



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, 23rd June 2023

Dear Parents, Carers and Students,

Please find below information and updates from this week.

Year 12 Cambridge University physics trip write up from the Physics Captain

Earlier this week the Year 12 Physicists were lucky enough to visit Cambridge University. When we arrived, we were greeted by a member of the Science Faculty who started our day with a tour of the Cavendish Lab. He taught us about its rich history and great success. There was a curation of artefacts used in the lab from when it was founded in 1874 and an astounding display of photographs of the 30 Nobel prize winners who had studied there. We were then able to carry out our own resonance experiment which provided insight into the lab work that would be undertaken as a first-year university student. This experience also allowed us to develop our practical skills used throughout our A-level course.

We made our way to Fitzwilliam College, one of 29 colleges that Cambridge offer, where advice was given on how to bolster our applications, information on student finance and a talk about prospective careers obtainable from their various degrees. After, we received a guided tour of the college campus led by current Mathematics and Natural Science students. They showed us the diverse range of accommodation on offer, the College library and gave us the opportunity to ask questions about the course and life as a student.

The exciting day offered a valuable insight into studying at Cambridge and left many of us wanting to apply. It was an amazing experience for all involved and a massive thank you to Miss Dillon and the Physics department for organising and overseeing the trip!



Oxbridge Success!

Congratulations to Yemisi O (12MJO) and Kieran R (12MIM) who have both been selected to attend a prestigious Arts, Social Sciences and Humanities residential at Pembroke College, Cambridge. They were selected from over 600 Applications to secure two of the 35 places. We are delighted they have been chosen and wish them a very enjoyable and thought-provoking week in Cambridge.

Well done also to Tasfiah J (12MIM) who has secured a place on the prestigious Oxford UNIQ programme. She will attend a summer residential at Oxford University, working with academics from the History faculty.



This week, both Year 8 and Year 10 students had assemblies introducing them to Oxbridge and the benefits of study there. We hope this will plant the seed with our talented students to consider making an application in Sixth Form. We also look forward to taking over 30 students in Year 12 to the Cambridge Open Day next month.

Essex University Careers Day Trip

Year 10 had a wonderful Careers Day at the Colchester Campus of Essex University. The day was organised by Make Happen and consisted of a tour of the beautiful campus and lectures on Student Life and finance, science in society, and an inspiring law lecture where our students proved themselves to be astute potential barristers.

Bea and Anna M reported that they really enjoyed hearing from the Essex student ambassadors regarding the wide variety of clubs and societies that are available and thought they might like to try out some new sports activities. Ms Rymill found the law lecture particularly interesting as the lecturer from Make Happen outlined different avenues to enter the law rather than studying for a straight law degree. Mr Andrews enjoyed remembering his time at Essex as an undergraduate as we had the campus walking tour.

A warm but very enjoyable and informative visit that inspired our students and opened their eyes to new possibilities.



Year 10 InnerDrive

On Thursday 22nd June, InnerDrive visited SHSG to carry out sessions on Performance Under Pressure, Mastery Mindset, and 'Studying with the Brain in Mind' with Year 10. The sessions were very useful in helping students identify what happens in the run up to stressful periods of their education. We will be reviewing the strategies and thinking about how to incorporate the advice as we move into Year 11.

"The visit from InnerDrive was a helpful tool for reviewing our mindset towards exams. We were given three sessions from the company where we learnt about successful habits, performing under pressure and different study tips. I think we will all benefit from the workshops and the different teachings, especially as we move into GCSE year in September." Maeve Dillon, Deputy Head Middle School Prefect.

Y10 Colour Run

Today, Year 10 were involved in a fun Colour Run. After a long hardworking year, the fun was very much appreciated by all. We were accompanied by our Sixth Form House Captains who got everyone in the mood.



The Post Mortem Live

On Friday 23rd June, 46 Year 12 Biology students took part in The Post Mortem Live - Anatomy Lab Workshop. The students had an amazing time and were able to have hands on experience of dissecting real organ specimens including a full cranial cavity, thorax and digestive system. The workshop brought the structures from the students' A-level course to life by allowing the students to apply the theory from their A-level course to the practical enquiry-based learning. The students did very well in the heat, given the nature of the workshop. Thank you to Mrs Clarkson-Hull, Mr James and Mr Moroney for supporting the students during the workshop.



