess launched a bra recycling project for the charity '**Against Breast Cancer**'. We began this whilst we remained in social bubbles, and therefore had to adapt by placing labelled boxes in each of the different locations in the school. After a lot of publicity across the school, we would collect the bras to place them into a bright pink recycling bin. The success with this project was incredible, and we were very pleased to be able to help with such an important issue.

Alongside this, Chiana took initiative to get in contact with a local Mental Health charity named '**Trustlinks**'. We were able to schedule sessions over zoom in which different year groups could attend. These were based off of a variety of important issues such as anxiety around exams and how to cope with negative emotions. Once again, these had a great turnout, and is being continued by the new head student team, this year.

Later in the year, Sara helped to organise a location in the school for a **multi-faith room**, to allow a safe space for students to go throughout the day. This benefited many religious students and is open everyday for their use. Furthermore, I worked with the **Community Resilience Award Project** to donate bags with stationary, books, and many more resources to Afghanistan refugees in the Southend area. This had an amazing turnout and the bags were securely delivered to those who needed them. All of these projects are being continued this year by the new team, and hopefully for many more years after that. As a team, we are very proud to see the impact we have made on our students and local community.

*Returning to the SHSG grounds after being forced to adjust to our make-shift classrooms at home was a big shock.*

But we all worked to make the time we had left as a team the best it could ever be, and truly make a difference to the school. Our school has been phenomenal at keeping us all feeling safe in not only our physical health, with the abundance of hand sanitizers introducing us at each door, and the consistent use of tests, but also safe in our futures. The school did not let this drastic shift in normality effect our education nor our aspirations for the upcoming years, and my team and I wanted to act on this by partaking in the school's most loved traditions. Sports day, led fantastically by the house captains, had Chiana, Sara, myself and Carlos run in the Head Student Team relay. Even though we did not win, Carlos' speed set a new school record, and it was so much fun to be involved as a team. I also worked hard to ensure our school birthday would remain just as special as the years prior to this.

From the help of my year group, we held the pantomime set as Grease in Southend-on-Sea. With Carlos as Doody, myself as Frenchy, and Pollyanna, Sara and Jess as narrators, we were also able to be involved in the live performances to all year groups. With such positive response from this, our hard work truly paid off. Although there were many bumps along the way, we were able to put on an enjoyable (and the best) pantomime.

This day would not be the same without the assembly full of gifts for the school, and I was able to read the traditional bible passage in my Frenchy costume, alongside Pollyanna. It felt surreal to finally be involved in face-to-face assemblies, and take part in events that are typical of the Head Student Team. In fact, Pollyanna, Carlos, Sara and myself were eager to partake in the Christmas lip sync battle. Carlos dressed up in a Santa Claus costume, and we sang and danced along to '**All I Want for Christmas is You**'. Being able to participate in these big traditions, and even the little things like decorating the Christmas tree in the foyer, made being Head Student feel truly special.

**The past year has helped me develop as a person, teaching me skills which I would not have without the responsibility of being Head Student. We adapted and progressed as a team, and I have never been prouder of an achievement. I wish Gracie and her team the best of luck for the year ahead of them, and I am confident that they will succeed in all of their endeavors. I am beyond grateful for the opportunity I was given, and hope that my time as Head Student was used to make our school an even better place, with a bustling, positive atmosphere.**

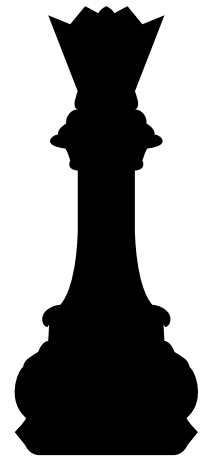
Tess K

### Introducing our new Head Student and Team



Charlie B, Sol B, Olivia T, Cassie S, Gracie P (Head Student), Holly K and Sude P.





The SHSG chess club were excited to have been invited to enter two teams from Year 7 and 8 into the English Chess Federation Junior Team Challenge, which took place at Brentwood School on Thursday for the qualifying round for the National Junior Chess Challenge.

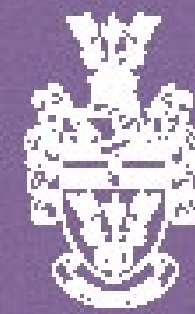
The players were enthusiastic to have the chance to compete in the first 'over the board' competition in the real world, as previous chess battles have been virtual. Students used **chess clocks** for the **first time** with a short time control of ten minutes for each player each to make their moves.

