



DECEMBER 2023

Southend High School for Girls

Gazette



www.shsg.org



01702 588852



office@shsg.org

Armistice Day

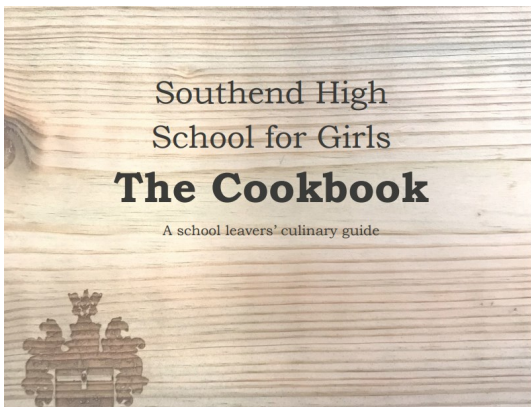


Friday 10th November students joined an assembly led by Mr Carey which included a reading of the poem *For the Fallen* (Laurence Binyon, 1914) by Carrissa B our Head Student. Mr Stillman played the last post, which was followed by a two-minute silence at 11am. You can view the assembly [‘here’](#).

Every year it has been a tradition that the Head Student places a wreath on behalf of SHSG at the Cliffs Cenotaph. This year, our Head Student, Carrissa will be attending.



SHSG Cookbook!



The Technology department would like to celebrate the culture, cuisine, and heritage of our SHSG students and staff in the form of a cookbook. If you have a dish (sweet or savoury) that is a family favourite, please complete the form on the link below.



[CLICK HERE TO COMPLETE FORM](#)

The final recipes will be curated and represent a variety of dishes. Please note that it may not be possible to include all submissions. Recipes will be in the form of an e-book and will hopefully be emailed to parents and carers at the end of the academic year.

To view the SHSG Cookbook for leavers that was published the last academic year, please click [‘here’](#).

SHSG Quills 2022-2023

We would like to announce the students who have been awarded the SHSG Quills for 2022-2023. The quills are awarded each year to our most promising and talented creative writers and this year's winners should all be very proud of their achievement. Mathi K, Alexa S, Nancy C and Yao-Yi S were all awarded their quills for the outstanding quality of the creative writing they have produced in their time at SHSG. Well done to them.





Sixth FORM Open Evening

On Wednesday 8th November we welcomed well over one thousand visitors to SHSG's Sixth Form Open Evening! We were delighted to be able to share our enthusiasm, passion, and ambition for SHSG. Miss Boyson, Mrs Neil, the student ambassadors (Daisy, Archie and Matthew) and I presented three times over to a hall at maximum capacity and standing room at the back each time. The feedback we have received about the open evening is excellent and, as always, visitors were full of praise for our students, who are the school's greatest ambassadors.

Well done and thank you to everyone involved.



Southend
High School
for Girls



External applications to Sixth Form are open until 31st January 2024. Please click here for more information

<https://www.shsg.org/enrolling-in-sixth-form/#applytojoinoursixthform>



Borough Cross Country

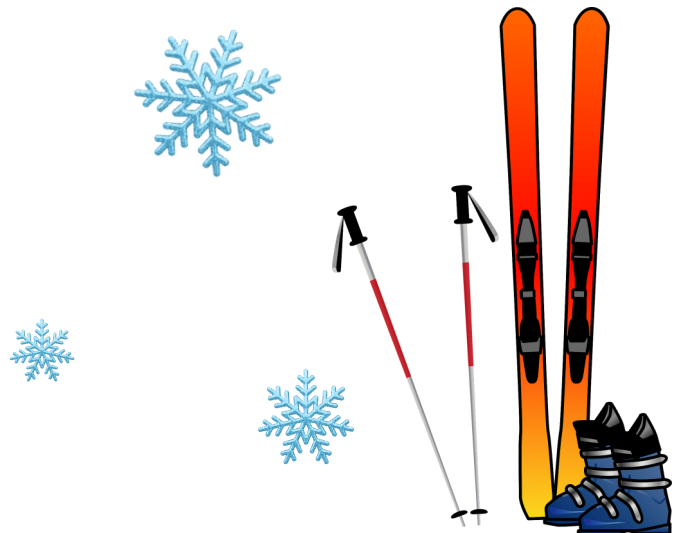
On Wednesday 8th November SHSG competed at Borough Cross Country. There were some outstanding performances throughout the afternoon. Year 7 and year 10/11 won their age groups and Year 8 and Year 9 were placed 2nd. Overall SHSG were named joint winners 2023.

Well done to all involved!

National Schools Outdoor Open Championships- South

The SHSG ski team competed in their first school race of the year. The team performed really well receiving the trophy for 1st place girls' category, well done!

If you are interested in joining the school ski team,
please email: hayleyblake@myyahoo.com.



