



Southchurch High School

Friday 10 May 2024

The Southchurch Way

A community of opportunity, learning and aspirations



Issue number: 30

Message from the Headteacher

Our Year 11 Health & Social Care students sat their GCSE exam on Tuesday with all Year 11 students sitting their Biology Paper 1 GCSE this morning. There is a full schedule of GCSE examinations next week: Monday students will be sitting their English Literature and Media; on Tuesday their French Listening, Reading & Understanding, Business Studies and Film Studies; Wednesday they will be sitting their History and Computer Science; Thursday their Maths Non-Calculator; and then on Friday, their Chemistry and Geography examinations.

Some of our Year 9 students very kindly supported a primary schools' sports event at Garons on Wednesday. Thank you to these students and to Miss Waite for kindly supporting the students.

Yesterday, Thursday, we were delighted and extremely proud that Hannah and Gabriella represented the school at a French Spelling Bee Regional Final competition for Year 7s, in Cambourne, Cambridge. Hannah and Gabriella worked extremely hard and should be so proud of their achievement; they were placed in the top 20 out of 3,500 competitors. Thank you to Mrs Smyth who kindly organised and accompanied Hannah, Gabriella and their respective supporters and also to Mr Airoll who very kindly drove them all to the competition.

Yesterday also saw some of our athletics students take part in the first round of the ESAA Athletics Finals at Blackshots Stadium, Thurrock. Each athlete was required to compete in one track and one field event during the day. Well done to all those students who competed in this first round.

Looking ahead to next week, I am looking forward to attending The Jack Petchey Awards Evening on Monday which is being held at the Palace Theatre, Westcliff to celebrate the success of some of our students. Our students will be attending as award winners and will be receiving their medals at this celebratory evening. It is a very special and important occasion for all those attending, especially the winners.

On Wednesday next week we have a number of trips taking place: Miss Murray is kindly accompanying a group of Year 9 students on a 'mudlarking' trip to the River Thames; some of our Year 9 and 10 SEND students will be visiting the University of Essex, Southend campus and Mr Webster will be kindly accompanying a group of U13 girls to the 'Chance to Compete' competition which is being held at the Orsett & Thurrock cricket club. Some of our Year 9 students will once again be supporting another primary schools' sports event at Garons on Wednesday with Miss Waite.

On Wednesday evening we are looking forward to hosting a Year 10 Parents' Revision Evening. As our Year 10 students enter the last twelve months of their time at Southchurch High School and ahead of sitting their GCSE examinations next summer, we feel it is important that we start to look at how we can support our Year 10 parents/carers and their children to maximise their full potential in these examinations. We are planning a series of sessions designed to inform Year 10 students and their parents/carers on effective ways of revising in preparation for their end of year assessments. This first session takes place next **Wednesday, 15 May, 2024 from 5.30 pm to 8.00 pm.**

Finally, I would like to stress to all parents/carers the importance of attendance of your child/ren to school each and every day. Any student with an attendance rate of 90% or below is classified as a Persistent Absentee. At this level, *regardless of the reasons for absence*, their attendance is considered by the Government to be of serious concern due to the likely impact on their education and future chances. Nationally, Government data shows that if more school is missed, the outcomes at the end of Year 11 are likely to be lower; source <https://explore-education-statistics.service.gov.uk/find-statistics/the-link-between-absence-and-attainment-at-ks2-and-ks4>). Secondary school students who did not achieve grade 9 to 4 in English and Maths missed 10 more days on average over the key stage than those who achieved grade 9 to 5 in both English and Maths. Please support us by ensuring your child attends to school every day and on time for their Tutor Time ie, 8.30 am. Thank you for your continued support.

Mrs Airoll
Headteacher

Key Dates

13 May	Jack Petchey 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

Menu

SWAN'S RESTAURANT WEEK 1

	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				

Lost Property

- Nike drawstring bag with PE Kit**
- Adidas drawstring bag with PE Kit**
- Plain black drawstring bag with PE Kit**

Art

Yesterday in their Art lesson, Year 8 were creating clay figurines inspired by contemporary artist Yayoi Kusama.

They all look fabulous, great work Year 8!



Science

Year 7 started a new exciting chemistry module this week. They were looking at a variety of chemical reactions and recording their observations.

