eBull

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ey Coun School | 27 September 2024

"…a school where all pupils flourish" – Ofsted 2024

The cover photo: our England Pentathlon Champion

[All photos of Tia Garrard are courtesy of RWT Photography]

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

Info

Thank you to all our parents who attended our parent information evenings recently.

Please find our **donation letter** and our year group curriculum booklets and presentations linked below:

Year 7
Curriculum booklet
Presentation

Year 8
Curriculum booklet
Presentation

Year 9
Curriculum booklet
Presentation

Year 10
Curriculum booklet
Presentation

Year 11
Curriculum booklet
Presentation

Champ

England Pentathlon Champion

Tia Garrard competed in the English Schools Pentathlon in Stoke-on-Trent over the weekend, facing the top 40 girls in the country. Ranked 5th out of 231 going into the event, she battled through over 8 hours of relentless, abysmal weather conditions. The gruelling competition included 75m hurdles, shot put, high jump (which lasted two hours), long jump, and the 800m. It wasn't a day for personal bests, but endurance was key. Despite the harsh conditions, Tia achieved a personal best of 5.34m in the long jump, ranking her in the top 10 nationwide, an incredible feat after just four training sessions. Throughout the day, her scores fluctuated, but she entered the final event in 5th place—only the top four would qualify to represent England. In an inspiring finish, she ran a stunning 800m to claim the title of England Pentathlon Champion, securing her spot to compete internationally in November.

Congratulations, Tia.

All photos of Tia Garrard are courtesy of RWT Photography

Champ

177
180
184

181
PROJECT

ESAA
English Schools' Athletic Association
Tia Garrard
representing
Middlesex
1ST PLACE
Junior Girls' Pentathlon
with 3237 Points
at the
36th ESAA Combined Events Championships
at Northwood Stadium, Stoke on Trent
Saturday 21st & Sunday 22nd September 2024

Champ

G-Fest

G-Fest is one of my favourite parts of the year. Despite the huge organisational challenges required in putting on such a complicated event right at the beginning of the year, it is fantastic to see so many of our students, staff and parents working together to put on a wonderful event to raise money and showcase our students.

I was particularly proud of the running order for this year's musical performances - we had to reduce the number of songs certain students could perform **and** start an hour earlier than normal in order to fit everyone in! Our Y7 students (Wallis, Amber, Fulton and Sophie) showed everyone they were not to be underestimated and all gave fantastic performances. Many of our other performers are known to Grey Court audiences for their excellent performances at previous events, but it was wonderful to have so many singers performing and to see how far they've come since they started at Grey Court. All three bands gave stellar performances and many members of the audience came up to me to tell me how impressed they were with the talent onstage!

Of course, we had the return of The Masked Singer. I am always amazed by the confidence of everyone who signs up for this as, having done it myself, I know how nerve-wracking it is - and I'm a singer! I thoroughly enjoyed all the performances and Mr Rhodes' enthusiastic working of the crowd during the clap-o-meter (who knew I would be so entertained by hearing him shout "and Poo!"?) Congratulations to Mr Gundry for his winning performance too!

Congratulations to everyone involved in G-Fest - whether in sports, music, food, stalls, site team, tickets or behind the scenes. We couldn't do this without everyone getting involved. I look forward to the next one!

[illegible]owper

G-Fest

HMM...
MEH
OK

MEH
OK
GOOD

This was the third time I've managed to gather enough staff together to actually sing their chosen songs themselves and then dress up in ridiculous costumes and prance about on stage. The prancing about on stage in front of everyone though is the easy part - the part that really takes courage is the fact that you all get to hear them singing! Trust me on this.

After two G Fests of trying to rope staff into this lunacy and being told: "why don't you do it?" I finally put my money where my mouth is and did it myself. Now no-one will be able to use that feeble excuse on me anymore… I am coming for you.

Thank you to:
Mr Gundry - The Cow - who was the perfect first act, singing Toxic by Britney Spears, and the winner of G Fest 2024's Masked Singer!