**Well done to all students involved!**



## Miniature Art

Students were asked to select their favourite famous art piece and recreate it in miniature no bigger than 3cm by 5cms! Some beautiful paintings and sculptures have been created by all year groups. Mrs Stewart thanks her classes for the enormous effort required to make these tiny paintings; they will be displayed in the art gallery.



## Southend High School for Girls

### Annual Poetry Prize

The Creative Writing Group would like to proudly present the Southend High School for Girls 'Annual Poetry Prize'

This is a great opportunity to showcase your creativity and ideas. Entries are open to **all years** and can be on any theme, in any form and of any length.

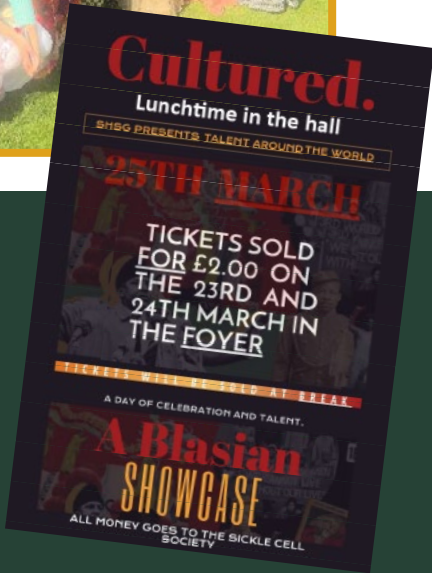


Please submit your entries to Mr McGarvey either in the English office or by email: [gmcgarvey@shsg.org](mailto:gmcgarvey@shsg.org). The closing date will be Friday the 6th of May.





We celebrated the different cultures we have within school by students putting on a fabulous showcase of Black and Asian talent. This included music, dance, spoken word, and a fashion show of traditional wear. Money raised is going to the Sickle Cell Foundation; students raised over £600! This event was definitely a highlight of the year. Thank you to all the students involved.



Students raised over £600 for the Sickle Cell Foundation!



Kemi attended a Commonwealth Service in her capacity of the flagbearer for Nigeria.

At the end of February, we were lucky enough to see the reproduction of an SHSG drama favourite ~ Shakespeare's Comedy of Errors!

Under Mrs Wimsett's careful direction, assisted by Elyce C, a huge cast of students from years 7 to 11 transported their audiences to Ephesus, brightly coloured trading city, armed with sunglasses, summer clothes, and a whole host of inflatable props. The set allowed audiences to view from three sides, with plenty of coloured lights strung about, and bright cushions on chairs so as to feel make us feel fully included in the action as twins Antipholus & Antipholus and Dromio &... you guessed it, Dromio ran about trying to sort out a stream of calamities.



As for the acting itself, SHSG boasts an army of competent, energetic young actors who don't seem for one second to be phased by Shakespeare's complex language.

Indeed, for many it was their first time performing with the school; considering the show presented, I hope it won't be their last. Over the course of the rehearsal period, the company grew into a confident, slick, and highly energetic ensemble, driving the second act especially with an infectious enthusiasm and joy. A strong competitor for Comedy of Errors of years to come!

Eloise P





# SHSG Photography Competition

'A day in the life'



We want to see the students experience of SHSG. Please submit your images of a day in the life of SHSG. This could be part of your journey to school, break time, lunchtime, clubs, activities, homework. We want to get a sense of the fun you have at school with your friends- you must have permission from your subjects!!!

Please email your submission to: [vcasson@shsg.org](mailto:vcasson@shsg.org) by 28th April.

The competition will culminate in an exhibition where the best photos will be framed and auctioned and the winners will receive Odeon vouchers!



