



Southchurch High School

Friday 09 October 2026

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 06

Message from the Headteacher

Inspiring our Year 10 Students – Futures for All

We were delighted to welcome Mr Richard Murrell from Futures for All as a guest speaker on Wednesday morning.

Mr Murrell spoke to our Year 10 students about his remarkable career, having recently retired from the BBC after an incredible 44 years in broadcasting. During his career, Mr Murrell directed some of the BBC's most prestigious programmes, including BBC World News, as well as live broadcasts from around the world.

What I particularly valued about Mr Murrell's message was that his story demonstrated the importance of hard work, curiosity and taking opportunities when they arise. He spoke honestly about his humble beginnings and how the opportunities he pursued opened doors that he could never have imagined when he was younger.

Our students thoroughly enjoyed hearing about life behind the camera, and one very lucky student even had the opportunity to have a go on the autocue!

We are incredibly grateful to Mr Murrell and Futures for All for facilitating such an inspiring opportunity for our students. Experiences such as this help young people to see the possibilities that exist beyond school and to understand that their future can take them in directions they may not yet have considered.

I would also like to thank Ms Smith, our Careers Leader, for her continued commitment to providing our students with meaningful careers experiences and opportunities to meet people from a wide range of professions.

Guinness World Record Reading Attempt!

Yesterday, our Year 7 students took part in an exciting Guinness World Record attempt for the most people reading simultaneously, organised in conjunction with the National Literacy Trust.

At 10.00am, students assembled in our Multi-Use Area to watch a webinar with the author Frank Cottrell-Boyce before taking part in a 10-minute reading session as part of the global record-breaking attempt.

The event connected schools across 85 countries as part of the National Year of Reading, with the aim of breaking the record for the most people reading online within a 12-hour period.

Our students can now say that they were part of this incredible global event – and we have our fingers crossed that the record has been broken!

A huge thank you to Mrs Adams and everyone involved in organising the event and ensuring that it ran so smoothly. It was wonderful to see so many of our Year 7 students coming together to celebrate the importance and enjoyment of reading.

Year 7 Transition Celebration Evening

A huge thank you to all our Year 7 parents and carers who attended our Transition Celebration Evening last night.

The evening was an opportunity to hear how our new Year 7 students have settled into life at Southchurch High School and to celebrate the progress they have already made during their first few weeks with us.

It was lovely to welcome so many families into school and to hear such positive conversations about the start of their secondary school journey. Transition into secondary school is a significant milestone for children, and we are very proud of the way our Year 7 students have embraced their new school community.

Thank you to all the staff who contributed to the evening and, most importantly, to our Year 7 students for the enthusiasm and positivity they have shown since joining us.

Student Leadership Team

Applications have now opened for students to join our new Southchurch High Student Leadership Team for this academic year.

There will be five specific leadership roles:

- Anti-Bullying
- Wellbeing
- Social Action
- Environmental
- Arts & Culture

We are really keen to hear from students who want to make a positive contribution to our school community.

Taking on a leadership role provides students with valuable opportunities to develop their confidence, communication and leadership skills, while also developing a greater sense of responsibility and giving them a genuine opportunity to help shape school life.

Please do encourage your child to consider applying. We are looking forward to seeing the ideas and enthusiasm they bring to the Student Leadership Team.

Word of the Week

Our Word of the Week for next week is participate.

Participate (*verb*) – to take part in or become involved in an activity.

Example: *Students will receive book tokens when they participate in reading activities.*

We encourage our students to use our Word of the Week in their conversations and lessons. Students who successfully use the word will receive a Class Charts point.

Flu Vaccinations

Vaccination UK visited Southchurch again today to administer flu vaccinations to students.

Thank you to all the parents and carers who supported their child in receiving their vaccination. We appreciate your support in helping to protect our students and wider school community as we approach the winter flu season.

Year 11 Intervention Sessions – October Half Term

Intervention sessions will be taking place during the October half term for our Year 11 students.

The schedule has been sent to all Year 11 parents and carers today and will also be available to view on the school website.

We strongly encourage students to attend any sessions that will support their preparation for their GCSE examinations. These additional opportunities can make an important difference, particularly when students use them to address gaps in their knowledge, practise examination skills and ask questions of their teachers.

Please support us by encouraging your child to attend the sessions that have been recommended for them.

One Week Until Half Term

It is hard to believe that we are already approaching the end of our first half term!

