eBULL

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HELP Verity help the Little Princess Trust

HELP Verity Woodward (12) raise funds

Verity is donating 12" of her hair to the Little Princess Trust on Wednesday 1 May, and has asked people to donate money to the Little Princess Trust in support of this.

https://www.littleprincesses.org.uk/donate-money this is the link that can be used to find information about donating money online or via post

etin

Grey Court School | 26 April 2024

"a school where all pupils flourish" - Ofsted 2024

Cover photo: Ms James and Helena Staple

23-24 Term Dates

24-25 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

#KeepInTouch

Helena Staple

At the recent Kingston and Richmond Youth Council election results announcement held at York House in Twickenham, **Helena Staple**, a Year 10 student, emerged victorious among 120 candidates who began the application process back in October 2023. Over the months, these students engaged in oracy workshops, debate sessions, and crafted impactful campaigns that were showcased to all primary and secondary students across the boroughs. Helena's compelling campaign, centred on fostering a culture of support, problem-solving, and kindness, resonated deeply with her peers, leading to her election as a council member for a two-year term. Her win is a source of immense pride for Grey Court, as she now assumes the responsibility of representing the school and all young people across the entire borough.

Ms James, Associate Assistant Headteacher

4 KS3

Year 7

A huge congratulations to the Y7 boys football team who were crowned borough champions last week. After winning the group we progressed to the final where the side emphatically won 9-2. A superb achievement for the boys who have worked hard all season! **Well done also to Ruby N and Zuva S** who competed in the gymnastic competition held last week. They travelled away and stayed overnight to compete - and did fantastically well!

We were lucky enough to finally be allowed access to the field at lunch times this week, after bad weather stopped play last week. Every year this is a momentous occasion - Mrs Shore and myself have been peppered with requests throughout the year, with an almost daily countdown from the Y7s who eagerly look forward to playing football on the field. Lunch on Monday was reasonably chaotic, with the huge anticipation and excitement resulting in a mass 50 v 50 game resembling a swarm of wasps roaming the field, with little evidence of rules or indeed a pitch.

Since then the Y7s have shown their organisational skills, marking out pitches and goals and adopting a smaller sided approach, which has improved the quality of the matches. Mrs Shore and myself have been impressed with the footballing skills on show, although at times we still wonder what rules are in play. In all seriousness, it has been fantastic to see the Y7s enjoying themselves and playing positively with each other - let's just hope we get no more rain!

Mr Day, Head of Year 7

Year 7
STARS OF THE WEEK

A	**Harriet B**	For showing tremendous resilience and for being an extremely dedicated and hard working student
B	**Mille S**	For always bringing kindness and positivity to form, as well as being an exemplary pupil who works hard and treats everyone with respect.
C	**Luca M**	For his hard work and kindness, as well as leading his team to victory in the countdown competition!
E	**Ashton H**	For being a polite and well behaved member of the form
M	**Drew B**	For being a fantastic quiz host this week - well done!
O	**Evie S**	For her courage and bravery since hurting her hand so severely and for smiling and shining her way through - a real trooper!
R	**Jake B**	For volunteering enthusiastically for classroom jobs, for contributing thoughtfully to form-time discussions, and for being ever-friendly and cheery to his teacher and his classmates
W	**Freya D**	For always being a fabulous member of our form with such a positive attitude and excellent positivity (and well as giving everything a go)! Well done Freya!!

Year 11

The time is here and there is no time to waste! A big well done to those Year 11s who had their Language Speaking exams this week and good luck to those who still have to complete them.

The final Art GCSE exam and Art Textiles exams, the first to kick off the GCSEs, are next week, Wednesday 1st and Thursday 2nd May. Creative Media is also on from 1st - 3rd May. This is the culmination of 2 years of work and it is essential your son/daughter is here early so that they are ready and prepared for ten hours of outstanding work! Please ensure they know where they need to be and with the necessary materials to complete these exams.

Individual timetables have been emailed to you and to students this week. Clashes were emailed before the Easter holidays, please ask your child to check their emails for this. All information is also found under the 'Exams' link on Edulink. The NCFE exam board for Music Technology and/or Graphics may not appear here, but please be assured, your child has been entered for and will sit these exams.

I have sent a reminder letter to you all about Prom and ROA. A huge thank you to those who have completed the forms and bought tickets for Prom and reserved tickets for the ROA on 24th May. PLEASE complete these at your earliest convenience so we can continue to organise these wonderful events.