SHSG PHYSICS DEPARTMENT



Year 11

GCSE EXAM

MASTERCLASS

Get specific tips and tricks to maximise your marks

Friday 22nd April

Friday 29th April

Friday 6th May

12:35-13:15 in Ph2

LIMITED SPACE AVAILABLE  
SIGN UP SHEET ON DOOR OF PH2

ALL SESSIONS WILL BE THE SAME SO  
YOU ONLY NEED TO SIGN UP TO ONE



**Students have represented SHSG in the best possible way and we are all very proud of their fantastic attitude, determination and effort across a range of competitive sports. Regular fixture results are updated on the school Twitter (@SHSGPE) and Instagram (@shsh\_pe) pages. We are delighted to share the highlights of this half term.**

## Borough netball rally

Congratulations to everyone who competed in the Southend Borough annual netball rally. All teams worked hard and listened to feedback after every game to continue to develop throughout the whole rally. This resulted in team SHSG achieving a clean sweep overall. **Congratulations Borough Champions!**

## British Schools Modern Biathlon Championships

After winning the round stage, Chloe B progressed to the British Schools National Biathlon Final where she competed in Bath on Sunday 20th March. Chloe achieved fantastic times in both her 100m swim and distance run. Chloe won overall and is now the individual National Biathlon Champion. **Well done on an outstanding achievement, Chloe!**

## Swimming

The swimming team recently competed at the Borough Swimming gala, held at Garons. There were lots gold, silver and bronze medals won in both team and individual events. Every year group medalled Borough Champions which is a brilliant achievement, well done to all involved. We wish the swimmers every success in the remainder of their swimming gala's this year.



Congratulations to Sadie in Year 8. After competing in the Armada Cup in Plymouth, Sadie came 5th out of 29 in preliminary round and then came 6th in the final! This is an amazing achievement, well done!

## Cross Country

Shiloh O and Lilianna T were selected to compete for the Essex team at the National Cross Country final in Kent. This was a huge achievement as only 8 students in the whole county are selected for the team.

Well done also to Annalise B, Niamh S, Shiloh O, Lilianna T, Chloe F and Poppy P who were selected to compete for Essex at the Inter Counties on Saturday 26th March at Writtle University. Congratulations to all involved for winning 1st place!

Cross Country is a challenging sport and to be selected to represent the county is a phenomenal achievement.

**Keep up the good work!**



## U14 Netball Essex Plate

A selection of Year 8 and Year 9 students have progressed together in the U14 Essex Plate. This was a knockout competition in which the team played exceptionally well in. Last week, the U14's won the final against Coopers Cobern and are now the Essex Plate winners!



## Lee Valley Indoor Athletics

A big shout out to the Year 7 athletes who progressed through to the final of the Lee Valley Indoor Cup, placing 2nd overall (Medals are in the post and will be awarded in assembly). This is an exciting start to the athletics journey at SHSG and shows that training in extra-curricular school clubs really does pay off! We encourage everyone to continue to attend as we have lots of outdoor competitions in the summer term.



## Sport England Project

The PE department has been involved in a Sport England Project that has been running for the last 18 months. The intent has been to continue the development of Physical Education across local secondary schools. The project provided funding for the PE department and opportunities for PE staff to attend Continued Professional Development sessions, which has accommodated our curriculum developments. Six students have recently conducted research around the clear impact of the project at SHSG and accompanied Miss Dawkins at the Sport England Celebration Event, where they took the opportunity to present their findings. The PE department would like to thank the following students for their contribution and for representing excellence at this event; Chloe B, Francesca H, Christian T, Hannah N, Tyler B, Isabelle L.

## Running for Ukraine

Yasmin R and Niamh S are running to raise money for Ukraine. They started their journey by running 3km on Sunday and have ran the rest before school and during lunch time to achieve a total of 21km. Well done to both on a huge achievement for a great cause. If you are interested in supporting, please visit:

<https://gofund.me/08be500c>

**Even a small donation could help Yasmin and Niamh reach their fundraising goal. And if you can't make a donation, it would be great if you could share the fundraiser to help spread the word!**



## BSA Slalom Race in Andorra

Congratulations to Anna for placing 3rd in the slalom and achieving the top 8 in her other races. This is a fantastic achievement. **Well done, Anna!**





Year 10 Drama students recently performed the new play, **HUNT**, by Belfast playwright **Fionnuala Kennedy**. The performance was in association with National Theatre Connections; ‘one of the National Theatre’s most important projects’, celebrating the talent and creativity of young people and the drama teachers and youth theatre directors who work with them.

This year’s **National Theatre Connections** plays are resonant and important works from an incredible group of artists, full of power and protest. These are brought to life by companies across the country, giving young people great roles to perform, and involving them in every area of theatre-making. Connections can be a step towards a future career, but more importantly, being part of the programme helps our young students to build core skills like team-working, confidence and empathy, as well as providing them with an opportunity for creative self-expression that will enrich them whatever path they take.



