



Southend High School for Girls

Gazette

November 2023



This year's birthday cake was designed by Naomi B and Anmol K in Year 7 and Charlotte L in Year 8. Key elements from all three designs were put together to create the cake. The cake shows the houses, books and learning, achievement point badges, the school tie, prefects, the school owl, the school crest, even me and the school therapy dogs, Florence and Reggie, make an appearance. I am sure you will agree this is a superb design!

The creative team was led by Mrs Roe and Mrs Francis with the assistance of the Year 11 food captains Dasola, Sophie, Jessica, Gabrielle and Nat. Thank you all for your hard work in making the designs become a reality!



www.shsg.org



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SHSG's 110th School Birthday



We celebrated the 110th school birthday on Friday 20th October and welcomed guests, including governors, past staff, the Parents' Association, the Old Girls' Association, and SHSG alumni. It was a fantastic day; I think that everyone will be exhausted from the range of activities. Events included form tutor activities, the Year 13 pantomime, and the school birthday assembly, attended by our VIP guests. This involved musical performances and the singing of Jerusalem, led superbly by Mrs Symes, accompanied by Mr Peugniez and Sarah O on the piano. In the

assembly, I spoke about SHSG's first headteacher, Miss Lewis, and the foundations that she and the students laid on 23rd October 1913. This included standing up to the local community's objections about schoolgirls not being able to live up to the expectations of the new motto *Ad Dei Gloriam!* I read an extract from several students who were there at the start in 1913 and have included these below:

Nina Banks. One of 90 new girls starting the school in 1913 shared her memories.



"The opening of the new school was delayed by a strike which, I believe, was among carpenters. Anyway, I think the new term began sometime in October, but, for a time, we had no desks, only trestle-tables. It was chaotic to start with, but we got organised as time went on. I don't know who chose the school motto "Ad Dei Gloriam" (To the glory of God) but some people raised objections. They said it was impossible to expect schoolgirls to live up to it and therefore unreal as a standard of behaviour. However, it stayed with us, and Miss Lewis rubbed it in to us continually that we were forming the traditions of a new school, and she expected a high standard. No-one left the cloakroom until properly dressed - coat, hat, gloves, everything had to be immaculate. Hair combed back and tied with a navy-blue ribbon; school uniform correct. No brooches, hair-slides or jewellery of any sort allowed, except, of course, for parties."

Other stories included the war years' air raids and occasional bombing, and hoeing turnips with Headmistress, Miss Lewis in Paglesham. Sixth formers were expected to continue with their homework throughout air raids!



In the assembly we also thanked Mr Alan Bacon for his many years of service as governor and Chair of Governors; Mr Bacon is now retiring from this role. We would like to congratulate Mrs Nicola Slaughter and wish her the best in her new role as the new Chair of Governors. Mrs Slaughter is an ex-student at SHSG and has been a parent governor for several years.

Performers in the assembly included:

Layla Z in Year 8 - Piano Sonata No. 8 in C minor, Movement 1, L.v. Beethoven

Scarlett C in Year 11 - *If I Ain't Got You*

Ewan S in Year 12 - Ballade No.1, F. Chopin

Sarah O piano 'Jerusalem' and 'Happy Birthday'



SHSG's 110th School Birthday



Whole School Photograph Taken ~ Thursday 21st September 2023



On Thursday 21st September, every student and member of staff engaged in our first whole school photo since 2018.

Luckily, the weather held out and we had sunshine!

The company organising the photo, Tempest, were impressed by how brilliantly, quickly, and efficiently the students arrived in height order and got the entire event done in one hour. It was a great deal of fun, including a Year 13 Mexican wave, and we look forward to adding to the long line of whole school photos in the corridor behind the Assembly Hall, continuing the school tradition. Thank you to our two models pictured above who were happy to pose as the tallest and smallest in the school and gained a resounding cheer from everyone.

Parents will have the opportunity to purchase the photograph from the photography company - please note that this is a different company to the photographs that were recently taken.



