



Message from the Headteacher

As you know, I recently wrote to you all offering the opportunity to come into school and undertake a Learning Walk during the school day with me. I am delighted to say that I had quite a response and have been undertaking these parental Learning Walks over the last couple of weeks, and will continue to do so moving forward, with a few more booked in.

I wanted to share with you some feedback received from one such parent who accompanied me recently: *"It was so valuable to see the school live in action—calm, caring, and purposeful—and to witness first-hand the environment the children are learning in each day. I really appreciated how welcoming and relaxed the experience felt, and the opportunity to gain a deeper understanding of the school's day-to-day life. Thank you again for offering such a thoughtful opportunity."*

As Headteacher, I am always very proud to show off our wonderful school to visitors, not least parents and carers. So, if you feel that you would like this opportunity at any point in the future, please do not hesitate to get in touch.

A huge thank you to Miss Goodine, Head of Year 8, and Miss Cass, who accompanied some of our Year 8 students on an attendance rewards trip to Stubbers Adventure Centre on Monday. The students took part in bell boating, competing in teams of eight, learning how to paddle and steer, and working together as a team, culminating in some exciting head-to-head races between the boats, followed by a relaxing picnic and ice cream.

We were also pleased to celebrate the achievements of our Year 7 and 8 students who represented the school at the U13 cricket competition held on Monday at Southchurch Park. Thank you to Mr Winyard for his organisation and support of all the recent fantastic opportunities for our budding cricketers, allowing these students to experience new sports and broaden their horizons in a truly positive way.

We have been celebrating School Diversity Week and have marked it with informative assemblies, and yesterday activities were held at break time.

As you may have seen from our social media coverage, two of our students, Daisy (Year 7) and Sam (Year 8), had outstanding successes. Daisy came 1st in the javelin, beating the borough record by 3 metres—a truly outstanding performance. Sam also did tremendously well, coming 3rd in the discus.

I think we may well have two future stars of the athletics world within our community! Congratulations to everybody who took part.

A huge thank you must go to our PE staff for their support of students competing in the Borough Athletics Heats on Monday afternoon at Garons. Students represented the school with enthusiasm, determination, and excellent sportsmanship. Those who qualified then progressed to the Borough Sports Finals held today. We look forward to hearing about their performances and are keeping our fingers crossed for some medal-winning results.

This week, our Professional Learning Journey for teaching staff has focused on how to observe effectively in preparation for meaningful coaching conversations.

With the majority of our Year 10 students having now completed their mock examinations, and GCSE PE students undertaking their practical assessments on Monday, I would like to acknowledge how proud we have been of them over the last two weeks, particularly given the very high temperatures. Some may have even welcomed the respite of the Sports Hall, as it has been one of the slightly cooler places in the school! Their conduct and commitment to their mock examinations has been commendable.

We were delighted to meet with parents and carers of our September cohort yesterday afternoon ahead of their child's Transition Day at the school next Friday, 3 July. It was a wonderful opportunity for us to present attendance expectations, enrichment clubs, behaviours for learning, reporting home academic progress, support for our SEND students, our reading programme, ways to improve maths skills, and the voice of a Year 7 student and her experience at Southchurch in her first year. This also provided an opportunity for parents and carers to ask any questions they may have ahead of the start of their child's journey at Southchurch.

Our Word of the Week for next week is **"relevant"** (adjective) – closely connected to or important for the subject being discussed, studied, or written about. Please encourage your child to use this word both in and out of school. Regular use of our Word of the Week helps to strengthen students' vocabulary and supports their wider learning. Students who successfully use the word in conversation or lessons will be rewarded with a Class Charts point.

Our new Head Students have been announced to the school community today, and I will update you in next week's newsletter on the names of the successful candidates, as they will officially begin their tenure on 29 June. We are excited to see the positive impact they will have on our school community over the next year.