*“We wish year 10 well as they prepare to present their version of HUNT at The Garage Theatre next month.”*  
Mrs Wimsett



Theatre director **Nel Crouch** came to review our performance and provide advice before we perform it at **The Garage Theatre, Norwich**, next month. In a Q&A session with Nel, she complimented the cast on their **mature and detailed performances**, and the cast expressed how much they valued the feeling of community they shared being part of this production. The play itself deals with a group of teenagers, playing their version of hide and seek which entails ‘**borrowing**’ objects from neighbours’ back gardens, and ‘**dumping**’ them at the ‘**box**’ without being caught – though at its heart, **HUNT** is a play about identity, about belonging and truth.



Taking the premise of the play further, we made our set out of ‘**borrowed**’ objects from around the school and we presented it as a ‘**promenade**’ performance, with scenes played at various locations around the performance space. We did not, though, do it alone, and have people to thank for supporting us, firstly **Mr Lodge**, for his technical expertise and for adding inspired touches to our set. Our ‘**sound**’ students who ran over 30 sound cues, the **Drama Captains Eloise and Mabel**, and the **Head Prefect** front of house team as well as the support team for all that they do to make our performances happen.

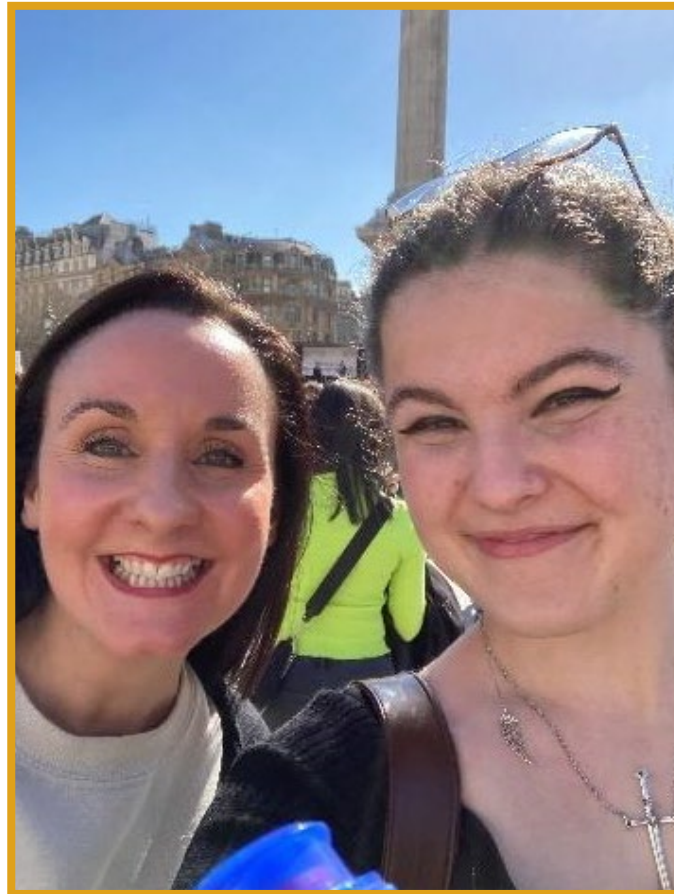
## Year 11 and Year 13 Examinations Countdown Calendar



In the lead up to the public exams, we have created some countdown calendars that are in all the form rooms of Years 11 and 13. We hope that the calendars will bring some motivation to our students to remind them that we will be here to help them along the way.

Should students wish to have their own copy at home to plan, the PDF versions are available to download from the school website





### British Sign Language

Eloise P in Year 12 attended the British Sign Language rally in Trafalgar Square and was interviewed by to Channel 5 news.

Eloise commented:

*"I was so proud to be part of the BSL rally on Friday the 18th - being in an environment where thousands of people are using my language is a luxury to me, so it was really special to be there. The rally was successful and the next stage of passing the BSL act is underway - it's a deeply exciting time to be living through knowing that my language may finally gain legal status in the next few weeks".*

Well done to Eloise for her continued campaigning for Deaf rights.



[Click here for a message from Eloise](#)



### Last Line Winners and Outstanding Entries

The winners and outstanding entries from the Last Line competition are now available to view [here](#) on the SHSG English Creative Writing Blog. There are some wonderful examples of imaginative writing, and I would encourage you to read them.

Well done to all of the talented students who entered.

