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Grey Court School | 10 May 2024

"a school where all pupils flourish" - Ofsted 2024



Cover photo: our VPA students having fun preparing for *Oliver!*

A MESSAGE FROM…

The Kingston & Richmond Safeguarding Children Partnership

In March, we sent you this short public health film for parents and carers about substance use and young people. Please watch it if you haven't already done so. It is just 10 minutes long and contains important information. Your children also received a special lesson in school.

Feedback requested

The organisers of this campaign, The Kingston & Richmond Safeguarding Children Partnership, would value your feedback about the campaign and have asked us to share this feedback form with you to complete please. It should only take a minute.

You may remember there was an invitation to attend a follow up workshop to explore the issues raised in the short film. If you weren't able to attend it, you might like to see the recording of the session here.

#KeepInTouch

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

A Grey Court School Production
by special arrangement with Cameron Mackintosh

Lionel Bart's

OLIVER!

GREY COURT

8 - 9 July 2024, 6.30pm



Grey Court School Hall

Tickets £5 Children / £10 Adults
Tickets available on Scopay

Book, Music and Lyrics by
LIONEL BART
freely adapted from 'Oliver Twist' by
Charles Dickens

Oliver!
Is presented through special arrangement with Music Theatre International (MTI).
All authorized performance materials are also supplied by MTI.
www.mtishows.com



Oliver!

There has been a huge amount of work going on behind the scenes with our 40-strong cast of this year's school musical, *Oliver!*, and we are excited to share the production with you in July.

In vocal rehearsals, we have been learning all of the songs and learning how to sing in harmony, which is a new skill to many in our cast. I am particularly impressed by the sound being made in *Food Glorious Food* and *Consider Yourself* - these will be real highlights of the show!

I have had the opportunity to sit in on Ms Burton's rehearsals where the show is really starting to come to life. I have been particularly enjoying the scenes with Mr and Mrs Sowerberry and think these are going to be a lot of fun!

On Wednesday, we were treated to a dance rehearsal from our Year 12 choreographers, Peony and Frankie. The energy was infectious within our cast and they picked up the choreography for *Consider Yourself* very well. I was exhausted just watching them. **Ms Cowper**




KS3

Poem

Stephen Lawrence Day Poem Competition

First place

Why?

Why did it happen,
All those years ago?
Why do we keep,
going to and fro?

The answer is happening, happening right now
the abuse keeps happening, but do we know how?
The thing that makes people different,
is the thing that makes them hurt,
The thing that you fight for,
kills your heart through your shirt,
The damage done,
can always redo,
We have to change this,
Change this for you.

(Willow Schofield, 8 Rowan)

Stephen Lawrence Day Poem Competition

Runner up

'The Debt of Death' - G. B. Alpsten

On the inside,
We are just human.
We are all made of the same parts
Cogs and wheels,
Pistons and reels.
Smoke and feelings.

How does the soul live on in splendour?,
Its capability is that of long tenure.
From birth to death it whirls on in cogs and wheels,
Whistles and greed.
The hated and the freed.
The debt of death and the murderous creed.

Hear the wind howling
It is getting louder
We must go inside, it is growing power
Lock the doors, and chain the windows
The storm will continue to billow

The strong voice of a thousand words do sing
In high chorus will they ring
Walls and earth shatter
With the sheer force of mouth do they batter

The wind does not forget,
Oh no it never will;
For what has happened
Will always happen
As for the strong-willed,
And for the soul-killed.

So let the books tell
In this final word
The say of the people will not go unheard
And to take the life of another
Inspires the grief of a now childless mother
Against lethal grudge breathe word then
The name spoken on our lips will live on again and again.

Year 7

Well done to the Y7 girls Rugby League team who set off on their adventure up North on Tuesday to take part in the schools finals. The side knew it was going to be a tough challenge as they ventured into the heartland of Rugby League territory in Leeds. Whilst the girls did not come away with the victory, they all had a fantastic time and what an amazing experience for them. A big thank you to the staff who went with them on the long journey!

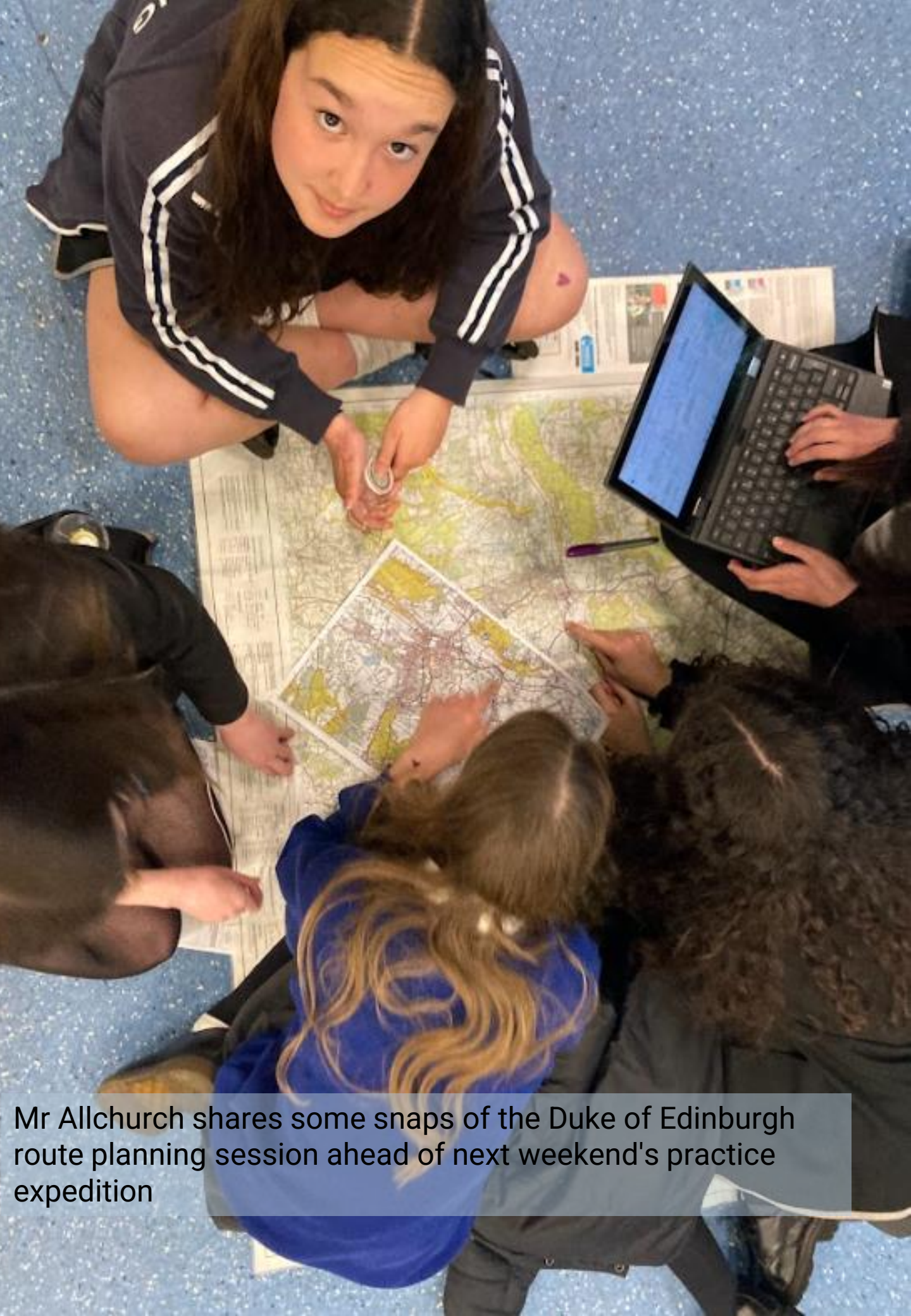
A huge thank you to Skerries4Schools for their work with some of our Y7s this week. They are based on the river at Richmond and have started sessions for a small group of our Y7s on a 6 week programme. Hopefully the nice weather continues and the sessions continue to be a success.