Ms Hawkins and Ms Delochaise - The Dinosaur and Clown - performing American Boy by Estelle. Lovely singing and a rapper's delight.

Ms James and Ms Hurley - The Sumo Wrestlers - singing (beautifully) Complicated by Avril Lavigne. SLT were in the house finally (or in the field I guess). Now we may get to see whether other members of SLT are actually as brave as they make themselves out to be year round or not at the next G Fest. Thank you for showing us that SLT have *some* soul left in them still!

Mr Kisby - The Shark - For the second time singing in the Masked Singer at G Fest no less. This time outdoing himself with Live Forever by Oasis. Solid, reliable and totally loveable… Steps up at the very last minute, comes in, one take - boom! Legend.

Ms Johnson and myself - The Unicorn and The Poo - with Aerosmith's I Don't Wanna Miss a Thing… "I can't sing that high" I said… "Yes you can", she said. She was right, turns out I can. Just. Thank you for [illegible]me. We worked re[illegible]n those harmonies by the way, [illegible]one has been tal[illegible]about since Saturday is "The Kiss!". Too bad I don't kiss and tell [illegible]n isn't it?! ;-)

Mr A[illegible]

G-Fest

Pearl
ALBROOK ROWING CLUB

HMM...
MEH
OK

I could write something new for this, but I wouldn't be able to capture my post G Fest thoughts as honestly as when I posted to the G Fest 2024 Performer's Google Classroom on Saturday night when I got home.

So here's a slightly edited version of that instead:

"Well done everyone for yesterday! :-)

It's actually 10:30pm on Saturday night right now, but as it's clearly way past all of your bedtimes I have scheduled this for tomorrow morning, although I doubt that many of you will be getting much sleep soon after the energy you delivered today.

The level across the board was really impressive AND to have so many of you performing today that we actually needed to start the music an hour earlier than we did last year AND with so many of you performing less songs / pieces than you were able to AND all of it at such short notice shows what an absolutely outstanding bunch of musicians and performers you really are.

Year 7: To turn up to a new school and within only two and a half weeks be so confident, brave and passionate enough about something that you are able to get up on a stage like that, in front of so many people, perform brilliantly and behave like absolute professionals throughout it all is honestly outstanding.

I don't know you very much yet so far, but today I learned more about you *in an instant* than over the whole of the last two and a half weeks.

You're probably sick of 'Tyger' by now, but remember:

You all have the spark in you and today everyone saw it.

Just as Adam used drawing to keep his burning brightly, remember that you too, with music, aren't just only able to keep yours burning brightly, but you have the power to make other people's burn brightly too.

<u>Every single one of you did that today.</u>

Year 8 and above: You all just get better and better, concert after concert. Some of you hadn't even played an instrument at all before joining my band club at Grey Court and to see what you are doing now is amazing. I can't wait to see where all of you go from here…

John Lennon used to say to The Beatles: "Where are we going, fellows?" and The Beatles would reply: "To the top, Johnny".

"Where is that, fellows?" Lennon would say.

And they would say: "To the Toppermost of the Poppermost."

You are a real inspiration to everyone in the years below you. Extremely well done all of you.

Mr Allchurch 💩

Well golly gee G-Fest, you were INCREDIBLE! I'm blown away by the talent we are lucky enough to have here at Grey Court. The line-up on the G-Fest main stage was full-to-bursting with stars:

Kicking off the live performances, singing 'Scared of my guitar' - though clearly not scared of anything!- was the incredible Maheen Aatif - what a voice, heart-meltingly gorgeous, a simply stunning start! Swiftly followed with a 'Meteor Shower' of vocal skills from Willow Schofield.

Emme Hughes, did one of the bravest things I've ever seen - a bit of a wonky start would send many a performer running back to their green room to hide, but Emme hit re-set, restarted the song and SMASHED it, the crowd belting out 'Exes and Ohs' with her - what a moment!

