



Southend High School for Girls

# Gazette

Summer 2023



## SCHOOLS OUT FOR SUMMER

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# Headteacher's Award



In the first term of this year, Year 9 students studied the play *Small Island*, a play that explores characters that arrive in Britain on the 'Windrush'. The play is a funny, touching and emotional look at the experience of the Jamaican immigrants who chose to make Britain their home after serving in the British Army in the Second World War. Following the unit, the students created costume designs for the characters, and there were some outstanding designs - both in terms of the quality of the work, and their understanding of the characters. Seven students received the Headteacher's Award for their excellent work. Well done to all!





# Jack Petchey Awards



On Tuesday 23rd May 2023, the Jack Petchey Achievement Award ceremony was hosted at The Palace Theatre. It was a lovely evening filled with music, applause, and performances including one from our own Head Girl, Carissa B! Over the past year, SHSG presented an Achievement Award every single month and these students were represented with gold medallions on stage by the Southend Mayor. A huge congratulations to those involved.





# *Leavers Celebrations*

## *Year 13 and Year 11 Celebrations*

Students and staff enjoyed final assemblies for Year 11 and Year 13 at the start of study leave as examinations started to begin! The students were a real credit to the school and SHSG traditions, with both year groups engaging with gusto in the blazer decorations, fancy dress and the singing of Jerusalem, accompanied by Mr Peugniez on the piano. Heads of Year, Mr Morgan and Mrs Neill led the farewells. On behalf of all the SHSG community, we wish Year 13s and Year 11s the very best and look forward seeing them on the results days.



### *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.



# Leavers Celebrations

## 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.





# Leavers Celebrations

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

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.

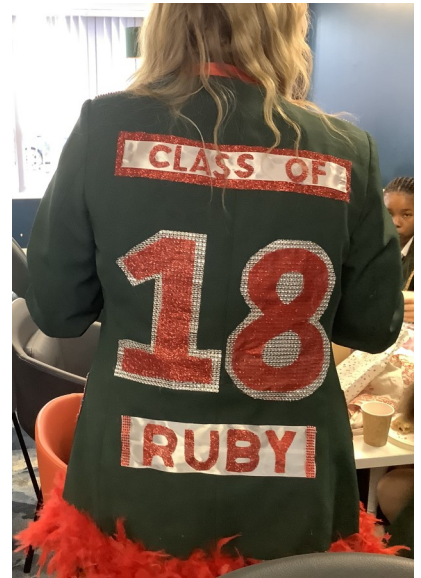
I have experienced similar feelings- the last two years have been a journey for us all and like all good trips, it has had its highs and its lows, its trials and its tribulations. My overarching and long-lasting memory, however, will be one of happiness at being able to work alongside a group of exceptional young people at such an important time of their lives.

We wish them all the very best of luck for the future.





# Leavers Celebrations







## *MFL Competition - Anthea Bell Prize for Young Translators*



During the spring term, students in Years 7-10 MFL lessons were given the opportunity to experience the process of creative translation through specially selected poems, fiction and non-fiction texts from the Translation Exchange, Queen's College, Oxford, in preparation for the competition launch. The competition is inspired by the life and work of the great translator Anthea Bell, who is famous for translating the French Asterix comics into English. Students learnt that literal translation is the process of taking words from one language and changing them to words in another language. This method cannot be used with all types of text, particularly with poems, jokes, slang and idioms as it is impossible to translate these directly without losing the meaning. Creative translation, however, factors this in and adjusts the texts so that the newly translated document keeps all the emotions, tone and feeling of the original. Well done to all the students who participated in the competition. Over 15,000 students took part across the UK and schools submitted the top 5 entries in each level. A team of 36 judges assessed the 3,500 entries and winners were recently announced. Huge congratulations to Emma M in Y10 whose translation won a commendation!





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 WaterSailing Club. All sailors who are in a homecountry 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!







## Young Lionesses

Our very own Arsenal WFC player and Year 12 student Michelle Agyemang was 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!



SHSG can now proudly say we have a Champions League player in our school for the first time. A massive

congratulations to Michelle Agyemang in Year 12 who made her first appearance in the Champions League against Wolfsburg on Monday night in front of a record crowd for a women's game at the Emirates. Unfortunately, Arsenal lost 2-3 on the night and 4-5 on aggregate. This is such an amazing achievement, especially for someone so young. We all could not be more proud of Michelle and we wish her all the best in her preparations for her upcoming UEFA u17 European Finals in Estonia. The group stages will be commencing from the 14<sup>th</sup> of May. The very best of luck to Michelle and her team mates, hopefully they can bring home the gold!



Our very own Michelle in Year 12 has signed her first pro contract with Arsenal WFC, please have a read:



[Agyemang can't wait to see what the future holds | Interview | News | Arsenal.com](#)





## Robotics Club Summer 2023

We've had a very busy summer term in Robotics Club.

Special congratulations to the students who have earned their Physics colours this term (Farbin H, Aliza I, Moyinlouwa A, Annabel C, Molly W, Emily H and Samriti B).



