



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, 18th October 2024

Dear Parents, Carers and Students,

Please find below information and updates from this week.

SHSG Sixth Form Open Evening Wednesday 6th November

This week all Year 11 parents and students received an invitation to our Sixth Form Open Evening on Wednesday 6th November. There will be a special talk for our current Year 11s and their parents at 5:45pm. Some of our Year 13 students also kindly wrote the script for and produced [our promotional video](#). It is a 'Gen Z' video – we hope the Year 11s enjoy it!

Year 11 A Level Taster Day

On Thursday, all Year 11 students took part in an A Level taster day to help inform their A Level choices. Teachers commented on how impressed they were with the students' engagement and participation with A Level content. Well done Year 11 and thank you to all the staff involved.

Sports Awards

On Wednesday night we held our annual Sports Awards evening. Over 100 awards were given out to students from Years 8-13 to celebrate their sporting successes. It was a lovely evening and thank you to all the students, staff and parents that attended.



School's 111th Birthday, Friday 25th October 2024

Next week we will celebrate the school's 111th Birthday. For students, staff, governors and alumni of the school, this event is an opportunity to reflect on the history of the school, celebrate our successes, and take part in activities as a community, including the infamous Year 13 panto. Of course, we will be ensuring our cheers can be heard in Kent! The schedule for the day is detailed below. The timings of the school day run as usual. Sixth Form students will be able to leave school when their performance of the panto has ended, which we anticipate will be around 3.20pm. All other students will be dismissed at 3.30pm as usual.



	Lower school 7-9	Middle school 10-11	Sixth Form 12-13
Registration	As usual		
P1	Assembly	Lesson	Lesson
P2	Lesson	Lesson	Assembly
Break	As usual		
P3	Panto	Assembly	Lesson
Lunch	As usual		
P4	Year 7: Colour Run Year 8: Recycled Material Fashion Show Year 9: YOU'RE ON MUTE!	Panto	Sixth Form Quiz
P5		Year 10: Taskmaster Year 11: Dodgeball	Panto

Careers talk

On Monday, we hosted our first online careers talk of this academic year. We heard from alumna Julie Abraham who left SHSG in 1984. After a varied career starting as a holiday rep in Spain to working for IBM in Bahrain, Julie has for the last 30 years worked her way up to become CEO of Richer Sounds. Julie was recruited to Richer Sounds by another ex SHSG student who was working as the Marketing Director at the time. Julie started as a purchasing analyst, then worked as a buyer, moving on to becoming a Purchasing Manager until she was appointed as CEO.

Julie had the following advice for SHSG students in interviews.

1. Research the company, it's a favourite question – 'Tell me what you know about us as a company.' 'You sell TVs' is not the right answer.
2. Be able to answer the question 'What do you enjoy doing when you are not working?' something other than 'Going out with my mates'.
3. Be aware of what's going on in the news
4. Tidy up your social media – companies do look, and the more senior the job the closer we look!
5. Pursue Saturday jobs; working in hospitality is always good as it teaches you how to deal with the public and how to multi-task.

Julie ended her presentation with a great motivator for a wet Monday morning; 'You are better than you think you are'.

Grateful thanks go to Julie; it is always lovely to hear from alumni. If you feel you could offer an online ten-minute talk on a Monday morning, please contact vcasson@shsg.org.



Year 12 UCAS and Apprenticeship Fair

On Thursday, all Year 12s went to the UCAS and Apprenticeship Fair at Tottenham Football Club. They had the chance to meet a lot of universities, ask questions about courses, find out more about apprenticeships and, naturally, pick up some freebies. Thank you to Mr O'Brien and staff for taking the year group.

Pathways to careers in law workshop

Key stage 4 students were invited to attend an in-person workshop at lunchtime regarding pathways to careers in law. Many Year 10 and 11 students got to hear from representatives from local law firm BTMK. Parent Governor and solicitor, Johanne Turner explained how much she has enjoyed a 25 year career with BTMK, specialising in medical negligence claims. Johanne was keen to impress on the students the job satisfaction she gains from helping people whilst applying her impressive knowledge of the law. Paralegal Nadine Adeyemi explained different training routes and requirements for qualifications and how BTMK are opening opportunities to study for apprenticeships in law. Johanne and Nadine kindly answered our students' questions and spoke at length to several individuals regarding the importance of taking up opportunities and securing work experience. Thank you to Nadine and Johanne.



