



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, 9th May 2025

Dear Parents, Carers and Students,

Please find below information and updates from this week.

Celebrating Year 11 and Year 13

Today and Wednesday, we had the joy of celebrating two wonderful year groups as they begin their study leave and prepare for the next exciting chapter in their journey.

On Wednesday, our fabulous Year 11 students marked the end of Key Stage 4 in true SHSG style. They arrived at school in their brilliantly customised blazers, adorned with feathers, sequins, and intricate designs that reflected their creativity and flair. After time in the Scholars Café and shirt-signing with friends, they gathered for an emotional but joyful celebration assembly, which concluded with awards, some tears, and well-earned pizza!

Today, we bid farewell to our fantastic Year 13 students. The school was awash with colour and costumes—from Disney princesses to Kardashians and cowboys, as students celebrated the end of their school journey in typically spirited fashion. After a final breakfast in the Scholars Café, they enjoyed a heartfelt leavers' assembly filled with speeches, awards, photo montages, and a moving rendition of *Jerusalem*.

We are incredibly proud of both year groups and everything they have achieved. We wish them the very best of luck in their upcoming examinations. We look forward to celebrating their successes on results day—welcoming Year 11 back as Sixth Form students in September, and hearing where Year 13 are headed next as they begin exciting new adventures at university, in apprenticeships, or beyond.





Year 10 Interview Experience Day

Today, our Year 10 students rose to the challenge of their Interview Experience Day, following weeks of preparation during registration and Life Skills lessons. Dressed smartly and armed with confident smiles and firm handshakes, they put their skills into practice in a formal interview setting.

We were delighted to welcome 28 friends of the school, including parents, governors, and alumni, who generously volunteered their time to support our students by conducting mock interviews. The feedback has been overwhelmingly positive, with interviewers praising the professionalism of students' CVs and application letters, as well as their poise and maturity throughout the process.

Each interviewer was asked to select one standout candidate: no easy task given the calibre of responses. We look forward to celebrating those who 'got the job' in an upcoming assembly. A huge thank you to all involved in making this such a valuable and inspiring experience.

National Success in the Oxford University Computing Challenge

We are delighted to share that 71 students from Years 8 to 12 at Southend High School for Girls have been awarded Gold Certificates in the prestigious *Oxford University Computing Challenge (OUCC)*, placing them in the top 10% of participants nationally.

The OUCC is an invitation-only competition open only to top performers in the UK Bebras Challenge. It tests advanced computational thinking and programming ability through complex, real-world problem-solving tasks. Achieving Gold in this challenge places our students among the most talented young coders in the country, showcasing their excellence in logic, precision, and innovation.

This remarkable success reflects SHSG's ongoing commitment to excellence in Computing and STEM. We extend our warmest congratulations to all the Gold Certificate recipients for their dedication, skill, and well-deserved national recognition.

Year 9 Curriculum Day



Last Friday, our Year 9 students embraced the sunshine and the spirit of adventure as part of SHSG's *Adventure Curriculum*. Their *Outdoor Curriculum Day* was a fantastic opportunity to step away from the classroom and develop essential life skills through hands-on, outdoor learning.

The morning began with students learning how to pitch and strike tents with confidence, considering location, safety, and efficiency. Communication and teamwork came to the fore as students worked together to ensure their tents matched the demonstration examples. They then turned their attention to cooking outdoors, mastering the use of a Trangia stove and earning a well-deserved hot drink after a practical, skill-building session.

In the afternoon, students rotated through three sessions designed to boost their independence and outdoor readiness. First Aid, led by Mrs Brierley and Mr Smith, saw students practising the recovery position and responding to simulated emergency scenarios. Meanwhile, Mrs Smith and Mr Shipton guided students through the dos and don'ts of packing a hiking bag—a lesson made memorable by experiencing the difference poor packing can make! Finally, Mr Peugniez and Miss Zabaleta introduced basic navigation using compasses, with students successfully using bearings and distances to reach a designated point on the field.

It was a thoroughly enjoyable and rewarding day. Our students rose to the challenge with enthusiasm, and we are very grateful to all the staff who shared their expertise and energy to make this such a valuable experience.

- *"My favourite part of the day was using the Trangia to make hot drinks, as it was practical and really fun"* – Isabella 9APH
- *"My favourite part of the day was making the tents and bonding with others."* – Tobena 9HRM
- *"Our favourite part of the day was the teamwork building activities."* – Angelina and Elizabeth

Year 9 Duke of Edinburgh Bronze Award Expedition weekend

I would like to wish good luck to all those students in year 9 who will be undertaking their Bronze Duke of Edinburgh Award expedition this weekend. I look forward to being able to share a full write up with you next week.

Year 11 Individual & Group Photos are now live - reminder

For parents of Year 11 students that pre-registered, you should now have received an email with your unique access link from Carmel Jane. If not, please contact Carmel Jane Photography via the following link: <https://www.carmeljane.co.uk/pre-registration-support/>

Please quote registration code: JRDYK95

All photographs will be sent straight to a home address with limited discounts available for the first 14 days. Should you have any enquiries, please contact Carmel Jane directly by using the below contact information.

Email: info@carmeljane.co.uk

Tel: 01277 822674 (9am-5pm)

PE fixtures for next week

Please find below the PE fixtures for next week.

Tuesday 13th May: Year 9 & 10 Tennis Away v Coopers

Wednesday 14th May: National cup Athletics, first round. Year 7-10. Blackshots Athletics Stadium, Thurrock.

Thursday 15th May: Cricket leadership training

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.

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.

Managing Mental Health During Exam Periods - Tip 2: Making time for worry

'Worry time' is a technique where a student can set aside a designated time to focus on thinking through the things that might be worrying them. During this time, they should concentrate on identifying potential solutions to these worries, rather than letting the worries occupy their mind throughout the entire day. This technique can help students to manage stress and gain control over worrying thoughts. Including a designated 'worry time' into a revision timetable will help to reduce the feeling of being overwhelmed and aid focus and concentration during the rest of the day.

'Worry time' is best used to brainstorm solutions to problems, develop action plans and focus on daily tasks without being distracted by anxious thoughts. It can also help reduce stress before bed, leading to better sleep.

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 \(padlet.com\)](#)

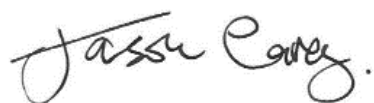
[SHSG Mental Health Board \(padlet.com\)](#)

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](#).

Have a restful weekend!

Yours faithfully,

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

Jason Carey
Headteacher