



Southchurch High School

Friday 27 February 2026

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 21

Message from the Headteacher

I do hope you and your families had a good half term break despite the inclement weather at times!!

Thank you to all those Year 11 students who kindly attended the intervention sessions that teaching staff ran over the half term break and to those staff for kindly giving their time in the half term break which was much appreciated by the students ahead of the countdown to their GCSEs.

It was lovely to hear the wonderful memories that students made during their skiing trip to Grandvalira, Andorra over the half term break. The trip would not have been possible without the amazing support of Miss Atkinson, Miss Stockman, Mr Calder and Mr Winyard who gave up their half term break!

This week's Professional Learning Journey for teaching staff focused on the 'You Do' lesson phase. This part of the lesson provides students with the autonomy to build their independence by providing opportunities to practice and apply their knowledge via an explicit instruction of the task set and the success criteria. Teaching staff use this phase to ensure students' success of their independent application of knowledge.

Thank you to Ms Smith, Careers Leader, for kindly arranging for Chris, Charlie and Shyney from the Navy Attract Team to visit the school on Wednesday in order to deliver workshops to selected Year 10 students. The day began with our visitors speaking to students at an assembly highlighting the wide range of career opportunities within the Navy. The students then took part in workshops designed to improve confidence/communication, teamwork, leadership, resilience and problem-solving skills. We do hope that those students who took part in these workshops felt they were worthwhile.

We were delighted to host four primary teacher trainees for their secondary school placement day yesterday. Huge thanks to Mr Austin-Summers for his organisation and support of their visit.

Thank you to Miss Waite, Head of PE, for her support of the girls' football leadership course which was attended by some of our students yesterday at Shoeburyness High School.

Thank you to all those Year 9 parents/carers and students who attended the Options Evening last night. Students were issued with their Subject Preference Form which they are expected to return, duly completed, by 3.00 pm on Monday, 2 March. Thank you to Mrs Kar and Mr Austin-Summers for kindly presenting last night.

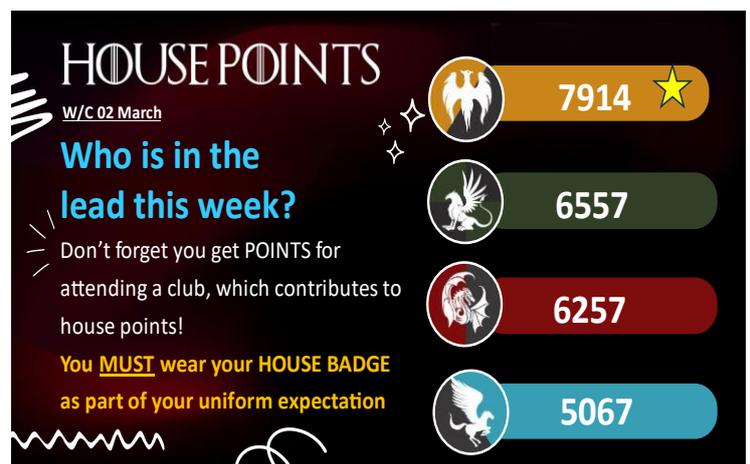
Next week's word of the week for students will be 'generate': verb 'produce, create, or bring something into existence'. We have been actively incentivising staff to encourage students to use the word of the week both in, and out, of their lessons!

As many of you will be aware next Thursday is World Book Day and our wonderful Student Leadership Team will be running a book swap stall. They would be extremely grateful for any donations of suitable books and if this is something you may be able to help with, please send in any donations via your child or by dropping them at the school Reception.

I thought it would be useful to give you advance notice that we shall be holding a lockdown drill before the end of this half term. For reasons I am sure you can appreciate, it is key to ensure that there is no advance warning for the school community of any potential lockdown drill. However, ahead of the drill we shall be speaking to students during the week of 16 March at their respective year group assemblies. Students will be informed as to what takes place during a lockdown drill and what will be expected of them.

Mrs Airoll
Headteacher

House Points



Menu

SWAN'S RESTAURANT		WEEK 2			
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Halal Sweet & Sour Chicken Served with Boiled Rice & Spring Rolls	Homemade Steak Pie Served with Mashed Potatoes, Peas & Gravy	Roasted Halal Chicken Thighs Served with Roast Potatoes, Vegetables & Gravy	Macaroni Cheese Served with Garlic Bread	Jumbo Hotdog In a Bun Or Halal BBQ Chicken Wings Served with Potato Wedges & Homemade Coleslaw
Vegetarian Meal	Vegan Vegetable Curry Served with Boiled Rice & Naan Bread	Cheese & Onion Slice Served with Mashed Potatoes & Peas or Baked Beans	Quorn Fillet Served with Roast Potatoes, Vegetables & Gravy	Vegetable Pizza Served with Garlic Bread	Vegan 1/4lb Burger In a Bun Served with Potato Wedges & Homemade Coleslaw
Jacket Potato with Cheese ,Baked Beans or Tuna Mayonnaise Available Monday – Thursday Small Pasta & Sauce Available Monday - Thursday					

Half Term Ski Trip

During half term, some of our students went on a skiing trip to Grandvalira, Andorra.