Good luck to the Girls A team and Boys A and B teams who are off on tour this weekend to Butlins. We hope they have a fantastic weekend and we are hoping for some silverware like last year!

Mr Day, Head of Year 7

Year 7
STARS OF THE WEEK

A	**Nina F**	For always working hard in her lessons and being a lovely, polite and well behaved student
B	**Amelie W**	For being incredibly kind, friendly and respectful to her peers, as well as a hard-working and motivated pupil. Well done Amelie!
C	**Nathan J**	For being a polite, friendly and hardworking student - well done!
E	**Rasul K**	For working hard to improve his organisation and attitude in school - well done!
M	**Nia H**	For always being polite and kind.
O	**Ruby B**	For always working hard in her lessons and being a lovely, polite and well behaved student
R	**Mai L**	For being a well behaved student and for her sporting excellence
W	**Bea M**	For organising herself really well during exam week and having such a positive attitude surrounding her exams!



Mr Allchurch shares some snaps of the Duke of Edinburgh route planning session ahead of next weekend's practice expedition





Year 8

This week we had an assembly from Ms Sutcliffe on Hidden figures and diversity, where we looked at key historical figures that had a big influence on the world during their lifetime and after. These figures demonstrate a different element that is not always covered by the national curriculum for History.

A huge well done to Dason, who competed in the British Youth Championships for Fencing last weekend. Despite carrying injuries, he managed to finish the tournament in 54th place out of all the entrants from Great Britain.

We also have another group of Rowers that are learning the basics of how to row with Team Keane in Brentford, who enjoyed their first session in the beautiful sunshine this week.

The Year 11 exams have started, so the PE corridor is out of bounds for much of the day, so anyone who needs to collect anything from lockers should do so before the day starts or at breaktime.

Mr Ridley, Phase Leader Y8+Y9

Year 9

This week we had an assembly from Ms Sutcliffe on Hidden figures and diversity, where we looked at key historical figures that had a big influence on the world during their lifetime and after. These figures demonstrate a different element that is not always covered by the national curriculum for History.

We also have another group of Rowers that are learning the basics of how to row with Team Keane in Brentford, who enjoyed their first session in the beautiful sunshine this week.

The Year 11 exams have started, so the PE corridor is out of bounds for much of the day, so anyone who needs to collect anything from lockers should do so before the day starts or at breaktime.

Please remind students that if they do have a fixture during the day, they still need to be in their normal school uniform and get changed at the break/lunch before the fixture.

Ms Woods, Head of Year 9

YEAR 10

Happy Friday Year 10!

As we approach the end of the week, I wanted to share a few reminders as we near the conclusion of the half term.

Parents, you may soon begin receiving notifications from potential colleges regarding upcoming open days. This will be discussed further with you at the beginning of Year 11 explaining the lengthy process. For students interested in applying to Esher College, please note that applications are due in September.

Additionally, both parents and students will receive revision booklets next week in preparation for the end-of-year exams. These booklets will cover all the topics that will be included in the exams, providing valuable assistance for students as they revise. It's advisable to start preparing for these exams now, ensuring that students have a well-equipped pencil case stocked with black biro pens, pencils, rulers, and any other necessary materials for their chosen subjects. As a reminder, exams will commence on the 17th and will span two weeks, with art exams starting on the 13th. Wishing you all a wonderful weekend and hoping you enjoy the warm weather!

Ms Comrie, Head of Year 10

YEAR 11

And we are off! Exam season is well and truly underway. Well done to all of our Year 11s who took a calm and measured approach to their exams this week, with some positive feedback as to how exams have gone. Brilliant news and long may that positive attitude continue!

Passport to Success also started this week, with intensive revision sessions led by subject specialists to maximise the success for our Year 11s. A reminder that these sessions are compulsory and attendance is expected to be 100%. Please encourage your child to make use of this fantastic opportunity - no other school in the borough offers such tailored help.

Our ROA ceremony is just 2 weeks away. Thank you to those for responding regarding their attendance - please make sure to let us know if you are coming by completing the google form sent out a few weeks ago.

Tickets for Prom are also selling well - final call to get yours now!

Whilst the sunny weather has finally arrived, I hope Year 11 spend their weekend revising for their first full week of exams next week, whilst managing to have small rest breaks in the sun for that all important vitamin D!

Miss Clark, Head of Year 11

ATTENDANCE MATTERS

29 April to 3 May

One day at a time

Year Group	Attendance %
Year 7	**99.1%**
Year 8	**95.4%**
Year 9	**93.6%**
Year 10	**93.7%**
Year 11	**95.7%**

Tutor Group	Attendance %
7 Beech	**100%**
8 Rowan	**98.8%**
9 Rowan	**97.9%**
10 Maple	**97.6%**
11 Oak	**98%**

"Your future begins with your presence. Attend today, succeed tomorrow"

Weasel Wording

Mr Clements

It has been an interesting week on the Grey Court campus: exams have started in earnest, the sun has come out and I have tamed a local weasel.

The rise in temperature generically lifts everyone's mood, accelerates the growth of the sunflowers in my office and catalyses emails from staff begging Senor Rhodes to turn the air conditioning on. In KS4 Ms Weston and the team have perfected the new exam routine that requires year 11s to hand their phones in at the beginning of the day,. If filmed from above via the school drone the orchestration of this elaborate dance might resemble the choreography of an Olympic opening ceremony such is the thought and endeavour that has gone into this process.

Moreover, in a minor disruption to the equilibrium, the newly planted Clematis outside my office was dug up over the weekend by what I assumed was a squirrel! However, bus duty on Wednesday revealed a prime suspect: a local weasel. A chance meeting with this creature certainly enlivened the daily grind of fitting 100 year 7s into the 371 bus, mending discarded mountain bikes and instructing students to wear their cycle helmets rather than dangle them from the handlebars of their tricycles and *specialised* hybrids.

A local gentleman and his wife were sitting outside the Ham cafe with what looked like a pink hamster cage balanced on the table. Well, before I could say, "Pop" I noticed a weasel running up and down the gentleman's arm. Now the last time I had seen such a creature was during my farming days as a child when habitually someone would bring a stoat or weasel to school in a sock. They would generally let it run amok and I would get on with reading some Seamus Heaney poems or pastoral sonnets. Anyway, sadly - with Brexit and tighter health and safety regulations, I had thought weasels had gone out of fashion alongside the Farah trousers that Mr Winch is fond of wearing.

But not in Ham apparently, where according to the gentleman there is a weasel society and regular meetings of weasel enthusiasts in Richmond Park. Whilst my memories of weasels are that they were the mammalian equivalents of the velociraptors last seen in *Jurassic Park*, apparently I have unfairly stereotyped these misunderstood cuddly creatures. A gaggle of year 7s (who had obviously not read "Wind in the Willows") certainly seemed undeterred, and affectionately stroked the creature under my wary gaze. It purred.

After they had dispersed I reached out a little finger, stroked its nape, and mouthed, "I know it was you that took my Clematis you little weasel" At this point it scurried back into its pink cage.

Later that night - when my wife (as we watched gogglebox) asked how my day had been I remarked that I had tamed a local weasel. At this point she arched an eyebrow which suggested that I was lying/embellishing/engaging in weasel wording again. I have therefore followed school protocols by reporting the encounter to Ms Price, who has filed it under miscellaneous pet danger.




