



Southend High School for Girls

Summer Term 1

Gazette

SHSG Class of 2025



www.shsg.org



01702 588852



office@shsg.org

Year 8 Globalisation Trip

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

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.

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 scored 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

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 19th overall and Anna finished 12th. Congratulations to both of them!



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.



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.

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 5th place in the country at the National Finals in Leeds on 15th 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.



Nanjing Normal University Visit

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.

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.





Pi Day Headteacher Awards

Our top seven entries in the Pi Day maths and art competition met with Mr Carey to celebrate their fantastic work. The winning entries ranged from quilling to pi around the world, to a crochet pi-rate.

Congratulations to our winners, Parnika T, Jenna W, Lily B, Tutu O, Ariana H and Noélie A; they are each now a proud owner of our prestigious pi badge.

Special recognition goes to our overall winner, Elettra C from 7ATH, who also received a Headteacher's Award for her excellent stop motion video.



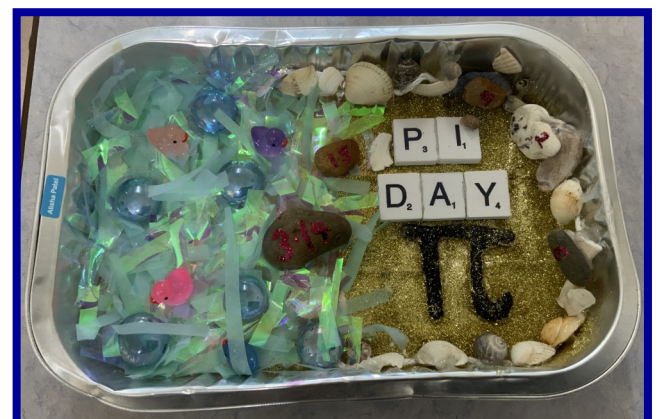
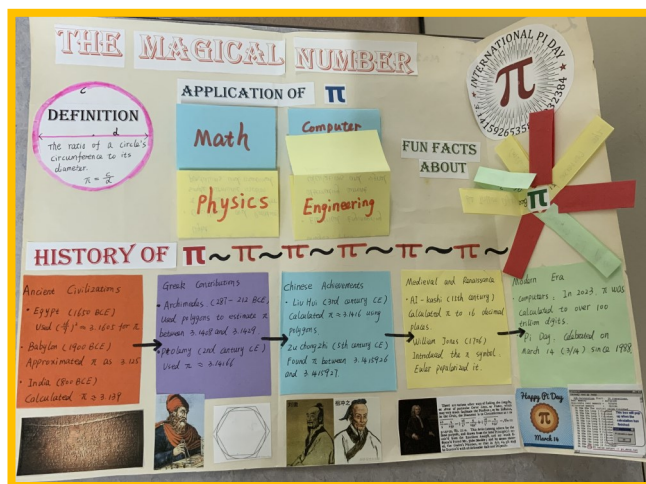
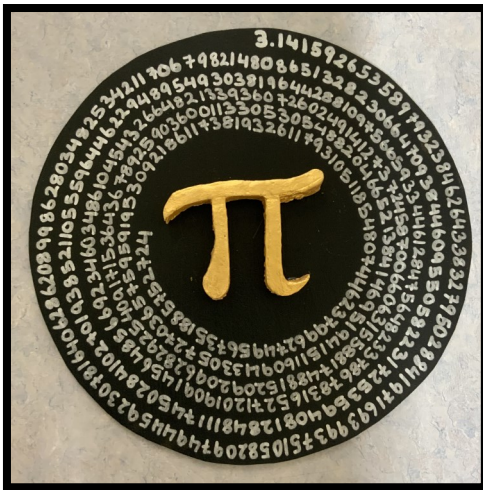
This year's π week was filled with exciting mathematical challenges and fun activities celebrating the never-ending number, π . Students took part in a π recitation contest, with an incredible winning performance of 200 digits of π . Congratulations to Emily S from 7HRM for her impressive performance.

Around the school, students joined a π -themed scavenger hunt, searching for digits of π around the school. The highlight of the week was the π Quiz, where the winners Abi and Maanasi S earned the chance to pie Mr Shaikh!