Tempest Photography are pleased to report that our whole school photograph is now available to view and order. Full information on how to order has been sent to parents via the Headteacher's letter.



World Challenge—Summer 2023

Late July, twenty students along with Mrs Brierley and Mr Smith embarked on a 23-day trip to Thailand and Cambodia. The trip included: a stay in vibrant Bangkok, with a visit to a temple and a boat trip down the city's canals; a jungle trek amongst the wildlife in Khao Yai National Park; snorkelling on the island resort of Koh Chang; a boat trip on the Tonle Sap lake, the largest in Asia, and even a trip to a prison Phnom Penh! The focus of the trip - the World Challenge Project - took place in a local school for underprivileged children in Pursat in Cambodia, where the group painted classrooms, helped to level a playground and taught English to children. The memories from this experience will stay with staff and students for many years to come.

We are proud to be able to offer trips like World Challenge to our students. Thank you to Mrs Brierley and Mr Smith for giving up a significant proportion of their summer break to make this wonderful experience happen.



Silver DofE assessed expedition to the New Forest

Sixty students travelled to the New Forest to complete their Silver assessed DofE expedition. The weather was extremely hot for walking with the heavy backpacks, the students were all very sensible and completed the expedition safely. They journeyed through the forest, across heathland and along streams navigating with a map and compass encountering the horses, donkeys and other animals that wander freely in the New Forest. A successful expedition, well done to all those who took part.

Thank you to Mr Smith, Mrs Ehlers, Mrs Smith, and Mr Peugniez for their help on the expedition. Also thank you to Mrs Brierley for always ensuring that the DofE expeditions run smoothly!



Spanish exchange to Valladolid ~ Monday 10th October

We successfully re-established our link with our Spanish partner school, Colegio Ave Maria in Valladolid. Twenty-seven Year 10 and two Year 9 Spanish students, accompanied by Miss Hulme, Mrs Vale and Mrs Bowman headed for the Spanish Capital and then Valladolid. The students met their exchange partners for the first time amid much excitement and headed home for their first taste of Spanish family life on Thursday evening. The students then visited the town of Tordesillas and the village of Urueña, before returning to their host families for the weekend where they spent time with their families visiting other nearby places of interest, sampling the local restaurants, shopping in Valladolid and of course, trying out their Spanish!



On Monday, the students were re-united with their teachers for a guided tour, led by Mrs Vale, to Salamanca and had the opportunity to taste churros and chocolate. Students headed home on Tuesday having said good-bye to their partners until their visit to England in January, before spending the day in Madrid, visiting the Royal Palace, the Plaza Mayor and doing some last-minute shopping for souvenirs before heading to the airport.

Berlin Trip



Mr Boney, Miss Hulme and Mrs Mylroie took 28 Year 10 students to Berlin enjoying: a walking tour of the city centre, visiting the Brandenburg gate; Sachsenhausen concentration camp; the Reichstag; the Museum of German Resistance; television Tower in Alexander Platz; a Cold War history of the Berlin Wall walking tour; and, to finish off, a tour of the East Side Gallery. A fantastic trip – and thank you to the staff involved.

Miss Hulme and Mrs Mylroie certainly deserved the cake (pictured below) after all those steps!



Year 10 & 13 Paris Trip

Mr Smith and a team of staff (Mrs Bowman, Mr Andrews, Mrs Smith and Mr Carey) took forty-seven students to Paris during half term. Mr Smith led the group through key Parisian landmarks on walking tours covering 14k on some days! The group enjoyed visiting sites such as Montmartre, the Sacré-Coeur, the Eiffel Tower, the Louvre, shopping and walking along the Avenue des Champs-Élysées between the Place de la Concorde and the Place Charles de Gaulle, including a stop at the Arc de Triomphe, enjoying the best view of Paris from the Montparnasse Tower, visiting Montparnasse Cemetery and the graves of Jean-Paul Sartre and Serge Gainsbourg, and finishing off with a Seine river boat cruise. We mustn't forget the emergency Macdonalds lunch as well for Le Big Mac!. And so much more! Thank you Mr Smith – and Tony the coach driver.



