



# 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, 15<sup>th</sup> May 2026

Dear Parents, Carers and Students,

## **Jack Petchey Awards Evening**

On Tuesday 12<sup>th</sup> May, we were delighted to attend the Jack Petchey Achievement Awards at the Palace Theatre to celebrate our 2024–25 winners. It was a privilege to hear about the many outstanding accomplishments of not only our own students, but also those from across the Southend borough. We were especially proud to see members of our wider school community recognised for their dedication to extra-curricular activities, including Scouts and local football clubs.

We were also treated to a fantastic performance of *Sit Down, You're Rocking the Boat* from our recent production of *Guys and Dolls*, which had the audience on their feet. As one student remarked, it was a wonderful way to say goodbye to a musical we were all so proud to have been part of. Prior to the performance, students shared a meal together and sang at the local restaurant Oldham's, which was a particular highlight of the evening.

Congratulations once again to all of our 2024–25 award winners. We are now accepting nominations for the May and June 2026 awards. If you know a student who has gone above and beyond, or who has demonstrated kindness, courage, or determination, please send your nomination to [jackpetchey@shsg.org](mailto:jackpetchey@shsg.org).



Jack Petchey winners (left to right): Faith B, Emily H, Freya P, Rushda P. Congratulations!



### **Year 10 and Year 12 Meducators Workshops**

Today, we were delighted to welcome the Meducators team back to work with our Year 10 and Year 12 students in exploring careers in medicine. During an engaging day, students participated in a highly informative medical skills session led by NHS doctors, offering valuable insight into healthcare careers and clinical practice.

The programme combined practical experience with critical thinking. Students analysed real medical imaging, including skull X-rays, a gunshot wound to the femur, and a post-craniotomy scan. They were also introduced to the A-E assessment framework used in emergency care and learned to recognise the early signs of sepsis.

A particular highlight was the hands-on suturing workshop, where students developed their precision and technique using silicone suture pads and bananas. The day concluded with an ethics discussion, encouraging reflection on fairness and decision-making in complex, real-world scenarios.

We are very grateful to Mr James, Head of Biology, for leading this excellent opportunity, and to all staff who supported the session.



**Jess L 12KMI –**

“I feel totally inspired and even more excited to start medicine. I’m going to buy a suture pad!”

**Annika 12ALS –** “They had lots of fascinating facts and it was a really comprehensive overview of the medical field, and different careers.”

### **Sunday Online Revision Session for Year 11 Chemistry Students**

Year 11's first GCSE Chemistry examination will take place on Monday 18th May in the morning. To support students in their preparation, Mrs Aylen will be running an online revision session on Sunday 17th May from 6.00–7.00pm via the Year 11 Chemistry Microsoft Teams page.

Students are encouraged to email Mrs Aylen [naylen@shsg.org](mailto:naylen@shsg.org) in advance if they have any specific questions they would like addressed during the session. When joining, students should ensure that their cameras are turned off and microphones are muted. The session will focus on reviewing key content and responding to student questions.

We are very grateful to Mrs Aylen for generously giving her time to support our students, and we wish all of our Year 11 chemists the very best of luck in their examination.

### **Year 10 Careers Mock Interviews - 'You're Hired'**



Following last Friday's Mock Interview event, we were delighted to celebrate Year 10 students who had been identified by their interviewers as standout candidates in a special 'You're Hired' assembly.

Feedback from interviewers was overwhelmingly positive, with many commenting on how well-prepared students were and the confidence with which they conducted themselves. Indeed, several remarked on how challenging it was to select just one candidate from such a strong field.

It was also wonderful to see the genuine support shown by Year 10 students for one another when the winners were announced. Congratulations to the following students, each of whom will receive ten house points:

Name	Role	Name	Role
Molly W	Physiotherapist	Manyata S	Dental Hygienist
Josie C	Physiotherapist	Gosia D	Biochemist
Erica T	Social Media Manager	Ifeoluwa B	Art Director
Ilyssa N	Investment banker	Penny H	Art Director
Matilda B	Investment banker	Eve M	Dentist
Lulu P	Physiotherapist	Ashlyn C	Business Development Manager
Emma MH	Investment banker	Shikha P	Investment Banker
Sophia S	Solicitor	Sahla K	Dental hygienist
Michalina G	Marketing Executive	Amelia M	Biotechnologist
Aleisha K	Social Media Manager	Ava B	Solicitor
Audrey T	Biotechnologist	Alice M	Biotechnologist
Nashrah B	Surgeon		

Students will now take some time to reflect on the experience on our online careers platform Unifrog and they all now have up to date CVs to support them when applying for summer jobs.