Next up, our very own Druvlé - Dhruv Gokal - WOW!!!! During the soundcheck, I had to steady Mr Johnson and Mr Da Silva as they were quite literally shaken to the core by his raw and effortless talent. I had the good fortune to have been at his debut performance on Carnival Day (which happened to be HIS FIRST EVER SINGING IN FRONT OF **ANYONE**!!!!!) and had been similarly affected. But on Saturday, singing the stone cold classic 'Feeling Good' followed with the recent smash 'Too Sweet', we witnessed his star rising even higher - his smooth, laid-back style, phenomenal vocal technique and effortless stage presence had the audience captivated. And I know I'm among MANY who are looking forward to his next gig!

The fabulous Fatima Abbas and amazing Anna Lowe proved to be a force to reckoned with brave and beautiful performances.

Then, the multi-talented Freya Kirrage accompanying herself on piano with 'Titanium', a delicate and heartfelt performance.

And this torrent of talent just kept coming with amazing acts: - Ipek Ayduran owning her place up there, Raul @ Saggar bossing it then Wallis Mckinley with her fabulous fiddle and The String Ensemble both totally slaying the strings!

I had to gather myself as I now had a little performance of my own to get ready for …it was time for the Masked Singer!! I can't lie, I was nervous, but couldn't wait to get my Unicorn on!

The legendary Masked Singer! This jewel in the G Fest crown was one of the first things I was told about when I started teaching here last year and have been DYING to be involved ever since.. I *think* I managed to conceal the fact that I would be up there alongside those awesome contestants, and that Mr Allchurch (who is responsible for it's very existence) would FINALLY be singing too! Truly, the giddy excitement of all of us teachers as we were inflating our costumes in our secret HQ was palpable - what a crew! To quote Jennifer Warnes (Google it!) 'I had the time of my life' up there, among my outstanding colleagues. Every one of them stepping well outside of their comfort zones, simply for the joy of it all, for you, for them, it's a win-win situation!! And despite the many hours of working on those harmonies with a Poo, I graciously concede defeat to a hugely worthy Cow

At this point Id like to highlight the single-handed, gargantuan efforts of one particular colleague, whose patience, support, energy, genius and HOURS of work made this marvellous, magical, mysterious and mad Masked Singer happen - please, if you see him on your travels, praise that Poo! Take yo' praise Mr Allchurch!!

By now, the crowd's insatiable appetite for more could only be sated with delicious offerings from Queen of the keys, Betty Thomas, the phenomenal Phoebe Staple, the always captivating Amy Curley & Zak Nagy and the ever epic Eva Fountain and Daisy Mcclune-Landon. As if that wasn't enough The Coleshill Family took it stratospheric with 'Watermelon Man', then Amber Simon without having had a soundcheck showed us what a true professional looks & sounds like. Michelle Newton's incredible performance had me spellbound - her stage presence was just off the charts and she shone up on that stage!
The crowd yelled for more and boy did they get it!!

The relentless, infectious energy of the bands ensured the night was going to finish with a BANG! Jolie Fok, Claire Chung and Anna Lowe giving genuine girl power, Teddy & the Bears (Teddy Bridges, Zach Sansbury, Joash Standing and Liam Buckle) taking it all the way up to 11 - frontman Teddy working the crowd like a pro, owning the stage like he belongs there!

Then the nuclear power of Radioactive (Arian Sood, Daniel Hawkins and Rory Moore) setting off an explosive reaction in the mosh pit below them.

Invasive Species (Inigo Bell, Fulton Bell & Riley Blackwood) convinced us that no matter how stuffed with talent we may be, there's always room a little wafer-thin sliver more of PURE EXCELLENCE! Outrageous skills on the drums, the bass, the guitar and vocals - a true headline act.(Please don't forget us when you're playing the Pyramid Stage at Glastonbury!). OH WHAT A NIGHT!

