

Bulletin



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Friday, 27 November 2020

Dear Grey Court Community

Academic Tutoring Day will be held on Thursday, 3 December. Due to Covid this will be a virtual event. All the information about the day has been sent to you and your children. Please kindly make sure that you complete the Google form (and set targets) with your child using your child's school email. Part of the Google form includes questions on well-being and learning.

Jack Petchey Awards I would like to congratulate this term's winners. You can read all about them on page 11 and what school project they want to spend their grant money on.

Christmas Panto We will be holding our socially distanced Christmas panto this term, and you will be able to view this on our website from Thursday, 17 December. Students in Y7 and Y8 are involved and it promises to be a spectacular event. Please see the VPA section on page 4 for more details.

Careers' Evening (Thursday, 10 December) Every year we host a careers' evening for our Y12 students. This year the event will be virtual and are calling on any parents/carers who might be able to give up 30 minutes of their time to support us on Thursday, 10 December between 4-7pm.

Y8 Gradu8 Programme Y8 have started their careers challenge to help them research their career ideas. See the careers' section to read more about this.

Grey Court PA This team of dedicated parents goes above and beyond to help raise funds for the school and I would like to take this opportunity to thank them for all the work that they have done to raise funds for the school during this very difficult year. Please support them with their Christmas fundraiser offering, and I would like to remind you if you do buy online that you can raise additional funds for the Grey Court by signing up to Easy Funding. The four simple steps are detailed under the PA section of this bulletin.

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

#ShoutOut

Eco-warriors

We received an email from a member of our community—the students will be recognised in assembly.

"I wanted to let you know about 3 year 9s that had taken it upon themselves to pick up a load of polystyrene that had spilled all over the street from someone's rubbish bags today. I had a misty eye from this, so moving to see them caring for the environment and off their own backs. I had seen it earlier and it was really stressing me out to think of the micro plastics that would be spreading all over Ham."

I was wondering if you wanted to recognise them at school for being such great citizens..."

#ShoutOut

SketchForTess

KS3 students raised £388 for 'Sketch for Tess!' Thank you to all who took part—we are so proud of you.

Competition prize winners will be announced shortly.

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 Scopay 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.

The 8 winning designs are showcased within this bulletin



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.

Virtual Academic Tutoring Day (ATD)

Thursday, 3 December
The school will be closed to all students



#KS3

#Y7

We are now more than halfway through the term and are in the run up towards Christmas. Despite all the challenges and logistical issues at the school due to the current situation we are working hard on making plans for ways to make school as festive as possible for our Y7s. We will be looking to run our annual Xmas jumper day as well as putting on the school pantomime, which we hope some students will be able to watch. Y7 will also have their first celebration assembly in the last week of term to celebrate all the success they have had so far.

Ordinarily at this time of year we would hold our academic tutoring day at school. This is a day off timetable where students and parents would meet with their tutors to discuss how everything is progressing at school. The day is normally very useful for tutors, parents and students to reflect on the start of the year and set targets moving forward. This year, we will, unfortunately, not be able to hold this day in person, but instead we will be holding this virtually on Thursday, 3 December.

This week students will receive their first progress check. Students in Y7 will have already received their assessment scores and feedback from tutors. In the progress check, they will be graded by their teachers on their Attitude to Learning, Homework and Presentation. Students are graded as either Very Good (VG), Good (G), Fair (F) and Inadequate (I). With the report, parents will be sent a google form. Please use this weekend to go through the report with your son or daughter and complete the form. This will involve setting three targets for the rest of the year. At Grey Court, we use 'SMART' targets that are: specific, measurable, attainable, realistic and time-bound. Please bear this in mind when setting targets - rather than 'improve Homework' the target could read 'raise RS homework from a good to a very good by Easter'. We would like these targets and the form to be completed by 30 November. Tutors will be chasing students to complete these before ATD and will be looking through the targets on the day itself to ensure they are appropriate. On the day (3 December) students will be working from home. Work will be posted by classroom teachers and students should stick to their daily timetable. Teachers will be on hand all day to answer any queries from parents regarding their reports via email.

It's a great opportunity to discuss any concerns with teachers and I encourage parents to do so. School we resume as normal on Friday, 4 December.

If you have any queries regarding these arrangements don't hesitate to contact me or form tutors who will be able to explain any details, if required.

Mr Day, HO Y7

#Y8+Y9

Anti-Bullying

Last week was anti-bullying week and this was addressed in our online assembly. It is really important that all students consider their actions: what you say and do when interacting with others. Things that you feel are funny to you and your friends, can be the exact opposite to someone else. Social media has led to a rise in young people looking to humiliate others in order to get more views, but the cost is clear with such a significant rise in mental health issues for our young people. The age restrictions should not be overlooked.

We have also held an online assembly looking at the safety of cycling; as there are so many more cyclists on the road, it is imperative that we stick to the rules and everyone gets to their destination safely.


#Y8 Gradu8

Gradu8 challenges are underway with the Careers challenge U-Explore running over the next 3 weeks. We have also been tracking any charity donations and recording them for the 'Give' challenge, so well done to all those that have been raising money for the Poppy appeal and Children in Need.

Litter and General Conduct

It is really important for all students to treat their respective outside areas respectfully during the time outside of the classroom. That means litter isn't left behind, tables and chairs aren't defaced and our general conduct is good. Failure to follow these expectations will result in community service during this time.

Mr Ridley, HO Y8+Y9



Helping others is the
way we help ourselves.

Oprah Winfrey

#KS4

#Y11

Trial Exams

Y11 Trial Exams start on the 7 December, a revision booklet has been sent to you and has been uploaded to Google classroom. This is a comprehensive guide to the upcoming exams and outlines the exam timetable, the exam regulations and crucially the content that will be covered in these exams. I can't stress enough how important it is for students to engage with this booklet so they are aware of what they will be examined. We want the students to do as well as possible in these exams hence this support.

In addition, Ms Weston has hand-delivered a revision toolkit to help students structure, and carry out their revision over the coming weeks, this is an excellent resource and I encourage you to discuss it with your children.

Academic Tutoring Day

You and your children will be receiving the Progress Check 1 (PC1) report in the coming days. This is the first progress check of the year and provides us, and you, with an excellent opportunity to reflect on the areas and strengths and opportunity for each student. Due to Covid restrictions we won't be holding our usual face to face meetings and Mr Bashford will be sending out the full instructions on how the day will run under the current circumstances.

Mr Gordon Walker, AHT Y10+Y11

Y11 STARS OF THE WEEK

Ozee Ogun for mastering spray painting

Tom Wicking for finishing a beautiful, thought-provoking and skillful Messages final piece.