Finally, a gentle reminder, and further to my letter sent to all parents and carers yesterday, we had to make the difficult decision to postpone this afternoon's Festival on the Field due to the exceptionally high temperatures we are currently experiencing. However, students, parents, carers, families, and members of our local community are warmly invited to join us on the rescheduled date of Friday, 25 September.

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

Mrs Airoll
Headteacher

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				

Key Dates

01 July	Vaccination catch-up session
03 July	Year 6 Transition Day
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

House Points

HOUSE POINTS

W/C 22 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

11 596 ★

9907

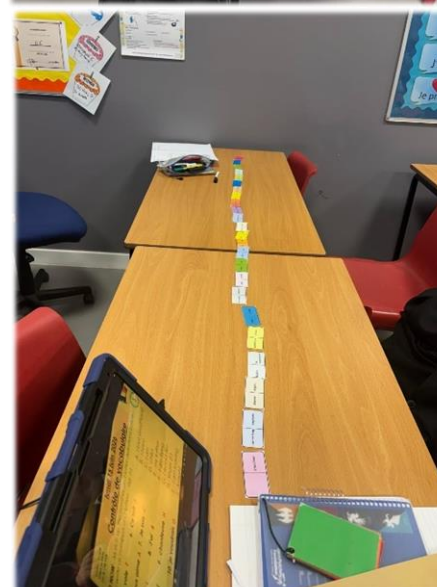
8568

7130



We were very impressed with our Year 7 students in French lessons last week - using dominoes to recall French vocabulary turned into a full-on buzz of teamwork and brilliant learning.

Such a simple activity, but the focus and enthusiasm were incredible. We are very proud of how confidently they matched French words and translations. Bravo, Year 7!



Year 8 Rewards Trip

We had an incredible day at Stubbers Adventure Centre! The highlight was bell boating in teams of eight, where we learned how to paddle, steer, and work together - it was all about teamwork.

After practising our skills, we took part in some exciting head-to-head races between the boats. Things got even more fun when we anchored up, tied the boats together, and played lots of games... with quite a few of us ending up in the water!

We finished the day with a relaxing picnic lunch, ice creams, and some well-earned chill time in the beautiful sunshine.



Connecting with People

Feeling connected to other people is at the heart of happiness - theirs and ours.

Taking action to build, maintain and strengthen our relationships is important.

Happiness and relationships, it works both ways

Not only do good relationships contribute to happiness, but also happy people tend to have more and better-quality relationships.

Reflection: In what way does taking care of your wellbeing contribute to the quality of your connections with others?

Loneliness, health and happiness

Whether you are naturally introverted or extroverted, for wellbeing we all need to feel connected to others. Feeling lonely is a signal that we need to seek and find connection. A bit like being thirsty is a signal to drink some water and it can be harmful if we don't. If we feel lonely it can be hard to reach out, but it's important we take action to feel more connected to others.

Reflection: What's an action you could take to reach out and connect with others if you feel lonely?

Close relationships matter

Our close relationships generally matter most for our happiness. As well as boosting how happy we feel, it can mean we are less prone to depression and other illnesses and it helps us recover more quickly.

Reflection: What helps you stay close to the people that matter most in your life?

Responsiveness

We feel close to others when we feel understood, valid and cared for. This helps us feel seen and accepted for who we are – our strengths and weaknesses, hopes, fears and needs, and that our views are listened to, even if they aren't agreed with.

Reflection: How can you remind yourself to really listen to others?

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

YOUNG MINDS
fighting for young people's mental health

congratulations

Borough Sports

Last Friday, some of our students took part in the Borough Sports.

A special mention must go to Sam in Year 8 who came 3rd in discus and Daisy in Year 7 who came 1st in javelin, beating the Borough record by just over 3m!

Well done, fantastic achievements!



Huge congratulations to Mr. Richards who has recently been recommended for Qualified Teacher Status (QTS) by TES/BTSA.

Mr Richards will be continuing his teaching journey at Southchurch High School as an Early Career Teacher (ECT) of science.

We look forward to supporting Mr. Richards in his professional development.



