



Southend High School for Girls

Gazette

March 2024



65 Year 10s, and a team of staff enjoyed a week skiing in Kitzbühel, Austria during half term. The trip was a great success, although Mr Morgan did tumble down the slopes and returned home with a dislocated collarbone! The trip began with a 26 hour coach drive from school to the hotel in Kitzbühel. However, everybody seemed to enjoy the coach journey with card games, playing mafia, and watching many downloaded films on iPads. Each day started with a hearty Austrian breakfast at 7:15AM, and then we were off on the slopes by 9AM. The Year 10s and teachers formed six skiing groups with instructors in each group guiding and supporting us until 3:30PM every day. All the groups made great progress and were soon bombing down blue and red runs. Group 6 were already tackling black runs on the first day! The students' grit and resilience on the slopes were particularly noteworthy. No matter what the weather, sunshine, snow, blizzard, nobody complained. And, no matter how many times they fell over or their skis came off, they always got back up and took on the challenge of the mountain. At the end of a day skiing, we enjoyed activities in the evening, including bowling, iceskating, karaoke, swimming, and some shopping trips to the beautiful town centre of Kitzbühel.

Thank you to all the staff who gave up their half term and also to all the Year 10s, who were an absolute credit to SHSG and were wonderful company during the trip.



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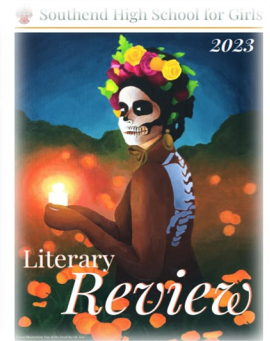


office@shsg.org

Year 10 Ski Trip



Students who contributed to the Literary Review last year were presented with their own printed copy. The *Literary Review* is an annual publication which showcases the best writing produced in English and features some fantastic artwork by our students. I would like to congratulate all the students and staff involved in its publication and invite you read it [‘here’](#).



2023 Geography Bauble Competition WINNERS!

After some competitive voting we had a close call on our winner for last year's sustainable Christmas bauble. There were lots of brilliant and creative decorations submitted. A huge well done to Madison B in Year 7 for winning with her entry of a snowman created from old socks, odd buttons and excellent sewing skills! Madison will receive a Geography badge and Geography colours for her fantastic entry! We also have two additional Key Stage winners who produced excellent decorations and came very close in the overall vote. Well done to Mia K in Year 10 for her entry of an origami tree made from an old map and Mia S in Year 12 for her entry of Holland the Hedgehog made from several recycled materials. In addition to our winners, I would also like to award Lolo R in Year 9 Geography colours for her excellent effort in submitting 6 very creative entries to this competition. If students would like to keep their decorations, please collect them from the Geography office. Thank you to Mrs Patel for organising this activity.

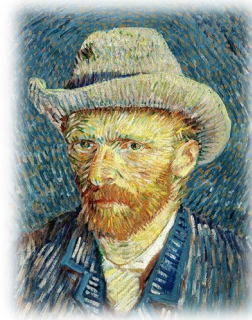


SHSG ~ Year 7 Art

Here are some of the students with their work.



Layla D, Wanda T, Poppy R, Esmee R,
Freya O, Violette L, Alicia M and Mikayla E.
Were all winners of an art badge in a recent
art competition to make their own version
of a Van Gogh painting



Van Gogh

Media Studies Conference

Year 12 Media students met actor and director, Simon Bird (*The Inbetweeners*, *Days of Bagnold Summer*, and *Friday Night Dinner*) at the Media Studies student conference at the BFI.

It was an excellent and inspirational event for our Media students.

Thank you to Simon Bird for the photographs!



Write up for BFI Trip

As a year 12 media student, I was excited to attend the Media Magazine conference with my school. Although I have visited the BFI previously, nothing is quite as awe striking as sitting in the auditorium, luckily in the second row for me, listening to living history of media explaining their experiences and opinions. I expected to gain a large amount of knowledge by attending but I was not expecting just how valuable this trip would be for both my studies and my own personal interest in the media, and especially not that I'd be able to ask questions and speak to the guests.