Jo Hayes for his continued progress and effort in Geography.

Honey Rose-King has worked particularly well this week in Textiles.

George Butler for demonstrating excellent critical thinking and analytical skills when discussing climate change in geography this week. Lots of very interesting points raised which showed a really good understanding of the issue in a wider context.

Lauren Hawkley for a great attitude in maths.

Amy Sherlock for a great attitude in statistics.

Felix Stone and **Rhodes Abukalil** for showing commitment and hard work in German.

Y10 STARS OF THE WEEK

Henry Cooling has done two outstanding pieces of work in history.

Amaan Khan for a consistently excellent attitude towards Maths.

Miranda Seddon for brilliant effort and excellent quality work in Food and Nutrition this term.

Harriet Wiltshire for her excellence in History

Charlie Richardson for winning a Jack Petchev award for excellence in athletics.

Max O'Connell for his engagement through remote learning.

Enya Pasic for an amazing maths book that has to be seen to be believed! Amazing, clear working out shown; beautiful presentation; perfectly organised.

Sahil Wali, Archie Smith, Jasper Page, and Amaan Khan for consistent hard work and engagement in German.

20 hour challenge

In order to chaperone Y11 students through the last days of lockdown we are delighted to introduce the 20 hour challenge! This bespoke online "log-book" from the systems orientated mind of the "examinator" Ms Weston, is designed to encourage students to record 20 hours of independent study in the build up to the mocks in the week commencing 7.12.2020.

We would like students to record the subject they engaged with, the location of their studies – e.g. bedroom, living room, scullery, garden orangery; and the type of activity they opted for e.g. notes, prompt cards, podcasts, essay practice, before school interventions and so forth.

The aim of the initiative is to encourage students to study outside of school hours, to develop independent study habits and for parents/students/tutors/teachers to evaluate how effective the work programme was when the exam results are released in September.

Bespoke copies of the log book have been assigned to students on Google classroom. Prizes will be given to those students who have taken the most time to complete the requisite 20 hours and to reflect on their experience.

Mr Clements, Deputy Headteacher

#VPA

Ms Burton is pleased to announce this year's Christmas Pantomime with performers from Y7 & Y8 involved:

Snow White and the Five Dwarves: A Covid Secure and Socially Distanced Panto

The cast list for this year is as follows:

Character List (Y8) Pre-Recorded Scenes

Narrator 1: Joris Bohnsen: Ben Hislop

Narrator 2: Felix Marchis

Narrator 3: Janik Buchbinder

Narrator 4: Pretty Petal: Amaani Akbar-Qadri

Narrator 5: Alfred Noble

Narrator 6: Alex Donnell

Narrator 7: Matthew Van Rooyen

Narrator 8: Elliott Wilson-Ward

Narrator 9: Dan Lowe

Magic Mirror: Elsie Hobson & Hareer Karimie

Sneezy: Etienne Walsby

Doc: Joe Belfield

Dame (Prince's mother): Xavier Mtandabari

Clements: Morgan Jeffrey

Price: Azelea Ovuike

Parent 1: Tom Faulkner

Parent 2: Beth Bucklow

Aladdin: Lucas Melo-Foxton

Cruella de Vil: Libby Knowles

Rapunzel: Eimante Anikiejeva

Gingerbread man: Thomas Lowe

Character List (Y7)

Snow White: Charlotte Jackson

Queen Rhodie: Bronte Jackson

Prince: Issy Agraviador

Gary (Huntsman): Luke Gilbert

Carl Rona (Best friend): Stan Stoller

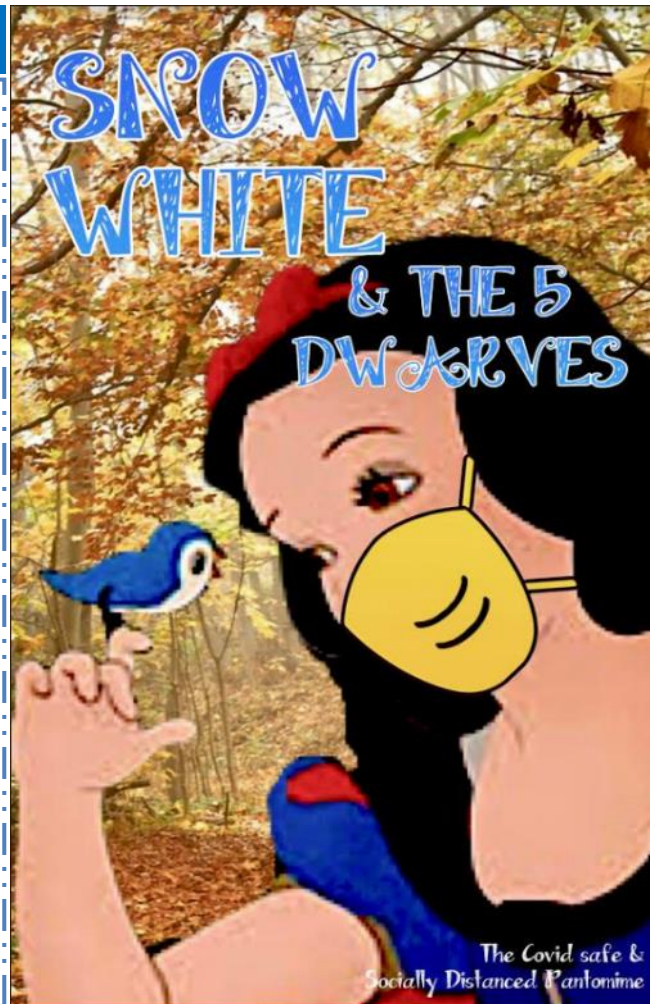
Happy: Charlotte Alexandre

Grumpy: Aaron Khiytani

Bashful: Sacha Crivellari

Sleepy: Kosta Ljubicic

Dopey: Sophie Robinson



VPA Exams/Practicals

Monday, 14 December:

Y13 Pho exam P3—P7 (HMA), digital media suite

Tuesday, 15 December:

Y11 Music

P1—P6 (PMI), MUA

Tuesday, 15 December:

Y11 Drama

P1—P6 (ABU), 6DR

Wednesday, 16 December:

Y13 Art

P1—P6 (CBO), 6Art

Thursday, 17 December:

Y11 Drama Exam

P1—P6 (ABU), 6DR

Equality and Diversity

Thanks to Kseniia Plakhotniuk for her article last week about discrimination against people from the LGBT community.

This week Rana Nasser has written a speech about gender discrimination.

Girls not Brides!

