



Message from the Headteacher

This week's Professional Learning Journey for teaching staff focused on 'Think, Pair, Share' which is a strategy to allow students to share their ideas with each other prior to sharing it with their fellow students in the classroom.

As you will see overleaf in this week's Newsletter, Mr Webster dyed his Movember moustache the colour green, courtesy of our Year 7s who were the winning year group with overall monies raised. Thank you to each and every one of the school community who has contributed to the £1,350 raised to date; still time to donate if you can! A huge thank you also to Mr Maxfield, Mr Webster, Mr Winyard, Mr Druce and Mr Mancinelli for their amazing support of Movember. There have been some magnificent moustaches on display; whose will stay!

Thank you to Miss Atkinson who very kindly held an information evening yesterday for those parents/carers whose children will be taking part in the ski trip to Austria during the February half term.

I had a wonderful meeting yesterday with our Student Leadership Team. During the meeting, I was immensely proud to present them with their new badges which I am sure they will wear with pride, along with their purple ties.

Rehearsals are in full flow ahead for our school musical which is taking place early next year on 11 and 12 February. Tickets will go on sale in the new year.



We are excited to share that our school uses **Unifrog**, an award-winning careers and destinations platform designed to help students explore their future pathways with confidence. Unifrog brings together **all the information students need** into one easy-to-use system – from exploring different careers and university courses, to finding apprenticeships and developing key employability skills.

Every student has been sent a **welcome email** to their school email account with instructions on how to activate their Unifrog account. Once logged in, they can start building their profile, researching opportunities, recording achievements and accessing high-quality guidance tailored to their interests. The platform also supports students with writing CVs, personal statements and applications, making it an essential tool as they begin planning their next steps.

We encourage all parents/carers to remind their child to check their school email and sign up as soon as possible. Exploring Unifrog regularly will help students make informed, confident decisions about their future. If you have any questions or would like support getting started, please get in touch with our Careers Team via careers@southchurchschool.com.

Only three weeks to go until a well-deserved break for the school community. Attendance is so important as each and every day counts in a child's education.

You may recall that we have invited children to take part in our Christmas Card competition and judging has taken place today and the winners will be notified early next week. We had some fantastic artwork and the winning entries will be available to purchase from the school in packs. More details on this to follow!

Due to an event being hosted at the school on Tuesday, there will be **no after school clubs or detentions on Tuesday, 2 December**. Reminders will be sent on Monday and again on Tuesday.

Mrs Airoll
Headteacher

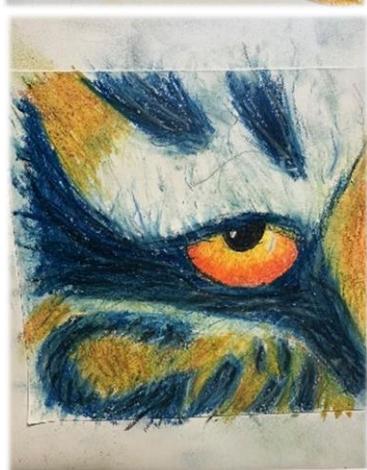
Menu

	SWAN'S RESTAURANT					WEEK 1
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Meal	Chicken Korma Served with Boiled Rice & Naan Bread <small>(Halal)</small>	Homemade Beef Lasagne Served with Garlic Bread	Chicken Fajita Served with Diced Potatoes & Coleslaw <small>(Halal)</small>	Pork Sausages Served with Mashed Potatoes, Peas & Gravy	Chicken Burger or Battered Fish Served with Chips <small>(Halal)</small>	
Vegetarian Meal	Vegetable Sweet & Sour Served with Boiled Rice & Spring Rolls <small>(Vegan)</small>	Vegetable Pasta Bake Served with Garlic Bread	Vegetable Quiche Served with Diced Potatoes & Coleslaw	Vegetable Sausages Served with Peas & Gravy	Vegetable Sausages Served with Peas & Gravy	<small>1/4lb Vegan Burger Served with Chips (Vegan)</small>
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 8 Art

Last week, Year 8 students created amazing tiger eyes with oil pastels.