## GENAZINE ~ The Social Science Magazine by the *students*, for the *students*.



If you are in Year 10 or above and would like to write an article for GENAZINE ~ contact the Social Science Department

**SPRING 2022, ISSUE 2 ~ OUT NOW!**



**SHSG's BBC Young reporters were truly in their element on the 8th of March, when we were granted a day off timetable to film, photograph, and write a news report for the BBC.**

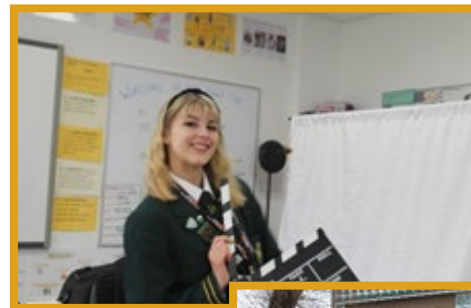
The day began with an in person talk from LBC's John Jenkins. The ex-SHSG sixth former gave advice on journalism, and helpful pieces of advice for anyone thinking about taking on a media-based career. Once he kindly shared how he began working with radio channels and broadcasting companies such as BBC news and LBC, John helped the group to consolidate their projects, including a Sports and Weather segment, Year 9's production of Matilda and even Southend becoming a city, earlier this month.

After the planning of each project was complete, each group set out around the school to get filming! We were able to use the cameras for the first time and filmed on location in places such as the B block, covering the damage done by Storms Eunice and Franklyn, and asking many different teachers for their view of Southend's new City Status. This continued throughout periods three and part of four. Despite a major trip up with sound difficulties, our chief and deputy, Chiana and Gabby persevered and managed to refilm the anchors' report in an even better location to before.

The afternoon was spent looking through today's newspapers and listening to A level Media students' view on the different topics of the newspapers.

To round the day off, we listened to and watched a webinar by the BBC Young Reporters themselves!

**Overall, this was truly an amazing experience for all of us to have, whether we are taking media or not. Thank you to everyone who was involved in the planning of this event, including Chiana and Ms. Casson.**



“ One of the things I enjoyed the most about News Day was the online meeting with Ros Atkins from the BBC and practicing how to use the cameras (considering that I'm very clumsy) but at least I didn't break anything! I also enjoyed the meeting with Ros as he said important things about being a journalist, including being impartial and checking sources. He even answered one of my questions with a brilliant answer! - Jocelyn A ”



“ We were given a lot of helpful tips from John (a professional journalist, who came to speak to us). We then watched an educational webinar about journalism and reporting which expanded our knowledge and helped to answer any questions we may have had. It was incredibly fun and extremely educational – and most of all I learnt how much work goes into creating broadcasts and reports, despite it looking effortless on the television. Sally J ”



“ My experience on the BBC News Day at SHSG was brilliant! I loved working on this project throughout the day as I learnt so much and it was a great way for me to explore the media in greater depth. I really enjoyed the talk we had early in the morning with John Jenkins, who works on LBC radio and used to attend our school a few years ago. We got to know what it would be like to have this as our job. He explained to us how the media works and what he has to do for his job. John does many interviews with people as part of his job which I find very interesting. Rosa M ”



“ Today is the 9th of March, a day that I will never be able to forget. The day has been filled with Joy and laughter, but a lot of hard work. This day reminds me of the first day that I joined the club, so many nerves for the day to come but once the work really began all those nerves dropped and my excitement rose. Although there was a lot of work to be done in a very short amount of time, being able to do it all with my friends made it the best that it could be. Annick S ”



“ Many people helped to make this day so special such as the media captains, Miss Casson, Miss Arnold and the leaders of the club Chiana and Gabriella. All these people helped us all to make our projects happen and all of us are incredibly grateful for their help. Despite having worked on our projects before the big news project was an enjoyable experience and helped me learn how to make my own projects much better. It was an amazing opportunity and I feel privileged to have experienced such an opportunity. I can't wait to go to the next News Day! Jennifer Q ”



“ I really enjoyed today and it gave me good practice editing and interviewing and I feel I will walk away today with more knowledge about media than I came in with. Martha ”



“ We all joined a call from the BBC where we learnt tips and tricks to help us with helping us develop as a reporter. I learnt that you need to check sources and take multiple viewpoints and not input your own opinion to keep it fair Chloe L ”







**The British Biology Olympiad**  
The British Biology Olympiad (BBO) challenges and stimulates students with an interest in biology to expand and extend their talents. It enables students to demonstrate their talent and to be suitably rewarded with publicly recognised certificates. Our Year 12s, participated successfully in the Biology Olympiad and came away with:

- 1 Silver and 1 Bronze award.
- 6 pupils were Highly Commended and
- 3 were Commended.