The first sentence of my speech is the most passionate and emotional one that I have ever written because I feel that girls are born to be girls, not only brides. It means that girls can do a lot of things as well. Until now, in some countries, there are a lot of girls who are prohibited from going to school and made to face the perils of early marriage, early pregnancy and abuse, without giving them the chance to choose their own future. In Sub Saharan Africa, 33.3 million girls of primary and lower secondary school age are out of school due to the lack of awareness of parents, so a lot of girls will not get the chance to become an educated, strong, independent woman who can help her family and country. Parents need to realize that it is a source of pride for the whole family if the woman is educated and can do everything by herself. Every girl and every woman has the potential to make this world a better place.

Can you tell me what their fault is? Does their fault lie in being a girl or being in a world full of inequality and discrimination? Anything in this world which is successful is because of women. Also, the best thing that we as women have is that we are unstoppable and we will not stay speechless anymore. That's enough! We are tired of being victims and seeing young girls abused and someone destroying their future. Men only knew the importance of women in the First World war, so just as they created laws that limited women from working, they

called women back to work during the First World war. The women formed voluntary units in the early months of the conflict. They adopted military style uniforms and established themselves overseas in mainland Europe.

They went on to provide invaluable support services to the military where it was most required, such as driving ambulances.

A lot of people think they are equitable until they are in a real situation. They show what hypocrites they are.

There is another important thing I wanted to talk about which is earnings. Did you ever ask yourself why there is a pay gap between men and women? When women go to work, some of them get married and pregnant and then have to take a break while men are still working, but when a woman comes back to work she starts from the beginning again. Actually in this case, we don't want equivalence. We want more. We want to be valued. The roles of men and women are different but their rights are equal.

Rana Nasser Y11

What's on this winter?

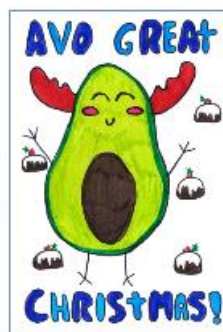
A compilation of communication and diversity media events for students to engage in over winter has been put together by **Alice Warrington**.

Please see the end of this bulletin for details.

#Diversity



Grey Court School Seasonal Cards to buy
Designed by Year 7 students from Grey Court School. 16 pairs of 8 winning designs for just £5, packaged in cellophane. Envelopes included.



Grey Court School parents / carers may place orders on Scopay 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.

School staff can come to the Art Department or email their order to Miss Bowie.



It's beginning to look a lot like Christmas!

A BIG THANK YOU!

We would like to thank you for all the donations we have received so far for our OAP care hampers.

If you would like to join us in spreading a little cheer this Christmas please drop your donation in the plastic container that we have outside our reception.

The care hampers will be delivered to the residential care homes during the last week of school.



Food & Nutrition

As they near the end of their Nutrition and Health unit, Y10 GCSE students investigated the nutritional needs of different groups, based on their age, lifestyle and dietary choices. They were asked to create a dish that was suitable for a vegan teenager, thinking specifically about nutrients that this group would need but might find it a little tougher to get. They had to be creative in how to include calcium, protein and iron into their dishes, as well as presenting dishes to a high standard. The results were brilliant!



"Let food be thy medicine, and medicine be thy food." — **Hippocrates**







Shop Smartly

Good nutrition starts with smart choices in grocery shopping. Cooking our food is just so much less expensive, nutritious and interesting especially, when your kids are helping you in the meal preparation.

Food shopping is one of the hefty expenses we pay out each week. So it should be done wisely. Keeping in mind what we need and how much we need. The average family throws away £60 worth of food every week. This is something which we all need to think about. Often in a rush, we always get carried away with the supermarket's offers, which most of the time encourages us to buy more when we don't need it.

So, try to shop midweek, early morning or late evening. Don't fill your cart, only visit aisles where you actually need something. Look at the unit price rather than overall price. Buy store brands when you can. Plan your weekly menu or encourage kids to plan some meals and make healthy choices. Cooking up a healthy menu is a real challenge if you don't have the right ingredients in your kitchen. Therefore, plan the menu and make a list and stick to it.



As lockdown continues, we are encouraged to think carefully about the food we buy, minimising waste and ensuring there is enough for everyone. As we enter the Christmas season, it is also important to think about those less fortunate than ourselves when shopping. Ms Anjum's article this week is focused on shopping smartly.

Ms Clark, HO Food & Nutrition



Jack Petchey Awards

Parents and carers will probably be very familiar with the Jack Petchey Achievement Award Scheme that Grey Court is part of. There are only nine awards which can be made across the whole school in any one academic year. The winners for this term, along with what school project they want to spend their grant money on, are listed below. They have received their coveted Jack Petchey badges and certificates and they will also be recognised in the end of autumn term celebration assemblies.

Agnes Radek (Y8)

Reason/s for nomination: Since she started in Y7, Agnes has been one of the most dedicated and thoughtful members of the school's Creative Writing Club. Her stories explore language to an exemplary level, and she has twice entered the Arts Richmond Young Writer's Festival. But it is also important to note that she shows a keen interest in other people's stories, offering both positive feedback and constructive criticism. She listens attentively to the work of others and understands that the sharing of stories is both deeply rewarding and very fun. She even brings in snacks to share with group's other members.

Her own writing is daring and hypnotic: during the first autumn term, she wrote a strange and mesmerising horror that left the club's twenty members aghast. Her writing also features a dry sense of humour that befits her personality. Every week, she helps make the club fun and ebullient.

£250 Award Money spent on: New books for the Creative Writing Club and more reading books for the library.

Charlie Richardson (Y10)

Reason/s for nomination: Charlie currently runs six times a week ranging between 7 and 10km a day. Two of these sessions are with St Mary's Athletics Club, one is with a personal coach on a Saturday morning so he can get more 1 to 1 coaching. Charlie loves his running and wants to be the best, this is his motivation. Charlie is currently entering lots of competitions and travelling all over the south of England to compete. Charlie has had numerous successes over the past year, his team finished 3rd out of 32 Boroughs in the London Youth Games.

He was also 3rd in Middlesex for the 3000m time trial with a time of just over 10 minutes - which is exceptional. Charlie won the 2km Grey Court Inter House challenge and his time was the fastest in the school at 6mins 39 secs. Charlie's current PB for 800m is 2:08.46 and his aim for the summer is to be Middlesex Champion and run sub two minutes.

£250 Award Money spent on: A drone to record our Grey Court sportsmen and sportswomen in action for training purposes.

Naomichi Kumagai (Y10)

Reason/s for nomination: Inspired by Marcus Rashford's campaign to ensure that children did not go hungry during the summer holidays, Naomichi spent his summer holiday doing yard work around the neighbourhood so that he could raise money to help children in our school community.