Nous nous sommes intégrés dans la culture française et la langue et nous avons utilisé nos connaissances de la langue pour communiquer avec les Parisiens. Nous n'avons pas seulement apprécié Paris en tant que touristes, mais ce voyage nous a permis de vivre comme des Parisiens pendant quelques jours ce qui était incroyable. Nous voudrions remercier tous les professeurs qui nous ont accompagnés et surtout M. Smith pour avoir organisé cette opportunité pour nous.



Year 10 & 13 Music Guys & Dolls Trip

The Music Department took GCSE and A Level groups to the Bridge Theatre in London to see the critically acclaimed revival of *Guys and Dolls*. This is an immersive theatre production in which the audience can move around and get up close to the action, as the story unravels around different stages which rise up within the central arena. Characters merged through the crowd and came to life in the story while set changes took place around you. The students and staff enjoyed the high jinks and modern take on the classic musical and dance numbers - with some buying trilby hats and getting squirted with water in the Havana scene. This is a deservedly celebrated piece of theatre and we recommend you go: for the comedy, for the romantic charm, and for the spectacular stagecraft.



Stratford-Upon-Avon Trip



Our Year 11's trip to Stratford-upon-Avon for a three-day *Macbeth* revision weekend. It was a fabulous weekend, enjoyed by students and staff alike. Students watched a performance of *Macbeth* at the RSC in Stratford on Friday night. Highlights included flying witches and bagpipe performances. Low lights included some unconvincing Scottish accents. On Saturday they visited Shakespeare's birthplace and explored the historic sights of Stratford. Students returned to workshops on the play led by our English teachers, including analysis of the RSC performance and culminating in a *Macbeth* film-making challenge where students created their own mini-*Macbeth* animations. On Sunday the group visited Anne Hathaway's cottage before returning home.



We were so impressed by how involved and engaged students were on the trip, how positive they were and how much they threw themselves into the workshops (and shopping); it was a reminder of what a privilege it is to teach such good-humoured and academically engaged students. Thank you also to the parents who wrote to thank the English staff involved after the trip; it is always greatly appreciated. We look forward to round 2 next weekend when we take the other half of the year group.

Rebecca Trip

Mr Andrews, Mrs Haywood, and Mr Carey took a group of Year 12 and Year 13, A-level students to the West End to see the musical performance of 'Rebecca'. 'Rebecca' is one of the set texts for A-level English Literature. It was a fantastic evening and everybody enjoyed the performance. One of the highlights was meeting the cast at the end and getting their 'Rebecca' books signed!



English Schools' East Region Diving Competition

SHSG students competed in the English Schools' East region diving competition. we are delighted to report the following results:

In the Junior Girls category,

1st place – Alice
4th place – Amelie
10th place – Kara
16th place – Poppy
17th place – Isobel



In the Intermediate girls' category:

2nd place – Francesca
5th place – Sadie
7th place – Emily A

Francesca and Alice now qualify for the National Schools' final in Manchester in December. Well done to all the students who competed and congratulations to the finalists.

Nuclear Races



Year 12 students threw themselves into their special team building day. 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.



Cherry Tree

During this term, 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 was dead. Due to its location this presented obvious safety risks. The tree surgeon stated that it needed to be cut down asap.

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. We will also be planting a new Cherry Tree, which has kindly been donated to the school by Alison Clewlow, an ex Headteacher of SHSG.



Rights Respecting School Bronze Award!



I am pleased to announce that we have achieved Unicef Rights Respecting School bronze level- Rights committed.

The Rights Respecting Schools Award puts children's rights at the heart of school life in the UK.

