



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, 20th January 2023

Dear Parents, Carers and Students,

Please find below some updates for this week.

Year 11 A Level Taster Day

On Wednesday, Year 11s had a fantastic day engaged in A Level taster lessons. The feedback from students was very positive. Thank you to all the staff involved. In addition, Year 11s also had an assembly about next steps, which included information from Miss Boyson on the Oxbridge preparation support we provide, which students will receive throughout their sixth form journey at SHSG.

Year 12 Consent and Healthy Relationships Workshops

Year 12 welcomed back Natalie Rees, an expert speaker, in this week for an interactive workshop on the theme of Sexual Ethics and consent, as part of the Relationship and Sex Education programme for Sixth Form. The year group explored what it means to act ethically in relationships, beyond the legal basis of consent. Thank you to the year group for engaging so well and sharing interesting ideas in the session.

Careers news from Ms Casson

Students in Years 9 and 13 attended an online presentation by top HR specialist, Mr David Andrews this week during Monday's morning registration. David explained the typical professional assessment processes that students can expect when applying for apprenticeships, degree apprenticeships and graduate jobs. David covered differences between a CV and a covering letter, how behavioural assessments work, on demand videos and live online assessments. Particularly interesting was David's explanation on why employers go through this rigorous approach. It needs to be fair and transparent; they need to be able to compare candidates and ask everyone the same questions. It is a buoyant job market and it is important that you get the right fit.

Top tips –

- Be concise: a CV should be no longer than two pages.
- Enthusiasm and passion should appear in the covering letter.
- Be honest in the behavioural assessments as they are designed to ensure you will fit into the company and with their ethos/working practices.
- Apply for what you are passionate about, do your research and if you find yourself really interested after two hours of research it is probably the place for you!
- Be bold, brave, and honest in applications.
- Research.
- Practice.
- Composure.

A copy of Mr Andrews' very informative PowerPoint has been placed on Unifrog. Students must ensure they add this experience to their Unifrog locker for their future reference and complete the QR feedback link so that we can track engagement.



Creative and Performing Arts – Year 5 Launchpad

The Creative and Performing Arts Launchpad event was a great success! Our Year 5 visitors got to experience multiple subject areas including art, drama, technology, and music within the theme of 'Express Yourself'. In Art, students were shown the paintings of Van Gogh and were encouraged to think about how colour and feelings are related. They used swirls and energetic strokes of colour to create a Van Gogh inspired sky over a Southend-on-Sea landscape. They liked looking at the work of current students and enjoyed the company of Year 10 and 12 students who came in to help.

In Drama, students began by watching a short extract from the National Theatre's production of *Treasure Island* where a treasure map is discovered. Our young visitors then created *Treasure Island* stage sets using objects from the studio. Finally, using treasure map props and riddles they had written themselves, they enacted finding the treasure. The task involved the students using space, movement, voice, and character.

Students in Product Design spent their session in the workshop designing, manufacturing and decorating working clocks to take home. The colours, shapes, styles, and themes of the clock were individual choice, and we were really impressed with the quality of the designs produced. Some of our students experienced a Food Technology lesson and were invited to choose as many toppings as they wanted from a selection of fruit and vegetables. They used their knife skills to prepare the toppings and then assembled their pizzas. Using the oven to cook their slices was the final task before most of them ate their way through their work!

In Music, students learned *Under the Sea*, from *The Little Mermaid*. They chose from xylophone and ukulele, and with the support of prefects and our music captain we put the song together in under 40 minutes, complete with calypso rhythms and singing. The Year 5 students impressed us with their perseverance and musical memory skills. Well done to all who participated: you performed swimmingly!

Media studies conference

Year 12 Media students met actor and director Simon Bird (*The Inbetweeners*, *Days of Bagnold Summer*, and *Friday Night Dinner*) at the Media Studies student conference at the BFI on Friday. It was an excellent and inspirational event for our Media students. Thank you to Simon Bird for the photographs!



Student achievement in Year 12 – England Senior Development Squad



Congratulations to Matthew H in Year 12 for being selected to represent England as part of the *Senior Development Squad* for England's debating team. This followed various rounds of debating in Islington to be selected. Subjects included 'the best policies to tackle knife crime', and 'arguments for or against the welfare state', and several other topics. Matthew is hoping to qualify for the national team next year. Well done indeed! Matthew is studying Maths, Further Maths, History and Economics. Matthew is hoping to study in America for his degree.

The Power of Sleep!

A recent anonymous survey completed by Year 8 and Year 10 students showed that many of our students are having trouble getting to sleep. Therefore, students in Year 7 to Year 11 watched an assembly by our PSHE Coordinator, Ms Marx, on tips for good 'sleep hygiene', which might be of interest to parents to watch, [here](#). Healthy sleep is so important for teenage brains and has a huge impact on academic and emotional success. Preamhina in Year 9 shares her top tip from the assembly: 'keep your phone away from your bed at night; either put it in a different room or on the other side of your room from your bed, to help your mind switch off and get ready for rest.'

Social Sciences at Oxbridge

Thank you to our trainee Psychology and Maths teacher, Ms Sangha, for delivering an inspiring and insightful talk on the different routes to study Sociology, Psychology and Politics at Oxbridge, having recently graduated from Cambridge studying Psychology. She shared lots of tips for super-curricular reading and stressed the importance of starting prep for your UCAS statement in Year 12. All Year 12 students interested in applying to Oxbridge are warmly invited to join the Oxbridge Lunch Prep sessions which begin in February, culminating with a trip to Cambridge University Open Day in July 2023.

Open Road Charity Visit

Thank you to our guest speakers from Open Road, Essex's leading drug and alcohol support service, who visited Year 10 and Year 12 assemblies this week to talk about the nature of addiction and drug use, and shared advice about where students can access help if they are concerned about addiction.

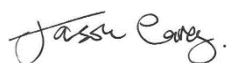
Reminder: E Safety Webinar for Parents on Monday

We strongly encourage parents and careers to join the online E Safety webinar on Monday 23rd January from 8:00-9:30pm. The webinar will be delivered by retired police detectives who now deliver bespoke child exploitation training. The session will cover the most up to date risks of using the internet and social media apps, how to reduce these risks and advice on how to help your child if things go wrong. There is no need to RSVP. The zoom link required to join the session is <https://us02web.zoom.us/j/84365129057>

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](#).

Yours faithfully,



Jason Carey
Headteacher