



Southchurch High School

Friday 20 March 2026

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 24

Message from the Headteacher

Thank you to our PE staff on Monday for their kind support of the English Cricket Board's CPD session for local PE staff held at the school on Monday afternoon.

Student assemblies this week have focused on lockdown procedures and students have been guided through what might happen, and what also would be expected of them, should the school site ever be required to go into a lockdown. We would encourage you to discuss with your child why it might be necessary for a school to go into a lockdown and why it is essential that students follow instructions given by the adult in the classroom or within their vicinity. As previously advised, we shall be conducting a lockdown drill before the end of term.

This week's Professional Learning Journey for teaching staff focused on making the 'You Phase' of the lesson structure more effective. The 'You Phase' of a lesson allows teachers to offer one-to-one feedback in order to improve their understanding and answers.

Next week's word of the week is 'learning': noun 'the knowledge or skills through study, experience or being taught'. As always, we would ask that you encourage your child's use of 'learning' ready to use at school next week.

You may recall that last week we sent a letter to all parents/carers regarding the Whittingham Experience Project's kind weekly donations of ready meals. It is still not too late to register with the school to be considered; please do make contact.

As you will be aware from my message in last week's Newsletter, local business leaders kindly supported our Year 10 students in conducting mock interviews last week in readiness for the real world. I wanted to share with you that a number of these local business leaders shared their experience through LinkedIn; a professional social media platform where employers, companies and professionals share news about work, careers and education. It is also used as a platform where people in the working world talk about positive experiences and recommend others. When employers post on LinkedIn, it means they were genuinely impressed. They would like other professionals to know what great students they met at Southchurch High! The Year 10 students represented themselves and the school brilliantly; we are so proud of them, as their parents/carers should be.

Thank you to all the parents/carers who were able to attend last night's Year 7 Information Evening. The evening was an opportunity for us to share important information and guidance around their child's progress, following their AP1 report, and for us to answer their questions. The meeting also covered attendance, Accelerated Reader, maths skills, enrichment and clubs and revision techniques. We do hope that parents/carers found the meeting worthwhile, having been provided with useful practical advice to enable school and home to work effectively together to maximise progress for their child.

An extended Year 7 assembly took place this morning as our Jack Petchey 'Speak Out Challenge' finalists presented their speeches in front of a judging panel and our Year 7 students. A huge thank you to Miss Neil for all her support of these Year 10 finalists.

At the start of the week, I had the pleasure of witnessing Holly, Summer and Jack receive their Bronze Duke of Edinburgh Award. We are so immensely proud of all that they have achieved and the commitment that has gone into gaining this award should not be underestimated. Their fantastic accomplishment can now be added to their CV which is looked on very favourably by future employers and further education establishments.

One week to go until the school community has a well-deserved Easter break.

Mrs Airoll
Headteacher



Menu

SWAN'S RESTAURANT		WEEK 1			
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Halal Chicken Korma Curry Served with Boiled Rice & Naan Bread	Homemade Beef Lasagne Served with Garlic Bread	Halal Chicken Fajita Served with Diced Potatoes & Coleslaw	Easter Lunch Pork Sausages or Vegan Sausages Served with Roast Potatoes Mixed Vegetables & Gravy Easter Egg Muffin or Apple Crumble & Custard	Halal Chicken Burger In a Bun Served with Potato Wedges & Homemade Coleslaw
Vegetarian Meal	Vegan Vegetable Sweet & Sour Served with Boiled Rice & Spring Rolls	Vegetable Pasta Bake Served with Garlic Bread	Vegetable Quiche Served with Diced Potatoes & Coleslaw		Vegan Bean Burger In a Bun Served with Potato Wedges & Homemade Coleslaw
Extra's	Jacket Potato with Cheese ,Baked Beans or Tuna Mayonnaise Available Monday - Thursday Small Pasta & Sauce Available Monday - Thursday				

Key Dates

24 Mar	Make Happen trip to the University of Essex, Colchester
27 Mar	Year 10 SEN students' trip to the University of Essex, Southend
27 Mar	Last day of Term Close for Easter Holiday
30 Mar – 10 Apr	Easter Holiday
13 Apr	Students return to school

Congratulations!

