



# Southchurch High School

Friday 28 February 2025

## The Southchurch Way

*A community of opportunity, learning and aspirations*

Issue number: 22

### Message from the Headteacher

We do hope that your child had a good first week back at school and, of course, half term holiday.

As you are aware there were two days of staff training, taking place either side of the half term break on Friday, 14 and Monday, 24 February which were extremely successful for our teaching staff. Our staff training covered a number of areas, one of which was the introduction of 'SLANT' in lessons. SLANT stands for:

- S** Sit up straight, hands on the desk.
- L** Look and listen to anyone who is speaking.
- A** Ask and answer questions when asked.
- N** Nod your head for yes or no.
- T** Track the speaker with your eyes.

SLANT checks to ensure students are fully focused and taking every opportunity to learn in their lessons.

Once again, I would like to extend my sincerest thanks to Mr Farmer, Mr Carter, Miss Dark, Mrs Newington and Mr Patten who accompanied a group of Year 11 students on a maths residential trip to Ashford in Kent on Friday, 14 February through to Sunday, 16 February. All who attended had an excellent time and I am always mindful when staff go 'above and beyond' on trips such as this residential, that they choose to give up their personal time for the benefit of our students so it is much appreciated by me and, more especially, our students.

We do hope that all those Year 9 parents/carers that attended their respective Options Evening on either Tuesday or Wednesday of this week, enjoyed the evening and the discussions that would have taken place regarding their child's option preferences for Years 10 and 11.


Thank you to Ms Smith, Careers Advisor, who kindly organised and accompanied some of our Year 7 students who attended an Outreach Project at Garon Park today. The students had the opportunity to learn about land-based careers, take part in conservation and team building activities, practical agriculture (including tree planting), a landscape design activity and even an escape room.

Finally, as you are aware we love to celebrate the successes of our students outside of school, as well as at school, and I am delighted to be able to inform you that Sydney, in Year 11, will be dancing live on Sunday night's ITV 1 Dancing on Ice programme.

Sydney will be one of the dancers performing alongside the dance group, Diversity. I, for one, will be looking forward to watching Sydney perform on Sunday evening. Please do remember to let us know if your child celebrates a success outside of school.

Mrs Airoll  
**Headteacher**

### Menu

		<b>SWAN'S RESTAURANT WEEK 2</b>				
		Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Main Meal</b>	Meatballs Served with Pasta & Garlic Bread	Chicken & Mushroom Pie Served with Roasted New Potatoes Peas & Gravy	Sweet & Sour Chicken Served with Boiled Rice & Spring Rolls	Homemade Lasagne Served with Garlic Bread & Coleslaw	Chicken Burger Or Battered Fish Served with Chips
	<b>Vegetarian Meal</b>	Vegetable Lasagne Served with Garlic Bread & Coleslaw	Meatless Sausages Served with Roasted New Potatoes, Peas & Gravy (Vegan)	Vegetable Balti Curry Served with Boiled Rice & Naan Bread (Vegan)	Vegetable Pizza Served with Garlic Bread & Coleslaw	Vegetable Nuggets Served with Chips (Vegan)
		<b>Jacket Potato with Cheese ,Baked Beans or Tuna Mayonnaise Available</b> <b>Monday – Thursday</b> <b>Small Pasta &amp; Sauce Available Monday - Thursday</b>				

### Key Dates

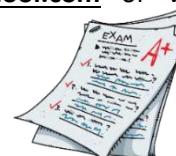
03 Mar	<b>Bake Sale</b> Both break times
06 Mar	<b>Year 10 Parents' Evening</b>
07 Mar	<b>'Southend Makes Music' Festival</b> Years 7 – 9 Palace Theatre
10 Mar	<b>STEM Go-Karting</b> Year 7
10/11 Mar	<b>Rock Climbing</b> Year 10 GCSE PE



### Exam Invigilator Vacancies

We are currently recruiting for exam invigilators, readers and scribes to strengthen our current exam team.

Therefore, if you know anyone who would be interested in working as an exam invigilator at the school, such as a family member, neighbour or friend, please ask them to contact [hr@southchurchschool.com](mailto:hr@southchurchschool.com) or visit our website for an application form.