The perfect way to start the day was with Dr Nwonka who shared a presentation on 'Film, Media and Black Screen Identities'. Due to this being a typically under and misrepresented part of society, as Dr Nwonka made frequent references to in the lecture, I was very intrigued as to what I could learn from listening. He often drew upon our set theorist Stuart Hall to explain his views on this topic. For example, Hall's 'Relations of Representation' idea where identity must negotiate with cultural texts pairs with Dr Nwonka's experiences watching black individuals on television growing up and viewing it as a "novel experience". He also argued that a moral panic created by newspapers lead to a "narrative fiction" of black identity and crime often associated with this group in a "sensationalised" manner. This meant that events such as the Notting Hill Carnival were often met with "heavy policing of collective black identity", and the stereotype of the hooded, black youth became a "central antagonist" of riots. From this, the Urban film began as a trope with 'Storm damage' to legitimise moral panic. Although these negative representations of the black community are very important to spread awareness about, Dr Nwonka made a point to focus on the "masculine way" of approaching race that most modern texts take; he noticed that "questions of gender have often been denied" when considering race. An example of this can be seen through 'Top Boy' whereas 'Rye Lane' subverts this convention to instead focus on a softer romance.

The next event was my personal favourite of the day: a conversation with Armando Iannucci. The relaxed manner of this talk contained the perfect blend of knowledge and humour that also reflects the tone of his media texts. Iannucci is arguably most famous for his political satires 'The Day Today' and 'The Thick of It' both written for the BBC. In 'The Day Today', he wanted humour to arise from media techniques such as editing and music, rather than spoken jokes to make the show seem more realistic. This realistic tone carried on into 'The Thick of It' with actors being given relative freedom over their delivery of the script. Another technique I found very interesting in the production of this show was that the cameras were told to just "follow the actors around" in order to capture multiple angles to find the funniest take that would make it into the Final Cut of the episode. Iannucci revealed his golden rule of comedic acting to "always respond to what you hear" because an honest reaction could be funnier than anything prewritten in the script. Before I move onto his other works, I would like to share a quote that resonated with me from Iannucci. When speaking of the differences between political satire of 'The Thick of It' and the modern day, he said "a lot of politicians are their own comedians... and the comedians become journalists". Iannucci also described the importance of the editing process in media production as it is "really where you make the story". I have previously mentioned his writing for the BBC, and his respect for the institution was clear from his talk. He mentioned that he often has to "defend the BBC against government attacks" because a "response to a story is unpredictable" and this scared those in power. Now to the absolute highlight of my day, getting to personally ask Iannucci a question. I wanted to understand the process of creating humour from real life events, such as in 'The Death of Stalin', which he described as a tightrope walk between tragedy and comedy, electing to focus on the failure of those in charge rather than the suffering of the public.

After a short break, in which I secured an autograph and photo with Armando Iannucci, I settled back into my seat for a joint lecture on the 'Evolution of the Gaming Industry'. First up was Shahid Kamal Ahmad who explained the depth and speed of development in the gaming industry since he joined in 1982 when it was only seen as a "hobby". After blowing our minds with some crazy comparisons between the gaming industry and space exploration, Ahmad went into some of his own experiences working for Play Station. Next up was Sophie Artemigi who explained the highs and lows of being a solo game developer. She made the game 'Hook Up' which received mix reviews upon its publication to the App Store. Artemigi explained her top tips to 1. Delegate aspects in the development you're not confident in 2. Of these aspects push yourself on one of them for each subsequent project 3. Take notes from the reactions of the audience to different iterations of the game 4. Make use of social media for advertising.

A change of sector led us to Charlie Phillips' talk on 'Documentary Film'. The style of his presentation, playing the trailers of different documentaries then explaining the production behind them, was very enjoyable and helped me learn a lot. He explained the duties he held as a documentary producer, including managing the budget, helping the director, planning the release, and much more. Something that surprised me was the number of different types of documentaries there are and the distinct differences you can see between them. There are documentaries aiming to promote impact/justice/change, recount history/politics, for entertainment, acting as a form of art, or acting as visual essays. And each documentary will be either story, character or idea focused. Although unfortunately there was not time to ask Phillips questions, I gained a lot of knowledge about the production of documentaries from his lecture.

