

Bulletin



Friday, 20 November 2020

Dear Grey Court Community

Once again we have had a busy week at Grey Court.

Anti-Bullying Week Students spent time in tutor discussing anti-bullying, and our Sixth form were tasked to wear odd socks to school today to highlight that we are all individually unique, and stand united against anti-bullying.

Live virtual online teaching A lot has changed in teaching since March. We have to be prepared for any eventuality, and ensure that we can still continue to deliver a high quality of education to our students, which is why we held our virtual online teaching session in P6 today. I would like to thank all my staff for ensuring that today's session was a success. In particular, I would like to thank Mr Jacob, Ms Hurley and the IT department for all their hard work.

Communication If you need to communicate with any member of the teaching staff please contact them directly on email and not via Google classroom as this platform is specifically for students.

Assessments Please take notice of all the assessment information that has been provided within this bulletin: KS3, KS4 and Sixth form.

Social distancing It is understandable that students are struggling with the transition of being with their friends at school and then not being able to socialise with them once they leave the school grounds. Please remind your children that once they leave school grounds, they should be in groups of no more than two people and should return straight home and not to loiter in the vicinity of the school.

Christmas hampers You will have received a parent mail during the week about our plans to give each of our local care homes a large hamper for Christmas. Containers have been placed outside the reception area for the specific items we have requested, and we are delighted to report that one is already full to the brim! Thank you to those parents who have already contributed—we really appreciate it. We will continue to collect items until the first week of December.

Lastly, should you wish to discuss any concerns you may have about your child with me, please contact my PA to make a virtual appointment.

Kind regards—Chris Rhodes

"Going above and beyond for every child, every day." Chris Rhodes, Headteacher

Virtual Academic Tutoring Day (ATD)

This will be held on Thursday, 3 December. The school will be closed to all students.

Attendance

If your child is sick, you must phone the student attendance line 0208 948 1173 before 08:00am. Please keep your message short, speak audibly and include your child's name, tutor group and the reason for their absence. Should you need to go into more detail, please email your child's SSO and/or tutor.

Exam Invigilators

A great opportunity for flexible work! We are looking to appoint invigilators on a casual contract for internal and public exams which are held sporadically from December 2020 to July 2021.

Invigilation will include the distribution and collection of exam scripts and stationery to students and ensuring the exam rules and regulations are adhered to by students and staff at all times. Previous invigilation experience is not essential as training and guidance will be provided.

Shifts:

Morning—08:00 to 11:30 and/or
Afternoon—12:30 to 16:00

Flexibility is required for the finish times as on occasions exams can be longer.

Hourly rate: £10.50

Interested? Please email exams@greycourt.org.uk to request an application form.

Closing date: Thursday, 26 November 2020

Grey Court School Christmas Cards are now on sale



Designed by Y7 students. There are 16 pairs of 8 winning designs for just £5, packaged in cellophane and with envelopes included.

Parents/carers may place orders on Scopy on the tab Xmascards2020 which can be found under the Other products menu. They should then ensure their child has a record of the purchase (a receipt photograph or note in Planner) which can be shown to any member of the Art Department who will then process and provide the order.

Please contact Ms Bowie (Subject Leader for Art) if you have any questions.

8 winning designs will be announced to Y7 students in assembly next week

INSIDE THIS ISSUE

Page

KS3	2
KS4	3-4
Black History Month	5
Equality + Diversity	5
Sixth Form	6-9
Careers	9-10
Wellbeing, PDW + Menus	11
Fundraising + PA News	12
Sports' Stag	13-14
Flyers	15-28



#KS3

It has been great to see Y7 back in the full swing of lessons this week. I have observed a range of learning - from DNA in Science to Emma of Normandy in History - and the behaviour and application of students has been impressive. Well done to all and remember that our celebration assembly, where students are given rewards based on the number of achievement points they have gained, will be before Christmas - so the race is on to gain as many points as possible.

Our homework focus for this half-term is now in full swing. Students should be keeping their planners up to date with any work set, and getting them signed each week by parents. There is a lot to remember in Y7 so it is vital that these are being kept in good order. Homework club has proven very popular, with bumper attendances this week. A reminder that anyone can attend on a voluntary basis, although we will be making this compulsory for some students next week.

This week is anti-bullying week. Students have spent some time in Friday's tutor groups discussing issues around bullying. Especially in the modern age it is important to take care when using devices and social media, as cyber bullying is an ever-growing issue nationally. We, at Grey Court, are lucky to have such a diverse, talented and skilled community. But everyone in our community is different and that is what makes Grey Court special, and it is important that we are accepting of these differences. If any students are having any issues it's important to let me or the tutor team know of this so it can be dealt with. We adopt restorative approaches at Grey Court to these issues and find these can be very beneficial in moving forward in peer relations.

Mr Day, HO Y7

#StarsOfTheWeek

Here are our stars of the week:

Bronte J (7E), Freddy S (7E), Lev T (7A), Yavuz S (7A), Darcey W (7W), Arber D (7W), Austin C (7R), Ben C (7R), Zain BG (7O), Olivia S (7O), Mitchell R (7M), Kat K (7M), Angel R (7B), Jamie O (7B), Ryan M (7C), Anna W (7C)

#KS3MathsAssessments

KS3 mathematics assessments for the second half-term will take place in December. This assessment is shorter than the first, and will be non-calculator. The purpose is to gain as much information and scores before we set the students. Students are expected to revise for this assessment, using the ActiveLearn subscription and their class notes as guidance. Also, if you look in the "what to revise" section, you will see hyperlinks guiding students to banks of questions which they can revise and practise questions ranging in difficulty. The answers are available by clicking the link at the bottom of the sheet.

The website for your knowledge is [CorbettMaths](#).

Other excellent websites to use are:

[MyMaths](#) – Login: grey court Password: cosine2464

[MrCarterMaths](#): Login: mlee@greycourt.org.uk

Password: password

ActiveLearn – Individual logins for students

Please be aware that all students in each year will now sit the same paper. This is so comparison of students across classes is easier. Therefore it must be stressed that L and C set students will not be expected to know all the topics on the test and should only revise topics taught in lessons. The assessment will be 30 minutes long.

