



Southchurch High School

Friday 12 January 2024

The Southchurch Way

A community of opportunity, learning and aspirations



Issue number: 16

Message from the Headteacher

Thank you to all those parents/carers who kindly supported the Parent Forum event last night. Myself and my Senior Leadership Team appreciated the opportunity to answer questions from those who were able to attend and provide an update on our next steps towards our aim of 'Good'.

Next Tuesday 'Mind the Student' shall be hosting, for each year group during one of their lesson periods, a mental health workshop. Thank you to Miss Murray for kindly arranging this important event for our students.

On Wednesday and Thursday of next week our Year 10 students will be participating in 'Speak Out' Challenge workshops which will be facilitated by Jack Petchey. A huge thank you to Miss Neil who arranged, and is also supporting, the workshops over these two days next week.

As many of you will be aware, we continually update our Facebook Page throughout the week and, if you have not joined us already, you can check out what is happening in school during lessons, etc by joining us at <https://www.facebook.com/SouthchurchSchool>

A gentle reminder, if you have not already done so, to ask for your kind support by registering with easyfundraising. Each time you shop online with the 7,000 brands registered, the school will receive a donation which will make a **BIG** difference to us, so we would really appreciate it if you could take a moment to sign up and support us. It is completely FREE and only takes a moment. You can find our easyfundraising page at

https://www.easyfundraising.org.uk/causes/southchurch-high-school/?utm_medium=email&utm_campaign=pmc&utm_content=gs-email1

Our Year 11 students will be sitting their mock examinations over the next few weeks, starting on Monday; students have been issued with their individual mock examination timetables and daily updates will be posted on the Year 11 noticeboard.

I would also like to reiterate just how important these mock examinations are for our Year 11 students this year as the results could have a significant impact on their final grades. The Government has advised that, in the unlikely event of disruptions to the summer 2024 exams, then 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 the Year 11 students are sitting over the next few weeks to the exam boards and these mock examinations will serve as a crucial element in the assessment of students' progress and preparation for their impending qualifications.

It is important that students are punctual to school every day and please ensure that they are in the correct school uniform.

Thank you for your continued support.

Mrs Airoll
Headteacher

Next Week's Menu

SWAN'S RESTAURANT		WEEK 1			
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork Sausages Served with, Yorkshire Pudding Mashed Potato & Peas	Spaghetti & Meatballs Served with Garlic Ciabatta	BBQ Pulled Pork Wrap Served with Pommes Noisette Potatoes & Coleslaw	Roast Chicken Served with Roast Potatoes Mixed Vegetables & Gravy	Chicken Burger Or Battered Fish Served with Chips
Vegetarian Meal	Vegetable Lasagne Served with Garlic Ciabatta (Vegetarian)	Sweet & Sour Vegetables Served with Boiled Rice (Vegan)	Vegetable & Cheese Potato Skins Served with Mixed Salad & Coleslaw (Vegetarian)	Vegetable Stew & Dumplings (Vegan)	Quorn Nuggets 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 Every Day				

AP1 Reports

Just a reminder that Year 7, 8, 9 and 10 reports have been sent home. Please do contact your child's head of year if you have not received their report.

Key Dates

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 Vincent's Charity Food Market
24 January	Year 8 Parents' Evening

Attendance Matters

If your child is going to be absent from school for any reason, please report it to the Attendance Office **before** the start of the school day.

You can do this in several different ways:

- Send a SMS/Text to: 07984 439041
- Leave a voicemail on: 08449 842602
- Email: Info@southchurchschool.com
- Call Reception on: 01702 900777

All appointments and holidays must be booked out of school hours, if this is not possible the absence will be **unauthorised until an appointment card or letter is supplied.**

Lateness

If you are: 5 minutes late each day = 25 minutes learning missed each week.

25 minutes late each week = over

3 school days missed each year.

10 minutes late each day = 50 minutes learning missed each week.

50 minutes late each week = almost

7 school days missed each year.

15 minutes late each day = 75 minutes of learning missed each week.

75 minutes late each week = over

10 school days missed each year.

20 minutes late each day = 100 minutes of learning missed each week.