Weih

2024 May

Meaningful May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why
6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you
13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful
20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful
27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future		









PDW

This Week: Tuesday 7 May to Friday 10 May 2024	
Year 7	Have pride LGBT literacy module: shaking things up
Year 8	Is smoking really that bad and is vaping okay?
Year 9	How can you effectively revise at KS3?
Year 10	Challenging harmful language
Year 11	Normal lessons

Next Week: Monday 13 Ma to Friday 17 May 2024	
Year 7	Have pride LGBT literacy module: prides around the world
Year 8	Why are 85% of people in the UK addicted to a drug and how is it harming them?
Year 9	How to revise for your exams
Year 10	How can we respond to provocation?
Year 11	Normal lessons

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)

Are you OK Kingston?

Are you OK Richmond?

achieving for children

‘Helping teens with…’ series of webinars for parents

Achieving for Children’s Mental Health Support Teams are delivering a series of webinars for parents of secondary aged children and young people (CYP). The **‘Helping teens with …’** series of webinars will cover a range of common difficulties experienced by CYP and will aim to share evidence-based strategies to help parents and carers support their CYP with these difficulties. Below is a list of webinars on offer over the coming months. In the third and fourth columns of the table below, you will find the sign up links. Please note that sign up links will be added a month before the webinar dates.

Helping teens with …	Overview of webinar	Morning 9am	Evening 6pm
Worries and Anxiety	In this workshop you will learn to help your teen to deal with feelings of worry and anxiety. The workshop will give you practical ideas on how to support your child in anxious moments and over time, as well as approaches that could help them to think more positively and develop their self confidence. You will also be introduced to some helpful cognitive behavioural therapy concepts.	07 May 2024 https://forms.gle/YJAkXuRNcpVRKh687 03 December 2024 https://forms.gle/vzYfXZTsF9thYxhA9	09 May 2024 https://forms.gle/pC4TzpnnUe1d8fca8 05 December 2024 https://forms.gle/bkwBszM2VV59FMRe9
Screen time and social media	In this webinar we discuss the positive and negative impact of screen time and gaming on a young person's mental wellbeing. We will share the recommendations for screen time based on age, how to have this conversation with your teenager in a positive and effective manner and a simple and effective way to manage screen time.	06 June 2024 https://forms.gle/LnPJcJmnLJzEdQ2U9 16 January 2025 https://forms.gle/EH1V5jKZopE1jyAa9	-04 June 2024 https://forms.gle/NCdRUFv3G8XRQ9KF6 14 January 2024 https://forms.gle/WgJ1yxHeYXJzwzHX6
Understanding Changes in the Adolescent Brain	Adolescence is a stage of significant brain changes. These changes are influenced by neurological and hormonal shifts which impact behaviour and emotions. This webinar explains how the adolescent brain differs from an adult brain and its effects on cognition, emotions, physiology, relationships, and behaviour. Parents/caregivers will gain insight into adolescent brain development and practical strategies for supporting young people to	20 September 2024 https://forms.gle/kLAej6d6EiELy9Wv5 07 February 2025 https://forms.gle/TWUuiSZ5zgWbDZMh7	18 September 2024 https://forms.gle/KNm9nxVLy562WqMv9 05 February 2025 https://forms.gle/2nkSpK78vp46T5eQ8

	regulate their emotions and behaviour, along with ways to connect with them during this critical stage of development.		
Sleep difficulties	This webinar introduces a number of key concepts and strategies to support you in helping your teenager create a healthy sleep routine. We will focus on the importance of sleep due to its impact on development and wellbeing, as well as exploring the key components that enhance sleep quality.	10 October 2024 https://forms.gle/wSdrUSuWor9Pnynj6 25 April 2025 https://forms.gle/oBCuj1vJ8W7denfn8	08 October 2024 https://forms.gle/BpyTNnkGwfUmfhqt9 23 April 2025 https://forms.gle/8vmHGSexKq8rEn7bA
Exam anxiety	In this webinar you will learn about tools to help your child manage anxiety as they prepare for and sit their exams. We know that this can be a stressful time for young people, and although it is normal for young people to feel stressed or worried during this period, we would like them to feel as equipped as possible for managing stress and worries. The exam anxiety webinar covers evidence-based strategies shaped by Cognitive Behavioural Therapy (CBT) for dealing with exam anxiety in the short and long-term.	07 November 2024 https://forms.gle/rxhN1hdE659fsBAd6 13 March 2025 https://forms.gle/dNfZF65M4bb2ybRu7	05 November 2024 https://forms.gle/z33zWtUJ6SsouVa67 11 March 2025 https://forms.gle/cMmZ5dRRjfPnNfANA
Friendships difficulties and bullying	In this webinar you will learn how to support your child to develop their friendship skills: learn to communicate better, repair difficulties, and negotiate solutions when relationships between peers are tricky. We will also explore how bullying can affect Young People and share tips on how to support your teen with this.	13 December 2024 https://forms.gle/Ghu8jgqDtNo7MrkZ7 15 May 2025 https://forms.gle/7jiENSMuLku9Q9es8	11 December 2024 https://forms.gle/EAUyqE55otdLwgnk6 13 May 2025 https://forms.gle/HUD7ocHo3DvcVg5u9
Low mood and depressive feelings	This webinar is intended to support parents whose teens may be showing signs of low mood or depressive feelings, which may be indicated by teens spending more time alone, and lacking in energy or motivation. It will include the signs and symptoms of low mood, and offer some practical approaches to supporting a young person who may be displaying these symptoms. It	10 January 2025 https://forms.gle/K6T8dzDQ7M1v5qvW6 12 June 2025 https://docs.google.com/forms/d/e/1FAIpQLSfC	08 January 2025 https://docs.google.com/forms/d/e/1FAIpQLSdYqlqqV5jCOyjf82-MQAFUvwKEQlXsebh1mAenbVp-SFJJ0Q/viewform?usp=pp_url

	will help parents understand some of the developmental changes teens are going through, and look at strategies parents may use to help teens explore their feelings and behaviours. It will include information about when and where to get more help should this be necessary.	x-BdgaqTA_hN3qJMc3lAo6EN8TlC_iDZG7oAiwOk8QSppg/viewform?usp=pp_url	10 June 2025 https://forms.gle/EGZCT8toUsSwGMXp6
Self harm and suicidal thoughts	This webinar is is intended for parents and carers who want to learn more about how to support a young person who may be self-harming or having suicidal thoughts. It includes information on the nature and causes of self-harm, and practical ideas about how to support a young person when facing this problem and what help is available.	06 February 2025 https://docs.google.com/forms/d/e/1FAIpQLScZCf7mm3CUCzxv13X4fZnobIlNBzgprj_kDhXHSgokwHpdcQ/viewform?usp=pp_url 03 July 2025 https://docs.google.com/forms/d/e/1FAIpQLSfIKWFcNtwXbuvOs9Gr9JrBrXugCELBeNlnAQ2r7ORNo7qI-A/viewform?usp=pp_url	04 February 2025 https://docs.google.com/forms/d/e/1FAIpQLScaWl9aTzip6D19hnsECl4pAiaRwAjTwcmDwFyCKKekChLucA/viewform?usp=pp_url 01 July 2025 https://docs.google.com/forms/d/e/1FAIpQLSd96uqWWEmtlq9kV7AcjfcwbSwbh70AfZ7Tny6Ae0IyY30CSQ/viewform?usp=pp_url

*All Webinars are 60 minutes long, with 15 minutes at the end for questions and answers.

***Please have a pen and paper handy for the webinar**.

How to sign up

Parents and carers can sign up to the webinars by clicking on the sign up links. This will take them to a google form where they will need to provide their email address, the school their child attends, and the year group their child is in.

Who to contact

If parents have any questions, they can contact the school who will direct queries to the allocated MHST practitioner.

Helping Teens with Worries and Anxiety

The **'Helping Teens with Worries and Anxiety'** webinar will help you learn ways to support your teenager in dealing with their feelings, worries and anxiety. This webinar will give you practical ideas on how to help your teenager think more positively and develop their self confidence. You will also be introduced to some helpful cognitive behavioural therapy concepts.