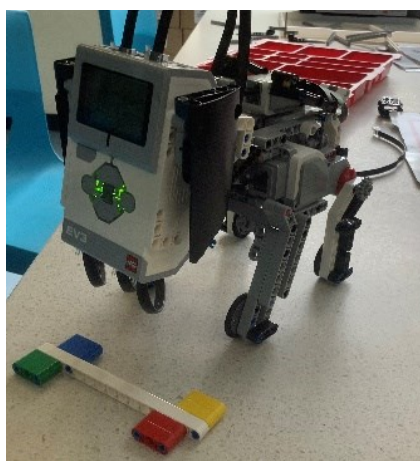
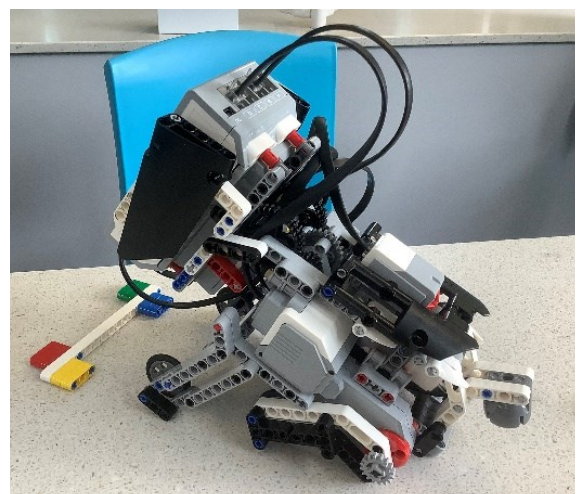
Our newbie Year 9 students are making huge progress picking up the principle of robotics and coding quickly by completing learning tutorials with enthusiasm.



Our more experienced Year 7 roboteers, led by Kayleighem Z and Amy H, have completed the ambitious Puppy Project: building and coding a robotic puppy with a touch sensor which uses motors to drive its leg motion and worm gears to increase output torque.



The Robot Puppy can stand, sit, and identify colours on its bone using the colour sensor underneath the puppy's chin!



Mrs Brown, Physics Department



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!




## F1 Schools' Regional Final



A group of Year 12 students attended the F1 in Schools Regional Final at RAF Benson. This international competition requires students to research, design and manufacture a model F1 car to race. They have to consider the aerodynamics, weight, aesthetics, sponsorship and branding of their designs. Our students have spent the last five months preparing for the regional finals and their vehicles have gone through multiple iterations as they made slight changes to the shape of the wings and body. It was great to see all three teams confidently presenting their work to professionals in engineering from the RAF and F1. Our fastest car came from Team Dynamo which flew down the 20-metre track in 1.45 seconds; but it was Team Silverstone who came away with the award for best portfolio. Many of these students are considering engineering in the future so this was a perfect opportunity for them to build relevant skills and gain practical experience. Congratulations to all the teams from SHSG. We look forward to taking a podium place next year and a spot at the National Final!





SHSG Green Dagger I would like to congratulate Alexa S. on winning this year's SHSG Green Dagger with her story "Eat Your Young". This is a crime writing award where students write the opening of a detective mystery story. I would also like to congratulate Mathi S. for being awarded the runner up place for her story "Blood in Green". We had many excellent entries, and it really was difficult to choose between them. Particularly notable were those from Sitara S. and Evie T. who both made it to the final but just missed out. We really do have a lot of very talented writers amongst our students this year. Well done to them all. Their work can be read on the creative writing blog [here](#).

## Year 10 Middle School Prefects

Congratulations to Year 10 students who were selected to be Middle School Prefects for the coming year. We were delighted that so many students applied this year (half the year group) and it was a tough decision to select the 36 prefects. The new prefects will represent the school at events, tours and open evenings, as well as take a lead with running discussion activities in the lower school registration programme. Furthermore, ten students were shortlisted for the role of Middle School Head Prefect. They presented on their vision for the role to an interview panel consisting of Mr Carey, Miss Killi and Ms Boyson. Everyone we interviewed deeply impressed us with their passion and commitment to the school. Congratulations to Francesca H who has been selected as Head Prefect, and Maeve D who will act as Deputy Head Prefect.



Head Prefect  
Francesca H



Deputy Head Prefect  
Maeve D

## Governors' Strategic Day

Students and staff joined our Governing Body for an afternoon planning the school priorities for 2023 – 2025. We looked at what it means to be a grammar school, what is special about SHSG, and the importance of an ambitious, academic curriculum and challenging learning experiences. Looking at the school through the lens of a student was both fascinating and important for governors and school leaders. We now have a set of ambitious targets and key performance indicators that we can share with you and provide updates over the next two years.





## Art and Design week

Art and Design week was a great success with lots of opportunities for students to build their creative skills. Highlights of the week included the Year 12 Ceramic Workshop, Bake Off, and

Year 8 Creative Sessions. Year 12 Art students experimented with the process of press moulding, sprig moulding and printing. This was led by our newly appointed Art technician, Mrs Back, who is an experienced Ceramic Artist. The students thoroughly enjoyed the day and developed their ceramic techniques to create work linked to their portfolio.

We would also like to thank every student who took part in the Bake Off. Mrs Francis and the rest of the judges were very impressed with the range and presentation of the bakes produced. These bakes were sold off in a bake sale and raised over £190 for the Food Department and the local food bank.

As part of the Art and Design week, Year 8 had an opportunity to further develop their creative skills in a two-hour lesson. These workshops covered a range of disciplines including calligraphy, cyanotypes, fashion design, ceramic art, sugar craft and electronics, and offered students an insight into the super curricular elements of the faculty.



Mrs Back was a Ceramicist in her own studio making and selling work through galleries and art and craft events, back in early 2000.

Here is some of the art work we used: Autumn & Winter by Giuseppe Arcimboldo. Each student was given a section to recreate in clay resulting in a ceramic mural. After the work has been bisque fired, the students will glaze their tiles to bring in some colour, fire it again and then we can put it altogether and mount it as a complete piece on the wall.





# *Blasian Showcase*

Students performed dances and spoken word from a variety of cultural backgrounds and there was also a fashion show to display the variety of clothes found across Africa and Asia. This was an amazing event really showing what a diverse school we are.

Thank you to the Year 12 organisers.