They used layering and blending to create texture, adding vibrant details to their artwork!



Key Dates

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
19 Dec	Last day of Term
22 Dec – 02 Jan	Christmas holiday
05 Jan	Students return to school

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>

Christmas Holiday Activity and Food Programme

Southend City Council are looking forward to delivering another successful Holiday Activity and Food programme this Christmas.

The programme will run from **Mondays and Tuesdays 22, 23 29 and 30 December 2025**. Eligible families will be able to book up to a maximum of **4** sessions and only attend **one** club per day.

If your child is in receipt of free school meals, please find below the link to book:

Book your free HAF place here

Should you have any difficulty with online booking, the council have partnered with the Salvation Army and arranged 2 drop-in sessions from **9.30 am to 12.00 noon** at the following locations to support families to book onto the HAF clubs and find out more information about free Early Years Childcare options

Salvation Army Community Centre, Frobisher Way, Shoeburyness, SS3 8UT.

Salvation Army Community Centre, 121 Elm Road, Leigh on Sea, SS9 1SP.

SPORTS NEWS



Fixtures

Next week's fixtures

MONDAY 1st

TUESDAY 2nd
Y9 Football v Chase (A)

WEDNESDAY 3rd
Y8 Football v Belfairs (H)
Y8 Netball v WHSG (A)

THURSDAY 4th
Y7 Netball v Cecil (H)
Y8 Netball v Cecil (H)
Y10 Football v Cecil (A)

FRIDAY 5th
Y8 Basketball v Chase (H)

On Thursday, we issued our Student Leadership Team with Year badges.

So, when wearing these together with their purple tie, they are easily identifiable.



My Child at School (MCAS)



As we strive to improve the quality of communication between the school and parents/carers, we would like to announce that from the start of the spring term 2026, the My Child at School app (MCAS) will become our primary method of communicating with you regarding school matters.

For those parents/carers who are not familiar with this app it will not only enable you to view various real-time information about your child at school but will also enable us to send out alerts and messages which will ensure you receive all communications from us.

The MCAS app is available for both IOS and Android devices and through the internet on a laptop or other device. MCAS will enable us to contact you quickly instead of using our current text/email system. Please note that MCAS has a translation function which will allow you to receive all information and communication in your chosen language.

A letter of the MCAS setup guide, which provides information on how to get started with the app, will be sent out to parents/carers shortly. A full parent guide to the functionality of MCAS is available on the school website now under the **Parent Tab**.

We asked students to compete in year groups to decide what colour Mr Webster's magnificent moustache should be for the last week of Movember!

They chose GREEN and we think it looks great!

Thank you to everyone who donated to this wonderful charity!



School Events



International Day of Persons with Disabilities

Join us for activities at break and lunchtime

Wednesday 3rd December



Duke of Edinburgh

Our Duke of Edinburgh cohort is all signed up and attending weekly meetings to get ready for the summer's expedition section.

46 students are completing the bronze award with us this year, an all-time high!

This week, we began planning their expedition routes teaching the students valuable map reading and teamwork skills. Well done to the groups on an excellent start!

They are also completing a physical, skill and volunteering section for 3-6 months each by June. This award is a testament to their commitment and resilience.



SOUTHCHURCH HIGH SCHOOL

CHRISTMAS FAIR

JOIN US FOR CHRISTMAS SHOPPING, MUSIC & DELICIOUS TREATS

5TH DECEMBER, 5-8PM

SOUTHCHURCH BLVD SS2 4XA

Food Tech

**★ DONATE YOUR ★
LEFTOVER CONTAINERS!**

HELP OUR FOOD TECHNOLOGY STUDENTS

AFTER CHRISTMAS, DON'T THROW AWAY THOSE SWEET BOXES!

- ✓ Sweet boxes
- ✓ Plastic tubs
- ✓ Jam jars
- ✓ Any clean, reusable food containers

YOUR DONATIONS WILL HELP STUDENTS WHO CANNOT AFFORD CONTAINERS FOR THEIR PRACTICAL LESSONS.