SHSG PE ~ National Schools' Cross-Country Cup

Our Junior and Intermediate teams both competed in the National schools' cross country cup competition. Qualification for this prestigious event places teams in the top 27 in the country which is a huge achievement. On the day, SHSG students faced an incredibly challenging course in Woodbridge School in Suffolk, as well as very difficult weather conditions.

Temperatures did not get above freezing all day and there was snow and ice on the course.

The students demonstrated impressive levels of resilience and were outstanding.

The intermediate team finished a fantastic 17th in England - congratulations should go to: Chloe, Shiloh, Poppy, Grace, Annaliese, Niamh, and Ana. The junior girls finished an extremely impressive 7th place - congratulations should go to: Rose, Sadie, Kara, Mila, Orla, Anna, and Isabella. The students should be incredibly proud of their attitude and performance.





Cherry Tree - new roots

Riana T, Grace O (Year 7), and Bethan L and Carrissa B (Year 13) from the Head Student Team joined former-headteacher Alison Clewlow & Mr Carey in planting the new cherry tree. Quite a number to plant such a small tree, but we wanted to mark the significance of the occasion, replacing the previous cherry tree that was older than the school. Ms Clewlow wrote to me before half term to say that she would like to buy SHSG a new tree; thankfully, the day we chose to plant it was sunny with clear blue skies.

In the School Birthday assembly, I referred to the Greek proverb: "A society grows great when old men plant trees in whose shade they shall never sit." There is certainly resonance here as we imagine students and staff enjoying this sapling in its full glory and bloom in many years to come, long after we have all left SHSG!



Thank you to Mr Littlemore, Mr Kirk and Mr Sanders from the site team for all their help.



Planting of the New Cherry Tree ~ Friday 17th November 2023



School Birthday Card Winners

S
H
S
G

As part of our School Birthday celebrations, tutor groups make birthday cards to present to the school. Congratulations to this year's winning designs which were created by 7 Athene, 8 Hera, 9 Athene, 10 Hera and 11 Artemis! From left to right Lily B and Rose J from 7 Athene, Yadavi S and Hannah M from 8 Hera, Grace A and Grace O from 9 Athene, Mabel S and Olivia W from 10 Hera, Nina Gabriele B and Janelle S from 11 Artemis representing their tutor groups, supported by the Head Student Team and House Captains.



Southend Festival of Performing Arts – SHSG 2023 Winners

The school choirs took part in the Southend Festival of Performing Arts – formerly the Southend Musical Festival – performing in back-to-back competitive classes. Adjudicator Gaynor Keeble praised the choirs for their atmospheric singing and intonation, with the Chamber Choir going up against St Bernard's Choir. SHSG won, achieved a Distinction, and they took home the Chas Waller Challenge Shield, with engraved winners going back to 1923! In addition, SHSG Choir returned to school with the jumbo Samuel Riley Cup and lots of smiles.

On Saturday evening, the Chamber Choir returned to the festival for the Premier Class for Choirs, in which they were awarded another Distinction. Notably, Layla Z. accompanied the choir at the piano with real poise and ensemble awareness. The new line up for Novem Consort went up against the feared Southend Vox Chamber choir, a dynamic ladies' choir which featured none other than Miss Cowper singing in the altos. In a repeat of last year, they proved too hard to beat – but there was only one point in it. Novem Consort were awarded 90 points which gave them the first Outstanding award of the singing category in the festival. They took home the Dulcian Madrigal Trophy as well as the Claire Singer glass bowl for the 'most moving performance'. Well done to all the students for these achievements and thank you to staff and parents who supported these visits.



Christmas Card Winners

This year's Christmas Card competition entries were extremely competitive! Therefore, we have decided to take three of the designs to print and send out to the wider community. Congratulations to Charlie, Gabriel and Ibadat in Year 12 for their stunning winning designs! All three designs are attached to the end of this letter, including smaller copies below.



Charlie Year 12



Gabriel Year 12



Ibby Year 12

School Birthday Card Winners

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House Charity Christmas Hamper Appeal