After lunch, I managed to retain my seat in the second row ready for Rowan Ellis' lecture on 'LGBTQ+ Representation in Advertising'. Like I said with Dr Nwonka, because this is a typically under and misrepresented section of society, and also an area of personal interest to me, I was very excited to listen. Ellis opened with a quote I feel every media student should know, "media is manipulation". And advertising is the manipulation of the audience to pay for the service being offered. Very early on, they made it clear how important LGBTQ+ representation is as it helps to combat prejudice and reflects the real world.

Write up for BFI Trip

After this, they went on to explain the effect of various adverts featuring LGBTQ+ themes on both the community and society as a whole. The 1990s IKEA advert promoted huge discourse with some going so far as to boycott the company purely because one advert in a wide campaign featured a gay couple. Twenty years later in the 2013 Kindle advert, the word 'husband' was used for the first time in an advert when referring to a gay couple. Although this may seem like a step forward, the advert falls flat when you realise this was only said to create a joke that a modern audience would not understand with our more accepting (but by all means not perfect) climate. Ellis went on to explain 'rainbow capitalism' and how many companies will half-heartedly advertise supporting the LGBTQ+ community simply because it is a "trend in the industry". However, there are some companies that appear to actually care about campaigning. Levis' pride campaign was not focused on their product, and they did a lot behind the scenes to ensure equal treatment and benefits for all their workers. Another good example would be Absolut Vodka who as well as having a long history of working with the LGBTQ+ community in their adverts, also have an 'Absolut Ally' tab on their website which offers advice on how to be an ally to the community.

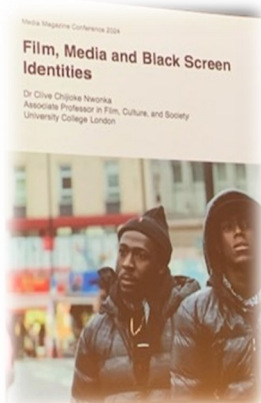
Perhaps the stars of the show, for my media teacher at least who was very excited to hear them speak, were our set theorists Livingstone and Lunt. They recounted their experience working in the regulatory industry. They explained that although regulatory bodies are usually associated with just issuing fines, they also research and consult experts (sometimes for free as in Livingstone's case). However, they should spend more time consulting the public as the regulation being imposed is for their benefit and the issues it is aiming to solve are affecting them, leading to a show of hands from the audience as to whether there should be greater regulation of social media. They also spoke specifically of the regulatory body 'OFCOM' which is established by law (unlike bodies such as IPSO) and "evidence based". Recently, OFCOM has gained regulatory powers within the BBC which promotes an issue as the BBC is meant to be an independent and self-regulating industry. They also brought up the issue of the decline of use of the BBC, especially amongst the younger generation. They argued that this meant the BBC has "no future" as it is meant to be universal, aka used by all generations. That idea left me in thought for a while as we left the venue.

I am so glad I had the chance to attend this conference and I highly encourage anyone who is able to go to take that opportunity. Nothing can truly explain just how useful and genuinely interesting the day was and I would like to thank our teachers Ms Casson, Mr Escott and Miss Midwinter for taking us.

A Cole



Walking across the Thames to the BFI



Interesting talks



Armando Iannucci 'in the thick of it' with SHSG students.



Year 12



Set theorist Sonia Livingstone meeting Esther and Michelle.



driving with grace

All Year 12 students had a drop session to watch a documentary on the perils of dangerous driving, produced by the [Driving With Grace](#) campaign. Students from SHSG set up the Driving with Grace campaign in memory of Eleanor Grace McGrath, who sadly died due to the action of a young, careless driver. Eleanor was a much-loved student at SHSG, and her senseless death in 2009 shocked the school and wider community. It is a powerful and emotional documentary which serves to underline the importance of careful driving, as many of our Year 12 students approach getting their licence and are taking lifts from newly passed drivers.

Please do discuss it at home with your children.

Local Artist Visit

We were thrilled to welcome the talented local artist and illustrator, Ash Field, who visited our Year 12 students and small focus group of year 8s. Ash, renowned for this captivating window murals, not only discussed his artistic process but also invited our students to collaborate in an upcoming mural at the entrance to the Art and Technology block. Ash showed timelapses illustrating how his ideas evolve from concept to finished piece. His insights on the significance of responding to other artists' work resonated with our students, providing inspiration for their sketchbook work. Our students look forward to contributing to and witnessing the evolution of this exciting project. We hope this will be unveiled in time for 'Create Week' later in the year.



