



Southchurch High School

Friday 11 September 2026

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 02

Message from the Headteacher

A wonderful start to the new school year

It has been a really lovely first full week at Southchurch High School, and I wanted to take a moment to share just some of the many things that have made me smile this week.

Walking around the school today was a real privilege. I saw so many students enjoying their learning, engaging with challenging work and showing genuine enthusiasm for being in their lessons. It was wonderful to see students asking questions, working together and really getting involved in their learning.

Just as importantly, the atmosphere around the school has been fantastic. During the first break and lunchtime, I saw students smiling, laughing and enjoying spending time with their friends. These moments matter enormously. We want Southchurch to be a place where students feel safe, happy, valued and excited to come to school each day, while also knowing that we have very high expectations of them.

There is a real sense of community, opportunity and aspiration across the school, and it has been wonderful to see this coming through so strongly already.

We were delighted to welcome Humanutopia to Southchurch last Friday for a fantastic day with our Year 11 students.

Humanutopia is an organisation that works with young people to develop confidence, resilience, emotional wellbeing and positive relationships. Through engaging workshops and activities, students were encouraged to think about themselves, understand their strengths, overcome challenges, develop a growth mindset and consider the positive choices they can make as they move through this important year.

Year 11 is such a significant year and supporting our students to develop not only academically but also personally and emotionally is incredibly important to us. We want every student to believe in what they can achieve and to recognise that setbacks and challenges are part of learning and growing.

A huge thank you to Humanutopia and to our staff for making the day such a positive experience for our students.

Our Word of the Week for next week is “justify” (*verb*) – *give a mathematical reason to support your answer*.

We would really encourage you to use this word at home as well as in school. Perhaps ask your child to justify their opinion, explain why they have made a particular choice or, of course, use it in a mathematical context!

Our Word of the Week initiative is about much more than learning a new word.

Regularly using new vocabulary helps students to strengthen their language, develop confidence in communication and support their wider learning across all subjects.

And there is an added incentive! Students who successfully use the Word of the Week in conversation or in their lessons can be rewarded with a Class Charts point.

We have already had our first Word of the Week winner of the year. Well done to Max, who earned an impressive 15 points over just three days for correctly using the word *ability*. Max received a certificate, a chocolate bar and a token for our wonderful book vending machine, where he can choose a book to keep.

What a fantastic achievement! We hope Max is the first of many students to take up the challenge.

Please encourage your child to get involved – you never know when they might be our next Word of the Week champion!

Southchurch Clubs are in full swing!

It has also been wonderful to see our enrichment programme getting underway.

We have a fantastic range of clubs and activities available for students, including Library Club, Formula 2 Art, Dungeons & Dragons, Coding, Maths, Science, DT, Fashion and Textiles, Games, Just Dance and many more.

There really is something for everyone, whether your child enjoys being creative, solving problems, performing, gaming, reading, designing, coding or simply trying something completely new.

A full list of our clubs and activities can be found on our Facebook page, so please do encourage your child to get involved. Trying something new, meeting different people and discovering a new interest can be one of the most rewarding parts of school life.

High School Musical auditions!

Calling all budding actors and actresses – and anyone who simply loves performing!

If your child would like to be part of a theatre group, please encourage them to audition for our production of High School Musical. Auditions are open today from 3.05pm–4.05pm in the Drama Studio.

You don't have to be an experienced performer to get involved. We would love to see students who are enthusiastic, willing to have a go and excited about being part of something together.

We are looking forward to seeing some of our students discover their confidence on stage!

Our staff continuing to learn and grow

While our students have been settling into their learning, our teachers have also been working incredibly hard.

This week, colleagues continued to work collaboratively on our new coaching programme, which will be fully implemented over the coming weeks. The sessions have been a fantastic opportunity for staff to learn from one another, reflect on their practice and think about how we can continue to improve the experience and outcomes for our students.

What has been particularly lovely is the sense of community that has developed through this work. Staff are supporting one another, sharing ideas and working together with a shared commitment to continual growth – for ourselves and, ultimately, for our students.

That commitment to learning is something I am incredibly proud of. We ask our students to be curious, resilient and willing to learn from their mistakes, and it is important that we model exactly the same qualities as adults.

A little reminder about our Open Evening

Finally, a polite reminder that our Southchurch High School Open Evening takes place on Thursday 24 September, from 5.30pm–8.00pm.

If you have family members, friends or neighbours who are considering secondary schools for their child, please do let them know about our Open Evening and encourage them to come and see our school for themselves.

A huge thank you to those parents who continue to support our school and encourage their children to take part in events such as this and to represent Southchurch so positively. Our students are our greatest ambassadors, and it is always a pleasure to see them welcoming visitors, sharing their experiences and showing others what makes our school special.

It has been a really positive start to the year, and I am excited about everything that lies ahead.

Thank you, as always, for your continued support of our students and our school. Together, we can continue to build a community of opportunity, learning and aspiration where every student is known, valued and encouraged to be the very best they can be.

Have a wonderful weekend.

