



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, 19th September 2025

Dear Parents, Carers and Students,

Please find below information and updates from this week.

INSET Day reminder

A reminder that Tuesday 30th September is an INSET Day and the school will be closed to students.

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 Team and to share information about the next two years in your child's educational journey. Further information about the evening and events related to Year 10 has been shared this week via a letter from the Head of Year 10, Mr. Bleakley

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

A reminder that the virtual parent/tutor consultation evening for Year 7 parents will take place next week. Details have already been sent home via a letter this week, which outlines instructions for making and accessing appointments. Please note that, as detailed in the letter, Mrs Chumley, tutor for 7HRM1 will be taking appointments on Wednesday 24th September for half of the tutor group. Any queries please contact the Head of Year 7, Mrs K Smith.

Year 11 Parent Information Evening, Wednesday 1st October

We would like to remind parents and carers of Year 11 students that there will be a short information evening on Wednesday 1st October at 6.00pm in school. The purpose of the evening is to share information about key events in Year 11. We look forward to seeing you on the evening.

Year 12 Parent/Tutor Consultation Evening, Thursday 2nd October

On Thursday 2nd October there will be a virtual Year 12 parent/tutor consultation evening from 4.00pm-8.00pm. This evening will provide you with an opportunity to discuss with your child's tutor how well they have settled into Sixth Form life. Please note that this is not an event to report on academic progress and attainment; there is a parents' consultation evening on Thursday 12th February 2026 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 five minutes with your child's tutor. Details will follow via a separate letter on Wednesday 24th September regarding how to make appointments.



Year 12 House Freshers Events



Excitement was in the air this week as SHSG launched its first House events of the academic year. The Sixth Form House Captains hosted two lively and well-attended 'House Freshers' lunchtime events, exclusively for Year 12 students. On Thursday, students enjoyed a special edition of the gameshow *Family Feud*, with Athene House emerging victorious and earning a fantastic 1000 House Points. Friday's event saw staff and students go head-to-head in a light-hearted challenge inspired by the popular "Spill Your Guts" format, featuring a series of daring (but safe!) food-based tasks that tested nerves and teamwork alike.

These events were a great success, and it was wonderful to see so many Year 12 students getting involved and showing their House spirit. The autumn term events will be the final ones organised by our current House Team. Later this term, Year 12 students will have the opportunity to apply for the role of House Captain for 2025–2026. Further details about the application process will be shared in the coming weeks.

Year 11 All Stars rewards program

We are pleased to share an exciting update on our *Year 11 All Stars Rewards Programme*, which has been relaunched this year with new features to further motivate and recognise the efforts of our students.

Each week, Year 11 students are awarded All Stars points across three key categories: attendance, behaviour and effort. These points contribute towards the chance of being crowned the Year 11 All Star, with the top prize being a fully funded prom ticket, leaver's hoodie, and yearbook — giving our students a truly memorable send-off at the end of their school journey.

Alongside these core categories, we have enhanced our Form Tutor and Staff nomination awards to recognise further individual student achievements and progress each week.

To foster even greater engagement across the school, we've introduced a number of new elements to the programme:

- A House Leaderboard, which celebrates collective success within form groups based on total All Stars points and teacher nominations.
- A dedicated staff leaderboard, recognising departments that have made the most nominations, which will be celebrated weekly in our internal bulletin.

We are pleased to announce the current leaders of the Year 11 All Stars competition: **Isabella D (11APH)** and **Althea B (11APH)**. Meanwhile, in the House Leaderboard, Artemis and Athene have taken an early lead.

Looking ahead, please keep an eye out in future Headteacher's letters for our Year 11 All Stars Team of the Week, the Star Player, the current All Star leader, and updates on the House leaderboard.

This initiative not only celebrates academic and personal success but also fosters a strong sense of community and shared achievement within Year 11. We look forward to continuing to share their successes with you as they continue to work hard in these final and important months of their GCSE studies.

A Visit to Parliament: Nidhi R's Essay Impresses Local MP



We are delighted to share the success of Nidhi R (Year 12), who recently took part in an essay competition, responding to the question: *"A way to improve the UK economy."* Demonstrating initiative and ambition, Nidhi sent her essay to her local MP, Andrew Rosindell, requesting feedback.