SHSG PE Success & Updates!



Congratulations to the following runners who have been selected to represent the Southend Borough at the Essex County Cross Country Championships on Saturday 20th January: Orla B, Annalise B, Niamh S, Mila C, Liliana T, Chloe F, Shiloh O, Poppy P, Darcy D and Charlotte U. We wish you the best of luck in tomorrow's race!

A big well done to the U16 Netball team who played their strongest match this year, resulting in a 35-15 win against Redden Court in the 'Sweet 16' stage of the Essex Cup. They will now progress to play in the 'Elite 8' against St Marks.

The Year 7 Essex Cup team have also been working hard recently, listening to every piece of feedback and demonstrating determination to implement it within a game. They have attended extra training sessions to develop their team cohesion, preparing them for the next stage of the cup competition. The team most recently won 20-10 against Saint Martins in their last group stage match and will now progress into the knockout stage of the Essex Cup.



Netball U15 Squad

Our U15 Netball squad travelled to Bromsgrove Private School in Worcestershire to play in the quarter final of the School Sports Magazine National Cup. Although they were beaten, they all worked incredibly hard to the end and did not let their heads go down. Getting to the last 8 in the country is a fantastic achievement and they should be very proud of themselves. Many of these students are playing in the U16 Regional finals at Stanborough school in a up coming advent, so we wish them lots of luck in this competition.



Student Achievements for Netball



Congratulations to Holly B in Year 9 who has been selected for the U15 London Pulse Netball Academy. This is a huge achievement as the trials were extremely competitive and Holly will now have the chance to train and play within the Netball Super League pathway.

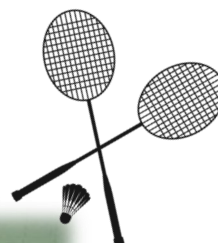
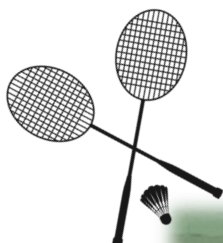
Well done Holly!



Student Achievement for Badminton

Sanaa J in Year 10 won the badminton U17 singles silver medal and the U17 doubles silver medal at the Essex Futures 2* tournament held at Colchester.

Well done Sanaa!





In the borough league on the 5th December, the u13 girls team played Chase away and won 10-0! L Hodgson, I Mayne, J Telford and R Holland in particular played very well and J 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 Sisters 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. E Sanders, our goalkeeper, produced some excellent saves and kept us in the game. Our defenders were strong and as is often the case, H 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 N Wu and T Hoar. Neither of them play much football, but they both had a very positive impact on the game – Well done!



SHSG PE Success & Updates!

The School Sport magazine has posted their annual rankings and SHSG have again been ranked in the top 10 nationally, placing 6th in the country out of the state schools. A fantastic achievement so well done to all the students and staff for their contribution to this.



CONGRATULATIONS

to our students and staff on an extraordinary achievement!



SHSG ~ Media Department Media Captains



We said 'thank you' to our outgoing Media Captains & presented them with a little gifts made by our new Captains. Thank you for being such inspirational and helpful ambassadors for our department. We are very grateful.



SHSG ~ Year 12 Big Issue Designs



Excellent layout and design.

Year 12 Media students have been studying The Big Issue. To consolidate their learning they have created their own work 'mock ups' in photoshop choosing images and cover line to reflect the values and ideology of the magazines.



Which is your favourite?





Congratulations to Maariya, Muyassar, Kai, Umaiza, Oluwadamilare, Sadie, Jessica and Aarnavi (pictured below) in Year 7, the latest group of pupils to have read over one million words since joining SHSG in September. They now join our 'Millionaires Club', receiving a special blazer badge and certificate to mark this achievement.

Please continue to encourage your child to participate in the quizzes and activities on the Accelerated Reader website, as these activities help hone their reading skills and track their progress. The quizzes can easily be taken at home. The website records the 'word count' of books pupils have read, with completion of each new book taking them closer to Millionaire status! Reading lessons continue fortnightly for pupils. This term, sessions form part of our Classical Civilisation curriculum, with classes studying the story of the War on Troy from Homer's Iliad.