What will the 'Helping Teens with Worries and Anxiety' webinar cover?



- What anxiety is.
- What the cognitive behavioural model is.
- Practical strategies to help parents and carers talk to their teenagers effectively, help them regulate their emotions.
- How to get further support if needed.

When will the webinar take place?

The webinar will take place on four different dates and times.

Date	Time	Duration	Sign up link
07 May 2024	9am	75 minutes	07 May 2024 MHST Webinar: Helping Teens with Worries and Anxiety
09 May 2024	6pm	75 minutes	09 May 2024 MHST Webinar: Helping Teens with Worries and Anxiety
03 December 2024	9am	75 minutes	03 December 2024 MHST Webinar: Helping Teens with Worries and Anxiety
05 December 2024	6pm	75 minutes	05 December 2024 MHST Webinar: Helping Teens with Worries and Anxiety

*All Webinars are 60 minutes long, with 15 minutes at the end for questions and answers. ***Please have a pen and paper handy for the webinar**.

How to sign up

Parents and carers can sign up to the webinars by clicking on the sign up links in the table above. This will take you to a Google form where you will need to provide your email address, the school your teenager attends, and the year group your teenager is in.

Who to contact

If you have any questions, please contact your school who will direct your query to the allocated MHST practitioner.



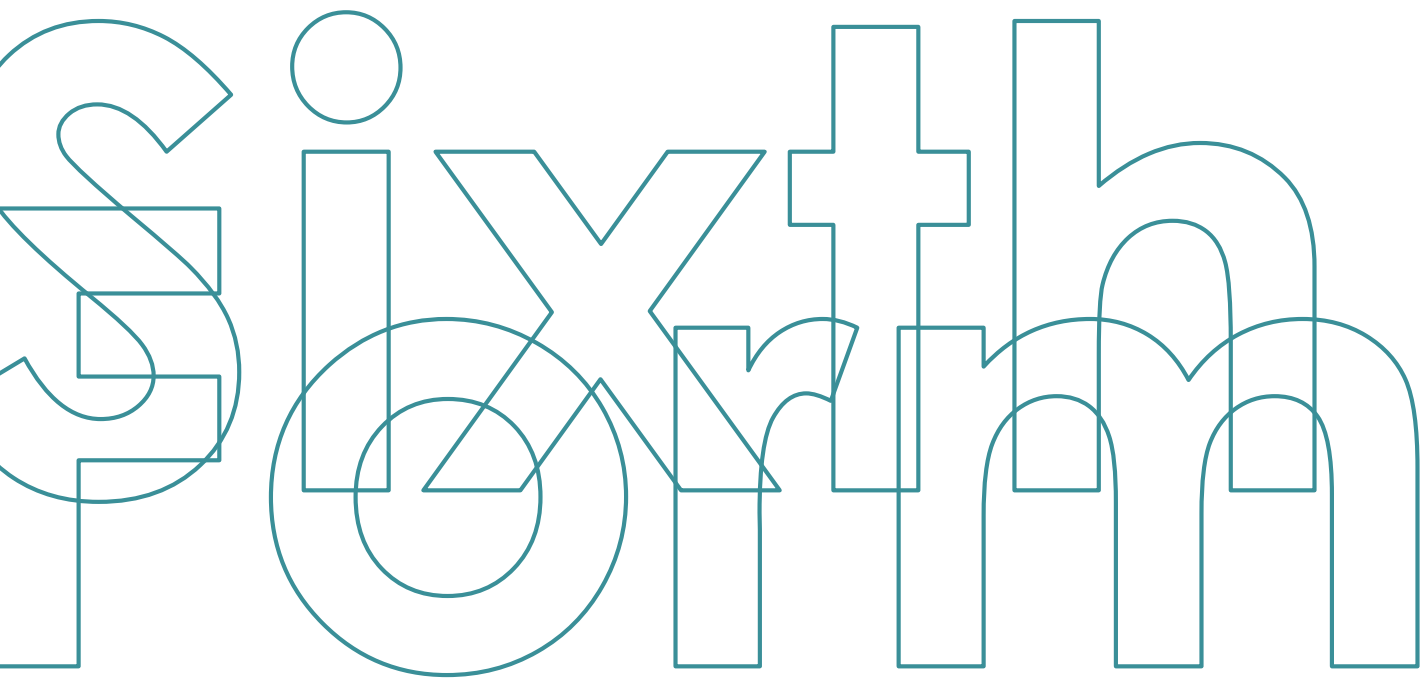
Counselling and Therapy

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
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Sixth

TRIAL EXAMS

21 June – 28 June

These results will be used to give predicted grades for UCAS applications. Students will be given guidance on revision planning, revision techniques and managing exam stress over the next few weeks along with the exam booklet.



UNIVERSITY CHOICES

There are only twelve students who are waiting to hear from their university choices. Seventy-six students have selected their firm and insurance choices. Students who still have to select their choices should keep an eye on the deadline date of 6 June. We would hate for students to miss out on their well deserved offers because they forgot to select their choices - especially as we are now entering the exam season.

DONATION NEEDED!

GIVE A LITTLE. HELP A LOT



Hey there !

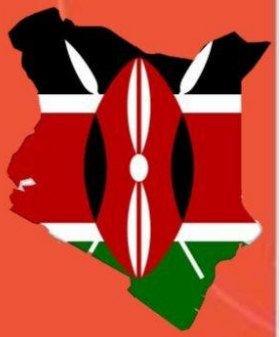
Myself, Katie (Yr13) alongside Diren (Yr12) are part of Erik Armstrong Explorer scouts and need to raise money for a once in a lifetime trip to Kenya.

We will be going for 10 days, majority of which will be spent volunteering at a school; helping build and maintain the school, teaching the children new skills both educational and physical.

OUR GOAL
£4000

We will of course visit some local tourist spots in the area such as an African safari and Baden Powell's (the founder of scouts) final resting place.





The funds will be used to cover transport, accommodation, and subsistence costs for the trip.

AFRICAN ADVENTURES

Please help us reach our goal by clicking here:

https://gofund.me/478ef7e0

Thank you, much appreciated!

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.

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

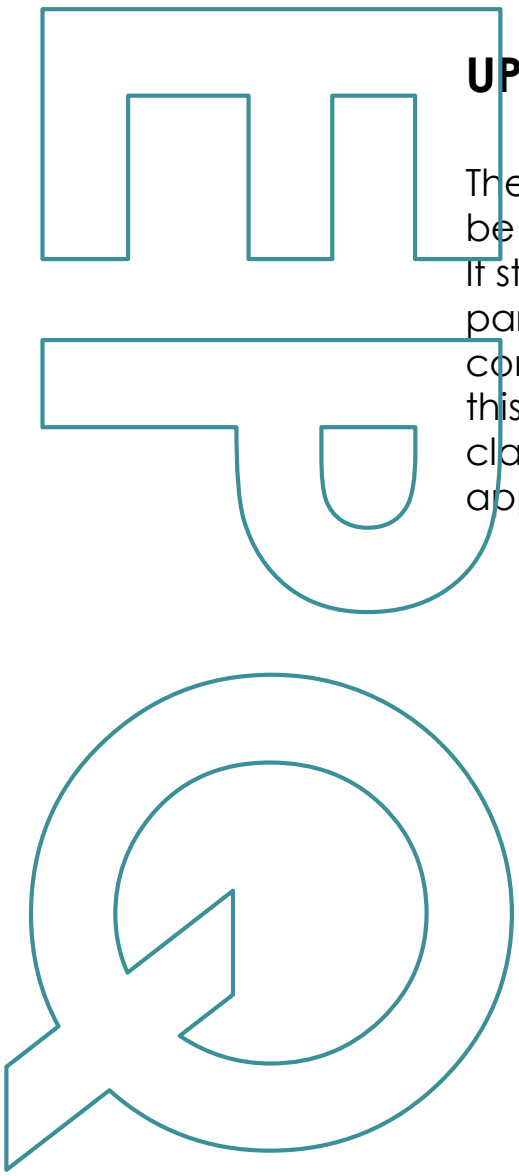
Full-time undergraduate 2024 to 2025 applications are now open! It's quick and easy to apply, it should take less than 30 minutes. To make sure you get your funding in place for the start of your course: new students should apply by 31 May 2024.