Performing Shakespeare Competition

On Tuesday, Ellie competed in the second round of the English Speaking Union's Performing Shakespeare Competition, held at the Champion School in Upminster.

Ellie performed a powerful monologue from Shakespeare's A Winter's Tale. She also had to write and perform an introductory speech informing the audience of the context and background of the character and play.

She performed fantastically well and explored a huge range of emotion throughout the monologue. She earned fantastic feedback from the judges who have strongly encouraged her to compete again next year.

Well done, Ellie – you did us so proud!



Congratulations!

Duke of Edinburgh Awards

Southchurch Duke of Edinburgh team are proud to celebrate 3 Year 11 students receiving their bronze awards in assembly this week.

These students have completed 3 sections, a physical, a skill and a volunteering placement, as well as the 2-day hiking and camping expedition. They have learnt Spanish, volunteered at cubs, sung and run to name just a few of their sectional achievements.

We are so proud of what they have achieved and this accomplishment can now be forever added to their CV's and college and university application forms to put them ahead of other applicants. Well done to you all!

We can't wait for our current Year 10 cohort to go on expedition and begin to complete their awards later this year too!

Mrs Langdon

Duke of Edinburgh co-ordinator



South Essex College Experience Day

Last Friday, a group of our Year 10 students visited South Essex Colleges Group for an inspiring Experience Day.

The visit gave students a real insight into what college life could be like and the wide range of vocational pathways available to them. Throughout the day, they took part in a variety of hands-on activities including acting and spending time in a 'green room', making choux buns and seeing the professional kitchens, conducting scientific experiments, styling hair, and even practising CPR on training manikins.

Experiences like this are incredibly valuable in helping our students explore their interests and think about their future pathways.

A huge thank you to Shannon and Usma at South Essex Colleges Group for organising such a fantastic and worthwhile event. We are very grateful for the opportunity our students had to learn, explore and be inspired!



Year 8 Art

It was 8D's turn this week to finish off their pointillism landscapes.

Such amazing colours and refined paintings!



Library Corner



Word of the Week:

OPPORTUNITY

Noun

Meaning: A time or set of circumstances that makes it possible to do something

This week's theme is Anti-racism

Key date: 21 March

Did you know?

- One in six people from ethnic and religious minority groups have experienced a racially motivated physical assault.
- 1 in 3 people of colour say that they have experienced stigma or discrimination from a healthcare professional.
- More than a quarter of minority ethnic workers have faced racist jokes in the last five years.

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

- Belonging
- Cultural
- Empowerment
- Equal
- Equality
- Fairness
- Opportunity
- Respect

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

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



Today we have been celebrating Comic Relief/Red Nose Day with breaktime activities and collecting donations.

Thank you to everyone who donated!

Cognitive distortions

Cognitive distortions are ways of thinking that are not helpful and bring our wellbeing down. Once we are aware of these thinking patterns we can try and do things to challenge them.

Common thinking distortions

- Labelling** – giving labels to yourself “I am stupid”.
- Personalisation** – Blaming yourself for something that was not your fault.
- All or Nothing** – Things are all good or all bad “I have to be perfect.”
- Catastrophising** – Thinking about the worst thing that could happen “What if...”
- Magnification** – Thinking things are bigger than they are.
- Overgeneralisation** – Using words like always, never, nothing. “Everything always goes bad for me.”
- Should/Must** – Using words like “should” or “must” can make you feel guilty.
- Doesn't count** – Not giving yourself credit for the things you have done.
- Filtering** – Only paying attention to the good or bad things
- Jumping to conclusions** – Thinking you can read people's minds or know the future.



The 13 Cognitive Distortions

Negative Filtering or Discounting the Positives:
Focusing only on negatives.

Catastrophizing/ Magnifying or Minimizing:
Exaggerating the severity of situations.

Polarized Thinking / Black & White Thinking:
Seeing things in extremes.

Personalization:
Blaming oneself for others' actions.

Fallacy of Fairness:
Expecting the world to be fair.

Overgeneralization:
Making sweeping negative conclusions.

Control Fallacies:
Believing in total control or none.

Jumping to Conclusions, AKA Mind Reading:
Assuming others' thoughts or predicting outcomes without evidence.