Year 10 Message from Mrs Killi - Maternity Leave

Over the past three years, it has been a privilege to work with your children, and I have thoroughly enjoyed being a part of their educational journey. Witnessing the growth and development of each student in the cohort has been such a rewarding experience. I have been fortunate to witness their determination, resilience and enthusiasm first hand. The hard work they have invested and the progress they have made are a testament to their dedication. I have no doubt they will continue to excel as they progress into Year 11. I encourage them to continue to embrace new challenges, maintain a strong work ethic, and continue to strive for excellence in all areas of their lives.

In my absence, Mr Morgan will be stepping in as Head of Year 10 and will continue to be with the year group throughout Year 11. I would like to thank Mr Morgan in advance as he has just said goodbye to his Year 11s as their Head of Year a few weeks ago and is now about to take over another Year 11 group! I look forward to hearing all the exciting successes on my return.

Year 12 Work Experience

Our year 12 students will spend next week taking part in work experience, where they will have the opportunity to trial potential career pathways or work with specific employers to develop their skills, knowledge and confidence in a workplace. Students have worked incredibly hard, with the support of the Sixth Form Team, and in particular Miss Ludvikova to secure some exceptionally high-quality placements, ranging from financial institutes, local engineering firms, working with local MPs, GP surgeries, dental surgeries & hospitals, solicitor & law firms, architecture firms and education. We hope that our year 12 students have an enjoyable and fulfilling week and look forward to hearing about their experiences when they return.

Piano Forum, Wednesday 21st June

SHSG students across Years 7 to 10 performed a delightful and varied programme on the grand piano in the main hall, for what was the third instalment of Piano Forum - an informal lunchtime concert platform for SHSG pianists at all levels. This was attended by students and staff who expressive interpretations of piano miniatures from grade 1 to grade 8 (and beyond). From what we could see and hear, nerves barely came into play, with students remaining focussed and giving controlled and sensitive performances worthy of a concert hall platform. Well done to all performers and thank you to our audience for your support. If you didn't perform this time, you are most welcome to partake in future. The next Piano Forum will be in October - so there's plenty of time to practise your piece!

Big Band and BBQ, Tuesday 18th July and Summer Concert, Monday 10th July

Tickets are now on sale on ParentPay for two events: the Summer Concert on 10th July, from 7pm, and the Big Band and BBQ event on 18th July, starting at 5:30pm. Highlights for the summer concert include the SHSG Orchestra with Sixth Form soloist Gabriella performing a well-known and much-loved movement from the Mozart Horn Concerto No.4. The following week, the Big Band will perform an eclectic mix of Soul, Swing, Jazz-funk, and some iconic pop arrangements too - you can either book an individual or a family ticket, with or without food. Drinks and ice creams will be available to purchase. We look forward to seeing friends and families as we approach end of term celebrations. Thank you to our wonderful music students who are working hard in preparation for these events.

Borough Champions!

On Friday our Borough Athletics teams competed at the annual Borough Sports competition. Everyone performed exceptionally well in very high temperatures. We continued our long-standing run of winning all the available trophies - the titles included: Year 7 champions, Year 8 champions, Year 9 champions, Year 10 champions, track champions, field champions and consequently, overall champions!

There were also some records broken by Monica in Year 8 who threw 10.96m in shot put; Shiloh in Year 9 broke the 300m record with a time of 39.60 seconds; and the Year 9 relay team (Shiloh, Maya, Matilda and Ella) who ran an impressive time of 50.8 seconds.

PE updates!

Congratulations to the following students who have been selected to represent the Southend Borough Athletics team at the Essex County Schools Championships on Wednesday 28th June: Orla B, Alice M, Sienna M, Jessica T, Jemima H, Lily F. We wish you the best of luck next week!

We are also delighted that three of our students have been selected to represent Essex Schools at the ESAA Track and Field National Championships Final at the start of July in Birmingham on 29th June - Saturday 1st July. Essex is a highly competitive area for athletics, so it is a huge achievement to achieve selection for this. Congratulations to Monica, Emily A and Shiloh and we wish them lots of luck for the competition. This event will be lived streamed, and the link will be posted the PE Instagram page for anyone wanting to support from home!



Please note that access to the PE changing rooms will be available from Tuesday 27th June, so please revert to wearing normal school uniform to school from then.

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



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Year 5 Open Evening

Thursday 6th July between 5.00pm and 8.00pm

In preparation for choosing their secondary school, we are pleased to invite Year 5 students and their families to attend our Open Evening.



The Headteacher's talks will be at **5.30pm, 6.30pm and 7.30pm** ~ no appointment is necessary but due to limited capacity entrance to the talks will be on **first come first served basis.**