



# 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 16<sup>th</sup> December 2022

Dear Parents, Carers and Students,

Please find below information and updates from this week.

## **Southend Pier Visit**

A small group of Year 12 students interested in engineering were invited to Southend Pier for a presentation and guided tour this week. They received a presentation from a marine engineer from Beckett Rankine who have been overseeing the ongoing work and restoration. Beckett Rankine have been involved in the engineering of many high profile marine based structures including HMS Belfast, St George's Wharf and the London Eye pier. Students were given a detailed presentation on the restoration work such as the materials, finishes, safety and environmental considerations. Much of this content overlaps with the A level Product Design specification so students were able to connect their in-school learning with real world examples. Students then took the train to the end of the pier where they were given a very chilly guided tour. The tour concluded with a hot drink in the tearoom where 'Jamie and Jimmy's Friday Night Feast' was filmed before heading back to school. I know our students found this inspiring and informative, especially as they start to consider their future pathways after sixth form. Many thanks to Southend Pier for hosting us.



## **BBC careers talk**



SHSG welcomed the BBC into school on Tuesday, 13<sup>th</sup> December for a talk on careers in the BBC and creative industries to students in Years 9 and 10. We also held a very well attended lunchtime session that was open to all students.

We heard from panellists who work in the BBC in diverse areas as presenters and researchers, as well as a marketing brand manager from local company 'Revive'. We were particularly excited to welcome 'old girl', Hayley Clarke who is now working as a journalist for the BBC. Hayley kindly visited media studies students in the morning and was very impressed by the final edits on the social science magazine 'Genazine' which is due for publication very soon.

Panellists described their often-non-linear career paths and emphasised the importance of pursuing one's passion and what makes you happy and fulfilled. Hayley reinforced the importance of resilience as she had tried several times to get onto the BBC's advanced journalism apprenticeship scheme before she was successful on her third attempt. As an old girl, Hayley was no stranger to the concept of 'aiming high' and encouraged our students to believe in themselves and if they want to be a journalist to start writing now! The team were keen to encourage students to engage with Careers - BBC Bitesize which has lots of information on the wide range of careers available, not just in the creative industries.



Common themes were encapsulated by BBC researcher and producer Chris Regan who said, “people hire people, so be happy in what you are pursuing. Creativity is a team process, and everyone brings their own talents to the table.”

Students were given the opportunity to ask questions at the end. Producer Charlie said, they were “the best we have ever had, I was amazed at their maturity”. The team were very impressed at the very high standard of questioning from our students.

We were delighted at the students' behaviour and response to the talks. I would urge them all to record it in their 'locker' in [Unifrog](#) to track their careers experiences. I would like to say a special thank you to Ms Casson for arranging the BBC talks for our students.

### **Novem Consort**

Novem Consort have worked hard to learn an awful lot of music this term ready for the Southend Music Festival, SHSG Christmas Concerts, the Rotary Club of Chelmsford's Christmas Concert at Chelmsford Cathedral, and of course our own Ceremony Nine Lessons and Carols. Membership of this ensemble is a huge commitment, and our students handle the high expectations with great maturity and musicality. One of the pieces we have been excited to perform for the first time is Stars, by Eriks Esenvalds – you can see one of our recent performances on YouTube [‘here’](#).



### **ICG Aspiring Student Chefs competition 2022-23**

Jessica K in Year 11 has won a place in the finals for Aspiring Student Chefs ages 14-16 on 27<sup>th</sup> January 2023 at The Bournemouth & Poole College. Her entry dishes impressed the judges and stood out amongst the entries from other talented aspiring chefs. Jessica's competition dishes will focus on local and seasonal foods. We wish Jessica the best of luck in January!

### **Arts Award Trip - Life of Pi**

Students in Years 8 and 9 went to The Wyndham Theatre for a performance of the Life of Pi. The puppetry and set design were beautiful and the students thoroughly enjoyed the experience.



