



Southchurch High School

Friday 26 April 2024

The Southchurch Way

A community of opportunity, learning and aspirations



Issue number: 28

Message from the Headteacher

It's been a somewhat busier week than last!

The early part of the week saw our Year 11 students sitting their individual GCSE French speaking examinations and next week our Year 11 Art students will be sitting their practical GCSE examination on Monday and Tuesday. Good luck to all those students!

On Tuesday, our Year 11 Business Studies students visited Olympus UK, a local global medical manufacturing company, based in Southend. The visit was kindly organised by Mr Brandt ahead of the students sitting their GCSE examination and their visit included a tour of the logistics and manufacturing operations and processes building. Thank you to Mr Brandt and Ms Smith for kindly accompanying the students and to Mr Carter who kindly drove the minibus.

Several trips took place on Wednesday; students from Year 9 attended a taster day at the University of Essex aimed at raising aspirations and providing those attending with a sense of what university life is like and how they can progress into higher education. Later on in the day some of our Performing Arts students in Years 9 and 10 departed by coach for London to see the West End musical, Standing at the Sky's Edge at the Gillian Lynne Theatre kindly organised by Miss Neil. Thank you to Miss Neil and Mr Merritt who kindly accompanied the students.

We were delighted to be the host school on Thursday evening for this year's Regional Final of the Jack Petchey 'Speak Out' Challenge.

Southchurch High's finalists were amazing and it should never be underestimated what an achievement it is for any young person to stand up in front of an audience of 200, and a judging panel, and present their speech.

A huge thank you to Ava and Sydney for representing the school and for their amazing speeches. We, as a school community, are incredibly proud of both students.

I am delighted to be able to inform you that Southchurch High School, for the second year in a row, as Sabria won last year, were the winner of the Regional Final with Sydney being chosen as this year's finalist from the region. Huge congratulations to Sydney.

Last night's achievements would not have been possible without the wonderful support of Miss Neil of all the Year 10 students who took part in the 'Speak Out' workshops earlier in the year and for all her meticulous organisation of last night's Regional Final. Thank you to Miss Neil and all those members of staff who kindly assisted in the arrangements for last night which culminated in a fabulous night for the school! As regional winners we shall be, once again, invited to host next year's Regional Final which we, of course, would have no hesitation in accepting.

Today, Friday, we have two trips taking place: Mrs Taylor kindly organised for a group of Year 7 students to visit the Tate Modern Art Gallery in London where they will have the opportunity as part of their visit to view the exhibition 'Capturing the Moment' which includes paintings and photographs by Pablo Picasso, David Hockney and David Warhol. Thank you to Mrs Taylor, Miss Sibthorpe and Ms Smith for kindly supporting the trip. The second trip taking place today is to the Imperial War Museum's Holocaust Exhibition. The trip was kindly organised by Miss House as those Year 9 students taking part have been studying World War II. We do hope that all the students attending these trips today enjoy themselves and find their respective visits informative. Thank you to Miss House, Mrs Samuels and Mr Merritt for kindly accompanying the trip.

As previously advised, the school will be closed to students **next Friday, 3 May** for an additional staff training day.

Mrs Airoll
Headteacher

Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal		Pork Sausages Served with, Yorkshire Pudding Mashed Potato Peas & Gravy	Meatballs Served with Pasta & Garlic Ciabatta	BBQ Pulled Pork Wrap Served with Pommes Noisette Potatoes & Coleslaw	Roast Chicken Served with Roast Potatoes Mixed Vegetables & Gravy	Beef Burger Or Battered Fish Served with Chips
	Vegetarian Meal	Vegetable Stew & Dumplings (Vegan)	Sweet & Sour Vegetables Served with Boiled Rice (Vegan)	Vegetable & Cheese Potato Skins Served with Coleslaw	Vegetable Lasagne Served with Garlic Ciabatta	Cheese & Onion Slice Served with Chips
Extra's	Jacket Potato with Cheese ,Baked Beans or Tuna Mayonnaise Available Monday – Thursday Small Pasta & Sauce Available Monday - Thursday					

EGG DROP CHALLENGE: PAPER ONLY DESIGN

STEM

Next club is on **02.05.24** this combines science and STEM. **Designing and making a parachute!**

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

PAPER PARACHUTE

PAPER UNIVERSE

Year 11 History Revision

This week, Year 11 have been preparing for their History GCSE.