It certainly looked like a lot of fun!



Design & Technology

This week, Year 9 have been working on their candle holders in DT.

They've created some great designs!





Mental Health Awareness Week takes place from Monday 13 - Sunday 19 May 2024. The theme, as set by the **Mental Health Foundation**, is “Movement: moving for our mental health.” This year, we want you to move your way by finding something that moves your body and mind.

WHY MOVEMENT MATTERS

Being physically active is great for our bodies and our minds.

Exercise has been proven to reduce anxiety and depression, and it can help us to prevent physical illnesses. Our own research shows that **56% of people found that exercising regularly helped** them to alleviate stress and prevent burnout in their lives.

MOVE YOUR WAY

Despite the evidence that keeping physically active can promote good mental health, we know there are barriers preventing us doing so, like accessibility, time, money, body image, lack of open space, or the negative connotations we might commonly associated with ‘exercise’ itself.

This Mental Health Awareness Week, we want you to ‘move’ for your mental health.

Movement doesn’t need to look like going to the gym, running a marathon or taking part in a team sport – and it doesn’t need to cost the earth. It can be as simple as stepping off the bus a stop early, moving a 1-2-1 meeting to a walking call, giving your child a push on a park swing after school, or dancing in your kitchen while you cook dinner.



There can be numerous barriers to being physically active and moving such as low energy, lack of confidence, or financial constraints. It’s likely all of us will face one or more of these barriers at some point in our lives - rather than be hard on ourselves, it’s important to recognise their validity and find what works for each of us.

TIME

Our lives can be so full on, with commitments at school, home and/ or work that finding time for physical activity can be challenging. Here are some of the ways you could carve out time in your daily life and work in some physical activity to your everyday.



Reshape your daily routines: if you normally drive somewhere – you could cycle instead, if you take the bus to school or work – you could get off a stop earlier. Perhaps you could do something active whilst watching TV such as going up and down stairs or doing wall pilates. If you’re having a meeting, could it be a walk and talk instead.

- **Identify spare time:** When you’re planning your week, find a 10-minute slot each day where you can do something physically active. Share it with others who might need your time such as family and friends so they can support you to respect that time. You could get up earlier if spare time is rare.

PHYSICAL HEALTH

People living with physical health conditions or disabilities may be prevented from carrying out certain movements and it’s important to consider what you can do given any medical or physical constraints. You may have been injured in the past and feel wary or concerned about the possibility again. Some of the steps below may support your return to physical activity.



- **Professional advice:** whether this is from your medical professional, physiotherapist or personal trainer, it’s important to take your physical condition into consideration so that you don’t undertake movements that may aggravate or place you at risk. They should be able to advise you of low impact movements that you can do without harm.
- **Prevention:** it’s really important to take the time to warm up and cool down when exercising, even more so if you have an injury. You don’t have to launch into high impact, work up to where you want to be by stretching and preparing your muscles and don’t forget to schedule in breaks.
- **Pace yourself and be kind:** sometimes pushing yourself can cause damage which could be a setback that leads to inactivity, so it’s important to pace yourself. Take breaks when needed and don’t be hard on yourself if you reduce or change what you’re doing. Some activity is better than none.
- **Healthy habits:** if you lack energy, you could consider reviewing your diet to ensure you are getting sufficient vitamins and minerals. Perhaps your sleeping habits are detrimental – getting enough sleep is important for your body to restore both physically and mentally.



FINANCIAL

Stretched finances during the cost-of-living crisis are likely to be a barrier for many. Whilst this might mean you can't subscribe to gym memberships or classes there may be other options to consider that cost less or are free.

- **Free activities:** taking a walk, jogging or running locally are free, aside from needing trainers. If you don't like solitary exercise and feel the need for company or motivation you could arrange to do this with a friend.
- **Community resources:** your local community may hold classes at local centres, churches etc that are much lower in cost than a local gym, you could find out about these on local noticeboards or in your library.
- **YouTube:** there are hundreds of free videos you can follow on YouTube covering all ages and abilities, from full body workouts, to yoga, wall pilates to muscle strengthening.
- **Apps:** there are free apps you can download with ideas, videos and tracking to keep you motivated.
- **Trials and offers:** take advantage of local leisure centre offers and trials to see whether it's worth investing in a membership.
- **Schemes and benefits:** your workplace may have a benefits scheme where you can pay for reduced membership or access other reductions relating to leisure. They may also have **bike to work schemes**, or salary sacrifice options for leisure equipment. **Students** can often access reduced rates for young people at leisure centres. If you're eligible, a medical professional could refer you to an exercise scheme, also called social prescribing or activity on prescription.



