



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, 2nd October 2026

Dear Parents, Carers and Students,

It has been another busy and rewarding week at SHSG, with students taking part in a wide range of academic, sporting and enrichment opportunities. From thought-provoking lectures and careers events to sporting success and our celebration of National Poetry Day, there has been much to recognise and enjoy. As we also look ahead to SHSG's 113th Birthday later this month, I am reminded once again of the strength of our community, the ambition of our students and the many traditions and opportunities that make SHSG such a distinctive place to learn and grow.

Important reminder: reporting student absence

Last week, our school telephone system was updated. As part of this change, the separate student absence number will shortly be switched off.

If your child is unwell and unable to attend school, please report their absence by calling the main school number on **01702 588852** and selecting **Option 1**. You will then be directed to a menu of options, enabling you either to speak to, or leave a message for, your child's pastoral team.

Voicemail messages can be left at any time, including outside normal school hours.

We would be grateful if all parents and carers could use this process from now on. This will help to ensure that absence information reaches the appropriate pastoral team as quickly and efficiently as possible.

Autumn Term Clubs and Activities

Please find a link to the autumn term clubs and activities programme ['here'](#).

Celebrating the School's 113th Birthday

On Friday 23rd October, we will celebrate SHSG's 113th Birthday and continue many of the traditions that make this such a special occasion in the life of our school.

All students will attend a formal assembly, where we will reflect on 113 years of the school's history, sing Happy Birthday, present gifts, blow out the candles on our themed birthday cake and, of course, give the traditional three cheers, which we hope will once again be heard in Kent!

Each year group will take part in a tutor-based activity during the day. Year 7 students will enjoy the infamous Colour Run, with further details to follow, while other year groups will take part in activities such as quizzes, recycling fashion challenges and board games.

As part of the celebrations, each form traditionally gives a gift to the school. In previous years, this has often taken the form of a donation to a particular department or charitable cause. This year, we would like to come together as a whole school community to support **Au Petit Creux**, our new dining and social area. Donations will be used to purchase benches for students to enjoy in the new space. A separate letter attached to this week's email explains the *Au Petit Creux* project in more detail. Here, below, are a few photos and artist impressions of the project.



See the video link [here](#)

The School's Birthday is one of our most cherished traditions, and we look forward to celebrating this important occasion together as a school community.

Further information about the activities planned for each year group will be shared with students through the registration programme by their tutors and Heads of Year in the lead up to the day.

What is Democracy? Social Science University of Oxford Lunchtime Lecture



On Thursday, more than 60 Year 12 and 13 Politics and Sociology students attended an online lecture delivered by Daniel Laine, Politics Lecturer at Hertford College, University of Oxford.

Daniel explored the meaning of democracy, encouraging students to consider challenging questions, including whether a country can truly be described as democratic when significant inequalities, such as poverty and homelessness, persist. Students also considered the relationship between economic growth, measured through GDP, and democratic development, as well as different ways in which democracy can be measured.

Molos, a Year 13 Politics and Sociology student, said: "I thought the session on democracy was really interesting and useful for my A Level studies. I really enjoyed it!"

Minnie, our Year 13 Sociology Captain, added: "His explanation of how we can measure democracy, and how democracy has changed with the emergence of new media, was particularly interesting and gave me lots to think about."

Students have been encouraged to explore Daniel's research further to deepen their understanding of the issues discussed. He has also kindly offered to remain in contact with students who are interested in finding out more about applying to the University of Oxford to study Politics and related undergraduate courses.

Year 10 Careers Carousel - Ambition

Last Friday morning, Year 10 students took part in a careers carousel centred on the theme of ambition. We are extremely grateful to the speakers who generously gave their time to share their experiences and explain what ambition has meant to them throughout their careers.

Students heard from an impressively varied range of professionals. We were delighted to welcome back SHSG alumni Anna Govett (Médecins Sans Frontières), Eliza Davies (BBC), Sushi Maitra (Oxford PhD candidate in cardiovascular medicine) and Hannah Tinsley (Programme Planner for Channel 5).

We were also joined by parents Dr Chris Aniche and Steph Aniche, who delivered an inspiring session drawing on Chris's career in law, and governor Chris Lightfoot, who spoke to students about careers in cybersecurity.

Our speakers were particularly impressed by Year 10's attentive engagement and the quality of their questions. Students will now reflect on the experience through Unifrog during their Life Skills lessons, considering how the ideas and career pathways they encountered might inform their own ambitions for the future.

Our sincere thanks to all of our speakers for making the morning such a valuable experience. If you would be interested in contributing to our careers programme in the future, please do get in touch: vcasson@shsg.org.



