

HOW DO WE GET ENERGY FROM FOOD?
WHY DO PEOPLE HAVE DIFFERENT NEEDS BASED ON THEIR METABOLISM?
WHY ARE PEOPLE ONLY ALLERGIC TO CERTAIN FOODS?
ARE THERE ANY FRUITS AND VEGETABLES THAT ARE HIGH IN FAT OR NOT GOOD FOR YOU?
HOW DO FOODS PROVIDE US WITH ENERGY?

THINKING HARD QUESTIONS

COLOUR CODED CUTTING BOARD
RAW MEAT

WATER
EAT, SLEEP, REUSE, REPEAT.
PLASTIC FREE

HANDWASHING
When you wash your hands properly, you can stop germs from spreading. It's the best way to prevent illness.

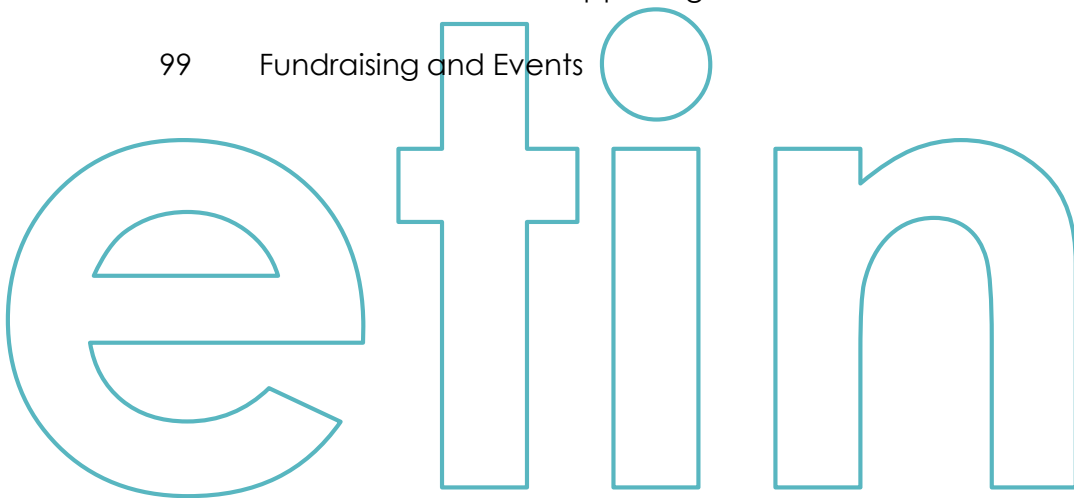


Staff

EBU



| | | |
|----------|------------------------|---|
| Contents | 3 | A message from... the Kingston and Richmond Safeguarding Children Partnership |
| | 4 | Lost property notice |
| | 5 | #KeepInTouch |
| | 7 | KS3+4 news |
| | 15 | Food News Miss Campbell |
| | 33 | Attendance |
| | 34 | Stars of the Week |
| | 36 | VPA Scholarship Stars of the Month |
| | 38 | The North – Part Deux Mr Clements |
| | 40 | Wellbeing and PDW |
| | 46 | Sixth Form News |
| | 55 | Careers Miss Corrighan and Ms Holmes |
| | 62 | Sports News |
| | 76 | Our 'hood... what's happening |
| 99 | Fundraising and Events | |



Grey Court School | 17 May 2024

"a school where all pupils flourish" - Ofsted 2024



Cover photo: burgers, anyone?

A MESSAGE FROM...

The Kingston and 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 and 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](#).



LOST PROPERTY

This iPhone was handed in last week and hasn't been collected. If this phone belongs to your child, please ask them to collect it from Mr Day.



#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](#)



Grey Court JustGiving QR Code

[**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!

8 - 9 July 2024, 6.30pm



GREY COURT

OLIVER!

Grey Court School Hall

Tickets £5 Children / £10 Adults

Tickets available on Scopay

Book, Music and Lyrics by

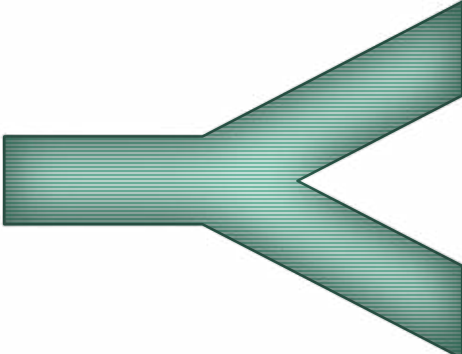
LIONEL BART

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

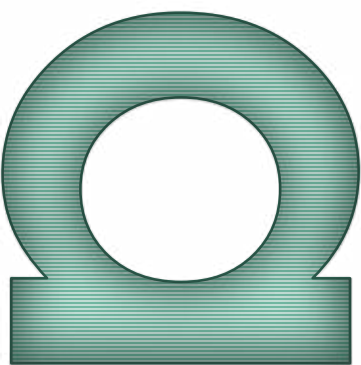
4 K S 3



A massive well done to the Y7 boys and girls football teams who competed in a tournament in Butlins over the weekend. We took a total of 36 students and fortunately the weather was glorious! They went on Friday afternoon and returned on Monday. The girls performed superbly - finishing fourth. The boys B team also did excellently. The Boys A team managed to get to the final after penalty heroics from Kian P in the semi-finals - which hopefully is a good sign for English football ahead of the EUROs. They narrowly lost 3-2 in the final - a real heartbreaker. Not only were the performances of all the sides super, but perhaps more importantly their conduct over the weekend were fantastic.



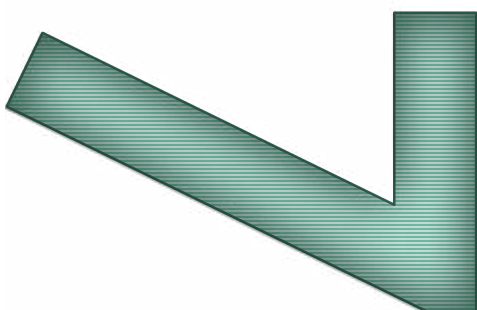
On Friday, we were delighted to have KOOTH come to speak with us in assembly. KOOTH is an organization who promote mental health and well-being. The students listened fantastically throughout.



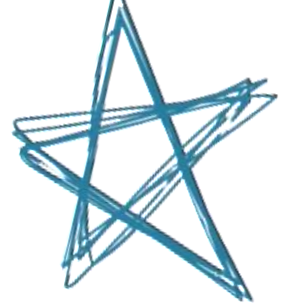
A quick plea from the canteen to make sure that students have their accounts topped up. It is worth reminding students to be careful on how they spend their money - now they have access to the canteen at break times there can be a temptation to overspend!



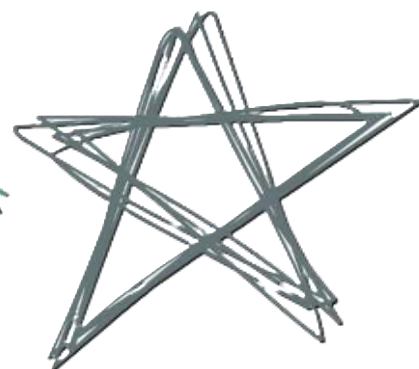
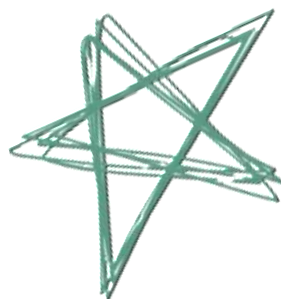
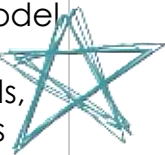
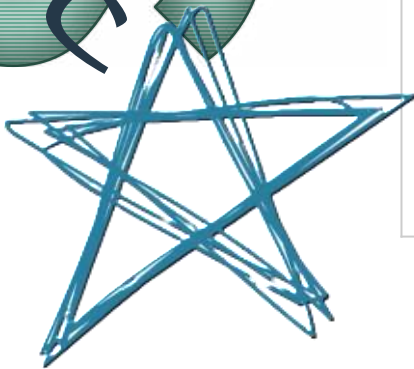
Mr Day, Head of Year 7