Through his efforts over the summer holiday, he managed to earn £300. This is an impressive achievement as it took hard work and many hours of work during his school holidays.

£250 Award Money spent on: Cycle safety equipment for disadvantaged students.

Ramsey Saber (Y13)

Reason/s for nomination: Ramsey joined us formally in September 2019 after relocating from Spain. In April 2016 he was diagnosed with Acute Lymphoblastic Leukemia PH +. After two years of unsuccessful treatment and sitting his GCSEs in hospital, he relocated to the UK for a bone marrow transplant in February 2019. Ramsey came into Grey Court to attend Spanish lessons whilst in recovery and has attended full time since September 2019. He attends school despite feeling physically unwell most days. He has coped well throughout the Covid 19 pandemic despite having a compromised immune system. Ramsey has come into the sixth form to sit exams and he has kept up his studies via the school's online resources. He has submitted his UCAS application and is hoping to study mechanical engineering at university. Ramsey is a lovely young man who is always a pleasure to interact with. He has overcome many obstacles in his educational journey and remains determined to succeed on his chosen pathway.

£250 Award Money spent on: New furniture for the mentoring room.

Mr Bashford, Associate Headteacher

Sixth Form

Sixth Form Virtual Academic Tutoring Day 3 December 2020

Academic Tutoring Day will take place virtually this year on Thursday, 3 December 2020. We are asking parents to complete a form with their child. Please [click here for the Student Academic Tutoring Form](#) for you to complete with your child. Please ensure the form is accessed and submitted using your child's school email address and not your email. It is very important that you spend the time to complete this form together - there are questions about how well students feel they are learning and wellbeing questions. They also need to set their three Academic Tutoring Day targets for each subject they study. These should be generated from the ones contained in the [SMART Target Booklet](#).

On this day all staff will be available to read and respond to any questions you may have about the report, target setting or anything related to the school. Please email staff only on the 3rd as this day is dedicated to answering these questions and queries. We will endeavour to reply to all of these on that day where possible. Staff email addresses can be found on our website but are essentially all in the same format of initial, surname, then our domain e.g., jhigham@greycourt.org

The school will be closed to all students but they will have work to complete at home which is on Google Drive, this relates to all of the lessons they would normally have attended on the 3rd. Please ensure this is done.

Additionally all Y12 students must complete the 'Employable Me' online program which can be accessed via <https://ye-learningzone.org.uk/login>. All Y12 students will be sent their login information to enable them to access this fantastic careers programme. Each student will receive a certificate and action plan on completion of the course.

We ask that the student form is completed no later than Tuesday, 1 December 2020, and that all parents confirm they have seen the progress report by accessing the [Parent Confirmation Form](#).

In the meantime, we would be grateful if you could please click on the links below and complete our annual parent/carer survey and data protection questionnaire: School Parent/carer [survey](#)

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.

[Year 13 trial exam info booklet](#)

UCAS

A note on predicted grades

It is important to note that the grades that are predicted for UCAS are aspirational and have been taken from an amalgamation of the best grades that were achieved in the mock exams and that we add an additional grade per subject in order to allow for aspirational predictions and university offers that inspire and motivate. For example, if you got CCC last year then we would predict you BBB; BDD would turn into ACC or BBC.

However, while our UCAS predictions are aspirational, they are not necessarily a prediction of what classroom teachers feel students will achieve and do not form part of the body of data that we take into consideration when assessing how students are doing. Therefore the predictions that are coming home in reports this week are the most accurate indicator of what teachers feel are the most likely grades to be achieved at the end of the year. These are based on mock examinations, classwork, coursework and practical work (when relevant).

SIXTH FORM FANTASY FOOTBALL LEAGUE

Kudos is due to the PE department for expertly managing the keenly contested spectacle that is Sixth Form Football on a Wednesday afternoon. Not content with the term "friendly" "non-competitive" and "Corinthian" Messer's Wilmore, Flood and Murphy have started their own fantasy league with Sixth Formers assigned marks for pace, strength, shooting and transfer value. This has led to the production and feverish exchanges of Grey Court style EA FIFA 21 trading cards. Arguments have raged over unfair judgements on pace, dribbling ability and even age (in Mr Wilmore's case). Two particular cards that are in high demand across the school community are pictured below.



Thanks to the silky skilled Spaniard, Y12 student, and Cesc Fabregas wannabe - Lucas Pilcher – for agreeing to feature in this collectors' set – and for sending me a picture of himself as his school photo didn't "catch him in the right light" and he wanted to "protect his image rights." Perhaps the pick of the bunch, however, is that of the "uncompromising" Irish centre back, Mr Flood, who once featured for the Cork City regional development squad.

With Christmas approaching – a veteran's edition will be released next week featuring Mr Winch playing alongside Puskas' Mighty Magyars in the 1952 Helsinki Olympics and a framed edition of Sir Ian Poole in the 1923 White horse Cup final. Pre-orders can be placed with Mr Williams in finance (please make cheques for £10.99 out to R Clements.)

All orders placed before 1 December will receive a free florescent Grey Court cycle jacket hand signed by C Rhodes.

Mr Clements, Deputy Headteacher

Microsoft Careers & Apprenticeships talk

Sixth form students were lucky enough to have a virtual talk from Microsoft UK about their apprenticeship schemes. Lily Satterthwaite was joined by 6 interns and apprentices who were at the beginning of their career journey. They offered an insight into the application and interview process and what it's like to work for one of the biggest tech companies in the world.

Thank you to all the speakers and well done to **Mo Adan, Ella Trousdale, Katie Fibbins** and **Alex Lomaha** who asked some great questions and showed the calibre of future talent we have at Grey Court!

Many thanks to Ms Corrighan for organising this initiative and to Ms Hesse and Ms Howarth for adeptly promoting this initiative with their classes.

Feedback from Mo Adan (Y12)

I have to say that the talk today with such a paramount and important company such as Microsoft was extremely useful as it enabled me, and I'm sure many others, to gain an insight into the ins and outs of what it takes to make such a large company work.

The way in which they presented us with a variety of roles to question was fantastic in that it provides pupils like me real-life job prospects that we may be considering.

What I took away from today was that apprenticeships and internships can boost your employability outside of the internship itself by an outstanding margin compared to a minor one that I initially thought. In addition, that "work experience" gained is an extremely prized asset that is often sought after by most if not all companies and despite the lengthy contracts in which apprenticeships at Microsoft can be taken for, the appeal for jobs in tech and apprenticeships in general has definitely influenced my perspective of these pathways of life and learning (although I will most likely take the path of University instead of an apprenticeship/internship).

