



# Southchurch High School

Friday 02 February 2024

The Southchurch Way

*A community of opportunity, learning and aspirations*



Issue number: 19

## Message from the Headteacher

Thank you to Miss Fraser, Miss House and Ms Smith who kindly accompanied a group of Year 11 students to The National Army Museum, Chelsea, London on Thursday to attend a Cold War Workshop as part of their studies.

Year 11 students have just completed their third week of mock examinations. Students sat their Biology Paper 2, Chemistry Paper 2, Physics Paper 2 on Monday, Tuesday and Wednesday and today, History students sat their History Paper 1; Medicine. Next week students will be sitting their History Paper 2: Cold War / Elizabethan, History Paper 3: Germany, OCR PE, Business Studies Paper 1 and Business Studies Paper 2.

As you may be aware, we are delighted to be hosting, in association with St. Vincent de Paul charity, another of its food bank markets on Saturday, 2 March, 2024. Further details will be sent nearer the date but in the meantime please 'save the date' if you would like to attend.

The aim of the food bank is to help families who may be struggling to attend the market on a Friday. The principle of 'Vinnies Pick n Mix' is to provide low-cost fresh food, one portion of meat: usually chicken or mince, cupboard staples and toiletries.

If it is your first time visiting then the cost is £5.00 which includes £1.00 yearly membership subscription, £4.00 for any subsequent visits. You would then be able to select approximately £25.00 of shopping; up to 15 items for £4.00 per shop.

Finally, if you follow us on Facebook please remember to 'like' our posts. We aim to post as much as we can each day to show what our wonderful students are doing throughout the day. If you have not joined our Facebook page and would like to do so the link is <https://www.facebook.com/SouthchurchSchool>.

Thank you for your continued support of the school.

Mrs Airoll  
**Headteacher**

## Next Week's Menu

<b>SWAN'S RESTAURANT</b>		<b>WEEK 2</b>				
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>Main Meal</b>	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 Wings or Battered Fish Served with Chips	
<b>Vegetarian Meal</b>	Vegetarian Chilli Con Carne Served with Boiled Rice & Tortillas  (Vegan)	Macaroni Cheese Served with Garlic Ciabatta  (Vegetarian)	Vegetable Ciabatta Pizza Served with Diced Potatoes & Coleslaw  (Vegetarian)	Meatless Sausages Served with Roast Potatoes Mixed Vegetables & Gravy  (Vegan)	Vegetarian Sausage Roll Served With Chips  (Vegan)	
<b>Extras</b>	<b>Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise</b> Available Monday - Thursday <b>Small Pasta &amp; Sauce Available Monday - Thursday</b>					

## Key Dates

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

## Year 9 Vaccinations

This is a reminder that a consent form for Year 9 Vaccinations (Diphtheria, Tetanus, Polio and Meningitis ACW & Y) will need to be completed if you would like your child to be vaccinated.

Please return the form to the school office by **07 February 2024**

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

## Lost Property

New lost property items for this week:

Black Next puffer coat  
Southchurch joggers Size 32  
Primark navy coat

We also have a large amount from last week, still unclaimed.

## Mind of the student

We are delighted that we have received the Bronze Award from Mind of the Student!

We'll be looking for 'Change Makers' who will receive training on peer listening, which enables improved conversation on mental health amongst friendship groups in school.

Change Makers will have the unique opportunity to share their perspectives and personal stories through our blog and engage in follow-up sessions, where they will receive additional support and training on mental health education.

Students will receive more information shortly!



**THE SHADOW SWANS**

COME ALONG TO OUR **BOOK CLUB**

Do you love books? Do you love talking about books? Then this could be the club for you!

We are shadowing the 2024 Yoto Carnegie Award for Writing. This means we will read every nominated title and meet once a fortnight to discuss our thoughts and decide on which book should win!

**FIRST MEETING:**  
Friday 9th February - 1:30pm - G5  
Open to all students in Y9-11  
To register your interest in joining, please speak to Miss Neil

The yoto **Carnegies**

## Word of the Week

# Emote

Verb | to give expression to emotion, especially in acting

**Example Sentence:** He stood on the stage, *emoting* and gesturing wildly.

## Art Club

Mondays 3:10 -4:00 in A020

Week A with Mrs. Taylor  
Week B with Mrs. Nomikou



## Shrove Tuesday Event

On Tuesday 13 February Year 10 Hospitality students are making pancakes for students and staff at break and lunch for £2



What will you get?

- 3 Pancakes each and a choice of toppings to enjoy with your friends!