## Crochet Club

This Wednesday in crochet club, we started on our journey to crocheting a plushie amigurumi turtle!



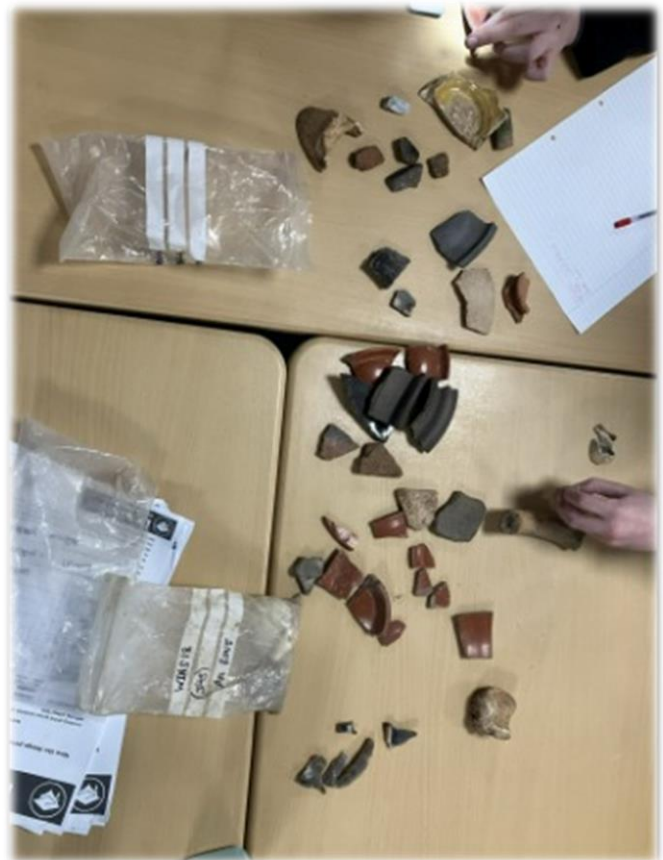
## World Book Day - 6 March 2025

## Bake Sale

## Archaeology Club

Just before half term, in Archaeology Club, students were given another opportunity to see up close the different types of pottery, worked flint and animal bone that can appear on UK archaeological sites.

The age ranges of the finds go as far back as the Neolithic, Bronze Age, Iron Age, Roman, medieval and Victorian. After half term students will be looking into how archaeologists prepare for excavations using a number of different methods.



## SEND News

**Education, Health and Care Needs Assessment (EHNA)**  
An Event for ParentCarers

Southend SEND Independent Forum (SSIF) continues its series of valuable informative events for ParentCarers of children with SEND with the fourth seminar of the year: "Education, Health and Care Needs Assessment (EHNA)".

**About the event**

This seminar is aimed at ParentCarers who have applied for or are thinking about applying for an Education, Health and Care Plan (EHCP), but would like to find out if it is necessary or right for their Child or Young Person.

We will aim to answer questions such as:

- What does an EHNA entail?
- Which services are involved?
- What happens after the assessment?
- What is my role and responsibility as a ParentCarer?

We have a panel of professionals from the Special Educational Needs and/or Disabilities (SEND) Team, Health and Education, who will talk about the assessment process. They will also bust some common myths.

We are inviting ParentCarers to submit any questions they have for the panel by email, by Monday 10th March 2025, via email, to [jody@southendsendindependentforum.org.uk](mailto:jody@southendsendindependentforum.org.uk). This is to save time in the room on the day as our speakers will build their presentations around the answers to these questions.

There will also be an opportunity for people to participate in a co-production session to develop a useful route map/flow chart of the EHNA process.

We look forward to seeing you there.

**Details**

**Date and time**  
Thursday, 20th March 2025  
9.15am to 12.45pm

**Venue**  
Civic Centre  
Committee Room 4 (1st floor)  
Victoria Avenue  
Southend-on-Sea, SS2 6ER

**Refreshments**  
Refreshments will be provided: Tea/coffee and biscuits

**Scan to book**

Southend-on-Sea City Council

## Lost Property

We still have lots of unclaimed coats and bags in Lost Property, outside the office.

Please send your child to have a look if they have lost an item!

### SATURDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

### SUNDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

### MONDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

### TUESDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

### WEDNESDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

### THURSDAY

6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today

27 Appreciate nature around you, wherever you are

### FRIDAY

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible



ACTION FOR HAPPINESS

Happier · Kinder · Together

## SPORTS NEWS



### SOUTHCHURCH HIGH

# SPORTS CLUBS

SPRING TERM 2

#### MONDAY

##### BEFORE SCHOOL

##### AFTER SCHOOL

##### Basketball

Mr Winyard

##### Southchurch Athletes

(Invitation only)

Mr Blows

#### TUESDAY

##### BEFORE SCHOOL

##### Gym

Mr Webster, 7:30-8:15

##### AFTER SCHOOL

##### Cheerleading

Southend Elite

##### Football (All)

Mr Blows

Mr Calder

Mr Winyard

##### Girls Football

Mr Merritt

##### Y9 Netball

Miss Waite

#### WEDNESDAY

##### BEFORE SCHOOL

##### Badminton

Mr Calder, 7:30-8:15

##### AFTER SCHOOL

#### THURSDAY

##### BEFORE SCHOOL

##### American Football

Mr Winyard, 7:30-8:15

##### AFTER SCHOOL

##### Cricket

Mr Winyard

##### Y7 & Y8 Netball

Miss Townley

##### Y7, Y8, Y9 Rugby

Mr Webster

##### Y9 Sports Leaders

Miss Waite

#### FRIDAY

##### BEFORE SCHOOL

##### AFTER SCHOOL

##### Hockey

Miss Waite



## Fixtures



## Next week's fixtures

**MONDAY 3rd**

Year 7 Rugby Tournament

**TUESDAY 4th**

Year 9 Netball v WHSG (A)

**WEDNESDAY 5th**

Borough Swimming Gala

**THURSDAY 6th**

Year 8 Football v Belfairs (A)

**FRIDAY 7th**

## Year 8 Science

Just before half term, Year 8 were investigating the energy stored in different fuels. They were tasked to conclude which one contained the most energy, based on their ability of heating water.



## Year 7

We are very excited to welcome back Big Bang Productions again with their STEM Go-Karts!

It was a great experience for our Year 7 students last year!



Coming soon....  
Monday 10 March 2025

**BRITISH  
SCIENCE  
WEEK 2025**

## Year 7

## STEM Karts

Big Bang Promotions will be delivering an exciting, interactive, STEM lesson to you, based around engineering for the future. All year 7's will have the opportunity to drive one of the ninebot Go-Karts designed by SEGWAY!



Please remember to bring in your permission slip to take part in driving one of the GoKarts

## Year 9 Science

Our Year 9 students have started the new term with exploring changes of state, and cooling curves.



# Library Corner



## Word of the Week:

**RUMINATE**

Verb

Meaning: To ruminate is to think carefully and deeply about something

This week's theme is: Artificial Intelligence—AI

Key date: March

Did you know?

- “AI winter” is the term used to describe periods of declining interest in AI.
- ChatGPT had over 100 million users within a month of its launch.
- Japan is spending £14m on AI projects to match-make single people in order to combat its falling birth rate.

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

Artificial  
Computers  
Creativity  
Employees  
Intelligence  
Learning  
Problem  
Solving  
Transform

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

# LIBRARY INITIATIVES

WORLD BOOK DAY— NEXT WEEK!

Thursday 6th March is World Book Day

We are excited for another World Book Day this year, with a number of events organised in the library throughout the week!

Visit the library during break or lunch to design your own bookmark, solve the riddles, play Scrabble, or double your class chart points on every Accelerated quiz taken throughout the week!

There will also be a raffle and an Emoji quiz on World Book Day in the canteen during lunch, with books and sweets to be won!

Don't miss out on the fun—join us for a week full of reading-related activities and celebrate the magic of books!

Back by popular demand

Southchurch High School edition of ....



Can you guess the teacher behind the mask?

## Important Library News

On Monday, every student will receive a

**£1 book token.**

This can either be put towards a book of their choice in most bookshops, or can be exchanged for one of the World Book Day selected titles for **FREE!** You can find the list of £1 books here:

<https://www.worldbookday.com/books-and-tokens/>

Happy reading!

