



# Southchurch High School

Friday 07 June 2024

The Southchurch Way

*A community of opportunity, learning and aspirations*



Issue number: 33

## Message from the Headteacher

I do hope you and your family had a good half term break despite the weather!

As always, it was a pleasure to welcome our students back to school on Monday following their half term break.

The GCSE examinations have continued this week with Year 11 students sitting their Maths Calculator exam on Monday morning and History students sitting their exam in the afternoon; Wednesday, the Geography and Business Studies students sat their exam in the morning and afternoon respectively; English Language took place for all Year 11s on Thursday and they also all sat their Biology Paper 2 exam in the afternoon on Friday. On Monday, all Year 11 students will be sitting their Maths Paper 3 in the morning, Tuesday sees all students sitting their Chemistry Paper 2 exam in the morning and History students sitting their Paper 3 exam in the afternoon and on Wednesday our Construction students will sit their exam in the afternoon and on Friday, Geography students sit their Paper 3 exam in the morning followed by the Physics Paper 2 exam which all students will sit in the afternoon. Please encourage your child to check their revision timetables as we shall continue to hold revision sessions ahead of their respective exams.

As is tradition, we shall be holding a Leavers' Assembly for all Year 11 students next Thursday morning at 9.15 am. It is a much-anticipated occasion, albeit with mixed emotions, for these students as well as the staff community and we are looking forward to celebrating with them their time at Southchurch High School.

On Monday morning we took the opportunity, following the Year 11 Maths exam, to capture the year group for posterity by asking them to assemble for a year group photograph. Thank you to Miss Merry for kindly assisting.

Thank you to Miss Waite who kindly organised for a group of students to visit Lee Valley to watch some international hockey matches on Wednesday. Such a wonderful occasion for the students to take part in; cheering on different country's team players. Thank you also to Mr Blows who, along with Miss Waite, kindly accompanied the students.

As you may be aware, June is Pride month and in recognition of this, students during Period 5 today were delivered a SMSC lesson. Students and staff were also invited to wear a colourful accessory today in celebration.

For those of you who may be new to the school or have yet to follow us on Facebook, we would like to encourage you to do so by joining us at

<https://www.facebook.com/SouthchurchSchool>.

We would also ask those that do follow us to remember to 'like' the posts. We continually strive to upload as many posts as possible throughout the week in order to provide parents/carers with an insight into the school life for students.

A gentle reminder, if you have not already done so, to ask for your kind support by registering with easyfundraising. Monies raised will be put to good use to support the school and the students. Each time you shop online with the 7,000 brands registered, the school will receive a donation which will make a **BIG** difference to us, so we would really appreciate it if you could take a moment to sign up and support us. It is completely FREE and only takes a moment. You can find our easyfundraising page at [https://www.easyfundraising.org.uk/causes/southchurch-high-school/?utm\\_medium=email&utm\\_campaign=pmc&utm\\_content=gs-email1](https://www.easyfundraising.org.uk/causes/southchurch-high-school/?utm_medium=email&utm_campaign=pmc&utm_content=gs-email1)!

Finally, I would be grateful if you could kindly note that we shall be hosting our Termly Parent Forum on Thursday, 27 June at 6.00 pm. Further details will be sent in due course.

Mrs Airoll  
**Headteacher**

## Key Dates

13 - 14 June	Year 10 Classic trip to Oxford
21 June	Year 9 Outdoor Activity Centre trip to Mersea
27 June	Termly Parent Forum <b>6.00pm</b>
28 June	Year 7 Tower of London trip
2 July	Southchurch Culture Event
12 July	Sports Day
19 July	Last day of term <b>Students finish at 1.00pm</b>

## Menu

# SWAN'S RESTAURANT

# WEEK 2

Monday      Tuesday      Wednesday      Thursday      Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Chicken Curry Served with Boiled Rice & Naan Bread	Homemade Steak Pie Served with Mashed Potato & Garden Peas	Chicken Fajita Served with Diced Potatoes & Coleslaw	Roast Pork Served with Roast Potatoes, Mixed Vegetables & Gravy	Chicken Burger or Battered Fish Served with Chips
<b>Vegetarian Meal</b>	Vegetarian Chilli Con Carne Served with Boiled Rice & Tortillas  (Vegan)	Macaroni Cheese Served with Garlic Ciabatta  (Vegetarian)	Vegetable Ciabatta Pizza Served with Diced Potatoes & Coleslaw  (Vegetarian)	Meatless Sausages Served with Roast Potatoes Mixed Vegetables & Gravy  (Vegan)	Vegetarian Sausage Roll Served With Chips  (Vegan)
<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>				

## Boot Sale

If you would like to book a pitch, we still have spaces available for this Saturday's Boot Sale!