A fantastic time was had by all!



Key Dates#

2 Mar – 7 Mar	National Careers Week
5 Mar	World Book Day – Book Swap Stall
6 Mar	International Women's Day
12 Mar	Year 8 Parents' Evening
27 Mar	Last day of Term Close for Easter Holiday
30 Mar – 10 Apr	Easter Holiday
13 Apr	Students return to school

F1 Club

Year 10 Art

Just before half term, Year 10 were looking at David Hockney and his Yorkshire Wolds Spring Landscapes. Moving away from his traditional bright palette, he created a series of chalk and charcoal pieces.

Here are a couple of the beautiful pieces created by Year 10, inspired by David Hockney!



Year 10 Royal Navy Attract Team Workshop

On Wednesday, we were proud to welcome the Royal Navy Attract Team to work with our Year 10 students.

The day began with a powerful assembly encouraging students to think big about their futures.

Students then took part in two high-energy workshops packed with practical challenges. Throughout the sessions they developed teamwork, leadership, resilience, communication and problem-solving skills — thinking strategically, adapting under pressure and supporting one another to succeed.

Fantastic engagement and maturity shown by Year 10 — a great example of skills development in action!



Library Corner



Word of the Week:

Fundamental

Adjective

Meaning: Forming a necessary base or core; of central importance.

This week's theme is: Ramadan

Key date: 17th– 18th March

Did you know?

- Around 3 million Muslims observe Ramadan in the UK each year.
- Health benefits from fasting include weight loss, lower blood pressure, lower cholesterol, less risk of cancer and reduced inflammation.
- Average humans can survive at least three weeks without eating, but only three or four days without drinking.

LIBRARY INITIATIVES

World Book Day—Next Week!

Thursday 5th March is World Book Day! We are excited for another World Book Day this year, we have a number of events organised in the library throughout the week. Please come and join in the fun.

Lunch Activities

Visit the library during break and lunch to get involved in some of the activities such as wordsearches, designing your own bookmarks, solving the riddle, colouring and more!

Double your ClassChart points

Take a quiz on Accelerated Reader next week and double your ClassChart points!

Find the Golden Ticket



There will be Golden tickets hidden in the library all week!



Will you be a lucky winner?

Prizes are tokens for the book vending machine, cookies, skip the queue vouchers and extra ClassChart points!

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

Family	X	S	X	Y	F	V	D	G	W	R	I	R	R
Fasting	T	E	H	F	E	B	G	N	V	S	L	E	W
Gratitude	Y	Z	C	K	W	N	A	I	J	Y	S	F	I
Islam	H	Z	D	N	I	N	W	Y	Z	L	V	L	A
Patience	E	V	L	T	E	O	Q	A	J	I	T	E	P
Praying	L	D	S	P	R	I	W	R	A	M	Y	C	M
Ramadan	J	A	U	S	Z	E	T	P	C	A	S	T	U
Reflection	F	V	H	T	I	S	L	A	M	F	Q	I	U
Thankful	J	I	F	S	I	T	M	D	P	Q	T	O	Y
Worship	P	P	X	P	M	T	J	D	B	M	J	N	M
	H	L	U	F	K	N	A	H	T	U	H	F	K
	N	A	D	A	M	A	R	R	U	D	I	S	B
	L	N	J	U	D	O	Z	I	G	V	X	L	W

The Masked Reader is back!




Masked Reader
Guess which teachers are behind the mask everyday in form!
Winning form gets a chocolate prize & ClassCharts!

