



# 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, 6<sup>th</sup> June 2025

Dear Parents, Carers and Students,

As we round off another vibrant week at SHSG, I'm delighted to share some of the exceptional achievements and opportunities that continue to reflect the creativity, ambition, and intellectual curiosity of our students.

### Open Evening – Early Closure on Thursday 3rd July

A reminder that on **Thursday 3rd July**, we will be holding our annual Open Evening. On this day, students will attend their normal morning lessons and be dismissed at **12.25pm**. Food will be available at breaktime, but please note the canteen **will not be open for lunch**. If your child is eligible for free school meals and you would like us to provide a packed lunch, please complete the form [‘here’](#). Lunches will be available to collect at breaktime.

### Cambridge Essay Success – Afraa K (12MMC)

We are incredibly proud of Afraa K in Year 12, who has received an Honourable Mention in a major international essay competition run by the Cambridge Centre for International Research. Her thoughtful exploration of the ethics of genetic modification was selected from over 4,200 entries across 50 countries. Afraa has been invited to attend an award ceremony and formal dinner at King's College, Cambridge, where Nobel Laureate Dr Thomas Cech will deliver the keynote speech. A tremendous and well-deserved achievement.

### SHSG Annual Poetry Prize – Now Open for Entries

Our annual SHSG Poetry Prize is back for 2025, and we are inviting entries from students across all year groups. There are no restrictions on theme, style or length – just the expectation of originality and passion. Submissions should be handed in to the English Office or emailed to Mr McGarvey by **Monday 23rd June**. We can't wait to read this year's entries.

### 'A Midsummer Night's Dream' – Live at Hamstel Juniors

On Friday 23rd May, students from Years 7, 8 and 10 performed *A Midsummer Night's Dream* for the pupils of Hamstel Junior School. The production was a triumph. It was full of humour, confidence, and Shakespearean magic. Special mentions go to Lenny Q (Bottom) and Ayla L (Titania) for standout performances. While “the course of true love never did run smooth,” the performance most certainly did. A huge well done to all involved; you were fantastic ambassadors for SHSG.

### Law Society – LNAT Preparation for Year 12

Aspiring lawyers in Year 12 are encouraged to attend LNAT preparation classes run by our Law Society this half term. The LNAT (Law National Aptitude Test) is a key component of admissions to top UK law schools, and these sessions are a valuable opportunity for focused preparation. Classes begin next week and will run every Tuesday B lunchtime in Room 18. Many thanks to Ms Laird and Mr O'Brien for leading this excellent initiative.



### **Aristotelian Essay Award – National Recognition for Year 9 Student**

Congratulations to Ashlyn C (9HRM), whose entry to the prestigious *Aristotelian Award* was judged “Highly Commended” by national adjudicators. You can read her essay [here](#). Well done, Ashlyn. This competition, run annually by The Perse School, Cambridge, promotes independent research and critical thinking among Year 9 students across the UK. Ashlyn’s success is richly deserved, and a credit to both her efforts and the calibre of work across the entire SHSG Year 9 cohort who took part.

### **The Green Dagger – Crime-Writing Competition Winners**

Congratulations to Sitara S (11AUR), this year’s winner of SHSG’s *Green Dagger* crime-writing award, for her haunting and imaginative story *Sparrowhawk*. The judges praised her for the maturity of her narrative voice and her originality. Second and third place were awarded to Annie R (10HRM) and Alicja M (8HRM) respectively – well done to both. Our Best Newcomer award goes to Elettra C (7ATH), who impressed us with her compelling debut.

All the entries can be read on the SHSG English Creative Writing Blog, [here](#).

### **Year 9 Careers Enterprise Encounter with SS&C**

Year 9 students recently took part in an inspiring enterprise session led by global financial services firm SS&C. The event began with an insight into the diverse careers available within the finance sector, followed by an energetic ‘Apprentice’-style challenge. Teams were tasked with pitching a new business idea, from theme parks to cinemas and winning over investors.

Several groups impressed the panel and secured ‘investment’ cheques for their professionalism and creativity. Well done to all involved! You can find the latest *Amazing Apprenticeships* guide for parents and students [here](#).

### **Sports Tour 2025: Four Trophies, Countless Memories**

Over half term, 46 students from Years 8–10 travelled to Costa Brava, Spain, for our international sports tour and returned not only with unforgettable memories but with a record-breaking **four championship trophies!**

Students competed in U13 and U15 netball and football tournaments, training under coaches from **Norwich City Football Club** and the **Elite Netball Academy**. After a string of outstanding performances:

- **U13 and U15 Netball A teams** were crowned **Champions**, finishing undefeated.
- **U15B Netball** placed a strong **6th overall** after an excellent run.
- **U13 and U15 Football teams** also took home the **Champion titles**, maintaining unbeaten streaks.