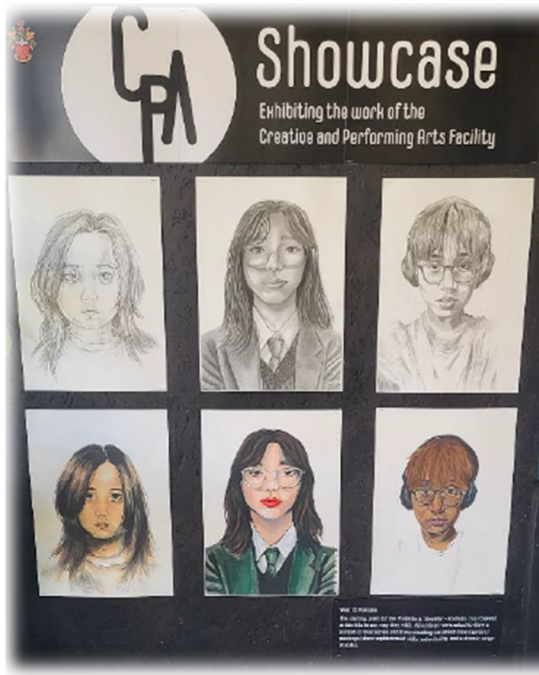
Throughout December, students in the Lower School have been busy donating items and decorating Christmas Hampers in aid of local charity Kids Inspire. Kids Inspire provides mental health and trauma recovery support for children, young people, and their families. Each year during the festive season the charity runs a hamper appeal, delivering food and other items to families in need in the local area. Tutor groups in Years 7,8 and 9 took part in a House competition, organised by Victoria A in Year 13 and the House Captains, with the aim to create the best hamper to be donated. Congratulations to winners 7 Hera and their Form Tutor Mrs Francis! On

Wednesday 6th December Mrs Leman, Mrs Brierley and students filled the minibus with a huge number of hampers and travelled to Great Baddow to drop off the hampers at the Kids Inspire Headquarters. Well done to all students who contributed to this appeal. It is wonderful to think that through the hard work and generosity of our students, SHSG donations will make a real difference to so many in the local community this Christmas.



CPA Showcase – Creative and Performing Arts

The CPA Showcase has started in reception. Each half term two mini exhibitions of work from the Creative and Performing Arts Faculty will be on display. We currently have a selection of portraits from Year 12 Art students which will be on display until the new year. The starting point for the Year 12 portfolio is the theme of 'Identity', which students can respond to in any way they wish. All of these students were asked to draw a portrait of themselves, and these resulting sustained drawings and paintings show sophisticated skills, individuality, and a diverse range of styles.



Young Filmmakers

Our Media Studies teacher encouraged us to enter the BFI Young Filmmakers course at the start of the year. We were lucky that two of us from SHSG were chosen to take part. For the past few months Safa and I have been taking travelling to London to take part in several masterclasses run by many industry professionals who specialise in various areas of film. For example, I was able to find out about writer's rooms and what it is like writing for large, big budget tv shows from Kara Smith, a writer on shows



such as Game of Thrones, and the best ways to get into the industry from Rob Savage, horror movie director. So far in the course I have completed a short, animated film and I have worked on a longer short film in which I took on the role of writer, actor, and editor. I have learnt so many useful skills so far, not only about what it takes to produce a film but also how to work as a team and the important life lessons needed to pursue a career in the film and tv industry. I can't wait to be able to have my very first short film shown in a cinema! I feel much more experienced and confident in going into a career in film, and there are further opportunities for me to potentially do further courses and work experience. Isobel K Year 12.





We were delighted to welcome Petty Officer Michael Barnes to SHSG on Monday 20th November. Michael gave one of our regular Monday morning registration talks online in October. We gave students the opportunity to sign up for a longer lunchtime talk and over 20 students expressed an interest in finding out more about careers in the Royal Navy.

Michael gave a fascinating talk where he went into more depth about the array of opportunities the Navy offers. We learned about the different levels of entry, it is possible to express an interest in Apprenticeships from the age of 15 years and 9 months for example. Michael explained that the biggest reason for candidates failing to be accepted is down to their fitness and directed students to check out the 'Get fit to apply' webpage that explains the different standards

required. <https://www.royalnavy.mod.uk/careers/joining-process/get-fit-to-join>

Michael explained that the Navy can help with funding for degrees in medicine and engineering but that it is very competitive and students would need to check the specifics of suitable engineering qualifications.

Our students impressed Michael with the high quality of their questions such as how the Navy supports with humanitarian efforts. Michael was kind enough to talk to some individuals at the end about their ambitions.

A well spent lunchtime and of course everyone loves a free pen! We hope that Michael will return to SHSG for more careers events in 2024.

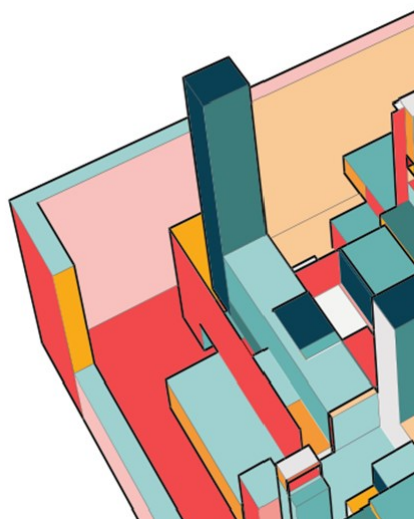
We would like to offer more of these lunchtime lectures in the future. If students have specific requests for career areas they would like to learn more about or if parents/guardians would like to offer their expertise to talk to our students we would be pleased to hear from you.

