



Southchurch High School

Friday 10 October 2025

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 06

Message from the Headteacher

As part of our continuing professional development for teaching staff, we hold weekly meetings on a Monday after school and this week the topic of the session was questioning in order to engage students in their learning.

Thank you to all those Year 11 students and their parents/carers who attended an information evening 'Journey to June' on Tuesday. The evening was held to support parents/carers in supporting their child through their GCSEs next summer with advice on how they may support over the coming months, ways of improving results and access to GCSE questions, together with tips on how to support with revision. We do hope that all those attending found the evening informative.

Yesterday afternoon, we hosted and welcomed 63 local trainee teachers to the school as part of their ongoing training this academic year. Thank you to Mr Austin-Summers who very kindly organised and supported at the training session.

Thank you to those parents/carers, who are members of the Parent Council, whom Miss Murray and I met with on Wednesday evening. Miss Murray and I very much enjoyed our meeting and listening to constructive comments regarding recent improvements.

We were delighted to welcome a number of prospective Year 6 parents/carers on Thursday morning. Thank you to Miss Murray who very kindly supported their tour of the school. If you are aware of any prospective parents/carers for our September 2026 intake ie current Year 6 pupils please do let them know that we are hosting another opportunity to look round the school next Thursday at 10.00 am, places must be booked ahead of time by telephoning the school.

Our Year 9 students had an extended assembly today as we were delighted to welcome Tara Brady, President, EMEA (Europe, Middle East & Africa) at Google Cloud. He leads Google Cloud's go-to-market teams across the region (sales, partner ecosystem, customer engineering) and helps organisations to transform through cloud technologies. Before joining Google, he held senior roles at Microsoft, Accenture, PwC, and also served in the Royal Navy aboard HMS Illustrious. His role gives him a wide range of insight into technology, leadership, innovation, and how young people can think about their futures in a rapidly changing digital world. Thank you to Ms Smith, Careers Leader, for kindly arranging for Tara to visit and supporting the assembly.

Today is World Mental Health Day 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.

Gentle reminder that the school breaks for the two-week October half term next Friday, 17 October.

Mrs Airoll
Headteacher

Key Dates

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 Flu Vaccinations

House Points

HOUSE POINTS
W/C 13th October

Who is in the lead this week?

Don't forget you get POINTS for attending a club, which contributes to house points!

"You **MUST** wear your HOUSE BADGE as part of your uniform expectation"

1851
1595
1863
2198

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>

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 Sausages 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)				

Cooking Club

It's the penultimate week for cooking club before half term and we have been making marble cake - chocolate heaven!

We hope the students enjoy eating it as much as they enjoyed making it!



Science

Honey attended science club and made some stress balls using balloons and flour.



At science club this week, the students were set a paper engineering challenge, to support a beaker of water using only paper.

