



Southend High School for Girls *Gazette*

JULY 2022



In this issue:

- Science achievements
- Work experience
- Sporting achievements
- Art in miniature and much more...



Welcome to the
SHSG Gazette

 @Officialshsg

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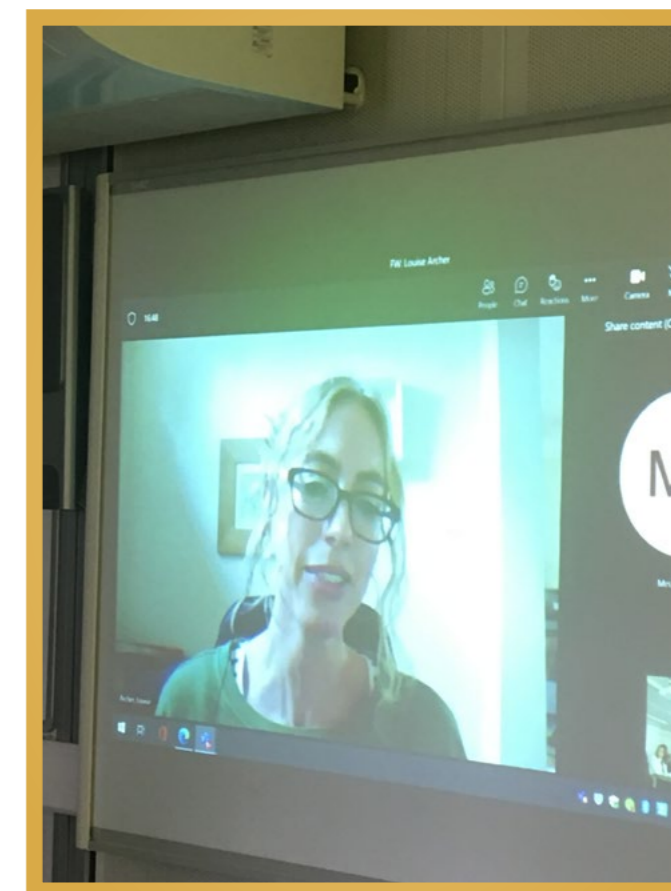
Sixth Form Cambridge Chemistry Challenge

The Cambridge Chemistry challenge aims to stretch and challenge students interested in chemistry and provides an excellent experience for anyone considering taking their studies further. Set by an experienced team of teachers and university chemists, it is designed to be accessible to Year 12 students but will take them significantly beyond the syllabus and encourage them to think about science in the way they would at university.

In June Year 12 chemistry students were given the opportunity to take part in the Cambridge Chemistry challenge. This year, in excess of 8,400 students took part nationally in the challenge - these will be high achieving students from the 55,000 students that take A-level chemistry each year.

Year 11 students obtained the Copper award - Ellie S, Sangavi S, Milly F, Haider I, Ella P, Mewiny D, Ester-Grace O, Dhakshana A, Isabel S, Olivia R, Elena R-J. Some just one mark from the silver award. Two students obtained the Silver award - Molly W and Sophie P (one of these was one mark away from gold). Silver award was awarded to 22% of the already selective cohort.

This was an amazing achievement of a challenging paper that goes beyond the A-level Chemistry specification. Well done to all students that attempted the challenge giving up lunch time to complete the task.



Bringing Sociology to Life

On Thursday 9th June, Year 12 Sociology A level students joined sixth form students from The King Edmund school to take part in a live Teams discussion with eminent sociologist Professor Louise Archer from the Institute of Education at UCL. This was a great opportunity to bring our curriculum to life, and students benefited from being able to ask Professor Archer questions linked to their studies.

Students enjoyed hearing about her route to becoming an educational researcher. Professor Archer talked about some of the research she has worked on, such as the 'Nike Identities' study, investigating why students from some social groups may be less likely to go to university, and what can be done to improve their life chances.

Sociology Captain Deborah remarked: "In sociology we study the work of many different theorists, so it was very beneficial to have an opportunity to talk with somebody that has an impact on aspects of our course. It was great to ask Professor Archer about her research and understand her thought processes and reasonings. Talking to her first hand makes all the difference. It was an amazing session"

The sociology department has more sessions planned with leading sociologists such as Professor Diane Reay from Cambridge University, and Professor Venkatesh, author of 'Gang Leader for the Day, who will be speaking to us from Columbia University, USA.



Biology Challenge

Students in Year 9 and Year 10 undertook the Biology Challenge which is a national competition for all students aged 13-15. We had some great results with 3 students awarded Silver and another 3 students awarded Bronze. Students found the Biology Challenge enjoyable and have engaged in learning that goes beyond the curriculum.



Microbiology Poster Competition

Our KS3 and KS4 Biologists were awarded certificates for their entries in the Microbiology Poster Competition organised by MiSAC (Microbiology in Schools Advisory Committee).

Students found these activities enjoyable and have been stimulated in learning more about Microbiology through this competition.

PJ Murray Visit- Media Studies

On Friday the 29th of April, we welcomed entrepreneur, author and the founder of Pride Magazine to school to talk to students about his experiences in the Music, Magazine and Media industry. The day started with the **Media Captains** and **Year 12 Media students** greeting him at reception, visiting scholars and having their first introductions. It was such an honour for the students in **Year 11** and **Year's 10** and **12** to listen to an exclusive with **Murray**, as well as his talk to the rest of the school at lunchtime. Some students were fortunate enough to join Mr. Murray for a private lunch!

We received some great reviews from his talk, including:

“ *His talk and advice for getting involved in the Media industry was so informative and inspirational!* ”
Anna K

“ *A very inspiring man proving that no matter what your background you can still have huge success in whatever you put your mind to... and a Lamborghini!* ”
Chiana P

Thank you to Mr McGarvey for organising this event as well as Ms Casson, Mrs Arnold, the Media Captains, students who helped out in year 12 and of course, Russell Ford, who catered the lunch. The day could not have run so smoothly without you all!

By Marnie G, Year 12 Media Captain

St Vincent's Centre, Southend-on-Sea | St Vincent de Paul Society



On Friday 24th June, the Social Science faculty, as part of their work experience programme, took five Year 12 students to the local magistrate court. We observed cases on crimes such as multiple theft, traffic offences, and a case involving a globally connected criminal network who are alleged to have been growing cannabis locally. This was an excellent way for students to see first-hand the various career roles available in the criminal justice system, including probation officers, solicitors, clerks, ushers etc.

Later in the day, we also volunteered at St Vincent's Community Hub. St Vincent's is so much more than a foodbank- they offer wrap around care for vulnerable people in the community, such as providing a place to go and chat, hot food, clothes and household items for those who need them. The psychology students were interested to hear how they apply a 'trauma-based' approach. Centre Manager Dan told us that the centre really focusses on treating individuals with empathy. Students spent the afternoon sorting donated clothes. They were able to talk to some of the other volunteers and learned they have started an allotment locally to grow fresh produce for centre users. The visit enabled students to experience first-hand concepts that we discuss in Sociology, Psychology and Government and Politics. Students were able to apply relevant theories to explore reasons for inequalities in society. Later in the year, students hope to organise a collection for the food bank.

