



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, 4th September 2026

Dear Parents, Carers and Students,

It has been a real pleasure to welcome students and staff back to SHSG for the start of a new academic year, and especially to welcome those joining our community for the first time. We begin the year with a tremendous sense of pride and momentum following an exceptional summer of examination results, including the best A Level results in the school's history and another outstanding set of GCSE outcomes. Alongside celebrating those achievements, this first week has been full of new beginnings: welcoming our new Year 7 and Year 12 students, introducing new colleagues, launching our new Agora programme and looking ahead to the many opportunities, experiences and challenges that the year will bring. I hope everyone has enjoyed a positive start, and I am very much looking forward to another exciting year at SHSG.

Welcome to Year 12!

We were delighted to welcome our new Year 12 cohort to SHSG Sixth Form on Wednesday. Following an introductory assembly with the Headteacher and Director of Sixth Form, students took part in orientation sessions and began preparing for the transition to Sixth Form study.

In the afternoon, we launched **Agora**, our new personal development and enrichment programme. Its name comes from the agora of ancient Athens: a public gathering place where citizens met to exchange ideas, debate and participate in civic life. In the same spirit, we want Agora to give our students the space to broaden their thinking, find their voice, develop confidence and gain valuable real-world experience as they prepare for life beyond SHSG.

Agora will take place every other Wednesday afternoon and will include public-speaking workshops, volunteering, CV development, networking and wider life-skills opportunities, alongside academic enrichment such as preparation for university admissions tests. Whatever path our students choose after Year 13, our ambition is that Agora will help them leave SHSG not only highly qualified, but confident, thoughtful and ready to make their mark.

Welcome to Year 7

We are delighted to welcome our new Year 7 students to the SHSG community. They have made a fantastic start to life at the school, settling quickly into their tutor groups, embracing new routines and approaching their learning with real enthusiasm.

It has been wonderful to see their confidence, curiosity and positivity as they begin this exciting new chapter. We are especially proud of the way they have embraced the transition to secondary school and the many new opportunities that come with it.

Congratulations to our new Year 7 students on such a brilliant start. We look forward to seeing them continue to grow, thrive and flourish as their SHSG journey unfolds.



Celebrating an Exceptional Summer of Results

Before looking too far ahead to the new academic year, it is important to celebrate the remarkable achievements of our students this summer. Our Year 13 students achieved the best A Level results in the school's history, with half of all grades awarded at A*–A, and 78% at A*–B. Sixty-seven students achieved an average grade of A* or A across their three or four A Levels. Our Year 11 students followed this with another outstanding set of GCSE results: half of all grades were awarded at Grades 9–8, 72% at Grades 9–7, and an extraordinary 20% were Grade 9s, with 77 students achieving an average grade of 9–8.

These results represent much more than impressive statistics. Behind them are years of hard work, ambition and determination from our students, supported by the expertise, care and commitment of our staff and the encouragement of families at home. Most importantly, these achievements open doors for our young people and enable them to take their next steps with confidence. We could not be prouder of them, and their success gives the whole school tremendous momentum as we begin the new academic year.





Moana Jr. Auditions!



We are thrilled to announce the auditions for Moana Jr., the whole school production for this year, which takes place from **3rd to 6th February 2027**. The auditions will take place on the following dates:

Acting and Singing auditions: Monday 14th and Tuesday 15th September 2026 from 3.30pm to 5pm in the Hall.

Dance auditions: Friday 18th September 2026 3.30pm to 5pm in the Drama Studio.

To sign up to attend the auditions, please complete the following form: [Moana Audition Sign Up Form – Fill in form](#)

Students only need to sign up for one of the acting/singing dates, but can attend both the acting/singing and dance auditions if they want to. Year 8 - 12 students should sign up using their school email account. Year 7 students can access the form through a parent's email. The deadline for submission is Sunday 13th September at 2pm.

Backstage roles will be allocated at a later date.

We look forward to seeing you there!

Individual photographs Years 7, 10 & 12 – Wednesday 9th September

IMPORTANT – REGISTER TO VIEW SCHOOL PHOTOS

Carmel Jane Photography will be visiting our School on Wednesday 9th of September 2026, to take Individual Photographs for Years 7, 10 & 12.

All parents are requested to pre-register for instant access to your child's photographs once they are ready, pre-registration is required for every photo shoot.