Regarding hearing the advice and experiences the interns and apprentices told us, that was definitely a highlight of the afternoon. Hearing from people who had only recently taken up their places in Microsoft gave us students a fresh insight into 'life' in work and what we can inspect if we come to a similar position. Furthermore, the understanding of the processes taken to get such highly coveted positions was very useful and I have no doubt that they will prove useful in both the near and long future.

STARS OF THE WEEK

Y12

Eylul Alsat for an excellent piece of French writing.
Ms Moore

Y13

Ellie Peace helped with technical support all day on Sunday and Monday to ensure other students' exam success. Without her learning the lighting desk and the cues for the exam performance, the piece would not have had such a strong impact.

STAR! Mr Rupert

Model UN Conference

On Wednesday, 9 December, we will be running a Model United Nations conference within school. Model UN is effectively a mock version of the real United Nations conferences attended by countries around the world in order to come up with a solution to world problems such as climate change, War and more relevantly, response to COVID. We are looking for students to take part in this which will be held during enrichment on Wednesday, 9 December. You can sign up in pairs or individually and will be assigned a country that you will represent. The motion we are arguing this year is the global response to COVID. If you are interested please email me (Daisy Whitlie 12B dwhitlie15@greycourt.org.uk) or speak to me or Miss Higham about signing up.

ORDER OF THE CONFERENCE:

- The day will start after lunch in which delegates will lay down their opening speeches highlighting their position on the matter.
- The open debate will start in which countries can debate the content of the opening speeches and come up with ideas to resolve the issue.
- Delegates will split into smaller groups to attempt to come up with a resolution they can propose to the group
- Once all of these resolutions have been presented, delegates vote on which they would like to see passed and which benefits their country the most.

Unlike the real United Nations, money is no object and there is no risk of sparking global conflict!

Many thanks to Y12 student, Daisy Whitlie, Secretary General of Grey Court's Model UN committee for organising this initiative.

Lend a helping hand

It would be great if you could fill out this questionnaire for my EPQ, which should take no more than 10 minutes to complete. I am researching a topic of current political significance, regarding to what extent has Boris Johnson lived up to his ambition of being a 21st century Winston Churchill. I'll also be exploring whether trying to be a figure like that of Churchill is a positive ambition at all. This should take more than 10 minutes, and would be really helpful if you could please spare some time to complete it. Click [here](#).

Many thanks
Alfie Price (Head Boy)

Accessing support

Remember your tutor, Ms McNicol, Ms Higham and Ms Matthew are available to talk but we recognise you may want to talk to someone outside of school and outside of your family.

Off the record	Talkoffthe-record.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

Is University Worth it? Newcastle University has published a guide about the pros and cons of going to university - mainly pros! Their eBook brings together the facts about the return on investment received by attending university and makes an interesting read. Please click [here](#) to access it.

Careers@GreyCourt

Thank you Microsoft!

On Wednesday, 25 November, sixth form students were lucky enough to have a virtual talk from Microsoft UK about their apprenticeship schemes. Lily Satterthwaite was joined by 6 interns and



The Microsoft Team



Kerian Jones
Intern
Customer Success Manager



Noorpreet Soni
Intern
Cloud Solution Architect



Montell Ince
Intern
Customer Success Manager



Nadine El Ghazzawi
Intern
Business Programme Manager



Tom Balchin
Intern
Customer Success Manager



Jashan Johal
Early in Career
Cloud Solution Architect

apprentices who are at the beginning of their career journey. They offered an insight into the application and interview process and what it's like to work for one of the biggest tech companies in the world. Thank you to Lily for offering us this opportunity to hear about some exciting opportunities.

To see their apprenticeships visit: [website](#)



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 holding this event virtually and are calling on any parents/carers who might be able to give up 30 minutes of their time to support this event 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!

Y8 Gradu8 Programme

Y8 are starting their careers challenge using www.startprofile.com to research their careers ideas. We look forward to seeing what their aspirations are!



The deadline for submission is 14 December.

Post-16 open events & applications

Grey Court Sixth Form

Application deadline: 15 December

Kingston College

Open event: 9 December

Please register via their [website](#)

Nescot College

23 November to 3 December:

Nescot has a range of [online events](#) to help you find out more about the college and courses.

Parental Guidance from the Careers Writers Association There are some useful [articles](#) on a range of topics including on how to choose A Levels or making subject choices at 14. Well worth a look!

Upcoming events

InvestIN provides students aged 12-18 with the opportunity to work alongside top professionals in some of the world's most competitive and desirable careers - law, medicine, investment banking, engineering and many more.

[Register](#) now for their free-of-charge 'Live Online' event where executives from these industries will tell you:

The most in-demand skills top employers are looking for, and how to get them; the role you can play in helping them achieve their aims; guidance on work experience, interview techniques, LinkedIn profiles and more

See the flyer at the end of this bulletin.

Careers advice If you need any support contact Miss Corrighan bcorrighan@greycourt.org.uk

ERSA Parent Workshop

ERSA - Emotionally Related School Avoidance.

How to support your child if they are struggling to come to school.

Click [here](#) to access the workshop.

Managing your child's mental health—free workshops for parents from Richmond Borough Mind

Richmond Borough Mind are currently running a series of two mental health workshops for parents starting next Monday, 30 November. These workshops offer an introduction to being aware of mental health issues in children; the second workshop goes into more depth about mental health conditions that could be affecting their child. The workshops are **free** and are an hour long.

Workshop 1 (click [here](#) to book on Eventbrite)

Mental Health Awareness for Parents

Monday, 30 November at 7pm **or**

Wednesday, 2 December at 7pm

As a parent we often find ourselves ill-equipped when it comes to dealing with, or even being aware of, our child's or young person's mental wellbeing. In order to help them, we first need an understanding ourselves of what we mean by mental health. Second, the tools to help our young person with any emotional difficulties. The first of these two workshops are designed with this in mind and will help you to support your child or young person. In this first workshop you will learn more about mental health and recognise the symptoms of mental health issues in children.

- Learn about some of the contributing factors to a child or young person developing mental health difficulties
- Understand some of the issues in Richmond including why we have the worst youth wellbeing scores in London
- Look at the contributing factors that can lead to poor mental health
- Have a closer look at the types of mental health issues
- Focus on anxiety and how you can support a child with anxiety
- Depression – the signs and how you can support someone with depression
- Psychosis – from drug induced to schizophrenia
- Personality disorders and the resulting behaviours
- Find places and resources that can provide support and advice

Don't forget to book yourself onto the second workshop "Managing mental health difficulties in children". This workshop is also available on Eventbrite.

