



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, 14th November 2025

Dear Parents, Carers and Students,

Please find below information and updates from this week.

Remembrance Day: SHSG Service and Community Wreath Tribute



On Tuesday, the SHSG community gathered for our Remembrance Service. At 11:00am the whole school joined together on the playing fields for a two-minute silence, following an address from Mr Carey and a reading of *For the Fallen* by our Head Student, Cerys. Mr Stillman's performance of the Last Post created an especially poignant moment. Many students wore their cadet uniforms: Army, Navy, Air Force, Sea Scouts and Guides, showing pride in their service groups. On Sunday 9th November, Cerys and James represented SHSG at the Southend Remembrance Service, laying a wreath at the Cenotaph on behalf of the school. Thank you to all staff and students for supporting the Poppy Appeal with such generosity.



For the Fallen

By Laurence Binyon

*With proud thanksgiving, a mother for her children,
England mourns for her dead across the sea.
Flesh of her flesh they were, spirit of her spirit,
Fallen in the cause of the free.*

*Solemn the drums thrill; Death august and royal
Sings sorrow up into immortal spheres,
There is music in the midst of desolation
And a glory that shines upon our tears.*

*They went with songs to the battle, they were young,
Straight of limb, true of eye, steady and aglow.
They were staunch to the end against odds uncounted;
They fell with their faces to the foe.*

*They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.*

SHSG PA Raffle at the Winter Concerts

The SHSG Parents' Association will be holding a raffle on both evenings of the Winter Concerts – Tuesday 9 December and Wednesday 10 December.

Prizes for each concert, kindly provided by the PA, include:

- 1st Prize: A winter hamper
- 2nd Prize: A trio of selected wines
- 3rd Prize: L'Occitane Beauty Sleep Collection Bodycare Gift Set

Tickets cost £2 each and can be purchased on ParentPay until Monday 8th December (once purchased, tickets will automatically be entered into the relevant evening raffle). All donations support the school.

Don't worry if you miss the cut-off date; raffle tickets (and additional raffle prizes) will be available on the night. Thank you for your continued support.

Exciting Changes to Our School Catering



We are pleased to announce that we are working with a specialist catering organisation, Nourish, and that the main canteen servery will be undergoing a significant refresh this weekend.



From Monday 17th November 2025, students will see a noticeable improvement in both the look of the canteen and the quality and style of the food on offer. Early previews have been very positive, and we look forward to hearing feedback from students and parents once the new service launches. A price list is attached, including a new £3.50 meal deal (main meal plus dessert). Please note that takeaway boxes and cutlery will no longer incur an additional charge. Updates to our website covering menus, allergy information and pricing will follow shortly.

Anti-Bullying Week 2025 – ‘Power for Good’



This week, SHSG celebrated **Anti-Bullying Week 2025**, with the theme **“Power for Good.”** Anti-Bullying Ambassadors Cerys, Francesca, Elodie, Gianna and Fatima led a series of inspiring assemblies reminding students that every one of us holds power and influence—and what matters is how we choose to use it.

The message was clear: by speaking up, supporting others, and showing kindness, students can use their power to make a positive difference. Activities such as Monday’s **Odd Socks Day** celebrated individuality and reinforced our belief that everyone belongs here. The interactive assemblies helped students explore practical ways to stand against bullying, both online and in person. Topics for discussion included how to:

- Include others and challenge exclusion
- Report bullying through trusted adults or our school systems
- Use digital tools safely and responsibly
- Demonstrate empathy and integrity in everyday interactions

Alongside this, students have taken part in a discussion activity during registration time on the importance of friendship. We encourage parents to continue these discussions at home and remind your child that there is always someone to talk to if they have concerns. Together, we can ensure SHSG remains a safe, respectful, and supportive community for all.

PE Fixtures for the week Beginning Monday 15th November

- Monday 17th November: U13 Basketball Home v Shoebury
- Wednesday 19th November: U16 Basketball Home v Great Baddow
- Wednesday 19th November: Year 7 – 11 Borough Badminton tournament

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.

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.

NATRE Spirited Arts Competition Success



We are delighted to share some wonderful news from our Religious Studies department. This summer, the whole of Year 7 took part in the national NATRE Spirited Arts Competition, exploring big questions about faith, and creativity through art. Students were challenged to create a piece of artwork along with a written explanation to express their ideas and reflections on a chosen theme.

