



# Southchurch High School

Friday 26 January 2024

The Southchurch Way

*A community of opportunity, learning and aspirations*



Issue number: 18

## Message from the Headteacher

Last Friday, we were delighted to welcome Southend City Councillors Jones, Nelson and Campbell to the school, see photo in this week's Newsletter. The Councillors toured the school, visiting lessons and speaking to our wonderful students. Following their visit, the Councillors very kindly contacted me with suggestions of opportunities they could assist with, for example, arranging for a group of students to visit the council chamber, meet the major, have an overview of council delivered by Councillor(s) and for our students to have the opportunity to use the chamber to have a debate on a topic of the school's choice. We shall, of course, be exploring the opportunities they have put forward for our students.

Ricky Cooper, The Educational Athlete, a performance coach and motivational speaker, visited the school on Tuesday to work with some of our male students in Year 9 and 10. Mr Cooper was invited into the school to speak to these students following a request by some of our male students who feel they sometimes struggle to talk about mental health concerns. Students were engaged in discussions during the workshops around mental health, aspirations and what life is like living in Southend. Mr Cooper commented that 'our students were some of the most engaged, insightful young men he has ever worked with'. Thank you again to Miss Murray for arranging for Mr Cooper to visit the school.

On Wednesday, we held our Year 8 Parents' Evening followed by a Platinum Presentation for invited parents/carers and their Year 8 child. Thank you to all those parents/carers who attended and to our Year 8 teachers for their support of the evening.

Our Year 11 History students will be visiting The National Army Museum to attend a Cold War workshop next Friday which has been kindly arranged by Miss Fraser, Head of History.

Our second week of mock examinations for our Year 11 students took place this week. Students sat their Maths Paper 2 Calculator, Maths Paper 3 Calculator, Biology Paper 1, Chemistry Paper 1 and Physics Paper 1 exams. Next week they shall be sitting their Biology Paper 2, Chemistry Paper 2, Physics Paper 2 on Monday, Tuesday and Wednesday and on Friday, History students will be sitting their History Paper 1; Medicine.

As previously stressed, these mock examinations are extremely important for our Year 11 students this year as the results could have a significant impact on their final grades should the school be required to supply the mock examination papers to the exam boards as they will serve as a crucial element in the assessment of students' progress and preparation for their impending qualifications.

Finally, some of you may have seen the article regarding Southchurch High School coming out of 'special measures' which was published in Thursday's Evening Echo; here is the link of the online piece for those of you who might not have had the opportunity to read it.

<https://www.echo-news.co.uk/news/24070929.southend-school-head-confident-15-month-race-ofsted-good/>.

As always, thank you for your continued support of the school.

Mrs Airoll  
Headteacher



## Next Week's Menu

<b>SWAN'S RESTAURANT</b>					
<b>WEEK 1</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Meal</b>	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
<b>Vegetarian Meal</b>	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)
<b>Extras</b>	<b>Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Available Monday Thursday</b> <b>Small Pasta &amp; Sauce Available Monday Thursday</b> <b>Homemade Soup &amp; A Roll Available Monday Thursday</b> <b>Salad Boxes Available Every Day</b>				

## Key Dates

01 February	Year 11 National Army Museum Trip
13 – 15 February	Year 11 Parental Meetings Student Progress
14 February	Feel Good Day
14 February	Year 9 Vaccinations
15 February	Parent Voice 6.00pm
17 – 24 February	Ski Trip
19 – 23 February	<b>Half Term</b>
26 February	Staff Training Day <b>Closed to Students</b>
27 February	Students return to school

## Southchurch High Clubs

Our students spoke and we listened!

The students wanted more enrichment clubs so we will be launching all of the clubs, on the poster below, from Monday 29 January.

