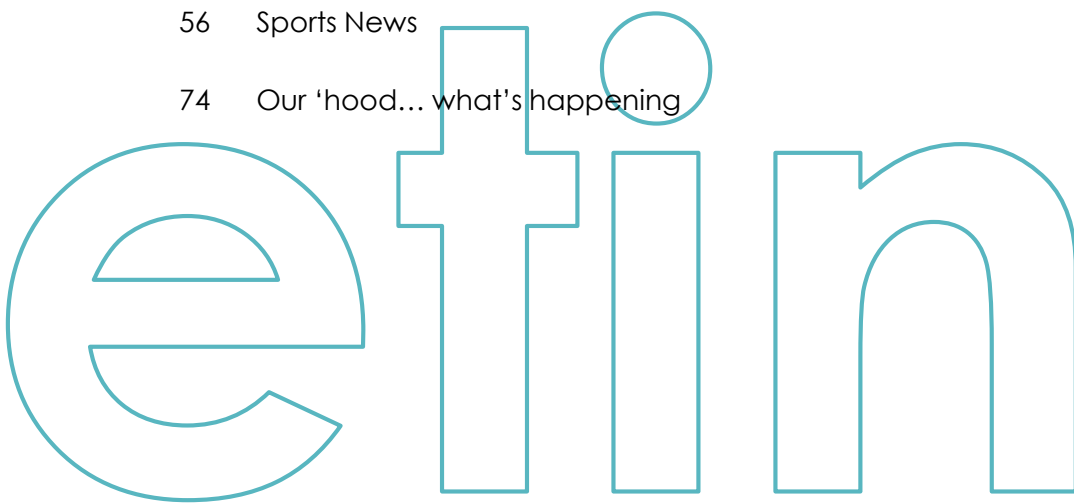




GIRLS



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**Grey Court School | 19 April 2024**

*"a school where all pupils flourish" - Ofsted 2024*







# Help us create a sensory garden at Grey Court

A group of students from years 7, 9 and 12 have been working very hard this past term on a new project the school is working on, in conjunction with Richmond Council, titled Make Grey Court Green.

We have been challenged to make Grey Court greener than it is already which is a difficult task!

The students have decided to create a sensory garden to be used at break and lunch times. It will also be a space where students can come if they need a bit of quiet during lesson time with their SSO. The team has been very busy clearing the area that we will be working on but we need as much help as possible if we are to make this brilliant.

We are looking for the following items:

- Plants, perennial flowers, wild flowers and grasses (even better with great smells such as lavender or lemon grass)
- Approximately 20 pallets to make seating
- Large pots
- Bird feeders
- Wind chimes
- Anything else that you might think would be perfect for a sensory garden

If you do have anything that you could donate to our sensory garden then please email Ms Mannion at [dmannion@greycourt.org.uk](mailto:dmannion@greycourt.org.uk)

Thank you so much and we look forward to opening our new space at the end of the summer term.





#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**

**Thursdays 3-4pm**

**Contact:  
sniss@greycourt.org.uk**

# Y12

## International Festival Day

International Festival Day is a vibrant event organized by the Year 12 students, where each group represents a different country, offering a rich tapestry of cultures, foods, and music. For the Year 12 pupils, it's a chance to showcase their leadership and organizational skills, gaining valuable experience in event management. For the Year 7 attendees, it's an immersive journey into diverse cultures, fostering understanding and appreciation. The highlight this year was the enthusiastic feedback from Year 7s, expressing how meaningful it was to see their own culture represented, creating a sense of pride and connection. The event featured a delightful array of international cuisines including Gulab jamun from India, Elephant Ear pastries (Gosh-e-fill) from Afghanistan and Tanghulu Strawberries from Hong Kong, colourful costumes, and engaging games, making it a memorable experience for everyone involved.

**Mr Taylor, Head of Year 12**



























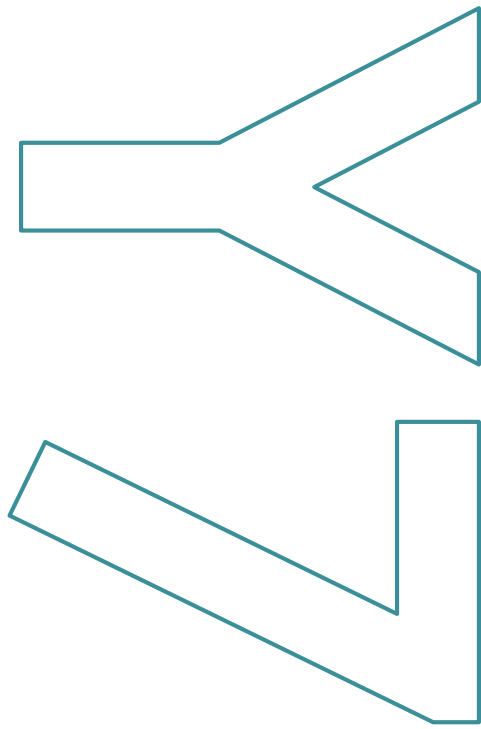












## Haiku Competition Results

A Haiku poem competition was held for our Year 7s

The winning poems picked by our sixth form diversity prefects are:

**First place:** Rahim Ali  
Hi, Salaam, Ni hao  
All different, all special  
We are all unique

**Second place:** Aisha Choudhry  
One flower pretty  
One flower so very ugly  
But both so perfect

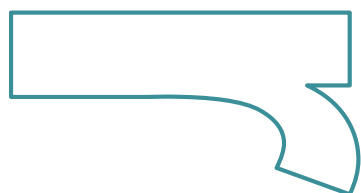
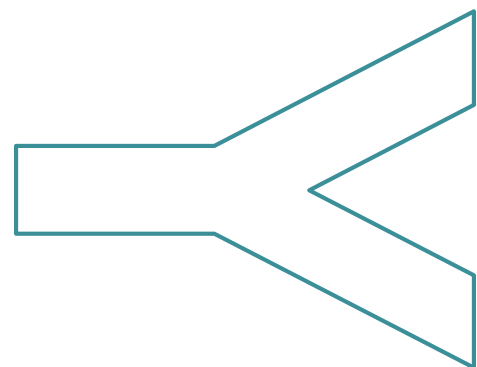
**Third place:** Freya Kirrage  
What's diversity  
What is it to be unique  
You see, it's freedom





#KS3





We hope everyone had a restful and relaxing Easter Break. There are some rumours that we might see some sun at some point this year... but we shall see!

### **Summer Uniform**

Now we are in the summer term students are permitted to wear the summer uniform. Students can wear the GC school polo instead of a blouse or a shirt and tie. Students should still wear their blazers and school shoes are expected to be worn as per usual.

### **Canteen arrangements**

The new school pavilion is now in service which has meant some amendments to the timings of the day and also canteen arrangements. Y7s will now have access to the canteen at break time as well as lunch time. We have spoken to the Y7s to be mindful of their daily spending, as they have the opportunity to buy food and drink at break as well as lunch. Lunch-time arrangements remain the same, except that P4 will now run until 12:15pm, which will allow for additional lesson time.

### **Field - Lunchtimes**

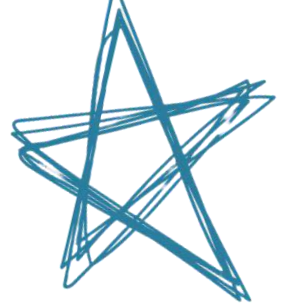
In the summer term at lunch time we allow students to use the field at lunch times. Students are permitted to bring balls into school to play, although these must remain in bags until lunch times. Unfortunately due to the wet conditions we are awaiting drier weather before we allow access to the field, which we hope will be in the next week or so.

### **Mr Day, Head of Year 7**

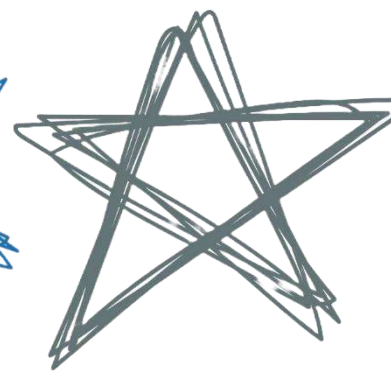
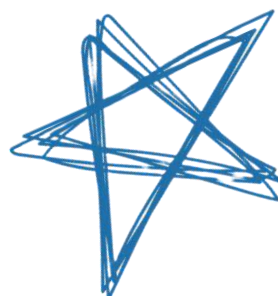
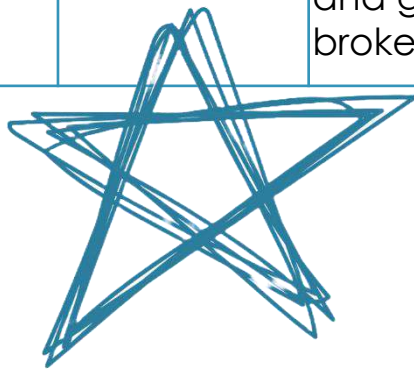