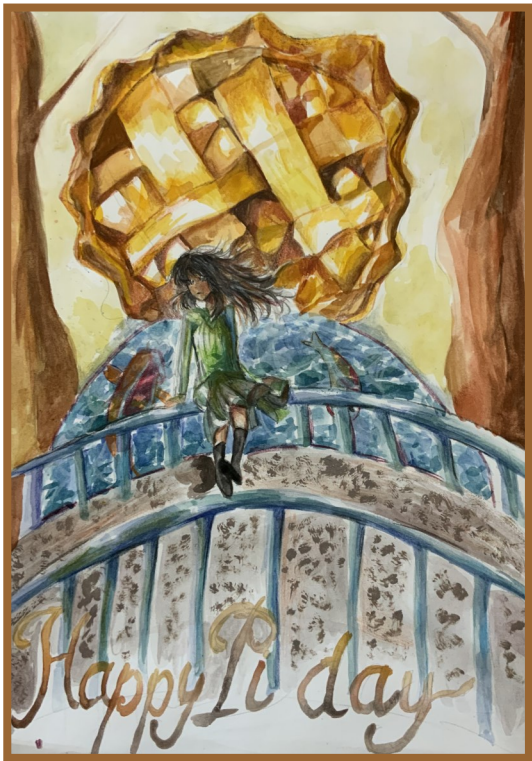
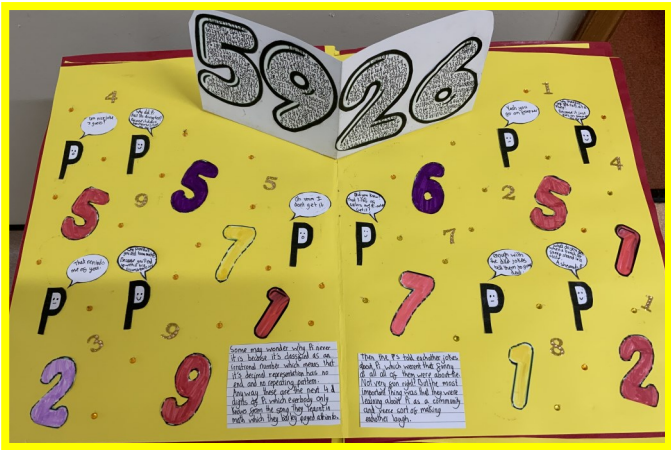
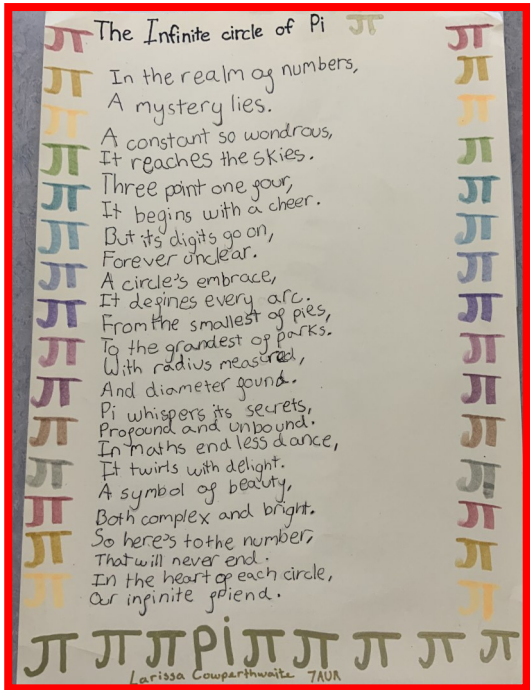
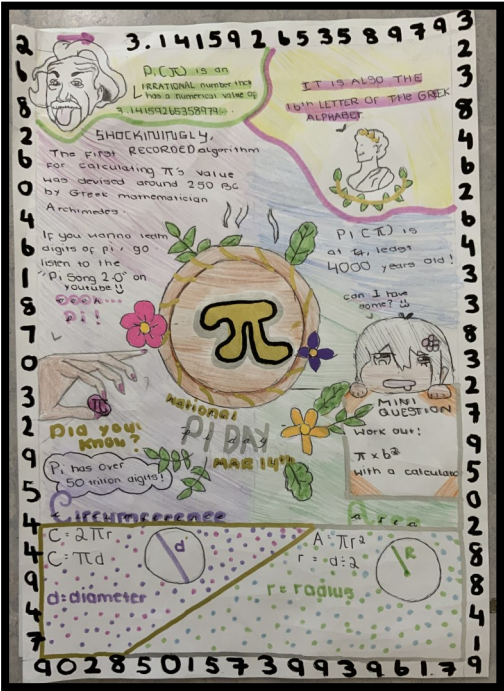
To add to the festivities, we had a π -themed bake sale featuring delicious, mathematically inspired treats and a 3D π origami activity, where students crafted creative paper models.

We had many fantastic entries for the π competition such as a π museum, crochet items, sudokus, 3D printed pi and much, much more. Congratulations to our winners, Parnika T, Jenna W, Lily B, Tutu O, Ariana H and Noélie A, they are each now a proud owner of our prestigious pi badge. Special recognition to our overall winner Elettra C from 7ATH who also received a headteacher's award for her excellent stop motion video.

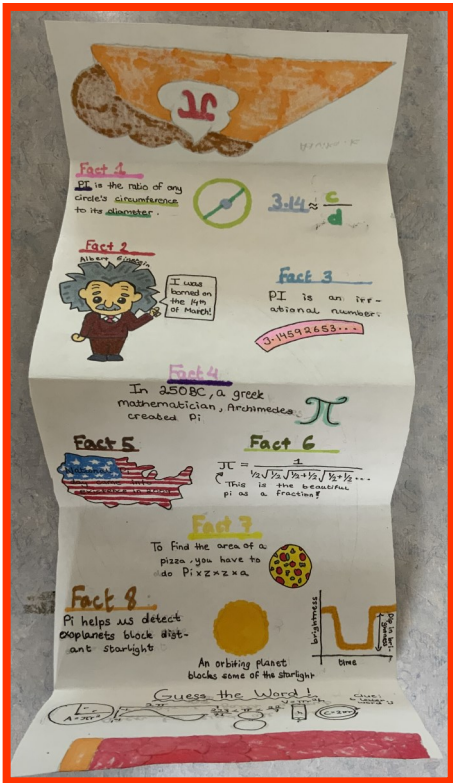
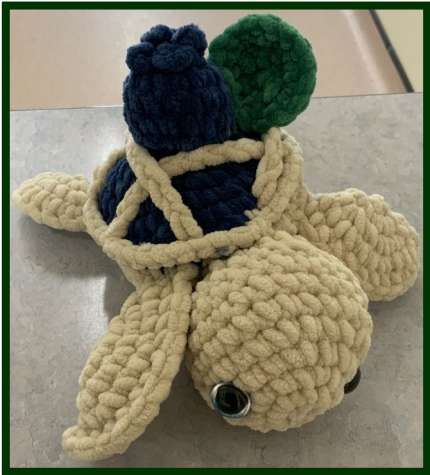
Maths Pi Day