If anyone would like to donate any food, clothing or household items to St Vincent's to help them to continue to support the local community, please visit their website:

<https://www.svp.org.uk/st-vincents-southend>

Leaving 11A

11A what a blast!
Who knew these five years would go this fast?
In 7A how tiny we were,
From then on, everything seems like a blur.

It all began with raising money for the Acre's Way charity,
And singing 'It's The Hard Knock Life' from the musical Annie.
Both events that allowed our form to bond and grow,
Into the 16-year-old group of girls that we all know.

Looking back, we can see how we've changed so much,
Yet the year seven versions are with us just as much.
Although we're a foot taller and a little bit smarter,
11A is a still a form filled with laughter.

Hobbling along in the three-legged race,
An out of breath expression wiped on our face.
In our pyjamas, yet we weren't ashamed,
As in our onesies and dressing gowns our form was entertained!

As Ms Casson always says '11A is the best!'
The mantra that puts the other forms to the test.
Other words like 'be kind' she also exclaims,
Whether we like it or not this message is embedded in our brains!

On the last day we stand with blazers bejewelled,
Passion ignited and ambition fuelled.
To fly through and smash these GCSEs,
And enjoy the longest time off in the summer breeze.

As our future awaits, beyond the green gates,
We leave as a family and with our best mates.
Now coming to the end of our time at Southend High,
We walk over the bridge and all wave goodbye!

Poem by Imogen F - 11A



Miseducation- Sociology A level lecture by Professor Diane Reay

On Monday 11th July, Professor Diane Reay from Cambridge University delivered an online lecture to Sociology A level students on inequalities in the education system. Professor Reay is one of the key theorists on the syllabus for the Education Unit, and students benefited greatly from hearing about her research in person. She spoke of her route into academia after growing up in an economically disadvantaged area. Professor Reay compared the UK's performance in education to other countries, and proposed solutions on how this could be improved. She talked about the lack of social mobility in this country, and the growing wealth divide. She informed students of some moving statistics such as by age three, children living in poverty in the UK are already nine months behind their peers in development, and that 72% of children in poverty have parents who are working. Professor Reay also offered advice for those applying to Oxbridge.

Johnny Mars

On Friday 8th July we were privileged to welcome internationally acclaimed harmonica-player Johnny Mars to record his educational anthem, 'Dare to Dream.' The whole of Year 7 joined SHSG Choir and Chamber Choir to record the song in the hall, and the Media Captains conducted an interview later in the day – both the track and the interview will be available to listen and watch in due course. Johnny was so impressed by our students and the quality of their work, and we are all looking forward to hearing the final product once editing is complete.



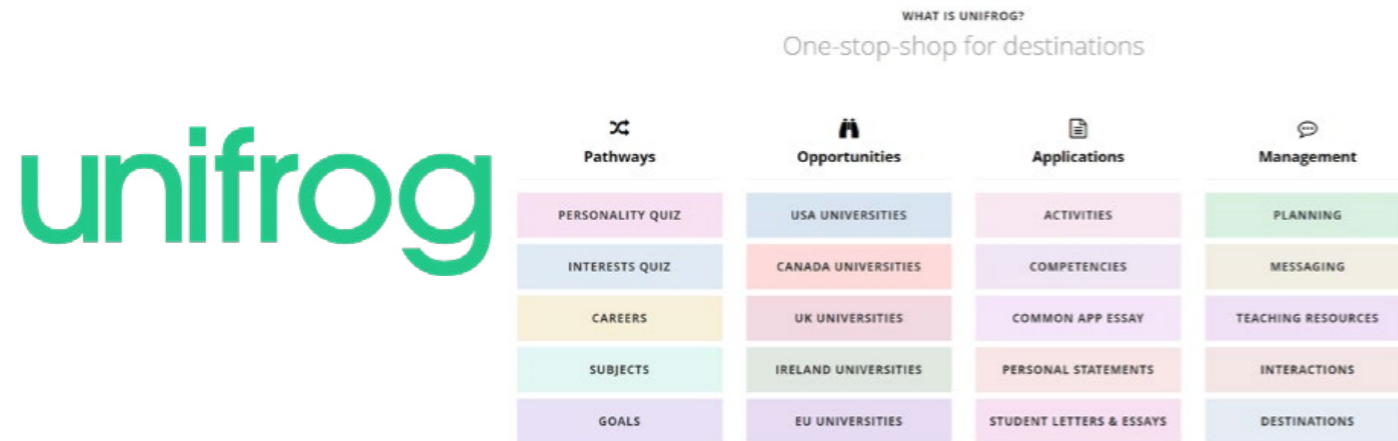
This year 6th form Media Studies students were encouraged to enter the **English and Media Centre production competition.**

We are thrilled to announce that **Juliet** and **Chiana** have been shortlisted as finalists! They will travel to London on the 6th July to see their music videos on the big screen at the British Film Institute on the Southbank.

We wish them lots of luck in the final.

Careers at SHSG 2021-22

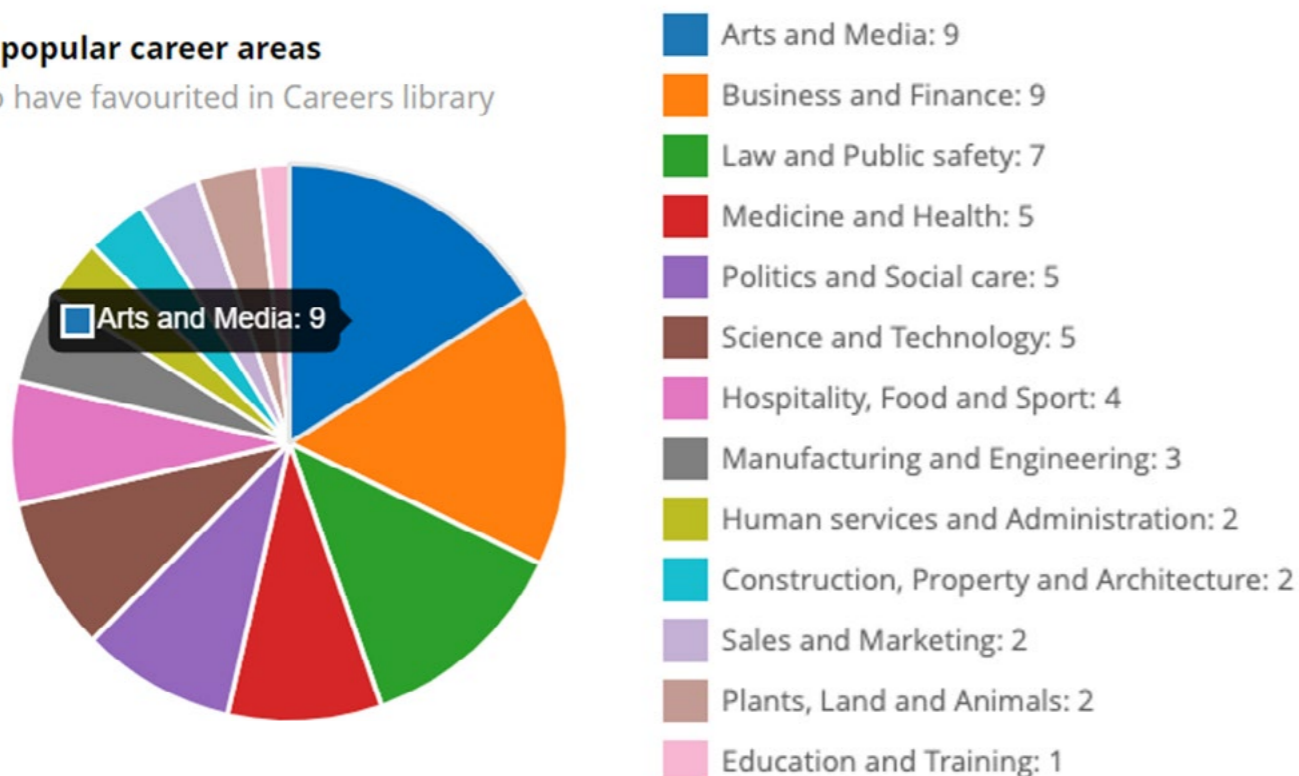
We have had an exciting year at SHSG implementing our new online careers platform 'Unifrog'. After an initial trial in the Sixth Form we have now rolled out access to all year groups. KS3 students get one registration slot and PHSE lesson timetable every half term and KS4 once a fortnight. What is most exciting however is that students are able to log in whenever they wish, even from home so they can share their careers experience with their parents!



