

Grey Court School eBulletin

15 March 2024



Contents

3	#KeepInTouch
4	Drama Students take part in Meta;morphed
26	Donations for Africa!
28	Vacancies!
30	KS3+4 News
40	Food and Nutrition Ms Campbell
47	Jack Petchey 'Speak Out Challenge' Mr Clements
50	Enterprise Events
54	Extracurricular Timetable
58	Wellbeing and PDW
63	Careers Update Miss Corrighan and Ms Holmes
66	Sixth Form News
73	Sports News
82	What's on in the neighbourhood... and beyond
88	Easter Holiday Camps

#KeepInTouch

23-24 Term Dates

School Events

Sports TT

Sport SOCS

Extracurricular TT

Education Fund

ScoPay

Breakfast Menu

Weekly Menu

Graze Menu



The Uniform Shop

Thursday 21 March

Closed on 21 March

Contact:

miss@greycourt.org.uk



“Why aren’t there more opportunities for extra-curricular drama at KS4?”

These words uttered by a couple of year 11 students, who will remain nameless, were ringing in my ears when a fortuitous email from Education Producer at the Lyric Hammersmith, landed in my inbox in early September. The email was packed with information about their upcoming shows, ticket offers and other events and as I scrolled down, something caught my eye. World renowned theatre company, Frantic Assembly, were to perform their adaptation of Franz Kafka’s *Metamorphosis*. I read on. They were also offering a teacher training workshop to explore the Frantic method. Brilliant! I read further. In collaboration with Frantic Assembly, the Lyric Theatre were taking applications for a free project for two state secondary schools and two SEND provisions/schools from West London to take part in a series of four workshops run by Frantic Assembly practitioners. The workshops would employ the Frantic method to respond creatively to *Metamorphosis* supporting learners studying Physical Theatre and Devising, culminating in a group sharing and day of rehearsals/final performance at the Lyric to an invited audience.

This was an opportunity not to be missed and so, on a bit of a whim and with very low expectations of actually being selected, I filled out the application form. I had a very particular group of students in mind; my year 11 GCSE Drama class. I was thrilled when, just a few weeks later, I received an email congratulating us on being selected to participate in the project!

A few days before our first workshop, I spoke to our Frantic Assembly practitioner on a video call to introduce ourselves to one another, provide some context about the group, find out about the ideas for the project and do some planning. Richard James-Neale is an actor and movement director with over 20 years’ experience working in the industry, so it was clear we would be in very safe and capable hands.

Drama Students take part in the Lyric Theatre & Frantic Assembly’s School’s Response Project: **Meta;morphed**

- Ms Burton



“I have no idea what the outcome will be or why we are doing it yet... but that is okay.”

After introducing himself to the group, this was the first thing Richard said, setting the tone for the rest of the project. The group’s response to this was fantastic and they immediately took it in their stride. They were not at all put off about stepping into this unknown territory.



This first workshop was mostly focussed on the frantic method and techniques for physical ensemble work. Richard started with a high energy warm up and then introduced ***push hands***, a trust exercise that encourages performers in pairs, to guide or be led through the space through touch alone.



This was followed by masterclass on lifts including *bodyguard*, where the ensemble moving around the space in chorus had to react to support their “VIP” to safely fall/lean back towards the ground.





This eventually led to the “VIP” being lifted above their groups’ heads, before moving onto the *Calippo lift*, where one member of the group is lifted straight up through the middle of the group.





An adaptation of this
was to do the same lift
but against a flat wall





Lastly, Richard finished the session with a free writing task in which he asked students to answer the following questions:

1. What happens when you can't get out of bed? How does it feel? What are the sensations? What goes through your head?
2. What is something physical you did as a young child that you can no longer do? What did you really enjoy/love about it?
3. What is the most difficult/challenging part about growing up?
4. Would you go back if you could? Why?



Watch 'The Change in Me'



In week two, we were also joined by our Lyric Theatre Assistant Facilitator Lance Ray who was a big hit with the group right from the off. The warm up this week was **Slalom**, which involved students following a set path, weaving in and out of chairs, running at full pelt whilst also avoiding colliding with one another as the route overlapped other parts of the route. This was repeated several times with small adaptations each time until the route was memorised and the chairs could be removed.





From here we moved on to an exercise called **smothering** which involved working in small groups and one-by-one exploring and finding ways in which they could make their hands gradually appear from behind to the front of another member of the group.



This progressed to the ensemble connecting all together on each move and then travelling towards the mouth to cover it as if to 'silence' the individual, eventually leading to the group 'swallowing' the individual they were smothering. From this exercise we moved into creating **Broken Floor** sequences which involved students mixing up and working in new small groups. One member of the group explored different ways of trying to get up from the floor before collapsing back to the ground to create a sequence. Once they had created this the other members of the group acted out as if they were the ones to instigate the collapse, by pulling or dragging limbs, pushing them over or stepping on them.



After another high energy warm up to a bouncy soundtrack, we explored two further exercises in workshop 3. The first was ***Mirrors***, a simple solo exercise that involved the students building up a sequence imagining that they were examining their face and body in a mirror. The final exercise that would make its way into the final piece were the ***Leaves Duets*** inspired by the motif of leaves appearing repeatedly in their early free writing task in the first workshop. Richard gave the students a piece of paper informing them that they were to imagine it was extremely precious and something of sentimental value to them, such as a family photograph. In pairs they then lead each other around the room, one of them holding the slip of paper gliding it around in front for their partner to chase. It was at this point Richard unveiled our script. The lines and phrases also lifted from the free writing task in the first workshop and simply tidied up and curated together into a beautiful script





exploring the transition from young child into young adulthood, and leaving the whimsical magic of childhood behind for the new pressures of growing up. We read through the script, with each student thrilled to find sections of their writing included. When I informed the group of this project early on, Azelea Ovuike had asked if it would be possible to support the technical side of the production and so we had also brought James Glanville in year 10 on board for the experience. It was at this stage that he confirmed they would be able to support/shadow the lighting & sound technician and so they were tasked with preparing/gathering sound and voice recordings of all the lines, in case we wanted the lines to be delivered as voiceovers in the performance.



The fourth workshop was spent piecing everything together and running through the piece to refine and polish it and a few days later we spent an afternoon at the Lyric Theatre to meet and share our work with the other schools, work on transitions between our school's work and the other school's work and carry out a technical rehearsal.











The final performance two days later was a celebration of all they had achieved in the 4 workshops and I was moved to tears several times by our student's dedication, professionalism, enthusiasm and talent. Their final piece was a beautifully and at times heart-breaking indicator and reflection of our young people's experiences growing up.

I could not have been more proud. A huge congratulations to our performers Ashpriya Baryan, Beth Bucklow, Willis Chan, Rhodri Chow, Charlotte Delaney, Rosa Duncalf, Beatriz Fernandes, Eliza Gilbey, Libby Knowles, Kelsie Martin, Elise Mertens, Xavier Mtandabari, Eve Shaw & Joseph Woodall, and to our wonderful technician support Azelea Ovuike & James Glanville on a wonderful piece of theatre.





Special mention and thanks also need to go to Richard James-Neale (Frantic Assembly), Lance Ray, Jessica Drader (Lyric Theatre) & everyone else involved at Frantic Assembly and the Lyric Hammersmith theatre for making this project possible.

Here's what our students had to say about the project:

The Meta;morphed project was an unforgettable experience. It has taught me a completely different approach to creating devised performance and revealed that sometimes an abstract piece with fewer words can have even more meaning than one with rigid lines. I have mostly only worked with scripts and learning lines. However, the Frantic Assembly practitioners have demonstrated that drama can be so much more than words and lines and that a meaningful and powerful message can be conveyed through movement and physical actions. I loved working in different groups and working with others that I hadn't worked with before and, like this, getting to know each other better. I think that the workshop has strengthened our drama group and allowed us to trust each other and feel even more comfortable working together. The experience was very professional and gave us a great insight into the life of an actor. "

• **Elise Mertens**

"While taking part in the Lyric Frantic Assembly project I found that I connected with everyone so much more than before we had started. I found the trust exercises slightly unfathomable at first, but I quickly found it easy to settle in. I loved the idea of forming our own ideas and experiences and turning them into a script and loved the plot that developed from this. Everyone had their own words featured, which I found effective. I loved the great energy that Richard and Lance brought into the room and I would do the project again if given the opportunity and am thankful for it. "

• **Ashpriya Baryan**

"I think it was a great experience to engage more with my peers and get out of my comfort zone. It allowed us to be more comfortable with each other and work better as a group."

• **Beatriz Fernandes**

"My experience working with the Lyric Theatre and Frantic Assembly was full of excitement and enthusiasm. During the four weeks that we were working on our piece I felt like I gained new skills every session. I grew more comfortable working on physical touch with people I hadn't worked with before, I grew an increase of confidence, being able to perform in front of an audience, I also think that my body language and physicality has improved and I am now more able to make what I am feeling obvious. Overall I really enjoyed the creative journey and it's something that I will forever be grateful for experiencing."

• **Eliza Gilbey**

"I loved the experience of creating our own work and coming together as a group to perform this amazing, nostalgic piece. I am so grateful for the opportunity as it really brought us together as a drama class. It was so, so fun to perform on a stage when our grades didn't depend on it and it was a lovely chance just to have fun and create something we all enjoyed performing. The experience was a 10/10 and everyone there was so nice and delightful to work with. Thank you Miss Burton for making this happen."

• **Maja Hehir**

"Taking part in the Frantic Assembly Workshop was one of the best experiences I have ever had in my life. The methods of devising that Frantic Assembly use are very different to what I am used to but I was very curious to adapt to that very physical way of working and enjoyed doing so alongside my classmates. I was very proud of the piece that we managed to create and felt as though we encapsulated the Frantic way in our piece and portrayed a beautiful story. Our director was amazing and the experience was unforgettable."

