



Message from the Headteacher

We do hope you and your families had a peaceful festive period and, on behalf the staff community, we wish you a very happy New Year!

This week's word of the week was 'validate': verb 'demonstrate or support the truth or value of'. Students have been encouraged throughout the week to incorporate into their learning and when they use it in the correct context are rewarded with a positive ClassChart point.

In preparation for their GCSE in English Language, Year 11 students participated in a 'walking talking' mock on Monday morning. Students were taken through how to answer exam questions to optimise their answers and therefore their potential GCSE grade.

This week's Professional Learning Journey for teaching staff was a reminder and revisit of the importance of compliance and non-negotiables within the classroom.

We were delighted to welcome the Jack Petchey Foundation today. They visited the school to work with our Year 10 students during 'Speak Out' Challenge Workshops. These workshops seek to empower young people to become strong communicators, raising their confidence, improve their employability and provide opportunities to connect with one another and the world. By the end of the workshop, students had prepared a one-to-two-minute speech on a subject that they feel passionate about. A huge thank you to Miss Neil for all her organisation and also to those staff who kindly supported.

Next Thursday, 15 January we shall be hosting the Year 11 Parents' Evening from 4.00 to 7.00 pm. If you have a child in Year 11, attendance to this Parents' Evening is important for both parents/carers and students. Teachers will be discussing students' areas of development following the mock examinations held in December and celebrate the areas of strength. If parents/carers are unable to attend please encourage your child to attend, if they are able to, on their own as there will be an incentive of chicken burger and chips next Friday lunchtime as a 'thank you' for their commitment to their aspirations.

A letter was sent to parents/carers earlier this week with further information. If you did not receive the letter please contact the school.

The Year 10 Parents' Evening will be taking place on Thursday, 22 January and a letter will be sent shortly containing further details to parents/carers.

Finally, we are seeking business owners or professionals from any industry who we might be able to spare a few hours on Thursday, 12 March to support our Year 10 students with mock interviews they will be undertaking from 9.00-12.30 pm that day. If you are able to kindly assist our students with these mock interviews please contact Ms Smith, Careers Leader.

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 <i>(Halal)</i>	Homemade Steak Pie Served with Mashed Potatoes, Peas & Gravy <i>(Halal)</i>	Roasted Chicken Thighs Served with Roast Potatoes, Vegetables & Gravy <i>(Halal)</i>	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 <i>(Vegan)</i>	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 <u>is not</u> halal)				

Key Dates

15 Jan	Year 11 Parents Evening, 4-7pm
22 Jan	Year 10 Parents Evening, 4-7pm
10 Feb	Year 9 Parents Evening, 4-7pm
11 Feb	School Musical, 6:30pm
12 Feb	School Musical, 6:30pm
13 Feb	Last day of term

House points



Work experience

Y10 WORK EXPERIENCE DEADLINE

Remember to check the **Careers Teams Page** for opportunities

5 WEEKS TO GO
UNTIL WORK EXPERIENCE DEADLINE

CAREERS

If you are able to offer a placement to one of our students, we would love to hear from you.
careers@southchurchschool.com

Events

RSPB **Big Garden Birdwatch**

23–25 January 2026

Southchurch is taking part in the Big Garden Birdwatch. Your child can pick up a leaflet at the Student Leadership area to see what is involved or visit www.rspb.org.uk

WELLBEING at GARON PARK CIO
Cultivating Healthy Communities across Southend

You can also take part at Garon Park, open from 10am-3pm on 21st & 28th January, bring binoculars!

SOUTHCHURCH HIGH SPORTS CLUBS

MONDAY

LUNCHTIME
Y7 Football (MUGA)
Mr Calder
Y10 GCSE PE Revision (C005)
Miss Waite

TUESDAY

BEFORE SCHOOL
Dodgeball 7:30am
Miss Townley
LUNCHTIME
Y8 Football (MUGA)
Mr Winyard
Y10 Coaching (C000)
Mr Calder
AFTER SCHOOL
All Years Basketball
Mr Winyard
All Years Rugby
Mr Blows, Mr Calder
Girls Football
Miss Edwards

WEDNESDAY

BEFORE SCHOOL
Badminton Mr Calder
LUNCHTIME
Y9 Football (MUGA)
Sarah Taylor
Y10 GCSE PE Revision (C005)
Miss Waite
AFTER SCHOOL
All Years Cricket
Mr Winyard
Y7 Netball
Miss Edwards
Y8 Netball Miss Waite
Y10/11 Coaching/H&S Care (B102) Miss Atkinson
Y10 Coaching (C000)
Mr Blows

THURSDAY

BEFORE SCHOOL
Table Tennis Mr Lockwood
LUNCHTIME
Y10 Football (MUGA)
Mr Blows
Y11 Coaching (C000)
Mr Calder
AFTER SCHOOL
Cheerleading
Southend Elite
Y7 Football Mr Lockwood
Y8 Football Mr Winyard
Y9 Football Mr Blows
Y10/11 Football Mr Calder
Y10/11 Netball
Miss Edwards
Y9 Sports Leaders
Miss Waite

FRIDAY

LUNCHTIME
Y11 Football (MUGA)
Miss Waite
AFTER SCHOOL
All Years Hockey
Miss Edwards
Miss Waite

SPRING TERM 1

SOUTHCHURCH HIGH Personal Development

Fixtures

These are the sporting fixtures for next week.

SPORTS NEWS



Next week's fixtures

MONDAY 12th

TUESDAY 13th

Y7 Football v Cecil Jones (A)

WEDNESDAY 14th

U16 Netball v Shoebury (A)

THURSDAY 15th

Y7 Netball v Thorpe Hall (H)

FRIDAY 16th

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, has been sent out to parents/carers. A full parent guide to the functionality of MCAS is available on the school website now under the Parent Tab.

WELL-BEING

Get moving in January!

Exercise improves mental health by releasing mood-boosting endorphins and serotonin, reducing stress hormones like cortisol, promoting better sleep, increasing self-esteem, and offering a distraction from negative thoughts. It fosters neural growth, reduces inflammation, and creates new brain activity patterns, leading to feelings of calm, focus, and overall well-being while also providing social connection and a sense of achievement.

You can do this at a gym, or better still in the outdoors which is free! Why not encourage the whole family to go for a walk this weekend!

The below **daily action** and more is on the Action for Happiness website and app, download it now to get your daily dose of happiness!

<https://www.actionforhappiness.org/how-to-be-happy>

**Get moving.
Do something
active (ideally
outdoors)**



ACTION FOR HAPPINESS

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:

Validate

Verb

Meaning: Demonstrate or support the truth or value of.

This week's theme is: Goals

Key date: 10 January

Did you know?

- 43% of people expect to give up their goal after just one month.
- 90% of people give up on their New Year's resolutions within the first few weeks of the new year.
- 4 in 10 people say that they regret the way they lived their lives, and they would like to go back and change

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

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

Achieve
Aim
Attitude
Dreams
Flexible
Future
Goal
Realistic
Success
Validate

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



LIBRARY INITIATIVES

Welcome to the Library

Miss Watson and Ms Strover are excited to welcome you back to the library and wish everyone a Happy New Year!

Looking for a calm place to relax or something fun to do? The library is open every day at break and lunch.

Sit on one of our comfy reading spots with a good book, or challenge your friends to board games like chess and Scrabble. Come in and make the library your happy place!



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

New Year, New Term for Accelerated Reader

- 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