Please email vcasson@shsg.org.



This half term's online registration Careers talk came from 'Old Girl' Emily.

WHO AM I?

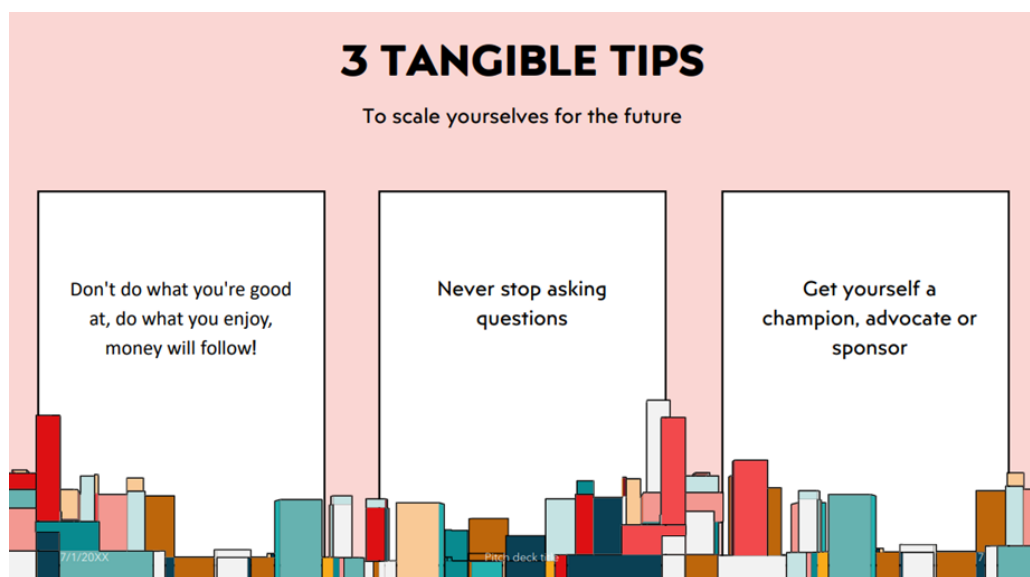


My name is Emily, I'm a 2007 SHSG graduate, who's now a Senior Product Manager with over a decade's worth of experience in the Media industry and previously reported into a board member at Global Media.

We fondly remember Emily as a student here for having the tenacity to secure herself work experience at Channel 4. Emily pursued journalist Jon Snow down to Southend East station after he had given a talk to students at SHSG! Emily's outgoing and gregarious personality has served her well in her career at Global, a major media company. Emily described her career journey to date as being more of a 'climbing frame' than a ladder, an evocative image in an industry where many jobs that our students will end up doing haven't been created yet. Emily had three tangible tips for SHSG students.

3 TANGIBLE TIPS

To scale yourselves for the future



- Don't do what you're good at, do what you enjoy, money will follow!
- Never stop asking questions
- Get yourself a champion, advocate or sponsor

Emily kindly offered to share her Linked in profile for students and provided an extensive motivational reading list.

Predictably Irrational (Dan A) - is about how the human brain is often irrational in its decision making and in predictable ways, he has a few books and they are all worth a read.

Atomic Habits - how to develop good habit by breaking them down in smaller commitments.

The Psychology of Money - insight into how money messes with people and 12 little stories to help explain.

Never Split the Difference - book on negotiation, people try to get to yes but getting to no is actually more helpful sometimes.

Surrounded by Idiots - book on personality types and why groups often conflict.

Utopia for Realist - a book about the fact that we often are not communicating with the real facts.

Quirkology - similar to predictability irrational but nice little insights.

