



Southend High School for Girls

AN ACADEMY GRAMMAR SCHOOL

Southchurch Boulevard, Southend-on-Sea, SS2 4UZ

Headteacher: Mr J Carey MEd (Cantab), BA (Hons), LLE, NPQEL

Friday, 17th May 2024

Dear Parents, Carers and Students,

Please find below information and updates from this week.

KS3 End-of-year examinations (Monday 3rd June-Friday 7th June)

This week, preparations for getting pupils in Years 7 to 9 'exam ready' have begun in earnest. All pupils have been provided with copies of revision lists and a revision strategies booklet which contain top tips on effective revision techniques as well as details related to their timetable, rooming and key equipment. Sixth Form House Captains have shared their top tips for revision in House Assemblies this week and this will be followed up by tutors who will also be modelling how to draw up a revision timetable. To further support students, all homework from next week will be revision for Years 7, 8 and 9. Heads of Year will be sending out parental communication today, too, to keep you up-to-date with key information. Please [click here](#) to access the revision lists and revision strategy booklet for the relevant year group.

National Sociology Competition Winner

The Sociology Department are proud to see Year 12 student, Chinedum Chima, announced as the Tutor2u National Sociology Essay competition winner. In response to the title 'Is There Value Consensus in Contemporary Society', Chinedum concluded that in today's multi-cultural society there is no longer just one set of shared values. The essay explored sociological perspectives of Functionalism, Marxism, Feminism and Postmodernism and applied theory to contemporary events such as clapping for the NHS during the pandemic, as well as exploring the impact of different religious views and considering intersectional feminism.

Chinedum is planning to study sociology at university at both undergraduate and postgraduate level. I am sure that this is the first of many published pieces of writing for Chinedum. Congratulations!



Year 8 Computer Science Students reach National Final in Amazon GetIT competition:

Three students in Year 8 have explored environmental and social issues as they worked in teams to pick an app idea and design an app wireframe that solves problems in their communities. Our students learnt about key skills for the 21st century, including cloud basics, elements of design thinking, proof of concept, storyboarding, and research methods for idea viability. They have experienced working as a team and gained self-confidence, all while being exposed to potential careers in technology.

Their idea "Boggle", a mental health app to help teenagers has been well received by judges and they now have a chance to present their ideas to the final judging panel in person. The national final is in June with our students competing against two other school teams from across the country.

SHSG students painting in Royal Academy of Arts

Contratulations to Ibadat on the success of having her painting displayed at the Royal Academy of Arts Summer School Show in June. We are incredibly proud of your achievement! Below, Ibadat in the Southend Echo.



Earth Day inspired menu competition

Well done to all students in 9 Hermes as they had the winning sustainable Earth day inspired weekend menu. Everyone in this form now gets four achievement points. Runner up award goes to 9 Aurora and everyone gets 2 achievement points. Highly commended (an achievement point) goes to 7 Hera and 8 Aphrodite. I have attached the winning menus to the end of this letter.

Thank you to everyone that took part!

Create week

Students enjoyed a successful Create Week organised by the Art and DT departments. The theme was 'game changers' so students have had the opportunity to develop their knowledge of influential artists, designers and movements. Highlights included a Bake-Off competition, Year 8 creative workshops and a treasure hunt where staff and students were dressed as 'living art'. A huge well done to all who took part. The winners from each competition will be announced next week.

Poem written by Amaia from 8HRM

Create Week, a time to shine,
to nurture talents, so divine.
A week to paint, draw and write,
expressing feelings day and night.
With clay to mould and colours bright,
each masterpiece takes its flight.
Crafting wonders all the way,
unleashing magic every day.
A world of fabric, beads and strings,
where boundless joy creativity brings.
With canvas wide, ideas take form,
Create Week, a wondrous storm!
So let us all embrace this call,
to express ourselves and have a ball.
Create Week, where dreams unfold
For young and old a tale to be told.

Living works of art for Create Week

Year 12 students and teachers became living works of Art as part of Create week. Artworks included The Mona Lisa, Girl with the Pearl Earring and The Son of Man. Students enjoyed seeking out the different 'paintings' and finding out about them as part of an Art treasure hunt. Thanks so much to those A level Art students who dressed up and all to the teachers, especially Mr O'Brien who made a striking and convincing Vincent.



Bike and community day

Please find a poster at the end of this letter regarding the Biketrax 6 Bike and Community Day (free bike checks and security marking).

Costume Department Donations

SHSG Chicago costume department are in need of donations of costume jewellery that we can cut up and use as part of costumes. We are particularly looking for pearl necklaces, sparkly brooches and anything feathery!

If you have anything to donate, please bring to Miss Ladner or Mrs Francis in CPA. Thank you in advance.



Careers information

There are several, exciting career events listed below.

Health and Care Careers Expo

Please find a link '[here](#)' for a Careers in Medicine and Health expo due to be held in Chelmsford on the 26th June, suitable for 6th formers.

The Health and Care Careers Expo - 26th June 2024

The Expo is **free to attend** and will showcase the wide range of career opportunities available within the sector. The event includes:

- Interactive activities and demos with ARU Student Ambassadors studying healthcare careers
- Meet the Professional's keynote speakers on career areas within health and care
- Interactive career stands from a variety of professionals in health and care roles.

