



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, 21st March 2025

Dear Parents, Carers and Students,

Please find below information and updates from this week.

Nanjing Normal University Visit

This week, we were delighted once again to welcome trainee teachers from Nanjing, China, to SHSG. These trainee teachers, who are currently in their final year at Nanjing University, were accompanied by two university lecturers and a translator. During their visit, they enjoyed a comprehensive tour of our school, participated in engaging presentations on SHSG's history and ethos, and held insightful discussions comparing the Chinese and British education systems.

A particular highlight was the opportunity for Year 7 and Year 8 students to experience lessons delivered by our visitors. These interactive sessions covered Chinese traditions, geography, and artwork, providing our students with valuable firsthand insights into Chinese culture.

We extend our sincere appreciation to the Head Student Team, as well as our student tour guides and translators, whose exceptional support ensured our visitors felt warmly welcomed throughout their time at SHSG. Now in its second year, this successful exchange continues to strengthen the valuable ties between SHSG and Nanjing University. It was truly an enriching experience for all involved.

Thank you to all our students for making our guests feel so warmly welcomed.



Geography fieldtrip to Tenby, Wales

The Year 12 Geographers set off on their 5-day fieldtrip last week to sunny Wales! Here is a summary of the week from Subject Captains Ella S and Bonnie S:

“We had such an unforgettable experience in Wales! The fieldwork days had the perfect balance of work and fun with plenty of time to collect our data assisted by our peers and teachers and explore Tenby and the surrounding areas. These places were so pretty, especially with the great weather, and had a welcoming sense of community from the locals throughout, who were ready and willing to answer our questionnaires and help us with our coursework! We even got the chance to try local ice cream flavours - ‘Merlin’s Magic’ being the class favourite. We made lifelong memories along the way with our friends and bonded with all our classmates, having spent a lot of free time with them in the hostel recreational room and playing football outside together next to the seaside view. The hostel had great facilities with spacious rooms, plenty of showers and self-catering kitchens as well as hot breakfasts and homemade dinners and desserts each day which were enjoyed by all. A big thank you to Mrs Patel and Ms Spilstead for making the trip so memorable and for all the help with our coursework! It was really useful and has given us all the resources, information and experience we need to complete our coursework successfully! Follow our department Instagram page @shsg_geography for photo updates!”



Year 11 PGL Maths Revision Weekend:

Thank you to Priyanka, Year 11 for writing the following piece about the Year 11 Maths revision weekend.

‘Last Friday, Year 11s set off for an unforgettable weekend at PGL, packed with adventure, laughter, and a well-earned break from GCSE stress. From the moment we arrived, the energy was high, and the PGL staff were so welcoming and supportive, making every activity even more enjoyable.

We kicked things off with the Giant Swing—easily one of the most thrilling moments of the trip. Dropping from such a height was terrifying, but the rush was unbeatable, especially with everyone cheering each other on. The campfire games were another highlight, full of fun challenges, teamwork, and non-stop laughter.

The disco was pure chaos in the best way possible - teachers showing off their dance moves, everyone singing at the top of their lungs, and Ms. Hulme’s unexpected cartwheel that had us all in stitches! Jacob’s Ladder pushed our teamwork to the limit as we climbed together and helped each other reach the top. Rifle shooting was another exciting challenge, testing our focus and patience (and proving that hitting a target is much harder than it looks!).

Of course, we couldn’t completely escape our GCSEs. Over two days, we powered through 6 hours of Maths revision, but somehow even that felt more bearable in such a different setting, with friends to motivate us. PGL was the perfect

mix of adventure, challenge, and fun—an unforgettable weekend that brought us all closer together and gave us memories we'll be talking about for a long time!

Priyanka P



Sensory Drop-in

Every Thursday on a Week B, we hold Sensory Drop-in sessions at lunchtime in The Meeting Room. This is open to any student who would like to come and speak to staff about any concerns they might have, such as sensitivity to noise, or finding that they are easily distracted. For any questions, please email sendco@shsg.org

The Neurodivergent Support Pack

The Neurodivergent Support Pack is a comprehensive resource created by the Southend City Youth Council to foster understanding and support for Neurodivergent teenagers. It covers various neurological conditions such as Autism, ADHD, Dyslexia, Dyscalculia and Tic Disorders and can be found on their website: [Neurodivergent Support Pack | SouthendYouthCouncil](https://www.southendyouthcouncil.org.uk/neurodivergent-support-pack)

