



# SHOEBURYNESS HIGH SCHOOL

## NEWSLETTER - Summer 1

### MESSAGE FROM THE HEADTEACHER



The first thing from me is a huge thank you to all our students, staff and parents for the hard work and support that has gone into this half term; it has certainly been a packed one!

On the evening of Monday 12<sup>th</sup> June, I would like to invite parents and carers to a 'Coffee and Tea with SLT' to outline the next stage of our school improvement plans, introduce the newest members of my team and talk about our response to the recent inspection from Ofsted. It is my hope that the report may be published by that point, but if it is not, we will still share our plans which are already in progress. I am very excited about the next stage of the school's journey and I will look forward to sharing the detail with you then. A booking form will be shared with you after half term and we will determine the exact time and venue.

Please take a moment to look at the feature on the Jack Petchey Awards; I was privileged to attend the evening at the Palace Theatre with Ms Vincent and we were so impressed and full of pride, both for the award winners but also the opening act, Shoebury Dynamix. Schools across Essex and Southend were represented and every young person were fantastic representatives.

You will very shortly hear from me regarding our school uniform after student voice and a review of our policy and practice.

I will take a moment to congratulate our Year 11s and 13s for their exemplary efforts during the exam season - halfway there! They are doing us all, and themselves, very proud! After half-term the bootcamps and exams continue and thank you to those offering up sessions in the break.

Wishing you as restful and sunny a half term as possible.

Teri-Leigh Jones—Headteacher

I am proud and excited to be one of your new Deputy Headteachers. Alongside all the leaders at Shoeburyness High School, we are committed to this school being a high performing school: a school where all students and parents are equipped to excel and succeed in their next stage of life.



I am a leader passionate about improving the life chances of all students and know that this is achieved through strategic evidenced-based leadership and creating culture of continual improvement.

My journey to Shoeburyness High School started when I trained as an English teacher at University College London and taught at Dagenham Park School in Barking & Dagenham, before moving to Seven Kings High School in Redbridge, Bower Park School in Havering and then Langdon Park School in Tower Hamlets. As you may have noticed, I like schools close to parks and have already spent plenty of time on our field.

I have previously served as an Assistant Headteacher in two schools. My experiences have included leading in a range of settings including an 'Outstanding' school which was awarded 'World Class Status' and joining a school that had fallen into 'Special Measures' and leading in that school to secure a 'Good' judgement 15 months later. Great plans have been constructed to evolve Shoeburyness into a high performing school. This is an exciting time and I look forward to sharing these plans with you alongside our senior leaders.

I wish you all a safe and enjoyable half term break.

Afolabi Joseph – Deputy Headteacher

**All Trust newsletters can be found here:**

[Southend East Community Academy Trust - CEO Newsletters and Trust Newsletters \(secat.co.uk\)](https://www.secat.co.uk)



## FACULTY UPDATE

### ACHIEVEMENT/FOUNDATION GROUP

After months of preparation and creative exploration, Year 11 Foundation students have finally completed their Art GCSE exam. From intricate pencil sketches to vibrant mixed-media compositions, the exam witnessed a stunning array of artistic expression. They overcame challenges, pushed their boundaries, and discovered new artistic horizons.

The art exam not only tested their technical skills but also fostered their confidence, resilience, and creativity. Now, with a sense of fulfilment, they eagerly await the results, knowing that regardless of the outcome, they have grown as artists and individuals.

Well done.



KS4 students have been preparing for a series of Functional Skills assessments in Reading, Writing, Speaking and Listening and Maths. Students are prepared for these assessments during their English and Maths lessons and lunch time sessions.

Our Year 10 group have already begun to take these assessments and we are delighted at the success rate so far!

Year 11 students have been working extremely hard at ensuring they have the necessary assessments in the bag to get on their preferred College course.

Huge congratulations to all those hard-working students!

On Tuesday 9<sup>th</sup> May our Y10 Foundation class visited the Connexions Careers Fair at South Essex College. Every member of the class attended the event, showing just how engaged they all are when it comes to their future educational and career paths.

There were representatives from all of our local colleges and the students were able to get an insight into the variety of courses that will be available for them after year 11. Of course, we hope that many of them stay with Shoeburyness High and attend our 6<sup>th</sup> Form, however it important for them to understand their options.

