



Message from the Headteacher

Our Year 10 students' mock exams came to an end today and we look forward to them receiving their results from these exams shortly. I would like to echo what I said last week about how impressed we have been with their behaviour and attitude towards these important exams. A huge thank you to Miss Stockman, Miss Clark and our invigilating team for all their invaluable support of these exams over the past two weeks.

You may recall that I wrote, in last week's Parent Newsletter, about my attendance at a presentation evening for the Southend Spring Respect Project at the Mayor's Parlour. Well, following the presentation evening we were absolutely delighted to receive an invitation from the Jack Petchey Foundation for some of our students to attend a week's residential in Wales in a couple of weeks' time. The parents/carers of those students selected will be contacted shortly.

As many of you will be aware, the school has been extremely fortunate to have worked with the Jack Petchey Foundation for a significant number of years and they have provided numerous opportunities for our students over the years such as the residential trip I have just spoken about. Sadly, we learnt yesterday that Sir Jack Petchey CBE, founder of the Jack Petchey Foundation, has passed away at the age of 98. The Jack Petchey Foundation was founded in 1999 to provide opportunities for young people aged between 11 and 25 across London and Essex. Sir Jack's vision and the work of his Foundation has impacted so many lives of young people, teachers and leaders. The Jack Petchey Foundation will continue as a lasting legacy to this quite remarkable man.

Thank you to all those parents/carers who kindly attended our termly Parent Forum on Thursday. As always, we look forward to events such as these which provide us with the opportunity to update you on our actions and our plans moving forward as we continue to strive towards rapid improvement.

Today, we welcomed the Essex County Fire and Rescue Service (ECFRSS) to Southchurch High. ECFRSS delivered presentations to groups of our Year 9 students as part of a joint initiative between the police and fire services in Essex. The aim of these presentations was to deliver important messages about the dangers of knife crime to our students covering a number of important topics, including joint enterprise, custodial sentences, the adolescent brain and decision-making and investigate ways of addressing peer pressure. Thank you to Miss Murray for kindly arranging these presentations today.

From Monday, 1 July to Sunday, 28 July, Southend-on-Sea will be an official host partner of The Knife Angel Monument during its National Youth Anti-Violence Tour of the UK, 2024. The incredible 27ft, 3.5 tonne sculpture, made from more than 100,000 confiscated or surrendered knives, uses its sheer size, scale, and distinctive materials to send a message of hope and change. The Knife Angel will be temporarily located at the top of the City's High Street within the Victoria Plaza area (outside the Odeon Cinema). I would like to encourage you and your family to visit the Knife Angel Monument. More information is contained in the links below:

<https://southendcsp.org.uk/knife-angel/>

<https://www.visitsouthend.co.uk/guide/the-knife-angel/>

Today, a group of Year 7 students are visiting the Tower of London. The purpose of the trip is for students to learn about medieval life which they are learning about as part of their History lessons but also the Stuarts and English Civil War. The trip also includes a 'Tales of the Tower' workshop where students will be guided around the Tower and told stories by a historical figure to help them understand how the Tower of London has changed over time. I am sure they will all have had a wonderful time. A huge thank you to Miss Fraser for organising and accompanying today's trip. Thank you to Miss House, Mrs Samuels and Mr Blows for also kindly supporting the trip.

I would like to wish those students in Year 10 who are able to take part in the Work Experience Week next week all the very best. We do hope they enjoy their experience and look forward to hearing how they got on when they return to school!

As we look towards the end of this school year, three weeks and counting, we know that many of you may be considering purchasing new school uniform for September. If your child has outgrown any of their school uniform, could we possibly ask that you consider donating any unwanted items of school uniform, in reasonable condition, to the school via Reception. Any items of unwanted uniform are always gratefully received by the school at any time.

We are delighted to be welcoming a new member to the staff team on Monday. Miss Reddish will be joining as a Teacher in the DT Department.

Mrs Airoll
Headteacher

Menu

SWAN'S RESTAURANT					
WEEK 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork Sausages Served with, Yorkshire Pudding Mashed Potato Peas & Gravy	Chilli Con Carnie Served with Boiled Rice Tomato Salsa & Guacamole	BBQ Pulled Pork Wrap Served with Potatoes Wedges & Coleslaw	Roast Chicken Served with Roast Potatoes Mixed Vegetables & Gravy	Beef Burger Or Battered Fish Served with Chips
Vegetarian Meal	Vegetable Stew & Dumplings (Vegan)	Vegetable Chilli Con Carnie Served with Boiled Rice Tomato Salsa & Guacamole (Vegan)	Vegetable & Cheese Potato Skins Served with Coleslaw	Cheese & Onion Slice Served with Roast Potatoes & Vegetables	¼lb Burger Served with Chips (Vegan)
£1 Pot of Fully Loaded Nachos (Vegetarian)					
Jacket Potato with Cheese ,Baked Beans or Tuna Mayonnaise Available Monday- Thursday					
Small Pasta & Sauce Available Monday Thursday					