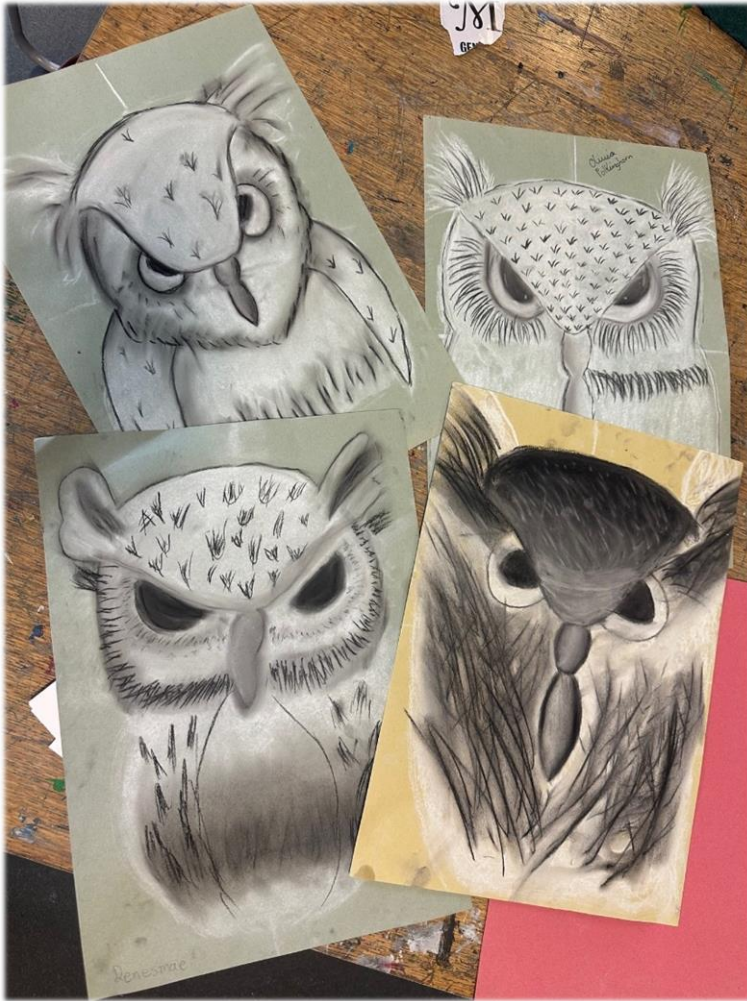


Art

Last week, our Year 8 art students created owl portraits.

They used chalk and charcoal which they blended and layered, adding some fine texture details.

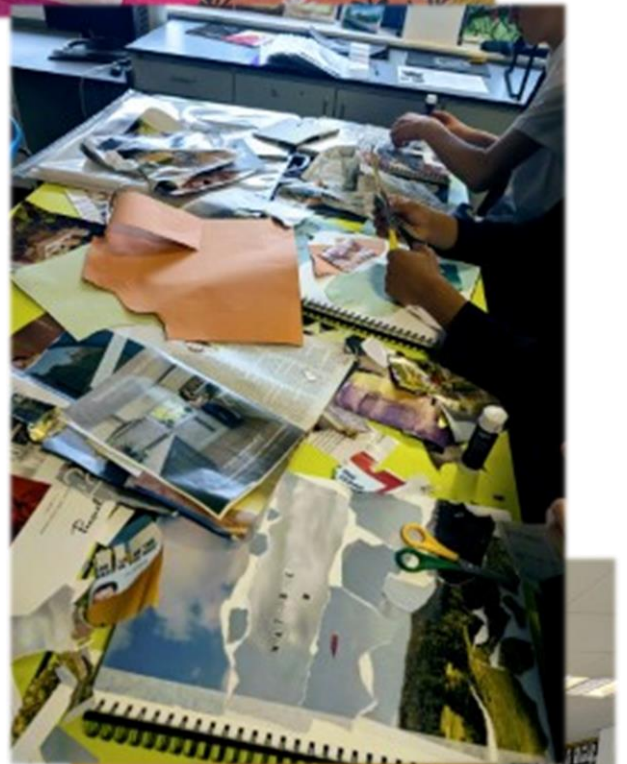
They were very proud of their artwork and rightfully so! The owl portraits were wonderful.



GCSE Art

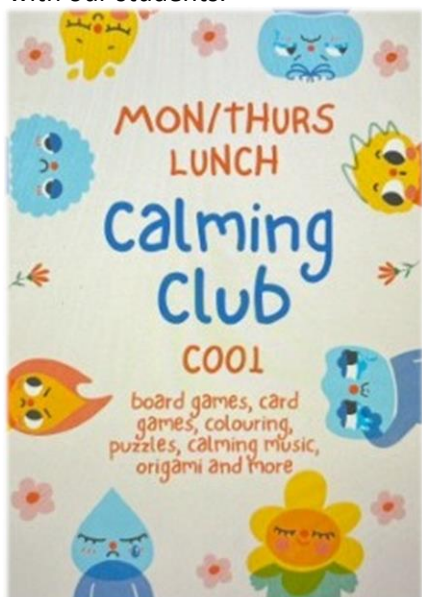
GCSE art students have started their first sketchbook for their Natural World brief.

