



Southend High School for Girls

Gazette

Autumn Term 2

New Head Student Team 2025



We are delighted to announce that a new Head Student Team has been selected for 2025/2026.

Congratulations to Mayah G (12STF) on her selection as Head Student for 2025/2026. Mayah's warmth, creativity and calm leadership shone through in the selection process, which included a panel interview with students, an interview with the Headteacher, Director of Sixth Form and governors, as well as a presentation in assembly. Mayah says, *"I'm extremely grateful for the opportunity to be Head Student. I hope to represent the school with integrity and help others feel safe, happy, and successful. I'm excited to work with the amazing Head Student Team and Senior Prefects, and I'm motivated and committed to doing my best every day! Thank you!"*

Mayah will be supported by the rest of the fantastic new Head Student Team (pictured above), who were selected from our Senior Prefects after a rigorous interview process. They are ready to take position in January 2026 after the handover in the Christmas assembly.

Congratulations to the whole team: (left to right) Lucy, Mayah, Eliana, Scarla-Lu, Lilyrose, William, Thomas and Willow!



www.shsg.org



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Trip to Salamanca – A Cultural Adventure

The trip to Salamanca was an unforgettable experience, offering students a deep immersion into authentic Spanish culture. We began our journey in Madrid with a visit to the renowned Reina Sofía museum, where we explored works by iconic Spanish artists. A particular highlight was seeing Picasso’s Guernica in person – a powerful and moving moment for all.

Upon arriving in Salamanca, students were warmly welcomed by their host families.

These personal connections allowed us to reflect on cultural differences between England and Spain, and we’re incredibly grateful for the generosity and hospitality that made our stay so special.

Highlights of our time in Salamanca included exploring the historic Plaza Mayor, climbing the cathedral tower for breathtaking views, and participating in flamenco and cooking classes. These hands-on experiences gave us a true taste of Spanish life – both literally and figuratively!

Overall, the trip was a tremendous success. A heartfelt thank you to the Spanish department and all the staff who made this enriching and memorable experience possible.



Nuclear Races Team Building Day

We were delighted to take Year 12, along with their tutors, to Nuclear Races for our iconic sixth form team-building event. One of our students has written a report of the experience below. They were the most wonderful ambassadors for the school and the Nuclear Races staff commented that they were the best school group they have worked with. They approached everything that was thrown at them (mud included!) with enthusiasm and determination and the team building and team spirit which came out has certainly bonded them as form groups and the year group as a whole. It was a fantastic experience, and I would like to thank Mrs Neill, Mrs Enderby and the Year 12 tutor team for making the trip possible, along with the School Support Team.

“Our nuclear races trip was a bonding experience which included a mud run, high ropes, and a tour of a super top-secret bunker; it was so top-secret that our group managed to completely walk past it without realising and had to double back to find it again.

The entire day was a really memorable experience, from high ropes and ziplines, to exploring the historical bunker from the Cold War (that could easily double as a horror film set piece due to the amount of mannequins present), to trudging through mud. Friendships were forged, and a sense of companionship and teamwork was present.

Everyone cheered everyone on, people challenged their fear of heights, and the giant drop slide was the ultimate way to push ourselves to the limit.

Not only did we get to know each other better, but we also became very well acquainted with the mud, which got absolutely everywhere. Dirt, muck, and aches aside, the experience of Nuclear Races was one that bonded us all together as a year group and made memories we will never forget.”

– By Hannah KW



Sports Awards Evening

We proudly hosted our annual Sports Awards Evening, celebrating the exceptional achievements of our students in PE and extracurricular sport. It was a joy to see so many students recognised for their dedication, teamwork and resilience.

We were honoured to welcome back former student **Michelle Agyemang**, who left SHSG in 2024, as our guest speaker for the evening. Michelle's rise in football has been nothing short of remarkable. Currently playing for Brighton & Hove Albion on loan from Arsenal, she has represented England across all youth levels and made her senior debut earlier this year. She was a key part of the squad that won the **UEFA Women's Euro 2025**, where she was named **Young Player of the Tournament**. Her journey from SHSG student to international footballer is a source of immense pride for our school community.

Despite a demanding training schedule, Michelle travelled from Brighton to be with us, and her words resonated deeply with our students. Her humility, drive, and passion for the game were truly inspiring. Her signed England shirt, now proudly displayed in the PE department, is a lasting reminder of her visit and the legacy she continues to build.

A highlight of the evening was the **Team of the Year** award, which went to our **Junior Girls Athletics Team** for their outstanding commitment and performance, placing **3rd nationally** in the ESAA Track and Field Cup. Their hard work and determination truly set them apart.