We would like students to see the careers provision here at SHSG as a journey to equip them to make informed decisions about option choices for GCSEs, A levels and ultimately post 18. It is never too early to raise students' awareness about the opportunities available to them. A really exciting aspect of Unifrog is the ability for teachers to track which careers areas each year group is most interested in, that way we can provide bespoke experiences that reflect the ambitions of our students. For instance we found that one of the most popular areas searched on Unifrog was in Arts and Media.

Most popular career areas

who have favourited in Careers library



We were then able to call upon some of our alumni who are now working in the advertising industry to present a 15 minute talk to KS4 and 5 and run an hour long workshop for Sixth Form.



We would like to widen our database of presenters to give students an insight into possible career paths and invite parents and carers who would be willing to give a short 15 minute talk about their career to email careers@shsg.org. This could be in person or via Teams and would enable us to react flexibly to the interests of our students. Our KS4 and 5 students have had such talks on diverse areas such as apprenticeships in the National Health Service, careers in the arts, advertising and law where a practising barrister has led workshops to enable students to think like a lawyer. Students in Year 11-13 have all had one to one meetings with external careers advisory body 'Connexions' to give them impartial advice on their decision making post 16 and 18 and our connexions advisor will be present on results day to support pupils. Subject teachers have received training in how to share careers opportunities related to their curriculum area with specific year groups on Unifrog. When students have engaged in these activities they can log their interaction on Unifrog with the idea being that over the years they can track their careers journey.

Currently year 12 students are using Unifrog to write their personal statements for the UCAS applications. The platform has been incredibly useful in bringing all the information together in once place for students, teachers and form tutors.

Year 12 Work Experience

Year 12 students had the opportunity to participate in a one week work experience placement in June. Students secured a variety of placements from shadowing parliamentary advisors to landing a plan at Heathrow airport. Students have found the experience to be incredibly useful in helping to fine tune their careers goals.

Parent Feedback

We are keen to develop our careers provision further now that restrictions are easing and would appreciate parent and student feedback on what we could do better. We would appreciate it if you would take a few moments to fill out this form so we can assess parental satisfaction and gather your ideas.

[CLICK HERE](#)

or scan the QR code





STUDENT VOICE
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During the last term of this year, Student Voice has achieved many things to help the school. In particular, we have been focusing on diversity and culture, and, together with the Equality and Diversity group, we've managed to provide a day where everybody could present and show off their identity.



It's important for students to be able to feel comfortable expressing themselves and we worked hard to promote an environment where this is possible. Our Celebration of Culture event was a massive success. We had many different cultures and lots of support spread around the school. Not only was it a fun day but also educational as everybody learnt a new thing about somebody else's culture. As somebody who presented my own culture to year 7s, I had a lot of fun teaching others about myself and also was happy that people were interested in it. Even though I didn't learn about others cultures because I was presenting, I still felt like I played a role in the day and hope that everybody who also presented their culture is proud of their participation. We hope that everybody felt included that day. We are planning to make this an annual event and, next year, have even more ideas.

This term we've also been working on recycling, which we began near the beginning of the year. As a school we've all contributed to this and really made good progress on it, so we'd like to thank everybody for their hard work. As for what we've achieved, by the end of the school year we've managed to provide new recycling bins in every room for paper. Not only that but the recycling system during lunchtime and even before school starts has been very productive with the volunteers helping out by emptying the bins. Our aim for next year is to start recycling plastic and also strengthen our process from this year. We hope that everybody as a school will come together and help us achieve this goal and become even more eco friendly towards the planet.

Aside from this, we've also been researching students' experience with homework. We ran a whole-school survey and some dedicated focus groups. We've had meetings with SLT about it to explain what the students have said. As Student Voice, our main aim is for us to listen to students' concerns and do our best to help so we always ask for students to share their views with us.

We hope everybody is satisfied with our achievements this year and has enjoyed the academic year! Be sure to rest during the holidays and we'll see you next year to do even bigger and better things!

Jacqueline S Year 8

In July we held a whole school celebration of culture day. It was delightful to see students (and staff) embracing the day by dressing in cultural clothing, with the students running sessions for other students and taking part with enthusiasm. Sessions included African and Indian dance, world music, importance of henna, Ukraine hair craft, culture surrounding hair and sessions teaching languages from around the world.

It was a real privilege to witness students stepping up and sharing aspects of their culture with their peers.

We hope that students enjoyed the day.



The day included sessions teaching languages from around the world.



Memories of SHSG by Gay Rosen
I have greatly enjoyed receiving the Southend High School Gazettes, and it prompted me to write about my experience at the school. Okay, it was quite a while ago (1960-65), but some memories last a lifetime...

I am still amazed that from the age of 11 since I grew up on Canvey Island, I had to take a bus, train and either another bus from the train station to the high School. The trains were diesel fuelled, and I can recall looking out of the train window (and getting quite dirty in the process!). There was never any thought of personal travel safety but then there was no internet way back when. There were codes of conduct that were impressed upon us (emphatically), that became the norm and stayed with us. We were told to always stand for the elderly on a bus and allow them your seat, to always wear your beret (prompt on French pronunciation) when traveling to school. In looking at the school uniform required list, I see there is now no school scarf, no beret, and the blazer is now a beautiful shade of dark teal green. Back in the 1960's it was more of a Forest Green which was still nice but not as attractive. Back in the day, we wore a dark green serge skirt and in the summer a green and white gingham shirt dress. I still love the school crest and what it represents.

Some teachers will always make an impact on your life. One of my English teachers was wonderful and made such an impression upon me. She stressed upon us to only write about that which we knew. So simple, but so true! Something else my English teacher drummed into us was there is no such word as "CAN'T". She told us that we can do anything we set our minds to do. I loved learning about ancient Rome in history and I also truly liked Religious class. Why? Our teacher took the class on a class trip to a synagogue, different churches (no mosque in the neighbourhood back then), and explained that since we didn't get to choose our religion as we are born into them, we should all know what the other religions represented. It was a wonderful and insightful way to touch upon different religions and traditions, and to teach us all to be tolerant to all.

