



Southchurch High School

Friday 23 January 2026

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 17

Message from the Headteacher

Year 11s started their week with a 'walking talking' mock examinations for English Literature. Much support is being put in place in order to provide the students with the best possible outcomes for their forthcoming GCSEs such as intervention sessions. Please encourage your child to attend.

This week's Professional Learning Journey focus for teaching staff was questioning and wait time to allow students the opportunity to formulate their answers to a question they have been given and random questioning to allow students to be able to engage further.

Ahead of our Year 9 students selecting their option choices for their GCSEs, Ms Smith, Careers Leader, very kindly organised workshops which took place on Tuesday and Wednesday. Students accessed the Unifrog platform to research careers and to also learn more about Labour Market Information such as different careers; their entry routes; availability of jobs; salaries paid; skills and qualifications needed.

This week's word of the week was 'balance': adjective 'taking everything into account: fairly judged or presented'. ClassChart points are awarded to students for correct usage of the word of the week enabling them to build up points to purchase items in the ClassCharts shop. We are also running an end of term reward for the most points received by each year group. Next week's word of the week will be 'circumstance': noun 'a fact or event that makes a situation the way it is'. Please do encourage your child to practice using 'circumstance' during conversations over the weekend!

Yesterday afternoon we hosted the Year 10 Parents' Evening from 4.00 to 7.00 pm. A huge thank you to all those parents/carers who were able to support their child in meeting with their teachers to discuss their recent assessment results; looking at areas of development and to celebrate their areas of strength.

As you will be aware all students and staff at the school belong to a house: Griffin, Phoenix, Dragon and Pegasus. Following interviews this week, I am delighted to inform you that we now have Head of Houses. The new Head of Houses are: Miss James (Griffin), Miss Clark (Phoenix), Miss Gingell (Dragon) and Mr Winyard (Pegasus).

Mr Patten also takes on a new responsibility as Student Leadership Leader kindly assisting Mr Naidoo. Congratulations to each and every one of them and we, as a school community, eagerly anticipate the roll out of their ideas to their respective houses and Student Leadership Team.

On Monday our 'My Child at School' app goes live. Thank you to all those parents/carers who have already signed up. However, there are still a large number who have yet to do so and we shall be sending daily reminders next week in an effort to encourage sign up. Please remember that, moving forward, this is the primary method of communication from the school to parents/carers. Paper copies of all letters will be available to collect from the school Reception, if required, but will not be routinely sent out.

Finally, congratulations to our Year 7 students who have had an excellent week of attendance. You may have seen from the recent Facebook post that I addressed the year group following their second break on Tuesday to congratulate them all on achieving a **truly amazing 98.76%**; only two Year 7 students were absent of the year group of 161. If you have yet to see their wonderful reaction, please do look at the post.

Mrs Airoll
Headteacher

SWAN'S RESTAURANT					WEEK 2	
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Meal	Chicken Tikka Curry Served with Boiled Rice & Indian	Homemade Steak Pie Served with Mashed Potatoes	Roasted Chicken Thighs Served with	Macaroni Cheese Served with	Jumbo Hotdog Or	
*** New menu in progress, please see the board in the canteen for the daily specials ***						
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 <u>not</u> halal)					

Key Dates

10 Feb	Year 9 Parents Evening, 4-7pm
11 Feb	School Musical, 6:30pm
12 Feb	School Musical, 6:30pm
13 Feb	Feel Good Friday/Last day of term

House points

HOUSE POINTS
W/C 19 January

Who is in the lead this week?

Don't forget you get POINTS for attending a club, which contributes to house points!

You **MUST** wear your **HOUSE BADGE** as part of your uniform expectation

	6374	
	5075	
	5098	
	4143	

WE WANT YOUR FEEDBACK!

Help us make Parents' Evening and school updates even better. Share your feedback—it really counts!

Scan the QR code or follow this [LINK](#) to share your thoughts about the recent Year 11 and Year 10 Parents' Evening and your preferred communication method

Thank-you!

Parents' Evening Feedback

Bus route update

Queensway Roundabout Diversion
Services 2 and 29

Due to the closure of junctions of Queensway roundabout, the following services cannot serve stops listed below until 21st January 2027

Service 2 to Shoburness Renown

- *Whitegate Road (Stop VS) Warrior Square
- *Southchurch Road (Stop VQ) (The Cow and Telescope)

***Please go to the Travel Centre (Stop F) for the above stops.**

- Nicholson House, Southchurch Road

The service will be diverted via Queensway and Southchurch Avenue.