# Year 7

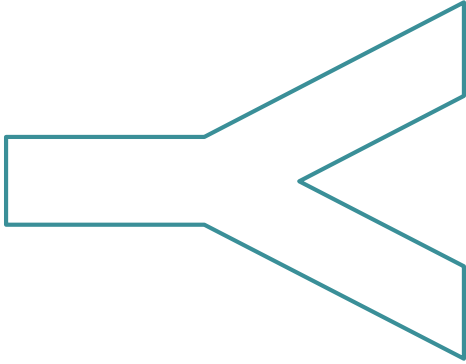
## STARS OF THE WEEK



A	<b>Shraddah M</b>	For being a diligent, conscientious and hard working student in all her subjects. Shraddah is very polite and kind and is a real asset to 7A.
B	<b>Edgar T</b>	For significantly improving his behaviour since last term and the positivity and enthusiasm he brings to the form.
C	<b>Felix G</b>	For diligence in his academic work and commitment to sport throughout the year.
E	<b>Ava W</b>	For settling into her new form with an excellent attitude and positivity, well done!
M	<b>Tyler M</b>	For always being willing to participate in form activities - well done!
O	<b>Arian S</b>	For his fantastic musical achievements and performance as part of Radioactive
R	<b>Liam EH</b>	For being super helpful during form time this week, and for always being friendly and chatty in AM reg
W	<b>Dev N</b>	For having a really positive start to the term and continuing to be resilient in our daily 1k and giving everything a go despite his broken arm!







It's been a lovely start to the term and Year 8 are in full exam mode.

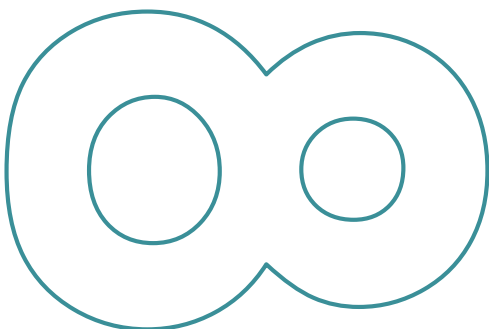
We discussed revision techniques at the start of our assembly before moving onto World Earth Day which was delivered by Miss Shackley.



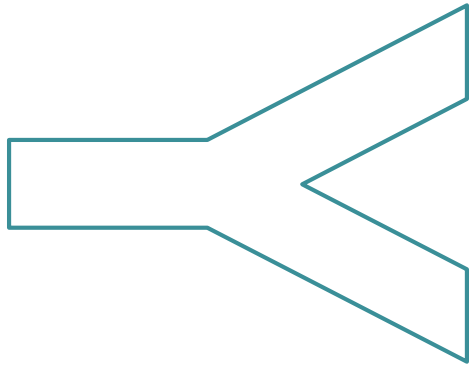
Final preparations should be in place for the students for their exams, please direct them to the revision booklet they were sent over a month ago and was also placed onto Google classrooms.

Good luck to all students!

**Mr Ridley, Phase Leader Y8+Y9**







A big welcome back to all our Year 9 students. We hope the break has been restful and are ready for a fresh start to this Summer term.

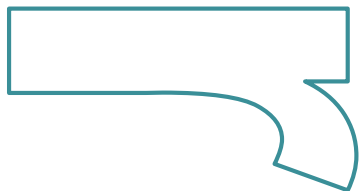


This week students were informed of Earth Day on 22 April whereby we are all encouraged to think about what small changes we can make to reduce our plastic use.

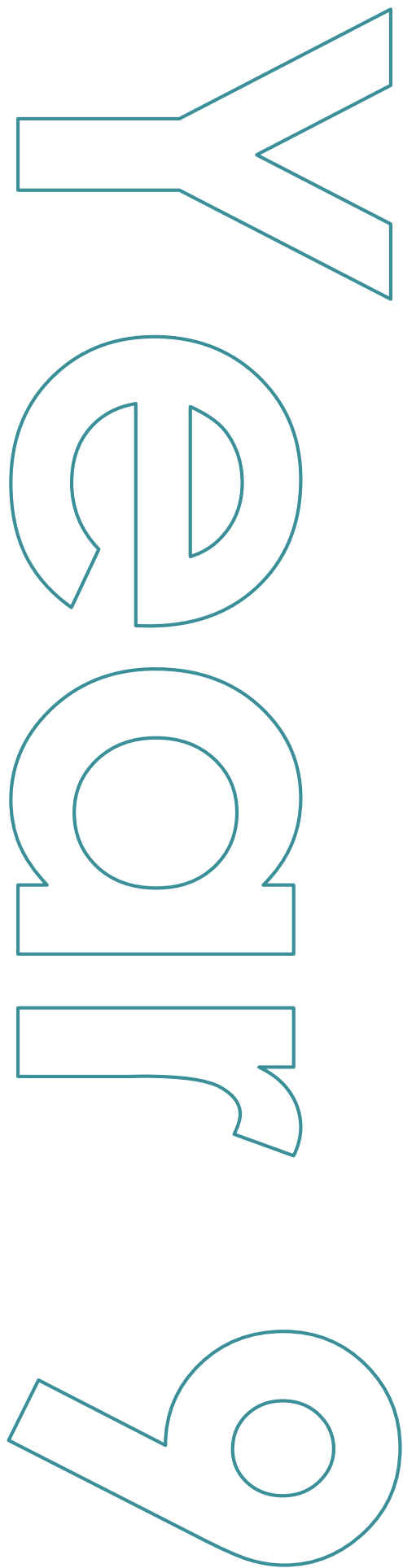
Students now have the option to wear the summer uniform if they want to and when the field is dry enough, this is where they will be able to go at lunch time too. Let's hope for some warm, dry weather soon!



**Ms Woods, Head of Year 9**







## British Science Week Poster Competition

Congratulations to the following students who produced some fantastic posters for the British Science Week Poster competition! As a school we were only able to send off 5 entries and the science office was inundated with beautiful designs so well done!

Deeba, Arianna and Bella, Haia, Martha and Lucy and Amayah and Sophie all in Y9

**Ms Moran, Head of Science**

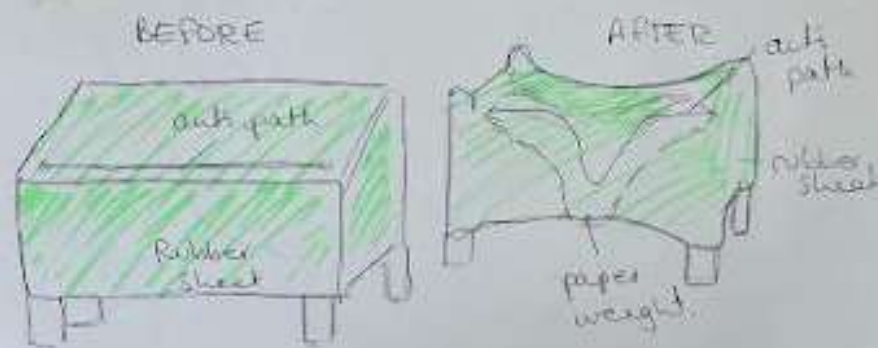
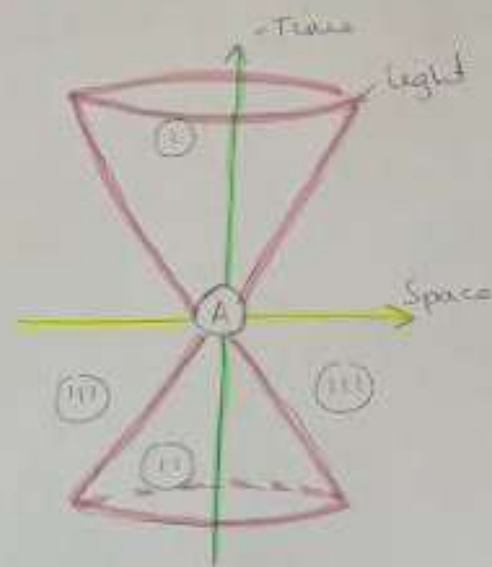


# SPACE TIME

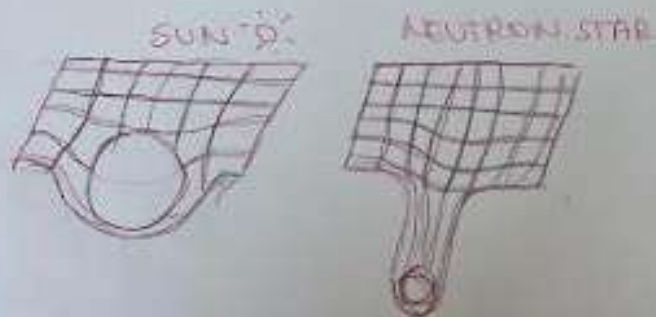
Space time may sound like something from science fiction. But the idea of space and time being one has been around for 200 YEARS!

Space time is like a giant trampoline that can 'bend' around big things like planets and stars.

Motions can be represented as lengths spanning both space and time in a coordinate system. These lengths are called SPACE TIME INTERVALS.