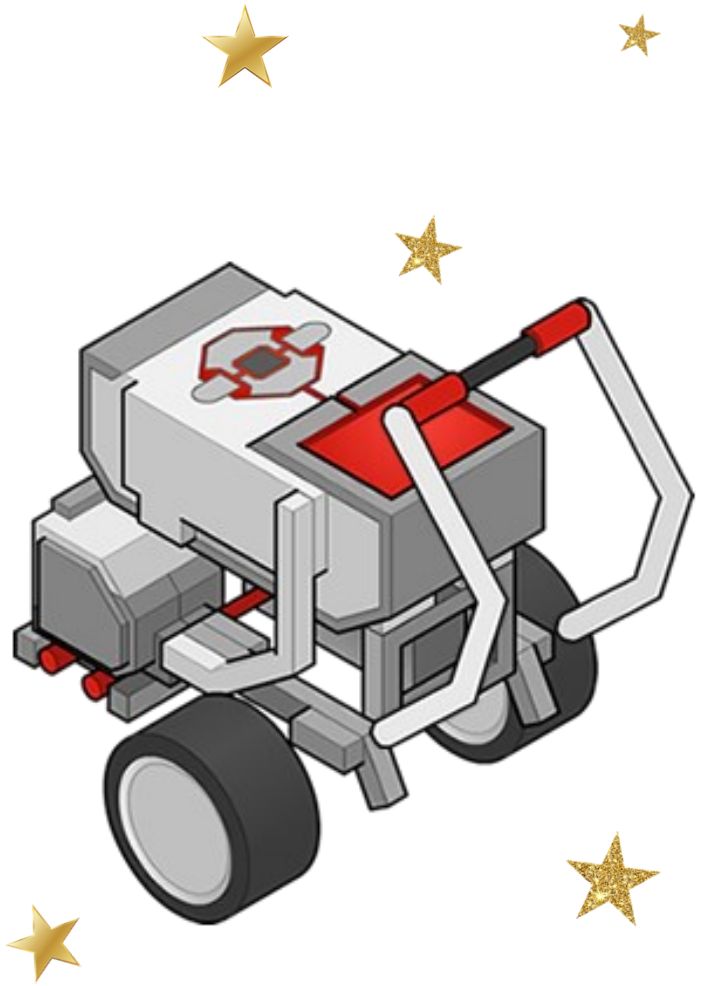
Robotics Club - Autumn Term

This term in robot club we have had the highest number of members ever join.

In total 23 participants from Year 7,8, 9 and 10 with 2 Sixth Form leaders.

This club has facilitated new friendships and skills such as coding.

Some highlights of the activities include programming a robot to sing a Christmas song, programming the robots to dance for open evening, as well as learning how to use the EV3 Classroom platform.



Connie H, 12DCA



Christmas Dinner

On Thursday 14th December over 500 students joined together to enjoy a wonderful Christmas Dinner. Students pulled crackers, wore Christmas hats and the brave ones risked a few Brussel sprouts! As ever, I am thankful to the canteen staff for the fantastic food and to my colleagues in SLT and our Head of Year team for serving all the dinners.



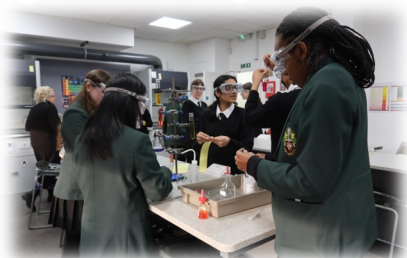
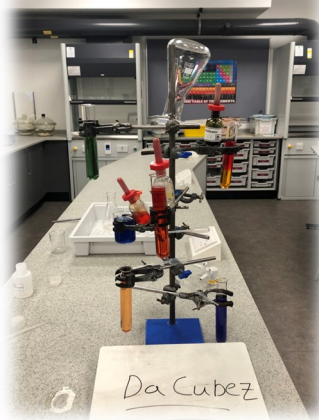
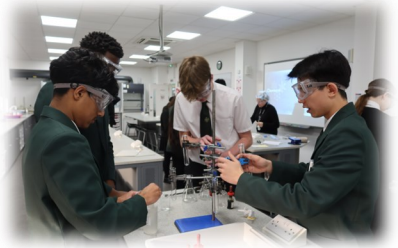
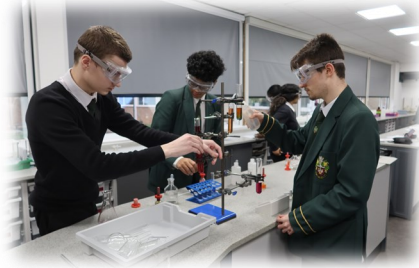
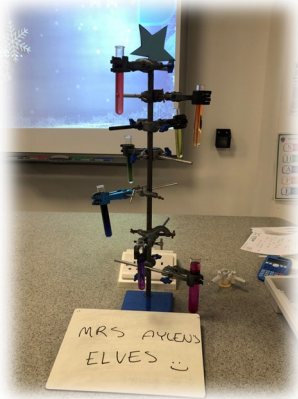
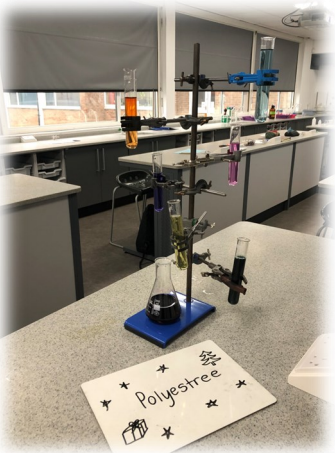
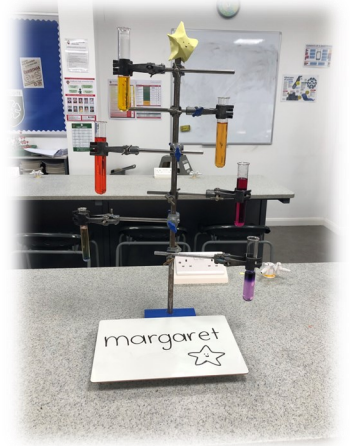
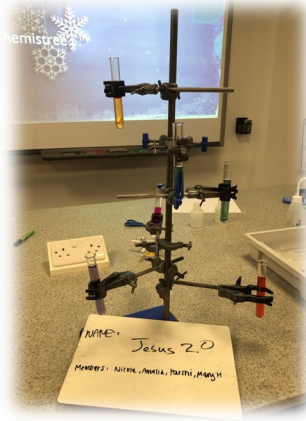
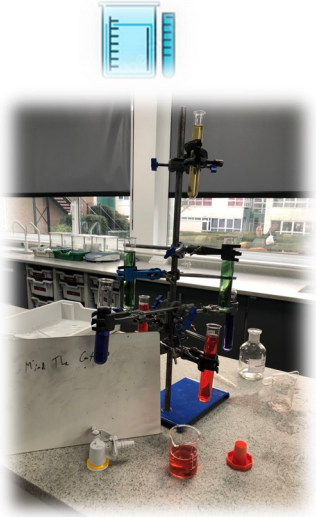
Christmas Dinner Day