Honestly, I'm humbled and awed by the bravery, dedication, determination, hard work and so so soooo much talent we have here at Grey Court, onstage, backstage, in front of the stage, in the corridors, classrooms, offices and homes and I could not be prouder to be a part of this community. So thank-you G Fest, until next year!!

Ms Johnson

View our video montage here!

https://bit.ly/gfest2024

nord stage 4

nord stage 4

Pearl

The Good university guide versus a burrito-rich approach to decision-making

Mr Clements

The other day I discovered that September has a special place in the hearts of a number of Grey Court titans as it is marked - or is perhaps - adorned by the annual release of several niche publications. For Mr Gordon Walker "*Force 4 chandlery*" publishes its marine varnish catalogue to coincide with his yacht's spell in dry dock, Ms Weston has fixated over the release of *Monet's mindfulness maison and jardins de Giverny* colouring-in pad; Ms Bashford visibly salivates when he places an order for his *Clarkson's farm annual* and I rush to my local newsagents at 7.00am to buy *The Guardian's Good University Guide*.

I have to confess to being nerdily fascinated to discover whether St Andrews has displaced Oxford or Cambridge at the top of the charts, why Glynwr has fallen two places to 111 in the rankings from last year's 109 and the student staff teaching ratio of Trinity St David which I have had to look up on a map! (It's part of the University of Wales but has a London campus!) With quality denominators that include expenditure per student, continuation and employability after 18 months of finishing the degree, the guide is truly data rich.

In addition, a section I particularly appreciate is the annual essay entitled How to make university worth it. Unsurprisingly, as this is a question I tend to field on numerous occasions every year it is worth referencing some of its more unusual findings here. So whilst humanities graduates do earn less than their STEM counterparts this is because the range of salaries varies and the initial starting salary is often lower. To counter this the range of jobs and markets open to these graduates is probably wider and the career structures they adopt such as self-employment, for example, may in fact offer more freedom and flexibility.

University is also better value at the moment than ten years ago as fees have been frozen for over a decade and earnings have gone up. They are therefore "increasing good value for what you might earn in the future." As well as the data driven approach which causes the guide to rank, for example, Kingston's geography course as the fourth best in the country, despite being half way down the overall university rankings, the guide doesn't eschew my own default approach to making choices in life - feelings. In fact the writers observe that as well as using data students should "follow your passion because you are more likely to do well in a subject and career that you enjoy."

Certainly when I think of the choices that determined both my own university destination and those of my kids they do seem to be conditioned by random aesthetics and food! I chose my university because I visited it when it was snowing and it looked like a cross between a Robert Frost poem and a scene from Peaky Blinders. My son's particular ivory tower was selected on account of the 4G football pitch underneath his desired hall of residence whilst my daughter's choice of destination was confirmed when she realised a well known vegan burrito chain was situated just a mile away from her campus.

Of course, when I endeavoured to impress my daughter with a series of facts and statistics about the university I am in fact delivering her to the weekend: 6th in the table, 13:2 student to staff ratio, 87.9 teaching satisfaction rating - she yawned and declared that she had found out everything through social media. Apparently, there was a virtual tour of her hall on YouTube, she'd met her fellow classmates on Instagram, the university experience had been reviewed by Tik Tok and her accommodation was sending her countdown messages via snapchat! "But did you know the Guardian university guide gives it a 97.5 continuation score?" I stuttered, before scuttling upstairs to unearth my British isles Michelin Road map from the loft!

K3+4
Days

Year 7

This week finished with our cognitive ability tests for the students. They conducted themselves very well and this will be helpful for teachers to ensure the correct level of challenge in lessons, once combined with their SATS scores and any classroom based assessments.

A further plea to parents and carers to ensure that all students' uniforms and PE kit have their names in them so that we can return the items back to them if they are left in changing rooms or out in the Year 7 area.

We are still awaiting a few responses in regards to whether students are leaving their mobile phone at home, please respond to the School email.

