



Southchurch High School

Friday 04 September 2026

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 01

Message from the Headteacher

A very warm welcome to all our new parents and carers joining the Southchurch High School community. This is our weekly newsletter, which provides you with important updates and information about school life.

For those who are new to, and those who have been part of, the Southchurch community for some time, I hope you and your families had a lovely summer and that your children have enjoyed their first week back at school as much as we have enjoyed welcoming them back.

The whole school community was incredibly proud of our Year 11 students on GCSE Results Day as they celebrated the **strongest set of GCSE results in the school's history**. This is an exciting milestone for Southchurch High School and reflects the collective effort of the whole school community. Above all, we are incredibly proud of the hard work, commitment and determination shown by our students.

We have also had the pleasure of welcoming our new cohort of Year 7 students to the school. This is always an exciting time as we welcome our newest students and support them as they begin the next chapter of their education. We recognise that starting secondary school can also be an anxious time for some students and their parents/carers. If you have any concerns or would like to speak to someone, please contact the Year 7 Team: **Miss Stockman, Head of Year 7, or Miss Caten, Student Support Assistant**.

In addition to welcoming our new students, we are also delighted to welcome **Miss Oliver, Head of History**, to our teaching team. We wish her every success as she begins her journey with us at Southchurch.

Punctuality

Please remember that students are expected to be on the school site by **8.25am** each morning so that they are ready for silent transitions and the start of Form Tutor time at **8.35am**.

Students who arrive late to school are issued with a **one-hour, same-day detention** after school. Further sanctions may be applied where a student fails to attend their detention. We would greatly appreciate your support in reinforcing the importance of arriving at school on time each morning.

Word of the Week

Our **Word of the Week** for next week is **"biased"** (adjective) – *favouring one person, group or idea over another in a way that is often unfair*.

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 support their wider learning.

Students who successfully use the word in conversation or lessons will be rewarded with a **Class Charts point**.

Open Evening – Thursday 24 September

Please note that, due to the school hosting our **Open Evening for prospective parents/carers**, students will be dismissed at **2.00pm on Thursday, 24 September**.

Students will also have a **late start on Friday, 25 September** and will be expected to arrive at school at **11.00am**.

Please remind your child/children that they **will not be able to access the school site before 11.00am** on Friday, so they should not arrive at school any earlier.

Keep up to date with school news

For parents/carers who have not yet joined us, particularly those who are new to the school, we would encourage you to follow our **Facebook page**. We regularly share updates, photographs and news about life at Southchurch High School throughout the school week.

Please remember to like and share our posts!

Support Southchurch through easyfundraising

For those of you who are new to the Southchurch community, we are also registered with **easyfundraising**.

Each time you shop online with one of the 7,000 brands registered with easyfundraising, the school can receive a donation at no extra cost to you. These donations can make a **BIG** difference to our school community, and we would really appreciate your support.

Signing up is completely **FREE** and only takes a moment.

School Uniform Donations

Finally, if you have any unwanted items of school uniform that are still in reasonable condition, we would be extremely grateful if you would consider donating them to the school. Items of unwanted school uniform can be handed in via Reception.

A huge thank you to all the kind parents and carers who donated uniform ahead of the school holidays. Your generosity may enable us to support families within our community who are in need.

Thank you, as always, for your continued support.

Mrs Airoll
Headteacher

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	Halal Chicken Burger In a Bun Served with Potato Wedges & 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	Vegan Meatballs Served with Pasta & Garlic Bread	Vegan 1/4lb Burger In a Bun Served with Potato Wedges & Coleslaw
Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Available Monday – Thursday Small Pasta & Sauce Available Monday - Thursday					

Breakfast Club

We offer a **FREE** Breakfast Club daily from 7.00 - 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

FREE BREAKFAST CLUB FOOD!

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 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 in the day, too. They can purchase the same items at break time and have two good meals!



MCAS – Dinner Money

We would like to remind you that our payment system changed during the summer holidays.

iPayimpact was deactivated on 17 July, and the new Dinner Money module is now available in your MCAS app. 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



Key Dates

24 September	Students finish school at 2.00pm Open Evening 5.30pm – 8.00pm
25 September	Students start school at 11.00am

Free School Meals

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 now required to apply an end date of 31 July 2026 to existing entitlements, and families **must reapply** to ensure your eligibility continues from September.

If your family is affected by this change, I would kindly ask that you complete and return the form 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 or require another form to fill out, please do not hesitate to contact the school via email:

info@southchurchschool.com

Attendance

SOUTHCHURCH HIGH SCHOOL

SEPTEMBER ATTENDANCE REWARD

HERO

BE HERE. BE YOUR BEST.

ATTEND TODAY ACHIEVE TOMORROW SUCCEED FOREVER

HERE
BE PRESENT
BE PART OF IT

EVERYDAY
CONSISTENCY
CREATES SUCCESS

READY
PREPARED TO LEARN
PREPARED TO SUCCEED

ON TIME
BE ON TIME
BE IN THE ZONE

BE A HERO. BE HERE. EVERYDAY. READY. ON TIME.