• **Elsie Hobson**

"I really enjoyed the frantic assembly workshops. We spent a lot of time getting comfortable in each other's space and we had a full workshop dedicated to lifting and trust exercises. Working with the assistants was also really exciting and they were brilliant to work with. My favourite part about the whole experience was being able to perform in the Lyric Hammersmith. It was so cool to work in such a great space and with other schools. I loved every part of the process, including the writing and bonding exercises. It was super fun and exciting. I would love to do it again if I got the opportunity to. "

• **Libby Knowles**

"This project has been the best activity I have ever done and I really do wish I could do it all over again. I think the most amazing thing about this project was how we put our piece together. Early on in the process, we seemed to just be doing 'warm ups' but in reality it was all going to be part of our final performance in some way. Another thing that was amazing was how we all thought the storyline was going to be confusing, as all of our writing was being pieced together, but it wasn't and it just made sense. I really enjoyed getting to know our Frantic Assembly Practitioner, Richard, and Lyric Theatre assistant facilitator Lance. They were so kind and funny. I also loved getting closer with my drama class. At first you get really close and touchy with each other which is not the drama we are familiar with, but it was something different and everyone was so easy to work with, so it didn't feel weird. All of this added up was just an amazing experience. I wish I had a time machine to go back and do it again."

• **Kelsie Martin**

"From the warm up exercises, the lifts, the bonds we strengthened and the final product, everything was so much fun. One of my favourite parts of the process was when we would be in a group and one of us would just stop and start leaning over and the rest of us would quickly have to react and adapt to catch them and then lift them above our heads. This project has really helped me discover my favourite parts of the theatre industry and now I have a performance at the Lyric Hammersmith to show for it!"

• **Xavier Mtandabari**

"It was very different to everything we had done in Drama before, but in a good way. We were focused a lot more on how we move and it made me think about how I use my body and the physicality in my acting. It was a really fun experience that required a lot of trust and running across the stage, trying to remember which part came after the other, but in the end, it was a fantastic experience that brought all of us closer together."

• **Joe Woodall**

And a few final words from Richard James-Neale (Our Frantic Assembly Practitioner & Director):

My work as a Frantic Assembly practitioner has seen me work with student and professional companies the length and breadth of the UK, across Europe and the United States, leading masterclasses for drama conservatories in New York, professional performers in Los Angeles and the international renowned Cirque du Soleil in Las Vegas.

I mention this because it is important for you to understand just how exceptional I believe your students really are.

In my experience of working with young people devising and performing new work, it is rare to come across a cohort working at such a high level. Not only did they display strong performance skills when sharing their piece with a live audience, they showed commitment, dedication, creativity and bravery in the time we had together to create the work. It should be noted that this time amounted to four 2-hour workshops spread over four weeks before a tech rehearsal and final performance on Thursday 8th February. To be able to create, shape, refine and deliver the final product in such a short amount of contact time is a truly remarkable achievement; a task that would be a test for professional artists, and the quality of their work was of a level I would expect from students studying performance at degree level. In fact, the quality of their work was so high and their performances so genuine, that they moved the Education Producer at the Lyric to tears during the dress rehearsal.

Working with these 18 young people was a real privilege. Their passion, focus and work ethic meant I could be so much more ambitious than I had initially planned, creating a piece with technical physical skills as well as their authentic voices embedded in the storytelling. All the text came from their written responses to some initial questions I posed in our first session. All the choreography is their interpretation of the physical tasks I set them in the devising process. It all belongs to them. My role as the director was to listen, observe and curate the brilliant material they were producing into something we could share with an audience.

However, more than their excellent work and considerable talents, was their warmth, positivity and sense of ensemble throughout the entire process. In the rehearsal room, they were compassionate and respectful, unafraid to take risks while holding each other up (often literally). On the performance day, my colleagues at Frantic Assembly and the theatre staff at the Lyric who came into contact with the group, commented on just how well-behaved, focussed and professional they were when it came to how they conducted themselves at all times.

I could not be prouder of what we achieved together. They are all wonderful human beings who should take the confidence they have gained from this experience into every new venture they embark on.



Thank You

Donations for Africa!

Thank you for your wonderful generosity during our appeal for donations for the children of the Joe Slovo township in South Africa.



RX15 ELC

Home
Deliver
Free
Parking

I BELIEVE
REINFORCE

Superdry

Vacancies at Grey Court School



We need:

- [Exams Invigilators](#)
- [Data, Exams and Admin Assistant](#)

Click the links above to apply

MOGOS 2024

90s



British Pop

March

**Wed 20th
6.30pm**

**School
Hall**

Adult - £7

Student/Child - £5

Tickets Available on Sco-Pay or on the Door

KS3+KS4 News



YEAR 7

Another jam packed week for Y7s - as we near the end of term and look towards the Easter holidays.

This week we had several exciting activities which the students took part in. Ms Moran and the Science department celebrated Science week - with challenges throughout the week, as well as a tutor-time tin-foil-sculpture competition! On Friday was Red Nose Day, and along with non-uniform day at lunchtime were Red Nose Day challenges, including the always popular sponge a teacher game, which I am assured raised a lot of money! On Thursday, the Maths department hosted their Pi Day extravaganza - and all the Y7 and 8 students had the opportunity of taking part in the activities they had on offer! Definitely a busy week!

A huge thankyou to the PE department for putting on 7 fixtures for over 70 boys in Y7 against Cardinal Vaughan (photo below). Mr Murphy aka 'the Special One' masterminded the squads to an impressive 6 victories out of 7 games. A huge well done to all involved - and it really goes to show the opportunities on offer for all abilities at Grey Court. A special mention to Mrs Shore and her assistant manager, Teddie, who managed one of the side and notched up a victory along the way.

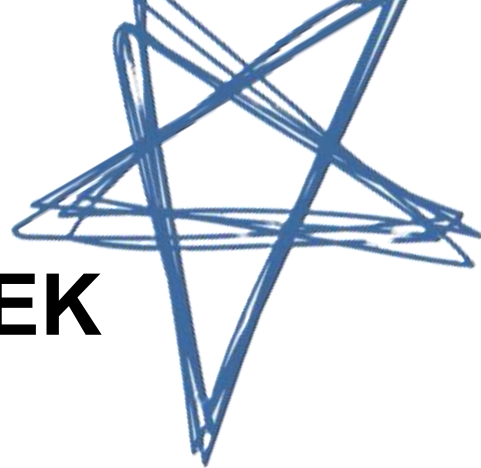


Well done to the Boys football A Team who were successful in the borough league, meaning we have won the group and progressed to the next round. We look forward to hearing about the Hockey team's who are in action this weekend, as well as the netball teams who also have fixtures on the horizon. Well done to all involved!

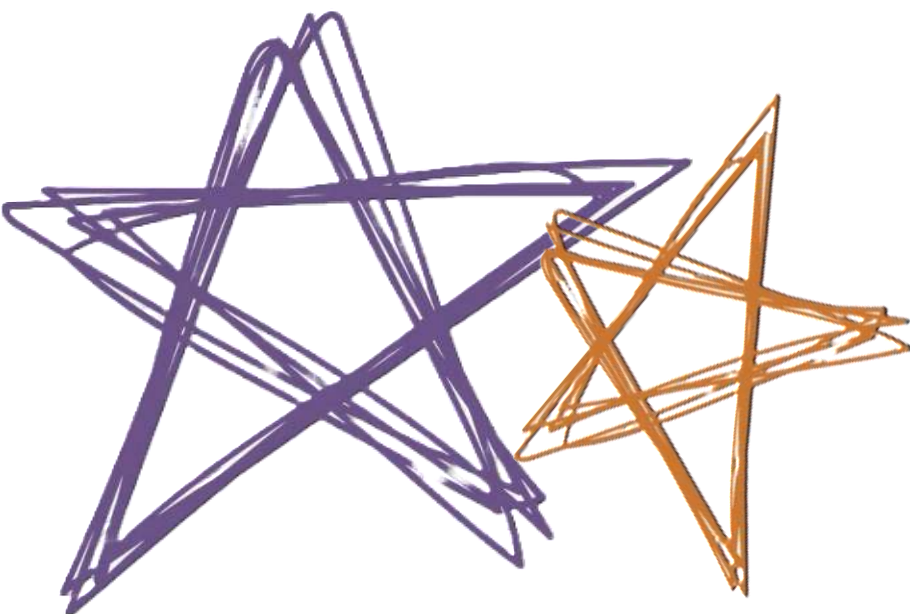
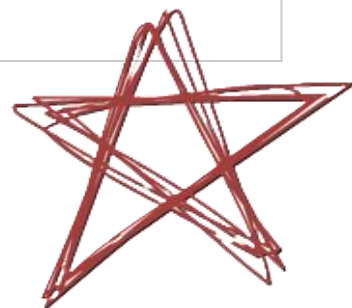
- Mr Day, Head of Year 7

Year 7

STARS OF THE WEEK



A	Alistair Y	For being very friendly and polite in form time and around school. Alistair works really hard in his lessons and is very kind and polite to all his teachers and fellow classmates
B	Alex M	For being extremely helpful to staff and classmates, as well as always positively contributing to class discussions in PDW and form time.
C	Constance L	For being a polite, kind and hardworking member of the form.
E	Gabi S	For always trying her hardest, answering questions in PDW and in form and overall being a wonderful member of Elm!
M	Karl P	For leading the form activities excellently this week - well done!
O	Atia N	For always being a hardworking, well behaved member of the form - well done!
R	Twisha R	For being a conscientious and ever-smiling student who always tries her best in every situation.
W	Cara B	For always being a kind, polite and hard working member of the form - well done!