Mr Rosindell was so impressed—not only by Nidhi's thoughtful and well-reasoned ideas, but also by the maturity and clarity with which she expressed them—that he invited her to visit the Houses of Parliament last week. During her visit, Nidhi had a one-to-one discussion with Mr Rosindell about her essay, met an MP from another constituency, and enjoyed a guided tour of Parliament. Highlights included standing at the dispatch box where the Leader of the Opposition, Sir Keir Starmer, delivers questions during PMQs, and even touching the famous 'questions box'. To top off this remarkable experience, Mr Rosindell encouraged Nidhi to send her essay to Rachel Reeves, the current Chancellor of the Exchequer, believing her ideas were of real value and deserved to be heard at the highest level.

This was a truly memorable opportunity for Nidhi and a fantastic example of how SHSG students are engaging with the world beyond the classroom and making their voices heard.



PE fixtures for week beginning Monday 22nd September:

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 22nd September: U13 Badminton tournament at Eastwood Academy
- Tuesday 23rd September: U15 Netball Home v Reddan Court
- Tuesday 23rd September: U13 Football Home v WHSG
- Wednesday 24th September: House cross country at lunchtime
- Friday 26th September: Year 8 Sports Leaders at KS1 and KS2 cross country championships, Garons Park.

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.

Staying Safe on the Trains – A Reminder for All Students

Many of our students travel to and from school using c2c or Greater Anglia train services. It is essential that they remain vigilant and take steps to keep themselves safe while on board and in and around stations. If a student ever feels unsafe or concerned about something or someone while travelling, they can contact the British Transport Police (BTP) by texting or calling 61016. Texting is particularly useful in situations where speaking aloud may not be possible or appropriate. The BTP have uniformed officers patrolling train routes and, if necessary, can arrange to board the train at the next station to provide assistance. We encourage all students to save 61016 in their phones under 'British Transport Police' so they can access it quickly if needed.



Medical Information and Care Plans

A reminder to all parents and carers to regularly check and update the medical information we hold about your child. You can do this by logging on to the SIMS parent app and making any necessary changes. If your child has a care plan, please ensure we have the latest version in school so that we can support your child in the event of a medical emergency. Care plans are typically provided for medical conditions such as anaphylaxis, diabetes, epilepsy, sickle cell anaemia and asthma. But if you are unsure if your child needs a care plan, you can speak to your child's GP to confirm this. Copies of care plans should be sent to your child's Pastoral Support Officer:

- Year 7: Mrs Stafford lstafford@shsg.org
- Years 8 & 9: Mrs Bernier cbernier@shsg.org
- Years 10 & 11: Mrs Poxon cpoxon@shsg.org
- Years 12 & 13: Mrs Enderby enderby@shsg.org

Lost Property Reminder

There are currently a large number of lost property items in Reception. If your child has misplaced anything, please encourage them to check the lost property area before *Friday 24th October*. After this date, any unclaimed items will be donated to charity. Thank you for your cooperation.

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

Career opportunities

The Royal Air Force

Students and parents wishing to learn more about opportunities in the RAF may wish to take part in a free virtual event 'RAF World: Mission Ready' at 7.30pm-9pm on Wednesday 25th September. Details can be found [here](#).

Investment banking

For those more interested in a career in investment banking one of the world's largest bank, UBS, is offering a virtual insight event on Tuesday 30th September, 5pm-6.30pm. This should be suitable for students in Years 11,12 and 13 and more information can be found [here](#).

Mental Health & Wellbeing at SHSG



Wellbeing Tip from YoungMinds: Setting Small, Achievable Goals

Supporting your child's mental wellbeing doesn't always require big changes—sometimes, it's the small, consistent habits that make the biggest difference. One practical tip from **YoungMinds** is to encourage your child to set **small, achievable goals** each day.

A simple way to do this is by creating a short to-do list of **2–3 manageable tasks**. These could include:

- Completing a piece of homework ahead of schedule
- Going for a short walk or getting some fresh air
- Calling or messaging a friend for a quick catch-up
- Tidying a small area of their room or workspace
- Preparing their school bag or uniform for the next day

The key is to keep the goals realistic and achievable. Ticking off even a few tasks can give a strong sense of progress and control, which is especially helpful during busy or stressful times. It also helps build momentum and confidence, making larger tasks feel more manageable over time.

Encouraging your child to reflect on what they've accomplished—rather than what they haven't—can foster a more positive mindset and support their overall wellbeing. Why not try this together as a family? A shared approach to goal-setting can help build routine, resilience, and a sense of achievement.

**How setting
small goals
can help
mental health**

Find out more by clicking on the link below:

[YoungMinds | Mental Health Charity For Children And Young People | 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 style with a large 'J' and a stylized 'C'.

Jason Carey
Headteacher