# Blasian Showcase





# Blue Stockings Performance





# *Trip to St Ives, Cornwall*



## *Art trip to St Ives, Cornwall*

The Year 10 art students had a fantastic residential trip to St Ives in Cornwall. We had lots of positive feedback from the Hostel and all the venues visited. Well done Year 10 art students! The trip included visits to Penlee House Museum, Tate St. Ives, and Barbara Hepworth studios. The students also thoroughly enjoyed the amazing Tremeneheere sculpture Gardens, making tea bowls at Leach Pottery and working in groups to make stunning sand sculptures on the beach. A huge thank you to the Art Department and to Mr Peugniez and Mrs Holbrook for attending the trip. We very much appreciated the staff for giving up their weekend to support the trip.





# *Trip to Berlin—June 2023*

## *History Department Berlin Trip*

On Wednesday 7<sup>th</sup> June the History department took 46 mostly enthusiastic Year 10 History students to Berlin for a 3 day visit to this wonderful city. Highlights of the trip included a visit to the Reichstag on the Wednesday, a visit to Sachsenhausen concentration camp, the Olympic stadium and the German Resistance Museum on Thursday and a walk along the remains of the Berlin Wall on Friday. Some of the more adventurous students also sampled some Bratwurst and Currywurst, although disappointingly many opted for the McDonalds option. The students were excellent and I would like to express my gratitude for the support of Mr O'Brien, Miss Acton, Ms. Ryan and Ms Heywood in helping making the trip an enjoyable experience, despite the early starts!







Year 9 DofE participants set off on their expedition in the 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.

## *Duke of Edinburgh Award*

A massive well done to all the students who have been taking part in the Duke of Edinburgh award this year at both bronze and silver levels. They have completed 2,379 hours of volunteering, a whopping social value of £11,442. That is 624 hours and £3,334 greater than last year.

Congratulations!

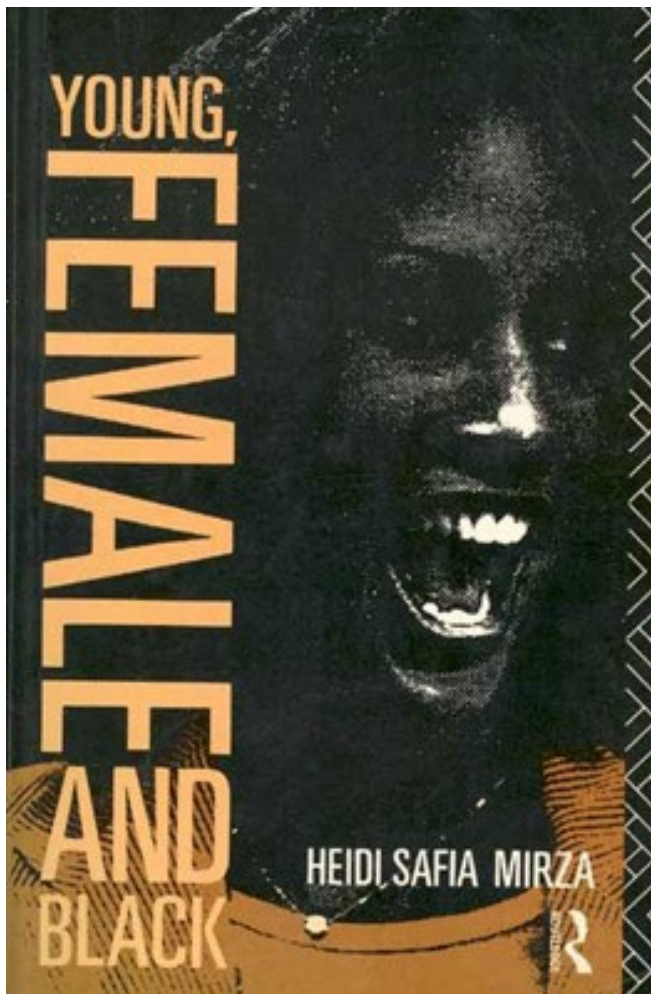


## Professor Heidi Mirza Speaks to Sociology A level students

On Friday 9<sup>th</sup> June, the Sociology Department invited Professor Heidi Mirza to speak to A level students via Teams. Professor Mirza leads on Race, Faith and Culture at Goldsmith University and is the Emeritus Professor of Equalities Studies in Education at the Institute of Education at UCL. She is a key theorist on the Sociology A level course. She is a leading Black Difference and Intersectional feminist.

Students were interested to hear about her route into academia and experiences as a black female academic. She was one of the first black female professors in the UK. She spoke about her seminal work 'Young, Female and Black' where she researched the experience of black girls in schools in the 1990s. Professor Mirza responded to questions from the students about whether the situation has improved in the last thirty years.

Hearing from Professor Mirza directly about her research was inspiring for the students, and they were able to relate her research to their own lived experiences.



Professor Heidi Mirza



## National Championships




We had a successful weekend in Birmingham at the Track and Field National Championships where three students were selected to represent the Essex Junior Girls team Shiloh O (year 9) - 1<sup>st</sup> in 300m with a new PB and is National Champion for the second year running! Emily Archer (year 8) - 2<sup>nd</sup> in the country in High Jump. Monica Malaga (year 8) - 11<sup>th</sup> in shot put.

It is a huge achievement to be selected for the Essex team as students have to go through a rigorous selection process due to their being only 70 spaces available across 6 age groups (Junior girls & boys - year 8 & 9 / Intermediate girls & boys - year 10 & 11 / Senior girls & boys - year 12 & 13). The only way to be guaranteed a spot in the team is by reaching national standard at a particular competition, which all three of our students achieved. It is also uncommon for year 8's to be selected as they are the youngest in their age group. Please congratulate these students if you see them!



