



# 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, 4<sup>th</sup> October 2024

Dear Parents, Carers and Students,

Please find below information and updates from this week.

### **World Mental Health Day – Thursday 10<sup>th</sup> October**

On Thursday 10<sup>th</sup> October, students will have the opportunity to mark World Mental Health day by wearing one yellow clothing accessory to school. Examples of what can be worn include yellow tights or socks, a yellow hair accessory, yellow earrings or a yellow tie. Please note that it is not a non uniform day and that only one accessory is permitted. For those students who do not have a yellow accessory yellow ribbons can be purchased and worn for the day. These will be on sale for £1 in the foyer at break and lunchtime. All proceeds will be donated to the youth mental health charity Young Minds ([YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](https://www.youngminds.org.uk/)). In addition, at lunchtime students will be able to take part in a mindfulness activity (making a friendship bracelet) and then purchase it for £1 and gift it to a friend.

One of the key messages for the day is around the importance of talking about mental health and to this end all students have had a keeping safe at SHSG assembly from Mr Boney highlighting the different ways that they can reach out for support should they need to.

On Tuesday 7<sup>th</sup> October, Year 7 will meet Amanda from the NHS Mental Health Support Team during their assembly time. She will deliver an empowering talk about the '5 Ways to Wellbeing' and how to stay well in body and mind. This will be followed by a series of Life Skills lessons, where year 7 will explore the activities they can add to their daily routine to maximise their wellbeing. I hope that they share these ideas with you at home and that they come to fruition.

Research tells us that being part of a community and feeling a sense of belonging is a strong predictor of life satisfaction. Therefore, our Mental Health Ambassadors, led by Charlie W in Year 13, have been hard at work producing information booklets for younger years with many helpful tips on how to make the most of all the social opportunities offered at SHSG. These will be distributed over the coming weeks.

### **Mental Health & Wellbeing at SHSG**

In SHSG, we often talk about how to look after our health in lessons and in tutor time. 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/)



### **SHSG's 111<sup>th</sup> Birthday Friday 25<sup>th</sup> October**

In our usual SHSG tradition, we will celebrate the School's Birthday on Friday 25<sup>th</sup> October. We will be 111 years old!

We are looking forward to students taking part in the usual traditions of making a birthday card for the school and giving a small donation that is used to purchase presents for the school from each form. Donations can be made on ParentPay. Students will also attend the traditional Birthday Panto – written, directed and acted by our very own Year 13 students, as well as take part in form activities and attend a Birthday assembly. More details will follow in the coming weeks.

### **Sixth Form Workshop: Positive Voice**

It was fantastic to welcome Emma Cole, from Positive Voice, to speak to the Sixth Form as part of our Relationships and Sex Education programme. Emma is a campaigner and public speaker who has featured in several TV documentaries in relation to her life living with HIV. She spoke to the students about a range of topics related to safe sex, positive relationships and navigating the transition to adulthood. The entire Sixth Form was a brilliant audience, asked lots of questions and even waited back to speak to her.

### **Leadership opportunity - Year 10 Reading Mentors**

The reading mentors group in Year 10 is made up of enthusiastic middle school readers who organise and run book related events. These students also support Year 7, 8 and 9 students with their reading, meeting once a week in the school library for a dedicated mentoring slot during registration time. This shared experience not only encourages our Year 7 readers to keep reading widely, but also extends firm links and helps build relationships across year groups. Students receive training for the role (including safeguarding training), gain house points and are awarded a blazer badge for becoming a reading mentor. Reading mentors may also take part in the Waterstones trip with Year 7 to mark World Book Day and run book clubs in the Spring Term as part of the prestigious Yoto Carnegie shadowing scheme.

*If your child is in Year 10 and is interested in becoming a reading mentor:*

Students should send an email to Mrs Leman [aleman@shsg.org](mailto:aleman@shsg.org) with their name, school house and a brief paragraph explaining why they would like to be involved with the reading strategy/be a reading mentor. Please respond by Friday 11<sup>th</sup> October.

### **PE Fixtures**

These fixtures may be subject to change and all details are posted on the respective PE extra curricular Microsoft Teams page. If your child has not been added to their year group page, and needs to be, please ask them to speak to a member of the PE department. Thank you!

- Monday 7th: Year 8 & 9 Netball Home v Shoebury
- Tuesday 8th: Year 9-11 Cricket away v WHSG
- Thursday 10th: U14 & U16 Netball, Pre-County qualifying at FitzWimarc
- Friday 11th: Primary outreach, Key Stage 2 Borough Cross country championships, Garons.

Please be aware that for safeguarding reasons we cannot accommodate spectators on site for matches. Many schools apply this policy so please check with the opposing school directly.

### **School Attendance policy**

Following the publication by the Government of 'Working together to improve school attendance' we have reviewed and updated our attendance policy. This is now available on the school website by clicking [here](#).

