



# Southchurch High School

Friday 09 February 2024

The Southchurch Way

*A community of opportunity, learning and aspirations*



Issue number: 20

## Message from the Headteacher

Next week, our final week of this half term, we have a couple of school events that both students and staff have an opportunity to get involved in. On Shrove Tuesday 'pancake day', Miss Stockman and our Year 10 Hospitality students will be 'cooking up a storm' by making pancakes for all those who have pre-ordered. I know, I, for one am looking forward to a pancake or two!

On Wednesday, we are hosting our annual 'Feel Good' Day where any member of the school community has an opportunity to purchase a balloon delivered with a message, if they wish, to another member of the school community. As you can imagine this is no mean feat and we are so grateful to our wonderful Student Leadership Team for all their hard work in putting this event together and, of course, to Miss Stockman for kindly assisting.

The school nurses will be visiting on Wednesday and Thursday to administer the diphtheria, tetanus, polio and meningitis vaccinations to Year 9 students, with the consent of their parents/carers, which Mrs Watkins, Medical Officer, will kindly oversee.

On Thursday, there is a meeting of the Parent Council. If any new members wish to join, please ensure you inform the school by emailing [info@southchs.school.com](mailto:info@southchs.school.com).

Mr Biggie will be hosting a ski information evening on Wednesday at 5.15 pm for those parents/carers whose children are taking part in the ski trip this half term to Austria.

Year 11 students have just completed their fourth week of mock examinations. Students sat their History Paper 2: Cold War / Elizabethan, History Paper 3: Germany, OCR PE, Business Studies Paper 1 and Business Studies Paper 2 this week. The first week after half term, students will be sitting their following option mock exams: Computer Science Paper 1, Media Studies Paper 1 and Health & Social Care on Monday, Computer Science Paper 2 and Media Studies Paper 2 on Tuesday, Enterprise & Marketing, Child Development and Construction on Wednesday, Hospitality on Thursday and Geography Paper 1 on Friday.

Half term revision sessions are taking place for Year 11 students that staff are kindly hosting and parents/carers have already been sent the schedule. Please encourage your child to attend as many of the revision sessions as they are able to. Saturday revision sessions for Year 11 students have also been arranged starting on 9 March; this schedule has also been circulated to Year 11 parents/carers.

Finally, a gentle reminder that the school is closed on Monday, 26 February, 2024 to all students as we have a staff training day.

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 Chicken Dippers 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 Coleslaw (Vegetarian)	Vegetable Stew & Dumplings (Vegan)	Meatless Sausages 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>					

## Key Dates

13 – 15 February	Year 11 Parental Meetings Student Progress
14 February	Feel Good Day
14 - 15 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



## SEND News

Although we are coming to the end of our Year 11 mock exams, we are moving towards the Assessment Point Tests in April for Years 7- 10.

We know that exams and tests can be anxiety-inducing for students without SEN, and that this feeling of stress can be amplified for those with additional learning needs. The fear of failure, overwhelming workload, time constraints, and the pressure to perform well can cause anxiety to skyrocket.

For teenagers with SEN, exam anxiety can have a significant impact on their cognitive abilities, memory retention, and concentration levels. This can exacerbate the challenges they already face in the learning environment.

We know that all of our students will try their best and that any successes, academic or otherwise, will be celebrated. However, we have some suggestions for coping with exam stress:

1. **Create a Study Plan:** Help your child create a realistic study plan that breaks down the workload into manageable chunks. This can reduce the feeling of being overwhelmed and allow them to focus on one task at a time.
2. **Practice Mindfulness and Relaxation Techniques:** Teach your child simple mindfulness exercises, such as deep breathing, to help them stay calm during stressful moments.
3. **Encourage Healthy Habits:** Ensure your child gets enough sleep, eats nutritious meals, and engages in regular physical activity. A healthy body and mind are better equipped to cope with stress.
4. **Provide a Supportive Environment:** Create a quiet and comfortable study space for your child, free from distractions, where they feel supported and encouraged.

## Lost Property

A few blazers have arrived in lost property this week.

We also have a large amount of lost property from last week, still unclaimed. If your child has misplaced anything, please send them to the main office as soon as possible.

## Year 9 Vaccinations

The Year 9 vaccinations will take place over two days next week, on Wednesday, 14 February and Thursday, 15 February 2024.

If you would like your child to be vaccinated, please send in the form as soon as possible.



