



# Southchurch High School

Friday 05 September 2025

## The Southchurch Way

*A community of opportunity, learning and aspirations*

Issue number: 01

### Message from the Headteacher

I would like to start by welcoming our new parents/carers to Southchurch High School and this our weekly newsletter for parents/carers.

For those old, and new to the Southchurch community, I hope you and your families had a good summer and that your child/ren have enjoyed their first week as much as we have all enjoyed seeing them back at school.

As a school community we had the pleasure of welcoming our new cohort of Year 7s to the school on Tuesday, for their separate induction day, ahead of the return of all students on Wednesday. This is always an exciting time for the school as we embrace the next chapter in their education at secondary school. However, we acknowledge that this may be a particularly anxious time for some students and their parents/carers. If any Year 7 parents/carers have any concerns please contact the Year 7 Team; Miss Stockman, Head of Year 7, or Miss Caten, Student Support Assistant.

In addition to welcoming our new students to the school community, we are also delighted to welcome Miss Gibbons, Miss Alexander, Mr Glover and Mr Richards to the staff teaching team.

Please remember that students are expected to be on the school site by 8.25 am each morning in readiness for silent transitions and the start of their Form Tutor time at 8.35 am. Students who arrive to school late are issued with a one-hour, same day, detention after school, with further sanctions set if they fail to serve this detention. We ask for your support in reinforcing this message.

We would ask parents/carers of students in Year 11 to note that there will be a Parents' Evening on Thursday, 11 September from 4.00 to 7.00 pm. Further information and how to book your appointments with your child's teachers have been sent.

Please note that due to the school hosting our Open Evening for prospective parents/carers students will be dismissed at 2.00 pm on Wednesday, 17 September and will also have a late start on Thursday, 18 September. Students will be expected into school at 11.00 am; please remind your child/ren that they will not be able to access the school site until 11.00 am so therefore should not arrive any earlier.

For any parents/carers who have not joined, particularly those new to the school, we would like to encourage you to join our Facebook page which can be found at <https://www.facebook.com/SouthchurchSchool>.

We continually update our Facebook page throughout the school week with updates on school life.

For those of you who are new to the Southchurch community, we are registered with easyfundraising. Each time you shop online with the 7,000 brands registered, the school will receive a donation which will make a **BIG** difference to us, so we would really appreciate it if you could take a moment to sign up and support us. It is completely **FREE** and only takes a moment. You can find our easyfundraising page at

[https://www.easyfundraising.org.uk/causes/southchurch-high-school/?utm\\_medium=email&utm\\_campaign=pmc&utm\\_content=gs-email1!](https://www.easyfundraising.org.uk/causes/southchurch-high-school/?utm_medium=email&utm_campaign=pmc&utm_content=gs-email1!)

Finally, if you have any unwanted items of school uniform, in reasonable condition, we would be extremely grateful if you would consider donating to the school. Any items of unwanted school uniform may be handed into the school via Reception. A huge thank you to all those kind parents/carers who kindly donated ahead of the school holidays. Your donations enable us to assist with families in need.

Mrs Airoll  
**Headteacher**

### Menu – Week 2

<b>SWAN'S RESTAURANT</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Meal</b>	Chicken Tikka Curry Served with Boiled Rice & Indian Snacks (Halal)	Homemade Steak Pie Served with Mashed Potatoes, Peas & Gravy	Roasted Chicken Thighs Served with Roast Potatoes, Vegetables & Gravy (Halal)	Macaroni Cheese Served with Garlic Bread	Jumbo Hotdog Or Battered Fish Served with Chips
<b>Vegetarian Meal</b>	Vegetable Balti Curry Served with Boiled Rice & Indian Snacks (Vegan)	Cheese & Onion Slice Served with Mashed Potatoes, Peas & Gravy	Quorn Fillet Served with Roast Potatoes, Vegetables & Gravy	Vegetable Lasagne Served with Garlic Bread	Vegetable Pizza Served with Chips
<b>Extra's</b>	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Available Monday – Thursday Small Pasta & Sauce Available Monday - Thursday (All of our chicken is Halal—including sandwiches/wraps etc. The beef and pork we use is not halal)				

## Key Dates

11 SEP	Year 11 Parents' Evening 4.00pm – 7.00pm
17 SEP	Students dismissed at 2.00pm Open Evening 5.30pm – 8.00pm
18 SEP	Students start at 11.00am
26-27 SEP	DofE Expedition

## Breakfast Club

We offer a **FREE** Breakfast Club every day from  
**7.00 - 8.15 am!**

The following items are available every day **FOR FREE**  
(ONLY available between these times)