Richmond Rugby

The **23 March** is a big Club Day at Richmond Rugby where there will be teams from all sections of the club - men, women and kids - playing at the Richmond Athletic Ground.

The U12 Boys have matches against a touring team from Gloucestershire who are coached by an ex-Richmond 1st XV player.

These will start at around 1pm (meet 12.30pm).

After the matches, all players will get free food and then take part in a 'guard of honour' on the 1st XV pitch before they take on top-of-the-table team Chinnor in what we expect will be a thrilling match in front of a bumper crowd.

Both a brilliant atmosphere to enjoy and a wonderful rugby learning opportunity.

The 23 March will be the perfect opportunity to introduce any boys loving their rugby who don't already have a club to a Club environment.

Please contact:

Neil Darke, U12 Boys Head Coach at Richmond Rugby either by email: neil.darke@btinternet.com or mobile: 07767 371 633

YEAR 9

This week year 9s experienced their last taster sessions for some of the BTEC subjects, along with their interviews with SLT and the pastoral team. Come Tuesday, the options form will be open for students to put down their 4 choices and reserve subjects. The link for this can be found at the end of the booklet and can only be accessed by the students email account. Thank you for your support so far in helping our students make the best choices for them.

Please also note that there will be a whole school uniform push for the remaining time until Easter. Please help to ensure that students are leaving home in the correct uniform.

Ms Woods, Head of Year 9

PS. Happy Red Nose Day!

YEAR 10

There are only two weeks left of this tempestuous term (and I mean that quite literally) and I don't know how many more wet breaks I can handle. With end of activity days, end of term assessments and plenty more it's safe to say that we are all quite exhausted. Despite this we need to preserve and try to get into school every day! **Year 10 Percentage Total from September to Now is 94.4%. Best Form Group is 10 Maple - 96.4%.** As you know the expected attendance is 96% please ensure that students are coming into school daily and trying to reduce those sick days as much as possible. A reminder that appointments should be booked during the half term, after school or on weekends when possible. Please ensure this is communicated with Attendance.

Happy Ramadan to all those who are celebrating. I myself have taken this week to understand the culture and show my appreciation by fasting and enjoying a wonderful Iftar meal with our resident chef Nadeera. If you haven't tried her samosas then you truly haven't lived. To all those who are fasting please ensure that you communicate with your teachers and have plenty of fresh air during the day.

Lastly, parents' evening is next Thursday. A reminder to book your appointments and ensure students are present for their meetings.

Have a lovely weekend!

Ms Comrie, Head of Year 10

YEAR 11

With less than 2 weeks left of this short term, I implore Year 11 to boost their attendance in the final slog to the Easter holidays. We are all beginning to tire but time is of the essence with a mere 5 weeks left of lesson time, before Passport sessions and exams start, we need to be in school, time, ready to learn every day.

Letters have been sent to you regarding details of our Prom, Record of Achievement Ceremony and Leavers Hoodies. Please complete the google forms at your earliest convenience. Our prom Committee has been assembled and we have been meeting to discuss themes, playlists and marketing, as well as gathering information for the Yearbook.

Please check if your child has been asked to attend the Easter revision sessions and check the days and timings of these sessions. These are invaluable and teachers have given up their holidays to run these, so please make sure your child attends! If they don't have any sessions, please encourage them to be using the exam timetable to plan a revision timetable and focus on getting their heads in gear for a positive, successful mindset in regards to exams.

We are having a uniform drive next week and we have already earmarked some students to be going on uniform reports. A reminder that shirts must be tucked in, no short skirts, no jewellery, heavy make up or false lashes. Those not following these rules will face afternoon detention.

We have our last celebration assembly for our Year Group in the last week of term, which is a wonderful way to sum up the term and those that continue to strive for excellence in subjects and with attendance and punctuality. Tutors are frantically trying to boost their quiz scores for the last Quiz Cup (Ms Rose may be disqualified for cheating)!

As the lighter mornings are finally here, I hope you enjoy a sunny spring weekend.

Miss Clark, Head of Year 11

YEAR 11

A group of seventeen students from our Year 11 cohort took part in the Intermediate Physics Challenge, previously known as the British Physics Olympiad. This event took place on 29 January.

Competing with 5071 students from 171 schools across the United Kingdom. And the results? Simply outstanding!

A staggering eleven of our brilliant students secured the **GOLD AWARD**. Additionally, four of our exceptional students attained the **SILVER AWARD**, while two others proudly attained **BRONZE AWARD**.

Dr Alaian

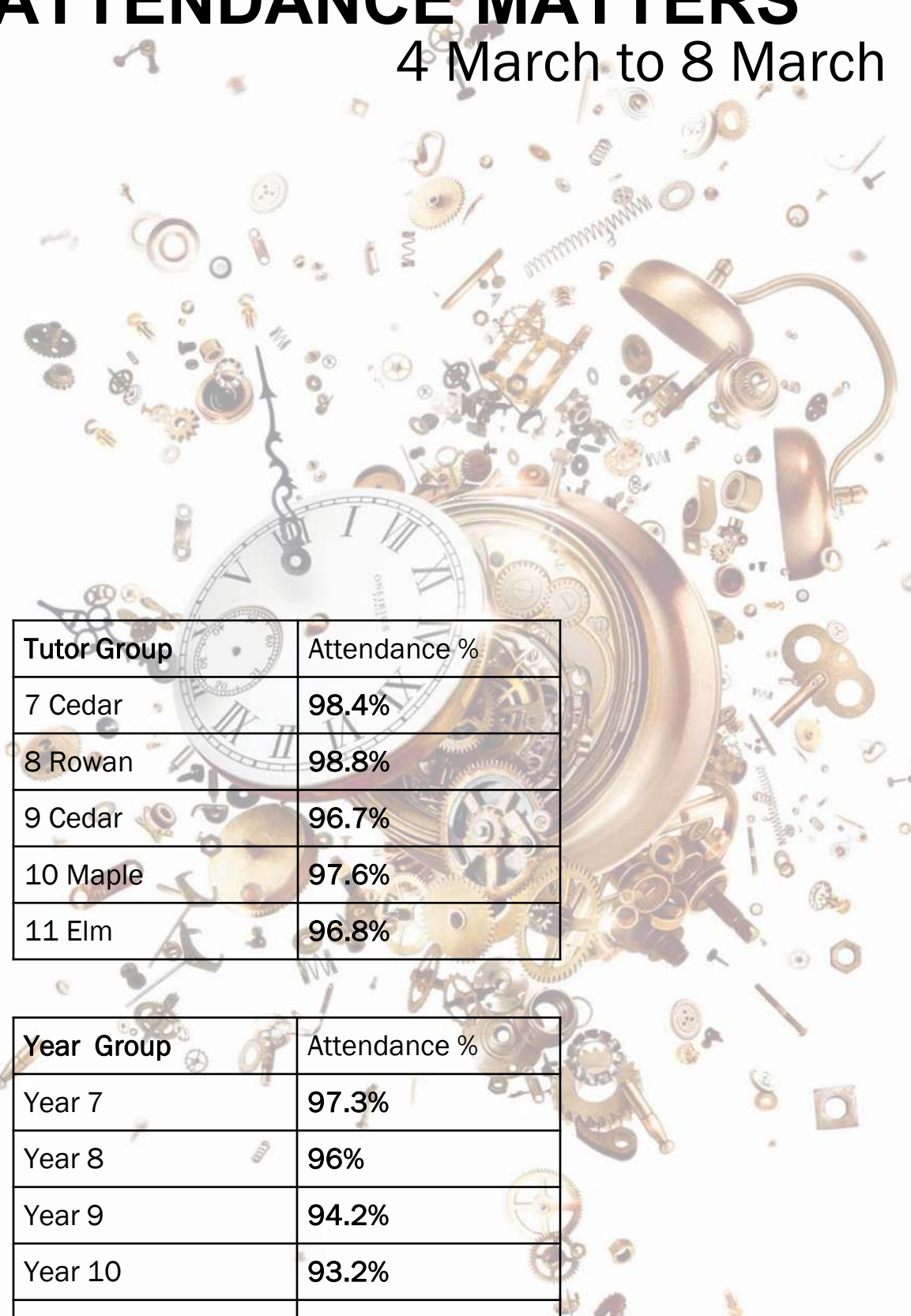
Student Name	Total Score (%)	Marks	Medal
Doruk Alpay	47.50%	19	Silver
Oliver Engelbrecht	50%	20	Gold
Fabio Gohar	50%	20	Gold
Ben Hislop	47.50%	19	Silver
Edme Hornal	52.50%	21	Gold
Finlay Janes	47.50%	19	Silver
Avani Kaur Riat	55.00%	22	Gold
Annabel Locherer	25%	10	Bronze
Alex Donnell	45%	18	Silver
Viet Hoang	47.50%	19	Silver
Josh Mauthner	25%	10	Bronze
Jeremy McCarthy	47.50%	19	Silver
Elise Mertens	55.00%	22	Gold
Oliver Myo	50%	20	Gold
Charlotte Prock	55.00%	22	Gold
Jack Verwaerde-Daniels	55.00%	22	Gold
Tudor	52.50%	21	Gold

Table 1. Grade Boundaries for 2024 to use for the Certificates.

