



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, 22nd May 2026

Dear Parents, Carers and Students,

Year 7 'classics - themed' reading day.

This week, the whole of Year 7 spent a day exploring ancient literature as part of their study of Classics. Students read and discussed a variety of texts adapted from the works of Homer, Ovid, Virgil and Euripides, using them to think through issues of heroism, fate and love.

After a morning of passionate debate, they followed in the footsteps of Shakespeare and Ibsen by staging their own interpretations of classical stories.

Each group presented their interpretation to the rest of their class with the best ones performing as part of an epic finale in front of the whole year group.

Congratulations to our winning teams:

First place- Kayla B, Amelia E, Janelle F, Isla J, Hatty K, Rachael O

Second place- Aiza A-J, Chichi I, Elizabeth P, Abiraame R, Maddie V, Chloe W

We were impressed by the eloquence and imagination which our students used to get to the heart of some of the most challenging aspects of The Iliad.

Year 10 InnerDrive Sessions

On Monday, all Year 10 students took part in a series of motivational and practical workshops led by InnerDrive coaches, designed to sharpen their approach to examination preparation and build effective revision habits post PPEs. Sessions focussed on:

- Performance under pressure
- Mastery Mindset
- Studying with the brain in mind

Layla Z, one of the Middle School Deputy Head Prefects said:

'On Monday, InnerDrive came in and talked to us about performance under pressure, the seven habits of success and how to study smarter through three afternoon sessions. I found their advice extremely helpful and the sessions very engaging and interactive, but they also conveyed lots of important top tips, ideas, and messages across for us to implement into our daily routines such as how to get more sleep! With our GCSEs coming up next year, their exam advice has been particularly helpful, especially around how to deal with exam nerves and procrastination. I'm so grateful to the InnerDrive team. Thank you so much!'

Year 10 Parents' Evening, Thursday 11th June

A reminder that the Year 10 Parents' Consultation Evening will take place online on Thursday 11th June following the publication of the Year 10 full reports, on Friday 5th June, detailing outcomes from their recent Pre Public Examinations. Further details re the parents' evening will follow after half term.

Hippocrates Medical Society

The Hippocrates Medical Society continues to go from strength to strength, and we are delighted to update parents on the progress of our aspiring medics. All students have now successfully registered for their UCAT accounts, an important early step in the application process.

The UCAT (University Clinical Aptitude Test) is a key component of a competitive application to study Medicine, Dentistry, and related courses. Universities use it to assess a range of skills essential for healthcare professionals, including problem-solving, critical thinking, and the ability to make sound judgements under time pressure.

Students have already begun their preparation, focusing initially on the Verbal Reasoning and Decision Making sections. These sessions have introduced strategies and techniques specific to the UCAT, helping students to develop confidence, accuracy, and effective time management.

Looking ahead, students will sit two full mock UCAT examinations in school next half term, providing valuable practice under exam conditions ahead of their official UCAT assessments, which will take place during the summer holidays. We are very proud of their commitment and look forward to supporting them through the next stages of their medical application journey.

Year 9 Enterprise Day Thursday 21st May

We were visited today by [SS&C](#). Based in Basildon, they are one of the world's largest providers of AI-enabled software and services for financial services and health organisations. Year 9 had spent time in registration last week researching the background of financial services and today was an opportunity for them to put their fiscal knowledge into practice by taking part in an enterprise event. They were tasked with coming up with a concept for a new company and pitching their ideas to our visitors and teachers. A wide variety of ideas were put forward such as 'The Global', a theme park with rides based on different cultures, 'The Calico Cinema' that would offer a fully sensory cinematic experience with a particular focus on SEND and 'Rescue of Life', an animal rehabilitation park committed to investing back into the habitats of endangered species. The whole year group are to be congratulated for their enthusiasm and imaginative ideas that built on their newly found investment knowledge. The winning teams were presented with a giant cheque and house points.

Year 12 UCAS Progress

Many thanks to the 120+ families of Year 12 students, who joined us for a webinar on UCAS applications yesterday evening. We were joined on the call by Ed Fisher, the outreach office for our partner university, the University of Exeter. We explained the SHSG approach to UCAS applications, and then had an informative overview of the UCAS process from the university perspective. Year 12 have been really proactive in starting their UCAS applications in tutor time this week. Next steps will involve a Personal Statement Masterclass in June, then all students will submit their UCAS applications by the end of October of Year 13. We are so excited to see what this talented year group will go on to do!

This week, we have also been delighted to find out that Mayah G (12STF), Priyanka P (12JSH) and Ivanna S (12STF) have all been accepted onto the prestigious summer school at Emmanuel College, University of Cambridge.

We would continue to encourage Year 12 students to consider the following upcoming opportunities:

- **Exeter Scholars:** an excellent opportunity to attend a fully-funded residential. 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 5th June

- **Sutton Trust Online:** students who meet widening participation criteria can apply for the Sutton Trust Online summer school.
- **Cambridge University Subject Masterclasses:** open to all, these online taster lectures are delivered by Cambridge academics. They also offer subject-specific introductions to the application process. The cost is £15 per session, with a generous bursary scheme.

PE Fixtures Week Beginning Monday 1st June

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 a member of the PE department. Thank you.

- Friday 5th June: Regional Athletics finals (Junior Girls only) at Blackshots Stadium, Thurrock
- Tuesday 2nd June: Junior Girls' athletics 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.

Essex Combined Events Championships Success

On Wednesday this week, seven athletes from Years 8 and 9 competed in the Essex Combined Events Championships at Melbourne Park in Chelmsford. This demanding competition involves completing five events in a single day, making it a true test of stamina, resilience and all-round athletic ability.

Our students represented both themselves and the school brilliantly, producing some excellent personal best performances throughout the day. Well done to everyone who competed, and particular congratulations to Clara W in Year 8, who won the bronze medal, and Arabella S in Year 9, who finished in an impressive fourth place.

Clara and Arabella have now both been selected to represent the Essex Combined Events team at the Regional Championships in June. Congratulations to both students on this fantastic achievement.

County Netball Success

Last weekend, three students from SHSG represented Essex Metropolitan at their end-of-season county netball tournament in Redbridge, competing against county teams from across the East of England.

The tournament concluded with the end-of-season presentations, where all three SHSG students received awards in recognition of their hard work and commitment throughout the year. Poppy B in Year 7 was voted Players' Player of the Season, while Clara W in Year 8 and Amelia K in Year 9 were both recognised with Coaches' Player of the Year awards.

Congratulations to all three players on these fantastic achievements, and good luck for next season.

Supporting Young People with Online Influences and Respectful Behaviour

The Department for Education (DfE) has published new resources on the 'Kids Online Safety' website to help parents and carers understand and support young people around harmful online influences, including misogyny online. The updated guidance includes information on:

- what misogyny is
- why it is important to talk to your child about misogyny
- signs to be aware of
- ways to support both sons and daughters

The resources can be found here: [Online hate: misogyny - Kids Online Safety](#)

If you are concerned that your child may be experiencing harm online, please contact your child's Pastoral Support Officer or Head of Year for further 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).

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](#).

Wishing you a restful half term!

Yours faithfully,

A handwritten signature in black ink that reads "Jason Carey". The signature is written in a cursive style with a large initial 'J' and a trailing flourish.

Jason Carey
Headteacher