



Southchurch High School

Friday 05 January 2024

The Southchurch Way

A community of opportunity, learning and aspirations



Issue number: 15

Message from the Headteacher

Happy New Year to you and your families!

As always, we enjoyed welcoming our students back to school yesterday.

Important reminder regarding our termly Parent Forum which will be held next Thursday, 11 January at 6.00 pm and a letter will be sent on Monday providing further details. As you are aware, I took the decision to postpone the event pending our Ofsted Inspection in order to provide parents/carers with the opportunity to ask questions around the Ofsted Report of myself and my Senior Leadership Team. We therefore look forward to seeing you next Thursday where you will be able to ask further questions, hear more about the actions already taken, and our plans to address the other key areas of the report as we look to continue on our journey of rapid improvement and our aim of 'Good'.

In addition to next Thursday's Parent Forum, we also have a number of events coming up this half term such as the Mental Health Workshops, which are being held by Mind of the Students, for Years 7 to 10 on Tuesday, 16 January. On Wednesday, 17 and Thursday, 18 January our Year 10 students will be taking part in the Jack Petchey 'Speak Out' Challenge Workshops.

On Saturday, 20 January we shall be hosting St Vincents' Charity's Food Market and further details will be sent out regarding this event next week.

Parents/carers of Year 8 students are asked to note that the Year 8 Parents' Evening will be taking place on Wednesday, 24 January. A letter will be sent in due course with further details on how to book appointments with subject teachers.

Finally, and most importantly, our Year 11 students will be sitting their Mock Examinations for four weeks starting on Monday, 15 January. These are particularly important given that the government has announced a contingency plan in the unlikely event of disruptions to the Summer 2024 examinations.

In such circumstances, students would be awarded grades based on teacher assessments. To support this process, our school would be required to supply the mock examination papers that Year 11 students are sitting over these four weeks to the exam boards.

We would urge all parents/carers of Year 11 students to stress to their child the importance of taking the upcoming January mock examinations seriously as the results could have a significant impact on their final grades. These mock examinations will serve as a crucial element in the assessment of students' progress and preparation for their impending qualifications.

Mrs Airoll
Headteacher

AP1 Reports

The AP1 reports for Years 8, 9 and 10, will be going home with the students on Monday. If you do not receive your child's report, please contact their head of year directly.

Year 7 reports were posted home at the end of last term, again please do contact your child's head of year if you did not receive their report.

Next Week's Menu

SWAN'S RESTAURANT		WEEK 2			
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Curry Served with Boiled Rice & Naan Bread	Homemade Steak Pie Served with Mashed Potato & Garden Peas	Chicken Fajita Served with Diced Potatoes & Coleslaw	Roast Pork Served with Roast Potatoes Mixed Vegetables & Gravy	Chicken Nuggets or Battered Fish Served with Chips
Vegetarian Meal	Vegan Meatballs Served with Pasta & Garlic Ciabatta (Vegan)	Vegetable Quiche Served with New Potatoes & Baked Beans (Vegetarian)	Vegetable Ciabatta Pizza Served with Diced Potatoes & Coleslaw (Vegetarian)	Meatless Sausages Served with Roast Potatoes Mixed Vegetables & Gravy (Vegan)	Meatless Burger in A bun Served With Chips (Vegan)
Extras	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Available Monday Thursday Small Pasta & Sauce Available Monday Thursday Homemade Soup & A Roll Available Monday Thursday Salad Boxes Available Everyday				

Key Dates

11 January	Parent Forum 6.00pm – 7.00pm
15 January	Year 11 Mock Examinations Starting today for four weeks
16 January	Mental Health Workshops
17/18 January	Jack Petchey 'Speak out Challenge' Workshops
20 January	St Vincents' Charity Food Market
24 January	Year 8 Parents' Evening

STEM Club

STEM Club!

Our first STEM Club of the New Year is on
18 January 2024!

Let's celebrate with colourful
chromatography!



