



Message from the Headteacher

What a year it has been; too many highlights to name but I, for one, will look back with great fondness on some truly memorable occasions this academic year.

In this our final week of the academic year, there has been lots of wonderful events taking place.

On Monday, Miss Stockman kindly organised and supported a trip to Thorpe Park for a number of Year 10 and Year 9 students. Despite the inclement weather a good time was had by all! A big thank you to Miss Atkinson, Miss Clark, Mr Brandt and Mr Maxfield for kindly accompanying the trip.

Monday evening saw the school celebrate the end of a chapter for our Year 11 students at Southchurch High School by hosting their school prom at the Westcliff Rugby Club. It was so lovely to see them all looking so smart in their beautiful outfits. Thank you to all those staff who very kindly attended and supported the event. A huge thank you to Miss Townley and Mrs Tower for all their hard work and efforts over the past year in putting together this year's prom. The evening was a huge success!

On Tuesday, Miss Stockman, arranged for ten of our students to attend the Anti-Bullying Workshop which was held at Cecil Jones Academy. These selected students will become the school's Anti-Bullying Ambassadors. At the workshop they learnt the importance of creating a safe and supportive environment for all students. Thank you to Miss Stockman and Miss Taylor for kindly accompanying the students.

The Essex County Fire & Rescue Service visited the school on Tuesday to speak to our Year 8 students about gangs. Thank you to Miss Murray for kindly arranging these presentations.

We were absolutely delighted to host our inaugural Alumni Event on Tuesday evening. It was so wonderful to see so many of our ex-students and for staff to have the opportunity to catch up with them; some of whom left the school some time ago, others more recently. The interest from ex-students was so great that, unfortunately, some were disappointed that they could not attend. A huge thank you to all those staff who kindly supported the event and to Ms Smith and Mrs Winter for their excellent organisation and support of the evening. We look forward to hosting our next Alumni Event.

On Tuesday and Wednesday, Mrs Grover kindly organised and hosted a Year 6 transition afternoon for students and their parents/carers who will be joining the school in September. Thank you to all who kindly supported the event.

As part of their Geography curriculum, Year 10 students took part in a compulsory field trip to Walton-on-the-Naze on Wednesday. Thankfully the weather held! Students studied the physical characteristics of the beach and surrounding area; they also conducted primary data collection techniques in the town centre collecting data on traffic, noise pollution, etc. Thank you to Mr Braham and Miss Goodwin for their organisation and support of the trip together with Miss Clark and Mr Airoll who accompanied the students.

Thank you to Miss Stockman who kindly accompanied Sophie and Tegan, as representatives from Southchurch High as a Youth Council Champion, to the Civic Centre on Thursday at the 'Make your Mark' event. It was a prestigious opportunity for both Sophie and Tegan to engage in meaningful discussions and contribute to the community at a higher level.

As you are aware we held our annual Sports Day last Friday and I am delighted to say that Phoenix House came in as the overall winners, with Griffin taking 2nd place, followed by Pegasus and then Dragon. Congratulations to all those who took part and particularly to all those students who belong to the Phoenix House. Well done!

A huge thank you to Miss Merry for her organisation and support of the Jack Petchey Foundation residential trip this week to Maes y Lade Centre in Wales run by the Essex Boys & Girls Clubs. The centre is a converted Welsh hill farm situated in 4 acres of land in the Black Mountains area of the stunning Brecon Beacons National Park. The forty students who have taken part in the residential trip have participated in a number of amazing activities such as gorge walking, canoeing and kayaking down the River Wye and climbing. A massive thank you also to Mrs Harrod, Mrs Hanks and Mr Wood who all very kindly volunteered to give up their week both at work and personally to ensure that the students were accompanied on their week long residential.

Huge congratulations to Ethan, Year 9, who came third at the Swim England's National Skills diving competition at the weekend. This was a qualification only event which saw only 15 of the top skills category divers across the whole of England gain qualification to the event. To come third in England is a massive achievement. Well done Ethan!