100 minutes late each week = almost

14 school days missed each year.

Performing Arts Clubs

PERFORMING ARTS CLUBS					
	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Break		Music Jam (Mr Yang)	Music Jam (Mr Yang)		Karaoke Club (Mr Summers)
After School	School Choir Rehearsal (Mr Yang)	School Musical Rehearsal (Miss Neil)	School Musical Rehearsal DANCE (Mr Summers)	Drama Club (East 15 Acting School)	School Musical Rehearsal (Mr Summers & Miss Neil)
			Keyboard Club (Mr Yang)	Guitar Club (Mr Yang)	

PE Leggings

The Southchurch High School leggings are supplied by Crawlers and are the only leggings that may be worn for PE lessons.

For more details, please follow the link below:

<https://southendschoolwear.com/.../girls-southchurch.../>

Handball Event



INTERHOUSE HANDBALL MONDAY 29TH JANUARY

SIGN UP FOR OUR INTERHOUSE HANDBALL EVENT AND COMPETE FOR YOUR HOUSE TO EARN HOUSE POINTS.

PLEASE BRING IN YOUR PE KIT FOR THIS EVENT AND HEAD TO THE CHANGING ROOMS. YOU WILL BE PLAYING MIXED GAMES IN YOUR YEAR.

SCAN THE QR CODE TO SIGN UP!








Word of the Week

Accolade

(ac-co-lade)

Noun | A mark of acknowledgement, an award.

Example Sentence: For their exceptional bravery the firefighters received accolades from both local and national officials.

Year 11 Sweet Bag Sale

Year 11 will be in the canteen selling sweet bags every Friday at second break for £1.



Sweet Bags

Please bring some money in every Friday for sweet bags!

Sold at second break in the canteen for £1 each.


2024
class of

St Vincent's Charity Food Market

We are so excited to host our first food market in association with St Vincent's, a marvellous charity makes it their mission to feed those who are struggling.

Come along to Southchurch High School on 20th January at 10am and for £5 you will be able to purchase up to 15 items of fresh food and cupboard staples. Tea and coffee will also be available, free of charge!

There will also be lots of great clothing for sale at such reasonable prices - come along and grab a bargain!

Please do email the school office if you plan to attend info@southchurchschool.com

We look forward to seeing you there!

Normally held on a Friday @ St Vincent's Centre, Southend

VINNIES PICK N MIX

Vinnie's Pick n Mix is a low cost food market, fresh food, cupboard staples and toiletries.

£5 first time you come then £4, when you come next!

Yearly membership costs just £1, Which entitles you to purchase up to 15 items for £4 shop!

**Saturday
20th January
10:00am- 12pm**

Southchurch High School
Southchurch Blvd



Reg Charity: 1053992

Young Musicians Open Mic

Calling all musicians, head along to this fantastic event and showcase your talent!

DROP The MIC!

YOUNG MUSICIANS OPEN MIC

 21ST JANUARY
18TH FEBRUARY
17TH MARCH

 TWENTY-ONE, SOUTHEND

 REGISTRATION FROM 2PM

 WWW.THESONGSCHOOL.CO.UK



We are so excited to host Mind of the Student who will be running workshops with our students next Tuesday!

Their mission is to advance mental health awareness in schools and their workshops will cover anxiety, depression, exam stress and concerns about social media.

We're sure that the students will gain so much from these sessions!



advancing mental health education in schools.

What is Resilience

Resilience is the ability to **bounce back from adversity**. Some people describe it as the ability to **bend instead of breaking** when under pressure of difficulty, or the ability to persevere and adapt when faced with challenges.

Resilience is about **letting go, learning and growing** as well as finding healthy ways to cope.

<https://www.actionforhappiness.org/10-keys-to-happier-living/find-ways-to-bounce-back/details>



SEND News - Overcoming Barriers

Throughout life and education, we often encounter obstacles that seem insurmountable. But with perseverance, determination, and self-belief, we can overcome these barriers and achieve greatness. This is especially true for individuals with Special Educational Needs and Disabilities (SEND), who continue to defy odds and inspire others through their remarkable achievements. This week we wanted to celebrate those people who have SEND and have gone on to achieve great things.