## Borough Champions!



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 Department- SHSG Track and Field - Top state school in the country 2023!***

The ESAA Track and Field Cup is a school competition held in three rounds: Preliminary rounds held between teams in each county, the highest scoring teams progress to one of 8 Regional A finals and all other qualifiers progress to Regional B finals. The winning team from each Regional A Final then qualify to progress on to the Cup Final, along with the next 5 top scoring teams from across the Country. The Junior girls team (Years 7 & 8) is made up of 12 athletes and Intermediate Girls (Years 9 & 10) is made up of 14 athletes. Each athlete in the squad must compete in two events: one track and one field, one track event and relay, or one field event and relay.

In a strong county for Athletics, both SHSG Junior Girls and Intermediate Girls qualified for the National Final of the ESAA Track and Field Schools Cup. The Cup final was held on Saturday 8<sup>th</sup> July in Chelmsford, Essex.

Congratulations to both teams who performed well on the day, with the Junior Girls (JG) placing 6<sup>th</sup> and Intermediate Girls (IG) taking the silver spot on the podium behind Guilford Independent school.

Our athletes have trained hard throughout the year which was noticeable on the day of the final. A particular mention must go to Monica M, Shiloh O and Niamh S who were our highest point scorers on the day. Monica was the highest scorer for a JG single event scoring 37 points with a throw of 11.30m in shot put.

Niamh S was the highest JG point scorer for double events scoring 48 points overall: Javelin 22.16m scoring 22 points and 2.35.1 for 800m scoring 26 points. This was closely followed by Emily A who scored 47 points overall: 45.6s in 300m scoring 22 points and 1.53m in high jump scoring 25 points.

A particular mention must also go to Shiloh O who broke the longstanding competition record for 300m with a time of 40.0s and was the highest point scorer in the Intermediate Girls scoring 20 points long jump with a distance of 4.65m, totalling 52 points for her double events. Josie H followed scoring 17 points for Discus with a throw of 20.87m and running 800m in 2.36.5 to score a further 22 points.

Congratulations to everyone involved in athletics this year. We are so excited to see what SHSG teams can achieve in the future!







## Sports Day – Congratulations, Athene!

All year groups and staff enjoyed a superbly run Sports Day. Thank you to Mrs Buscombe and her team, along with the Sixth Form Captains for organising and delivering such a great week of events.

Wednesday was the main day, starting with Year 7 mini games run by Sixth Form captains, and then on to the track finals in the afternoon. Students wore their house colours, including face paints, and cheered their houses on as the competitors were led onto the track in Olympic ceremony style at the opening of the finals' events.

Well done to the staff relay team, including science teachers dressed in lab coats and goggles!



## Sports Day Overall Results

	Hera	Hermes	Athene	Artemis	Aurora	Aphrodite
YEAR 7	182	112	120	111	165	136
YEAR 8	156	89	114	128	67	122
YEAR 9	93	121	142	129	98	150
YEAR 10	138	177	161	104	81	129
YEAR 12	24	69	102	114	23	85
TOTAL	593	568	639	586	434	622
POSITION	3	5	1	4	6	2

## Baroque Concert

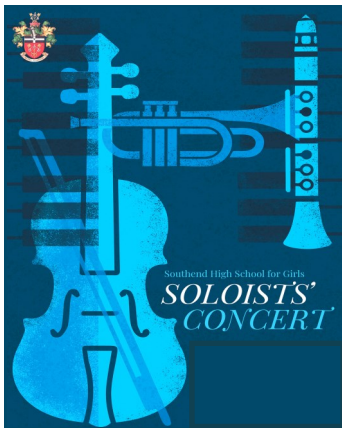


In April, we held our very first Baroque Concert, which showcased the harpsichord kindly gifted to SHSG by Roger Pennington. This instrument captured the attention of our singing teacher and Baroque specialist Mr Goodwin who envisaged a programme of Baroque arias, but it also inspired piano student Isobel W. who took lessons specifically on harpsichord - which requires a subtly different technique to the piano. Operatic works by Vivaldi and Gluck were complemented by the *Suite*

*Antique*, a relatively modern work by J. Rutter, featuring charming flute solos accompanied by harpsichord and strings - although rarely heard in this arrangement. Year 11 students, Isobel W. and Imogen C. played harpsichord and flute respectively, alongside Year 10 students Kiyera C. and Ayo K. and singers Chan H. and Angela D. A string ensemble led by Sarah O' C. accompanied these pieces and the students enjoyed the variety and challenge of the programme - many working with solo singers for the first time.



## Soloists' Concert



In March, the Year 10 and Year 12 exam groups in addition to volunteers from Year 8, Year 11 and 13, performed solo instrumental and vocal works in an evening recital, attended by parents, friends and staff.

For the students, this is a part of their course and is assessed for their end of year grade. Being in front of a close audience as a soloist for the first time particularly for some pianists and singers is usually a nerve wracking but important experience for students however, there were no signs of nerves and no mishaps.

The students performed very well indeed and gave a confident evening of varied music: including dark and melancholic piano works, musical theatre showstoppers, Jazz arrangements, Brazilian inspired saxophone music and some prog rock drum kit.



Well done to all the students for this special showcase.





## An Evening of Song



In early May, the Evening of Song concert returned as a celebration of our choirs and the continuity of a singing tradition that has always been part of SHSG. This year, Chamber Choir and Novem Consort were joined by the junior SHSG Choir, each having their own programme but also joining together for shared singing of popular arrangements. We heard Viva la Vida and Let the River Run as finales to the concert, and before this, many more atmospheric and delicate choral singing from the senior groups. Novem Consort performed a theatrically staged rendition of Make You Feel My Love, arranged by Miss Ryan and Chamber Choir performed their festival programme with a few special additions. One of the spotlights of this concert is on Year 13 leavers, who sang solos and duets, many of which have not sung solo in a formal context before – these were touching and spirited performances which were an apt farewell to these wonderful, dedicated musicians and their SHSG music days.



