



# 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, 28<sup>th</sup> March 2025

Dear Parents, Carers and Students,

Please find below information and updates from this week.

## **University of Cambridge Comes to SHSG**

We were delighted to welcome the outreach team from Emmanuel College, Cambridge to SHSG on Monday. Fran and Tom spent the day with us, delivering pitch-perfect presentations to Years 8, 9, 10, and 12. They highlighted the advantages and opportunities that a degree from a top-ranking university can offer, explained the unique collegiate system at Oxford and Cambridge, and demystified the application process for our students. Year 12 particularly benefited from seeing strong examples of personal statements and hearing about the value of engaging in super-curricular activities.

Fran and Tom were incredibly generous with their time and advice. They held an open-house drop-in session for our busy Year 11s, which was enthusiastically attended by over 40 members of the Key Stage 4 Oxbridge Pathway Club — a group open to all students in Years 10 and 11 — who had the chance to ask questions and receive personalised guidance.

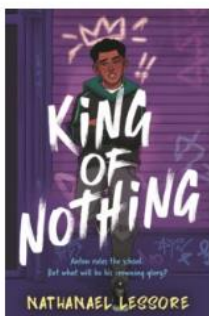
We feel very fortunate to have hosted Emmanuel College and look forward to working with them again. For students inspired by their visit, Emmanuel offer a range of online webinars — including an upcoming session on the importance of post-16 subject choices: link found here: [your post 16 choices](#).

## **Reading Update: Carnegie Book Groups Launch**

This week marked the launch of the Carnegie Shadowing Programme at SHSG — a prestigious initiative run by the Chartered Institute of Library and Information Professionals (CILIP). The programme invites young people to engage with some of the most exceptional children's and young adult literature published each year. Once again, SHSG students will take part in the exciting process of shadowing the Carnegie Medals.

Led by our brilliant Year 10 Reading Mentors, student-led book groups across Years 7 to 13 will read, discuss, and review titles from the official Carnegie shortlist. They will share their thoughts online and cast their votes for the 'Shadowers' Choice' Award, a student-selected honour that runs alongside the main prizes. The winners will be announced at a special ceremony at the Cambridge Theatre in London in mid-June — and SHSG has been invited to attend!

Our enthusiastic reading groups have already started exploring the shortlisted titles below:



**King of Nothing**  
Nathanael Lessor  
Bonnier Books



**The Things We Leave Behind**  
Clare Furniss  
Simon & Schuster



**The Final Year**  
Matt Goodfellow  
Otter-Barry Books



**All That It Ever Meant**  
Blessing Musariri  
Head of Zeus



If you would like to find out more about the shortlisted books, the Carnegie medals and the shadowing group programme, a link to the Carnegies website can be found [‘here’](#). The Year 10 Reading Mentors will be sharing their experience of the programme in the Headteacher’s letter at the end of June. We look forward to reading their insights as well as the book reviews from students taking part!

### **Celebration Assemblies**

This week we held our Spring Term Celebration Assemblies for each year group — a wonderful opportunity to recognise the achievements and contributions of our students. So far this academic year, over 200,000 achievement points have been awarded across the school, with Year 7 currently leading the way on an impressive 52,000 points.

Our Heads of Year presented over 500 badges and certificates during the assemblies, including 160 prestigious Diamond Awards — the highest level of recognition for achievement points. Students were also celebrated for a wide range of accomplishments, from winning entries in our annual Pi Day competition, to sporting success and service awards such as the coveted Maths Angels prizes.

One of the most special moments in each assembly was the staff ‘shout outs’ — individual messages of praise, encouragement, and recognition. These simple but powerful acknowledgements can often mean just as much to students as a badge or certificate.

We were also thrilled to present 149 awards for 100% attendance — a fantastic accomplishment at this stage in the academic year. Every day in school counts: just one day of absence means five hours of lost learning, and while students can catch up on the work, it’s no substitute for being in the classroom, actively engaging with their teachers and peers.