Year 11 are understandably anxious, overwhelmed, exhausted and stressed. This is completely normal and I have seen the majority of students focused and working hard this week. I urge them to relax, organise and revise this week to really prepare for a challenging couple of months ahead.

Here's hoping for a warmer and sunnier weekend!

Ms Clark, Head of Year 11

ATTENDANCE MATTERS

15 April to 19 April

One day at a time

Tutor Group	Attendance %
7 Cedar	**99.4%**
8 Elm	**98.4%**
9 Ash	**96.9%**
10 Maple	**98.5%**
11 Maple	**98.7%**

Year Group	Attendance %
Year 7	**97.2%**
Year 8	**93.4%**
Year 9	**93.1%**
Year 10	**94.9%**
Year 11	**95.8%**

"You are what holds the team together"

FOOD

Chef of the Week

Chef of the week is **Paige Albion** for her Fairtrade dish, Paige really excelled when making her own pastry and decided to incorporate the use of Fairtrade cocoa and chocolate to tie in with the KS4 Food Provenance topic.

Well done Paige!

Recipe of the week

Recipe of the week also relates to our KS4 topic of Food Provenance and Fairtrade ingredients, is a delicious chocolate brownie recipe.

A few of our year 10 students used this as their dish of choice to complete their Fairtrade practical and as the teacher who was privileged enough to try some of these brownies...they were delicious!

Give it a try at home, everyone is a star baker at heart.

Skills + Recipes

Our year 7's continue to develop and learn core skills in food preparation. This week they have started to use the cooker and identify different parts and dishes that can be made, whilst gaining an understanding of the cooking methods and heat transfer techniques. A few different dishes they have been making, Croque Monsieur & Spicy tomato pasta.

Cleaning
Dishwasher
Washing up
Food waste
Bin bags
Hand Blenders
Electric Whisks
THINKING HARD QUESTIONS
JS

THINKING HARD QUESTIONS
RAW MEAT
RAW FISH
SALAD & FRUIT
VEGETABLES
BAKERY & DAIRY
Baking
Muffin trays
Cake tins
Loaf tins

KS3 & 4

Our year 8 students continue to move forward in their final rotation of the year, the students in food have a good few weeks working through critical temperature zones, contamination, and recapping their understanding of the Eatwell Guide. They also watched a teacher demonstration about the functions of ingredients in bread in preparation for the next lesson, when they will make pizza wheels. Watch this space for some photos of our year 8s outcomes.

Food science is this week's focus for our year 9s with reference to the process of gelatinisation. To recap and complete knowledge retrieval from year 8 food, students took part in a treasure hunt to identify the different types of sauces, how they are made and examples, they then applied their knowledge of gelatinisation to make their own sweet and sour chicken. Better than the traditional takeaway, with a lot less salt. Year 9 are coming to the end of this rotation soon so in the next few weeks you'll get the opportunity to see some creativity in the classroom with their free cook assessment.

HANDWASHING
THINKING HARD
QUESTIONS

RETRIEVAL PRACTICE
eden

BRAIN
BOOK
BOARD
BUDDY
BOSS

Tasting Plate

Year 10 are coming to the end of their Food provenance topic in preparation to learn their final topic Food science.

This weeks practical focus was Fairtrade and to produce a baked product using as many Fairtrade products as they could.

A lot of banana bread, brownies and cakes were made in our food department this week and here are some photos of some of the students work.

Ms Campbell, Head of Food and Nutrition

Milly
the Superstar
baker!

weih

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					

your healthcare

NHS
South West London and
St George's Mental Health
NHS Trust

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/QZf7qs4aSKTJ9E1P

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)

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

Sixth

Year 12

Well done to all of the students below who have been accepted on the Eton Summer School courses. This is a fantastic achievement and allows students to delve deeper into the subjects of their choice in an incredible setting!

Higher Education

We will be starting the university application process soon with our year 12s. Unifrog has an excellent university research tool which all year 12s should be using to look at the myriad of courses offered by universities and start to narrow down their choices. Parents might find our Higher Education Booklet helpful when supporting their children to explore the options available to them.

In Pictures

IN PICTURES: Meet the next generation of naturalists preserving Ham Lands

Students from Grey Court Sixth Form are helping volunteers from Friends of Ham Lands with help from local social enterprise Let's Go Outside and Learn.