#Wellbeing

November Wellbeing Calendar

Click [here](#) to download

Workshop 2

Managing mental health difficulties in children (click [here](#) to book on Eventbrite)

Wednesday, 9 December **or**

Thursday, 10 December

The second of these two workshops is designed with this in mind and will help you to support your child or young person.

This second workshop will help you improve communication with your child and support them to build their own mental health resilience and will:

- Examine the pressures on young people
- Understanding self-harm and how to manage it
- What underlies eating disorders
- Managing aggression
- Supporting recovery
- Support young people to build resilience
- Understand the need for boundaries
- Developing your own toolkit and support resources
- Recognise the importance of your own wellbeing
- Where to get support

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!

Grey Court PA Easy Fundraising in 4 simple steps

1. Go to <https://www.easyfundraising.org.uk/causes/greycourtpa/>
2. Click 'support the cause' and type in your name and email address
3. Choose to either get donation reminders or click no thanks
4. Download the Easy fundraising app to your phone or use the Easy fundraising website.

#PANews

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

Park Brewery Ales

£59 for 24 cans

Park Brewery has 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 - 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?!

Please use the flyer at the end of the bulletin.

TRY YOUR LUCK with the SCHOOL LOTTO Next draw 28 November! £25,000 Grand Prize!

For every **£1 ticket** you buy, 40p will be donated to the school and 36p will go towards a prize that must be won by someone supporting Grey Court School. Not only are you supporting your school, but you have the chance to win cash prizes every week.

Congratulations to Ms L who won £28.80 last week!

Grab your [ticket](#) now in time for the next draw, and in addition you'll automatically be entered into a draw to win a NINTENDO SWITCH MEGA BUNDLE

(For any queries about the Old Lotto please continue to contact Gillian at gcpalottoclub@gmail.com)

Sports Stag

Congratulations!

Y10 athlete **Skye Swift** has been selected for the Surrey County Netball Academy Programme after two try-outs in October. Initial invitations went to more than 400 U15 netball players living in Surrey who had been recommended by either their local club or their school. After the initial trial, approximately half of the players were invited back to a second day of try-outs. A week later, a final selection was made and the successful athletes were offered an academy place. Once practice begins, the athletes will continue to be evaluated to determine whether their final placement will be in the County Team Academy or the County Development Academy for this year.

Well done, Skye

Ms Shaw, HO Girls' PE



Inter-house Results

Y7a girls' cross country

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

Top 5 individual girls:

- | | |
|-----|-------------------|
| 1st | Leyla Anjum-Smith |
| 2nd | Lily Bogsted |
| 3rd | Myla Aihevba |
| 4th | Amelia Davies |
| 5th | Lily Burnett |



Y7b girls' cross country

- | | |
|-----------|-----------------|
| Joint 1st | Roman and Aztec |
| 3rd | Spartan |
| 4th | Trojan |

Top 5 individual girls:

- | | |
|-----|----------------------|
| 1st | Matilda Dibb |
| 2nd | Ella James |
| 3rd | Neve Rugette |
| 4th | Gabrielle Judkiewicz |
| 5th | Katrina Killey |



Y7a boys' cross country

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

Top 3 individual boys:

- 1st Rory McGregor
- 2nd Barney Ramsay
- 3rd Marcus Luetchens



Y8ab girls' cross country

Top 5 individual girls:

- 1. Rosie amcDermott
- 2. Rosa Duncalf
- 3. Lexi Lavercombe
- 4. Scarlett Clarke
- 5. Leslie Martin

Top 5 places for the whole of Y8 boys:

- | | |
|-----------------|-------|
| Josh H White | 9:25 |
| Dylan Rajupaksa | 9:43 |
| James Russell | 10:12 |
| Bertie Thomas | 10:12 |
| Jeremy McCarthy | 10:14 |

Well done!

Y8ab boys' cross country

Top 5 individual boys:

- 1. James Russell
- 2. Jeremy McCarthy
- 3. Hugo Griffiths
- 4. Patrick Chapman
- 5. Harry Rust



London Youth Games Virtual Cross Country

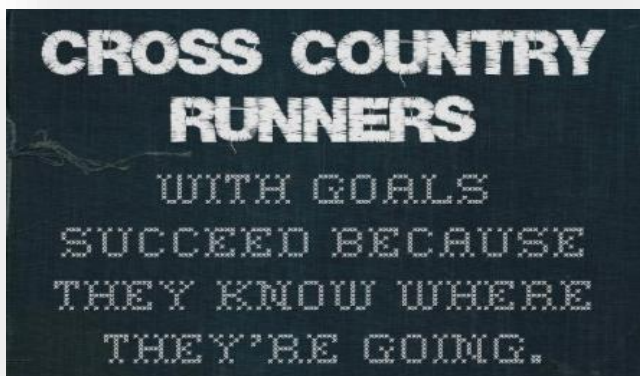
Well done to all who ran on Wednesday morning!



Charlie Richardson, Felix Allen, Marcus Rodgers, Ned Thomas, Frederick Haugaard



Martha Collins, Harriet Wiltshire, Bella Asghar, Victoria Haugaard, Amy Phipps



Fantasy Football Competition

Click [here](#) to see this week's results for Y10A and Y9A bands

Mr Murphy, PE

#KeepKidsActive

A series of free home fitness sessions hosted by The Harlequins Foundation for a month:

- Free, fun fitness sessions
- Competitions, challenges, and special guests
- Ages 14+ (though open to the whole family)
6:00 - 6:45 pm (via Zoom)
- Monday & Wednesday (16th Nov - 16th Dec)

Registration:

Monday's <https://forms.gle/4dJLDAcHTAqmCCi87>

Wednesday's <https://forms.gle/wL9Q6JJUNydBeYmK6>

COMMUNITY SPORTS TRUST

Click [here](#) for the link to our latest Soccer exercise video for you to do at home

Community
Sports
Trust



ANYTHING IS POSSIBLE

Join England football Manager and author of 'Anything is Possible', Gareth Southgate, and Youtube gamer and entertainer, Sharky, to talk about Gareth's England football career and insight – all in partnership with Penguin Talks!

Date: Tuesday, 1 December

Time: 16:00 – 17:00

Speakers: Gareth Southgate, England Football Manager and Sharky, Youtube Gamer & Entertainer

[CLICK HERE TO JOIN](#)

In this event, England football Manager and author of Anything is Possible, Gareth Southgate, is joined by Youtube gamer and entertainer, Sharky, to reflect on the experiences and lessons of Gareth's career. He will share how young people can thrive and make the most of their lives, by being brave, being kind and following their dreams.

Book Stag

Salutations from the weekly periodical of the school library. It is a compendium of current trends and interests forwarded by the students and staff of Grey Court.