The UK Committee for UNICEF (UNICEF UK) works with schools in the UK to create safe and inspiring places to learn, where children are respected, their talents are nurtured and they are able to thrive. Our Rights Respecting Schools Award recognises that we embed these values in daily school life and give our students the best chance to lead happy, healthy lives and to be responsible, active citizens.

We are now working towards the silver level by embedding the ethos and language of respecting children's rights throughout the school.

Music Fayre

Mr Peugniez organised an instrument fayre to showcase a range of instruments on offer as a school. SHSG musicians from Year 7 to Sixth Form set up stalls and demonstrated their instruments, including giving introductory lessons and a chance to get a feel for the instruments. Kiyera C (pictured below) taught students how to get a sound of the French horn, which is easier said than done; she is grade 8 flute as well! Many other students gave lessons and introductions – not forgetting Mr Carey, Mr McGarvey, showing off their guitar chops! And Miss Manning who also looked liked she was having fun.



Musical Dates for your Diaries

Winter Concerts

Monday 4th and Tuesday 5th December 2023 ~ 7pm

Nine Lesson & Carol Service

Monday 18th December 2023 ~ 7pm

Soloists' Concert

Monday 4th March 2024 ~ 7pm

Evening of Song

Tuesday 7th May 2024

The Summer Concert

Wednesday 10th July 2024 ~ 7pm

The Big Band & BBQ

Tuesday 16th July 2024 ~ 5.30pm



Sports Awards Evening ~ Wednesday 27th September 2023

We were delighted to welcome 120 students from all year groups to celebrate their sporting achievements from 2022 - 2023. The PE department gave out numerous awards, including most improved, outstanding achievement and Sportswoman of the year. Former SHSG student, Eleanor B presented the trophies and awards and delivered an inspirational speech about the power of sport. Eleanor studied Politics, Philosophy and Economics at Oxford University and was a recording breaking athlete for Oxford. She has just begun what we are sure will be an equally successful career at Ernst & Young.

Thank you to the prefects and PE Captains that helped on the evening and to Freya B and Ayo K for their musical performances. And thank you to all the friends and families that came to celebrate and applaud our students on their continued success at every level of sport. SHSG is the top performing state school for sport in the country!



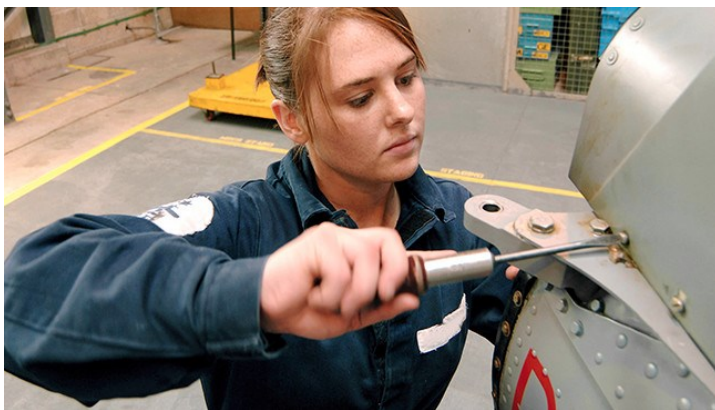
Careers Update

We were delighted to welcome Petty Officer Mike Barnes from the Royal Navy who spoke to students on Monday 9th October. Mike explained that there are six different areas of the navy, the surface fleet, fleet air arm, submarine service, Royal marines, auxiliary and reserve service. There are over 100 jobs and apprenticeships available across different departments such as engineering, aviation, logistics, medical, warfare and even the Royal Marines band service for musicians.

Mike and his team will be coming into school to offer a longer lunchtime workshop for interested students. He also suggested researching further via this link for more information about the wide variety of roles available in the Navy.



https://www.royalnavy.mod.uk/madeintheroyalnavy?gclid=EAlaIQobChMI5uDT94r6gQMVCpjCh1k6gQREAAAYASAAEgKlsvD_BwE&gclidsrc=aw.ds



LinkedIn for parents

Inviting parents and alumni to connect with our LinkedIn profile .

