



Southchurch High School

Friday 07 November 2025

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 08

Message from the Headteacher

We do hope that your child/ren enjoyed their two week half term break and returned to school with a spring in their step ready for this half term!

Flu vaccinations took place on Monday for all those students whose parents/carers had consented for them to have their vaccination. We shall also be holding a flu vaccination clinic for all staff who wish to take up the offer later on this month in order to ensure as many of the school community are vaccinated ahead of the start of the flu season as possible.

As you are aware, all of our students had their school photograph taken on Tuesday by Jennifer Wathen Photography. We do hope that you take up the offer of a digital print at the very reasonable rate of £10.99 of your child/ren; discounts are offered when more than one print is purchased. The prices offered are far below the normal prices offered by photography companies which specialise in school photographs. Details will be sent shortly to all parents/carers on how to purchase the digital print of their child/ren.

You may recall that our Year 8 boys progressed to the Rugby Festival finals as a result of their excellent performance at the Rugby Festival held at the end of September. The finals were held at The Brentwood School on Tuesday and they played brilliantly but were sadly defeated in the semi-final. Congratulations to all those students who took part and thank you to Mr Webster for his organisation and support throughout.

Mr Webster also kindly supported a group of students in order that they could participate in the KS3/4 panathlon football festival which was held in Epping on Wednesday.

A huge thank you to Ms Smith, Careers Leader, and Mrs Winter for their kind support of a small group of Year 9 students on an aspirational trip to Emmanuel College, Cambridge University which took place on Thursday.

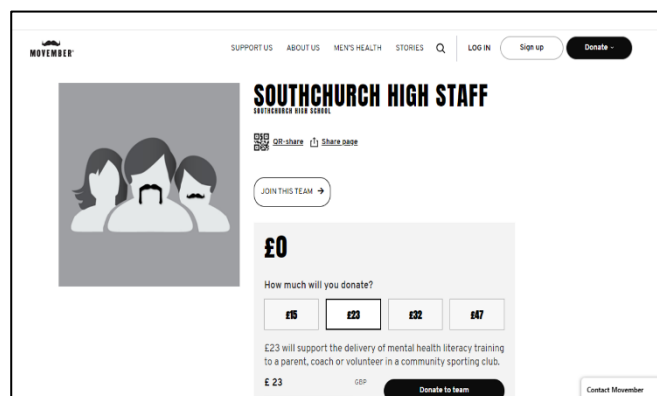
Today, our Year 7 students have been taking part in workshops facilitated by the Speaker's Trust. The Speaker's Trust aim to give young people the confidence, skills and opportunity to speak and be heard. They help to transform young people into confident communicators. Thank you to Miss Neil for her kind organisation and support of today's workshops.

The Movember Foundation organises 'Movember' an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men. Mr Maxfield, Mr Webster, Mr Winyard, Mr Druce and Mr Mancinelli are all taking part in this year's Movember and would be extremely grateful for any donations, however small, to this extremely worthwhile cause which is a cause particularly close to some of our staff community. If you would like to donate the link to do so is:

<https://uk.movember.com/donate/details?teamId=2487851&suggestedDonation=23#amount>

Thank you in advance to those who are able to kindly donate.



Next Friday is the annual 'Children in Need' event and, as a school, we always look to support and this year we are encouraging students to wear odd socks to school for a small donation, if they wish. In addition, our wonderful Student Leadership Team will be organising fund raising activities during both breaks next Friday. If you are able to, please provide your child with some spare change on Friday in order that they may participate in the fundraising activities.

Next week the whole school community will mark Remembrance Day on Tuesday, 11 November by holding a Remembrance Service towards the end of Period 2. Students who are members of a uniformed youth organisation such as scouts, guides, St Johns, cadet forces, Boys and Girls Brigades have been invited to wear their youth organisation's uniform into school on Tuesday.

Finally, good luck to all of our Year 11 students who will be sitting their mock examinations starting on Monday!

Mrs Airoll
Headteacher

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 Baki 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 Halal -including sandwiches/wraps etc. The beef and pork we use is not halal)				

Year 9 Assembly

Before half term, we were delighted to welcome to our school Tara Brady, President of Google for Europe, the Middle East and Africa, to speak with our Year 9 students.

