



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, 12th September 2025

Dear Parents, Carers and Students,

Please find below information and updates from this week.

We start the year with a series of information evenings for parents as students begin new phases at SHSG:

Welcome to Lower School Evening for Year 7 Parents

On Thursday, 18th September we will be holding our Welcome to the Lower School event for Year 7 parents from 5:45pm – 8:00pm

The evening will include a presentation from the Headteacher, Deputy Headteacher and Head of Year 7, followed by a series of talks from our Directors of Faculty and Heads of Department. These sessions will outline the learning journey in each faculty area, highlight enrichment opportunities, and offer guidance on how you can best support your child at home.

Please confirm your attendance via the form in Mrs Leman's letter.

Year 12 Parents' Introduction to A Levels: Wednesday 17th September 2023

The new Year 12 cohort continue to make an excellent start to their A Level studies. A reminder that we are looking forward to seeing parents at the Introduction to A Levels information evening on Wednesday 17th September from 6.00pm to 7.00pm in the Main Hall. The evening will feature contributions from the Headteacher, Director of Sixth Form and Head of Year 12, alongside valuable advice and strategies for success shared by current students. Please refer to the letter from Ms Boyson for further details.

Welcome to GCSE Parent Information Evening, Wednesday 24th September

We would like to remind Year 10 parents and carers that they are invited to an information evening on Wednesday 24th September at 6.00pm to 7.00pm at school. The purpose of the evening is to introduce you to key members of the Middle School Pastoral Team and to share key information about the next two years in your child's educational journey. There will be presentations from the Headteacher, Head of Year 10, and students will also provide top tips for success.

Reminder - Year 7 Parent/Form Tutor Consultation Evening, Thursday 25th September

On Thursday 25th September there will be a virtual Year 7 parent/tutor consultation evening from 4.00pm-8.00pm. Please note that some tutors will be taking appointments instead on Wednesday 24th September. This evening will provide you with an opportunity to discuss with your child's tutor how well they have settled into life at Southend High School for Girls. Please note that this is not an event to report on academic progress and attainment; there is a parents' consultation evening on Thursday 22nd January for this. We will be using an online platform called School Cloud, which will enable you to book a one-to-one video appointment, lasting four minutes, with your child's tutor. Details will follow via a separate letter on Wednesday 17th September regarding how to make appointments



Individual photographs for Years 7, 10, 12 and new students

A message from Carmel Jane Photography:

We are excited to share that the photographs are now live, and they look amazing!

If you pre-registered, please check your inbox for your unique access link.

If not, please contact us on www.carmeljane.co.uk/pre-registration-support

and Insert school code: JR6WX2SNCD

There are limited time discounts available, so act fast! All photographs will be sent straight to your home address from Carmel Jane.

SHSG recognised as a National IRIS (Institute for Research in Schools) Research School

Following students' hard work on independent scientific research last year, which culminated in presentations at the prestigious Institute for Research in Schools (IRIS) Conference in London in June, we are delighted that the school has been officially recognised as a national [IRIS Research School](#).

Thank you to all students involved, and to Mrs Aylen for establishing this fantastic project at SHSG. We are delighted that the IRIS project will continue next year and interested students should speak to Mrs Aylen.

Year 11 Careers Consultations

As part of our comprehensive careers programme, every Year 11 student is offered a one-to-one consultation with an independent careers advisor from Connexions to explore their post-16 options. These sessions are now well underway and will continue until mid-November 2025, ensuring that all students have the opportunity to receive tailored guidance.

To help students make the most of their consultation with Mrs Tinnams, we encourage families to begin conversations at home about possible next steps after GCSEs. If a student already has a career interest in mind, parents might find it useful to support some early research into relevant qualifications or course requirements. A particularly helpful resource is the Russell Group's 'Informed Choices' website, which offers clear advice on A Level subject selection: [Informed Choices](#)

It is important to emphasise that students are not expected to have a fixed plan at this stage. Mrs Tinnams is here to help them explore a wide range of pathways, including A Levels, T Levels, BTECs, apprenticeships, and more. Families may also wish to visit the Connexions website, which provides further information on different routes and up-to-date labour market insights: [the Connexions website](#)

Novem Consort Reunion

On Saturday 6th September, we were delighted to welcome back alumni from the past decade for our Novem Reunion. The Novem Consort, a vocal ensemble of nine talented singers originally founded by former Director of Creative and Performing Arts, Ms Ryan, reunited for a joyful afternoon of music and memories.

A highlight of the day was a short rehearsal followed by a moving performance of three beautifully chosen pieces, showcasing the enduring musical connection between the group. The event offered a chance for former students to reconnect and share stories of their journeys since leaving school—from travels abroad to further study and careers in music.

It was a heartening reminder of the lasting friendships and creative spirit that continue to flourish beyond the classroom at SHSG.