The dates of the exams are as follows:

Y7 A Band: Wednesday, 2 December—P2

Y7 B Band: Wednesday, 2 December—P3 and P4

What to bring: pen, pencil, ruler, rubber

REVISION LIST:

What to revise	
Y7	BIDMAS
Non-calculator	Multiply and Divide by 100
	Addition and Subtraction
	Ordering Numbers
	Add, Subtract, Divide and Multiply
	Negatives
	Using Index Notation
	Factors
	HCF
	LCM
	Products of Primes
	Powers and Roots
	Estimate Calculations

Mr Lee, Maths Coordinator, KS3

#KS4

We held our online learning session with all students today. This session was designed to test our ICT capabilities; to train students and staff on how to use the many features in the Google classroom and to ensure that every student can access online learning should they need to. Sadly, self-isolating is still a feature of our school life, therefore making sure we have the online learning systems in place is crucial for all.

Uniform checks Ms Weston and her team of inspectors have been checking on uniforms this week. No nail varnish, earring, bracelet, trainer or untucked shirt has been missed. It was a very positive experience for all involved as the uniform of the students was of a high standard. A particular high point was George Brockman modelling a brand new pair of shoes ready for the inspection.

Y11 Trial Exams: 7 December

Y11 Trial Exams start on the 7 December, an exam timetable and revision booklet has been emailed or uploaded on Google classroom for every student at school. Please take the time to read through the booklet with your children as it outlines what will be in each exam. In the past, students that make use of this revision booklet tend to perform better in the exams, those students who don't check what will be in their exams and instead just revise everything tend not to perform well. Included in the booklet is the exam timetable which should be used to inform revision planning by students. I appreciate that these exams are a stressful time and we, as a KS4 team, are on hand to offer support throughout. As I mentioned last week, the DfE has stated that exams will go ahead in the summer and we are working towards this plan. These Trial Exams are always held at this time of year and provide a valuable guide for students, parents and us, as teachers, to the progress that is being made.

Y10 behaviour As you are aware we are in a National lockdown with the respective restrictions applied to us all. The notable difference between this lockdown and the one in March, is that schools are open. This is, of course, a positive for students, staff and the whole community. However, we are seeing that students are finding this confusing with regards to the transition they must make between leaving the school gates and engaging in the local community. It is with regret that I have to inform you that many students in Y10, are failing to adhere to the requirements of the lockdown.

Students need to follow the steps outlined below once they leave school:

- They must not cycle or walk home in groups, they can only cycle or walk home with one other student
- They must not congregate in public spaces as a group
- They must not congregate outside the local shops as a group
- They must leave the school gates and areas outside it quickly after school

Members of the public have noticed our students' behaviour and are understandably concerned about this. As said, we do understand that students are struggling with the transition of being with their friends in school and then not being with them on the way home; however, it is crucial that they appreciate this distinction. Please could you talk to your children about this matter and outline the guidelines set out above.

Mr Gordon Walker, AHT Y10+Y11

#StarsOfTheWeek

#Y10

Imogen Collins (AS Politics) has shown a real enthusiasm for the subject, a great first essay, and an impressive amount of wider reading/comprehension completed. Well done!

Mo Ali, Beatrice Andrews, Cameron Burgess, Sam McDermott, Finn Phillips and Kiyan Patel performed excellently in their end of unit exam in GCSE PE
Harriett Williams for excellent effort and quality of work in Food and Nutrition since the start of term.

#Y11

Alesandro Noel for excellent commitment, focus and progress in German.

Elianna Cornfield has finished her Messages project two weeks in advance of the deadline.

Kane Grant for working hard to complete a brilliant Messages final piece over half term.

Ben Hewitt and Tyler Mulhall for really excellent progress in their Food and Nutrition NEA

Emma Lightfoot, Melissa Kennedy and Arthur Pidduck for exceptionally high quality work produced this term in Food.

#MathsTrialExams

Y11 will sit in class paper 2 of their trial exams on Thursday, 26 November. Below is a revision list for both tiers; this list is not exhaustive. Students should use the following websites for their revision: Maths genie, mymaths, mathswatch, corbettmaths.

Revision list for trial 2 paper 2 (Foundation Tier) This list is not exhaustive

- Simplifying expressions
- Linear equations
- Rearranging formula
- Fractions and percentages
- Percentage reduction
- Compound interest
- Exchange rates
- Times series graph
- Stem and leaf diagram
- Time distance graph
- Interpretation of a frequency polygon
- Proportion
- Midpoints of lines and area

Revision list for trial 2 paper 2 (Higher Tier) This list is not exhaustive

- Rearranging formula
- Exchange rates
- Time distance graph
- Interpretation of a frequency polygon
- Compound interest
- Bearings
- Probability trees
- Right angled trigonometry
- Direct proportion
- Histograms
- Quadratic sequences
- Velocity and time graph
- Circle theorems
- Tangent to a circle

#Feedback
#VirtualOpenEvening
#SixthForm

We have had a great deal of positive feedback for our Virtual Sixth Form Open Evening last Thursday night, with a 90s pop star, on viewing Mr Rhodes' speech even tweeting "Futures Made of virtual insanity/Now we have for twisting of our new technology."

So many thanks to Mr Rhodes for his oratory and Ms Higham for her measured and empathetic overview of the Sixth Form ethos and to Alfie Price and Martha Johnston-Bailey for their quirky head boy and head girl presentation. And a final thank you to Sam Harwood-White for providing an original track "[Far Away Nothings](#)" as accompaniment to our enrichment montage. Although you can never replicate the "buzz" of a real Grey Court open event, we feel that the occasion captured the ambition, friendliness and eccentricities of our student body. Thus far we have received 208 applications which breaks down into 108 applications from current Grey Court Y11 students and 100 applications from students applying from other schools.

The closing date for applications is 15 December 2020. Please make sure that you apply by the closing date as we are currently classed as an "oversubscribed" sixth form and places are limited!

If parents and students have any questions about the application process and entry criteria please do not hesitate to contact Ms McNicol. tmc-nicol@greycourt.org.uk

Mr Clements, Deputy Headteacher

Bury a friend!

In the latest in the series of features focusing on how Y11 students are entertaining themselves during lockdown lunches, Sam Longhurst is showcasing the Restoration era game "Bury a friend."

This involves Sam's comrades piling pine leaves around Sam to promote social distancing. Sam appears to be enjoying himself.



Mr Clements, Deputy Headteacher

Black History Month

Last month, we celebrated Black History Month at Grey Court with special assemblies and tutor time activities from our sixth form student leadership team, as well as a Diversity Day with our Y8 students, organised by the History department.

Alongside these activities, we ran a competition whereby students were asked to create a statue design for a figure from an under-represented figure in history. We had some excellent entries and it was so difficult to choose a winner! We also had some brilliant designs created by our Y8 students on Diversity Day.

