



# Southchurch High School

Friday 26 September 2025

## The Southchurch Way

*A community of opportunity, learning and aspirations*

Issue number: 04

### Message from the Headteacher

Today is European Day of Languages and our wonderful Student Leadership Team kindly organised for various activities to take place during both breaks today. A huge thank you to them all, and Mr Naidoo, for their efficient organisation and support of these activities.

We wish all those students taking part in the Duke of Edinburgh overnight expedition this evening and tomorrow all the very best of luck. I would like to extend my personal thanks to Miss Langdon, Duke of Edinburgh Co-ordinator, who has kindly organised the expedition and for supporting, together with Miss Fraser and Mr Tape. Fingers crossed that the weather prevails and it is not too chilly this evening!

For your information, the whole school will be taking part in a fire evacuation drill on Monday during the last lesson of the day. Students will have received instructions on what to do and where they will need to assemble during the fire evacuation drill.

At Southchurch High School, we are fully committed to supporting all of our students in reaching their full potential. However, this can only happen if they are present in lessons and engaging with their learning.

Research consistently shows a clear link between high attendance and academic success. Students who miss significant amounts of school are more likely to underperform in their GCSEs, which in turn can limit their future opportunities in further education, apprenticeships, and employment and ultimately life choices.

To put it simply:

- Students with attendance above 95% are significantly more likely to achieve grades 5 and above in English and Maths.
- Even missing just one day every two weeks can result in over a month of lost learning time over the course of the year.
- Long-term studies also show that those with better school attendance go on to earn higher wages in adulthood.

We are therefore excited to announce a special initiative taking place throughout the month of October: **Outstanding October!** This competition is designed to promote excellent school attendance and highlight the importance of being present and on time every day.

During the month of October, we will be encouraging all our students to aim for 100% attendance. To celebrate and reward this fantastic commitment, all students who achieve 100% attendance for the entire month will receive a special prize at the end of October.

Regular attendance plays a crucial role in academic success, social development, and building a strong school community. Through this initiative, we hope to foster positive attendance habits and show our appreciation for the dedication of both students and families.

We encourage all families to support their children in attending school every day, unless they are genuinely unwell. Let's work together to make **Outstanding October** a success!

We are more than happy to work with you to address any issues that may be affecting your child's attendance. Please do not hesitate to contact us if you would like to discuss this matter further; our Attendance Team are here to support.

Mrs Airoll  
**Headteacher**

### Key Dates

26 - 27 SEP	D of E Expedition
29 SEP	Lille Trip Information Evening 5.30 pm
7 OCT	Year 11 Parents' Information Evening 5.30 pm - 6.30 pm
8 OCT	Parent Council 6.00 pm
09 OCT	Year 7 Tutor Evening
13 OCT	Year 7 Road Safety Session
14 OCT	Year 10 Work Experience Launch 5.30 pm
17 OCT	Last day of term
20 - 31 OCT	Half Term holiday
03 NOV	Students return to school

## Menu

SWAN'S RESTAURANT		WEEK 1			
	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	<b>Jacket Potato with Cheese ,Baked Beans or Tuna Mayonnaise Available Monday – Thursday</b> <b>Small Pasta &amp; Sauce Available Monday - Thursday</b> (All of our chicken is <b>Halal</b> —including sandwiches/wraps etc. The beef and pork we use <b>is not</b> halal)				

## SEN Lunch Club

The SEN lunch club is a lovely place to socialise!



## Attendance



## Cooking Club

It's week two of Cooking Club and this week KS3 have been making chocolate chip muffins.



## Lost Property



Please could we ask that you put a name in all of your child's clothing so, if they should misplace an item, it can be returned to them as quickly as possible.

Also, do send your child to the large lost property cage at the end of the canteen to have a look for anything they have lost.



## Year 7 Food Tech

This week, Year 7 have been making lemon muffins in their food tech lesson. They look delicious!



## House Points

**HOUSE POINTS**  
w/b 29 September

**Who is in the lead this week?**

Don't forget attending clubs & Class Charts all contribute to house points!

	<b>955</b>
	<b>914</b>
	<b>803</b>
	<b>1114</b>

## Fixtures

**Next week's fixtures**

**MONDAY 29th**

**TUESDAY 30th**  
Y8 Rugby Festival @ Brentwood School

**WEDNESDAY 1st**

**THURSDAY 2nd**  
Y10 Boys Football v Fitzwimarc (A)

**FRIDAY 3rd**  
Y8 Football v SHSB (H)

## Community Yoga Classes

**yoga4all**  
**KID'S yoga**

**DROP-IN classes available!**

**KIDS & TEENS YOGA - LEIGH-ON-SEA**  
Tuesdays, 4.15-5pm - KIDS 6-12yrs, 5.15-6pm - TEENS 13-16yrs  
Leigh Community Centre, Elm Road, Leigh on Sea, SS9 1SS  
COST £39 PER SIX WEEK TERM • BOOK ONLINE.

**COMMUNITY KIDS YOGA - SOUTHEND ON SEA**  
Wednesdays, 4.30-5.15pm - 6-12yrs  
St Lukes Centre, Saint Lukes Road, Southend, SS2 4AB  
COST £21 PER SIX WEEK TERM • BOOK ONLINE.