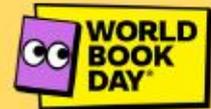
Important Information

On Monday every student will receive a

£1 Book token

This can either be put towards a book of their choice in most book shops, or they can be exchanged for one of the World Book Day selected titles for FREE! You can find the list of £1 books here ...

www.worldbookday.com



Fixtures



Next week's fixtures

MONDAY 2nd

TUESDAY 3rd

WEDNESDAY 4th
Borough Swimming Gala

THURSDAY 5th
U16 Netball v Chase (A)

FRIDAY 6th
Y8 Football v Belfairs (A)
Y9 Football v Castle View (H)

Year 8 Dodgeball Tournament



SPECTATORS

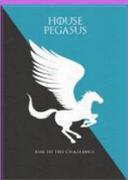
- MUST WEAR TRAINERS INSIDE THE SPORTS HALL
- EACH HOUSE TO SELECT THEIR OWN CHARITY

YR8 DODGEBALL

INTERHOUSE TOURNAMENT



HOUSE GRIFFIN



HOUSE PEGASUS



GIRLS ONLY!
8 PER TEAM
8-A-SIDE
5 MINUTE GAMES
5 MINUTES TO GET CHANGED BEFORE AND AFTER

STARTING 2ND MARCH 2026
LUNCHTIMES
YEAR 8 GIRLS INTERHOUSE TOURNAMENT



HOUSE DRAGON



HOUSE PHOENIX

MORE INFO :
WEAR YOUR OWN PE KIT
TROPHY AND CERTIFICATES FOR WINNING HOUSE
NO FOOD AND DRINK INSIDE THE SPORTS HALL
TEAMS NEED TO BE SUBMITTED TO PE OFFICE BY WEDNESDAY 25TH FEBRUARY!



Action for Happiness Calendar

Here is the calendar for March 2026

Mindful March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				



WELL-BEING

Sometimes we often forget to look after ourselves and this is such an important thing to do!

Below are 16 mini challenges to engage with, should you wish to, and remember to look for the positive things that happen every day.

<p>Go for a walk</p> 	<p>Wear something that makes you feel good</p> 
<p>Go for a walk in your local park</p> 	<p>Drink 2L of water</p> 
<p>Have a 'no social media' day</p> 	<p>Catch up with a friend</p> 
<p>Go to bed 30 minutes earlier than usual</p> 	<p>Write down 3 things you're grateful for</p> 
<p>Get 8hrs of sleep</p> 	<p>Do a deep breathing exercise</p> 
<p>Take time out to read a book</p> 	<p>Eat your favourite food</p> 
<p>Do 30 minutes of yoga</p> 	<p>Give someone a compliment</p> 
<p>Try a 5 minute meditation</p> 	<p>Listen to a podcast</p> 

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

SEND

SEND News

We know that exams and tests can be anxiety-inducing for students without SEN, and that this feeling of stress can be amplified for those with additional learning needs. The fear of failure, overwhelming workload, time constraints, and the pressure to perform well can cause anxiety to skyrocket.

For teenagers with SEN, exam anxiety can have a significant impact on their cognitive abilities, memory retention, and concentration levels. This can exacerbate the challenges they already face in the learning environment.

We know that all of our students will try their best and that any successes, academic or otherwise, will be celebrated. However, we have some suggestions for coping with exam stress:

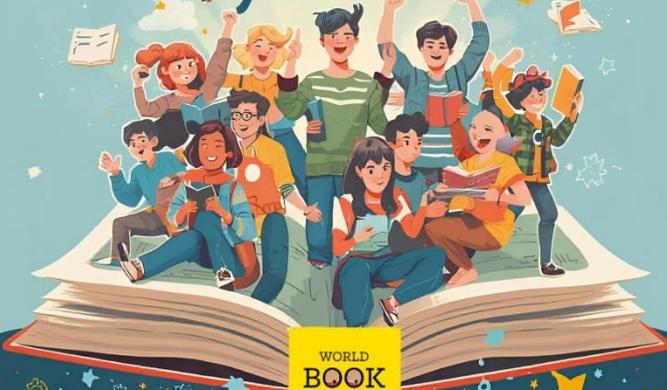
1. Create a Study Plan: Help your child create a realistic study plan that breaks down the workload into manageable chunks. This can reduce the feeling of being overwhelmed and allow them to focus on one task at a time.
2. Practice Mindfulness and Relaxation Techniques: Teach your child simple mindfulness exercises, such as deep breathing, to help them stay calm during stressful moments.
3. Encourage Healthy Habits: Ensure your child gets enough sleep, eats nutritious meals, and engages in regular physical activity. A healthy body and mind are better equipped to cope with stress.
4. Provide a Supportive Environment: Create a quiet and comfortable study space for your child, free from distractions, where they feel supported and encouraged.



SWAP & SHARE YOUR BEST STORIES!

Donate your unwanted books to the Student Leadership office by 2nd March and pick up a new one at our stall.

