



Autumn Term 1

Southend High School for Girls

Gazette



www.shsg.org



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office@shsg.org



'Pupils flourish and excel at Southend High School for Girls' Ofsted July 2024

It was a real pleasure to be able to announce to staff and students our Ofsted inspection outcome. Our inspection took place on 2nd and 3rd July 2024, but due to the summer holiday break, was not published until the first day back this term. The outstanding judgement reflects the school we know and love so well.

I would like to take this opportunity to thank parents, carers and students for your part in the process and for your commitment to SHSG. Our students are very impressive young people and are the best ambassadors for the school. They were a credit to the school, as always, during the inspection process, speaking to the team and telling them about life at SHSG. In addition, I would like to thank all the staff and the governors. As noted in the report, our students receive exemplary support and *'outstanding provision'*. Other areas noted by inspectors were the *'highly ambitious curriculum'* and that students *'achieve very highly'*. The inspectors looked at broader curriculum areas as well and commented on the *'exemplary careers education'*, and the *'vast range of clubs, trips, visits, and visitors'*. Perhaps one of the most important comments and findings was the value that students place on being part of SHSG. The inspection team in the report noted that *'Pupils see the school as a family. They look out for and support each other'*, and that staff *'provide exceptional support for pupils' well-being'*. In short, our *safe, happy and successful* principles underpin the report. The report is available on the school's website.



Start of term welcome!

We welcomed our new 'SHSG Family' members in September. The Year 7s and Year 12s had a full induction programme including assemblies and have settled in well. We also welcomed those students who have joined other year groups.



The senior team have been very proud of our Years 8-11 and Year 13 students who have been great role models by helping new Year 7s and Year 12s to find their way around school and settle into school life. These acts of kindness are unprompted by staff and echo the family ethos of the school.

We wish students a successful year ahead.



New staff welcome

We welcomed new staff that have joined SHSG:

Teaching staff:

Mr Prior - Lead Practitioner in Science and Associate Assistant Headteacher

Mrs Hockley - Music Teacher

Mr Durell - Classics & History Teacher

Mr Wong - Biology Teacher

Mr Howard - Maths Teacher

Mrs Creasey - D&T Teacher

Support staff:

Miss Bowman - SEND Support Assistant

In addition, we also have five trainee teachers:

Miss Connor , Miss Manley , Ms Pontius , Mr Patten , Ms Gingell.

SHSG Success ~ International Athletes

Eliza D in Year 12 has been selected for Team England Cheerleading squad. She will be representing Team England at various competitions throughout the year including attending the World Championships in Orlando in April 2025.
Congratulations, Eliza!



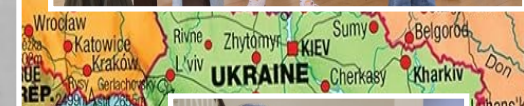
European Under 20s Athletics – Championship Record

At the end of July, Shiloh travelled to Slovakia to represent Great Britain in the European Under 20s competition. The team qualified comfortably for the finals of the medley relay and Shiloh ran the anchor leg. She ran such a strong leg on the relay and brought the team back into bronze medal position. This broke the national championship record as well as being a national U18 record.



Culture Day

We celebrated Culture Day. Students attended sessions led by other students and staff in order to learn about aspects of different cultures. We would like to thank our two parent helpers, who came in for the day to run sessions on East African dance and West African games. Sessions run by staff and students included learning about Romania, looking at how maths and symbols vary across cultures and learning how to do origami. Students also dressed in clothes that represented their cultures. Annie in Year 7 said that, 'it was so fun having other students, much older than me, sharing their favourite foods, activities and opinions about their cultures' and that it was 'a fun first whole school celebration from a Year 7's perspective.' Thank you to everyone involved in making this day happen.



Year 12 House Fresher Events

Excitement was in the air when we saw the first SHSG House events of the year.

The Sixth Form House Captains hosted two special 'House Freshers' lunchtime events, exclusively for Year 12 students. First event was a special version of the gameshow 'Take me Out,' the second event we enjoyed was the House Teams in a head-to-head competition, battling to become House Family Fortunes Champion 2024. These were very popular events, and it was wonderful to see so many Year 12 students taking part. The autumn term events will be the last ones organised by our current House Team.

Students in Year 12 will have the opportunity to apply to become our new House Captains for 2024-2025. Further details about the application process will be provided to students.



SHSG Success ~ A budding Journalist in the Making!

After submitting the winning article to the English and Media Centre regarding the Media Students' Conference that we attended at the BFI back in January, enterprising Year 13 Sophie P secured herself a week's work experience at the headquarters of the English and Media Centre in London.

Amongst other tasks such as copy and picture editing, Sophie wrote a triple page article on news (one of her A Level topics) which has been published in the latest edition of the Media Magazine. Congratulations and well done to Sophie!



BBC Taster Day

An account from Media Studies A level student Evie T: 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 smaller than being accepted to Oxbridge.



Nuclear Races

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!



Sports Awards

Congratulations to all of the winners at Sports Awards 2024. It was a lovely evening celebrating the many successes that we have seen throughout last academic year. As well as individual year group awards for each sport, these were the special awards that were presented:

Services to SHSG Sport:

Chessie H, Evelyn G, Jessica T, Sadie M, Darcy D, Sophie W, Maisy C, Elouise T, Shiloh O, Shalom B, Elicia R, Eliana C, Holly B and Niamh S.

