



# Southchurch High School

Friday 03 October 2025

## The Southchurch Way

*A community of opportunity, learning and aspirations*

Issue number: 05

### Message from the Headteacher

Congratulations to those students who completed their Bronze Duke of Edinburgh expedition on Friday and Saturday of last week. These intrepid explorers set off from school, with their bags packed, and walked 14 kilometres to Belchamps, navigating and working as a team throughout. On arrival at Belchamps they had to set up their tents and also had to cook their dinner. Fortunately, the weather prevailed and these students are one step closer to the completion of the Duke of Edinburgh Bronze award which is highly coveted by employers and colleges. We are immensely proud of all these students and huge thanks to Miss Langdon, Duke of Edinburgh Co-ordinator, who kindly organised the expedition and for supporting as well as her husband, together with Miss Fraser and Mr Tape who all gave up their personal time to support these students.

On Monday, we practised our Fire Drill just before the end of the school day and the students were exemplary in their conduct throughout.

Thank you to Mrs Langdon who kindly hosted an information evening on Monday for the parents/carers of those students who are attending the Lille Christmas market trip on 12 December.

Congratulations to our Year 8 rugby team who competed on Tuesday in the finals at Brentwood Preparatory School. Mr Webster said the boys were an absolute credit to themselves and the school and I am delighted to say that they now proceed to the next set of finals which will be held on 4 November. Thank you to Mr Webster for kindly organising and supporting.

On Wednesday, our Year 9 students had an extended assembly on drugs awareness. An external speaker spoke to these students on the risks and consequences of drug use in order to help them make informed, responsible choices. Thank you to Miss Townley and all those staff who kindly supported.

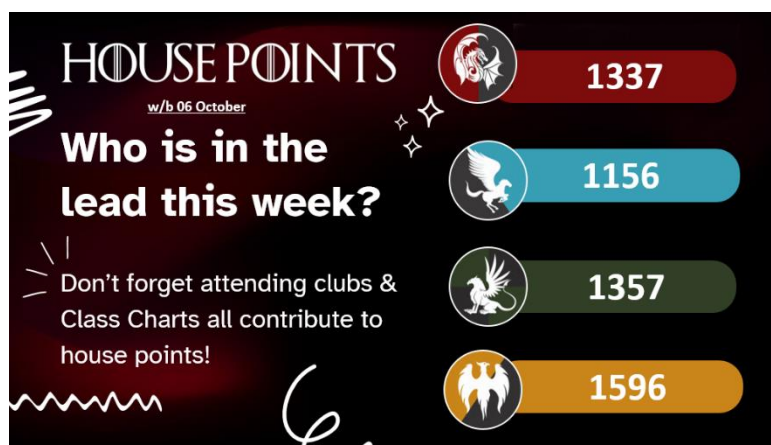
Gentle reminder to all Year 11 parents/carers that we are hosting an information evening 'Journey to June' on Tuesday, 7 October from 5.30 to 6.30 pm.

Mrs Airoll  
**Headteacher**

### Key Dates

7 OCT	Year 11 Parents' Information Evening 5.30 pm - 6.30 pm
8 OCT	Parent Council 6.00 pm
13 OCT	Year 7 Road Safety Session
14 OCT	Year 10 Work Experience Launch 5.30 pm
17 OCT	<b>Last day of term</b>
20 - 31 OCT	<b>Half Term holiday</b>
03 NOV	<b>Students return to school</b> Flu Vaccinations

### House Points



### World Mental Health Day

**EVENT**

**WORLD MENTAL HEALTH DAY**  
— OCTOBER 10 —

Mental Health Awareness day is Friday the 10 October.

Staff and students will be given green ribbons to acknowledge this day.

Student leadership will also be hosting activities at break and lunch times.



## Menu

SWAN'S RESTAURANT		WEEK 2			
	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 Or BBQ Chicken Wings 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 Pizza Served with Garlic Bread	Vegan Nuggets 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 <b>Halal</b> –including sandwiches/wraps etc. The beef and pork we use <b>is not</b> halal)				

## Flu Vaccinations



Vaccination UK will be in school on Monday 03 November 2025 for flu vaccinations.

Please click the link below for further details and to provide consent or decline:

<https://eastanglia.schoolvaccination.uk/flu/2025/essex>

## Year 10 DT

This week, Year 10 have been making aluminium coat hooks!



## Duke of Edinburgh Expedition

On Friday and Saturday, seven adventurous students completed their Bronze Duke of Edinburgh expedition, starting with a 14KM walk to Belchamps!

On arrival, they pitched their tents and cooked a well-earned dinner, using their Trangia cooking stoves and then went to bed.

The next morning, they were up early, ate breakfast, took the site down and went on their second day of walking.

I would personally like to thank the staff that assisted and say a huge congratulations to the young people. They were amazing and did both themselves and the school proud.

