



Southchurch High School

Friday 12 June 2026

The Southchurch Way

A community of opportunity, learning and aspirations

Issue number: 33

Message from the Headteacher

We were delighted to see coverage, in Monday's Southend Echo, following our recent peer review by Challenge Partners. Please take the opportunity to read the article [Southchurch High School praised after external review | Echo](#)

You may have seen our social media post of the school trip that set off early last Friday morning on what was a very long day for the whole party to the WW1 battlefields in Ypres, Belgium. Staff feedback was so positive; our students conducted themselves, with maturity and respect. For these young people one can only imagine their thoughts during the many quiet moments of reflection whilst visiting the war cemeteries of both the Germans, Langemark, and the largest Commonwealth war cemetery in the world at Tyne Cot! Once again, heartfelt thanks to all those staff who supported this hugely worthwhile trip given the significance and impact.

We were very privileged to welcome to the school on Monday, Paralympian, Rachael Latham, for the day to work with our Year 9 students. Rachael provided a memorable and inspiring experience for these students. Throughout her visit, Rachael shared her remarkable journey as an elite athlete, speaking openly about the challenges she has overcome, and the determination required to succeed at the highest level of sport. Following an assembly by Rachael, students participated in a series of interactive sessions on the school's Multi-Use Games Area (MUGA), where they had the opportunity to work directly with Rachael. Staff were delighted to see students fully engaged throughout the morning, asking thoughtful questions and embracing the challenges set by their special guest. The school would like to thank Rachael Latham for taking the time to visit and inspire our students and to those staff who organised and supported her visit. Her message of determination, courage, and perseverance will undoubtedly remain with them for many years to come!

Our KS3 Environment Ambassadors from our Student Leadership Team: Tyler, Sharon, Kayla, Theola, Zachary, Sky, Ruafi and Nyla-Mai, attended a Climate Change Summit at the University of Essex, Colchester campus on Monday. The students took part in a range of engaging and thought-provoking activities focused on sustainability and environment action and attended inspirational talks from leading environmentalists. There was also the opportunity for these students to participate in a Clean Energy Escape Room to work as a team to problem-solve and explore renewable energy solutions! We look forward to seeing how these students will incorporate some of the ideas they picked up from the summit.

Thank you to Mr Druce for his organisation and support of these students, together with Miss Cass.

This week, our Professional Learning Journey for teaching staff has focused on identifying and defining student learning behaviours.

Our Year 10 Geography students completed one, of two, compulsory field trips as part of their course on either Tuesday, Wednesday or Thursday this week. Students visited Southend beach and the city centre. The purpose of their trip was to study the physical characteristics of the beach and how humans have affected it. They then moved on to the city centre where they collected data such as traffic, noise pollution, etc. A huge thank you to Miss Langdon, Mr Tape and Miss Alexander for their respective support of the field trips this week.

We were pleased to celebrate the achievements of our Year 9 and 10 students who represented the school at an U15s girls cricket competition held on Tuesday at Bentley Cricket Club, Brentwood. Thank you to Mr Winyard for his organisation and support of this fantastic opportunity. As always, events such as this allow students to experience new sports and broaden their horizons in a truly positive way.

Thank you to Mr Blows for his organisation and support of our Sports Leaders who, once again, supported at the Borough Sports Primary events on Tuesday and Wednesday. We are always delighted to receive requests for our students to support at events such as these.

It was lovely to see some of you at the Wellbeing Surgery we held, once again, on Wednesday at The Hang Out Venue.

Thank you to all those parents/carers who attended the Year 7 Parents' Evening yesterday.

This morning, our intrepid Year 10 students set off on foot to Belchamps Scout Centre in Hockley for their overnight Duke of Edinburgh expedition in support of their bronze award. They will be camping out this evening; tomorrow morning they will be carrying out skills assessment to include team work, cooking and completion of their route around Belchamps. Once again, a huge thank you to Miss Langdon, as the school's Duke of Edinburgh Co-ordinator, for all her hard work and support and to Miss Dark, Miss Gingell and Mr Tape for kindly supporting these students today and tomorrow morning.

Our Word of the Week for next week is '**promote**' (verb): to advance something, encourage growth, or advertise a product. Please encourage your child to use this word both in and out of school. Encouraging your child to use this word will help to reinforce their vocabulary development and wider learning. Students who use the Word of the Week are rewarded with a Class Charts point.

The process for electing our new Head Students began today. Application forms have been issued and the shortlisting of candidates takes place on Monday. Shortlisted candidates will then record a short video and students will then be asked to cast their vote. On Friday, 26 June I shall have the pleasure of announcing the successful candidates; our new Head Students will then officially begin their tenure on 29 June.

