



Southchurch High School

Friday 17 April 2026

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 26

Message from the Headteacher

I do hope you and your families had a lovely Easter break.

I would like to start by thanking all those members of staff who gave up their valuable time during their Easter holidays to run revision intervention sessions in order to support our Year 11 students ahead of their forthcoming GCSE examinations, together with those who supported our Year 10 students with their GCSE coursework and also to those staff who kindly supported, by holding a couple of extra sessions, students taking part in the 'rubbish costume' competition.

An all staff training event was held after school on Monday to introduce staff to CPOMS, our new safeguard reporting platform.

We were delighted to welcome visitors from the Army's Royal Electrical Mechanical Engineers on Tuesday who held workshops for a large number of our Year 9 students. Thank you to Ms Smith, Careers Leader, for her organisation and support of the day, together with Mrs Winter.

Some of our Year 7 students had the wonderful opportunity to visit the Tower of London kindly accompanied by Mrs Hawkins, Miss Caten and Mr Calder. The students explored the White Tower as an example of a medieval castle and as an aid to revising their knowledge of William I. The trip also included a workshop where students met and interacted with a Norman character and participated in activities and debates.

As some of you may have seen from our social media posts, we shall be hosting a Wellbeing Surgery on Wednesday, 22 April from 12.30 to 2.00 pm at The Hangout Venue, Ground Floor, 62 London Road, Southend SS1 1PG. Those coming along will have the opportunity to speak to representatives from CAMHS, Southend-on-Sea City Council, including local councillors, Early Help, Whittington Project, Safe Steps, local police officer and staff from the school. Please do pop along for a chat; tea, coffee and cake will be available! Younger children are welcome too as there will be a play area and juice/snacks on offer. Food parcels will also be available for those in need. We do hope to see you there!

Thank you to Ms Smith, Careers Leader, for her support of those students who took part in a football session and viewed the facilities on offer at Southend United Football Club Education Trust on Thursday at the Southend United training ground.

Mrs Langdon very kindly held an information meeting for those parents/carers whose children are taking part in the Ypres trip on Friday, 5 June on Thursday afternoon. Thank you to Mrs Langdon for her support of this trip.

Thank you to the staff from Doris Jones Care Ltd who kindly visited the school today to meet with our Year 10 Health & Social Care students about possible career pathways in the health care sector.

A letter has been sent to Year 10 parents/carers advising of the rescheduling of the Year 10 Parents' Evening to Thursday, 16 July. However, we would also request that Year 10 parents/carers diarise the Parents' Information Evening we shall be holding on Thursday, 14 May. Further information around both events was contained in the letter sent today.

Next week's 'word of the week' will be 'hypothesis: noun 'an idea or explanation that you can test through an experiment or investigation'. As always, we would ask that you encourage your child/ren to practice how they might use the word 'hypothesis', over the weekend, ready to be able to use it in school next week.

Finally, I would like to take this opportunity to wish all our Year 11 students' good luck ahead of the French, Photography and Art practicals that are taking place next week.

Mrs Airoll
Headteacher

House Points

HOUSE POINTS
W/C 20 April

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

	9387
	7899
	7305
	5962

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					

Key Dates

28 April	Jack Petchey 'Speak Out Challenge' Regional Final
04 May	Bank Holiday
14 May	Year 10 Parents' Information Evening 6.00pm – 7.00pm
22 May	Last day of term
25 May – 29 May	Half Term holiday
1 June	Students return to school

Interhouse Competition

GAME OF HOUSES

INTERHOUSE COMPETITION

Each day students from ONE House will compete to go forward to the FOUR House challenge on FRIDAY

SHUTTLECOCK CHALLENGE

Running all week of 20th April, earn points for your House!

Mon - Dragon House – Drama studio
 Tue - Griffin – A034
 Wed - Pegasus – Drama Studio
 Thur - Phoenix – Drama Studio

University of Essex Trip

On the last day of term, some of our Year 10 students visited the University of Essex (Southend Campus) for an exciting introduction to university life.

They had the opportunity to explore what higher education has to offer, from outstanding facilities to real insight into student life. Throughout the day, students took part in interactive sessions focused on budgeting and understanding the financial costs of university, as well as enjoying a taster Korean language workshop.

The visit concluded with a tour of the campus accommodation, giving students a real feel for what living at university could be like.



Earth Day

EARTH DAY

22 APRIL 2026

Activities & information will be on at breaktimes.