Useful helpline details

Childline 0800111

<https://www.childline.org.uk/get-support/>

Samaritans 116 123

<https://www.samaritans.org/>

Young Minds

<https://www.youngminds.org.uk/young-person/find-help/i-need-urgent-help/>

Shout Text YM to 85258

YOUNG MINDS
fighting for young people's mental health



IT'S OKAY TO NOT BE OKAY



Southend-on-Sea
City Council

NHS
Essex Partnership University
NHS Foundation Trust

Let's talk about...

Protecting the health of our children and young people

“

Parents want what is best for their children – and that includes the vital protection that vaccines provide from preventable diseases”

Maria Caulfield,
Health Minister and nurse



Come along to our free drop-in
Community Event and walk-in vaccination clinic
No appointment necessary.
For parents/carers with their children, students
and young people up to 26 years old.

Half Term • Tuesday 28 May 2024 • 10am – 3.30pm

- Ask questions and have a friendly informal chat with health professionals from Southend-on-Sea City Council's Public Health Team, a Doctor or the EPUT NHS nurses.
- Pick up information on how to support the health and wellbeing of children and young people
- Check vaccination status
- Free pop-up vaccination clinic – no need to book just walk-in

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



SCAN ME

For more information about protecting children and young people www.nhs.uk/vaccinations or scan the QR code:

Library Corner



Word of the week:

EXTEMPORIZE

Verb

Meaning: To improvise . To speak or perform without any preparation or thought.

This week's theme is: Mental Health Awareness Week/
The Start Of GCSE Exams.

Key date: 13-20 May

Did you know?

- The first recorded use of the word "mindfulness" was in 1530.
- Although humour can help depression, some of the most famous comedians have suffered from it, including Stephen Fry, Jim Carrey and David Walliams.
- Stress can lead to many health problems.

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

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

- Balance
- Exercise
- Holistic
- Mindfulness
- Peace
- Wellbeing
- Wellness
- Yoga

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

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.





British Army Apprenticeships in Intelligence & Comms: Webinar – 18 June at 3:30pm

Amazing Apprentices are hosting a webinar on 18 June for those who would like to learn more about the range of British Army apprenticeship opportunities in Intelligence & Comms.

You will hear from apprentices within the Royal Signals and Military Intelligence about their career journey, what their apprenticeships involve and why they chose an apprenticeship with the Army, the number 1 apprenticeship employer in the UK and Ireland.

Watch the video ‘Life as a Junior Solider’ at the Army Foundation College, Harrogate by clicking [here](#) and register your place for the webinar by clicking [here](#)

TESCO Webinar 14 May at either 4pm or 6pm

Tesco have launched their **Stronger Starts Retail Apprenticeship** programme. It offers an incredible opportunity for young people to develop new skills, build confidence and learn about all areas of retail as well as kick-starting their career. Plus, they will gain a **Level 2 National Standard in Retail** (equivalent to 5 GCSE passes) – no qualifications or experience needed!

Join this exclusive webinar on 14 May at either 4pm or 6pm with the Early Careers Team from Tesco to learn more about this exciting programme and the opportunities it offers!

Register your place by clicking [here](#)



GAME OF HOUSES
INTERHOUSE COMPETITION






CAREERS ESCAPE ROOM
Tuesday 14th May – all year groups
C004 & C005, 3:15-4pm



Come to our special Careers Office Escape Room and compete to earn house points! Just bring yourself and a pen!

CHECK IN HERE




We are holding an interhouse ‘Careers Escape Room’ on 14 May from 3:15pm -4pm

Students will find themselves ‘locked’ in the office after-hours and will need to solve careers-related puzzles and activities to obtain keys which hold numbers to a combination padlock.

Once they have all the numbers to open the padlock they can leave (escape) the ‘office’ and go home.

... but they only have limited time...!!

DISCLAIMER: NO STUDENTS WILL BE LOCKED IN OVERNIGHT!!