Unifrog

Unifrog is our online careers portal. All students in Years 8-13 have now started their Careers journey and have a login that they can use in school or at home. I would encourage parents to explore the expansive website with their daughter/son; there is a huge amount of fascinating resources to engage with.

Every half term we monitor student engagement so we can create a responsive and bespoke Careers offer for our students. As part of this tracking, we can identify the forms who have had the most engagement and award the top performers achievement points.

Congratulations to the following forms who have had a fantastic start to their Unifrog engagement this half term.

8 Aphrodite
9 Athene
10 Hera
11 Hermes
12 HRO
13 KMI

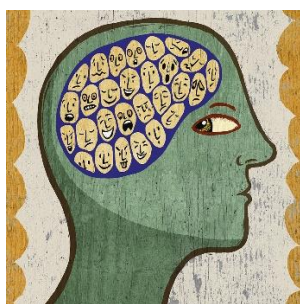


Year 13 guest lecture from the Freud Museum

On Thursday 10th of October, our Year 13 students had the pleasure of a guest lecture from the Freud Museum in London. Sigmund Freud didn't think it was possible, but many psychoanalysts today work with psychotic patients. This lecture provided an opportunity for students to hear how psychoanalysts have moved on from Freud's time and to hear from a subject expert with several years' clinical experience working psychoanalytically with psychosis.

The lecture included discussing the causes and characteristics of schizophrenia, the triggers of an acute psychotic crisis, how therapy can be used to stabilise the patient and opportunities for the students to ask questions. The lecture also demystified some of the common misconceptions that are associated with schizophrenic patients and gave an insight into schizophrenia in the real world. This was a great opportunity for the students to learn beyond

the A Level specification and to consider alternative explanations and perspectives for mental health. A big thank you to Stefan from the Freud Museum for giving our students this experience!



Year 6 Post 11+ Information Evening

This week we welcomed families of children who have passed the 11+ test to the school for an Information Evening, which included presentations from Mr Carey, senior leaders and Year 7 students. Thank you to Ayla 7HRM, Olive 7ART and Sylvie 7AUR for speaking so eloquently about their transition to Southend High School for Girls, what they are enjoying now and what they are looking forward to this year. Congratulations to all who have passed their 11+!

Showjumping Success

Congratulations to Lèva K (12NTR) for her recent success at the Horse of The Year Show, one of the biggest showjumping competitions in this country. Lèva competed in two different classes, a pony newcomer, which is for relatively young inexperienced ponies in which she finished 6th out of 28 for “pony newcomer” and finished a fantastic 3rd out of 28 in the “pony foxhunter” class. This marks Lèva out as one of the best young riders in the country.



PE fixtures for next week:

These fixtures may be subject to change and all details are posted on the respective PE extracurricular 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 21st: U15 Netball Home v Woodlands
- Wednesday 23rd: Year 8 & Year 9 Netball away v Chase
- Wednesday 23rd: U19 Girls' football away v Chase

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.

Curriculum review roadshow

The government's curriculum and assessment review is taking to the road over the next six weeks to ensure views are heard from every part of the country. The national roadshows will be held in each region in England, with views sought from experts, parents, teachers, leaders, students and employers.

Those attending will be able to hear from review chair Professor Becky Francis and panel members, as well as asking questions and providing feedback. You can register to [attend here](#). If the event is full, you can be added to a waitlist by emailing events+car-roadshow@amplitude.org.uk. There is also an online webinar. More information can be found [here](#).

Mental Health & Wellbeing at SHSG

National wellbeing surveys reveal that many young people struggle with their mental health. At SHSG, we offer support through our tutor programme, our PSOs and in-school counsellor, and external agencies. To support your child at home, please find [here](#) a list of useful resources.

Student survey: University College London

Schools periodically carry out surveys to gather student views on areas of provision. This term Miss Marcel will be inviting Year 10 students to complete an anonymous survey about their views on the school's emotional wellbeing provision. This will take 10 minutes and will be completed during the registration period. It is part of an initiative led by University College London. The information collected is anonymous, but the school will receive a report that will help to improve our provision. If for any reason you would prefer your child not to take part, please contact Miss Marcel via email office@SHSG.org.

Useful online links

At 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 \(shsg.org\)](#).

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