Our students were a credit to us, and they all left with information about courses they may be interested in enrolling on one day. Cooking, engineering, construction and law were just a few courses our students showed an interest in. Several of them also left with information about the amazing 'pathways' course that is now being offered as a way of supporting students with EHCP's into the workplace.

Many thanks to Miss Stephenson and Mr Butler for supporting this trip.

## FACULTY UPDATE

### HUMANITIES

This half term has seen many exciting things take place in the humanities faculty. The year 12 Geography students undertook a visit to Southend Seafront to complete their local place study as part of the Regeneration unit. They completed fieldwork assessing the quality of the environment across Southend & identifying any impact Regeneration projects have had.



The RE students in year 10 have begun looking into their ethics unit which has sparked some interesting debates.

Within year 8 History we have been looking into the World Wars and this year introduced our 'Empire Soldiers' lesson to ensure that we recognise the full diversity of those that served in World War One.

The year 9 students are just starting their Holocaust unit, this will be an opportunity for the students to not only learn the events that led to the Holocaust but to also develop their empathy and consider the lessons that can be learnt from this event.

This half term has also seen the completion of coursework in BTEC law and the non-exam assessment (NEA) for A level History and Geography. All students have shown exemplary effort and hard work to complete their coursework units to the highest of standards and we have already received praise for the quality of work and high expectations from external verifiers.

Eco club is continuing to support our environment—they have been undertaking a battery drive collecting used batteries during form time as part of the 'Big Battery Hunt'. They haven also been out litter picking and cleaning up the school environment. Eco club is on every Wednesday in H5 3-4 pm and new members are always welcome, just pop along!



History Year 11 students have had a 'pizza party' to enjoy as a reward for those that consistently and regularly attend additional revision. We are seeing large numbers of students attending revision and intervention in all our humanities subjects and urge this to continue as the exams get underway.

Which just leaves me to say on behalf of all humanities staff, we would like to wish all year 11 and 13 humanities students the best of luck in their examinations.

Mrs V Gray  
Head of Humanities



# SHOEBURYNESSE HIGH SCHOOL

## FACULTY UPDATE

### PE

It has been great to see so many of our students out working hard on improving their skills and techniques in their chosen track and field events. Momentum is building nicely towards the school trials during the first week back after half-term, the borough heats on Monday 12<sup>th</sup> June and then the finals on Friday 16<sup>th</sup> June. Both the heats and finals will be held at Garons in Southend. There are specific training sessions on before and after school and all students are welcome to join in.

It finally looks like the heat is arriving so a reminder with the obvious dangers of being out in the sun, can you please ensure your child is prepared for lessons in the heat. We do regularly remind students to ensure they have applied plenty of sun cream and they should have an appropriate sports cap to help keep the sun off their head. Please ensure your child also has a water bottle which we can ensure that they have filled up prior to each PE lesson. As well as athletics clubs running, we have rounders, basketball and swimming clubs running after school. As soon as the athletics has finished, we will have tennis clubs on after school too.

Mr Butler—Head of PE

### COMPUTING, FILM & MEDIAL STUDIES

It has been a busy term for our faculty, with coursework being finalised and exam preparations in full swing!

We wish our Year 11 and 13 Computing students the best of luck as they complete their course. They have worked diligently throughout the years, and we couldn't be prouder of their success.

As we conclude our time in Film and Media with Year 11 and Year 13 students, we would like to thank them for being entertaining and great fun over the years, and that we will miss them as they move on to their next adventure.

Year 11 Creative Media Students have created some wonderful magazine front covers and double page spreads, some to industry standard. It has been a pleasure to teach such a creative group of students and look forward to when some of you return next year to take the Level 3 course.

Year 11 Film students have busily been revising for their final examinations, and it has been great to read some brilliant scripts as part of the coursework, it turns out we have many future screenplay writers at Shoeburyness High School!

Year 13 Level 3 Creative Media students have excelled in their creative magazine project, and they have created some excellent work towards their portfolios, which will stand them in good stead for future job roles. Year 13 Film students have excelled in screenwriting this year, and I can honestly say that the work this year has been exceptional, and students should be very proud of their achievements. We will be sad to see them go but thank them for being great fun to teach over the past two years.

