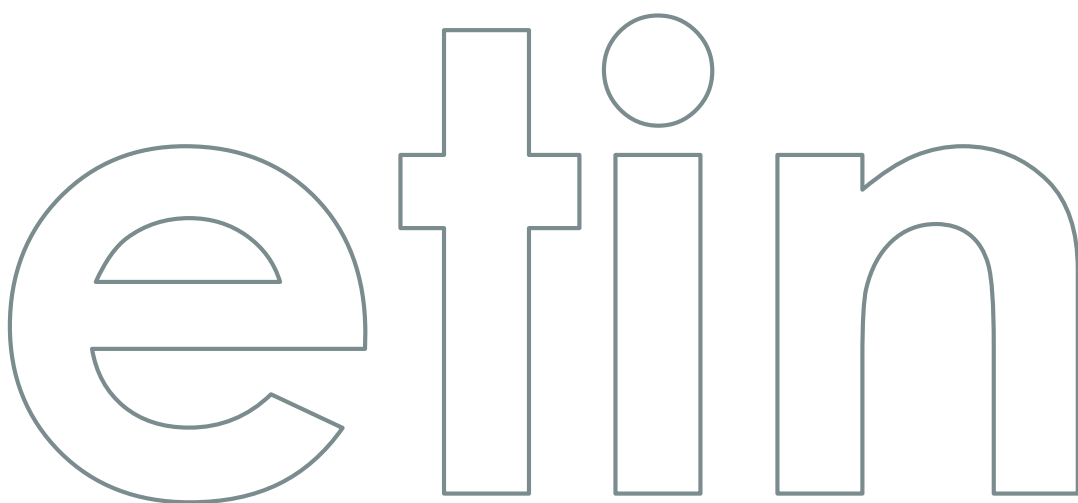




EBU

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Grey Court School | 20 September 2024

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



The cover photo taken at the Ham and Petersham Dog Show

#KeepInTouch

24-25 Term Dates

School Events

Sports TT

Sport SOCS

Extracurricular TT

Education Fund

ScoPay

Weekly Menus



Grey Court JustGiving QR Code

The Uniform Shop

Thursdays 3:15-4pm

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

Dog Days of Summer

- Mr Clements

As I am often cast in the role of Hairy McLary to Mr Rhodes', Hercules Morse, it was with a great deal of excitement that I accepted Sixth former, Libby Knowles' invitation to attend last week's Ham and Petersham dog show on his behalf. Accompanied by my in-law's delinquent hound, Narla, and assorted family members we arrived expectantly at the Ham and Petersham scout hut with a yowl and a howl, a scatter of paws and a clatter of claws!

I have to say that the youth of Ham and Petersham are very lucky to have this Sylvan glade by the river as a base for all sorts of "Famous five" style activities. Indeed, I would recommend any local parents or families who haven't visited the site to access it soon.

Moreover, my initial fears that Narla would wreck the event and put me in the dog house, by chasing other hounds, pulling down bunting and devouring chocolate cake from the various stalls displaying all sorts of home baked delights were soon allayed.

Libby and fellow sixth formers, Rhodri Chow, Beth Bucknill, Xavier Mtandabari and Katie Holroyd, alongside fellow dog lover Wilhelmina Roberts (who is now studying at college) had organised the most amazing festival of the hound. With profits from this hugely popular event being shared between the sea scouts and the animal charity "wild at heart," the pack have demonstrated community spirit, public service, kindness and entrepreneurial spirit. They are also wonderful communicators.

Indeed, Libby is something of a dog whisperer as she even persuaded Narla to sit still for long enough to come seventh in the Prettiest Lady category. She was even awarded a rosette which caused my in-laws to paws for thought and declare that the afternoon to be labradoodle dandy! In fact, so happy were my whole family that I have been granted a day's remand from the dog-house!

Pictured below are a number of pedigree chums and their owners who attended the event which is now hopefully a permanent fixture of the Grey Court community calendar.









GREY COURT SCHOOL

G-FEST

2024

**SATURDAY
21ST SEPTEMBER
2PM - 8PM**

GATES OPEN 1:45PM
(Sandy Lane entrance)

COLOUR FUN RUN STARTS 2PM

TICKETS

Child: £5 • Adult: £10
Family of 4: £25
Family 5+: £30

AVAILABLE FROM

<https://www.pta-events.co.uk/greycourtschool/>

BROUGHT TO YOU BY THE
GREY COURT SCHOOL PARENTS ASSOCIATION

Information

G-Fest

The Holly Lodge

Last Saturday, in the glorious sunshine, one of our students was lucky enough to meet a celebrity! **Carla D'Offay**, in Year 11, chatted to and went on a tour round The Holly Lodge Centre with Sir David Attenborough. Carla commented 'It was a great honour and privilege to have the opportunity to speak with Sir David Attenborough. He is very inspiring. It's hard to believe he is 98!'.

Sir David is a patron of The Holly Lodge Centre, a unique small charity in the heart of Richmond Park. They offer educational programmes in Science, nature and History for young people and adults - particularly those with special educational needs and disabilities. Students from Strathmore, our neighbouring school, are just one of many school that use the facility. Last year there were 8500 visitors and this year was their 30th anniversary celebration.

The centre is run by a small team of staff and more than 70 volunteers (including Mr Bashford on his days off!).

If you would like to find out more or to get involved please visit their website:

<https://www.thehollylodgecentre.org.uk/>



Hannah Duncan
Rebecca Hawkins

What's up?



