



# 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, 7<sup>th</sup> November 2025

Dear Parents, Carers and Students,

Please find below information and updates from this week.

### **Sixth Form Open Evening**

On Wednesday 5<sup>th</sup> November SHSG staff and students welcomed over one thousand visitors to our Sixth Form Open Evening. We had a record-breaking 250 volunteers from Year 12 and 13 – including subject captains, senior prefects, and Head Student Team members - who played a vital role as ambassadors. Visitors commented on the excellent tour guides and superb subject information events. There was a real buzz around school. Current Year 11s will be making their subject choices for A Level by the end of term, ready for us to create the 2025 – 2026 timetable around their choices.

Please find below some useful links:

- Link to our [2026 prospectus](#)
- Link to A Level [course outlines](#)
- Our feedback [form](#)

### **Year 13 Parents' Consultation Evening Thursday 20<sup>th</sup> November**

A reminder that the Year 13 Parent Consultation Evening will be taking place remotely on Thursday 20<sup>th</sup> November. More information about this event will be shared next week via a letter home.

### **Mole Day 2025**

In chemistry, a mole is a standard scientific unit used to measure large quantities of small things such as atoms, molecules or ions. A mole is  $6.02214076 \times 10^{23}$  - if you had a mole of donuts, it would cover the earth with a depth of five miles!

Therefore, with this number in mind, Mole Day is celebrated internationally on 23rd October (ideally at 6.02 in the morning and 6.02 in the evening) and is a day to celebrate moles and all things chemistry!

This year, there were a range of activities: around the school were Sixth Form moles who awarded tokens for the best science jokes, a chemistry treasure hunt and a poster competition. Students threw themselves into the activities to celebrate the day and hopefully learnt a bit more about chemistry and the mole.

### **Careers opportunity: the Telegraph Media Literacy Programme**

The Telegraph's Media Literacy Programme, which is open to all 16-18 year olds across the UK, provides an insight into what it is like to be a journalist at an award-winning multimedia news brand. It consists of a four-week online programme which may culminate in an invitation to join the Telegraph's Future Talent Pool. [More information here.](#)

### **Maths Week England - Monday 17<sup>th</sup> - Friday 21<sup>st</sup> November 2025.**

We are thrilled to announce that our school will be taking part in *Maths Week England* from Monday, 17<sup>th</sup> November to Friday, 21<sup>st</sup> November. We have planned some fun and engaging activities for students to celebrate the beauty of mathematics:



### 1. Daily Maths Puzzle

- When: Lunchtimes (12:30–1:00 pm) in Room M1
- Who: Open to all Year 7–11 students
- Students can earn achievement points for attending, with extra points for correct answers!

### 2. Maths Song Challenge

- Students are invited to write and record a song about maths in any genre.
- [2025 Song Challenge - Maths Week England](#)
- Upload your entry online and email it to [egraham@shsg.org](mailto:egraham@shsg.org) for additional achievement points.

We encourage all students to get involved and make the most of these exciting opportunities to learn and have fun! Thank you for your continued support.

### ***PE fixtures for next week (week beginning Monday 10<sup>th</sup> November:***

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.

- Monday 10<sup>th</sup> November: Year 7 Football Home v Bromfords
- Tuesday 11<sup>th</sup> November: U13 Football Away v Chase
- Wednesday 12<sup>th</sup> November: Year 7-13 Borough Cross country at Blenheim Park
- Thursday 13<sup>th</sup> November: U14 Football Away v Appleton

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.

### ***Remembrance Day – Tuesday 11<sup>th</sup> November 2025***

On Tuesday 11<sup>th</sup> November, we will come together as a school to mark Remembrance Day with a short commemorative service and a two-minute silence at 11:00am. As part of the occasion, students who are members of uniformed organisations—such as Brownies, Guides, Scouts, Sea Cadets, or Army Cadets—are invited to wear their official uniform in place of school uniform, should they wish to do so. Thank you for supporting this important moment in our school calendar.

