



Southend High School for Girls

AN ACADEMY GRAMMAR SCHOOL

Southchurch Boulevard, Southend-on-Sea, SS2 4UZ

Headteacher: Mr J Carey MEd (Cantab), BA (Hons), LLE, NPQEL

Friday 14th October 2022

Dear Parents, Carers and Students,

Please find below information and updates from this week.

Year 7 Disco – Friday 7th October

Friday 7th October saw the long-awaited return of the SHSB and SHSG Year 7 Icebreaker disco. The students were extremely excited about this event and had been planning their outfits for weeks! In keeping with tradition, the evening started with very little dancing. The girls stayed in one part of the hall while the boys remained in the other. After a few fizzy pops they started to gain their confidence and mingle, dancing the night away! Mrs Symes would like to thank the PA for organising this event and the staff who gave up their Friday evening to help supervise.

Sports Awards Evening

On Wednesday evening we welcomed 300 students and guests to celebrate the achievements from last year's sporting calendar. It was wonderful to have this event back on the calendar again and to be able to recognise the success of our exceptionally talented students. The trophies were awarded by ex-SHSG student and ex-England footballer and Oxford University alumni, Katharine Nutman. Katherine entertained us all with her amusing anecdotes recalling her memories from the National athletics finals when she was a student at SHSG. A special mention should go to our Year 13 PE captains who did a wonderful job of compering the evening - thank you Isabelle L, Tyler B, Molly K and Courtney J for your efforts. Well done to Gabriella W, Amelia B and Lucy G for their wonderful performances, and a huge congratulations to all of the award winners.



The Diana Award – Anti Bullying Ambassador training for Year 7-11

Thursday 13th October saw the Diana Award return to SHSG for the first time since pre-Covid. We originally launched the Diana Award in early 2020, just before the first national lockdown. SHSG hosted 7 other schools for the day, all eager to be trained as Anti-Bullying Ambassadors. The day was filled with fun, interactive activities focussing on what it means to be an Anti-Bullying Ambassador, how the ambassadors will work with the Anti-Bullying Lead within their schools to raise the profile of an anti-bullying culture and run important events and campaigns throughout the year.

We have 15 trained Diana Award Anti-Bullying Ambassadors now at SHSG across years 7-10. We will now work together to achieve the complete Diana Award and campaign throughout the school to earn the national anti-bullying badges of *respect, wellbeing, communication, and online safety*. The ambassadors will now begin their work on a programme for National Anti-Bullying Week and will work towards the community badge.

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We're a knockout! And Nuclear races.



On Thursday, 13th and Friday 14th October, Year 13 and Year 7 took part in *We're a Knockout* teambuilding events. For Year 7s, the day was arranged as part of our continuing commitment to ensure Year 7 transition well and integrate as part of the SHSG family. It was such an exciting day! Students worked together to solve problems, communicating as teams, supporting each other all while having fun! The games challenged the students physically and mentally, and it was amazing to see how they came together as a year group, co-operating with each other and cheering each other on. The medals for the winning team were the highlight at the end of the day! There will be many happy memories for Year 7 from today. Year 13s had an equally fun day.

Year 12's teambuilding day was at Nuclear Races and was a tough but very enjoyable day, helping students to get to know each other and galvanising them as a year group, as well as building resilience and grit! We look forward to sharing photos of the day on the school website.

SHSG's 109th School Birthday

	Lower School 7 – 9	Middle School 10 – 11	Sixth Form
Registration	As usual		
P1	Assembly	Lesson	Lesson
P2	Lesson	Lesson	Assembly
Break	As usual		
P3	Panto	Assembly	Lesson
Lunch	As usual		
P4	Tutor activity	Panto	Tutor activity
P5	Tutor activity	Tutor activity	Panto

As is tradition, the school community will celebrate SHSG's 109th birthday on Friday 21st October. For students, staff, governors and alumni to the school, this event is an opportunity to reflect on the history of the school, celebrate our successes, and take part in activities as a community, including the infamous Year 13 panto. Year 13 students write, direct and perform in the panto which has been a tradition for many years. Of course, we will be ensuring our cheers can be heard in Kent!

The schedule for the day is detailed above. The timings of the school day run as usual. Sixth Form students will be able to leave school when their performance of the panto has ended, which we anticipate will be around 3.20pm. All other students will be dismissed at 3.30pm as usual.

Student commendation University of Cambridge Fitzwilliam College Climate Competition 2022

We would like to wish Hannah G in Year 13 massive congratulations for achieving a commendation for her entry to the Fitzwilliam College Climate Competition 2022. Only eight students received a commendation for this competition. Hannah has given some information on what inspired her entry below:

During the summer holidays I worked on an entry for the Fitzwilliam College Climate Competition 2022. The brief I followed was: 'Imagine you are a musician or artist who wants to draw more attention to climate issues. What will you produce?' I based my work on Spotify, as I felt that a lot of young people use and are connected through this app, yet it's not normally used as a medium to advocate issues surrounding climate change. I created a playlist using songs that formed a brief but strong message towards the climate crisis. The physical version is painted, however I also created a virtual version of the playlist on Spotify itself, so that people can download it to help spread the message. My entry received a certificate of commendation, which only eight others received, so I am extremely proud of this piece. I would love if you could scan the QR code and check out the playlist.



