



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, 16th May 2025

Dear Parents, Carers and Students,

Please find below information and updates from this week.

Year 9 Duke of Edinburgh Bronze Expedition

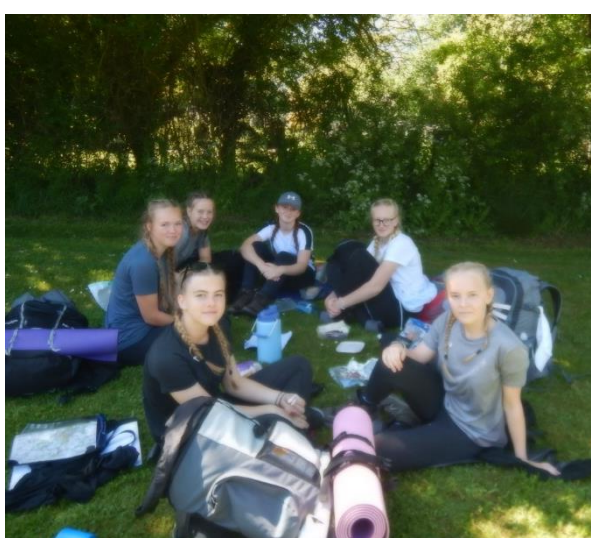
Last weekend 120 intrepid Year 9 students took part in the Duke of Edinburgh Bronze Expedition. Mr Smith, one of the staff leading the expedition, has provided the following report. Well done to all those students who successfully completed the expedition.

On a glorious spring morning, 120 Year 9 students set off from Hatfield Peverel for their Duke of Edinburgh Bronze practice expedition. Spirits were high as groups navigated their way to Danbury, overcoming a few early directional mishaps before settling into their stride. As confidence grew, so did their enthusiasm, with coded messages, ghost stories and songs helping to pass the miles.

At camp, students pitched tents, cooked their meals (with plenty of pasta consumed), and even found the energy for rounders and Uno before lights out. A peaceful night followed, broken only by honking Egyptian geese, and by 7am, breakfast was underway, and tents were coming down.

Day two brought more challenging terrain and navigation, but all groups completed their routes with resilience and good humour. From Blakes Wood's bluebells to the steep climbs near Twitty Fee, the students embraced the experience, many proudly collecting walking sticks and goosegrass souvenirs along the way.

A huge thank you to the staff who supported the weekend, and congratulations to all students on a successful expedition. Silver awaits next year in the Chilterns and New Forest!





Some of the students said:

"I had a great time with my friends, and I was even able to make new friends from other classes. My favourite part overall was being at the campsite, however on the walk I really enjoyed when we managed to get back on the right route after getting lost! I believe DofE has definitely helped my confidence and independence. I cannot wait for silver DofE next year!" Ella V Year 9

"I had the best time with my friends, even though we got lost in a wood! My highlights are; when my group came together as a team and managed to find our way to the next check point after a long time of walking in circles! and in the evening when everyone came together to play a game of rounders and my team won! Me and my friends became closer than ever during the expedition, and I learnt so many new skills that will help me in the future." Alice B Year 9

Year 12 UCAS launch and parental webinar

This week we were excited to launch the UCAS process with Year 12s. Our partner university, the University of Exeter, led an assembly about the process of applying to universities. On Wednesday 21st May (6pm-7pm) there will be a webinar especially for parents and carers, again hosted by the University of Exeter, where you will be able to hear directly from an admissions tutor about the process of applying for university, including information about student finance. The link to access this webinar is [here](#). For more details, please see the letter from Mr O'Brien, sent previously.

PE fixtures for next week

Monday 19th May: U15 Tennis Away V Brentwood

Monday 19th May: U13 Football Home v

Tuesday 20th May: A Level Physical Education Moderation day

Tuesday 20th May: Junior Girls National Athletics cup squad away V Eastwood

Wednesday 21st May: Year 8-11 Multi events Athletics at Chelmsford

Wednesday 21st May: U15 Cricket festival away in Chelmsford

Sunday 25th May: Year 8-10 Sports Tour leaves for Spain

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.

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.

Essex Track and Field Championships

On Saturday 10th and Sunday 11th May, many of our students competed in the Essex Track and Field Championships at Melbourne Park Athletics Stadium in Chelmsford. In very warm conditions there were some fantastic individual performances including personal bests and some students getting very close to breaking school records.

Well done to the following students for competing: Joannabel (Year 7 gold in long jump), Isla F (Year 7 200m), Ciara T (Year 7 long jump), Katie W (Year 7 1500m silver), Fleur B (Year 7 1500m bronze), Sadie O (Year 8 3000m 4th place), Clara W (Year 7 high jump silver), Kai B (Year 8 100m and 200m), Dakota S (Year 10 80m hurdles 6th and 300m

hurdles 4th), Keiki B (Year 10 200m and long jump), Elicia R (Year 10 javelin Bronze), Elouise T (Year 10 high jump silver), Emily A (Year 10 high jump 4th).



Meducators UK Healthcare Workshop – Years 10 & 12

On Friday, 80 aspiring medical students from Years 10 and 12 took part in an immersive healthcare workshop led by Meducators UK, expertly organised by Mr James, Head of Biology.

The day opened with a thought-provoking ethics scenario, “Who should get the liver?”, in which students debated real-world dilemmas faced by medical professionals, weighing patient histories and ethical considerations to reach difficult decisions.

This was followed by practical sessions focused on stethoscope use, patient consent, and basic clinical observations. Students learned to locate the heart and identify characteristic internal sounds, gaining insight into the methods used by doctors to assess patient health.

In the afternoon, students explored the nervous system through reflex tests, discovering how the body responds automatically to stimuli. Later, they investigated how X-rays work and their critical role in non-invasive diagnosis. Viewing real X-ray images of bones and everyday items, students were fascinated by the link between medical imaging and classroom science.

The final session introduced trauma response and patient triage. Students were challenged to think critically under pressure, learning how doctors prioritise treatment to ensure the best outcomes in emergency scenarios.

Student feedback:

“I enjoyed seeing the processes for responding to an emergency and talking through the steps doctors take to save lives. The trauma images really highlighted the importance of understanding human anatomy.” – Chloe, Year 12

“I loved how interactive the day was, and the medical students and doctors gave great demonstrations.” – Grace, Year 10

Many thanks to the staff who supported the event, and special thanks to Mr James for his dedication in delivering such a valuable and inspiring opportunity.



Managing Mental Health During Exam Periods - Tip 3: Exercise is a great way to de-stress

Physical activity is a powerful way to reduce stress, especially during exam season. Fun, healthy movement boosts endorphins (your mood-lifting hormone) and lowers cortisol (the stress hormone). It also improves sleep, helping your brain to focus, retain information, and make better decisions.

For tips on how to include exercise in your revision timetable, click the link below:

[Does exercise help with revision? - BBC Bitesize](#)

You can also find more useful tips using this link:

[Rise in calls to Childline about exam and revision stress during the exam period last year | NSPCC](#)

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

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,



Jason Carey
Headteacher