SHSG Piano Competition

Music Captains, Ewan and Julia hosted a whole school piano competition in the main hall. Students entered the competition in three classes: Grades 1-3; 4-6 and 7-8+. Guest judges Mrs Stewart, Mr James and Miss Cowper joined the panel for the first round and selected two performers from each class to go through to the final. We were thrilled by the range of styles, high level of performances and support from the audience. The final saw competitors play a contrasting piece with exceptional levels of musicianship and technique. The winners were: Gia M, Madison B and Sarah O.

Well done to all the students who entered this event.



Year 7 Waterstones Trips

All Year 7 Tutor Groups, their Form Tutors and Middle School and Sixth Form students visited Waterstones bookshop in Southend city centre as part of whole school celebrations for World Book Day. On the visits, Year 7 pupils chose a book each which is paid for by the school. At the end of the academic year pupils donate their books to the school library. To help them make their selections, pupils were accompanied on the visits by the Year 10 Reading Mentors and members of the Head Student Team, including Chiara in Year 12, who helps lead on the school's reading strategy as part of her leadership responsibilities.

Year 10 Reading Mentor Mayar said: *"It was a wonderful experience. We really enjoyed helping the Year 7 pupils choose their books and encouraging them to be lifelong readers"*.



Waterstones



Whole School Production – Chicago Teen Edition



We are excited to announce the forthcoming whole school production. SHSG will be performing *Chicago Teen Edition* on 3rd, 5th, and 6th July 2024.

Chicago is a satirical musical set in the 1920s Jazz age about celebrity, corruption, and the justice system. It is also the second longest running Broadway show in history. Our performance will feature 1920s costume, a live band, singing, dancing, and an amazing cast of students. The teen edition has been adapted to suit a school setting.

Following the launch of the whole school production, *Chicago: Teen Edition*, we have had over 100 students from across Years 7 - 13 express interest and attend auditions in various roles, 83 students auditioned for acting and singing roles, performing *All That Jazz* or *All I Care About* then delivering excerpts from Roxie's monologue, alongside other scenes in front of a panel of staff and a student audience. The production team would like to extend thanks to all students for their brilliant efforts, acting and singing skills and the buzz that they've helped to generate around the show - we already have lots to talk about and look forward to bringing together a dynamic and talented cast. Mrs Ladner has launched a 1920s cloche hat design competition for Key Stage 3 and a parallel costume design competition for Key Stage 4. We hope students will get involved in these in the hope of seeing their winning designs appear in the show in July.

Whole School Production Song Sponsorship



The Creative and Performing Arts Faculty had the great pleasure of revealing the cast list for July's musical production of *Chicago*. We have done our best to allow as many students as we could the opportunity to appear on stage and, in order to support this, we would like to offer the opportunity to sponsor songs in the musical; monies raised will go towards providing costumes for our young performers. The songs available are listed below.

- 1) All That Jazz
- 2) Funny Honey
- 3) Cell Block Tango
- 4) When You're Good to Mama
- 5) All I Care About is Love
- 6) We Both Reached for the Gun
- 7) Roxie
- 8) I Can't Do It Alone
- 9) My Own Best Friend
- 10) I Know a Girl
- 11) Me and My Baby
- 12) Mister Cellophane
- 13) When Velma Takes the Stand
- 14) Razzle Dazzle
- 15) Nowadays

If you are interested in sponsorship, please email cladner@shsg.org to reserve your chosen song. This will then be removed from the central list. The School Bank will then open a window in Paypal allowing payment of a recommended £30 to help cover costume costs. Sponsors (either individuals or groups) are invited to write a message of support which will appear, with our great thanks, in the programme. Thank you for your interest.

Music Department Updates: Forthcoming Concerts



Here is a summary for your diaries of all concert dates for the remainder of the year. The Summer Concert has been moved to April and is now the Spring Concert. The Jazz ensemble will play a set as part of the Spring Concert.