After some discussion in the History department, we awarded first place to **Maya Sills, Holly Gee** and **Leyla Anjum-Smith** in 7 Cedar (see photo), who created a fantastic display and sign to showcase the history of the Mirabal sisters. The three sisters were from the Dominican Republic



and bravely stood up to the cruel dictatorship of Rafael Trujillo. Their actions led to their imprisonment and the assassination of three out of the four sisters. They have become a symbol of resistance and hope in the Dominican Republic and around the world. Maya, Holly and Leyla won the top prizes of Christmas selection boxes and achievement points for their house.

Also a special mention to our runner up, **Martha Huddart** (7O), who made an excellent poster on Katherine Johnson.

Watch this space for the next History competition!

Ms Hawkins, Head of History

Here at Grey court, there are over 54 languages spoken by students at our school and it is my privilege to work with young people who have recently arrived and need help with their English. I can honestly say that I learn just as much from them as they do from me. This year I have a very interesting group of Y11 students from countries as diverse as Jordan, Malaysia, Pakistan, Ukraine, Lebanon, Egypt and Nigeria. In preparation for their English language GCSE, they have been writing articles about subjects that are important to them. The piece below was written by a Y11 student.

Preeya Nair, EAL Coordinator

Love will save the world

Everyday hundreds of thousands of people are bullied because of their sexual orientation. They are condemned, humiliated, hated, persecuted and even killed. Only in a few countries, are LGBT community members able to marry and have children. In other countries they cannot even show their feelings in public. Why should these people live in fear and suffering, without the ability to express themselves?? In all religions homosexuality is a huge sin. I really like what Pope Francis said "Homosexual people have the right to be in a family. They are children of God and they have a right to a family. No one should be excluded from this or made to suffer". The conservative branch of the Catholic Church predictably took the words of Francis negatively. The pope's statement clearly contradicts the church's position on same-sex unions." The church cannot support the acceptance of objectively immoral relations. "Thomas Tobin, Bishop of the American city of Providence told the New York Times.

Immoral relations... In the international classification of Diseases of the world health Organization, up to its 9th edition inclusively, homosexuality was classified as a disease belonging to the group of psychosexual disorders. On May 17, 1990, WHO excluded it from the 10th revision of the International Classification of Diseases. It has been reliably proven that homosexuality is part of human nature and that these characteristics are established in the womb or early childhood. The influence of education or propaganda has zero weight. Despite this, at the everyday level, we can very often hear the logic: if you let the boy play with dolls, if he has a harsh mother, if the father takes a girl on the hunt, the child's preferences will change for the worst, most dangerous and dark side. The same will happen if you allow gays to raise children, allow them to walk down the street with banners, and promote tolerance in the media. A study of identical twins separated after birth shows that if one of them is gay, then the other will be gay with a probability of over 50%. This indicates the very strong influence of genes; after all even with a distinct propensity, a person under environmental pressure may never find his sexual identity (or not tell the researcher about it). Another study showed that the order in which boys appear in the family and their number plays an important role; each older brother increases the likelihood of the younger being gay by 33%.

Hating a person for homosexuality, is like hating him for having brown eyes.

I believe that love is beautiful in any form, you cannot hate people for their feelings -it's not right, because love will save the world!

Sixth Form

Y13 Mock Exams

Y13 Assessment week:
Monday 7 December 2020

During assessment week students will be on exam leave. Should they want to attend lessons then subject teachers will provide students with revision materials or they can revise from home.

These will take place in the exam hall with external invigilators. While we are aware that this may cause stress and anxiety for students, it is important that they experience formal exam conditions as they haven't done so since their GCSE exams. This allows them to familiarise themselves with the set up and also provides teachers with data about how they perform in a formal exam scenario.

Y13 Trial Exams Timetable

Click [here](#) to download

Anti-Bullying Week

- Did you know that bullying is one of the biggest challenges facing people below the age of 18 right now? Yet there's still a few myths that suggest it's 'just part of growing up' or the rhetoric that tells those who experience bullying to 'just ignore it'.
- But in 2020, 1 in 4 young people have been bullied and this has increased by 25% since last year.

The internet has given us many wonderful things: instant messaging, movies on demand, online gaming...

But the internet has also brought new ways of communicating negatively that weren't possible when memes were delivered by carrier pigeon.

We're talking internet trolls.

In children's stories a troll is an angry, anti-social monster hiding under bridges ready to snatch up goats called Billy. Instead of under bridges, internet trolls hide behind their computers or phones, and go out of their way to cause misery online.

BBC Bitesize spoke to three influencers about their

experience of trolling, how it made them feel and what they did about it. Click the link to view a short video [Why do people troll and what can you do about it?](#)

This year, more than ever, we've witnessed the positive power that society can have when we come together to tackle a common challenge.

Anti-bullying Week is no different. Bullying has a long lasting effect on those who experience and witness it. But by channelling our collective power, through shared efforts and shared ambitions, we can reduce bullying together. From parents and carers, to teachers and politicians, to children and young people, we all have our part to play in coming together to make a difference.

We are a puzzle, and together, we are united against bullying. Today all sixth form students and teachers were tasked to wear odd socks to school to highlight that we are all unique and to stand united for Anti-Bullying Week.

Some advice on what to do if you are being trolled:

1. Don't respond
2. Block the trolls' accounts
3. Don't post online that you're being targeted
4. Take some time out from social media
5. If the abuse you receive makes you feel at threat or is otherwise unlawful - report it to the social media platform and the police.

Can anyone be tempted to troll?

You might be tempted to troll. You might see something or someone online that you don't like and be tempted to send an unkind message.

Rosie's advice to stop yourself becoming a troll is to put yourself in the person's shoes and that'll make you think twice about what you post.

Anonymity is not necessarily a protection:

"People have been excluded from school or university, lost their jobs, their friends, and even been jailed for sending abuse online. Not only is it a horrible thing to do, you are risking your own future by engaging in trolling."

Accessing support

Remember your tutor, Ms McNicol, Ms Higham and Ms Matthew are available to talk but we recognise

that you may want to talk to someone outside of school and your family.