Late Detention

We have reviewed our procedures for supporting students to understand the importance of punctuality each morning. We are pleased that most students at Southend High School for Girls already demonstrate excellent punctuality. However, for students who do not consistently meet these expectations, we will introduce a clear and supportive system to reinforce this essential life skill. Starting from the summer term after Easter, lateness will be managed as follows:

- Students arriving after 08:30 am will be marked as late.
- Behaviour points will no longer be issued for lateness.
- All instances of lateness will be recorded on Show My Homework (without behaviour points).
- Exceptions apply if lateness is due to delays on contracted bus services or significant rail network disruptions (as reported on the provider's website); these instances will not be recorded.

- Students who are late three times in a term will be placed on a Late Report. After this point, each additional instance of lateness will result in a 30-minute same-day detention (3:30 pm–4:00 pm). Parents will receive email notification of these detentions. Failure to attend this detention will result in a longer detention after school on the following Wednesday.
- The Late Report resets at the end of each term.

We appreciate your support in reinforcing these standards and ensuring students continue to develop essential habits for future success.

Online radicalisation

It’s not often a Netflix drama earns recognition from the Prime Minister, but the acclaimed series *Adolescence* achieved exactly that. This powerful drama highlights the risks young people face from online radicalisation. To support our collective efforts in keeping children safe online, I've included a helpful parent factsheet about managing screen time— I hope you find it useful.

Maths News - Fantastic summer opportunity for Year 12 women at Cambridge

All Year 12 students have been emailed about this exciting opportunity.

Murray Edwards College, University of Cambridge, is running a STEP Summer School from 4th–7th August for Year 12 women and non-binary students interested in studying mathematics at a leading university. This four-day programme provides specialist coaching for the Sixth Term Examination Paper (STEP), valuable admissions advice, and an insight into university life. The event is completely free and aims to boost the number and diversity of women and non-binary students studying mathematics at top institutions.

Please scan the QR code on the poster below for further details and encourage your child to apply.

4 - 7 August 2025

SHE TALKS SCIENCE
STEP SUMMER SCHOOL

Free residential summer school in Cambridge
 Specialist 1:1 and group teaching to prepare you for the STEP Paper

PLUS
 Cambridge Admissions Advice
 Maths Enrichment Sessions
 Social Activities

SO IF YOU'RE:

- A woman or non-binary student
- In Year 12
- Hoping to study Maths at Cambridge

APPLY HERE: 

 Murray Edwards College
 University of Cambridge

UKMT success!

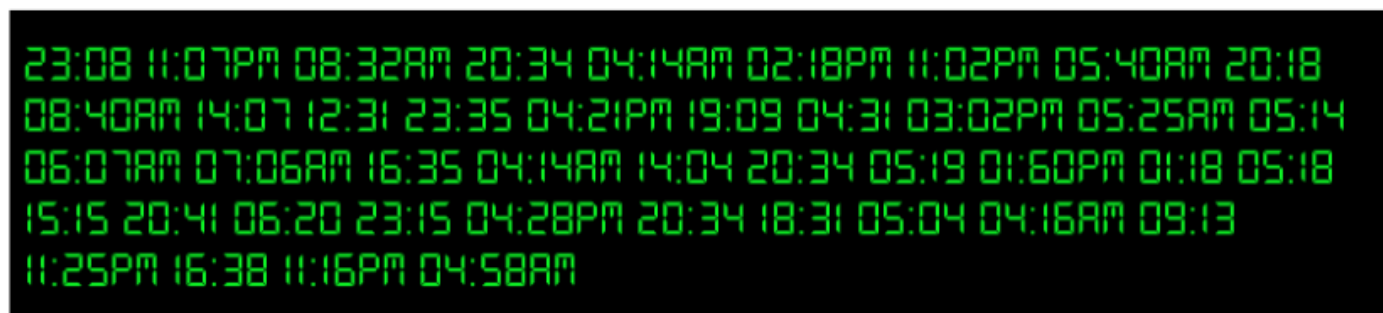
Congratulations to Clementine T in Year 10 for achieving best in school for the UKMT Intermediate Challenge. As a result of her excellent performance, she has been selected for invitation to the UKMT's National Mathematics Summer Schools. The Summer School is a wonderful opportunity to develop their mathematical thinking and meet other like-minded young people.