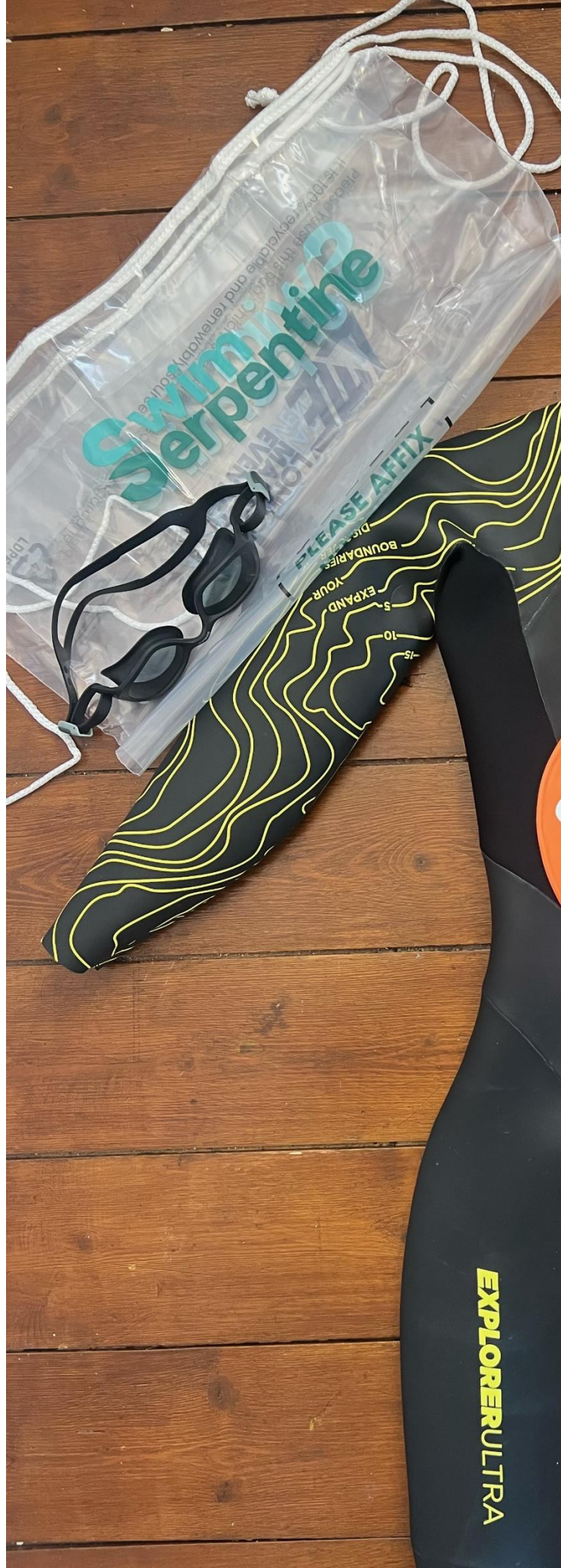
What's up?

The rumour on the street is that **Rebecca Hawkins** is really into swimming and had mentioned (in passing) that she was going to compete in the 2023 Swim Serpentine to **Hannah Duncan**. Hannah went along to support her and said to herself, 'I could do that'. And she did! Rebecca swam again (of course she did!) joining Hannah in the 2-mile 2024 Swim Serpentine on Saturday 14 September.

The two-mile event is for those who like to test themselves with two full laps of the Serpentine, and is aimed at more experienced swimmers.

What can we say? Well done, we're impressed, and we are so glad that the sun was out so that a well-deserved celebratory bevy could be enjoyed.

Cheers, everyone!





Bronze Duke of Edinburgh

The first session is on Thursday 26 September (3-5pm) in the main hall.

It is important that students attend all sessions to ensure they have completed the compulsory training required for the expeditions. If there are any issues and they are genuinely unable to attend on the day, a parent must contact the Bronze team, explaining the circumstances by email.

All tents need to be available and ready to use for the camp set up training session - please email us at the earliest opportunity if the group that your child is in does not have enough tents to cover the size of the group, as we have a very limited supply of school tents. The tents should be the same ones they will be using for the expeditions.

Similarly **suitable food, plates, bowls and cutlery need to be brought to school for the cooking session** (we only provide the fuel and Trangiers/ pans to cook with).

Please note: **All students, without fail, must attend school on time, both Monday mornings following the expeditions, regardless of how tired they may well be.** Non-attendance directly impacts us being able to offer this amazing opportunity to future students at the school.

Bronze DofE Sessions and Expedition
Dates: <https://bit.ly/bronze-dofe-24-25>



Year 7

We had another packed week in the lead up to our big community event, G-Fest! School photo day took place and the students were looking very smart in their new uniforms. We had multiple sports fixtures and training, with the Boys 6-a-side teams getting through to the semi-final and the final of the Ibstock places tournament for B and A teams respectively. It was the last week of the students being collected by their teachers after break and lunchtime, which marks the next step in their responsibilities in secondary school.

CAT tests take place next Friday and we will be reassuring the students that they do not need to be anxious about these.

A special mention to Uzay Alioglu, who competed at the London MAG Gymnastics Regional Qualifier recently. He came 1st and got a gold medal. He will be representing London (with other qualified gymnasts from London) at national finals in November.

A huge well done, Uzay!

Mr Ridley

Phase Leader



Year 8

Year 8 has had another superb week. Several groups have signed up to run stalls at G-Fest this weekend, and we are very excited to see how they fare and to see many of you there!

This week's assembly, delivered by myself, covered reminders about expectations, goals for the year group, and an introduction to the Gradu8 programme. Students in all tutor groups have also begun completing the "restorative" challenge, where they will maintain a restorative reflections diary, updating it each week.

It was great to meet many parents at our information evening on Tuesday. If you have any further questions, please don't hesitate to contact either myself or Mr Day.

Finally, congratulations to the students who won the first Star of the Tutor Group awards!

Jenson S
Lemar Z
Natalia O
Luisa GD
Josh G
Aayuka D
May P

Miss Saccheri
Deputy Phase Leader



Year 9

Year 9 have had another fantastic week with loads of achievement points highlighting focus and effort in lessons. Students have impressed us by learning routines around the new phone policy very quickly and we are already seeing a positive difference with this.

Students also had an assembly discussing maturity and empathy - specifically how to behave in corridors and on the playground to ensure everyone is safe. Well done Year 9 for another good week!

Ms Sutcliffe

Deputy Phase Leader



Year 10

Another fantastic week for Year 10, keeping their uniform standards high, minimal detentions being received and Ash in the lead with the most conduct points so far! This week in assembly, as head of year I delivered a welcome back assembly for the students, promoting our ethos of independence, leadership and embracing all opportunities along the KS4 journey that the students have now entered. Students are encouraged to focus on all aspects of their success whether small or large. This week in PDW the year 10 students have started their quest for badges in additional online learning in subjects such as RS and Computing (amongst others) as this is required by the government during KS4. There are a lot of opportunities ahead for our students in hope that they have another fantastic year growing and moving forward.