Back in the 1960's, we were taught sewing with sewing machines, there were great art classes, cooking (don't remember too much there) and I can recall having a small part in Thornton Wilder's "Our Town!" at the school. I was complimented by a returning actress who had attended our school and who critiqued the play with my portrayal of a man being spot on. Yikes! Southend High School gave us so many opportunities to learn, and to fulfill our dreams if we applied ourselves. I loved sports although our gym teacher scared me.

She always pushed us to do more. As a result, in my late twenties I found myself running mini marathons!

Where did the school take me? I now live in the United States and am a Realtor by profession. I married an Endodontist (a Dentist specializing in Root canal). I did apply myself finally with earning many real estate designations, and I have been awarded quite a few awards so I have been successful. I would like to think more importantly that I have been successful in being kind to others, and in donating many hours to various charities. I taught cooking for 2 years at the local Boys and Girls Club, made cakes for the homebound for two years, and my children and I delivered meals on wheels to the homebound and elderly for 7 years. I was children's advocate for learning disabled children for 2 years, on the Board of Trustees for the Scarsdale Adult School, and created a newsletter for luge athletes entitled "On The Fast Track" and volunteering at the Local Humane Society. I was even a coach in baseball and soccer! (The men cringed). I have had a blog site since 2008 which allows me to write about local events as well as promoting my real estate listings. I would like to think that the principles of Southend High School for Girls help set the example to live by. Only write about what you know. However, as an aside I truly regret not applying myself to learning French and Spanish, and studying more. Yes, my parents never encouraged me but I should have applied myself more. I can recall that prior to taking my O levels. I tasked myself to reading all of the James Bond books by Ian Fleming. Just saying to anyone who is doing the same. Don't!

I wrote a children's book last year entitled "It's Okay to Walk in the Rain" a children's book featuring my pooch, Binky who was found starved and close to death on the street to hopefully help young children with small anxieties. I am in the process of writing a follow up book entitled "Binky's Bucket List". Ha! It is fun to write!

In today's world, there is nothing you cannot accomplish if you set your mind to it. Wait a second, where did I hear that and from whom?

I also had 3 sons, one played baseball for Great Britain (Brett, now 30), and another, A.J. was a three time Olympian in the sport of luge for Great Britain. He then became a Commercial Pilot, and unfortunately passed away last year with cancer at the young age of 37. My oldest son, Mark, works for Cartier as a Project Manager.

In closing, I am blessed and feel privileged to have attended the High School. Enjoy your time there.

It will pass very quickly, but will last you a lifetime.



#DreamWild
 scouts.org.uk/wsj
 @ /ukcontingent



Isobel K to show their stripes in Korea

Isobel has been selected to represent Essex at the largest Scout Jamboree to be held in South Korea during 2023

- The Korean Jamboree taking place in 2023 will be largest Scout camp to be held since the start of the Covid Pandemic
- 50,000 young people from almost every nation on earth to take part
- Young people from every corner of the UK to participate

Isobel is one of 3,240 young people that have been selected from the UK to join 50,000 young people taking part in the World Scout Jamboree. The Jamboree is a skills, cultural and adventure festival happening in sensational and scenic South Korea. In the summer of 2023 Isobel will be meeting thousands of Scouts from nearly every country in the world – sharing her skills. This will be the first time that so many young people from so many different nations will be gathering together since the Covid-19 pandemic began.

The World Scout Jamboree offers young people the chance to learn new skills that they can use in other aspects of their life as well as campaign for change on key world issues that matter to them. Isobel had to work hard to be selected, writing an application, and going on a camp to be judged and interviewed on what she would contribute to a unit.

The World Scout Jamboree will be the culmination of 18 months' work for the young people and their volunteer leaders, who together are called the UK Contingent.

Between now and July 2023 Isobel will attend training camps and team building events preparing them for living on the hot and humid site in SaeManGeum, Korea.

Isobel is fundraising as are all the other Scouts chosen, to make this event happen. She will have to raise £3800. All proceeds raised will go towards this event.

She will be holding many fundraising events, including raffles, and would be very thankful if you could help in any way.

The Korean hosts of the Jamboree have challenged participants to "Drawn your Dream" and as part of their Jamboree journey Isobel will have the opportunity to discover new cultures and take part in activities focusing on the environment, skills development and global development issues.

UK Chief Scout Bear Grylls, said:

'Congratulations to Isobel and all those who have been selected to go on this amazing adventure! World Scout Jamborees only happen every four years and tens of thousands of Scouts from across the world attend each one. Young people will experience different cultures, languages and cuisine while learning new skills. After two very difficult years, it is so important that these young people have this opportunity. The 2023 Jamboree, hosted by Korea, is set to be one of the biggest and most exciting yet. The theme is "Think big. Dream wild. Act together." – focusing especially on how we can be trailblazers in creating a sustainable world together.'

Well done Isobel!

**Think big.
 Dream wild.
 Act together.**



Lizzie Pike, who was a student at SHSG from 2009-2015, has just completed her Integrated Masters course at Lancaster University and has graduated with:

1st in her degree and an MA in Geography.
 Congratulations to Lizzie on this fantastic achievement.



Erin R (9E) returned from Blackpool after being placed **6th in Ballroom for her Quickstep** and **2nd in Latin for her Jive**. Her parents are proud of her for her continued passion and Hard work She attends Southend Dance centre who are amazing and supportive no matter the result.



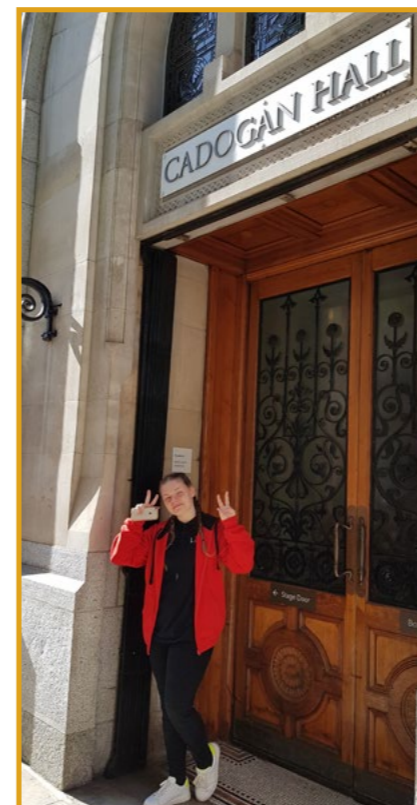
Congratulations to the Physical Education Captain who chose to invest her Jack Petchey award in some tackle bags for our girls' rugby team.



Congratulations to **Lola-Isabella in Year 11**, who has been awarded a **Jack Petchey Environment Award**, given in recognition to young people who have worked in their communities to create a sustainable change in their local area. Lola was responsible for restarting and organising recycling at the school after the practice had slipped because of lockdowns. She promoted the idea to students, recruited and scheduled a dedicated team to collect paper for recycling. Although she is currently not in school as she has finished her GCSEs, her legacy remains and there is now a substantial recycling operation in school.