**Southchurch Youth Club**

**fyv**



**Southchurch Youth Club is free for young people age 11-15.**

**Every Wednesday 3.15pm to 4.45pm.**  
**Venue Southend Christian Centre, Plaza, Southchurch Rd, Southend-on-Sea SS1 2PT.**

**If you wish to attend please ask parent or carer to scan the QR code or email [timothylengden@southendymca.org.uk](mailto:timothylengden@southendymca.org.uk)**

**YMCA** Here for young people  
Here for communities  
Here for you

COMMUNITY  
ECLISS  
SCF

## National Army Museum Trip

As you can see, the students had lots of fun taking part in the Cold War workshop at the National Army Museum last week.

This was a revision workshop and allowed the students to put their knowledge of the Cold War to creative use, cracking a code and planning a covert spy operation to arrest a double-agent.

A great day was had by all!





# SOUTHCHURCH HIGH CLUBS



## EVERYDAY CLUBS MONDAY-FRIDAY FOR ALL YEARS

**Breakfast Club**  
7am, all years, Canteen

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

**Library Afterschool Club**  
3.05pm, all years, The Hub

### MONDAY

#### BEFORE SCHOOL

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

#### LUNCHTIME

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

#### AFTER SCHOOL

**Art Club**  
All years, A020

**Badminton**  
Y7, Sports Hall

**Chess Club**  
All years, The Hub

**Sports Leaders**  
Y9, location TBC

**DON'T FORGET TO CHECK IN!**

### 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

**Cheerleading** All, Sports Hall

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

**PE Intervention** Y10, C000

### WEDNESDAY

#### BEFORE SCHOOL

**Athletics**  
7:30am, all, Sports Hall

#### BREAKTIME

**Library Club**  
All years, The Hub

#### LUNCHTIME

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

#### AFTER SCHOOL

**Badminton**  
Y8-11, 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

### THURSDAY

#### LUNCHTIME

**Historic Castle Building**  
KS3, A117

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

#### AFTER SCHOOL

**Computing**  
All, Computer Room

**DofE Club**  
Year 9, C002

**Drama Club**  
KS3, Drama Studio

**Guitar Club**  
All, Music Room

**Netball**  
Y7-9, Sports Hall

**Rugby Club**  
KS3, Sports Field

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

**Southchurch Newspaper**  
KS3, G4

### FRIDAY

#### BEFORE SCHOOL

**Southchurch Athletes**  
7.30am, by invitation, Sports Hall

#### LUNCHTIME

**Carnegie Book Club**  
Y9-11, G5

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

**Karaoke Club**  
All, Drama Studio

**Maths Challenge**  
All, 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, MUGA

MAKE HAPPEN

3rd - 5th April 2024

## Gear Up To Uni

Come and experience university on our 3-day event at UEL Docklands Campus

FREE event for Year 10 students

#### INCLUDES:



Get hands-on & discover new subjects to study in our taster workshops



Explore a university campus at UEL London Docklands



Meet our students & learn about university life



Apply here:



Applications close:  
26th Feb 2024

Any questions?  
projects@makehappen.org

# Car Boot SALE



**Saturday 9th March, 2024**

In aid of fundraising for Prom 2024

At Southchurch High School  
Southchurch Boulevard, SS2 4XA

**8am for sellers - 8.45 for buyers**

**Advanced bookings:** £5 for cars and £7 for vans (no bigger than transit size)

**On the day:** £3 extra



To book a pitch please contact: Ms Tower on 01702 900754 or by email [ltower@southchurchschool.com](mailto:ltower@southchurchschool.com)  
Will be first come, first served. Limited pitches.



# Year 11 February Half Term Revision Sessions

A community of opportunity, learning and aspiration



Year 11 February Half Term Revision Sessions  
Monday, 19 February up to and including Friday, 23 February, 2024