January 2024				January 2023		January 2022		March 2021	
Award	Number of students	% of entry	Award Boundaries		Award boundaries	%	Award boundaries	%	Award boundaries
Gold	1040	20.5%	20 – 40	16.8%	22 – 40	18.9%	22 – 40	18.4 %	27 – 40
Silver	2232	44.0%	14 – 19	47.0%	15 – 21	49.4%	13 – 21	46.9 %	16 – 26
Bronze	1671	33.0%	9 – 13	28.1%	10 – 14	28.3%	6 – 12	28.2 %	9 – 15
Commend't'n	128	2.5%	0 – 8	8.1%	0 – 9	3.4%	0 – 5	6.5 %	0 – 8
TOTALS	5071	100		100%		100%		100 %	

ATTENDANCE MATTERS

4 March to 8 March



Tutor Group	Attendance %
7 Cedar	98.4%
8 Rowan	98.8%
9 Cedar	96.7%
10 Maple	97.6%
11 Elm	96.8%

Year Group	Attendance %
Year 7	97.3%
Year 8	96%
Year 9	94.2%
Year 10	93.2%
Year 11	93.3%

Food and Nutrition



Chef of the Week

Adam Mahmoud (Y10) is the Chef of the Week, for crafting a wonderful lattice pasta in his pasta workshop this week. The time and effort spent not only making this unique pasta but also developing crucial skills ahead of next year.

Well done, Adam.





Recipe of the Week

It is only fitting that our recipe of the week be 'pasta' after seeing some of the wonderful and creative creations from our year 10 cohort. We hope we can inspire some more home cooks to make their own fresh pasta. Increase the nutritional value by using natural ingredients to not only colour the pasta but provide key vitamins and minerals.

INGREDIENTS...

(Serves 2)

- 100g Pasta Flour OR Plain Flour
- 1 egg OR 2tbsp oil
- 1 tbsp puree

*If you are cooking for more than 2 people, you will need to measure how much you need to add.

How to add colour to your pasta...

- **Red Pasta:** 1 boiled beetroot & 1 orange pepper/carrot (optional, it is used to lighten the redness of the beetroot)
- **Orange Pasta:** 1 roasted red pepper -OR- 1 boiled carrot
- **Yellow Pasta:** 1 roasted yellow pepper -OR- 1 tsp turmeric powder -OR- 1-2 fresh turmeric roots
- **Green Pasta:** 1 cup spinach leaves -OR- 1 cup parsley
- **Purple Pasta:** 1 cup boiled red cabbage & 1/2 tsp baking powder (optional, used to adjust the saturation of the purple) -OR- 1-2 small baked purple potatoes



KS3 Update

Our new rotation of year 9's are in full swing, first up on the menu, Fajitas. Whilst learning more about ingredients, provenance and critical temperature points to ensure safe cooking of their high risk foods. The year 9 students understood the importance of core temperatures and executed their fajitas well. Next up is Shepherd's pie.

Our year 8 students are coming to the end of their current rotation and are being tested with burgers and buns, precision and timing is everything to ensure all the elements are completed at the same time. We wish our year 8 students the best of luck on their next rotation and hope they enjoy their final dish with us next week.

Year 7 cook up a firm favourite, fish and chips! Not just any old fish and chips, their own fish fingers with sweet potato wedges. Rounding off our year 7 rotation we finish with a practical lesson that really tests their skills and resilience, whilst also allowing them to really show what they have learnt during their rotation. We can't wait to see the next bunch of junior MasterChef's enter the kitchen.

KS4 Update

Year 10 tested their creativity by creating their own pasta, not just any pasta. Using a range of natural additives to add nutritional value and colour, they produced a range of pasta shapes from traditional tagliatelle, farfalle & cavatelli. Our year 10s learnt about different pasta from different regions with reference to food provenance whilst also learning about ingredient function. Smiles all around the food room and some students who tackled their own pasta art, by creating lattice patterns and rainbows.







Food Club

Food club has two weeks remaining before the Easter break. We want to remind students to bring containers and their £1 contributions for their ingredients each week.

Ms Holmes, Rosie, Gabrielle and Vincent make it all seem so elementary!

It was my great pleasure last week to welcome a number of students, parents, judges, guests, esteemed VIPs, teaching staff, prefects, helpers and assorted hangers on to the Regional Final of the Jack Petchey "Speak out Challenge" which Grey Court had been invited to host.

This prestigious event was organised by Grey Court's titan all things Petchey: esteemed science teacher, raconteur and public speaking champion - Ms Holmes. The Petchey Foundation has provided 250,000 students with training in the art of public speaking since its inception and Ms Holmes has organised school events alongside Mr Bashford and latterly Ms Weston for over 15 years.

Prior to the event, Ms Holmes spoke warmly of some of the memorable speakers she has coached most notably David Nool Baldonado who in 2018 spoke about how he found life in England as an immigrant and Sam Pepper, who in 2016 spoke passionately about the impending environmental catastrophe. According to Holmes, *"the Jack Petchey platform gives students a voice and builds their confidence before a receptive audience of parents, judges and their peers from across Richmond."*

As someone with the lexical talents of Rodney Trotter, you may not be surprised to learn that I did not engage in public speaking at school. Thankfully, I learnt a great deal from the inspiring oratory of Rosie Bowers, Gabrielle Judkiewicz and Vincent Noroozi Rad. These three lexical dynamos spoke from memory wowing the audience with their rhetorical flourishes and operatic hand gestures. Speaking unscripted for a full three minutes they allowed us listeners to consider the serious matters of our age. In short, I was wowed by their elan and self-confidence.

With over 100 visitors from other schools and the Richmond Community (including the Mayor and her chauffeur) attending the event it was important that we put on a big show with the Foundation and the Speakers Trust in order to provide a platform for the region's diverse oratorical talents. Many thanks to Ms Corrighan, Ms Thomas and Ms Higham for serving as Ms Holmes' minions, to Graham and the site team for sorting out the staging and the sound, to Phil the chef for the superb catering and to the Sixth Form Prefect team of Suhan, Zoe and Morgan for welcoming our guests. Finally, thank you to Kulsoon Syed who played some beautiful piano overtures in the interval.

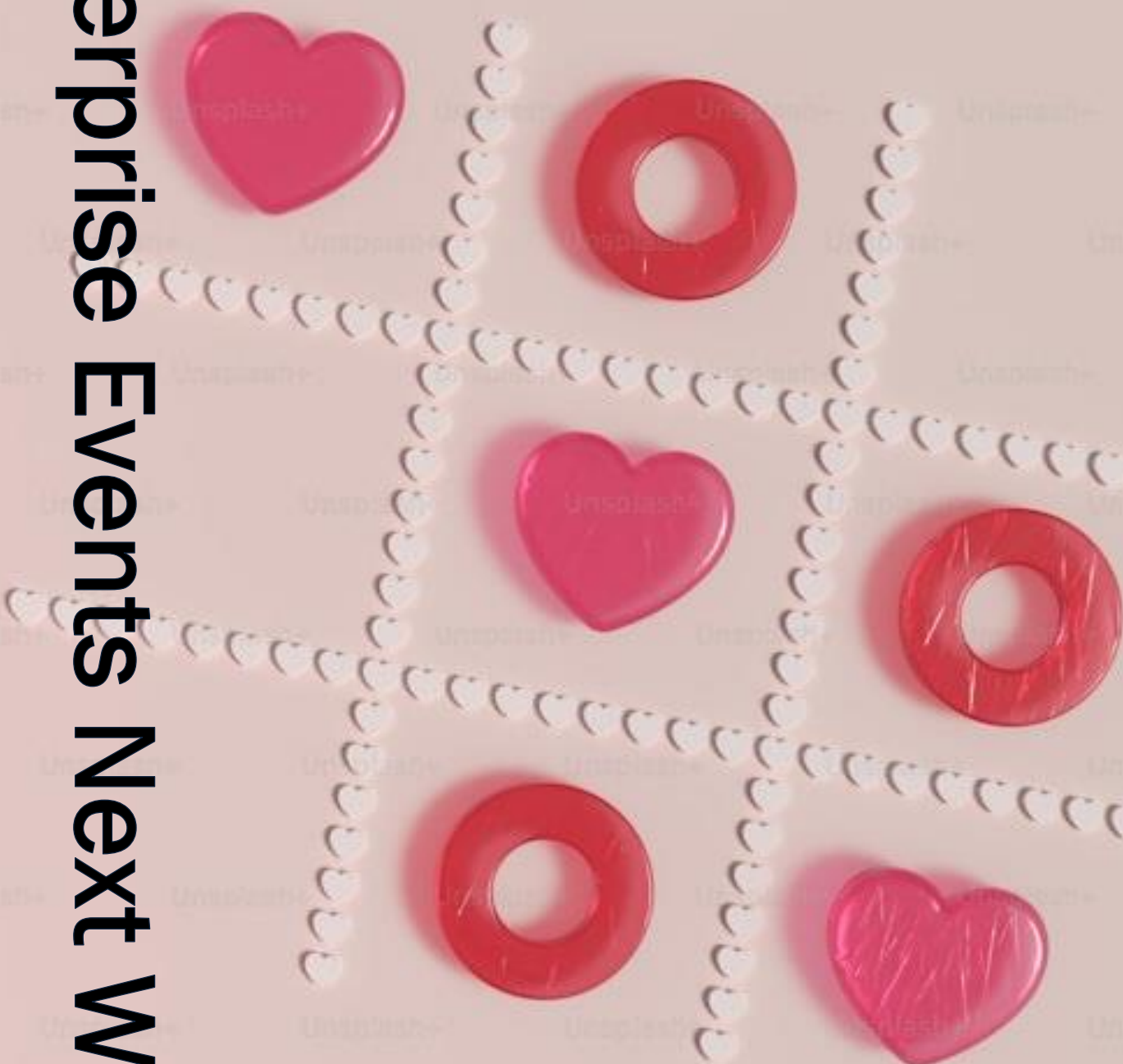
The evening was genuinely one of the best nights I have been involved in at Grey Court on account of the thought provoking and accomplished speeches that were delivered by the Grey Court students in particular, alongside their peers from across the borough. I have therefore informed Mr Holmes that I will be happy to act as her Watson in the future!