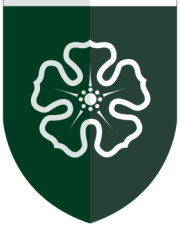
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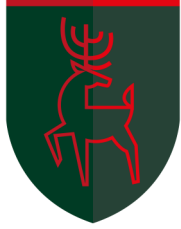
www.linkedin.com

House Events

APHRODITE



ARTEMIS



ATHENE



AURORA



HERA



HERMES

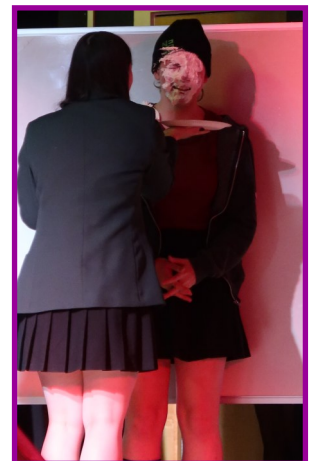


Excitement was in the air on 29th September we saw the first SHSG House events of the year.

The Sixth Form House Captains hosted two special 'House Freshers' lunchtime events, exclusively for Year 12 students. Thursday's show was a special version of gameshow Take me Out, whilst on Friday we enjoyed House Teams in head-to-head competition, battling to become House Family Fortunes Champion 2023.

These were very popular events, and it was wonderful to see so many Year 12 students taking part. The Autumn term events will be the last ones organised by our current House Team - this term students in Year 12 will have the opportunity to apply to become our new House Captains for 2023-2024.

Further details about the application process will be provided in the next few weeks.



House Events



200 Club Winners ~ Parents Association



Email shsg200club@yahoo.com for details.
Thank you for your support SHSG 200 Club



