



Southchurch High School

Friday 03 July 2026

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 36

Message from the Headteacher

Today, we were delighted to welcome our wonderful new Year 7 cohort for their Transition Day. It was a lovely way to end the week and is always a day that our school community looks forward to each year. Meeting these students, getting to know them ahead of their September start, and seeing their excitement for the next stage of their educational journey is a real privilege. We very much look forward to welcoming them officially to Southchurch High School in September as they begin this exciting new chapter.

Due to the extreme weather conditions last week, our planned Head Student elections had to be postponed. Students have therefore cast their votes this week, and we look forward to announcing our new Head Students next week. We would like to thank all candidates for the enthusiasm, commitment and leadership they have demonstrated throughout the process.

On Tuesday, our Year 10 students took part in a PSHE Drop Down Day with a focus on financial education. We were delighted to welcome visitors from the Bank of England and NatWest Bank, who delivered engaging sessions designed to help students develop their understanding of budgeting, saving, banking and financial responsibility. A huge thank you to Ms Smith, our Careers Leader, for her excellent planning and organisation, to Mrs Langdon, and to all the staff who supported throughout the day. We hope our students found the experience both informative and inspiring as they begin to prepare for adult life.

Thank you also to Mr Druce and Mrs Winter for accompanying 9A on their 'Make Happen' visit to the University of Essex's Colchester campus on Wednesday. Experiences such as these provide valuable insight into higher education and encourage our students to think positively about their future aspirations.

A number of our Year 10 students also attended a Subject Taster Day at USP College, Benfleet, kindly organised by Ms Smith. Accompanied by Ms Smith and Mrs Winter, students experienced college life first-hand, gaining an invaluable insight into further education. They were able to choose three subject taster sessions, attend a presentation about student life at the college and participate in a question-and-answer session designed to help them make informed decisions about their future educational pathways.

Attendance to school matters, and at Southchurch High School we believe it is important to recognise and celebrate students whose attendance demonstrates commitment and resilience. During this final half-term, our dedicated Heads of Year organise attendance reward trips for students with excellent attendance. Yesterday, a group of our Year 10 students enjoyed an exciting visit to Ninja Warrior UK in Chelmsford—a well-deserved reward and a fantastic celebration of their commitment to attending school every day.

Our **Word of the Week** for next week is "**support**" (*verb*) – *to agree with or give encouragement to someone or something because you want them or it to succeed*. Please encourage your child to use this word both at home and in school. Regular use of our Word of the Week helps to strengthen students' vocabulary, develop their confidence in communication and supports their wider learning. Students who successfully use the word in conversation or lessons will be rewarded with a Class Charts point.

A gentle reminder, further to the letter sent on **22 June**, that the Government has revised the eligibility arrangements for Free School Meals. Schools are required to apply an end date of **31 July 2026** to existing entitlements, and families must now reapply to ensure eligibility continues from September.

If your family is affected by this change, I would kindly ask that you complete and return the form enclosed with the original letter as soon as possible to avoid any interruption to your child's entitlement. Should you require any assistance with the application process, please do not hesitate to contact the school, where we will be happy to help.

Finally, I would like to wish all of our Year 10 students every success as they begin their Work Experience placements next week. This is an exciting opportunity for them to develop new skills, gain confidence and experience the world of work beyond the classroom. We look forward to hearing about their experiences when they return.

A huge thank you to Ms Smith and Mrs Winter for the tremendous amount of work they have undertaken behind the scenes to secure placements and prepare our students for this important milestone. Their dedication and commitment ensure that our students have the best possible opportunity to benefit from this valuable experience.

As we move ever closer to the end of another successful academic year, I would like to thank you, as always, for your continued support of our school community. Your partnership plays a vital role in the success of our students, and we greatly appreciate all that you do.

I hope you all enjoy a restful and enjoyable weekend.