Ms Woods

Head of Year

Y10

Year 11

This week, I delivered an assembly on *Motivation, Strategy and Habit*. I presented to the students that it is the small wins during the week that build motivation. But, to sustain motivation, a combination of carefully crafted learning strategies and a development of habit was needed. As a maths teacher, we discussed an amazing maths resource - Maths Genie (<https://www.mathsgenie.co.uk/gcse.php>). This website includes videos per topic with exam questions and worked solutions. Students can work through the grades before accessing past papers. Students will come to learn different strategies for their subjects and over the year will hopefully perfect strategies to achieve amazing results.

A huge congratulations to the following students who were selected by their tutors for being exceptional tutees.



Mr Khan
Head of Year

Y11

Stars

of the week



7C	Abhissri Puvaneswaran Ponnusamypillai	Maths	Excellent contributions
8E	Rory Moore	Maths	Excellent progress in the subject
9W	Yahye Sharif	Maths	Excellent engagement in class
10O	Elen Dutton	Maths	Excellent engagement in class
11W	Kaila Byrne	Maths	Excellent engagement in class
12F	Josh Mauthner	Maths	Excellent contributions
13D	Ginevra De Ceglie	Maths	Excellent contributions
10A	Lizzie Webster	Statistics	Excellent contributions in lessons
11R	Florence Lavercombe	Statistics	Excellent classwork
12	Harjeet Baryan	Further Maths	Excellent classwork
13G	Suhan Wasim	Further Maths	Excellent progress in the subject

Maths

Attend

Attendance matters

Tutor Group	Attendance %
7 Cedar	100%
8 Beech	99.4%
9 Elm	99.4%
10 Ash	99.4%
11 Oak	99.3%

Year Group	Attendance %
Year 7	99.3%
Year 8	97.5%
Year 9	96.4%
Year 10	97.8%
Year 11	96.7%

9 to 13 Sept



FOOD
What's Cooking?

Chefs *of the week*

Arianna Carvalho and Scarlett Botfield

Congratulations to these talented young women, the future leaders of the culinary and catering industry! Their dedication and passion for the craft is truly inspiring. Our year 10 cohort began their butchery skills this week and these two flew ahead portioning a chicken into the different cuts used widely across a range of foodie favourites, you can see how pleased they were with their first attempt.

A special shout out to **Lilly Huskinson**. Lilly is a vegetarian, as she cares about environmental impacts from meat production and animal welfare among many things, she pushed herself out of her comfort zone to complete the chicken portioning lesson. It is so important for students to learn these core skills particularly if they want a career in catering, and I am pleased she gave it a go.

Food



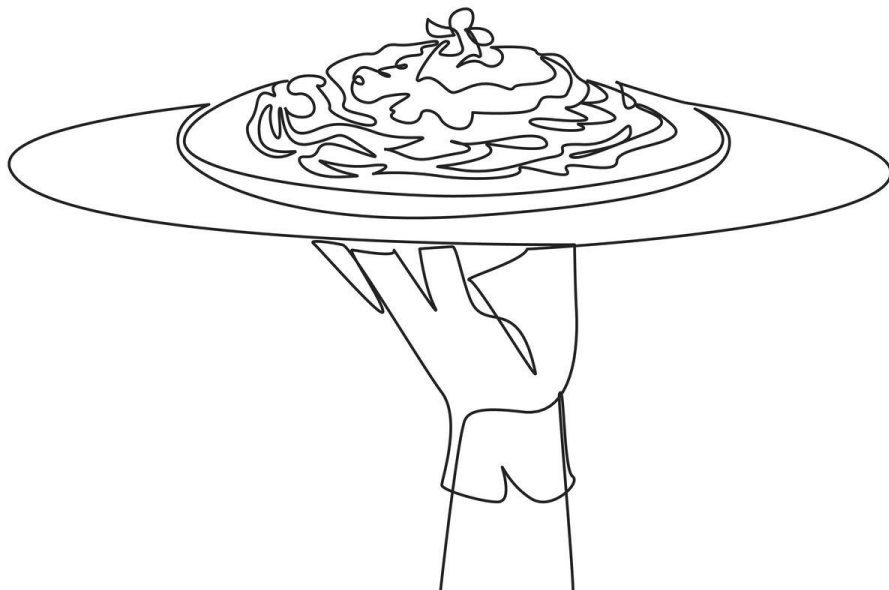
chefs
of the week

Recipe

of the week

Year 9 continues with international cuisines, this week we head to Italy.

Bacon & Mushroom Risotto



KS3

Update

Our Year 7 students have been honing their culinary talents by preparing the timeless classic, Croque Monsieur, with a healthy twist—adding chopped tomatoes to promote the "5-a-day" initiative. Along the way, they've been learning the science behind heat application, particularly the concept of radiation. These aspiring chefs are mastering the fast-paced kitchen environment and eagerly anticipate their next challenge: crafting their own pasta dishes as they embark on a culinary journey to Italy later this week.

Meanwhile, Year 8 is steaming ahead with pizza wheels, delving into the role of proteins in flour and the magic of yeast. A few students had some fun misconceptions about yeast, including one who sprinkled dried yeast onto his pizza wheels before baking! After some reassurance that the microorganism wouldn't grow in his stomach, the group moved forward with enthusiasm, deepening their understanding of baking science.

Year 9 students have continued with their new 'favourite' food teacher, Mr Rhodes..... I am not bitter at all about it... but they press forward with great enthusiasm as always. This week, they tackled the art of risotto-making while learning about nutritional requirements for different life stages. This essential skill will be valuable as they look ahead to their GCSE studies in Food & Nutrition.











KS4 *Update*

Year 11 students have completed the research component of their NEA 1 and are now diving into their first food science investigation. Although we can't share any photos from this crucial coursework, we wish them the best as they work diligently toward their final projects.

In Year 10, the focus was on butchery skills, as students explored various chicken cuts and their uses, flavour profiles, and nutritional and economic factors. Working in pairs, they learned to portion a whole chicken with minimal waste—some even created homemade chicken stock to further develop their practical skills and embrace sustainable food practices. This experience will be instrumental in preparing them for next year's coursework.