2 SEPTEMBER 2026 – 30 SEPTEMBER 2026

100% ATTENDANCE FOR THE FULL PERIOD = REWARD!

YOU WILL RECEIVE AN INDIVIDUAL PRIZE AND BE ENTERED INTO A PRIZE DRAW!

TURN UP. STAND OUT. GO FAR.

★ ATTENDANCE IS YOUR SUPERPOWER. ★



SOUTHCHURCH SPORTS CLUBS+

GET INVOLVED.
TRY SOMETHING NEW.
BE YOU.



MAKE FRIENDS. BUILD SKILLS. HAVE FUN.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE SCHOOL 7:30AM – 8:15AM	Running Club, Mr Blows	PE Coursework Mr Lockwood	Badminton Miss Waite	Dodgeball Miss Atkinson	
LUNCH 1:30PM – 2:00PM	Y7 Football (MUGA)	Y8 Football (MUGA) Basketball Mr Blows	Y9 Football (MUGA) GCSE PE Revision Miss Waite	Y10 Football (MUGA) Table Tennis Miss James	Y11 Football (MUGA)
AFTER SCHOOL 3:10PM – 4:10PM		All Years Basketball Mr Winyard Y7/8 Rugby Mr Blows Y9 Sports Leaders Miss Waite	All Years Cricket Mr Winyard Y7-9 Netball Miss Townley & Miss Waite PE Coursework Mr Blows	Cheerleading Elite All Years Football (boys & girls) Mrs Blows, Mr Lockwood, Mr Winyard PE Coursework Miss Waite	All Years Hockey Miss Waite



JOIN IN. STAND OUT. MAKE IT YOURS.



WELL-BEING

Self-Care September 2026

MONDAY

TUESDAY

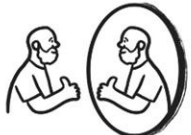
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together

Library Corner



Word of the Week:

Ability

Noun

Definition: The physical or mental power or skill needed to do something.

This week's theme is: Motivation

Key date: 6 September

Did you know?

- Motivation is a result of our experiences. It stems from a set of neurochemical networks that develop over our lifetimes.
- Employees tend to be 20% more productive in the workplace when they are motivated.
- Often, external incentives are not the most effective at boosting motivation.

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

Change
Energy
Healthy
Hopeful
Incentives
Mindset
Mood
Motivation
Positivity
Productive

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

LIBRARY INITIATIVES

Welcome Back!

Miss Watson and Ms Strover would like you welcome you back to the library and hope you enjoyed your summer!

A great start to the term meeting all the new year 7 students - they have taken out many of our great books already, don't forget to quiz on Accelerated reader to gain class chart points and prizes!

Student librarians

If you enjoy reading, quizzing and helping other students during break or lunch please come and fill out a student librarian form in the library.

After School Club: Monday-Thursday

The Library is open to all students after school to enjoy the same activities that we have running at break & lunch.

Students have access to the computers for study or coursework. These activities run until 4.30pm

Please note that we are closed after school on Fridays.

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.



BOULDERING TOGETHER

- Learn to climb for just £1 per session!
- Snacks and refreshments available
- Make friends while you try something new

 **Tuesdays 4-6pm**
Open to those aged 11 to 18
(up to 25 for those with SEND)

Ready to get involved?

Sign up using our online web form at:
www.trustlinks.org/projects/bouldering-together
or scan the QR below!



Charity No: 1092324
youthlinks@trustlinks.org

IndiRock, 1st Floor, Victoria Shopping Centre, Southend, SS2 5SP

Find out about our children, youth & families projects at www.trustlinks.org!

TrustLinks
Youth & Families

YOUTH LINKS

YOUTH LINKS IS A POSITIVE PEER SUPPORT YOUTH GROUP FOR YOUNG PEOPLE OF SECONDARY SCHOOL AGE

We run a range of activities including cooking, crafts, sports and provide a safe space for young people to talk about their feelings. Youth Links is run by mental health charity Trust Links.

WESTCLIFF

Mondays: 5pm – 7pm for ages 11 – 14
Wednesdays: 5pm – 7pm for ages 15 – 18

RAYLEIGH

Tuesdays: 5pm-7pm for ages 11-18

To join Youth Links or find out more visit:
www.trustlinks.org/projects/youth-links
If you have a question you can email our team:
youthlinks@trustlinks.org

Charity No.1092324

www.trustlinks.org

01702 213134



Have Your Say On The Future Of Southchurch Library!

For a copy of the information packet,
please see a member of staff.

To get involved, please complete the survey provided within the library or online using the website below:

<https://yoursay.southend.gov.uk/southchurch-library-proposals>

Drop-In Sessions will be available if you would like to ask any questions, with dates “to be confirmed”

The consultation will be open until
Sunday 4th October 2026

