



Southchurch High School

Friday 19 April 2024

The Southchurch Way

A community of opportunity, learning and aspirations



Issue number: 27

Message from the Headteacher

I trust that you and your families had a good Easter and that your child/ren have enjoyed their first week back at school.

We were delighted to welcome Mr Ladwa to the school on Tuesday. Mr Ladwa will be working with some of our KS3 students over the next ten weeks with a series of Beat Box workshops. It was lovely to see some of those attending putting what they had learnt to good use whilst they made their way to their lesson after break! Thank you to Mr Austin-Summers who has kindly arranged for these workshops to take place.

Essex County Fire and Rescue Service visited the school on Thursday as part of a joint initiative with the police. The purpose of their visit was to facilitate a cyber safety workshop to some of our Year 7 students. The workshop took place during their Period 1 lesson and sought to further their understanding of the risks of being online, what cyber bullying is, its impact and consequences, understand what is an online scam and how to keep their personal information safe. Thank you to Mr Biggie for kindly arranging this workshop on such a vitally important subject for everyone but most importantly our young people.

The final countdown has now begun for our Year 11 students as they start their GCSEs in a matter of days and much work is going on in school to support our students in what is a particularly stressful time for them and to set up revision sessions ahead of their respective GCSE examinations.

Although it has been a comparatively quiet week, the same cannot be said of next week when we have a number of events and trips taking place.

Year 11 students will be sitting their individual GCSE French speaking examinations from Monday to Thursday of next week and students will have been notified of their respective timeslots.

On Tuesday, our Year 11 Business Studies students are undertaking a workplace visit to Olympus UK, a local global medical manufacturing company, based in Southend, ahead of sitting their GCSE examination. Their visit will cover many areas related to the curriculum for their Business Studies course including a tour of the logistics and manufacturing operations and processes building.

On Wednesday, some of our Year 9 students will be attending the University of Essex for a taster day. Also on Wednesday, some of our Performing Arts students in Years 9 and 10 will be going up to London to see the West End musical, Standing at the Sky's Edge; it promises to be a wonderful trip for those involved.

On Thursday we are delighted to be welcoming local schools and the winning students from each respective school together with their supporters as we host the Regional Final 2023/24 of the Jack Petchey 'Speak Out' Challenge. Ava and Sydney, Southchurch High School's finalists, will be representing the school.

On Friday, a group of Year 9 students will be visiting the Imperial War Museum's Holocaust Exhibition.

We were delighted to learn in the week that some of our students, who have been participating in the Southend Respect Project, which is run in conjunction with Essex Boys & Girls Clubs, have been given the opportunity, along with 11 other students from the district, to attend a week long residential trip which will take place in Wales in May. Our congratulations to Sienna, Amazon, Amy and Charlie on this wonderful achievement.

Gentle reminder that the school will be closed to students on **Friday, 3 May, 2024** for an additional staff training day.

Mrs Airoll
Headteacher

Menu

		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 Burger or Battered Fish Served with Chips
Vegetarian Meal		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)
Extra's		Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Available Monday - Thursday Small Pasta & Sauce Available Monday - Thursday				

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



Key Dates

25 April	Jack Petchey 'Speak Out Challenge' Regional Final
26 April	Year 7 Tate Modern trip
26 April	Year 9 Imperial War Museum trip
03 May	Staff training day Closed to students
06 May	Bank Holiday School Closed
13 May	Jack Petchey 'Speak Out Challenge' Awards Evening - Palace Theatre
15 May	Year 9 Mudlarking trip
17 May	Year 8 Tate Modern trip
23 May	Year 8 Curriculum Evening
24 May	Last day of term
27 - 31 May	Half Term Holiday
3 June	Students return to school

International School Award

We are very proud to have been awarded Foundation level of the British Council's prestigious International School Award in recognition of our work to bring the world into the classroom.

The International School Award celebrates the achievements of schools that do exceptional work in international education. Fostering an international dimension in the curriculum is at the heart of the British Council's work with schools, so that young people gain the cultural understanding and skills they need for life and work in today's world.



Jack Petchey's "SPEAK OUT" Challenge!

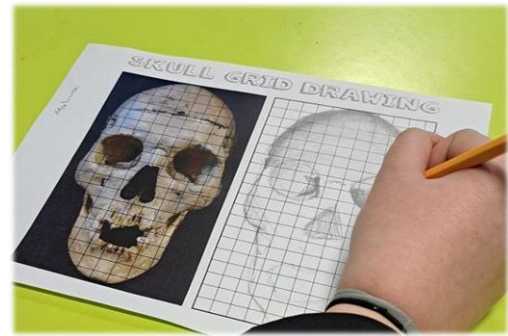
Following Sabria's huge success at last years' competition, we are so proud and excited to be hosting the **Southend and Rochford Regional Final** of the **Speak Out Challenge 2024** next **Thursday 25 April**.

Our two finalists are Ava and Sydney and if you would like to come along to support them, all are welcome!