A very creative and expressive lesson using collage!



Calming Club

Calming Club is on Monday and Thursday lunchtime. It is very popular with our students.



Food Tech

Last week in Food Tech, Year 7 were very busy creating delicious chocolate orange flapjacks

They were a real success, everyone loved them!



Year 8 Rugby

Well done to our Year 8 rugby team, who have made it through to the finals on Tuesday 4 November 2025.

If your child has received a letter, please could you remind them to return the consent form as soon as possible.

The final will be held at Brentwood Preparatory School and parents are welcome to attend!

Fixtures



Next week's fixtures

MONDAY 13th

TUESDAY 14th

Y8 Football v Cecil Jones (A)

WEDNESDAY 15th

THURSDAY 16th

FRIDAY 17th



As Oscar Wilde said 'Be yourself; Everyone else is already taken.' This is true for all of us, but is particularly true for our students in school who have special educational needs.

Many of our students in school with special educational needs tell us that they do not feel like they quite fit in with their peers. This may be that they find socialising trickier than their peers, or do not understand jokes in the same way, or it might be that they need to access learning in a slightly different way.

We believe that every child at Southchurch is able to achieve and all we ask is that they always try their best, to achieve their best. It might be that they find English really tricky but they absolutely flourish in their art lessons or their drama lessons. We have so many extra-curricular clubs at Southchurch that cater for all areas of interest from cheerleading to gardening, from science club to football. These are areas that many of our students enjoy and flourish in and we encourage as many of our students as possible to take these opportunities and take part.

We also know that for those students who find socialising difficult they need somewhere that they can feel comfortable at break times and lunch times, we have both the Learning Hub and the Library available at these times for students who might want a calmer space or a little bit of support from an adult.

Above all we know that our students all have their own strengths and these are the things that we always aim to celebrate. As Winne the Pooh said 'The things that make me different, are the things that make me.'

The things that
make me different
are the things
that make me.



I believe in myself	Today is going to be a great day
I can reach my goals	My possibilities are endless
I am brave, strong and powerful	I am worthy
I deserve kindness	I am proud of myself

Encourage children to repeat these affirmations daily, perhaps in front of a mirror or during quiet moments.

It's a wonderful way to nurture positivity and self-love!

Affirmations have a powerful impact on children because they create a positive momentum of internal thinking that propels them forward to achieve success. Here are some of the top benefits of positive affirmations for kids:

- Build confidence and determination
- Enhance emotional regulation
- Nurture optimism
- Build self-awareness and positive self-belief
- Develop self-awareness
- Encourage them to embrace challenges

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

Tips to manage **overwhelm** during global events and relentless bad news



Constantly hearing about negative news from around the world can feel like a lot to take in – **and that's because it is.**

Feeling overwhelmed by current events, no matter how big or small, can take a toll on our mental health. Here are some tips to help you cope with global news overwhelm and find your way back to balance.



Set boundaries with the news

Ask yourself how much news content you're happy to take in, and how often.



Use grounding exercises

Grounding yourself in the here and now can ease your stress response.

Have phone-free times

If you often find yourself doomscrolling, having set phone-free times or zones could help break this habit.



Talk with others

When you feel overwhelmed, it can help to connect with other people. You could spend some quality time with loved ones, family or friends.



Give yourself permission to rest

Taking time to look after yourself doesn't mean you've stopped caring about anything else; it means that you are looking after yourself so that you can keep on caring.



Focus on what you can control

Small actions still matter. Taking positive action can help shift feelings out of helplessness and into purposefulness.

Library Corner



LIBRARY INITIATIVES



Welcome to the Library

Come to the Library and choose a scary story for Halloween, or join us for spooky stories next Friday at break, listen or read aloud if you dare...



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

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

Exercise
Happy
Meditate
Mindfulness
Nature
Read
Relax
Selfcare
Support

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