Stall on
World Book Day
5th March



WORLD BOOK DAY
5 MARCH 2026

Student Leadership

Personal Development

SOUTHEND RUGBY FOOTBALL CLUB

1ST MARCH 26
9.15AM

GIRLS ONLY
ANY AGE



IN PARTNERSHIP WITH

GMB
GMB@WORK



COME AND GIVE IT A GO
HAVE FUN, GAIN CONFIDENCE,
SHOW THE BOYS THAT
WE CAN!!

CONTACT RUGBYGIRLSSRFC@GMAIL.COM
FOR MORE DETAILS

NHS

MEASLES

Don't let your child catch it
- get them vaccinated with the MMR vaccine

- measles outbreaks happen when not enough children have been vaccinated
- measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill
- your child is at risk of measles if he or she hasn't had the MMR vaccination
- 2 doses of MMR vaccine are needed to get the best protection
- if your child is due to have had 2 doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible*
- if you can't remember if your child has had any, 1 or 2 doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP
- if you don't know how many doses your child has had, it's better to have 2 doses of MMR vaccine now rather than risk leaving them unprotected

*In response to a local outbreak then the 2 doses can be given one month apart from the age of 18 months.

Answers to some common questions about measles and the MMR vaccine

Why are we seeing these outbreaks of measles?

Measles is a highly infectious disease, spreading quickly from person to person, especially in schools. A child with measles will infect almost all unprotected children they have contact with. Since the end of 2017 there has been an increase in measles globally which has affected the UK. This has resulted in some spread into wider communities, in particular in undervaccinated groups.

When are the MMR vaccinations usually given?

The best times are between 12 and 13 months of age and again at 3 years and 4 months, with one dose on each occasion. But, if your child wasn't vaccinated then, they can be vaccinated at any age with 2 doses one month apart.

Will there be any side effects to the vaccination?

Your child may get the symptoms of measles, mumps and rubella for up to 6 weeks after the vaccination but in a very much milder form. This proves that the vaccine is working and your child is building up resistance to future contact with the viruses that cause the 3 diseases. Not all children show these symptoms but that doesn't mean the vaccine isn't working.

Should parents in outbreak areas get vaccinated against measles?

As with many diseases, once you have had measles, you don't catch it again because you have built up a natural resistance to it. So, if you've had measles or 2 doses of MMR vaccine you do not need to get vaccinated now.

For more information about measles and MMR go to www.nhs.uk/conditions/measles/

immunisation
the safest way to protect your child

Some common questions about measles and the MMR vaccine are listed on the back of this leaflet

NHS

Immunisation Information

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

BREAK TIME

Careers Club Drop-in
Careers Office, all years

Library Club
Library, all years

LUNCHTIME

Formula One Club
A130, all years (restarts after February half term)

Library Club
Library, all years

Calming Club
C001/DT, all years

AFTER SCHOOL

Library Club
Library, all years, until 5pm

TUESDAY

BREAK TIME

Careers Club Drop-in
Careers Office, all years

Library Club Library, all years

LUNCHTIME

Library Club Library all years
Lego Club C004, all years

AFTER SCHOOL

Library Club all years
DnD Club A017, all years

WEDNESDAY

BREAK TIME

Careers Club Drop-in
Careers Office

Library Club Library, all years

LUNCHTIME

Library Club all years
Graphic Design Club C000, all
Crochet Club C004, all years

AFTER SCHOOL

Duke of Edinburgh
A131, Year 9/10 after sign up
Science club A116, Year 7 & 8
Science Revision Club
A119, Year 9-11
Library Club, all years
Cooking Club Food Room, all years
Code Club C002, all years
DT Catch up Club DT Room, all.
School Musical C003, cast only

THURSDAY

BREAK TIME

Careers Club Drop-In
Careers Office, all years

Library Club Library, all years

LUNCHTIME

Library Club Library, all years
Calming Club
C001/DT, all Years

Textiles Club
C004, all years

AFTER SCHOOL

School Musical C003, cast only
Library Club all years
Cooking Club
Food Room, years 7,8,9

FRIDAY

BREAK TIME

Careers Club Drop-in
Careers Office, all years

Library Club Library, all years

LUNCHTIME

Library Club
Library, all years

AFTER SCHOOL

School Musical C003, cast only
Cooking Club
Food Room, year all years
DT Coursework
A114 TBC, year 11
Sociology
A025, year 10 & 11 Sociologists



SOUTHCHURCH HIGH

SPORTS CLUBS

SPRING TERM 2

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

Darts

Mr Carter, Mr Lockwood,
Mr Pattern

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

SOUTHCHURCH HIGH
Personal Development