### ***Odd Socks Day – Monday 10<sup>th</sup> November 2025***



As part of Anti-Bullying Week, we will be marking Odd Socks Day on Monday 10<sup>th</sup> November.

Students are invited to wear odd socks to school as a light-hearted and symbolic way to celebrate individuality, diversity, and self-expression. Odd Socks Day reminds us that our differences make us unique—and that everyone

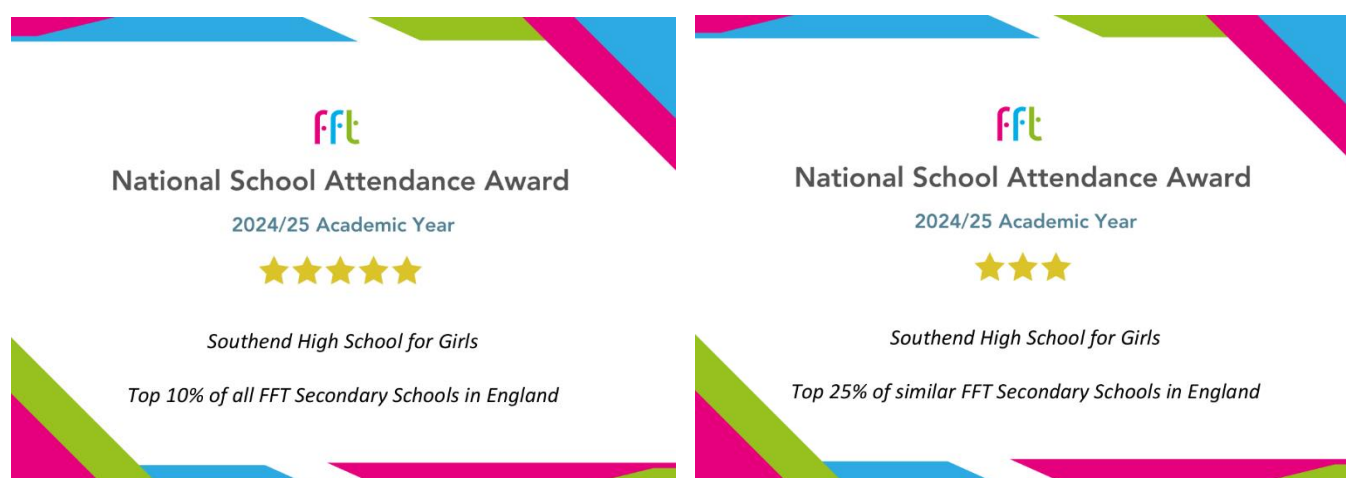
deserves respect and kindness. To take part, students are asked to make a £1 donation via ParentPay. All proceeds will support anti-bullying initiatives and help promote a culture of inclusion across our school.

Last year, over 5 million children, alongside thousands of parents, teachers, and public figures, wore odd socks to show their support. We look forward to joining this national movement and making our own statement against bullying.

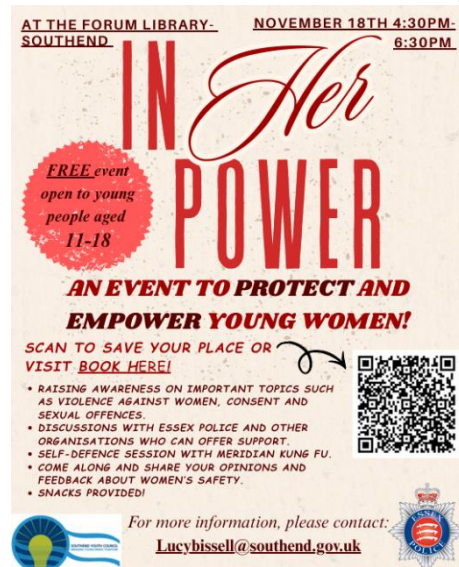
### **National Recognition for Outstanding Attendance**

We are delighted to share that Southend High School for Girls has received two National Attendance Awards for the 2024/25 academic year: placing SHSG in the Top 10% of all secondary schools in England, and in the Top 25% of similar schools nationally. This recognition reflects the outstanding commitment of our students, families, and staff to maintaining excellent attendance and engagement. Thank you and well done!