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

Applying for student accommodation

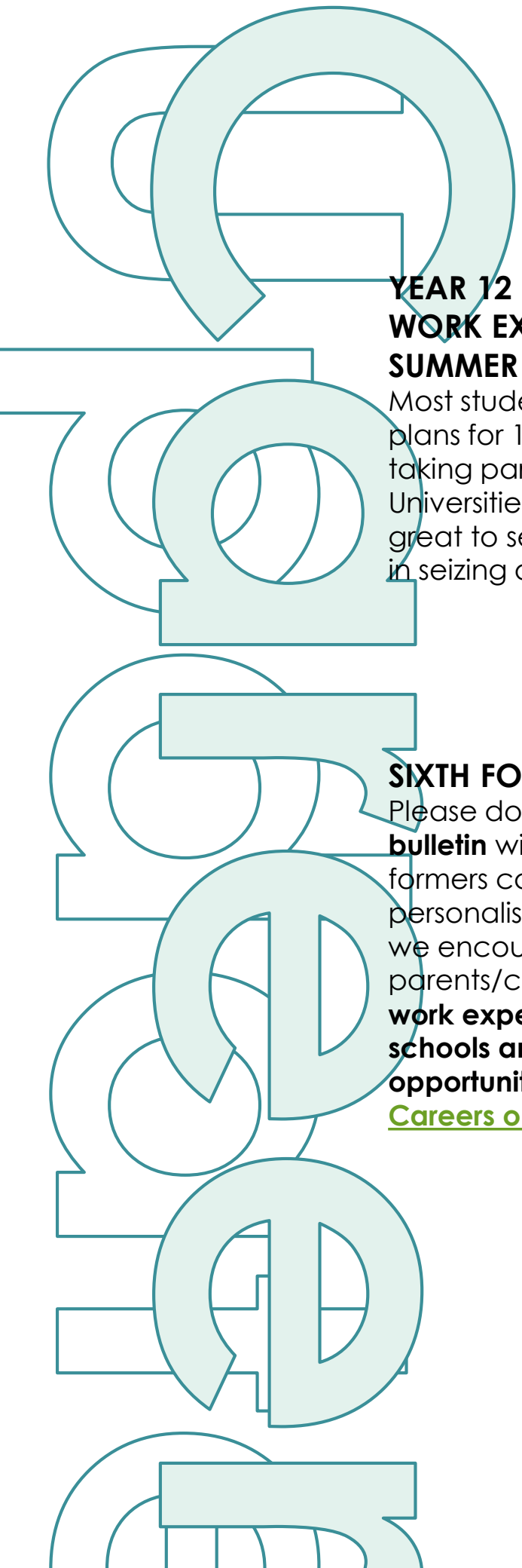
Once you have put in your firm and insurance choices you will be contacted by the universities asking you to apply for student accommodation. Different universities use different selection criteria - some are first come first served and some put all applications together and allocate accommodation after a particular date. Whatever the system it is a good idea to apply as soon as you can to improve the chances of getting your preferred halls of residence.

Have a look at UCAS Student Accommodation for more advice on choosing the right place for you.



UPDATE

The EPQ qualification will be launched next week with year 12. It students are interested in taking part in the course then they need to complete the google form. Following this, they will be invited to the EPQ classroom and given initial application tasks to complete.



YEAR 12 CAREERS PROGRAMME WORK EXPERIENCE AND SUMMER SCHOOLS

Most students have now confirmed their plans for 1-5 July and many students are taking part in extra taster events at Universities over the summer term. This is great to see our students are so pro active in seizing opportunities.

SIXTH FORM CAREERS BULLETIN

Please do check the **Sixth Form Careers bulletin** with more opportunities that sixth formers can get involved in, this is personalised for Grey Court students and we encourage all students (and parents/carers) to check this **bulletin for work experience, uni events & summer schools and apprenticeship opportunities:** 10/05/2024 Sixth Form Careers opportunities

Careers

with Miss Corrigham and Ms Holmes

The summer term is always a busy term with students thinking about their next steps after GCSEs and A Levels. We wish all students the best with their exams.

This term:

- Year 7 will have a careers assembly on 22nd May with guest speakers coming in to discuss their career paths.
- Year 8 have completed their careers presentations as part of Gradu8 and were all introduced to Unifrog, which is a careers website they will use throughout their Grey Court journey.
- Year 10 will start to look at the post 16 options available and will have experiences of the workplace through activity days trips as well as a visit to the University of Sussex (Brighton).
- Year 12 have work experience in July and are also looking at university and apprenticeship options through using Unifrog.
- All students can use careers resources to research their ideas - we highly recommend BBC bitesize Careers for students as well as Unifrog which we use in school.

Year 10 Students can start to think about post 16 options including Grey Court Sixth Form & colleges.
There are some open events this term you can attend:
•Richmond College Open event 18th June 5-8pm book here: Open Events | Richmond Upon Thames College
•Nescot College - offers a range of vocational courses including Animal Care, Construction, Media, Hair & Beauty and much more. **Open event: Wednesday 22 May, 2024 16:30 - 19:30**
•Esher College - **Open Evening on Monday 1 July 2024 4.30 – 8.00pm** This is the only open event for students starting in 2025. There are also tours that take place but look on their website for more information
• Kingston College Open event on 21st June 2024 11.00-14.00 - more open events in the Autumn Term in the evenings and on the weekends.
If you want to apply to Esher College applications open on July 2nd otherwise most college applications should be made from late September and October onwards.

Opportunities

Every week the careers team produces an opportunities bulletin for sixth formers to help with exploring their ideas. This includes: work experience, university events and tasters, careers talks, apprenticeships and more. Parents/carers can also access this to see the range of opportunities your young people can get involved in. This week's bulletin has all the opportunities: 10/05/2024 Sixth Form Careers opportunities and see some **highlights on the next couple of pages.**

Earthwise: Kew's Summer Programme

Aged 14 to 17? Join other young people from across London to learn all about ecology, biodiversity and conservation at our free, week-long summer programme.

Do you know your calyx from your corolla? Or which species of trees store the most carbon? Can you identify a stinkhorn?
Earthwise: Kew's Summer Programme will take place at the beginning of August and is open to young people across London aged 14 to 17.
Throughout the week, young people will conduct their own biodiversity research project, undertake fieldwork using the 'living laboratories' of Kew and Wakehurst and hear from Kew experts in biodiversity science and conservation.

The programme
Participants will have the chance to:

• Design and conduct their own scientific research into biodiversity and ecosystem health at a leading cultural and scientific institution
• Develop practical fieldwork skills whilst learning about the environment
• Explore the world-renowned plant and fungal collections at Kew Gardens and Wakehurst
• Hear from distinguished scientists and conservationists
• Strengthen their connection to the natural world
• Enrich their CV for use in applications for jobs, colleges and universities

How to get involved
Earthwise: Kew's Summer Programme will run on two consecutive weeks at the beginning of August 2024. There are 20 places available for each week. Each day will run from 10am to 3.30 pm.
Young people can choose to apply for either of the following weeks:

•29 July to 2 August 2024
•5 August to 9 August 2024

Earthwise is free to attend and all sessions will include lunch and snacks.
Participants are also able to claim travel expenses of up to £13.90 per day.