The prestigious **Sportswoman of the Year** award was shared by two Key Stage 3 students: **Katie W** and **Rose H**. Both are exceptional athletes and inspirational leaders. Their impact on their teams and the wider school community is profound, and we are incredibly proud of them.

Thank you to all parents and carers who joined us – your support makes these moments even more special. We would also like to express our gratitude to those that made a voluntary contribution towards the cost of the trophies. The evening was a true celebration of the talent, spirit and ambition that define SHSG





Year 7 – Walk a Mile for World Mental Health Day

Year 7 students took part in a special lunchtime event to mark World Mental Health Day, a symbolic and uplifting “Walk a Mile” around the school field. This simple act of walking together served as a powerful reminder that even small steps can make a big difference for those facing mental health challenges.

The atmosphere was one of encouragement and unity, with students from other year groups lining the route to cheer on Year 7. Their support helped make the event both memorable and meaningful. We are incredibly proud of our Year 7 students for their enthusiasm and thoughtfulness. Thanks to the generous support of families and friends, we raised funds for Young Minds, a charity dedicated to supporting young people’s mental health. Thank you to everyone who donated, cheered, or simply walked alongside us.

So far, we have collected £240 for YoungMinds



Year 9 Get Hands-On with Rainforest Creatures Thanks to ZooLab

Year 9 students enjoyed an exciting visit from ZooLab Animal Agency. Each tutor group took part in an interactive session exploring the fascinating world of rainforest animals and their unique adaptations. Students got up close with a variety of creatures – from a corn snake and a giant African millipede named *Cheese*, to a leopard gecko and a giant African snail.

The session also featured more exotic species, including *Cinnamon*, a venomous Costa Rican tarantula (safely admired from a distance), and a venomous leaping frog.

The hands-on experience was a highlight. Maya C said, *“I really enjoyed it and learnt a lot about different animals and their adaptations.”* Teni F added, *“I loved how interactive it was – especially getting to touch the non-venomous animals!”* It was fantastic to see the whole year group so engaged and enthusiastic. A big thank you to Ms Spilstead and the Geography Department for organising a successful and enjoyable day.

Year 11 A Level Taster Day

Our A Level teachers were really impressed by the effort and enthusiasm demonstrated by Year 11 in the A Level Taster Day.

Year 11s sampled five A Level lessons to help inform their A Level choices. In Maths they learnt about partial fractions, in Geography about water scarcity in the Aral Sea, in English Literature they studied one of Shakespeare’s sonnets, and in Government and Politics they explored our electoral system.



Chess Victory for Year 10 Student Samriti

Samriti B (10APH) achieved 1st position in her group at the "She Plays to Win" chess tournament held in Brentwood last weekend. "She Plays To Win (SPTW)" is a charitable project whose aim is to encourage more girls to learn, play and benefit from chess. In her competition Samriti beat competitors from across Essex to achieve her victory in this exciting competition. Well done, Samriti!



National Entertainment Award for Akshita's Dance Group

We are thrilled to congratulate Akshita in Year 7 for her outstanding achievement at the 2025 NEA National Entertainment Awards! On October 11th, Akshita and her dance group performed at the O2 Arena, where they were awarded the National Professional Impact Award. Not only did they win this highly coveted award, but they also earned the incredible opportunity to perform at the NEA 2026 event in Las Vegas next year. We are incredibly proud of Akshita's dedication and talent, and we look forward to celebrating even more of her success in the future.



SHSG's 112th Birthday!

We celebrated SHSG's 112th school birthday. It was also Mr Carey's birthday! He was delighted to share the occasion with Mikayla (pictured) in Year 9, who was celebrating her birthday too! It was a wonderful day as we welcomed back former Headteacher Mrs Clewlow and many other guests and friends of SHSG. The celebrations included our traditional birthday assembly, presents for the school, singing *Jerusalem*, the Sixth Form panto, and a range of activities such as the Year 7 Colour Run.

During the assembly, Mr Carey reflected on how Southend High School for Girls has always stood at the frontiers of discovery: scientific, educational, and human. In 1913, when the school first opened, Niels Bohr revealed the hidden structure of the atom, while Einstein was transforming how we think about space and time. Here in Southend, Miss Mabel Lewis, her staff, and the school's first ninety pupils stood at the frontier of girls' education, determined to prove that character, intellect, and ambition were not limited by gender.