Well done to Southchurch DofE!

Mrs Langdon, Duke of Edinburgh Co-ordinator



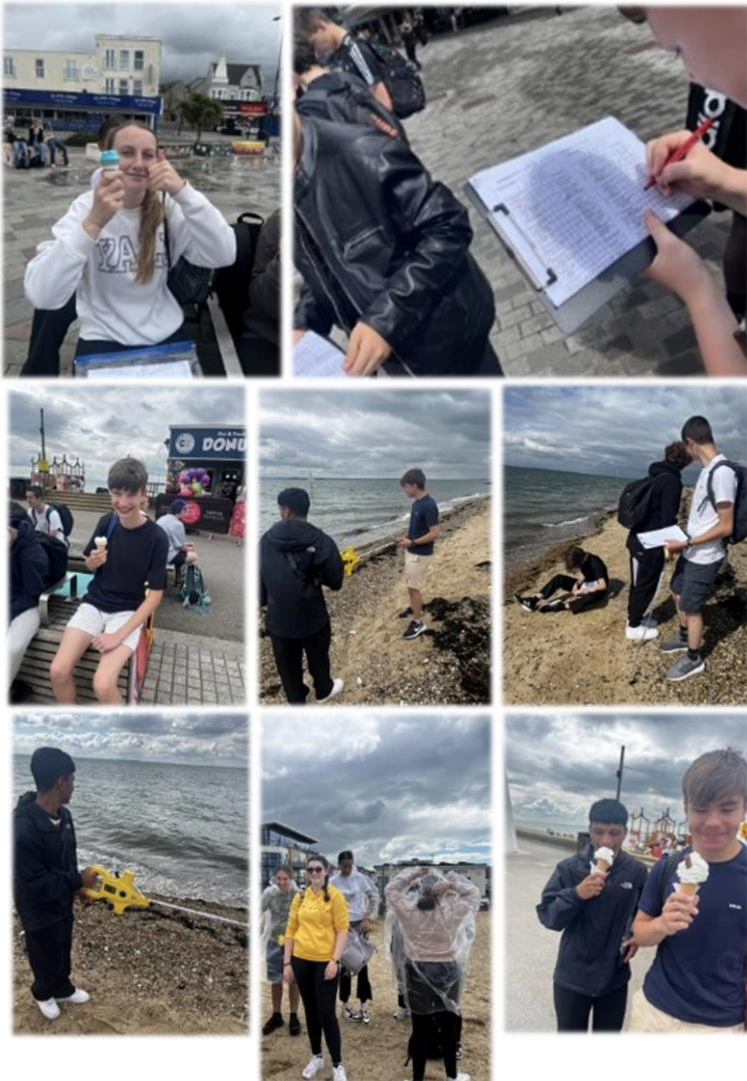


## Geography

Geography exam support has started with an early morning breakfast club for students to practice exam technique - we're so proud of their hard work!



Also recently, some of our students went on a geography field trip where they completed their geography GCSE urban and coastal fieldwork enquiry.