Register in 3 easy steps in less than a minute:

1. Visit www.carmeljaneshop.co.uk
2. Enter your unique code: JRCPU433YJ
3. Enter your child's full school register name.

Welcome to new staff

It is a pleasure to introduce our new staff to the SHSG Family:

Name	Department
Mr Boethius	Computer Science
Mrs Broomfield	SEND Support Assistant
Ms Cowell	Music Teacher
Mrs Frazer	Midday Assistant
Mr Goodman	RS Teacher
Mr Holmes	Head of Computer Science
Mr Nzemeke	Deputy Headteacher
Miss Randall	Chemistry Teacher
Mr Reveley	Chemistry Teacher
Miss Thomas	Art Teacher

Working Together for Our Pupils – a message from our new Deputy Headteacher, Mr Nzemeke

I am incredibly proud to have joined this wonderful school community, and I want to thank everyone for the warm welcome I have received. Our pupils have been particularly impressive, polite, engaged, and showing a consistently positive attitude towards their learning. It has been a pleasure getting to know them and seeing first-hand the values that make this school so special.

Over the coming fortnight, our whole-school focus will be on uniform. The vast majority of pupils arrive each day looking smart and ready to learn, and we appreciate your support in maintaining these high standards. On occasion, a small number of students may need a gentle reminder of expectations, so this focus will help us ensure consistency across the school. Parents can find full details in our website here: [Uniform Policy](#)

Montenegro: Wild Water, Wild Dogs and World Challenge



Over the summer, Mr Escott led and organised an unforgettable World Challenge expedition to Montenegro for 20 of our students from Years 9, 10 and 11, which I had the great pleasure of accompanying. From trekking through the spectacular mountains of Durmitor National Park and swimming in mountain lakes to white-water rafting on the crystal-clear Tara River, it was an extraordinary adventure – although the students might also add stray dogs, spectacular thunderstorms, endless card games and rather more pasta and tomato sauce than anyone had anticipated!

What impressed me most was the way our students embraced everything that World Challenge is intended to develop. They took responsibility for organising, budgeting, shopping and cooking; persevered through long and demanding treks; supported one another when things became difficult; and formed friendships with students from different year groups whom, as several of their reflections wonderfully acknowledge, they might otherwise never have got to know. Ayaat perhaps captures it best when she says that the experience taught her not only “what our world has to offer”, but also a great deal about herself.

The trip gave the students countless opportunities to challenge themselves, discover somewhere new, develop independence and resilience, and make friendships and memories that will last long after the tents have been packed away. It was also wonderful to see just how much they valued the people they shared the experience with; that sense of friendship and teamwork comes through particularly strongly in their reflections.

Mr Escott’s full account of the expedition, together with the students’ own reviews and reflections can be found [‘here’](#) – and is well worth a read.

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

Catering Menus

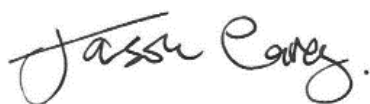
Our school caterers Nourish continue to serve nutritious, healthy, freshly prepared meals and will be presenting a variety of hot and cold dishes in the canteen at lunchtime. The menus for this half term are attached to the end of this letter – please refer to the dates at the top of each page as the menus are regularly rotated.

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](#).

We wish you a relaxing and enjoyable weekend.

Yours faithfully,

A handwritten signature in black ink that reads "Jason Carey". The signature is written in a cursive, flowing style.

Jason Carey
Headteacher

13-Apr 04-May 01-June 22-June
13-Jul 31-Aug 21-Sept 12-Oct



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
House Favorites	Tuscan-Style Chicken Meatballs in a Creamy Sauce Served with Penne & Garlic Bread 1,7,5,3	Chicken Katsu Curry -Panko Chicken with Katsu Sauce, Sticky White Rice & Dressed Salad 1,3,9,7,12	The Nourish Roast With all the Trimmings 1,7,9	Sweet & Sticky Honey Garlic Chicken with Savoury Rice & Asian Slaw 9	The Nourish Chip Shop Fish, Meat and Vegetarian Options
Rooted	Oven-Baked Roasted Vegetable Frittata with Melted Cheese Served with Penne & Garlic Bread 1,7,5,3,9 V	Tofu Ralsukaree - Mild Coconut Curry with White Sticky Rice & Dressed Salad 1,4,6	Roasted Butternut Squash Wellington in Golden Puff Pastry 1,3,7,9 V	Vegetable Gyoza with Sesame Noodles 1,2,3,5,9,12 V	WE Nourish See allergen matrix for allergen information
Just Pasta	Freshly Prepared Pasta Pots Available Every Day Featuring Classics - Tomato & Basil 1,4,6, Macaroni Cheese 1,3,7,9, Creamy Garlic Chicken 1,3,7 and Green Pesto 1,4,6				
IZ	Loaded Hash Browns 1,7,8,4,6 V	Southern Fried Open Chicken Wrap 1,9	Burrito Bowl 1,5,7	Chicken Sloppy Joes 1,3,5,7,9	Chef's Special (See staff for allergen information)
DESSERT	Freshly Baked Iced School Cake 1,3,7,9	Traditional Apple Crumble with Smooth Vanilla Custard 1,3,7	Sweet Jam-Filled Pinwheels Puffs 1,9	Light Chocolate Sponge with Warm Chocolate Custard 1,3,7,9	Fruit, Jelly & Yoghurt Pots (See allergen matrix for allergen information)
FRESH FRUIT AND YOGHURTS					