Stars of the week



| | | |
|---|--------------------|--|
| A | Ervaad C | For always working hard in lessons and for being very well behaved and organised in all his subjects |
| B | Arian N | For being a polite and kind student who always gives his best |
| C | Seraphina C | For her hard-working, kind and polite attitude. |
| E | Ayanfe A | For his continuous hard work and brilliant attitude in form and throughout school life |
| M | William K | For being an excellent Wordle helper this week, well done! |
| O | Saksham J | For being a model pupil - polite, focused, kind, hard-working, responsible, and as if that wasn't enough, an all-round lovely person! |
| R | Leo L | For being 'star of the week' in both English and Maths, and for always being polite and cheery during form time |
| W | Jenna R | For being such a role model to the form and always looking out for her friends, Jenna consistently works hard and never fails to put a smile on the faces of those around her! |





Maths Challenge Success





Maths Challenge Success

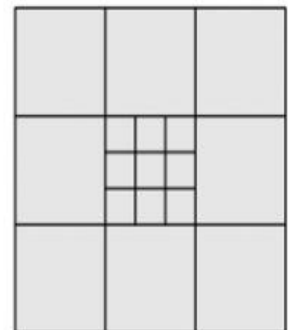
A massive well done to the students in 7aV, 7bV, 8aV and 8bV who all took part in the UKMT Junior Maths Challenge.

The Junior Maths Challenge is a National Challenge which encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems.

There is an example question below for anyone who dares!

How many squares of any size can be seen in the diagram?

A 25 B 27 C 28 D 39 E 40

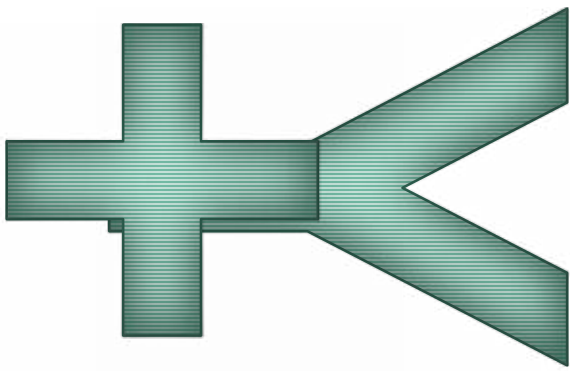


The school achieved 111 graded certificates including 21 Gold!

A massive **congratulations** to following students who have qualified for the next round:

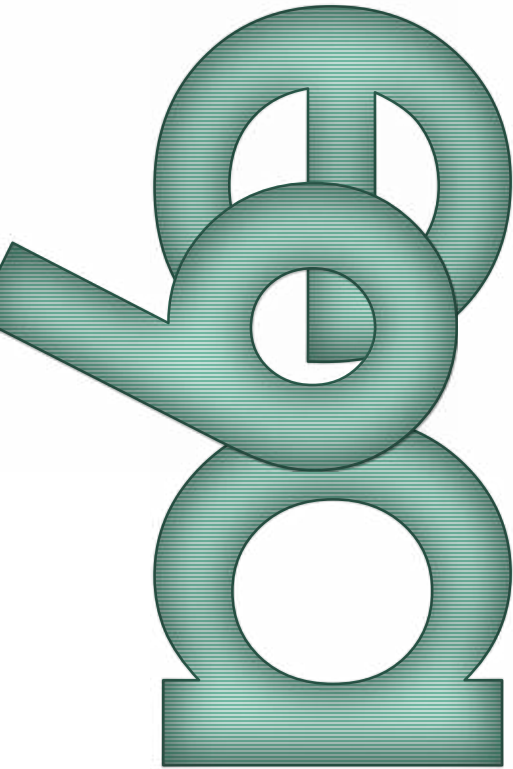
Oli Dorey, Leila Mays, Chloe Clements, Jack Percival, Ryan Kwok, Josie Tanner, Adrian Lam, Matthew Tung, Claire Chung, Felix Fairmane, Shraddha Menon, Okan Canatan, Jason Chan

Mr Lunniss
Maths Teacher



This week in assemblies we had Cassim Kaweesa deliver a presentation for Mental Health Awareness Week (13-17 May).

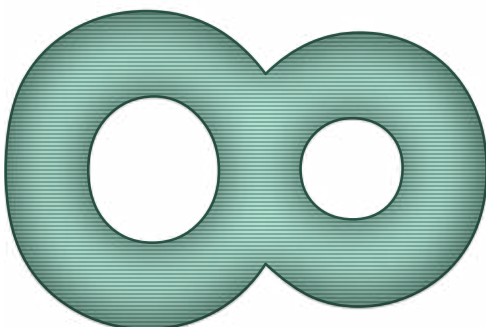
Cassim works for the company Kooth, and talked to the students about what they do and what they are able to provide in terms of support for students and young people who may be dealing with mental health issues.



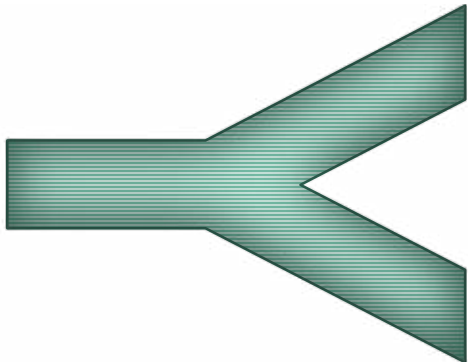
The students have been issued or encouraged to collect a card which they can scan to take them to the website, but all students have also been encouraged to go to the website and familiarise themselves for five minutes even if they never need it, it's important that they know it is there and what is available to them.



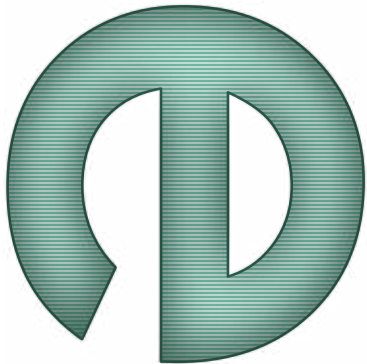
We have had the appearance of some water pistols in school over these last few warmer weeks, and so I would like to encourage students to keep the use of water pistols to their own time at the weekends. If a water pistol is found in school, anyone playing, handling, or bringing it to school will receive a significant sanction. The students have all been informed of this in registration on Thursday afternoon.





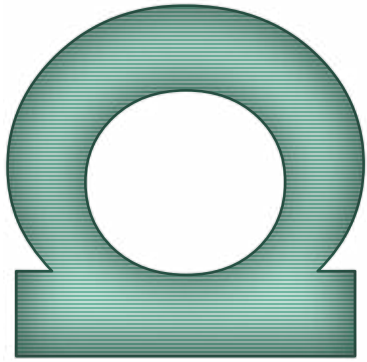
Mr Ridley, Phase Leader Y8+9



Just one more week until we enjoy a well-deserved break. However, Year 10 students will spend this time revising for their upcoming end of year exams. Parents and students have received revision booklets, including timetables and the topics covered in the mocks. If you have any questions, please email icomrie@greycourt.org.uk. It is crucial for students to revise for these exams, as the results will be used to make end of year predictions for Year 11. Please monitor their progress at home and encourage them to dedicate at least 20 hours a week to revision. The mocks will begin on 20 June. Makeup exams will be available for absences, but be aware they may occur after school hours.



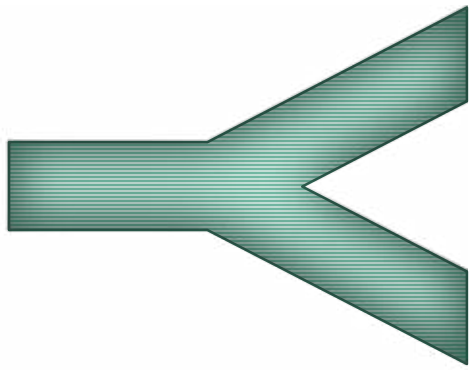
I have also noticed a decline in attendance, with students taking frequent days off. Regular attendance is essential; if students are not in school, they are not learning. It's particularly important now to ensure students arrive on time every day to avoid missing any content. KS4 learning continues throughout the summer term, with new content being taught until the last day of school.



