



Southchurch High School

Friday 12 September 2025

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 02

Message from the Headteacher

I was delighted to see so many of our students in Years 8 to 11 settling back well into the full rhythm of school life this week and it has also been so pleasing to see our Year 7 students quickly adapting to life at secondary school. As educators, we always hope that this will be the case! There have been lots of wonderful lessons taking place as evidenced on Facebook this week. Please remember to join our Facebook page if you want to see all the wonderful activities, and possibly your child enjoying them, as we continually upload, to keep you informed, throughout the week.

On Monday, during Period 4, our Year 7 students were off timetable for a 'Celebration Event' focusing on the importance of excellent attendance. It was wonderful to see the students taking part in games such as a three-legged race, egg and spoon race and space hopper race. Students received an ice cream at the end of the games. Certificates will be presented to students at their year group assembly on Friday.

Thank you to all those parents and carers who very kindly attended the Year 11 Parents' Evening on Thursday. In such an important year for these students it was good to see so many of their parents and carers in attendance.

Here at Southchurch High School, our school community takes great pride in belonging to a school house and, of course, taking part in our fiercely contested inter-house competitions. All members of the school community, students and staff alike, belong to a house. We were very much looking forward to our Year 7s finding out which house they will belong to. Today, each Year 7 student was presented with a scratch card which revealed their individual school house. Our school houses are Dragon, Pegasus, Griffin and Phoenix. I, myself, belong to Phoenix! Parents/carers of Year 7 students, don't forget to ask your child which house they now belong to!

All year groups will be reissued house badges next week. It is an expectation that all students wear the house badges as part of their school uniform.

The personal development enrichment and sports clubs have started this week. There is a massive uptake of students to all clubs, which is wonderful to see. These clubs are free of charge and open to all students. The timetable of clubs is available to view on the school website. Students will be given one house point for every club they attend. Every half term the student with the most house points will be rewarded.

Please note that due to the school hosting our Open Evening for prospective parents/carers students will be dismissed at 2.00 pm next Wednesday, 17 September and will also have a late start next Thursday, 18 September. Students will be expected to attend 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.

Mrs Airoll
Headteacher

Menu

SWAN'S RESTAURANT					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Korma Served with Boiled Rice & Naan Bread (Halal)	Homemade Beef Lasagne Served with Garlic Bread	Chicken Fajita Served with Diced Potatoes & Coleslaw (Halal)	Pork Sausages Served with Mashed Potatoes, Peas & Gravy	Chicken Burger or Battered Fish Served with Chips (Halal)
Vegetarian Meal	Vegetable Sweet & Sour Served with Boiled Rice & Spring Rolls (Vegan)	Vegetable Pasta Bake Served with Garlic Bread	Vegetable Quiche Served with Diced Potatoes & Coleslaw	Vegetable Hotpot Served with Peas & Gravy	¼lb Vegan Burger Served with Chips (Vegan)
Extra's	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)				

Open Evening






Southchurch High School

OPEN EVENING

Wednesday 17 September 2025 - 5.30 – 8.00pm

All welcome, no appointment necessary

For more information

T – 01702 900777
 E – info@southchurchschool.com
 W – www.southchurchschool.com

Key Dates

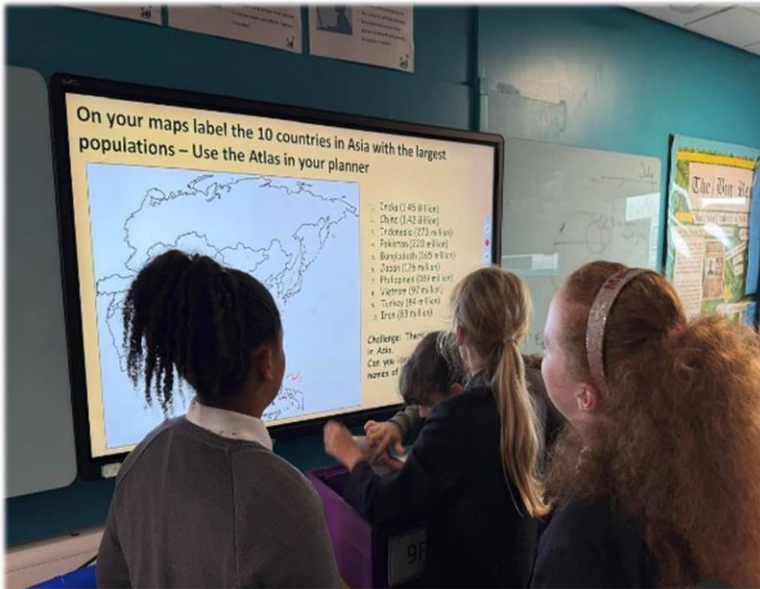
17 SEP	Students dismissed at 2.00pm Open Evening 5.30pm – 8.00pm
18 SEP	Students start at 11.00am
26-27 SEP	DofE Expedition

Year 9 Geography

This week, 9E were learning about Asia in geography with Mr Blows, and he was really pleased to see everyone getting involved.