Space time diagrams are useful in visualizing and understanding relativistic effects such as how different observers perceive where and when events occur.



Space consists of 3 dimensions, and time is one-dimensional, therefore space is 4-dimensional.

Spacetime might change from the materials we usually think of as living in the universe - matter and energy itself.

**1 hour on Earth**  
is equal to **1.4 billion** seconds  
in **SPACE**




# LIFE CYCLE OF A McDONALD'S HASH BROWN

## We begin our journey

on a quaint farm in Suffolk, where Potatoes are grown and harvested.

Andrew's Suffolk farm has been supplying

 McDonald's with Potatoes for over 30 YEARS!

They are finally eaten by consumers

## The following day

they are defrosted and further fried in a mixture of sunflower and rapeseed oil, Packaged and put on the counter

## These are then transported

to the restaurants where they are flash-fried, peeled and cut, shaped -

They are then coated in a combination of salt, pepper, cornflour and potatoes flour.

Next, they are partially fried in vegetable oil and beef flavouring, before being frozen to preserve them.



marthaclacy 94/

Ameyin 9/18  
Johir 9/18

# Technology



Inventions



NOW

THEN



Smart-Phone are used for many things like social media



Letter writing was a traditional way to message people

Technology

Evolution of Phone



MEDIA NOTIFICATION



Improved media

Easier to connect to others

apps

Communication

Telephone

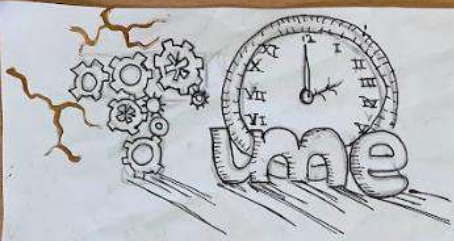
Internet

Mobile

Smartphone

Tablet





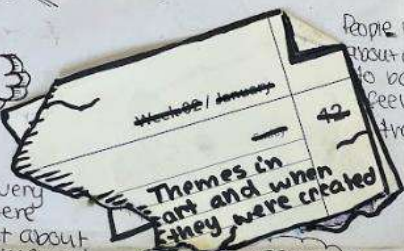
in

Art

1500's - 1900's

Academic art

Academic art is a very precise type of art. There is nothing abstract about it. This style was encouraged under the academics of European art. It is very liked by many people.



1700's - 1890's

Romanticism

Romanticism reached its peak between 1800-1840. The art form was a revolt against traditional styles. Though through this art form artists expressed their feelings painting even mythical paintings.

People began to disagree about art, when it began to be a way of expressing feelings, people missed tradition.

1870's - 1880's

Impressionism

Impressionism started in France, it went against controversial art methods. Monet, for example, would skip detail and focus on the sensation that he felt. This was created using small brush strokes and unmixed pallets.

1750's - 1900's

Symbolism

Symbolism as an art form was representing ideas or qualities as a symbol. This was achieved through the use of color and line stories.



Pop art is a very big art movement. It started in 1950, a lot of themes from pop art are inspired from adverts or comic books.

This was a famous painting by Leonardo da Vinci. It was really influential and inspired many people to draw.



# LIFECYCLE of a BUTTERFLY

By Arianna and Bella / Greycourt

3 facts about BUTTERFLIES:

- butterfly wings are transparent
- butterflies taste with their feet
- live in a all-liquid diet



All butterflies start as tiny eggs - each about the size of a pin - that female butterflies deposit on leaves in small clusters. Eggs typically gestate for a week or two, at which point they hatch into butterfly larvae.



Leave behind their chrysalis and take to the air on their new wings. Once they reach this stage of life, butterflies spend most of this time looking for a mate, and they may not have long.



When the eggs hatch, tiny caterpillars begin feeding and growing. First meal is usually the egg shell. Then begin eating the host plant. All caterpillars eat leaves and some eat fruits.

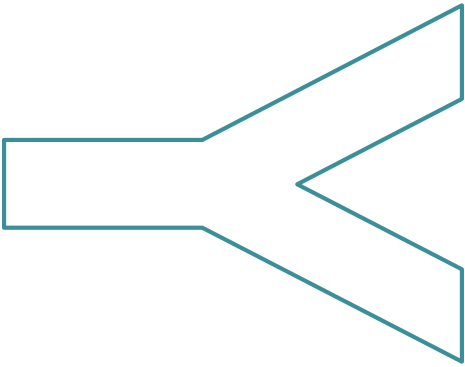
BLUE MONARCH BUTTERFLY




When the caterpillar has grown enough, it finds a protected spot, molts for the last time, and forms an encasement in which they metamorphose. During this stage, most butterfly caterpillars form from a chrysalis.







Welcome back, Year 10! I trust you had a rejuvenating Easter break and are ready to dive into the final stretch of the school year. It's incredible how time flies, isn't it? With Year 11 looming on the horizon, it's crucial that you start planning your revision schedules for the upcoming end-of-year exams, which will commence the week of June 17th and span two weeks. Parents, please support your children in ensuring their attendance is consistent in the lead-up to these exams; it's instrumental for their academic advancement.



As we step into the summer term, let's hope for some sunshine to accompany our studies. Although knowing our typical British weather, a bit of rain may also grace us with its presence. On the bright side, you can now swap out your regular shirts for the Grey Court polo shirts adorned with the GC logo, keeping things cool and comfortable until the school year wraps up.



Exciting news on the lunchtime front! Year 10 students, rejoice as you now have access to a brand-new pavilion during break and lunchtimes. I've heard you've adapted splendidly to this new space, and it's all yours until the end of Year 11. Enjoy making memories in this fantastic new area.



Wishing you all a fantastic weekend ahead!



**Ms Comrie, Head of Year 10**

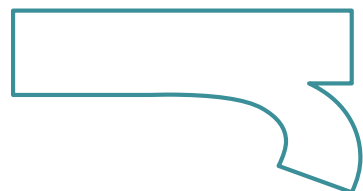
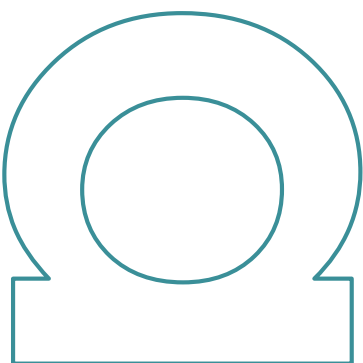
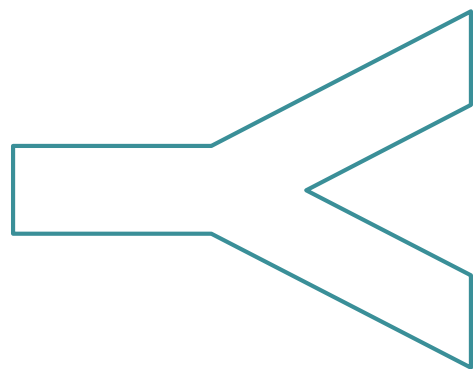


### Quote of the Week

*Revision is the heart of writing.  
Every page I do is done over  
seven or eight times*

Patricia Reilly Giff





Welcome back Year 11!

I hope the Easter break was relaxed, restful and revision filled! We will count up the revision hours challenge and award prizes and pizza to the tutor group with the most logged revision hours over the next couple of weeks.

This sunny term brings our Record of Achievement ceremony to celebrate Year 11 and their time at Grey Court. Please respond using the Google form sent a few weeks ago to confirm your attendance at this wonderful event. We are also asking that you buy Prom tickets as soon as possible so we can plan catering with our lovely venue! We would love all year 11s there to be able to celebrate together for a final time - so get buying those tickets! All information was sent in a detailed letter - please refer to this for all details and thank you so much to those who have responded to both already.

With a mere three weeks until exams begin, we are trying to manifest calm and focus for Year 11 so they have a success mindset for now and the future. I have placed some helpful tips on coping with exam stress on their google classrooms this week. It has also been good to see attendance levels back up this week - every minute at school counts now before those all important exams. The exam timetable is on the school website and has been shared with students, but they will be receiving their digital individualised exam timetable to ensure they are planned and prepared for the upcoming GCSEs. Students will also receive an assembly on 8th May to explain the process of Passport to Success which starts on 9th May.



Kooth are an organisation that offer online mental health and wellbeing support for young people. Please see some of the things they offer below, with contact details and how to sign up for some of their brilliant workshops.

*Dear Parents/Carers*

Over the coming weeks your child may mention they have been made aware of a service called Kooth. At Kooth, we provide a safe, secure means of accessing online emotional health support from a professional team of qualified counsellors and emotional wellbeing practitioners.

Kooth offers wellbeing support 365 days a year via a range of self-help materials and peer to peer support which young people are able to contribute to. Everything is pre-moderated and age appropriate, in order to safeguard our users, so you know that what your child is accessing is safe.

Kooth works alongside schools and colleges across the UK and are running student facing webinars through April and May on topics like 'Staying safe online' and 'Tips for managing exam stress'.