**All clubs are free to attend!**

## Word of the Week

# Kindred

(kin-dred)

**Adjective** | Of a similar nature or character.

**Example Sentence:** You and I are alike and I believe we are kindred spirits.

**Kindred can also be a noun and be used in terms of being related.**

## Year 9 Vaccinations

Your child should have brought home a consent form for Year 9 Vaccinations for Diphtheria, Tetanus, Polio and Meningitis ACW & Y vaccinations.

Please complete this form and return to the school office by 07 February 2024, if you would like your child to be vaccinated.

The vaccinations will take place on Wednesday, 14 February 2024.

**SOUTHCHURCH HIGH CLUBS**

EVERYDAY CLUBS, MONDAY-FRIDAY

<b>Breakfast Club</b> 7.45am, all years, Canteen	<b>Homework Support Club</b> 3.05pm, all years, The Hub	<b>Library Afterschool Club</b> 3.05pm, all years, The Hub
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BEFORE SCHOOL</b> <b>Trampolining</b> 7.30am, all years, Sports Hall	<b>BEFORE SCHOOL</b> <b>Southchurch Athletes</b> 7:30am, By Invitation, Sports Hall	<b>BEFORE SCHOOL</b> <b>Athletics</b> 7:30am, all years, Sports Field	<b>BEFORE SCHOOL</b> <b>Netball</b> 7.45am, years 7, 8, 9, Sports Hall	<b>BEFORE SCHOOL</b> <b>Southchurch Athletes</b> 7:30am, By Invitation, Sports Hall
<b>AFTER SCHOOL</b> <b>Sports Leaders</b> Y9 Boys & Girls, Sports Hall	<b>LUNCHTIME</b> <b>Photography/Film</b> All years, A114	<b>AFTER SCHOOL</b> <b>Chess Club</b> All years, Hub	<b>LUNCHTIME</b> <b>Historic Castle Building</b> KS3, A117	<b>LUNCHTIME</b> <b>Karaoke Club</b> All, Drama Studio
<b>Chess Club</b> All years, Hub	<b>AFTER SCHOOL</b> <b>Archaeology Club</b> Y7,8,9,10, A131	<b>Badminton</b> All years, Sports Hall	<b>AFTER SCHOOL</b> <b>DofE Club</b> Year 9, C002	<b>AFTER SCHOOL</b> <b>Athletics</b> All years, Sports Field
<b>Southchurch Choir</b> All years, Music Room	<b>Boys/Girls Football</b> All years, Field	<b>Gardening Club</b> All years, Garden Area	<b>KS3 Drama Club</b> All Students, Drama Studio	<b>S.t.a.g.e - School Production Club</b> Cast Members Only, Drama Studio
<b>French Spelling Bee</b> Year 7, C005	<b>S.t.a.g.e - School Production Club</b> Cast Members Only, Drama Studio	<b>Keyboard Club</b> All, Music Room	<b>Guitar Club</b> All, Music Room	<b>Maths Challenge</b> All Years, A030
<b>Badminton</b> All Years, Sports Hall		<b>Spinning Club</b> All years, Gym	<b>Rugby Club</b> KS3, Sports Field	<b>AFTER SCHOOL</b> <b>French Spelling Bee</b> Year 7, C005
		<b>S.t.a.g.e - School Production Club</b> Cast Members Only, Drama Studio	<b>Stem</b> Thursday (Week B) Y7, 8, 9 Science A119	<b>Gardening Club</b> All years, Garden Area
			<b>Southchurch Newspaper</b> Ks3, G4	<b>Hockey</b> All years, Sports Hall

## Handball Event



## Fantasy Football

This is how the Southchurch High School Fantasy Football League is shaping up after the first half of the season.

Harry is currently in the lead with ex-student Freddy in 2<sup>nd</sup> place.

Mr Biggie (last year's winner) is currently in 3<sup>rd</sup> place.