Off the record	Talkofftherecord.org	Online counselling and support
The Mix	0808 808 4994	Open everyday 13.00 for 1:1 support and guidance
Relate	0300 100 1234	Live chat and counselling
Kooth	Kooth.com	Online support for young people Mon-Friday 12.00-22.00 Sat-Sun 18.00-22.00
Childline	0800 1111	1:1 counselling and support, advice and information
Samaritans	116 123	Support for young people in crisis
Shout	To start a conversation, text the word 'SHOUT' to 85258	24/7 text support, to listen, support and advice

#StarsOfTheWeek

#Y12

Matteo Strathmann

Matteo presented a well-researched and professional presentation this week in BTEC Enterprise. It was evident that he made the effort to thoroughly prepare for the presentation, highlighted through his confidence, professionalism and the way in which he answered the questions that he was faced with...without having to use any cue cards.

Mr Jacob & Ms Howarth

#Y13

Isobel Anderson Morris

Superb contributions to class discussion, extremely organised and hard working and wonderful essay writing skills.

Mr Winch

Enrichment Update

In response to the Covid pandemic and national lockdowns the opportunity for students to engage in sport and recreation has never been more important. The PE staff have continued to deliver Wednesday afternoon sport for around 200 sixth formers every week with football, rugby, netball, tennis, gym sessions and Zumba proving to be very popular. The debating group is thriving and Ms McNicol has created a series of themed well-being afternoons. EPQ is also being accelerated and enhanced with 50 students including some Y12s taking it this year. We have endeavoured to accelerate the completion time for some highly able students and projects from an online sequence of lessons designed to aid student financial management, the original recording of a cappella arrangement for the jazz standard 'Stella by Starlight' as well as an evaluation of the impact of the lockdown on the political freedoms of the citizens of Hong Kong, are being prepared. I am very pleased that Oliver Piers, Thomas Prestidge and Jashan Ball have taken on the challenge of representing Grey Court in this year's English Speaking Union's debating Competition. The debates have a virtual format this year and it will be interesting to see how this formidable triumvirate fares. This week the boys decided to cut their teeth debating the topic: this house believes the Confederate flag should be outlawed in the USA. Many thanks to Mo Aden for chairing this discussion. A special mention should also go to the initiative demonstrated by Daisy Whitlie who is leading this year's Model United Nations Conference. In the absence of an "official" event as both St Pauls and the Model UN organisation have been unable to host one; we will be holding our own model UN debate on Wednesday 9th December. Teams of Grey Court students will be allocated countries and COVID issues promise to be high on the Global Agenda.

On a final note - during enrichment students are required to attend and engage with sporting events or super-curricular initiatives. Sports activities offered are: tennis, football, netball, gym and Zumba. Super-curricular activities are: debating, well-being and the Extended Project. Sixth form students are not allowed to use the library/cafe area in enrichment. If an event is cancelled as a conse-

-quence of weather or staff related issues then students are asked to sign out and go home, or go off site until P7 lessons begin.

Y12 Netball Match Report: Grey Court vs Tiffin

On a sunny but also frosty Wednesday afternoon, the Y12 netball team played against Tiffin Sixth Form in our first match of the season. There was a sense of nervousness in the air as we hadn't played against another school since March. However we weren't going to let our opposition know that. After a brief warm up, we were assigned into our various positions and were ready to go!

Shooting towards the school building, Grey Court had the first centre pass and started off strongly. Emilia, Isla and Daisy were competently attacking the opposition by running into space and reducing the pressure that they had on us. In defence Flo, Katie, and I were working hard to apply pressure on to the other team by marking them closely and blocking off all of their pathways to get the ball down the court. In the goal third Juliette and Daisy were combining well together to get in many goals by utilizing the players around the D and by dodging their defenders so that they could get to a good position to shoot. At the end of the first quarter the score was 13-1 to Grey Court!

We quickly sanitised our hands, put in our substitutes, switched ends and got back on for the second quarter. We kept up the energy and kept getting in plenty of goals. We managed to develop a good centre pass technique to challenge the opposition and Bronwyn, Anna and Mia were working well by passing quickly and keeping the ball down in the goal end. Juliette and Daisy displayed great accuracy and precision with their shooting. Tiffin were matching our energy, but before we knew it, it was half time and the score was 25-1. In the third quarter we exploited some of Tiffin's mistakes and missteps to our advantage and turned over quickly from defence to attack. Although in the fourth quarter, Tiffin's gameplay improved, we worked hard to counter their momentum. When we finished everyone elbowed each other (as we couldn't necessarily shake hands), said our 3 cheers and announced our MVPs of the game. Congratulations to Juliette Kelly for getting MVP awarded by Tiffin's team! This was a robust and athletic performance from our motivated team!

Match report: Joanne Abe

As part of the extended project qualification (an independent project that involves many skills, such as essay writing, doing plenty of research and time management), I am looking at the well-being of teenagers during lockdown. I would really appreciate it if you asked your children to take part in my questionnaire collecting data on this topic. No personal data will be collected and it is totally anonymous.

To answer the questionnaire, please click the [link](#)

Thank you so much for your cooperation

Selina Tan (Y13)

SAVE THE DATE!

Y12 Friends and Founders Event Thursday, 10 December 4-7pm

Every year we hold this amazing networking event for ALL Y12 students to meet with people from a range of careers. These volunteers are contacts of the school 'friends' and Grey Court alumni 'founders' and provide insights into their career paths and areas. This year it will be in a virtual format. Attending this event can help students see what career opportunities are available.



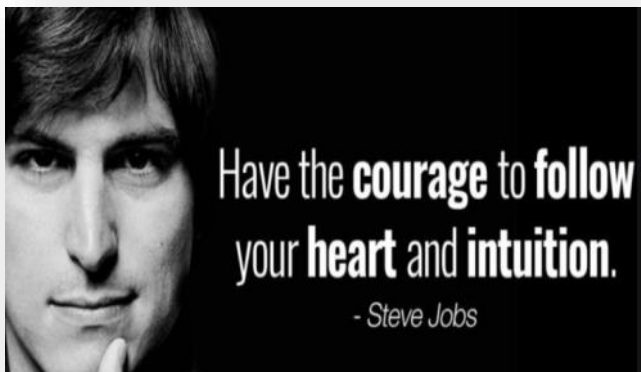
Degree Apprenticeships

Degree apprenticeships are a new type of programme offered by some universities. Students can achieve a full bachelor's or master's degree as part of their apprenticeship. These programmes are being developed by employers, universities, and professional bodies working in partnership and provide an alternative way of studying a subject to degree level whilst learning on the job and receiving a salary. UCAS have a section on their website about degree apprenticeships as well as current vacancies.

Click on this link to find out more [Degree Apprenticeships](#).