On 14th May, Lily went to London with the signing choir she joined for her **Bronze Duke of Edinburgh "learn a new skill"** - Love2sign, to take part in the **National Signing Choir Competition**. It was a fantastic day. The competition was at **Cadogan Hall**, home of the **Royal Philharmonic Orchestra**, in Sloane Square. Lily has stayed in the choir well beyond the required 12 weeks as she enjoys it so much, and yesterday was the climax of her commitment! It was a wonderful, emotional and inspiring experience and to top it all off **Lily's choir came 2nd!!!**



BARRIER(S) HIGHLIGHTS DEAF CULTURE



Winner - Young playwright and Southend student Eloise. Pic: Thomas Ibbs

Deaf student wins national playwright competition

A SCHOOLGIRL who won a playwriting competition will have her work staged at in the Dorfman Theatre at the National Theatre's New Views Festival next month.

By **KELLY BUCKLEY**
 kelly.buckley@newquest.co.uk

Eloise P 17, is a student at Southend High School for Girls. Her original play Barrier(s) was selected from more than 400 entries from 99 secondary schools and colleges nationwide by a panel of judges from across the theatre industry.

These included National Theatre's head of play development Nina Steiger, theatre director Denzel Westley-Sanderson, and actor Debbie Chazen.

Barrier(s) will be staged as a full production with professional actors at the National Theatre on Wednesday, July 6, and Thursday, July 7.

Eloise is a Deaf British Sign Language user and was inspired to write her play to showcase 'D/deaf' culture on stage, via the sto-

stage, which is why I want to keep the characters' relationship forefront, against everything in the background.'

Barrier(s) will be include professional actors from the Deaf community and will be performed in a mix of British Sign Language and English. It will be directed by Lucy Jane Atkinson.

Denzel Westley-Sanderson said: "I was hooked from the very first page of Barrier(s), such a clear, well thought-out and important piece of writing."

"The characters were so well developed with many layers to them, a great piece of writing and storytelling."

"The plays this year were all so strong, such expressive and imaginative writing, it makes me so excited to be working in this industry knowing how much great talent is coming through!"

Book tickets at nationaltheatre.org.uk





Novem Consort Trip to Berlin

On 1st July, Novem Consort travelled to Berlin to perform as part of **Choralspace Berlin's 'Summer Festival.'** It was a packed weekend where they walked over 40km in three days exploring the city, seeing the many historical sights, and of course partaking in musical activities.

The weekend began with a tremendous performance of **Mozart's Requiem at the Philharmonie concert hall**, the home of the Berlin Philharmonic. On Saturday, Novem Consort performed in a church service and performed a short concert afterwards, which was then followed by a two-hour workshop with **California's 'Teacher of the Year 2014', Michael Hayden.** Michael was such a warm and inspiring director, and the techniques and advice he offered the choir totally transformed their sound and boosted their confidence as an ensemble. On Sunday they travelled to a small district on the outskirts of the city, **Köpernick**, where they performed in an outdoor festival and were applauded with cheers from the audience – with particular enthusiasm after **Mendelssohn's 'Hebe dein augen auf' from Elijah.** The trip was long awaited, following the cancellation of our planned attendance at the World Choir Games in Belgium in 2020, and it was marvellous to see the choir grow not only musically, but in having the opportunity to engage with so many different experiences in one weekend.



Philharmonie concert hall Image - architectuul.com



We are Borough Champions!

Congratulations to the SHSG athletics team who competed at the Borough Athletics final on Friday 17th June.

The team have spent all season committed to training before school, lunch times and after school, which was evident in their strong performance on Friday. Lots of medals were awarded and personal bests achieved. Not only did the team continue the 30+ years winning tradition, but they came away with an overwhelming collection of trophies, claiming the titles for Track, Field, Relay, Year 7, Year 8, Year 9, Year 10, thus placing SHSG as the Overall Borough Champions 2022!

Well done SHSG Athletics Team!



ESAA Track and Field National Final – top state school in the country! A big congratulations to the Junior Girls (Years 7 and 8) who competed at the National Final of the ESAA Track and Field Schools Cup on Saturday, 2nd July in Abingdon, Oxfordshire. It is a huge achievement in itself to qualify for the National Final. The junior girls faced some tough competition throughout the day whilst demonstrating determination and resilience, as they have done all season, despite the weather conditions. The squad battled hard in their track in the morning, entering the second half of the day in 2nd position. After some challenging performances, the team continued to support each other through their high levels of team spirit to finish overall 2nd in the country, and 1st state school! This is a phenomenal achievement, and we are excited to see what the team can do in the future!

A special mention must go to Shiloh O who broke the 300m Schools Cup competition record and was awarded the overall top point scorer at the halfway point!



Sadie S in year 8, and Francesca P in year 7 both took part in the East Regional Age Group diving competition in Southend representing their club Southend Diving. Both girls obtained personal bests on all three disciplines - 1m, 3m and platform. Sadie managed to secure silver medal in the platform competition and Fran achieved bronze in the 3m competition!

It was a very level of competition and both girls have now qualified for the National Age Group competition in June in all three disciplines!



SHSG U13's competed in a 6-a-side tournament at Garon's Park on Thursday 14th July.

The squad consisted of:

- Emily S (GK)
- Josie L
- Martha M (C)
- Kazandra T
- Liana-Mae O
- Hanna H
- Hana W
- Lexi A
- Alba L
- Hayley S.

Having won three and drawn one of their matches, the final game was against Eastwood School – the winner of the match would win the tournament! It was tight, with **Hana W opening the scoring**, but SHSG conceding a goal just a couple of minutes later. With a final score of 1-1, SHSG finished second on goal difference. The team fought really hard and there were some excellent performances.

A great way to round off the season – well done SHSG!

UEFA women's EURO ENGLAND 2022

sky sports

“”
Whatever happens in the final now, if girls are not allowed to play football just like the boys can in their PE after this tournament, then what are we doing?

We've got to make sure that they are able to play and they've got the opportunity to do this because it's going to inspire a lot of people. If there's no legacy after this, what are we doing?

Girls should be able to play because this is as proud as I've felt of any England side. This is what it's about.

Ian Wright's passionate call to secure the future of women's football now, after England secure Euro 2022 final



Year 7 student, Zoe W, competed in the Regional Open Water swim last weekend in Norwich in the 12-year-old category for the 2km event. She won gold for Essex, gold for east regionals and has qualified for nationals which take place in Rotherham on the 10th August. This is her first ever open water event, so it is a huge achievement. Well done Zoe and good luck for the nationals!

Chloe B in Year 8 also competed and won gold for her age group and the 'overall girl' title too.