The class worked together to find the countries using atlases, showing great teamwork and enthusiasm.

It was fantastic to see how well they supported each other while learning about such a big and exciting continent!



Year 7 Road Safety

This term, Year 7 students will take part in an innovative Theatre in Education project delivered by *The Riot Act*, funded by the Safer Essex Roads Partnership.

Through a mix of drama performance and interactive workshopping, students will explore important road safety themes, such as the risks of distractions from phones, music, and friends, as well as how to handle peer pressure and make positive choices on every journey they make.

The performance is designed to be engaging, thought-provoking and memorable, ensuring students not only enjoy the experience but also take away vital messages to help keep them safe.

We're delighted to bring this unique opportunity to students throughout Essex.

Year 7

The Year 7 students kicked off the week with Monday Madness, showing incredible behaviour and a fantastic start to Year 7.

To celebrate their amazing achievements, they participated in a fun hour of carnival sports!



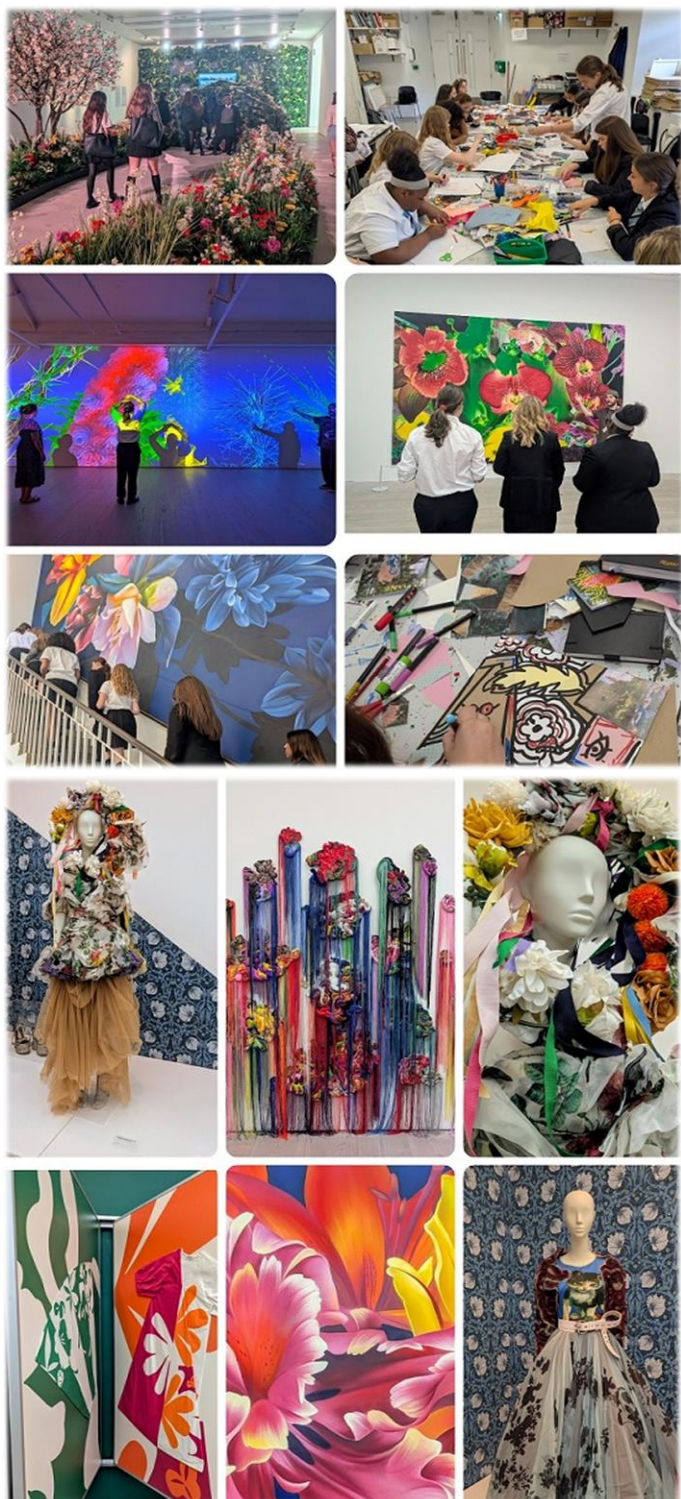
Saatchi Gallery Trip

Just before the summer holiday, Year 10 visited the Flowers Exhibition at the Saatchi Gallery, London, followed by an art workshop.

We were lucky enough to see over 500 unique artworks and objects on display throughout the exhibition, divided into nine sections – from Roots, In Bloom, Flowers and Fashion, Science: Life & Death, to New Shoots – each exploring different creative themes and media. In Music, Film & Literature, a wall of vinyl records displayed floral themes on album covers over the past 50 years.

One room was entirely devoted to a bespoke installation piece by Rebecca Louise Law, made up of over 100,000 dried flowers, while another was transformed into a digital projection space featuring interactive work of the pioneering French artist Miguel Chevalier.

A very inspiring day was had by all!



Breakfast Club

Our breakfast club is open to all!

Please encourage your children to attend if they want to spend time with friends, watch movies, finish homework or just enjoy the toast and hot chocolate!



Young Carers Club

Carers First
Young Carers

Young Carers Club

St Michael & All Angels Church Hall
62 Leigh Road,
Leigh-on-Sea, Essex, SS9 1LF

Commencing weekly, 26th February 2025

Wednesdays 4:15pm – 6:15pm, alternating
groups for ages 5-11 and 12-18 years

Register with us online

carersfirst.org.uk



0300 303 1555

Library Corner



Word of the Week:

BEHEST

Noun

Meaning: An urgent prompting

LIBRARY INITIATIVES

Welcome to the Library

Miss Watson and Ms Strover would like to remind you that the library is open everyday during break & lunch and Monday-Thursday after school. The Library is a calm, quiet place to come and sit and read in one of our comfy reading areas or to enjoy boardgames; such as chess and 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!