**Congratulations
To Our
October Winners**



**1st prize
£59.85**

R. Morris

**3rd prize
£23.94**

G. Griffith

**2nd prize
£35.91**

M. Rayment



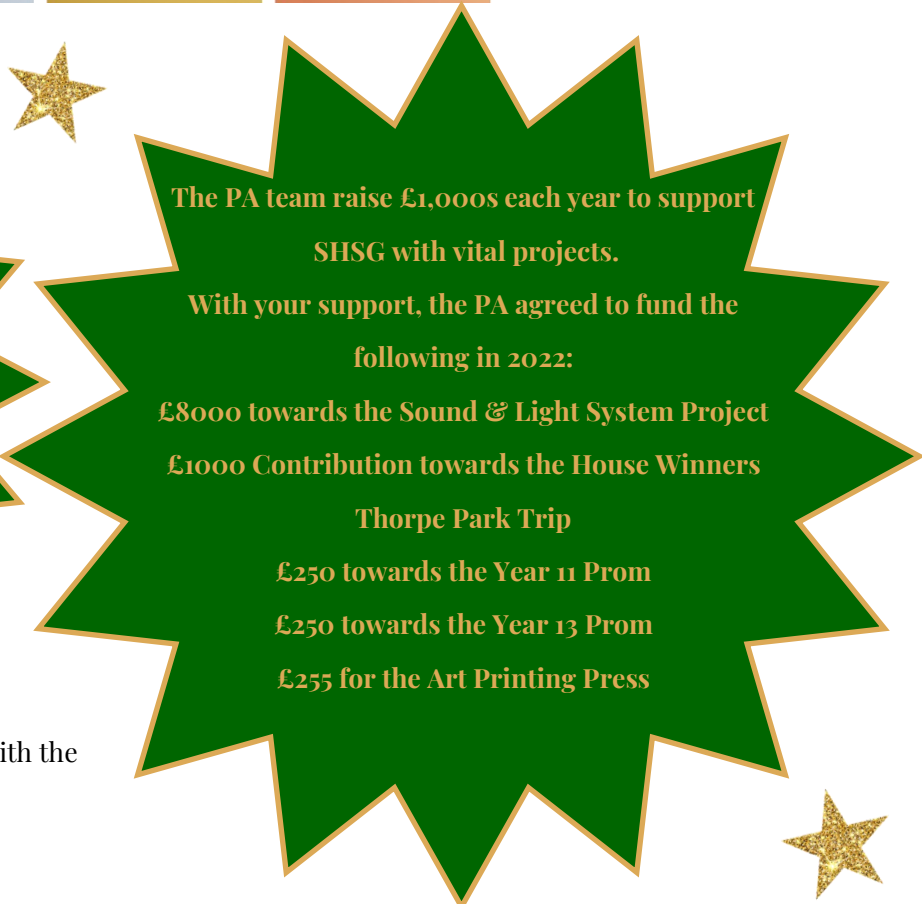
**Upcoming events
volunteers needed**

4th December - Winter Concert

5th December - Winter Concert

18th December - Carol Service

**A great way to network and make
new friends.**



**The PA team raise £1,000s each year to support
SHSG with vital projects.**

**With your support, the PA agreed to fund the
following in 2022:**

£8000 towards the Sound & Light System Project

£1000 Contribution towards the House Winners

Thorpe Park Trip

£250 towards the Year 11 Prom

£250 towards the Year 13 Prom

£255 for the Art Printing Press

The PA can only support SHSG at such events with the help of parents and friends.

Thank you from The PA Team.

SHSG Christmas Menu & Tickets Information



SHSG Christmas Lunch

Thursday 14th December 2023

Main

Traditional Roast Turkey

Pigs in Blankets, Stuffing, Cranberry Sauce

Or

Vegan Wellington

Flaky Pastry Filled with Sweet potato and mushroom, Flavoured With Rosemary

**TICKETS
£6.50**

Both Served With

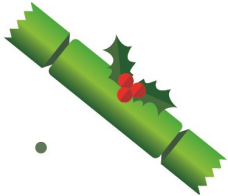
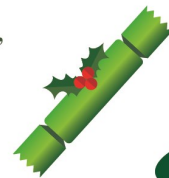
Roast Potatoes, Roast Parsnips,
Brussels & Carrots

To Finish

A choice of:

Christmas Pudding, Mince Pie,
Yule Log or Fruit Salad

Free drink of squash &
a Christmas Cracker!



PAYMENT

via Parent Pay

Tickets are limited so put
your request in quickly!

PLEASE NOTE

the Canteen will not be
providing any other food
on 14th December

Our Christmas Dinner will be served at 12.00pm.

It must be ordered and paid for in advance **NO LATER** than **Monday 4th December** – the cost is **£6.50**

TICKETS ARE LIMITED, SO PUT YOUR REQUEST IN QUICKLY!

Tickets will be issued by the **School Bank** on receipt of payment.

Our preferred method of payment is **Parent Pay**, and you will need to choose whether you would like a **Traditional** or a **Vegetarian** meal in the information box on Parent Pay before purchasing your ticket.

This is a separate option on ParentPay and cannot be debited from your dinner money account.

**PLEASE NOTE THE CANTEEN WILL NOT
BE PROVIDING ANY OTHER FOOD ON 14TH DECEMBER**

SHSG subscribes all our students to the excellent Unifrog platform to support our careers delivery. Students in years 8-13 have dedicated time in their registration time and Lifeskills lessons to engage with the content.

As an online platform we would encourage students to login and pursue the resources and interactions at home with the support of their parents/guardians.