Applicants must live in the Greater London area and will need written consent from a parent or guardian to attend. To apply, please complete the online application form. The deadline for applications is Monday 27 May 2024. Apply via the website: Earthwise: Kew's summer programme

If you are currently taking relevant GCSEs or A Levels, or are studying another related qualification, please do make sure this is stated in your application under 'why you want to attend'.

We will let applicants know whether they have been successful by Friday 21 June 2024. If you have any queries regarding this programme, please contact youth@kew.org Apply via the website: Earthwise: Kew's summer programme



MITSkills (www.mitskills.com) is hosting an Apprenticeship Open Day on **Wednesday 29th May** from **10am to 12 noon** at our Brentford/Syon Lane base.

The day will be focussing on both **Electrical and Motor Industry apprenticeships** although we deliver a lot more. This is a great opportunity for students to find out about apprenticeships, Study Programme, and T-Levels, explore our facilities and try some hands-on activities.

Our address is: **MIT Skills, Unit 7 The Gate Centre, Syon Gate Way, Brentford, London, TW8 9DD** (approximately 3 minutes' walk from Syon Lane BR Station).

Please feel free to share with any students, and their parents, who may wish to attend.

Registering for the event - scan QR Code

MEDIC MENTOR

YOUR MEDIC FAMILY

Attending a Get Into Medicine & Dentistry UCAS Conferences not only allows students to gain invaluable knowledge about the medical school process, but it also provides an opportunity to network with medical professionals, like-minded students and to build an understanding of their future career in Medicine or Dentistry

For aspiring Doctors: FREE LIVE VIRTUAL Get Into Medicine conference dates:
Sunday 12th May, 9:30am - 3:30pm
Sunday 19th May, 9:30am - 3:30pm

For aspiring Dentists: FREE LIVE VIRTUAL Get Into Dentistry conference date:
Saturday 18th May, 9:30am - 3:30pm

Students and parents can register for free at these links:
Medical Registration Link:
https://airtable.com/appgXnyzN5ZD9Iwk6/shry7MZYtt3MGPjvO
Dental Registration Link:
https://airtable.com/appgXnyzN5ZD9Iwk6/shrBuiR7SBAcC19kE
All aspiring doctors and dentists in years 10-12 are invited to register.
These conferences offer tailored advice for medicine and dentistry, covering a range of crucial topics:
- Tactically choosing universities
- Personal statements
- UCAT
- Medical & Dental school interview skills
- Medical Leadership Programmes
- Awards Programmes & Applying for scholarships
- Work experience & Building a CV

Ofsted
Good
Provider

Way2Work Open Day Event 2024

You are invited to attend Way2Work's apprenticeship open day

100% pass rate

93% of apprentices progressing into a higher apprenticeship, employment or further training

Thursday 18 June

Afternoon session: 2pm to 5pm

- Heatham House in Twickenham

Friday 21 June

Morning session: 9am to 12pm

- Guildhall in Kingston





What is covered on the day

- Types of apprenticeships
- Experiences of past apprentices
- Benefits of an apprenticeship
- Skills you will develop
- How to sign up
- Employers you can work for

Way2Work Apprenticeships

Please reserve your ticket for the event on Eventbrite as spaces are limited!

Scan the QR code

At Way2Work we deliver apprenticeships in:

Business administration

Marketing, digital and IT, sales and distribution, human resources, property

Customer service

Social services, PA roles fitness technology, aerospace, finance

Early years educator or early years practitioner

Day nurseries, private nurseries

Teaching assistant

Primary, secondary and special schools



Contacts and social media:

Phone: 020 8831 6353

Email: way2work@achievingforchildren.org.uk

Website: www.way2work.org.uk

Facebook: Way to Work AchievingforChildren

Linkedin: Achieving for Children Way2Work

Twitter: Way2WorkJobs

Instagram: afc_way2work



achieving for children

VPA SCHOLARSHIP

VPA Scholars of the Month - May

At the start of the year, the VPA Scholars were set a variety of challenges, ranging from completing graded exams on musical instruments to performing in shows outside of school. We will be celebrating the success of different students each month.

Freya Kirrage - Drama and Music

Freya has thrown herself into the Scholarship and is always willing to give everything a go. She was one of the Narrators in *Principal Pan*, as well as performing with the Junior Choir. She also wrote an insightful and carefully considered review of *The Magic Flute* which was featured in a recent eBulletin. In the Scholarship Showcase in February, she showed her wide range of talents by both singing a solo in *Pick a Pocket or Two* and performing an acro dance routine with two of her fellow Scholars. She will be performing as Rose Seller and ensemble in *Oliver!* on 8 - 9 July.



VPA SCHOLARSHIP

VPA Scholars of the Month - May



Edith Brown - Drama and Music

Edith has been involved in Drama since joining the VPA Scholarship. She makes the most of every opportunity and performed at Christmas as one of the Lost Boys in *Principal Pan*. You may have seen her excellent reviews of both *Matilda the Musical* and *The Magic Flute* in previous eBulletins. She also regularly participates in performances outside of school. In the Scholarship Showcase in February, she performed a vocal solo in *I'd Do Anything* and played a piano piece called *Dreamland*. You can see her onstage in this year's school production of *Oliver!*

Shirin Kothari - Drama and Dance

Shirin has worked extremely hard this year. She was one of the Mermaids in *Principal Pan* and performed an acro dance routine as well as a vocal solo in *Be Back Soon* in the Scholarship Showcase in February. She has thrown herself into dance rehearsals for *Oliver* and is always enthusiastic about everything we do in lessons. Her review of *The Magic Flute* spoke passionately about how much she enjoyed the projections and live foley (sound effects). You can see her onstage in *Oliver!* this July.




Sports
News

Congratulations



Congratulations to **Oli Dorey** who had an amazing swim at the **London Regionals** on Monday 6 May. He finished sixth in the 100 breast stroke final.

Well done, Oli



Congratulations to **Mai Lannhult** who participated in her first international gymnastics competition in Aland, Finland. Mai competed in the Junior category and came fourth all-around. She qualified to the apparatuses finals and took Gold on beam and bronze on bar.

Well done, Mai



Noah Kenny 9W raced for Brentford Boat Club in the J14 Octo. They competed at Chiswick Regatta on Saturday, beating St Pauls and Westminster schools to reach the final, where they beat Shiplake College by 2 1/2 lengths to win.

Monday was the National Junior Scullery at Dorney Lake, where they won a bronze medal in the J14 Octo event, missing out on Silver by only 1.7 seconds to Kings Ely.

The team did fantastically well and did themselves and the club very proud.



Player of the Month



Paloma Cajigao

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.

Team of the Month

U12 & U14 Rugby

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!