Tel: 01702 475700 • Email: [contact@yoga4all.co](mailto:contact@yoga4all.co) • <https://www.yoga4all.co/yogaforkids>



## Year 10 Art

Year 10 students have been monoprinting from primary source photography.

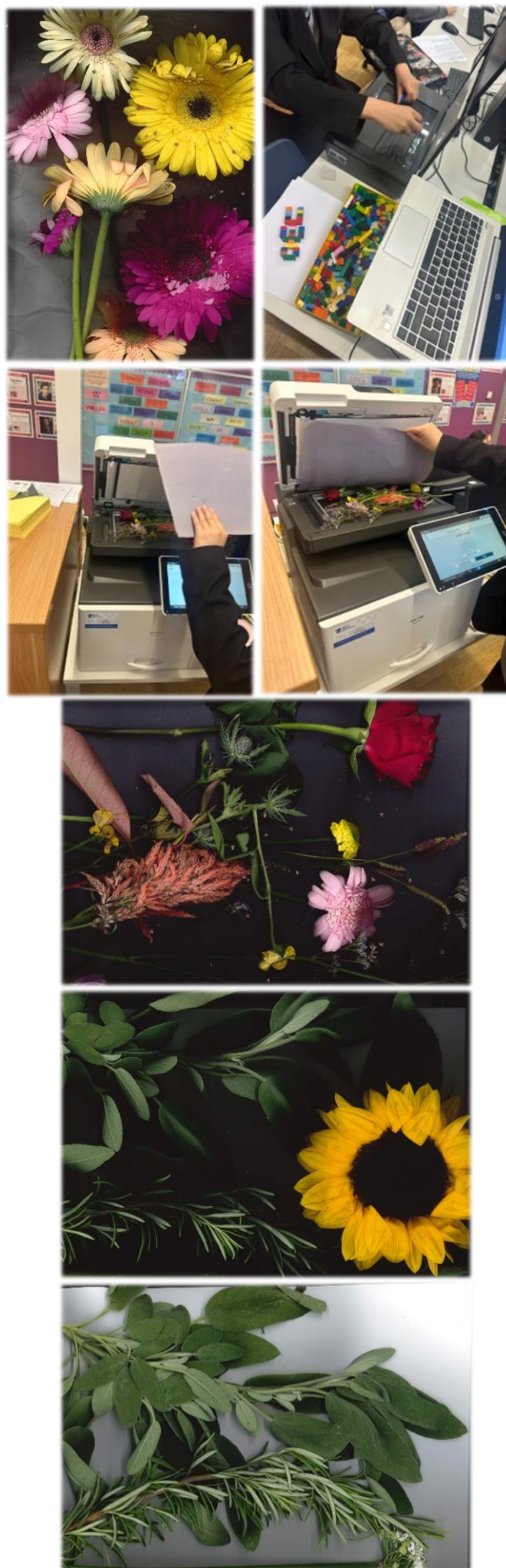
They took photos in the style of Karl Blossfeldt which were then turned into monoprints.

The lesson was enjoyed by all!



## Year 11 Photography

Our photography students have been experimenting with Scanography.





# Library Corner



## Word of the Week:

*Anomaly*

Noun

Meaning: Something that is remarkable in its deviation from what is usual or expected.

This week's theme is: Disinformation

Key date: 28 September

Did you know?

- The word propaganda was coined by the Pope
- More than half of all traffic on the internet might be from bots, not real people
- In 1835, one of New York's newspapers published a series of fake articles about life

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

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

Accuracy  
Clickbait  
Emotive  
Evidence  
Fake  
Oxymoron  
Propaganda  
Reliability  
Source  
Subjective

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

## LIBRARY INITIATIVES



### Check Out Our New Reads!



We've added some exciting new books to the library, come take a look at our New Reads Display and discover your next favourite story! Don't forget to take the Accelerated Reader quiz after reading to earn Class Chart Points and a chance to come to one of our parties!



## Important Information

- 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.
- Teams Page Remember to check the library teams page for :  
Updates and Announcements  
News Articles and Accelerated Reader Leader board Information





## Acceptance

Being ok with who we are creates a happier inner feeling.



If you want to learn more, take a look at the Action for Happiness website. There are lots of positive quotes, ideas and information for you.

## Be comfortable with who you are

No one is perfect, yet we often expect ourselves to be! When we learn to accept ourselves, we are likely to be happier and better at learning and growing!

## Do you have inner critic or an inner wise, kind friend?

Cultivating an inner voice that is more like a wise, kind and helpful friend can help us to feel happier, more confident, less stress and better able to develop ourselves. It's not about ignoring our mistakes but finding constructive ways to learn and move forward!

## 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



**SAMARITANS**

**YOUNG MINDS**  
fighting for young people's mental health

## What is self-compassion?

Cultivating a kinder, more constructive inner voice is part of learning to be more self-compassionate. Speak to yourself in kindness rather than judgement

Be mindfully aware – this means honestly acknowledging our shortcomings, mistakes, struggles and the difficult unpleasant emotions associated with these but not getting caught up or stuck in them.

**Try it:** Think about a recent time you messed up or felt inadequate and the difficult emotions you felt as a result. Now practice a self-compassionate approach in your mind or by writing yourself a letter. In a kind way.

## Optimistic October 2025

### MONDAY



### TUESDAY



### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

### SUNDAY

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month