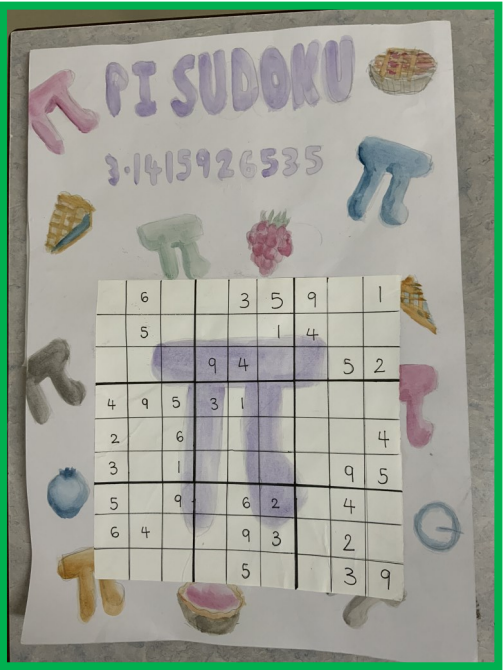
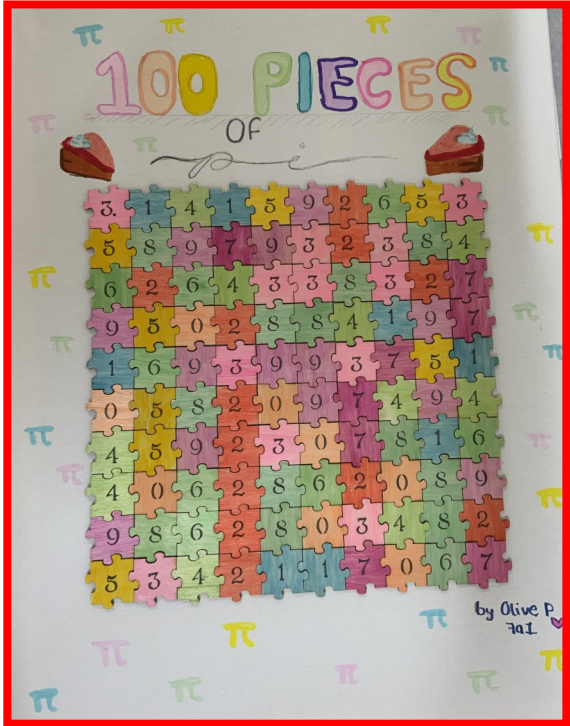
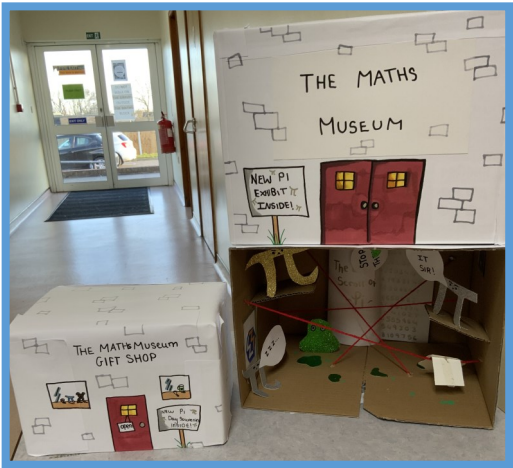
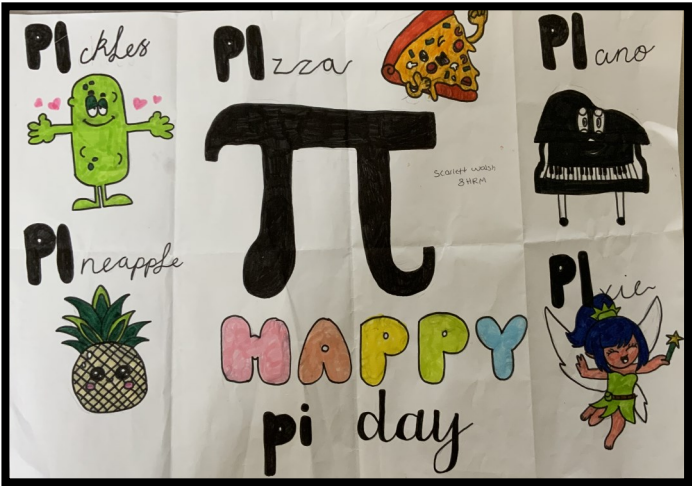
Maths Pi Day



Maths Pi Day



Maths Pi Day



Middle School Prefects



A huge well done to our team of year 10 Middle School Prefects.