Year 9 Languages Competition

The MFL Faculty would like to invite Year 9 students to enter a new competition run by GCHQ - one of the three UK intelligence agencies. The National Language Competition will take place online between 8am on 7th November until 5pm on 11th November 2022. In teams of up to four students, you will compete against others nationwide for the NLC 2022 trophy. This will be awarded to the winning team by GCHQ Director, Sir Jeremy Fleming himself! Your task will be to solve the NLC's language-based puzzles to score as many points as you can over the week. No prior knowledge or language skills are required, just have your quick-thinking, code-cracking, puzzle-solving skills at the ready! If you want to get involved, organise your team and sign up on the sheets in the MFL Department. Please sign up by Thursday 20th October 3.30pm. Your team names and log-in details will be assigned to you after half term.

U13 Football English Schools' Cup

On Monday 3rd October, SHSG U13s played St Clere's school at home in the English School Cup. It was a very close game, with Lily F scoring in the first half, only to be equalled by St Clere's at the end of the first period. Having battled hard, Hana W popped up with another goal for SHSG, ensuring a 2-1 win against tough opposition.

Round 2 saw SHSG U13s play at home again, this time against Beauchamps. Having remained at 1-0 to Beauchamps until mid-way through the second half, Katie H scored a great goal from distance, followed once again, by a goal from Hana W in the last minute of the game. 2-1. A great result. Round 3 to come!



Student Achievement

We would like to congratulate Sophie P in Year 13 on her fantastic achievement representing Team GB in Ju-Jitsu. Sophie talked about her experience:

'I was invited to represent Team GB and compete at the United Nations of Ju-Jitsu championship in Belgium last weekend. It was amazing to see how styles differ internationally and to join so many other people who share my passion. Just having the opportunity to represent the UK made all of the hours of training worthwhile. However, I was particularly rewarded when I won a gold medal in continuous fighting, which consists of 1 minute sparring, 1 minute grappling and 1 minute ground fighting per round. I hope to continue to compete in the future and can't wait to see what's coming next.'

National Essay Competition

[KSCPP](#) is a global organization that has been publishing English-language resources on the history and culture of Korea since 2005. This year, they are holding their second essay contest for UK schools, and we would like to encourage as many students as possible to participate. The essay topic is based on the publication Chung Hyo Ye, a book of traditional tales of filial devotion, loyalty, respect, and benevolence from the history and folklore of Korea. It is available to download (at no cost) from [this link](#) or www.kscpp.net. For the full contest details, please click [here](#). If students have any questions regarding this, please speak to Ms Spilstead.

Year 13 A level PE

This week we were fortunate to host an Altitude training session in school, with the Human Performance Centre from Essex university. Our A level PE students worked in the fitness suite and using the technology brought in by the university, they experienced oxygen deficit whilst exercising. They then had a theory session to discuss their findings and experiences, as well as developing the topic work previously learnt in school, focusing on the physiological impacts of altitude training and how athletes use it to their advantage when training. The students really enjoyed the sessions and found it very useful. Thanks to Essex University HPU for coming in to SHSG.

Interactive Career Masterclasses for ages 12-18

[Investin](#) are offering weekend career opportunities. On the programmes, students will participate in hands-on activities that give them a genuine experience of professional life. Programmes are available in 19 different careers, ranging from Medicine and Investment Banking, through to Art and Filmmaking. All programmes take place on Sundays at UCL; there is also a live online option for those who cannot attend in-person. Click the links to register for Ages 12-14 [here](#) or Ages 15-18 [here](#). Registration is set to close on Sunday 23rd October.

Last chance to purchase individual school photos

Carmel Jane Photography visited SHSG on Monday 12th September to take the Individual Photos for students in years **7, 10 and 12**. If you had pre-registered, you will have received an automatic email notification to inform you that your child's photos are now ready to be viewed and can be purchased. If you have any questions regarding the purchase of your child's photograph, please [contact](#) Carmel Jane directly or visit their website [here](#) for more information.

Fire Drill and Evacuations

On Thursday, we had two fire alarms; one in the middle of the day, and one at 3:30pm as students were leaving classrooms to go home. It is evident that deodorant aerosol spray triggered the alarms. Students should not spray deodorant in the toilets or changing rooms as the fire detectors are sensitive to these fumes. In addition, deodorant spray can cause serious issues for students with asthma.

It is worthwhile noting, however, that students completed the 'drill' superbly – just as they did the week before in the planned fire drill.

Message from the Parents' Association - 200 club

Last chance to join, renew or add additional numbers before our first draw of the year. This is open to family and friends, old and new, and provides invaluable support to students at SHSG.

Membership is only £12 per year; there is no limit to the amount of draw numbers you can purchase. There are 36 cash prizes won every year!

If you are interested, it is easy to join with ParentPay and online banking. Please email us for more information, payment details and 2021 to 2022 winners' list.

Thank you!
200 Club

Co-Curricular activities

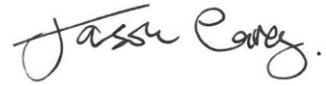
A list of our staff run co-curricular clubs can now be found on our website [here](#). We also have a wide range of clubs that are student run; the list of these clubs is currently being updated and will be available on the same page shortly. We are very proud of the number and range of clubs on offer at SHSG – please get involved or even see your tutor about starting up your own club with a member of staff to support you.

Key Dates

The calendar on our website is regularly updated and contains key dates of activities and events that are taking place in school. A full list can be found [here](#).

Have a lovely weekend.

Yours sincerely,

A handwritten signature in black ink that reads "Jason Carey". The signature is written in a cursive style with a period at the end.

Jason Carey
Headteacher