



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, 11th October 2024

Dear Parents, Carers and Students,

Please find below information and updates from this week.

Nuclear Races

On Wednesday, the whole of Year 12 headed off for a day of team building activities at Nuclear Races. As is SHSG Sixth Form tradition, they took part in an array of challenges, including a high ropes course, a visit to a nuclear bunker, and a mud-filled obstacle course. It was a fantastic day, where students pushed themselves outside their comfort zone, showed their resilience and above all worked as a team. The most enjoyable part was seeing students grow in confidence and encourage each other to believe in themselves. We were really proud of their participation, enthusiasm and positivity. Well done, Year 12!



Year 7 Disco – Friday 4th October

Friday 4th October saw the long-awaited return of the SHSB and SHSG Year 7 Icebreaker disco. The students were extremely excited about this event and had been planning their outfits for weeks! In keeping with tradition, the evening started with very little dancing. The girls stayed in one part of the hall while the boys remained in the other. After a few fizzy pops they started to gain their confidence and mingle, dancing the night away! We would like to thank the PA for organising this event and all the staff who gave up their Friday evening to help supervise.

World Mental Health Day

On Thursday 10th October, students and staff marked World Mental Health day by working together as a community to raise money for Young Minds. By wearing a yellow accessory, buying a yellow ribbon or making a friendship bracelet, students and staff raised an amazing £600 for our chosen charity.



House Cross Country

Students have been working hard in their cross country and fitness lessons this term in all weather conditions and House Cross Country was an excellent opportunity for them to apply all their hard work in a competitive environment. Over 70 students From Year 7 to 10 took part in this event on Wednesday lunchtime. It was fantastic to see so many students embracing the opportunity to represent their house by competing during their social time. There were some incredibly strong performances in all year groups. Individual 'shout outs' and the announcement of the winning house will follow next week.

Sports Awards – Wednesday 16th October

A reminder to those of you who are attending this event that you should be seated by 6.30pm. The Sports Awards tickets are now available for collection from the School Support Team office (behind the main reception). Please can students collect them as soon as possible. We are looking forward to seeing you there and celebrating your child's success with you.

Year 6 Post 11+ Events

Year 6 students who took the 11+ in September receive their results next week. We wish them all the very best of luck. To support parents/carers with secondary school selections, we are hosting an Information Evening on Thursday 17th October at 6pm for all families of candidates who have achieved over 303 points. The presentations will include a presentation from the Headteacher and Senior Team with information about admissions, the school's ethos, academic curriculum, and pastoral care systems. Parents will need to book a place for the presentation. The booking system will go live on **Tuesday 15th October at 7.00am** and parents can book their place by following the link ['here'](#) by **Wednesday 16th October at midday**. If you know anyone who would benefit from attending this event, please do pass this information onto them.

Parallelogram website

This is a quick note to recommend a website that offers students a chance to complete some extra maths each week, building on the work done in the classroom.

The Parallel Universe:

- is completely free;
- offers a weekly maths problem sheet, known as a Parallelogram;
- offers live online maths circles, where students can learn from some of the best maths educators in the world;
- offers programmes tailored to each age group, from 10 to 16 years old;
- awards certificates and diplomas to students who complete Parallelograms and attend Maths Circles.

There is no obligation to get involved, but we think this is a great opportunity for keen maths students to stretch themselves and explore mathematical concepts beyond the classroom. This is also ideal for students who want to go on to study maths, science or engineering. The Parallel Universe is the brainchild of Dr Simon Singh MBE, whose book about Fermat's Last Theorem was the first maths book to become a No. 1 bestseller in the UK. He will be delivering many of the maths circles and he has created all of the Parallelograms.

Students or parents can find out more or create a free account by visiting parallel.org.uk

Cursed Pen 2024

The sixth annual Cursed Pen competition is now open to entries from students of all years. To enter this year's competition and grab the chance for glory on offer, please write a short story that will freeze the very souls of all who read it. Entries must be submitted by the witching hour on all Hallow's Eve when loose spirits haunt the earth. So that is 3am on the 31st of October. Entries should be submitted by email to Mr McGarvey or handed into the English office. If you would like any help with your entry, please come along to the school's Creative Writing Club which is run by the fantastic Cerys B every Monday in B6. Good luck.

PE fixtures for next week:

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 member of the PE department. Thank you

- Monday 14th: Year 7 & 8 Netball Home v St. Bernards
- Monday 14th: Golf away v Brentwood
- Tuesday 15th: National Cup Cross Country, first round. Year 7-10 at Shipwrights Drive
- Tuesday 15th: U14 Essex Cup Football away v Frances Bardsley
- Wednesday 16th: Sports Awards 2024, 6.30pm
- Thursday 17th: Year 8 & 9 Netball Away v WHSG
- Thursday 17th: U15 & U13 Badminton Away v St. Bernards
- Friday 18th: Thorpe Hall cross country relays Year 7-13

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.

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://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://padlet.com)

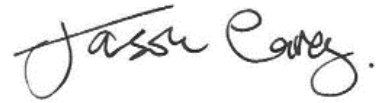
[SHSG Mental Health Board \(padlet.com\)](https://padlet.com)

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,

A handwritten signature in black ink that reads "Jason Carey". The signature is written in a cursive style with a period at the end.

Jason Carey
Headteacher