Please, please do consider us if you are purchasing any new school uniform for September for your child. Any items of clean unwanted uniform may be left at Reception when we return to school in September. Please remember donations are always gratefully received by the school at any time. A huge thank you to those who have already kindly donated items of school uniform; it is much appreciated by those that they are regifted to!

Sadly, we are bidding farewell to some members of staff today as they embark on the next chapters in their lives. We would like to wish Mr Biggie, Miss Merry, Miss Vincent, Miss Cowper, Mrs Moore and Mrs Nomikou all the very best for the future. In September, we are delighted to be welcoming, Miss McQuaid, Mr Tape, Mr Winyard, Mr Calder and Mr Cundy to the staff teaching team.

Finally, I would like to take this opportunity to wish you all a wonderful summer, hopefully we get some nice weather, and we look forward to your continued support from September. Please remember Years 8 to 11 return to school on **Friday, 6 September at 8.30 am**. Enjoy your summer!

Mrs Airoll
Headteacher

Key Dates

05 Sept	Year 7 Induction Day Year 7 students only
06 Sept	School Term begins for Years 8 - 11 All students in school

CONGRATULATIONS!

National Skills Diving Competition

Last weekend, Ethan gained the top third spot at 'Swim England's National Skills Diving Competition'.

This was a qualification only event which saw only fifteen of the top skills category divers, across the whole of England, gain qualification to the event.

To come third in England is a massive achievement!



Sports Day

Last Friday, we held our annual sports day and a great time was had by all as you will see from the photos below!

The results were as follows:

- 1st – Phoenix
- 2nd – Griffin
- 3rd – Pegasus
- 4th – Dragon



Anti-Bullying Workshop

This week, Cecil Jones Academy hosted an anti-bullying workshop for local schools.

This was a fantastic opportunity for some of our students to learn more about the importance of creating a safe and supportive environment for all, and to equip them with the skills needed to effectively support others.

These students will now be a huge asset to our school as Anti-Bullying Ambassadors.



Indoor Athletics

Congratulations to the Southchurch athletes for their outstanding performance in the indoor sports hall athletics this week!

You showed heart and exceptional sportsmanship in every race have made us all incredibly proud at Southchurch High.

Well done!



Thank you for the Music

Last week we were treated to the musical extravaganza 'Thank you for the Music'!

It was a great show and thoroughly enjoyed by all.

We really do have so many talented students here at Southchurch - their performances were excellent!

Well done to all!





Accelerated Reader

Class 7ERB and the top 10 overall winners on Accelerated Reader had a pizza party on Tuesday.

They all had a great time having an extra break on the field playing football, reading and eating pizza!

Well done to all!



Ten keys to happier living

GREAT DREAM

GIVING	Do things for others	DIRECTION	Have goals to look forward to
RELATING	Connect with people	RESILIENCE	Find ways to bounce back
EXERCISING	Take care of your body	EMOTIONS	Look for what's good
AWARENESS	Live life mindfully	ACCEPTANCE	Be comfortable with who you are
TRYING OUT	Keep learning new things	MEANING	Be part of something bigger

ACTION FOR HAPPINESS

Trying Out

Keep learning new things

Being open to new experiences and learning fuels our wellbeing.

Learning is not just for school, but for life.



Find your hobby

Our hobbies can be a source of pleasure and a great way to learn, build competence and confidence and connect with others who share our passion.

Top tips

- 1) Find a regular time to get engaged in a hobby that takes some skill.
- 2) Minimise distractions and get stuck in.
- 3) Try going just beyond your comfort zone on something that you are curious about or interested in.

Reflection: What's a hobby you'd love to try? When could you try it?



Get curious & creative

Cultivating our curiosity can help us think and act more flexibly and stretch our familiar boundaries, which can boost our resilience.

Activity: Try noticing something new. On a journey you take regularly – perhaps to work, college or to the shops – find three things which spark your interest that you haven't noticed before. What can you find to be curious about these?