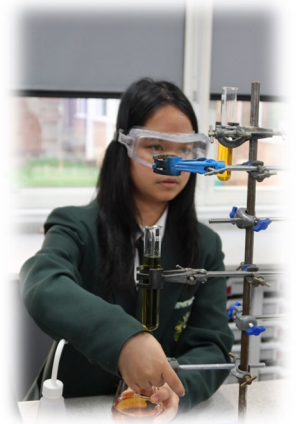
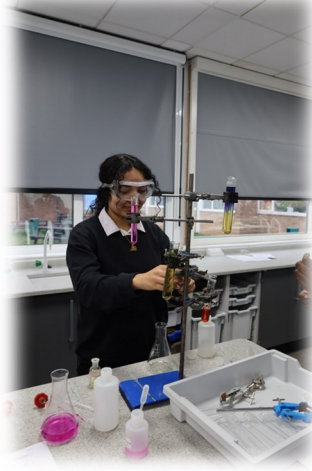
Christmas Fair



Chemistry Christmas Tree



Chemistry Christmas Tree



House Christmas Events – SHSG Christmas TV and LipSync Battle

House Captains hosted two very special and highly anticipated Christmas charity events – SHSG TV and the LipSync battle. Both events were a total sellout, with all proceeds from ticket sales going to local charities HARP and Little Havens. Highlights from the SHSG TV screening on Tuesday included: SHSG does Love Actually, House Christmas Bake Off, and a visit to SHSG from the Grinch! On Wednesday students were treated to a number of showstopping student and staff acts battling it out to be crowned LipSync champions 2023. The standard was extremely high this year, and the result will be announced at the end of term. Well done to everyone involved and a special thank you to our incredible House Captains for making the final charity events of the year such a huge success.



House Christmas Events – SHSG Christmas TV and LipSync Battle



House Christmas Events – SHSG Christmas TV and LipSync Battle



Winter Concerts

Music and Drama departments presented their annual winter concerts. Both nights were packed out and offered contrasting programmes and performances across the whole range of musical ensembles, choirs and rock bands. The Drama department presented Year 7 students' devised festive scenes, and the Dance club performed in Christmas pyjamas. Musical highlights included the SHSG Choir, Chamber Choir and Novem Consort singing their programme from the Southend Festival of Performing Arts. The Jazz ensemble performed 'Chestnuts Roasting on an Open Fire' alongside other jazz standards. Delta Rock Band performed the Smiths' *This Charming Man* and Wind Band played a medley of Aladdin numbers followed by an arrangement from the film *La La Land*. Across the two evenings, Year 7 forms sung their own unique Christmas songs, complete with humorous lyrics, classroom percussion and festive accessories. At the end of Tuesday's concert, Music Captain Angela handed over her role and invited the new music captains, Ewan and Julia, to the stage to receive their badges. We would like to thank Angela for all her contributions to SHSG Music this year. Well done to all the students who took part in these events and for their excellent performances and good spirits over the two nights.

Thank you also to parents and staff who supported this event.