And last, but definitely not least - Year 13 A Level Media have been a small but mighty class. The energy and enthusiasm you have had has really reflected the ethos of the subject – we will miss teaching you (and seeing where your thought process for topics takes us!).

Ms Vincent  
Head of Faculty Computing, Film and Media Studies



## FACULTY UPDATE

### CREATIVE & EXPRESSIVE ARTS

**MUSIC DEPT**—The summer term will see our year 11's and 13's going off after their exams. It is always a sad time of year, as the ensembles all get a little smaller! We would like to wish all our BTEC, GCSE and A level students the best of luck in their exams and their future endeavours.



Many of the students in these groups went through the band method programme, where they learn how to read music and play musical instruments at the beginning of year 8, so it has been wonderful having them as part of the department and contributing so much time and effort, in practising their pieces and ultimately performing at countless events during their time at Shoeburyness High School.

We are currently preparing for our summer concert, which will be held on the 4<sup>th</sup> of July in the Wendy Owen Hall. The concert will run from 7pm and will include all ensembles. The concert will be the last opportunity for some of our year 11's and 13's to perform with the school ensembles. It will demonstrate the hard work that many students have put in over the course of this year. Tickets for the concert will be available after half term.



One of our year 11 students received a Jack Petchey award, which he kindly donated to the Music department. He decided that he wanted to purchase more guitars for our department. We would like to thank him for this and look forward to seeing him playing the guitar in the upcoming concert.

## FACULTY UPDATE

**THEATRE ARTS DEPT**—This term our troupes have been very busy rehearsing for upcoming performances, one of which was performing at the SSCO Dance Festival held at Alleyn Court School. 44 students ranging from years 7-13 not only led a warm-up for 7 other primary schools in the Borough, but they were a true credit during the day during their own performance, even the coach driver was highly impressed with how respectful they all were! Well done to all those involved!



On Tuesday 23<sup>rd</sup> May, a group of students from our Glee troupe performed at the annual Jack Petchey Awards Ceremony held at The Palace Theatre. They were lucky enough to perform the opening number 'You're The Voice' to a sell-out of 600 people. All of our students were extremely professional in their conduct from the rehearsal to the final performance, and we could not be prouder of them.



In the same week, we took a group of 35 students to see one of our ex-students 'Jamie-Lee Harris' performing at The Cliffs Pavillion in The Bodyguard, The Musical Uk Tour. Students were wowed by the performance, and they couldn't believe that they had the 'opportunity' to be taught by Mr Harris in the Summer of 2022. We think it may have given all those attending an excellent insight into the industry and where it can lead by attending 'Shoeburyness High School'.



All our troupes are currently working towards our Summer Showcase on Wednesday 5<sup>th</sup> July 2023, tickets will be available via MCAS app and we will notify you when these are on sale.

Our year 12 students have been working endlessly on their final Musical Theatre production of Legally Blonde, The Musical. They have had to organise their costumes, set and props taking on many different responsibilities with professionalism and diligence. We are looking forward to seeing the final performance on Wednesday 28<sup>th</sup> June 2023 at 7pm, tickets will be available via MCAS app and we will notify you when these are on sale.

Finally, we will be holding our annual school production auditions for 'High School Musical' the week commencing 12<sup>th</sup> June 2023. Students will not need to prepare anything; however, it would be beneficial for them to familiarise themselves with the characters and songs. More information regarding the auditions will be given to students during period one. Any questions students may have please refer them to a Theatre Arts teacher.



We are extremely excited for the term ahead and we hope students will continue to 'get their head's in the game'.



# SHOEBURYNESSE HIGH SCHOOL

## YEAR GROUP UPDATE

### YEAR 7

As the summer term is fast approaching our amazing Year 7 students continue to demonstrate their commitment and dedication to their learning, by receiving house points daily. Since September, Year 7 alone have earned 18,964 house points – this is a tremendous amount and so far, we are the winning year group. Keep it up, Year 7!

Congratulations to the following form groups for being awarded the highest number of house points in Year 7 this term: 3<sup>rd</sup> place 72A with 259 points, 2<sup>nd</sup> place 72J with 297 points, 1<sup>st</sup> place 72F, with 303 points this term! Keep it up!

