



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, 6th February 2026

Dear Parents, Carers and Students,

It has been another vibrant and rewarding week at SHSG, with students excelling on stage, in competitions, on trips, and across a wide range of enrichment activities that strengthen our shared sense of community. The following pages provide a fuller overview of the many events, achievements, and opportunities that have shaped this week at SHSG.

A Show-Stopping Success - Guys and Dolls Jr

Thank you to all the parents and families who joined us for this week's whole school production of *Guys and Dolls Jr*. We were delighted to perform to a completely sold-out audience, and we could not be prouder of our students and staff for bringing such joy, energy, and professionalism to the stage. Your support truly strengthens our school community. Look out for a full write-up and photo highlights in next week's Headteacher's letter!

Year 12 Parents' Evening – Thursday 12th February

A reminder that the Year 12 Parents' Evening will take place online on Thursday 12th February. Appointment booking opened yesterday and will remain available to parents until 6.30pm on Wednesday 11th February. Please refer to the letter from Mrs Bowman for full details and guidance on how to access the evening.

National Apprenticeship Week – Monday 9th to Friday 13th February

A final reminder that we have a range of activities taking place in school next week to mark National Apprenticeship Week. Details have already been shared with the relevant year groups, but I would particularly like to highlight our Apprenticeship Fair, happening at lunchtime on Wednesday 11th February (see poster at the end of this letter for further information).

In addition, our careers platform Unifrog is hosting a Virtual Apprenticeship Fair on Wednesday 11th February, from 4.00pm to 6.00pm. Students and parents will be able to join live employer sessions and speak directly with representatives from across the UK. Registration is available here: [register here](#).

Oxford German Olympiad Competition

We are delighted to share that SHSG students once again have the opportunity to take part in the Oxford German Olympiad 2026, an annual national competition organised by the Oxford German Network. This year's theme, "Immer unterwegs – Mobilität und Reiselust" ("Always on the road – mobility and the desire to travel"), invites students from all year groups to use their German creatively through tasks such as comic strips, short stories, fictional travelogues, advertisements, or videos.

Our students have achieved outstanding success in previous years, earning winner, runner-up, and highly commended awards, and we warmly encourage all German learners to get involved. The competition offers an excellent opportunity to develop language skills, deepen cultural understanding, and engage with the University of Oxford's outreach programme.

Entries should be submitted to the German Department by Monday 9th March 2026, and all participants will receive a certificate.



Pastoral Support Officers - Team Update

The Pastoral Support Officers (PSOs) play a vital role within our pastoral system, acting as the first point of contact for students who may require additional care, guidance, or support. They work closely with Heads of Year, the SEND Department, and the safeguarding team to ensure every student at SHSG is known, supported, and able to thrive both academically and personally.

From **Monday 9th February**, there will be a small restructure to the PSO team for Years 7, 12, and 13. The updated structure is as follows:

- **Year 7:** Mrs Enderby — eenderby@shsg.org
- **Years 8 & 9:** Mrs Bernier — cbernier@shsg.org
- **Years 10 & 11:** Mrs Poxon — cpoxon@shsg.org
- **Sixth Form:** Mrs Rooke / Mrs Stafford — sixthform@shsg.org

These changes will further strengthen our ability to provide consistent and high-quality pastoral support, helping every student feel confident, cared for, and well supported throughout their time at SHSG.

Sixth Form Chemistry Trip to Copenhagen



Year 12 and 13 Chemistry students enjoyed a highly enriching three-day visit to Copenhagen, staying in the modern Vesterbro district and experiencing the city in temperatures as low as -6°C .

A major highlight was visiting the University of Copenhagen's School of Pharmacology and Faculty of Science, where students toured cutting-edge laboratories, including the newly developed Niels Bohr Building, and attended lectures from world-leading academics on topics ranging from the use of EPO to the chemistry behind "Love and War." They were also excited to discover that the Chemistry Department is home to 2022 Nobel Laureate Professor Morten Meldal.

The trip also included visits to the Carlsberg Brewery, birthplace of the pH scale, and Freetown Christiania, known for its creative, self-governing community. Students explored the city's major landmarks, including Nyhavn, Amalienborg Palace, Strøget, and the Little Mermaid, and each evening concluded with the spectacular Copenhagen Festival of Light.



Year 9 Immunisations

The Community NHS Trust immunisation team will be in school on Friday 13th February to administer the DTP and Meningitis vaccinations to Year 9 students. The immunisation team have emailed parents directly with information about the vaccinations and the link to the consent form that should be completed before 13th February.

If you have not received this email or have any questions regarding the immunisations, please contact the Hertfordshire Community team directly on Tel: 0300 555 5055.

County Netball Success for Esther and Poppy



Congratulations to **Esther L (Year 8)** and **Poppy B (Year 7)**, who proudly represented **Essex Met** in the Under-13 County Netball Tournament in Surrey last Sunday.

They faced exceptionally strong opposition from counties across the East of England, making it a challenging but hugely valuable experience, particularly as it was their first time competing at county level.

