



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, 2nd May 2025

Dear Parents, Carers and Students,

Please find below information and updates from this week.

Parent Survey

We are always looking for ways to enhance the experience we offer at Southend High School for Girls and would really value your feedback. By completing our parent survey, you'll be helping us to reflect, refine and strengthen the education and opportunities we provide. In July 2024, Ofsted noted that *"Pupils flourish and excel at Southend High School for Girls. Pupils eagerly take part in stimulating and engaging lessons that light a fire for learning."* While we are proud of this recognition, we remain ambitious for our students and committed to delivering the highest quality of education.

Please take a few moments to complete the survey, which can be found ['here'](#).

SHSG and East Shanghai High School partnership – homestay opportunity

This week, a letter was sent to parents announcing a new partnership with East Shanghai High School, focusing on STEM education. This initiative offers students enriching international experiences through collaborative projects and cultural exchanges. Families have been invited express interest in hosting visiting students from Shanghai from July 1st to 4th, 2025. A reciprocal visit to Shanghai will take place in 2026. Planned activities in Shanghai include visits to Yu Garden, L+SNOW Indoor Ski Resort, Haichang Ocean Park, Shanghai Disneyland, and Shanghai Astronomy Museum. Interested families should complete the Microsoft Form that was provided on the letter sent to parents by end of play on Monday, 5th May.

Year 11 Individual and Tutor Group photographs

School Photographs are now live and available to purchase from Carmel Jane Photography!

If you pre-registered, please check your inbox for your unique access link. If not, please contact Carmel Jane directly on www.carmeljane.co.uk/pre-registration-support and Insert school code: JR29MVRWSR

Any students from other year groups who had not previously had their photograph taken and did so on the day can also use the contact details above.

Carmel Jane is offering discounts for a limited time only, so act fast! All photographs will be sent straight to your home address.

Congratulations – Mrs McMahon

I am delighted to share that our SENDCo, Miss Ford, got married over the holidays! Please join me in congratulating her on this exciting new chapter in her life. She will now be known as Mrs McMahon. We wish her and her husband a lifetime of happiness and love.

Evening of Song Wednesday 7th May

The *Evening of Song* takes place on Wednesday 7th May, from 7.00pm and will feature all of our vocal ensembles: SHSG Choir, Chamber Choir, Novem Consort and Gospel Choir. There will be some solos & duets from students in



between the choir sets. This is a relaxed evening of vocal music, and we hope you will join us for this special celebration of singing at SHSG. Tickets are on sale on ParentPay and cost £8.00 for adults and £6 for concessions.

Year 10 and 12 PPE examinations

Our Year 10 and Year 12 students have now completed their Pre-Public Examinations (PPEs) and will return to their normal timetable next week. We've been impressed by their commitment, focus and resilience throughout the exam period, and we are very proud of the mature way they approached these assessments. Full school reports, including examination results, most likely grades, and teacher targets (where appropriate), will be shared with parents and carers on Friday 13th June.

Year 10 and Year 12 University of Exeter Scholars Pathway

An excellent opportunity to attend a fully funded residential over the summer is open to Year 10 and Year 12 students who meet widening participation criteria. Previous SHSG students have learnt a lot from these summer residentials and enjoyed them immensely. For Year 12 students, participation can result in a significantly reduced offer for the University of Exeter. For more details, please visit [the website](#) and encourage your children to apply before Friday 23rd May (midday). We will arrange a lunchtime webinar to answer any questions students have. Students can sign up for the webinar '[here](#)'.

SHSG Law Society Lunchtime Talk

This week, budding lawyers in Year 10 and Year 12 attended a careers talk organised by our new SHSG Law Society. The inaugural talk was presented by three members of the BTMK law firm on Monday lunchtime. Students heard from a former director and head of family law, an apprentice graduate solicitor specialising in person injury claims, and a paralegal in the conveyancing team. If any Year 10 and Year 12 students missed this opportunity but would like to join the SHSG Law Society, please fill out this [form](#). Congratulations to Year 12 students Lily F and Beau C for being elected president and vice-president, of the SHSG Law Society, and thank you to Mr O'Brien and Ms Laird for coordinating the society.

Year 10 Mock Interview Day

Year 10 will take part in their mock interview day on Friday 9th May. Each student will be interviewed for their chosen role by a professional volunteer, with a 20-minute interview followed by 10 minutes of personalised feedback to help refine their interview technique. The most impressive candidates will be recognised in a special assembly. Students should wear smart, interview-appropriate attire; however, there is no need to purchase new clothing. A white school shirt with black trousers or a skirt would be perfectly suitable.

GCSE and A Level examination reminders

Next week, Year 11 and 13 students start their GCSE and A Level examinations. Students have had assemblies from Miss Riebold, as well as information provided by email regarding the regulations and processes for examinations.