## Big Band and BBQ

The Music Department, supported by the Parents' Association and SHSG staff helpers, hosted the Big Band and BBQ. This was generously attended by a hungry audience of staff, families, and friends. It was lovely to see many young children enjoying the evening too. After the Saxophone Quartet performed their warm-up act, we heard Calypso B and Angela D sing jazz numbers accompanied by fellow A Level student Eve Mc on keys. Following this short set, the Big Band delivered an exciting set list, from 1930s swing (Artie Shaw's Carioca) to Funk, Soul (Papa's Got a Brand New Bag) and Acid Jazz (Virtual Insanity) finishing with modern arrangements for band such as Adele's Rolling the Deep and Billie Eilish's Bad Guy. The students enjoyed playing outdoors in a relaxed, summer-festival setting. We hope the band will attract new players for next year.

Thank you to all who attended and supported this event – a special thanks to the Finance Team for the drinks, the PA for the raffle and front of house and to Mrs Francis and Mr Andrews for the BBQ. Very well done to the excellent students who worked tirelessly to prepare and deliver such an accomplished and varied set. On behalf of the Music Department, have a lovely summer.



# House Maths Competition

On Thursday 13<sup>th</sup> the Year 12 maths captains ran a sports-themed maths competition where students from years 7-10 worked together to represent their house and earn some achievement points. Everyone worked really hard, especially year 7-8 who hadn't yet learnt all the topics covered. However in the end Hera house came out victorious, the only house to score 100%.

Well done everyone!





# 200 Club Winners-Parents Association



**Winners**

*Congratulations to our March winners*



*Congratulations to our Easter winners*



*Congratulations to our April winners*



*Congratulations to our May winners*



# 200 Club Winners-Parents Association



*Congratulations to our June winners*

*Congratulations to our July winners*



I would like to thank you for your support, this year the 200 Club has raised over £2000.

You can now purchase draw numbers for 2023 to 2024, on ParentPay or by bank transfer.



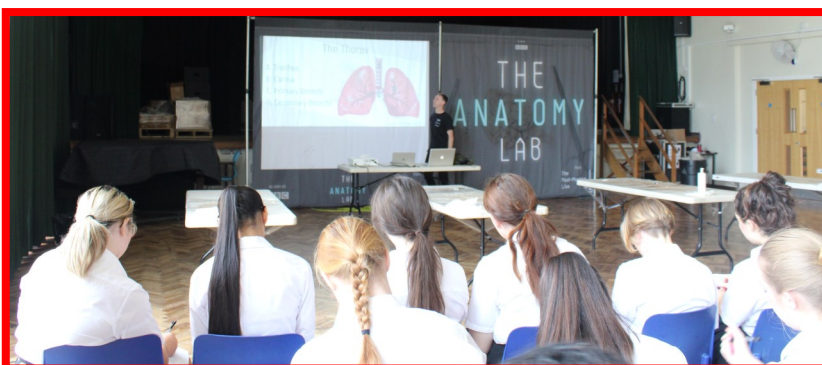


# The Post Mortem Live



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 Colour Run



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.



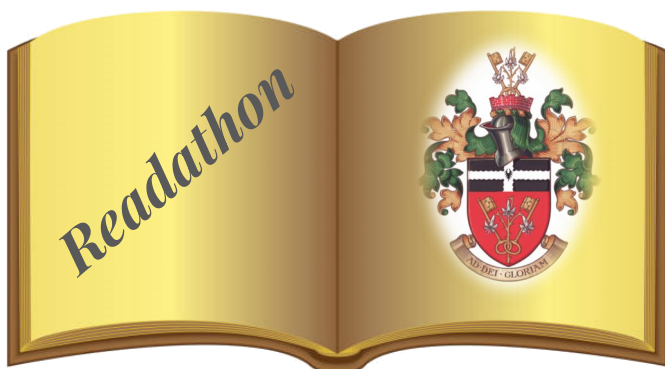


# Year 10 Colour Run





# Waterstones Trip "Read for Good" Readathon



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.





We have had a busy year expanding our careers offer at SHSG. Students have been following the Unifrog programme and have had half termly talks and workshops from a wide variety of speakers such as the BBC, Morgan Stanley, Jaguar Landrover, the magistrates service and the NHS.

Lunchtime workshops have been offered in law from a barrister, publishing, the BBC and business entrepreneurs.

Year 10 had a wonderful day where alumni and friends of the school kindly gave up their time to assess their CVs and job applications and give them a valuable interview experience. Year 10 and Year 12 both visited Essex University for the day and Year 12 students had a trip to Cambridge University. Year 12 also took part in work experience.

We would like to expand our careers offer next year and would like to invite parents and friends to support us with this.

Please join our revamped Linked in page here

[\(15\) Southend High School for Girls: My Company | LinkedIn](#)

(please note this is only suitable for parents and/or alumni, not current students).

We are looking for speakers to add to our half termly registration spots, these are online via Teams and for 20 minutes. If you feel you could offer more time we are always keen to offer longer lunchtime lectures.

We have two specific dates in the diary that we would also ask for your support with.

17<sup>th</sup> & 18<sup>th</sup> April 2024 Year 10 interview experience day- this consists of either or both days. Interviewing Year 10 students from scripted questions. The commitment would be to interview between 5-6 students.

In addition we would like to offer Year 8 students a Careers Carousel on the 28<sup>th</sup> June 2024. This would consist of volunteers giving a 'why I love my job' talk for 20 minutes, repeated 6 times so each form gets the same experience.

Please email Ms Casson at [vcasson@shsg.org](mailto:vcasson@shsg.org) if you would like to support us with any of these opportunities.



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 told us 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.