Well done to both students for their hard work, determination, and fantastic achievement!

Youth Justice Talk for Sixth Form Social Scientists

On Wednesday 4th February, Hayley Innes from the Southend Youth Justice Department visited SHSG to speak with Year 12 and 13 Social Science students. She introduced the Child First approach to youth justice, which supports young people aged 10 to 18 who come into contact with the police. This model takes a holistic view of each child, identifying unmet needs and offering targeted support to help them avoid becoming caught in a cycle of offending and reoffending.

Mrs Innes discussed the importance of alternative education pathways, participation in sport and community projects, and the role of restorative justice in repairing harm and building resilience. Students engaged enthusiastically, asking questions about careers in criminology, as well as related work-experience opportunities in the local area.

This was an excellent enrichment opportunity for students considering careers in youth justice, criminology, or social work, and it also provided valuable real-world links to the sociology curriculum, including the family, education, and crime units.

Safer Internet Day 2026 – Smart Tech, Safe Choices

Safer Internet Day 2026 takes place on 10th February, with this year's theme focusing on "Smart tech, safe choices – Exploring the safe and responsible use of AI." As artificial intelligence becomes increasingly woven into young people's daily lives, it is vital that students understand both the opportunities and the risks associated with these rapidly developing technologies.

One growing area of concern is the rise of deepfakes: artificially generated images, videos, or audio that appear real but are created by manipulating online content or material shared on social media. Deepfakes can be highly convincing and, when misused, can cause significant emotional distress and reputational harm.

It is important for families to be aware that explicit deepfakes are illegal, and new legislation currently progressing through Parliament will also make it an offence to use so-called 'nudifying' apps to create manipulated images. Protecting young people from these risks is an increasingly essential aspect of online safety education.

Parents and students can find further guidance on deepfakes—along with practical advice on reducing risks and reporting harmful content—here: [Deepfakes parents guide | Internet Matters](#).

Online safety is taught in our PSHE curriculum across all year groups. For more information and guidance about the practical steps parents and carers can take to help keep children safe online, please visit:

[Keeping your child safe online: how to get started](#)

['What I wish my parents or carers knew...': A guide for parents and carers on managing children's digital lives | Children's Commissioner for England](#)

PE Fixtures – Week Beginning Monday 9th February

These fixtures may be subject to change, and all details are posted on the relevant PE extra-curricular Microsoft Teams pages. If your child has not yet been added to their year group page and needs access, please ask them to speak to a member of the PE Department. Thank you.

Monday 9 th February:	Year 7 & Year 8 Netball — Home vs St Bernard's
Monday 9 th February:	U18 Boys' Football — Home vs WHSG
Tuesday 10 th February:	U15 Football — Home vs Chase
Wednesday 11 th February:	Year 7 Netball — Home vs Thorpe Hall
Wednesday 11 th February:	U18 Netball — Home vs WHSB

Please note: for safeguarding reasons, we are unable to accommodate spectators on site for matches. Many schools follow a similar policy, so please check directly with the opposing school if your child is playing away fixtures.

Mental Health – Belonging and Wellbeing at SHSG

Supporting Positive Mental Health – Weekly Wellbeing Tips

As we move through a busy term, it's important to take small, sustainable steps that support good mental health and emotional wellbeing. Below are some simple, evidence-informed reminders for students, staff, and families:

Top Tips for a Healthier Mind

1. Keep a healthy routine

Regular sleep, balanced meals, and time away from screens can help maintain focus, mood, and resilience.

2. Stay connected

Talking to friends, family, or a trusted adult when things feel difficult can make a meaningful difference.

3. Balance work and rest

Short breaks during homework or revision boost concentration and reduce stress.

4. Spend time offline

Even 10–15 minutes outdoors, or simply away from devices, can improve wellbeing and lower anxiety.

5. Ask for help early

Whether academic or pastoral, support is always available. Reaching out is a strength, not a weakness.

Our pastoral team is always here to help. Parents with any concerns about their child's wellbeing are encouraged to contact their child's Pastoral Support Officer or Head of Year for advice, guidance, or support.

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/mental-health-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 \(padlet.com\)](#)

[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](#). Wishing you a restful weekend!

Yours faithfully,

A handwritten signature in black ink that reads "Jason Carey". The signature is written in a cursive style with a large initial 'J' and a long, sweeping underline.

Jason Carey
Headteacher

NATIONAL
APPRENTICESHIP
WEEK #NAW2026



Amazing
Apprenticeships

Apprentice Fair

Open to Year 9 - 13

WEDNESDAY 11th FEBRUARY

Lunchtime in the GYM

Meet apprentices from these companies and sectors...

BBC

Eliza

amazon

Haaris

Bakers
LABELS

Izelda



Faris



Leah



Antela

AON

Pia

**STEPHENSON
HARWOOD**

Sophie

Deloitte.

Mohammed



Edward

LEGENDRE

Raphael

Find out more about applying for apprentice schemes in these sectors...



Media



Insurance



Construction



Legal Services



Engineering



HR



Marketing



Utilities



Finance