By Oliver Monk
Posted: Sunday 24 March 2024

YEAR 13

With the first exams only 3 weeks away, students have been working really hard in their lessons, in their free periods and during supervised study periods. Walking through the new pavilion workspace, you can hear a pin drop, and it is absolutely wonderful to see so many students making use of this new space to work quietly.
Teachers and tutors were asked for feedback on students who were working particularly well at the moment. There was a huge response, with a long list of students to praise. The following students need a special mention for their outstanding organisation and approach to their revision:

Ruzgar Atik
Tilly Collier
Otti Day
Mert Kamotar

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.

Sixth Form Opportunities:
Work experience, university tasters, careers talks, apprenticeships and more:

25/04/2024 Sixth Form Careers opportunities
For any year 13s looking at apprenticeships please do check out the apprenticeship section and there are also gap year jobs advertised.

Year 12 Work experience & summer schools

Well done to all the students who have secured placements - you have done amazingly well and the last few students are now getting confirmations and getting organised.

Work experience takes place 1-5 July 2024 for year 12.

To confirm the placement, students must input the information on the **Unifrog Placements** tool. 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

Please speak to Miss Corrighan bcorrighan@greycourt.org.uk if you have any questions at all.

Sports News

Good luck to **Jack Collins** in year 13 who drives a Rotax Max Senior Kart in the British Karting Championships. Alongside his A levels, he will be travelling around the UK competing in different national events. He will be travelling to Scotland in two weeks to prepare for the British Championships on the 17 May. Jack is looking for sponsorship to continue his journey in the sport, if anyone is able to help, please contact swillmore@greycourt.org.uk.

RĪGA
We Rule the Game!
Stockholm
BAUER
Champs

Ricards Misins recently participated in the Riga Cup, which is the largest international ice hockey tournament in Europe. Ricards was part of the GB U16 team that won the bronze medal. He was the highest-scoring player out of all 14 teams, with 13 points (6 goals, 7 assists) in 8 games. He was also named the best player for the GB team in the tournament (8 games were played over the course of 3 days). Well done, Ricards.

Congratulations

Congratulations **to Mai Lannult** who has been included in the Great Britain Artistic Aspire Squad for 2024.

Congratulations to the following students who finished in the top 6 in the 9a band indoor rowing competition hosted by Team Keane.

Boys
1st - Robert Campbell
2nd - Hudson Green
3rd - Gryffin Stone
4th - Laurie Forest
5th - Joshua Bowers
6th - Oliver Burton

Girls
1st - Tia Garrard
2nd - Isla Reindorp
3rd - Neva Hutton
4th - Paris Maciver
5th - Kotryna Bernotaite
6th - Lucy Tiffin

(Photo above) Well done to the **Year 8 Mixed NFL Flag football team** who have qualified for the @LdnYouthGames finals for Richmond Borough! A great afternoon hosted by @RichmondFC1861 & @Richmond_SSP

Player of the Month

Paloma Caiggo

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.

U12 & U14 Rugby

Team of the Month

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!

