

Southend High School for Boys

Parent Bulletin

29th March 2019



Supporting Your Child During Exam Time (Young Minds)

As we start to move towards exam season, Young Minds have launched advice for parents about supporting their children.

Tips include:

- ✓ Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- ✓ Make sure they are eating and drinking at regular intervals.
- ✓ Reassure them – reinforce that you are and will be proud of them no matter what happens.
- ✓ Remain positive and hopeful!
- ✓ Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- ✓ Anxiety is often worst at night and this means it is useful to encourage good bedtime routine

You can find out more here: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-exam-time/>

Our school vision inspires academic excellence, but we recognise that any serious attempt to prepare young people for adult life must be enriched with cultural encounters, should foster natural abilities and interests, and provide competitive opportunities.

The pupils are often asked to reflect on their conduct and achievements, when they are at their best.

In the last fortnight, at our best:

On Tuesday 5th February, 22 Sixth Formers took part in a national competition, British Biology Olympiad, this is double the number from last year. We now have the results. All students performed exceptionally well, 3 attained silver, 5 bronze, 2 highly commended and 6 commended. Those awarded gold, silver or bronze are able to apply to be in a ballot to attend the reward ceremony at The Savoy Hotel, London. Last year 2 lucky SHSB students were invited to attend.

“The British Biology Olympiad is a worldwide competition which this year took place between the first and the eighth of February. The exam for year 12s involved two 45 minute online papers, each with multiple choice questions on a range of Biology topics, from the A level syllabus to wider reading. Students finished the papers in different amounts of time, and feedback for how difficult the questions were varies from person to person. I myself found the tests quite difficult, as although a lot of the topics I could recognise, they were often linked to wider knowledge which took some lateral thinking to connect.” Samantha Edwards Y12, silver award.

“Participating in the British Biology Olympiad was an amazing experience! It had not only challenged me on my understanding of A Level Biology; but also gave me further insight to biology with a free year BioNet membership. I could not have been more thrilled to receive a silver award and the offer to place a ballot for an award ceremony.” Jane Jiang Y13 – silver award.

	<p>Charity Week 2019</p>	<p>£11,200</p>		<p><i>“Thank you for all your support!”</i></p>
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SHSB celebrated its annual charity week in style with over 30 different events across the week. Staff and students participated in events as diverse as eating competitions, film showings, quiz nights and sports matches, and in doing so raised over £11,200 – a record amount. This money will be divided equally between South East and Central Essex Mind, and UNICEF. SHSB would like to thank all students and parents who contributed to charity week, and we are looking forward to raising even more money next year.



	<p>Six students (two teams) from our school successfully qualified through to the London and South East Regional Final of the coveted British Schools Karting Championship (BSKC) 2019.</p> <p>Congratulations to all pupils who took part: Lewis Bye, Vakees Kuganesan, Finn Miller, Edward Boswell, Jake Palmer, Joe Turrell, Benjamin Aggrey, Samuel Kernott-Mcavoy and Edward Cable, and particular congratulations to the six who have gone through to the next round. They showed talent and great teamwork to beat the other local teams at Brentwood Karting Circuit on Wednesday 13 March and captured their place on the grid in the Regional Finals at Buckmore Park.</p>
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Assembly themes

“Across the last ten days, four former pupils played for their teams in the English FA. We may not all set our sights on being a footballer, but what might we each achieve at our best ...”



26th March



Emile Acquah – Sparta – 2017 leaver
made professional debut for Southend United vs Peterborough United



Noah Chilvers – Athens – 2017 leaver
made professional debut for Colchester United vs Newport County



Morgan Fox – Athens – 2010 leaver
170 professional football appearances for Charlton and Sheffield Wednesday



Josh Rees – Troy – 2010 leaver
60 professional football appearances for Bromley and Gillingham

On 26th March, a group of 30 Year 9 students had the chance to take part in the “Big Bang” event at the University of Essex, Colchester along with schools from all over Essex. It was an inspirational day for the students, who got to see what life on a university campus is like, as well as taking part in various STEM activities, workshops and presentations.



They had the chance to meet with university students, be taught by lecturers and heard from scientist and presenter Ian B Dunne in an entertaining show about protecting our planet. The day ended with a visit to the STEM careers fair, where employers such as Network Rail, Anglia Water, the RAF, BT and EDF Energy had interactive stands to engage students and give them an idea of where an interest in STEM subjects could lead them.

Sports Report

Results

Football

Year 7 vs Belfairs	Won 5-1	Agyemang, Petty-Mayor 2, Toluwalaju, Clarke
Year 8 vs Southchurch	Won 9-0	Gbajumo 2, Hyams 3, Wallace, Fiddes, Shepherd, Brysland
1 st XI vs WHSB	Won 7-1	
2 nd XI vs SEC	Lost 3-1	Farquharson
Year 11 vs WHSB	Won 7-0	Bumpus 3, Pooley, Sweetman, Harrison, Roser
Year 9 vs WHSB	Won 4-2	Wooding, Watson, Vapiwala, V. Clarke
Year 8 vs WHSB	Won 6-0	Brysland 3, Fiddes, Gbajumo, OG
1 st XI vs Beauchamps	Lost 4-0	
Year 11 vs King John	Won 2-0	Bumpus, Mead
Year 7 vs Eastwood	Lost 2-1	Toluwalaju
Year 7 Borough Final vs Shoebury	Lost 2-1	OG
Year 9 Borough Final vs STM	Won 5-2	Atkins, Watson 2, Chapman-Butcher, Vapiwala
Year 10 Borough Final vs Eastwood	Won 1-0	Humphrey (last-minute pen!)
Year 11 Borough Final vs STM	2-2 FT; 3-3 aet; Lost 6-5 on pens	Bumpus 2, Sweetman

Hockey

Year 8/9 Essex Cup Final vs Thorpe Hall	Won 5-1	Price 3, Watson 2
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Badminton

Regional Final	Year 8/9: Won 2, Lost 2	vs Watford Grammar lost 3-2 vs Dereham won 3-2 vs CRGS won 3-2 vs Bedford lost 5-0
	Year 10/11: Won 1, Lost 3	vs Bedford lost 4-1 vs St Clements won 5-0 vs CRGS lost 5-0 vs Richard Hale lost 5-0

Athletics

Year 7 Indoor Athletics Final	4 th Place	
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Fixtures

02/04/19 – SEE Cup Football Finals at STM

03/04/19 – 1st XI Football vs Beauchamps (A)

24/04/19 – Year 8 Football vs Kingsford (H) [Essex Cup semi-final]