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 October 2026

Dear Parents, Carers and Students,

As we approach the end of a busy and successful first half-term, there is much to celebrate at SHSG. This week has brought another wonderful range of achievements, from sporting success at county level and individual accomplishments beyond school to exciting opportunities for students to extend their learning through workshops and university research. Next Friday, we also look forward to one of the highlights of our school calendar – SHSG's 113th Birthday – when our whole community will come together to celebrate the traditions, spirit and sense of belonging that make our school so special.

Whole School Photograph

Tempest Photography are pleased to report the whole school group photograph is available to view and order on the following weblink: https://htmp.st/230257-179 Please include your child's full name to assist with distribution at the school.

Order within two weeks to avoid Postage & Packaging charges.

For assistance, please call 01736 752411 (Tempest Photography)
Option 3 - Place an order (P&P applies)
Option 5 - Customer services

School's 113th Birthday Friday 23rd October

As mentioned in my previous letter, next week we will celebrate SHSG's 113th Birthday, one of our most treasured traditions. It is a special opportunity for us to come together as a community, reflect on the school's rich history, and celebrate all that makes our school so unique. As part of the day, students will enjoy our annual birthday assembly, sing Happy Birthday to the school, which we hope will be heard in Kent, watch the much-anticipated pantomime written, produced and performed by our year 13 students, and take part in a range of form activities. Students are also creating birthday cards which will be presented during the assembly, along with a present from each form. Each year these thoughtful and creative contributions are a highlight of the celebrations, and we look forward to seeing this year's designs. Details of the arrangements for each year group are outlined below.

	Year 7	Year 8-9	Year 10-11	Year 12-13
Registration				
P1	Assembly		Lesson	Lesson
P2	Panto	Lesson	Lesson	Lesson
Break				
P3	Lesson	Panto	Assembly	
Lunch				
P4	Colour run	Form activity	Panto	Form activity
P5	Colour run	Form activity	Form activity	Panto

Martial Arts Success

Judo success

Congratulations to Alise L (9 APH) who has been selected to represent England at the Harnes International Competition in France following recent success winning gold at the Eastern Area Closed Championships. Well done and good luck!

Tae Kwon-do Black Belt Success for Chloé!

A huge congratulations to Year 7 student Chloé Salt, who has achieved her Black Belt in Tae Kwon-do at just 11 years old! Chloé recently attended the prestigious TAGB national grading in Daventry, where she was assessed alongside hundreds of candidates from across the UK. The demanding examination tested her practical martial arts skills, technical knowledge and understanding of Korean terminology. Having trained for three and a half years, Chloé's achievement is a wonderful testament to her dedication, discipline and perseverance. An impressive accomplishment at such a young age – well done, Chloé!

Year 7 Reading Millionaires!

A huge congratulations to our first five Year 7 students to become Reading Millionaires this year. Reaching one million words is an incredible achievement, especially so early in the school year. To put this into perspective, one million words is approximately equivalent to reading all seven Harry Potter books since the start of term!

Special congratulations go to Anika, who was the first student to reach this remarkable milestone. She is closely followed by Molly, Evelyn, Brooke and Zahra, who have also already achieved one million words.

What an outstanding start to Year 7 and a wonderful demonstration of the enthusiasm for reading that we value so highly at SHSG. We look forward to celebrating many more Reading Millionaires in the months ahead.

ZooLab Workshops with Year 9

Our Year 9 students enjoyed a fascinating Geography workshop this week, bringing their learning about tropical rainforests and animal adaptations to life. Through interactive sessions, students explored how animals survive in their environments, investigating camouflage, diet, venom, body size and other remarkable adaptations.

The highlight was the opportunity to get up close to some extraordinary creatures, including Max the Giant African snail, Leelo the corn snake and Sonic the gerbil, as well as observing a tarantula, tree frog and stick insect. As Shivani S commented, “It’s a great experience being able to hold the animals,” while Anaya W added, “It is cool to see the animals and then learn about their individual adaptations.” A wonderful example of learning beyond the classroom – thank you to our Geography Department for organising such a memorable experience!