Prizes up for grabs for the winning team



PE Extra Curricular Timetable






	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE SCHOOL 07:30 - 08:15	Trampolining Miss Stockman	Spinning Mr Webster Southchurch Athletes (Invitation Only) Miss Waite	Athletics Mr Blows	PE Meeting PE Staff	Southchurch Athletes (Invitation Only) Miss Waite
LUNCH TIME 13:30 - 13:55	Y7 Football (MUGA) Mr Biggie	Y8 Football (MUGA) Mr Thomas	Y9 Football (MUGA) Mr Biggie	Y10 Football (MUGA) Mr Biggie	Y11 Football (MUGA) Mr Biggie
AFTER SCHOOL 15:15 - 16:15	Badminton Mr Thomas Y9 Sports Leaders Miss Waite	Cheerleading Southend Elite Football (All) Mr Blows Mr Merritt Mr Thomas Mr Webster Girls Football Mr Biggie Y10 PE Intervention Miss Waite (C000)	Badminton Mr Biggie	Y7 Netball Miss Townley Y8+9 Netball Miss Waite Y7, 8+9 Rugby Mr Webster H&S Care, Food Tech & PE Intervention Miss Atkinson (B102)	Athletics Mr Blows Hockey Miss Waite

WELL-BEING



Here is January's Happiness Calendar with actions each day to improve your wellbeing in the New Year.

Happier January 2024

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	
	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
	14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
	21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
	28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			

ACTION FOR HAPPINESS

Happier · Kinder · Together

Library Corner



Word of the week:

Resolution

Noun

Meaning: A firm decision to do or not to do something.

This week's theme is 'Goals'

Key date: 1 January

Did you know?

- The most popular New Year's resolution is being healthier.
- According to psychologists, not getting enough sleep could stop you from keeping your resolutions.
- Women are slightly more likely than men to make New Year's resolutions.
- A quarter of Britons fail to keep any of their New Year's resolutions.

	2	1			7	9	4	8
	9		4		8	1	6	
		8		1	6			
8				7		5		6
	6		5			7	2	
5	7		6		9		8	1
						6	1	5
2		7		6		4	3	
	5	6		3	4			2

Fill the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1-9

Find the word in the puzzle.
Words can go in any direction.
Words can share letters as they cross over each other

Celebration
Confetti
Countdown
Family
Friends
Happy
January
New
Resolution
Year

E K E W P N Q H D N Y C C
E N N E E O K R V Z O L E
N E R N X I I M L U Q H L
Q D I X R T G E N S T Y E
T K T P J U V T J E L Q B
Z A M C M L D W X I A W R
N I E V J O X Y M E A C A
N D G G W S O A P J L R T
P F X N N E F V I P A W I
J A N U A R Y G K E A I O
I T T E F N O C Y S N H N
F R I E N D S Q D V O J P
B I O C Y B R A G T P D H

LIBRARY INITIATIVES

Welcome to the Library

Miss Watson and Ms Strover would like to welcome you back to the library and wish you all a Happy New Year!

We will no longer be open before school. You are welcome to go to breakfast club which is open from 7.30-8.30.am in the canteen. The library will be open during break/lunch and after school Monday-Thursday until 4pm.

Homework Club:

Homework club is open Monday-Thursday.

Students are welcome to stay until 5pm for homework only.

Chess



Do you want to learn a new skill? Improve your logic, concentration and problem solving?



Then learn how to play chess! Chess runs everyday during all of our opening hours!

NOTICE: THE LIBRARY IS CLOSED AFTER SCHOOL ON WEDNESDAY 10 JANUARY FOR STAFF TRAINING!

Important Library News

- Please remember to bring your overdue books back to the library. Student librarians come to form rooms once a week to give you an opportunity to renew or hand books in.
- Remember to quiz each book you finish on Accelerated Reader to add to your word count. There are prizes for all students who climb our ladder and reach the word count goals . Who will be our first Millionaire reader ? See the librarians for your log-in details.