LET'S REDUCE WASTE AND SUPPORT LEARNING!

Working Memory

Working memory plays a crucial role in our daily lives, affecting everything from learning to problem-solving. As a parent or student, understanding and improving working memory skills can significantly contribute to academic success and personal growth. This is especially important for many of our students with SEN as working memory can be a particular difficulty for many of those students.

Working memory refers to our brain's ability to hold and manipulate information in our mind for a short period. It helps us retain and recall important details while performing tasks. Think of it as our mental workspace, allowing us to digest and process information efficiently. Having strong working memory abilities means that students will be able to better understand new concepts and make links between things that they already know, helps them to stay focused for longer and better manage distractions, as well as helping to improve problem solving and organisational skills.

Some of the strategies that can be used by students to help improve their working memories are as follows:

1. **Chunking Information:** Encourage your child to break down complex information into smaller, manageable chunks. This technique helps reduce cognitive load and makes it easier to remember and process information.
2. **Visualise and Use Mnemonic Devices:** Teach your child to create mental images or associate key concepts with memorable visual cues. Mnemonic devices such as acronyms or rhymes can also aid in remembering information effectively.
3. **Practice Active Listening:** Encourage your child to actively listen during conversations, class lectures, or while reading. Active listening involves engaging with the speaker, taking notes, and summarizing information, reinforcing memory retention.
4. **Play Memory Games:** Engage in fun memory-boosting activities like card games, puzzles, or memory match games. These activities challenge the brain and improve working memory capacity.

Improving working memory takes time and practice, but can have a beneficial impact on their academic performance and enjoyment of school.

Christmas can be a really lovely time of year for some people, but for others it can be a struggle for various reasons.

While everyone may be getting excited in the lead-up to the holiday, remember to keep it in perspective. Christmas is just another day of the year and if you don't feel happy or excited about it, that's okay.

It's easy to put a lot of pressure on yourself at this time of year to feel 'happy' just because everyone else is or it's expected. Christmas looks different for everyone and you should spend it in a way that makes you feel as relaxed as possible. This could be by spending time with your friends and family, or it might be going for a walk, or watching your favourite film or reading a book.

The Young Minds website has more tips on how to make you feel better about the holiday season.

Also, if you know someone who is struggling, the link below has tips on things you could say to them (and what to avoid) at Christmas time:

<https://www.youngminds.org.uk/young-person/blog/what-not-to-say-to-people-struggling-with-their-mental-health-at-christmas/>



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



Library Corner

Word of the Week:

Autonomy

Noun

Meaning: The right to make choices about your own body, actions, and personal space.

This week's theme is: International Day Of Consent

Key date: 30 November

Did you know?

- In Old English one meaning of "consent" was "yielding to sinful desire".
- The term "age of consent" dates from the 1650s.
- In the US, the rules on the age of consent vary from state to state.

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

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

Absence	C I W L G C E L T P G D Z
Ask	K V M N N C N P E D G E A
Autonomy	I B O U N D A R I E S C M
Boundaries	Y N X E F Q M P P M I U
Consent	S Y S Z G I E N D O R S E
Decision	C B B N S A D L D Q A I Y
Endorse	A R B S E S E L R C U O V
Listen	O Z I Y G T I K P O T N P
Permission	B O G N K F S I C N O T U
Respect	N C D E V E H I C S N K R



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

Accelerated Reader (How To)

READ, QUIZ, REPEAT!

Usersnames are your "firstnamesurname" and the password is "abc".

EXAMPLE:

Username:	harrypotter
Password:	abc
Log In	

Read a book...

Choose a book from the library!

Quiz...

Login to Renaissance Learning on the PC, choose Accelerated Reader and search for the book...

Climb the ladder in the library...

Every time you pass a quiz your word count will be contributed to and you will move up the ladder in the library...

Earn prizes and rewards

Students are awarded classchart points and given certificates & prizes every term for taking part! There are also extra prizes for hitting word count goals!

Repeat!!

Quiz as many times as you like on all of the books you read!