At lunchtime we were delighted to be greeted by ex SHSG student (1981–1988), [Dr Pamela Cox](#) who is now a professor at Essex University. Dr Cox is a social historian who has presented BBC history series, 'Shopgirls: The True Story of Life Behind the Counter' tracing the history of Britain's shopworkers and consumer cultures from 1860 to the present, and 'Servants: The True Story of Life Below Stairs', a history of domestic servants from the mid-nineteenth to the mid-twentieth centuries. Dr Cox is also the Labour parliamentary candidate for Colchester'. A warm but very enjoyable and informative visit that inspired our students and opened their eyes to new possibilities.



We were very proud to support Kate and Max at the final of the Media Magazine production awards which was held at the British Film Institute on the Southbank in London. Out of over 200 entries SHSG was the only senior school to have two students in the final. Kate and Max, their parents and talent were able to watch their music videos on the main screen at the BFI and heard praise and adjudication from top industry professionals. During mingling and nibbles to celebrate afterwards, Ms Casson was very excited to catch up with Jenny Graham her tutor from the Media Education Diploma she took 25 years ago at Birkbeck University. Kate and Max chatted to other finalists from around the country who had come from as far afield as Birkenhead and Derby and our biggest rivals Hurtwood House. They discussed their future plans with judges from the National Film and Television school, whose summer programme is open to applications now

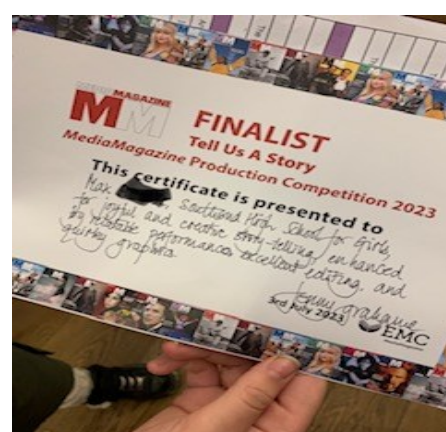
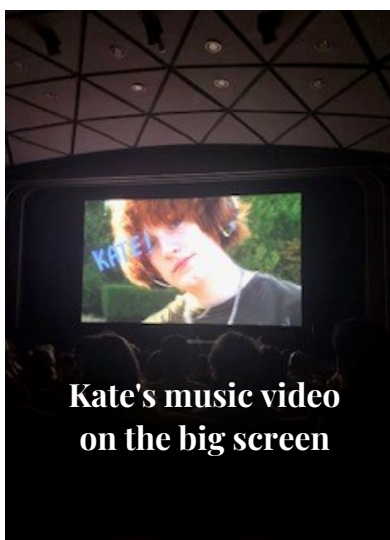
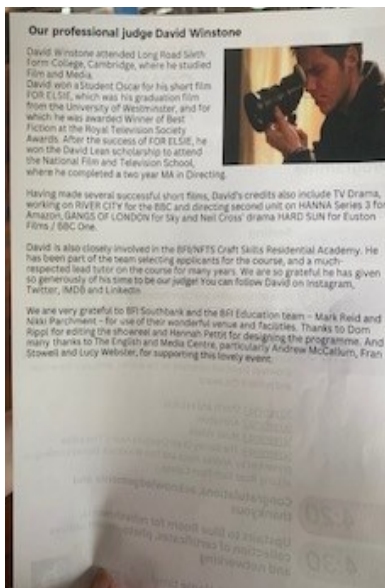
<https://nfts.co.uk/access-nfts-summer-sessions>

You can see the high quality of the finalists productions here  
<https://www.englishandmedia.co.uk/competitions/production-competition-2023-tell-us-a-story-the-shortlist/>

Current Media students take note, this is the standard we expect from you! In addition Year 12 student Hannah P had spent her work experience week at the English and Media Centre in Islington. She secured this exciting opportunity after submitting an article for the Media Magazine after attending their student conference- also held at the BFI earlier this year. Hannah so impressed the director with her high level of journalism that she was accepted as their first WE student. Part of her job role was to produce the programme for the competition. So a really successful and inspirational experience for our talented SHSG Media Students.

See Next Page

Competition programme created by Hannah P on Work experience.



Max, Ms Casson, Jenny Graham (English and Media Centre), Kate



# Awards Evening—Palace Theatre 2023

Students and their families joined staff and governors for a celebration of outstanding academic excellence, effort and commitment, and contribution to the SHSG community at our annual Awards Evening on Monday at the Palace Theatre. It was an evening full of energy and rapturous applause!

We were delighted to welcome Professor Jane Clarke as our guest speaker. Professor Clarke is President of Wolfson College, Cambridge University. She is Professor of Molecular Biophysics, a Wellcome Trust Senior Research Fellow in the Department of Chemistry at the University of Cambridge. Professor Clarke not only inspired us at the evening itself, but also spent time with Year 12 scientists earlier in the day in school. Thank you to Mr Boney, Mrs Leman, Miss Salih and Mrs Hopkins for organising the evening and ensuring that it ran so smoothly (plus all the other staff and prefects who are too many to mention). Miss Riebold is pictured here with award winner, Head Student, Carissa B.



Michelle A won the 2023 Headteacher's Award, reflecting the very best of SHSG and acting as a role model to our students. Below is the script I read at the evening showing why Michelle is such a worthy winner of this prestigious award:

Michelle is the perfect embodiment of the excellence that we strive for at Southend High School for Girls. Michelle has exemplified what can be achieved through hard work, determination and resilience combined with a huge amount of talent. Michelle is one of those rare students that has both academic and athletic ability where she competes at the highest levels of her sport, football. Michelle is not only an elite player for her age group of England u17s, but also is a first team member of Arsenal WFC. Michelle has made 5 appearances this season for AWFC: 3 in Super League, 1 FA Cup, 1 in Champions League, and scored on her debut in the FA Cup against Leeds WFC. Michelle made her first team debut at age of just 16. Michelle has also been competing with England's u17 team during the UEFA U17 Championships scoring 4 goals in the finals competition. Michelle has impressed Arsenal so much that they have given her a professional contract which she will take up when she turns 18. What an incredible achievement!