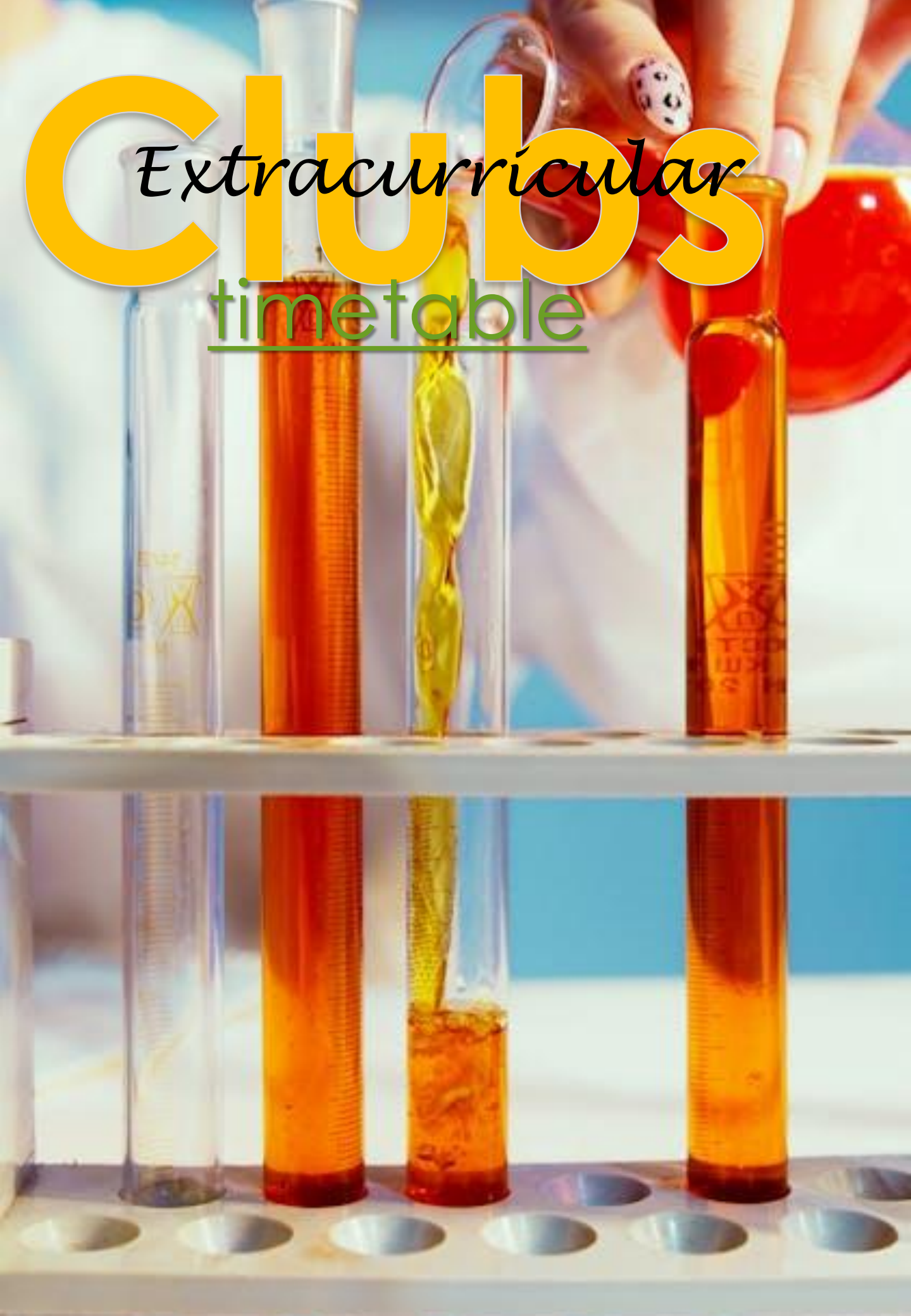
Our culinary students continue to impress, learning vital skills that will serve them well in future culinary pursuits!

Miss Campbell

Head of Food and Nutrition





A close-up photograph of a hand with patterned nail polish pouring a bright orange liquid from a glass beaker into a rack of test tubes. The test tubes are arranged in two rows. The top row shows four tubes, with the third one being filled with the orange liquid. The bottom row shows four tubes, with the third one also being filled. The background is a soft-focus blue and white.

Clubs

Extracurricular
timetable



What is the Chemistry Club?

The Salters' Chemistry Club is an exciting online platform for students aged 11-14, aimed at making chemistry engaging and accessible. Through interactive content, students can explore real-world applications of chemistry and discover exciting career opportunities in the field. Nationally, over 800 schools take part every year. Every weekday at 8am, new content and activities are shared, including:

- Videos
- Infographics
- Fill in the blanks
- Guess the element
- Word searches
- Quizzes

Learners can log in from anywhere in the world and enjoy bite-sized activities that explore different topics in chemistry.

Last year, we had fantastic participation, and over the summer, our students ranked 4th nationally in activity on the platform!

Why Join?

- Interactive Content:** Fun, dynamic activities that bring chemistry to life.
- Real-World Relevance:** Learn how chemistry shapes industries and everyday life.
- Career Exploration:** Discover the wide range of careers in chemistry.

How to Get Started:

- Students can sign up using their school email and will be verified by a teacher or technician.
- Watch the [Overview](#)**
- Sign Up [Here](#)**

Best of all, it's completely free! This is a fantastic opportunity to enrich students' understanding of chemistry in a fun and supportive environment.

For more information, feel free to contact Mr. Gundry, Head of Chemistry.

DRAWING MATTERS

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

2024

Grey Court

Dates & Times:

16th Sept - 25th Nov: Mondays 3.15 - 4.15pm

Year Groups: 7 to 10

Cost: £115 - 10 weeks (all materials included)
(no class: 4th Nov.)

