



# 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, 13<sup>th</sup> October 2023

Dear Parents, Carers and Students,

Please find below information and updates from this week.

## Nuclear Races



Year 12 threw themselves into their special team building day on Wednesday. Students were grouped in their houses and headed off on the coach to the activities centre in Brentwood to tackle a range of challenges. One of the challenges was to complete a high ropes course, with 70 different aerial obstacles, and three zip ropes. The second activity was to explore a decommissioned nuclear bunker. This is the biggest and deepest cold war bunker open to the public in the southeast of England, and provided a fascinating insight into the preparations the country made for nuclear war. Finally, students completed the Wild Forest assault course, led by some extremely enthusiastic PTs. This saw our brave Year 12s throw themselves through the mud, complete challenges around the forest, and finally drop down the death slide into the lake, to wash all the mud off (accompanied by their Headteacher, pictured above!). We were so impressed by their teamwork, resilience, sense of silliness and general good spirits all day. It is continued evidence of what a great year group we have and we are really looking forward to seeing what they achieve on their two-year journey with us. Thank you to all the staff who made the trip possible and participated in the day as well.

Photographs from the day will shortly be uploaded to our website and social media channels.

Telephone: 01702 588852

Email: [office@shsg.org](mailto:office@shsg.org) Web: [www.shsg.org](http://www.shsg.org)

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*Southend High School for Girls is the trading name of Southend High School for Girls Academy Trust*





### ***Year 7 Disco***

The Year 7 disco took place on Friday 6th October 2023, and an excellent time was had by all! There were over 200 students in attendance, as 80 boys arrived from Southend High School for Boys. Students were adorned with glow stick bracelets, and filled up on drinks and treats from the tuck shop. There were some excellent dance moves on show, especially during the boys vs girls 'dance off', and even the teachers joined in! The students all looked resplendent in their party gear, and it was a joy to see them all dancing, singing along, and illuminated by the disco lights. The event raised over £1000 for the Parents Association who organised the evening, and this will all go to benefit the school and its students in some way. Overall, it was a highly successful evening!

### ***Year 11 A Level Taster Day***

Year 11s had the opportunity to sample five A Level lessons on Wednesday as part of process of supporting them towards their A Level journey. Some students chose subjects they already enjoy studying at GCSE, while others sampled the new subjects we offer, like Psychology, Sociology and Further Maths. Business Studies students analysed all the benefits and disadvantages of globalised marketing, whereas students in English Literature studied St Vincent Millay's sonnet, 'I being born a woman and distressed'. We hope it was a useful experience as you consider your subject choices for the next part of your educational journey.

In Art we looked at the attributes of Saints in religion and students thought about their own 'identity' and the things that they like and what makes them who they are. This drawing task was from memory and imagination 'draw what you think you look like' – no mirrors or mobiles- a 40-minute task. We certainly have some budding artists in Year 11!



### **Year 6 Post 11+ Talk and Tours**

Next week, candidates recently who sat the 11+ examinations will receive their scores. For those candidates that are successful and gained a score of 303 and above, we will be holding a post 11+ talk on Wednesday 18th October. Due to popularity and to ensure that we are able to accommodate all families, we have decided to run two talks for this event at 5.15pm and 6.30pm. This will include a presentation about the school's ethos, academic curriculum, and pastoral care systems. Parents will need to book for the Headteacher's talk – the appointment system will open on Monday 16<sup>th</sup> October at 10.00am and can be booked by following the information '[here](#)'.

### **Year 6 Post 11+ Tours**

Throughout the week from Tuesday 17th October – Friday 20th October, there will be daily tours (by appointment only) where parents of Year 6 students will have the chance to see the school in action. It is always a delight to take parents around the school, visiting classrooms and learning about life at SHSG. The booking system for tours also opens on Monday 16<sup>th</sup> October at 10.00am and can be booked '[here](#)'.

Please feel free to share this with family and friends of Year 6 students. We look forward to welcoming families and their children.

### **Whole School Photograph**



Tempest Photography are pleased to report that our whole school photograph is now available to view and order.

There will be a three-week free delivery to school option which will close on Thursday 2<sup>nd</sup> November. Alternatively, you can select direct delivery to an address of your choice (P&P applies). For assistance, please call Tempest directly on 01736 752411 – Select option 3 to place an order or, option 5 for customer services.