News

Join The Big Read

CALLING ALL YEAR 7S

The purpose of the Big Read is to find the ideal book for the next year's year 7s. This title will then be bought and given to every year 6 student who is making their way to Grey Court next summer. Last year's book club chose, *Swimming Against the Storm* as the best title and this gave a commonality and an introduction to the school and each other during a very uncertain time. And, it is now time to start the whole process again. If you are interested having your say and making a different please come to the school library whenever you can for more information.

"Be part of something that is instrumental in the introduction of the new year 7s"



A Wrinkle in Time, the winner of the 1963 Newbery Medal, celebrated its 50th anniversary in 2013 and continues to thrive. It holds the ranking by many critics as one of the most frequently banned novels of all time.

Madeleine was born on November 29th, 1918. She went to Smith College and studied English. She graduated with honours and moved to New York. Working in theatre with a flexible schedule gave her the time to write. She published her first two novels during these years—*A Small Rain* and *Ilsa*.

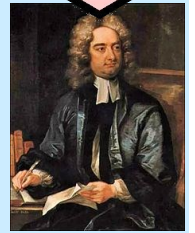
Madeleine began her association with the Cathedral Church of St. John the Divine, where she was the librarian and maintained an office for more than thirty years. She lived through the 20th century and into the 21st and wrote over 60 books.



Jonathan Swift was an Irish author and satirist. Best known for writing *Gulliver's Travels*, he was dean of St. Patrick's Cathedral in Dublin.

Born on November 30, 1667, Irish author, clergyman and satirist Jonathan Swift grew up fatherless. Under the care of his uncle, he received a bachelor's degree from Trinity College and then worked as a statesman's assistant. Eventually, he became dean of St. Patrick's Cathedral in Dublin. Most of his writings were published under pseudonyms. He best remembered for his 1726 book *Gulliver's Travels*.

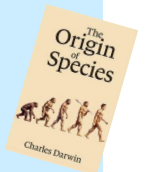
Happy Birthday



This Week in History

November 23, 1859 - Wild West outlaw Billy the Kid (1859-1881) was born in New York City (probably as Henry McCarty, better known as William H. Bonney).

November 24, 1859 - Charles Darwin's book *On the Origin of Species by Means of Natural Selection* was first published, theorizing that all the living creatures descended from a common ancestor.



November 27, 1701 - Anders Celsius (1701-1744) was born in Sweden. He invented the centigrade (Celsius) temperature scale.

AR Stars of the Week

To acknowledge the effort that year 7s & 8s put into their reading. This week students have been picked because of they have earned the most points in their classes.

Book of the Week



7aL
Daniel Iancu
7aV
Ali Shahjahan
Aleeza Bilal
7aX
Eshwa Haidrani
7bD
Paige Alboni
Oliver Atkins
Marcos Daras
Alfie Grimshw-Miller
Leon Hughes
Ela Jahanbeglou
Zaki Malik
Emily Phipps
7bL
Ane Katherine BB
Gabrielle Judkiewicz
7bV
Uma Cizmic
Martha Huddart
Isabella Leguel
Maia Sehgal
Mali Westbrook

Philine Zoeller
7bX
Isaac Duru
Baraka Katuga
Jayesh Khosti
Leem Mohamed
Zak Selami
8aC
William Bond
Charlotte Delaney
Savannah Ogbuji
Stuart Rae
8aV
Iris Cardwell
8aX
Asif Malik
Lucy-Jo Nicholas
8bC
Janik Buchbinder
Joshua Burrows
Xin Ying Chen
Oliver Gowe
Kaya Mavituna
8bV
Joseph Belfield

Harjeet Baryan
8bX
Ida Blom Bryndum
Teo Casolin
Julila Ciasnocha

What's On This Winter ?

Communications and Diversity

SMALL AXE

MUST-SEE THIS WINTER:

Small Axe is a collection of 5 films depicting Black British stories. Directed by Steve McQueen, this project has been in the works for 10 years and focuses on a part of

our history we often brush over - The British Civil rights Movement. Described by the BBC as '*Love letters to black resilience and triumph in London's West Indian community*' these vivid stories of hard-won victories in the face of racism are a must watch for those who want to learn about the British Civil Rights movement.

Link to Small Axe:

<https://www.bbc.co.uk/programmes/p08vxt33>



Poetry LGBTQ+ Open Mic Night (on zoom)

Upcoming dates: 6 December and 20th December

- Free entry
- 5:00pm - 7:30pm

Everyone is welcome and encouraged to read their poetry for 5 minutes each.

This event is run on a pay what you can basis so you can pay as little as you want!

This is a great opportunity for creative queer people to showcase their writing and perhaps find some supportive people and inspiration!

This event takes place every month but there are only 15 slots available for poetry

But you can also apply to be a member of the audience!

Link to sign up:

<https://prideinlondon.org/event/poetry-lgbt-open-mic-on-zoom-1szz0LeJdL07S9YeAgFrJR/>



Book of the Season:

'On Earth We're Briefly Gorgeous' is the tale of a Vietnamese mother and her son, with this book being framed as a letter written by the son

to his mother, who cannot speak English. Telling the story of 'Little Dog's' life, Ocean Vuong explores what it means to grow up in a first generation immigrant household and the struggles that come with that, whether that be language, sexuality, or the complicated history left behind. This book is beautifully written and is also relatively short so anyone can pick it up and have a go, I promise you it will be worth it.

What's On This Winter ?

Communications and Diversity

Singer of the Season: Arlo Parks

(taken from <https://www.arloparksofficial.com>)

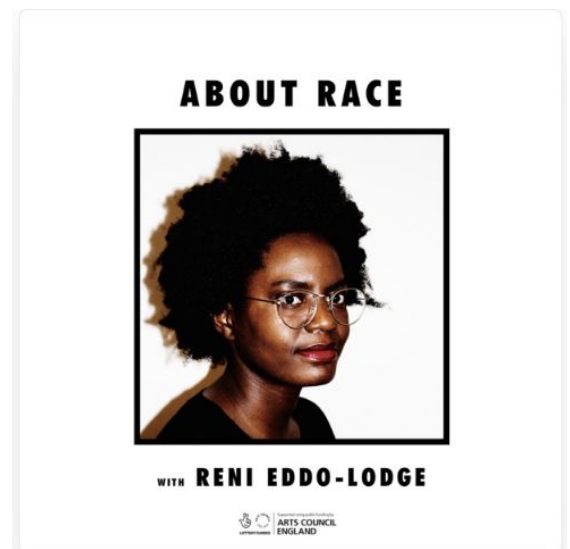
Arlo Parks is a singer-songwriter from London. In her words she spent most of school feeling like that black kid who couldn't dance for shit, listening to too much emo music and crushing on some girl in her Spanish class. Her songs are confessional and tender, mainly inspired by Portishead and Earl Sweatshirt.