The top three individuals in the year group deserve an extra special congratulations: 3<sup>rd</sup> place is Bethany D with 28 points this term, 2<sup>nd</sup> place is Tyler G with 30 points this term, 1<sup>st</sup> place goes to Isis M with 40 points this term. This is a fantastic achievement, well done!

The Year 7 third ACE assembly is next half term, and I am excited to see how many certificates will be awarded. Our aim is to beat 1718 certificates from the last ACE assembly. Watch this space!

A special congratulations goes out to Betsie G 72H who took part in a 5K Race for Life race for Cancer Research UK. Betsie took part in the race in memory of her great aunts and uncles who have sadly died of cancer and so she could feel good about supporting her family.

Ms Miller—Head of Year 7

### YEAR 8

We are very excited to welcome our new Year 8 Pastoral Year manager, Mr Harper.

I am already loving my new position as the Year 8 Pastoral Year Manager. I would like to take the opportunity to tell you a little bit about myself. I already have a strong connection to Shoeburyness High School. I am a family man, and both my daughters attended the school; my eldest daughter has just finished her degree at the University of East Anglia and my youngest daughter has just finished her A' levels at Shoeburyness. I too, have worked at the school for over eighteen years as a maintenance engineer. My background is in the military, and I have served all around the world as a Royal Engineer. I hope that my vast experience and regimented background will bring a diverse expertise to the Year 8 team.

I am very excited about this new chapter in my life, and I am looking forward to working with these amazing students. I am passionate about helping young people to achieve their full potential and if I can help just one student, then it makes my day worthwhile.

I look forward to working with both you and your children in the future. If you have any pastoral concerns, then please contact me: [pharper@shoeburyness.secat.co.uk](mailto:pharper@shoeburyness.secat.co.uk)





# SHOEBURYNESS HIGH SCHOOL

## YEAR GROUP UPDATE

### YEAR 9

#### **DIVIDED LONDON x SHS**

Dan and Taq from DIVIDED\_LONDON have been meeting with our year 9 group weekly to work on their business pitches! We have had some fantastic ideas come out of sessions and in turn some amazing prizes handed out to the winners – including DIVIDED\_LONDON clothing AND 2 x £100 Amazon Vouchers!

A huge thank you to the DIVIDED boys for their time and efforts that they have put into working with our year 9 students – we really look forward to welcoming them back in for future projects! Watch this space! <https://www.dividedlondon.com/>

#### **Duke of Edinburgh**

32 of our year 9 students went out on their practice expedition this month – they were all fantastic! The resilience, determination, and teamwork that the students illustrated over the two days was incredible, and their behaviour and poise on the campsite and walking their routes commendable.

Whilst the weekend finished with sore shoulders and feet, everyone left with a huge smile on their face and all the students should be very proud of their efforts!

The final expedition is running in July – wish you all the best of luck!

#### **Positive Reward Points**

Huge congratulations to the following pupils for having 15 or more positive events logged this term.

- Patrk C
- Alisha R
- Ryan B
- Michal T
- Mubashshir A
- Finley A
- Charlie B
- Mary O
- Kai W
- Shannyce B
- Lily C
- Raymond S

Well done all, keep up the hard work!

Mrs Rose  
Head of Year 9





# SHOEBURYNESS HIGH SCHOOL

## YEAR GROUP UPDATE

### YEAR 10

#### **Work Experience**

Doing some work experience is essential. This is because you never know what a career is like until you are doing it. Work experience is a way of trying a career before committing to it. Of course, as a work experience student, you are unlikely to get to do any of the really interesting or exciting parts of the job, but this is important preparation for the world of work: it often takes years of working in junior positions before you can progress to the level that you ideally want to be working at. Doing work experience will give you a flavour of what to expect in your chosen career, which is important as it might be different from your expectations.

#### **Your Strengths**

Everybody has things that they're good at and things that they're not so good at. Make a list of your strong points – the things you feel you excel in. Think about what you feel confident in doing; what you've been told you do well; what you're passionate about; activities you like to do when you're not doing schoolwork; what you think you're better at than a lot of people. All of these are clues to what your strengths are. Make a list of skills that you have. If you're having trouble thinking of any skills or strengths, ask a family member, friend, or teacher who knows you.

