



# Southchurch High School

Friday 08 May 2026

## The Southchurch Way

*A community of opportunity, learning and aspirations*

Issue number: 29

### Message from the Headteacher

I hope that you and your families had a wonderful bank holiday weekend and were able to enjoy some well-earned rest together. The sunshine over Saturday and Sunday was certainly welcome, although Monday reminded us that warmer weather is not always guaranteed!

Although our usual Professional Learning Journey for teaching staff did not take place this week due to the bank holiday, staff continue to work collaboratively to further develop teaching and learning across the school so that we can provide the very best educational experience for all students.

I would like to extend a huge thank you to our fantastic Year 9 Sports Leaders who represented the school so positively at the Primary Schools Quad Kids event held at Garons on Wednesday. The students demonstrated excellent leadership, maturity, encouragement, and professionalism throughout the day and were a real credit to the school. Thank you also to Miss Waite for organising the event and to Mr Blows for his support.

Our Year 10 GCSE Physical Education students have also had an exciting opportunity this week as part of the practical element of their GCSE course. Students attended rock-climbing sessions at Rock Hub in Basildon, with the remaining groups attending on Monday 18 May and Wednesday 20 May. These sessions form part of the assessment for their individual sport component and provide students with the opportunity to challenge themselves physically whilst developing resilience, confidence, and technique. Students are supported throughout by fully trained instructors, and sessions are filmed to support moderation and assessment purposes. It has been wonderful to hear how positively our students have engaged with this opportunity. Thank you to Miss Waite for organising these sessions and to Mr Winyard and Mr Calder for their additional support across the visits.

Our Word of the Week for next week is liberal (adjective): *respecting and allowing many different types of beliefs or behaviour*. We encourage families to continue supporting students by discussing and using the word at home throughout the week, helping to build both vocabulary and understanding.

Year 11 students have continued to approach the examination season with maturity and determination. This week they completed examinations in Health & Social Care, Citizenship, and Sociology. We have been extremely proud of the calm and focused manner in which students have conducted themselves.

Next week's examinations are:

- English Literature – Monday morning
- Biology Paper 1 – Tuesday afternoon
- Geography Paper 1 – Wednesday morning
- Computer Science – Wednesday afternoon
- Mathematics Paper 1 (Non-Calculator) – Thursday morning
- Citizenship Studies – Thursday afternoon
- History Paper 1 – Friday morning
- Sociology Paper 2 – Friday afternoon

This is an incredibly busy period for our Year 11 students, and we would like to thank parents and carers for the continued support and encouragement you are providing at home. Small things such as helping students maintain routines, ensuring they get enough rest, and offering reassurance can make a huge difference during this time.

As always, we wish all of our students the very best of luck in the week ahead.

Thank you, as ever, for your continued support of the school community.

Warm regards

Mrs Airoll  
**Headteacher**

### House Points

**HOUSE POINTS**  
W/C 11 May

**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

	10 237
	8537
	7898
	6395

## Menu

<b>SWAN'S RESTAURANT</b>		<b>WEEK 1</b>			
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	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	Pork Sausages Served with Mashed Potatoes, Peas & Gravy	Halal Chicken Burger In a Bun Served with Potato Wedges & Homemade Coleslaw
<b>Vegetarian Meal</b>	Vegan Vegetable Sweet & Sour Served with Boiled Rice & Spring Rolls	Vegetable Pasta Bake Served with Garlic Bread	Vegan Nuggets Served with Diced Potatoes & Coleslaw	Vegetable Sausages Served with Mashed Potatoes Peas & Gravy	Vegan Bean Burger In a Bun Served with Potato Wedges & Homemade Coleslaw
<b>Extra's</b>	<b>Jacket Potato with Cheese ,Baked Beans or Tuna Mayonnaise Available Monday - Thursday</b> <b>Small Pasta &amp; Sauce Available Monday - Thursday</b>				

## Key Dates

<b>12 May</b>	Jack Petchey Awards Evening Palace Theatre - 6.30pm
<b>14 May</b>	Year 10 Parents' Information Evening 6.00pm - 7.00pm
<b>22 May</b>	Year 9 Imperial War Museum trip
<b>22 May</b>	Last day of term
<b>25 May – 29 May</b>	Half Term holiday
<b>1 June</b>	Students return to school
<b>5 June</b>	Battlefields trip to Ypres, Belgium
<b>11 June</b>	Year 7 Parents' Evening 4.00pm – 7.00pm
<b>12 – 13 June</b>	Year 10 Bronze D of E Expedition

## House Captains

This week our house captains have been holding house assemblies for all years, where they can see who is on their team and be informed and inspired to join inter-house activities for potential house points and prizes!