How to apply:

If you would like to book a place for your child on these classes please email:
Stuart: stuartsimler@mac.com

Payment terms BACS: Company name: Raw Ground Arts Limited

Sort: 40-26-12 Account: 32189860

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

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

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

Stuart & Tahira

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

**RAW
GROUND
ARTS**

RGa

www.rawgroundarts.com
LONDON



CLICK PHOTOGRAPHY @ GREY COURT



Autumn 2024
Monday 3.10-4.10pm Y7-9 & DofE

The Click Photography Club is a fun and exciting introduction to Photography.
Students can use their own cameras or use our Canon Dslrs.
Click is an Approved Provider for DofE candidates

Alphabetography, **Composition**, Phoneography, **Light Painting**,
Land Art, **Autumn Leaves**, **Stop Motion**, **Selfies**, & **Ghosts**

Classes begin on Monday 23rd September 2024
9 weeks Fee £90

Grey Court is keen to ensure this opportunity is open to all students. Should you wish for your child to take part but may need financial assistance, please contact Ms Price by email vprice@greycourt.org.uk

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



Bookings @

clickphotographyworkshops.com

or email **clickschools@gmail.com**

LAMDA

Classes at Grey Court



Year 7 - Year 13

Why LAMDA?

- Builds confidence and empowers you to become an effective communicator
- Develop your vocabulary, reading ability, conversational skills and memorisation
- From Grade 6 onwards, earn UCAS points to aid your entry into higher education
- Work towards an exam in the summer term

Why Elizabeth Samuels?

- A leader in LAMDA tuition supported by a team of highly experienced teachers
- 100% exam pass rate at Merit level or above, with 90% at the highest level of Distinction
- Unique LAMDA teacher training that ensures lessons are delivered to the highest standard

Where & When?

- 30 minute classes take place during the school day at Grey Court

How do I signup?

- Visit: www.elizabethsamuelsdrama.com/greycourtregistration





wellbe

PDW

What's on?

Tuesday 24 September, P3

Year 7	What are resilience and restorative justice?
Year 8	How can you help someone with allergies?
Year 9	What impact does cyberbullying have?
Year 10	What do coercive, abusive and controlling relationships look like?
Year 11	Careers

Sept

2024

Self-Care September 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Find time for self-care. It's not selfish, it's essential

2

Notice the things you do well, however small

3

Let go of self-criticism and speak to yourself kindly

4

Plan a fun or relaxing activity and make time for it

5

Forgive yourself when things go wrong. Everyone makes mistakes

6

Focus on the basics: eat well, exercise and go to bed on time

7

Give yourself permission to say 'no'

8

Be willing to share how you feel and ask for help when needed

9

Aim to be good enough, rather than perfect

10

When you find things hard, remember it's ok not to be ok

11

Make time to do something you really enjoy

12

Get active outside and give your mind and body a natural boost

13

Be as kind to yourself as you would to a loved one

14

If you're busy, allow yourself to pause and take a break

15

Find a caring, calming phrase to use when you feel low

16

Leave positive messages for yourself to see regularly

17

No plans day. Make time to slow down and be kind to yourself

18

Ask a trusted friend to tell you what strengths they see in you

19

Notice what you are feeling, without any judgement

20

Enjoy photos from a time with happy memories

21

Don't compare how you feel inside to how others appear outside

22

Take your time. Make space to just breathe and be still

23

Let go of other people's expectations of you

24

Accept yourself and remember that you are worthy of love

25

Avoid saying 'I should' and make time to do nothing

26

Find a new way to use one of your strengths or talents

27

Free up time by cancelling any unnecessary plans

28

Choose to see your mistakes as steps to help you learn

29

Write down three things you appreciate about yourself

30

Remind yourself that you are enough, just as you are





Support for Parents 'Helping teens' series

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 covers a range of common difficulties experienced by children and will aim to share evidence-based strategies to help parents and carers with these difficulties. In the third and fourth columns of the table, you will find the sign-up links.

Regrettably, the webinar on the topic of Understanding Changes in the Adolescent Brain scheduled for the 18 and 20 September has been cancelled. Any parent who booked this session is requested to book the next session which will be held on the 5 and 7 February. If you would like information on this topic, we would recommend that you obtain a copy of **this** book: *Blame my Brain: The Amazing Teenage Brain Revealed* by Nicola Morgan.

We know that many parents of children with ADHD could have ADHD themselves and this can bring about significant challenges for everyone in a family. We are therefore pleased to introduce to our community a new, 5-week online course for couples to help support them and to make family life better. **Please note, it is not essential that either one or both parents are diagnosed with ADHD.** The topics covered over the weeks can support any family struggling with managing some of the challenges that arise in any 'ADHD household'.

Why should I attend? *Couples and ADHD: Making Your Family's Life Better* is an online 5 week couples course aims to provide the information and strategies couples need to strengthen their bonds and their family's happiness.

What will the sessions cover?

Session 1: Introduction to How ADHD Impacts Couples

This session provides an overview of how ADHD is likely impacting both of you and your relationship. The presence of symptoms – and responses to those symptoms – encourage specific patterns that can stress your love for each other.

Session 2: Parent-Child Dynamics and What To Do About Them

The most important negative pattern that most ADHD-impacted couples face is Parent-Child Dynamics. In this pattern, one partner is inconsistent while the other over-functions to compensate for that inconsistency. This leads to resentment and anger that poisons your interactions. But it's a hard pattern to get away from.

Session 3: Communication Techniques that Work

Communication in neuro-diverse couples brings its own challenges. In this session we will discuss and practice three different communication strategies shown to improve your relationship.

Session 4: Tasks and Chores

Chances are good that the two of you are in what we call the 'Chore Wars.' This fighting over who does what, how it's done, and when it's done are typical of ADHD-impacted relationships. We will provide a path to tackle the issue.

Session 5: Family Dynamics

ADHD is highly heritable. Since ADHD Embrace largely works with families, we are dedicating this session to issues that come up across generations in families impacted by ADHD.

Who will be running the course? Couples 'expert' Ashley Paradise, Senior Consultant, ADHD & Marriage Consulting and Melissa Orlov, Founder of ADHDmarriage.com

When does it run? Online, starts 16 September and every week for 4 more weeks, 8pm - 9:30pm

Cost of course: £120 per couple

How do I book? Click [here!](#)



WEBINAR: Dyslexia and co-occurrence with ADHD

When is it? Tuesday, 24 September, 8pm-9:30pm on Zoom.

Why has ADHD Embrace organised this webinar?

Research shows there is much higher chance of children who have ADHD also having dyslexia. Find out more detail about the co-occurrence and practical help to support your children.

What will it cover?

- What is dyslexia?
- Dyslexia and co-occurrence with ADHD
- Monitoring for characteristics of dyslexia
- Strategies to support children with dyslexia and ADHD at home and in school.