Although we were only allowed to submit 10 entries, we are thrilled to announce that out of approximately 25,000 entries nationwide and even some from overseas, only 25 winners were selected and against all odds Amy C & Priyanshi B were among them! Their fantastic work is now proudly displayed on the NATRE website, where it can be viewed alongside other national winners. Link: [The Strokes of Unity – NATRE](#)

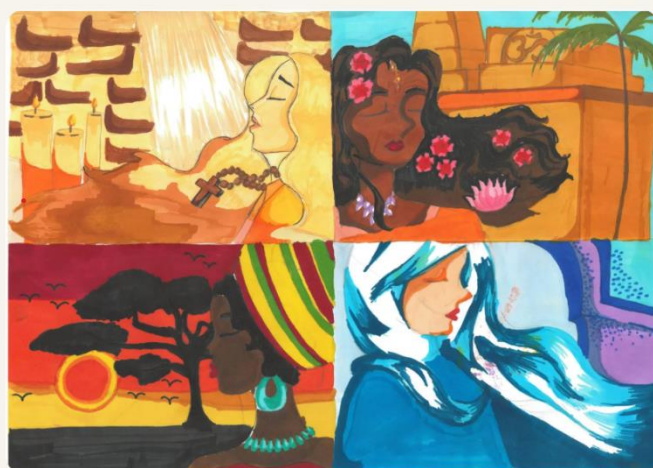
This is an outstanding achievement and a testament to their creativity, thoughtfulness, and understanding of the themes explored. We are incredibly proud of both students for representing our school so brilliantly on a national stage. A huge well done to Amy and Priyanshi for their enthusiasm and hard work!

We are excited to share that we will be entering the 2026 NATRE Spirited Arts Competition once again this year with our current Year 7 cohort during the summer term. In addition, we will be opening this opportunity to all year groups as a super-curricular activity. If your child is interested in taking part, please encourage them to see Mrs Rider to find out more and discuss their ideas.

The Strokes of Unity

By Amy & Priyanshi , aged 11 from Southend High School for Girls

The theme we selected is 'Living in a Diverse World'. We chose this theme because we felt that there were numerous ways we could reflect diversity and equality in our piece of work. There were vast possibilities to choose from; however, one seemed to beam brightly out like a beacon: four people, four main religions, four colours, but infinite differences linked and united. We chose to represent this by portraying the four completely different women all simultaneously connected by one singular line, as we all are, conveying the fact that we are all linked and that things like racism and discrimination effect everyone via the line that makes us all human. To those who wish to sever the beautiful line that binds us together, we must stand united, for through all our differences, we are human, and it is up to us what that stands for.



Year 13 Parents' Evening, Thursday 20th November

A reminder that the Year 13 Parents' Evening will be taking place remotely on Thursday 20th November. A separate letter with further information has been sent out this week.

World HIV/AIDS day 1st December

In the lead up to World HIV/AIDS Day on the 1st December, a series of assemblies will be delivered to Year 12 and 13 students during form time, whilst years 7 – 11 students will have a pre-recorded assembly, delivered to them on Monday 24th November.

An honesty box will also be operating in the Geography Office in B Block where students will be able to pay £1 into the honesty box and take a red ribbon. Alternatively, students can pay via parent pay and take a ribbon. This will start from Monday 24th November. We are hoping to raise as much money as possible.

Thank you for your support. We normally raise a significant sum of money to support further research, campaigning, and support for those affected by HIV/AIDS.

Maths Week England - Monday 17th - Friday 21st November 2025.

Further to our message last week, we are thrilled to announce that our school will be taking part in Maths Week England from Monday, 17th November to Friday, 21st 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 for additional achievement points.

We encourage all students to get involved and make the most of these exciting opportunities to learn and have fun! We have already had some amazing entries to the Song Challenge and look forward to hearing more. Thank you for your continued support.

Annual Christmas Hamper Appeal



The poster features a red banner at the top with the title 'Christmas Charity Hampers'. Below the banner, on the left, are three bullet points: 'Years 7, 8 & 9 can take part', 'Prizes Awarded for Best Hampers', and 'Students from winning Houses will deliver the Hampers with the House Captains and Mrs Leman in December'. To the right of these points is a list titled 'Hamper Contents' with items: 'Box of mince pies (check the expiry date - Jan 2026 or later is ideal!)', 'Box of tea, coffee or hot chocolate & marshmallows', 'Box or Tin of chocolates', 'Savoury biscuits or crackers', 'Chutney, pickle or jam', and 'Crisps - sharing bag'. Below the list is a note: '* We can only accept hampers that have all items (you only need to pick one from the list of three drinks), we are unable to accept individual items'. At the bottom left, there is an illustration of a woman and two children with a speech bubble saying '* Hampers should be dropped into Mrs Leman's Office!'. At the bottom right, there is a red banner with 'Deadline 8th Dec' and the 'Kids Inspire' logo with the tagline 'Therapy, opportunity, love & care'.