April

Wednesday 17th 7pm
Spring Concert
(All main ensembles)

May

Friday 3rd May 7pm
Evening of Song
(Chamber Choir
& SHSG Choir)

July

3rd, 5th, 6th 7pm
(including a matinee on
Saturday 6th):
Chicago Teen Edition
(Whole School)



Here at SHSG, the Student Voice Team stands for collaboration and empowerment; everyone has a 'voice' and the Student Voice Team facilitates this.

The Student Voice Teams serves as a direct line of communication between students and Senior Leadership Team (SLT) we are not just representatives, we are advocates for the diverse perspectives, concerns and ideas that make our student body unique.

Our mission is clear : to ensure that communication between the student and staff body remains clear and productive enabling students to be involved in decision making about matters which directly impact us. From academic policies to extra-curricular activities we strive to create an environment where everyone's voice is heard.

Our current aims :

Cultural Diversity : Our commitment to cultural diversity is woven into the very fabric of the Student Voice Team. Through events and initiatives, we aim to further develop an inclusive environment that values and embraces the multitude of cultures represented in our student body.

Homework and Revision: One of our key aims is to enhance the academic experience by acting on feedback related to homework and revision. We understand the importance of effective study practices and developing a supportive environment in which students can excel academically. Through constructive feedback and collaboration with teachers we strive to ensure that all homework is meaningful and that revision strategies are optimised for success.

Maintaining Tradition : Whilst we continue to look toward the future, we also recognise the importance of maintaining the traditions that define our school's identity. We are aiming to preserve the traditions which help to shape what we are as a school and introduce news ones which will continue to help build our school's legacy for future generations.

(Cont...)

Our achievements this year

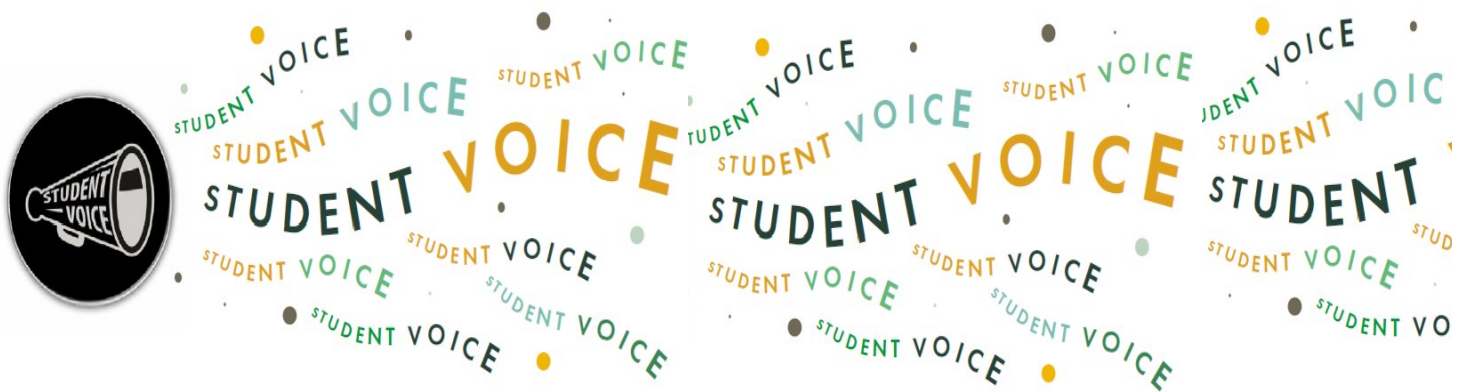
We have actively engaged with the SLT to address the following :

Lunch provision in the canteen : The Student Voice Team has met with the SLT to discuss ideas around the lunch provision. Through constructive dialogue we have been instrumental in implementing changes that enhance the dining experience for all students. From menu variety to seating arrangements, your feedback matters and we are committed to making the necessary adjustments.

GCSE options: recognising the pivotal nature of GCSE options in shaping students' academic pathways we have successfully advocated for some key adjustments to the current process. Our discussions with SLT have led to enhanced communication related to options, ensuring that students are well-informed and supported in making decisions that align with their aspirations.

Homework : The Student Voice Team has actively collaborated with teachers and SLT to refine our approach to the setting of homework to ensure that all homework is purposeful, manageable and contributes meaningfully to the learning experience.