There is now just one week to go until our well-deserved two-week October half-term break. The school will close for the half term holiday on Friday 16 October.

It has been a very busy and productive first half term, and I would like to thank our students, staff and families for the hard work and support they have shown since September.

Parent and Carer Questionnaire

Finally, a huge thank you to the many parents and carers who have already taken the time to complete our questionnaire and share their views with us.

The survey closes on Monday, so if you have not yet had the opportunity to complete it, please use the QR code in this newsletter or the link included in my recent letter.

Your views really do matter. Listening to our parents and carers helps us to understand what we are doing well, where we need to improve and what matters most to our school community. Your feedback will help us to shape and inform our work moving forward.

Thank you, as always, for your continued support of Southchurch High School.

Community. Opportunity. Aspiration.

Have a lovely weekend.

Mrs Airoll
Headteacher

Key Dates

16 October	Last day of term
19 – 30 October	Half Term holiday
02 November	Students return to school
11 November	Remembrance Day Service and minute silence

Lunchtime Clubs

We saw some beautiful creations at Fashion and Textile club last week.

Our students are welcome to attend this club on a Wednesday lunchtime.



Guinness World Record

On Thursday, Year 7 took part in a Guinness World Record attempt for the most people all reading at the same time, run in conjunction with the National Literacy Trust.

During the event, students watched a webinar with the author Frank Cottrell-Boyce and then read for 10 minutes as our part in the record-breaking attempt.

What an excellent opportunity for us to promote reading for pleasure, well done Year 7!

Find out more here:

<https://literacytrust.org.uk/events/take-10-record-attempt/>



BTSA Teacher Training

BTSA TEACHER TRAINING
across South Essex and Southend-on-Sea

Oh, the excitement in the BTSA office

Initial Teacher Training Applications for 27/28 go live tomorrow!

find out more at www.btsa.uk

Would you like to train to teach at Southchurch High School? Please apply via BTSA Teacher Training and Development and select Southchurch High School as your School of interest.

If you have any queries about training with us or would like to visit us, please email:

lhawkins@southchurchschool.com

Careers – Healthcare Workshop

ROUTES IN HEALTHCARE: EXPLORING THE HEALTHCARE ASSISTANT ROLE

Take part in a hands-on workshop hosted by the Health & Care Academy in the specialist training ward at Brentwood Community Hospital.

This interactive session will give you a practical introduction to working in health and care through the role of a Healthcare Assistant (HCA).

EXPERIENCE A DAY IN THE LIFE OF A HEALTHCARE ASSISTANT

You will:

- ★ Discover the role of a Healthcare Assistant
- ★ Learn about Infection Prevention and Control, including: Hand hygiene, Using Personal Protective Equipment (PPE), The 5 Moments of Hand Hygiene and Bed-changing skills
- ★ Take physiological measurements and record NEWS observations
- ★ Learn Basic Life Support skills

THIS FUN AND INTERACTIVE WORKSHOP WILL GIVE YOU A REAL INSIGHT INTO LIFE ON A HOSPITAL WARD WHILE HELPING YOU DEVELOP PRACTICAL SKILLS THROUGH REALISTIC CLINICAL ACTIVITIES.

This opportunity is available to students aged 14 – 16 years old.

Date: Tuesday 27th October 2026 or Wednesday 28th October 2026

Time: 10am – 2pm

Venue: Brentwood Community Hospital

APPLY THROUGH THE EXPERIENCE HUB

Parent/Carer Voice Questionnaire

The survey closes on Monday, so there is still time to give us your views!



Menu

SWAN'S RESTAURANT

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Halal Chicken Korma Curry Served with Boiled Rice & Naan Bread	Homemade Beef Lasagne Served with Garlic Bread	Pork Sausages Served with Mashed Potatoes, Peas & Gravy	Halal Chicken Fajita Served with Diced Potatoes	Halal Chicken Burger In a Bun Served with Potato Wedges & Coleslaw
Vegetarian Meal	Vegan Vegetable Sweet & Sour Served with Boiled Rice & Spring Rolls	Vegetable Pasta Bake Served with Garlic Bread	Vegan Sausages Served with Mashed Potatoes Peas & Gravy	Vegan Nuggets Served with Diced Potatoes & Baked Beans	¼lb Vegan Burger In a Bun Served with Potato Wedges & Coleslaw
Extra's	Jacket Potato with Cheese ,Baked Beans or Tuna Mayonnaise Available Monday - Thursday Small Pasta & Sauce Available Monday - Thursday				

congratulations

Well done to Miss Dark, who is our staff Word of the Week winner for last week!