Stephen Hawking, recognised as one of the greatest minds of our time, was diagnosed with motor neurone disease at the age of 21. Despite being confined to a wheelchair and reliant on a computerised voice system for communication, Hawking made groundbreaking contributions to theoretical physics. His determination to achieve and continue with his passion, shows us that we are not defined by any physical disability that we may have. Richard Branson, the owner of Virgin, struggled with dyslexia throughout his school years, however didn't let this stop him for achieving amazing things. He worked out ways to overcome his difficulties to ensure that he could achieve. Daniel Radcliffe, a.k.a Harry Potter, has openly spoken about his experience with dyspraxia, but despite having difficulties with his motor skills and co-ordination, he has become a world famous actor.

These individuals have proved that having SEND does not limit your potential for greatness. Their stories of resilience, determination, and accomplishment are testaments to the power of self-belief and hard work. Their achievements serve as a reminder to our students with SEND to embrace their unique qualities and persevere through any obstacles they may face. To parents, we hope that these stories offer encouragement and assurance that with the right support and mindset, your children can achieve incredible things.

Working to make
lives better
www.southend.gov.uk

southend
onsea
BOROUGH COUNCIL

If you're a parent/carer of a child aged between 5-19 years old and you are worried about your child's health and well-being during these unsettling times, the **School Nursing Team** can help.

You can **TEXT** our School Nursing Team on

07507 331884

WE CAN OFFER SUPPORT AND ADVICE WITH ALL KIND OF THINGS LIKE...

GROWTH AND DEVELOPMENT

EMOTIONAL WELL-BEING

GROWING UP

SLEEP

IMMUNISATION ADVICE

TOILETING

HEALTHY LIFESTYLES

Text us for confidential advice and support

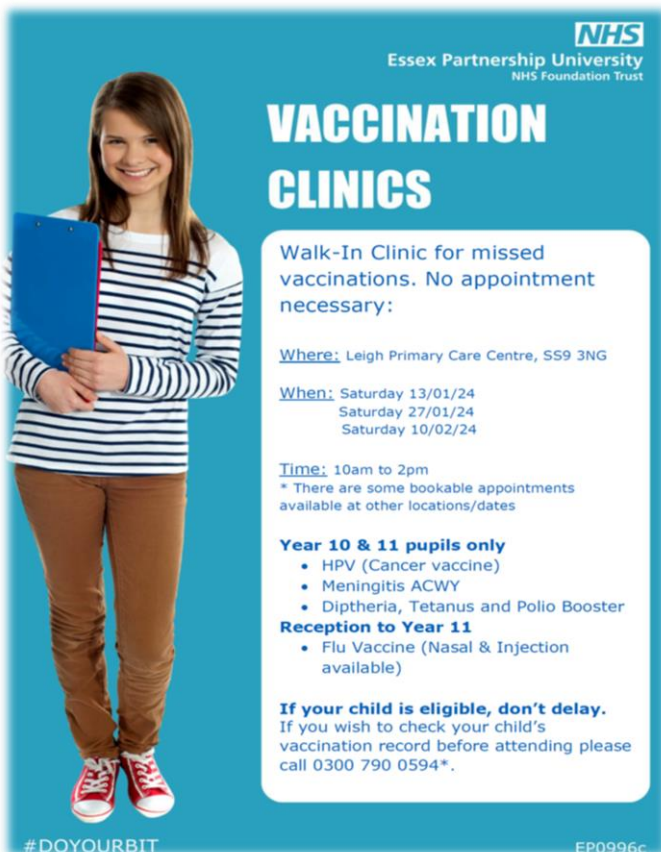
We do not usually inform anyone else if you contact the school nurse. We might inform someone if we were concerned about you or your child's safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Messages are charged at your usual rate.