### ***Sixth Form University offers***

The Sixth Form team are delighted to report that Sarah S (Year 13) has successfully applied to study in America. She has received top scholarship offers to all three universities, including her first choice The University of South Florida. Sarah has worked tirelessly through the rigorous application process, and we are thrilled for her.

Another special mention goes to Zoe J who is applying to study at University of London Institute in Paris. Part of the process was an online interview, half of which was conducted solely in French- no mean feat! We are delighted that Zoe has received an offer and wish her every success.

It is an exciting time in Year 13 and the team are thoroughly enjoying hearing about all the offers that are coming in. Some universities are quicker than others at offering places; however, it won't be long until all students who are applying will be able to confirm their places. We are excited to support them as they finish their time at SHSG and look forward to the new chapters ahead of them in their post-18 pathways.

### ***Cursed pen awards***

On Thursday, the English department gathered the winners of the cursed pen competition and presented them with their awards. The trophy this year was even more fantastic than usual with a quill that moves of its own accord! Well done to all winners and a reminder that you can read their haunting words on the English Blog [here](#).



### ***Poetry by Heart***

In the new year, KS3 and KS4 students will be preparing poetry recitals in drama lessons, and KS5 students will be invited to take part in two workshops being held for them, in advance of our SHSG Poetry by Heart competition 2023. Learning a poem 'by heart' is said to be a great workout for the brain, and a poem learned can be a friend for life as you'll likely never forget it! If you'd like some inspiration, videos of Jomi (Year 9) and Isobel (Year 11) giving their recitals at the Globe Theatre last summer, can be seen on the Poetry by Heart website by searching for their poems 'Remember' and 'The Arrest of Oscar Wilde at the Cadogan Hotel'. Poetry is written to be spoken out loud and we hope many students will take part and share their favourite poems at our celebration event on the evening of 2<sup>nd</sup> February 2023.

### ***Year 13 PPEs***

When we return to school after the Christmas break on 5<sup>th</sup> January 2023, Year 13 will be off timetable until Friday 20<sup>th</sup> January to complete their PPEs. The timetable for the exams has now been sent to all parents, carers and students. We wish the Year 13s the very best for these examinations.

### ***Virtual Parents' Consultation Evening***

The Year 11 Parents' Evening, on Thursday 12<sup>th</sup> January will provide an opportunity to discuss your child's progress with subject teachers. Please note that this consultation evening will take place online. Appointments will be available for booking from Thursday 5<sup>th</sup> January. A separate communication will be sent out with details of how to book appointments.

### ***Mental Health and Wellbeing***

There is a lot of joy and happiness associated with the festive season, but for some it may not always be a positive time. The shorter days, colder temperatures and the pressures associated with this time of year can impact many people, adults and children alike. The Anna Freud National Centre have designed a toolkit of resources for young people to help boost winter wellbeing. The toolkit includes self-care activities for young people, advice to help them manage their wellbeing, and further sources of support. The toolkit can be found here: [seasonalselfcaresurvivalkit.pdf \(annafreud.org\)](https://www.annafreud.org/seasonalselfcaresurvivalkit.pdf)

### ***Online safety edition for Christmas - staying safe online at Christmas***

Online safety is an important part of keeping children safe at SHSG. All our students are taught how to stay safe and behave appropriately online. As Christmas draws near, many children may be looking forward to receiving new electronic devices or games. Listed at the end of this letter are some simple online safety tips to help parents/carers make safer choices and support their children online.

### ***Scarlett Fever guidance***

We want to make you aware that there have now been three confirmed cases of Scarlett Fever in total within our school community.

Following Local Authority guidelines, we have shared key information with you at the end of this letter.

### ***Return to school***

Students will **return to school on Thursday 5<sup>th</sup> January 2023.**

### ***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](#).

I wish you all a very merry Christmas and a happy new year!

Yours faithfully,



Jason Carey  
Headteacher

### **Scarlett Fever guidance**

We want to make you aware that there have now been three confirmed cases of Scarlett Fever in total within our school community.