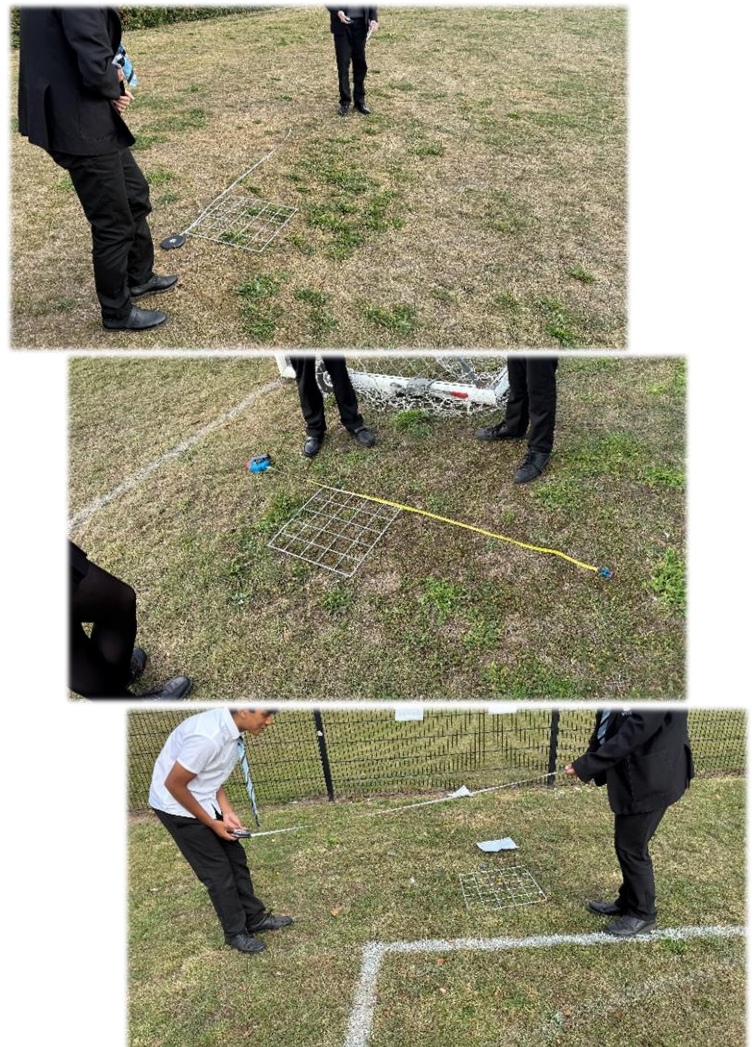


## Science

This week, Year 7 have been using bio viewers and microscopes to see inside cells.



Also, Year 11 were completing a required practical of distribution using quadrants and transects.





Year 8 have been burning food for energy.



# SPORTS NEWS

## Fixtures



## Next week's fixtures

**MONDAY 6th**

**TUESDAY 7th**

**WEDNESDAY 8th**

Y8 Football v Belfairs (H)

**THURSDAY 9th**

Badminton Competition @ SHSB

**FRIDAY 10th**

## Year 10 GCSE PE

Year 10 GCSE students were working on justifying the relevant components of fitness for different sports performers.

They worked in groups to decide on the top 3 before presenting and arguing their case to the rest of the class.





# Library Corner



## Word of the Week:

**ATONE**

Verb

Meaning: To make amends, do something good or have remorse for a mistake or bad behaviour.

This week's theme is: Black History Month

Key date: October

Did you know?

- Black History Month was celebrated in the UK for the first time in 1987.
- The UK's first Black History Month was arranged by Akyaaba Addai-Sebo, who had come to the UK from Ghana as a refugee in 1984.
- Britain's Black History dates all the way back to the Roman Empire, as long ago as the 3rd century AD.

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

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

African  
Equality  
Freedom  
Heritage  
History  
Justice  
October  
Rights  
Vote

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

## 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

- 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





## Meaning



### Be part of something bigger

Meaning matters for a fulfilling and happy life.

We all matter and can make a difference to something bigger, beyond ourselves.

Psychologists certainly agree that meaning matters for happiness and there are actions that can help us find or create it. In fact, all the other Keys to Happier Living can contribute to finding and creating meaning in your life.

### We are all part of something bigger

**Reflection:** Think of all the ways you are connected to and make a difference in the world around you. For example, the farmers that grow the food you eat; the people you pass by or say hello to in your local area; the people in your school; the people you care about and who care about you; the doctors and nurses; the rubbish collectors and park keepers that help keep our environments pleasant; the insects and plants that grow in your garden or window box and the birds that feed on them.

### What is meaning?

- 1) Understanding - of the world around us, how it works and how we fit into it.
- 2) Mattering –that we can make a difference in some small way;
- 3) Purpose – a sense of direction in life – aiming for a goal. It doesn't have to be a big one.

### Meaning matters for happiness

People who have a sense of meaning in life tend to experience more frequent and stronger positive emotions and feel more positive about the future.



### 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



### Meaning can help us cope in difficult times

It has been shown to increase the likelihood of using **active coping** strategies and to help protect us against damaging effects from stress and adversity

**Reflection:** Think of a time when having a sense of meaning or feeling connected to something bigger helped you overcome a challenge or cope during a difficult time?

### How do we find or create meaning?

One of the best places to start is by helping others. It can take our mind off what we're missing and help us to focus on something bigger than us.

### Meaningful daily moments

Meaning can be found in simple moments day-to-day as well as in life's bigger experiences and events. Thinking of what you feel grateful for is a good place to start. It helps us appreciate what we have and value most.

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.

### SEND News

We are now five weeks in to the Autumn term, and for many of our students with SEND, they have settled in to their new routine at school amazingly well.

However, for some of our students, they may be finding it hard to manage their emotions or communicate how they are feeling both in school and at home, especially in this period of transition. As a parent, there are some things that you can do to open the conversation about feelings and emotions. If your child finds it hard to name their emotion, name it for them, 'I can see you're disappointed...'. Once your child is calm, explain why they may have been feeling that way, visual cues are a great resource for this.

Make connections for them, for example 'I can see how disappointed you are that you got a question wrong in your homework'. You could start to use the Zones of Regulation that we looked at in our last SEND News. You may also like to practise some strategies with your child to help them to regulate their emotions, these can be anything, whatever works for your child. Some examples may be, closing your eyes and counting to ten, imagining you are blowing up a balloon, having something to fiddle with, or using a grounding method, such as thinking of five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.

If you need any further support, please do not hesitate to contact the school.