Mrs Airoll
Headteacher

Key Dates

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

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	Vegan Bean 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				



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



 SOUTHCHURCH CLUBS GET INVOLVED. TRY SOMETHING NEW. BE YOU.					
MAKE FRIENDS. BUILD SKILLS. HAVE FUN.					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKTIME 11:00AM – 11:30AM	Library Club All Years	Library Club All Years	Library Club All Years	Library Club All Years	Library Club All Years
 LUNCH 1:30PM – 2:00PM	Formula 1 Miss House, A130 Library Club All Years	K53 Art Mrs Derbyshire, C004 Library Club All Years	Code Miss Gibbons, C002 K53 Maths Maths Atrium Science Mr Druce, A116 GCSE Art Mrs Wallace, A025 Library Club All Years	GCSE Art Mrs Wallace, A025 Library Club All Years	Games Miss Reddish, C001 Just Dance Miss Alexander, A135 GCSE Art Mrs Wallace, A025 Library Club All Years
 AFTER SCHOOL 3:10PM – 4:10PM	Library Club All Years	DnD Miss Reddish, C001 Library Club All Years	Y11 DT Catch Up Miss Reddish, C004 Fashion & Textiles Mrs Derbyshire, C004 Library Club All Years	Library Club All Years	
Breakfast Club is everyday from 7am-8:15am with FREE food available!					

Attendance and Behaviour Rewards



Southend Rugby Club



congratulations

Congratulations to Max in Year 8! He is our first student winner of the year for Word of the Week!

Max earned an impressive 15 points over 3 days last week for his correct use of the word ABILITY and earned himself a certificate, a chocolate bar and a token to the book vending machine, where he can choose a book to keep.

Who will be our winner for their use of BIASED this week? Stay tuned to find out next week!



Also, congratulations to Mrs Gibson who takes the prize for awarding the most points to our students for their correct use of the word ABILITY.



Open Evening

Our Open Evening will take place on Thursday 24 September 2026.

Everyone is welcome, please could you share this information with any prospective parents and students.



Southchurch High School

OPEN EVENING

Thursday 24 September
5.30 – 8pm
All welcome, no appointment necessary
"the school is a safe, very calm and purposeful place for pupils to learn"

Ofsted 2026

- "Pupils treat each other and staff with respect"
- "The school is notably calm. Low-level disruption is rare."
- "The curriculum is taught well"
- "Leaders at all levels have high ambitions for pupils."
- "Pupils receive precise support from pastoral and specialist staff."

2026 – Celebrating our BEST EVER GCSE results!

Year 7 Art

This week, our students in 7E have been learning about primary source observational drawing.



"Resilience is...
the ability to resist or bounce back from adversity and not break ~"
Prof. Tanya Byron



Resilience is the ability to bounce back after adversity (something that has caused us stress and upset us)

Everyone has ups and downs - difficulties are part of life for us all. Science shows we can learn skills, actions and habits of thinking that boost our natural resilience.

Active coping

We can't always predict or control what life throws at us, but there is always something we can try, even if it's tiny. Active coping involves acknowledging the difficulties we are experiencing and finding something constructive to try to make today or tomorrow slightly better.

Try it: Reflect on a challenging or difficult time in your life. What helped you cope and come through it? How could that help you today?

Investing in our Resilience

Nurturing your relationships with others, knowing who you can turn to for support when you have difficulties and exercising and taking care of your body in other ways like getting enough sleep, eating properly and not numbing ourselves with alcohol or in other ways, are especially vital.

Reflection: What actions help you maintain and build your resilience? Who are people you can turn to when you are struggling?

Resilient thinking – our thoughts drive our emotions

The way we think has a significant impact on how we feel. Learning to check in and challenge our instant thoughts helps us manage our emotions and the reactions that result.

Ask yourself – is this thought true? Is there any evidence to support it? True to reframe the thought in a more positive way.

Resilient thinking – Watch out for thinking traps

Once we start to notice our instant thoughts and interpretations that trigger an emotional reaction in us, we might start to notice themes. It's very common for many of us to have habitual patterns of interpretation we can fall into that undermine our resilience and even lead to depression and anxiety, especially when we are tired, stressed or overwhelmed. These are often called thinking traps.

Some common thinking traps include:

Blaming ourselves, believing it's permanent, blaming others, all or nothing thinking, mind-reading, mislabelling, should or ought to, magnification or minimisation, emotions as facts and catastrophising.

Fixtures

 DATES NEXT WEEK SOUTHCHURCH HIGH SCHOOL MONDAY – FRIDAY	
MONDAY 14	14 SEPTEMBER 2026
TUESDAY 15	15 SEPTEMBER 2026
WEDNESDAY 16	16 SEPTEMBER 2026  Y9 NETBALL VS CHASE (A)
THURSDAY 17	17 SEPTEMBER 2026
FRIDAY 18	18 SEPTEMBER 2026

Humanutopia

Humanutopia came to Southchurch High School on Friday!

Our Year 11 students experienced a fantastic day with an organisation that helps young people to develop confidence, resilience, emotional wellbeing and positive relationships.

Through workshops and programmes designed to encourage students to understand themselves, they show young people how to overcome challenges, develop a growth mindset and make positive choices.

We want Year 11 to believe in themselves as much as we believe in them!



Library Corner



Word of the Week:

BIASED

Adjective

Definition: Favouring one person, group, or idea over another in a way that is often unfair.



This week's theme is: Roald Dahl Day

Key date: 13 September

Did you know?

- Roald Dahl died on 23 November 1990. This year would have been his 110th birthday.
- Many of his famous books have been turned into films and musicals, including Charlie and the Chocolate Factory and Matilda.
- Roald Dahl spent four hours every day writing stories from his garden shed.

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

Champion
Charlie
Dahl
James
Matilda
Peach
Roald
Ticket
Witches
Writer

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

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.



Golden Ticket

The students had a great week finding Golden Tickets around the library this week for Roald Dahl Day.

Many prizes of books and class chart points were received by students throughout lunch and breaks.

Your library needs you!

Do you love reading and enjoy helping people?

Are you reliable, hardworking, sensible and enthusiastic?

Then become a student librarian.

Collect an application from the library during break or lunch.

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.