Service 2 to Southend

All stops will be served as normal.

Arriva Service 29 to Garon Park

- *Whitegate Road (Stop VS) Warrior Square
- *Southchurch Road (Stop VQ) (The Cow and Telescope)

***Please go to the Travel Centre (Stop K) for the above stops.**

- Coleman Street, Sutton Road

The service will divert via Queensway, Southchurch Avenue, Bournemouth Park Road and Boscombe Road.

Arriva Service 29 to Belgrave Road

- *Whitegate Road (Stop VR) Warrior Square

***Please go to Chichester Road (Stop VP) for the above stop.**

The service will be diverted via Queensway, Chancellor Road, Church Road to the Travel Centre (Stop Y).

We are expecting delays for the foreseeable future and will be trying to minimise any delays to our services.

Y10 WORK EXPERIENCE Remember to check the Teams [Careers Page](#)

2 WEEKS TO GO UNTIL WORK EXPERIENCE DEADLINE

Please see **Ms Smith** for any help or guidance needed to find your placement. Well done to all those who have found a placement so far.

SOUTHCHURCH HIGH CLUBS

EVERYDAY CLUBS MONDAY-FRIDAY FOR ALL YEARS

Breakfast Club
7am, all years, Canteen

Library Club
Break & lunch, all years

SOUTHCHURCH HIGH Personal Development

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAK TIME	BREAK TIME	BREAK TIME	BREAK TIME	BREAK TIME
Careers Club Drop-in Careers Office, all years	Careers Club Drop-in Careers Office, all years	Careers Club Drop-in Careers Office	Careers Club Drop-in Careers Office, all years	Careers Club Drop-in Careers Office, all years
Library Club Library, all years	Library Club Library, all years	Library Club Library, all years	Library Club Library, all years	Library Club Library, all years
LUNCHTIME	LUNCHTIME	LUNCHTIME	LUNCHTIME	LUNCHTIME
Formula One Club A130, all years (restarts after February half term)	Library Club Library, all years	Library Club Library, all years	Library Club Library, all years	Library Club Library, all years
Calming Club C001/DT, all years	Lego Club C004, all years	Adobe Graphic Design Club A114, all years	Calming Club C001/DT, all Years	Library Club Library, all years
AFTER SCHOOL	AFTER SCHOOL	AFTER SCHOOL	Textiles Club C004, all years	AFTER SCHOOL
Library Club Library, all years, until 5pm	Library Club Library, all years	Duke of Edinburgh A131, Year 9/10 after sign up	School Musical C003, cast only	School Musical C003, cast only
	Cooking Club Food Room, years 7,8,9	Science club A116, Year 7 & 8	Library Club Library, all years	Cooking Club Food Room, year all years
	DnD club A017, all years	Science Revision Club A119, Year 9-11		DT Coursework A114 TBC, year 11
		Library Club Library, all years		Sociology A025, year 10 & 11 Sociologists
		Cooking Club Food Room, all years		
		Code Club C002, all years		
		DT Catch up Club DT Room, all.		
		School Musical C003, cast only		

SPORTS NEWS



Year 8 basketball team: They won their first game this year against Cecil Jones, 45-40. The boys played really well and were a credit to the school!

YR8 FOOTBALL

INTERHOUSE TOURNAMENT

HOUSE GRIFFIN

HOUSE PEGASUS

5-A-SIDE
5 MINUTE GAMES
5 MINUTES TO GET CHANGED BEFORE AND AFTER

HOUSE DRAGON

HOUSE PHOENIX

STARTING 26TH JANUARY 2026
LUNCHTIMES
YEAR 8 FOOTBALL/FUTSAL INTERHOUSE TOURNAMENT

GAME OF HOUSES

INTERHOUSE COMPETITION

FOOD TECH

W/C 26th January – Year 7,8,9
Food Room

To be judged in lessons
We will be looking for the best presentation of the dishes you make for house points!