Unifrog Subject Discovery Webinars

All sixth formers have access to Unifrog which is a platform to bring all available information about post-18 choices into a single user friendly platform which helps sixth former to make the best choices and strangest applications. All year 12 should be logging into their accounts at least once a week to research future pathways and to log their competencies in preparation for the personal statements. Unifrog is running a series of subject discovery webinars which students can join to find out more about different pathways they may be considering at university. Click here to see what is available and to register [Subject Discovery](#)



Careers@GreyCourt

Thank you, alumni!

We wanted to say a big thank you to Sarah Gotvald and Djoumana Lounis, who left Grey

Court Sixth Form in the summer and are now studying Nursing at Kingston University. On Tuesday, they updated us on their studies and supported a current Y13 student who has a Nursing interview. It does help to talk to students through the process. We work with their studies!



For anyone interested in finding out more about the range of **careers in healthcare** please click [here](#)

Post-16 Open Events

Grey Court Sixth Form all the information is currently on the school website: from school tours to talks, from our Head of Sixth form to our Head boy and girl.

Application deadline: 15 December.

Nescot college (23 November to 3 December) has a range of online events to help you find out more about the college and courses. They have a range of vocational courses: animal care, construction, games design and much more. Click [here](#) to view and register.

Please check other college and sixth form websites. Deadlines are coming up so make sure you apply and have a range of options. If you need any support see Miss Corrighan, Head of Careers bcorrighan@greycourt.org.uk

Volunteers needed!

Every year we host a careers evening for our Y12 students to hear from people from a range of career areas. This year we will be doing this virtually and are calling on any parents/carers who might be able to give up 30 mins of their time to support this event. This will be held on Thursday, 10 December between 4-7pm. If you are interested in supporting or want to find out more information please email Ms Corrighan: bcorrighan@greycourt.org.uk

We look forward to hearing from you!

Uptree work experience and apprenticeship events for sixth formers

See the weekly uptree bulletin for apprenticeships and virtual work experience opportunities and talks. They have weekly workshops to help you with your CV or with interview skills in the digital age. This update also includes degree apprenticeships and paid gap-year schemes!

Click [here](#) for more information

Upcoming Events

Microsoft Careers & Apprenticeships Talk:

Date: Wednesday, 25 November 2020

Time: 1.30pm - for sixth formers and parents

Based in room: 6SC1 and [virtually](#):

We are fortunate to have **Lily Satterthwaite** and some Microsoft apprentices to talk to our sixth formers and any interested parents. Lily is the Engagement Lead within the Customer Success Unit at Microsoft UK and has worked there since 2015. Her key focus has always been on driving Microsoft customers success and inspiring students and young people to be curious and interested in Tech as part of her role as a STEM volunteer. She's also an active member of the Women in Tech community. This talk isn't just about technology it's about all the roles you can do at Microsoft: **Sales, Technical, Marketing, Business Operations and more.**



Free Taster Webinar's at St George's, University of London

We are thrilled to invite you and your students with an interest in healthcare or science to attend our virtual webinars exploring the progress in developing vaccines and medicines against COVID-19, and the drug journey of a painkiller.

These free to attend Taster Lectures give insight into study on the [Clinical Pharmacology BSc course](#) at St George's, and offer your students the

How clinical pharmacology is getting us out of this pandemic

Date: Wednesday, 9 December, 4pm – 4:45pm

[Register here](#) Society is being held hostage by Covid-19 and we need new treatments to help us get back to normal. In this lecture, Professor Emma Baker will describe the exciting progress that has been made so far in developing vaccines and medicines against SARS-CoV-2 and talk about careers in drug development and research.

[Professor Emma Baker](#) is a Professor of Clinical Pharmacology and Course Co-Director of the BSc in Clinical Pharmacology at St George's, University of London.

Drug journey of a painkiller

Date: Wednesday, 16 December, 4pm – 4:45pm

[Register here](#) We've all taken painkillers – but have you ever thought where they come from and how they work? In this lecture Professor Iain Greenwood, course co-director of the St George's BSc in Clinical Pharmacology, will take you on a journey from beaver tails and willow bark through to the latest technology, illustrating the critical role of clinical pharmacology in developing new medicines.

[Professor Iain Greenwood](#) is a Professor of Vascular Pharmacology and Course Co-Director of the BSc in Clinical Pharmacology at St George's, University of London. As a research scientist he leads an Internationally recognized research group focused on smooth muscle regulation.

Still need some convincing to attend? Watch our 5 minute preview from Professor Emma Baker discussing the Covid-19 vaccine and how Clinical Pharmacology is getting us out of this pandemic [HERE](#), which we hope will ignite your interest in this ever-developing subject area!

The National School + College Leaver Show

Event goes live at 09:30 on Tuesday, 1 December

Students can register online now and will have the opportunity to chat with exhibitors by voice/video or text chat as well as download useful information and view online video content. The user experience is optimal when students have access to their own PC/phone/tablet and can navigate the event at their leisure.

Click [here](#) for more information



#Wellbeing

November Wellbeing Calendar

Click [here](#) to download

#OnlineSafetyAtHome packs

[#OnlineSafetyAtHome packs](#) are still available for you to use at home. These include fun activities, conversation starters and practical tips on topics such as:

[Sharing images](#)

[Watching videos](#)

[Live streaming](#)

[Cyber security](#) (developed in partnership with the [National Cyber Security Centre](#))

Emergency Assistance Grant

**Do you live in the borough of Richmond?
Are you experiencing financial hardship as a result of Covid?
Struggling to afford food or other essentials?**

Richmond AID and Citizens Advice Richmond (CAR) may be able to help with a DEFRA emergency assistance grant for food and essentials. This grant can support people who are struggling to afford food and other essentials due to COVID-19, subject to available funds up to 31 March 2021.

[Richmond AID](#) can support people with long term health conditions, disabilities or carers. Call 020 8831 6464 (Monday to Friday 10am to 4pm) or email advice@richmondaid.org.uk

[Citizen Advice Richmond](#) call support all residents living in the borough of Richmond. Call 0300 330 2114 (Monday to Friday 10am to 4pm). Email via a [form on our website](#).

#PDW

Students have started a new topic this half-term:

Y7: Democracy in the UK

This week, the Y7 topic will be "Local Communities."

Y8: Keeping Healthy

This week, the Y8 topic will be "Junk food: The reality"

Y9: Careers and GCSE Options

This week, the Y9 topic will be "Looking at Options that interest you"

Y10: Extremism and Radicalisation

This week, the Y10 topic will be "Online Radicalisation"

Y11: Relationship and Sex Education

This week, the Y11 topic will be "Is it best to wait"?