U18 U14

Rugby

Scholar of the Month

Ruby Noonan

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

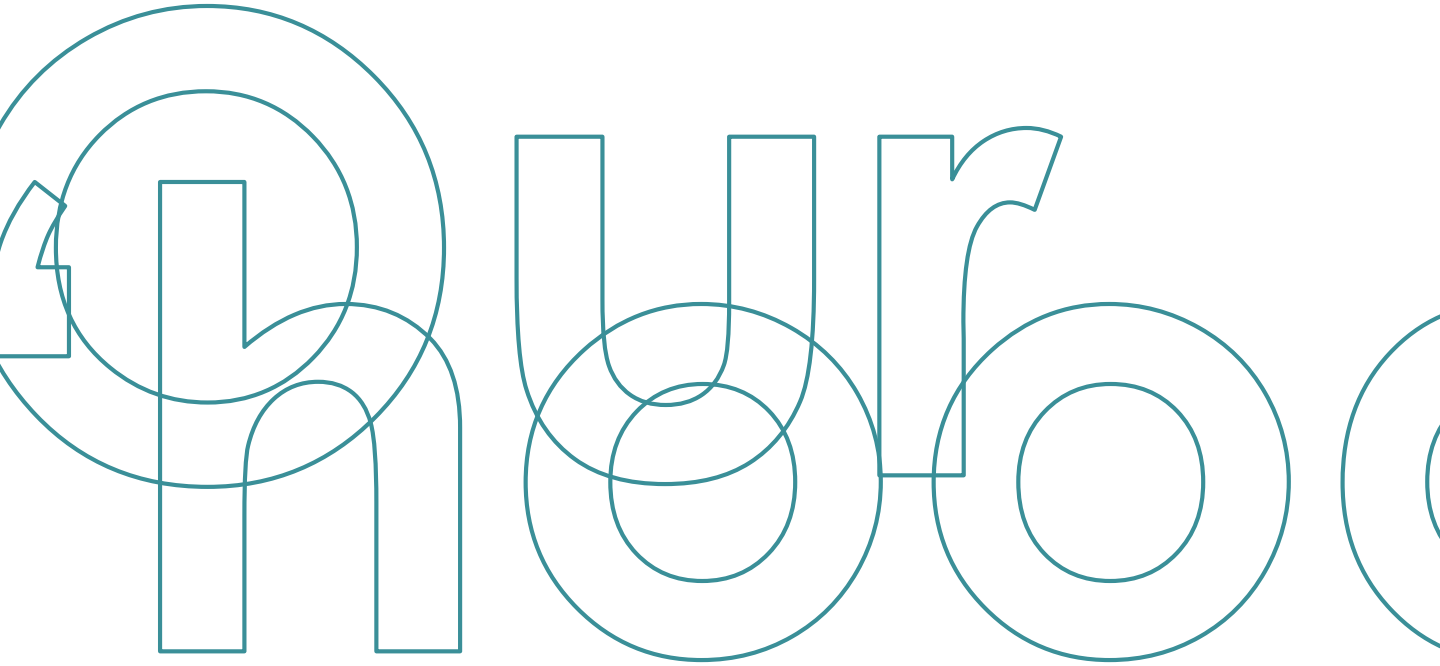
Trio: 18.05

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.



A BIG thank you to everyone who supported the Mind Prom Pop Up shop on 20 April. They had a busy and successful day! ❤

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

DRAWING MATTERS

2024

Grey Court

'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.

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
RGA
www.rawgroundarts.com
LONDON

art-K KINGSTON

ART CLASSES FOR SECONDARY SCHOOL STUDENTS

art-k.co.uk

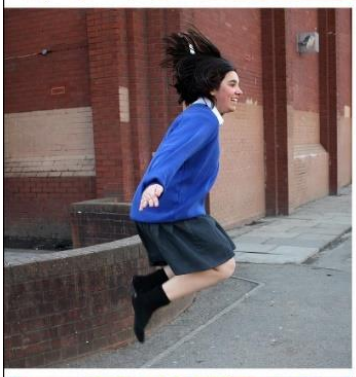
Email: kingston@art-k.co.uk Phone: 07385 890738

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

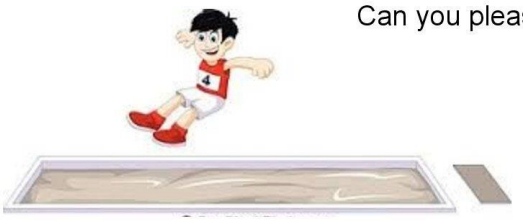
LYG Richmond Athletic Trials 2024

Monday 13th May
Monday 20 May
From 6pm till 8pm
St Mary's University - Sir Mo Farah Track

100m - 200m - 800m - 1500m - High Jump - Long Jump - Shot Putt - Javelin - Relay

Athletes need to meet these criteria :
Live or go school in Richmond
Be in Year 7 or Year 8

Can you please fill out the form - LYG Richmond Athletics Trials 2024 or scan QR code



For more information please get in touch:
hnhsportscoaching@gmail.com

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

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

Richmond Rugby Girls Programme

We would like to invite you to the Richmond Rugby Girls Programme.
Join us for an adrenaline-fueled adventure packed with skill-building, teamwork, and sheer excitement! Unleash the Power of Girls Rugby Sevens! The programme will be 10 weeks long and we will have the Richmond Rugby Tournament at the end of the 10-week block (WB 15 July)

What we are offering:
- Free 10-Week Coaching Sessions: Dive headfirst into the action with expert coaching designed to hone your rugby skills. Led by seasoned professionals, our sessions cover everything from basic techniques to advanced strategies, ensuring each player reaches their full potential.
- Tournament at Richmond Rugby: Put your newfound skills to the test in the ultimate showdown at the prestigious Richmond Rugby grounds. Experience the thrill of competition as teams battle it out for glory, showcasing their talent in a thrilling display of athleticism and sportsmanship.