Exploring, learning and happiness

It can help us build connections with others with shared interests

Reflection: What's something new you've tried or learnt recently? What's something new you can try or learn this week?

SEND News

With Summer Holidays starting next week, we know that this can cause a lot of anxiety for some of our students with special educational needs.

For some of our students with SEN they will be looking forward to a break from the overwhelm that school causes for them, and a break from the daily routine. However, for many of our students with SEN a break from the daily routine can be a huge cause of anxiety.

We know that lots of our families tell us that keeping a routine in place through the holidays has really helped their children adjust to the holidays and then adjust to coming back to school. This might mean keeping your morning routine through the holidays and slightly tweaking it to make it more relaxed, as well as keeping a regular bedtime routine in place so that your children do not have big adjustments to make when they return to school in September. Having regular times throughout the day that things happen, can also be a helpful way to keep a routine in place, whether that be with regular times that activities take place or regular times for mealtimes to happen.

To aid the transition back in to school you may also find it helpful to complete a small amount of schoolwork or revision each day, in order to keep some of the school routine. We know that this won't work for every child and, as always, you know your child best.

Have a lovely summer!

Library Corner



Word of the week:

EXODUS

Noun

Meaning: A mass departure

This week's theme is: International Self Care Day

Key date: 24 July

Did you know?

- The American civil rights campaigner Audre Lorde described self-care as "an act of political warfare".
- Internet searches for "self-care" rose dramatically in the days following Donald Trump's election victory in 2016.
- Solange's album A Seat at the Table includes a song called Borderline (An Ode to Self-Care).

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

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

August	F	R	I	E	N	D	S	P	B	H	I	I	U
Friends	E	C	I	T	S	L	O	S	X	C	W	H	P
Holidays	U	I	I	G	C	N	E	Y	E	H	E	O	E
Ice Cream	L	N	N	S	N	M	F	C	T	L	P	X	A
July	F	C	Y	W	Q	I	R	Y	T	I	K	A	M
Picnic	K	I	H	B	O	E	M	S	S	X	B	E	A
Sandcastle	K	P	H	O	A	Y	A	M	I	E	N	U	U
Solstice	T	J	D	M	L	C	M	H	I	I	U	C	G
Sunshine	J	U	L	Y	D	I	H	O	H	W	P	T	U
	G	F	U	N	E	N	D	S	I	B	S	K	S
	K	N	A	E	D	G	N	A	G	D	Y	C	T
	Z	S	E	W	K	U	N	U	Y	H	O	M	X
	L	V	B	Z	S	I	U	U	W	S	L	U	X

LIBRARY INITIATIVES

Thank you

Ms Stover and Miss Watson would like to say a big thank you to all our student librarians for their hard work this year in the library, we hope you all enjoyed your party on Wednesday as a thank you .

Accelerated Reader Awards

Congratulations to every year group for taking part in the Accelerated Reader quizzes, you have achieved an amazing new high school reading total of **...33,786,408 words read!!**



YEAR 9	10,539,201
YEAR 7	9,248,906
YEAR 10	7,035,848
YEAR 8	6,962,100
YEAR 11	353,286



Summer Reading

While schools may close over the summer, public libraries are open. They are free to join and have a huge selection of books to borrow, so make sure you head down to your local library over the holidays to keep up with your reading, and don't forget to take the quizzes on Accelerated Reader!

Important Library News

End of year polite notice !

If you have not been able to return your book back to the library before the end of summer term can you please keep it somewhere safe and return it at the beginning of term in September.



Thank you

Have a great summer.



Important Library News

Please help us with a chance to win some new books for our library! All you have to do is follow the link and nominate Southchurch High School **Entries need to be in before 31.7.24** If we win you will also win £100 book token too.

HELP US WIN £1,000 FOR OUR SCHOOL'S LIBRARY! nationalbooktokens.com/schools-prize

In association with

#rebuildthelibrary