Christmas Charity Hampers

- **Years 7, 8 & 9 can take part**
- **Prizes Awarded for Best Hampers**
- **Students from winning Houses will deliver the Hampers with the House Captains and Mrs Leman in December**

Hamper Contents

- **Box of mince pies**
(check the expiry date - Jan 2026 or later is ideal!)
- **Box of tea, coffee or hot chocolate & marshmallows**
- **Box or Tin of chocolates**
- **Savoury biscuits or crackers**
- **Chutney, pickle or jam**
- **Crisps - sharing bag**

* We can only accept hampers that have all items (you only need to pick one from the list of three drinks), we are unable to accept individual items

*** Deadline 8th Dec**

Kids Inspire
Therapy, opportunity, love & care

We are delighted to support **Kids Inspire** through our annual **Christmas Charity Hamper Campaign**. Kids Inspire is a children's mental health charity based in Essex. They provide specialist trauma recovery and emotional wellbeing

support for children, young people, and their families. Students in Years 7, 8 and 9 are invited to create festive hampers containing all listed items, which will be delivered in December by House Captains and Mrs Leman.

Hampers should be dropped into Mrs Leman's office by **Monday 8th December**, and prizes will be awarded for the best hampers. Thank you for helping us make a positive difference to local families in need this Christmas.

Year 10 Assembly with Dr Will Lawn from King's College London

On Tuesday 18th November, Year 10 students will attend an assembly delivered by Dr Will Lawn, a researcher from King's College London. The session, "*Cannabis and the Teenage Brain*", will explore the science behind how cannabis use can affect adolescent brain development. This is part of our commitment to educating students about health and wellbeing. Dr Lawn is also conducting a short research study to evaluate the assembly – specifically, how students perceive the session and what they learn from it. This study has received full ethical approval.

Participation in the study is entirely voluntary. Southend High School for Girls is not involved in collecting any data or consent and will not share any personal information with King's College London. If your child wishes to take part, they will:

- Complete two short online questionnaires (5–10 minutes each) at home – one before the assembly and one after.
- Receive a £5 Amazon voucher as a thank you.

If your child is interested, they should email assembly.res@kcl.ac.uk. King's College London will manage all consent and data collection directly with you and your child. Please direct any questions about the study to them. Further details have been provided in a separate letter sent to Year 10 parents.

Festive Music Events: Join Us in Celebrating the Season

Students and parents are warmly invited to join us for a series of festive musical events that celebrate creativity, community, and the joy of the season. These occasions are a wonderful opportunity for the SHSG family to come together and enjoy the talents of our students.

1. Lunchtime Carol Concert: Monday 1st December

Step into the festive spirit with our Lunchtime Carol Concert! Students are warmly invited to the Main Hall from **12:45–1:15pm** for a joyful selection of seasonal carols. Tickets are limited and can be reserved via the MS Form on the Satchel One noticeboard.

2. Year 7 Christmas Song Day: Tuesday 2nd December

One of the highlights of our festive calendar returns as Year 7 students spend the day composing and performing their own Christmas songs. This creative celebration will culminate in each registration group performing their song at one of our Winter Concerts the following week.

3. Winter Concerts: Tuesday 9th and Wednesday 10th December

Our Winter Concerts promise to be a wonderful showcase of musical talent and teamwork, with over **200 students performing**. Concerts will run from **6:30–8:00pm** on both evenings, and staff and families are warmly invited to attend. Tickets are now available via **ParentPay**.

4. Carol Service and Nine Lessons: Wednesday 17th December

We are delighted to invite you to our traditional Carol Service at **Holy Trinity Church, Southchurch Boulevard**, from **7:00–8:00pm**. This special evening of carols and festive reflection will be followed by refreshments. Tickets are not required but please be advised there is limited seating at the church.

We look forward to celebrating this festive season together as a school community.

Sociology A level Conference

Year 13 students attended the national conference at the Emanuel Centre in Westminster on Monday 10th November, hearing from leading academics including Professor Ann Oakley and Professor Danny Dorling. Students explored themes ranging from child poverty to criminal justice reform—an invaluable chance to extend their subject understanding.

SHSG 112th Birthday Card Winners

As is tradition, each form created a birthday card to celebrate our school's anniversary. These wonderful creations were judged by our Head Student Team, who selected a winning card from each year group and an overall winner.

The standard this year was exceptional, with designs featuring House emblems, our School Owl, students' self-portraits, and even two life-size cutouts of Mr Carey!