Allergen Key: 1 Wheat Gluten 2 Crustaceans 3 Soy bean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten V Vegetarian VG Vegan

LIVING ★ YOUR ★ TASTIEST ★ LIFE

AVAILABLE DAILY



Spuddies

JACKET POTATO
BAKED BEANS,
CHEESE OR TUNA

SIMPLE DELI

A DAILY SELECTION
OF FRESH, IN-HOUSE-MADE
SALADS AND SANDWICHES

SPECIALS



PIZZA

HANDMADE FRESH-DOUGH
PIZZA WITH A SELECTION OF
FLAVOURFUL TOPPINGS

CHEF'S SPECIAL

KEEP AN EYE
OUT FOR THE
DAILY CHEF'S SPECIAL



FAVOURITES



NOURISH
CREW WITH US



20-Apr 11-May 08-Jun 29-June
20-July 07-Sept 28-Sept 19-Oct



WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

House Favorites	Build Your Own Taco Chilli & Lime Chicken or Seasoned Beef add your favourite toppings 1,7	Mexican-Style Beef Lasagne with Crunchy Nachos served with Dressed Salad & Garlic Bread 1,3,4,7,9	The Nourish Roast With all the Trimmings 1,7,9	Golden Buttermilk Fried Chicken with Rustic Potato Wedges & BBQ Beans 1,3,7,9	The Nourish Chip Shop Fish, Meat and Vegetarian Options 
Rooted	Build Your Own Taco Smokey Pulled Aubergine & Black Bean 1,7 V	Warm Quesadillas filled with Roasted Vegetables & Melted Cheese 1,7 V	Homemade Cheese and Broccoli Quiche 1,3,7,9 V	Cajun-Spiced Bean Burger with Rustic Potato Wedges & BBQ Beans 1,3,5,9 V	See allergen matrix for allergen information
Dee's	Freshly Prepared Pasta Pots Available Every Day Featuring Classics - Tomato & Basil 1VG, Macaroni Cheese 1,3,7V, Meatball Marinara 1, Creamy Garlic Chicken 1,3,7 and Green Pesto 1VG				
YZ	Sweet Chilli Meatballs with Sesame Noodles 1,3,5	Loaded Potato Bravas 1,7,9,3,6,4	Popcorn Chicken 1,2,7,4,9,5,3	Mezze Box 1,3 VG	Chef's Special (See staff for allergen information)
DESSERT	Freshly Baked Vanilla Sponge with Creamy Custard 1,7,9	Classic Shortbread Biscuit 1,3	Burnt Butterscotch Rice Pudding 7	Classic Chocolate Rice Crispy Square 1	Fruit, Jelly & Yoghurt Pots (See allergen matrix for allergen information)
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HANDMADE FRESH-DOUGH
PIZZA WITH A SELECTION OF
FLAVOURFUL TOPPINGS

CHEF'S
SPECIAL

KEEP AN EYE
OUT FOR THE
DAILY CHEF'S SPECIAL



FAVOURITES



NOURISH



27-Apr 18-May 15-Jun 06-July
14-Sept 05-Oct



WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Jerk Chicken with Rice & Peas, Jamaican Slaw & Pineapple Salsa 1,3,4,9	Mac N Cheese Bar Creamy Macaroni Cheese Your Way 	The Nourish Roast With all the Trimmings 1,7,9	Slow-Cooked Creamy Chicken Korma with Fragrant Pilau Rice & Naan Bread 1,6	The Nourish Chip Shop Fish, Meat and Vegetarian Options
	Butternut Squash & Black Bean Stew with Rice & Peas 1,3, VG	Choose your Topping Served with Garlic Bread 1,3,5,7,9	Homemade Potato, Cheese & Onion Pie with a Golden Crust 1,3,7,9 V	Paneer Korma with Fragrant Pilau Rice & Naan Bread 1,6 VG	See allergen matrix for allergen information
	Freshly Prepared Pasta Pots Available Every Day Featuring Classics - Tomato & Basil 1VG, Macaroni Cheese 1,3,7,9, Meatball Marinara 1, Creamy Garlic Chicken 1,3,7 and Green Pesto 1VG				
	Cajun Chicken Wings with Chilli Potatoes 1,3	Chicken Tikka Naan Bowl 1,7,6,4,10,13	Loaded Nachos 1,12	Chicken Gyoza with Sesame Noodles 1,4,8,5,6	Chef's Special (See staff for allergen information)
DESSERT	Warm Apple Pie with Custard 1,3,7,9	Rich Sticky Toffee Pudding with Warm Toffee Sauce 1,3,7,9	Pink Jam Slice 1,3,9	Chocolate Concrete 1,3,9	Fruit, Jelly & Yoghurt Pots (See allergen matrix for allergen information)
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