If you would like to get involved please do the following:

- Ask your tutor to add you to the list
- Give £2 to your tutor before 8 February
- If you don't sign up you will not be able to take part
- Closing day is 8 February



## Nurse Drop in Clinic

To celebrate Children's Mental Health 5 - 11 February, the Southend School Nursing Service will be holding a drop in clinic at **The Forum, Elmer Approach Southend**

The drop in will take place on 8 February between 2pm and 5pm.

This drop in is aimed at anyone 13 - 19 years old regardless of education status, they don't need to bring a parent and can just drop in without an appointment for a chat or to ask for help from the service.

Text a school nurse directly to talk about health or emotional wellbeing:

**IF YOU'RE 11-19 YEARS OLD TEXT 07520 649895**

**PARENT OF 5-19 YEARS OLD TEXT 07507 331884**

Young People scan this QR Code to find support

Parents scan this QR Code to find support

ChatHealth NHS @SouthendSN



## Clubs

We have 40 different enrichment clubs per week at Southchurch High School. Please encourage your children to attend a club.

All clubs are free for all.



# SOUTHCHURCH HIGH CLUBS



**EVERYDAY CLUBS** MONDAY-FRIDAY FOR ALL YEARS

<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

**BEFORE SCHOOL**

**Trampolining**  
7.30am, all years, Sports Hall

**LUNCHTIME**

**Drop in Chess Club**  
All years, The Hub

**AFTER SCHOOL**

**Art Club**  
All years, A020

**Chess Club**  
All years, The Hub

**Homework Club**  
3.05pm, all years, The Hub

### TUESDAY

**BEFORE SCHOOL**

**Southchurch Athletes**  
7:30am, by invitation, Sports Hall

**Spinning**  
7:30am, all years, Gym

**LUNCHTIME**

**Library Club**  
All years, The Hub

**Photography/Film Club**  
All years, A114

**AFTER SCHOOL**

**Archaeology Club**  
Y7,8,9,10, A131

**Boys/Girls Football**  
All years, Sports Field

**S.T.A.G.E – School Production Club**  
Cast Members, C003

**Homework Support Club**  
3.05pm, all years, The Hub

### WEDNESDAY

**BEFORE SCHOOL**

**Southchurch Athletes**  
7:30am, by invitation, MUGA

**BREAKTIME**

**Library Club** all years, The Hub

**LUNCHTIME**

**Drop in Chess Club**  
All years, The Hub

**AFTER SCHOOL**

**Badminton**  
All years, Sports Hall

**Chess Club** All years, The Hub

**Gardening Club**  
All years, Garden

**Keyboard** All, Music room

**S.T.A.G.E – School Production Club**  
Cast Members, Drama Studio

**Homework Support Club**  
3.05pm, all years, The Hub

### THURSDAY

**LUNCHTIME**

**Historic Castle Building**  
KS3, A117

**Drop in Chess Club**  
All years, The Hub

**AFTER SCHOOL**

**Computing**  
All, Computer Room

**DoF Club**  
Year 9, C002

**Drama Club**  
KS3, Drama Studio

**Guitar Club**  
All, Music Room

**Netball**  
All, Sports Hall

**Rugby Club**  
KS3, Sports Field

**STEM and Science Club**  
(Week B only) Y7, 8, 9, A119

**Southchurch Newspaper**  
KS3, G4

**Homework Support Club**  
3.05pm, all years, The Hub

### FRIDAY

**BEFORE SCHOOL**

**Southchurch Athletes**  
7:30am, by invitation, MUGA

**LUNCHTIME**

**Drop in Chess Club**  
All years, The Hub

**Karaoke Club**  
All, Drama Studio

**Maths Challenge**  
All Years, A030

**AFTER SCHOOL**

**Athletics**  
All years, Sports Field

**S.T.A.G.E – School Production Club**  
Cast Members, Drama Studio

**French Spelling Bee**  
KS3, C005

**Gardening Club**  
All years, Garden

**Hockey**  
All years, Sports Field

**Homework Support Club**  
3.05pm, all years, The Hub

DON'T FORGET TO CHECK IN!

St Vincent's Centre, Southend presents

Indulge in the Exquisite South India Buffet!



Join us for an unforgettable evening filled with the rich flavours of South India.

Wednesday 6th March 2024

Arrival Time: 6:30 PM

£27 Per Head

All proceeds will support vulnerable people struggling in the city.

Don't miss this chance to savour the authentic tastes of Homemade South India Buffet and stand a chance to win fantastic raffle prizes! Secure your spot for an enchanting culinary experience.

RSVP: 27/02/2024

Please be aware that our South India Buffet may contain allergens. If you have any specific dietary restrictions or allergies, kindly inform nesperm@svp.org.uk





## Aussie Night

Join us for an unforgettable evening under the Southern Cross!

