



# 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		
Extra's							

\*\*\* New menu in progress, please see the board in the canteen for the daily specials \*\*\*

**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

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



**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 21<sup>st</sup> January 2027

##### Service 2 to Shoeburyness Renown

- \*Whitestate 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

- \*Whitestate 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

- \*Whitestate 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



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

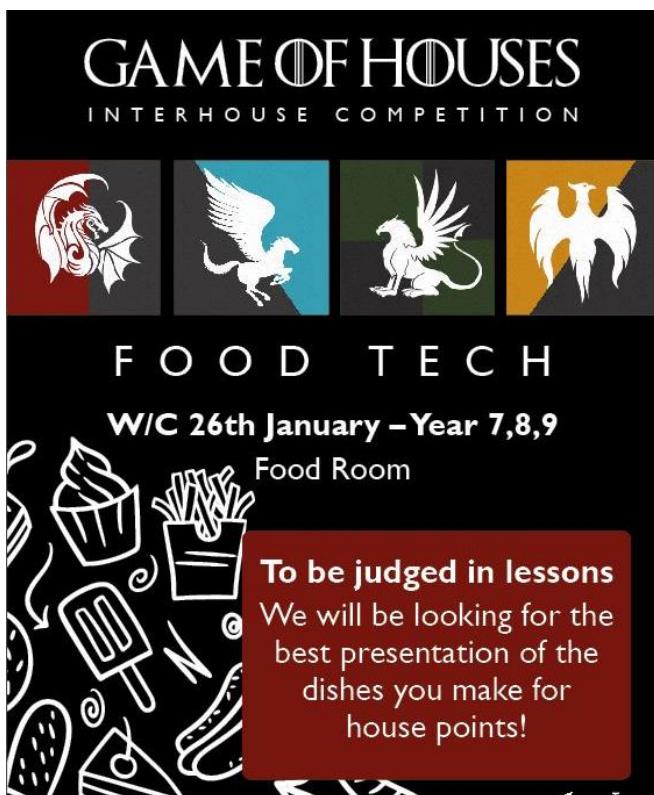
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAK TIME</b> Careers Club Drop-in Careers Office, all years <b>Library Club</b> Library, all years <b>LUNCHTIME</b> Formula One Club A130, all years (restarts after February half term) <b>Library Club</b> Library, all years <b>Calming Club</b> C001/DT, all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

**SOUTHCHURCH HIGH Personal Development**

# 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!



# WELL-BEING

**Our Daily Action – 23rd January 2026.** Download the whole calendar at [www.actionforhappiness.org](http://www.actionforhappiness.org)



## 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

## 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**

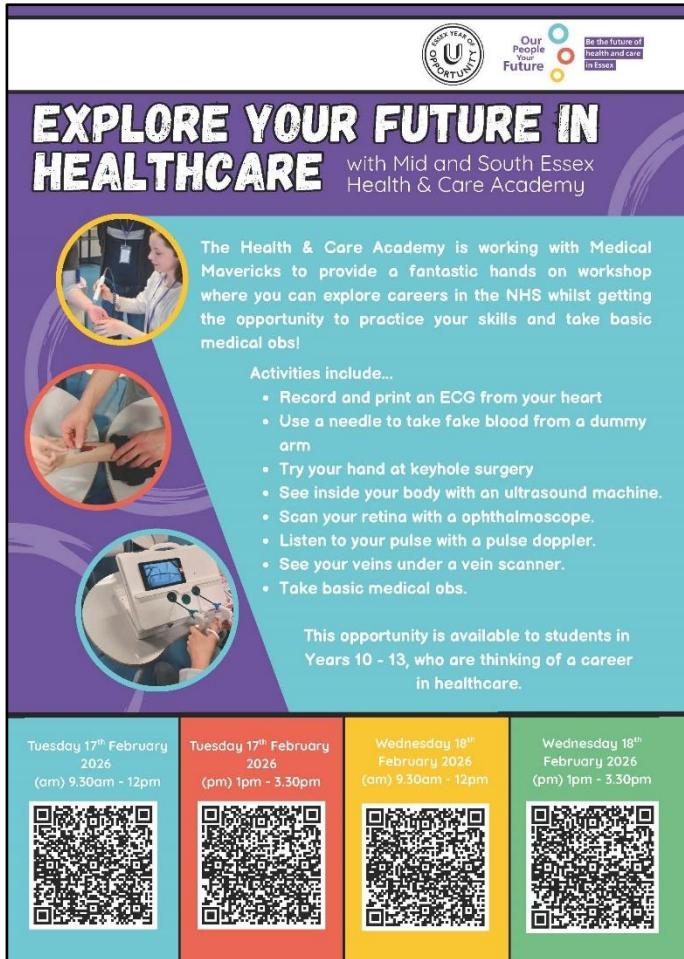
- 07:00 – Velocity Burn Class
- 08:00 – Velocity HIIT Class
- 09:00 – 13:00 – Free Gym Access
- 09:00 – Les Mills Master Class
- 10:00 – Les Mills Master Class
- 11:00 – 13:00 – Café Power Hours
- 12:00 – 13:00 – Free Family Dive
- 12:30 – 16:00 – Free Soft Play
- 12:45 – 13:45 – Free Lane Swim
- 12:45 – 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!**   freedomleisure where you matter

## Careers



**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 a 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 17<sup>th</sup> February 2026 (am) 9.30am - 12pm 

Tuesday 17<sup>th</sup> February 2026 (pm) 1pm - 3.30pm 

Wednesday 18<sup>th</sup> February 2026 (am) 9.30am - 12pm 

Wednesday 18<sup>th</sup> February 2026 (pm) 1pm - 3.30pm 



# LES MILLS



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

**Book via our App!**   freedomleisure where you matter



**NHS**  
England  
East of England

Virtual Work Based Learning Programme

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

Not sure what career might suit you?

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.

How to access work experience?

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

**WHY?**

BOOST your CV.

Learn at your own pace.

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

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	B X F P B X S F D T D X C
Balanced	V A K R A H T A I F Q H C
Cholesterol	P E D O L K N X C B O H W
Fibre	E K P T A T E Z Q L R A K
Fruit	A M M E N Q I V E N T E A
Nutrients	T Q G I C R R S I E W H E
Protein	J M H N E G T S R T T L M
Strength	P R X Z D E U Z A G C S U
Vegetables	J O Z X R H N P N A L A Z
Water	Y D D O O A H E F R U I T



## 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