Places will be reserved on a 'first come first served basis'.

Fully funded work experience opportunity for Year 9

Please click '[here](#)' to view fully funded virtual work experience for Year 9 students.

MedEntry May Conference

Event Details:

Date: Saturday 25th May 2024

Time: 10am to 1pm BST

Location: Virtual, hosted on Zoom

This free conference offers an opportunity for students to gain valuable insights into the medical profession, directly from doctors. Through engaging discussions and firsthand anecdotes, attendees will gain a deeper understanding of the diverse pathways within medicine, the challenges faced, and the successes achieved.

Agenda:

- Exploration of the Medical Profession: An overview of various specialisations and career avenues within the medical domain.
- Stories of Medical Practitioners: Inspirational narratives shared by accomplished doctors, highlighting their personal journeys, obstacles overcome, and lessons learned.
- Interactive Q&A Session: A chance for students to interact with the doctors, seeking guidance and advice tailored to their own aspirations.

Link to sign up is here [MedEntry May Conference Sign-up Form \(google.com\)](https://medentry.org.uk/sign-up-form)

NHS Work Experience Opportunity for Future Allied Healthcare Students

After the success of our recent NHS National AHP Work Experience session, I am delighted to extend an invitation to your students in years 10-13 year groups for our upcoming session on Sunday 2nd June, 8:30am - 5pm, focusing on Paediatric Pathways.

Register here: <https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

The NHS Virtual Allied Healthcare Work Experience offers a unique opportunity for aspiring healthcare professionals. It's a rare occasion for students to hear from an exceptional guest speaker with a wealth of knowledge and insights to share to better the understanding of the allied healthcare field.

Our guest speaker will provide invaluable guidance to help these future professionals embark on their dream healthcare careers. Following the talk, students will have an intimate look at the healthcare industry in the LIVE virtual work experience, delving into the many roles allied healthcare has to offer and taking an in-depth look at patient care by following the journeys of two patients from incident through to treatment.

The NHS Allied Healthcare Work Experience is the largest programme for aspiring healthcare professionals, having successfully invited over 12,000 students to participate in its programme last academic year - many of which have gone on to study:

Nursing
Midwifery
Paramedicine
Physiotherapy
Occupational Therapy
Dietetics
Radiography
Prosthetics and Orthotics
Speech and Language Therapy

Registration Link: <https://alliedhealthmentor.org/product/live-virtual-work-experience-programme/>

Once registered, students will receive access to their virtual work experience portals. Better yet, every complete session comes with a Work Experience Certificate, and for those who complete the full 6-month programme, there's a Highly Commended Reference – a golden ticket for their apprenticeship and UCAS applications.

Registration will start at 8:30am, with our guest speaker's talk happening from 9-10am, then the live work experience session starts at 10am, with an end at 5pm. Plenty of breaks are scheduled throughout.

Students can register at any time throughout the 6-month programme using the link below. We recommend booking early to gain as much out of this programme as possible.

Places are £10 a session to cover administrative and technological costs, or £50 for the full 6 months:

<https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

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 \(padlet.com\)](#)

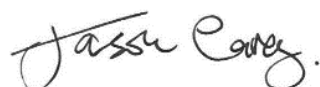
[SHSG Mental Health Board \(padlet.com\)](#)

Key Dates

The calendar on our website is regularly updated and contains key dates of activities and events that are taking place in school. A full list can be found [here](#).

Have a lovely weekend!

Yours faithfully,



Jason Carey
Headteacher

 **PROJECT
SOUTHCHURCH**
SOUTHCHURCH : KURSAAL : ST LUKES : THORPE
COMMUNITY TOGETHER

NAVIGATING TO NEW OPPORTUNITIES
**FORWARD
MOTION**

BIKETRA^X 6

BIKE & COMMUNITY DAY

FREE BIKE CHECKS & SECURITY MARKING

30th MAY 2024

9.30am - 11.30am

**Ilfracombe Avenue Car Park
Southchurch Road SS1 2QX**



Day 1

9 HRM'S PLANET FRIENDLY MENU

BREAKFAST

Tiptree Jam with Homemade bakery bread with an option of anchor butter freshly produced in Westbury

LUNCH

Toasted Middlesbrough tomatoes and Suffolk Farmhouse cheese on Homemade bakery bread.

MAIN COURSE

vegetarian quiche - eggs and milk from barling poultery, Bure's Essex Cheese, Sutton green onions

BEVERAGES

Freshly squeezed kent apple juice with processed Sugar beets for additional sweetness





Day 2

9 HRM'S PLANET FRIENDLY MENU

BREAKFAST

Hertfordshire strawberries and Chatsworth
banana's breakfast smoothie

LUNCH

Barling Poultry eggs - scrambled or fried with
freshly squeezed sussex grape juice

MAIN COURSE

stir fry - carrots from Peterborough, Suffolk
broccoli, Yorkshire beans

BEVERAGES

Freshly squeezed kent apple juice with processed
Sugar beets for additional sweetness