TIME	Saturday 17.2.2024	MONDAY 19.2.2024	TUESDAY 20.2.2024	WEDNESDAY 21.2.2024	THURSDAY 22.2.2024
9.00-11.00	<b>Mathematics</b> Mr Farmer Foundation Tier Room A030 9.00-11.00 am	<b>PE – Invited Students</b> Miss Waite / Mr Blows Room C002 9.00-11.00 am	<b>PE – Invited Students</b> Mr Blows Room C002 9.00-11.00 am	<b>PE – Invited Students</b> Mr Blows Room C002 9.00-11.00 am	<b>PE – Invited Students</b> Mr Blows Room C002 9.00-11.00 am
	<b>Mathematics</b> Mr Carter Higher Tier Room A034 9.00-11.00 am	<b>Science</b> Miss Robins Foundation, Biology, Chemistry & Physics Room A119 9.00-11.00 am	<b>English</b> Miss Gradwell English Lang. Room C004 9.00-11.00 am	<b>English</b> Mrs Franklin English Lit. An Inspector Calls; Poetry Room C004 9.00-11.00 am	<b>History</b> Miss Fraser Room A126 9.00-11.00 am
		<b>French</b> Miss Smyth Foundation Room C005 9.00-11.00 am	<b>Science</b> Mrs Moore Chemistry Room A117 9.00-11.00 am		
		<b>Music</b> Mr Yang Room C013 9.00-11.00 am			
11.30-1.00		<b>PE (Year 10) – Invited Students</b> Miss Waite / Mr Blows Room C002 9.00-11.00 am			<b>Geography</b> Miss Goodwin Room A135 9.00-11.00 am

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Year 11 February Half Term Revision Sessions  
Monday, 19 February up to and including Friday, 23 February, 2024

11.30-1.00		<b>Music</b> Mr Yang Room C013 11.30-1.00 pm	<b>PE – Invited Students</b> Mr Blows Room C002 9.00-11.00 am	<b>PE – Invited Students</b> Mr Blows Room C002 9.00-11.00 am	<b>PE – Invited Students</b> Mr Blows Room C002 9.00-11.00 am
		<b>Science</b> Mrs Wood - Higher Biology Room A116 11.30 – 1.00 pm	<b>Science</b> Mrs Moore Chemistry Room A117 11.30-1.00 pm	<b>English</b> Mrs Adams English Lit. 'A Christmas Carol'; Romeo & Juliet Room C004 9.00-11.00 am	
9.00 – 1.00					
	Study in the KS4 Library				
	SLT Assistance	TAI/TAR	LMR	INA	SMU

# Library Corner



Word of the week:

*Astronomy*

Noun

Meaning: The study of objects and matter outside the Earth's atmosphere and of their physical and chemical properties.

This week's theme is: International Day of Women and Girls in Science

Key date: 11 February

Did you know?

- In 1837 two German scientists, Wilhelm Beer and Johann Heinrich Madler, discussed the advantages of an observatory on the Moon.
- The idea of a telescope orbiting in space was first suggested by the American astronomer Lyman Spritzer in 1946.
- The first space telescope, Orbiting Astronomical Observatory OAO-2, was launched by the US in 1968.

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

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

Achievement	E T O E R Z U M Y J E R S
Astrophysics	Q O N F M V L M P C F U C
Astronomy	U M K E S P O I N D V V I
Celebrate	A U F E M N O E B N F M S
Empowered	I E Y R Y S V Y E D S G H
Equality	T W T R I V N E T R T V P
International	Y S Q S U H X W I X E M O
Persistence	A Y R K J I S J O H D D R
Science	T E S C I E N C E M C X T
Women	P O X Q Q D E W J U E A S
	C E L E B R A T E V W N A
	L A N O I T A N R E T N I

## 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.





## Let's talk about... Measles and MMR

“Children who get measles can be very poorly and some will suffer life changing complications. The best way for parents to protect their children from measles is the MMR vaccine. Two doses of the MMR vaccine give lifelong protection and it's never too late to catch up”

Professor Dame Jenny Harries,  
Chief Executive of UK Health Security Agency



**Come along to our drop-in Community Event and walk-in MMR vaccination clinic.**

Free and no appointment necessary.

For parents/carers with their children and people up to 26 years old.

**Half Term - Monday 19 February 2024**

10am – 3.30pm

- Ask questions and have an informal chat with friendly health professionals from EPUT and Southend-on-Sea City Council's Public Health team
- Check your vaccination status
- Free pop-up vaccination clinic – no need to book just walk-in
- Pick up information on how to support health and wellbeing

Civic Centre, Victoria Avenue, Southend-on-Sea, SS1 6ER



For more information about measles and MMR go to [www.nhs.uk/mmr](http://www.nhs.uk/mmr) or scan this QR code:



SCAN ME

Alternatively you can text a school nurse directly to talk about health or emotional wellbeing:

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

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

ChatHealth **NHS** @SouthendSN

Young People scan this QR Code to find support



Parents scan this QR Code to find support



SCAN THE QR CODE BELOW TO CONFIRM ATTENDANCE



**THURSDAY 22ND FEBRUARY 2024  
OPEN TRAINING SESSION**

OUR POST-16 FOOTBALL ACADEMY IS RECRUITING FOR NEXT YEAR!