Please see this link for some of the exciting opportunities coming up. [Events for UK students \(unifrog.org\)](https://unifrog.org)

unifrog

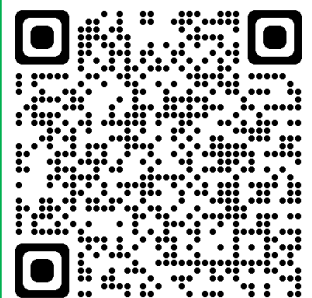
Unifrog Events 23/24: Students

- September**
 - University applications masterclasses 25 - 27 September** - expert application tips from some of the top universities on applying to competitive and specialist universities and applying for competitive courses.
- October**
 - UK Black History Month webinar 9 October** - opportunities for you to celebrate UK Black History, learn about micro and macro aggressions, and hear from creatives about what BHM means to them.
- November**
 - Day in the life of series 13 - 15 November** - opportunity to hear from some of the UK's biggest employers on what it's like to work in a range of industries.
 - Apprenticeship application masterclasses 27 - 29 November** - expert tips from some of the biggest employers on applying to apprenticeships and how to ace the interview process.
- December**
 - GCSE choices 11 December** - top tips when it comes to choosing your GCSEs and how to decide which subject is best for you.
 - Post-16 choices 12 December** - hear from the experts about the different pathways you can choose post-16, from A-levels, to T-levels, and BTECs.
- January**
 - US Black History Month webinar 31 January** - opportunity to celebrate US Black History, learn ways to become actively anti-racist, and resources to educate yourself further.
- February**
 - National Apprenticeships week 5 - 11 February**
 - Discovering practical subjects 5 - 6 February** - learn more about the different ways you can pursue your interests in vocational subjects, from hair and beauty, to sports and sports therapy.
 - Unifrog Apprenticeships fair 7 February** - virtual fair to speak to employer representatives and attend live sessions on application processes and what it's like to do apprenticeships in different industries.
- March**
 - National careers week 4 - 9 March**
 - Soft skills to succeed series 4 - 6 March** - learn key and transferable/soft skills from the experts to include in your applications. You'll learn how to use these skills in the workplace and what kind of jobs need these skills.
 - UK Unifrog University Fair 13 March** - opportunity to hear from different universities about the potential career pathways available after studying a specific subject.
- April**
 - Degree pathways 29 April - 2 May** - opportunities to hear from universities about the potential career pathways after studying a specific subject.
- May**
 - Day in the life of series 20 - 22 May** - opportunity to hear from some of the UK's biggest employers on what it's like to work in a range of industries.
- June**
 - University advice and guidance webinars 3 - 5 June** - webinars to support you with general advice about going to university, whether that's finance, accommodation, student life, culture, sustainability, wellbeing etc.
 - University taster lecture webinars 17 - 19 June** - taster lecture webinars on the most popular subjects.
 - Global HE 24 - 26 June** - universities from around the world come together to give you an insight into what it's like to study in their country and how it differs from other parts of the world.

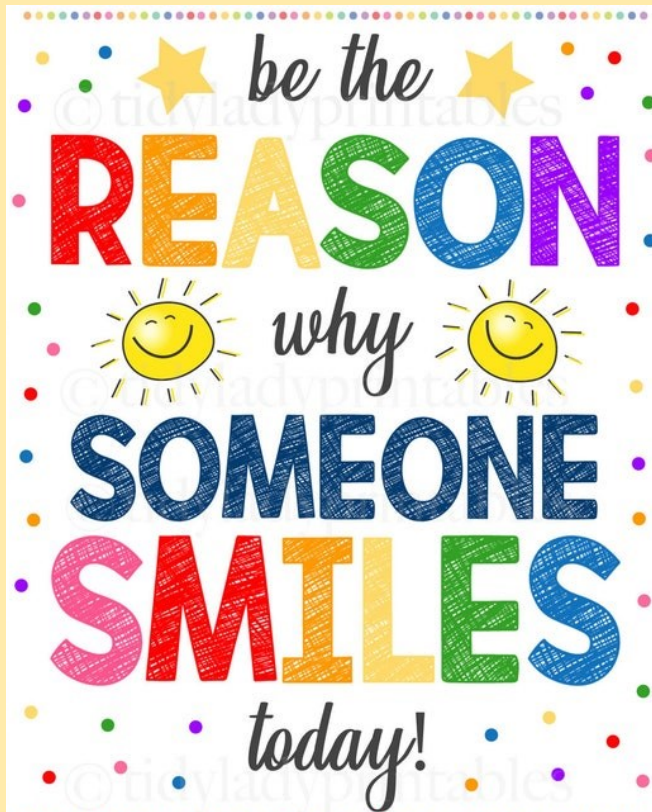


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Resources – Wellbeing Directory