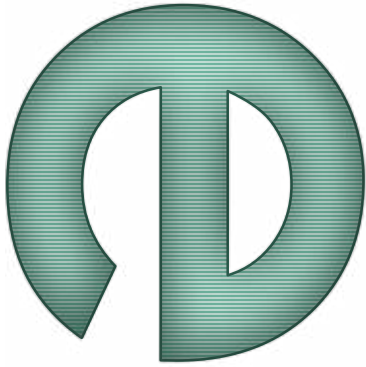
Lastly, we celebrated Mental Health Awareness Month this week. We had an excellent speaker on Tuesday morning, and I want to thank the students for their attentiveness and engagement. Remember, there is ample support available at school and online, so please speak out and don't suffer in silence.



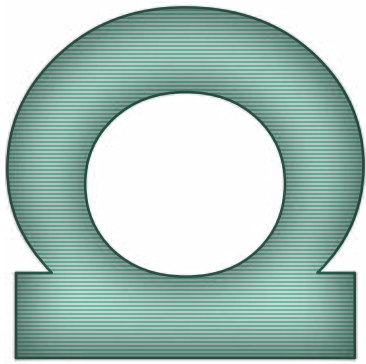
Have a lovely weekend!
Ms Comrie, Head of Year 10



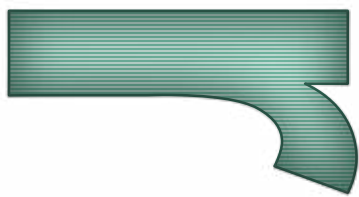
Well done to Year 11 completing their first full weeks of exams with 100% attendance and 100% dedication and motivation. I have been really impressed and the general feedback has been positive. I hope this spurs Year 11 on to tackle the rest of their exams with gusto and their absolute best effort until they walk out of their last exam.



However, we have not had 100% punctuality or attendance at Passport sessions, which is disappointing. We expect all students in these sessions. They take a huge amount of preparation, work and resource planning by teachers, and whilst I know Year 11 feel they may use their time more efficiently by revising at home, we are there to support them and give them specific, tailored advice and guidance in these sessions. They have a proven success record and we can answer last minute questions and give assessment objectives and exam guidance.



Whilst many of our Year 11s have experienced tough times over the last few years, they need to be resilient in these stressful exam times. Exhaustion, stress and anxiety are normal and the ability to push through and cope with these will build strong mindsets for their future. These results will influence their future - we want the best for them all and being in school is the best way to achieve this.



May I remind you and all Year 11 students that they are to hand their phones in to their tutor in the morning and if they are late they must sign in with our Attendance Officer and hand their phone to her. This is in line with JCQ regulations. If they do not do this, we will keep their phones overnight. On the whole, Year 11 have been great with this and no phones has meant much better focus in the day, so please reinforce this message at home.



One week to go until our ROA ceremony! Preparations are well underway and we are really looking forward to welcoming you all and celebrating the achievements of Year 11. Please make sure to respond - last chance! - so we can cater for you accordingly.



Ms Clark, Head of Year 11

F

O
with

O
Campbell



KS3 Update

Year 7 continue to enjoy their kitchen adventure, most year 7's created their own carrot cake muffins this past week, learning and understanding the ingredient function within the muffins. This gives them an understanding of commodities and ingredient functionality with links to nutrition.

Year 8 continue to develop their skills, learning about macro and micro nutrients and producing curry. In the next few weeks, they will be developing their knowledge of food science and gelatinisation to make a cheese sauce to make the firm favourite mac and cheese.

As another year 9 group finishes their food rotation we want to celebrate their accomplishments and the wonderful dishes they produced, some really creative dishes and a lot of culture diverse dishes which is the basis of the project throughout year 9. House points were awarded to the top four students, although every student deserves some house points for their hard work and dedication.

Roberto Lentini - 1st Place
Tillie Enright - 2nd Place
Jenna Stonebridge - 3rd Place
Rory Corp - 4th Place
Ned Harrison - 5th Place - Effort











THINKING HARD
QUESTIONS

NEW HIRE
LOW COST
SALARIES & FEES
TREATABLE
KEEP A HAPPY

HOW DO WE GET OUR FOOD FROM THE FIELDS?
WHY DO PEOPLE HAVE DIFFERENT NEEDS BASED ON THEIR METABOLISM?
WHY ARE PEOPLE ONLY ALLERGIC TO CERTAIN FOODS?
ARE THERE ANY FRUITS AND VEGETABLES THAT ARE HIGH IN FAT OR NOT GOOD FOR YOU?
HOW DO FOODS PROVIDE US WITH ENERGY?

THINKING HARD QUESTIONS

COLOUR CODING BOARD
RAW MEAT



Staff



Moral Development

justice
truth
moral
virtue
interests
values
culture
fairness
respect
ethical
issues
relationships
race

Spiritual Development

love
integrity
religious
beliefs
respect
creativity
enjoyment
truth
reason

MILK AND DAIRY

MEAT FISH FOWL



Chef of the Week

Roberto Lentini

Our chef of the week is **Roberto Lentini**. During our free cook assessment at the end of our year 9 rotation; Roberto really pushed himself to create two dishes that really showed creativity and flair. You will see the dishes for yourself.

All I can say is well done, the level of skill and consideration demonstrated for this lesson was outstanding.

Well done, Roberto.

Roberto Lentini
Chef of the week



Recipe of the week



Blondies

Blondies, the cocoa-less cousin of the Brownie. This week's recipe is a shout out to another one of our wonderful year 9 student, Tillie. Whilst this is not her recipe exactly, she produced probably the best blondie I have ever tasted. Tillie adapted a typical blondie recipe to make a cinnamon roll flavoured blondie, and it did not disappoint.



Try making your own blondies, here is a classic [recipe](#), why not be daring and adapt.



HEALTH
The new UK healthy
eating model"
Eatwell Guide



Slide 2

Challenge:

- Make 1 or 2 dishes - sweet or savoury
 - The theme is multicultural – be as creative with the countries as possible – maybe a fusion of the two!
 - Aim your dish for a particular age group if you wish
 - Showcase a range of GCSE skills (knife skills, meat preparation, dough/bread/pasta making, etc.)
- Present and photograph

Learning Objectives

Introdu...



58'S OF INDEPENDENT LEARNING



KS4 Update

Year 10 students learn about primary and secondary processing of commodities such as wheat to flour, flour to bread and so on. The best way to help our year 10s understand this topic of food provenance, by secondary processing fruit into jam or vegetables into chutney. This gave students freedom to work with a range of fruits or vegetables, and understand their initial primary process from field to fork. A lot of strawberry jam was made and partnered with scones and cream who could resist. Ms Hunt and myself were surrounded by copious offerings and of course we didn't say no. Well done to year 10, we are moving onto our final GCSE topic before completing their end of year exams, we are truly proud of their efforts so far.