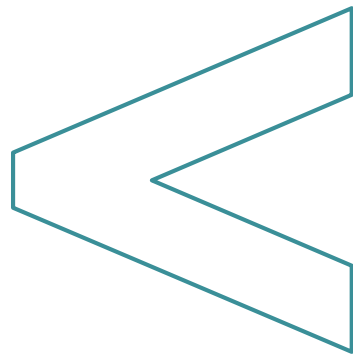
Kooth is also offering free virtual sessions for parents on the 22nd & 25th April that provide tips on how you can support your child manage anxiety about their upcoming exams - please use [this link](#) to sign up.

There's also resources designed especially for parents available on our website including advice on how to talk to your teen about their feelings: [Parents/Carers resources](#).

If you have any questions or would like to discuss what Kooth.com can offer you can email us on [parents@kooth.com](mailto:parents@kooth.com). Comment end

Have a lovely weekend

**Ms Clark, Head of Year 11**





# ATTENDANCE

# MATTERS

25 March to 28 March

Year Group	Attendance %
Year 7	<b>97%</b>
Year 8	<b>95.9%</b>
Year 9	<b>93.75</b>
Year 10	<b>93.3%</b>
Year 11	<b>94.3%</b>

Tutor Group	Attendance %
7 Willow	<b>100%</b>
8 Maple	<b>98.8%</b>
9 Willow	<b>98.4%</b>
10 Willow	<b>96.7%</b>
11 Oak	<b>98.3%</b>



**Congratulations** to Weston's Attendance Winners! These students received their prize money during their celebration assemblies before our Easter break.

### **Year 7**

**£5:** Darius A, Titus N, Ollie D

**£10:** Arran L, Ali V

**£20:** Heison Y

### **Year 8**

**£5:** Harrison Horine, Paloma Cajigao, Athena Andre - Fogyle

**£10:** Alexander Engelbreght, Dhruv Gokul

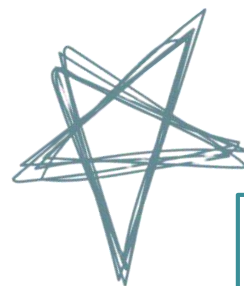
**£20:** Zachary Pender

### **Year 10**

**£5:** Finn Davis, Leo Dorey, Sasha Fedczuk

**£10:** Micah Smith, John Guard

**£20:** Alec Georgiev



Weston

### **Year 11**

**£5:** Jack Savage, Ben Hislop, Tyler Thackwray

**£10:** Isaac Morton, Alex Donell

**£20:** Lola Bowers



Webinars



# April 2024

Active April 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together



## CAMHS\* Autism & ADHD Screening/Assessment Process: *Information videos for parents and carers*

We are delighted to share our new information videos, which are aimed at parents/carers of young people who are registered with GPs in Kingston and Richmond (K&R).

These videos have been developed by K&R CAMHS Single Point of Access (SPA) and Your Healthcare. Our aim is to increase parent/carer understanding and confidence around the local pathway to seeking a diagnostic assessment for Autism and/or ADHD within CAMHS. There is 60 minutes of content which is split into 8 videos (covering the sections outlined below) to allow you to easily re-visit the most relevant information.

### VIDEOS OUTLINE



#### 1. Introduction and Overview of Neurodiversity

#### 2. Autism Spectrum Disorder/Condition (ASD/ASC)

- What is ASD?
- Strengths and difficulties

#### 3. Attention Deficit Hyperactivity Disorder (ADHD)

- What is ADHD?
- Strengths and difficulties

#### Sections relevant for both ASD/ADHD

4. Considerations for seeking formal diagnosis
5. CAMHS screening & assessment processes
6. Considering private assessment
7. Discussing assessment/diagnosis with my child
8. Accessing support (with/without a diagnosis)

To access the videos, visit the link below (or scan the QR code):

<https://sway.cloud.microsoft/QZf7qs4aSKTJ9EIP>



To allow us to evaluate the effectiveness of these information videos, please kindly fill in the Pre-Questionnaire (before watching the videos) and Post-Questionnaire (after watching the videos) on the webpage.

\* Child and Adolescent Mental Health Service (CAMHS)





## WORKSHOPS

### **Executive Function Workshop**

**25th April, 2024 10:30am to 12:00pm**

Explain the different **executive functions** and **their connection with ADHD**

Deepen **parent/carer understanding** of the behaviour relating to executive function challenges and ADHD.

Provide practical experience-based **strategies for supporting children and young people** with executive function challenges and ADHD in relation to school and homework.

## WEBINARS

**How to address co-parenting issues in families impacted by ADHD with Melissa Orlov, Marriage Consultant and Author, The ADHD Effect on Marriage and The Couple's Guide to Thriving with ADHD**

**26th March 2024 8pm-9.30pm**

This seminar will cover: Emotional dysregulation in both parents and children - how do you navigate blow ups? How to show a united front with kids when parents are struggling and not always united. Non-ADHD partners feeling as if they are in a position of being the bad guy and the ADHD partner being the fun parent. What parents need to do to effectively launch teens with ADHD to aide in the teen's long-term success.

**All Kinds of Everything Family Workshop with Sue Robson, SEND Transitions Advisor at Ruils**

**23rd April 7.30pm-9.30pm**

This webinar will cover a 2 hour whistle-stop run through of all the things that might affect a young person from age 14 onwards. While it is aimed at families with young people who have a learning disability, much of it would be relevant to families with young people without a learning disability but have ADHD or another neurodevelopmental condition.

Click [here](#) for more information and to book



# 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](mailto:morag@shrafeddins-therapy.co.uk)

(W) [shrafeddins-therapy.co.uk](http://shrafeddins-therapy.co.uk)



Welcome to the second edition of our KRYC mental health newsletter! This newsletter aims to provide some additional support and insight for young people about their emotional wellbeing and local help that is available. We have teamed up with Richmond Borough Mind and AFC Mental Health Support Team to produce this mental health newsletter. We will also be using this space to update you on the work of the KRYC and highlight any future events that you might like to get involved with!

*Have something you would like to share with us for the next edition?*

**Email us on:** [info@kingstonrichmondyouthcouncil.org.uk](mailto:info@kingstonrichmondyouthcouncil.org.uk)

**DM us via instagram on:** [afc\\_kryouthcouncil](https://www.instagram.com/afc_kryouthcouncil)

**Or check out** our Linktree on for more information: [https://linktr.ee/afc\\_kryouthcouncil](https://linktr.ee/afc_kryouthcouncil)

## Useful depression and low mood information

A general low mood can include:

- sadness
- feeling anxious or panicky
- worry
- tiredness
- low self-esteem
- frustration
- anger

A low mood that doesn't go away can be a sign of depression.

Symptoms of depression can include the following:

- low mood lasting two weeks or more
- not getting an enjoyment out of life
- feeling hopeless
- feeling tired or lacking energy
- not being able to concentrate on everyday things like reading the paper or watching television

How to help a friend with low mood or depression:

- support them with getting help
- be open about depression
- keep in touch with them
- don't be critical - find a balance between helping them and encouraging them to do things for themselves
- keep doing things you would usually do together
- take care of yourself (supporting a friend can be tough on you too!)

It can often feel overwhelming to be stuck in the vicious cycle of low mood. It can feel like there is no way to leave it, and you're sinking further into it.

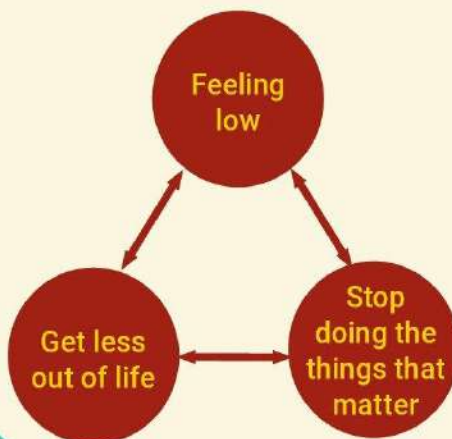
**But there is a way...**

If you take even one of the components that go towards your low mood and work on improving it, you are introduced to a new cycle: a positive cycle of activity.

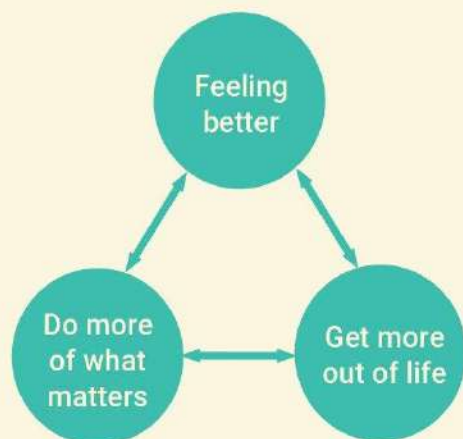
(Continued on next page)

Every individual will take something different away from the diagram below - different things matter to different people. This is just a guide to remind you that there are ways to feel better and ways to feel supported.

