



Southchurch High School

Friday 19 September 2025

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 03

Message from the Headteacher

Firstly, as you should be aware from a letter that I wrote earlier in the week to all parents/carers, it has only just come to our attention that some of you may not have received any communications via email or text since the start of the new academic year. For this I can only apologise most sincerely. We have now taken steps to ensure that communications to all parents/carers are sent directly from our info email address box rather than our communications reporting system. Please bear with us until such time as we are assured that the problem has been corrected. Any letters that need to be circulated to parents/carers will also be posted on Facebook so please ensure you are checking our Facebooks posts regularly.

If you have yet to join our Facebook page this might be an opportune time, not only to ensure you are aware of any letters being sent but also 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. Apologies to those who may have already received previous Parent Newsletters this term and are aware of this; I would like to encourage any parents/carers new to the school to join our Facebook page which can be found at

<https://www.facebook.com/SouthchurchSchool>.

Therefore, for some of you, especially our Year 7 parents/carers, this may be your first Parent Newsletter of this academic year.

One of the events we look forward to at the start of each academic year is our Open Evening for prospective Year 6 students. We held this year's Open Evening on Wednesday and were delighted to see so many parents/carers and their children keen to visit and learn more about us, as a school community, and all that we have to offer. I would like to take this opportunity to thank all those wonderful students and our staff who kindly assisted at our Open Evening. Special thanks to Alice, Lexi, Jacob and Logan, new Year 7 students and Sophie and Jack in Year 11 for kindly assisting me during my addresses to prospective parents/carers. Their input was much appreciated and provided the audience with a taste of their experiences at the school, to date for these Year 7 students and of the last four years for Sophie and Jack. I would also like to thank all the parents/carers of those students who kindly assisted. Their contributions are invaluable at events such as this, particularly for prospective parents/carers as they are able to question first hand our students about their day-to-day experience of our school. We are all so proud of our school and enjoyed having the opportunity to demonstrate this to our visitors on Wednesday evening.

For those of you not aware, 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. Our Year 7s found out which house they will belong to last Friday; they were each 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, if they have not already told you!

Year 7 students were then presented with their new house badges on Monday, with all other year groups receiving their new house badges during their Form Tutor time this morning. Students will be expected to wear their house badges with pride as part of their uniform; please be sure to remind them to do so!

The personal development enrichment and sports clubs are up and running. There has been 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, please be sure to check it out and encourage your child to take a look to see if any clubs are of interest to them. 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.

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!

Finally, if you have any unwanted items of school uniform throughout the school year, 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

SWAN'S RESTAURANT					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	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
Vegetarian Meal	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
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

We held our Open evening on Wednesday and it was a wonderful opportunity to show off all we have to offer at Southchurch High School!



Food Tech

This week, 7H have continued using their bridge and claw methods to chop chorizo, chicken and vegetable ready for their kebabs! They all smelt and looked delicious!



Also, 8H were learning how to make their own butter with only double cream, a jar and a marble! They had to shake the jar in order for the marble to churn the cream.

This will taste delicious with their soda bread!



Construction

Some pictures from Construction, this week! We've had lessons on demolition in Year 10 and our Year 11 students have started their practical coursework, constructing a stud wall!



Key Dates

26 - 27 SEP	D of E Expedition
09 OCT	Year 7 Tutor Evening
13 OCT	Year 7 Road Safety Session
14 OCT	Year 10 Work Experience Launch Evening
17 OCT	Last day of term
20 - 31 OCT	Half Term holiday
03 NOV	Students return to school



Dodgeball Club

Dodgeball club is well underway now and those who attend are thoroughly enjoying it!



RAF Careers

Meet RAF specialists and personnel online at our RAF World themed events, which take place on 24 September 2025.

The next event is scheduled for Wednesday September 24. These themed online events are the perfect opportunity to explore many different aspects of a career in the Royal Air Force. You will be able to learn from professionals who can guide you to help you find your ideal RAF career.

As well as live speakers, there are also chat rooms to find out more about specific professions and topics. You'll be able to connect with a friendly RAF recruiter online and our experts will be there to answer all your questions about career paths, RAF lifestyle, sports opportunities, benefits, and how to start your RAF journey.

Register for the September 24 event [here now](#)



The poster features a Royal Air Force pilot in a cockpit, wearing a helmet and goggles. The text "ROYAL AIR FORCE REGULAR & RESERVE" is in the top left, and "FIND YOUR FORCE" is in the top right. The main title "MISSION READY" is in large white letters, with the tagline "BUILT TO RISE ABOVE EXPECTATIONS" below it. A red button says "JOIN US ON 24.09.25 AT 19:30".

Step Into the action with RAF World: Mission Ready!
An exciting virtual event that puts you at the heart of the Royal Air Force experience.

Uncover your potential through interactive missions and live Q&As with RAF personnel. Find out what it takes to join a force that's always one step ahead.


What awaits you:

- Hear from serving RAF members and discover what it's really like behind the uniform.
- Dive into scenarios and test your decision making under pressure.
- Experts from every Profession will be available to chat to, including Air and Space Operations, Ground Combat & Security and Intelligence.
- Experience 360° virtual environments and see where a career in the RAF can take you.

Considering a career that redefines possibility? Don't miss out on this one-of-a-kind virtual adventure!

Sign up today! Your first mission begins here.

CLICK HERE TO BOOK YOUR FREE TICKET NOW!



THE HOUSE SYSTEM



At Southchurch High School each tutor group is attached to one of FOUR houses.
The houses are represented by **4 mythical creatures**

PEGASUS

- ✓ A **winged horse** from Greek mythology, born from the blood of the Gorgon Medusa.
- Symbolizes freedom, poetic inspiration and
- artistic imagination.