It was an extremely competitive field this year with 120 applications for only 40 places. The quality of applications was very high with it being a matter of very fine margins when it came down to choosing the final 40 prefects. We are also delighted to announce that the new Head middle School Prefect is Holly B and her two deputies are, Gianna E-N and Elicia R.

Congratulation to you all.

We would like to thank all the students who submitted an application and hope those students who were unsuccessful this time will not be deterred in putting themselves forward for future leadership opportunities in the school.

Middle School Prefects

Students from Years 7-11 and Year 13 have competed in the annual House Music Competition. This year's event featured bold musical choices from stride piano to tango clarinet and musical theatre - there were many excellent performances through the heats, with students unperturbed by the bright lights of the stage and a roaring audience. Music Captains Abida K and Heidi P helped to host and promote the event, joined by friends in the technical crew. On Friday, Mrs Leman joined the panel as guest adjudicator and gave a closing speech thanking all our participants. We extend our congratulations to finalists, Nova W (11APH), Alice W (7ART), Micka GN (9ATH), Ariana H (8AUR), Florence SH (10HRA) and to all for getting involved. Well done, Kacy L (7HRM) for winning this year's event - presented with the House Cup with blue ribbons - as Hermes wins 500 House points and we all leave with a stunning performance of Defying Gravity. This year's House Music was special because of the contribution and buzz from the audience - so, once again, thank you to all for supporting this event.



Geography to Trip to South-West Iceland

An Unforgettable Iceland Adventure for SHSG Geographers!

"Úti er ævintýri – Adventure is Out There!"

A group of 35 years 10–13 GCSE and A Level students set off on an action-packed trip to south-west Iceland; and what a journey it was! From standing between tectonic plates at the Bridge Between Continents to tucking into a pizza buffet and soaking in the Blue Lagoon with a face mask and a mocktail, every day offered something new.

Day two focused on Iceland's volcanic power: we witnessed brand-new lava fields near Reykjanes, hiked through the steamy valley of Reykjadalur, and explored one of Iceland's largest lava tunnels for a multi-sensory underground experience. We even drove through the abandoned town of Grindavík, before winding down with hot tubs and board games at the hotel. Next came waterfall day, starting at the interactive LAVA Centre, where students felt what a 3.6 earthquake would be like! We visited Vík, admired the basalt columns and black sand beach of Reynisfjara, then marvelled at a rainbow over Skógafoss before climbing to the top for breathtaking views. We continued to Seljalandsfoss, walking behind the cascading water and

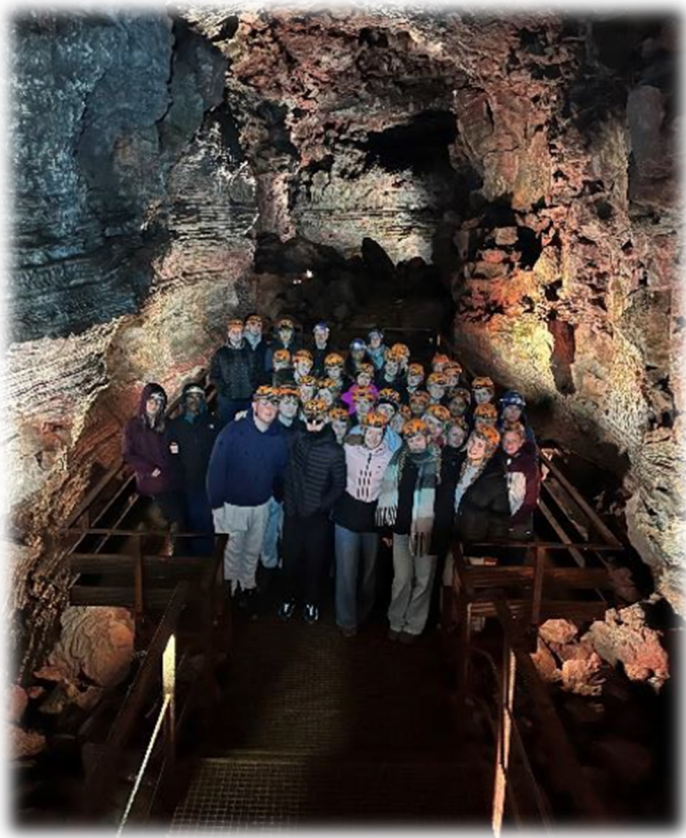
getting joyfully soaked, and ended the day discovering the hidden Gljúfrabúi (the Canyon Dweller), accessed by wading through a gorge.

Pure magic!

Our final day was the iconic Golden Circle Tour. We walked around the striking Kerið crater at sunrise, watched geysers erupt at Haukadalur, stood in awe at the double cascade of Gullfoss (Golden Falls), and ended at Þingvellir National Park, where students stood on the Mid-Atlantic Ridge and saw the historic site where Iceland's leaders once gathered.

A celebratory dinner at the Hard Rock Café and free time in Reykjavík rounded off a truly

unforgettable trip. As one student summed it up: *"My favourite trip ever!"*



Record Breaking Success in the Biology Olympiad

SHSG Biology students have enjoyed great success in this year's Olympiad.

The British Biology Olympiad (BBO) is an advanced problem-solving competition for students aged 16 and over in the UK. The competition is designed to challenge and stimulate students with an interest in biology, helping them to expand their talent in the subject. Certificates are awarded at Bronze, Silver and Gold level.