We are proud that our Personal Development and Wellbeing programme is not only tailored to the needs of Grey Court students, but that it also exceeds all statutory guidance.

Please email Ms James at hjames@greycourt.org.uk if you have any questions.

Food Glorious Food

#BreakfastClub

Breakfast is available to purchase from the silver canteen each morning from 07.45am to 08.15am. There are allocated areas for students to eat breakfast. A member of staff is on hand to welcome and supervise students.

Students who are in receipt of the free school meal allowance will have an additional £2 allocated to their accounts each morning for purchasing breakfast.

#MENUS

Click here to [download](#) the menus

#Fundraising

Now we are back in the familiar territory of lockdown it means returning to online shopping, and life at the click of a mouse. It's more important than ever before that we all make our online ££ stretch even further.

Did you know that you can donate to Grey Court School while you shop without spending any additional money?

Nearly everything you buy online can be done so through one of these two sites and, each time you shop, your retailer donates a % of the value of your basket to charity - and that could be Grey Court.

easyfundraising.org.uk
giveasyoulive.com

Here's what to do:

1. Visit the website
2. Sign up using your email address and select a password
3. Choose the charity you wish to support and, yes, Grey Court Education Fund is ready and waiting for you to select
4. Download the laptop donation reminder. It automatically prompts you to use the service each time you shop **or**
5. Download the app for your phone

Now, you can shop as usual, knowing that every time you do, those retailers are donating to Grey Court.

If all our parents come together to buy their weekly shop online via the donation portal, the transformative effect of those donations would be extraordinary.

Only shop at Amazon? No problem.....

Smile.amazon.co.uk does the same thing/.

Once you've signed up (and yes, Grey Court Education Fund is on here too) you simply do all your usual Amazon shopping on smile.amazon.co.uk
Usually the website prompts you to redirect, taking all the hassle out of extra charitable giving this festive season.

Thank you, in advance, for helping us this festive season!

"Giving is not just about making a donation.
It is about making a difference."

#PANews

Today, Friday 20 November, we should have hosted our brilliant

BINGO & CURRY Night - an evening that usually raises a fantastic amount of money for the school. Unfortunately, this can't take place this year but there's no reason not to recreate the event at home and host your own Bingo & Curry Night using the printable Bingo cards sent via email or see the PDF at the end of this bulletin. Please send pics of your home event

to greycourtpa@gmail.com

AND amidst all that fun, you can still help the school!!

DEEA Deea | Best Bangladeshi Takeaway near me in Kingston-upon ...www.deea.co.uk will kindly donate 10% of all Curry takeaway sales between 16-23 November (please use the code GREY COURT).

Also, of course we have our [Go Fund Me account](#). Please consider donating a bit of what you might have spent at the event, helping to raise much needed funds. Thank you!

CHRISTMAS is sneaking up on us and we have a couple of lovely gift ideas to help you and to help us, which can be ordered via our [website](#)

Park Brewery Ales

£59 for 24 cans

Park Brewery have festively offered to donate an incredible 50% of the proceeds to Grey Court!

Christmas Goody Bag

£19.99 for a reusable tote shopper filled with a COLES Award winning classic Christmas Pudding, a Lindor Chocolate Truffle Christmas Cracker and a Christmas Bauble filled with chocolate coins! Take a look on the website and Grab yours now before they go!



Thinking about where to buy your Christmas Tree this year?

Every year **The Palm Centre** generously donates 25% of the takings of any Christmas Trees bought to Grey Court (please use attached flyer) - so considering the trees are beautiful and high quality, and even the visit to the Palm Centre is a festive experience, why buy your tree from anywhere else?!

And finally, please please please sign up to EASY FUNDRAISING - especially this year when even more Christmas shopping will be done on-line, during a time when the school needs your help the most but we cannot hold fundraising events, this is the easiest way to help raise money for Grey Court. Please click on the [link](#) and you'll see just how straight forward it is.

Congratulations!

Jack Dickson has been an outstanding athlete for Grey Court during his 7 years at the school and I'm delighted to announce that Jack has signed with Colorado State University Pueblo. He was awarded a full scholarship so all his costs are covered and, as you can imagine, he is really looking forward to going. We are absolutely delighted for Jack, his attitude and application to his athletics has been second to none and, above all, he is a lovely lad.

Well done, Jack!

Mr Willmore, HO PE



Sports Stag

**SUCCESS ISN'T
GIVEN.
IT'S EARNED.
ON THE TRACK, ON THE FIELD,
IN THE GYM.
WITH BLOOD, SWEAT,
AND THE OCCASIONAL TEAR.**

Results

Y9a boys' cross country

- | | |
|-----|---------|
| 1st | Aztec |
| 2nd | Roman |
| 3rd | Spartan |
| 4th | Trojan |

Top 5 individual boys:

- | | |
|-----|----------------------------|
| 1st | Luca Luetchens (Trojan) |
| 2nd | Joe Abbott (Roman) |
| 3rd | Alek Lorenzo (Roman) |
| 4th | Daghan Basaranoglu (Aztec) |
| 5th | Kooshan Hayati (Aztec) |





Y9a girls' cross country:

1st	Roman
2nd	Spartan
3rd	Trojan
4th	Aztec

Congratulations Roman!

The following girls finished in the top 5:

1st	Nina Blazevic (Roman)
2nd	Sara Valskov (Roman)
3rd	Madi Warren (Roman)
4th	Amy Duffey (Roman)
5th	Sana Chomoko (Aztec)

Y7b girls' cross country:

1st	Aztec	31 pts
2nd	Roman	35 pts
3rd	Spartan	55 pts
4th	Trojan	102 pts

Congratulations Aztec!

The following girls finished in the top 5:

1st	Matilda Dibb (Roman)
2nd	Ella James (Aztec)
3rd	Neve Rugette (Roman)
4th	Gabrielle Judkiewicz (Aztec)
5th	Katrina Killey (Aztec)

Y7b boys' cross country:

1st	Roman	100pts
2nd	Trojan	75pts
3rd	Aztec	50pts
4th	Spartan	25pts

Top 5 individual boys:

1st	Leo Dorey (Roman)
2nd	George Archer (Roman)
3rd	Christopher Cato (Roman)
4th	Oliver Roberts (Trojan)
5th	Zak Bayad (Roman)



Fantasy Football Competition

We are holding a Football Fantasy Competition with Y10 A band with the intention of rolling it out amongst other groups when they do football. It is a bit of fun but something that has been really well received by the boys and something we are enjoying organising down in PE! We will be updating this weekly with top scorers, league position etc. So watch this space!