Tara gave an inspiring talk about his career journey - from growing up in Southend and leaving school with no qualifications, to building a successful career through determination, resilience, and hard work.

Tara's message highlighted the importance of making the most of education and showed that with perseverance and ambition, anything is possible.

We are extremely grateful to Tara for taking time out of his busy schedule to inspire and motivate our students.

Year 9 Art

Our 9D Art class created some wonderful oil pastel skulls, at the end of last half term, inspired by artist Noel Pudges Pugh!



Key Dates



11 Nov	Remembrance Day
12 Nov	Year 7 - 10 Borough Cross Country
12 Nov	Year 10 Royal Academy of Art Trip
13 Nov	Year 8 HPV Vaccinations
14 Nov	Children in Need Event
27 Nov	Ski Trip Information Evening

Year 9 - Emmanuel College

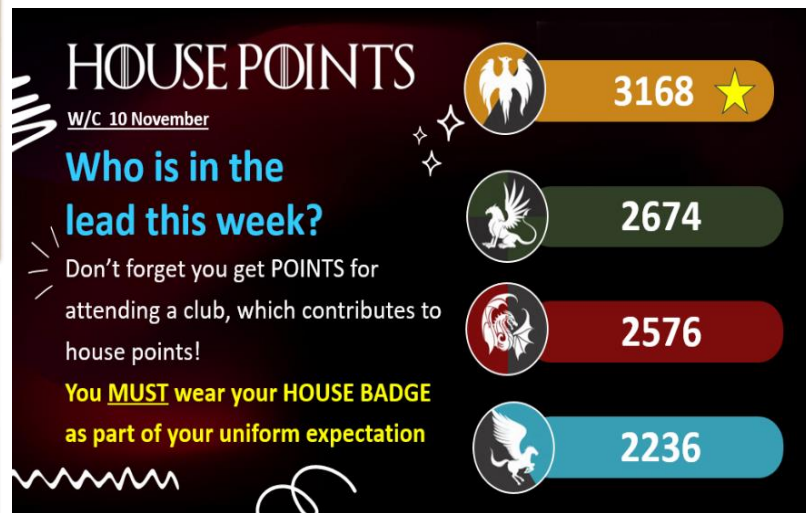
Yesterday we took some of our Year 9 students to Emmanuel College, University of Cambridge – it was a glimpse into their future potential.

The students saw first-hand that universities like Cambridge are open, welcoming, and achievable with determination and passion for learning.

The visit encouraged them to think beyond limits, set ambitious goals, and believe that their journey could one day lead them to world-class institutions. Thank you to **Emmanuel College** for hosting our students.



House Points



Events

Two events on one day!

Odd Socks Day

Friday 14th November

Wear odd socks to support Anti Bullying Week

We be collecting donations for Children in Need so bring any spare change!

Student Leadership | Personal Development

CHALLENGE YOURSELF

WE'RE RAISING MONEY FOR BBC CHILDREN IN NEED

Friday 14th November

Take part in Children In Need Challenge 25. Get a sponsor form from the PD office.

We will be doing breaktime activities on the day

Student Leadership | Personal Development

 SOUTHCHURCH HIGH SPORTS CLUBS					AUTUMN TERM 2
MONDAY LUNCHTIME Y7 Football (MUGA) Mr Calder Y10 GCSE PE Revision (C005) Miss Waite	TUESDAY BEFORE SCHOOL Gym 7:30am Miss Townley LUNCHTIME Y8 Football (MUGA) Mr Winyard AFTER SCHOOL All Years Basketball Mr Winyard All Years Rugby Mr Blows, Mr Calder Mr Webster Y10/11 Netball Miss Edwards	WEDNESDAY BEFORE SCHOOL Badminton Mr Calder LUNCHTIME Y9 Football (MUGA) Mr Webster Y10 GCSE PE Revision (C005) Miss Waite AFTER SCHOOL All Years Cricket Mr Winyard Y7 Netball Miss Edwards Y8 Netball Miss Waite Running Club Mr Blows Y11 Coaching/H&S Care (C000) Miss Atkinson	THURSDAY BEFORE SCHOOL Table Tennis Mr Lockwood LUNCHTIME Y10 Football (MUGA) Mr Blows Y11 Coaching (C000) Mr Calder, Mr Webster AFTER SCHOOL Cheerleading Southend Elite Y7 Football Mr Lockwood Y8 Football Mr Winyard Y9 Football Mr Webster Y10/11 Football Mr Calder Girls Football Miss Edwards Y9 Sports Leaders Miss Waite Y10 Coaching (C000) Mr Blows	FRIDAY LUNCHTIME Y11 Football (MUGA) Miss Waite AFTER SCHOOL All Years Hockey Miss Edwards Miss Waite	 SOUTHCHURCH HIGH Personal Development