Congratulations to Bluebell J for winning Gold and Mary M, Verity V B, Anabel H, Helian T and Maansi C for achieving Silver. Katrina N, Ibadat S, Erin R, Mia B, Alejandra H-G, Luke R, Willow M-C, Habiba C, Prisha M, Airaly P won Bronze whilst Jack T, Bonnie S, Ahmed J, Chelsea L-N, Jalyn N, Ashleigh W, Isabel C, Freya M, Lulu J, Daisy H were highly commended on their performances. Lucy R, Mary B, Rebecca G, Zharlyn P, Ella C, Isabel C, Abigail M, Poppy D, Mishal O, Gayatri N, Alicja B and Kimila D were also commended on their outcomes. Well done to all who took part. Once again, SHSG biologists performed exceptionally well in the Olympiad under challenging circumstances.



V&A Innovate Design Competition

V&A Innovate is a national design competition that challenges KS3 students to work in teams and develop innovative solutions to real-world problems. Throughout the first term, our students embraced a human-centred design approach, responding to one of three themes inspired by the V&A Museum's collections: Transform, Belong, or Celebrate. Each team submitted their ideas on two A3 design sheets, showcasing their creativity, problem-solving skills, and design thinking. We are delighted to share that Poppy, Sophia, Hannah, Michelle, and Mia received special recognition from the V&A judging panel for their outstanding ideas. To celebrate their achievements, all participating students have been awarded V&A Innovate certificates and DT colour badges in recognition of their hard work and creativity.



KS3 Design & Technology – Projects Completed!

Our first group of KS3 students completed their DT projects and will be bringing them home. A huge well done to all students for their hard work and dedication in developing new design and manufacturing skills throughout the last two terms.

- Year 7 have created timber footstools with appliquéd cushions.
- Year 8 have designed and made acrylic jewellery, including branding, bags, and display stands.
- Year 9 have produced plushies, packaging, and a torch.

The rest of our students will be completing their projects in the summer term, and we look forward to seeing their fantastic creations.



The Phantom of the Opera



GCSE and A Level Music students visited His Majesty's Theatre in the West End to see the spectacular, classic musical, The Phantom of Opera. Students were thrilled by the stagecraft which includes trapdoors, pyrotechnics and the infamous chandelier falling the whole height of the theatre from roof to stage – as the Phantom wreaks havoc on the cast and crew of the theatre. There were lavish sets and costumes which complimented some virtuosic performances from leads: Christine Daaé, Carlotta, Raoul and Erik, AKA the Phantom. Surprisingly, some students found the vocals intensely 'operatic' but nevertheless were captivated by the entertaining retelling of the story with abundant dry ice and vocal acrobatics.



Hockey Eastern Regional Finals

Earlier this year, Matilda B and Jemima N were once again selected to represent Essex in the U14 Girls' Hockey Squad—a fantastic achievement in itself. Following their strong performances, both were chosen for the

Essex Cup team competing in the prestigious five-county Eastern Region Finals. Essex dominated the tournament, winning every match.

Matilda contributed with a goal and an assist, while Jemima was outstanding in defence, helping the team keep four clean sheets.

The standard of hockey was exceptionally high, making their success even more impressive. Huge congratulations to both girls—we can't wait to see what they achieve next season!



Oxford German Olympiad competition

Earlier this year, a number of our KS3 German students took part in the annual Oxford German Olympiad, run by the Oxford German Network. This year's theme, "Spiel und Sport"

(Games and Sport), inspired some truly creative and original work. We're delighted to announce that Jo'Elle Eric-Odoi (Year 9) was named a winner for her imaginative comic strip depicting a special moment in the life of tennis star Maria Sharapova. Runner-up was Alise Lipska (Year 7),

whose engaging essay took Harry Potter on an adventure to Berlin! In addition, two students were highly commended for their excellent entries: Charlotte Liddell (9A) and Katerina Burdulea (7A). Congratulations to all .

Congratulations to all four students on this outstanding achievement; we are incredibly proud of their creativity and linguistic flair!

Hippocrates Medical Pathway and Oxford

We are proud to share that SHSG has secured one of only eight places on a prestigious staff residential programme hosted by Trinity and Jesus Colleges, Oxford, this June.

The residential is run in collaboration with the Department of Physiology, Anatomy and Genetics (DPAG) and is designed to deepen understanding of scientific research at a world-leading institution. The programme offers staff the opportunity to experience science research at Oxford first-hand, enhancing their ability to inspire, guide, and support students considering applications to study Medicine or science-related subjects. As part of the residential, staff will also visit St Catherine's College to meet current medical students and hear about their application journey and undergraduate experiences. Professors Heidi de Wet and Shankar Srinivas from DPAG will lead a session on 'Applying to Oxford,' offering valuable insights to strengthen our support for aspiring applicants. Mr Prior, our Science Lead Practitioner and medics pathway lead, is one of our staff attending.

Celebrating Year 11 and Year 13

SHSG had the joy of celebrating two wonderful year groups as they begin their study leave and prepare for the next exciting chapter in their journey.

Our fabulous Year 11 students marked the end of Key Stage 4 in true SHSG style. They arrived at school in their brilliantly customised blazers, adorned with feathers, sequins, and intricate designs that reflected their creativity and flair. After time in the Scholars Café and shirt-signing with friends, they gathered for an emotional but joyful celebration assembly, which concluded with awards, some tears, and well-earned pizza!