Tools and Equipment

Milly
Superstar
Baker

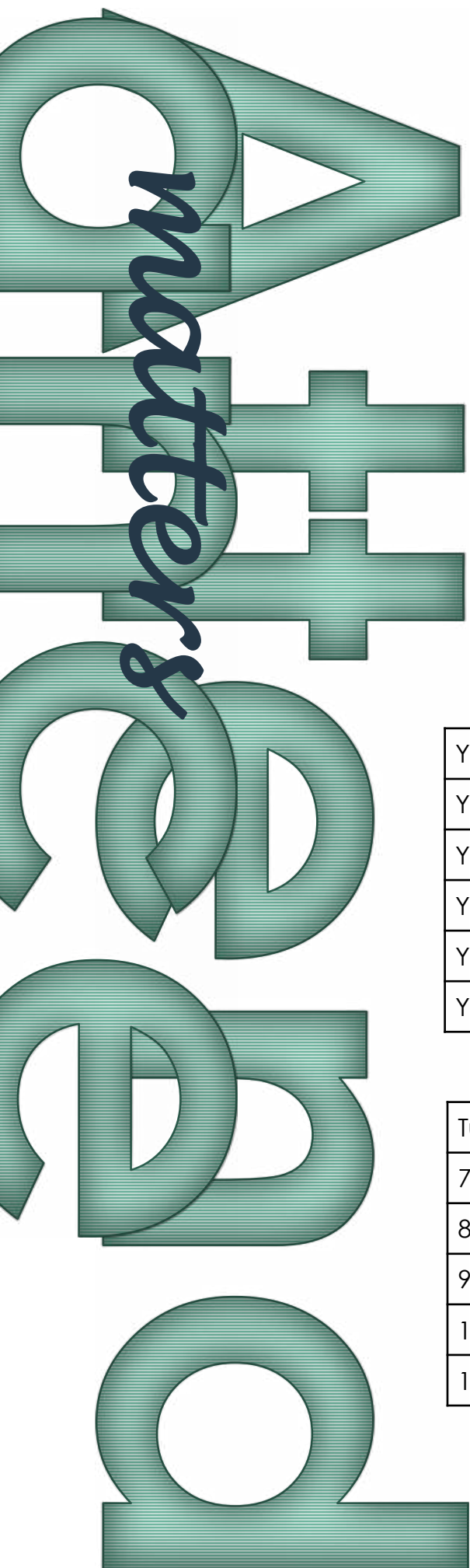


NONMICON
Pelay
JAMIE'S GREAT BRITAIN
SAVE JAMIE

COLOUR CODED CUTTING BOARDS
RAW MEAT

mer tablets
up liquid
ste bins





“Success is earned one day at a time”

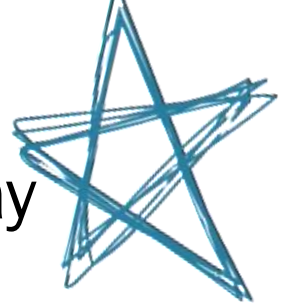
7 May to 10 May

| Year Group | Attendance % |
|------------|--------------|
| Year 7 | 97.8% |
| Year 8 | 96.2% |
| Year 9 | 94.4% |
| Year 10 | 93.8% |
| Year 11 | 96.5% |

| Tutor Group | Attendance % |
|-------------|--------------|
| 7 Rowan | 100% |
| 8 Rowan | 98.1% |
| 9 Oak | 97.6% |
| 10 Elm | 95.2% |
| 11 Beech | 98.4% |

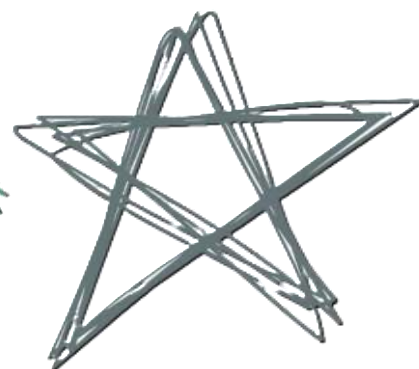
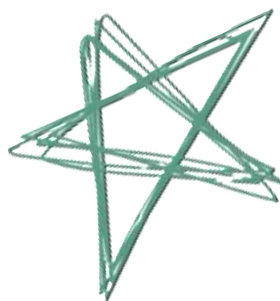
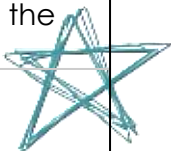
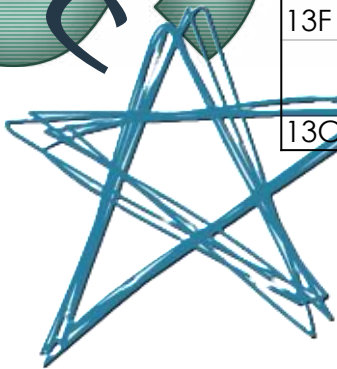
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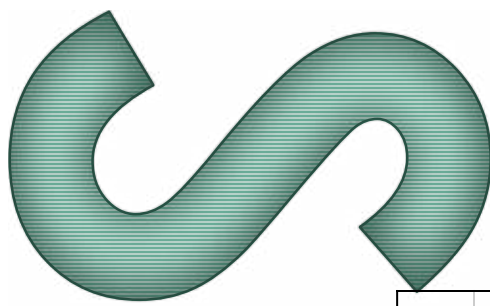
7 May to 10 May



of the week

| Year | Name | Subject | Reason |
|------|-------------------------------|-------------------------|-----------------------------------|
| 7B | Alex Prestigiacomio | Science | Excellent engagement in class |
| 8A | Karlo Gordon | Science | Excellent engagement in class |
| 9A | Frederica Querin | Science | Excellent engagement in class |
| 10B | Corrado D'Orsa | Biology | Excellent contributions |
| 11B | Annabel Locherer | Biology | Excellent engagement in class |
| 12E | Ece Ozgoren | Biology | Excellent test results |
| 13F | Cameron Burges | Biology | Excellent contributions |
| 10R | Swasti Jain | Chemistry | Excellent progress in the subject |
| 11W | Fiona Stewart | Chemistry | Excellent progress in the subject |
| 12D | Ginevra De Ceglie | Chemistry | Excellent classwork |
| 13D | Otti Day | Chemistry | Excellent progress in the subject |
| 10R | Isabella Agraviador | Physics | Excellent classwork |
| 11O | Kihyeon Lim | Physics | Excellent progress in the subject |
| 12D | Jamie Ellis | Physics | Excellent progress in the subject |
| 13F | Isaac Fewtrell | Physics | Excellent progress in the subject |
| 13C | Felicia Malabuna Nzoko | Applied Science BTEC | Excellent contributions |



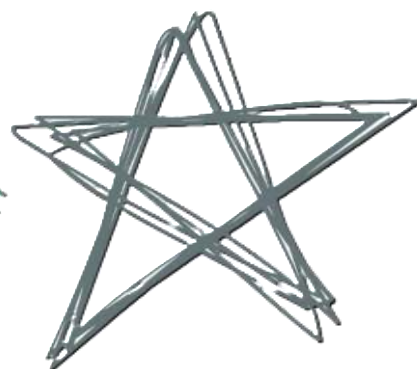
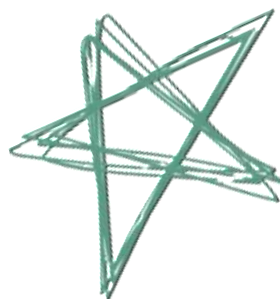
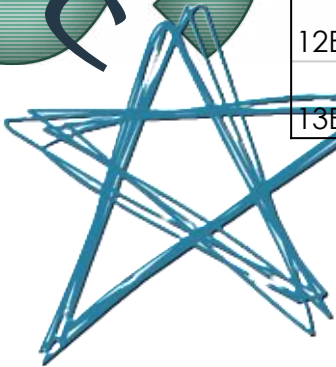


13 May to 17 May



of the week

| Year | Name | Subject | Reason |
|------|------------------------------|------------|---|
| 7W | Daisy Mcclune-Langdon | PE Core | Excellent progress in the subject |
| 7E | Ayanfe Adebuseye | PE Core | Excellent progress in the subject |
| 8E | Josie Bryant | PE Core | Excellent contributions in cricket and rounders |
| 8C | Sebastiano Beroldo | PE Core | Outstanding achievement |
| 9W | Esther Mudunkotuwe | PE Core | Excellent engagement in class |
| 9M | Dmytro Yermakov | PE Core | Excellent contributions |
| 11E | Mia Kirkwood | PE Core | Excellent engagement in class |
| 10E | Barney Ramsay | GCSE | Excellent homework |
| 10B | Dylan Ellis | GCSE | Excellent progress in the subject |
| 11C | Shakur Roberts | GCSE | Excellent engagement in class |
| 11B | Harry Rust | GCSE | Excellent engagement in class |
| 10E | Sophie Robinson | Sport BTEC | Excellent engagement in class |
| 11B | Lexi Lavercombe | Sport BTEC | Excellent contributions |
| 12B | Lauren Jackson | Sport BTEC | Excellent progress in the subject |
| 13B | Harry Davidson | Sport BTEC | Excellent engagement in class |





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.