Rugby

What a performance by the Year 8 rugby team!

They recently participated in a tournament for the next round of the rugby finals, having previously progressed to this point last year.

The day started with a win against Chase High School. They then played against a very physical Mayflower School, with a 20-0 win. The next game ended as a 5-0 win against St Martin's.

The final game was to win the group - we played against a very well organised Roding Valley who took the win 2-1. This was a physically demanding game!

We progressed to the semi-finals Vs Orsett Hall, whose whole team play for Thurrock Rugby Club! The semi-final was a fantastic game of rugby but unfortunately, we were a man down due to injury and we didn't make the final.

Overall, it was a fantastic day and one the boys should be extremely proud of.

Well done year 8!

A very happy and proud Mr Webster

Fixtures

 Next week's fixtures
MONDAY 10th Y10/11 Borough Badminton
TUESDAY 11th
WEDNESDAY 12th All Years Borough Cross Country
THURSDAY 13th Y7-9 Borough Badminton
FRIDAY 14th Y10 Basketball v Eastwood (H)

Green Careers Week

This week, we celebrated Green Careers Week - a chance to explore the exciting opportunities in sustainability, the environment, and the future of green industries.

During break and lunchtime, students took part in an engaging Green Careers Quiz and word search, testing their knowledge about eco-friendly jobs and climate action.

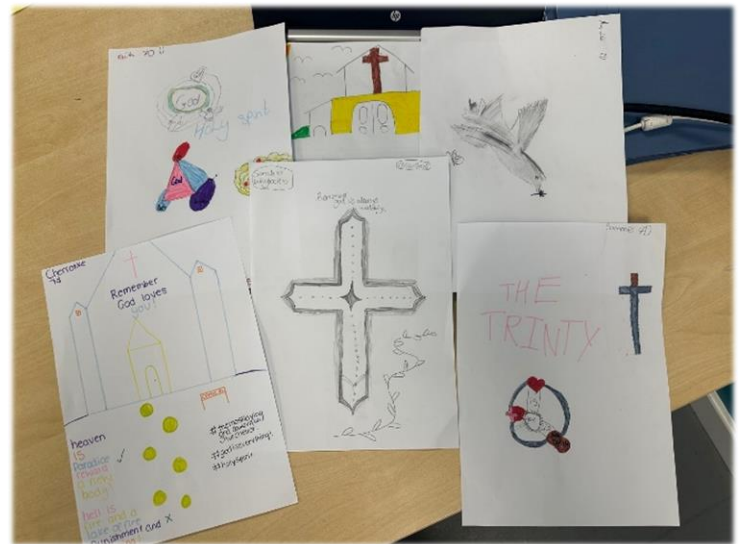
They also shared their ideas for green careers on colourful sticky notes, which we displayed on our very own "Green Careers Tree", symbolising how their ambitions can grow into a greener future.

It was inspiring to see so many pupils thinking about how their skills and passions could make a positive difference to our planet!



Year 7 RE

Year 7 have been creating some wonderful posters in RE!





Taking a moment to feel grateful for what we have helps us to lift our feeling of wellbeing. This is particularly poignant next week as we remember the soldiers who fought for our freedom in the World Wars and other conflicts.

Should you wish to attend, a Remembrance Sunday Parade and Service will be held in Southend on 09 November 2025

10:30 to 11:00 – Parade from Prittlewell Square to the Cenotaph for a Service of Remembrance.