GCSE PE Student of the Year: Eliza D and Isabella B

A Level PE student of the Year: Michelle A

Team of the Year: U16 Netball

The Award for Excellence: Shiloh O

Sports Captains' Award: Freya L

The Physical Education Endeavour Award: Annabelle H and Isis H-L

Sportswoman of the Year: Holly B and Niamh S

Thank you to all the students and parents that supported the evening.



Sports Awards



World Mental Health Day



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.



Mental Health & Wellbeing at SHSG

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 \(shsg.org\)](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)

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.

Year 13 Guest Lecture from the Freud Museum

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!



Showjumping Success

Congratulations to Lèva K (12NTR) for her 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.



Art Department ~ Delft Project

The Art department are proud of this wonderful collaboration piece created by Year 12 and Year 8 students last year. It is a local Leigh – on – sea scene with a decorative border displaying coastal designs and is inspired by 17th Century Delftware. Thankyou to Mrs Back for her expertise and enthusiasm.



SHSG's 111th School Birthday



Students attended the traditional birthday assembly and Year 13 Panto, as well as taking part in a form activity.

Assembly

During the assembly, we reflected on the school's rich heritage and history by exploring some remarkable artefacts we have discovered in the school archive. These included: original hand-embroidered books for recording house points, the 'punishment book' from the 1930s, old photographs of the famous bridge before it was painted green, vintage blazer badges, a poster to raise funds for a spitfire aeroplane during the second world war and a well-loved hymn book belonging to Olive, a student who was at the school in 1947. One of the highlights was the unveiling of a box of admissions cards from the 1930s. The worn wooden box revealed hundreds of neatly stacked cards, each bearing the name of a student from a bygone era. Students were encouraged to think about their own place in the school's history and left the hall with a deeper appreciation for the legacy they are part of, and a responsibility to carry it forward.



SHSG's 111th School Birthday

Birthday Cake

Our students designed and decorated our traditional birthday cake. The theme this year was 'celebration', which included celebrating our outstanding Ofsted inspection, our amazing production of Chicago, our family ethos and House spirit, our new cherry tree, as well as Mr Carey and our pastoral dogs, Florence and Reggie. Thank you to Pavan P, Eliana C, Grace B, Lois J, Ruby S Busolami Jessica T and Tali S, as well as Mrs Francis and Mrs Roe for all their work on this.



Year 13 Panto

In our usual tradition, Year 13 students wrote, directed and performed in the birthday panto. This year it was *Barbie*. There is great competition every year for students to give the 'best panto ever' and this year group did not disappoint. From the script to the costumes and dancing, it really showcased our students' talents and brought great entertainment to the school community. Thank you to the Head Student Team, and all the Year 13 students who took part.



SHSG's Panto



SHSG's Year 7 Colour Run

Year 7 students took part in the Colour Run, led by our Year 11 and 13 students. This is a great team building activity that has become one of our new birthday traditions.



SHSG's Year 8 Recycled Fashion Show



Paris Trip

Year 13 are very grateful to have had the opportunity to go on this action-packed Paris trip. After a long journey to Paris, we started Saturday morning bright and early with a busy schedule ahead. Starting at the Louvre, we saw iconic pieces of art such as La Joconde, la Vénus de Milo et la Victoire de Samothrace before commencing part of a scavenger hunt at Le Jardin des Tuileries. We then headed on a walking tour of famous sites of Paris before embarking on an evening river cruise along the Seine. Day 2 then began with a 56-floor lookout tower at Tour Montparnasse (the tallest building in central Paris) followed by a visit to Montparnasse cemetery before spending the afternoon shopping down the Champs Élysées (where we treated ourselves to a very good hot chocolate). After dinner we then had the opportunity to take photos in front of the Eiffel Tower at night. On the third day, we visited Montmartre and the famous Basilique du Sacré-Cœur followed by a session at a Language School in the afternoon. Day 4 included a visit to the Basilique St Denis before the bittersweet drive back to Calais.

This trip has been so valuable as it has enhanced our understanding of French culture alongside providing a deep insight into the rich history of Paris. A special mention goes to Monsieur Smith for his amazing knowledge of Paris; there was not a dull coach journey particularly when facing a questionable road in St Denis where our coach driver James managed an incredible manoeuvre aided by locals.

A particular highlight for us was winning the scavenger hunt against the Year 10s which sent us investigating important sites of Paris. We also relished the opportunity to communicate with native French speakers, particularly during the language school which allowed us to use our French skills in a new setting. We also experienced a wide range of French culture such as an authentic French meal with a delicious Bœuf bourguignon.

On behalf of all the students who attended this trip, we would like to thank Monsieur Smith, Madame Hulme, Madame Bowman and Mr Carey for a fantastic time.

Merci beaucoup, nous nous sommes bien amusées!

Written by Allegra L, Amelia B, Anoushka L, Maya M, Anabel H, Ruby O



Paris Trip





[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 Mi 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](#)

Anxiety UK

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

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**

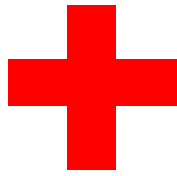
Email & Live Chat: [Chat with us - Muslim Youth Helpline \(myh.org.uk\)](#)

[Home - Muslim Youth Helpline \(myh.org.uk\)](#)

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

[Childline | Childline](#)



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 \(@SouthendSN\)](https://twitter.com/SouthendSN) / [X \(twitter.com\)](https://twitter.com/SouthendSN) 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