In the assembly Mr Carey explained how early school records describe lessons continuing by the light of oil lamps in cellars during WW1 air raids. One pupil remembered Miss Lewis saying, "*Girls, keep your dignity. Keep your courage.*"

Today's students, Mr Carey told the assembly, are exploring new frontiers of artificial intelligence and creativity, asking, as every generation must, *what are we capable of, and how can we use that power wisely?*

Photos from SHSG's 112th birthday





Year 13 Panto

SHREK comes to SHSG

In our usual tradition, Year 13 students wrote, directed and performed in the birthday panto. This year it was 'Shrek'. From the script to the costumes to the dance-offs, it really showcased our students' talents and brought great entertainment to the school community.

Thank you to the Head Student Team, in particular the script writers Maggie T (13JBN) and Isla B (13HRO) and all the Year 13 students who took part.



Zombie Night



The Head Student Team hosted a 'Zombie Night' for the Year 7s, which was full of spooky fun! The evening featured a hunt around the school to find the cure for a zombie outbreak, along with a mystery to solve about who was to blame.

There were even zombie students and teachers trailing through the corridors!

The Head Student Team would like to say a massive thank you to all the teachers and students who took part so enthusiastically and helped make the night truly unforgettable.



Year 10 and Sixth Form: Un Voyage Inoubliable – An Unforgettable Trip to Paris

Our GCSE and A Level students had a fantastic time in France over half term, making the most of their visit to Paris. Highlights included a French language school, exploring the Louvre and the Musée d'Orsay, taking in the views from the Tour Montparnasse, and paying their respects at Montparnasse Cemetery. They enjoyed a memorable Bateaux-Mouches cruise along the River Seine, visited the stunning Sacré-Coeur, and dined together in classic Parisian restaurants. It was an



inspiring and enriching trip that brought French culture, art, and language vividly to life. Spending a week in Paris was an extremely

rewarding experience that allowed me to fully immerse into France's rich culture and traditions. From encounters with shopkeepers to ordering meals from restaurant waiters, my French language skills were constantly put to the test. Seeing the monuments and receiving their history from Mr Smith further enriched my understanding. Visiting UNESCO world heritage sites like Le Tour Eiffel, Le Louvre, le Grand Palais and le Petit Palais further expanded my knowledge of French culture and allowed me to connect the experiences to my French studies. But most importantly, spending time with my teachers and fellow classmates in the city of Paris is what made this trip immensely unforgettable!



By Abida K



Remembrance Day: SHSG Service and Community Wreath Tribute

SHSG community gathered for our Remembrance Service. At 11:00am the whole school joined together on the playing fields for a two-minute silence, following an address from Mr Carey and a reading of *For the Fallen* by our Head Student, Cerys. Mr Stillman's performance of the Last Post created an especially poignant moment. Many students wore their cadet uniforms.: Army, Navy, Air Force, Sea Scouts and Guides, showing pride in their service groups. On Sunday 9th November, Cerys and James represented SHSG at the Southend Remembrance Service, laying a wreath at the Cenotaph on behalf of the school. Thank you to all staff and students for supporting the Poppy Appeal with such generosity.



For the Fallen

By Laurence Binyon

*With proud thanksgiving, a mother for her children,
England mourns for her dead across the sea.*

*Flesh of her flesh they were, spirit of her spirit,
Fallen in the cause of the free.*

*Solemn the drums thrill; Death august and royal
Sings sorrow up into immortal spheres,*

*There is music in the midst of desolation
And a glory that shines upon our tears.*

*They went with songs to the battle, they were young,
Straight of limb, true of eye, steady and aglow.*

*They were staunch to the end against odds uncounted;
They fell with their faces to the foe.*

*They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.*

*At the going down of the sun and in the morning
We will remember them.*



Year 12 House Freshers Events



Excitement was in the air as SHSG launched its first House events of the academic year. The Sixth Form House Captains hosted two lively and well-attended 'House Freshers' lunchtime events, exclusively for Year 12 students.

Students enjoyed a special edition of the gameshow *Family Feud*, with Athene House emerging victorious and earning a fantastic 1000 House Points. Staff and students went head-to-head in a light-hearted challenge inspired by the popular "Spill Your Guts" format, featuring a series of daring (but safe!) food-based tasks that tested nerves and teamwork alike. These events were a great success, and it was wonderful to see so many Year 12 students getting involved and showing their House spirit.