As we continue to spearhead projects and positive changes we invite you to join us on the school's journey towards further developing a student-centric environment. Our school thrives when every voice is not only acknowledged but is actively contributing to the vibrant tapestry of our educational experience. Stay tuned for updates on the impactful initiatives driven by the Student Voice Team – where your voice matters.



Spanish Exchange

On 29th January a group of SHSG Spanish students welcomed their Spanish partners from Valladolid for the UK leg of the Spanish Exchange. On Tuesday our visitors were in lessons with their partners and then had a local history lesson led by Mr Smith and a bespoke English lesson from Mr Andrews. The Spanish students enjoyed their day in school, with some of them saying they preferred the English system, they loved their practical lessons, which they do not have on their timetable in Spain, as well as the grounds and the canteen! They then went on to visit Canterbury, London and Cambridge, throughout the rest of the week with their teachers.



Priyanka a Year 10 SHSG student who took part in the exchange wrote:

“The Spanish Exchange was such an unforgettable experience. We shared a dinner with over 35 of us, explored central London, visited Buckingham Palace, enjoyed shopping and so much more. The exchange allowed me to make so many new friends, immerse myself in the language, and deepen my understanding of Spanish culture! I found myself integrating language practice into everyday interactions, forging meaningful connections. All the Spanish students were extremely friendly, and It was an experience that I genuinely will remember for the rest of my life.”

Sitara commented:

“It was a truly wonderful experience being a part of the Spanish exchange and meeting all the Spanish people who took part in it. Getting to learn about the cultural differences and way of life in Spain was very interesting, and their families were so kind and welcoming. I had so much fun, not only with my partner but with everyone as we made so many unforgettable memories exploring the city together. We also got to practise our Spanish, and it was quite rewarding being able to hold conversations, though it was a little challenging at times! We had the amazing opportunity to bond with them more when they came to England. Overall, the exchange programme has been one of the most enriching and best things I have done at SHSG. “

Many thanks to our families who made sure that their partners had a fantastic time, many of them went back into London at the weekend, everyone went out of their way to make them feel welcome. They said an emotional farewell on Monday morning, with both Spanish and English students vowing to keep in touch with each other in the future

A big thank you from Miss Hulme and the MFL faculty, for making the exchange such a success, it was a real team effort across the whole SHSG community.

Macmillan Cancer Support – Tub2Pub



Thank you to everyone in the school community who brought in their empty and clean plastic tubs as part of the Tub2Pub recycling collection.

We delivered them to our local pub, The Walnut tree - which is part of the Greene King chain, who is running this promotion.

They were impressed by the sheer amount that students had collected! All tubs are being taken to a plastic reprocessing centre where they will be shredded, before

being sold onto plastic manufacturers to use in place of virgin plastics. All money raised from the sale of Tub2Pub plastics will be given directly to Macmillan Cancer Support. Students that collected more than three tubs have been given achievement points to contribute towards their House totals. Thank you to Ms Spilstead

for organising this!



Children's Mental Health Week



During Children's Mental Health week students were able to purchase a yellow ribbon to support a mental health charity.

We are proud to report that £41 was collected and will be donated to place2be, a charity who works on improving children's mental health.



Bronze Arts Award



Well done to Simriti and Ashlyn who are currently doing their Bronze Arts Award and created these clay pieces having researched Picasso. Thank you to Mrs Back for all your help with ceramics!

Careers information

As part of our half termly Careers talks and to celebrate National Apprenticeship Week, we were delighted to welcome alumni Bonnie Grieve to speak to students in Years 10-13. Bonnie left SHSG in 2019 after studying A levels in Media Studies, Spanish and English Language and Literature. Bonnie started on the Level 6 Business Management Degree Apprenticeship at the BBC and is now a Marketing Executive for BBC TV Channels working on Marketing Campaigns such as; The Traitors, Planet Earth III and The Apprentice. During her Apprenticeship Bonnie completed various placements in Audience Research for TV, TV Business Systems, BBC Global News, Radio 1 Marketing and Live Events. She also gained a Degree in Business Management and a Chartered Management qualification. Bonnie gave a clear outline of the different kinds of apprenticeships that the BBC offer.

I have included the QR link for a BBC Apprenticeship Workshop that is taking place on 26th February.