If placing an order for delivery to the school, students will be asked to collect on a specific date. Please be mindful that some frames are quite large and may be heavy for students to transport home - therefore delivery to a home address is preferable.

### **Black History Month**

Students have been celebrating Black History Month through assemblies and tutor time discussions. The theme this year is "Saluting our Sisters" which is a great theme for us as a school. The diversity captains have been taking assemblies on the theme and tutor time discussion activities have explored this further by also looking at issues raised and how we can celebrate black women.

### **Life of Pi trip**

Over 60 Year 8 and Year 9 students attended the Cliffs Pavillion to see the critically acclaimed play 'Life of Pi' which has been touring nationally following its time on the West End. This trip was attended by our Bronze Arts Award students who will now be writing a review of the play as part of their award. The students behaved impeccably throughout the evening and staff at the Cliffs Pavillion noted how polite and respectful our students were. The play was thoroughly enjoyed by both staff and students, and we look forward to hearing more. Look out for photos and an announcement for Bronze students to work on their Silver Awards after the half term break.

### **Cherry Blossom Tree**

During this week our site team noticed some issues with the Cherry Tree (roots) outside the Sixth Form block. We called a tree surgeon to come and inspect – unfortunately, the tree is dead. Due to its location this presents obvious safety risks. The tree surgeon stated that it needs to be cut down asap; therefore, we have arranged for this to take place this weekend.

This is obviously such sad news as we all love the Cherry Tree; it has been here for approximately 200 years! We would like to share the beautiful picture below of the tree in all its glory, which you may wish to keep. Whilst irreplaceable, we will be planting three new trees on site as soon as possible.



### **SHSG's 110th School Birthday**

As is tradition, the school community will celebrate SHSG's 110th birthday on Friday 20<sup>th</sup> October. For students, staff, governors and alumni to the school, this event is an opportunity to reflect on the history of the school, celebrate our successes, and take part in activities, including the famous Year 13 panto! Year 13 students write, direct and perform in the panto which has been a tradition for many years. Of course, we will be ensuring our three cheers can be heard in Kent! Should parents wish to donate to the school, you can do so via ParentPay. The schedule for the day is detailed below. The timings of the school day run as usual.

	<b>Lower School (Years 7-9)</b>	<b>Middle School (Years 10 – 11)</b>	<b>Sixth Form</b>
<b>Registration</b>	As usual		
<b>Period 1</b>	Assembly	Lesson	Lesson
<b>Period 2</b>	Lesson	Lesson	Assembly
<b>Break</b>	As usual		
<b>Period 3</b>	Panto	Assembly	Lesson
<b>Lunch</b>	As usual		
<b>Period 4</b>	Tutor activity	Panto	Tutor activity
<b>Period 5</b>	Tutor activity	Tutor activity	Panto

### ***Panathlon Foundation SEN Ten Bowling Competition***

On Thursday 12<sup>th</sup> October, 9 students on the SEND Register participated in a Tenpin Bowling competition for SEN children in KS3, KS4 and KS5. The event was held at Hollywood Bowl in Basildon run by the Panathlon Foundation and sponsored by the Jack Petchey Foundation. Over 20 teams attended from a variety of schools across Essex. Our two teams showed great teamwork, camaraderie and determination. The SEND department are very proud of all the students involved and are delighted to announce that SHSG were crowned as "Essex Secondary Tenpin Winners 2023/2024". Well done SHSG! The students are now in discussions about preparations for the next round.

The Panathlon Foundation is a National Charity that works with disabled young people. More information about the charity can be found at [www.panathlon.com](http://www.panathlon.com).



### ***World Mental Health Day***

On Tuesday, and to mark World Mental Health Day, students and staff proudly sported their brightest yellow socks. World Mental Health Day was the opportunity to remind ourselves of the 5 important steps to wellbeing: Connect, Take notice, Give, Keep learning and Be active.

Why is it important to give our support?

According to research, even the smallest acts of kindness, whether it's a smile, a thank you or a kind word can improve well being. Larger acts, such as taking part in a community event such as wearing yellow socks at SHSG, can improve wellbeing and help build new social bonds.