The Alan Turing Cryptography Competition KS3 and KS4

Well done to all those who entered last week's cryptography competition! Achievement points have been added. Here is the final one before overall winning teams are announced; Good luck!

Chapter 6

M: Took me while, but I got there. Now, can you tell what time it is?



Maths Bombe Competition for Year 12 and 13

The Maths bombe competition is ending so please submit solutions to the mathematics faculty before 31st March as this is when the team winners will be announced. Good luck!

Problem 8

A string of 2^{2025} lights, numbered from 1 to 2^{2025} , is programmed to create some rather interesting flashing patterns. Any time a light flashes, it turns on and then off nearly instantly. When the string is plugged in, all 2^{2025} lights flash up. Then the first light continues to flash every second, the second light flashes every 2 seconds, the third light flashes every 3 seconds, and so on, the n th light flashes every n seconds after the string of lights is powered. After how many seconds will exactly 2025 lights flash up all at once for the first time?

Easter Revision Sessions

During the Easter holidays some staff will be running revision sessions for their Year 11 and 13 classes targeting specific topic areas and / or students. More information will follow in the next two weeks from relevant teachers.

PE fixtures for next week

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 24th March: U16 Netball Essex Cup Plate semi-final Home v St. Nicholas
- Monday 24th March: U13 Football away v Colfe
- Tuesday 25th March: U16 Netball Home V Finborough
- Tuesday 25th March: U15 Basketball Home v Thorpe Hall
- Wednesday 26th March: U18 boys' football away v WHSG
- Thursday 27th March: U15 Football Home v WHSG
- Thursday 27th March: TBC U18 Netball home v WHSG
- Thursday 27th March: Netball Essex Cup finals (qualification dependent)

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.

SHSG PA Easter Raffle

SHSG PA is holding an Easter raffle to be drawn on Wednesday 2nd April. The prizes are:



- 1st prize – 4 tickets to The Girl on the Train on 6th May 2025 at the Palace Theatre, Southend.
- 2nd prize – Rosie Fox necklace
- 3rd prize – £25 Danielle’s School Wear and Uniform gift card
- 4th prize – a Lindt chocolate egg and bunny

Tickets cost £2 each and can be purchased on ParentPay. Once purchased, raffle tickets will be automatically entered into the draw.

Ticket sales close on Tuesday 1st April and the winning raffle tickets will be drawn on Wednesday 2nd April.

All monies raised by SHSG Parents’ Association will support the school. Thank you for your continued support.

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/mental-health-wellbeing).

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)

[SHSG Mental Health Board \(padlet.com\)](https://www.padlet.com/SHSG-Mental-Health-Board)

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,

A handwritten signature in black ink that reads "Jason Carey".

Jason Carey
Headteacher

Your child's screen time

Know the risks, and what you can do to help keep your child safe.

What's the problem?

Spending time online and on devices can be a positive thing, especially for educational use.

However, high levels of screen time can put your child at greater risk of:

- Being bullied online
- Abuse and grooming (when someone builds a relationship with a child to exploit or abuse them)
- Seeing inappropriate content
- Not getting enough sleep and exercise
- Disruption to learning and studying
- Negative effects on mental wellbeing

While it may be tempting to ban devices altogether, this also has some risks, as it can:

- Cause children to keep any screen time a secret, making it more difficult for them to seek help with bullying, harmful content or potential grooming
 - Make children more prone to grooming, as abusers could offer them a 'secret' device
 - Slow technology skill development. Technology is part of everyday life, and teaching children how to benefit from it can help prepare them for the future and develop online safety skills
 - Block access to resources that could be beneficial, such as educational apps or websites
-

4 steps you can take to protect your child

1) Set parental controls on devices

Use parental controls to restrict access to in-app purchases and explicit or age-rated content, and, on some devices, how long your child can spend on the device or certain apps.

You'll likely need to set a password for parental controls. Make sure it's different from the password used to access the device, and that your child doesn't know it.

Parental controls can be different for each device. See below for instructions for some popular devices.