Year 12 Goldman Sachs in person apprenticeship opportunity

Goldman Sachs is opening its doors to Year 12 students who are interested in finding out more about degree apprenticeships.

During the afternoon, students will have the opportunity to meet members of the Goldman Sachs team, learn more about the firm's Degree Apprenticeship programme and hear first-hand from current apprentices about their experiences.

Students must apply via the **Young Pro app by Wednesday 7th October** to be considered for the event, which takes place on **Monday 12th October**.

Further information is available [here](#).

The Advanced Mathematics Support Programme: Support for University entrance exams for Year 12

The Advanced Mathematics Support Programme is offering an online course designed to develop students' problem-solving skills and introduce them to the style of questions used in university mathematics admissions tests.

Students who are interested in taking part can use the link below to register for the course.

Further information can be found [here](#).

Year 8 Vaccinations

The Hertfordshire Community NHS Trust immunisation team will be in school on Friday 9th October 2026 to administer the HPV vaccination to Year 8 students.

The immunisation team has contacted parents and carers directly with information about the vaccination, together with a link to the consent form, which should be completed in advance.

If you have not received this email, or if you have any questions about the vaccination programme, please contact the Hertfordshire Community NHS Trust immunisation team directly on **0300 555 5055**.

Student achievements

Congratulations to Avalina in Year 8, who enjoyed an excellent weekend at the Basildon Phoenix Swim Meet, winning several medals and achieving a County qualifying time in the 50m breaststroke. Well done, Avalina!

Last weekend, Arabella S in Year 10 represented Essex in the **Pentathlon National Finals**. Selection for this event is a significant achievement, requiring athletes to perform to a high standard across a demanding range of disciplines, including several highly technical events. Arabella achieved two personal bests during the competition, and her team finished **third nationally**. Well done, Arabella, we are extremely proud of the progress you have made over the past three years.

Well done also to our **U12 Netball squad**, who travelled to St Joseph's College in Ipswich on Monday for their first cup fixture. The team were understandably excited for their first away game, and the teamwork on display was outstanding. They dominated the match from the outset and now progress to the **second round of the School Sport Magazine National Cup**. Congratulations to the whole squad!



For the week beginning Monday 5th October

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.

- Tuesday 6th October: U18 boys' football away v St Mark's School (TBC)
- Wednesday 7th October: Year 7 Football Away v Woodlands
- Wednesday 7th October: Year 7B, 8B, 9B Netball Home v Thorpe Hall School
- Thursday 8th October: Year 7A, B & C Netball Away v WHSG
- Friday 9th October: U13 Netball Home v New Hall School
- Sunday 11th October: U14, U16 and U19 Netball 9am at Gilberts School, Colchester.

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.

Thursday 3rd October National Poetry Day: Discovering Wonder Through Poetry

For this year's National Poetry Day, we joined schools across the country in celebrating the theme of Wonder. Thanks to the work of our librarian, Mrs Skinner, students enjoyed exploring a specially curated selection of poems and discovering new favourites. The collection invited them to reflect on the awe, curiosity and mystery to be found in both the extraordinary and the everyday.

Highlights included You Can Measure the Steeple by Annette Wynne, which reflects on the boundless nature of a child's wonder; The Heart of Night by Bliss Carman, exploring the beauty of the cosmos and our place within it; and Emily Dickinson's A Well, a reminder that even the most familiar aspects of the natural world can contain deep mystery. It was wonderful to see so many students engaging with poetry and sharing the poems that inspired them most.

Free Period Products Available in School - The Red Relief Scheme

We would like to remind students, parents and carers that period products are available **free of charge** to all students in school. Products can be collected from Reception or from the Pastoral Support Offices whenever they are needed.

At the end of this letter, we have included a poster from **The Red Relief Scheme**, which highlights other locations in the local community where free period products, including tampons and pads, can be accessed.

We hope this information helps to ensure that no young person misses out on education, activities or opportunities because they do not have access to the period products they need.

If you have any questions or require further support, please do not hesitate to contact the school.

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://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 here: [Lower and Middle school SHSG Mental Health Board \(padlet.com\)](https://www.shsg.org) [SHSG Mental Health Board \(padlet.com\)](https://www.shsg.org)

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](#). We wish you a relaxing and enjoyable weekend.

Yours faithfully,



Jason Carey
Headteacher



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free.accessible.essential.
free.accessible.essential.**

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Periods are a normal part of life,
access to pads and tampons should be too.

www.livewellsouthend.com/redrelief

BECAUSE EVERYONE DESERVES DIGNITY. PERIOD.

In partnership with the Southend-on-Sea City Youth Council