T: 01702 534843

E: scgg.southendpublichealthnurses@nhs.net

ChatHealth **NHS**

Twitter: @SouthendSN



NHS
Essex Partnership University
NHS Foundation Trust

VACCINATION CLINICS

Walk-In Clinic for missed vaccinations. No appointment necessary:

Where: Leigh Primary Care Centre, SS9 3NG

When: Saturday 13/01/24
Saturday 27/01/24
Saturday 10/02/24

Time: 10am to 2pm
* There are some bookable appointments available at other locations/dates

Year 10 & 11 pupils only

- HPV (Cancer vaccine)
- Meningitis ACWY
- Diphtheria, Tetanus and Polio Booster

Reception to Year 11

- Flu Vaccine (Nasal & Injection available)

If your child is eligible, don't delay.
If you wish to check your child's vaccination record before attending please call 0300 790 0594*.

#DOYOURBIT EP0996c

Southend-on-Sea
City Council

IF YOU'RE 11-19 YEARS OLD TEXT YOUR SCHOOL NURSE

07520 649895

WE SUPPORT YOUNG PEOPLE WITH ALL KINDS OF THINGS LIKE...

**RELATIONSHIPS
EMOTIONAL BULLYING SELF
WELL-BEING ALCOHOL HARM
HEALTHY EATING
DRUGS SMOKING**

Text us for confidential advice and support

We do not usually inform anyone else if you contact the school nurse. We might inform someone if we were concerned about you or your child's safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Messages are charged at your usual rate.

Scan this QR Code to find support



ChatHealth

NHS

01702 534843

@SouthendSN

MSEICB-S.Southendpublichealthnurses@nhs.net

Library Corner



Word of the week:

ACCOLADE

Noun

Meaning: A mark of acknowledgement, an award.

This week's theme is: World Logic Day

Key date: 14 January

Did you know?

- Your brain is not fully formed until the age of 25.
- It is a myth that you only use 10% of your brain.
- The storage capacity of your brain is virtually unlimited.
- Brain information travels at up to 268 miles per hour.

LIBRARY INITIATIVES

Welcome to the Library

Library Opening Hours

Miss Watson and Ms Strover would like to remind you that the library is open during break/lunch and after school Monday to Thursday until 4pm!

Library Club: Open Until 4pm

A calm quiet place to come and enjoy a game of chess, scrabble and Othello. Students can access the computers for study and coursework or sit and read on our comfy bean bags.



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!

Homework Club: Open Until 5pm

Homework club is open Monday to Thursday in the KS3 & KS4 Libraries. Students are welcome to stay until 5pm for homework only.

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.

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

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

Clearly
Consciousness
Doubt
Information
Judgement
Knowledge
Logical
Philosophy
Rationally
Reason

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





Southend United Community and Educational Trust

Below is some information regarding the Southend United Open Evening.

There is also a link to an application form should you wish to apply for any of the September 2024 programmes available.

A prospectus with full details of all the courses available will be sent as an attachment with the newsletter.

**POST-16
OPEN EVENING
YEAR 11 & 12**

COMMUNITY & EDUCATIONAL TRUST
SOUTHEND UNITED

SOUTHEND UNITED

SCAN HERE TO BE TAKEN TO
OUR BOOKING PAGE!

WEDNESDAY 21ST FEB 2024

FROM 4-6PM AT GARON PARK, ASTROTURE, SS2 4FA

ALL ABILITIES / ATHLETES welcome for our Education / Football programme

veo

SCAN HERE

**TO COMPLETE AN APPLICATION
FORM FOR OUR SEPT 2024
PROGRAMMES**

SCAN HERE



For more information,
please contact Head of Education Andy Edmunds
Email: a.edmunds@southendunited-cet.co.uk
Phone: 07538 350 457

ST VINCENT'S CENTRE,
SOUTHEND

**QUIZ
NIGHT**

£4 PER HEAD

TERRACE BAR & RESTAURANT

1 Richmond Ave, Southend, SS1 1JE

**THURSDAY 29TH FEBRUARY 2024
BETWEEN 7PM-11PM**

Join us for a lively Quiz Night filled with excitement and challenges! Elevate your evening with your favorite beverage as you enjoy a night of fun with friends. Secure your spot now by registering and reserving a table.

REGISTER YOUR TEAM TODAY!

Please email Sonia on Sonian@svp.org.uk

The **TERRACE BAR
& RESTAURANT**