Her music is both calming and catchy and she explores themes of depression, what it means to be a queer black woman in 2020 and identity.



Podcast of the Season: 'About Race with Reni Eddo-Lodge'

After Reni Eddo-Lodge's book 'Why I'm No Longer Talking to White People about Race' made records in the Bestseller charts this summer, she has released a podcast in which she dives into the complex and multi-faceted discussion of race. Featuring key voices from the last few decades of anti-racist activism, About Race with Reni Eddo-Lodge looks at the recent history that led to the politics of today. Have a listen to further involve yourself in becoming actively anti-racist and aware of the culture we live in today and its intrinsic links to racism.



Some websites to find further resources/ information about Diversity:

<https://www.stonewall.org.uk/help-and-advice> - if you'd like any information on LGBTQ+ issues

<https://www.bbc.co.uk/bitesize/articles/zs9n2v4> - to learn more about 'anti-racism'

<https://lgbt.foundation/meet-the-team> - an LGBTQ+ UK charity that provides lots of helpful information on queerness and offers support and guidance, as well as shows you where to go in local areas.



VPA
PRODUCTIONS PRESENT

DEC. 17TH. VIA ONLINE LINK
5:00PM



Christmas 'from your couch'

FEATURING.....

'SNOW WHITE AND THE FIVE DWARFS'

BY AMANDA BURTON

EDIE BING, KITTY FINNIE & ELLA TROUSDALE

And Songs and Music by Year 10 Students

**Please consider donating to the VPA Faculty
Production Fund to support future events**

You can do this via Scopay on the website-

www.scopay.com/greycourt



SNOW WHITE

& THE 5 DWARVES



The Covid safe &
Socially Distanced Pantomime



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

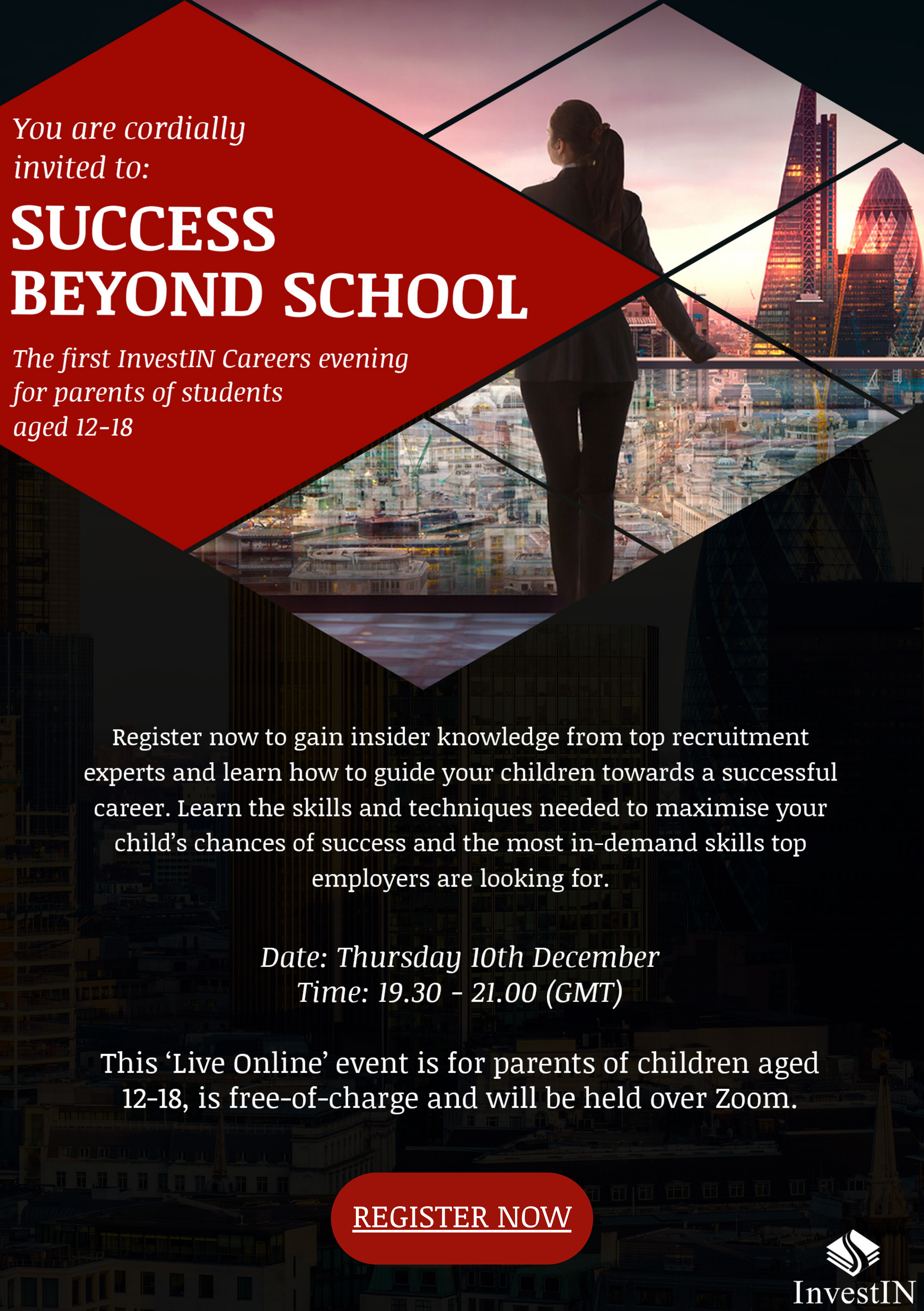
Come and choose from hundreds of standard and premium Christmas trees of all sizes alongside wreaths, stands and winter flowering plants.

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.



*You are cordially
invited to:*

SUCCESS BEYOND SCHOOL

*The first InvestIN Careers evening
for parents of students
aged 12-18*

Register now to gain insider knowledge from top recruitment experts and learn how to guide your children towards a successful career. Learn the skills and techniques needed to maximise your child's chances of success and the most in-demand skills top employers are looking for.

*Date: Thursday 10th December
Time: 19.30 - 21.00 (GMT)*

This 'Live Online' event is for parents of children aged 12-18, is free-of-charge and will be held over Zoom.

[REGISTER NOW](#)

Stay Home, Stay Safe, Workout



- * Free Fitness Fun for the whole family!
- * Weekly competitions & challenges
- * Special Harlequins guests
- * Monday's & Wednesday's (6 - 6:45pm)