**AT SOUTHCHURCH HIGH SCHOOL**

**Saturday 8th June, 2024**

**In aid of fundraising for Prom 2024**

At Southchurch Boulevard, SS2 4XA

**8:30am for sellers – 9am for buyers**

**Refreshments available to buy**

**Advanced bookings:** £5 for cars and £7 for vans (no bigger than transit size)

**On the day:** £3 extra



To book a pitch please contact: Ms Tower on 01702 900754  
or by email [ltower@southchurchschool.com](mailto:ltower@southchurchschool.com)  
Will be first come, first served. Limited pitches.

## Tower of London trip

This is a reminder for all the Year 7 and 8 students who have been selected for the Tower of London trip.

Please could you send the permissions slip into school and make payment on your child's iPayimpact account **by 14 June 2024.**

## Immunisation Catch-Up

On Wednesday 12 June, the Immunisation team will be running a catch-up session, in school, for students in Years 8 and 9 who have missed their routine DTP/MEN or HPV vaccinations.

You can contact the team on 0300 790 0597 to check your child's history.

## Year 7 Science

This week, Year 7 have been enjoying their new sets in science.

In one of their lessons, they produced magnesium oxide and watched the reaction safely through blue shade glass.



## Lost Property

New lost property items for this week:

**X Box cap**

**Black and white umbrella (Year 11)**

**Blue water bottle**

**Boys black Velcro school shoes**

**Girls black pumps with bows**

**Pink and purple water bottle**

**School jumper Size 32**

**Blazer Size 30**

We do have a lot of unclaimed items so if your child has misplaced anything, please could you send them to the school office as soon as possible.

The students will be able to look through these items at breaktime and lunchtime.



The NHS recommends The MIX charity which gives support to young people in many areas of their lives. Please use the link below to visit their website for more details.

BBC Springwatch is a wonderful way to learn more about nature. You can also watch live cameras on various bird's nests on the days that the programme runs.

Engaging with nature has been scientifically proven to help with Mental Health and Wellbeing.

<https://www.bbc.co.uk/programmes/b007qgm3>



The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service.

<https://www.themix.org.uk/get-support>



**Useful helpline details**

Childline 0800111

<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



**Any Year 11 students looking for a part time job this is a fantastic opportunity!**

# RECRUITMENT DAY

If you're over 16 years old, you've officially left school after taking your GCSEs, and you're ready for a new challenge at one of the oldest and best-loved fun parks in Essex, it's time to explore the job vacancies here at Adventure Island.

It's the perfect weekend Job for those at sixth form, college and university as provides flexibility.

**Join us at Adventure Island Tuesday 25<sup>th</sup> June**

Start here by scanning the QR code and applying online



SCAN ME

[www.adventureisland.co.uk/recruitment](http://www.adventureisland.co.uk/recruitment)

**BOOKING ESSENTIAL!**



**GUEST TALK:**  
**NEURODIVERGENT CHANGES AND CHALLENGES DURING PUBERTY.**

Puberty takes place as a child develops and progresses into becoming an adult. As a parent of a neurodivergent child, do you know what changes to look out for in your child? And, what challenges your child may face?

Charmaine will be sharing information and advice to help, you as a parent, understand puberty, identify body changes that take place and will be supporting you, with the knowledge of where to start with puberty with a neurodivergent child.

**RAFFLE**



**SPEAKER: CHARMAINE CLEARSTEPS CONSULTANCY**



FREE event for registered members

**REGISTER NOW**

For more information email [info@strmsupport.co.uk](mailto:info@strmsupport.co.uk)

Supported by 

**DATE: WEDNESDAY 5TH JUNE 2024**  
**TIME: 10.00 AM - 12.00 NOON**  
**LOCATION: THE HUB AT THE MEGACENTRE, 7 BROOK ROAD, RAYLEIGH SS6 7UT**

Contact us :  07359 068 827  [www.strmsupport.co.uk](http://www.strmsupport.co.uk)