Newham Geography Fieldtrip

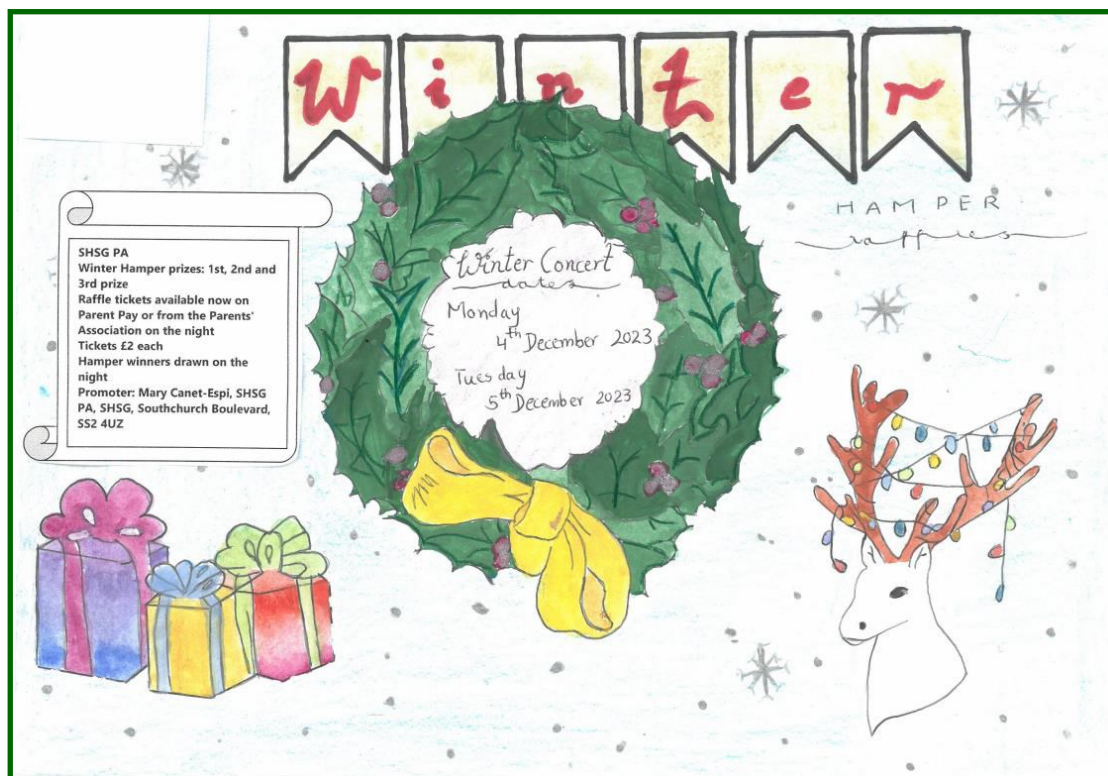


A dry bright Newham awaited Year 12. They explored three locations within the London Borough of Newham; Stratford, Canning Town and the Royal Docks. Using a systematic sampling strategy, the students experienced a variety of data collection techniques such as land use mapping, EQS and crime surveys. As the students were exploring the space and challenging their perceptions of it, they used a photo journey of cultural markers.

We will be using this work back in the classroom from next week. A big thank you to Ms Spilstead and Mrs Robinson for accompanying the Year 12s on the trip.



Parents' Association



Well done to Muyassar in Year 7 for designing the poster for the Parents' Association to promote the raffle tickets.

SHSG ~ Head Student Team

Head Student

Congratulations to Zahra-Marie C, 12ALS, who has been selected to be our new Head Student. She will commence the role in January 2024. Zahra-Marie shone in a very rigorous selection process, including a panel interview with representatives from Student Voice, an interview with the Headteacher and Director of Sixth Form, and representatives from the governors. Zahra-Marie also did a presentation in assembly to the lower school, where she talked about her experience of performing at the Globe Theatre. She will be supported by seven brilliant Deputy Head Students, all of which make a really strong team of Sixth Form Student Leadership for the next year.



Well done, Zahra-Marie!



Head Student Team

Congratulations to the new Head Student Team (pictured left to right above: Lulu, Ruby, Tracy, Zahra, Daisy, Chiara, Jack and Charlie) who will take up their posts in January after the Christmas Assembly handover. Well done to all students involved in the interview process and to the sixty new Senior prefects. We look forward to starting the appointment process for house captains and subject captains.



Year 12 Senior Prefects

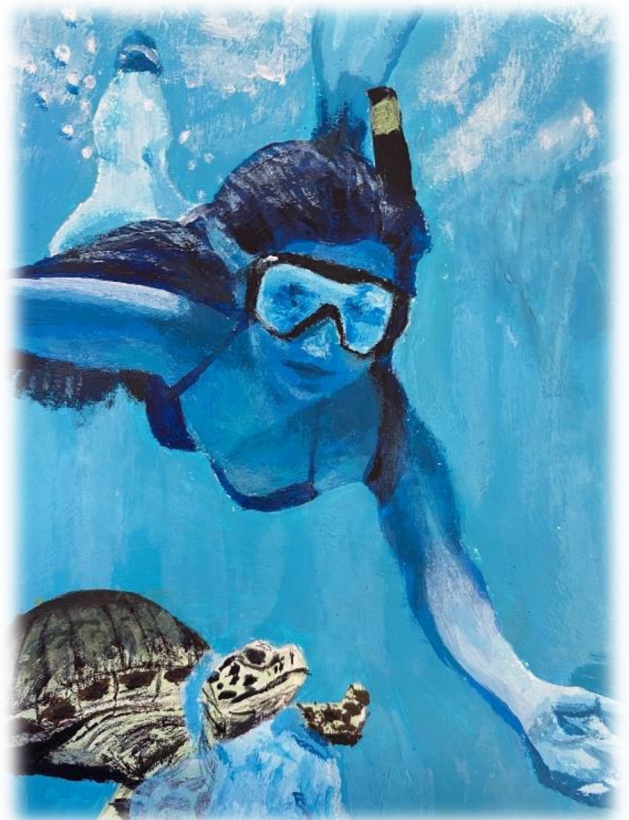
Congratulations to the sixty Year 12 students who were selected to be our new Senior Prefect team. Students wrote a letter of application which was presented in Tutor time, and reviewed by the Sixth Form team, and the existing Head Student Team. The quality of applications was extremely high this year so well done to all those selected; you will be excellent ambassadors for the school.