### ***Year 12 UCAS Launch Week!***

The UCAS platform (University and College Admissions Service) went 'live' for 2027 admissions on 12th May 2026. We were excited to launch the UCAS process with Year 12s this week in a series of events in registration. To support students, we have a number of activities planned this term. In addition, on Thursday 21st May from 6pm-7pm there will be a webinar especially for parents and carers, hosted by Exeter University where you will be able to hear directly from the university about the process of applying for university, including information about student finance. The link to access [this webinar is here](#) and more details can be found in the letter sent from Head of Year 12, Mrs Neill, to Year 12 parents and carers.

### ***Year 8 Geographers Explore Southend High Street***

This week, our Year 8 geographers visited Southend High Street to carry out hands-on fieldwork as part of their study of globalisation. Students assessed environmental quality, conducted land use surveys, and explored whether Southend-on-Sea could be classified as a "clone town."

Back in the classroom, they used their findings to work collaboratively in teams to reimagine the High Street, developing proposals that balanced economic, social, and environmental priorities. Their ideas included the introduction of green spaces, shared areas for art and culture, safe community zones, and innovative uses for vacant shops.

Each group presented their proposals to a panel of judges, with standout projects from each class progressing to a final showcase. Congratulations to our winning teams:

Tuesday: 8B/Gg1 – Quianne C, Elsa T, Erin S, Diyannah N, Tireni O and Daisy W

Wednesday: 8C/Gg1 – Alexia C, Emily S, Matilda W, Moliya C, Katie W and Piya S

We were incredibly impressed by the creativity, insight, and thoughtfulness demonstrated by our students—Southend High Street may well be in safe hands with such promising future urban planners.

### ***PE Fixtures Week Beginning Monday 18<sup>th</sup> May***

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 18<sup>th</sup> May: U13 Cricket away at Hadleigh and Thundersley Cricket club
- Wednesday 20<sup>th</sup> May: Essex Athletics Combined events at Blackshots Athletics centre

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.

## ***Athletics and swimming success!***

Last weekend many of our students were competing in the Essex Track and Field Championships at Melbourne Park, Chelmsford and in the East of England regional swimming championships. There were some excellent performances across the board with some particularly notable achievements from:

- Jemimah O - Gold in U14 Long jump
- Clara W - Gold in U14 High jump and 5<sup>th</sup> in U14 Hurdles
- Dakota S – Silver in U18 Long jump
- Orla B – 4<sup>th</sup> in U16 1500m
- Jessica W – Silver in U18 1500m
- Zara M – bronze in U18 1500m and gold in U18 3000m
- Joannabel E – 6<sup>th</sup> in U14 Hurdles and 7<sup>th</sup> in U14 Long jump
- Anna R – 7<sup>th</sup> in U16 Discus
- Olivia M – 8<sup>th</sup> in U14 Discus
- Emily D – 4<sup>th</sup> in U16 shot
- Katie W – silver in U14 800m and a **\*\*new school record\*\***

At the Regional swimming championships, Esther L (year 8) finished 8<sup>th</sup> in the 100m breaststroke with a huge personal best time! Avalina in year 7 finished 27<sup>th</sup> in the 50m breaststroke, also with a personal best time. Anna S in year 7 finished 6<sup>th</sup>, 12<sup>th</sup> and 14<sup>th</sup> across her 3 events. Congratulations to everyone that competed.

## ***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:

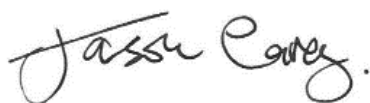
[Lower and Middle school SHSG Mental Health Board \(padlet.com\)](https://www.padlet.com)

[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](#). Wishing you a restful weekend!

Yours faithfully,



Jason Carey  
Headteacher