



Southchurch High School

Friday 14 November 2025

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 09

Message from the Headteacher

On Tuesday, to mark Remembrance Day, we held a service for the whole school community at 10.45 am. At the start of the school day students were issued with poppy stickers which they placed inside their planners. A number of students who belong to a youth organisation wore their uniforms to school, as well as Mrs Langdon as a sea scout leader, who led the service. The students' behaviour was impeccable and, as Headteacher, I could not have been prouder to lead the school community in our first whole school remembrance service. A huge thank you to Mrs Langdon for all her support and organisation of this important event, together with those students and staff who took part namely Amelia, Teagan, Joshua, Mr Carter, Miss Wright and most especially Connie and Freddie who were the flag bearers and did a sterling job throughout the service. I would also like to express my sincere thanks to Mr Knight, Caretaker, for all his efforts in setting up for the service. Please do check out our social media for photographs from the service.

On Wednesday, Mr Winyard and Miss Edwards kindly supported students who took part in the Borough cross country event. The event was held at Blenheim Park, Leigh and fortunately the rain held off!

A huge thank you to Mrs Friday, Mrs Wallace and Miss Sibthorpe for very kindly supporting our Year 10 Art students on a trip to the Royal Academy of Art on Wednesday. The primary purpose of the trip was for students to source art research for their art GCSE. The trip included a visit to the Kerry James Marshall exhibition which we feel sure would have enhanced their learning and assisted with their research into Black History Month artists and their work.

Thank you to Mrs Watkins who very kindly organised and supported with our Year 8 students with their HPV Vaccinations yesterday.

We also held a staff flu vaccine clinic yesterday in order to ensure as many of our staff as possible are immunised ahead of the winter flu season! We have also arranged a catch-up session for those students who wish to be immunised but were absent when the vaccinations took place last Monday. Details will be sent to those parents/carers in due course.

Yesterday, I had the pleasure of distributing purple ties to our new Year 7 Student Leadership Team members. The excitement was overwhelming for these 26 students and we are so very proud of them and all that they will bring to the school community during their time at the school.

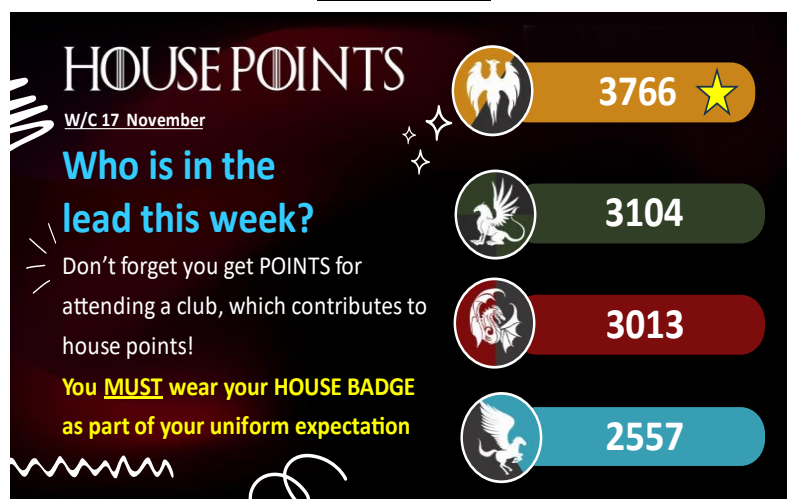
As you may recall from my message last week, staff members are supporting Movember, and with a view to encouraging students to participate in the fund raising, we have decided to allow students to compete in year groups to decide what colour Mr Webster's magnificent moustache should be for the last week of Movember! Thank you to all those who may have kindly donated already but if you would still like to do so, the link is:

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

Today we supported the annual Children in Need by encouraging students to wear odd socks to school. A huge thank you to our wonderful Student Leadership Team who helped arrange and supported the various fund-raising activities held at both break times today.

Mrs Airoll
Headteacher

House Points



Flu Vaccination Catch-up



Vaccination UK will be in school for a catch-up session on 1 December 2025 for flu vaccinations.

If your child missed the original session and you would like them to have the flu vaccination, 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	¼ lb 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)				

Key Dates

27 Nov	Ski Trip information Evening 5.00 - 6.00pm
05 Dec	Christmas Fair 5.00 pm – 8.00 pm
12 Dec	Lille Christmas Market
18 Dec	Year 7 Pantomime Trip

Fixtures

Next week's fixtures	
MONDAY 17th	
TUESDAY 18th	
WEDNESDAY 19th	Y7 & 8 Netball v Belfairs (A)
THURSDAY 20th	Y8 Football v Belfairs (A)
FRIDAY 21st	Y7 Football v Chase (A)



Congratulations to all of our new Year 7 Student Leadership team members.

Welcome to the new Student leadership Team!



Christmas Fair

It's that time of year again and the Christmas Fair is nearly here. Please do come along!