★
★ **A huge congratulations to the Lionesses!** ★
★ **Well done on bringing it home!** ★



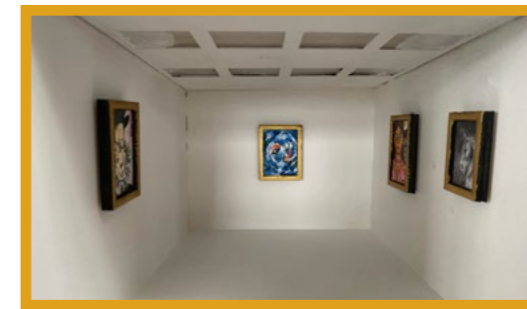
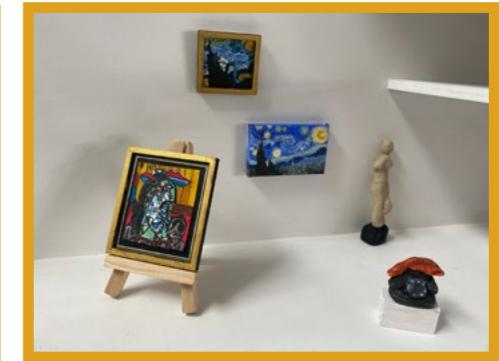
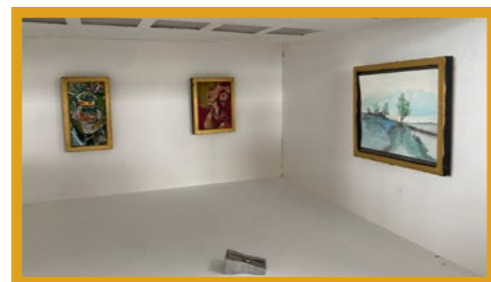
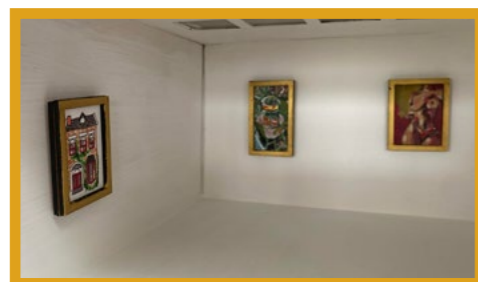
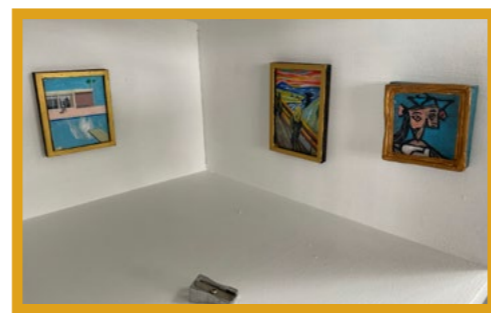
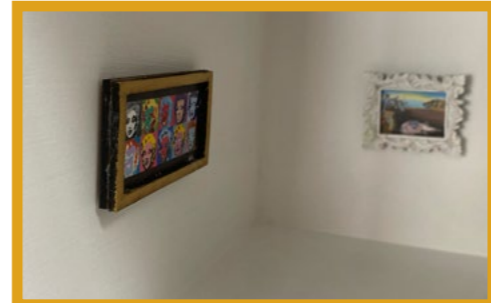
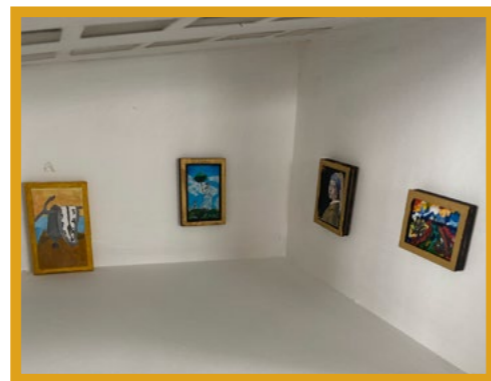
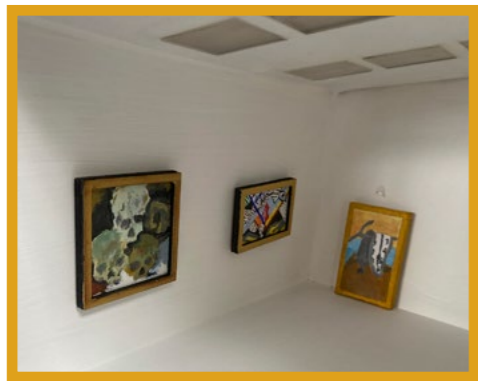
“ **The Lionesses have brought football home. Now it's down to the rest of us to make sure it stays here. You think it's all over? It's only just begun!** ”

Gabby Logan

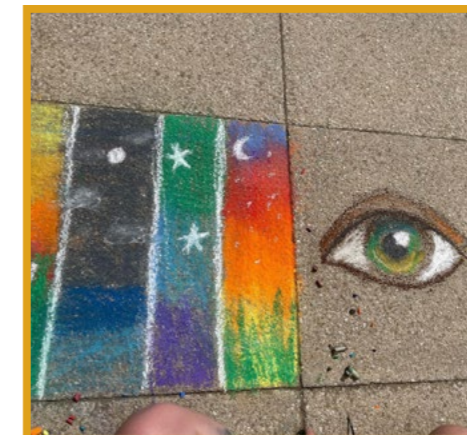
Students have created famous, miniature works of art that were expertly hung and displayed in a scale replica of SHSG's Creative Faculty Building, skilfully created by Mr Lodge.



...pencil sharper to show scale of artworks...not actual artwork!



As part of **Art Week**, **Year 8** students have been off timetable today taking part in a range of activities throughout the day. Our art quad is currently full of colourful chalk drawings.



PA 200 Club Winners 2021 to 2022

Thank you for supporting SHSG through the PA 200 club.

Please share your good news with family and friends who can also join our **SHSG PA 200 club**. There is **no limit** to the amount of draw numbers you can purchase, many members have multiple numbers, the greater the draw numbers, the greater the cash prizes and support for SHSG and our children.

Please email shsg200club@yahoo.com to join or purchase additional draw numbers. **£12 per year** for **12 chances** of winning a cash prize.

1st prize £58.75 2nd prize £35.25 3rd prize £23.50

Draw 1

1st Matt F
2nd Emma P
3rd Meeta B

Draw 2

1st Danielle C
2nd Zoe C
3rd Laura T

Draw 3

1st David Q
2nd Kim T
3rd Claire P

Draw 4

1st Karen E
2nd Keiko P
3rd Joanne W

Draw 5

1st Funmilayo A
2nd Claire P
3rd Mobolaji O

Draw 6

1st Olubukola O
2nd Keiko P
3rd Mandy R

Draw 7

1st Claire W
2nd Linda H
3rd Alison B

Draw 8

1st Zena A
2nd Mobolaji O
3rd Funmilayo A

Draw 9

1st Nicky C
2nd Sarah P
3rd David Q

Draw 10

1st Karen E
2nd Danielle C
3rd Heather G

Draw 11

1st Essa D
2nd Deborah L
3rd Carrie C

Draw 12

1st Mary B
2nd Emma P
3rd Amanda B

To join or purchase additional draw numbers, please email: shsg200club@yahoo.com

Thank you for supporting SHSG through the PA 200 club

Samantha Coutts, 200 Club Secretary



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.