### Cycle of low mood or depression



### Positive cycle of activity



## How can you look after your own mental wellbeing?

**Connect:** WhatsApp or voicenote your best friend

**Be active:** go on a gossip walk with friends

**Take notice:** Have a 'clear the clutter' day, try out a new restaurant or cafe

**Keep learning:** bake something sweet, try a new style of music

**Give:** Call a friend and just talk, volunteer in the community



## The Achieving for Children Mental Health Support Team (MHST)

### Who they are:

The MHST is a team of professionals who are trained to listen and support young people with how they are feeling. Sometimes, we all need some support with our mental health and that's what the MHST is here to do.

### What they do in schools:

We offer different types of support:

- assemblies
- classroom workshops
- small groups
- individual one-to-one support

### How to connect:

Talk to an adult you trust at home or at school (eg, carers, parents, youth worker, head of year, form tutor, mental health lead, pastoral team, GP).



# Local helplines and support groups



## Getting it On

Available in Kingston and Richmond  
Information and services for 13 to 19 year olds on sexual and mental health issues, drugs and alcohol and relationship problems



## Off the Record

Free drop-in and regular counselling for young people aged 11 to 24 who live or study in the Richmond borough  
Call 020 8744 1644 or email [counselling@otrtwickenham.com](mailto:counselling@otrtwickenham.com) for further information



## Richmond Mind

Available in Richmond  
Richmond Mind offers support, workshops and information on mental health for young people aged 8 to 25 years. For more visit [www.rbmind.org](http://www.rbmind.org)



## Kooth

Available in Kingston and Richmond  
Talk to online counsellors and get support from the online community



Hey! I'm **Anyanika Dey**,  
Vice-Chair of the Kingston and  
Richmond Youth Council.

I have been a passionate  
advocate for improving  
your mental health, through  
endeavours such as being a  
'mental health ambassador'

and developing events to support young people with  
their mental wellbeing.

It is incredible to think that mental health is something  
that impacts us all in some way, constantly guiding  
our every action, so it is vital for us to recognise  
mental health as a priority and always take care of it.

Through this newsletter, I hope to raise awareness of  
the support systems available for us, and remind you  
that you are not alone.

## Why we think mental health support is so important



Hi, I'm **Mia**, member of the  
Kingston and Richmond  
Youth Council. I decided to  
join the working group as  
I'm interested in learning  
more about the mental  
health struggles that people  
can face and how to help in  
the best way possible.



Hello, my name is **Eleni**, Mental  
Health Support Team, Achieving  
for Children, and I am an  
educational wellbeing practitioner  
working at schools in Richmond.

I chose this career because my  
priority is to empower young  
people and make them feel

heard, understood and respected, particularly during  
challenging periods in their lives.

I am deeply passionate about supporting young people as  
it allows me to feel fulfilled professionally and personally.



Hello, my name is **Vasil**  
and I am a youth support  
worker at Richmond  
Borough Mind.

The reason I chose  
this career is because  
I want to help young  
people know that it is

only natural and normal to have a bad day, feel  
stressed or down, and that are ways to make  
yourself feel better.

My dream is to be as educated and effective as  
possible in psychology, with the goal to help as  
many people as I can. You can be whoever or  
whatever you want to be. Dream it, feel it, have it.



## Kingston and Richmond Youth Council podcast:



## Kingston and Richmond Youth Council podcast

<https://open.spotify.com/show/5HnaUKU12t4whOHYRCzjFX>

## KRYC Creative corner

### Mental health newsletter feedback!

- Thank you for reading our mental health newsletter! We hope you found it informative and entertaining!
- We want to hear your feedback so we can keep improving our content. Please fill this quick survey and let us know your thoughts (your answers will be anonymous)

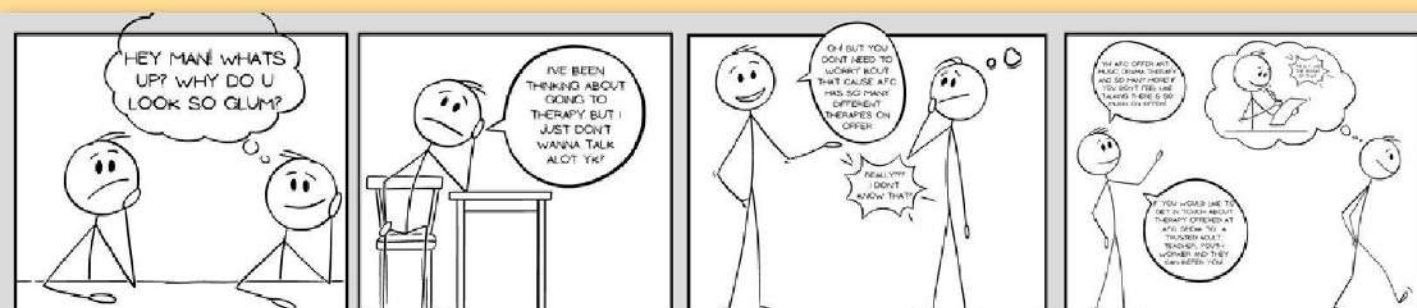


### Urgent help advice

### NHS Urgent Mental Health Helpline (England only)

Offers mental health support and advice, help to speak to a mental health professional, and can arrange an assessment to help decide on the best course of care. Opening times: 24/7

[www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)





Sixth

## Higher Education Evening

Thank you to the parents who attended the Higher Education Information evening on Thursday 18th. If you were unable to attend, here is the [presentation](#).

Our [Higher Education Booklet](#) has lots of useful information about applying to university, student finance and how to make the best of student life.

## Work Experience

**A major focus this half term is for year 12 students to arrange their summer work experience or university summer school for 1st-5th July 2024.** 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](#)

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: [16/04/2024 Year 12 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 from 17th-28th June due to year 12 exams. If you have any questions about this please contact Miss Corrighan [bcorrighan@greycourt.org.uk](mailto:bcorrighan@greycourt.org.uk)

## Thinking about apprenticeships?

[16/04/2024 Year 12 Sixth Form Careers opportunities](#)



# Year 12 Diversity Trip: Art and Photography exhibition

## The Cult of Beauty

On Wednesday 27 March, a group of Year 12 students attended THE CULT OF BEAUTY at the Wellcome Collection in Euston and ACTS OF RESISTANCE: PHOTOGRAPHY, FEMINISMS AND THE ART OF PROTEST at South London Gallery in Peckham.

Ms Duncan and Ms Hawkins were incredibly impressed with how mature all the students were while travelling around London and in the exhibitions. All students had fantastic opinions which they shared with each other and discussed the contents after both exhibitions. They all particularly enjoyed the first exhibition at the Wellcome Collection. Students identified how beauty standards change over time and the impact social media has had on both young people and beauty standards. Students were also interested to learn the history of beauty standards.

**Ms Duncan, Head of Social Sciences**







# The Cult of Beauty









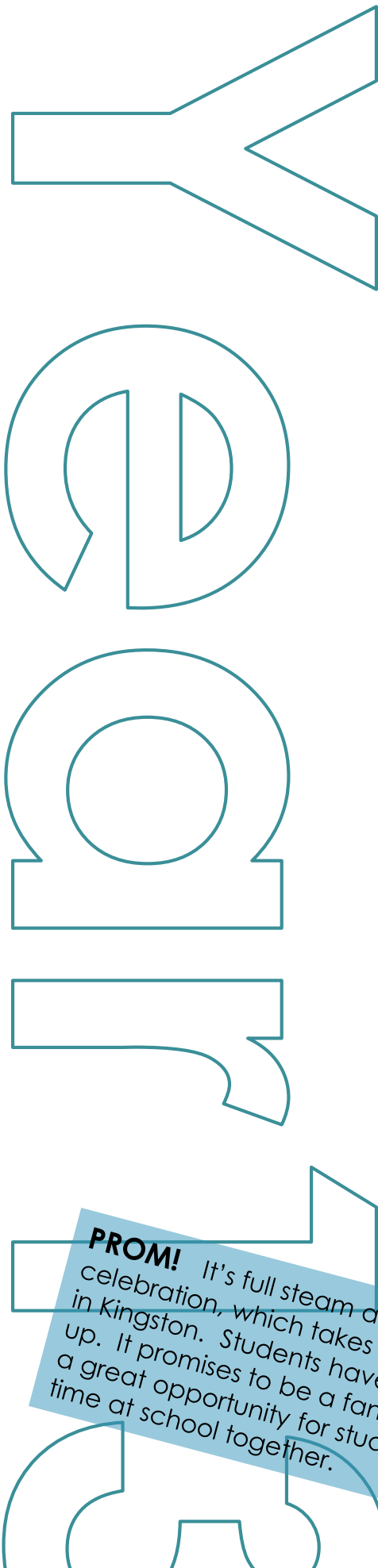
THE PASSMORE EDWARDS  
SOUTH LONDON ART GALLERY  
AND TECHNICAL INSTITUTE





I'VE  
MISTAKEN  
SOCIAL PRESSURE  
WITH  
SELF  
EXPRESSION

OR AFTER YOU'VE  
WATCHED A  
TUTORIAL?



With only 4 weeks to go until study leave begins, students have returned to school with a positive and focussed attitude, and it has been wonderful to see so many of them using the new light, bright pavilion as a calm and quiet work space.

