



Southchurch High School

Friday 30 January 2026

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 18

Message from the Headteacher

This week's Professional Learning Journey for teaching staff focused on the importance of brain breaks in lessons for students. It is important to incorporate brain breaks in order for there to be a brief mental reset which provides the brain with an opportunity to recharge; examples being after a period of focus within the lesson, during lesson transitions, start of a lesson or when passivity increases within the lesson. Examples of brain breaks might be stretching or simple movement; deep breathing or mindfulness; quick games or energisers; short creative tasks eg doodle challenge or maybe talking with a partner. We shall be trialling the use of brain breaks, initially with Year 7 classes and selected classes within other year groups.

Thank you to Miss House and Mr Calder for kindly accompanying some of our Year 7 students on a visit to Southend Museum in Victoria Avenue yesterday. The purpose of the trip was for students to visit the Prittlewell Prince exhibition which houses, on permanent display, excavated artefacts and they also took part in a workshop where they were allowed to see, touch and hold items that were discovered in the burial chamber of the Prittlewell Prince. The burial is believed to be dated to about 580 and among artefacts found were golden foil crosses which suggest that it was of an early Anglo-Saxon Christian King of Essex.

Thank you to Mrs Watkins who very kindly organised the DTP/ACWY vaccinations that were administered, with parental permission, in school yesterday, for Year 9 students.

Next week's word of the week for students is 'determine': verb 'to officially decide (something) especially because of evidence or fact'. We would very much like to encourage all parents/carers to practice with their child/ren over the weekend their use of next week's word of the week.

Our 'My Child at School' app finally went live on Monday. Thank you to all those parents/ carers who have already signed up. However, there is some concern that some parents/ carers have still not signed up to the app and we shall now be looking to ensure that these parents/carers do so as soon as practicable as this is now the school's primary method of communication.

Finally, congratulations to all of our students who have achieved 100% attendance this week. We have been particularly impressed with our Year 10 students who have had a 2.6% increase in their overall year group attendance figure over the past few weeks. There are a number of attendance initiatives taking place in all year groups; students need to be in, to win!

A huge thank you to all those parents/carers who kindly support their child, and the school, in ensuring that they attend school. It is important to remember that young people get one chance at education in secondary school; five years and every day matters!

Mrs Airoll
Headteacher

Key Dates

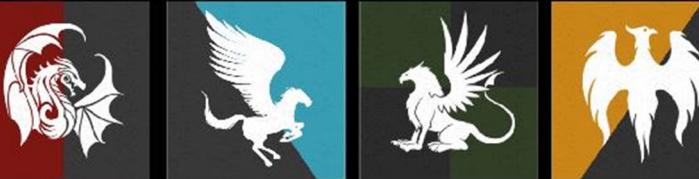
10 Feb	Year 9 Parents Evening, 4-7pm
11 Feb	School Musical, 6:30pm
12 Feb	School Musical, 6:30pm
13 Feb	Feel Good Friday/Last day of term



House points



GAME OF HOUSES
INTERHOUSE COMPETITION



EVENTS RUNNING UNTIL 13TH FEB

French Design a poster on Mardi Gras Year 7, 8, 9	Textiles Rubbish costume design Years 8, 9, 10
	Geography Design a sustainable City Years 7, 8, 9