FAQ

Register your cause

Register your business

Create account

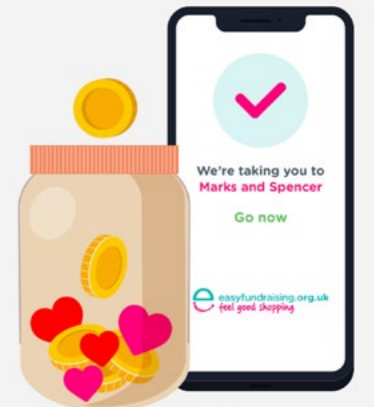
Login

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!

easyfundraising® is the UK's biggest charity shopping site

1. Register your free account with Southend High School For Girls, Southend On Sea - Parents' Association
2. Visit easyfundraising and search for online brands
3. We will redirect you to their website and tell them to donate part of what you spend to Southend High School For Girls, Southend On Sea - Parents' Association
4. Track all the donations in your account






BTSA Teacher Training - recruitment evening

Are you thinking about training to be a teacher?

If you are a graduate and want to get into teaching, join our recruitment event to answer all your questions and support candidate applications for September 2023.

The BTSA in partnership with over 30 local schools works with TES Institute to provide a one-year school-based training route leading to QTS/PGCE. We have a proven record of outstanding achievement with excellent employment prospects. We are prioritising graduates who demonstrate enthusiasm, passion and the potential to make a difference.

Our aim is to ensure that all students in local schools are taught by highly effective and enthusiastic teachers who will become the next generation of future leaders in education.

Benfleet Team Supporting All - Teacher Training Recruitment Event
Venue: The Appleton School, Croft Road, Benfleet SS7 5RN
Date: Tuesday 27th September 2022 - 6.00pm to 8.00pm

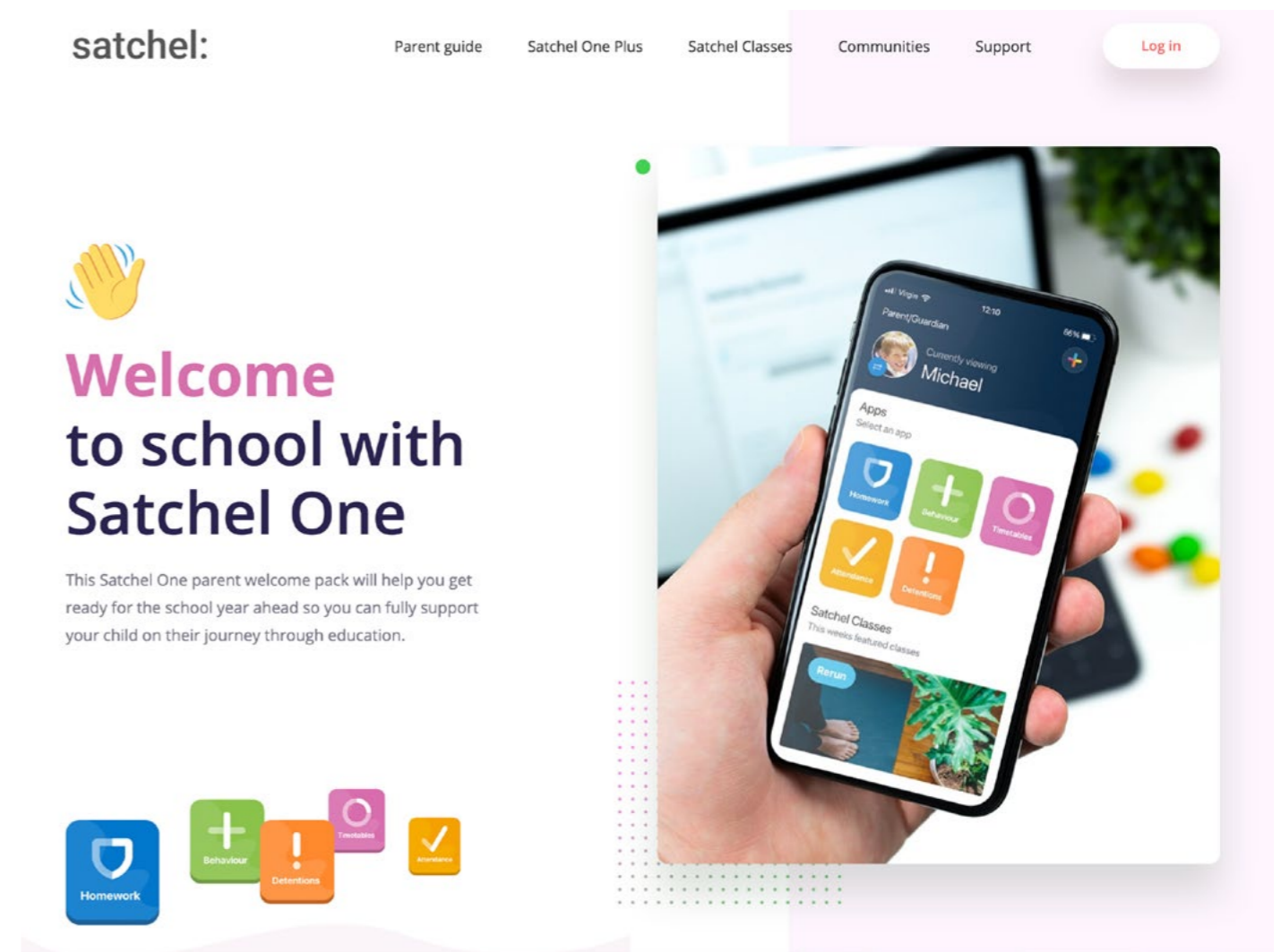
We offer places for the following subjects:

- Art & Design
- Biology
- Business Studies
- Chemistry
- Computer Science
- Design & Technology
- Drama
- English
- Geography
- History
- Mathematics
- Modern Foreign Languages
- Music
- Physics
- Primary
- Physical Education
- Physical Education with EBacc
- Religious Studies

TO REGISTER ATTENDANCE OR FOR MORE INFORMATION please contact:
 mhoward@theappletonschool.org (Attn. Maxine Howard)

Applicants must have a relevant degree, preferably 2:1 or above and English and Mathematics GCSE at C or above (Science GCSE is required for primary applicants). Further details about eligibility can be found on the DFE website <http://www.education.gov.uk/get-into-teaching>

Click on the image below to access a parent's guide to Satchel One and Show My Homework.



Follow us on social media for updates and news!

