



Southchurch High School

Friday 21 November 2025

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 10

Message from the Headteacher

We were delighted that our school community raised over £200 last Friday in support of the annual Children in Need.

Yesterday lunchtime, I was delighted to hold a meeting with our existing Student Leadership Team, who were joined for the first time by our newly appointed Year 7 members. It was refreshing to hear their many ideas, which were most welcome, and I shall be liaising with Mr Naidoo as to how we might implement some of these moving forward.

We are seeking students with artistic ability as we launched our annual Christmas card competition this week by promoting it in Tutor Time. This year we are looking for a winner from each Key Stage. Each year the winning design(s) are printed and sent to friends within the local community and schools. This year we are also hoping to offer parents/carers the opportunity to purchase, for a small charge, packs of Christmas cards, which we do hope you will be able to support with. Students were informed on how they might enter during their form time this week so please do encourage your child to enter if they wish. I look forward to judging the entries!

As the Year 11 mock examinations draw to an end, I would like to commend our Year 11 students on how they have conducted themselves throughout these past two weeks. Mock examinations are undertaken under the same strict rules and regulations that students would be subject to during their actual GCSEs and our Year 11 students have conducted themselves impeccably.

Our teaching staff's Professional Learning Journey this week focused on the 'I' phase of the lesson with teachers discussing how to ensure that students had the requisite knowledge they needed to be able to apply it later on in the lesson.

It was a pleasure visiting form classes this week seeing so many students enjoying reading their reading book. Please do encourage your child to read whenever the opportunity presents itself.

Our multi-use area has been opened up for use by our Year 10 and Year 11 students during the cold weather as an inviting spot to enjoy their breaks in a warm and friendly environment.

Mrs Airoll
Headteacher

GCSE History



Miss Fraser will be running a drop-in clinic for History GCSE students on Tuesday lunchtimes in A126.

The students can use this time to ask for help with homework and revision.

Please encourage your Year 11 child to take advantage of this!

Christmas Fair



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

Year 7 Food Tech

Year 7 have been busy in their Food Tech lessons this week, improving their knife skills by making chicken, chorizo and vegetable kebabs!



Calming Club

Some of our students have been enjoying calming club at lunchtime.

This is a calm environment where they can chill, draw, play games and more!

It takes place every Monday and Thursday lunchtime in C001.



Key Dates

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

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:

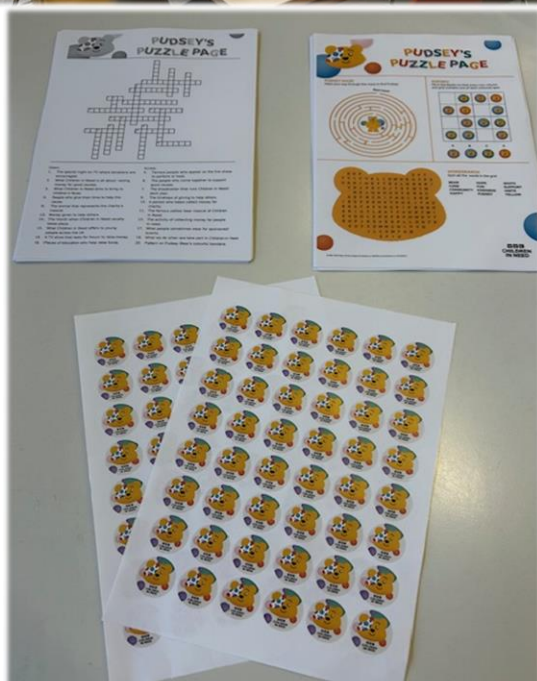
<https://eastanglia.schoolvaccination.uk/flu/2025/essex>

Children in Need



Last Friday, we raised an amazing £214.82 for Children in Need!

A huge thank you to everyone who organised and took part in the various fundraising activities!