Please arrive from 6:00pm for a 6:30pm start. Light refreshments will be provided.

Art

Year 9 have been practicing their drawing skills; they were working on skulls using grids to help them!



A poster for the 'GAME OF HOUSES INTERHOUSE COMPETITION' featuring Badminton. It includes logos for four houses: a red dragon, a blue phoenix, a white griffin, and an orange eagle. The text says 'BADMINTON Wednesday 24th April - all year groups Sports Hall 3:05 - 4:15pm'. There is a photo of a badminton player, a QR code, and a sign that says 'Sign up for our interhouse badminton event and compete to earn house points! You do not need to change into PE Kit'. A blue arrow points to the QR code with the text 'CHECK IN HERE'.

A poster for a STEM activity called 'PAPER PARACHUTE'. It features images of a paper parachute and a hand holding a paper structure. The text says 'EGG DROP CHALLENGE: PAPER ONLY DESIGN' and 'STEM'. A yellow box contains the text: 'Next club is on 02.05.24 this combines science and STEM. Designing and making a parachute!'. At the bottom, it says 'EVERY WEEK B THURSDAY ROOM A119 3.05-3.50pm Prizes to be won!' and 'PAPER UNIVERSE' with an image of a parachute.

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

Athletics – Endurance

7.30am, all years, Field

Dodgeball

7.30am, All years, Sports Hall

LUNCHTIME

Drop in Chess Club

All years, The Hub

Y7 Football MUGA

AFTER SCHOOL

Art Club All years, A020

Athletics – Sprinting

All years, Field

Basketball Sports Hall

Chess Club All years, The Hub

French Spelling Bee Y7, C005

Lego Club, Y7 & 8, C001

Southchurch Choir

All years, Music room

Sports Leaders Y9, Field

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, A136

Y8 Football MUGA

AFTER SCHOOL

Athletics, all years, Field

Boys/Girls Football

All years, Sports Field

Cheerleading all, Sports Hall

PE Intervention Y10, C000

S.T.A.G.E – School

Production Club

Cast Members, C003

WEDNESDAY

BEFORE SCHOOL

Athletics – Endurance

7:30am, all, Sports Hall

BREAKTIME

Library Club All years, The Hub

LUNCHTIME

Drop in Chess Club

All years, The Hub

Y9 Football MUGA

AFTER SCHOOL

Archaeology Club (Week B)

Y7,8,9,10, A131

Athletics – Throwing, Field

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

Club Cast Members,

Drama Studio

THURSDAY

LUNCHTIME

Historic Castle Building

KS3, A117

Drop in Chess Club

All years, The Hub

Y10 Football MUGA

AFTER SCHOOL

Athletics, all years, Field

Computing

All, Computer Room

DofE Club Year 9, C002

Drama Club

KS3, Drama Studio

Guitar Club

All, Music Room

Netball Y7, Sports Hall

Rounders, Field

STEM and Science Club

(Week B only) Y7, 8, 9, A119

Southchurch Newspaper

KS3, G4

H&S Care, Food Tech &

PE Intervention, B102

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

Y11 Football MUGA

AFTER SCHOOL

S.T.A.G.E – School

Production Club

Cast Members, Drama Studio

French Spelling Bee

Y7, C005

Gardening Club

All years, Garden

Cricket

All years, Field



WELL-BEING



Welcome back to the summer term

Below is a list of things you could try to bring you joy, have a look and try some out!

Have a good week ahead

- Connect with someone close** I don't mean your normal connecting. I mean really reach out and talk to them about what you're feeling, your life direction and anything that comes to mind. You know, the deep stuff.
- Reflect on your life** Take a step back, look at your life from afar or from someone else's perspective. This exercise can be very eye opening. It will work even better if you write your thoughts down when you reflect.
- Stop being hard on yourself** You already have it hard. Stop putting too much pressure on yourself and sit back every now and then. This doesn't mean you shouldn't strive for more, but give yourself some room to breathe.
- Write it down** Writing your thoughts down helps you see it from a different angle. It's also a metaphoric way to let your thoughts out and release them or put them down on paper to solidify them.

- Music inspires** Listen to some music. It will bring out different emotions in you. You might get inspired. But at least it will keep you relaxed for a moment.
- Binge watch a tv show** Watch the whole season. Then get back to your normal life.
- Spend time with pets** If you don't have one, go see a friend's one, an animal shelter or even a pet cafe. Doing this not only eases the mind but it is also therapeutic.
- Take a walk** What better way to exercise and clear your mind than by taking a walk. Especially if you walk in nature. Somewhere with a good trail and view. Also take this time to appreciate the beauty in this world!