📅 Date: 8th March 2024

🕒 Time: 6:30 PM

📍 Venue: Terrace Bar, 1 Richmond Ave, Southend, SSI 1JE

Come and enjoy a BBQ Bonanza, Live Music  
Fun-packed afternoon with Sheilas and Blokes galore  
Dress Code: Show your Aussie spirit - wear a hint of green and gold!  
£39 for BBQ grill and salad with Aussie dessert and wine.

All proceeds will support vulnerable people struggling in the city.

Let's celebrate the true blue Aussie way. Grab your mates and come along for a ripper of a time!

RSVP - 01/03/2024 (Nesperm@svp.org.uk)



# Library Corner



Word of the week:

*Emote*

Verb

Meaning: To give expression to emotion, especially in acting.

This week's theme is: HOPE

Key date: Lunar New Year | 10 February

Did you know?

- The date of the Lunar New Year is partly determined by the Sun.
- It changes every year and can fall anywhere between 20 January and 21 February.
- 2024 will be the Year of the Dragon.
- The celebrations last for 15 days and finish with a spectacular Lantern Festival.

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

Beginning	G	S	S	L	U	H	R	V	E	Z	L	I	C
Celebrate	G	S	E	R	U	E	O	V	B	A	I	N	E
Communities	K	J	V	I	N	C	M	P	V	W	Q	O	L
Dragon	D	U	K	E	T	I	K	I	E	C	J	G	E
Festivals	X	D	W	V	Z	I	T	B	M	Y	J	A	B
Hope	Q	A	F	M	W	S	N	K	P	M	M	R	R
Luck	L	Q	Z	C	E	A	R	U	G	B	A	D	A
Prosperity	A	B	D	F	V	R	D	A	M	T	R	T	T
Red	E	V	C	L	V	M	X	R	Q	M	O	O	E
Renewal	G	N	I	N	N	I	G	E	B	L	O	W	W
	K	I	L	T	Y	S	A	D	X	C	C	C	W
	S	X	Y	E	J	C	O	U	A	F	X	A	T
	P	R	O	S	P	E	R	I	T	Y	Y	Q	U

## 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.





Next week we will be celebrating **National Apprenticeship Week** at Southchurch High School.

Students will learn more about what an Apprenticeship is, the different levels and the benefits of doing an Apprenticeship.

Did you know there is no age limit to doing an Apprenticeship?

As a parent/carer you can help your child/young person by updating your own knowledge. Here are some useful links to help you.

- **'A Parent's Guide'** to have produced this useful guide to help you! Click [HERE](#) to download your copy
- **The latest apprenticeship information & advice for parents, supported by the Education and Skills Funding Agency.**
- Webinars – Click [HERE](#) for more information and to register
  - British Army Apprenticeships** – Learn more about the opportunities available within the Army
  - How to find and apply for Apprenticeships** – a step-by-step guide
  - Celebrating Female Apprentices in Trades** – hear from a panel of amazing female apprentices about their experiences working in the trades
  - How to impress in the application process** – Top tips from current apprentices and employers
  - Apprentice Stories** – Hear from real life apprentices
- **The Big Assembly** – taking place during NAW – learn all about Apprenticeships from a variety of different perspectives



## Some simple ways to find hope if you are struggling

1. Remember what you are thankful for, it could just be as simple as a cosy blanket and a cuddle with your pet, or a walk along the beach.
2. Focus on something that you can look forward to even if it is just the spring time and the warmer weather, it is just around the corner.
3. Talk to hopeful people, people who make you feel good inside.
4. Limit your bad news intake, turn off the news or sad music.

## Get out

This is my favourite one for distracting your thoughts. Take a walk to the beach, park, woodlands or nip to the shops. A change of scenery is good especially if you are spending a lot of time in your bedroom.

## Be creative

Colouring, dot-to-dot, reading, wordsearch, jigsaw puzzles, cooking and creating. Any activity like this helps you to feel FLOW state, to be completely absorbed in something.

## Listen to happy and uplifting music

It can change your mood instantly.

## Read a book

Southend Library is free to join and, as well as books, it has lots of ideas and activities that you can do in the local area. You can download the Library APP called BorrowBox which allows you to borrow online books free of charge for 3 weeks at a time.

## Try the 54321 Mindfulness grounding technique

This helps you to focus on the here and now.

### 5 - 4 - 3 - 2 - 1 GROUNDING EXERCISE

 **5** Things you can SEE

 **4** Things you can FEEL

 **3** Things you can HEAR

 **2** Things you can SMELL

 **1** Things you can TASTE