All students are expected to create a revision plan, either using this template, [Revision plan template](#), or one of their own. Tutors will be monitoring this closely and if there are students who we feel are not engaging fully with revision, or who would benefit from being in a structured environment during the exams period, will not be granted study leave. Breakfast and snacks will be provided for them in school, along with a study area.

Many students are feeling stressed and anxious at the moment, and whilst it is completely normal to feel this way, parents and students may wish to access some additional support. Students can speak to their tutors, to Ms McNicol or Mrs Moore at any time if they are feeling overwhelmed and we will do our best to support them.

Kooth is an organisation that supports the mental health of young people. If you are worried about your child's anxiety, they are running 2 webinars for parents coming up and the links are below;

[Mon 22 Apr. 1-2pm](#)

[Thu 25 Apr. 6-7pm](#)

[Kooth's exam stress support materials for students](#)

The mental health organisation, Mind, also has useful information on its website:

[Mind - coping with exam stress](#)

**PROM!** It's full steam ahead for our end of school celebration, which takes place on 9 May at Fusebox in Kingston. Students have been sent the link to sign up. It promises to be a fantastic evening, and will be a great opportunity for students to celebrate their time at school together.



## 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 6th 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 9.00am 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

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 31st 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](#).

# 13

## Y13 Social Enterprise

Before the Easter Holidays, the Year 13 Enterprise students completed their 'social enterprise'. We had two groups organising tuck shops for different year groups, one group doing a staff car wash, one group doing a penalty shoot out with Year 7-Year 9 and another doing Bingo in the library with Year 7s.

Well done to all the Year 13 students involved:

- **Group 1:** Zunair, Frankie, Riley, Ruben, Tom & Sahil
- **Group 2:** Henry C, Matthew, Luca, Kamran & Mario
- **Group 3:** Georgia, Safia, Ana, Hanna, Henry G & Eduardo
- **Group 4:** Eddy, James, Adam, Amaan & Rohan
- **Group 5:** Katie, Myrra, Raf, Ned & Charlie

All of the students did a fantastic job and **all together raised a profit of £157.50 which has been donated to Cancer Research and RSPCA.**









SWEETS SALE










## EPQ


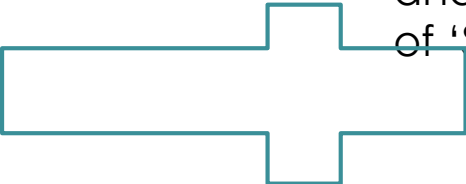
Moderation for year 13 will be taking place in the next two weeks to standardise the internal marking for the qualification. The launch for Y12 EPQ will take place in enrichment before half term. All students who think they might want to take this qualification should attend.



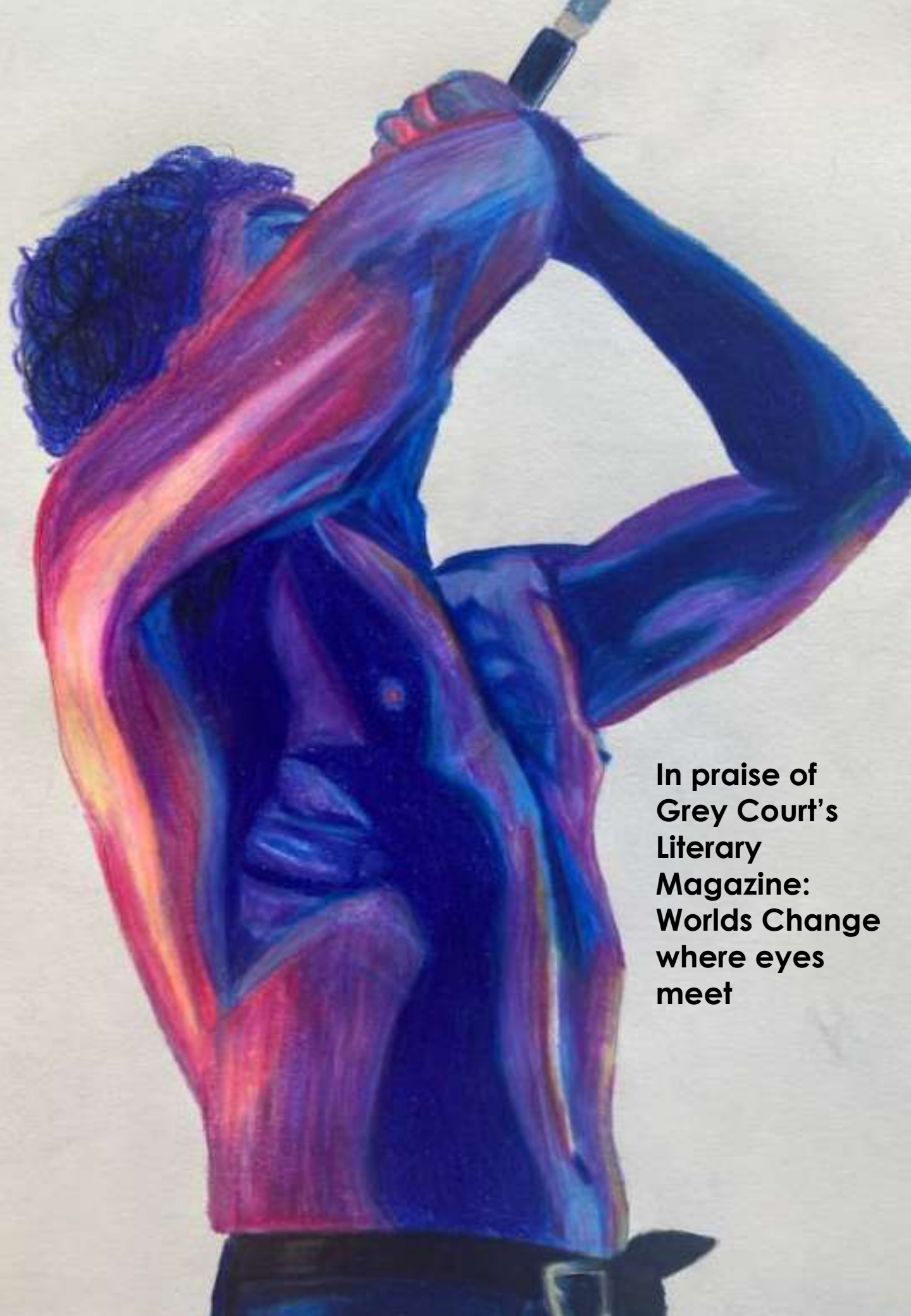
## Oxbridge



This week, 24 of the students interested in Oxbridge, Medicine and other top universities took part in a workshop to develop their oracy skills. The focus was on talking about themselves to help them to prepare for interview situations. This was an excellent whole day event which was paid for with Jack Petchey funding. The students were all great ambassadors for the school with their exemplary behaviour, resilience and ambition. The facilitator was so impressed with them he found it difficult to select the top students. Ultimately he awarded Bertie Budden and Lemma Mohamed with the title of 'Sir Jack's Champions'.







**In praise of  
Grey Court's  
Literary  
Magazine:  
Worlds Change  
where eyes  
meet**

# In praise of Grey Court's Literary Magazine: Worlds Change where eyes meet

The growth of digital news and the smartphone revolution has eroded a great tradition from under the noses of Grey Court parents: the civilised pleasure of perusing a Weekend Supplement around the kitchen table to mark the start of a summer weekend! However, fear not - this pursuit is alive and well in the corridors of Grey Court on account of the genteel efforts of Ms Fincham and her team of high brow wordsmiths in the form of the annual literary magazine whose release always marks the start of Grey Court's summer term!

Envisioned as a cross between *The Times Literary Supplement* and T.S Eliot's *Criterion* magazine (with a dash of 1970s New York punk mentality) the publication champions the wit, intellect and creativity of Grey Court's Sixth Form population. A graduate of Cambridge's Sidney Sussex college, where she read English as an undergraduate, Ms Fincham admits to being inspired by her own college magazine. "We would debate the issues of the day in one another's bedrooms amidst summer evening shadows cast by Sidney's gothic balustrades whilst munching on Sherbet dip-dabs" recalls Ms Fincham fondly.

This sensibility has been captured by Marwa Najib, this year's vibrant editor who has curated a publication bursting with ideas and diverse voices after passionate editorial meetings bookended by the group's mantra: "I have one last point." The 23/24 edition features articles on *Paddington bear and the*

*immigrant experience*, an *Ode to Odessa* from a Ukrainian refugee, a *retrospective on Plath's 'Bell Jar'* and a multi-media piece by the eponymous editor exploring issues of identity anchored with the gnomic title: "Worlds change where the eyes meet."

And if ocular proof was needed of the impact the magazine is having on the school community, the words of Head teacher, Christopher Rhodes, should suffice. "The print version of our Literary magazine takes pride of place in our school reception. It is the first item visitors reach for when they enter our school site and is testament to our students' restless ambition."