REMINDER :

IT'S OKAY TO
HAVE BAD DAYS
BUT KEEP IN
MIND THAT THEY
WILL PASS – SO
DON'T LET THEM
BRING YOU DOWN



Next week's fixtures

MONDAY 22nd

TUESDAY 23rd

Year 7/8 Girls Football v St Bernards (H)

WEDNESDAY 24th

Interhouse Badminton (All Years)

THURSDAY 25th

FRIDAY 26th

SEND News

Executive Function Skills - Organisation

As parents, we all want to support our children in developing important skills like executive function organisation. Executive function skills help children with planning, organising, and completing tasks. These skills are crucial for success both in school and in everyday life. Below are some strategies to help your child improve their organisation skills:

1. Create a Routine: Establishing a daily routine can help your child know what to expect and when. Create a visual schedule that shows tasks and activities in a clear sequence. This can help your child develop good time management skills.

2. Break Tasks into Smaller Steps: Encourage your child to break down tasks into smaller, more manageable steps. This can help prevent them from feeling overwhelmed and make it easier for them to stay organised.

3. Use Visual Aids: Visual aids like checklists, calendars, and colour-coded schedules can be very helpful for children with executive function challenges. Encourage your child to use these tools to stay on track and organised.

4. Set Priorities: Teach your child to prioritise tasks based on importance and deadlines. Help them understand the concept of urgent vs. non-urgent tasks and how to tackle them accordingly.

5. Provide Encouragement and Support: Recognise and celebrate your child's efforts in improving their organisation skills. Offer praise and encouragement to boost their confidence and motivation.

Remember, developing executive function organisation skills takes time and practice. Be patient and supportive as your child works on improving in this area. With your guidance and support, they can build the skills they need to become more organised and independent in all aspects of their lives.

SOUTHEND YOUTH CLUBS



WEDNESDAY

AGES 10-13 3.30PM TO 4.30PM

AGES 13-17 5.30PM TO 7PM



**THE BRIDGE YOUTH SPACE
SOUTHEND VINEYARD CENTRE
6 WARRIOR SQUARE, SOUTHEND-
ON-SEA SS1 2JE**

**IF YOU LIKE TO ATTEND PLEASE GET A PARENT OR
CARER TO SCAN THE QR CODE OR
EMAIL : FYV@SOUTHENDYMCA.ORG.UK**



YMCA

Here for young people
Here for communities
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK

HEALTH & WELLBEING

HOUSING

TRAINING & EDUCATION

SUPPORT & ADVICE

**PROJECT
SOUTHCHURCH**
SOUTHCHURCH KURSAAL ST LUKES THORPE
COMMUNITY TOGETHER



HEATWAVE YOUNG TRADERS MARKET



Young Traders Market

Heatwave - Young Traders Market. This forms part of a National Competition in partnership with Young Traders Markets. The regional final will be 16th July and our judges will choose the trader representing the Southchurch Heat in the regional final.

Although everyone is welcome to be part of the competition traders must be aged between 16 - 30. The competition is split into 3 sections, General, Art & Craft and Food & Drink.

About Heatwave

Heatwave is a series of summer events to celebrate Sudcerca, this area's 1200th anniversary. Heatwave - The Young Traders Market; is the premium event.

The market is to promote young traders. The opportunity for them to sell and display their talents. It may be the first time they have traded.

To be part of Young Traders Market contact events.projectsouthchurch@gmail.com

6th July 2024 11am - 4pm

**Ilfracombe Avenue Car Park, Southchurch Road
Southend, SS1 2QX**

events.projectsouthchurch@gmail.com

Library Corner



Word of the week:

Biodiversity

Noun

Meaning: Biological diversity in an environment as indicated by numbers of different species of plants and animals

This week's theme is: Biodiversity

Key date: Earth day | 22 April

Did you know?

- Almost all of Hawaii's 1,000 plant species are found nowhere else.
- At the present rate of progress, it will take about 1,000 years to identify all the species on the planet.
- Since 1970, there has been on average almost a 70% decline in the populations of mammals, birds, fish, reptiles and amphibians.

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

Animals	S X Y E M J T P F M C I C
Conservation	N T W G C Q Y C F R D S O
Ecosystem	J E N V B O R Q A J F P N
Extinction	U E O A X X S Q K H M E S
Plants	R X C N L E X Y A N F S E
Research	V I E N L P A A S I C R R
Species	S P E C I E S F L T E R V
Wildlife	L M B W N P Y D F S E R A
	A F N D X Z L M E J Y M T
	M V K A Z I Z A F T S C I
	I S V I W H R X S X X B O
	N N O I T C N I T X E X N
	A H Y Y H D T X W L U T N

LIBRARY INITIATIVES

Welcome to the Library

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

Library Club: Open Until 4pm

A calm, quiet place to come and sit and read on our comfy beanbags or to enjoy a game of Chess, Othello or Scrabble.



Chess Champions



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! If you decide to play a competitive game, the winners are added onto our Chess Champions leader board!

Homework Club: Open Until 5pm

Homework Club is open Monday-Thursday and there are members of staff on hand to help if needed. Students can access the computers for study and coursework and 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. See the librarians for your log-in details.

