



# 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, 19<sup>th</sup> May 2023

Dear Parents, Carers and Students,

Please find below information and updates from this week.

### ***University Encompass Programme***

Four Year 12 geographers have successfully applied for places on the St John York University Encompass Programme. This fully funded programme involves spending a week as a university student studying geography and is specifically to encourage ethnic minority students into geography and related careers. We hope they have an amazing week!

### ***Year 8 geography globalisation trip***

On Tuesday morning, Athene, Artemis and Aphrodite in Year 8 thoroughly enjoyed their morning exploring the extent of globalisation in Southend High Street. The students performed well in carrying out new fieldwork techniques such as a land use survey and environmental quality survey. Students were meticulous in gathering their data to get lots of accurate information for their learning and end of year exams. We were very lucky with the weather and managed to spend the morning in glorious sunshine, ending the trip along the seafront with scenic views.

### ***Year 9 DofE – message from the DofE team***

Year 9 DofE participants set off on their expedition on Saturday morning from Hatfield Peveral, with their heavy backpacks they navigated their routes with an OS map and a compass to finally arrive at Danbury Outdoors later in the afternoon. The students pitched their tents and cooked themselves a hot meal, with many cooking lunch for the next day also. The weather stayed kind for us with the students having fun and games until darkness arrived. With everything inside their tents, the camp slowly went quiet. The students were up early the next day, cooked breakfast, packed up camp and with an amazing litter sweep left for their second day of walking.

Groups began to arrive at Danbury playing fields to awaiting parents from 3pm onwards tired and very happy, with the last few groups needing a little help.

The students all behaved impeccably, with many positive comments from the public. I and the rest of the DofE team are really proud of all the participants who should be really proud of themselves.



### **KS3 end of year examinations 5<sup>th</sup> June - 9<sup>th</sup> June**

With the KS3 end of year examinations fast approaching we wanted to draw your attention to some key information which will help you support your child during this process. The vast majority of the examinations will take place between Monday 5<sup>th</sup> June and Friday 09<sup>th</sup> June. Due to the need of specialist resources, French, German and Spanish listening assessments will take place next week during lesson time and Computer Science and Art examinations will take place the week after the examination window during lesson time.

In order to provide students with the opportunity to experience sitting an examination in more formal conditions which are more akin to those expected in public examinations all year groups will be sitting a maths examination on the 26<sup>th</sup> June in the Sports Hall after the formal public examination season has ended.

We have uploaded onto the school website the following key documents for your information:

- [KS3 examination timetable](#)
- [Year 7 subject revision lists](#)
- [Year 8 subject revision lists](#)
- [Year 9 subject revision lists](#)
- [Guide to effective Revision strategies](#)

Students have been provided with a hard copy of the revision strategies guide already and have been accessing tips on effective revision through the tutor programme and assemblies led by Year 12.

Examination season can prove to be a stressful time for many students. It is, therefore important that your child plans out their revision time carefully so as to ensure that there is a balanced approach which includes some 'down time' for them. Tutors will be going through how to draw up an effective revision timetable with students in form time and outlining the importance of routines, eating well, sleeping and taking exercise to ensure they are looking after their well-being during this time.

You will receive a letter from your child's Head of Year detailing further information relevant to your child's year group. Any queries that you may have please direct them, in the first instance, to the relevant Head of Year.

### ***Mental Health Awareness Week***

This week was National Mental Health Awareness Week, with this year's focus on anxiety. Our Senior Mental Health Lead Ms Marcel has shared resources and practical advice with students this week. For tips on managing anxiety, visit the SHSG Mental Health page on our website, where you will find a range of helpful resources. Remember, if you are concerned about a child or young person's mental health, contact your child's Pastoral Support Officer. You can also get free, confidential advice via phone, email or webchat from the [Young Minds Parents Helpline](#). The 'Every Mind Matters' Page from the NHS is another very useful resource which offers guidance for parents and carers on how to support their child's mental wellbeing.

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

### ***Queen Mary Summer School***

A massive congratulations to the following successful applicants who have been accepted into the exciting Access to Queen Mary Summer school.

Ajuni	Pharmacology and Innovative Technologies
Emily	Medicine
Favor	Medicine
Jessica	Computer Science
Suraya	Dentistry
Tasfiah	Law
Violet	Politics

They will be receiving mentoring from Queen Mary staff, attending workshops and lectures and get a taste of university life whilst being on campus in the summer. Well done and best of luck from everyone in SHSG.

### **Careers talk from Danielle Zamora (ex-student)**

It is always good to hear from ex-students and learn about their successes. We were delighted to hear from ex Head Girl, Danielle Zamora in our May careers session. Danielle left in 2020 and now works in strategic management and finance at Morgan Stanley. Danielle deferred a place to study Law at Durham in favour of pursuing an 18-month apprenticeship with Morgan Stanley in their front office. After completing the scheme Danielle was promoted to a full-time analyst and has now become a manager. Her firm are funding further study at Cambridge University which will allow her to fast track to an MBA with no debt.

Danielle explained the different kinds of roles available in Investment banking, it is not all maths! She has had lots of opportunities to travel which is positively encouraged. There is stress but only as much as school and she pointed out there is stress in every job. There is a clear hierarchy in banking, but the progression route is very clear and if you are ambitious, you will be supported to succeed.

Danielle advised current students to take subjects you enjoy as HR look more at grades than subjects. It is very competitive for instance Morgan Stanley have 10,000 applications for 9 graduate placements.

Danielle's parting advice was to not feel too pressured about what you want to do and study subjects that you enjoy. Danielle shared the following links for more information to access fantastic, free schemes that Morgan Stanley run such a 'step in step up' <https://morganstanley.tal.net/vx/candidate/so/pm/1/pl/2/opp/14848> and Morgan Stanley's Summer Academy <https://morganstanley.tal.net/vx/candidate/so/pm/1/pl/2/opp/15417>

Danielle is very keen to support SHSG students and we look forward to working with her again in the future.

### **Young Lionesses**

Our very own Arsenal WFC player and Year 12 student Michelle Agyemang is currently in Estonia representing England in the UEFA European Women's Under 17 Championship. After scoring twice in our first match against Poland, Michelle scored another brace this week in our second group stage match against Sweden. England are now in the semi-finals with a game to spare and Michelle is currently top scorer for the entire competition. This is a fantastic achievement, and we wish Michelle and the Young Lionesses team every success for their semi-final on Tuesday!



I wish you all a wonderful weekend!

Yours faithfully,

Jason Carey  
Headteacher