The North - Part Deux

Click [here](#) to read Part 1, if you missed it

I awoke bright and early for Durham's "offer" day as sheep bleated and sun streamed through the faded curtains of our luxurious YHA retreat: so far so very Moorish...and then Dad-guilt catalysed by the site of two vegan Magnum wrappers in the bin of what was starting to feel like a monastic cell, seeped through me.

Yes, it had been a night of the Northern soul, when I had truly failed as a father...once again.

A day earlier, as is my normal habit, I had eschewed the advice of my good wife, to pack vegan snacks, food and emergency supplies, "in case you can't buy any up there." Adopting a much more liberated world view I had assured my daughter that Quorn ale pies, and Yorkshire puddings made from chickpea juice were stocked freely by our Northern cousins. Indeed the YHA had even won an award for its stone baked vegan cheese, shiitake mushroom and truffle pizza. And I was right, bar the fact that the YHA kitchen closed at 5.30pm "as the last bus for the next village left at six."

This revelation was delivered by the chirpy YHA receptionist (on his gap year from Teddington) who reassured me that I would be able to "eat chips in a local pub in Reeth."

"Terrific," I said hurrying to the car, it will give us the opportunity to sample Northern cuisine.

25 minutes later, after navigating twenty-two hairpin bends, a village square and a cattle grid we entered the local pub: "Good evening squire." (I adopted the brotherly phrasing I remembered my Dad using when he addressed anyone from outside London.) The barman responded by allowing his face to settle into a friendly scowl. It was one that mirrored my daughter's demeanour, after we had interrupted the Kings Arms hotel's Friday bingo night, and I had quipped that "Northern student life was pretty good."

Er...do you serve any chips?

No, fryer shut at 8.45pm...nearest chippy is 15 mile away in Swaledale. (His face now settled into a smile.) Two fat ladies?

Enjoying this Northern wit, I considered whether to endeavour to reply in the Southern Feudal favoured by my father or the Yorkshire dialect I had learnt from Emily Bronte.

However, aware that my daughter had last eaten a falafel roll in the Watford Gap services at 2pm, I opted for a high pitched bargaining whimper that came out as,"Er, Vegan snacks...do you do?

"Ay, Scampi bites - they're vegan."

At which point my daughter fixed me with the kind of stare I was certain that ravenous werewolves (from popular culture and my own cinematic imagination) reserved for goofy, inept American backpackers who might stray across the surrounding moors.

"We are leaving father - there are vegan Magnums in the YHA ice cream freezer at Wuthering Heights.

I'll buy you two...as a treat." I endeavoured to reassure her.

"Shut-up. It had better not be closed.

Luckily, a sunny day in the Dales, bolstered by a full YHA breakfast, raised the sugar levels and facilitated a busy "offers" day in Durham. Therefore, as my main profession is to provide wise guidance and sage advice about education rather than indulge in crude observations about the North, here are some musings about Durham's offers day in case readers (even Vegan ones) ever venture North.

1. The entire prospective student population will be wearing black North Face puffer jackets.
2. Do not for one minute believe that your child will make reasoned and considered decisions based on course quality, cost of living, university rankings, employability etc - both my children have based this life changing decision around the fact that their desired hall of residence had a 4G pitch!
3. Boys will be seen walking around offers days looking slightly discombobulated, overwhelmed and confused, generally with their mother a couple of steps in front making notes and asking questions. Fear not, when their mother leaves they will spend the next three years being discombobulated, overwhelmed and confused.
4. Prospective female undergraduates will generally be walking four paces in front of their mildly disinterested fathers following a strict schedule and making voice notes.
5. All parents will look tired and old. I sought reassurance from my daughter on this matter by asking her rhetorically: "Surely, I don't look as old as all of these haggard, balding and weathered parents?" Unfortunately, she missed the rhetorical tone and answered, "Yes, you do - older."
6. Of course, all the parents tend to look tired, haggard and old because they have just survived a seven and a half hour trip up from London - except of course for Mr Gordon Walker who sailed his yacht up for the weekend.
7. Durham is very diverse - everyone seems to be called Henry or Charlotte.
8. I can confirm that the much loved sticky vinyl flooring of 90s student bars has been replaced by hardwood pine flooring and the bars now serve "West African street food" at London prices.
9. When students attend lectures (yes attend lectures - the horror!) on offers days their parents will seek the solace of the state-of-the-art university library where they will be found dozing en masse and dribbling - exhausted - on the faux leather orange chaise-lounges that are dotted between computer terminals.
10. Durham cathedral - like most of England's major monuments - now champions its role in recent Harry Potter/Avengers Assemble films - rather than anything actually historical, religious or cultural.

And so as for the ride back South: I can confirm that it took 5 and a half hours - in a straight line - A1 - M1 (via a stop in the Oxford services just so I could visit Waitrose and drink in Southern air) as I listened to a diet of *Absolute radio Classic Rock*. I was allowed to listen to my music as a reward for my good behaviour and a slight fear that I might fall asleep.

I arrived home...just in time end for *Match of the day* ...and my daughter confirmed that, she'd actually had a good a really good time on Saturday in my company and that she was prepared not to mention Friday's disaster to mum, since Durham was now first choice as it was "really nice" and 'not much different from the south.'

In a celebratory mood, I opened the fridge, poured a pint of cold lager into a "straight glass" and breathed a sigh of relief!

Mr Clements, Deputy Head

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WAGY

Meaningful May 2024

MONDAY



TUESDAY



WEDNESDAY

1 Do something kind for someone you really care about

THURSDAY

2 Focus on what you can do rather than what you can't do

FRIDAY

3 Take a step towards an important goal, however small

SATURDAY

4 Send your friend a photo from a time you enjoyed together

SUNDAY

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: Monday 13 May to Friday 17 May

| | |
|---------|--|
| Year 7 | Why are 85% of people in the UK addicted to a drug and how is it harming them? |
| Year 8 | Have Pride LGBT Literacy Module: Prides around the world. |
| Year 9 | How to revise for your exams |
| Year 10 | A Band: RS/Computing B Band: The Instagram Effect: filters, social media |
| Year 11 | Exams |

Next Week: Monday 20 May to Friday 24 May

| | |
|---------|---|
| Year 7 | Year 7 careers panel |
| Year 8 | Have Pride |
| Year 9 | Utilising revision resources |
| Year 10 | A Band: The Instagram Effect: filters, social media B Band: RS/Computing |
| Year 11 | Exams |

Movement and Mental Health

This week is Mental Health Awareness week and the theme for 2024 is the importance of movement and exercise in supporting mental health.



This Joe Wicks' [video](#) demonstrates how important exercise can be to supporting mental health.



[Video](#) on anxiety and preventative measures

Everyday Magic Activity Gallery

[Activities](#) to provide moments of connection



Helping Teens Webinars

Achieving for Children's mental health support teams are delivering a series of webinars for parents of secondary-aged children and young people.

The 'Helping teens with ...' series of webinars will cover a range of common difficulties experienced by children and will aim to share evidence-based strategies to help parents and carers support their children with these difficulties.

Please find the webinars ([helping teens series](#)) on offer over the coming months. In the third and fourth columns of the table(s), you will find the sign up links). **Please note that sign up links will be added a month before the webinar dates.**

Please click [here](#) to view all the ADHD Embrace upcoming events and webinars

What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and Interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday®

The National College®



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

Sixtyth

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.

[Year 12 Summer Exams Booklet](#)

[Year 12 Summer Exams Timetable](#)

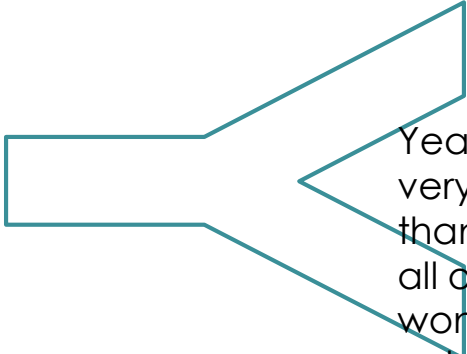
UCAS

Year 12s are starting their UCAS journey. They have been given the Buzzword - which is used to link their application to Grey Court. They have also been given their Unique Learner Number which they must add into the 'Education' section.