Why Choose Girls Rugby Sevens:
- Empowerment: Rugby isn't just a game—it's a platform for empowerment. Through rugby sevens, girls learn the value of strength, resilience, and determination, fostering a sense of confidence that extends far beyond the field.
- Teamwork: Rugby sevens is a sport that thrives on teamwork. Our programme emphasizes collaboration, communication, and camaraderie, teaching girls the importance of working together towards a common goal.
- Fun and Fitness: Stay active, stay healthy, and most importantly, have fun! Girls Rugby Sevens is the perfect combination of physical activity and enjoyment, offering a dynamic outlet for energy while promoting overall well-being.

Join the Movement: Don't miss out on this incredible opportunity to be a part of something special.

How to Get Involved: Ready to take the plunge? Contact us today to secure your spot in our Girls Rugby Sevens programme. Spaces are limited, so act fast to avoid disappointment. Let's show the world what girls' rugby is all about!

For more information and registration details, please contact communityteam@richmondfc.co.uk

Please answer the questions below when registering:
- What day and time would suit you for your weekly sessions? Please provide 2 different days. We are flexible and can also run the session during curriculum time.
- What equipment do you have?
- How many girls would be interested? We have unlimited capacity

Let's make this summer term one to remember!

We Want Everyone to have the opportunity to Row

Team Keane is a rowing club for all ages and abilities.

We are driven to make rowing accessible to all and are guided by our core values of **diversity**, **resilience**, **development**, **belonging** and **respect**.

We offer a pathway to competitive rowing as well as a range of recreational programmes both directly through us and through local school programmes.

We have a team of Qualified, experienced and professional Coaches to support you on your journey as well as an amazing fleet of many different Boat classes to get you there.

You can find us at
Ferry Wharf,
Ferry Ln,
Brentford
TW8 0AT

for more information contact us on
07472457799
or email us at
rowing@teamkeane.com

Team Keane is a British Rowing affiliated club working in partnership with The Brentford Community Boat House and HCRT providing water and land-based Rowing programmes to schools and the local community.

TEAM KEANE SCULLING SCHOOL

SUPPORTING HEALTHY & ACTIVE LIFESTYLES IN OUR COMMUNITY

JUNIOR PROGRAMMES

We believe in the potential of young people and have a committed and supportive team to help Juniors achieve any personal goal.

LEARN TO ROW COURSES

Team Keane offers up to 6 Learn to Row Courses every year offering guided & supportive Coaching to provide young people with the opportunity to learn to row and pursue the sport of rowing further. You can find out more information about these courses and availability on the following link, **LEARN TO ROW COURSES**

ROWING CAMPS

Team Keane offers 1/2 Term, Easter and Summer Holiday Rowing Camps. These camps are suitable for all abilities. You can find out more information about these courses and availability on the following link, **HOLIDAY ROWING CAMPS**

AFTER SCHOOL CLUBS

Team Keane works in partnership with many local schools to offer after school Rowing clubs to their students through which students are actively encouraged to pursue and develop further with a pathway into competitive Rowing through Brentford Boat Club. If you would like to see if your school rows with us please contact **rowing@teamkeane.com**

CURRICULUM ROWING CLASSES

Team Keane also provide curriculum Rowing classes both in school and on the water. These classes can be used to fulfil GCSE Rowing requirements as well as DofE Physical and Skills sections. If your school would like to know more please contact **rowing@teamkeane.com** for further information.

Athlete Spotlight

Jess, a Year 11 at a local Brentford school, has rowed with Team Keane for 4 years, beginning in Learn to Row and now racing competitively in its Performance Squad. In that short time she has demonstrated how rowing can build confidence, forge friendships, propel athletes into life journeys they never knew possible.

How did you get started with rowing?

I signed up for a summer water camp in France to paddle board, but ended up enjoying the rowing. It was my Dad who encouraged me to try it in London, so we found Team Keane. It started as a weekend sport, but then really like it and made some really good friends, so I carried on.

What motivated you to start racing?