U15 & 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

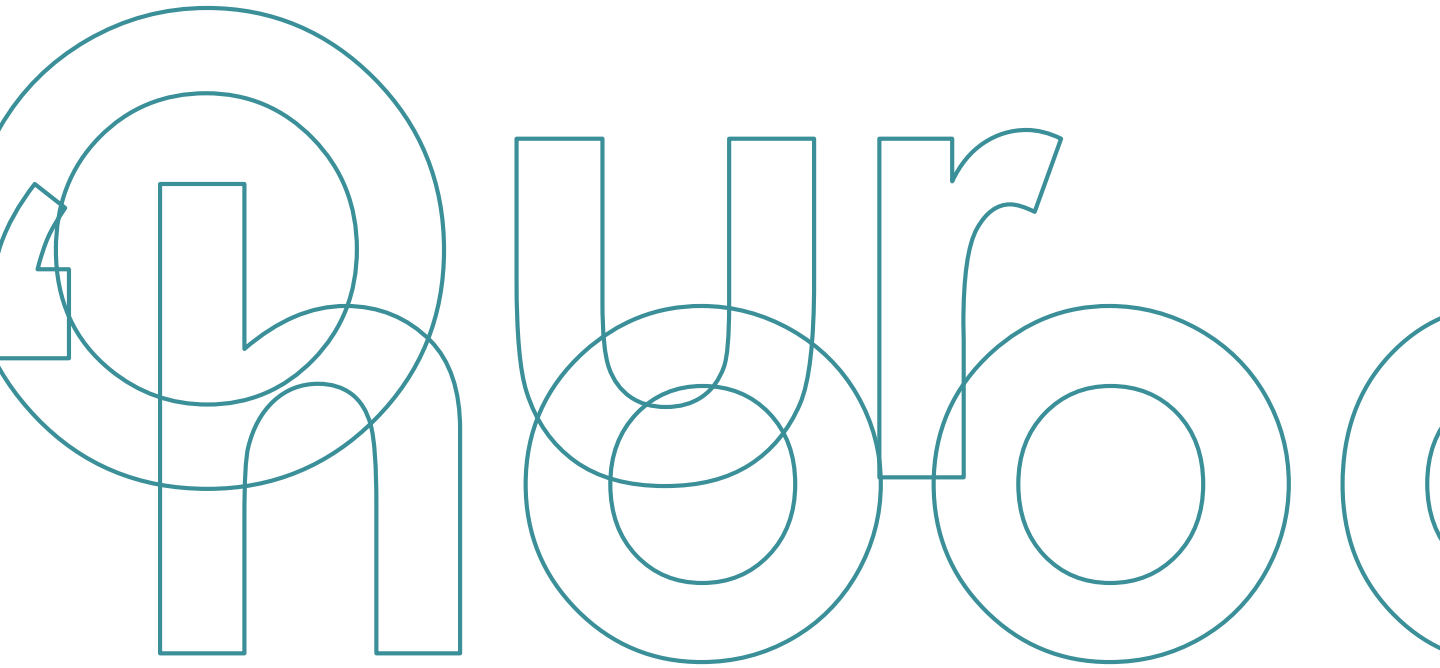
Trio: 18.05

Vault: 14.35

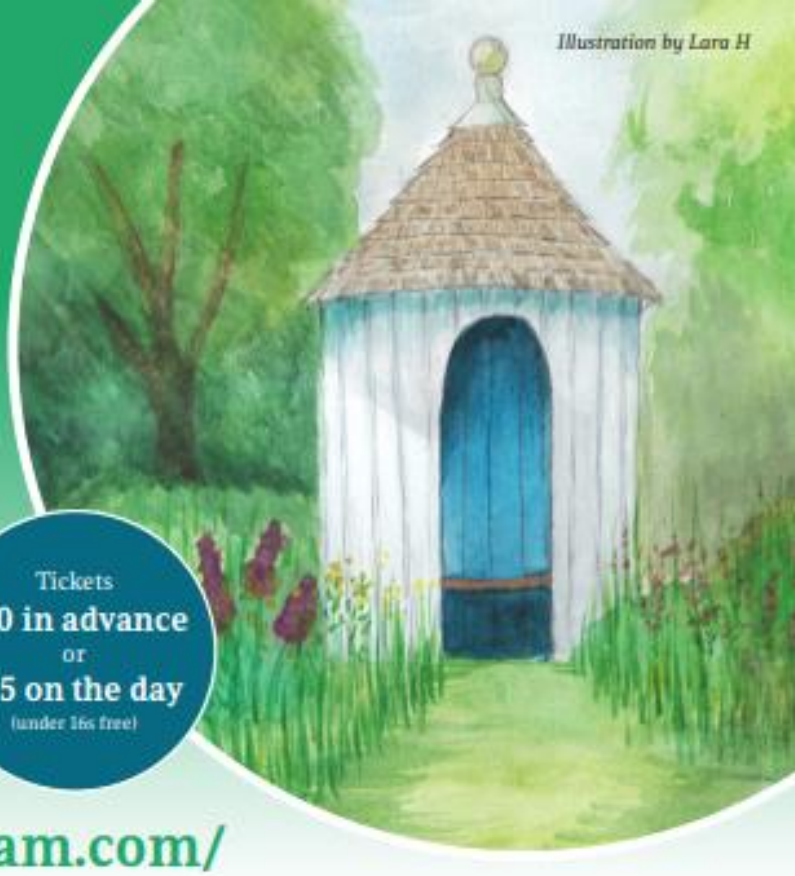
Floor and Vault

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.



HAM OPEN GARDENS



Sunday 19th May
12-5pm

Tickets
£10 in advance
or
£15 on the day
(under 16s free)

Tickets at:

www.hamandpetersham.com/ham-open-gardens

or on the day at Ham Pond

HAM and PETERSHAM

DISCOVER SAILING



Tamesis Club

Trowlock Way on Saturday 11th May from 2-5pm

Teddington, TW11 9QY **tamesisdiscoversailing@gmail.com**

RYA

rya.org.uk/discoversailing

RICHMOND MAY FAIR

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Sponsored by Be Richmond

SAT 11TH MAY 2024

10AM - 5PM

RICHMOND GREEN TW9 1LX



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CHARITY & SMALL BUSINESS STALLS • DOG SHOW
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www.lollipop-studio.co.uk

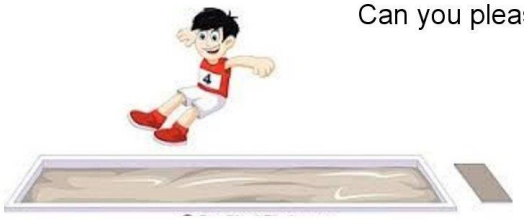


LYG Richmond Athletic Trials 2024

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

ROSSLYN PARK COMMUNITY

ROSSLYN PARK & LONDON BRONCOS GIRLS RUGBY CAMP



LONDON BRONCOS
RUGBY LEAGUE



We are celebrating their **first birthday**. **Join us on 16 May for a memorable birthday party, where a DJ will be setting the vibe for the evening as you enjoy flowing drinks, delicious food and fun golf games or a few holes.** Book a bay from 6pm for only £15 per person, with a drink included. Alternatively soak up the party vibes from the bar & lounge area.

To keep the celebratory feel going throughout May, you can enjoy 15% off all bay bookings. Check out our **website** for more details and to book.

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

crosslight advice

FREE WORKSHOP

Cost of Living Toolkit

Equip yourself to *Survive the Squeeze* with this interactive workshop.



Get up to date with the latest news and updates that affect your finances.

Learn about schemes and support that can help and how to access them.

Hear about some quick wins to help you spend less and maximise your income.

Tuesday 20 May, 7-8:30 PM

Windsor Room
St Mary's Church
Church St
Twickenham
TW1 3NJ"

Register for the workshop

themoneycourse.org/colt

"A really positive, helpful session!"

★★★★★

crosslight advice

Crosslight Advice is a registered Charitable Incorporated Organisation (1163306) and is authorised and regulated by the Financial Conduct Authority (715066).

