



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, 12th May 2023

Dear Parents, Carers and Students,

Please find below information and updates from this week.

Year 13 and Year 11 Celebrations

On Thursday and Friday this week, students and staff enjoyed final assemblies for Year 11 and Year 13 and the start of study leave as examinations begin next week! They were a real credit to the school and SHSG traditions, with both year groups engaging with gusto in the blazer decorations, fancy dress and singing of Jerusalem, accompanied by Mr Peugniez on the piano. Heads of year, Mr Morgan and Mrs Neill led the farewells and have included some in this letter.

On behalf of all the SHSG community, we wish Year 13s and Year 11s the very best in their examinations and look forward to the proms and, of course, to results days.



A message from Mr Morgan, Head of Year 11

It is with a heavy heart that I bid farewell to Year 11. Although their time at Southend High School for Girls may not be over, our time together has, sadly, come to a close. It has been an honour and a privilege to steer such a fantastic group of young people towards the culmination of their efforts. Having witnessed them grow over the past four years, watching them take every challenge thrown at them in their stride, I am absolutely confident that they will meet the next challenge, their GCSEs, with the same industry and vigour. I would like to thank the tutors, Mrs Poxon, Mrs Bowman, all the teaching staff and indeed you, the parents, for your support and for ensuring the students are well prepared for the coming written assessments. I wish all the students the very best of luck in the coming examinations (not that they will need it) and I look forward to celebrating their success in August.

Year 13 begin their End of Key Stage celebrations with a whole year group photo. In SHSG tradition, this will be printed onto canvas and displayed in the Sixth Form Centre.





A message from Mrs Neill, Head of Year 13

Today, we waved a fond farewell to Year 13. The morning is steeped in tradition and this year's cohort did not disappoint! The fancy dress contributions were a sight to behold and truly showed off the wonderful diversity and individuality of our students as you will see from the photographs! The students spent time in their form groups at the start of the day, saying goodbye to form tutors and also enjoying a final breakfast in Scholars. We then made our way to the hall for the final celebration assembly. The students were surprised by a presentation of their first day at school photos which parents and carers have been secretly sending in over the past few weeks. Mrs Hopkins and I have loved seeing these- the change is obviously significant but more often than not we could recognise them clearly. Mr Carey and Ms Riebold gave speeches alongside Gracie, our ex-Head Student. I was delighted to award certificates ranging from celebrating academic success to contributions to school life to more amusing, bespoke awards for some of the many characters in the year. We ended in true SHSG tradition with a rousing rendition of 'Jerusalem' before saying 'so long'- until next week when their A Level examinations begin.

It has been a day filled with emotions- relief, joy, happiness for many but also tinged with sadness and disbelief that their time at school has come to an end. I have experienced similar feelings- the last two years have been a journey for us all and like all good trips, it has had its highs and its lows, its trials and its tribulations. My overarching and long-lasting memory, however, will be one of happiness at being able to work alongside a group of exceptional young people at such an important time of their lives. We wish them all the very best of luck for the future.



All photographs from both celebrations will be uploaded to our website in due course.

Leavers' poem – read in assembly
'Oh, the Places You'll Go' - Dr. Seuss

Congratulations!
Today is your day.
You're off to Great Places!
You're off and away!

You have brains in your head.
You have feet in your shoes
You can steer yourself
Any direction you choose.
You're on your own. And you know what you know.
And YOU are the guy who'll decide where to go.

You'll look up and down streets. Look 'em over with care.
About some you will say, "I don't choose to go there."
With your head full of brains and your shoes full of feet,
You're too smart to go down any not-so-good street.

And you may not find any
You'll want to go down.
In that case, of course,
You'll head straight out of town.

It's opener there
In the wide open air.
Out there things can happen
And frequently do
To people as brainy
And footsy as you.

And when things start to happen,
Don't worry. Don't stew.
Just go right along.
You'll start happening too.

OH!
THE PLACES YOU'LL GO!