I won a race at a Team Keane Regatta, and thought, "You know, I'm quite good at this, let's see…". Then I raced at another regatta and I think we came in 1st or 2nd Place, so I kept going. Now I'm trialling for Team GB; I'm not at the top end of it, but considering I'm only 16 years old, it's not bad.

How did trialling for Team GB happen?

Over lockdown we did a lot of erg work (a land version of rowing) and my coaches thought my times were good enough to qualify. So now I'm submitting my erg data and I will do water trials too. I'll keep trialling until I'm 18; the closer I get to qualifying the happier I'll be.

What would you say to kids thinking about trying to row?

I've made life-long friends. I think of Team Keane as my second family. And when you are on the water you don't have all the other pressures. I say anyone interested should just go for it, if all else fails you've made some friends.

What are your plans for the future?

In September I am changing schools, so I have to leave Team Keane. However, on the positive side, Princeton & Stanford have approached me about applying to study in the States, so even if I do not get in, just knowing I was good enough to be talked to has really been nice. Whatever happens I will visit Team Keane when I can. I'm so happy I picked Team Keane out of all the places.

Since this article for Team Keane Jess has gone on to win the U19 European Championships for GB as well as a fully paid scholarship to Washington University
Jess is currently also trialing for the GB Olympic Team

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 OR SCAN THE QR CODE TO SECURE YOUR PLACE NOW!

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SATURDAY 27 APRIL 1:30PM

GIRLS ONLY AGED 10 - 16

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TRIALS

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

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

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ELIGIBILITY & AVAILABILITY

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www.brostheatrecompany.org

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All authorised performance materials are also supplied by MTI

Heatham House and No Straight Answer present

PRIDE EVENT

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**

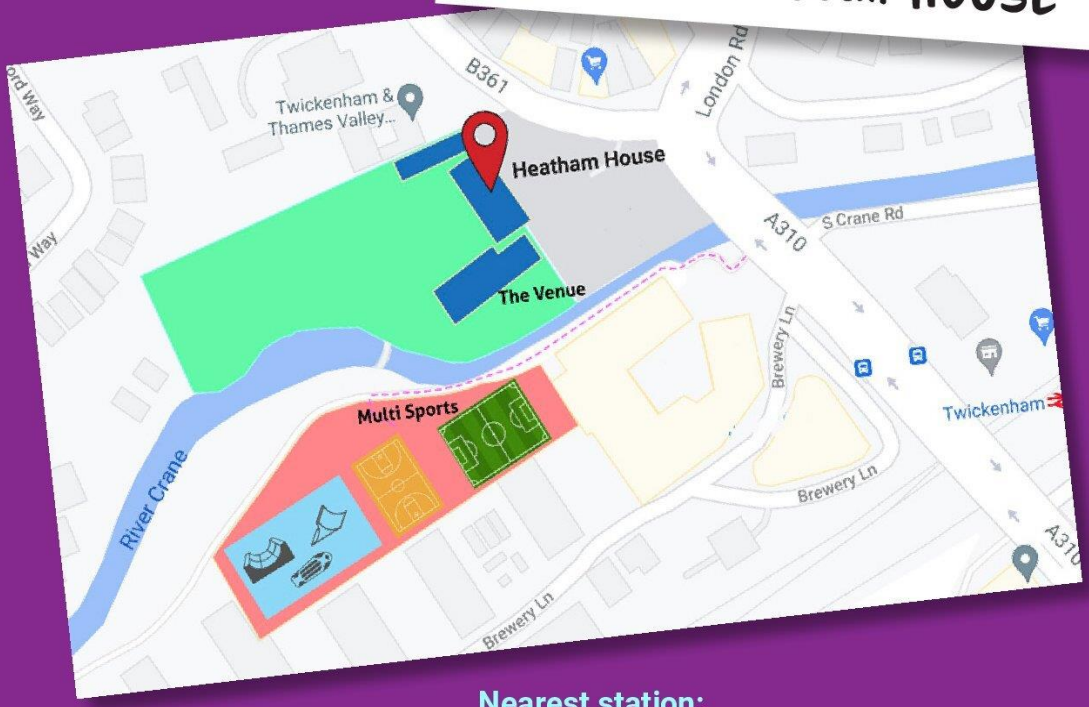
T: 020 8288 0950

E: heathamhouse@achievingforchildren.org.uk

achieving for children

How to find us....

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



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

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Old Deer Park

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www.marzamemi.co.uk