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.

This week's theme is: Roald Dahl Day

Key date: 13 September

Did you know?



- He invented more than 500 new words and character names...
- He wrote most of his books in his garden shed.
- During WW2 he was a spy and a pilot.
- He never learned to type – he hand wrote all of his books in pencil.
- Roald Dahl was 6 foot 6!!

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

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

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



WELL-BEING

This week's theme is "Resilience" which is the ability to bounce back after adversity (something that has caused us stress and upset us)

Everyone has ups and downs - difficulties are part of life for us all. Science shows we can learn skills, actions and habits of thinking that boost our natural resilience.

Active coping

We can't always predict or control what life throws at us, but there is always something we can try, even if it's tiny. Active coping involves acknowledging the difficulties we are experiencing and finding something constructive to try to make today or tomorrow slightly better.

Try it: Reflect back on a challenging or difficult time in your life. What helped you cope and come through it? How could that help you today?

Investing in our Resilience

Nurturing your relationships with others, knowing who you can turn to for support when you have difficulties and exercising and taking care of your body in other ways like getting enough sleep, eating properly and not numbing ourselves with alcohol or in other ways, are especially vital.

Reflection: What actions help you maintain and build your resilience? Who are people you can turn to when you are struggling?

Resilient thinking – our thoughts drive our emotions

The way we think has a significant impact on how we feel. Learning to check in and challenge our instant thoughts helps us manage our emotions and the reactions that result.

Ask yourself – is this thought true? Is there any evidence to support it? True to reframe the thought in a more positive way.

Resilient thinking – Watch out for thinking traps

Once we start to notice our instant thoughts and interpretations that trigger an emotional reaction in us, we might start to notice themes. It's very common for many of us to have habitual patterns of interpretation we can fall into that undermine our resilience and even lead to depression and anxiety, especially when we are tired, stressed or overwhelmed. These are often called thinking traps.

Some common thinking traps include:

Blaming ourselves, believing it's permanent, blaming others, all or nothing thinking, mind-reading, mis-labelling, should or ought to, magnification or minimisation, emotions as facts and catastrophising.

"Resilience is...
the ability to resist or bounce back
from adversity and not break ~"
Prof. Tanya Byron

