



Southend High School for Girls

AN ACADEMY GRAMMAR SCHOOL

Southchurch Boulevard, Southend-on-Sea, SS2 4UZ

Headteacher: Mr J Carey MEd (Cantab), BA (Hons), LLE, NPQEL

Friday, 31st January 2025

Dear Parents, Carers and Students,

Please find below information and updates from this week.

Alpha MAT

Please find attached a letter regarding SHSG joining in partnership with Colchester County High School for Girls grammar school in their multi-academy trust – Alpha. Information about Alpha can be found [here](#).

Children's mental health week

We will be marking Children's mental health week next week to raise money for a children's mental health charity. The theme this year is "Know Yourself Grow Yourself" and focuses on building a sense of self to grow in our ability to connect with others, as well as develop our skills and talents.

It is with this basis that we can form strong and healthy relationships, from early childhood right through to adulthood and be equipped to cope with the challenges that life brings our way. We will sell yellow ribbons in the foyer at break time and will hold a wellbeing workshop on Friday 7th February 2025 to share ideas on how we can experience positive emotions, engage, flourish in relationships, look for meaning and celebrate achievements.

World Book Day – book fair

As part of our celebrations for World Book Day, our book fair will be held in the school foyer during lunchtime on Thursday 6th, Friday 7th, Monday 10th and Tuesday 11th February. Students may buy books with cash or pre-pay via the Scholastic website www.bookfairs.scholastic.co.uk/pay. Thank you very much, your support helps earn free books for our school. I have attached the flyer to the end of this letter.

Parent Governor Ballot

Following on from my letter dated 28th January 2025, we are now holding a ballot for the Parent Governor elections. We strongly encourage all parents to engage in this important process. To cast your vote, please follow the link to the form provided in the letter previously sent to you. Kindly note that the closing date for the ballot is Monday, 10th February. Thank you for your continued support and involvement.

Year 9 Immunisations

A reminder that immunisations for all of Year 9 are taking place on Monday 3rd February. Students can wear their PE kits to school that day.

Care Plans

Further to our communication last week about updating your child's medical information through the SIMS app, please can parents/carers ensure that a copy of their child's care plan (if they have one) is shared with the school. Care plans are provided for certain medical conditions, for example diabetes, epilepsy, anaphylaxis and asthma, and provide clear instructions on what steps should be taken if your child becomes unwell. They are reviewed regularly by the GP or healthcare clinics, and it is important for the school to have a copy. If you do



not have a care plan for your child's condition, you should contact your child's GP surgery for an appointment to discuss this further.

Reading Update

Year 7 Reading Millionaires

Huge congratulations to our Year 7 students for an outstanding achievement—72 of them have now become Reading Millionaires! This is a fantastic milestone, showcasing their dedication, enthusiasm, and love for reading. These students are setting a brilliant example for others to follow. Well done to 7HERA – their tutor group have the highest number of Reading Millionaires in the year group.

Waterstones Trips

Our much-anticipated Year 7 Waterstones bookshop trips are taking place on 25th-27th February. A separate letter has been sent to all parents of Year 7 students detailing the arrangements for these trips.

SHSG Students working with The Institute for Research in Schools (IRIS)

The Institute for Research in Schools (IRIS) is a national charity that supports students to complete their own STEM research projects. This year, sixth form students Verity, Alicja, Afraa, Annick, Isabelle, Gayatri and Chelsea, along with Mrs Aylen, are working with IRIS to undertake their own research and contribute knowledge to the wider scientific community.

IRIS works with researchers to provide real-world challenges for students to explore. Students can share their findings at IRIS Student Conferences each June. This year, our students are exploring a project researching 'Greener Fragrances'. A link to the project details on the IRIS website can be found below. We look forward to sharing our findings in summer 2025.

[Greener Fragrances - Innovative chemistry research for ages 16+](#)



*The Institute for
Research in Schools*

Year 9 GCSE Options and Subject Fair

This week, we launched our Year 9 GCSE Options process to parents at our Subject Fair. Parents and students visited our Subject Fair hosted by our heads of department and students, as well as a presentation to outline the GCSE options process. We were excited to announce the introduction of GCSE Psychology from September 2025, alongside our broad range of GCSE subjects. Year 9 will receive presentations from subject teachers in lessons and assemblies over the next two weeks to support them in gathering information about their choices. Parents / carers and student can also find course outlines on our website [Year 9 GCSE Options - Southend High School for Girls \(shsg.org\)](http://shsg.org)

If you attended the Subject Fair and would like to provide feedback, please do so on the online form [here](#) by Friday 7th February. Thank you!

SHSG Whole School Production of Frozen

Next week, over 100 students from across the school will be performing or supporting backstage with our hotly anticipated whole school production of Frozen. Our first two performances take place on Monday 3rd February, firstly in the morning to pupils from Year 5 in local primary schools, and then in the afternoon to our Year 7 students. The whole production, from costumes, staging and acting will be as good as any West End show! If you have not yet purchased your tickets, there are a limited number available for Tuesday 4th February on ParentPay.