A reminder that students should only bring the required equipment for each specific exam.

All bags, blazers and unauthorised items (such as watches and phones) must be left in lockers or in the sandwich hut. Pencil cases should be clear and contain only the equipment required for that examination, such as black pens, pencil, sharpener, plain rubber, ruler, calculator (if permitted). Drinking bottles must also be transparent and without logos or markings.

All students are aware of the JCQ examination requirements and our expectations however we would appreciate your support in ensuring students arrive with the correct equipment.

We wish all students the very best of luck with their examinations.



Hockey Eastern Regional Finals



Earlier this year, Matilda B and Jemima N were once again selected to represent Essex in the U14 Girls' Hockey Squad—a fantastic achievement in itself.

Following their strong performances, both were chosen for the Essex Cup team competing in the prestigious five-county Eastern Region Finals. Essex dominated the tournament, winning every match. Matilda contributed with a goal and an assist, while Jemima was outstanding in defence, helping the team keep four clean sheets.

The standard of hockey was exceptionally high, making their success even more impressive. Huge congratulations to both girls—we can't wait to see what they achieve next season!

Oxford German Olympiad competition

Earlier this year, a number of our KS3 German students took part in the annual Oxford German Olympiad, run by the Oxford German Network. This year's theme, "*Spiel und Sport*" (Games and Sport), inspired some truly creative and original work.

We're delighted to announce that Jo'Elle Eric-Odoi (Year 9) was named a winner for her imaginative comic strip depicting a special moment in the life of tennis star Maria Sharapova. Runner-up was Alise Lipska (Year 7), whose engaging essay took Harry Potter on an adventure to Berlin! In addition, two students were highly commended for their excellent entries: Charlotte Liddell (9A) and Katerina Burdulea (7A).

Congratulations to all four students on this outstanding achievement; we are incredibly proud of their creativity and linguistic flair!

Hippocrates Medical Pathway and Oxford

We are proud to share that SHSG has secured one of only eight places on a prestigious staff residential programme hosted by Trinity and Jesus Colleges, Oxford, this June. The residential is run in collaboration with the Department of Physiology, Anatomy and Genetics (DPAG) and is designed to deepen understanding of scientific research at a world-leading institution.

The programme offers staff the opportunity to experience science research at Oxford first-hand, enhancing their ability to inspire, guide, and support students considering applications to study Medicine or science-related subjects. As part of the residential, staff will also visit St Catherine's College to meet current medical students and hear about their application journey and undergraduate experiences. Professors Heidi de Wet and Shankar Srinivas from DPAG will lead a session on 'Applying to Oxford,' offering valuable insights to strengthen our support for aspiring applicants.

Mr Prior, our Science Lead Practitioner and medics pathway lead, is one of our staff attending.

Year 9 Curriculum Day

Year 9 have participated in their Curriculum Day today. We were excited to see them engage with the activities and broaden their understanding of how to plan and safely undertake an outdoor expedition. Further information will be included in next week's newsletter to showcase their experiences.

Bronze Duke of Edinburgh Expedition Weekend 10th – 11th May

After weeks of preparation, our students are ready to take on the challenge and put their skills to the test. Across the weekend of 10th and 11th May 2025, 120 Year 9 students will be embarking on their Duke of Edinburgh Bronze expedition. I would like to take this opportunity to wish them luck with their expedition and thank all the staff involved. A report and some photos will be included in a future letter.

Managing Mental Health During Exam Periods

Over the coming weeks, Ms Marcel, our Senior Mental Health Lead, will be sharing practical tips and resources to help students manage anxiety during the exam period. Please see the first tip below:

Tip 1 – Well-planned revision helps reduce stress

While students are working hard to prepare for their exams, it's important to strike a healthy balance. Creating a revision timetable that includes regular breaks, treats, and time for rest can help prevent the mind from becoming overwhelmed. A routine that includes revision, exercise, nutritious meals, and good-quality sleep is key to managing stress and staying focused.

We've also included a selection of useful links below to support parents in helping their children navigate the exam season with confidence.

[Revision and Self-Care | Anna Freud](#)

[Help your child beat exam stress - NHS](#)

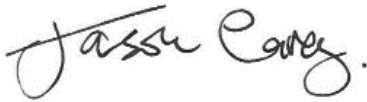
[Parents' Guide To Supporting Children At Exam Time | YoungMinds](#)

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](#).

A reminder that Monday 5th May is a bank holiday, and the school will be closed to students. We look forward to welcoming students back on Tuesday. Have a restful weekend!

Yours faithfully,

A handwritten signature in black ink that reads "Jason Carey". The signature is written in a cursive style with a period at the end.

Jason Carey
Headteacher