Year 12 House Freshers Events



Year 12 Spill Your Guts or Fill Your Guts



A Visit to Parliament: Nidhi R's Essay Impresses Local MP

We are delighted to share the success of Nidhi R (Year 12), who took part in an essay competition, responding to the question: *“A way to improve the UK economy.”*

Demonstrating initiative and ambition, Nidhi sent her essay to her local MP, Andrew Rosindell,

requesting feedback. Mr Rosindell was so impressed—not only by Nidhi’s thoughtful and well-reasoned ideas, but also by the maturity and clarity with which she expressed them—that he invited her to visit the Houses of Parliament. During her visit, Nidhi had a one-to-one discussion with Mr Rosindell about her essay, met an MP from another constituency, and enjoyed a guided tour of Parliament. Highlights included standing at the dispatch box where the Leader of the Opposition, Sir Keir Starmer, delivers questions during PMQs, and even touching the famous ‘questions box’. To top off this remarkable experience, Mr Rosindell encouraged Nidhi to send her essay to Rachel Reeves, the current Chancellor of the Exchequer, believing her ideas were of real value and deserved to be heard at the highest level.



This was a truly memorable opportunity for Nidhi and a fantastic example of how SHSG students are engaging with the world beyond the classroom and making their voices heard.

Year 11 Vienna Residential Student Write Up

Twenty-nine of our Year 11 students, who are studying GCSE German had the wonderful opportunity to take part in a five-day cultural visit to Vienna. The trip offered a rich and immersive experience, allowing students to explore some of the city's most iconic landmarks, including Mozart's house and the magnificent Schönbrunn Palace.

In addition to sightseeing, students embraced Austrian culture by sampling traditional dishes such as schnitzel and apple strudel—an experience that added a delicious dimension to their learning.

We would like to thank Mr Shipton for his excellent organisation and leadership throughout the trip and the staff who supported him, Mrs Chuwa-Moliki and Mrs. Bowman. It was a memorable experience that will no doubt inspire and enrich our students' language learning journey.

"Going to Vienna, Austria was not only incredibly fun, but thoroughly educational; from the unfamiliar dialect to the wonderful traditions, the bustling city was home to a vast variety of new experiences.

In exploring the sprawling palaces, Belvedere and Schönbrunn, alongside Wien Museum and Mozarthaus (where the composer wrote one of his most famous works, "The Marriage of Figaro"), we stepped into Vienna's rich history and studied the legacies of Austria's most renowned people. Walking through the catacombs below Stefansdom (St Stephen's Cathedral) was equally as chilling as it was thrilling.

Taking a cruise along the River Danube was quite a shock – unlike Johann Strauss' claims of "The Blue Danube", it was green. However, we were placated by waving at passersby along the bank. On the Riesenrad, a ferris wheel overlooking the city, we caught a glimpse of Vienna's key landmarks. Ultimately, the trip was a phenomenal success – both in our progression as German speakers and our understanding of unfamiliar cultural heritage!"

by Tasnuba and Ayman.



Exciting Changes to Our School Catering



We announced that we are working with a specialist catering organisation, Nourish, and that the main canteen servery will be undergoing a significant refresh. Students will see a noticeable improvement in both the look of the canteen and the quality and style of the food on offer. Early previews have been very positive, and we look forward to hearing feedback from students and parents.

Updates to our website covering menus, allergy information and pricing will follow shortly.



Anti-Bullying Week 2025 – ‘Power for Good’



SHSG celebrated **Anti-Bullying Week 2025**, with the theme “**Power for Good.**” Anti-Bullying Ambassadors Cerys, Francesca, Elodie, Gianna and Fatima led a series of inspiring assemblies reminding students that every one of us holds power and influence—and what matters is how we choose to use it.

The message was clear: by speaking up, supporting others, and showing kindness, students can use their power to make a positive difference. Activities such as Monday’s **Odd Socks Day** celebrated individuality and reinforced our belief that everyone belongs here. The interactive assemblies helped students explore practical ways to stand against bullying, both online and in person. Topics for discussion included how to:

- Include others and challenge exclusion
- Report bullying through trusted adults or our school systems
- Use digital tools safely and responsibly
- Demonstrate empathy and integrity in everyday interactions

Alongside this, students have taken part in a discussion activity during registration time on the importance of friendship. We encourage parents to continue these discussions at home and remind your child that there is always someone to talk to if they have concerns. Together, we can ensure SHSG remains a safe, respectful, and supportive community for all.



NATRE Spirited Arts Competition Success

We are delighted to share some wonderful news from our Religious Studies department. Over the summer, the whole of Year 7 took part in the national NATRE Spirited Arts Competition, exploring big questions about faith, and creativity through art. Students were challenged to create a piece of artwork along with a written explanation to express their ideas and reflections on a chosen theme.