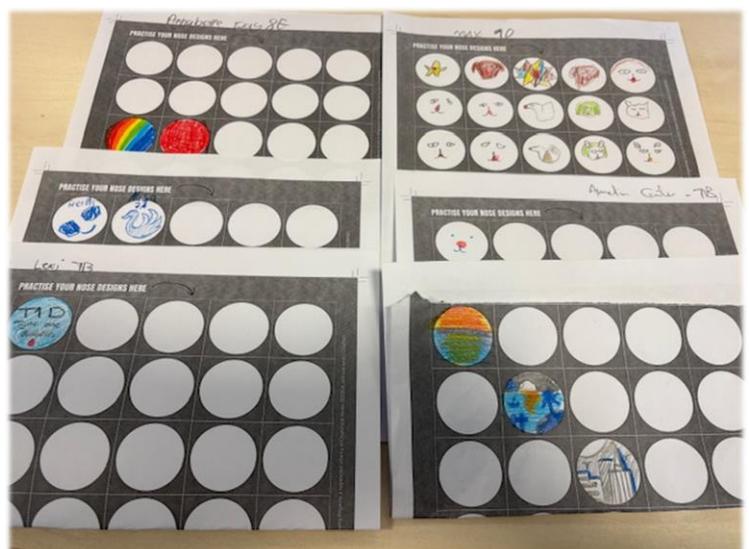
Blaming:
Holding oneself responsible for others' behaviors.

Should Statements:
Imposing unrealistic expectations.

Fallacy of Change:
Believing others must change for one's happiness.

Always Being Right:
Inability to accept being wrong.

Heaven's Reward Fallacy:
Expecting reward for suffering or hard work.



House Points



SEND

SEND News

Executive Function Skills - Organisation

As parents, we all want to support our children in developing important skills like executive function organisation. Executive function skills help children with planning, organising, and completing tasks. These skills are crucial for success both in school and in everyday life. Below are some strategies to help your child improve their organisation skills:

- 1. Create a Routine:** Establishing a daily routine can help your child know what to expect and when. Create a visual schedule that shows tasks and activities in a clear sequence. This can help your child develop good time management skills.
- 2. Break Tasks into Smaller Steps:** Encourage your child to break down tasks into smaller, more manageable steps. This can help prevent them from feeling overwhelmed and make it easier for them to stay organised.
- 3. Use Visual Aids:** Visual aids like checklists, calendars, and colour-coded schedules can be very helpful for children with executive function challenges. Encourage your child to use these tools to stay on track and organised.
- 4. Set Priorities:** Teach your child to prioritise tasks based on importance and deadlines. Help them understand the concept of urgent vs. non-urgent tasks and how to tackle them accordingly.
- 5. Provide Encouragement and Support:** Recognise and celebrate your child's efforts in improving their organisation skills. Offer praise and encouragement to boost their confidence and motivation.

Remember, developing executive function organisation skills takes time and practice. Be patient and supportive as your child works on improving in this area. With your guidance and support, they can build the skills they need to become more organised and independent in all aspects of their lives.

SPORTS NEWS

Fixtures

Next week's fixtures

MONDAY 23rd

Y7 & 8 Borough Netball Rally @ SHSG

TUESDAY 24th

Y7 Football v Thorpe Hall (H)

WEDNESDAY 25th

U16 Netball v Eastwood (H)

Y10 Football v Basildon Academy (H)

THURSDAY 26th

Y7 Football v STM (H)

Y9 Football v Shoebury (H)

FRIDAY 27th

Easter HAF Programme



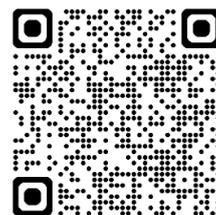
Southend-on-Sea
City Council

Easter HAF Programme 30 March to 10 April 2026

We are delighted to share that HAF bookings will be opening on **Thursday 12 March** from **11am**. The HAF programme is for pupils who get Benefits Related Free School Meals.

Eligible pupils can attend up to **4 days** over the Easter holidays.

Check out the HAF providers who are delivering this Easter and register your interest in attending: **[Book here](#)** or scan the QR



Any questions email: **HAF@southend.gov.uk** or text 07795044329

Not eligible for free school meals? Apply here: **<https://www.gov.uk/apply-free-school-meals/southend-on-sea>**