They are busy revising the Berlin Wall and the relationship between the East and West.



Key Dates

03 May	Staff training day Closed to students
06 May	Bank Holiday School Closed
10 May	Year 8 HPV Vaccinations
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

Jack Petchey's "SPEAK OUT" Challenge!

Last night, we hosted the Southend & Rochford regional final of the Jack Petchey 'Speak Out' Challenge, welcoming 14 students from schools across the borough to compete for a place in the next round.

Our two representatives Ava & Sydney performed exceptionally well and we are so pleased that, for the second year in a row, a Southchurch student won first place! Sydney will now be put through to the semi-final in the hope of being selected for the Grand Final in July.

We are incredibly proud of both our competitors, as well as our Student Leadership team who helped out at the event. They all represented Southchurch High School with pride.

To anyone who would like to view the professional photos from last night, please follow this link:
<https://jpspeakoutchallenge.com/album-display/?gal=jpspeakoutsouthendrochfordregionalfinal202324>



Year 7 and 8 Art Lessons

This week, our Year 7 students have been learning all about Aboriginal art and Year 8 have been studying the work of Japanese artist Yayoi Kusama.

As you can see from the photos below, they have produced some fabulous work!



Year 8 HPV Vaccinations

The community and school age immunisation service (CSAIS) will be attending school on 10 May 2024 to offer year 8 pupils their HPV Vaccination.

Please find below a secure link to complete the consent form.

[https://forms.office.com/Pages/ResponsePage.aspx?id=slTDN7CF9Ueylge0jXdO4x-6YMY-](https://forms.office.com/Pages/ResponsePage.aspx?id=slTDN7CF9Ueylge0jXdO4x-6YMY-SONFmw0nFbDMXj5URjROSVBHWkhPTVo4OFYUUFU2WE)

[SONFmw0nFbDMXj5URjROSVBHWkhPTVo4OFYUUFU2WE](https://forms.office.com/Pages/ResponsePage.aspx?id=slTDN7CF9Ueylge0jXdO4x-6YMY-SONFmw0nFbDMXj5URjROSVBHWkhPTVo4OFYUUFU2WE)
[dKUIJSTy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=slTDN7CF9Ueylge0jXdO4x-6YMY-SONFmw0nFbDMXj5URjROSVBHWkhPTVo4OFYUUFU2WE)

Forms must be completed and submitted by 8 May 2024. We cannot guarantee any forms submitted after this date will be accepted for the school vaccination session. If you require a paper copy this is available from the school.

If we do not receive a completed consent form a nurse will contact you to discuss the vaccine, either before or during the school session.

If you have any questions, please call the team on 0300 7900597 – option 1.

After the success of 2023, Southend Portrait Artist is on again and we have our very own Mrs Hammond competing!

Mrs Hammond will be in Heat 2 of the Live Portraiture Competition.

It is taking place this Sunday 28 April at TwentyOne from 11.00 am

Please pop along and show your support or even have a go yourself!

TWENTY ONE

the heat dates:	hosted at:	scan to follow:
one - sunday 7 april	twenty one	@southendportraitartist
two - sunday 28 april	unit 21	
three - sunday 12 may	pier approach	
four - sunday 2 june	western esplanade	

Interhouse Badminton

We held our interhouse badminton on Wednesday after school! The students organised themselves so well during the event and played some really good games of badminton.

Well done to all!