You'll be on your way up!
You'll be seeing great sights!
You'll join the high fliers
Who soar to high heights.

You won't lag behind, because you'll have the speed.
You'll pass the whole gang and you'll soon take the lead.
Wherever you fly, you'll be the best of the best.
Wherever you go, you will top all the rest.

Sailing success

Jessica R in Year 8 recently competed at the RYA Eric Twiname (ET) Championships. This RYA organised three-day multiclass championship is run over three racecourses, at Rutland Water Sailing Club. All sailors who are in a home country program or the English regional training groups, in the RYA Junior Recognised classes are invited to compete in this event. The event is designed to give young sailors the feel for how multi-class events are run, which may be the precursor to future events, like the RYA Youth Nationals and other internationals. Jessica really enjoyed being part of a large competitive fleet and a national event and did really well!



PE updates

Well done to the U13 and U15 tennis squad who won their first match 12 - 0 against WHSG on Wednesday, followed by an 8-0 win against Brentwood!

The athletics squad enjoyed competing at Brentwood last Saturday. The team performed very well scoring lots of personal bests and setting new targets for this season. Well done to all involved.

Congratulations to Jasmine C who was selected to represent the East division schools in the ESSA Inter Division competition in March. Jasmine competed in the intermediate group where she won her 100m breaststroke against Year 9 and 10s in all the English schools divisions. She has now been selected to represent the English schools in the World School Games to be held in Brazil this summer! This is a fantastic achievement and an exciting opportunity to compete as part of the England team to become world champions.

Recently, Lucy C had the amazing experience of being able to drive her shire horse Joe at a show for the first time. Lucy said: *'This was an extremely nerve-racking experience, but I was fortunate enough to secure second place in a tough class.'* Well done, Lucy!



PE changing rooms during examinations

Please be aware that from Monday, we will have no changing room access due the public exams taking place in the sports hall. Students should attend school in PE kit on the days that they have a PE lesson or an extracurricular club.

Year 12 PPE artwork

Year 12 produced outstanding work for their PPE this week. Well done to Art students for your hard work in creating excellent preparatory work and stunning 15-hour pieces.



Readathon – providing books for children in hospital

On 24th April, Year 8 started a reading challenge called the “Read for Good” Readathon. They were set the challenge of reading for 30,000 minutes between them in just 33 days! We are very proud to say that Year 8 have shown how fantastic they are by clocking in an astounding 48,185 minutes of reading in the first 15 days of this challenge! I would like to congratulate all of year 8 for this achievement. They will have raised an admirable sum of money along the way for this reading charity that provides books and story readers to children who are in hospital. Given that we still have another 14 days remaining, we would love to see them double our original target. Let’s see if they can reach over 60,000 minutes of reading before 26th May. More importantly, I hope that this reading challenge will help build some strong reading habits that will stay with them for life.

Hay fever

Due to the high pollen levels now, we are seeing increasing numbers of our students suffering with uncomfortable hay fever symptoms. Please ensure that students have taken their medication before they come to school or have a supply of their medication with them to alleviate their symptoms.

Mental Health Week

Next week is Mental Health Week. The topic this year is stress. According to the WHO, stress can be defined as "a state of worry or mental tension caused by a difficult situation". Stress is a natural human response that prompts us to address challenges in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being. As you know, if you’re under a lot of stress, it’s easy to feel overwhelmed.

However, stress is not all bad. It’s a natural response in the human body. Feeling a small amount of stress about assessments or exams will actually enable you to prepare and do your best. It’s when there’s too much that it can be potentially damaging.

In order to help students to keep mentally and physically healthy, we will be talking about putting things in place to avoid high stress situations such as planning ahead or sharing our concerns and we will be talking about recognising the signs of stress and how to cope with stress in a healthy way. We will be watching the following video which you might also find helpful - [We All Have Mental Health - YouTube](#).

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,

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

Jason Carey
Headteacher