Once a student has registered they should start completing each section starting with personal details. We recommend students register using a personal email address rather than their school email so they can be contacted by UCAS once their school emails have been deactivated.

In the 'Finance and Funding' section all students who are UK or EU citizens should select the Fee Code of 'UK, ChI, IoM or EU student finance services'. Any student who is not a UK citizen should speak to Ms McNicol about their Fee Code.






Year 13 enjoyed their Prom, at the new, very cool, Fusebox in Kingston. A huge thank you to Ms McNicol for organising all of it - it was a huge success and it was wonderful to see all of the students celebrating the end of their school life together! Photos will follow next week...



It was also fantastic to see them all back in school the next morning for their last ever Grey Court assembly. It has truly been a pleasure to be their Head of Year over the last couple of years and to see them grow into the brilliant young adults that they all are. The atmosphere around the Sixth Form is always warm, welcoming and supportive and I hope that all students leave with fond and happy memories of their time here.



Study leave has now started and a number of students have been asked to remain at school to work, and several subjects are continuing to teach lessons as normal in the run-up to exams. All students are of course welcome to be in school to revise, and to access support from their teachers if they need to.

If students are feeling overwhelmed or anxious, they can always contact Mrs Moore or Ms McNicol, and here is a useful video: [Managing Exam Stress – Kooth](#)

A huge well done for all of your hard work so far and...GOOD LUCK!



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.



UCAS WHAT COMES NEXT?

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

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 in enrichment. After this, If 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.



UPDATE

Students have had an additional sessions in writing a competitive personal statement for Oxbridge entrance. The assignment for the first draft is on the Oxbridge google classroom. The deadline is directly after half term so that students can have feedback to work on after their mocks have been completed. This is because the Oxbridge timeline is shorter than for all other university applications and we need statements completed by September.



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. If you need support, please contact Miss Corrighan, bcorrighan@greycourt.org.uk

SIXTH FORM CAREERS BULLETIN

It is great to see our students are so pro-active in seizing opportunities.


Every week on year 12 notices and in this bulletin, we share the **Sixth Form Careers opportunities bulletin** with 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**

[17/05/2024 Sixth Form Careers opportunities](#)








University Summer Schools

There are a range of summer schools advertised in our opportunities bulletin that students can access over July/August.



Many have closed before Easter but Discover Bath, The University of Arts Bournemouth, The University of Brighton and The University of East London have some exciting summer schools. Click on this [link](#) to see what's on offer.



with Miss Corrighan and Ms Holmes

CAREERS

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 22 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](#)

M.I.T. >>>

MITSKILLS OPEN DAY

EXPLORE OUR FACILITIES
PRACTICAL HANDS-ON ACTIVITIES
FIND OUT ABOUT APPRENTICESHIPS!
MOTOR VEHICLE
ELECTRICAL
CONSTRUCTION

● ● ● ● ●

WED 29TH MAY

10.00 AM - 12.00 PM

MITSKILLS, UNIT 7, THE GATE CENTRE,
SYON GATE WAY, BRENTFORD,
LONDON, TW8 9DD

RESERVE
YOUR
PLACE

MITSkills (www.mitskills.com) is hosting an Apprenticeship Open Day on **Wednesday 29 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 12 May, 9:30am - 3:30pm

Sunday 19 May, 9:30am - 3:30pm

For aspiring Dentists: FREE LIVE VIRTUAL Get Into Dentistry conference date:

Saturday 18 May, 9:30am - 3:30pm

Students and parents can register for free at these links:

Medical Registration Link:

<https://airtable.com/appgXnyzN5ZD9lwk6/shry7MZYtt3MGPjvO>

Dental Registration Link:

<https://airtable.com/appgXnyzN5ZD9lwk6/shrBuiR7SBAC19kE>

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



Way2Work Open Day Event 2024

You are invited to attend Way2Work's apprenticeship open day

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

100%
pass rate

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



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

Early years educator or early years practitioner

Day nurseries, private nurseries

Customer service

Social services, PA roles fitness technology, aerospace, finance

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](https://www.instagram.com/afc_way2work)





Sport

NEW

Middlesex AA
Track and Field Championships 2024

Congratulations to **Robert Campbell** who won the bronze in the u15 Long Jump at the Middlesex County Championships with a jump of 4.98m, and the silver in the hammer.





463

Middlesex AA
Track and Field Championships 2024

ST. MARY'S
RICHMOND

wasp

Congratulations to **Tia Garrard** who enjoyed an excellent weekend at the Surrey Championships. Tia claimed bronze in the Long jump with a distance of 4.99m and a silver medal in the 300m with a time of 40.39 seconds.



Congratulations



202

201

203

2

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3

Warning
Throwing in progress
do not go on pitch

Constitutions



This weekend, Teddington Athletic won the Ewell and Epsom League. **Joshua Gilbert** and **Dani Leon** (featured in this photo) attended the presentation and received the trophy and a medal. **Finn Ramsay**, **Theo Scruton** and **Eddie Monaghan** are also part of the team.

Congratulations, boys!



Last Sunday, two Grey Court year 9 students: **Max Hunt** and **Jad Azawi** competed in the CVL play off-final for Spartans U14's. They played a previously unbeaten Richmond Knights team and helped Spartans to their historic first play-off victory! It was a very exciting match with a final score of 52-43 to Spartans. The whole team played brilliantly and both Grey Court boys scored baskets. The team made the play-offs at the end of a strong season, which also included Grey Court year 8, **Zachary Sill**, in the U14 squad.

Congratulations, boys!

Congratulations

Charlie Morgan qualified for the London regionals for the following races: freestyle 1500m, 800m, 400m, 200m, 50m, and 50 backstroke. He won a silver in the 1500m and narrowly missed bronze for the 400m. He has also qualified for the British Nationals in the 1500m free (top 20 in Britain) and also for the English Nationals in the 400m and 800m free (top 20 in England), which will be held at the end of July.

Congratulations, Charlie

Congratulations

LGD

TSC

Lucas Galant Draysey (age 16 category) recently swam in the London regionals. He qualified for 50, 100, 200, 400, 800 freestyle, 50 butterfly and 2X club relays. Lucas won silver in the 800 free and the team won silver in the 4X 200m relay. Lucas has qualified for the 200m and 400m freestyle in English Nationals.

Well done, Lucas





Down by the river...

Noah Kenny raced for the Brentford Boat Club over the weekend. They raced over 1000m, and the J14 Octo won their heat, their semi and beat Kings College to win the final.

The boys rowed very hard and did themselves and the club proud.

Congratulations, Noah!