Thank you to all of those parents that attended the Information Evening on Thursday. Please find our **donation letter**, and copies of the **curriculum booklet** and **presentation**. This was also sent home in a separate email.

And just like that, they have gotten through their first four weeks of secondary school! Well done to both students and parents in what can be a challenging time for all!

Have a lovely weekend!

Mr Ridley
Phase Leader

Y7

Year 8

Well done to year 8 for another great week! We are extremely proud of all Year 8 students who contributed to G-Fest last weekend- we had stalls, performances and large numbers of the year group showing their support.

Secondly, a big well done to 8 Ash who have spent this week carrying out a 3 day bake sale to raise funds for cancer research.

This week, students attended an assembly discussing the importance of attendance and how it relates to future success. I hope the message inspires everyone to make the effort to come in whenever they can to ensure that all students are getting the most out of their school experience.

Congratulations to our Tutor Stars of the Week:
Oliver E
Alex P
Liya D
Khean E
Rosita C
Teddy B
Safayat A
Nathaniel J

Miss Saccheri
Head of Year

Y8

Year 9

Year 9 have had another great week, with our first student reaching over 100 achievement points (well done Spencer!). We're hoping for many more to catch up soon.

Our students also behaved well during photo day and have had two successful assemblies with the new mobile phone policy - new routines are fast becoming old habits now. Assembly this week was delivered by Ms Weston, giving an extremely important message on attendance.

Well done Year 9, and keep it up!

Ms Sutcliffe
Deputy Phase Leader

Y9

Year 10

This week Ms Weston delivered an assembly to the students on attendance, showing the correlation between attendance and GCSE results. The trend clearly shows that if your attendance is higher, it is more likely that students will progress. This falls in line with the assembly students were delivered last week about building resilience and independence, and taking every opportunity given. Thank you to all those who attend the Year 10 information evening. If you were not present, we really encourage you to read through the slides as many of it will relate to you students and conversations that might be taking place at home.

As the weather starts to turn and illness starts to rise, please encourage the ability to be slightly more resilient with this, but also to be prepared with an umbrella for dry clothing!

This week our Supervised Study sessions have been launched with a fantastic turn out, calm environment, and happy students gaining more confidence and achievement points with their homework/coursework which has been so great to see. We hope this positive momentum will continue in all areas for all our students, as they started the year so well!

Ms Woods
Head of Year

Y10

Year 11

Another fantastic week for Year 11! Cedar are taking the lead with conduct points at 460 but Elm are only 7 behind!
It is super important that students are in school, where they can access the amazing support we offer. I urge you to send your children to school especially as the weather takes a turn. Ms Weston delivered an amazing assembly showcasing the relationship between attendance and progress. The trend clearly shows that if your attendance is higher, it is more likely that students will progress.

On Thursday 3rd October we will be hosting our careers fair. Miss Corrighan has arranged to have a number of employers working across various industries join the event. This will be an amazing opportunity for our students to engage in worthwhile discussions about their future! Students will be given more information about the evening during tutor time.

Well done to the following students who were nominated by their tutors for being outstanding tutees.

11A - Zain G
11B- Emilie C
11C- Samuel E
11E- Christopher C
11M- Alex V
11O- Adara G
11R- Ethan S
11W- Addison E

Mr Khan
Head of Year

Y11

Retrieval Practice

with Mr Gundry

Y10+11

I wanted to take a moment to highlight the incredible benefits of retrieval practice for your child's academic success in chemistry (as well as in other subjects). Research consistently shows that students who regularly engage in retrieval practice—the act of recalling information from memory—develop a deeper understanding of content and perform significantly better in assessments. This method strengthens long-term retention, reduces the forgetting curve, and builds students' confidence in applying their knowledge under pressure.

In support of this, I have been working on a detailed retrieval practice document tailored for our GCSE Chemistry students (Years 10 and 11). Over the summer, I invested a great deal of time creating a series of 'core questions' specifically aligned with the chemistry Edexcel specification, building on work done by another teacher, Adam Boxer, but adapted for our needs at Grey Court. These questions are designed to help students reinforce their understanding of key concepts across the entire chemistry course.