Additional Career Opportunities

Students considering a future in law may be interested in an upcoming online insight evening hosted by Young Professionals: *Get Into Law*, taking place on Monday 22nd September. This session offers valuable guidance for those exploring legal careers. More details can [be found here](#).

For those curious about careers in healthcare, The Health and Care Academy, working in partnership with Essex County Council, is offering a hands-on workshop designed to give students a taste of life in the NHS. Participants will have the chance to try practical skills such as recording and printing an ECG and even attempting keyhole surgery.

This exciting opportunity is open to students in Years 10 to 13 who are considering a career in healthcare. To take part, students must first attend an introductory webinar on Tuesday 24th September from 5.30pm to 6.15pm. Further information and registration details can be [found here](#).

Wellbeing Suite's Homework Club

Our SEND team run a Homework Club in the Wellbeing Suite every day after school. This is an inclusive space, open to all students from 3:30pm-4:30pm, Monday to Thursday, and 3:30pm-4:00pm on Fridays.

To register your interest, or if you have any questions, please contact senddepartment@shsg.org

PE Fixtures – Week Commencing Monday 15th September

Please note that fixtures are subject to change. Full details, including any updates, are posted on the relevant PE Extra-Curricular Microsoft Teams pages. If your child has not yet been added to their year group's page and would like to be, they should speak to a member of the PE department.

Tuesday 16th September:

- U17 Netball friendly v Seevic (away)
- All years cross country friendly (home)

Wednesday 17th September:

- U12 Netball – Away fixture vs Reddan Court (Essex Cup)

Friday 19th September:

- U17 Sisters in Sport first round v Streatham and Clapham High School (home)

Safeguarding Reminder – PE Fixtures:

For safeguarding reasons, we are unable to accommodate spectators on site for matches. This policy is in place at many schools, so we advise parents and carers to check directly with the host school regarding their arrangements.

SHSG Extra-Curricular Activities: Autumn Term Timetable out next week



September: A New Adventure

September marks a new beginning, and with it, the perfect opportunity to step outside your comfort zone and discover something new. Whether you're passionate about sports, creativity, strategy, or storytelling, our school offers over 60 clubs and societies to explore. From creative writing and debating to basketball, chess, pottery, and even Dungeons & Dragons, there's something for everyone.

These activities aren't just about hobbies, they are about building confidence, discovering talents, and forming friendships that span across year groups. Getting involved in the wider life of the school helps shape not just your time here, but your future beyond it.

The full timetable of Autumn term clubs and societies will be published next week, with opportunities open to all students in Years 7–13. Parents will also be able to view the timetable on the school website to help support their child's choices. Families of new students in Year 7 and Year 12 will hear more about extra-curricular life at the upcoming parent information evenings.

So why not take a chance this term? Try something new, meet new people, and make your mark.

Year 7-11 Flu Vaccinations Update

You may be aware from our earlier communication that the scheduled flu vaccinations were unable to take place in school on Thursday due to a technical issue with the Immunisation Team's database. A new date will be arranged as soon as possible, and parents and carers will be notified once this has been confirmed. If you have any questions in the meantime, please contact the Immunisation Team directly on 01245 984145 or via email at essex@v-uk.co.uk.

Parallel Maths

If you love a challenge, enjoy solving puzzles, or simply want to stretch your thinking beyond the classroom, then *Parallel* is the perfect place to start. Designed for students aged 10–16, this free online platform offers weekly Maths Circles and puzzle sheets that build on what you're learning in school, while encouraging deeper thinking and creative problem-solving.

It's a home for curious minds, wherever you are in the world. Whether you are aiming high or just love the thrill of cracking a tricky problem, *Parallel* gives you the chance to grow your confidence and explore the beauty of mathematics in a fun, interactive way.

Why not take a look and see where your curiosity leads?

This is the website: parallel.org.uk



[Parallel by Simon Singh](https://parallel.org.uk)

A home for curious mathematical minds. For ages 10-16 anywhere in the world. 100% free. Live interactive Maths Circles and puzzle sheets every week.

parallel.org.uk

Parallel Maths: Weekly Problem Sheets

Parallel Maths offers a range of free resources, but the main feature we'd like to highlight is the weekly problem sheet known as a *Parallelogram*. These are designed to stretch students' mathematical thinking beyond the classroom.

To get started, students should create an account at parallel.org.uk and enter Miss Graham's teacher code: **GOPX-8SWA** when prompted, along with their year group. This will link them to Miss Graham's dashboard so she can track progress and achievements.

Students who participated last year have already been moved up a level and can continue with the new Parallelograms. Each week, a new sheet will be emailed to them and should be completed by **Sunday evening**. Miss Graham will review the results, and students will earn **3 achievement points** for each completed sheet and for any where **50% or more** is achieved.