Strong attendance is a key foundation for academic success, personal development, and wellbeing. When students attend regularly, they benefit not only from high-quality teaching and learning, but also from the routines, relationships, and opportunities that help them thrive. These awards affirm our shared belief that every day in school matters—and we are proud to see our collective efforts acknowledged at a national level.



### **Southend 'In her Power' Event Raising Awareness: Consent, Safety, and Support**



We are delighted to share details of an upcoming event that supports our commitment to safeguarding and empowering young people.

*In Her Power*, hosted by Southend Youth Council, will take place on Monday 18th November from 4:30–6:30pm at The Forum Library, Southend. This free event is open to all young people aged 11–18 and will focus on raising awareness around key issues such as violence against women and consent.

Attendees will have the opportunity to engage in discussions with Essex Police and other support organisations, take part in a self-defence session led by Meridian Kung Fu, and share their views on women's safety.

For more details scan the QR code on the flyer below.

### **Year 10 and Sixth Form: Un Voyage Inoubliable – An Unforgettable Trip to Paris**

Our GCSE and A Level students had a fantastic time in France over half term, making the most of their visit to Paris. Highlights included a French language school, exploring the Louvre and the Musée d'Orsay, taking in the views from the Tour Montparnasse, and paying their respects at Montparnasse Cemetery. They enjoyed a memorable Bateaux-Mouches cruise along the River Seine, visited the stunning Sacré-Cœur, and dined together in classic Parisian restaurants. It was an inspiring and enriching trip that brought French culture, art, and language vividly to life.

*Spending a week in Paris was an extremely rewarding experience that allowed me to fully immerse into France's rich culture and traditions. From encounters with shopkeepers to ordering meals from restaurant waiters, my French language skills were constantly put to the test. Seeing the monuments and receiving their history from Mr Smith further enriched my understanding. Visiting UNESCO world heritage sites like Le Tour Eiffel, Le Louvre, le Grand Palais and le Petit Palais further expanded my knowledge of French culture and allowed me to connect the experiences to my French studies. But most importantly, spending time with my teachers and fellow classmates in the city of Paris is what made this trip immensely unforgettable!*

*By Abida K*



### **Wellbeing Focus: Stress Awareness and Support**

5<sup>th</sup> November marked **Stress Awareness Day**, a valuable opportunity to reflect on how stress affects our daily lives and to explore practical ways to support our mental wellbeing. At SHSG, we recognise that stress can impact students in many ways, and we are committed to promoting strategies that help young people feel supported and resilient.

Simple actions such as taking short walks, practising mindfulness or deep breathing, staying connected with friends, and making time for hobbies can make a meaningful difference. Even small changes—like getting enough sleep or reducing screen time—can improve how we feel.

We encourage families to explore resources from [YoungMinds](https://www.youngminds.org.uk), the UK's leading charity for children and young people's mental health. Their advice on coping with stress includes real stories, practical tips, and guidance on where to get help. It's a reminder that support is always available. [\[youngminds.org.uk\]](https://www.youngminds.org.uk)

### ***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:

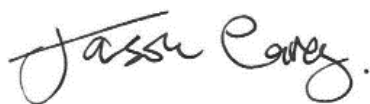
[Lower and Middle school SHSG Mental Health Board \(padlet.com\)](#)

[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](#).

Yours faithfully,

A handwritten signature in black ink that reads "Jason Carey". The signature is written in a cursive, flowing style.

Jason Carey  
Headteacher