- Journalist Researcher
- Journalist
- Journalist Welsh Language



Key Business Areas



- Accountancy
- Business Administration
- Business Analyst
- Chartered Management
- HR Support
- Marketing Executive
- Project Management
- Solicitor

- Production
- Production Coordinator
- Production Management



- Broadcast Engineer
- Cyber Security
- Data Analyst
- Data Research Scientist
- Data Scientist
- Digital Learning Designer
- Software Engineer
- Technical Operator
- User Experience Designer

Three teams of Year 12 students travelled to the regional finals for the F1 in Schools competition. This international STEM 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. Team Aquila and Team Crown Joules were awarded the Verbal Presentation Award and the Judges Choice Award. Pink Diesels were nominated for the Branding award. 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. I'd like to congratulate all teams on the hard work they put into the competition, as well as Mr Cannon for all his hard work with the groups over several months. We hope to enter an additional two Year 10 teams next year.



GCSE Rock Climbing

Year 10 GCSE PE students enjoyed two days at Rock Hub in Basildon. The students had to work incredibly hard both physically and mentally to complete the Rock-Climbing syllabus and assessment in this time. They were truly pushed out of their comfort zones, but they rose to the challenge and achieved some fantastic assessment grades as well as having a great time. Well done to them all and thank you to the instructors at Rock Hub for doing such a great job.



Art trip to Amsterdam

Over the first weekend of the half term break our A level Art students had the opportunity to go to the Cultural city of Amsterdam. They visited the exceptional Vincent Van Gogh museum, the world famous Rijksmuseum where they saw exquisite paintings by The Dutch Masters, the Stedelijk Museum which houses an extensive array of modern Art, and the exciting Moco museum. The students were encouraged to draw, take photos and collect postcards while in the galleries as well as enjoying and recording in their sketchbooks on the scenic walks along the beautiful and iconic canals.

As always, the students were exemplary ambassadors for Southend High School for Girls.



Economics and Business trip to Amsterdam

An enormous thank you to the staff who took our Year 12 and 13 economics and business students away to Amsterdam over the half term holiday. A packed trip which included Rotterdam Harbour, by 'Spido' glass boat, Coster diamond factory, and a moving visit to the Anne Frank House with a thought-provoking pre-tour talk. We had time to visit the historical part of the city and it was good to escape the confines of the classroom, hopping on and off trams, to experience the city first-hand. The students coped admirably with the 4.00am start and the wet weather on day one! Lots of interesting food experiences and we thoroughly recommend Foodhallen Amsterdam in the converted Tram Remise as a trendy, fun venue to experience Amsterdam's culinary delights. A great trip made special by this group of students who were good company and a credit to SHSG.

★ Congratulations to our Christmas 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



★ Congratulations to our January 2024 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
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Thank you The PA Team



★ Congratulations to our Febuary 2024 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.

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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](#)



We are pleased to announce that our school has been selected to take part in Brainwaves, an exciting new mental health and wellbeing research study run by the University of Oxford's Department of Psychiatry, in partnership with the University of Swansea and The Day, the online student newspaper that turns news into lessons. Today's young people face challenges in a world full of conflicting, confusing, and often incorrect information.

BrainWaves is a direct response to this. It aims to improve the quality of scientific knowledge about adolescent mental health and provide evidence-based, practical strategies and educational materials to schools. BrainWaves is creating a large-scale national student group to participate in research and help develop the project. Our Sixth Form students will be invited to be in the first wave of schools taking part and will be working closely to support the University of Oxford in their research.

We are excited that our students will have the unique opportunity to shape the landscape of adolescent mental health. If you would like to know more about the project.

Please visit:

[Home - Brainwaves Free mental health resources for secondary schools \(brainwaveshub.org\)](https://brainwaveshub.org)

Resources ~ Wellbeing Directory



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 \(yoopies.co.uk\)](https://yoopies.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](https://karnanirvana.org)



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 \(myh.org.uk\)](#)

childline

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 \(shsg.org\)](https://www.shsg.org).

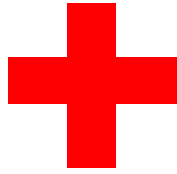
There, you will find some articles, videos and useful links.

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 \(padlet.com\)](https://www.padlet.com)

[SHSG Mental Health Board \(padlet.com\)](https://www.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