### **Year 8 Globalisation Trip**

This week the Geography Department took Year 8 into Southend High Street for their Globalisation Day. Here are what the students said:

*‘On Wednesday 26th of March, Year 8 visited Southend High Street for a Geography Trip. We got into groups of around 6 to collect data and information about the globalisation of Southend High Street. We took note of the quality of the environment, who used the high street, what the land was used for and how many chains and independent stores there were. When we returned to school, we created presentations of how we would ‘redesign Southend High Street to make it more focused to entertain and attract more Gen Z people’. The presentations included some suggestions such as:*

- *making Southend High Street a brighter and more colourful place*
- *reducing the amount of litter along the paths*
- *using the vacant buildings and shops for something useful and helpful.*

The winning presentation was in class 8A with a wonderful, clever plan for how to re-design Southend High Street. Some of the winning points included:

- Creating dedicated cycle paths to reduce accidents and improve safety for cyclists and pedestrians.
- Designing vibrant, colourful benches to make public spaces more welcoming and encourage people to stop and enjoy their surroundings.
- Increasing the presence of security personnel in Southend to enhance the sense of safety and reassurance for all visitors.

Written by Iris J, Violette L, Amelia K, Dara B, Darcy F, Darcy A, Kara C and Scarlett G.

*'On Wednesday, we went to Southend High Street for Globalisation day. We did lots of work on environmental quality, land use and how many people use the high street by seeing the amount of people who walk past us in 3 minutes. We gave a score on the maintenance, safety, litter, noise and graffiti on a radial graph at the top, bottom and middle of the High Street. The lowest scoring part of the high street was the middle, under the bridge next to Claire's accessories. However, the highest scoring part of the high street was the bottom near the Royals Shopping Centre and Primark.'*

Written by Isobel, Aarnavi, Alisha, Edie and Yara).

### **National Schools' Biathlon Final**

Last weekend Anna R (year 9) and Zoe W (year 10) competed in the National Schools' Biathlon final at Bath University. Both students enjoyed this incredible experience and performed exceptionally well on the day. Zoe finished 19<sup>th</sup> overall and Anna finished 12<sup>th</sup>. Congratulations to both of them. (Photos below).



### **Year 7 Sporting Success**

Since joining us in September, our Year 7 cohort have shown exceptional enthusiasm and talent across a variety of sports. Their dedication and hard work have brought several trophies and awards to SHSG. On Tuesday morning the year group celebrated together in assembly, where the sports teams were given special recognition. Here are some highlights of their achievements to date:

**Netball:** The team have had a fantastic season so far, winning the Borough Netball Championship which was hosted at SHSG earlier this month.

**Swimming:** Our swimmers have secured top positions in various competitions and were recently crowned Borough champions – a fantastic achievement.

**Athletics:** Several of our students have excelled in athletics, with notable performances in track and field events. Our team were overall winners at the Essex Indoor Athletics competition at Garrons Park in March.

**Cross Country:** The cross-country team has demonstrated incredible endurance and resilience, securing 5<sup>th</sup> place in the country at the National Finals in Leeds on 15<sup>th</sup> March. Their hard work and determination have set a high standard for future teams.

**Cricket:** The SHSG team were winners of the mini-indoor cricket festival.



Well done to all the competitors on this amazing start to their SHSG sporting careers! We are incredibly proud of all our Year 7 students and look forward to seeing their continued success in the future.

### ***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.

Wednesday 2nd April: Sports Leaders are supporting Essex Primary Cross country championships at Garons

Wednesday 2<sup>nd</sup> April: U13 Basketball Home v St.Bernard's

Wednesday 2<sup>nd</sup> April: U15 Football Home v Shoebury

Thursday 3<sup>rd</sup> April: U13 Football Home v Shoebury

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.

### ***Late Detention***

In my letter last week, I introduced our updated procedure for managing lateness to school. For clarity, I've included the key information again below.

At Southend High School for Girls, we place great value on punctuality — an important life skill that supports learning and future success. While the vast majority of our students arrive on time every day, we are introducing a clearer and more consistent approach to support those who struggle with punctuality.

From the start of the summer term (after Easter), our updated procedure will be as follows:

- Students arriving after 8:30am will be marked as late.
- Lateness will no longer result in behaviour points.
- All instances of lateness will be recorded on Show My Homework (SMHW), so parents and students can track patterns over time.
- If lateness is due to delays on contracted bus services or major rail disruption (as reported on the provider's website), it will not be recorded.
- If a student is late three times in one term, they will be placed on a **Late Report**. After that, each further instance of lateness will result in a **30-minute same-day detention (3:30–4:00pm)**. Parents will be notified by email.
- If a student misses this detention, they will be required to attend a longer detention after school on the following Wednesday.
- The Late Report will reset at the end of each term.