We are delighted to announce the winners:

- **Year 7:** 7ATH
- **Year 8:** 8ATH
- **Year 9:** 9HRM
- **Year 10:** 10ART
- **Year 11:** 11HRA

Overall Winner: 9HRM

Each form will receive House Points for their achievement. A huge congratulations to everyone who took part and an extra well done to our winning forms!



SHSG Movember Climb Everest Challenge!



Alongside the traditional questionable moustaches, a team each of staff and Sixth Form students will be virtually climbing the 8849m ascent of Mount Everest using our own Tower block staircase over lunchtimes and after school next week, a total of 908 trips to the top. They are raising awareness and money for the charity Movember to help improve men's health and mental health.

Men die on average 4.5 years earlier than women, and for largely preventable reasons. A growing number of men – around 10.8M globally – are facing life with a prostate cancer diagnosis. Globally, testicular cancer is the most common cancer among young men. And across the world, one man dies by suicide every minute of every day, with males accounting for 69% of all suicides. Movember fund groundbreaking projects all over the world, engaging men where they are to understand what works best and accelerate change.

As part of Movember, I encourage everyone in the SHSG community to check in with the men in their lives using ALEC:

- Ask:** Notice changes and ask how he's really feeling.
- Listen:** Give him space to talk without judgement.
- Encourage Action:** Support small, positive steps and suggest he speaks to someone he trusts—or his GP if low mood persists.
- Check In:** Follow up. A simple message or meet-up shows you're still there.



If you would like to donate to the SHSG's Movember team please use the link or QR code below:

<https://movember.com/t/southend-high-school-for-girls?mc=1>

Appointments during school hours

A polite reminder to parents and carers to provide advance warning of any appointments your child may need to attend via email to office@shsg.org. Please notify us at least three days before, or as soon as the appointment is booked if less than three days or an emergency.

Students in Years 7-11 must be collected from school by a parent or carer during school hours. Students in Years 12-13 can leave unaccompanied. All students must sign out at reception, and we kindly ask parents and carers to wait for the reception team to check the appointment details before they will be allowed to leave the school site.

Diabetes Awareness Day

Today is Diabetes Awareness Day! To help raise awareness of the condition with children and families, the School Nursing Team have produced a poster with the help of a young person diagnosed with Type 1 diabetes at the age of six. The poster can be found at the end of this newsletter - if you have any concerns that your child, or you, may have symptoms associated with diabetes then please speak to your GP as soon as possible.

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/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:

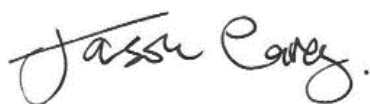
[Lower and Middle school SHSG Mental Health Board \(padlet.com\)](https://www.padlet.com/shsg/mental-health-board-lower-middle-school)

[SHSG Mental Health Board \(padlet.com\)](https://www.padlet.com/shsg/mental-health-board-sixth-form)

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,



Jason Carey
Headteacher

WHAT I'D LIKE YOU TO KNOW ABOUT:

TYPE 1 DIABETES

DIABETES AWARENESS DAY 14TH NOVEMBER 2025

What is Type 1 Diabetes?

It is a serious condition where your blood glucose level is too high. Insulin is made by the pancreas and it allows the glucose in our blood to enter our cells and fuel our bodies.

IT IS AN
AUTOIMMUNE
CONDITION WHERE
THE BODY DESTROYS
ITS INSULIN
PRODUCING
CELLS.

If you have Type 1 Diabetes you cannot make any insulin so need to have insulin injected or via a pump.

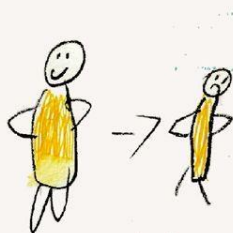
Approximately 270,000 people in England have Type 1 Diabetes.

TYPE 1
DIABETES
IS NOT CAUSED
BY DIET OR
LIFESTYLE.



WHAT ARE THE SYMPTOMS?

The 4 main symptoms of Type 1 Diabetes - "The 4 Ts":



THINNER

unexpected
weight loss



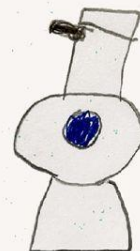
THIRSTY

being **REALLY**
thirsty



TIRED

feeling more tired
than usual.



TOILET

going for a wee a lot,
especially at night.

If you spot any of these signs see a GP as soon as possible and ask for a test.
If left undiagnosed it can make you unwell, very quickly.

Illustrations by:

Avery Fuller Diagnosed age 6