You can then use this list of strengths and skills to focus on the types of work that you might find enjoyable. For example, if your best subject is Maths and you're strongly interested in finance and the economy, it makes sense to develop those interests and skills by following a career related to Economics or Finance. It's a good idea to play to your strengths – in other words, taking advantage of the skills and interests that you've already got. This doesn't mean you can't learn new skills and develop new interests – quite the opposite! By paying attention to what you're already interested in, you can choose the kind of career that will develop your skills and abilities to help you meet your full potential.

Please feel free and contact Mr Cooper or Mrs Woods who are available to help if you have any questions regarding work experience or career pathways.

Mr Amoh  
Head of Year 10





# SHOEBURYNESSE HIGH SCHOOL

## YEAR GROUP UPDATE

### YEAR 11

First of all, I would like to congratulate the Year 11 cohort on their application and dedication to their exams so far. The students have been well prepared, on time and the majority have attended the allocated time of 'bootcamps' with a similar hardworking attitude. The responsibility and independence our learners have shown is very impressive and I'm sure this will lead to positive outcomes in not only their exams, but life.

The following revision sessions will take place over May half-term

**Tuesday 30th May 9 30 - 12 30 - Maths**  
**Tuesday 30th May 12 45 - 2 45 - Business**  
**Wednesday 31st May 10 - 12 - History**

Students will need to enter through the main reception at the correct time for their session. Students may arrive no more than 10 minutes early for their session. If students arrive late, they may not be able to get on site for their revision session.

Teachers will collect the students and escort them to the classroom, this will happen at the end of the session also. Students do not have to wear school uniform however should be appropriately dressed to learn. Students are reminded that no canteen services will be available. If students are doing Maths and Business sessions on the same day, then please bring food and drink with you as you will have the opportunity for a break.

The students continue to make me proud as their Head of Year and I wish them the very best over the rest of the exam season.

Hopefully the students have told you, **Prom is the 14th of July**, and I am hoping to send home a formal announcement shortly. Tickets are available to purchase through My Child at School for £10. Students will need to check their emails so they can vote for our Prom awards which will be presented during the evening.

I hope you have a restful half-term break, thank you for your continued support for our year 11 students.

Mr Nolde  
Head of Year 11



## CANTEEN SUMMER MENU



SHS



### MORNING BREAK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef or cheese burger £1.50	Bacon roll £1.20	Country choice potato dogs £1.60	Bacon roll £1.20	Selection of savoury pastries £1.00
Mac & cheese £1.20	Nachos with salsa & cheese £1.20	Mini Breakfast Pot £1.40	Nachos with salsa & cheese £1.20	Salmon fishfinger dogs £1.20
Garlic bread slices 3 for £1.00	Pizza pinwheels £1.00	Pretzel £1.00	Garlic bread slices 3 for £1.00	Vegan sausage roll £1.00
Hash brown 40p each or 3 for £1.00	Spicy potato wedges & dipping Sauce £1.00	Hash brown 40p each or 3 for £1.00	Dirty wedges £1.20	Seasoned French fries £1.00
Vegetable samosa with mango chutney (V) £1.20	BBQ chicken wings £1.20	Vegetable spring roll with sweet chilli dip (V) £1.10	Southern baked chicken Fillets With BBQ Dip £1.40	Chip Butties £1.00
Selection of hot filled baguettes & Wraps £2.00	Selection of hot filled baguettes & Wraps £2.00	Selection of hot filled baguettes & Wraps £2.00	Selection of hot filled baguettes & Wraps £2.00	Sweet waffle £1.00
Pitta pizza's £1.00	Ham & cheese toasted Flat breads £1.20	Pitta pizzas £1.00	Chicken, Pesto & cheese toasted flat breads £1.40	Cheese & tomato panini 1/2 80p Whole £1.50
Cheese & tomato panini 1/2 80p Whole £1.50	Cheese & tomato panini 1/2 80p Whole £1.50	Cheese & tomato panini 1/2 80p Whole £1.50	Cheese & tomato panini 1/2 80p Whole £1.50	



Eat Drink Relax



SHS  
FOOD  
WEEK 1

Eat Drink Relax

#### FROM THE FRIDGE

Daily Selection Of sandwiches,  
Baguettes,  
Wraps, salads, buddha bowls  
Pasta salads, yogurt granola & fruit jelly  
Daily specials available