Who is the speaker? Eryn Caddick, Specialist Assessor, SENCo and Teacher at Dyslexia Assessment Surbiton.

How do I find out more info & book? Click [here](#).

WEBINAR: Nourishing Minds – Understanding the Role of Diet and Nutrition in ADHD with Dr Kate Lawrence, St Mary's University

8 October, 8pm to 9:30pm

This seminar will give you insights into how diet and nutrition can play a part in supporting your child with ADHD. Dr Lawrence will be discussing research into dietary interventions and the use of supplements in children with ADHD. She will also share the results of a research trial exploring the effects of a probiotic drink in children with ADHD which has been conducted with a team of researchers at St Mary's University.



Click the link for more information on [upcoming events](#) like:

- Parent carer courses
- Coffee mornings
- Advice clinics
- Post diagnosis workshops
- Webinars



Sixth FC

Year 12

Year 12 has had another excellent week, and I continue to be impressed with the focus and commitment that students have shown in getting their folders organised, and in using their free periods and supervised study periods effectively.

It was great to see so many sixth form students participating in sport during enrichment on such a sunny September Wednesday! A group of our volunteering students also helped Ms Thomas prepare for G-Fest with organising uniforms and the knitting club were hard at work making new patterns and scarfs.









35-hour challenge

Year 12 tutor's have launched the 35-hour challenge this week where pupils are required to record the work they've completed during their supervised study sessions.

Students will log their work on the assignment on their tutor google classroom and must provide evidence of work they have completed. Students will record 35 hours of work before their first report home in order to be granted their academic licence.

In year 12, students need to be doing 5 hours of additional study per subject per week and the 35-hour challenge enables them to monitor exactly what they are doing, as well as providing a useful starting point for conversations with their tutors to support them in doing effective, meaningful work outside of class.

The **deadline** for the 35-hour challenge is **Tuesday 1 October**.

Information Evening

Thursday 26 September from 6-7pm

We are looking forward to seeing parents and carers at our Parent Information evening on **Thursday 26 September** from **6-7pm**.

Inform

Year 13

UCAS

This is the time of year when Year 13s should be finalising their UCAS applications. We expect all UCAS applications to be submitted to the school before the half term break in October. This means that all Year 13s should have completed and submitted their form before **23**

October. Once an application is submitted to the school we add a reference and predicted grades and then the school sends it to UCAS. UCAS then sends it to the universities. Please note when a student submits their form it **DOES NOT GO DIRECTLY TO UCAS.** Forms can be returned to students and amendments can be made.

We have an early UCAS deadline at Grey Court which allows our students to submit their application before mock exams in December. There is evidence some universities offer lower grades at the start of the cycle and having offers is a great incentive to students which gives them something concrete to work towards. This early deadline also gives the sixth form team plenty of time to check each application and return it to a student if changes are required ensuring each student submits an excellent university application.

Students applying to Oxbridge or medicine/dentistry/veterinary courses should submit their UCAS forms by **29 September** to meet the earlier deadline for these applications.

We encourage all Year 13s to submit a UCAS form to keep their post-18 options open, they will not be committed to take up any places they are offered and it means they are 'in the system' if they decide down the line that they would like to go onto higher education. We store all UCAS applications and will be able to provide references if requested in the future.

Year 13s have been informed that all sections of their UCAS form should be complete and they should be in the process of making their course choices and adding them to their form.

If any student is struggling to fill in their UCAS form they should see Ms McNicol for support. If parents want to know how to support their child have a look at the UCAS parental support page [UCAS Parents' Page](#).

While we are going through the UCAS process it is essential that all Year 13 students are in tutor time and PDW as it is their tutors who are supporting them through the UCAS process. This is the time that tutors have to work with their students on their personal statement and to write their reference so they need to attend all sessions. The skills developed during these sessions are transferable and will aid the pupils when going through other application processes later in life.

Miss Fincham's EPQ Update

This week the focus is on Action Planning so that students can organise their work programme over the next six months and build in their EPQ work alongside the expectations of their three A levels. Projects have to be completed by February so that they do not interfere with final A level preparation and to allow marking and moderation time before work is sent to the exam board. Students have also been assigned their supervisors and a period in which to meet them each week. They need to make contact with their supervisor to clarify the time and place of their first meeting.

EPQ

Students who have submitted second drafts of their personal statements have received additional feedback on these. Final drafts need to be worked on to get them ready for adding to their UCAS application this week. Students who have a pre-interview assessment should have registered for these tests and need to be working on their exam preparation. Ms Edmonds is running support sessions after school on a Monday for MAT and ESAT preparation. Mr Conway is also supporting with MAT and STEP preparation for Maths.

Miss Fincham's Oxbridge Update

Students had their first official MedSoc meeting for this academic year this week. They also had the opportunity to hear from our alumnus Otti who has just started her Medicine course at Exeter. She shared her experiences of applying to med school and how she prepared herself throughout her time at Grey Court.

MedSoc

of the week



Lemma Mohamed for hand delivering letters to all of the local residents to let them know about G-FEST.



Every week we produce an opportunities bulletin for our sixth formers which shows a range of careers, work experience, university and more. These opportunities are great to add to their experience and help students think about the future. Some of the highlights from this week: include work experience in the October half term with Sarah Olney MP and upcoming USA Careers Fair.

Check out more opportunities:
[20/09/2024 Sixth Form Careers opportunities](#)

Careers Fair

Thursday 3 October 6.30-8pm

Grey Court is organising its own Careers Fair for students in years 11-13. Parents/carers are welcome. This takes place in the main hall and we will have a range of colleges/universities and different careers represented. It's a great opportunity to explore your future career options. We look forward to seeing you there!



SportsN

GO
FUN
sp



Lucas Galant Draysey

SUCCESS

Congratulations to **Lucas Galant Draysey** who participated at the Nationals, Ponds Forge International Sports Centre, Sheffield, over the summer.

Lucas achieved PB's in every single race he took part in and qualified for two finals:

200m freestyle: silver medal overall in his age group 16y.
New personal best time: 1:57.89

400m freestyle: came 5th overall in his age group 16y, narrowly missing a medal. New personal best time: 4:15.50 (5th in the country).