Mrs Airoll
Headteacher

Key Dates

06 July	Students start school at 10.00am
08 July Date change	Students finish school at 2.00 pm Open Evening 5.30 pm -8.00 pm
09 July Date change	Students start school at 11.00 am
10 July	Year 11 Prom
13 July	Sports Day Summer Showcase
15 July	SEND Coffee Morning
16 July	Year 10 Parents' Evening
21 July	Last Day of Term

Breakfast Club

Free School Meal money **cannot** be spent during breakfast club. We will provide the children with a filling and enjoyable breakfast free of charge; there is no need for them to spend their allowance. We want them to be able to 'fill up' later on in the day, too. They can purchase the same items at break time and have two good meals!

Breakfast Club Starts at 7.00 am and finishes at 8.15 am.



Swan's Restaurant

Section A

Choose from:

- Buttered Toast
- Cereal
- Fresh Fruit
- Yoghurt
- Oat Cookies

Choose **1 item** from

← **Section A** and

1 item from

→ **Section B**

and it's **FREE!**

Section B

Choose from:

- Hot Chocolate
- Tea
- Fruit Juice
- Milkshake
- Bottle of Water

Items Available for Purchase

Choice of hot breakfast rolls.....	£1, £1.50, £1.90
Danish Pastry.....	80p
Selection of Drinks.....	60 & 80p
Deal! 2 item breakfast roll and any drink.....£2.00	

FREE

BREAKFAST CLUB

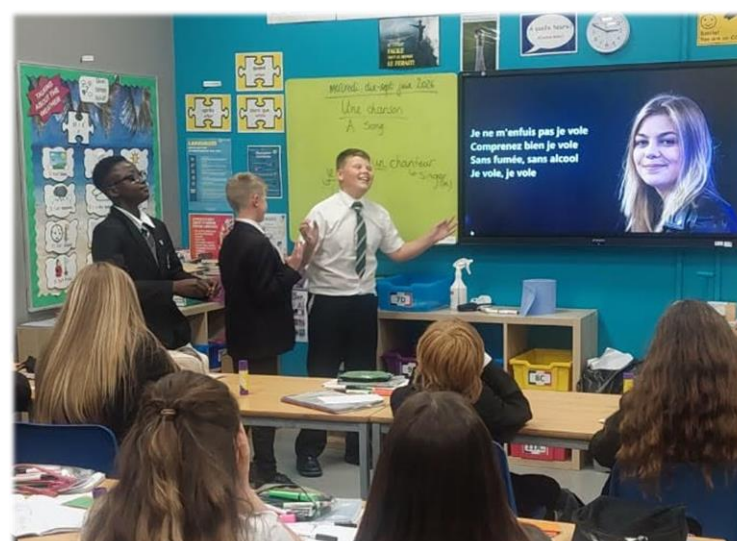
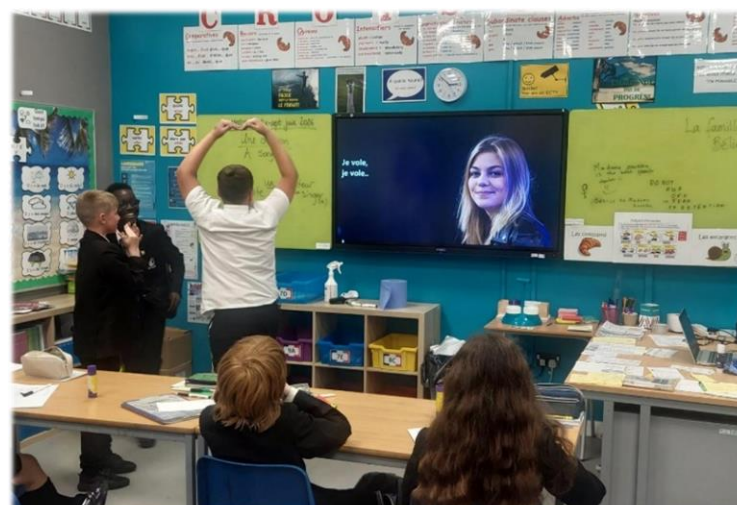
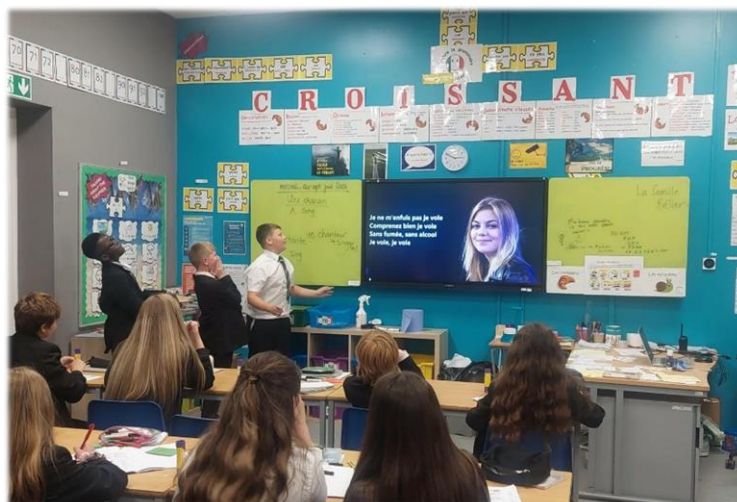
FOOD!