COMPETE TO EARN POINTS FOR YOUR HOUSE



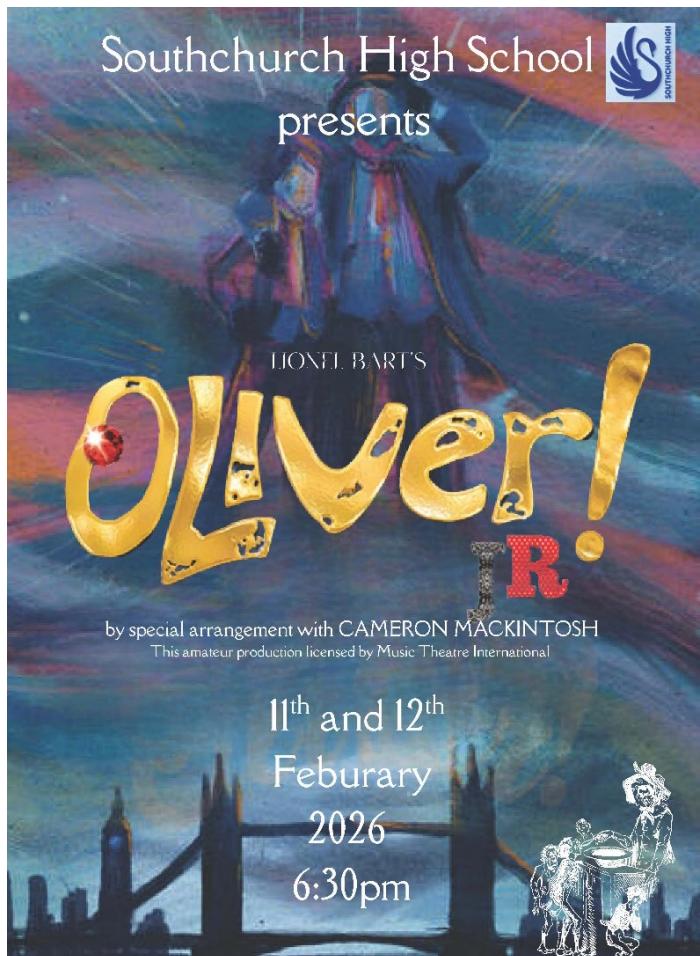
Y10 WORK EXPERIENCE DEADLINE



1 WEEK 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.

School production



Please "consider yourselves part of the family" as we proudly invite you to this year's school production: a lively, heart-warming, and occasionally pickpocket-filled performance of *Oliver!*

Our talented students have been rehearsing with the enthusiasm of someone who's just asked for "more"... rehearsal time. From cheeky street urchins to larger-than-life characters, the cast promises an evening full of energy, humour, and the kind of musical chaos only children can create.

Join us for a performance that will leave you humming familiar tunes all the way home — and possibly feeling grateful that your own dinner isn't supervised by Fagin's crew.

Performance Details:

- ⌚ Wednesday 11th and Thursday 12th February
- ⌚ 6:30pm ♂ MUA

Ticket Prices are £5 for adults, £3 for children.

Tickets can be bought on IPayImpact.

We'd love your support, your applause, and your willingness to be momentarily transported to Victorian London — with far fewer rats, we promise.

SPORTS NEWS

Next week's fixtures

MONDAY 2nd

TUESDAY 3rd

Y7 Football v Shoebury (A)
Y7 Netball v SHSG (A)

WEDNESDAY 4th

Y8 Netball v WHSG (A)
U16 Netball v St Bernards (H)

THURSDAY 5th

Y9 Football v Cecil Jones (A)
Y7 Basketball v Chase (H)

FRIDAY 6th

U14 Hockey v Plume (A)

Our Daily Action – 30 January 2026. Download the whole calendar at www.actionforhappiness.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Find three good and kind things that happened this year			
2 Look for the good in other people and their strengths	Take five minutes to sit outside and breathe	Learn something new and share it with others	Say positive things to the people you meet today
3 Connect with someone local who makes you feel good inside or outside	Take a different route to work or school than what you usually do	Eat healthy food with your nearest and dearest today	4 Get outside and do something that is good for you
4 Focus on your own well-being today	Go to bed in good time and wake up earlier to recharge	Try not to compare yourself to others	5 Plan something fun and invite your friends to join you
6 Choose one of your strengths and think of ways to use it today	Challenge yourself to do something you enjoyed recently	Ask other people about the last time you enjoyed recently	6 Say hello to a neighbour and encourage them to be kinder
7	7	8	8



Useful helpline details

Childline 0800 1111

<https://www.childline.org.uk/get-support/>

Samaritans 116 123

<https://www.samaritans.org/>

SAMARITANS

Young Minds

<https://www.youngminds.org.uk/young-person/find-help/i-need-urgent-help/>

Shout Text YM to 85258



Need a peaceful place to relax at lunch? Calming Club is open to everyone. Play board and card games, do some colouring, listen to music, and enjoy a chilled space with friends Monday and Thursday lunch time in C001 (DT workshop)



