



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, 4th July 2025

Dear Parents, Carers and Students,

Please find below information and updates from this week.

Non-uniform day Friday 11th July

As part of our ongoing commitment to sustainability and community engagement, we are pleased to announce a Non-Uniform Day on Friday 11th July—but with a meaningful difference.

Instead of the usual monetary donation, we are asking students to bring in a pre-loved item that can be sold at our upcoming Eco-Sale, taking place on Tuesday 15th July in the school hall.

What is an Eco-Sale?

An Eco-Sale is a student-led initiative that promotes sustainability by giving a second life to items that might otherwise go to waste. Donated goods are resold at affordable prices within the school community, with all proceeds going to environmental charities. Any unsold items will be donated to local charitable organisations, ensuring nothing goes to landfill.

What to donate:

We welcome clean, age-appropriate items suitable for a secondary school audience, such as:

- Clothing (suitable for ages 11+)
- Books
- Unused toiletries
- Accessories or small household items

Donations will be collected during morning registration on Friday 11th July.

This initiative is a fantastic opportunity for students to reflect on the importance of reusing and reducing waste, while also supporting charitable causes. Thank you to Planet Action and the Geography Department for organising this.

Year 10 InnerDrive Sessions

On Tuesday, all Year 10 students took part in a series of motivational and practical workshops led by InnerDrive coaches, designed to sharpen their approach to exam preparation and build effective revision habits. Gianna commented:

"The InnerDrive sessions we had were very helpful and highly relevant to us as Year 10 students preparing for our upcoming GCSEs. The sessions were interesting and interactive, focusing on potential revision strategies, the importance of sleep, positive attitudes, mindsets, and pathways to success. I found the sessions incredibly useful and enjoyed all the experiments we participated in. The speakers were kind and engaging, making the experience truly wonderful!" (Gianna E-N)

University of Cambridge Recognition for Excellence in Sociology and Photography

We are proud to announce that Aurora K, a gifted Year 12 Sociology student, has been awarded runner-up in the prestigious University of Cambridge Sociology Department's A Level Photography Competition. This year's theme, 'Real Utopias', invited students to capture, through photography, the ways in which idealistic visions take shape in everyday life. The competition drew entries from GCSE and A-Level students (including IB equivalents) across the



UK and abroad, making Aurora's success all the more noteworthy. Her creativity and sociological insight truly stood out, and we offer her our warmest congratulations.



Aurora explains the meaning of her photo:

"The idea of utopia for me does not exist merely in the fantasy but exists in public spaces. I captured this photo of my friend on the local beach, after a long day of trying to find something to do (without any money). In the background of the photo the 'Kursaal' building caught my eye, its dome and spire set itself apart from any other building in my town. I went to the local archives at the library and discovered that the Kursaal was once a ballroom and a venue for live performances, it then was bought by the council which changed it to an arcade, till its abandonment in 2019. The recordings I saw of the Kursaal in its ballroom days were bursting with joy, a joy I cannot imagine had ever existed when I look at the empty and gutted building today. This discovery made me realise the vital role that public spaces have in our lives, especially in a society where it seems as if it costs money to be anywhere. Austerity and privatisation have led to the lack of funding into public spaces for people in England, yet areas like this beach still provide me with hope in a better society. Even though the Kursaal did not survive, Southend beach will remain through any budget cuts and will bring together the people of the city. The beach is a place for everyone to enjoy, regardless of who they are."

From SHSG to Abbey Road: Sophia Hurst's Musical Journey

On Friday, SHSG alumna Sophia Hurst returned to the Music Department to share her journey as a film composer. Since leaving SHSG in 2021, Sophia has studied Music at the University of Manchester, where she was awarded both a composition prize and a postgraduate scholarship to specialise in Film Composition. She spoke to students about the wealth of opportunities she has embraced, writing for orchestral ensembles and recording a choral work with the BBC Singers at Abbey Road Studios, among them. Her talk offered valuable insight into the creative and professional realities of composing for film and television, and clearly inspired students to explore their own musical ambitions and potential career paths. We look forward to our next alumni careers talk, which will feature a former student now working behind the scenes at a leading London orchestra.



SEND Youth Voice Meeting

Southend Local Authority is hosting a SEND Youth Voice meeting. It will be held on Tuesday, 8th July 2025, from 4:30 PM to 6:00 PM at Friends and Places Together, 1st Floor, Victoria Shopping Centre. This time, they will be making pizzas! Please see the poster at the end of this letter for further information.

Mike Applewhite- Supporting Neurodiversity



Mike Applewhite is a retired headteacher who now works with students and schools to develop their understanding of neurodiversity. He brings over 30 years of experience in education, including 20 years in senior leadership and 8 years as a headteacher.

This term, Mike has been meeting with some of our students to support their understanding of ASD and ADHD. When we return for the new academic year, we will be pleased to welcome Mike back to SHSG to host sessions for parents and carers. This session is open to all who would like to learn more about neurodiversity.

Please complete the attached form to register your interest [here](#).

For further information, please contact Mrs McMahon at sendco@shsg.org

Welcoming Guests from East Shanghai High School

This week, we have been delighted to welcome 40 students and four teachers from East Shanghai High School, as part of a joint programme with Southend High School for Boys. This enriching international collaboration concludes this evening with a celebration event attended by both schools, our Chinese guests, and local dignitaries. A full report and photos will follow in next week's letter. In the meantime, I would like to extend my sincere thanks to the parents, staff, and governors who have generously hosted our visitors, and to the Science and Technology teams for their excellent support of the collaborative STEM project.