11:00 – The start and end of the Two minutes silence will be marked by the firing of a Royal Artillery Gun courtesy of the ceremonial gun team of the **Shoeburyness and South Essex Branch Royal Artillery Association Est. 1929.**

The Worshipful The Mayor, Cllr Ron Woodley will lead the laying of wreaths on the Cenotaph.

A Cross of Remembrance will be laid on behalf of War Widows, alongside other wreaths which will be laid by the emergency services and representatives of the faith communities.

The Bishop of Bradwell, The Rt Revd Adam Atkinson will lead the service.

Throughout the ceremony wreaths will be laid by veteran's organisations.

During the final Hymn of the service anyone wishing to lay a wreath will have the opportunity to do so.

11:30 – At the conclusion of the service the National Anthem will be played. The parade will then reform and the Mayoral party will proceed to the saluting dais between the Cenotaph and Prittlewell Square.

The salute, this year, will be taken by Deputy Lieutenant-Mr Tim Gocher OBE DL, **High Sheriff of Essex**-Mr David Hurst DL and the Mayor-Cllr Ron Woodley.

Hymns and other musical contributions during the service will be performed by the Southend Citadel Band of the Salvation Army.

Also, this November, Southend Pier will be transformed into a moving sea of red as thousands of knitted and crocheted poppies are installed along its full 1.33-mile length

Poppies on the Pier is set to be the UK's largest Remembrance art installation, created entirely from handmade poppies donated by people from across the world.

Date: 5 November 2025 – 16 November 2025
Rekurs daily.

Location: Southend Pier, Western Esplanade, Southend-On-Sea, SS1 1EE

Cost: Normal pier admission prices apply

Time: 10:15 - 17:00

Find out more on the **Visit Southend website**

SEND News

Mindfulness can be important for everyone, but it can particularly help our students with special educational needs (SEN). Mindfulness, a practice that involves focusing on the present moment, can be an excellent tool to help your child navigate emotions, stress, and everyday challenges. Mindfulness allows us to take time to notice what is happening right now; our thoughts, feeling, and the world around us. Mindfulness can help to reduce stress and anxiety, improves emotional regulation, enhance focus and promotes self-acceptance. Here are some mindfulness techniques to try:

1. **Breathing Exercises:** Encourage your child to take slow, deep breaths. You can count to four as they inhale, hold for four, and exhale for four. This simple exercise can help them feel calm and focused.
2. **Body Scan:** Have your child lie down comfortably, and slowly bring their attention to each part of their body, starting from their toes and moving up to their head. This helps them connect with their physical selves and release tension.
3. **Mindful Walking:** Go for a walk together and encourage your child to notice the sights, sounds, and smells around them. Ask them to feel the ground under their feet and the rhythm of their steps.
4. **Mindful Eating:** During a meal or snack, guide your child to eat slowly, savouring each bite, noticing the flavours, textures, and smells. This practice helps them stay present and enjoy their food more fully.
5. **Gratitude Journaling:** Encourage your child to keep a journal where they write down three things that they are grateful for each day. This practice can shift their focus from what's going wrong to what's going right.

Mindfulness takes time and is a skill that needs to develop so celebrate the small successes. There are also lots of books, apps and online resources that help with mindfulness.

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

Library Corner



Word of the Week:

Frivolous

Adjective

Meaning: Not having any serious purpose or value

This week's theme is: Talk Money Week

Key date: 3-7 November

Did you know?

- 11.5 million UK adults have less than £100 in savings.
- 44% of US adults don't have a budget - and only 38% of those who do actually follow it.
- UK university graduates owe £267 billion in student loans, with an average debt of £53,000 .

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

Barrel
Basement
Bonfire
Fireworks
Gunpowder
Guy Fawkes
November
Plotters

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

LIBRARY INITIATIVES

Welcome to the Library

Miss Watson and Ms. Strover would like to welcome you back to the library this week!

The students have had a great time enjoying some chess games, reading and taking part in quizzes on

Accelerated Reader.

Just a reminder that the library is open every day during break and lunch, as well as Monday to Thursday after school.

The library is a calm, quiet place to relax, read in one of our comfy reading areas, or enjoy a board game such as chess or Scrabble.

We look forward to seeing you there!

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.

Open 3.05pm—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.