Mindfulness can be important for everyone, but it can particularly help our students with special educational needs (SEN). Mindfulness, a practice that involves focusing on the present moment, can be an excellent tool to help your child navigate emotions, stress, and everyday challenges. Mindfulness allows us to take time to notice what is happening right now; our thoughts, feeling, and the world around us. Mindfulness can help to reduce stress and anxiety, improves emotional regulation, enhance focus and promotes self-acceptance. Here are some mindfulness techniques to try:

- 1. Breathing Exercises:** Encourage your child to take slow, deep breaths. You can count to four as they inhale, hold for four, and exhale for four. This simple exercise can help them feel calm and focused.
- 2. Body Scan:** Have your child lie down comfortably, and slowly bring their attention to each part of their body, starting from their toes and moving up to their head. This helps them connect with their physical selves and release tension.
- 3. Mindful Walking:** Go for a walk together and encourage your child to notice the sights, sounds, and smells around them. Ask them to feel the ground under their feet and the rhythm of their steps.
- 4. Mindful Eating:** During a meal or snack, guide your child to eat slowly, savouring each bite, noticing the flavours, textures, and smells. This practice helps them stay present and enjoy their food more fully.
- 5. Gratitude Journaling:** Encourage your child to keep a journal where they write down three things that they are grateful for each day. This practice can shift their focus from what's going wrong to what's going right.

Mindfulness takes time and is a skill that needs to develop so celebrate the small successes. There are also lots of books, apps and online resources that help with mindfulness.

# GAME OF HOUSES

INTERHOUSE COMPETITION



## ARTS & CULTURE

ART INSTALLATION FROM RECYCLED MATERIALS

**Monday 24th June – all year groups**

Art room, 3:10 - 4:10pm



Sign up for Interhouse Arts and Culture and compete to earn house points! You will be making an art installation from recycled materials, the best one wins!

CHECK IN HERE



# GAME OF HOUSES

INTERHOUSE COMPETITION



## ROUNDERS

**Thursday 4th July – all year groups**

Sports Field  
3:10 - 4:15pm



Sign up for Interhouse Rounders and compete to earn house points! Need to be wearing trainers

CHECK IN HERE



# Library Corner



Word of the week:

*Ecosystem*

Noun

**Meaning:** A system made up of an ecological community of living things interacting with their environment especially under natural conditions .

This week's theme is: **World Ocean Day**

**Key date: 8 June**

**Did you know?**

- Antarctica loses ice at a rate of 219 billion metric tons per year.
- Sea levels are climbing at 0.14 inches per year.
- The equivalent of one full garbage truck of plastic is dumped into the sea every minute.
- Ocean acidity has increased by 30% due to CO2 absorption, which is a huge danger to marine life.

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

Coral	K	S	I	J	M	T	M	H	X	O	O	P	H
Ecosystem	P	A	I	W	L	E	I	Y	C	K	T	S	X
Fish	L	E	D	R	H	N	T	X	W	P	I	H	D
Ocean	A	J	T	U	C	A	H	S	J	F	Z	M	L
Plastic	S	T	I	C	T	E	L	G	Y	L	Y	U	H
Pollution	T	C	L	X	N	C	L	E	X	S	B	W	P
Protect	I	E	R	H	N	O	W	B	S	K	O	P	J
Waste	C	T	M	O	N	A	Q	W	Z	W	W	C	N
Whales	P	O	U	V	S	F	H	C	O	R	A	L	E
	U	R	H	T	N	O	I	T	U	L	L	O	P
	A	P	E	P	O	K	O	E	V	D	M	M	A
	Y	L	G	G	R	G	P	E	G	U	M	N	E
	Y	A	L	Q	B	T	P	S	T	F	P	D	Z

## LIBRARY INITIATIVES

### Welcome to the Library

Miss Watson and Ms Strover would like to remind you that the library is open during break/lunch and after school on Monday-Thursday until 4pm!

### Library Club: Open Until 4pm

A calm, quiet place to come and sit and read on our comfy beanbags or to enjoy a game of Chess, Othello or 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!

### Homework Club: Open Until 5pm

Homework Club is open Monday-Thursday and there are members of staff on hand to help if needed. Students can access the computers for study and coursework and are welcome to stay until 5pm for homework only.

## Important Library News

- Please remember to bring your overdue books back to the library. Student librarians come to form rooms once a week to give you an opportunity to renew or hand books in.
- 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 log-in details.