The Local Authority has asked us to share with you the guidance below:

*“Scarlet fever is usually a mild illness, but it is highly infectious. Therefore, look out for symptoms in your child, which include a sore throat, headache, and fever, along with a fine, pinkish or red body rash with a sandpapery feel.*

*As a parent, if you feel that your child seems seriously unwell, you should trust your own judgement. Contact NHS 111 or your GP if:*

- *your child is getting worse*
- *your child is feeding or eating much less than normal*
- *your child has had a dry nappy for 12 hours or more or shows other [signs of dehydration](#)*
- *your baby is under 3 months and has a temperature of 38°C, or is older than 3 months and has a temperature of 39°C or higher*
- *your baby feels hotter than usual when you touch their back or chest, or feels sweaty*
- *your child is very tired or irritable*

*Call 999 or go to A&E if:*

- *your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs*
- *there are pauses when your child breathes*
- *your child's [skin, tongue or lips are blue](#)*
- *your child is floppy and will not wake up or stay awake*

*Good hand and respiratory hygiene are important for stopping the spread of many bugs. By teaching your child how to wash their hands properly with soap for 20 seconds, using a tissue to catch coughs and sneezes, and keeping away from others when feeling unwell, they will be able to reduce the risk of picking up or spreading infections.”*

You can also find guidance from the NHS on the following link [here](#).

We politely ask that parents ensure that students who are unwell (and not fit to be in school) or obviously infectious (and likely to spread their infection to others) stay at home until their symptoms have passed. In addition to this, please ensure that you continue to report your child's absence/illness (including the reason for absence) to the school by calling the school absence line on 01702 583081 or via email to [office@shsg.org](mailto:office@shsg.org).

### **Online safety edition for Christmas - staying safe online at Christmas**

Online safety is an important part of keeping children safe at SHSG. All our students are taught how to stay safe and behave appropriately online, but this approach is only successful if we work together and reinforce safe behaviour at home too. As Christmas draws near, many children may be looking forward to receiving new electronic devices or games. Listed below are some simple online safety tips to help parents/ carers make safer choices and support their children online:

#### **Make informed choices**

- Do your research before purchasing a new device or game for your child; find out what other parents think, search for parental advice online and ask the shop about pre-installed apps or tools.
- Always check the PEGI age rating and descriptors on games before buying them for your child and carefully consider whether the content is appropriate for them.

- Take time to find out whether the device or game has an online component or allows your child to access to the internet, which allows them to connect with others online.
- Familiarise yourself with the privacy, safety and security tools on new devices; ensure you are in a position to teach your child how to make their accounts private and how to block and report other people online.

### **Setting boundaries**

- Much like the 'real world', parents need to set boundaries for children online; this provides them with a clear understanding of the limits, expectations and consequences of their behaviour.
- Discuss and agree as a family, how the internet and technology will be used in your home; consider nominating 'tech-free' areas or times, such as: your child's bedroom or dinner time.
- Take a look at the conversation starter ideas and family agreement template available from Childnet International: [Have a conversation | Childnet](#)

### **Filters and Parental Controls**

- Children can accidentally or deliberately be exposed to illegal, unwanted or unpleasant content online, but there are some simple steps you can take at home to help minimise this risk.
- Make sure you install anti-virus software, filters and parental controls on your child's device before giving it to them.
- Ensure that you are role-modelling good behaviour by using strong passwords yourself; make them difficult to guess and don't share them with your children.
- Remember that blocks and filters are not 100% effective and you can't rely on them alone to protect your children, so remind them to tell you if they see something upsetting online.
- Take a look at the interactive guide to parental controls available from Internet Matters: [Parental Controls & Privacy Settings Guides | Internet Matters](#)

### **Talk to your children**

- Take an active interest in your child's online life and engage in the digital world with them.
- Let your children teach you about their online world and how they use technology; playing new games and exploring websites together can often open opportunities to discuss safe behaviour online.
- Make sure your children know that you are safe and approachable; remind them that they can tell you if something happens online that makes them feel scared, worried or uncomfortable, without being told off or punished.