She awarded a fabulous 71 points across the week for the correct use of ACKNOWLEDGE and won the trophy and chocolate bar.

Who will be victorious with this week's word, SIMPLIFY?



SPORTS NEWS

**SOUTHCHURCH
HIGH SCHOOL**

SPORTS FIXTURES

SUPPORT • PLAY • ACHIEVE

**SAME
TEAM
BIGGER
THINGS**

**WEDNESDAY 14TH OCTOBER**

**YEAR 7 & YEAR 8
NETBALL**
v CECIL JONES

**(A)**

**THURSDAY 15TH OCTOBER**

**YEAR 8
FOOTBALL**
v CASTLE VIEW

**(H)**

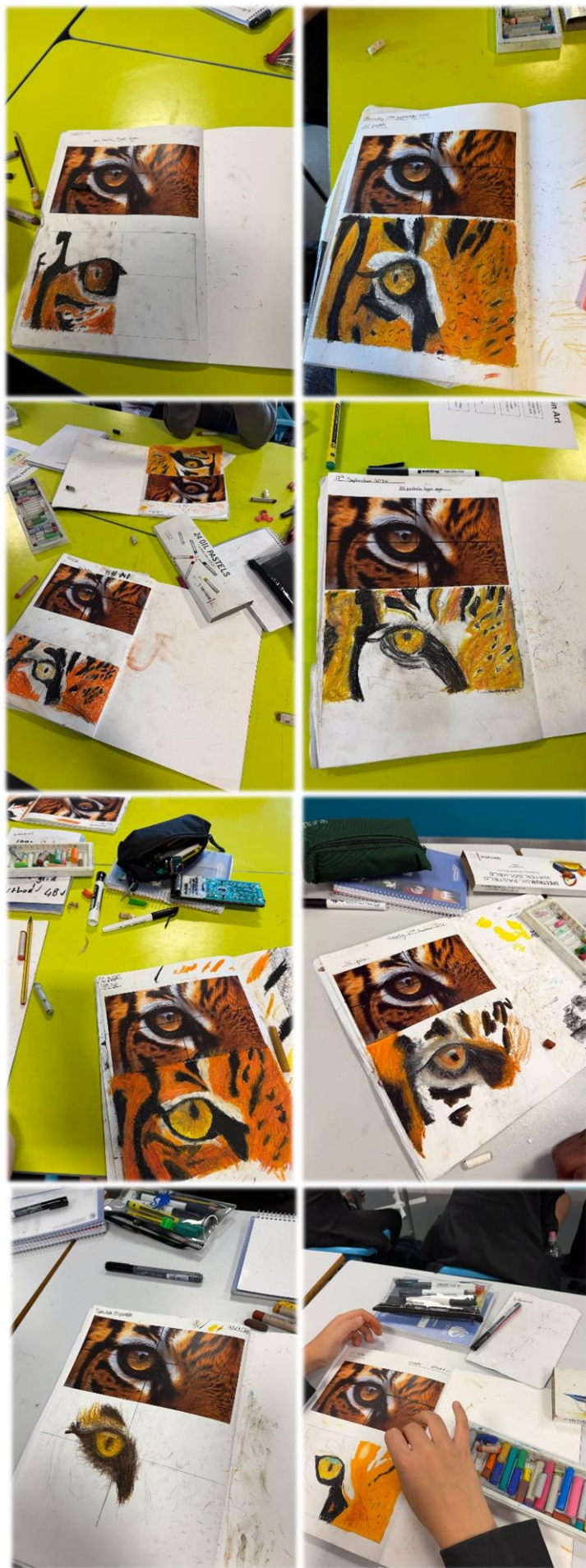
GOOD LUCK TO ALL OUR TEAMS!

RESPECT • TEAMWORK • PRIDE

Year 8 Art

Our Year 8 Art students have been working on their tiger eyes over the last few weeks.

The students have worked hard at sketching the eye to the correct proportions and using oil pastels to create the fur texture. They have produced some fantastic art!



World Mental Health Day takes place every year on 10 October. It reminds us why good mental health is so important, and how we can prioritise it in our lives and communities. It's also a moment to talk openly and listen to what others are experiencing.