We bid farewell to our fantastic Year 13 students. The school was awash with colour and costumes—from Disney princesses to Kardashians and cowboys, as students celebrated the end of their school journey in typically spirited fashion. After a final breakfast in the Scholars Café, they enjoyed a heartfelt leavers' assembly filled with speeches, awards, photo montages, and a moving rendition of *Jerusalem*.

We are incredibly proud of both year groups and everything they have achieved. We wish them the very best of luck in their upcoming examinations. We look forward to celebrating their successes on results day—welcoming Year 11 back as Sixth Form students in September, and hearing where Year 13 are headed next as they begin exciting new adventures at university, in apprenticeships, or beyond.



Celebrating Year 11 and Year 13



Celebrating Year 11 and Year 13



Celebrating Year 11 and Year 13



Celebrating Year 11 and Year 13



Year 10 Interview Experience Day

Year 10 students rose to the challenge of their Interview Experience Day, following weeks of preparation during registration and Life Skills lessons. Dressed smartly and armed with confident smiles and firm handshakes, they put their skills into practice in a formal interview setting.

We were delighted to welcome 28 friends of the school, including parents, governors, and alumni, who generously volunteered their time to support our students by conducting mock interviews. The feedback has been overwhelmingly positive, with interviewers praising the professionalism of students' CVs and application letters, as well as their poise and maturity throughout the process.

Each interviewer was asked to select one standout candidate: no easy task given the calibre of responses. We look forward to celebrating those who 'got the job' in an upcoming assembly.

A huge thank you to all involved in making this such a valuable and inspiring experience.

National Success in the Oxford University Computing Challenge

We are delighted to share that 71 students from Years 8 to 12 at Southend High School for Girls have been awarded Gold Certificates in the prestigious *Oxford University Computing Challenge (OUCC)*, placing them in the top 10% of participants nationally.



The OUCC is an invitation-only competition open only to top performers in the UK Bebras Challenge. It tests advanced computational thinking and programming ability through complex, real-world problem-solving tasks. Achieving Gold in this challenge places our students among the most talented young coders in the country, showcasing their excellence in logic, precision, and innovation.

This remarkable success reflects SHSG's ongoing commitment to excellence in Computing and STEM. We extend our warmest congratulations to all the Gold Certificate recipients for their dedication, skill, and well-deserved national recognition.

Year 9 Curriculum Day

Our Year 9 students embraced the sunshine and the spirit of adventure as part of SHSG's *Adventure Curriculum*. Their *Outdoor Curriculum Day* was a fantastic opportunity to step away from the classroom and develop essential life skills through hands-on, outdoor learning.

The morning began with students learning how to pitch and strike tents with confidence, considering location, safety, and efficiency. Communication and teamwork came to the fore as students worked together to ensure their tents matched the demonstration examples. They then turned their attention to cooking outdoors, mastering the use of a Trangia stove and earning a well-deserved hot drink after a practical, skill-building session.

In the afternoon, students rotated through three sessions designed to boost their independence and outdoor readiness. First Aid, led by Mrs Brierley and Mr Smith, saw students practising the recovery position and responding to simulated emergency scenarios. Meanwhile, Mrs Smith and Mr Shipton guided students through the dos and don'ts of packing a hiking bag—a lesson made memorable by experiencing the difference poor packing can make! Finally, Mr Peugniez and Miss Zabaleta introduced basic navigation using compasses, with students successfully using bearings and distances to reach a designated point on the field.

It was a thoroughly enjoyable and rewarding day. Our students rose to the challenge with enthusiasm, and we are very grateful to all the staff who shared their expertise and energy to make this such a valuable experience.

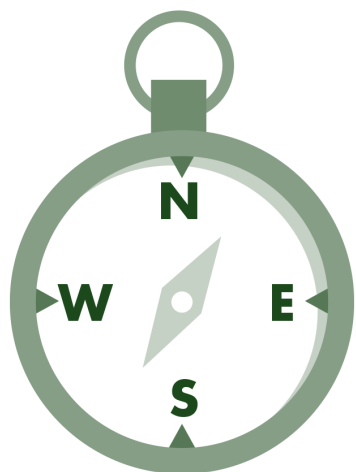
- *"My favourite part of the day was using the Trangia to make hot drinks, as it was practical and really fun" – Isabella 9APH*
- *"My favourite part of the day was making the tents and bonding with others." – Tobena 9HRM*
- *"Our favourite part of the day was the teamwork building activities." – Angelina and Elizabeth*





On a glorious spring morning 120 students gathered at the traditional start point of Hatfield Peverel to make their way down to Danbury for the first day of their expedition. More kit was added to groaning bags and shoulders and the odds and evens groups set out for their first checkpoints. After a few missed turns (West not East and vice versa), confidence began to grow and by the midpoint, most groups had to be reminded to slow down and stick to their timings. As a result, they turned with gusto to their Expedition aims and the ghost stories, coded messages and songs became more elaborate as the afternoon drew on. Arriving at camp, they pitched tents and began to prepare for their night under canvas, getting their meals together and sorting out the tents. A lot of pasta was eaten and there were some envious eyes on the staff chilli. After dinner games ensued and it was impressive to see that some still had the energy to play rounders and other ball games while the more fatigued settled down to some serious Uno. A mostly quiet night followed with many students up with the larks (and everyone was up when the Egyptian geese had patrolled the camp honking at us) and all groups were awake and preparing by seven am. Breakfast eaten, tents struck and bags packed, the camp was so good that there was no need for a litter sweep and so the groups were out again at 9am in good spirits. The second day was a little more challenging for some groups, but they managed to complete the routes and their aims as well as relishing the bluebells in Blakes Wood and the rolling English countryside. Some may have hoped for fewer rolls at the end with the long pull out of Lingwood following the navigational challenges of Twitty Fee, but many groups also managed to collect a variety of souvenirs with gnarled walking sticks and clothing decorated with goosegrass. Admiring parents collected their delighted charges from Danbury and all involved can look back on a very successful weekend.