- ✓ 4 training sessions a week with our professional coaches
- ✓ Excellent education options, including A-Level and BTEC
- ✓ Trips to Stamford Bridge and Chelsea FC Training Ground

Goals Southend  
Prittlewell Chase  
SSO ORT  
1pm to 3pm  
callum.duffy@chelseafc.com  
chasehigh.org



This week we have included some information about how we talk to ourselves. If we swap our negative thoughts for positive ones, we start to feel more positive in ourselves.

If you are feeling worried or anxious use the 54321-grounding technique. There are many YouTube clips that you can follow or you could try this one which is relaxing.

<https://www.youtube.com/watch?v=30VMIEmA114>

Lastly remember walking in nature is scientifically proven to improve wellbeing. We are lucky to have parks and the beach close by.



### Listen to what you are saying to yourself

- Notice what your inner voice is saying
- Is your self-talk mostly positive or negative?
- Each day make notes on what you are thinking

### Challenge your self-talk

- Is there any actual evidence for what I am thinking?
- What would I say if a friend was in a similar situation?
- Can I do anything to change what I am feeling bad about?

### Change your self-talk

- Make a list of positive things about yourself
- Instead of saying "I will never be able to do this", try "Is there anything I can do that will help me do this?"



# Art Club



Mondays 3:10 -4:00 in A020

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



Next club is on **15.02.24**  
This combines science and STEM.  
**Bath Bombs and Dyeing flowers**



**EVERY WEEK B**  
**THURSDAY**  
**ROOM A119**  
**3.05-3.50pm**

**Prizes to be won!**



## Southchurch High School!

SS Athletics are looking for athletes to train with us!



UKA/British Affiliated Athletics Club  
Specialised Athletics Coaches

Wednesday: 6:00 -7:00pm  
Friday: 5:00pm - 6:30pm

Garons Leisure Centre  
City of Southend  
SS2 4FA

**We train:**

**Sprints, Hurdles, Endurance, Javelin, Discus, Hammer, Shot-put, Long Jump, High Jump and Triple Jump**

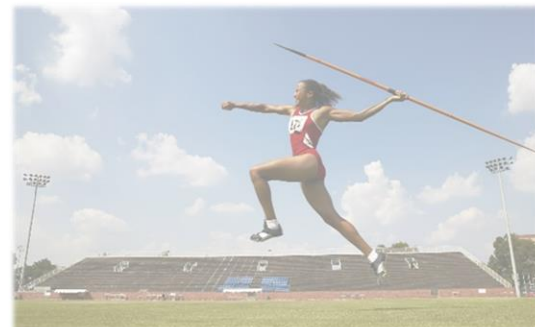
# WWW.SSATHLETICS.CO.UK

Email: [SSA.Athletics.club@gmail.com](mailto:SSA.Athletics.club@gmail.com)



SSAthletics

Any questions speak to  
Mr Blows





SOUTHCHURCH HIGH

# CAREERS

NEWS & UPDATES

February 2024



## The #NAW2024 Parent Perspective Podcast special episode 'One Year On' is now LIVE!

In this special episode we caught up with **Skills and Apprenticeships Minister**, Robert Halfon to find out what progress has been made in widening opportunities for everyone in the apprenticeship's world, and what we can expect in the next few months.

Listen now by clicking [here](#)

## National Apprenticeship Week, 5-11 February 2024 #NAW2024

We have been celebrating National Apprenticeship Week, 5-11 February, at Southchurch!

[Springpod](#) has curated a special course focused on Apprenticeships with the Department for Education to help students explore whether their path aligns with their aspirations.

Please encourage your child/young person to take a look at the Apprenticeship course on Springpod by clicking [here](#)

It is a valuable resource for them to discover whether this dynamic and hands-on approach to learning is the right fit for their future, and students can get started for FREE!

## Year 10 Work Experience 1-5 July – We need your help please!



With the deadline for work experience placements looming (March 28<sup>th</sup>), many of our Year 10 students have not yet submitted their paperwork for their placements.

Please can you help your child/young person to find a placement; it is really important that students get exposure to the world of work and learn about the skills employers are looking for.

If you are really struggling and have exhausted every avenue, please do email: [asmith@southchurchschool.com](mailto:asmith@southchurchschool.com)