Pictured above – Sven and Olaf getting ready for 'Frozen'...

Tubs2hubs Xmas plastic sweet containers

We have almost finished our collections of these containers for recycling and will post final pictures of all the tubs collected in school. See below some amazing stories about efforts within our wider community.

Year 7 student, Grace H:

'When I received your notification before Christmas regarding collecting sweet tubs to raise money for Macmillan Cancer Support, I knew this was something I wanted to do. Macmillan is a charity that has helped close family friends and a charity I've raised money for before.

I spoke to my mum about collecting our tubs and she joked that, with the number of sweets we eat I could collect my height in tubs. I accepted that challenge!

With the help of my mum and using her Facebook I contacted local businesses and community pages in Thorpe Bay to ask people for their empty tubs too. So many people had never heard of the campaign before and were happy to know their tubs would be going to raise money for a good cause.

*On my latest count I have collected 226 tubs.
Come on SHSG – let's bring in loads more!*

Planet Action (part of the geography department)



Regional Schools' Netball final

Good luck to our U16 Netball squad who are competing in the Regional Schools' Netball final on Saturday. We hope you have a successful tournament.

Mavericks Netball coaching event

On Saturday, 25th January, the Year 7 and U16 netball teams attended the exciting Mavericks season launch event at Queenswood School. The session was packed with skill-specific coaching, led by Mavericks and England players, creating an inspiring experience for all involved. Players took part in focused workshops covering attacking, defending, shooting, and conditioned games, developing their skills in a fun and dynamic environment. The day concluded with a special meet and greet, giving our young athletes the chance to interact with their netball idols, making it an unforgettable experience.



PE fixtures for next week

These fixtures may be subject to change and all details are posted on the respective PE extra-curricular Microsoft Teams page. If your child has not been added to their year group page, and needs to be, please ask them to speak to member of the PE department. Thank you.

- Monday 3rd February: U15 Basketball away v WHSG
- Wednesday 5th February: U16 Plate Netball Home v Chafford Hundred
- Thursday 6th February: Year 7 and year 8 Borough netball home v Cecil Jones
- Friday 7th February: Year 7 netball v Appleton (home)

Please be aware that for safeguarding reasons we cannot accommodate spectators on site for matches. Many schools apply this policy so please check with the opposing school directly.

National Apprenticeship Week

On the week beginning 10th February we will be celebrating National Apprenticeship week with a number of exciting events happening in school. There are lots of great opportunities for students and parents to sign up for online during that week. One highlight is a set of webinars on how to get a place on an apprenticeship scheme in parliament, detailed [here](#), and open to students, teachers and parents. The deadline to register is 12pm on Friday 7th February 2025.

Oxford and Cambridge Offers

Wednesday marked the final UCAS deadline and we are delighted that 175 students in Year 13 have submitted university applications. The offers have been rolling in. Year 13s are now on the final stretch to secure the grades to study at top universities up and down the country.

We were also delighted this week to hear the good news that the universities of Oxford and Cambridge have made conditional offers to several students in Year 13. This year, seven students have gained places to read a

range of subjects including biology, theology, philosophy, psychological and behavioural sciences, architecture, linguistics and classics. We are very proud of their achievements and wish them all the best in securing the top grades needed to take up their places.

Over thirty Year 12s have now embarked on preparation for applying to Oxbridge. The first Oxbridge lunch club was held on Wednesday, and it was standing room only. It is excellent to see so many students considering this route. Next Wednesday will be the first of the medics' club, led by Mr Prior, for Year 12 students looking to apply for medicine, dentistry and veterinary science.

Mental Health & Wellbeing at SHSG

At SHSG, we often talk about how to look after our health in lessons and in tutor time. If you need support or information about how to cope with your emotions, you can visit the school website and look at [Mental Health & Wellbeing - Southend High School for Girls \(shsg.org\)](https://www.shsg.org).

There, you will find some articles, videos and useful links. The school has also put together a Padlet for Lower and Middle school and one for Sixth Form for you to browse. Please find the links below:

[Lower and Middle school SHSG Mental Health Board \(padlet.com\)](#)

[SHSG Mental Health Board \(padlet.com\)](#)

Key Dates

The calendar on our website is regularly updated and contains key dates of activities and events that are taking place in school. A full list can be found [here](#).

Wishing you all a restful weekend!

Yours faithfully,

A handwritten signature in black ink that reads "Jason Carey". The signature is written in a cursive, flowing style.

Jason Carey
Headteacher

COME TO THE BOOK FAIR

Your support helps earn **FREE BOOKS** for our school

Thursday 6th, Friday 7th,
Monday 10th & Tuesday 11th February
in the **Foyer** at **lunch time**



Exclusive sprayed edge edition

£8.99



£8.99

13+



£8.99

13+

Exclusive signed edition from BookTokker @compulsivebookbuyers

Graphic novel



£10.99 £8.99

Read before Sunrise on the Reaping



£8.99 £4.99

13+



£9.99

13+

Read before Fearless

Thursday 6th, Friday 7th,
Monday 10th & Tuesday 11th February