The thing that makes this even more impressive is that Michelle has had to balance the academic rigours of SHSG Sixth Form and elite level football for both Arsenal WFC and England u17s. Michelle misses roughly two days a week of school for training and playing purposes. Michelle has never let this become a barrier or an excuse regarding her academic progress. Michelle works incredibly hard on and off the field to excel where she manages her time so efficiently. Michelle always catches up on work she has missed, and is often the case, will read ahead in order to get a head start on the work. Michelle has not missed any submissions all year and places a huge importance on achieving outstanding grades. Michelle achieved three As in her PPEs and is being predicted at least 2 As and 1 A\* in her A Levels. Bear in mind, Michelle was away on England u17 duty in the qualifiers for the UEFA Championship before her PPEs and then jetted away to Estonia just after her PPEs for the finals competition.

What a pleasure it has been to witness the meteoric rise of such a humble and committed SHSG student who is destined for an amazing future, we are sure of it. We wish her all the very best for the upcoming season and the future in general, with many more highlights to come we are sure.

# Awards Evening—Palace Theatre 2023



Further photographs to follow in the future edition.



# House Cup Winners 2023!

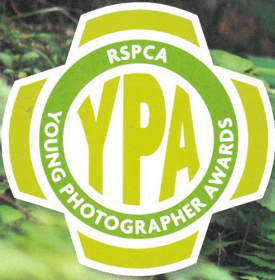


## *Congratulations to the House Cup Winners*

House Cup Winners, Hermes, enjoyed their day at Adventure Island. Miss Manning is extremely competitive as Senior Leader for Hermes, so watch out other houses as we are sure that the bar will be raised further next year!







# THE RSPCA YOUNG PHOTOGRAPHER AWARDS 2023

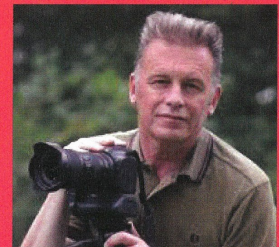


## WIN

- ▶ TROPHIES
- ▶ AMAZON VOUCHERS
- ▶ AN EPIC TRIP!

If you're 18 or under, an animal lover, and you can take great photos, this is the competition for you! Send us your animal images by **15 August 2023**.

Finalists are invited to our Tower of London awards ceremony with TV's Chris Packham.



## ENTER NOW!



FOR MORE INFO:  
[rspca.org.uk/ypa](https://rspca.org.uk/ypa)



Hope Skidmore - winner of 12-15 Mobile Phone and Devices category



## A NEWSPAPER TO CELEBRATE ALL THAT IS GOOD IN THE WORLD



@thehappynewspaper



www.thehappynewspaper.com

**Jump Back Up July 2023**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Take a small step to help overcome a problem or worry	2. Adopt a growth mindset. Change "I can't" into "I can't...yet!"	3. Be willing to ask for help when you need it	4. Find something to look forward to today.	5. Get the basics right: eat well, exercise and go to bed on time	6. Pause, breathe and feel your feet firmly on the ground	7. Shift your mood by doing something you really enjoy
8. Avoid saying "must" or "should" to yourself today	9. Put a problem in perspective by seeing the bigger picture	10. Reach out to someone you trust and share your feelings with them	11. Look for something positive in a difficult situation.	12. Write your worries down and save them for a specific 'worry time'	13. Challenge negative thoughts. Find an alternative interpretation	14. Get outside and move to help clear your head
15. Set yourself an achievable goal and take the first step	16. Find fun ways to distract yourself from unhelpful thoughts	17. Use one of your strengths to overcome a challenge today	18. Let go of the small stuff and focus on the things that matter	19. If you can't change it, change the way you think about it	20. When things go wrong, pause and be kind to yourself	21. Identify what helped you get through a tough time in your life
22. Find 3 things you feel hopeful about and write them down	23. Remember that all feelings and situations pass in time	24. Choose to see something good about what has gone wrong	25. Notice when you are feeling judgmental and be kind instead	26. Catch yourself over-reacting and take a deep breath	27. Write down 3 things you're grateful for (even if today was hard)	28. Think about what you can learn from a recent problem
29. Be a realistic optimist. Focus on what could go right	30. Reach out to a friend, family member or colleague for support	31. Remember we all struggle at times - it's part of being human				

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**



<https://www.nspcc.org.uk>

Contact trained helpline counsellors 24 hours a day by email or online reporting form:

[help@nspcc.org](mailto:help@nspcc.org)

Call:

**Mon-Fri 8am-10pm & 9am-6pm weekends**

**0808 800 5000**

## childline

ONLINE, ON THE PHONE, ANYTIME

[childline.org.uk](http://childline.org.uk) | 0800 1111

<https://www.childline.org.uk>

## YOUNGMINDS

fighting for young people's mental health

<https://www.youngminds.org.uk>

Young Minds Helpline for parents and young people.

If there are concerns about a young person's mental health during this difficult time, you can contact the **Young Minds Helplines**.

**Parents Helpline:** If you are a parent who needs advice about your child's mental health you can contact the Parents Helpline directly on:

**0808 802 between 9:30am-4pm**

**YoungMinds Crisis Messenger:**

If you are a young person experiencing a mental health crisis you can text:

**YM to 85258 for free 24/7 support**

The Young Minds website is here:

<https://www.youngminds.org.uk>



Here for you

Call: Mon-Fri 9.30am-5.30pm

**03444 775 774**

<https://www.anxietyuk.org.uk>



Beat is the UK's eating disorder charity supporting both individuals and families affected by eating disorders.