WELL-BEING



Childline Calmzone is great for young people and adults as it has excellent ideas and videos on how to help with anxiety, panic attacks or just to help you feel calmer in your day. Lots of young people have told us that the breathing exercise which is on this page (breathe in, breathe out – in time with the video) really is calming and helps a lot.

There are 5-minute mindfulness videos, the finger hugging one is good. There are lots of other great ideas on this page.

<https://www.childline.org.uk/toolbox/calm-zone/>



Breathe and sigh
Breathe in through your nose
Make a big sigh and drop your shoulders downwards as you breathe out through your mouth
Repeat 4 times



Below is May's 'Action for Happiness' calendar. You can download your own from their website or download their which sends you a positive message every day.

<https://actionforhappiness.org/calendar>

Meaningful May 2024

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Look for people doing good and reasons to be cheerful

2 Make a list of what matters most to you and why

3 Do something kind for someone you really care about

4 Focus on what you can do rather than what you can't do

5 Take a step towards an important goal, however small

6 Send your friend a photo from a time you enjoyed together

7 Let someone know how much they mean to you and why

8 Find out about the values or traditions of another culture

9 Get outside and notice the beauty in nature

10 Set yourself a kindness mission to help others today

11 What values are important to you? Find ways to use them today

12 Be grateful for the little things, even in difficult times

13 Look around for things that bring you a sense of awe and wonder

14 Listen to a favourite piece of music and remember what it means to you

15 Share photos of 3 things you find meaningful or memorable

16 Look up at the sky. Remember we are all part of something bigger

17 Find a way to help a project or charity you care about

18 Show your gratitude to people who are helping to make things better

19 Find a way to make what you do today meaningful

20 Make choices that have a positive impact for others today

21 Ask someone else what matters most to them and why

22 Focus on how your actions make a difference for others

23 Do something special and revisit it in your memory tonight

24 Today do something to care for the natural world

25 Share a quote you find inspiring to give others a boost

26 Find three reasons to be hopeful about the future

27 Remember an event in your life that was really meaningful



Library Corner



Word of the week:

BRUSQUE

Adjective

Meaning: Talking or behaving in a very direct, brief or unfriendly way.

This week's theme is: St Georges Day

Key date: 23 April

Did you know?



- St George's Day is celebrated on 23 April every year.
- St George is the patron saint of England but he was in fact Turkish or Palestinian
- On St George's day people all over England celebrate what it means to be English

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

April	D R A G O N B U Z H N P W
Celebrate	L T L E O K H C S N A A S
Dragon	Z V V L I S K I M V I T D
England	Q F G G A W K A A R N R B
George	K I T I E R C D Y D I O Y
Knight	E J N H U O P K N E T N H
Palestinian	Z T C T G F R A S D S V C
Patron	S A H V V I L G L X E I K
Saint	L Z A S G G N H E D L H X
Turkish	V K F W N I Y K Y O A F N
	C E L E B R A T E P P T W
	W L L L I R P A C Y G A W
	X N W V O V S X J H T P Y

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.





University of Essex Trip

Some of our Year 9 students were really fortunate to have a visit to the University of Essex, Southend Campus on Wednesday. Students had a presentation about 'Why go to University?' and were then treated to a Health & Social Care subject taster session. Following that a tour of the facilities, including nursing, oral care, the Students Union and the study areas in The Forum. Students were also able to see where the university accommodation is and ask questions to the student ambassadors who were with us all day.

Year 10 Work Experience – Can you help our students please?

We still have a number of students looking for a **work experience placement for 1 – 5 July**. Are you an employer or do you work for an employer who may be able to offer a student a placement?

Work experience is vital for students to gain important skills that employers are looking for and inspire their career journey.

If you can help, please email: asmith@southchurchschool.com



Year 8 'Take your Child to Work Day' Thursday, 4 July

It is not too late to submit the form if you have been able to secure a placement for your child. Alternatively, please can you let me know if your child is NOT able to take part by emailing me at:

asmith@southchurchschool.com

Thank you for your support.