



Southchurch High School

Friday 25 April 2025

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 28

Message from the Headteacher

I would like to start by thanking all of you for your continued support, more especially over the last few days. As educators we are only too aware of how changes to an environment may affect young people and none more so than this week. However, we have been extremely pleased with how well our students have adapted to the new expectations which have been placed upon them since their return from the Easter break. I know many of you have been concerned, and interest in these changes has extended beyond the school.

As a school it is imperative that we look to move to rapid improvement on our journey to 'Good' and working closely with our Trust, Partnership Learning, we have introduced a tried and tested way, 'Silent Transitions', which ensures students are able to move quickly and quietly between lessons. Silent Transitions has worked really well at other schools in the Trust, proving popular with parents/carers, students and staff. Feedback from teaching staff this week has been overwhelmingly positive; students are arriving calmly to lesson and, more importantly, ready to begin their learning immediately, without possible distraction, which I am sure you will agree is essential, not only for your child/ren but also their teachers. I am aware that a number of you have confirmed your attendance at the Parent Forum which is to be held next Wednesday at 6.00 pm and myself and my Senior Leadership Team look forward to speaking on this matter further at the Forum. If you wish to attend, please ensure you confirm your attendance, details on how to do so were contained in the letter sent by email yesterday.

As many of you will have seen from the numerous Facebook posts, those students attending the skiing trip over the first week of the Easter break to Seree Chevalier had an amazing time. Thank you again to Miss Atkinson, Miss Stockman, Mr Calder and Mr Winyard as, without their kind support, the wonderful memories made for those students would not have been possible.

I would also like to thank Miss Cooper and Miss Caten for their kind support of the Year 7 trip to the Cliffs Pavilion on Thursday, 17 April to see the production of The Lion, The Witch and The Wardrobe. Once again, these members of staff gave up their personal time in support of this school trip.

Year 11 parents/carers will be aware that many of our staff kindly gave up time in their Easter break to support revision sessions, ahead of the forthcoming GCSEs, so I would like to take this opportunity to thank those staff once again and, of course, the students who attended.

Selected Year 9 students are taking part in a visit to the Imperial War Museum today and I would like to thank Miss House, Mr Harvey and Mr Calder for their kind support of the students on this trip.

We shall be holding the Year 7 Parents' Evening next Thursday, 1 May. Details were sent earlier in the week regarding the booking of appointments. If you have any questions or did not receive the letter, please email info@southchurchschool.com.

Thank you to Miss Stockman who is kindly hosting 'Prom Ready Rentals' for our Year 11 students, tomorrow, Saturday, 26 April, and next Saturday, 3 May from 9.00 am to 11.00 am in the Sports Hall. There will be a variety of Prom outfits available to rent for this year's Prom; please note a small donation and deposit will be required.

Finally, as we are fast approaching the start of the GCSE examinations for our Year 11 students, next week our MFL students will sit their respective speaking exam, I would like to take this opportunity to wish each and every one of the students, on behalf of the whole school community, all the very best.

Mrs Airoll
Headteacher

Key Dates

30 Apr	Parent Forum 6.00 pm
01 May	Year 7 Parents' Evening
23 May	Last day of term
26 - 30 May	Half Term holiday
02 June	Students return to school

Menu

SWAN'S RESTAURANT		WEEK 2			
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	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
Vegetarian Meal	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)
Jacket Potato with Cheese ,Baked Beans or Tuna Mayonnaise Available Monday – Thursday Small Pasta & Sauce Available Monday - Thursday					

Code Club

Code Club are pleased to announce that we have three completed projects that will be run on the ISS next month!

Submissions for Mission Zero 2024/25 are now closed.

SUBMITTED PROGRAMS

30 Debugs

Congratulations! This team's code is eligible to run on the ISS.

30 dogbread

Congratulations! This team's code is eligible to run on the ISS.

30 mecha

Congratulations! This team's code is eligible to run on the ISS.

Spring Reports

The Year 7 - 9 Spring reports will be coming home with your child today. Should you not receive your child's report, please contact their Head of Year or Tutor.

Breakfast Club

There has been a slight change to our Breakfast Club time. The session now runs daily from 7.00 am until 8.15 am.



CONGRATULATIONS!



"If you think you can, you can"

Jack Petchey Speak Out Challenge

We were incredibly proud to attend the Jack Petchey Speak Out regional final at Westcliff High School for Boys this week.