Mr Clements, Deputy Head





Enterprise Events Next Week



**3
GAMES**

**CASH
PRIZES**

BINGO BANTER

YEARS 7 + 8

PAY ON THE DOOR VIA CASH OR CARD

▶ LUNCHTIME FRIDAY 22ND MARCH - LIBRARY

3	61	18
64	54	22
21	73	11
38	7	49

**£1 PER
SQUARE**

**PRIME
AVAILABLE**

Sugar Rush

CANDY SALE

21 - 22 March

Location : Outside Sixth Form
Lunch Time





Background

We are a start up social enterprise comprising of 5 year 13 students studying business and hoping to raise money towards a good cause.



Values

At WeWashAnyCar we provide the best service for all our customers and making sure all customers are satisfied with our assistance and our willing to spend with us again.

WeWashAnyCar

Make your car a star

Goals

The profits made during our campaign are going to be donated to Cancer research UK. We aim to reach a goal of £50

Pricing of car wash- £10

Contact Us

-  Contact number: 07860684032
-  Imohanty17@greycourt.org.uk
-  Lalunadilua
-  52 Madrid Road



WeWashAnyCar

MAKE YOUR CAR A STAR



goofy ahh car



CANCER
RESEARCH
UK

CASH KICKS

Score Big, Earn Bigger – Cash Kicks, Where Goals Turn Into Gold!

£3.50 for 5 Shots Score 5 out of 5 win £10

Score 3 out of 5 win your money back!

£2.50 for 3 shots score 3 out of three to win £5

At Lunch:

YEAR 7 - MONDAY 18TH OF MARCH

YEAR 8 - TUESDAY 19TH OF MARCH

YEAR 9 - WEDNESDAY 20TH OF MARCH

YEAR 10 - THURSDAY 21ST OF MARCH

We recommend bring between £5 and £10 to maximise both your profit and enjoyment!



**LIMITED EDITION KS1
PRIME AVAILABLE**



EXTRACURRICULAR CLUBS

Extracurricular TT



DRAWING MATTERS

'Drawing Matters' is run by experienced practicing artists, Stuart Simler and Tahira Mandarino, who bring with them a broad range of skills from Fine Art and Ceramic backgrounds at BA, MFA (Hons). This course is for all pupils who have an interest in Art and especially drawing, which is an important part of childrens creative development. We encourage freedom of expression alongside learning new techniques and skills.

2024

Grey Court

Dates & Times:

22nd April - 1st July: Mondays 3.15 - 4.15pm

Year Groups: 7 to 10

Cost: £105 - 9 weeks (all materials included)
(no class: 6th & 27th May)

How to apply:

If you would like to book a place for your child on these classes please email:
Tahira: tahiramandarino@icloud.com

Payment terms BACS: Company name: Raw Ground Arts Limited

Sort: 40-26-12 Account: 32189860

Cheques made payable to: Raw Ground Arts Limited and sent to:
56 Cedar Avenue | Twickenham | TW2 7HE

Grey Court School is keen to ensure this opportunity is open to all students. Should you wish for your child to take part but need financial assistance, please contact C. Bowie: cbowie@greycourt.org.uk

We look forward to welcoming your young artist onto the course.

Stuart & Tahira

*For terms and conditions please visit: <https://www.rawgroundarts.com/drawing-matters>

**RAW
GROUND
ARTS**

RG

www.rawgroundarts.com
LONDON



CLICK PHOTOGRAPHY @ Grey Court School

Our Year 7-10 & DofE Photography Club is a fun and exciting introduction to Photography. Looking forward to an action-packed Summer term. Canon Dslrs included

Summer 2024

Topics include **Vortography**, **Summer Colour**, **Richmond Bridge**, **Jump**, **Forced Perspective**, **Filters**, **Eyebombing**, **Small World**

Classes are on Thursdays and begin on May 2nd 2024
Sessions 3.10 - 4.10pm. 9 weeks Fee £90

Click Photography Workshops is run by award winning reportage photographer Philip Hollis & Sheridan Morley, former Nikon UK Fashion Photographer of the Year

To book a place please email clickschools@gmail.com
or use the booking form on our website

clickphotographyworkshops.com



A new FREE Art Club for young people ages 14-18. The first session will be on Saturday 23 March from 2-3.30pm at Stanley Picker Gallery

<https://www.stanleypickergallery.org/events/participation/community/14-18-art-club/>



KINGSTON



ART
CLASSES
FOR
SECONDARY
SCHOOL
STUDENTS



art-k.co.uk

Email: Kingston@art-k.co.uk Phone: 07385 890738

WELLBEING & PDW



Monday 11 March to Friday 15 March

	All year groups Y7 to Y13: Voting in the Richmond and Kingston Youth Council and the UK Youth Parliament Elections
Year 7	What is/is not a crime, and what happens when you commit one?
Year 8	What is a Deep Fake and how can you identify one?
Year 9	What should you do if... you're worried about an internet scam?
Year 10	Zara McDermott – BBC – uncovering rape culture
Year 11	Staying safe at Festivals

Monday 18 March to Friday 22 March

Year 7	Attending KS5 International Festival
Year 8	How are depictions of men and women in the media dangerous?
Year 9	What should you do if... someone is struggling with their mental health
Year 10	How can you establish clear sexual boundaries?
Year 11	RS/computing

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life



10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





Counselling and Therapy

Morag Shrafeddin is a qualified Counsellor with a Masters from Roehampton University in Integrative Counselling and Psychotherapy specialising in work with Children, Adolescents and Families. She also works in Fulham as a School Project Manager with the school counselling service Place2Be.

Morag is dedicated to supporting children and adolescents with their emotional well-being and personal growth. With a compassionate and client-centred approach, she aims to empower children and young people to overcome challenges and thrive in their lives.

Morag Shrafeddin

Specialist in Children and Adolescent Therapy
(MA Roehampton University)

(M) 079 5639 2216

(E) morag@shrafeddins-therapy.co.uk

(W) shrafeddins-therapy.co.uk

National Careers Week

took place last week (4-9 March) provided an opportunity for the school to focus on Careers. We had a range of activities going on in school:

Monday

Year 11 Assembly about the National Citizenship (NCS) Programme

Welcome to NCS. We're here to help young people grow their strengths. Over 750,000 young people have already done NCS, and in 2024 we're offering a range of experiences – away from home, local community, and online – which you can find out about [here](#)

Tuesday

Year 9 Careers Networking Event

Year 9 students were fantastic! They met with a range of employers to learn about the world of work and we hope it helped them think about their future options. Thank you to all our amazing volunteers - alumni, GC parents and contacts who gave up their time to speak to the students - we value your time and energy



Tuesday

Year 12 went off to the apprenticeships fair at the Oval to explore these options. Next week we will be going to the UCAS fair to look at university options too, we want students to know about all of the options available to them.

Year 10 went to a range of workplaces and universities linked to their subjects, there were some great trips to Kingston University, Kew Gardens and many others.

Wednesday

Grey Court hosted the Borough Jack Petchey finals and our students did amazingly (see Jack Petchey article for more information)

Thursday

Year 8 had an assembly on the careers challenge which is part of Gradu8. Students will be working on this during the week commencing 18 March.

Friday

Year 7 Careers Assembly

Introducing year 7s to their career journey and how they can access career resources [Careers - BBC Bitesize](#)

King's Partnership - Globe Theatre Trip



We work closely with King's Wimbledon to offer our students a range of experiences from the Aspirations trips in years 9-11 and in school workshops and tutoring. This week the Year 9 Aspirations group went to the Globe Theatre to see Romeo and Juliet, which was a modern take on a classic play. The year 9 students were a credit to Grey Court school and really enjoyed the performance, which will help them in their end of year assessments in English.

Each week we will highlight at least one career area to show the range of opportunities available and some of the key resources. Labour Market Information (LMI) is important in planning your future career. For the full picture of the London Labour Market please see this brilliant website: [London LMI](#) and [Unifrog](#)

Where could science take your career?

From astrophysics and [climate science](#) to game design and food manufacturing, a career in science could take you to the [depths of the ocean](#) or the [outer reaches of the galaxy](#). For this year's British Science Week, let's discover some of the amazing science careers out there. With science spanning space and the oceans, the human body and AI, it's important to understand which subjects will help you along your chosen career path.

Biologists study the natural world and all the living things in it, from the largest mammals down to our very own microscopic DNA. [Read more.](#) Careers biology could lead to: [Marine biologist](#), [ecologist](#), [doctor](#), [microbiologist](#), [palaeontologist](#), [vet](#), [zoological scientist](#)

Chemists study how elements work in different conditions, how they mix and what they are made up of, right down to the tiniest particle. [Read more.](#)

Careers chemistry could lead to: [Biochemist](#), [forensic scientist](#), [industrial chemist](#), [oceanographer](#), [toxicologist](#)

Physicists look for the laws that explain why matter and energy in the universe exists, where it comes from and why it behaves the way it does [Read more.](#) Careers physics could lead to: [Acoustician](#), [aeronautical engineer](#), [astronomer](#), [computer engineer](#), [geophysicist](#), [nuclear engineer](#)

Studying other [STEM subjects](#) can also lead directly to careers in science. For example, [maths](#) will set you up for diverse roles in computing and other fields – leading to roles including such as [app developer](#) and [software developer](#). [Psychology](#) can lead to careers in therapy and the study of the human mind, such as [counsellor](#), [psychologist](#) and [psychotherapist](#)

Explore ALL your career ideas at: [Careers - BBC Bitesize](#) [Unifrog](#)

SIXTH FORM NEWS



YEAR 12

A major focus this half term is for year 12 students to arrange their summer work experience or university summer school for 1-5 July 2024.