*(The 23/24 edition of Grey Court's literary magazine can be found in our school's reception or a digital version can be accessed via the Sixth Form section of Grey Court School's website from the beginning of the Summer term)*

*(The painting by Year 13 Student, Ana Ortega, adorns this year's Summer edition of the Literary Magazine, celebrating the start of Festival Season)*

**Mr Clements, Deputy Head**



# Dog Days are definitely not over!



Instagram: [@ham.and.petersham.dog.show](https://www.instagram.com/ham.and.petersham.dog.show)

TikTok: [@ham.and.petersham.dog.show](https://www.tiktok.com/@ham.and.petersham.dog.show)

YouTube: [Ham & Petersham Dog Show](https://www.youtube.com/channel/UC...)

They have also respectfully requested that I be a pedigree chum and avoid speckling the article with crude, childish and infantile dog puns that would fail to make it into a third rate episode of "Paw patrol." Since this appears to have been a bone of contention amongst readers I have respectfully adhered to their wishes although apparently this year's prize money may be increased so the dog of the year stands to win a lot.

(Please note that I am currently training up my in-law's mutt, "Knarler," in preparation for the show. She is pictured here, after I have read my contribution to this week's eBulletin to her.)

**Mr Clements, Deputy Head**

Regular readers of the dog eared pages of the ebulletin may remember last year's mutt related article "the Hounds of Love" which showcased Libby Knowles and Wilhelmina Roberts' epic waggathon, "The Ham and Petersham Dog Show. Well so popular was the event that a sequel has been planned for Sunday September 8 2024. According to Libby, the canine caper this year will be bigger, better and furrier!

The dog loving duo have already sent emails to local schools asking them to promote the show through their versions of the eBulletin. As tails are already wagging in anticipation throughout the local community they have requested that I continue to promote the show via the esteemed ebulletin and post links to social media posts (which I'm reliably informed lots of young people use regularly.)



# Sport Greenwich



# Congratulations




**Chloe Clements** played in a tournament on Good Friday against 4 teams from the US and 3 JPL teams including Watford FC and Charlton won it. Chloe was the top goal scorer and won an extra trophy.

Well done, Chloe!



# Congratulations



**Eva Wilcox** had a very busy and successful Easter playing several tournaments. She won a 16U grade 5 at Headstone Manor, got to the quarterfinals of her first 14U grade 3 tournament, reached the semi-finals of a 14U grade 4 doubles tournament with Dina and best of all, playing for Ham and Petersham, Eva and Dina beat Woking 14U girls to get to the final of the Surrey National League Junior Team Trophy.

Congratulations, Eva and Dina





Don't  
Forget  
to  
Vote

# Congratulations



Congratulations to Noah Kenny  
who raced for Brentford Boat Club on  
Friday 22 March.

He competed at the Junior Sculling  
Head at Dorney Lake in the J14 Octo.  
They did fantastically well in a very  
competitive field of 35 schools from  
all across the country and achieved  
third place and the bronze medal.

Well done, Noah



# Congratulations



Congratulations to the year 9 football squad who have been crowned Borough Champions.

# Congratulations



Congratulations to the year 7 football team who were crowned Borough Champions last night with an outstanding 9-2 victory. Our goals were scored by Kian M (2), Shaun M (2), Ramell K, Ed S, Robert C, Henry B, Archie Q. This has capped off a fabulous season for the boys having also won the Borough 6-a-side competition.

Well done, boys!



# Congratulations



Congratulations to Thomas Macdonald's hockey team (Old Kingstonians) who became Tier 3A U14 League Champions across London. Both the semi final and the final went down to penalties and Thomas (Goalkeeper) saved 4 out of 5 of them.



Katrina has been attending an intensive residential over half term to learn new dances, music and songs. As well as this she has learnt to plan, develop and teach younger members of her National Rapper Sword Dance Team. These performances are then showcased at festivals around the Country over the Summer months. At the end of the second week of Easter Holidays, her team was entered into a competition which Katrina led. This was the National Rapper Sword Dance Youth Competition and after several rounds performing in different venues in front of different Judges, her Team won the Trophy. This is a fantastic achievement!

Well done, Katrina.

*[click to view](#)*





Archie was chosen to compete in the **Mare Nostrum Cup** as a member of **QPR's Under 12 team** which took place in **Barcelona from March 28 to March 31**. It was an amazing football competition. Every year, nearly 300 teams from all over the world compete in the Barcelona Mare Nostrum Cup, an international youth football competition that spans age groups from U9 to U19.

The squad demonstrated its talent with a decisive 16-0 victory in their next game, following a sluggish start to the competition with a close 2-1 loss. In order to advance, the squad needed to win their last group match, and they proved their mettle by winning 2-0, with Archie taking home the player of the match award.

Although the lads' performance and conduct both on and off the pitch were excellent, they were unfortunate not to win their quarterfinal match against a formidable (and large) Spanish team.

Well done, Archie!







# Congratulations



Congratulations to the U18 Basketball squad who were crowned Borough champions on Wednesday 17 April. They beat Richard Reynolds 54-42.

Well done, boys.



The Junior Scullery Head Race held at Olympic Lake Dorney in Windsor on Friday 22 March. **Irmak Bilik** attended with her club and competed in a quad under the women's J14 coxed quad category. The race was approximately 4km and there were 40 other boats in their category. Irmak and her team placed fourth (by 6 seconds). Irmak can be seen sitting in the bow seat.





# Player of the Month



Following on from her outstanding performance at the Gym and Dance Show, Paloma is our Player of the Month for March. This is not Paloma's first show, we were lucky enough to see her perform in 2023. This year she was part of a Year 8 Dance Group as well as performing her solo, which was a huge hit with the crowd. Her unique style of street dance has been developed through training.

Paloma has been a brilliant personality behind the scenes at training sessions, rehearsals and in the final build up to the show. She always has a smile on her face and carries true Grey Court Spirit wherever she goes. We look forward to seeing her develop her skills and perform in future school events.

# Cajigao

Our standout teams for March are none other than the U12 and U14 Rugby League teams. Both teams showcased remarkable performances at the Rugby League Regional Festival, emerging victorious in their respective age categories. Their outstanding achievements have secured them a spot at the National Festival in Yorkshire later this year. Congratulations to all players for their outstanding efforts on the field!

## **U12 Match Report**

The U12 Rugby League team played an outstanding game against Adeyfield, winning 6 tries to 1. Tries were scored from Daisy, Olivia x2, Ruby, Harriet and Micayla. This is a fantastic achievement, as for many of the students, it was their first time playing in a rugby game. Erin received the 'Player of the Competition' award for her excellent performance in defence.

## **U14 Match Report**

The U14 Rugby League team faced off against Sanders Draper, exhibiting an amazing team effort characterised by relentless determination and strategic gameplay. Special thanks to Nash from the London Broncos rugby league team for imparting valuable insights during a 30-minute session, enhancing the team's understanding and tactical approach. Their hard work paid off with a well-deserved victory, setting the stage for an exciting journey to the National Rugby League Finals. Keep up the excellent work, team!





U12 & U14



Rugby





Ruby has been a great addition to the Elite Gymnastics Squad this year. She has worked really hard at training sessions and competitions. Ruby has competed at both Regional competitions (Milano & Floor and Vault), where she has had to showcase a variety of skills across 3 different apparatus. Ruby is part of the U14 Mixed team, who were selected to compete at the Floor and Vault National Finals on 21st April. We are looking forward to seeing how they get on. Ruby also performed her individual gymnastics floor routine at the Gym and Dance show, which wowed the audience.

Ruby's scores from the Regional Gymnastics Competitions

Milano

Individual: 13.25

Trio: 18.05

Vault: 14.35

Floor and Vault

Individual: 13.25

Ruby has also demonstrated her sporting abilities in scholarship lessons, PE and on the Football field. Ruby continues to develop her gymnastics outside of school at Royals AllStar Cheerleading.





# THE GOLF GROOVE

The Golf Groove is London's largest indoor golf simulator experience, situated right next to Wimbledon station. 12 golf bays perfect for both complete novices, with fun games such as capture the flag and scrapyard, and for the more seasoned player, take to some of the world's greatest and most exclusive course such as Pebble Beach or St Andrews.

The Golf Groove also offers more than just a remarkable golfing experience, with a fantastic bar & lounge area offering a fabulous food menu, cocktails and all the top sporting occasions across our multiple screens.

**To book your perfect golfing experience and to receive a 15% discount, click this [link](#)**

## Swing & Sip

Make the most of your Saturday night with our new unlimited drinks offer. Enjoy an hour's golf bay followed by 30 mins relaxing in our bar & lounge area, with bottomless drinks throughout, plus food included.

Take your pick from either lager, pale ale, cocktails, Prosecco, white or red wine. We're ready to tee up your Saturday nights.

Available every Saturday from 5:30pm, minimum of four people.

£40 per person.

Follow the [link](#) below or visit our website to book Swing & Sip!

## Work From The Clubhouse

Make The Golf Groove your home office. Enjoy unlimited tea, coffee & Wi-Fi with lunch included. Plus during your lunch break enjoy 30 min in the golf bay. Break up the day by using our Zen Putting Green whenever you like.