Key Dates

2 July	Southchurch Culture Event
03 July	Year 7 and 8 Colchester Zoo trip
04 July	Year 8 'Take Your Child to Work' Day
05 July	Year 6 Transition Day
9 and 10 July	'Thank you for the Music' School Musical Performance
10 July	'The Brilliant Club' Graduation at London SOAS University
11 July	Year 10 Business Studies trip to Adventure Island
12 July	Southchurch Olympics
16 July	Alumni Reunion
17 July	Year 10 Geography trip to Walton-on-the-Naze
18 July	Year 10 Thorpe Park trip
19 July	Last day of term Students finish at 1.00pm

Year 9 Design and Technology

This week, Year 9 have been busy making candle holders in their Design and Technology lesson.



Mersea Trip

Some of our Year 9 students had the most amazing time last week on their visit to Essex Outdoors, Mersea Island.

They went outside of their comfort zone, worked so well in their teams and we are very proud of them all!



WELL-BEING

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

Connect to your community

Reflection: What is one small action you can take to help you be connected in your community?

Every little action can count

Reflection: What is one small action you can take to contribute to happiness of others in your community?

Notice others' strengths and what you share

Reflection: For everyone you meet or interact with find something positive about them or find something that you have in common.



Key 2 RELATING - Connect with people

Feeling connected to other people is at the heart of happiness - theirs and ours.

Taking action to build, maintain and strengthen our relationships is important.

Happiness and relationships, it works both ways

Not only do good relationships contribute to happiness, but also happy people tend to have more and better-quality relationships.

Reflection: In what way does taking care of your wellbeing contribute to the quality of your connections with others?

Loneliness, health and happiness

Whether you are naturally introverted or extroverted, for wellbeing we all need to feel connected to others. Feeling lonely is a signal that we need to seek and find connection. A bit like being thirsty is a signal to drink some water and it can be harmful if we don't. If we feel lonely it can be hard to reach out, but it's important we take action to feel more connected to others.

Reflection: What's an action you could take to reach out and connect with others if you feel lonely?

Close relationships matter

Our close relationships generally matter most for our happiness. As well as boosting how happy we feel, it can mean we are less prone to depression and other illnesses and it helps us recover more quickly.

Reflection: What helps you stay close to the people that matter most in your life?

Responsiveness

We feel close to others when we feel understood, valid and cared for. This helps us feel seen and accepted for who we are – our strengths and weaknesses, hopes, fears and needs, and that our views are listened to, even if they aren't agreed with.

Reflection: How can you remind yourself to really listen to others?

Thank you for the Music

Southchurch High School Presents



Join us for
**THANK YOU FOR THE
MUSIC**
9th and 10th July
Doors at 6.30pm - 7pm start
Adult - £5 | Children (under 16) - £3

Lost Property

New items for this week:

Pink toiletry bag 'M' on the front

Blazer 40"

Blazer 46"

Blazer XL

Blazer 35"

Black Trousers 17-18 years - keys in pocket



If your child has misplaced any of these items, please send them to the main office as soon as possible.

Library Corner



Word of the week:

Epiphany

Noun

Meaning: A sudden understanding, an inspiring revelation.

This week's theme is : World Social Media Day

Key date: 30 June

Did you know?

- The computer that guided the first Moon landing had a memory of 72kb.
- In 2023 the world had 4.6 billion smartphone users.
- Cybercrime costs the world's economy around \$600bn a year.

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

Identity	Y	S	F	G	K	S	E	S	W	X	S	C	S
Media	T	M	R	F	Y	V	C	R	D	L	Z	M	G
Online	I	A	T	G	S	H	L	R	J	X	R	Q	O
Platforms	T	R	U	Y	U	Q	B	W	E	O	U	V	N
Privacy	N	T	W	K	Q	Z	B	A	F	E	I	N	L
Safety	E	P	D	X	X	C	T	T	I	P	N	H	I
Screen	D	H	T	Q	U	S	A	B	C	D	E	O	N
Smartphone	I	O	D	X	A	L	S	N	G	Y	E	V	E
Social	Z	N	R	F	P	R	I	V	A	C	Y	M	Y
	C	E	E	L	A	I	C	O	S	I	Z	Q	O
	P	T	V	X	I	U	K	T	X	D	J	F	O
	Y	Y	I	L	S	X	I	U	M	S	I	Q	L
	N	L	M	W	P	J	B	J	Q	N	V	O	V

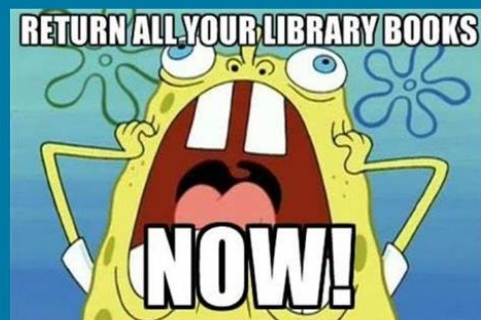
LIBRARY INITIATIVES

Library end of term stocktake

We need your assistance to return your books to the library by ...