£1.30 -  
£1.80



#### MAIN MEAL

£2.50

£1.00

#### DESSERT

#### GRAB 'N' GO

Mexican  
MONDAY  
Taste of the  
TUESDAY  
Roast day  
WEDNESDAY  
Food  
Favourite  
THURSDAY  
Chip Shop  
FRIDAY

Mexican chicken burger, guacamole & chipotle sauce served with Mexican potatoes & sour cream	Spicy bean burger, guacamole & chipotle sauce with Mexican potatoes & sour cream (V)	Hot fruit oat crumble With custard Beetroot chocolate brownie or Flapjack
Asian Sticky Chinese pork served with steamed rice & prawn crackers	General Tso's cauliflower served with steamed rice (V)	Hot fruit steamed sponge with custard Spiced apple and toffee muffins/ Chilled Strawberry mousse pots/ Cookies
Roast beef, roast potatoes, sauté greens, Yorkshire pudding & gravy	Vegan vegetable bake, roast potatoes, sauté greens, Yorkshire pudding & gravy (V)	Hot fruit & oat crumble with custard Iced fruit shortbread slice/ Chilled custard & fruit trifles
Chicken Lasagne, served with chopped salad & Garlic bread	Quorn mince Lasagne, served with chopped salad & garlic bread	Hot fruit & oat crumble with custard Coco krispie cakes/ Vanilla & berry sponge/ Cookies
Battered pollock fillet/ Crispy breaded chicken battered sausage/saveloy, chips, baked beans/peas, & curry sauce/gravy	Vegan Battered Sausage, Chips, Baked Beans, /Peas, & Curry Sauce/Gravy	Pain au chocolate/ Citrus bars/ Sweet waffle

Pasta/rice pot with meat/veggie sauce Meat/veggie Pizza Cheese & Tomato Panini
Pasta/rice pot with meat/veggie sauce Meat/veggie Pizza Cheese & Tomato Panini
Pasta/rice pot with meat/veggie sauce Meat/veggie Pizza Cheese & Tomato Panini
Pasta/rice pot with various meat/veggie Sauces Meat/veggie Pizza Cheese & tomato Panini
Chips/chips with cheese, beans, curry sauce/gravy Cheese & tomato Panini

## CANTEEN SUMMER MENU

**SHS  
FOOD  
WEEK 3**

Mexican  
**MONDAY**  
Taste of the  
**TUESDAY**  
Roast day  
**WEDNESDAY**  
Food  
favourite  
**THURSDAY**  
Chip shop  
**FRIDAY**

*Eat-Drink-Relax*



£1.10  
£1.50  
£2.00

**FROM THE FRIDGE**  
Daily Selection Of Sandwiches,  
Baguettes,  
Wraps, Salads, Buddha Bowls  
Pasta Salads, Yogurt Granola & Fruit Jellies  
Also Daily Specials



£1.30-  
£1.80

**PIZZA AND PANINI**

**MAIN MEAL** £2.50

**DESSERT** £1.00

**GRAB 'N' GO**

Mexican Beef chill, Nachos, sour cream, guacamole, salsa & cheese House salad	Black bean & chipotle chilli, nachos, sour cream, guacamole, salsa & cheese House salad	Hot fruit & oat crumble with custard Beetroot chocolate brownie or Oat Flapjacks	Pasta/rice pot with meat/veggie sauce Meat/veggie Pizza Cheese & Tomato Panini
Indian style Tandoori Chicken Kebab, Vegetable steamed rice, naan, mint yogurt & cucumber salad	Crispy paneer, spinach & coconut curry, steamed rice, naan, mint yogurt & cucumber salad	Hot fruit steamed sponge with custard Spiced apple and toffee muffins/ chilled Strawberry mousse pots/ cookies	Pasta/rice pot with meat/veggie sauce Meat/veggie Pizza Cheese & Tomato Panini
Gammon, seasoned roast potatoes, cauliflower cheese, carrots, peas Yorkshire pudding & gravy	Meat free toad in the hole, seasoned roast potatoes, cauliflower cheese, carrots, peas, Yorkshire pudding & gravy	Hot fruit & oat crumble with custard Iced fruit shortbread slice/ Chilled custard & fruit trifles	Pasta/rice pot with meat/veggie sauce Meat/veggie Pizza Cheese & Tomato Panini
Chicken parmo, chefs homemade tomato sauce, spaghetti & garlic bread	Quorn veggie balls, chefs homemade tomato sauce, spaghetti & garlic bread	Hot fruit & oat crumble with custard Coco krispie cakes/ Vanilla & berry sponge/ cookies	Chips/chips with cheese, beans, curry sauce/gravy Cheese & tomato Panini
Battered Pollock Fillets/Crispy chicken/ Battered Sausage/Saveloy, Chips, Baked Beans, peas, curry Sauce or gravy	Plant Based Burger Or Vegan Battered Sausage, Chips, Baked Beans, /Peas, & Curry Sauce/Gravy	Pain au chocolate/ Citrus bars/ Sweet waffle	