Here is Mr Winyard who is captain for Pegasus.



## Innovation Meets Technology in Year 9

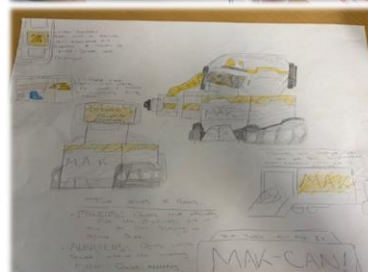
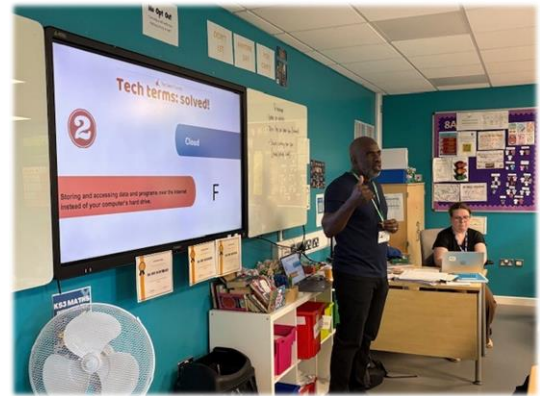
Last week, a group of our Year 9 students took part in **The Talent Foundry's 'Big Idea Workshop'**, delivered in collaboration with **Dell Technologies** - and what an incredible experience it was!

The workshop was highly interactive, and our students fully engaged from start to finish, demonstrating enthusiasm, creativity, and excellent teamwork.

Working in teams as social enterprises, they explored real issues within our community and developed technology-driven solutions to address them. From concept to creation, they showed impressive innovation and forward-thinking ideas.

The day culminated in a Dragon's Den-style pitch, where students presented their ideas with confidence, professionalism, and passion — a fantastic showcase of their communication and entrepreneurial skills!

We are incredibly proud of their efforts and the quality of their ideas. A huge well done to everyone involved.



## Cheerleading Showcase

Last Saturday, some of our Year 7 girls participated in **Southend Elite Sports Academy 2026 Showcase**.

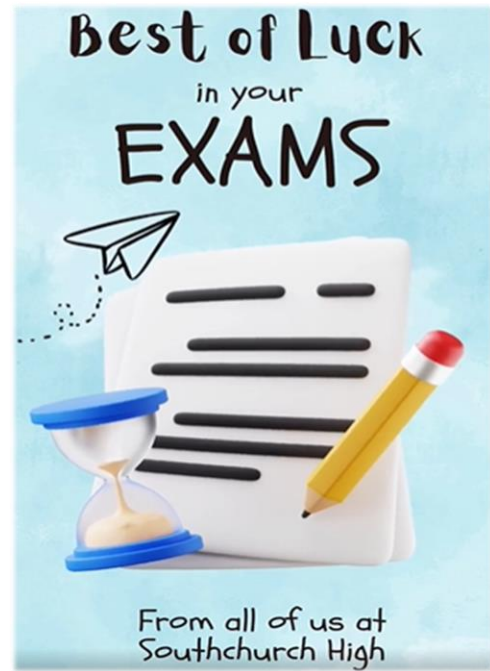
They joined their talented cheerleaders and performed amazing routines they had learnt at the after school club which Elite runs here at Southchurch.

Thank you to the club for this opportunity, it was a fabulous day!



## Year 11

Exam season is in full swing, wishing our Year 11 students lots of luck!



## VE Day 2026

The students took part in various activities during breaktimes today to celebrate VE Day.





Next week is Mental Health Awareness week, with this year's theme being TAKE ACTION

The Mental health Foundation are asking people to join them in taking action to support good mental health. Even small actions can help us feel hopeful and less powerless. And while our individual actions matter, when we come together, we are even more powerful.

Below is some information from their website that you may find useful with links to extra tips and ideas:

**What about awareness?**

Action is not separate from awareness, it's a natural extension of it. When people find out more about mental health, when they recognise early signs of problems in themselves and others, when they know what support looks like and what they can do to maintain their mental health, they are already taking action. When greater numbers of us take action, communities of motivated people are laying the foundations for a society that prioritises good mental health. This is action at its most powerful.