Congratulations to all who participated in this challenging and rewarding competition.



Follow us on social media for updates and news!



Easyfundraising

Please remember to use #easyfundraising when you do your 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, 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

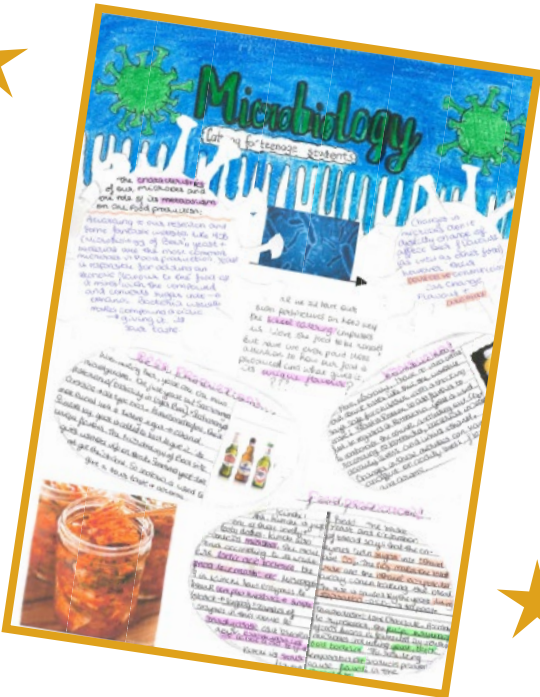
You can find our easyfundraising page at <https://www.easyfundraising.org.uk/causes/shsg>

Thank you so much!



Our KS3 and KS4 pupils have created some amazing posters for the National MiSAC Microbiology Competition.

A competition was introduced in 1985 in the UK to enhance student interest in microbiology. It became an annual event in 1994 and the MiSAC Annual Competition for Key Stages 3 and 4 (or equivalent) now attracts up to 2,000 student entries each year.



Each year, the topic chosen for the competition in the UK is linked to the National Curriculum. Special sponsorship provides money prizes totalling £1,000 for students and their schools. Each student entrant receives a certificate.

Join

Shop

Raise

Collect **FREE** funds for us  
any time you shop with

Sign up now





# Southend High School for Girls

AN ACADEMY GRAMMAR SCHOOL

## Sexual harassment is:

- ~~just banter~~
- ~~not worth reporting~~
- ~~no big deal~~

## NEVER ACCEPTABLE

## Sexual harassment

Unwanted behaviour of a sexual nature which has the purpose or effect of:

- violating a person's dignity: or
- creating an intimidating, hostile, degrading, humiliating or offensive environment for them.

Further information: Equality Act 2010

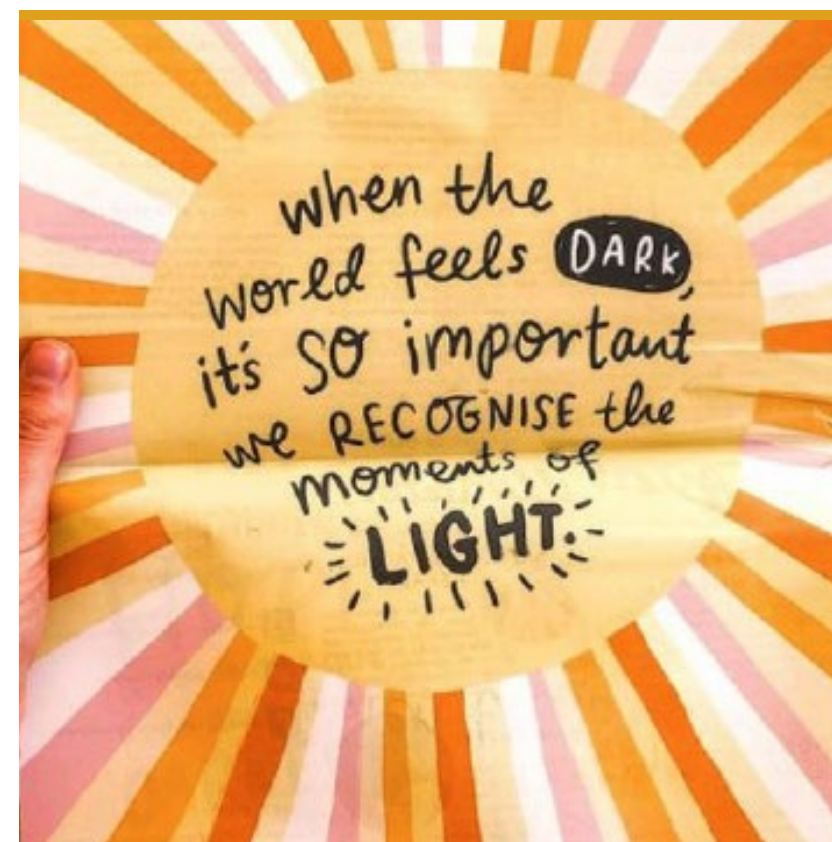
Talk to any of the pastoral or safeguarding teams or make a report via:

**neveracceptable@shsg.org**

or via the

**'Whisper Anonymous reporting tool'**

on the school website under the 'Student' tab in 'Quick Links'.



## 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

**Active April 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Commit to being more active this month, starting today	2. Spend as much time as possible outdoors today	3. Listen to your body and be grateful for what it can do	4. Eat healthy and natural food today and drink lots of water	5. Turn a regular activity into a playful game today	6. Do a body-scan meditation and really notice how your body feels	7. Get natural light early in the day. Dim the lights in the evening
8. Give your body a boost by laughing or making someone laugh	9. Turn your housework or chores into a fun form of exercise	10. Have a day free from TV or screens and get moving instead	11. Set yourself an exercise goal or sign up to an activity challenge	12. Move as much as possible, even if you're stuck inside	13. Make sleep a priority and go to bed in good time	14. Relax your body & mind with yoga, tai chi or meditation
15. Get active by singing today (even if you think you can't sing!)	16. Go exploring around your local area and notice new things	17. Be active outside. Dig up weeds or plant some seeds	18. Try a new online exercise, activity or dance class	19. Spend less time sitting today. Get up and move more often	20. Focus on 'eating a rainbow' of multi-coloured vegetables today	21. Regularly pause to stretch and breathe during the day
22. Enjoy moving to your favourite music. Really go for it	23. Go out and do an errand for a loved one or neighbour	24. Get active in nature. Feed the birds or go wildlife-spotting	25. Have a 'no screens' night and take time to recharge yourself	26. Take an extra break in your day and walk outside for 15 minutes	27. Find a fun exercise to do while waiting for the kettle to boil	28. Meet a friend outside for a walk and a chat
29. Become an activist for a cause you really believe in	30. Make time to run, swim, dance, cycle or stretch today					

**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](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>



Here for you

Call: Mon-Fri 9.30am-5.30pm

**03444 775 774**

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



Beat is the UK's eating disorder charity supporting both individuals and families affected by eating disorders.

#### Help for young people

The Beat Youthline is open to anyone **under 18**.

**Youthline: 0808 801 0711**

**Email:** [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)

#### Help for adults

The Beat Adult Helpline is open to anyone **over 18**.

Parents, teachers or any concerned adults should call the adult helpline.

**Helpline: 0808 801 0677**

**Email:** [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

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



Kooth are an online counselling service which offers young people free, safe and anonymous online chat 24 hours a day.

<https://www.kooth.com>



Unicef have released strategies for teenagers mental health at this time.

How teenagers can protect their mental health during coronavirus (COVID-19) | UNICEF  
6 strategies for teens facing a new (temporary) normal:

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>



#### A Guide for Parents to Black Lives Matter

published by the childcare platform, Yoopies. They state that "Racism and race is not a one-conversation topic, and our guide by no means contains all the answers, we simply hope to provide the foundations of good places to start and help empower families to work towards racial equality". It is written with a British perspective, with contributions from both white and BAME writers.

<https://yooopies.co.uk>



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

**Infoline: 0300 123 3393**

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

**Text: 86463**

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

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



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 inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within our working day and you should get an immediate response 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 'smart' mobile apps. Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

01702 534843 @SouthendSN  
sccg.southendpublichealthnurses@nhs.net

SPACE



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**We hope you  
are enjoying the  
Easter Break**