It is never too late to enter your team in to the league. The league code is: **ahccr**

A reminder of the league prizes:

Position	Prize
1 <sup>st</sup> place overall	£50 Amazon Voucher Trophy Engraving
2 <sup>nd</sup> place overall	£30 Amazon Voucher
3 <sup>rd</sup> place overall	£20 Amazon Voucher
Highest Game week Score	£20 Amazon Voucher
Mid-Table Finish	£10 Amazon Voucher
Last Place	Losers Trophy Engraving

Pos	Team	GW21	Total
1	<b>h boss 11</b> Harry	80	<b>1243</b>
2	<b>Eze Win</b> Freddy	72	<b>1204</b>
3	<b>Gangster's Allardyce</b> Stewart	68	<b>1181</b>
4	<b>WorldClass XI</b> Jaja	45	<b>1166</b>
5	<b>Bowens on fire</b> Alan	86	<b>1150</b>
6	<b>Eymeric</b> Eymeric	40	<b>1144</b>
7	<b>Elite</b> Liam	30	<b>1138</b>
8	<b>Allison Wonderland</b> Dawn	86	<b>1133</b>
9	<b>ABCDE FC</b> Billy	47	<b>1129</b>
10	<b>ZFC</b> zak	24	<b>1105</b>

## SEND News

Extra-curricular activities play an important role in the personal development of our students. They provide a platform for personal growth, skill enhancement, social interaction, and overall well-being.

For students with Special Educational Needs, participating in extra-curricular activities can be particularly beneficial, fostering independence, self-esteem, and a sense of belonging.

At Southchurch High School we have a range of extra-curricular activities that are on offer, from trampolining club to chess club and everything in between. We know that extra-curricular activities allow our students to foster talents that we may not see in the academic parts of school life and this is so important for many of our students with SEN.

Taking part in an activity that you truly enjoy, even if you're not the best at it, can also help students to feel part of a community and increase mental health and wellbeing.

If your child has SEN and is worried about joining a club or activity, please speak with either Mrs Friday or Mrs Grover and we will find a way for them to take part.

## Science

Today year 8 completed a practical lesson to calculate the energy content in foods. It certainly looked very interesting!





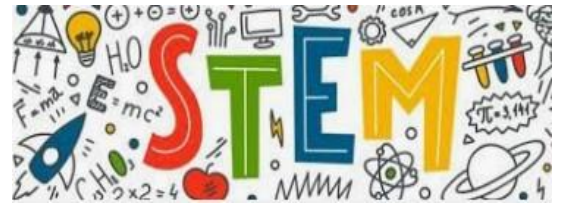
### Lost Property

New lost property items for this week:

- Blazer size 31
  - Grey Jordan coat
  - XL Grey Regatta coat
  - Grey camo pencil case
  - Purple scarf
  - School shoes, Beckett, size 8
- We also have a large amount from last week, still unclaimed.



**EVERY WEEK B**  
**THURSDAY**  
**ROOM A119**  
**3.05-3.50pm**  
**Prizes to be won!**



Next club is on **01.02.24**, this combines science and STEM.  
**Fingerprinting**



# WELL-BEING

Here is February's Happiness Calendar with actions each day to improve your wellbeing!

## Friendly February 2024

### MONDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

### TUESDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

### WEDNESDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

### THURSDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

29 Acknowledge someone's problem or pain rather than trying to fix it

### FRIDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

### SATURDAY

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

### SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why



# Library Corner



Word of the week:

*Kindred*

Adjective

Meaning: Of a similar nature or character

This week's theme is: The Holocaust Memorial Day

Key date: 27 January

Did you know?

- The persecution of Jewish people under the Nazis began before World War Two. They introduced laws and restrictions to make life much harder for Jewish people.
- The term "Holocaust" comes from a Greek word meaning "burnt offering."
- 27 January is the anniversary of the day on which Auschwitz was liberated by Russian troops.
- In 2022 Irmgard Furchner, who had worked as a secretary at the Stutthof concentration camp, was convicted of war crimes at the age of 97.

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

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

- Camps
- Collaborators
- Genocide
- Germany
- Holocaust
- Jews
- Occupied
- Persecution
- Refuge

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

## 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-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.