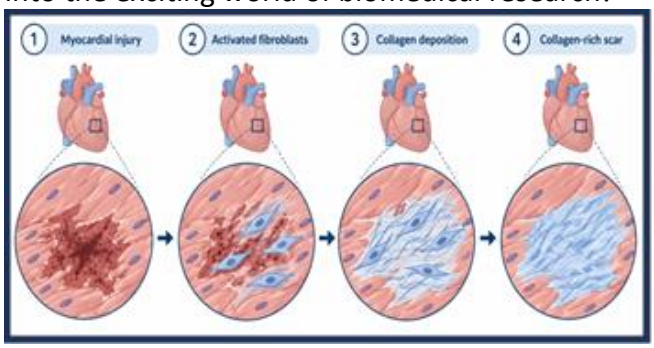
Maths Equipment Order

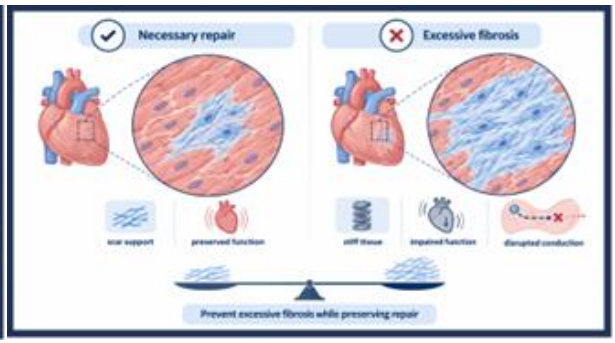
All calculator orders have now arrived and will be distributed to students next week during form time or Maths lessons. Unfortunately, delivery of the CGP revision guides has been delayed due to circumstances beyond our control. We hope to receive these shortly and distribute them after half-term. Thank you for your patience; we will keep families updated.

Biology Careers Lecture from Oxford University PhD candidate
A-Level Biology Students Explore Cutting-Edge Heart Disease Research

On Tuesday, our A-Level Biology students enjoyed a fascinating lecture from Shuchishmita Maitra, a second-year PhD researcher at the University of Oxford, who shared her pioneering research into potential new treatments for heart disease. Students explored how heart attacks damage cardiac tissue, the role of fibrosis (scarring) and how scientists are developing drugs to improve recovery. Shuchishmita also made excellent connections to the GCSE and A-Level Biology curriculum, demonstrating how classroom learning underpins real-world medical research.

As Year 13 Biology Captain Jessica S reflected, "I found this lecture particularly interesting as it demonstrated the clinical trial process for developing a drug that would be able to manage the production of collagen for cardiac fibrosis." A wonderful opportunity for students to gain an insight into the exciting world of biomedical research!





PE Student achievements
SHSG Netball Teams Shine at County Championships!

Netball – County Championships

Congratulations to our Under 14, Under 16 and Under 19 netball squads, who competed at the highly competitive County Schools' Netball Championships in Colchester on Sunday. Our Under 16s finished third in their group, while the Under 19s secured an impressive fourth place overall. Our Under 14s came agonisingly close to reaching the semi-finals, missing out on countback by just a single goal! Particularly impressive was the fact that SHSG was one of only two schools to qualify teams in all three age groups – a wonderful reflection of the strength of netball across the school. Well done to all our players, and thank you to the parents who came to support, especially those who volunteered as scorers!

Under 13 Netball – National Cup Victory

Our Under 13 netball team secured an excellent 30–17 victory against New Hall School in the second round of the *National Schools' Netball Cup*. Despite the convincing scoreline, it was a closely contested match, with our players showing great determination and teamwork. Well done to the squad, and a special mention to those students who were not selected but stayed to cheer on their teammates!

Cross Country – Double County Victory!

Our cross country teams enjoyed outstanding success in Tuesday's County round of the National Cup. Our Junior Girls, including several relatively inexperienced runners, showed great promise with a commendable sixth-place finish. Meanwhile, both our Intermediate and Senior Girls' teams produced superb performances to finish **first in their respective competitions**, securing qualification for the Regional round. A fantastic achievement and congratulations to everyone who competed!

Under 16 Basketball – Essex Cup

Our Under 16 basketball team faced Great Baddow in a fiercely contested Essex Cup match on Thursday. Despite a narrow defeat in a physically demanding encounter, the squad showed great determination and gained valuable experience ahead of their next group-stage fixture. Well done to all the players for their efforts and commitment!

PE Fixtures

For the week beginning Monday 19th October:

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.

Tuesday 20th October: Year 7B, C & D Netball Home v Fitzwimarc

Tuesday 20th October: U12 Netball away v King John School

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.

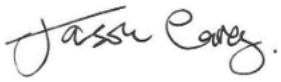
Mental Health & Wellbeing at SHSG

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 here: 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. We wish you a relaxing and enjoyable weekend.

Yours faithfully,



Jason Carey
Headteacher