Students have had various briefings and PDW lessons on this and they are working towards having this on the **Unifrog placements tool** by **Thursday 28 March**.

For this to be completed - it has to be on the Unifrog Placements tool, this is how we record and safeguard students on their placements. This will confirm with the employer the placement. See this step by step guide of how to add on your placement: [Unifrog - adding a placement .pdf](#)

Part of helping students become ready for the world of work is for them to go through the process of looking for work experience. We have done PDW sessions on CV writing and how to search for jobs. We support students by advertising weekly opportunities and they can access this via year 12 Google classroom - [this includes all of our work experience opportunities](#), uni events, summer schools and apprenticeship opportunities and you can see this week's edition: [15/03/2024 Sixth Form Careers opportunities](#) It's vital students are checking this weekly to not miss out.

We encourage students to take part in a range of experiences throughout the year so if other opportunities come up we can look at accommodating time off for work experience or university activities. However we will be unable to grant time off 17-28 June due to year 12 exams. If you have any questions about this please contact Miss Corrighan bcorrighan@greycourt.org.uk

YEAR 13

The Easter Trial exams will take place from the 25 March onwards. The exam booklet has been sent to the students and can be viewed using this link [Exam booklet](#)
[Trial exam timetable](#)

UCAS Discovery Fair: 18 March

As part of our post-18 options programme, and following on from our Apprenticeships Festival trip, we are taking Year 12s to a UCAS University Discovery Exhibition on Monday 18th March. This is an excellent opportunity for students to meet with representatives from over 100 universities (UK and some overseas institutions), employers, apprenticeships and other post-18 opportunities.

We have a slot booked for 1.30pm-3.00pm which will mean leaving sixth form during Period 4 to arrive at Excel in time for our booking. All Year 12s will be emailed directly by UCAS with a link to sign up and students must have their ticket (paper or electronic) to ensure quick entry into the exhibition.

The address is Royal Victoria Dock, 1 Western Gateway, London E16 1XL.

UCAS What Comes Next?

Once you have heard from all five courses you applied to you should choose a firm choice and to put in an insurance choice of university. Sounds scary but you have a deadline of 6 June to accept your choices so there is plenty of time for making decisions.

Many students will have received invites to Offer Holder Days. This is the best way of helping students choose the best course and university for them. You should look at not just the university but the city or town where it is located. Consider factors such as whether you like the set up of a campus university or a university spread across a city. Think about where you might live in the second year when you will not be living in university accommodation. You might want to think about whether there will be opportunities for part time work to help supplement your living expenses. Check out transport to and from university - how long will it take you to get there and arrive in time for your 9am lecture? How long will it take to get back to your family home and how much will it cost? What social activities does the student union offer?

When you are making your choices you should base your decision for your firm choice of the course you most want to study. When choosing an insurance choice it should be a course with a lower offer (but you are still happy to study). This will mean that if you miss your grades for your firm choice you will still be given a place on your insurance course and won't have to go through the Clearing process in August.

Please see this [UCAS guide](#) to accepting offers.

UCAS Extra

UCAS EXTRA

Extra has now opened. It allows you to add another course choice if you have received decisions from all five, and weren't accepted, or if you declined the offers you received.

Please come and talk to Ms Moore or Ms McNicol before turning down any offers you have been made and using UCAS Extra. It may be that contacting a university and asking to change your course will be a preferable way of making a change to UCAS Extra.

Student Finance

Full-time undergraduate 2024 to 2025 applications are now open! It's quick and easy to apply, it should take less than 30 minutes. To make sure you get your funding in place for the start of your course: new students should apply by 31 May 2024.

Use this link to start your application [Student Finance England](#). If you have any questions about student finance look at the UCAS pages [Student Finance - Everything you need to know](#).

EPQ Update

Completed folders should all now be with student supervisors. These need to be printed and tagged together in the order specified on the Google classroom. The only element that currently remains electronic is the log book.

However, this also needs to be completed for this stage of grading. There are no more formal sessions for this qualification.

Oxbridge Update

This week, year 12 students who are considering Oxbridge have been looking in more depth into the process and reflecting on whether they are in a position to make a competitive application. This involves developing their super curricular record and planning content for their UCAS application.



SPORTS NEWS

Grey Court Gym & Dance Show 2024

**Come along to watch our fantastic
gymnasts and dancers perform!**

Doors open at 6:30pm

The show will begin at 7:00pm

£4 for children

£6 for adult

Payment available on Scopay or on the door

**A tuck shop will be available on the night. All
proceeds will go back to Grey Court
Gymnastics and Dance.**

Tuesday 26 March



Congratulations

Congratulations to **Theo H** and **Alex M** who play for Teddington Hockey Club. They won the league two weekends ago and last Sunday won the playoff finals against the top 6 teams.

The picture is of Alex and Theo holding The London U12 Tier 1 performance league cup.

Well done, boys!



Congratulations

Congratulations to the year 7 boys football team who have won their Borough League. They won 4 out of 4 scoring 16 goals.



Well Done

Well done to the U13 girls hockey team who travelled to North London for the next stage of the Tier 2 England Hockey Competition last Friday. The girls were fantastic – played five matches, winning two, narrowly losing three and drawing with the eventual winners, Surbiton High School. With more time spent together, we have no doubt that they could be a real force in hockey, with the fantastic athleticism of the girls proving a real challenge for their more experienced opponents. Thank you to Teddington Hockey Club for coaching them and to the hockey Dads on the side lines cheering them on.



POM

Zach Sansbury

In the highly competitive Lee Valley Indoor Athletics Competition, Zach showcased his remarkable talents, contributing significantly to the U12 team's success. His standout performances not only secured the team's qualification for the final but also underscored his exceptional talent.

Zach's dedication and hard work were evident on the track, where he displayed impressive speed in the 60m race. His stellar contributions were instrumental in the team's journey to the final, exemplifying his unwavering commitment to excellence in both track and field.

Zach's performance at the Lee Valley competition was a testament to his regular practice. His achievements not only reflect his individual capabilities but also highlight how crucial hard work is.

Zach's accomplishments at the Lee Valley Indoor Athletics Competition in both track and field make him a deserving recipient of the Player of the Month accolade.



SOM

Ruby Rock

Ruby Rock has thrown herself into the wide variety of sports we have to offer here at Grey Court. Her dedication, enthusiasm and talent has been shown across Football, Cross Country, Athletics and Gymnastics. Ruby has competed in all of these sports to a high level showing commitment, hard work and her fantastic ability to work in a team as well as individually.

Ruby has showcased her Gymnastics at two Regional competitions (Milano and Floor & Vault) for the U14 girls category demonstrating great skill across the vault, floor and group routines. Throughout the year Ruby has been a key player on the U12 Girls Football team, scoring a hattrick in her first game for the team against Tiffin.

Ruby continues to develop as an athlete in Cross Country and Indoor Athletics. Ruby has competed at the Richmond Borough and Middlesex Championships whilst being at Grey Court.

Ruby also competed in the U12 Indoor Athletics team who won the overall competition by 12 points qualifying for the next round which is due to take place on Wednesday 6th March. Ruby won her heat in the 800m event, won the overall High Jump event and was part of the 4x200m relay team who came 2nd in the event. We are looking forward to seeing how Ruby gets on during the Summer Athletics season.



SOM

Phoenix Aihcvba

Phoenix has embraced his journey at Grey Court, showcasing good versatility and dedication across various sports. His standout performances with the U12 Surrey Cup basketball team and the U12 football team exemplify not only his skill but also leadership qualities on both the court and pitch. Additionally, Phoenix has impressively picked hockey up during his Wednesday morning scholarship sessions, displaying a commendable ability to adapt and excel in different sporting disciplines.

Beyond his sporting accomplishments, Phoenix's commitment extends to scholarship lessons and PE. Teachers have taken note of his dedication and positive attitude, setting a good example for his peers. It is both his lessons and sporting achievements that has made Phoenix a deserving recipient of the Sports Scholar of the Month for February. Congratulations, Phoenix, on a well-earned recognition of your outstanding contributions and achievements.



TOM

Girls' U13 Hockey

The **Girls' U13 Hockey** team competed in the England Hockey Tier 2 London Qualifiers this month. They finished top and undefeated with 4 wins and 2 draws in a tough tournament including Radnor House, Notting Hill and Ealing, St Augustine's, Teddington, Highgate and Goldolphin and Latymer.

The girls have been training really hard, gelling as a team and some starting hockey from scratch in September and playing a role in their success. Star performers: Molly Roscoe as Goalkeeper (in her first EVER hockey match! Transferring her goalie skills from football and GK skills from netball and learning the rules in 20mins, unbelievable!), Eve Archer and Ida Teggarty-Sparks for strong tackles in defence and Erin Wild for fantastic 3D elimination skills.

We are now through to finals day on 8 March. Well done, girls!!

Huge thanks goes to Neil and Teddington Hockey Club for running the sessions for the squad and coaching them on the day. We are very appreciative of the hard work to enable us to offer Hockey at Grey Court and are excited for the future.



TOM

Boys' U18 Football

The U18 football team has had an outstanding season so far, winning 8 out of 9 fixtures and scoring 30 goals along the way. They have recorded notable wins against the likes of Hollyfield, RPA, Kingston Academy and most recently, a 4-1 win in the County Cup Quarter Final against Howard of Effingham. The team played some delightful football in the 2nd half with our goals being scored by Daghan, Alessandro and Charlie R (2). The boys are looking forward to the test that the Semi Final presents and hope to go on to win some silverware for the 6th Form trophy cabinet.

Harry Davidson has been instrumental as Captain in the campaign to date and has helped harness an excellent morale amongst the well balanced side.

Good luck to the boys for the semi final!