**Section A** – Toast, Cereal, Fresh Fruit, Yogurt or Oat Cookies

**Section B** - Milkshake, water, juice, hot chocolate or tea


**Also available to buy are:**

Hot breakfast rolls £1, £1.50 & £1.80


Fresh Danish pastries 80p

Selection of drinks 60p-80p

**Or:** A two item breakfast roll and drink £2



# SOUTHCHURCH HIGH CLUBS



### EVERYDAY CLUBS

MONDAY-FRIDAY FOR ALL YEARS

**Breakfast Club**  
7am, all years, Canteen

**Library Club**  
Break & lunch, all years

#### MONDAY

**BREAK TIME**

**Careers Club**  
Careers Office, all years

**Library Club**  
Library, all years

**LUNCHTIME**

**Formula One Club**  
A130, all years

**Library Club**  
Library, all years

**Calming Club**  
C001/DT, all years

**AFTER SCHOOL**

**Library Club**  
Library, all years, until 5pm

**Cooking Club**  
Food Room, all years

#### TUESDAY

**BREAK TIME**

**Careers Club**  
Careers Office, all years

**Library Club** Library, all years

**LUNCHTIME**

**Music Club** C013, all years

**Library Club Library** all years

**AFTER SCHOOL**

**Lego Club**  
C004, all years

**School Musical**  
C002, all years

**Library Club** all years

**Cooking Club**  
Food Room, years 7,8,9

**DT Club** C001/DT, years 7,8,9

#### WEDNESDAY

**BREAK TIME**

**Careers Club** Careers Office

**Library Club** Library, all years

**LUNCHTIME**

**Library Club** all years

**Adobe Graphic Design Club**  
A114, all years

**AFTER SCHOOL**

**Gardening Club**  
C004/front garden, all years

**Reading Club** Library, all years

**Duke of Edinburgh**  
A131, Year 9/10 after sign up

**Science club** A116, Year 7 & 8

**Science Revision Club**  
A119, Year 9-11

**Library Club**, all years

**Cooking Club** Food Room, Y7,8,9

**Code Club** C002 All years

#### THURSDAY

**BEFORE SCHOOL**

**Reading Club**  
Library, all years

**BREAK TIME**

**Careers Club**  
Careers Office, all years

**Library Club** Library, all years

**LUNCHTIME**

**Library Club** Library, all years

**Calming Club**  
C001/DT, all Years

**Textiles Club**  
C004, all years

**AFTER SCHOOL**

**School Musical**  
C002, all years

**Library Club** all years

#### FRIDAY

**BREAK TIME**

**Careers Club**  
Careers Office, all years

**Library Club** Library, all years

**LUNCHTIME**

**Library Club**  
Library, all years


**AFTER SCHOOL**

**School Musical**  
C002, all years

**Cooking Club**  
Food Room, year 10 & 11

**DT Coursework**  
A114 TBC, year 11

**Sociology**  
A025, year 10 & 11 Sociologists



# SOUTHCHURCH HIGH SPORTS CLUBS

## AUTUMN TERM 1

#### MONDAY

**LUNCHTIME**

**Y7 Football (MUGA)**  
Mr Blows

**Y11 GCSE PE Revision**  
Miss Waite

#### TUESDAY

**LUNCHTIME**

**Y8 Football (MUGA)**  
Mr Blows

**AFTER SCHOOL**

**All Years Basketball**  
Mr Winyard

**Y7/8 Rugby**  
Mr Blows, Mr Calder

**Mr Webster**

**Y10/11 Netball**  
Miss Edwards

#### WEDNESDAY

**BEFORE SCHOOL**

**Badminton**  
Mr Calder

**LUNCHTIME**

**Y9 Football (MUGA)**  
Mr Blows

**Y10 GCSE PE Revision**  
Miss Waite

**AFTER SCHOOL**

**All Years Dodgeball**  
Miss Atkinson

**Y7 Netball**  
Miss Edwards

**Y8 Netball**  
Miss Waite

**Running Club**  
Mr Blows

#### THURSDAY

**BEFORE SCHOOL**

**Table Tennis** Mr Lockwood

**LUNCHTIME**

**Y10 Football (MUGA)**  
Mr Blows

**AFTER SCHOOL**

**Cheerleading**  
Southend Elite

**Y7 Football girls & boys**  
Mr Lockwood

**Y8 Football girls & boys**  
Mr Winyard

**Y9 Football girls & boys**  
Mr Webster

**Y10/11 Football girls & boys** Mr Calder

**Y9 Netball**  
Miss Townley

**Y9 Sports Leaders**  
Miss Waite

#### FRIDAY


**LUNCHTIME**

**Y11 Football (MUGA)**  
Mr Blows

**AFTER SCHOOL**

**All Years Hockey**  
Miss Edwards

**Miss Waite**



SOUTHCHURCH HIGH  
Personal Development



# Library Corner



Word of the Week:

**INCENTIVE**

Noun

Meaning: Something that arouses action or activity.

This week's theme is: Motivation

Key date: 6 September

Did you know?

- Motivation is a result of our experiences. It stems from a set of neurochemical networks that develop over our lifetimes.
- Employees tend to be 20% more productive in the workplace when they are motivated.
- Often, external incentives are not the most effective at boosting motivation.

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

Achieve  
Ambition  
Believe  
Dreams  
Goals  
Hope  
Inspire  
Mind  
Motivation

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

## LIBRARY INITIATIVES

Welcome to the New Term

Miss Watson and Ms Strover would like to welcome you back and hope you had a great summer. We have really enjoyed meeting all the new year 7's who have already taken out many of our new books .

Please remember to quiz on Accelerated Reader to earn class chart points!



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 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.





# Become a youth leader



Southend and Rochford Cadet Group urgently require new Youth Leaders and Youth Helpers. Can you help?  
Contact name: Nicole Gansbuhler  
Email address: nicole.gansbuhler@sja.org.uk



Apply now at [sja.org.uk/youthteam](https://sja.org.uk/youthteam)

St John Ambulance currently has vacancies for Youth Leaders at your local Southend and Rochford Cadet Group.

The unit is in URGENT need of volunteers to continue to provide safe and supportive spaces for young people to develop and grow.

This is a valuable opportunity for parents to support young people in developing leadership and essential life-saving skills.

## WELL-BEING

### Self-Care September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS

Happier · Kinder · Together