We are also looking forward to hosting our **Festival on the Field** on Friday 26 June, from 3.30–6.00 pm. We warmly invite students, parents/carers, families, and members of our local community to join us for what promises to be a wonderful afternoon of celebration and togetherness.

As a school community, we are always delighted to hear of the extra-curricular achievements of our students. One such student Ethan, Year 11, will be taking part in the Windsor Triathlon this Sunday. Good luck Ethan! Please do remember to let us know if your child has cause to celebrate an achievement outside of school.

I would like to take this opportunity to extend our sincere thanks to our Year 11 students, as their time at Southchurch draws to an end and to commend them for their resilience and determination throughout their GCSE examinations. On Monday, the majority of our Year 11 students will be sitting their final GCSE, Physics. We are looking forward to celebrating the end of their Southchurch chapter on Tuesday afternoon at their Leavers' Assembly, followed by a students v staff football match and refreshments.

Thank you, as always, for your continued support of our school community.

Mrs Airoll
Headteacher

Key Dates

12 – 13 June	Year 10 Bronze D of E Expedition
17 June	Year 6 Transition Interviews 4.00 pm – 6.00 pm
24 June	Year 6 Transition Interviews 4.00 pm – 6.00 pm
26 June	Festival on the Field 3.30 pm – 6.00 pm
01 July	Students finish school at 2.00 pm Open Evening 5.30 pm – 8.00 pm
02 July	Students start school at 11.00 am
03 July	Year 6 Transition Day

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

Attendance

WORLD CUP ATTENDANCE CHALLENGE

Show up, score BIG!

- Score 'goals' for the best attendance
- The tutor group with the highest attendance wins weekly treats!
- Playing for a finale World Cup breakfast!

Southchurch Sings the Shows

SOUTHCHURCH PERFORMING ARTS PRESENTS

SOUTHCHURCH SINGS THE SHOWS

WEDNESDAY
8TH JULY | 6:30PM

A Night of Show-Stopping Songs

Paralympian Visit

On Monday, Paralympian Rachael Latham visited the school to work with our Year 9 students.

The students had a very memorable and inspiring day!








House Points

HOUSE POINTS
W/C 08 June

Who is in the lead this week?

Don't forget you get POINTS for attending a club, which contributes to house points!

You **MUST** wear your **HOUSE BADGE** as part of your uniform expectation

	11 297 
	9572
	8500
	6937

Trip to Ypres, Belgium

On 5 June 2026, Southchurch School took 44 students and staff to the First World War battlefields in Ypres, Belgium. The journey began early as we travelled to Dover for the ferry crossing, a long day of travel which was entirely worthwhile given the significance and impact of the experience ahead.

Upon arrival in Belgium, our first visit was to the German military cemetery at Langemark. Here, students were struck by the stark and sombre atmosphere, marked by rows of dark stone and the overwhelming sense of loss, with approximately 44,000 German soldiers laid to rest. The quiet reflection at this site set a powerful tone for the day.

We then continued to Tyne Cot Cemetery, the largest Commonwealth war cemetery in the world. The contrast between the two sites was deeply affecting; the bright, carefully maintained white headstones and open landscape at Tyne Cot stood in poignant opposition to the darker, enclosed feel of Langemark. Students were given time to walk through the cemetery, reflect on the immense scale of loss, and consider the youth and backgrounds of many of those who died.

Throughout the visit, students conducted themselves with maturity and respect, taking time to pause, reflect, and pay their respects to those who lost their lives. The experience provided a powerful and sobering insight into the realities of war and its lasting impact.



KS3 Environment Ambassadors Attend Student Climate Change Summit at the University of Essex

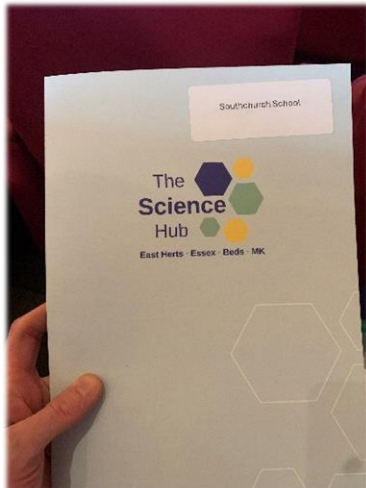
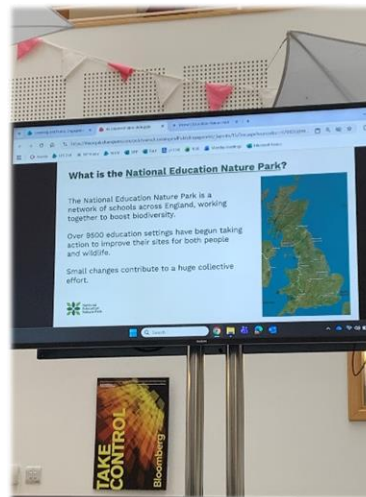
On Monday 8 June, nine KS3 Environment Ambassadors from the Student Leadership Team attended a Climate Change Summit at the University of Essex in Colchester.