**SHS  
FOOD  
WEEK 2**

Mexican  
**MONDAY**  
Taste of the  
**TUESDAY**  
Roast day  
**WEDNESDAY**  
Food  
favourite  
**THURSDAY**  
Chip shop  
**FRIDAY**

*Eat-Drink-Relax*



£1.10  
£1.50  
£2.00

**FROM THE FRIDGE**  
Daily Selection Of Sandwiches,  
Baguettes,  
Wraps, Salads, Buddha Bowls  
Pasta Salads, Yogurt Granola & Fruit Jellies  
Also Daily Specials



£1.30  
£1.80

**PIZZA AND PANINI**

**MAIN MEAL** £2.50

**DESSERT** £1.00

**GRAB 'N' GO**

Piri Piri chicken, pita, salsa, Mexican rice, & fruity salad	Refried beans, pita, salsa, Mexican rice & fruity salad	Hot fruit oat crumble with custard Beetroot chocolate brownie/ Flapjack	Pasta/rice pot with meat/veggie sauce Meat/veggie Pizza Cheese & Tomato Panini
Chicken tempura, sweet n sour sauce with stir-fried noodles & seasonal greens	Tofu tempura, sweet n sour sauce with stir-fried noodles & seasonal greens	Hot fruit steamed sponge with custard Spiced apple and toffee muffins/ chilled Strawberry mousse pots/ cookies	Pasta/rice pot with meat/veggie sauce Meat/veggie Pizza Cheese & Tomato Panini
Roast pork with roast potatoes, mixed seasonal vegetables, Yorkshire pudding & Gravy	Meat free toad in the hole with roast potatoes, seasonal mixed vegetables, Yorkshire pudding & gravy	Hot fruit & oat crumble with custard Iced fruit shortbread slice/ Chilled custard & fruit trifles	Pasta/rice pot with meat/veggie sauce Meat/veggie Pizza Cheese & Tomato Panini
Beef cottage pie, leek, peas & gravy	Quorn Cottage Pie, leek, peas & gravy	Hot fruit & oat crumble with custard Coco krispie cakes/ Vanilla & berry sponge/ cookies	Pasta/rice pot with meat/veggie sauce Meat/veggie Pizza Cheese & Tomato Panini
Battered pollock fillet/ Crispy breaded chicken/saveloy, chips, baked beans/peas, & curry sauce/gravy	Vegan battered sausage, chips, baked beans, /peas, & curry Sauce/gravy	Pain au chocolate/ Citrus bars/ Sweet waffle	Chips/chips with cheese, beans, curry sauce/gravy Cheese & tomato Panini

## OUR AMAZING STUDENTS

### JACK PETCHEY AWARD

The Jack Petchey Achievement Award winners were formally celebrated this week at the annual Jack Petchey Award winners event held at The Palace Theatre. It was an inspiring evening, and a chance for our students to be recognised and congratulated in front of family and friends.

Our talented Shoebury Dynamix group kicked off proceedings with a spectacular performance and set the tone for the evening's awards. **April** proudly collected her award from the mayor for completing her Three Peak Challenge and being an inspiration to others. **Luca** was recognised for his fundraising efforts and showing kindness to those less fortunate. **Jola** was congratulated for supporting students with their fitness and supporting his local church by helping at their food bank. **Saskia** was applauded for donating her hair to the Little Princess Trust, as well as being a delightful student who is always so kind and positive. **Jessica** received a loud cheer for her kindness and compassion through caring for her grandad and going above and beyond to help her family and showing a great deal of maturity for someone so young. **Katie** got a warm round of applause for her amazing community work where she helps make food for those in need. **Tumelo** accepted his award with the biggest smile for being a true community hero and supporting his local church and delivering food to those who need it most. The event was a great success, and we couldn't be prouder of our students.