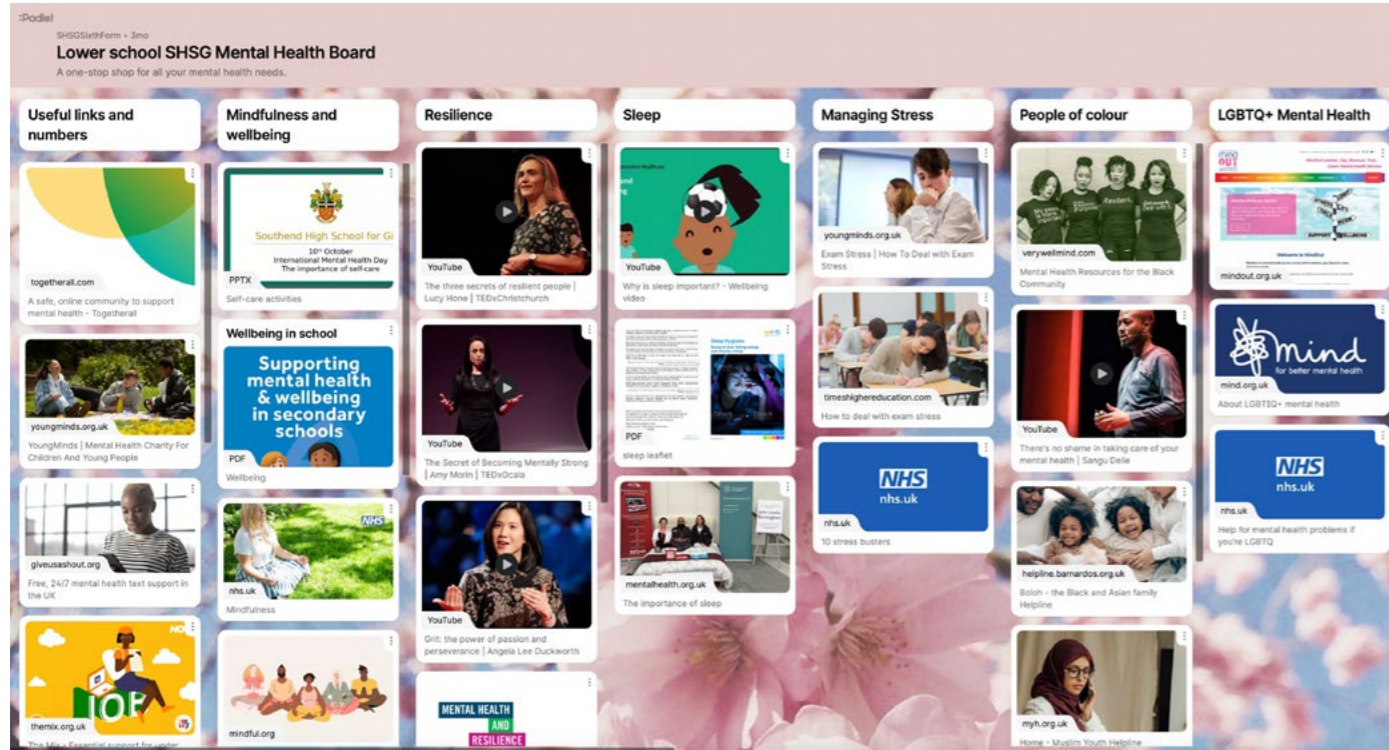


Facebook:
 @officialSHSG



Instagram:
 @officialSHSG

Click on the image below to access the Lower school SHSG Mental Health Board. A one-stop shop for all your mental health needs.



**MENTAL HEALTH SUPPORT TEAM
ONLINE SUMMER
WORKSHOP SERIES
FOR YOUNG PEOPLE**

Helping you to understand and manage your anxiety and wellbeing ahead of the new school term



Scan me




Available on multiple dates between 1st August and 1st September 2022

- | | |
|---|-----------|
| ADOLESCENT ANXIETY | Secondary |
| MOVING ON TO 6TH FORM/COLLEGE | Secondary |
| RETURN TO SCHOOL ANXIETY | Secondary |
| 5 WAYS TO WELLBEING | Secondary |

Join one, join some, join all – pick and mix them to suit you!

To book your place on one of the workshops, please scan the QR code above or access the following link: <https://www.eventbrite.com/cc/mhst-online-summer-workshop-series-secondary-594479>



Want to find out more about SHSG?

Our website contains up to date information regarding our curriculum and life at SHSG.

Discover more by visiting:
www.shsg.org

or view our online prospectus by scanning the below QR code:



Southend High School for Girls

**Educating & inspiring
young people since 1913**



Have a child/young person aged 0-25 years with Special Educational Needs and/or Disabilities?

We are the only Independent Parent/Carer Forum in Southend for SEND children and young people aged 0-25 years.

We meet with the Local Authority in an official capacity and we can influence important decisions, shape what is happening right now and in the future for all SEND children and young people.

We want to hear from you!

www.southendsendindependentforum.co.uk


southendsendindependentforum@gmail.com



Welcome to Southend-on-Sea's Local Offer. The content of the Southend SEND Local Offer includes sources of information, advice and support relating to children and young people with Special Educational Needs and Disabilities and their families

Please visit www.livewellsouthend/localoffer to find out more about services available, local activities and to receive some help or advice.

You can also let us know your views on services for children and young people with special educational needs and disabilities by contacting us.

 **[southendonsealocaloffer](https://www.facebook.com/southendonsealocaloffer)**

 **localoffer@southend.gov.uk**

 **01702 212328**

If you want to help identify gaps in provision and co-design services to fill these, please ask us about our Service User Groups and other opportunities to get involved.



Please REMEMBER
to check in on your
STRONG FRIEND,
your busy friend,
YOUR HAPPY FRIEND
... or your 'seems to
HANDLE everything
REALLY well' FRIEND.
-emily coxhead

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

Altruistic August 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
1	Set an intention to be kind to others (and yourself) this month	2	Send an uplifting message to someone you can't be with	3	Be kind and supportive to everyone you interact with	4	Ask someone how they feel and really listen to their reply	5	Spend time wishing for other people to be happy and well	6	Smile and be friendly to the people you see today	7	Give time to help a project or cause you care about
8	Make some tasty food for someone who will appreciate it	9	Thank someone you're grateful to and tell them why	10	Check in with someone who may be lonely or feeling anxious	11	Share an encouraging news story to inspire others	12	Contact a friend to let them know you're thinking of them	13	No plans day! Be kind to yourself so you can be kind to others too	14	Take an action to be kind to nature and care for our planet
15	If someone annoys you, be kind. Imagine how they may be feeling	16	Make a thoughtful gift as a surprise for someone	17	Be kind online. Share positive and supportive comments	18	Today do something to make life easier for someone else	19	Be thankful for your food and the people who made it possible	20	Look for the good in everyone you meet today	21	Donate unused items, clothes or food to help a local charity
22	Give people the gift of your full attention	23	Share an article, book or podcast you found helpful	24	Forgive someone who hurt you in the past	25	Give your time, energy or attention to help someone in need	26	Find a way to 'pay it forward' or support a good cause	27	Notice when someone is down and try to brighten their day	28	Have a friendly chat with someone you don't know very well
29	Do something kind to help in your local community	30	Give away something to help those who don't have as much as you	31	Share Action for Happiness with other people today								

ACTION FOR HAPPINESS

Happier · Kinder · Together



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 'Quick Links' under the 'Student' tab.



<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://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

Text: 86463

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

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



KARMA NIRVANA

Supporting victims of honour-based abuse and forced marriage

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>

SAMARITANS

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.

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.

Freephone 24-Hour National Domestic Abuse
Helpline: 0808 2000 247

Free & confidential support to young people in need.
Call: 0808 808 2008

visit www.nationaldahelpline.org.uk
(access live chat Mon-Fri 3-10pm)
or visit:
<https://www.refuge.org.uk>

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 inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.



01702 534843 @SouthendSN
sccg.southendpublichealthnurses@nhs.net



**Have a great summer
and we look forward
to seeing you all
in September.**