### **Punctuality**

Please be reminded that should your child arrive at school after 8:30am then they will receive a 'late' mark in the register and will receive a negative behaviour point. This will count as a present mark for the school session. If they arrive after 9:00am then they will be marked with a "U" code. This is an unauthorised absence mark.

## **BBC Taster Day**

An account from Media Studies A level student Evie T:

*Yesterday, I had the opportunity to go to BBC Essex and do a taster day at the radio station! We got to talk to a professional presenter and someone who is currently doing an apprenticeship in production, as well as having multiple talks on what the apprenticeships are like with the BBC.*

*I even got to script and present a radio segment using the professional equipment!*



## **BBC Degree Apprenticeship course**

We are very proud of our students who have been accepted on to the BBC Degree Apprenticeship course. You may remember that Bonnie G returned last year having graduated to talk to our Media students about the experience and her current role as a Marketing executive for the BBC. It is a highly competitive opportunity- the odds of being accepted are higher than Oxbridge. One of the organisations we work with, Amazing Apprenticeships, has shared this invitation with us for students to find out more about this exciting opportunity.



Apprenticeships with the BBC webinar  
**22nd October 2024, 3.30PM**

If you are interested in an apprenticeship at the world's largest public broadcasting organisation, join this webinar to gain insight into the range of apprenticeship opportunities at the BBC, from journalism, project management, data science, engineering and much more.

We will hear from members of the BBC's Early Careers team about the opportunities available, what the recruitment process is like and how to make your application stand out from the crowd. We'll also hear from current apprentices about their journeys and what life as an apprentice at the BBC is like.

[\*\*BOOK YOUR PLACE\*\*](#)

### ***Social Science Lecture- The Grenfell Tower Fire- Who is responsible?***

On Wednesday 2<sup>nd</sup> October, Professor Steve Tombs from the Open University delivered a lecture to social science students. Prof Tombs is a key criminologist studied in the A level sociology course. He has spent his career researching corporate and state crime and has authored numerous books such as 'Unmasking the Crimes of the Powerful'. Prof Tombs argued that it is important to consider actions that cause harm to people or the environment, even though those actions may not actually be against the law. He spoke about the Grenfell Tower fire and encouraged students to consider who was really to blame, and who should be held accountable. Prof Tombs was asked to contribute to the Grenfell Tower Fire inquiry. He has worked closely with survivors since it killed 72 people in 2017.

### ***Careers information***

We are pleased to confirm some of the exciting careers events we have planned for Key Stages 3 and 4 which I have attached to the end of this letter.

Parents, carers and alumni can follow our Careers provision via our Linked in profile [here](#).

### ***Speakers for Schools***

Please find a [link to the website](#) of Speakers for Schools. We work with this organisation to help provide high quality careers experiences in school for all our students.

They also offer opportunities for students to engage in their own time via work experience and webinars. Many are virtual but still very high quality. Students aged 14 + may find something of interest that they could pursue outside of school time. For instance, they are offering a three day virtual work experience around jobs in the film industry [see here](#) during half term. Opportunities in publishing, the civil service, computing and IT, BT and the British Beauty Council are also available over October half term.

### ***School photographs – Years 7, 10 & 12 (reminder)***

Carmel Jane Photography is excited to share that the individual photographs are ready, and they look amazing! If you pre-registered, please check your inbox for your unique access link.

If not, please contact Carmel Jane on [www.carmeljane.co.uk/pre-registration-support](http://www.carmeljane.co.uk/pre-registration-support) and Insert school code: JRKKB4AYN8

There are limited time discounts available, so act fast! All photographs will be sent straight to your home address. Should you require any further assistance, please contact Carmel Jane Photography via email at [info@carmeljane.co.uk](mailto:info@carmeljane.co.uk) or call 01277 822674 (9am-5pm).

### ***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





## FORTHCOMING EVENTS



**Sep-Dec** **Year 11**  
One to one Careers Consultations



**27th Sep** **Year 10**  
Careers Carousel



**7th Oct** **Year 8**  
Unifrog launch



**17th Oct** **Year 11**  
A Level taster sessions



**4<sup>th</sup>-9<sup>th</sup> Nov** **Green Careers week**



**Jan 2025** **Year 10**  
Start CV writing



**21st Jan** **Year 9 Careers event**  
Speakers for Schools Exploring GCSE options



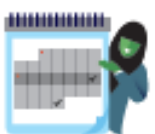
**10<sup>th</sup>-16<sup>th</sup> Feb** **National Apprenticeship Week**



**3<sup>rd</sup>-8<sup>th</sup> Mar** **National Careers week**



**9th May** **Year 10**  
Mock interviews



**14th Mar** **Year 8**  
Careers Carousel

**June-July** **University visit - TBC**