Click [here](#) to see the results!

Mr Murphy, PE teacher

**FOOTBALL IS THE KING OF
ALL FANTASY SPORTS**



THE NATIONAL APPRENTICESHIP



VIRTUAL

OVER 40 EXHIBITORS PROMOTING APPRENTICESHIP OPPORTUNITIES

WEDNESDAY
2ND DECEMBER

2020
9.30am - 4.30pm

Students can **register online now** and will have the opportunity to chat with exhibitors by voice/video or text chat as well as download useful information and view online video content. The user experience is optimal when students have access to their own PC/phone/tablet and can navigate the event at their leisure.



Bloomberg



Croydon College



Kennedys



nationalgrid



Schroders



Taylor Wimpey



nas.vfairs.com

Email: info@nationalapprenticeshipshow.org NAS_Event National Apprenticeship Show @apprenshow



NEW **SCHOOL YEAR** **NEW** **CHANCES TO WIN**

**BOOST School Funds &
WIN up to
£25,000**

- New lottery
- Tickets cost just £1 a week each
- Cash prize winner every week
- You've got to be in it to win it!



Grab Your Ticket Here



This time last year, the prosecco was on ice, poppadoms popping and dabbers at the ready.

This year we've got a D.I.Y BINGO for you.

All you need to do is ...

Print out the Bingo number CALLS (and cut them up individually)

Put in a bowl - these are your BINGO balls!

Print out the grids (or hand draw them) for the family.

1 grid per person, per round

You need one person to pick out the numbers and BINGO call.

Everyone else, should fill in their chosen numbers, anything between 1-90 on a grid
(numbers can't be repeated)

BEFORE you start, give DEEA a call and order a takeaway for delivery

This Bangladeshi Curry House will donate 10% of all Curry takeaway sales
(with code GREYCOURT) to us for all orders placed next week (16-23rd November 2020)

<https://www.deea.co.uk>

0208 974 5388

And finally here's the link to our Go Fund fundraising account just in case you might want
to make a small donation for a night we sadly can't run this year...

<http://www.gofundme.com/f/grey-court-school-pa-fundraiser>

BINGO

BINGO

BINGO

BINGO

1	One Direction	16	Need some Caffeine	31	Get Up and Run
2	Bingo for you	17	On another SCREEN	32	It's the FLU
3	Cup of tea (Yorkshire Gold)	18	Love a routine?	33	Gluten Free
4	Knock at the door	19	COVID-19	34	Ask for More
5	Man Alive	20	Twenty in PLENTY	35	Jump and Jive
6	Groups of no more than 6!	21	FIFA 21	36	Three Dozen
7	Lucky for Some	22	Two little Ducks	37	More than 11
8	Sandy Lane Gate	23	Surviving UNI	38	Christmas Cake
9	That divine number	24	24 hours in A&E	39	Amazon Prime
10	Boris at No 10?	25	Sanitise	40	Naughty 40
11	Stranger Things. She's ELEVEN	26	Little MIX	41	Time for fun
12	Grimmauld Place	27	In Fortnite heaven	42	Take two
13	Unlucky for Some	28	Avocado on a plate	43	PPE
14	Super Keen	29	Another Zoomtime	44	Recycle More
15	15 hours on X-BOX	30	CALL BACK again	45	Snakes Alive

46	Up to Tricks	61	NIKE Air Force 1	76	PICK and MIX
47	Four and Seven	62	TRUMP who?	77	Stairway to Heaven
48	Not another BREXIT debate	63	Queen Bee	78	Dominos is GREAT
49	Love Island Time	64	Nandos - EAT more	79	Selfie time
50	Half a Century	65	OAP	80	Around the World
51	Which one? Aztec, Trojan, Roman or Spartan?	66	Clickerty Clack	81	Stop and Run
52	Nothing New	67	Off to DEVON	82	Straight on through
53	Along Comes Herbie	68	Pick a Mate	83	Tickle me 83
54	Candy store	69	BIGMAC time	84	COVID No More
55	All the Fives	70	National Speed Limit	85	Strive and Thrive
56	Chill with Netflix	71	BANG the drum	86	Between the Sticks
57	Heinz Varieties	72	Tickerty Boo	87	Nearly there
58	Make then Wait	73	Hip Hip Hooray	88	4 Loo rolls
59	UBER time	74	Hit the Dance Floor	89	One More Time
60	60 and Tic Toc'ing	75	Staying Alive	90	Top of the SHOP



CHRISTMAS at Grey Court shop our GIFTS & GOODIES and raise money for the school



Park Brewery Ales
24 cans of Artisan Ale for £59.99

The Park Brewery are generously offering 50% of every Christmas sale through our PA website to Grey Court.

The Park Brewery was founded in 2014 in Kingston, by Josh and Frankie Kearns. They brew a core range of 3 pale ales and multiple seasonal specials throughout the year. Priding themselves on small batch flavour packed ales, using the best ingredients from around the world

Christmas Goodie Bags for £19.99

Printed canvas tote bag filled with...
Cole's award-winning Classic Christmas Pudding
A Lindor's milk chocolate truffle Christmas Cracker
A Christmas Bauble filled with chocolate coins

would make perfect xmas gifts



AVAILABLE from www.pta-events.co.uk/greycourtschool/

pre-order now for collection beginning of December
(more details to follow)
any queries contact greycourtpta@gmail.com



THE PALM CENTRE

sourcing hardy exotics since 1989

Christmas trees

Come and choose from hundreds of standard and premium Christmas trees of all sizes alongside wreaths, stands and winter flowering plants.

Visit our website www.palmcentre.co.uk/safe-christmas to learn what measures we have put in place to make your shopping experience Covid-safe.

The Palm Centre, Ham St (opposite Riverside Dr.), Ham, Richmond, TW10 7HA

We're open from Monday to Saturday, 9 AM to 4 PM. Free parking available on site. Capacity restrictions apply.

* This offer is applicable only to Christmas trees and cannot be combined with any other promotional offers available.

TRAIN TO TEACH VIRTUAL EVENT

TRAIN TO TEACH IN KINGSTON AND RICHMOND

THURSDAY 7TH JANUARY 2021
16:00-18:00



If you have the above attributes then a career in teaching is for you.
Grey Court Teaching School is hosting a Train to Teach virtual event where you
will receive first-rate advice from teaching experts on your training options,
learn about university-led training and talk to practising teachers.