Although we were only allowed to submit 10 entries, we are thrilled to announce that out of approximately 25,000 entries nationwide and even some from overseas, only 25 winners were selected and against all odds Amy C & Priyanshi B were among them! Their fantastic work is now proudly displayed on the NATRE website, where it can be viewed alongside other national winners. Link: [The Strokes of Unity – NATRE](#)

This is an outstanding achievement and a testament to their creativity, thoughtfulness, and understanding of the themes explored. We are incredibly proud of both students for representing our school so brilliantly on a national stage. A huge well done to Amy and Priyanshi for their enthusiasm and hard work!

We are excited to share that we will be entering the 2026 NATRE Spirited Arts Competition once again this year with our current Year 7 cohort during the summer term. In addition, we will be opening this opportunity to all year groups as a super-curricular activity. If your child is interested in taking part, please encourage them to see Mrs Rider to find out more and discuss their ideas.

The Strokes of Unity

By Amy & Priyanshi, aged 11 from Southend High School for Girls

The theme we selected is 'Living in a Diverse World'. We chose this theme because we felt that there were numerous ways we could reflect diversity and equality in our piece of work. There were vast possibilities to choose from; however, one seemed to beam brightly out like a beacon: four people, four main religions, four colours, but infinite differences linked and united. We chose to represent this by portraying the four completely different women all simultaneously connected by one singular line, as we all are, conveying the fact that we are all linked and that things like racism and discrimination affect everyone via the line that makes us all human. To those who wish to sever the beautiful line that binds us together, we must stand united, for through all our differences, we are human, and it is up to us what that stands for.



SHSG Movember Climbing Everest Challenge! Update



Our team of staff and Sixth Form students began the 8849m ascent of Mount Everest using our own Tower block staircase over lunchtimes and after school this week. This towering challenge of 908 trips to the very top of the school is to support men's health and mental health and raise awareness and money for the charity Movember. At the time of writing, the combined total distance climbed by staff and students is 19,939m, which equates to more than two complete summits of Mount Everest!

Well done to everyone that participated .



Celebrating Our Swim Relay Team



Our Swim Relay Team represented the school at the National Finals of the Schools' Swim Relay Championships in Birmingham, having qualified in October from the Regional round.

The team performed brilliantly, finishing 12th in the Medley Relay and 25th in the Freestyle Relay – an outstanding achievement at national level. Congratulations to Victoria E, Gabriella M, Esther L, Fleur B in Year 8 and Anna S in Year 7 for their hard work and dedication. We are incredibly proud of you!

'Gold' Achievement at Southend Music Festival

Congratulations to Sivataruniya P (7 Hermes 1) on her remarkable success at the Southend Music Festival, a prestigious competition celebrating expressive poetry performance through voice modulation and delivery.

Competing against ten other entrants and performing before a panel of five judges, Sivataruniya captivated the audience with her interpretation of *"A Magic of Awareness"* by Anam Thubten Rinpoche.

Her exceptional performance earned her the Gold Medal. Reflecting on her achievement, Sivataruniya shared that performing for five judges significantly boosted her confidence and strengthened her public speaking skills. Well done, Sivataruniya, on this outstanding accomplishment!



Year 9 First World War History Workshop

As part of their study of the First World War (1914–1918), Year 9 explored a conflict that reshaped Europe and British society forever. The war, fought between the Allies and the Central Powers, is remembered for its trench warfare and the profound impact it had on millions of lives.

Students were immersed in history through an interactive workshop delivered by Zeitgeist Tours. The session took them on a journey through the causes of the war, recruitment, propaganda, soldiers' kits, trench conditions, weapons, medicine, and finally the armistice.

Students had the opportunity to wear authentic kit, handle artefacts from the era, and gain a deeper understanding of life on the front line. Highlights included re-enacting the Christmas Truce, simulating a gas attack, mining operations, and stretcher bearing.

The Zeitgeist team praised Year 9 for being such an engaged and enthusiastic audience. A huge thank you to our students for their energy and curiosity and for making this workshop such a success!



Christmas Dinner & Jumper Day





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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 \(shsg.org\)](#).

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 \(padlet.com\)](#)



A Guide for Parents to Black Lives Matter

published by the childcare platform, Yoopies.

They state that “Racism and race is not a one-conversation topic, and our guide by no means contains all the answers, we simply hope to provide the foundations of good places to start and help empower families to work towards racial equality”. It is written with a British perspective, with contributions from both white and BAME writers.

[A Parent's Guide to Black Lives Matter \(yooopies.co.uk\)](https://yooopies.co.uk)



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[National charity helping people with
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Email: info@mind.org.uk

Text: 86463

We're open 9am to 6pm,
Monday to Friday (except for bank holidays).

[Information for young people on mental health and
wellbeing - Mind](#)