Only £15 per person, available every week day until 4pm.

Any questions, please email James Phillips

[james@thegolfgroove.com](mailto:james@thegolfgroove.com)

power to





# Science Needs YOU!

## Science Technician Post

Our Science Department is looking for someone who is willing to learn, who is a team player and who is free during school hours. This could suit you perfectly, if you are looking for something to do whilst your children are at school, or if you are a school leaver looking to get involved in education.

If you are interested and would like to discuss the details, please get in touch with:

**Amy Moran**

Head of Science

Grey Court School

[amoran@greycourt.org.uk](mailto:amoran@greycourt.org.uk)



# 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 children's 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](mailto: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](mailto: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](http://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

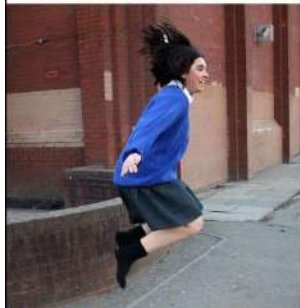
Topics include **Vortography**, **Summer Colour**, **Richmond Bridge**, **Jump**, **Forced Perspective**, **Filters**, **Eyebombing**, **Small World**

**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](mailto:clickschools@gmail.com)  
or use the booking form on our website

[clickphotographyworkshops.com](http://clickphotographyworkshops.com)







# KINGSTON



ART  
CLASSES  
FOR  
SECONDARY  
SCHOOL  
STUDENTS



[art-k.co.uk](http://art-k.co.uk)

Email: [Kingston@art-k.co.uk](mailto:Kingston@art-k.co.uk) Phone: 07385 890738



# HAMPTON WICK ROYAL CRICKET CLUB



HWRCC has been established for over 160 years in the stunning surroundings of Bushy Park. We take real pride in being part of the local community and welcoming all players, spectators and guests to our inclusive club, where 70% of our juniors are state-educated.



We offer junior cricket to girls and boys from age 5 upwards, with our super-friendly, ECB qualified coaches. All experience and abilities very welcome! Please see our website for how to get involved.



TheWick1863



Hampton Wick Royal  
Cricket Club

cricket@hwrcc.co.uk  
juniorcricket@hwrcc.co.uk



# RICHMOND DODGEBALL CLUB



**ST. RICHARD REYNOLDS CATHOLIC SCHOOL, TW1 4LT**

**REBELS (YEAR 3/4): THURSDAY 6.15PM - 7.15PM**

**RAIDERS (YEAR 5/6/7): THURSDAY 7.15PM - 8.15PM**

**FOR MORE INFORMATION CONTACT [ADOWNES405@GMAIL.COM](mailto:ADOWNES405@GMAIL.COM) OR SCAN THE QR  
CODE TO SECURE YOUR PLACE NOW!**



# CLIMBING... PEOPLE?

## CASTELLERS OF LONDON

HAVE YOU EVER HEARD OF THE CATALAN  
TRADITION CALLED CASTELLERS?

WOULD YOU LIKE TO GIVE IT A GO?

- IT'S FREE!
- FRIENDLY ENVIRONMENT
- FOR ALL AGES, BODIES AND  
BACKGROUNDS
- UNESCO CULTURAL HERITAGE

WEDNESDAYS 7-9PM  
SUNDAYS 3-6PM

MORE INFO ↓



[WWW.CASTELLERSOFLONDON.ORG.UK](http://WWW.CASTELLERSOFLONDON.ORG.UK)





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](https://loveadmin.com) account.

Non-members via  
[www.okhockey.com](https://www.okhockey.com)





# ***PROM POP UP SHOP***

*Dresses, suits, bags,  
shoes, Jewellery and  
other accessories.*

*Unique and stylish items  
available at bargain  
prices.*

***Saturday 20 April 9am-5pm***

***Mind Shop Ham***

27 Upper Ham Road, Ham, Kingston Upon Thames KT2 5QX

# 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](https://tcslondonmarathon.com/mini)



# MEET THE CONTRACTOR EVENT!

Meet the faces behind Ham Close's regeneration:  
the dedicated Hill Group site team.

Find out about local apprenticeship and job  
opportunities and ask any questions you have about  
the Ham Close development.



**Tuesday 23rd April 2024**

**18:00-19:30**



**St Richard's Church,  
Ashburnham Road, TW10 7NL**







# GIRLS ONLY ALLIANZ INNER WARRIOR CAMP

SATURDAY 27 APRIL 1:30PM

GIRLS ONLY AGED 10 - 16

ROSSLYN PARK FC

FREE TO ATTEND

Q&A AT 4PM WITH PANEL OF  
INSPIRATIONAL WOMEN IN RUGBY

FOOD & DRINK PROVIDED  
POST TRAINING

RED ROSES V FRANCE SCREENING  
AT 4:45PM OPEN TO ALL



IN ASSOCIATION WITH  
**Allianz**   
**INNER WARRIOR**



## SCAN QR CODE TO SIGN UP

web: [www.rosslynpark.co.uk](http://www.rosslynpark.co.uk) tel: 0208 876 1879  
Rosslyn Park FC, Priory Lane, Upper Richmond Road, London, SW15 5JH







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](https://kingston.gov.uk/parks-sports-leisure-1/london-youth-games)



# 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**



Heatham House and No Straight Answer present

# PRIDE EVENT

OUT  
'N'  
ABOUT

FRIDAY  
31 MAY

2PM TO 6PM

Come along and help us celebrate the diversity  
of the LGBTQ+ community

The event will host a range of fun and exciting activities  
such as inflatables, arts and crafts, festival makeup, music  
LGBTQ+ specific information and much, much more.

This event is free to LGBTQ+ young people and allies aged 11 to 19

For more information, contact **Alexandra Quennell**,  
or **Danielle Hutchinson**

T: 020 8288 0950

E: [heathamhouse@achievingforchildren.org.uk](mailto:heathamhouse@achievingforchildren.org.uk)



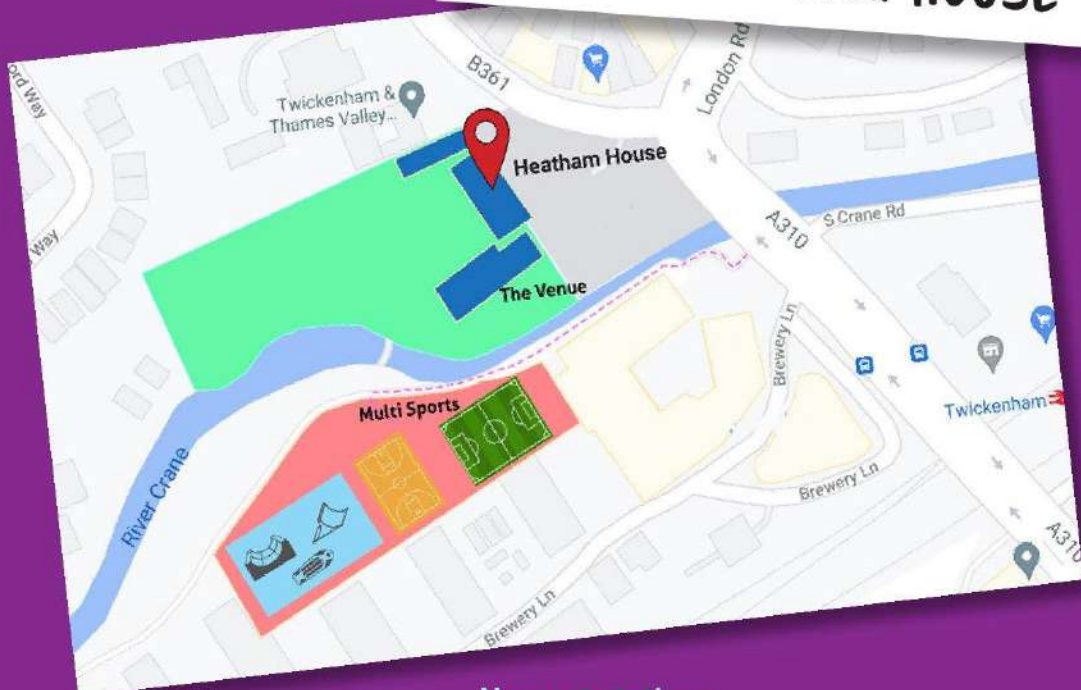
**achieving  
for children**

# How to find us....

Heatham House Youth Centre, Whitton Road, Twickenham, TW1 1BH



**HEATHAM HOUSE**



## **Nearest station:**

Twickenham (2 minute walk)

## **Nearest bus stops:**

Whitton Road (Stop S) 267 & H22 (2 minute walk)

Whitton Road (Stop N) 267 & H22 (2 minute walk)

Twickenham Station (Stop B) 267, 281, 681, H22 (2 minute walk)

Twickenham Station (Stop C) 267, 281, H22 (2 minute walk)

Heatham House (Stop L) 281 681 (1 minutewalk)



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](http://www.marzamemi.co.uk)