Many thanks to all the staff involved who gave up part or all of their weekend and hearty congratulations to all participants. Silver next year in the Chilterns and New Forest?



I had a great time with my friends and I was even able to make new friends from other classes. My favourite part overall was being at the campsite, however on the walk I really enjoyed when we managed to get back on the right route after getting lost.

I believe DofE has definitely helped my confidence and independence. I cannot wait for silver DofE next year! EV

Year 9 Duke of Edinburgh Bronze Expedition

120 intrepid Year 9 students took part in the Duke of Edinburgh Bronze Expedition. Mr Smith, one of the staff leading the expedition, has provided the following report. Well done to all those students who successfully completed the expedition.

On a glorious spring morning, 120 Year 9 students set off from Hatfield Peverel for their Duke of Edinburgh Bronze practice expedition. Spirits were high as groups navigated their way to Danbury, overcoming a few early directional mishaps before settling into their stride. As confidence grew, so did their enthusiasm, with coded messages, ghost stories and songs helping to pass the miles.

At camp, students pitched tents, cooked their meals (with plenty of pasta consumed), and even found the energy for rounders and Uno before lights out. A peaceful night followed, broken only by honking Egyptian geese, and by 7am, breakfast was underway, and tents were coming down.

Day two brought more challenging terrain and navigation, but all groups completed their routes with resilience and good humour. From Blakes Wood's bluebells to the steep climbs near Twitty Fee, the students embraced the experience, many proudly collecting walking sticks and goosegrass souvenirs along the way.

A huge thank you to the staff who supported the weekend, and congratulations to all students on a successful expedition. Silver awaits next year in the Chilterns and New Forest!



Year 9 Duke of Edinburgh Bronze Expedition

Some of the students said:

"I had a great time with my friends, and I was even able to make new friends from other classes. My favourite part overall was being at the campsite, however on the walk I really enjoyed when we managed to get back on the right route after getting lost! I believe DofE has definitely helped my confidence and independence. I cannot wait for silver DofE next year!

"Ella V Year 9

"I had the best time with my friends, even though we got lost in a wood! My highlights are; when my group came together as a team and managed to find our way to the next check point after a long time of walking in circles! and in the evening when everyone came together to play a game of rounders and my team won! Me and my friends became closer than ever during the expedition, and I learnt so many new skills that will help me in the future.

" Alice B Year 9.

Essex Track & Field Championships

On Saturday 10th and Sunday 11th May, many of our students competed in the Essex Track and Field Championships at Melbourne Park Athletics Stadium in Chelmsford. In very warm conditions there were some fantastic individual performances including personal bests and some students getting very close to breaking school records.

Well done to the following students for competing: Joannabel (Year 7 gold in long jump), Isla F (Year 7 200m), Ciara T (Year 7 long jump), Katie W (Year 7 1500m silver), Fleur B (Year 7 1500m bronze), Sadie O (Year 8 3000m 4th place), Clara W (Year 7 high jump silver), Kai B (Year 8 100m and 200m), Dakota S (Year 10 80m hurdles 6th and 300m hurdles 4th), Keiki B (Year 10 200m and long jump), Elicia R (Year 10 javelin Bronze), Elouise T (Year 10 high jump silver), Emily A (Year 10 high jump 4th).



Martha Year 12 HERMES

congratulations on a four-page spread in the prestigious, cutting-edge Media education magazine. 500 HPs



Year 7 Reading Millionaires



1st Place: HERA

2nd place: HERMES/ATHENE

3rd Place: APHRODITE

1000 House Points towards the cup at the end of the year will be awarded to the Year 7 tutor group with the most millionaires!

130
Millionaires!!

Pi Day Winners!

Parnika T, Jenna W, Lily B, Tutu O, Ariana H and Noémie A; they are each now a proud owner of our prestigious pi badge. Special recognition goes to our overall winner, Elettra C from 7ATH,



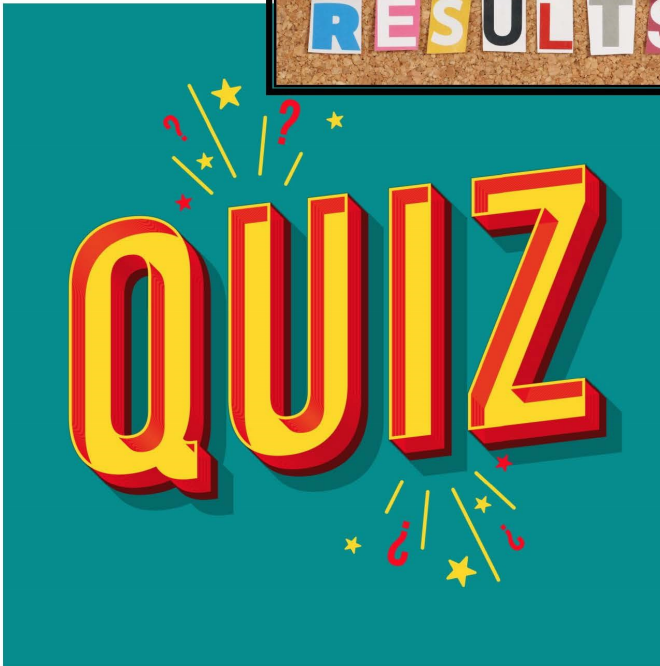
1000 POINTS to
ATHENE and 500 to
these students!