What's on in the neighbourhood...

and beyond



50% OFF
UP TO 8 WEEKS STORAGE
PLUS AN EXTRA 10% OFF FOR AS LONG AS YOU STAY



Parents and staff of Grey Court school can benefit from 50% off their storage for the first 8 weeks plus and extra 10% off for as long as they stay. To get your storage quote including this offer go to bigyellow.co.uk/partners/greycourt

Saturday 23 March, 9am - 12noon

St Richard's Church car park, Ashburnham Rd, Ham

MEGA SKIP DAY

**Get rid of your unwanted
items for **FREE****



LONDON BOROUGH OF
RICHMOND UPON THAMES

Usually there is a charge for bulky waste collections. On **23 March**, put your unwanted items in the Council's mega skip for free.

How the mega skip works:

- Max six items per household
- First come, first served
- We accept furniture, smaller electrical appliances, black bags etc.
- We won't accept building rubble, paint or dangerous chemicals
- We will recycle the items we collect
- Please bring ID to show you are a local resident, eg. driving licence, passport or bill



We'll have people on hand to talk about:

- Tips on recycling
- The work of the Richmond Furniture Scheme



[www.richmond.gov.uk/
household_recycling](http://www.richmond.gov.uk/household_recycling)



Open Day

Saturday 23 March - 10am to 3pm

Come and try a range of inclusive and disability specific sports and exercise, including football, dance, rugby, cycling and multi-sports...

**FREE
EVENT**



The RISE event is open to individuals of all ages and ability levels. If individuals have specific support needs we ask that they attend with a carer or PA. If a participant is under 16 then a parent or carer needs to remain onsite.

Please check the website or contact us for a full programme.

Hampton Sports & Fitness Centre
Hampton High, Hanworth Road,
Hampton, TW12 3HB

Getting there:

Train: Hampton Station

Bus: 111 and R70 stop outside the centre

Parking: Car and cycle parking onsite

www.richmond.gov.uk/rise
Phone: **020 8831 6134**
Text: **07773 040219**
Email: rise@richmond.gov.uk





Petersham Horticultural Society

Family Seed Planting

1.30pm to 3.30pm

Sunday 24th March 2024

The Ham Market Garden
St Richard's CE Primary School,
Woodville Road TW10 7QW

***Want to plant a magic Bean?
Make a seedy strip?***

We are bringing our compost, pots and
trowels along for an afternoon of fun
planting and potting

Come and plant seeds in time for our PHS Show in June

All Welcome - Free Event

There will be delicious cake and tea available



Easter Holiday Camps





Easter Camps

WEEK 1 - 25TH - 28TH MAR (4 DAYS)

WEEK 2 - 2ND - 5TH APR (4 DAYS)

WEEK 3 - 08TH - 12TH APR (5 DAYS)

**All abilities
welcome!**

**Girls and Boys
(aged 4 - 15 years)**

**Led by former Middlesex player and
Director of Cricket at Richmond CC,
Adam London and his team**

Half Day £30

Full Day £50

10:00 AM - 12:30 PM

10:00 AM - 4:00 PM

1:30 PM - 4.00 PM

- Hard ball & soft ball
- ECB accredited coaches,
DBS checked & first aid
trained



SURBITON NERF EASTER *Special*



SATURDAY 30TH MARCH

4:00 PM - 5:00 PM 6 YEARS OF AGE TO 7 YEARS OF AGE

5:15 PM - 6:15 PM 8+ YEARS OF AGE

1ST HOOK SCOUT GROUP

15 VERONA DRIVE,

SURBITON

KT6 5AJ

TWICKENHAM ROWING CLUB

JUNIOR ROWING

COURSES

AGE 12-16



JOIN US!
REGISTER ONLINE

LEARN TO ROW COURSE
01/04 - 05/04
12:30 - 5:00PM

📍 EEL PIE ISLAND
TWICKENHAM
TWI 3DY



juniors@twickenhamrc.co.uk



www.twickenhamrc.co.uk

Team Keane

Team Keane is running two weeks of Camps.

Dates are below but further information can also be found on our website, <https://www.teamkeane.com/rowing/camps/easter-camp>

Week 1: 2-5 April, 10-3 each day

Week 2: 8-12 April, 10-3 each day

Parents, if you would like to book and take advantage of this opportunity please use the following link to book your place today.

Please note spaces are limited so don't wait too long as these camps are very popular and fill up fast!

>>[BOOK HERE](https://www.teamkeane.com/rowing/camps/easter-camp)<<



— NETBALL —
COACH
UK

RICHMOND NETBALL CAMP



*Open to players
of all abilities*



*Qualified
coaches*



*Fun and
friendly*



*Outdoor
venue*

**2ND, 3RD APRIL
8TH, 9TH*, 10TH APRIL**

**GREY COURT SCHOOL,
RICHMOND UPON THAMES
TW10 7HN**

9.00AM - 12NOON

**SCHOOL YEARS 3-10
(SPLIT AGE GROUPS)**

BOOK HERE 

**Guest coaching from
England player Emma
Thacker Tuesday 9th*



www.netballcoachuk.com/camps

Easter Rugby Camp

Contact, non-contact & touch rugby games
All abilities and strengths catered for
Boys and girls both welcome

2nd April to 4th April
9th April to 11th April



**Richmond
Rugby**

Children Aged 5-16
From 9:00 to 15:00 each day
Members and non-members welcome
Strength and conditioning for u13+

Scan!

this QR code to
book your child a
spot!



Richmond Rugby, Richmond Athletic Ground, Twickenham Road, Richmond TW9 2SF

Email: communityteam@richmondrc.co.uk Phone: 07436 542895

Easter Rugby Camp

The finer details

We accept all abilities from children who have never played before to children who have played through the years. We do not expect you to be a member of our club but someone who enjoys the outdoors and loves making new friends.

The camps offer fun, structured rugby-based sessions that help your child(ren) **develop their fundamental movement skills, hand-eye coordination, and interactions with other kids.** The children will learn how to kick, pass, ruck, tackle, and jackal safely. We aim to build strong foundations of the basics of rugby and to improve what has already been built.

We provided a unique experience where **young people can challenge their abilities, learn new skills, set challenges for themselves, and achieve those challenges, improving their problem-solving and leadership skills.** All while being in a safe and enjoyable environment.

Our coaches play the First team for the men's and women's teams of Richmond Rugby. Our coaches are DBS-checked and are all RFU level 2 qualified coaches. Please make sure your child brings appropriate outdoor clothes for all weather conditions and a packed lunch with a water bottle.

£35 for one day. **£65** for two days. **£90** for three days.

Please click here to book.

<https://www.clubs-hub.com/richmond/index.cfm?event=event&eventId=65865>

EASTER CAMP

JOIN US AS YOU GET TO LEARN, GROW AND MOST IMPORTANTLY,
HAVE FUN EVERY SINGLE DAY YOU SPEND WITH US AT CAMP!



-  Arts & Crafts
-  Sports Activities
-  Creative Free Play
-  Gym & Dance/Street Dance...AND MORE

CAMP DETAILS:

-  2nd - 5th April 2024 (Tues - Fri)
-  10am - 2pm | Ages 11-16 Years
-  £20 per day OR Funded for those eligible
-  Grey Court School, Ham Street, Ham,
Richmond Upon Thames, TW10 7HN
-  schoolcampinfo@ourparks.org.uk
-  07306297789