He also took part in the team relay 4 X 200m freestyle at the British Nationals. The team came 3rd in the heat and 20th in the UK, and is now taking part in the Swim England National Youth Talent Programme, middle and long distance.

Well done, Lucas!

Lucas Galant Draysey

Success



Euan Roberts

SUCCESS

Last weekend **Euan Roberts** participated in the British triathlon IRC (inter regional championships). This involved the top 4 triathletes from each region of the UK competing against each other. There were teams from Scotland, Wales and Jersey, as well as regions from all across the UK.

Euan competed in the Tristar 3 category. There were a total of 50-60 people in each age group category. The competition was a 300m open water lake swim, 2.5k bike and 1.25k run around the race track at Mallory Park.

Participants raced twice - first a heat and then an A and B final. Euan ranked into the B final and then came 13th in that race.

The next day - they raced transition challenge and then mixed relay - Euan was in the London C team, which did well.

Well done, Euan

Euan Roberts

Success

Welcome to Grey Court PE and School Sport

Please take the time to read through our PE
[Information](#)

This details uniform, PE kit, lesson expectations, the sport timetable, X, Google classroom, forms and information for trials, and SOCS information.



As part of our ongoing partnership with Cycle Coach, we are very pleased to offer you an exclusive opportunity to purchase 8 Frog bikes, suitable for riders with a minimum inside leg of 70cm (around 10-14 years old). These all-aluminium road/CX bikes are recently serviced and come with a range of features, including:

26" wheels

18 speed gears

Tektro Oryx cantilever brakes

Supplied with 2 sets of tyres: Kenda road and Kenda cyclocross

Each bike is priced at £200. Collection and test ride available from Grey Court School, Ham, Richmond upon Thames, Surrey, TW10 7HN. They RRP at ~£500

Cost: £200 each

Collection and test ride available from Grey Court School.

If interested please contact **James Hey** (The Cycle Coach): 07954180933
First-come, first-served

This

This week in sport

week



Excellent start to the season for the U15 boys football team. They won their first round match in the ESFA Cup

Success



Some of our Elite Gymnasts working hard at their first training session preparing for their first competition in a few months time.



The U13A team had their first cup match against Howard of Effingham School. 17-12 to HoE but some great moments of play and lots to work on for the season ahead! POM Daisy



Excellent 4-1 victory for the u18 boys in the ESFA Cup. Goals from Jamie (2), James and Shakur.

What's on ...

The **London Youth Games Cross Country Event** will be held on Saturday 16 November.

In order to be considered for the squad you will need to sign up here: [Apply for cross country trials](#) and complete a park run between Saturday 7 September and Monday 4 November. Once you have clicked 'sign up to cross country' on the form it will explain the different distances required.

We will select the 12 quickest times for boys and girls in the following categories. You can run as many park runs as you like in the time period, we will take the quickest time for your child. Your park run can also be complete anywhere, it is not limited to the Richmond borough.

Age Category	Oldest	Youngest
U11	01/09/2013	31/08/2015
U13	01/09/2011	31/08/2013
U15	01/09/2009	31/08/2011
U17	01/09/2007	31/08/2009

Distances

Age Category	Girls	Boys
U11	1500m	1500m
U13	2000m	2000m
U15	2000m	3000m
U17	3000m	4500m

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FROM THE 24TH SEPTEMBER 2024, 17:30-19:00

FOLLOWED BY A FREE 4 DAY ON WATER 1/2 TERM
ROWING CAMP FROM THE 29TH OCTOBER- 1ST
NOVEMBER 2024, 12-3PM EACH DAY

To sign up please email
admin@teamkeane.com

or scan the QR code below to book on straight away.
spaces are limited so dont delay and book your place today.



*enrolment to this funded course is subject to a £20 Registration fee

FUNDED THROUGH THE PEOPLES HEALTH TRUST &
THE NATIONAL LOTTERY COMMUNITY FUND



Whether you want to get fit or try something new, this is an exciting opportunity to start your journey here

Are you inspired by the incredible success of the GB Olympic Team at Paris this year and fancy giving it a go yourself!
You never know where it could lead!

This FREE course is aimed at young women aged 12-14 from the local West London area to provide a unique & exciting opportunity to experience and participate in the sport of rowing.

This course is being provided in partnership with Brenford Boat Club and Team Keane Sculling School

TEAM KEANE
SCULLING SCHOOL





Teddington Rugby Football Club

YOUR CLUB



Teddington RFC are recruiting new players for our **Boys Under 15** (Year 10) section for this season!

We run 2 teams playing in the Surrey league, playing each Sunday at Bushy Park, and training midweek.

Experienced or no experience – we welcome all!
Free taster sessions before signing up

For info contact:

Paul on 07876 141 262 / p_shiels@yahoo.com

Keith on 07818 061 825 / keith.r.bush@icloud.com



Capel Manor College

London's environmental college



Upcoming Open Events

Open Day

Saturday 5 October 2024
10am to 3pm

Advice Evening

Thursday 16 January 2025
5.30pm to 7pm

Advice Evening

Tuesday 19 November 2024
5.30pm to 7pm

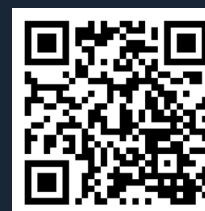
Open Day

Saturday 22 March 2025
10am to 3pm

Visit our website to see the full list of upcoming events.

Register now

capel.ac.uk/open-days



Crystal Palace Park | Enfield | Gunnersbury Park | Mottingham | Regent's Park

Follow us on social media:



Capel Manor College



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**IF YOU ARE 11-19, YOU
CAN TEXT YOUR
SCHOOL NURSE FOR
ADVICE**



CHATHEALTH HELPS WITH...