The students showed resilience, composure and skill, especially during tight, high-stakes matches in the Spanish heat (which even caused one netball to explode!). Evenings were spent enjoying the beach, local shops, hotel games rooms, and mini-golf, and of course, a well-earned trip to the waterpark.

On the final day, students explored the beautiful city of Barcelona, taking in Las Ramblas, the Olympic Park and panoramic views of the city skyline.

The coaching team at Norwich City sent a glowing letter praising the students for their sporting values, teamwork, and respectful conduct throughout. An outstanding tour, and an SHSG first to return home with all four trophies!

**Holly**, our U15A Netball Captain, summed it up perfectly:

*“Not only was the trip a great success, but the opportunities were endless. We had high-quality training every morning, followed by tournaments against teams from across the UK. The food was delicious, the weather was great, and the hotel facilities were fantastic!”*

We’re already looking forward to doing it all again in 2027.





### National Recognition for Former SHSG Student Michelle

We are incredibly proud to share that former student **Michelle Agyemang** has been named in the England squad for next month's European Football Championship. At just 19 years old, Michelle's talent and determination have earned her a place among the country's very best players. Michelle made an impressive debut for the senior team earlier this year during a friendly against Belgium. Coming on as a substitute she made an immediate impact, scoring a stunning goal just 41 seconds after stepping onto the pitch. Michelle's journey from SHSG to the international stage is an inspiration to all our students, and we will be cheering her on as she represents England in the summer.



### Celebrating Success in Mathematics – Maths Bombe Winners!

We are thrilled to congratulate **Hemetha M, Diya P, and Saima A**, the winning team in this year's *Maths Bombe* competition at SHSG!

Inspired by the wartime code-breaking work at Bletchley Park, this competition challenges A Level students with complex, real-world mathematical problems requiring logic, reasoning, and teamwork. Our winning team demonstrated exceptional skill and collaboration – a superb achievement that reflects the strength of mathematical thinking at SHSG.

Well done to all who took part – and especially to our winning trio for rising to the challenge so brilliantly.

### Upcoming PE Fixtures

Please note that fixtures are subject to change, and all updates are posted on the relevant PE extracurricular Microsoft Teams pages. If your child cannot access their year group page, they should speak to a member of the PE department.

- **Tuesday 10th June:** Regional Athletics (Years 7–10), Melbourne Park, Chelmsford. 7:30am – 5:00pm
- **Wednesday 11th June:** KS2 Borough Sports (Year 8 Leaders), Garons. 8:00am – 3:00pm
- **Saturday 14th June:** Essex Schools Athletics (Years 8–11), Melbourne Park, Chelmsford. Event timetable available next week. Students must arrive one hour before their event. If selected, students will have received a message from Miss Dawkins and must collect a letter from the PE office.
- **Monday 16th June:** Year 7–10 Borough Track Sprint Heats & Year 10 Field Finals, Garons. 2:30pm – 6:00pm
- **Tuesday 17th June:** Year 7 Borough High Jump, Year 8–10 Pole Vault & Hammer (after school)
- **Friday 20th June:** Year 7–10 Borough Track Finals & Year 7–9 Field Event Finals, Garons. 8:30am – 4:00pm

Please be aware that, for safeguarding reasons, we are unable to accommodate spectators on site for matches. Many other schools follow similar policies; please check directly with host schools if you are attending away fixtures.



### Attendance Excellence – FFT Award Winners

SHSG has received three attendance awards from the **Fischer Family Trust (FFT)**, recognising our students' exceptional attendance during the 2023–2024 academic year, and in both the Autumn 2024 and Spring 2025 terms.

This places us in the **top 10% of UK schools** (from a database of over 8,000). Thank you to all parents and carers; your support plays a key role in this outstanding result.

### Duke of Edinburgh Silver Practice Expedition – Best of Luck!

Good luck to our Year 10 students heading out on their **Silver Duke of Edinburgh Award practice expedition** this weekend, taking place from **7th–9th June** in the beautiful Chilterns. We wish you safe travels, strong teamwork, and some dry weather!



### Mental Health Support During Exams – Tip #5: The 5-4-3-2-1 Technique

In the midst of exam stress, it's easy to feel overwhelmed. The *5-4-3-2-1 grounding technique* is a simple yet powerful tool to help manage anxiety. Here's how it works:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This exercise helps bring awareness back to the present moment and can be especially helpful when emotions feel out of control. Please do share this with your child: a small strategy can make a big difference.

### 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 below:

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

[SHSG Mental Health Board \(padlet.com\)](https://www.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 restful weekend!

Yours faithfully,

Jason Carey  
Headteacher