FRIDAY 5 JULY

A stocktake of the library collection will take place, we need ALL books returned to ensure that they are accounted for and ready for you to borrow in September.



Please remember to use your local libraries over the summer holidays and keep quizzing on Accelerated reader.

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.



HELP US WIN
£1,000 FOR OUR
SCHOOL'S
LIBRARY!

[nationalbooktokens.com/schools-prize](https://www.nationalbooktokens.com/schools-prize)

NATIONAL
BOOK
tokens

In association with
Read
for Good

#rebuildthelibrary

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.

<https://www.nationalbooktokens.com/schools-prize>

SOUTHEND WHEELERS



A Summer of Cycling

Join us this summer for exciting cycling coaching sessions at Garon Park Sports Park, Southend-on-Sea, SS2 4FA. Designed for children aged 10-16, these sessions run throughout July and August.

Sign up now at [Trybooking.com](https://www.trybooking.com) as places are limited. Use the QR code above to register.

Session Details:

- **Dates:** July 27th, August 3rd, 10th, 17th, 24th, 31st
- **Time:** 09:30 – 11:00
- **Duration:** 1.5 hours

These sessions are perfect for children with cyclocross, gravel, road bikes, BMX, or MTBs. Our coaches will deliver a variety of skills, with pathways to progress into the Southend Wheelers racing program or Hadleigh Park MTB activities.

#SummerOfCycling

<https://www.southendwheelers.org/summerofcycling>
www.britishcycling.org.uk/summerofcycling

Notes for Teaching staff:

Children across England are being encouraged to hop on their bikes this summer with over 300 free events hosted by British Cycling clubs. These events, running from June to September, include free coaching, group rides, entry-level racing, and access to cycling facilities, inspired by the 2024 Olympics.

Thanks to grants from British Cycling and Sport England, 100 clubs will receive funding to host regular free activities throughout the summer. The initiative aims to provide fun and accessible cycling opportunities for children and young people.

Three-time Olympic champion Ed Clancy launched the Summer of Cycling, saying: "Like so many, I benefitted hugely from riding with friends in a club when I was younger. As we look ahead to a huge summer for the sport, I'm thrilled that thousands more kids will have the same opportunity. Thanks to our amazing club volunteers and coaches, there are now more opportunities than ever for young people to get into riding and racing, develop new skills, and make lifelong friends."

THE FUTURE OF SPORT
SUMMER
SPORTS CAMP
SOUTHCHURCH HIGH

SOUTHCHURCH **SOUTHEND**

FOOTBALL/VR SPORT/CRICKET/ROUNDERS

JUL 29 - AUG 22
10AM-3PM

CLICK HERE TO SECURE A SPACE!

FREE FOR FSM CHILDREN
USE YOUR HAF CODE

THEFUTUREOFSPORT@ICLOUD.COM
07359612611
WWW.THEFUTUREOFSPORT.CO.UK

Year 7 Football Trials



SOUTHEND MANOR FC
OUR CITY - OUR SOUTHEND - OUR MANOR

UPCOMING TRIALS

Interested in joining us?

We have trials for our

U13 EJA Team

taking place on

29th June 2024 @ 12pm

Like to attend? Please contact Alexandra on 07521633380

VACCINE CATCH-UP CLINICS

For more information or to book an appointment please call **0300 790 0597**

Has your child missed their routine school vaccinations?

We are running catch-up clinics in your area. Find your nearest clinic below:

- **Braintree Clinic, CM7 3HP**
Saturday 13 July, 10.30am – 3pm
- **Crouch Vale Medical Centre, CM3 5QP**
Saturday 13 July, 10am – 3pm
- **Thameside House, RM16 2PX**
Saturday 13 July, 10am – 3pm

- **Leigh Primary Care Centre, SS9 3NG**
Saturday 13 July, 10am – 2pm
(Appointments available or walk in with no appointment necessary)

Do you have questions about these vaccinations?

Visit the NHS website vaccination page:
www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/

HPV** (from Year 8)
DTP & Meningitis ACWY (from Year 9)

**Eligible boys born after 01/09/2006