PSHE Drop Down Days

PSHE DROP DOWN DAY YEAR 10

LET'S TALK CONSENT



UNDERSTANDING RELATIONSHIPS, RESPECT & CONSENT

Join us for a special PSHE Drop Down Day with guest speakers from **Talk Consent** who will lead interactive workshops exploring:

- ✓ What consent really means—and why it matters
- ✓ How to communicate and set healthy boundaries
- ✓ Respectful and positive relationships
- ✓ Understanding the law and personal responsibility

MONDAY 8TH DECEMBER

9.00AM – 3.05PM

LOCATION MUA CLASSROOMS

WHO'S INVOLVED

Year 10 students
External facilitators from
Talk Consent
Supported by PSHE
and Pastoral Teams

WHY IT'S IMPORTANT

- ✓ Build confidence in communicating about consent
- ✓ Learn how to respect others' boundaries and your own
- ✓ Gain real-life tools for healthy, safe relationships



'Consent is about choice, respect, and understanding – in every relationship.' – *Talk Consent*



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TUESDAY 9TH DECEMBER

9.00AM – 3.05PM

LOCATION MUA CLASSROOMS

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Jack Petchey Achievement Awards

We are very pleased to give this term's Jack Petchey Achievement Awards to Jasmine and Leandro in Year 8. They are very well deserved – congratulations!

Jasmine is a student librarian at Southchurch High School and has been given this award because she always goes above and beyond the call of duty. Jasmine is kind, polite and helpful to staff and students alike. She is the first to help anyone in need and has been wonderful with the new year 7 students as they have transitioned to secondary school life. She is a credit to our library and our school.

Leandro is Southchurch High School's resident chess champion! He has been given this award not only because his chess skills are unmatched, but more importantly, he is always willing to take the time to pass on his incredible skills to anyone willing to learn. He demonstrates patience and leadership as he teaches the rules and strategies of the game.



"If you think you can, you can"

Movember's Best Moustache!

There is still time to donate to our Movember Southchurch Team!

Thank you to all those who 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>

Students can also vote for their favourite moustache again next week on 27 November 2025.

The winner will be announced on 28 November 2025.



Careers Carousel



CAREERS CAROUSEL








We invite professionals & training providers to inspire students by delivering short, interactive sessions about your career, industry or courses.

Year 8 Careers Carousel

 Tuesday 3 February 2026

 9:00am–12:30pm

 6 × 30-minute rotating sessions

Year 10 Careers Carousel

 Tuesday 28 April 2026

 9:00am–12:30pm

 6 × 30-minute rotating sessions

Share your career journey, give a practical demonstration, or showcase the pathways your organisation offers. Take part in either or both events.

Interested in taking part?

Please contact asmith@southchurchschool.com

Fixtures



Next week's fixtures

MONDAY 24th

TUESDAY 25th

Y10 Football v Basildon Academy (A)

WEDNESDAY 26th

Y7 Netball v WHSG (A)

U16 Netball v WHSG (A)

THURSDAY 27th

Y8 Netball v Thorpe Hall (A)

FRIDAY 28th



Premier League

Kicks



SOUTHEND UNITED
COMMUNITY
FOUNDATION

**SOUTHEND UNITED
COMMUNITY FOUNDATION**

FREE FOOTBALL SESSIONS

ABOUT PL KICKS

Free of charge football sessions for 8-18 year old's. At these sessions you will have the opportunity to play matches, enter national competitions, meet the Southend United players and more.

OUR VENUES

- Eversley Leisure Centre (4G)
- Monday, 16:45 - 18:00
- Garons Park (4G) - PAN Disability (Byrs-25yrs)
- Thursday, 17:00 - 18:00
- Garons Park (4G)
- Friday, 17:00 - 19:00



BOOK HERE

MORE INFORMATION

D.KING@SOUTHENDUNITED-CET.CO.UK



Below is December's Action for Happiness Calendar with some great ideas to spread kindness!

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

YOUNGMINDS
fighting for young people's mental health

December Kindness 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Spread kindness and share the December calendar with others

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

4 Support a charity, cause or campaign you really care about

5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2026



ACTION FOR HAPPINESS

Happier · Kinder · Together

Library Corner

Word of the Week:

Empathy

Noun

Meaning: Being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts and experiences of another.

This week's theme is: International Day of Tolerance

Key date: 16 November

Did you know?

- Freedom of speech has been guaranteed to Americans under the First Amendment of the United States since 1791
- The UN recognised free speech as a human right in 1948, in the International Declaration of Human Rights
- In 1633, Galileo Galilei was punished for arguing that the Sun does not revolve around the Earth - correctly. This was considered offensive to religion.

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

Accept
Diversity
Empathy
Inclusion
Kindness
Peace
Respect
Tolerance
Unity

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



LIBRARY INITIATIVES

Welcome to the Library

Miss Watson and Ms Stroker 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!

Xmas Party

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

You will come out of one 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