Remembrance Day

On Tuesday, we held our first whole school Remembrance parade and service for students and staff.

Our standard bearers did a superb job of parading with the union flags, then we handed over to Mrs Airoll for the opening address. Two of our Year 10 students read the poems "Why Wear a Poppy" and "In Flanders Fields" followed by a thought-provoking speech from Mrs Langdon.

We then began our act of remembrance, with Mr Carter reciting the Exhortation before the last post was played and the 2-minute silence held. Another Year 10 then read the Kohima Epitaph before the whole school stood for the National Anthem.

It was also wonderful to have 17 students, along with Mrs Langdon proudly wear their uniforms. The students were all a credit to the school and we are so proud of them.

The service was a moving tribute to remember all those who made the ultimate sacrifice for their country.



Year 10 GCSE Art

On Wednesday, Year 10 GCSE Art students had the privilege to attend the Kerry James Marshall exhibition at the Royal Academy of Arts.

Kerry James Marshall is an influential American artist known for his powerful paintings that chronicle Black American life and address issues of race, representation, and history. His work often features Black figures, counteracting stereotypes and inserting Black culture into Western art. He represents Black life and history in a rich, complex, and often celebratory way.



Speaker's Trust Workshop

Last Friday, Year 7 took part in a Speak Out workshop with the Speaker's Trust to work on their speech writing and delivery skills.

Every student involved showed great confidence and bravery as they each stood up to make a speech at the end of the day.

It was great fun and the trainers had lots of wonderful things to say about Southchurch students. Well done year 7!



How can being outside benefit your mental health?

Spending time outside can benefit both your mental and physical wellbeing. For example, spending time with family or friends, doing things like growing food or flowers, exercising outdoors or going to planned events can have lots of positive effects.

These activities can improve your mood, reduce feelings of stress, improve your physical health and your confidence. It can also help to meet new people, connect with your local community and reduce loneliness.

With this in mind, why not visit the Big Switch On event taking place in Southend this Saturday!

A full day has been planned to celebrate the diverse community and culture in the city of Southend!

Date: 15 November 2025.

Where: Southend High Street and seafront

Cost: Free

Time: From 1.00 pm

Getting together with others outside to watch the free entertainment, followed by fireworks at the seafront, is a wonderful way to lift your spirits!

Diabetes Awareness

WHAT I'D LIKE YOU TO KNOW ABOUT:

TYPE 1 DIABETES

DIABETES AWARENESS DAY 14TH NOVEMBER 2025

What is Type 1 Diabetes?
It is a serious condition where your blood glucose level is too high. Insulin is made by the pancreas and it allows the glucose in our blood to enter our cells and fuel our bodies.

IT IS AN AUTOIMMUNE CONDITION WHERE THE BODY DESTROYS ITS INSULIN PRODUCING CELLS.

If you have Type 1 Diabetes you cannot make any insulin so need to have insulin injected or via a pump.

Approximately 270,000 people in England have Type 1 Diabetes.

TYPE 1 DIABETES IS NOT CAUSED BY DIET OR LIFESTYLE.

WHAT ARE THE SYMPTOMS?
The 4 main symptoms of Type 1 Diabetes - "The 4 Ts":

- THINNER**
unexpected weight loss
- THIRSTY**
being REALLY thirsty
- TIRE**
feeling more tired than usual.
- TOILET**
going for a wee a lot, especially at night.

If you spot any of these signs see a GP as soon as possible and ask for a test.
If left undiagnosed it can make you unwell, very quickly.

Illustrations by: *Avery Fuller Diagnosed age 6*



School Nursing Team

Should you need to speak to a school nurse directly, please see below for the details you need to contact them.

Text a school nurse directly to talk about health or emotional wellbeing:

IF YOU'RE 11-19 YEARS OLD TEXT
07520 649895

PARENT OF 5-19 YEARS OLD TEXT
07507 331884

Young People scan this QR Code to find support

Parents scan this QR Code to find support

ChatHealth NHS @SouthendSN

Library Corner



Word of the Week:

Cenotaph

Noun

Meaning: A monument to someone buried elsewhere, especially one commemorating people who have died in a war.

This week's theme is: Remembrance Day

Key date: 11 November

- The Geneva Convention, the main treaty on how war should be fought, has been signed by every country in the world.
- Since 1800, more than 37 million people worldwide have died while actively fighting in wars.
- The global value of the arms trade in 2020 was calculated at \$114bn (£89bn), but many experts think the real number is much higher.

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

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

Armistice
Ceasefire
Conflict
Forgiveness
Freedom
Poppy
Remember
Service
Silence
Wreath

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

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.

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

Xmas Party

There are **FOUR WEEKS** left to complete your Accelerated Reader quizzes for a chance to attend this years Christmas party!!

You will come out of a lesson and there will be games, Christmas music, hot chocolate, Christmas crafts and more!

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