THIS EVENT IS FREE AND OFFERED TO ANYONE THAT HAS A DEGREE

Places are limited so book your place ASAP at

www.eventbrite.co.uk

and search for Grey Court School events.



**EVERY CHILD,
EVERY DAY
ACADEMY
TRUST**



Teaching



Every Lesson Shapes a Life



Come and train with The Every Child Every Day Trust Schools and reap the rewards in knowing that you have made a positive impact in the learning of our young people – a reward that has lifelong results for the future aspirations of children and families

You have a degree ☒

You have a passion for education ☒

For the cost of £350 you will receive 6 virtual training sessions, a 5 day placement (dates tbc) and a wealth of invaluable experience.

Dates are as follows:

11th January 2021
20th January 2021
25th January 2021
3rd February 2021
8th February 2021
15th February 2021

Please register your interest on:
www.eventbrite.co.uk by searching
for Grey Court School
<https://tinyurl.com/y4rj6bfm>

For more information please contact
dplumridge@greycourt.org.uk

Teaching ☒

Every Lesson Shapes a Life



OPEN
VIRTUAL
GAMES

VIRTUAL CROSS COUNTRY

NIKE X LYG VIRTUAL CROSS COUNTRY IS A VIRTUAL EVENT DESIGNED TO GIVE YOUNG LONDONERS THE OPPORTUNITY TO KEEP ACTIVE AND REPRESENT THEIR BOROUGHs DURING LOCKDOWN.

VIRTUAL EVENT DATES:

SATURDAY 21ST NOVEMBER – SUNDAY 6TH DECEMBER

AGE GROUPS AND RACE DISTANCES:

MALE		FEMALE	
U11	1500m	U11	1500m
U13	2000m	U13	2000m
U15	3000m	U15	2000m
U17	4500m	U17	3000m

Participants must complete their distance and submit their time via the London Youth Games website to score points for their borough. Points are scored for participation and performance.

Participants who upload proof of time over their set distance will be entered into a leaderboard for their age group. The winning borough and leaderboards for each age group will be revealed after the event's closing date.

Participants should read the [Safety Guidance](#) before taking part in this event.

Share photos and videos with us on social media using #THISISLYG

EVENT INFORMATION

What is the Nike x LYG Virtual Cross Country?

- Nike x LYG Cross Country is the first OPEN Virtual event of the 2021 Season.
- Young people across London will participate and score virtual points for their Borough.
- The aim of the event is to inspire and motivate young Londoners to be active, to train and represent their Borough.
- This virtual event is not replacing the LYG Cross Country but is providing an opportunity for athletes to virtually compete and take pride in representing their Borough in a non-traditional way due to Covid-19.

When and where is it taking place?

- The virtual event will run from **Saturday 21st November – Sunday 6th December 2020**
- Entries will open at 09:00 on the 21st November and close at 18:00 on the 6th December 2020.
- Participants can complete the distance anywhere in London.
- Although this is a Cross Country event, the distance can be covered on any safe terrain (grass, road, athletics track). Please ensure suitable shoes are worn for the running surface.

Who can participate?

- This virtual event is open to young Londoners.
- Borough eligibility is based on residence or school attended. If a young person is eligible for more than one Borough, they must select which they are representing for this virtual event.
- There is no maximum number per Borough who can take part in this event. The aim is to get as many young people taking part as possible.
- Age categories include:

Age Group	Oldest DOB	Youngest DOB	Likely School Year
U11	01/09/2009	31/08/2010	Year 6
U13	01/09/2007	31/08/2009	Year 7 & 8
U15	01/09/2005	31/08/2007	Year 9 & 10
U17	01/09/2003	31/08/2005	Year 11 & 12

- The race distances set mirror the traditional LYG Cross Country. Check out last year's [results](#) to see times achieved at Parliament Hill.

Male		Female	
U11	1500m	U11	1500m
U13	2000m	U13	2000m
U15	3000m	U15	2000m
U17	4500m	U17	3000m

SAFETY GUIDANCE

Following the UK Government's new national COVID-19 restrictions, see FAQ's for this Virtual Cross-Country event that are in line with government safety guidelines to ensure each participant can be as safe as possible. Please ensure this information is shared with all team managers and participants.

Who can I run with?

- Under Government guidelines, participants can run either on their own, with a household or support bubble, or with one other person in a public outdoor space while keeping 2m apart.
- U16's are advised to run with a parent or guardian as per the above guidelines.

Where can I run?

- Public places such as parks and public gardens remain open.
- Participants should look to reduce the number of journeys made and therefore look to run as locally as possible. However, travel is allowed if necessary, to access an open space.
- If running in the dark, ensure the chosen space is well lit

How far should I run?

- To record an eligible score, participants should only complete the distances as per their age group (see above)

Other safety considerations and 'DO's for participants

- Do tell someone where you are planning on running and how long you will be
- Do try and run in a place other people are nearby (remembering to social distance)
- Do pace yourself on your run
- Do warm up before running
- Do wear appropriate clothing for running (trainers, sportswear etc and remember you will get warmer as you run and then colder quickly once you finish)
- Do walk parts of your run if you need to

SCORING INFORMATION

- This event will be our first Virtual scoring OPEN event of the 2021 Season.
- There will be Separate Male and Female competitions.
- There are two elements which will contribute to the Borough overall score:

Participation	Performance
<ul style="list-style-type: none">• Every participant who takes part in the event will score 1 point for their Borough.• Participants will be asked to submit their entry and their time but do not need to provide proof of their time	<ul style="list-style-type: none">• Participants who upload proof of time over their set distance will be entered into a leader board for their age group.• The fastest 50 times in each age group will be awarded additional points, which will be added onto the overall Borough score.• For example – Fastest U13 girl = 50 points, 2nd fastest = 49 points.

- Trophies will be awarded to the overall winning Male & Female Borough teams.

HOW TO ENTER

- Participants do not need to do anything prior to the start date to take part in the event.
- Once the run is complete (within the set date frame) entries can be submitted via the LYG [website](#)
- Entry submission will open at 09:00 Saturday 21st November and close at 18:00 on Saturday 6th December 2020.

Entering as an individual

- Go to the LYG website – click [here](#)
- Complete the required details.
- If you have evidence of your time, upload a screen shot of your proof.

Entering as a group

- Borough Team Organisers and/or Team Managers can collect multiple entries and submit as a group entry.
- Participant details and results will need to be uploaded onto an excel spreadsheet and submitted via the LYG [website](#)
- The excel spreadsheet can be found on the [website](#)