



Message from the Headteacher

Well done to all of our Year 7 students who were selected to participate in the U12 cricket competition held on Monday at Bentley Cricket Club, Brentwood. Thank you to Mr Winyard for his organisation and support of this fantastic sporting event. It provided a wonderful opportunity for students to experience and enjoy a sport that may not always be readily accessible to them.

This week's Professional Learning Journey for teaching staff focused on developing challenge through bounce questioning. Bounce questioning is a teaching strategy where responses are redirected between students to deepen thinking, encourage discussion and extend understanding. This approach helps students to build confidence in articulating their ideas whilst also developing their critical thinking skills.

As a school, we take enormous pride in celebrating the achievements of our students, and Tuesday evening's Jack Petchey Achievement Awards at the Palace Theatre in Westcliff was a wonderful example of this. Sir Jack Petchey believed passionately in recognising and celebrating young people, and we were delighted to see our students amongst those honoured on the evening. Congratulations to Sophie, Olivia, Franchesca, Ethan, Matthew, Jasmine, Leandro, Neve and Milena, who should all be incredibly proud of their achievements. We are certainly very proud of them as a school community.

A special mention must also go to some of the stars of this year's school production of *Oliver!* who performed 'Food Glorious Food' during the evening. Events such as these are only possible because of the dedication and commitment of our staff. Thank you to Miss Neil for her work with the Jack Petchey Foundation throughout the year and for supporting students on the evening, and to Miss Gingell for leading additional rehearsals in preparation for the performance and accompanying students to the theatre.

Our talented athletics students represented the school at the ESSA Track & Field Cup in Chelmsford yesterday in particularly cold, blustery and rainy conditions. Congratulations to all students who took part and represented the school so well. Thank you to our PE staff — Miss Waite, Miss Atkinson, Mr Blows and Mr Calder — for continuing to provide such valuable sporting opportunities for our students.

Yesterday evening, members of the Senior Leadership Team, alongside Mrs Pearman, Head of Year 10, welcomed parents/carers and students to a Year 10 information evening. The purpose of the event was to provide guidance and support regarding the upcoming mock examinations, revision strategies and preparations for Year 11.

Once again, our fantastic Year 9 Sports Leaders represented the school superbly at the Primary School Quad Kids event held at Garons today. Thank you to Miss Waite for organising the event and supporting our Sports Leaders, and to Mr Blows for his assistance throughout the day.

Our Word of the Week for next week is *maximise* (verb): to make something as great as possible in amount, size or importance. Please encourage your child/ren to use this word both in school and at home. Students who use the Word of the Week in school are rewarded with a ClassCharts point.

Finally, thank you to our Year 11 students who have had an exceptionally busy week of GCSE examinations and who have, once again, conducted themselves admirably both in school and in their preparation for exams. This week students completed examinations in English Literature, Biology Paper 1, Geography Paper 1, Computer Science, Maths Paper 1, Citizenship, History Paper 1 and Sociology Paper 2.

Next week's examinations are:

- Chemistry Paper 1 – Monday morning
- Media Studies – Monday afternoon
- English Literature Paper 2 – Tuesday morning
- Computer Science and Child Development – Tuesday afternoon
- French Papers 1 & 3 – Wednesday morning
- Enterprise & Marketing – Wednesday afternoon
- English Language Paper 1 – Thursday morning
- PE and Italian Papers 1 & 2 – Friday morning

As always, we wish all of our students the very best of luck with their GCSE examinations next week.

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

Mrs Airoll
Headteacher

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	Beef Burger 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	Vegetable Cottage Pie Served with 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

22 May	Year 9 Imperial War Museum trip
22 May	Last day of term
25 May – 29 May	Half Term holiday
1 June	Students return to school
5 June	Battlefields trip to Ypres, Belgium
11 June	Year 7 Parents' Evening 4.00pm – 7.00pm
12 – 13 June	Year 10 Bronze D of E Expedition

Cooking Club

COOKING CLUB

For Half Term 6,
we will be focusing on a variety of British dishes!