Visit www.earthday.org for ways to get involved

INVEST
IN OUR
PLANET

Year 7 Tower of London Trip

On Wednesday, our Year 7 students were exceptional during their trip to the Tower of London!

Our tour guide commented on their outstanding behaviour and engagement throughout the visit.

The students showed a genuine interest in the historical content, actively participating by answering questions and contributing during the day. We are so proud of them all!



WELL-BEING

Below is a list of things you could try to bring you joy, have a look and try some out!

1. **Connect with someone close** I don't mean your normal connecting. I mean really reach out and talk to them about what you're feeling, your life direction and anything that comes to mind. You know, the deep stuff.
2. **Reflect on your life** Take a step back, look at your life from afar or from someone else's perspective. This exercise can be very eye opening. It will work even better if you write your thoughts down when you reflect.
3. **Stop being hard on yourself** You already have it hard. Stop putting too much pressure on yourself and sit back every now and then. This doesn't mean you shouldn't strive for more, but give yourself some room to breathe.
4. **Write it down** Writing your thoughts down helps you see it from a different angle. It's also a metaphoric way to let your thoughts out and release them or put them down on paper to solidify them.
5. **Music inspires** Listen to some music. It will bring out different emotions in you. You might get inspired. But at least it will keep you relaxed for a moment.
6. **Binge watch a tv show** Watch the whole season. Then get back to your normal life.
7. **Spend time with pets** If you don't have one, go see a friend's one, an animal shelter or even a pet cafe. Doing this not only eases the mind but it is also therapeutic.
8. **Take a walk** What better way to exercise and clear your mind than by taking a walk. Especially if you walk in nature. Somewhere with a good trail and view. Also take this time to appreciate the beauty in this world!



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



SEND

SEND News

Executive Function Skills – Planning

Executive function is like the manager of the brain - it helps you plan, organise, and get things done. There are seven skills that are classed as executive function skills and this week we will be focusing on the skill of planning. This is the part of executive functioning that helps you to ensure that everything gets done. This is really important for academic and personal success.

By having a plan of how we are going to do things we are able to ensure that everything is completed and we are able to achieve to the best of our ability. Sometimes it is tempting to think I'll just do things when I get to them, but this might mean we prioritise the wrong things, or even forget about certain tasks.

Here are some tips for our students:

1. **Setting goals:** this is a really important step in planning as it helps us to know what we want to achieve at the end of it
2. **Make a to-do list:** this helps us to see all of the jobs that need doing. From here we are able to decide what are the most important tasks and work out how long they may take us
3. **Break tasks down:** breaking tasks in to manageable steps means that you are more likely to complete the task fully
4. **Routine:** Having a routine can help us to plan when we will do things as we know what to expect and when
5. **Organisation:** using a planner, diary or app can help you to plan when things should happen

Planning can sometimes make it feel like there is a lot to do, however by planning we are able to understand what we need to achieve.

Library Corner



Word of the Week:

Aspiration

Noun

Meaning: A hope or ambition of achieving something

This week's theme is: National Autism Awareness Month

Key date: April

Did you know?

- In the UK, 15-20% of the population is thought to be neurodivergent.
- Unemployment rates among neurodivergent adults are thought to be as high as 30-40%.
- People with ADHD are 500% more likely to be entrepreneurs.
- 70% of adults with a neurodivergent condition say they are not getting the support that they need.

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

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

Activism	Y	L	G	U	D	M	I	U	X	P	R	U	B
Awareness	R	S	X	L	C	L	S	N	L	K	D	O	T
Friendship	O	N	S	Y	T	U	D	I	C	Q	W	A	R
Include	S	R	P	E	P	M	H	Q	U	L	L	V	E
Kindness	N	M	X	P	N	Z	K	U	W	E	U	R	S
Respect	E	J	O	V	T	E	E	E	N	S	G	D	P
Sensory	S	R	T	F	N	D	R	T	K	K	T	A	E
Support	T	O	T	W	Y	W	E	A	N	T	L	N	C
Talented	B	W	F	Y	T	D	Y	Q	W	N	K	M	T
Unique	R	M	J	Y	W	O	K	P	R	A	D	M	J
	F	R	I	E	N	D	S	H	I	P	Y	V	J
	V	M	G	S	S	E	N	D	N	I	K	H	V
	M	S	I	V	I	T	C	A	L	J	W	S	A

LIBRARY INITIATIVES

Welcome to the Library

Miss Watson and Ms Strover would like to welcome you back to the library, we hope you enjoyed the Easter break, well done to all the students who have already started to take Accelerated Reader quizzes and have gained extra class chart points this week.



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