This year's theme is an invitation for all of us to take that next step. Your action can be something you do for yourself, for someone else, or for all of us.

**Action for our own mental health**

Our mental health is shaped by the environments and circumstances in which we live. While there are some things that we have little control over, we still have the power to take action to boost our wellbeing.

Even small actions can have a big impact and throughout Mental Health Awareness Week we'll be sharing tips to try, ranging from quick wins to advice on developing long-term healthy habits.

Good mental health doesn't come from gimmicks or unproven wellness trends, but through everyday acts of care. That includes both self-care and caring for others.

**Action for society**

Action also means advocating for a society that supports mental health at every level. It means workplaces that prioritise wellbeing, communities where everyone feels they belong, and government policies that give people security, dignity, and hope.

None of us can do that alone, but every voice can help shape the change we need.

**Make mental health a priority**

The truth is, action does not have to be perfect to be powerful.

What matters most is that we make taking action for good mental health a priority in our lives.

Throughout this year's Mental Health Awareness Week, we want to shine a light not only on what mental health is, but on all the ways we can strengthen it together.

Why not use Mental Health Awareness Week to learn something new, start a conversation, offer support, speak up for change, take one small step for yourself.

Whatever action looks like for you, it matters. When millions of small actions happen at once, they have the power to create a healthier, kinder, more connected society for everyone and good mental health for all.

**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**

**ECT Training**

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SOUTHCHURCH HIGH  
Partnership Learning

# ECT

## Full Induction Service

At Southchurch High School

**We can offer you:**

- ✓ Fully supported induction and training managed by Harris Teaching Hub
- ✓ High quality ECT training for ECTs through the Harris Institute and the National Institute of Teaching
- ✓ A welcoming and supportive working environment

Your local training provider

**Harris Institute**  
of Teaching and Leadership

Call us:  
01702 900777

Email us:  
[info@southchurchschool.com](mailto:info@southchurchschool.com)

Facebook:  
[southchurchhighschool](https://www.facebook.com/southchurchhighschool)

LinkedIn:  
[Southchurch High School](https://www.linkedin.com/company/southchurch-high-school)

# Library Corner



## Word of the Week:

*Justify*

Verb

Meaning: To give or to be a good reason for.

This week's theme is: Sir David Attenborough turns 100

Key date: 8 May

### Did you know?

- Sir David Attenborough, 100 years on planet Earth!
- He has had over 50 species of plants and animals named after him.
- He is thought to be the most well-travelled man on the planet.
- For the Life of Birds documentary, he travelled a whopping 256,000 miles– that's the same as travelling around the world ten times!

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

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

Birthday	D	P	M	P	L	J	G	H	B	S	E	D	T
Climate	M	O	P	L	D	X	P	S	J	M	G	E	D
Conservation	N	V	Y	A	X	C	W	Q	Y	R	L	S	V
Environment	A	E	Q	N	Q	J	L	A	W	E	N	S	W
Historian	I	E	V	E	J	E	D	I	V	E	B	T	Z
Nature	R	A	R	T	U	H	L	I	M	U	F	O	A
Planet	O	L	O	U	T	L	S	B	E	A	R	S	F
Television	T	S	K	R	T	I	S	O	D	F	T	M	A
Travelled	S	B	I	W	O	A	Y	G	G	N	A	E	F
	I	B	T	N	E	M	N	O	R	I	V	N	E
	H	Q	T	R	A	V	E	L	L	E	D	V	T
	N	O	I	T	A	V	R	E	S	N	O	C	O
	D	R	Q	W	Y	K	D	Z	Q	J	Z	C	D

# LIBRARY INITIATIVES

## Good luck to our year 11 students!

As exam season begins, we'd like to send a big message of support to all our Year 11 students who are taking their GCSEs this term. This is an important milestone, and we know how much effort and dedication you've put into your studies. Remember, the library is here to support you every step of the way. Whether you need a quiet space to revise, or help finding useful resources, don't hesitate to make the most of what's available.

Make sure to take regular breaks, stay organised, and look after your wellbeing during this busy time. Believe in your preparation and do your best—you've got this!

Wishing you all the very best of luck and success in your exams.

## 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