### Help for young people

The Beat Youthline is open to anyone **under 18**.

**Youthline: 0808 801 0711**

**Email:** [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)

### Help for adults

The Beat Adult Helpline is open to anyone **over 18**.

Parents, teachers or any concerned adults should call the adult helpline.

**Helpline: 0808 801 0677**

**Email:** [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

<https://www.beateatingdisorders.org.uk>



Kooth are an online counselling service which offers young people free, safe and anonymous online chat 24 hours a day.

<https://www.kooth.com>





Unicef have released strategies for teenagers mental health at this time.

How teenagers can protect their mental health during coronavirus (COVID-19) | UNICEF  
6 strategies for teens facing a new (temporary) normal:

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>



## **A Guide for Parents to Black Lives Matter**

published by the childcare platform, Yoopies. They state that “Racism and race is not a one-conversation topic, and our guide by no means contains all the answers, we simply hope to provide the foundations of good places to start and help empower families to work towards racial equality”. It is written with a British perspective, with contributions from both white and BAME writers.

<https://yopies.co.uk>



We provide advice and support to empower anyone experiencing a mental health problem.

**Infoline: 0300 123 3393**

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

**Text: 86463**

We're open 9am to 6pm,  
Monday to Friday (except for bank holidays).

<https://www.mind.org.uk>



Karma Nirvana is an award-winning National charity supporting victims of honour-based abuse and forced marriage. Honour crimes are not determined by age, faith, gender or sexuality, we support and work with all victims

**UK Helpline: 0800 5999 247**  
**Monday - Friday: 9am - 5pm**

<https://karmanirvana.org.uk>

## SAMARITANS

You can access confidential emotional support at any time from Samaritans. Whatever you're going through, a Samaritan will face it with you.

**Call: 116 123**

or **email:** [jo@samaritans.org](mailto:jo@samaritans.org)

Calls are free We're here 24 hours a day,  
365 days a year.

### **Mental Health Support Team Summer Workshop**

The NHS Mental Health Team are offering a number of online workshops aimed at providing emotional wellbeing support, advice and ideas for parents and young people over the summer holidays. To book your place please access the following link:

[Mental Health Support Team Summer Workshop Series | Eventbrite](#)



### **Contacting pastoral staff over the holidays**

Please be aware that the Pastoral Team will not be available in school or via email during the school summer holiday period. Should parents have a safeguarding or wellbeing concern please use the Safeguarding and Mental Health Sections of the school website. If you are concerned about the safety of a child you can contact the NSPCC Helpline by calling 0800 800 5000 or emailing [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk).

If you think a child is in immediate danger, please call the Police on 999 straight away.



Supporting those who have experienced violence and abuse – domestic violence, sexual violence, 'honour' based violence, forced marriage, FGM, human trafficking or modern slavery – we are here to support you.

Freephone 24-Hour National Domestic Abuse

**Helpline: 0808 2000 247**

visit [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)  
(access live chat Mon-Fri 3-10pm)

or visit:

<https://www.refuge.org.uk>



The Muslim Youth Helpline (MYH) is an award winning registered charity which provides pioneering faith and culturally sensitive services to Muslim youth in the UK.

Free & confidential support to young people in need.

**Call: 0808 808 2008**

Email & Live Chat: <http://myh.org.uk/helpline>

<https://www.myh.org.uk>

## SCHOOL NURSE

Just a reminder that the School Nursing Team are still supporting children and families during this time. The School Nursing team can be contacted on **01702 534843** by parents, young people and schools.

Schools can also continue to contact the team via the generic School Nursing email:

[Sccg.southendpublichealthnurses@nhs.net](mailto:Sccg.southendpublichealthnurses@nhs.net)

Young people living in Southend can also access **ChatHealth**, which is a secure and confidential **text messaging service** for young people aged between 11 – 19 years.

It allows young people living in Southend to easily and anonymously get in touch with a School Nurse for advice and support regarding mental health, sexual health, bullying, drugs, alcohol, self-harm, relationships and smoking as well as any other health issue. **TEXT: 07520 649895.**

Please continue to follow and share our twitter page with parents **@SouthendSN** for updates on useful health resources, sharing of health information and hints and tips to support children and young people's mental health.

We also work closely with our health visiting colleagues and are aware that lots of the children and young people we support also have an under 5 in the family.

Information on health visiting support for families can be found below:

[https://www.southend.gov.uk/info/200233/health\\_and\\_wellbeing/940/health\\_visitors](https://www.southend.gov.uk/info/200233/health_and_wellbeing/940/health_visitors)

<https://livewellsouthend.com/kb5/southendonsea/directory/service.page?id=ikJuOJwEmHY&familychannel=8>

Please continue to share these links and contact details with the families and young people at your schools.

Many Thanks

**Hannah Hayes –Senior School Nurse – Southend-on-Sea Borough Council**



Working to make  
lives better  
www.southend.gov.uk



IF YOU'RE **11-19** YEARS OLD **TEXT YOUR SCHOOL NURSE**

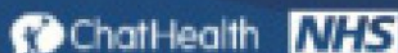
**07520 649895**

WE SUPPORT YOUNG PEOPLE WITH ALL KINDS OF THINGS LIKE...

**RELATIONSHIPS**  
**MENTAL BULLYING SELF HEALTH ALCOHOL HARM**  
**HEALTHY EATING**  
**DRUGS SMOKING**

Text us for *confidential* advice and support

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day, and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS pictures. We support messaging from UK mobile numbers only which does not include messages sent from landlines, international mobile numbers and some 'numbered' mobile apps. Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.



01702 534843 @SouthendSN  
sccg.southendpublichealthnurses@nhs.net

SPACE