- BULLYING
- SMOKING
- EMOTIONAL WELLBEING
- FEELING SAD OR ANGRY
- ALCOHOL
- RELATIONSHIPS
- DRUGS
- CHANGES IN YOUR BODY
- HEALTHY EATING
- EXAM STRESS

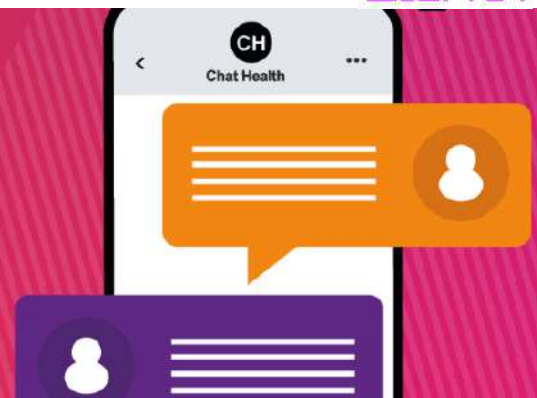
CHATHEALTH WILL BE ONLINE MONDAY TO FRIDAY 9am-5pm

WANDSWORTH CHATHEALTH NUMBER: 07480 635996 **RICHMOND CHATHEALTH NUMBER:** 07312 263902



Chat Health

Wandsworth & Richmond



For any enquires please email: clcht.0-19wandsworthandrichmondadmin@nhs.net

Links to the Richmond school nurse ChatHealth websites:

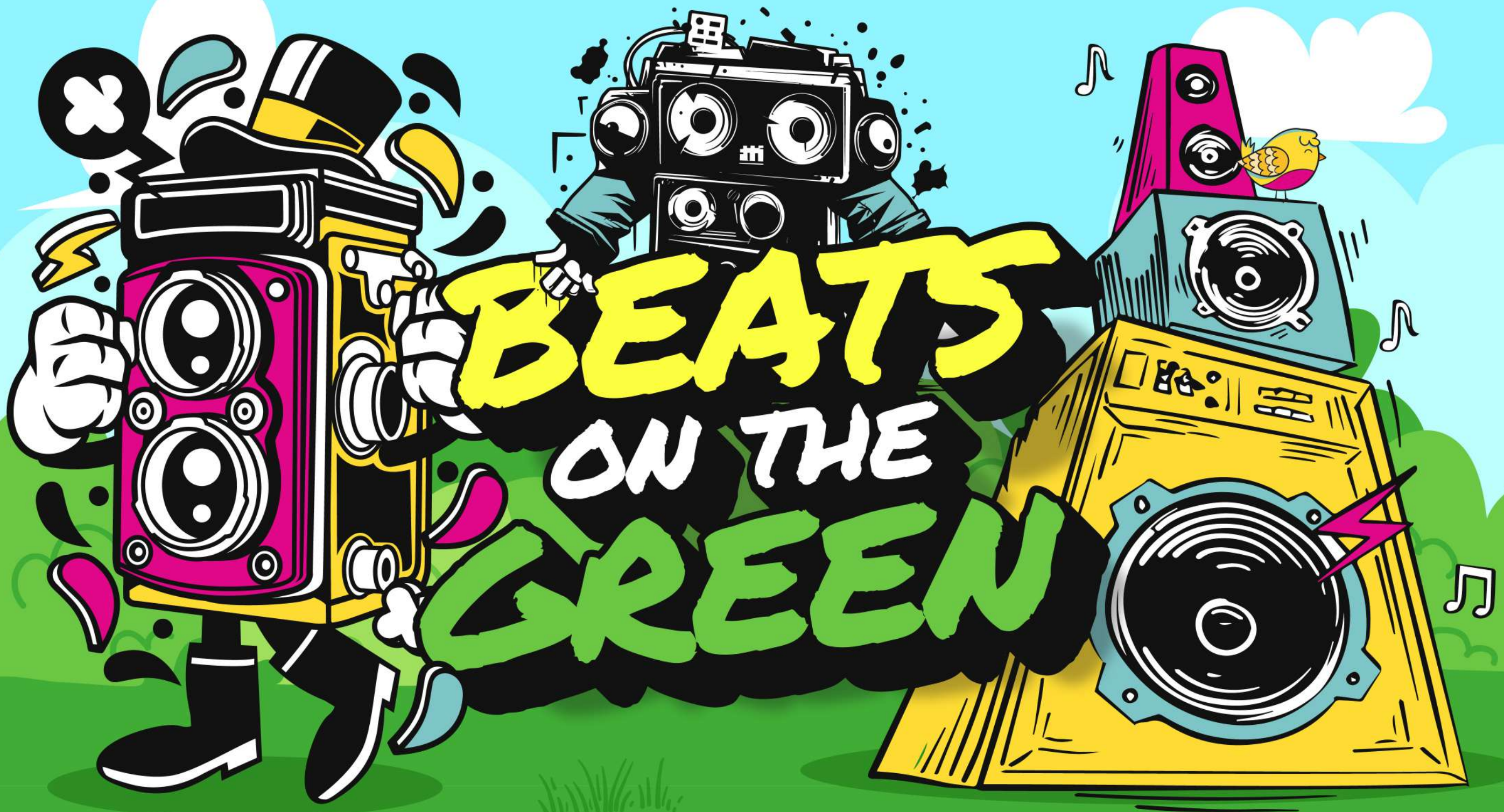
- **Link for children:** <https://chathealth.nhs.uk/start-a-chat/h/RichmondSchoolNurse>
- **Link for parents.carers:** <https://chathealth.nhs.uk/start-a-chat/h/RichmondParentCarer>

ChatHealth Video link (click on either link and enter the password below if prompted)

(Link 1) [ChatHealth Promo Final \(subs\) on Vimeo](#)

(Link 2) [<image001.png>](#)

Password: CH1PW



UK RAP LIVE

SATURDAY 21 SEPTEMBER

4PM - 7PM

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GRIMM DREAMURR
JOSHUA KING KILILI
REMZ YN - OKAN
ARCAIN - JT #MIO**

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GCSE CLINIC

parents & students

Get Ahead for Year 10

October 24th 2024 12.30–1.30pm
online & interactive £15

What's included

- Exam board expectations
- How to revise
- What resources to use
- Learning Style Review
- Tips and hacks for exams
- Dealing with exam pressure
- Additional learning needs



www.level-up-kids.com/workshops for tickets
or email info@level-up-kids for a link to book

GCSE CLINIC

parents & students

Healthy habits for Year 11

October 31st 2024 12.30–1.30pm
online & interactive £15

What's included

- how to increase motivation
- what to do about procrastination
- effective revision techniques
- exam paper tips & hacks
- revision timetables
- study-life balance
- Additional learning needs



www.level-up-kids.com/workshops for tickets
or email info@level-up-kids for a link to book