DRAGON

- ✓ A **reptilian creature** appearing in the folklore of many global cultures.
- Symbolizes strength, power, and good fortune



PHOENIX

- ✓ A **fiery bird** from various mythologies, including Greek and Chinese folklore.
- A powerful symbol of rebirth, immortality, and renewal, often depicted rising from ashes.



GRIFFIN

- ✓ A creature with the body of a **lion** and the **head and wings of an eagle**
- A protector from evil and slander, it embodies strength and vigilance.



BADGES

You will also get a new house badge to wear on your blazers.
Your badge is now part of the school uniform expectation and **MUST** be worn at **ALL** times.



THE House System



- You will receive **ONE** house point if you attend a club, trip or participate in any school activity.
- You will also have an opportunity to collect house points during interform and interhouse competitions throughout the year.
- House points will be updated **every 2 weeks** on the leader boards in the canteen and MUA
- Every term students from the winning house will have a **special treat.**

Library Corner



Word of the Week:

PENSIVE

Adjective

Meaning: Reflecting deep or serious thought.

This week's theme is: Youth Mental Health

Key date: 19 September

Did you know?

- In the last ten years, young people have overtaken older people as the group most likely to suffer from mental illness.
- Poorer people are more likely to suffer from mental health conditions than richer people
- Poor mental health is linked to physical illnesses and even dementia.

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

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
Friends
Journey
Kindness
Mindfulness
Reading
Support
Talking

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

LIBRARY INITIATIVES

Welcome to the Library

Well done to all our students who have quizzed in the library since we have come back, Year 7 have already reached over **1 Million words!**

Accelerated Reader

	Up this week...	Total Words Read (Since September)
Y7	693,534	1,040,216
Y8	27,382	35,485
Y9	15,576	118,542
Y10	25,708	468,452
Y11	65,935	65,935

School Total = 1,905,797

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.



WELL-BEING

Emotions

Here are some ideas that can help to increase your feeling of happiness and coping ability.



Look for what's good

The positive power of pleasant emotions.

They don't just feel good; they bring positive benefits.

The human brain naturally focuses on what's wrong

When our brain responds this way, causing us to experience unpleasant emotions we don't need to, we tend to overlook what's good or gone well. This is known as 'negativity bias'.

Training our brain to look for what's good

This doesn't mean ignoring what's wrong, but noticing what's right.

Try it: Think of three things you enjoyed, were pleased about or grateful for (however small) and write these down, perhaps with a few words on why these felt good for you.

Increase effects of pleasant emotions

Pleasant emotions aren't only for good days – they can help us in the midst of tough times and challenges too, this helps us to cope.

Try it: Next time you are experiencing a tough patch, each night before you go to sleep, reflect back over the day and find a best moment.

Gratitude

Gratitude connects us to others and the world around us, benefiting our relationships and communities. When we experience gratitude, we are more likely to be kind, generous and compassionate to others.

Try it: Each night for the next week, reflect on three good things that happened as a result of other people, write these down in the form of:

I'm grateful to _____ for _____

Cultivating pleasant emotions

'Savouring' is the practice of actively paying attention to our positive experiences. It's a mindful process combined with actively seeking pleasant emotional experiences

Savouring the Present - Go for a 20-minute walk in which you try to notice as many positive things around you as possible. As you notice each thing, identify what it is about it that makes it pleasurable.

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



SEND News- Returning to School and Zones of Regulation

As we begin the new school term, many parents may find themselves concerned about how their children will adjust to the routine and structure of school life. One effective strategy to support them during this transition is understanding and using the Zones of Regulation. This method not only helps teenagers recognise and manage their emotions but also equips them with strategies to navigate their feelings in a healthy way.

The Zones of Regulation is a framework designed to help individuals gain skills in regulating their actions and emotions. Developed by occupational therapist Leah Kuypers, this method uses four coloured zones to categorise feelings and states of alertness:

1. **Blue Zone:** This is the low energy state. When students are in the Blue Zone, they might feel sad, tired, sick, or bored.
2. **Green Zone:** This is the optimal state for learning. In the Green Zone, students are calm, happy, focused, and ready to tackle tasks.
3. **Yellow Zone:** This zone represents higher energy. Teenagers in the Yellow Zone might feel excited, anxious, worried, or silly. They have some control over their actions but need to be cautious.
4. **Red Zone:** This is a very high energy state where teenagers may feel anger, rage, or extreme excitement. They have lost control over their emotions at this stage.

Understanding the Zones of Regulation is particularly important for students returning to school because it enables them to reflect on their current emotional state and develop strategies to shift to a more productive zone when needed. Here's why it's beneficial:

1. Self-awareness: Teenagers learn to identify their emotions and understand the triggers that push them between different zones.
2. Emotional regulation: They develop skills to manage their feelings, so they can move to the Green Zone where they can learn effectively.
3. Empathy: As they understand their own emotions better, they can recognise and respect the feelings of others, fostering a more supportive school environment.
4. Problem-solving: They can create a toolbox of strategies to help manage their emotional states, reducing stress and anxiety related to school work and social interactions.

As parents, you play a crucial role in supporting your child understand their emotions and how they can regulate themselves by talking about how they might feel in each zone and discussing tools that can help them to regulate.

The transition back to school can be challenging for all our students, especially after long breaks. By understanding and using the Zones of Regulation, you can help your child manage their emotions more effectively, creating a smoother and more positive return to school. With patience, conversation, and support, your child can develop the skills they need to thrive both academically and socially.