## OUR AMAZING STUDENTS

### The Farke Knight Rises—Charity Football Club

On Wednesday 3rd May four of our amazing students again played for their charity football team at Southend United Football Club. The team managed to raise a huge £1,831 for their wonderful NHS Spotlight appeal. The team even made an appearance in the Echo newspaper.



The team then played another charity game at Roots Hall on raised another £2,790 which will go to Havens Hospice. This is an annual event for a charity which is close to the teams heart and in which they all wear their pink kits.

Special thanks to our fabulous students who give us so much of their time to support this team. Well done Josh, Frankie, Lewis and Connor.

### The Big Help Out—Bring In!

As we all see on the local news, our foodbanks are really struggling to provide enough food to cover the needs of our local community. We therefore put a 'shout out' to parents, students and staff for any donations to be brought in to the school during the week of the 8th May. Yet again our fabulous students, parents and staff have donated a huge amount of non-perishable food items which were collected by the local foodbank. Once the food is taken back to the foodbank they assess what been provided and they then send us a certificate which shows us how many meals our donations will provide. We will share this with you once we get this information.



A big thank you to the 6th form students who helped load the food in to the van.



## COMMUNITY: WHAT'S GOING ON

**ROOKIE  
LIFEGUARD**

# Ever dreamt of being a lifeguard?

**Earn the Pyjama  
Treading Award**

If you'd like a new challenge, enjoy swimming and want to learn lifesaving skills, why not become a Rookie?

You'll find out more about water safety, learn how to save yourself, act out rescues, swim with your clothes on and have loads of fun too!

To find out more visit [rlss.org.uk/rookie](http://rlss.org.uk/rookie)

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## JOIN THE NATIONAL LIFESAVING ACADEMY



“  
Training lifesavers  
of today and  
lifeguards  
of tomorrow  
”

Available to anyone aged 12 and over, this suite of progressive awards have been designed to provide skills for life including...

- Personal survival
- First aid
- CPR
- Rescue
- Fitness skills

The NLA is a first of its kind programme, which includes beach, pool and open water elements, and offers recognised prior learning hours towards the RLSS UK vocational lifeguard qualifications.

If you'd like to learn how to stay safe around water and how to safely assist others who may have gotten into difficulty, sign up today!



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Contact us to sign up!

## COMMUNITY: WHAT'S GOING ON

**SECAT SUMMER FAIR**

PLEASE JOIN IN OUR COMMUNITY EVENT  
run 'by the community  
for the community'

FRIDAY 21ST JULY 2023

SHOEBURYNESSESS HIGH SCHOOL 11:00 - 15:00

ENTERTAINMENT FUN ACTIVITIES COMMUNITY



**Join our cohort for 2023-2024!**

◀ Deadline to apply - 30th June\* ▶

◀ Train to teach at one of our 17 schools in Essex ▶

◀ Full-time and part-time options ▶

◀ Bursaries and scholarships of up to £29,000 available in some subjects ▶

\*Training will start on 1st September 2024. You will be given three full days of induction in July

Visit our website for information on how to apply: [www.middlessexteachertraining.com](http://www.middlessexteachertraining.com)

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ALL OUR STAFF ARE DBS CHECKED

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CHECK WEBSITE FOR LOCATIONS & DATES

SECAT COMMUNITY

**HAVE YOU HERD?**

Click for more information

HAVENS HOSPICES ARE BRINGING A HERD OF GIANT ELEPHANTS TO SOUTHEND-ON-SEA IN SUMMER 2023 FOR ANOTHER SPECTACULAR ART TRAIL!

The trail will take place for more than eight weeks in July across Southend, Shoebury and Leigh-on-Sea encouraging you to be a tourist in your own home.

SECAT will have 8 elephants in the art trail, designed and painted by the children and Trust community.

Will you be able to find all the elephants?

The art trail is completely free to follow and gives you the chance to become a tourist in your own city. You'll be able to support Havens Hospices by purchasing a map, downloading their app or getting involved in their fundraising event and activities which will be announced once the trail begins in July 2023.