BOOK NOW

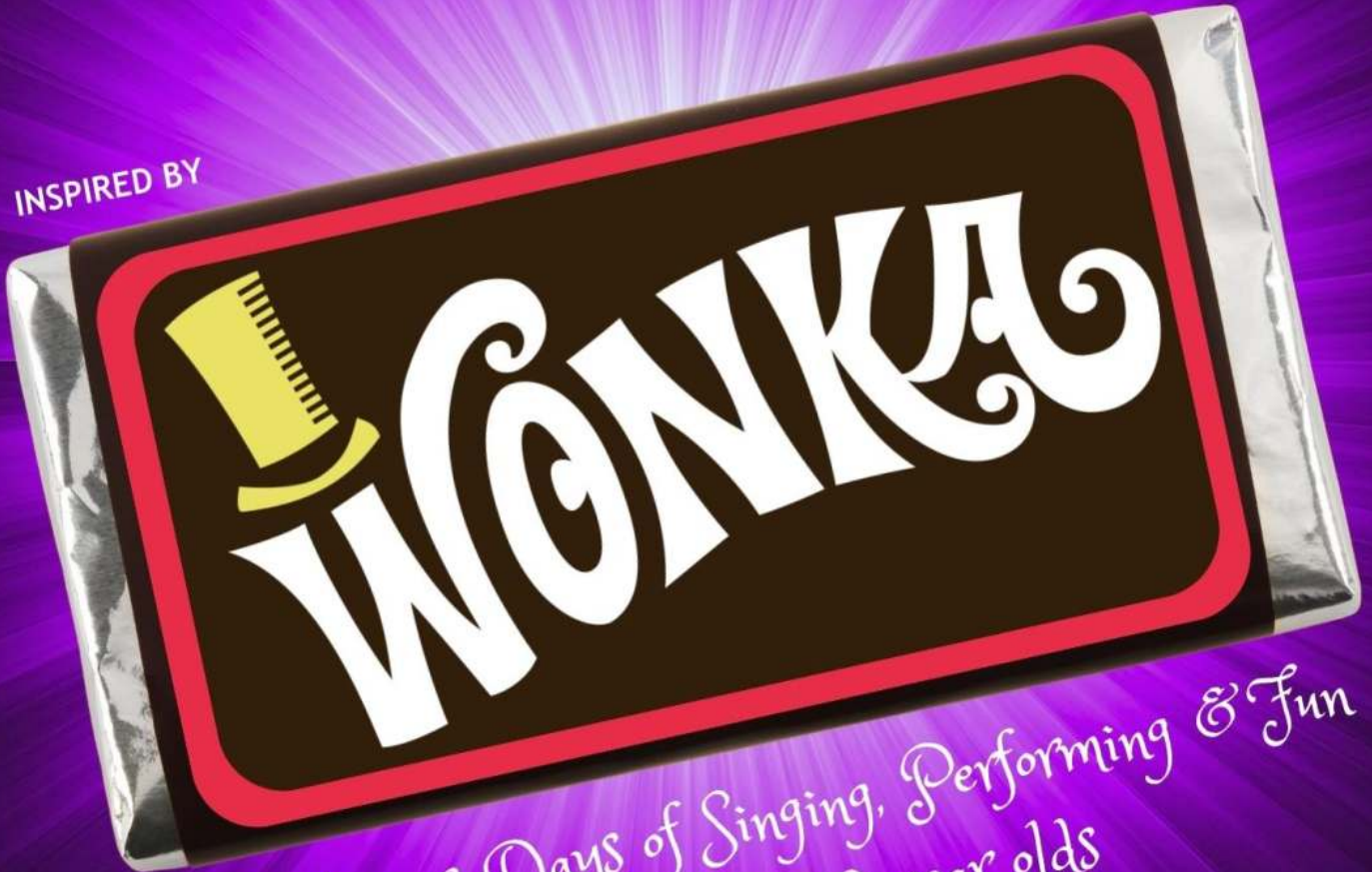
WWW.OURCAMPS

SCAN ME



Dramacube

EASTER HOLIDAY MUSICAL THEATRE WORKSHOPS



*3 Delicious Days of Singing, Performing & Fun
for 5-7 & 8-12 year olds*

WALTON ON THAMES
3RD - 5TH APRIL

TWICKENHAM
3RD - 5TH APRIL

HAMPTON HILL
10TH - 12TH APRIL

3 Day Workshops | 5-7 yrs (£125) | 8-12 yrs (£135)

book at dramacube.co.uk



DramacubeProductions



Dramacube



DramacubeProductions



EASTER HOCKEY CAMP



OLD KINGSTONIAN
HOCKEY CLUB

9 & 10 APRIL 2024 • 10AM-3PM

Kingston Grammar Sports Grounds, KT7 ORD

**FOR SCHOOL YEARS 4-11
ALL LEVELS WELCOME
OUTFIELD PLAYERS & GOALKEEPERS**

**COST PER DAY:
£38 FOR MEMBERS
£43 FOR NON-MEMBERS**



Booking: members via
the events page on the
loveadmin.com account.

Non-members via
www.okhockey.com



Richmond Music Academy

presents



SHOWTIME

8th-12th April

Calling all young musicians, join us for a fun week of musicals!

This Easter, from **Monday 8th to Friday 12th April 2024** between **9am-4pm** at **King's House School**, 68 Kings Road, Richmond, TW10 6ES.

Join our orchestra and play many famous Broadway melodies from "The Wizard of Oz", "The Sound of music", "Les miserables" & "Oliver!" and prepare for our usual Friday concert for friends and family.

Coached by a friendly team of music teachers, we prepare tailor-made parts for each student to match their abilities whilst remaining fun and challenging. Please note that students must be **grade 1 minimum** to be on the course.

Prices start at **£245 for the week** if you book before **Monday 11th March**.

To find out more about the course, please visit

www.richmond music academy.co.uk

or contact us on **079 4747 3771**



Ham youth centre

Spring break

**For 10 to 19
year olds**



Tuesday 9 to Friday 12 April

Four days of FREE exciting activities for 10 to 19 year olds over spring break

Multi skills camp daily 12pm to 4pm

Badminton, basketball, football, cooking, music studio, table tennis, gaming, team building games

Arts and crafts workshop, daily 11am to 1pm

Be creative with artist Tom in various artistic mediums

Fencing, daily 10am to 12pm

Come and learn this ancient combat sport, all equipment supplied

Parkour, Thursday 11 and Friday 12 April 2pm to 4pm

Learn the skills and techniques of free running with coach Louis

Inter youth club football match, Wednesday 10 April 3pm to 5pm

We are looking for talented players to represent us

Trip to Tate Modern Art Gallery, Friday 12 April 10am to 2pm

Walk along the South Bank to this amazing gallery

Please ensure you have lunch with you as we are only providing food for certain people

for information, contact Ben Skelton
ben.skelton@achievingforchildren.org.uk

Ham Youth Centre, Ham Close, TW10 7PL



**To book your
place please
use this code:**



LAUNCHPAD FOR BRITISH ROAD RUNNING TALENT

**Would you like the chance to represent
London Borough of Richmond
crossing the world-famous
TCS London Marathon Finish Line on The Mall?**



The **TCS Mini London Marathon championships** give the UK's most promising young athletes the chance to compete against the best new talent in British road running. Over the years, the event has launched the careers of international athletics stars including Laura Muir, Keely Hodgkinson and Josh Kerr – not to mention Sir Mo Farah, who won the Mini Marathon three times.

The **2.6km** race will be taking place on **Saturday 20 April 2024** for athletes in school years **7 to 12**.

New Balance prizes and the opportunity to meet road running royalty will be up for grabs.

QUALIFYING FOR THE TCS MINI LONDON MARATHON CHAMPIONSHIPS

Each London borough, region and home nation has a Team Manager, who is responsible for selecting a team to take part. Please scan the QR code to find out more about taking part and for the contact details of your area's Team Manager.



Want to run for fun?

TCS Mini London Marathon mass participation event follows on from the championships. It's the perfect chance for children of all ages, backgrounds and abilities from across the UK to achieve something amazing while getting active! Entries into this event are open for schools only.

Find out more:
tcslondonmarathon.com/mini



OLD KINGSTONIAN
HOCKEY CLUB

SUMMER JUNIOR HOCKEY

WEDNESDAYS 17 APRIL–26 JUNE

(excl. 29 May – half term) AT TIFFIN GIRLS' SCHOOL, KT2 5PL

**ALL LEVELS WELCOME
OUTFIELD PLAYERS & GOALKEEPERS**

SCHOOL YEARS 4-7: 18:00-19:00

SCHOOL YEARS 8-11: 19:00-20:00

**COST: £85 FOR MEMBERS
£95 FOR NON-MEMBERS**



Booking: members via the
events page on the
loveadmin.com account.

Non-members via
www.okhockey.com



SUPPORTED BY
OLD KINGSTONIAN HC

PLAY HOCKEY FOR KINGSTON BOROUGH IN THE 2024 LONDON YOUTH GAMES



TRIALS

May 8th

18:00-19:00 @ Tiffin Girls' School
(boys & girls)

TRAINING FOR SELECTED SQUAD

May 22nd • June 5th • June 12th

18:00-19:00 @ Tiffin Girls' School
(boys & girls)

FINALS FESTIVAL

Boys: **June 29th**

Girls: **June 30th**

Olympic Park, Lee Valley Hockey
and Tennis Centre

ELIGIBILITY & AVAILABILITY

Players in school years 9 and below, who either live or go to school in Kingston Borough and are not playing county level or above are eligible to play, but should only apply if they will be available on the tournament dates.

REGISTER HERE

kingston.gov.uk/parks-sports-leisure-1/london-youth-games



Get ready for
**RICHMOND'S
FIRST FESTIVAL!**

MARZAMEMI

A slice of Sicily brought to Old Deer Park with live music & DJs, Italian banquets & food stalls, curated design & shopping and plenty of fun for the kids.

Mark your calendars and get ready to immerse yourself in the magic of Marzamemi!

**6-7 JULY
2024**
Old Deer Park

Launching in July 2024, Marzamemi is a one-of-a-kind event that celebrates the vibrant culture and traditions of its namesake village in Sicily.

Be prepared to be transported to sunny Sicilia, where festoon lights twinkle amid olive trees and decadent tents. Envision colourful deck chairs, bespoke furniture, and Sicilian tiled design flooring – this is an experience you won't want to miss!

Our Partners include:

Base Face Pizza

Ceraudo

Arancina



CROSTA & MOLLICA



LINA STORES

www.marzamemi.co.uk

Dear fellow Richmond residents

Be Richmond proudly sponsor The Richmond May Fair, returning on Saturday 11th May 2024 from 10am-5pm on Richmond Green. Everyone is welcome – please come & join in the fun – check out the flyer attached!

Old favourites like the vintage funfair and dog show return, along with over 200 stalls, the craft marquee and a variety of food and drink. Local bands, schools and various performance groups will provide free entertainment throughout the day on the Riverside Radio stage.

With charities, artisans, businesses and schools all represented, the May Fair is a showcase for all that Richmond has to offer and plays an important role in helping local charities promote their work and raise much-needed funds.

If you are interested in becoming a sponsor, stallholder, volunteer, or wish to enter your dog in the ever-popular dog show – please visit the new May Fair website www.richmondmayfair.co.uk and follow us on Instagram and X @richmondmayfair.

We look forward to seeing you there!

The Richmond May Fair Committee



Saturday 11th May 2024, 10am – 5pm

The Richmond May Fair Committee | RMFCommittee@gmail.com
[@richmondmayfair](https://www.richmondmayfair.co.uk) | www.richmondmayfair.co.uk

RICHMOND MAY FAIR

est. 1970

Sponsored by

Be Richmond 

SAT 11TH MAY 2024

10AM - 5PM

RICHMOND GREEN TW9 1LX



VICTORIAN FUN FAIR
CHARITY & SMALL BUSINESS
STALLS • DOG SHOW
FABULOUS FOOD & DRINK
CRAFT FAIR
ENTERTAINMENT
& MORE...



Scan here for more information



WWW.RICHMONDMAYFAIR.CO.UK