SECH SUMMER CAMP

Join us this summer for fun, food and fantastic activities!

WEEKLY ACTIVITIES

DODGEBALL 28TH JULY - 31ST JULY	ART 4TH AUGUST - 7TH AUGUST	T-SHIRT DESIGN 11TH AUGUST - 14TH AUGUST	HEALTHY LIVING & FOOD 18TH AUGUST - 21ST AUGUST
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SESSION TIMES: 11:00AM - 3:00PM

£3 PER CHILD PER DAY

ACTIVITIES INCLUDE:

 PAINTING	 CRAFTS	 BASKETBALL	 OUTDOOR GAMES	 FOOD & NUTRITION
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OPEN TO YOUNG PEOPLE
Ages 8-16

LUNCH & SNACKS PROVIDED
Healthy and tasty options every day

FRIENDLY & SAFE ENVIRONMENT
A place to learn, have fun and make new friends

LOCATION
North Road Burial Ground
Westcliff On Sea
Essex SS0 7AH

CONTACT US
07915 813782
07915 813843

info@sech-uk.com
south_essex_community_hub

RNLI – Float to Live campaign

Helping people stay calm, stay afloat, and survive in an emergency

Float to Live provides clear, simple advice to help people stay calm and float if they find themselves in difficulty. The campaign is evidence-led and focused on behaviour change, with over 50 people reporting that floating helped save their lives after seeing or hearing the message.

Many accidental drownings happen when people unexpectedly enter water and experience cold water shock, or when they are overwhelmed by conditions such as rip currents. Float to Live gives people the confidence and guidance to stay calm, float, and wait for help or self-rescue.

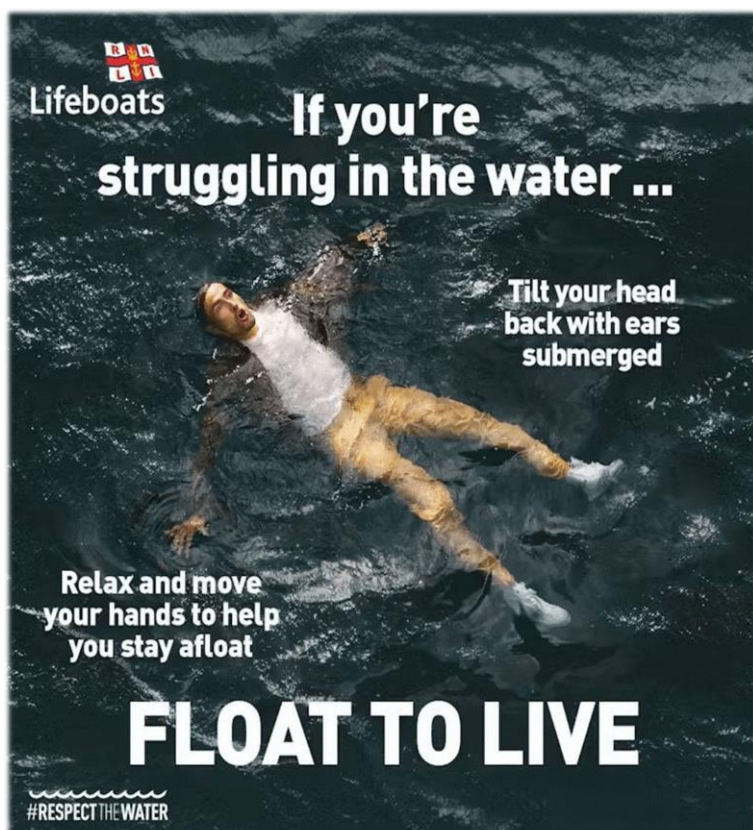
The message is simple and can be used by everyone. Knowing what to do in an emergency can make all the difference.

The five key steps to floating are:

- Tilt your head back, submerging your ears
- Relax and control your breathing
- Move your hands and legs to help you stay afloat
- Remember that everyone floats differently
- Practise floating in a supervised location

The campaign highlights the importance of sharing this message widely, particularly with those most at risk. By increasing awareness and understanding, more people can be prepared to act quickly and safely in an emergency.