Book by
LYNN AHRENS and STEPHEN FLAHERTY

HAMPTON HILL
THEATRE

Seussical™

Dr. Seuss

The Musical

Music by
STEPHEN FLAHERTY

Lyrics by
LYNN AHRENS



TUESDAY 21ST - SATURDAY 25TH MAY

Tues 21st - Fri 24th 7:30pm / Sat 25th 1:00pm & 6:00pm

BROS
THEATRE COMPANY

HAMPTON HILL THEATRE, 90 HIGH STREET, TW12 1NZ
BOX OFFICE : ticketsource.co.uk/brostheatrecompany
or 0333 666 3355
www.brostheatrecompany.org

This amateur production is presented by arrangement with Music Theatre International
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

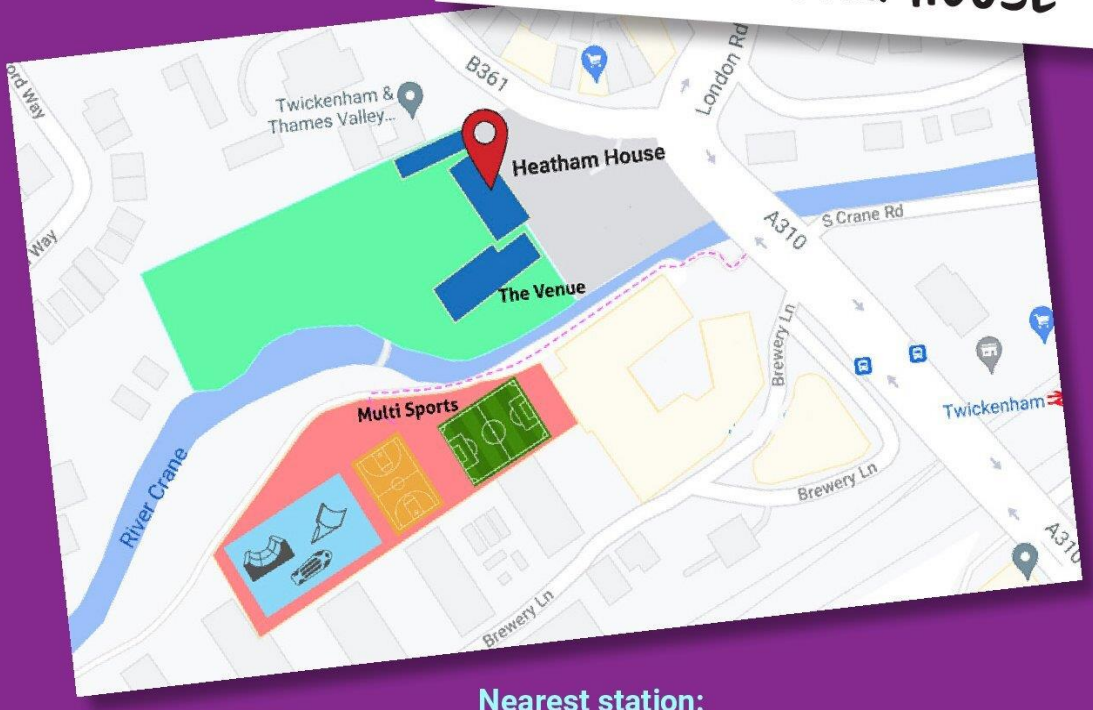
E: heathamhouse@achievingforchildren.org.uk

achieving for children

How to find us....

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





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)

A free, practical money skills course to help you confidently manage your everyday finances.

"Superb course with really informative hosts who were so knowledgeable, welcoming and helpful."

★★★★★



- Create a simple household budget that works for you
- Gain a clearer picture of your monthly spending habits
- Begin saving for something that matters to you and financially prepare for the unexpected
- Discover the simple technique of piggy banking, ensuring you stay on top of your bills with ease

Find out more about the course.

themoneycourse.org/join

Join the course

Mon 10, 17 and 24 June
7 - 8:30 PM

Windsor Room,
St Mary's Church,
Twickenham, TW1 3NJ

REGISTER NOW

money course

The Money Course is part of Crosslight Advice. Crosslight Advice is a registered Charitable Incorporated Organisation (1163306) and is authorised and regulated by the Financial Conduct Authority (715066).

Would you like to be a host family?

We are looking for caring families with children to welcome a Spanish student into their home as a paying guest.

Students age- 11-17 yrs
DATES- 26th June-17th July 2024

Language School- (8.30- 16.30) They attend private English lessons in Kingston

We take care of daily transport

Interact with them as if they were a member of your own family

Discover a new culture. Your children will benefit from the intercultural experience as well as picking up some Spanish vocabulary

Long lasting friendships can be made

Experience the pleasure of offering hospitality

Play a part in helping students have a truly exceptional English experience.



LEARN MORE

felicity.leicester@gmail.com
anglospanishassociation@gmail.com

07900 312 634

LONDON YOUTH GAMES

FINALS FESTIVAL

28 - 30 JUNE 2024

Queen Elizabeth Olympic Park E20 3HB



LONDON YOUTH GAMES' LARGEST SPORTS FESTIVAL FOR ALL YOUNG LONDONERS!

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WWW.LONDONYOUTHGAMES.ORG/FINALS-FESTIVAL

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

MALFY GIN (ITALY)

LINA STORES

www.marzamemi.co.uk

METROPOLITAN POLICE

MET in the Park

Monday 05th August 2024
Old Deer Park, Richmond

11AM to 5:00 PM

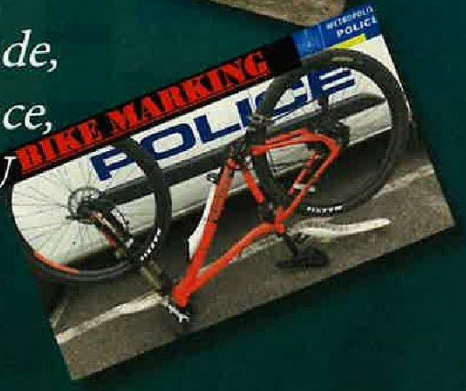


Police Vehicles

Come along to meet:

Firearms officers,
Territorial Support Group,
Police Horses & Dogs,
RNLI,
London Fire Brigade,
St Johns Ambulance,
Harlequins RFU
and
Face Painting!











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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WEDNESDAYS 7-9PM
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MORE INFO ⬇



WWW.CASTELLERSOFLONDON.ORG.UK

Social Art

There are many ways you can help Grey Court without it costing you a penny

1. Sign up to Easyfundraising



So far we've raised more than £700 without it costing anyone a penny more!
You could boost this total. It's easy!
Join @easyuk and raise free funds for us every time you shop online. Join before 13th May and we could win a £50 bonus.

What's more, if you are a Tesco online shopper you could help Grey Court win £1000!
There are five prizes of £1,000 each up for grabs. Just sign up to Easyfundraising and do your usual Tesco online shop. Every little helps!!

2. Nominate us for Benefact Group's "Movement for Good"



The Benefact Group's "Movement for Good" programme includes a prize draw for nominated charities. Please click on the link and nominate *Grey Court Education Fund* before midnight on Sunday 19th May to help us be in with a chance of winning one of 50 prizes worth £1,000 each.

3. Help the Parents' Association

Grey Court's Parents Association [the PA] is the beating heart of this school. The school relies on the generosity of parents who donate their time and energy to support our many events. There are a number of events coming up that need an army of willing volunteers so if you are able to help at any of hee events below, please please sign up on the linked google form:

- **New parent information & welcome** - Mon 1 July
- **Sports celebration evening** at the German School - Weds 3 July
- **Oliver** - Monday 8th & Tuesday 9 July

If you have any trouble accessing the form, please email Maddy Thomas [mthomas@greycourt.org.uk] who will assist.

4. Help plan for G-Fest 2024



Plans for G-Fest '24 are also well underway and we need a committed group of parents to help make this event the fabulous occasion we have enjoyed in previous years. Nearer the time we will be asking for stallholders support, but if you are able to help with the advance planning for this please sign up here. The first meeting of those interesting in planning will be in the week of 20 May. ***If you have any issues, please email greycourtpa@gmail.com***

5. Help Grey Court financially with a regular donation

We do everything we can to provide a broad, balanced curriculum with a huge variety of enrichment opportunities. Help us help to stay outstanding and provide our young people with the best educational experience and outcomes.
We appreciate only too well that not everyone is in a position to give regularly but ask those who can, to do so.

How to donate:

- Please set up a standing order (we suggest c.£30 per month or £1 a day)
- When you have set up your regular payment, please complete the donation form
- If you are a UK taxpayer, please also complete the Gift Aid section of the form

Account name: Grey Court Education Fund
Sort Code: 30-94-77
Account number: 49765568