Player of the Month



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

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

Cajigao

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

U12 Match Report

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

U14 Match Report

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



U12 & U14

Rugby



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

Ruby's scores from the Regional Gymnastics Competitions

Milano

Individual: 13.25

Trio: 18.05

Vault: 14.35

Floor and Vault

Individual: 13.25

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

power

HAM OPEN GARDENS

Sunday 19th May
12-5pm

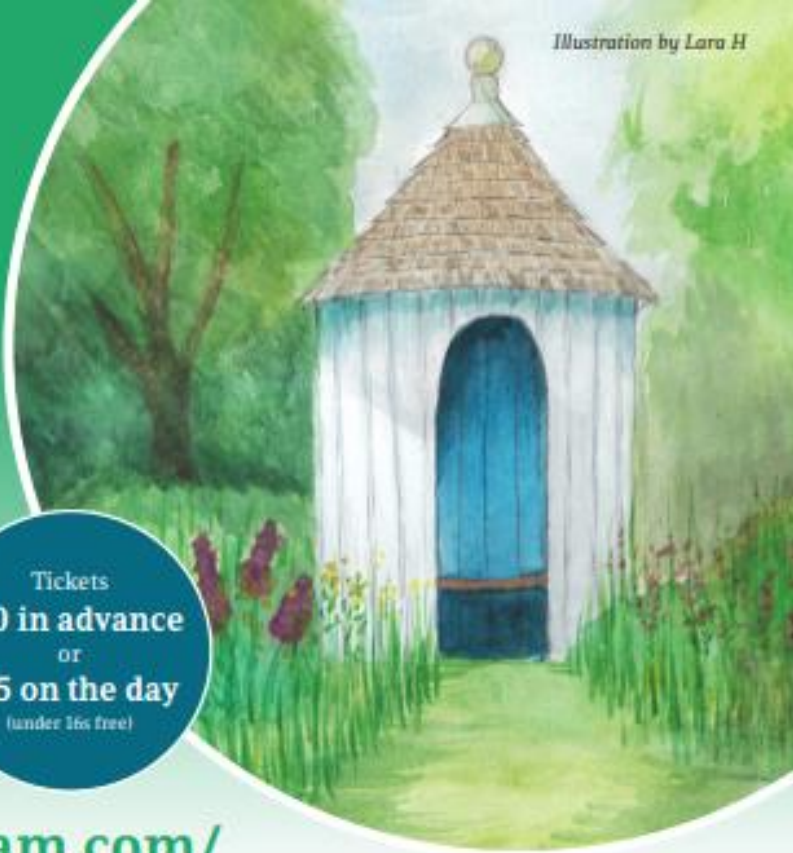
Tickets
£10 in advance
or
£15 on the day
(under 16s free)

Tickets at:

[www.hamandpetersham.com/
ham-open-gardens](http://www.hamandpetersham.com/ham-open-gardens)

or on the day at Ham Pond

Illustration by Lara H



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



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!"



Book by
LYNN AHRENS and STEPHEN FLAHERTY



HAMPTON HILL
THEATRE



Dr. Seuss
Seussical™
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



ROSSLYN PARK & LONDON BRONCOS GIRLS RUGBY CAMP



Saturday 25th May

10:30-12:30

**London Broncos
Ladies Match 14:00**

Rosslyn Park FC



ALICE KINSELLA

**Grey Court
School,
Richmond
TW10 7HN**

**Masterclasses
Sunday 26th May
All levels welcome**

It is essential that you pre-book

**www.gymanddanceintensives.com
07879206417**

SUMMER 1/2 TERM & HOLIDAY ROWING CAMPS 2024

FERRY WHARF, BRENTFORD, WEST LONDON



TEAM **K**EANE SCULLING SCHOOL



**BOTH ADVANCED & BEGINNER MAY 1/2
TERM ROWING CAMPS IN WEST LONDON**

AVAILABLE FOR AGES FROM 12-18YRS

28TH- 31ST MAY 2024

10-15:00 EVERY DAY

VISIT WWW.TEAMKEANE.COM

OR EMAIL MIRANDA@TEAMKEANE.COM



SCAN ME TO CHECK OUT
OUR
WEBSITE TODAY FOR MORE
INFO &
TO BOOK YOUR PLACE

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 DoE 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 trialling for the GB Olympic Team.

TEAM **K**EANE

WATERSPORTS

JUNIOR 1/2 TERM SPRINT CANOE CAMPS 2024

FERRY WHARF, BRENTFORD, WEST LONDON



- FREE SESSIONS FOR GIRLS AGED 11-14.
- TUESDAY 28TH- FRIDAY 31ST, 9:30-12:00
- CHOOSE FROM MORNING SESSIONS, 9:30-12:00 AND AFTERNOON SESSIONS, 12:30-15:00
- COACHING PROVIDED BY LONDON KAYAK SCHOOL & LEAD BY SCOTTISH NATIONAL C1 PADDLER FIONA DENVER.
- SESSIONS IN BRENTFORD AT THE NEW WORKHOUSE DOCK MARINA



SCAN ME TO CHECK OUT
OUR
WEBSITE TODAY FOR
MORE INFO &
TO BOOK YOUR PLACE

[HTTPS://WWW.TEAMKEANE.COM/PADDLESPORTS/CAMPS/HALF-TERM-CAMP](https://www.teamkeane.com/paddlesports/camps/half-term-camp)

THE TWEEN TRIBE

Alternative kids club: Ages 10-13 only!

"A brilliant holiday concept"

Richmond & Twickenham Family Hub

An exciting day of thrill & chill!

Trampolines, high ropes, arcades, cable car & Uber boat!



MAY HALF TERM!

JOIN US: 29 MAY FROM KINGSTON, TWICKENHAM, RICHMOND

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www.thetweentribe.co.uk



Heatham House and No Straight Answer present

PRIDE EVENT



OUT
'N'
ABOUT

FRIDAY
31 MAY
2PM TO 6PM

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

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

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

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

T: 020 8288 0950

E: heathamhouse@achievingforchildren.org.uk



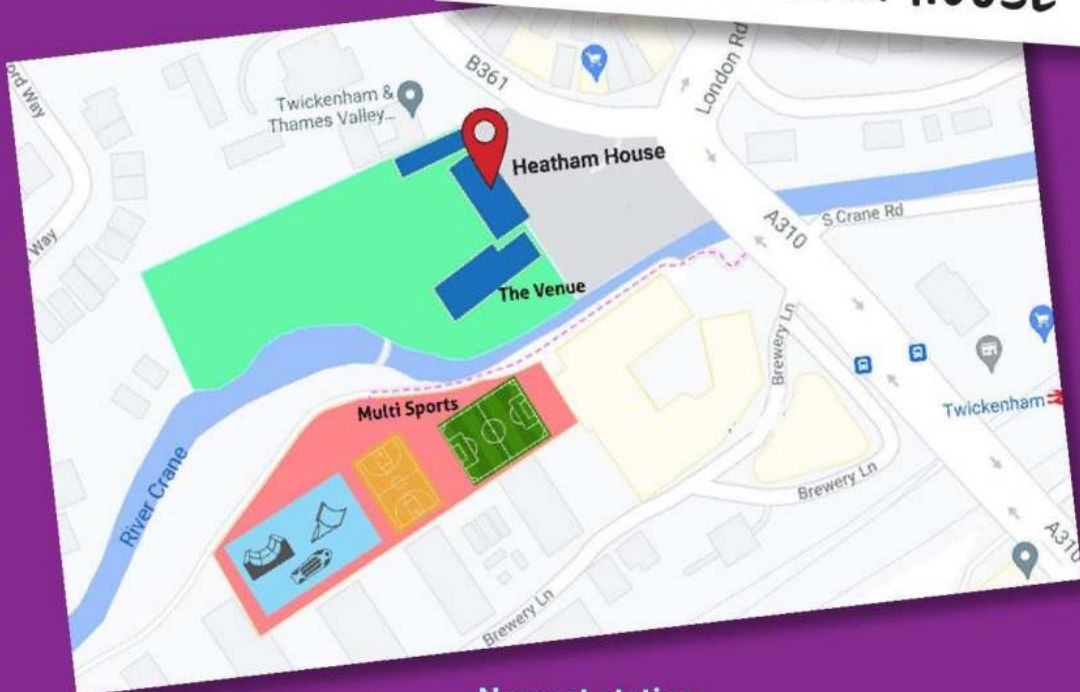
**achieving
for children**

How to find us....

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



HEATHAM HOUSE



Nearest station:

Twickenham (2 minute walk)

Nearest bus stops:

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

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

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

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

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

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

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).



Join the course

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

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

[REGISTER NOW](#)

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!



SCHOOL GAMES



GLL



MAYOR OF LONDON



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 & MOLLIKA



LINA STORES

www.marzamemi.co.uk

Dreamcatcher Film Camp PRESENTS



2024 Twickenham

Film Making Camps run Monday to Friday July to September

Make a Film In 5 Days

- ◆ Storytelling, Scripting.
- ◆ Shooting.
- ◆ Directing, Presenting.
- ◆ Sound.
- ◆ Lighting, Set Dressing.

SCRIPTING

Students will learn to take a story from initial idea, through treatment and step outline, to a finished script for their final film. Story structure, plot outline, character development, tension, conflict building and resolution will be explored as they are used in filmmaking.