Cornish Pastry Eton Mess Toad in the hole

Fish and chips Trifle

The cost of Cooking Club is **£12.00** fee for the half term.

If you want to take part in cooking club for Half Term 6, please get a letter from **Miss Stockman or Miss Clark.**

LET'S COOK!



Science Club

Our science club is open to Year 7, 8 and 9 students and takes place in A116 on Wednesday lunchtimes.

Last week the students made some colour spinners which turn white when spinning quickly!



House Points

HOUSE POINTS

W/C 18 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

	10 522 ★
	8797
	8082
	6618

On Tuesday Evening, we were thrilled to attend the annual Jack Petchey Achievement Awards evening at the Palace Theatre. Our award winners this year were:

Sophie – Year 11

Matthew – Year 11

Ethan – Year 11

Franchesca – Year 8

Jasmine – Year 8

Leandro – Year 8

Neve – Year 8

Milena – Year 10

Olivia – Year 10

These students were given Jack Petchey awards for their amazing achievements this year, both at school and outside the school. We are incredibly proud of them and were so pleased to see them being recognised for their accomplishments.

The cast of Oliver also entertained the audience with a fantastic medley of songs from the show – they were outstanding!



“If you think you can, you can”



Well-being Surgery

4 weeks to go until our next Well-being Surgery, come and meet us for FREE advice and support.



SOUTHCHURCH HIGH SCHOOL

WEDNESDAY 10TH JUNE | 11:30-1PM | THE HANGOUT VENUE

Well-being Surgery

4 WEEKS TO GO DON'T MISS OUT!

JOIN US FOR TEA, COFFEE & CONVERSATION

- Meet your SSAs, the SEND Team, the Family Liaison Officer, Attendance Officer, Careers and the Southchurch SLT team
- Access reduced-cost school equipment and uniform
- Get help and support with finances and budgeting
- Find information about food support and local resources, plus **FREE ready meals for those who need it**
- Get help with referrals

Younger children welcome - there will be a play area and juice/snacks.

THE Hang Out VENUE LTD

GROUND FLOOR, 62 LONDON RD, SOUTHEND-ON-SEA SS1 1PG



Library News

Last Friday, the students celebrated Sir David Attenborough's 100th Birthday in the library during break and lunch, looking through his books and completing word searches.



WELL-BEING

Remember to take some time out for yourself, it is important to check in and reset your own wellbeing levels.

Do things that make you feel happy and calm, whatever they might be. We need to look after ourselves before we can help others.

Simple things you can do to feel happier

1. Go outside in the fresh air
2. Make a 'Get Happy!' playlist and listen to it
3. Spend time with people who love you
4. Look at pictures that make you happy
5. Talk to a trusted adult
6. Write down the things you are grateful for
7. Think of three happy thoughts
8. Do a favourite hobby
9. Take some deep breaths
10. Exercise or be active
11. Smile, even if you don't feel like it
12. Be kind to someone else



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

YOUNGMINDS
fighting for young people's mental health

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Library Corner



Word of the Week:

LIBERAL

Adjective

Meaning: Respecting and allowing many different types of beliefs or behaviours.

This week's theme is: Mental Health Awareness Week/
GCSE's Start
Key date: May
Did you know?

- The word "stress" derives from a Latin verb meaning "to draw tight."
- It was first used by psychologists in the 1950s.
- Stress leads to problems with concentration.
- 74% of adults have felt so stressed over the past year that they felt overwhelmed or unable to cope.

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

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

Emotion	U H Z M I X Q V T W E S P
Empathy	N O P V P X D R E D S L O
Exercise	D G O F W S O L Y E I Z S
Mindfulness	E Q W U L P L I N Q C G I
Positivity	R Z S E P N M L Z Y R A T
Sleep	S G E U E T U Y W Z E T I
Support	T P S S Y F H Q X C X O V
Talk	A X S K D H W Y I U E H I
Understanding	N N B N F Y T L Q I B N T
Wellness	D L I H D C R A F L I W Y
	I M X Q U V X Z P T A L K
	N O I T O M E M T M C A L
	G X D D L B H E E F E X P

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