Reference:

Lee Rowland & Oliver Scott Curry (2019) A range of kindness activities boost happiness, The Journal of Social Psychology, 159:3, 340-343, DOI: [10.1080/00224545.2018.1469461](https://doi.org/10.1080/00224545.2018.1469461)

### ***Careers information***

Please see the link below for some useful careers information:

[Empowering Parents for Children's Success | Speakers for Schools](#)

### ***Useful information and opportunities***

I have included some flyers at the end of this letter that may be of interest to parents and students, including Westcliff Ladies Rugby recruitment events.

Have a lovely weekend.

Yours faithfully,

Handwritten signature of Jason Carey.

Jason Carey  
Headteacher



# WESTCLIFF LADIES RUGBY ARE RECRUITING!

CALLING ALL MINI & YOUTH  
MUMS, CARERS, AUNTS & SISTERS  
FANCY TRYING A NEW SPORT?



- NO EXPERIENCE NECESSARY
- GET FIT AND MAKE FRIENDS
- PART OF AN INCLUSIVE CLUB
- INSPIRE YOUR SON / DAUGHTER
- ALL AGES 17+ WELCOME



JOIN US FOR OUR  
INNER WARRIOR EVENT  
NON CONTACT  
INTRO TO RUGBY SESSION  
SUNDAY 15TH OCTOBER  
U17 - 10:30-11:30  
17+ ADULTS - 11:00-12:00

CONTACT US TODAY

[LADIESRUGBY@WESTCLIFFRFC.CO.UK](mailto:LADIESRUGBY@WESTCLIFFRFC.CO.UK)

 [Westcliff Ladies Rugby](#)  [westcliff\\_lionesses](#)

Westcliff RFC, The Gables, Cherry Orchard Way, SS4 1YG



## LET THE BELL'S RING OUT!🔔

Yes, it's that time of year to book in and get your creative Christmas spirit on and support local children's uniform charity Packed with Smiles!

<https://linktr.ee/packedwithsmiles>

Join us at the stunning new Diversity Studio and design and create your very own unique Christmas Wreath, delivered by the talented Christine Wyatt and team from Flourish & Bloom (ex create98). Book tickets now on their Flourish & Bloom website

<https://www.flourishlos.co.uk/>

- SCROLL DOWN TO DIVERSITY EVENTS

@flourishlos

Enjoy layering up your pre-made wreath ring, design and build is very much the focus! Choose from an array of fragranced goodies, including scented dried orange slices, cinnamon, star anise and more. You may choose to fill your wreath with berries and pines for a traditional look or go super modern and ordain with feathers and ribbons.

Gather your friends, book a table, and get in the festive mood with a glass of mulled wine and a mince pie, all whilst listening to the Christmassy tunes of acoustic duo Love won't be Long.

Date – Sunday 10th December 2023

Workshop 1 11.00 – 13.00

Workshop 2 14.30 – 16.30

Price - £55 per person or

Table of ten £500

Raffle - £5 per strip

Book here <https://www.flourishlos.co.uk/>

Event sponsored by Paul Robinson Solicitors and venue provided by Diversity Studio



An **INVESTIN** charity competition:

# RESILIENCE

*The Young Photographer Challenge*

In honour of World Mental Health Day on 10th October, we invite students aged 12-18 to enter our competition, The Young Photographer Challenge. Students should submit a photograph, along with a short caption, depicting how they show resilience. Creativity is highly encouraged!

The competition is free to enter and for each submission we shall make a donation to YoungMinds, the youth mental health charity.

**DEADLINE : 5PM, 17TH NOVEMBER 2023**

We all experience a great amount of physical and mental growth on a daily basis, as we are constantly faced with new situations and challenges. Being resilient gives us the ability to tackle these head-on and progress forward from any setbacks with confidence and a positive mindset!

**Need inspiration?** Think - how do you show resilience? If you are faced with a difficult situation, what do you do to tackle it?

- Allowing time for fun outside of school, by seeing friends, enjoying nature and relaxing, so we can keep a positive mental attitude in harder scenarios.
- Practicing mindfulness, so we can understand when we are stressed and learn how to act on it.
- Recognising when you have overcome a difficult challenge and how you have learnt from it and grown as a result.

**The winning photograph** will receive an in-person place on a one-day immersive experience of their choice! Our shortlisted entries will also be shared across our social media and featured on our blog.

**ENTER  
NOW**



[info@investin.org](mailto:info@investin.org)

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