2) Agree rules on screen time

There are mixed views on 'safe' screen time, but you could agree some limits to stop screen time interfering with your child's sleep or family activities:

- Make a plan together, and stick to it. You could set media-free times and zones, like during meals or in bedrooms
- Try to avoid screens an hour before bedtime
- Model the behaviour you want to see – this may mean no screen time for you at the times agreed with your child. Children are more likely to learn from example

- › Try to minimise snacking during screen time
- › Turn not using screens into a game, using apps like [Forest](https://www.forestapp.cc/), where not using devices is rewarded (<https://www.forestapp.cc/>)

3) Talk to your child about staying safe online

Discuss the restrictions and why they're needed. Teach them:

- › That anyone can pretend to be a child online
- › That if they talk to people they don't know, not to give away personal information – like what street they live on or where they go to school – or to share their location with them. To say no if they are asked for images or videos of themselves, and to stop talking to the other person if they are asked for these things
- › To set their profiles to private, to limit what others can see
- › To be 'share aware' – think carefully about what they share and with whom. Once it's out there, they have no control over what the other person does with it. Remember, it's illegal to take, share or possess sexual images of under-18s, full stop
- › If they see something that upsets them, or someone bullies them, to tell an adult they trust. Bullying and upsetting content is not their fault.

If you don't feel confident starting a conversation with your child about what they're doing online, take a look at this advice from the NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

4) Encourage off-screen activities

Help your child get physically active for the recommended 60 minutes a day:

- › See www.nhs.uk/change4life/activities for free ideas for activities and games
- › Consider local sports or activity clubs. Your local authority or council should have details on youth clubs and activity groups near you. Find your local authority here: <https://www.gov.uk/find-local-council>
- › Try an app that's designed to get children active – see examples at: www.internetmatters.org/resources/apps-guide/apps-to-help-kids-get-active/

How to set parental controls

Microsoft devices (Windows computers and Xbox)

- › Getting started with Microsoft Family Safety: <https://support.microsoft.com/en-us/account-billing/getting-started-with-microsoft-family-safety-b6280c9d-38d7-82ff-0e4f-a6cb7e659344>
- › Family-friendly gaming for everyone, Xbox: <https://www.xbox.com/en-GB/family-hub>

iPads and iPhones

- › Use parental controls on your child's iPhone or iPad: <https://support.apple.com/en-gb/105121>

Android phones

- › Manage devices, apps and screen time: <https://support.google.com/families/topic/7336331>
 - › Get started with Family Link: <https://support.google.com/families/answer/7101025?hl=en>
-

Fire Tablet

- Set up parental controls on your Fire Tablet:
<https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=GG2LBLE5V2T8XUX8>
-

PlayStation

- How to set up family accounts on PSN: <https://www.playstation.com/en-gb/support/account/playstation-family-account-set-up/>
 - How to set up parental controls on PlayStation consoles: <https://www.playstation.com/en-gb/support/account/ps5-parental-controls-spending-limits/>
-

Nintendo Switch

- Nintendo Switch parental controls: <https://www.nintendo.com/en-gb/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>
- Nintendo Switch support pages: <https://www.nintendo.com/en-gb/Search/Search-299117.html?f=147397-3958-143-42>
- How to set Nintendo eShop restrictions: <https://www.nintendo.com/en-gb/Support/Nintendo-Switch/How-to-Set-Nintendo-eShop-Restrictions-1406403.html>

Sources used in this guide

This guide was produced by [The Key Safeguarding](https://safeguarding.thekeysupport.com/): <https://safeguarding.thekeysupport.com/>

- [Physical activity guidelines for children and young people, NHS](https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/)
<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>
- [Covid-19: Lockdown measures and children's screen time, House of Lords library, UK Parliament](https://lordslibrary.parliament.uk/covid-19-lockdown-measures-and-childrens-screen-time/)
<https://lordslibrary.parliament.uk/covid-19-lockdown-measures-and-childrens-screen-time/>
- [Sharing nudes and semi-nudes: advice for education settings working with children and young people, GOV.UK – Department for Science, Innovation and Technology and UK Council for Internet Safety](https://www.gov.uk/government/publications/sharing-nudes-and-semi-nudes-advice-for-education-settings-working-with-children-and-young-people)
<https://www.gov.uk/government/publications/sharing-nudes-and-semi-nudes-advice-for-education-settings-working-with-children-and-young-people>
- [Screen time: impacts on education and wellbeing – report summary, UK Parliament](https://publications.parliament.uk/pa/cm5804/cmselect/cmeduc/118/summary.html)
<https://publications.parliament.uk/pa/cm5804/cmselect/cmeduc/118/summary.html>