Focal Point Gallery – Year 12 entries

“Storm warning - what does climate change mean to coastal communities ?”

This was the brief from Focal Point gallery in Southend to which Year 12 responded with entries including these.

Successful students will have their work displayed both in Southend and in Newlyn Gallery Cornwall at the start of the new year.



Football round up for this term

Both the u13 and u15 teams have been on a winning streak.

In the borough league on the 5th December, the u13 girls team played Chase away and won 10-0! Lily Hodgson, Isla Mayne, Jessica Telford and Rose Holland in particular played very well and Jessica Dye kindly supported the team by going in goal. It was also good to see so many new players play an important role within the team!

Westcliff High School for Girls will be the next game in the league – one we are very keen to win!



In the Sister's in Sport Cup on 11th December, the u15s played away at Forest School. The game was very close. Forest had some quality midfielders and a number of shots from various angles.

Emily Sanders, our goalkeeper, produced some excellent saves and kept us in the game.

Our defenders were strong and as is often the case, Hana Woolcock popped up to score the only goal of the game – a 1-0 victory which takes us through into the next round. A special mention has to be given to Nova Wu and Tilly Hoar. Neither of them play much football, but they both had a very positive impact on the game – well done!

Congratulations to our November 2023 Winners

There is no limit to the amount of draw numbers you can purchase, draw numbers can now be purchased at £10 for the 10 remaining draws of the year.

Email for more info shsg200club@yahoo.com
Easy to join with ParentPay and online banking for friends and family.

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

Volunteers needed – could you spare a few hours once a year.

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

Thank you The PA Team



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[NSPCC | The UK children's charity](#)
[| NSPCC](#)

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

YOUNG MINDS
fighting for young people's mental health

Young Minds Helpline for parents and young people.

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

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:

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)



Call: Mon-Fri 9.30am-5.30pm

03444 775 774

[National charity helping people with Anxiety - Anxiety UK](#)

Beat
Eating disorders

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

[The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](#)



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

[Home - Kooth](#)



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.

[A Parent's Guide to Black Lives Matter \(yooxies.co.uk\)](https://yooxies.co.uk)



KARMA NIRVANA

Supporting victims of honour-based abuse and forced marriage

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

[Karma Nirvana](#)



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).

[Information for young people on mental health and wellbeing - Mind](#)



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.

[Contact Us | Samaritans](#)



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:

[Home - Refuge](#)



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: [Chat with us - Muslim Youth Helpline \(myh.org.uk\)](#)

[Home - Muslim Youth Helpline \(myh.org.uk\)](#)



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

[Childline | Childline](#)

Mental Health & Wellbeing at SHSG

In SHSG, we often talk about how to look after our health in lessons and in tutor time. We have recently explored the field of Positive Psychology and we found out that research has shown that being kind, generous with our time, spending time and money on experiences rather than material things are strong predictors of our future wellbeing.

However, we also acknowledge that life can get pretty tough sometimes.

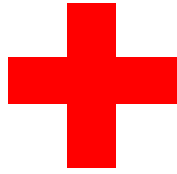
If you need support or information about how to cope with your emotions, you can visit the school website and look at

[Mental Health & Wellbeing - Southend High School for Girls \(shsg.org\).](#)

There, you will find some articles, videos and useful links. The school has also put together a Padlet for Lower and Middle school and one for Sixth Form for you to browse. Please find the links below:

[Lower and Middle school SHSG Mental Health Board \(padlet.com\)](#)

[SHSG Mental Health Board \(padlet.com\)](#)



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 [Southend School Nurses \(@SouthendSN\) / X \(twitter.com\)](#) 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:

[Health visitors and school nurses – Southend-on-Sea City Council](#)

[Health visiting 0-5 – Livewell Southend](#)

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

*Merry Christmas
And
Happy New Year
From
All the Staff At SHSG*