How to talk about your mental health

Talking can help your mental health. Here are 5 helpful questions to ask yourself before you open up.

1. WHO CAN I TALK TO?

Who do you trust and feel the most comfortable with? This might be a family member, friend or colleague. Or you may want to talk to someone you don't know, for example, through a support line.

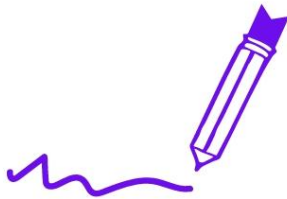


2. WHEN AND WHERE SHOULD WE TALK?

Make sure you're not rushing, and that you're in a place where you won't be interrupted. It might feel more comfortable sharing while doing an activity, like walking.

3. HOW DO I BEGIN?

Starting the conversation can be daunting. You could try practising your opening sentence if you're nervous. You could also try writing down your thoughts and feelings before you talk.



4. HOW MUCH DO I WANT TO SHARE?

You're in control of your story, so think about the level of detail you feel comfortable sharing. You can keep it brief or go deeper — whatever feels right for you.

5. WHAT IF THEY REACT POORLY?

They may react as you hope, but they may not, and this can be hard. Try to give them time to process, and more information if they need it. And don't forget to be kind to yourself and practise self-care.



Everyone deserves good mental health.
For more tips and information visit mentalhealth.org.uk/wmhd

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Our top tips to listen better

How to support someone's mental health through listening well.

1. FIND A GOOD TIME AND SPACE

If you're worried about someone, choose a time to talk when you won't be rushed, and a space where you won't be interrupted or distracted.



2. LISTEN TO UNDERSTAND

Focus on listening to understand, not to respond. This can make a big difference to making someone feel heard.

3. ACTIVELY LISTEN

Show them that you're listening by facing them, making eye contact, and not interrupting. If you ask questions, keep them open and aimed at clarifying.



4. ASK, DON'T TELL

Don't rush to offer a solution. Instead, try to ask what you can do to help. They might want practical support, like help contacting their GP. Or they may simply want a listening ear.

5. CHECK IN

Keep checking in so that they know they can come to you again. If you're worried that they need more support, you can encourage them to talk to their GP or contact a mental health service:
mentalhealth.org.uk/get-help



Everyone deserves good mental health.
For more tips and information visit mentalhealth.org.uk/wmhd

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Library Corner

Word of the Week:

Simplify

verb

Definition: To make something less complicated and therefore easier to do or understand.

This week's theme is: Black History Month

Key date: October

Did you know?

- Black History Month was celebrated in the UK for the first time in 1987.
- The UK's first Black History Month was arranged by Akyaaba Addai-Sebo, who had come to the UK from Ghana as a refugee in 1984.
- Britain's Black History dates all the way back to the Roman Empire, as long ago as the 3rd century AD.

7	2	5					6
9							1
	3		9	2		5	8
	8		2		3	1	
		9				4	2
	4		1				
		3					
	9		7	3			5
	7		4	5	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 following words in the puzzle. Words can go in any direction.

Celebrate History
 Courage Justice
 Culture Leaders
 Freedom Respect

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

LIBRARY INITIATIVES

SPOOKY STORIES

FRIDAY 16TH OCTOBER

11AM FIRST BREAK

JOIN US IF YOU DARE...

THE LIBRARY WILL BE CLOSED FOR ALL OTHER ACTIVITIES DUE TO THIS EVENT.

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.



SPOOKY SHORT STORY!

100 WORDS COMPETITION.

⇒ Open to all year groups. ⇒

100-word short story to win house points.

Which house has the scariest writers?

⇒ You can be 10 words over or 10 words under. ⇒

Ask Miss Gilbert or Miss Wilson
for more details

Prizes to be won!

On paper, you need
your **story**, **name** and
tutor group.

Deadline:

5th of November
(Fireworks night!)

You have half-term to
write your story.

Idea workshops:

Monday 12th October
Lunch – A029

Tuesday 13th October
Break – A029

HIRE US
WITH SCHOOLS PLUS



BOOK SPACE AT OUR SCHOOL

Whatever you're planning, we've got a space for you! Hire our school facilities with Schools Plus all year round, during evenings, weekends and school holidays. With spaces available for dance, football, worship, events, tuition, celebrations, sports, fitness and so much more. Get in touch to book, on the details below.



Scan to be taken
directly to our
online booking
platform, Enni!



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www.schoolsplus.co.uk