Grace in Year 10 was our representative and delivered an extremely powerful and well-written speech about the importance of having confidence and the positive impact drama lessons have in schools.

She spoke incredibly well and was a fantastic ambassador of Southchurch High School.

Well done Grace!



Science

Our Year 9 students enjoyed their lesson on blood and being able to look at pre made blood sample slides using microscopes.

They worked so well and were able to identify the main components!



Ski Trip

Over the Easter break, forty of our students, Miss Atkinson, Miss Stockman, Mr Winyard and Mr Calder, all went skiing in the beautiful Serre-Chevalier! They had a fantastic time and made wonderful memories!



SOUTHCHURCH HIGH

SPORTS CLUBS

SUMMER
TERM 1

MONDAY

BEFORE SCHOOL

High Jump

Mr Blows, 7:30-8:15

AFTER SCHOOL

Athletics - Sprints

Mr Blows

Mr Calder

American Football

Mr Winyard

TUESDAY

BEFORE SCHOOL

Gym

Mr Webster, 7:30-8:15

AFTER SCHOOL

Cheerleading

Southend Elite

Football (All)

Mr Calder

Mr Winyard

Girls Football

Mr Merritt

Athletics - Throws

Mr Blows

Mr Webster

WEDNESDAY

LUNCHTIME

GCSE PE Revision

Miss Waite

THURSDAY

LUNCHTIME

Sport and Coaching

Principles Revision

Mr Calder & Mr Webster

AFTER SCHOOL

Cricket

Mr Winyard

Y9 Sports Leaders

Miss Waite

Tennis

Mr Calder

FRIDAY

BEFORE SCHOOL

Athletics - Middle

Distance

Mr Blows

AFTER SCHOOL

Rounders

Miss Waite

Athletics - Throws

Mr Blows

SOUTHCHURCH HIGH
Personal Development



Library Corner



Word of the Week:

Biodiversity

Noun

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

This week's theme is: Earth Day

Key date: 22 April

Did you know?

- The Amazon rainforest has the highest biodiversity of all forests, but deforestation and rising temperatures threaten this ecosystem.
- In the earth's history, there have been five mass extinctions, when over 75% of species disappeared.
- Freshwater habitats make up less than 1% of the planet's surface, but they support nearly 10% of all known animal species.

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

Abundance	G	C	K	W	V	H	P	F	S	M	B	A	
Animals	T	N	L	W	Q	L	F	E	D	Q	E	I	N
Biodiversity	O	R	R	I	A	P	I	B	Y	L	T	O	I
Climate	G	S	E	N	M	C	F	K	E	C	S	D	M
Ecosystem	I	V	T	B	E	A	Q	P	G	B	Y	I	A
Farming	M	S	X	P	R	I	T	P	U	W	S	V	L
Habits	Z	L	S	H	Q	U	B	E	F	Z	O	E	S
Nature	U	O	I	T	A	T	I	B	A	H	C	R	K
Plants	F	N	Z	S	B	F	T	Q	S	M	E	S	K
Species	G	N	A	T	U	R	E	H	B	T	V	I	B
	Z	E	C	N	A	D	N	U	B	A	C	T	A
	Q	T	M	V	Y	K	N	W	B	H	N	Y	K
	R	R	H	M	X	F	A	E	U	Q	S	P	Q

LIBRARY INITIATIVES

Welcome to the Library

Miss Watson and Ms Strover would like to welcome you back to the library, we hope you enjoyed the Easter break and are ready to take some AR quizzes on the books you have read.



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!

After School Club: Monday-Thursday

The Library is open to all students after school to enjoy the same activities that we have running at break & lunch.

Students have access to the computers for study or coursework. These activities will now run until 4.30pm.

Important Information

- 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. Please take care of the books.
- 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 login details.



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/>

Useful helpline details

Childline 0800 1111

<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



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



Meaningful May 2025

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

1 Do something kind for someone you really care about

FRIDAY

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

SATURDAY

3 Take a step towards an important goal, however small

SUNDAY

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

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

6 Look for people doing good and reasons to be cheerful

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

8 Set yourself a kindness mission to help others today

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

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

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

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

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

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

17 Find a way to make what you do today meaningful

18 Send a handwritten note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

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

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

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

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

31 Find three reasons to be hopeful about the future