A NEWSPAPER TO CELEBRATE ALL THAT IS GOOD IN THE WORLD



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Reward & Wellbeing Calendar 2023

3strategy
Reward, Recognise, Retain



JAN	FEB	MAR	APR	MAY	JUN
<p>3rd - Festival of Sleep Day</p> <p>17th - Big Energy Saving Week</p> <p>21st - National Hug Day</p> <p>24th - International Day of Education</p> <p>27th - National Fun at Work Day</p>	<p>LGBT+ History Month</p> <p>2nd - Time to Talk Day</p> <p>4th - World Cancer Day</p> <p>6th - National Apprenticeship Week</p> <p>17th - Random Acts of Kindness Day</p> <p>27th - Eating Disorders Awareness Week</p>	<p>8th - International Women's Day</p> <p>9th - National No Smoking Day</p> <p>13th - Nutrition and Hydration Week</p> <p>18th - Global Recycling Day</p> <p>20th - International Day of Happiness</p> <p>20th - Debt Awareness Week</p>	<p>Stress Awareness Month</p> <p>7th - Walk to Work Day</p> <p>7th - World Health Day</p> <p>18th - National Stop Snoring Week</p> <p>26th - Stop Food Waste Day</p> <p>28th - World Day for Safety and Health at Work</p>	<p>National Walking Month</p> <p>15th - Mental Health Awareness Week</p> <p>15th - National Vegetarian Week</p> <p>15th - Learning at Work Week</p> <p>28th - World Hunger Day</p>	<p>Pride Month</p> <p>1st - Volunteers Week</p> <p>5th - World Environment Day</p> <p>12th - Loneliness Awareness Week</p> <p>16th - National Clean Air Day</p> <p>23rd - Bring Your Dog to Work Day</p>

JUL	AUG	SEP	OCT	NOV	DEC
<p>Talk to Us Month (Samaritans)</p> <p>3rd - International Plastic Bag Free Day</p> <p>7th - World Chocolate Day</p> <p>15th - World Youth Skills Day</p> <p>30th - World Friendship Day</p>	<p>1st - World Breastfeeding Week</p> <p>4th - Cycle to Work Day</p> <p>8th - International Cat Day</p> <p>12th - International Youth Day</p> <p>19th - World Humanitarian Day</p>	<p>4th - International Payroll Week</p> <p>5th - International Day of Charity</p> <p>11th - Pension Awareness Week</p> <p>18th - International Equal Pay Day</p> <p>18th - International Week of Happiness at Work</p>	<p>Black History Month</p> <p>Go Sober for October</p> <p>2nd - Public Health Workforce Week</p> <p>2nd - National Work Life Week</p> <p>7th - World Smile Day</p> <p>10th - World Mental Health Day</p> <p>30th - International Stress Awareness Week</p>	<p>9th - Talk Money Week</p> <p>11th - Alcohol Awareness Week</p> <p>13th - World Kindness Day</p> <p>19th - International Men's Day</p> <p>20th - International Leadership Week</p>	<p>4th - National Grief Awareness Week</p> <p>5th - International Volunteer Day</p> <p>8th - Christmas Jumper Day</p> <p>12th - National Workplace Day of Remembrance</p> <p>20th - International Human Solidarity Day</p>



Resources - Wellbeing Directory

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



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

Call:

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

0808 800 5000

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

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

YOUNG MINDS

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

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

<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://yooopies.co.uk>



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

Infoline: 0300 123 3393

Email: 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

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

For women and children.
Against domestic violence.

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
(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

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://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