Year 12 Insight into Investment Day

On Monday 30th June, a group of economics students had the opportunity to spend the day at J.P. Morgan. We were fortunate to meet and speak with senior figures in the firm, including Malcolm Smith, the Chief Investment Officer. He emphasised the importance of strong soft skills, explaining how punctuality, professionalism, and the way you present yourself can significantly shape your success. He also highlighted the value of confidence, the ability to take calculated risks, and strong interpersonal skills as essential traits in the finance sector.

Throughout the day, we engaged with a range of employees who shared their career journeys and offered honest, practical advice. A consistent message was the importance of resilience, not fearing failure, and learning from mistakes. At J.P. Morgan, humility and honesty are core values, and they've built a culture that encourages a growth mindset. One message that particularly resonated with us was: "When things go right, the team gets the credit. When things go wrong, you share the blame," reinforcing the idea that you're never alone.

We're extremely grateful for the chance to spend time at such a prestigious firm and speak directly with professionals across all levels of the organisation. The visit deepened our understanding of what a career in finance truly looks like and has motivated us to work even harder toward a future in the industry, and hopefully, one day, at J.P. Morgan itself.

Written by Saleen A (12JBN), Esandi D (12JBN) and Nina (12MMC)

Year 8 Careers Carousel: 'Why I Love My Job'

On Wednesday morning, Year 8 students took part in a unique Careers Carousel event titled 'Why I Love My Job', where they had the opportunity to hear from six engaging and diverse speakers across a range of industries. We were delighted to welcome:

- Richard Collins, Agricultural Director at Müller
- James Fellowes, Programme, Transformation and Engagement Lead at PwC
- Johanne Turner, Personal Injury and Clinical Negligence Solicitor at BTMK
- Liam King, Conservation Manager at Garon Park
- Ellen Randall, Biochemistry Academic
- Alicia Dieleman, Senior HR Consultant at Lighter HR

Each speaker shared their personal career journeys, highlighting the reality that modern careers often resemble a climbing frame rather than a straight ladder. Students learned that in just ten years' time, many of them will be working in roles that don't yet exist, a powerful reminder of how fast the world of work is changing.

Discussions ranged from the impact of AI on business and communication, to the value of conservation work, the rewards of academic research, and the importance of job satisfaction. A few lucky students even had the chance to meet some baby chicks, courtesy of our conservation speaker!

The event opened our students' eyes to a wide range of career paths and gave them real insight into the value of doing something you love.

We would like to thank all of our speakers for generously giving their time to inspire and inform our Year 8 students as they begin their careers education journey.

17th July SHSG Annual Awards Evening at the Palace Theatre Westcliff

I am very much looking forward to celebrating the achievements of some of our most outstanding students at the annual SHSG Awards Evening on 17th July. As in previous years, the event will take place at the Palace Theatre in Westcliff. Award recipients and their families have already received invitations, and a rehearsal for students will be held during assembly time on Friday 11th July. I encourage all families planning to attend to complete the response form included with the invitation letter.

Silver Duke of Edinburgh Award Assessed Expedition to the New Forest 5th July to 7th July

I would like to wish the students undertaking the New Forest Silver Duke of Edinburgh expedition this weekend the very best of luck as they explore the beautiful New Forest.

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.uk/mental-health-and-wellbeing).

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-lower-middle-school)

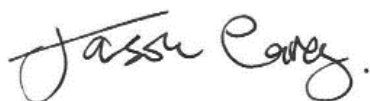
[SHSG Mental Health Board \(padlet.com\)](https://www.padlet.com/shsg/mental-health-board-sixth-form)

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 restful weekend!

Yours faithfully,



Jason Carey
Headteacher

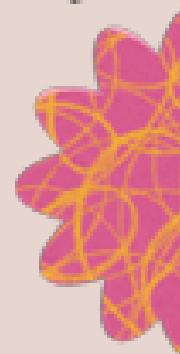
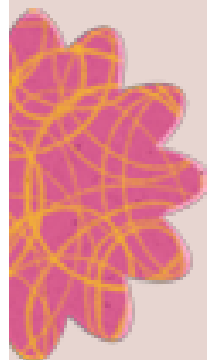


SOUTHEND SEND YOUTH VOICE



**DO YOU HAVE SPECIAL
EDUCATIONAL NEEDS AND
ARE AGED 11-25?**

A PLACE WHERE YOU CAN SHARE
YOUR EXPERIENCES, THOUGHTS
AND FEEDBACK, TAKE PART IN
FUN ACTIVITIES AND MAKE THE
IMPORTANT CHANGES NEEDED TO
IMPROVE THE LIVES OF CHILDREN
WITH SEND IN SOUTHEND.



TUESDAY 8TH JULY 2025

4.30PM-6.30PM

**FRIENDS AND PLACES TOGETHER, TOP FLOOR,
UNIT 13 VICTORIA SHOPPING CENTRE (NEXT TO
INDI ROCK)**

**THIS SESSION INCLUDES
MAKING YOUR OWN PIZZAS!**

FOOD AND REFRESHMENTS PROVIDED

**EMAIL ME TO BOOK YOUR SPACE
JADEWELLER@SOUTHEND.GOV.UK**