**Year 7 & 8
Pupils
Wednesday
3:15-4pm,
A116**



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

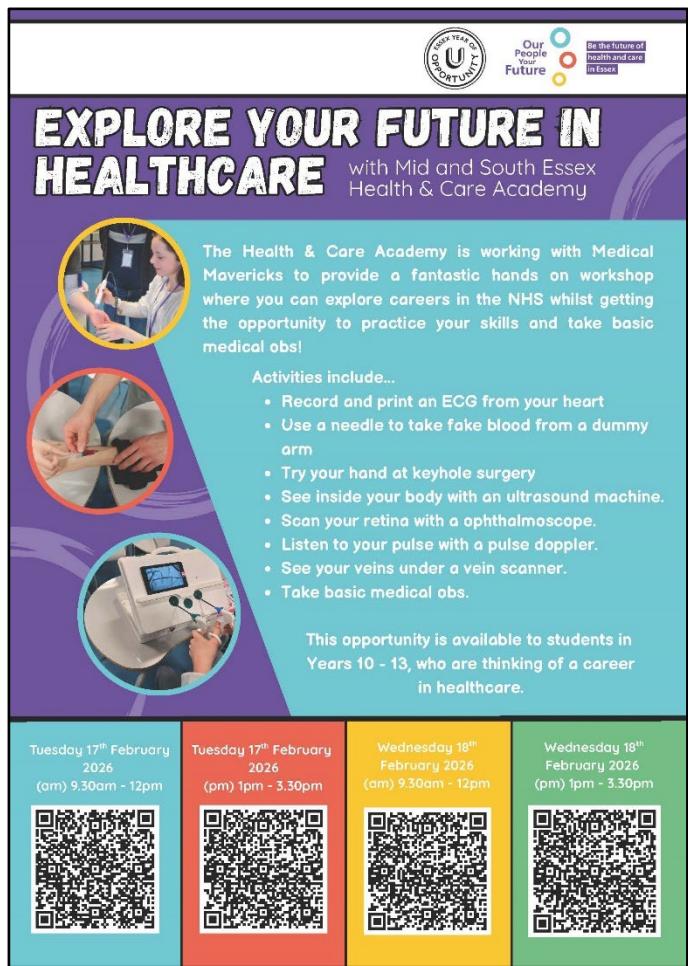
Sunday 1st February

- 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.

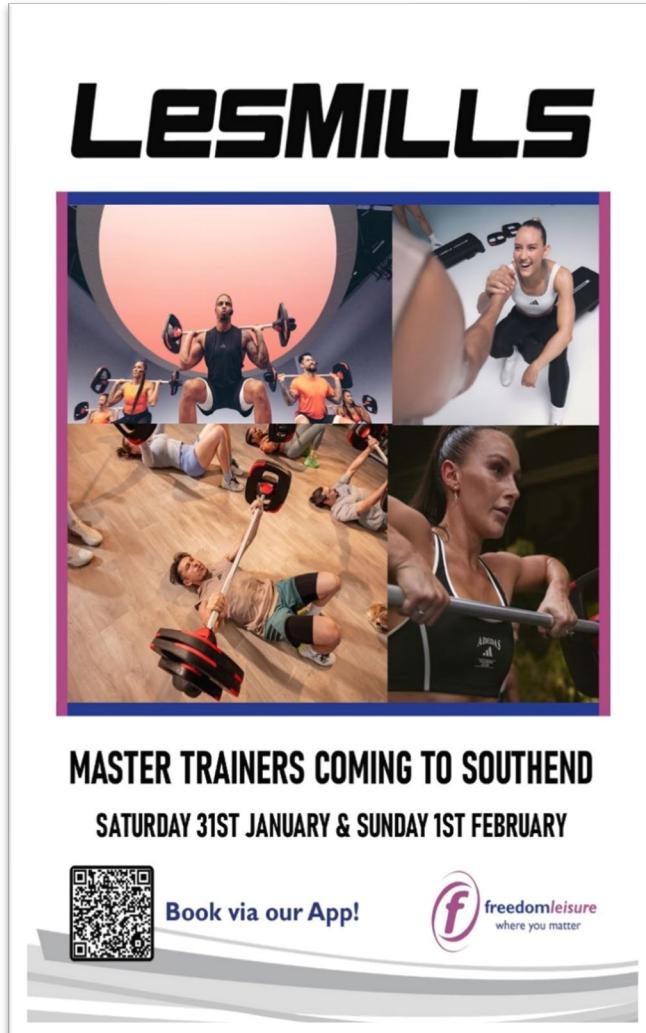
This opportunity is available to students in Years 10 - 13, who are thinking of a career in healthcare.

Tuesday 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 SOUTHCEND
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:

Circumstance

Noun

Meaning: A fact or event that makes a situation the way it is.

This week's theme is: Holocaust Memorial Day

Key date: 27 January

Did you know?

- Holocaust Memorial Day was created on 27 January 2000 by representatives from 46 governments meeting in Stockholm.
- In the UK, Holocaust Memorial Day is marked by lighting public buildings - the Houses of Parliament and the Liver building in Liverpool - in purple.
- The event is also intended to remember the genocides in Cambodia, Rwanda, Darfur and Bosnia, which have taken place since the Holocaust.

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

Communities
Dignity
Families
History
Holocaust
Humanity
Jewish
Justice
Remembrance
Survivors

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

Accelerated Reader (How To)

READ, QUIZ, REPEAT!

Usernames are your "firstnamesurname" and the password is 'abc'.

EXAMPLE

User Name: Password:

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!