SHOOTING

Students shoot with digital HD cameras and equipment used during the week includes, but is not limited to Camera Jibs, Tripods, 3 Axis Digital Gimbals, Boom Poles, Wireless Mics, Steadicam etc., and play each of the working roles in a short Tv/film production.

DIRECTING

Students will be introduced to the language and practice of filmmaking. They will discuss shooting plans for their film. Students will find that directing the camera concerns more than just where to place the camera. Through hands-on demonstrations, they will learn how camera movement, visual arrangement and editing patterns not only depict the action but also express the underlying drama.



www.dreamcatcherfilmcamp.com

St Mary's University
Waldegrave Road
Twickenham
TW1 4SX

Contact@dreamcatcherfilmcamp.com



**METROPOLITAN
POLICE**

MET *Park* in the

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!





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 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!**

CLIMBING... PEOPLE?

CASTELLERS OF LONDON

HAVE YOU EVER HEARD OF THE CATALAN
TRADITION CALLED CASTELLERS?

WOULD YOU LIKE TO GIVE IT A GO?

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

WEDNESDAYS 7-9PM
SUNDAYS 3-6PM

MORE INFO ↓



WWW.CASTELLERSOFLONDON.ORG.UK



DONATE
Staff and Corporate
Partners donate their
unwanted bikes



RENOVATE
Working with prisons
and local businesses we
renovate the bikes



LOCATE
We gift your refurbished
bikes to key workers and
those in need

CALLING ALL UNWANTED BIKES!

If you have an unwanted bike, please bring it to West Middlesex Hospital on Monday 3rd June, between 9.30am and 12pm, and we'll renovate it and give it to an NHS staff member.

The Recirculate project sources donated bikes from staff, business partners and the general public, renovates them in prison workshops at HMP Peterborough & HMP Aylesbury, and locates them with NHS staff and children whose families can't afford to purchase a bike. 38 NHS staff at West Middlesex Hospital have received bikes from Recirculate.

MORE BIKES ARE REQUIRED!

313 bikes have already been given away to NHS staff, other key workers and families in need, but we need more to fulfil all requests. If you have a bike you don't need any more, especially adult bikes, please donate them to the project. Please bring your bike to West Middlesex Hospital on **Monday 3rd June, between 9.30am and 12pm**. You will find the project team in the garden by the main entrance.



Scan this QR code and complete the form & tell us about your bike so we know how many bikes to expect on the day.

Please complete the form if you have a bike to donate but you can't bring it to the hospital.

You can also access the form using this link:

<https://forms.gle/8w9EYh5aysBw28vc6>

The Recirculate project was created in 2021 by 3 organisations; Equans E&S Solutions (formerly Bouygues), a leader in energy, digital and industrial transformation, Vercity, a whole life leader of major infrastructure and property projects with societal impact, and Infrared, a market leading investment manager focused on infrastructure. The project aims to contribute to a circular economy whilst reducing social exclusion and promoting sustainable transport. Recirculate is expanding to other products, where we can encourage reuse and improve sustainability.



www.re-circulate.org
info@re-circulate.org



DONATE

Staff and Corporate Partners donate their unwanted bikes



RENOVATE

Working with prisons and local businesses we renovate the bikes



LOCATE

We gift your refurbished bikes to key workers and those in need

The Recirculate project takes donated bikes, renovates them in prison workshops and locates them with NHS key workers and others in need. 313 bikes have already been given away and we now need more bikes.

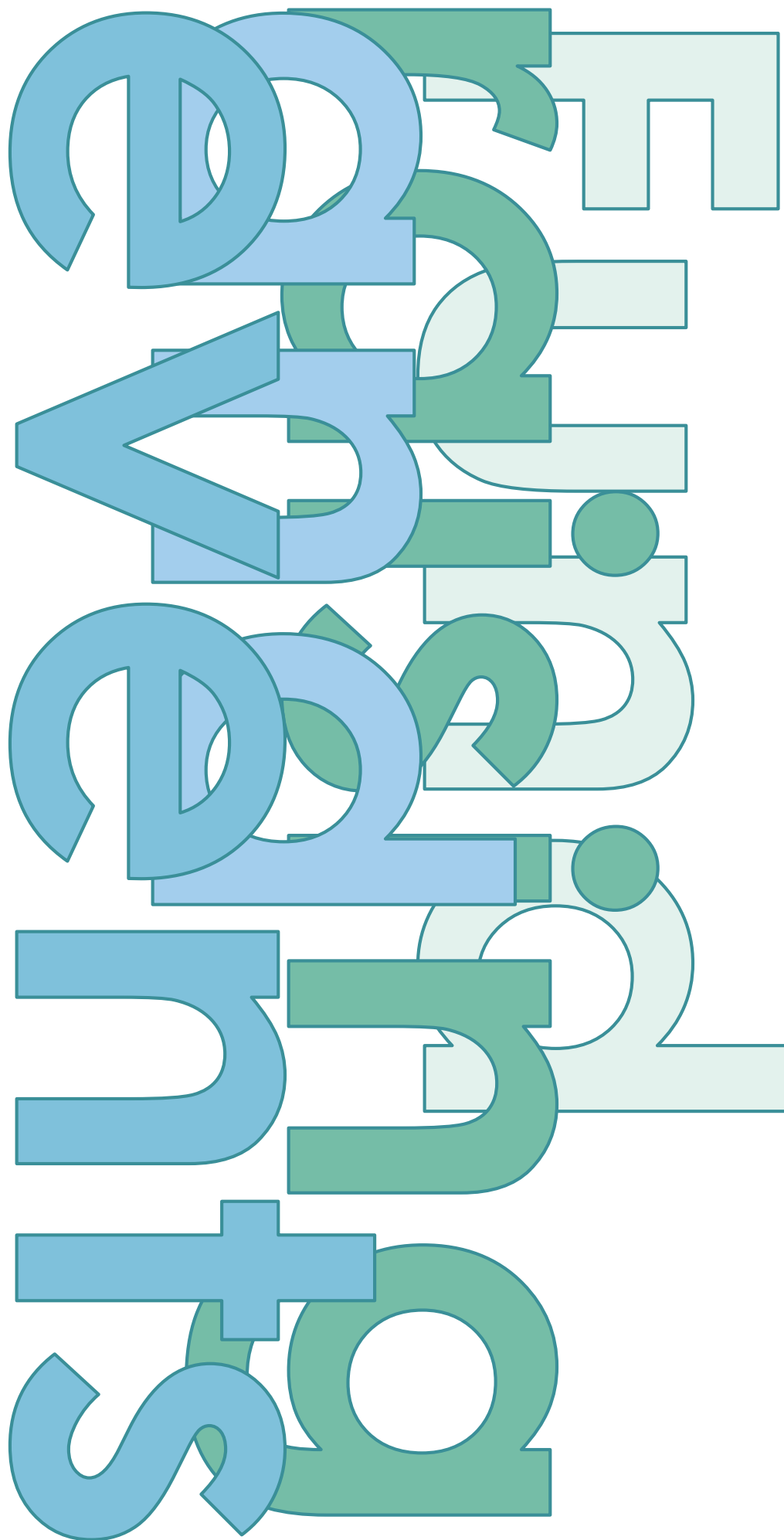
DONATE YOUR UNWANTED BIKE NOW!

**We are collecting adult bikes at West Middlesex Hospital
MONDAY 3rd JUNE, 9.30am to 12pm.**

Bring your unwanted bikes to the garden by the main entrance.



Scan this QR code & complete the form if you have a bike to donate. If you can't get the bike to the hospital we will be in touch about arranging collection.



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

1. Sign up to Easyfundraising



The banner features the Easyfundraising logo, the text 'Our school's raised £707 so far', a 'Sign up' button, and a graphic of an apple on books. Below, it says '10 chances to win £50' and 'Join today to earn a FREE entry into the giveaway'.

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 banner is dark green and contains the text 'JOIN THE MOVEMENT', 'NOMINATE NOW', the 'MOVEMENT FOR GOOD' logo, and the 'BENEFACT GROUP' logo.

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 these 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