COMING UP: COMPETITION TIME!



Design a House
Banner for your
House Captains
to hold at the
Sports Day
Parade in July!



HOUSE QUIZ WINNERS
FROM APRIL:
1st ARTEMIS
2nd AURORA
3rd APHRODITE

Top House Point Winners!

 Lipika B 7HRM - 483

 Alyssa N 9HRM - 417

 Diya P 12MMC - 271

HERMES





V&A Innovate Design Competition

Poppy (APH) Sophia (APH) Hannah (HRM) Michelle (HRM) and Mia (HRA) received special recognition from the V&A judging panel for their outstanding ideas! 500 HOUSE POINTS EACH

CONGRATULATIONS HERMES EASTER EGG HUNT

HERMES

HERA

ATHENE

1.HERMES 1120 House Points
2.HERA 914 House Points
3.ATHENE 718 House Points

Hermes	1120 House Points
Hera	914 House Points
Athene	718 House Points
Aurora	505 House Points
Artemis	323 House Points
Aphrodite	227 House Points

Oxford German Olympiad competition

WINNER: Jo'Elle 9HERMES 800 HOUSE POINTS
Runner-up Alise 7APHRODITE 700 HOUSE POINTS
Charlotte 9AURORA and Katerina 7AURORA Highly
Commended 600 HOUSE POINTS

Well done!



CONGRATULATIONS HERMES
HOUSE MUSIC WINNERS 2025!

1000 HOUSE POINTS

Well done
Kacy
7HERMES!





Young Minds Helpline for parents and young people.

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

If there are concerns about a young person's mental health during this difficult time, you can contact the **Young Minds Helplines**.

Parents Helpline: If you are a parent who needs advice about your child's mental health you can contact the Parents Helpline directly on:

0808 802 between 9:30am-4pm

YoungMinds Crisis Messenger:

If you are a young person experiencing a mental health crisis you can text:

YM to 85258 for free 24/7 support

The Young Minds website is here:

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Beat Eating disorders

Beat is the UK's eating disorder charity supporting both individuals and families affected by eating disorders.

Help for young people

The Beat Youthline is open to anyone **under 18**.

Youthline: 0808 801 0711

Email: fyp@beateatingdisorders.org.uk

Help for adults

The Beat Adult Helpline is open to anyone **over 18**.

Parents, teachers or any concerned adults should call the adult helpline.

Helpline: 0808 801 0677

Email: help@beateatingdisorders.org.uk

[The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](#)



[NSPCC | The UK children's charity](#)
[| NSPCC](#)

Contact trained helpline counsellors 24 hours a day by email or online reporting form:

help@nspcc.org

Call:

Mon-Fri 8am-10pm & 9am-6pm weekends

0808 800 5000



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)



KARMA NIRVANA

Supporting victims of honour-based abuse
and forced marriage

Karma Nirvana is an award-winning National charity supporting victims of honour-based abuse and forced marriage. Honour crimes are not determined by age, faith, gender or sexuality, we support and work with all victims

UK Helpline: 0800 5999 247

Monday - Friday: 9am - 5pm

[Karma Nirvana](https://www.karnanirvana.org)



You can access confidential emotional support at any time from Samaritans. Whatever you're going through, a Samaritan will face it with you.

Call: 116 123

or **email: jo@samaritans.org**

Calls are free We're here 24 hours a day,
365 days a year.

[Contact Us | Samaritans](https://www.samaritans.org)



Call: Mon-Fri 9.30am-5.30pm

03444 775 774

[National charity helping people with
Anxiety - Anxiety UK](https://www.anxietyuk.org.uk)



We provide advice and support to empower anyone experiencing a mental health problem.

Infoline: 0300 123 3393

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](#)



**For women and children.
Against domestic violence.**

Supporting those who have experienced violence and abuse – domestic violence, sexual violence, 'honour' based violence, forced marriage, FGM, human trafficking or modern slavery – we are here to support you.

Freephone 24-Hour National Domestic Abuse

Helpline: 0808 2000 247

visit www.nationaldahelpline.org.uk

(access live chat Mon-Fri 3-10pm)

or visit:

[Home - Refuge](#)



The Muslim Youth Helpline (MYH) is an award winning registered charity which provides pioneering faith and culturally sensitive services to Muslim youth in the UK.

Free & confidential support to young people in need. **Call: 0808 808 2008**

Email & Live Chat: [Chat with us - Muslim Youth Helpline \(myh.org.uk\)](#)

[Home - Muslim Youth Helpline \(myh.org.uk\)](#)

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

[Childline](#) | [Childline](#)