Float to Live is part of the RNLI's commitment to preventing drowning and promoting water safety, helping ensure more people know how to respond if they get into difficulty in the water.



Royal Mail are inviting children across the UK to write letters of support to the England football teams during this summer's tournament.



How to write your letter

1 Add your address and the date in the top right



2 Start with a greeting

Begin your letter by saying hello.

- Dear England team
- Dear Scotland team
- Dear players
- Dear name of your favourite player in either team

3 Introduce yourself

Tell them a little bit about you.

- Your name
- Your age
- Where you're from







4 Say why you're writing

Explain why you wanted to send your letter.

- Do you love football?
- Are you excited about the matches?
- Do you support the team?



More on the next page...

5 Share your message of support

Cheer the team on and say something positive.

- Good luck in your matches
- You're doing a great job
- We're proud of you





6 Add something personal

Make your letter special by adding your own ideas.

- Your favourite player
- Your favourite moment
- A drawing or picture



7 Finish your letter

End it with a kind message.

- Good luck!
- We're all cheering for you!
- Keep going!





8 Sign your name

Write your name at the end.

9 Pop it in the post

Send to **FREEPOST WORLD CLASS LETTERS – ENGLAND** or **FREEPOST WORLD CLASS LETTERS – SCOTLAND**



Cheer on your football heroes

Send a message of support to the England team, or your favourite England player. Write a letter, or draw a picture, and Royal Mail will deliver it for free.



Dear...



Send your letter for free

Post your message to **FREEPOST**
WORLD CLASS LETTERS – ENGLAND

For more information visit:
royalmail.com/worldclassletters

Library Corner



Word of the Week:

Query

Noun

Definition: To ask a question when you want information or help.

This week's theme is: Pride Month

Key date: June

Did you know?

- In 1719, during the French Revolution, France became the first country to decriminalise homosexuality.
- The Netherlands became the first country to legalise same-sex marriages in 2001.
- Over 500 anti-LGBTQ+ bills were introduced in 2024.
- More than half of transgender and non-binary people feel unsafe walking around in their neighbourhoods.

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

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

Acceptance
Ally
Celebration
Equality
Flag
Love
Pride
Rainbow
Respect
Together

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

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 4.30pm

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.





HAF Summer Bookings are open NOW!

We're thrilled to announce the return of our Holiday Activity and Food (HAF) Programme this summer, packed with exciting activities for eligible children! The programme runs from Monday, 20 July to Friday, 28 August 2026.

Eligible families will be able to book up to a maximum of **16** sessions and only attend **one** club per day.

Book here:

<https://www.eegu.org/southendhafprogramme>

The Great British Summer Savings scheme is running from 25 June to 1 September 2026, helping families feel a bit less squeezed this summer.

The new scheme includes reduced VAT on days out, including tickets at attractions like soft play, adventure centres and theme parks, children's tickets for theatres and cinemas, and children's meals in restaurants. Children aged 5 to 15 in England will also be able to travel free on local bus services throughout August.

For further information about the scheme visit **Summer Savings**.

This is in addition to further support available to families, with more information available at **Cost of Living Help**.

Text a school nurse directly to talk about health or emotional wellbeing:

IF YOU'RE 11-19 YEARS OLD TEXT
07520 649895

PARENT/CARER OF 5-19 YEARS OLD TEXT
07507 331884

ChatHealth NHS

Young People scan this QR Code to find support

Parents scan this QR Code to find support



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



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

Southend-on-Sea City Council

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:

MAKE GOOD NUTRITIONAL CHOICES

KEEP YOUR BODY HEALTHY

LOOK AFTER PHYSICAL AND MENTAL WELLBEING

PORTION SIZES

BODY POSITIVITY

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

'Every small change can lead to great results'

health4life@southend.gov.uk 01702 534843

Southend-on-Sea City Council

Sign up form

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