Participation is optional, but this is a great opportunity for keen mathematicians, especially those considering future study in maths, science, or engineering, to challenge themselves and deepen their understanding.

Mental Health & Wellbeing at SHSG

As we start a new school year, here are some simple wellbeing tips to help you feel healthy, confident and ready for success. Parents and carers can support by encouraging routines, open conversations, and a positive mindset at home.

Wellbeing Tips for a Confident Start to the Year

Get Organised, Feel Empowered
Start the year with a clear plan. Pack your bag the night before, know your timetable, and set goals that inspire you.

Create a Routine That Works for You
Consistency builds confidence. Stick to a plan, make time for hobbies, and balance homework with relaxation.

Find Your People
Surround yourself with those who lift you up. Whether it's a club, a friendship group, or a sports team—connection is key.


Look After Yourself
Make time to recharge - reading, walking, music, mindfulness. A healthy mind needs both rest and joy.

Say Yes to Challenges
Step outside your comfort zone. Every challenge is a chance to grow. Believe in yourself.

Tips for looking after your wellbeing – for 11-18 year olds

Tips for 11-18 year olds on how to look after your mental wellbeing.

Visit www.mind.org for more tips on wellbeing and self-confidence



Supporting Wellbeing Through the PERMA Model

One of the frameworks we use to support wellbeing at SHSG is the PERMA model, developed by psychologist Martin Seligman. It highlights five key elements that contribute to a flourishing life:

- Positive Emotion – Encouraging **joy, gratitude, and optimism**
- Engagement – Promoting deep **involvement** in learning and activities
- Relationships – Building strong, supportive connections, **belonging**

- Meaning – Helping students find **purpose** in their studies and school life
- Accomplishment – **Celebrating progress and achievements**, big or small

Parents play an important role too; by encouraging these values at home, we can work together to create a truly positive experience for our young people. Mrs Leman will be re-introducing the PERMA model in assemblies next week, helping students explore how these ideas can support their wellbeing and success throughout the year.

Check your...



P	E	R	M	A
Positive Emotions	Engagement	Relationships	Meaning	Achievements
<ul style="list-style-type: none"> • Favourite TV, books or music which make you smile, relax or laugh • Physical exercise and breathing techniques • Getting out in nature • Reflecting on what went well at the end of each day • Keeping a gratitude diary • Making plans for the near/distant future 	<ul style="list-style-type: none"> • Pick activities that make you lose track of time • Creative tasks such as making music, drawing, writing or painting • Taking part in sports • Gardening • Cooking • Making a photo book • Colouring • Journaling • Exercising 	<ul style="list-style-type: none"> • Spend time with people who bring you peace, joy and support • Hanging out with friends • Creating new friendships • Sending a thank-you card or message • Speaking to someone on the phone • Making time for positive family relationships 	<ul style="list-style-type: none"> • What causes and pursuits do you find meaningful and worthwhile? • Engaging in spiritual activities • Volunteering • Sharing knowledge with others • Listen to a podcast that teaches you something • Reflect on your personal values - what do you stand for? 	<ul style="list-style-type: none"> • What are your goals? • How can they be achieved? • Reflect on your strengths • Make a 'to do' list and prioritise the tasks • Finish a project you've been putting off • Set yourself a new challenge • Break tasks down into small 10 min chunks

Wellbeing and Mental Health Resources for Parents and Carers



As we begin the new academic year, we would like to remind families of the excellent support available through the Southend Livewell website — the city's central hub for health and wellbeing. Whether you are looking for advice on emotional wellbeing, support services for children and young people, or guidance on SEND provision, Livewell offers a wide range of resources tailored to families in Southend. We encourage all parents and carers to explore the site and make use of the information and services available: www.livewellsouthend.com.

The Department for Education have put together a Back-to-School Guide for parents and carers. This website offers practical tips for supporting your child's wellbeing and confidence as they return to school — from re-establishing routines to managing worries and celebrating small successes. It's a reassuring and accessible guide for parents and carers, and we encourage you to take a look: [Back to school: Tips to help your child feel prepared and supported – The Education Hub](#)

YOUNGMINDS

Supporting the mental health and wellbeing of our students is a shared priority between home and school. the **Young Minds A-Z Mental Health Guide for Parents and Carers** offers clear, compassionate advice on a wide range of topics — from anxiety and low mood to friendships, sleep, and self-esteem. It's a trusted resource designed to

help families understand what their child may be experiencing and how best to support them. We encourage all parents and carers to explore the guide: Young Minds A–Z Mental Health Guide. [Parents' A-Z Mental Health Guide](#)
[| Mental Health Advice](#) | [YoungMinds](#)

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 \(shsg.org\)](#).

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](#).

The updated important dates document for this academic year is also available to download on our website [‘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