WELL-BEING

Our Daily Action – 23rd January 2026. Download the whole calendar at www.actionforhappiness.org

Put away digital devices and focus on being in the moment

Happier January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1. Look for the good in others and notice their strengths	2. Take five minutes to sit still and just breathe	3. Learn something new and share it with others	4. Find three things to be grateful for this year
5. Connect with someone near you, share a smile or a hug	6. Take a different route to work and see what you notice	7. Eat healthy food which really nourishes you today	8. Get outside and notice five things that are beautiful
9. Focus on what's good, even if today feels tough	10. Go to bed in good time and allow yourself to recharge	11. Try and do something new to get out of your comfort zone	12. Run something hot and invite five people to join you
13. Choose one of your strengths and find a way to use it today	14. Challenge your negative thoughts and look for the positive	15. Ask other people about things they've enjoyed recently	16. Help to be a neighbour and give to someone in need

ACTION FOR HAPPINESS Happier · Kinder · Together

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

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**.

Health and fitness



WELCOME WEEKEND

Saturday 31st January & Sunday 1st February 2026





Ready for an Active Weekend!

Saturday 31st January

- 07:00 – Velocity Burn Class
- 08:00 – Velocity HIIT Class
- 09:00 – 13:00 – Free Gym Access
- 09:00 – Les Mills Master Class
- 10:00 – Les Mills Master Class
- 11:00 – 13:00 – Café Power Hours
- 12:00 – 13:00 – Free Family Dive
- 12:30 – 16:00 – Free Soft Play
- 12:45 – 13:45 – Free Lane Swim
- 12:45 – 13:45 – Free Family Swim
- 13:45 – 15:45 – Free Float Fiesta

Sunday 1st February


- 08:30 – Velocity Bootcamp Class
- 09:00 – 12:00 – Free Soft Play
- 09:00 – Les Mills Master Class
- 10:00 – Les Mills Master Class
- 10:30 – Velocity Burn Class
- 11:00 – 12:00 – Café Power Hour
- 11:00 – 13:00 – Free Family Swim
- 12:00 – 15:00 – Free Gym Access
- 12:00 – 13:00 – Free General Swim





Book via our App!

Careers






Our People Your Future

Be the future of health and care in Essex

EXPLORE YOUR FUTURE IN HEALTHCARE

with Mid and South Essex Health & Care Academy


The Health & Care Academy is working with Medical Mavericks to provide a fantastic hands on workshop where you can explore careers in the NHS whilst getting the opportunity to practice your skills and take basic medical obs!

Activities include...


- Record and print an ECG from your heart
- Use a needle to take fake blood from a dummy arm
- Try your hand at keyhole surgery
- See inside your body with an ultrasound machine.
- Scan your retina with an ophthalmoscope.
- Listen to your pulse with a pulse doppler.
- See your veins under a vein scanner.
- Take basic medical obs.

This opportunity is available to students in Years 10 - 13, who are thinking of a career in healthcare.


Tuesday 17th February 2026
(am) 9.30am - 12pm




Tuesday 17th February 2026
(pm) 1pm - 3.30pm



Wednesday 18th February 2026
(am) 9.30am - 12pm



Wednesday 18th February 2026
(pm) 1pm - 3.30pm



LES MILLS



MASTER TRAINERS COMING TO SOUTHEND
SATURDAY 31ST JANUARY & SUNDAY 1ST FEBRUARY



Book via our App!



Virtual Work Based Learning Programme

NHS
England
East of England

Are you aged 14+ and interested in a healthcare career & want to find out more?

Not sure what career might suit you?

How to access work experience?

Then why not explore the 15 Allied Health Professions (AHP)?

Aspiring Allies offers you an opportunity to explore Allied Health Professional and Support Workforce careers through online virtual work experience.

How does it work?

- Available Programmes: AHP overview, Occupational Therapy, Physiotherapy, Dietetics, Operating Department Practitioner
- Join us for the live launch & finale events online.
- Free, flexible and accessible: Complete other modules in your own time, on your own device, any time.

WHY?

BOOST your CV.

Learn at your own pace.

Meet & talk to professionals currently working in services in your area.

ASPIRING ALLIES

Register your interest in the programme by scanning the QR code here:



Library Corner



Word of the Week:

BALANCED

Adjective

Meaning: Taking everything into account; fairly judged or presented.

This week's theme is: Healthy Eating

Key date: Veganuary | January

Did you know?

- A healthy diet can reduce the risk of heart disease, stroke, Type 2 Diabetes, some cancers, high blood pressure and high cholesterol.
- Globally, over 1 billion adults are obese. By contrast, 390 million adults are underweight – mostly caused by malnutrition.
- 1/3 of your diet should consist of fresh fruit and vegetables

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

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

Active
Balanced
Cholesterol
Fibre
Fruit
Nutrients
Protein
Strength
Vegetables
Water

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

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**

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