Last week, Year 7 students explored the lyrics of songs by the French singer Louane. The lesson combined cultural learning, French poetic vocabulary and, of course, a lively sing-along.

We were delighted to have several volunteers who were brave enough to perform in front of the whole class. We heard some beautiful voices and were also treated to impressive dancing skills from Aaron, Kaiden and August.

Well done to everyone for their enthusiasm and participation!



University of Essex

Some of our year 9 students visited University of Essex as part of a Future Thinking project with **Make Happen**. They had 5 weeks of workshops prior to the trip, gaining valuable study skills which culminated in a campus visit and workshops.

Steven Camden gave a wonderful creative story telling session and they also had a session on budgeting as a student!



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					



MCAS – Dinner Money

We would like to remind you that our payment system will be changing during the summer holidays.

iPay will be deactivated on 17 July, and the new Dinner Money module will be available in your MCAS app by 17 August at the latest. Any money already paid towards trips will automatically transfer to the new system, so you don't need to take any action.

Please see the MCAS Guide and the Dinner Money letter for more information.

MCAS | Southchurch High School



congratulations

Well done, Mr Patten! For three weeks in a row, he has built in opportunities for students to use the Word of the Week and been top of the staff leaderboard, awarding the most ClassChart points to pupils for the correct use of the word in a sentence.

Here he is with his well-deserved chocolate prize and the trophy, which will proudly be displayed in his classroom for the week. Which member of staff will win next week?

Our Word of the Week this week was RELEVANT and there were ClassChart points and termly prizes up for grabs for the students.



Word of the Week | 29 June – 3 July

Relevant
(rel-uh-vuhnt)

Adjective | Closely connected to or important for the subject being discussed, studied, or written about.

Example sentence:

Technology has made it easier to find **relevant** information quickly.



Invest in rest

Sleeping well is essential for our bodies, mood and mind. Getting enough sleep helps us think better, enables us to more easily manage our emotions and supports our physical health including our immunity, but it's not always easy. Human beings are the only creatures to have electric light so it's easy for us to stay awake and of course our devices can keep our minds whirring late into the night. As a result, many of us are chronically sleep-deprived and need an alarm to wake up.

The amount of sleep we need varies, but experts suggest most adults should aim for 7-9 hours. There is a lot we can do to invest in our rest, for example:

- Set an alarm for bed - An hour before you want to go to sleep set a gentle alarm to remind yourself to wind down and get ready for bed.
- Have a wind-down routine – e.g., switch off your devices, dim the lights, read something calming.
- Set up your space for sleep – Block outside light or use an eye mask; limit noise or get some ear plugs; eliminate tech and keep the temperature cool.

How much sleep do you need to feel well rested?

Switch off your mind for sleep

Busy or racing minds can get in the way of a good night's sleep and it's not always easy to switch-off. Whether it's tomorrow's to-do list, worries about the day that's just gone or the future, or our devices keeping our minds whirring late into the night. To make sure we get enough sleep, we don't just need to turn off the lights, but also have some ways to calm our minds.