We are confident this system will help students develop reliable habits and take greater responsibility for their punctuality. Thank you for your ongoing support in helping us maintain high standards.

### ***Online Risk: Financially Motivated Sexual Extortion (Sextortion)***

Following last week's letter, in which I shared a parental factsheet on the risks of online grooming and radicalisation, I am including this week a related factsheet on financially motivated sexual extortion, often referred to as sextortion.

This form of online grooming involves individuals being coerced into sharing explicit images or videos, which are then used to demand money. The UK's National Crime Agency reported in 2024 that 91% of victims were boys aged 14 to 18, making this a particularly important issue for parents of male sixth form students to be aware of.

Please take a moment to read the attached factsheet and talk to your child about staying safe online. Early awareness and open conversations at home are key to prevention.

### **Lost property**

As it comes to the end of the Spring Term, we will be sorting through the large amount of lost property collected at reception. Anything that is unnamed and uncollected by the last day of term will be donated to charity. If your child thinks they may have lost any of their belongings, please do encourage them to come to reception in advance of the holidays.

### **SHSG PA Easter Raffle**

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

- 1<sup>st</sup> prize – 4 tickets to The Girl on the Train on 6th May 2025 at the Palace Theatre, Southend.
- 2<sup>nd</sup> prize – Rosie Fox necklace
- 3<sup>rd</sup> prize – £25 Danielle's School Wear and Uniform gift card
- 4<sup>th</sup> 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 1<sup>st</sup> April and the winning raffle tickets will be drawn on Wednesday 2<sup>nd</sup> 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).

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 \(padlet.com\)](https://www.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](#).

Have a restful weekend!

Yours faithfully,

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

Jason Carey  
Headteacher

# Financially motivated sexual extortion ('sextortion')

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## What is 'sextortion'?

Financially motivated sexual extortion (often referred to as 'sextortion') is a type of online blackmail. An adult (or group of adults) threatens to release nude or semi-nude images of a child unless they pay them money, or do something else to benefit them. It is a form of child sexual abuse.

Sextortion is often carried out by offenders in an organised crime group overseas, and is motivated by profit.

Sometimes adults pose as children, to make contact with them. They might:

- › Groom or coerce the child into sending nudes or semi-nudes and financially blackmail them
  - › Use images that have been stolen from the child, taken through hacking their account
  - › Use digitally-manipulated images, including AI-generated images, of the child
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## Signs to look out for

If a child is a victim of sextortion, they might:

- › Spend more time online, or more time offline – they might try to avoid mobile phones, laptops and tablets entirely, for example
  - › Complain of being tired because they were online all night, or have their phone going off a lot
  - › Have stronger emotional responses or outbursts to being online – they may get unusually angry, upset or distant after checking their phone or using their computer/tablet
  - › Be secretive about their use of the internet or a device – they may refuse to hand their phone in if they're asked to do so by a teacher, or refuse to tell you what they get up to online
  - › Show signs of self-harm or suicidal thoughts. They might also show signs of hopelessness
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## How to protect yourself and your child from sextortion

- › Encourage your child to be careful with the information they share online
- › Review your child's privacy settings on any accounts they use, so it's harder for strangers to contact them
- › Use strong passwords for each account you use online, so it's harder for criminals to break in and get information about you

## What to do if you think your child is a victim

- › Don't blame your child – criminals use sophisticated methods to trick young people
- › Don't pay the person asking for money, and make sure your child stops engaging with them
- › Don't delete any images, messages or videos, since they can be used by the police as evidence
- › Do contact the police – you can make a report via the Child Exploitation and Online Protection (CEOP) website (<https://www.ceop.police.uk/Safety-Centre/>)

If your child agrees to it, speak to our school's designated safeguarding lead (DSL)

### Sources

This factsheet was produced by [The Key Safeguarding](https://thekeyssupport.com/safeguarding): [thekeyssupport.com/safeguarding](https://thekeyssupport.com/safeguarding)

- › With thanks to education expert Aaron King for his help with this content
- › Internet Watch Foundation, [Advice for parents or carers of children who are being sexually extorted or 'sexorted'](https://www.iwf.org.uk/resources/sexortion/parents-and-carers), [www.iwf.org.uk/resources/sexortion/parents-and-carers](https://www.iwf.org.uk/resources/sexortion/parents-and-carers)