Throughout the day, pupils took part in a range of engaging and thought-provoking activities focused on sustainability and environmental action. One workshop challenged students to map out ways of improving local areas for both people and the wildlife that inhabit them, encouraging them to consider how communities can become greener and more environmentally friendly. Pupils also worked together to complete a Clean Energy Escape Room, using teamwork and problem-solving skills to explore renewable energy solutions.

The summit also featured inspiring talks from leading environmentalists, who shared their expertise on climate change and the actions needed to create a more sustainable future. In addition, students visited an exhibition showcasing a variety of Essex-based organisations that are working towards net zero carbon emissions and reducing the impact of climate change across the county.

Our Environment Ambassadors represented both themselves and the school brilliantly throughout the day. They engaged enthusiastically with all activities, asked insightful questions, and demonstrated excellent behaviour. The pupils returned with a wealth of new ideas and inspiration that they can now bring back to school in their roles as Environment Pupil Leaders, helping to promote sustainability and environmental awareness across our school community.

Thank you to Miss Cass for helping to lead the trip.



SEND

SEND News



Mindfulness can be important for everyone, but it can particularly help our students with special educational needs (SEN). Mindfulness, a practice that involves focusing on the present moment, can be an excellent tool to help your child navigate emotions, stress, and everyday challenges. Mindfulness allows us to take time to notice what is happening right now; our thoughts, feeling, and the world around us. Mindfulness can help to reduce stress and anxiety, improves emotional regulation, enhance focus and promotes self-acceptance. Here are some mindfulness techniques to try:

1. **Breathing Exercises:** Encourage your child to take slow, deep breaths. You can count to four as they inhale, hold for four, and exhale for four. This simple exercise can help them feel calm and focused.
2. **Body Scan:** Have your child lie down comfortably, and slowly bring their attention to each part of their body, starting from their toes and moving up to their head. This helps them connect with their physical selves and release tension.
3. **Mindful Walking:** Go for a walk together and encourage your child to notice the sights, sounds, and smells around them. Ask them to feel the ground under their feet and the rhythm of their steps.
4. **Mindful Eating:** During a meal or snack, guide your child to eat slowly, savouring each bite, noticing the flavours, textures, and smells. This practice helps them stay present and enjoy their food more fully.
5. **Gratitude Journaling:** Encourage your child to keep a journal where they write down three things that they are grateful for each day. This practice can shift their focus from what's going wrong to what's going right.

Mindfulness takes time and is a skill that needs to develop so celebrate the small successes. There are also lots of books, apps and online resources that help with mindfulness.

WELL-BEING

It has been proven that when people engage in any form of art it lifts their feeling of wellbeing.

This could be creating art themselves like painting, drawing, sewing or completing a kit like Diamond Art.

Even just looking at paintings or pictures can make you feel a little better.



12 things to always remember.

1. The past can't be changed.
2. Opinions don't define your reality.
3. Everyone's journey is different.
4. Judgements are not about you.
5. Overthinking will lead to sadness.
6. Happiness is found within.
7. Your thoughts affect your mood.
8. Smiles are contagious.
9. Kindness is free.
10. It's okay to let go and move on.
11. What goes around, comes around.
12. Things always get better with time.

Useful helpline details

Childline 0800 1111

<https://www.childline.org.uk/get-support/>

Samaritans 116 123

<https://www.samaritans.org/>

Young Minds

<https://www.youngminds.org.uk/young-person/find-help/i-need-urgent-help/>

Shout Text YM to 85258



SAMARITANS

YOUNGMINDS
fighting for young people's mental health

Library Corner



Word of the Week:

Observe

Verb

Meaning: To carefully watch the way something happens or the way someone does something.

This week's theme is: World Oceans Day

Key date: 8th June

Did you know?

- The world's longest chain of mountains is under the sea. It is called the Mid-Ocean Ridge and stretches for 65,000 kilometres.
- More than 171 trillion pieces of plastic are floating in the world's oceans. Around 12 million tonnes of plastic enters the ocean every single year.
- Sea levels have risen more than 8 inches since 1880.

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

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

- Changes
Coral
Fish
Marine
Oceans
Plastic
Pollution
Rising
Sea

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

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.



Chess Champions



Do you want to learn a new skill? Improve your logic, concentration and problem solving? Then learn how to play chess! Chess runs everyday during all of our opening hours. If you decide to play a competitive game, the winners are added onto our Chess Champions leader board!

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 4.15pm

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.