Here are some actions that can help...

- Unplug from tech – ban your phone, computer and tablet from the bedroom at night (or have a place to put them away)
- Go old school – get a proper alarm clock (a quiet one, without lights) and read a book rather than go online.
- Practice gratitude – when you get into bed reflect on three good things from your day, or if things are tough – what was one moment from the day that was better than the rest?
- Scrunch and release your body – It's called progressive muscle relaxation. Start with one body part – like your left foot or hand – tense it up as hard as you can, then slowly relax it, breathing out if you can, noticing how that feels. Then do the same with the right hand or foot, then your left leg or arm and so on moving through your body parts in turn.

What's something you can try to help your mind switch off?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together

southend-on-sea health 4 life

a healthier future for the whole family



Free Summer Holiday Fun for 11-15 Year Olds

New
Sessions

FOR 11-15 YEAR OLDS*
@ **SOUTHEND CIVIC CENTRE**
VICTORIA AVE, SS2 6ER
9:15 - 3:30
TUESDAY 28TH JULY
WEDNESDAY 29TH JULY
*or children who are 10 and
transitioning to secondary school



**Southend-on-Sea
City Council**

health4life@southend.gov.uk www.livewellsouthend.com

11-15 year olds are invited to our **FREE 2 day Health4Life** programme - a fun, inclusive, and engaging way to explore what it means to lead a healthy lifestyle!

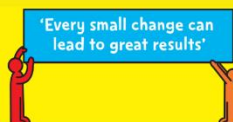
Through hands on food prep sessions with a local chef, exciting games and trips to **Indirock**, **MyYogiTribe** and **Brazilarte**, they will learn:



**KEEP YOUR BODY
HEALTHY**



PORTION SIZES



Tuesday 28th & Wednesday 29th July
9:15am - 3:30pm
@ Southend Civic Centre

**MAKE GOOD
NUTRITIONAL
CHOICES**



**LOOK AFTER
PHYSICAL AND
MENTAL
WELLBEING**



**BODY
POSITIVITY**

It's been very helpful educating us on the amount of sugar in foods, portion sizes and good choices

health4life@southend.gov.uk 01702 534843 Southend-on-Sea City Council

Sign up form



Library Corner



Word of the Week:

Relevant

Adjective

Definition: Closely connected to or important for the subject being discussed, studied, or written about.

This week's theme is: Online Safety

Key date: World Social Media Day, 30th June

- In total, 20% of Millennials and 18% of Gen-Z have had their identities stolen online.
- In addition, 46% of women and 37% of men said that their social media accounts had been hacked.
- A massive 96% of criminals use spear phishing sending messages pretending to be from a known sender like a bank or mobile phone provider to gain people's personal details.

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

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

Awareness
Cyber
Hacking
Millennials
Online
Phishing
Security
Social Media

D S C L U F Z C G J J U S R M
Y K S I W D E N F F R O F E I
S E F E E N I L N O C C J B L
Z P V V N H L N I I T T W Y L
E N O O S E B H A G D V A C E
H X C I A S R L A M Q T E Q N
F K H J Y F M A S C B Y V R I
H P T G W E N U W Q K R P S A
J E H B D W R F R A F I L L U L
R B U I S E C U R I T Y N H S
U B A Z R G E S W K L R K G S
Y L D X N P S I P Y Q N O C U
Z U H M K O H X K P N T O T R
X G Q C A G P M V I H X O K A
I N J L S W P U J A Q X M D X

LIBRARY INITIATIVES

Welcome to the Library

Miss Watson and Ms Strover would like to remind you that the library is open everyday during break & lunch and Monday-Thursday after school. The Library is a calm, quiet place to come and sit and read in one of our comfy reading areas or to enjoy boardgames; such as chess and scrabble.



Year 6 transition day



We loved meeting all the students who will be joining us for year 7 in September! We hope they like their Library packs and enjoy reading their book over the summer holidays.



End of year party



Every quiz earns you Class Chart points and gives you a chance to join our end of year summer party,

Keep Quizzing !

Important Information

Accelerated Reader

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.