I have also incorporated these questions into the Carousel platform, which some teachers, including myself, use for setting homework. However, knowing that not all teachers can access Carousel, I have made the entire set of core questions available via Google Drive (emailed home already) so that all students can benefit from regular, structured retrieval practice at home. This resource includes a randomised question generator and covers all the units in the order they're taught, allowing students to review both current and past topics efficiently. Students can also access this on their Google Classroom.

I encourage students to make use of this tool frequently, either independently or with support from others. As always, if you have any questions, feel free to reach out.

Mr Gundry
Head of Chemistry

Benefits of Retrieval Practice

Enhances memory recall

Students get better at remembering information after practicing retrieval several times. This makes them quicker and able to recall details more accurately.

Improves understanding

Each time students recall information, it helps them understand how different ideas connect in their memory. This improves their ability to learn subjects like math and to compare similar topics.

Increases engagement

Seeing the benefits of retrieval practice, like better memory and academic success, makes students more interested and confident in their studies.

Provides feedback

Teachers can use retrieval practice to quickly see how well their students understand the material. This helps them adjust their lessons to better meet students' needs.

Promotes a growth mindset

Regular retrieval practice shows students that their effort leads to learning success, helping them believe that they can improve with practice.

Webinar

The Secret to GCSE Success

A Free Webinar for Year 10-11 Parents

A free online webinar designed specifically for the parents and carers of Year 10 and 11 students, aimed at helping both parents and students maximise grades and minimise stress is being held on Thursday 3 October.

Event Details

Date: Thursday 3 October 2024
Time: 7-8pm
Link:
https://events.parentguidetoeducation.com/secret-to-gcse-success

Hosted by Emily Hughes, author of the '*GCSE Survival Guide for Parents*' and founder of Parent Guide to GCSE, this webinar will equip parents with the tools they need to help their children prepare for GCSEs without the stress. Emily is a well-known expert on teen parenting, frequently featured in the media, and her practical, easy-to-implement advice has helped countless families navigate the GCSE journey.

The webinar will cover essential topics such as:

- Why starting *now* makes all the difference
- Revision tips and strategies that save time
- The parent's role in supporting GCSE success
- Motivating teens to stay on track without overwhelming them
- A Q&A session to address specific questions from parents

Replay available:
Parents who cannot attend the live event will have access to a replay, as long as they've registered.

Stars *of the week*

7C	**Theo Wong**	Science	Excellent contributions
8E	**Lola Cammack**	Science	Excellent contributions
9M	**Spencer Hunt**	Science	Excellent engagement in class
10W	**Jacob Tamblingson**	Biology	Excellent engagement in class
11R	**Swasti Jain**	Biology	Excellent classwork
12E	**Georgia Hawes**	Biology	Excellent test results
13E	**Niah Westbrook**	Biology	Excellent engagement in class
10C	**Zakaria Rostom**	Chemistry	Excellent engagement in class
11W	**Oliver Atkins**	Chemistry	Excellent engagement in class
12B	**Ross Killey**	Chemistry	Excellent progress in the subject
13D	**Kevan Veerapatrapillay**	Chemistry	Excellent progress in the subject
10C	**Isla Reindorp**	Physics	Excellent engagement in class
11C	**Holly Gee**	Physics	Excellent engagement in class
12B	**Anna Tiffin**	Physics	Excellent progress in the subject
13D	**Bertie Budden**	Physics	Excellent engagement in class

Science

Calling all budding Chemists!

Ready to uncover the invisible magic of iron hidden right in your breakfast bowl? With just a few simple tools and a box of fortified cornflakes, you can become a metal-detecting master and extract actual iron! Using magnets, a little bit of water, and some detective work, you'll see the iron that keeps your body strong and healthy. It's a fun, hands-on experiment that shows you how food fuels your body!

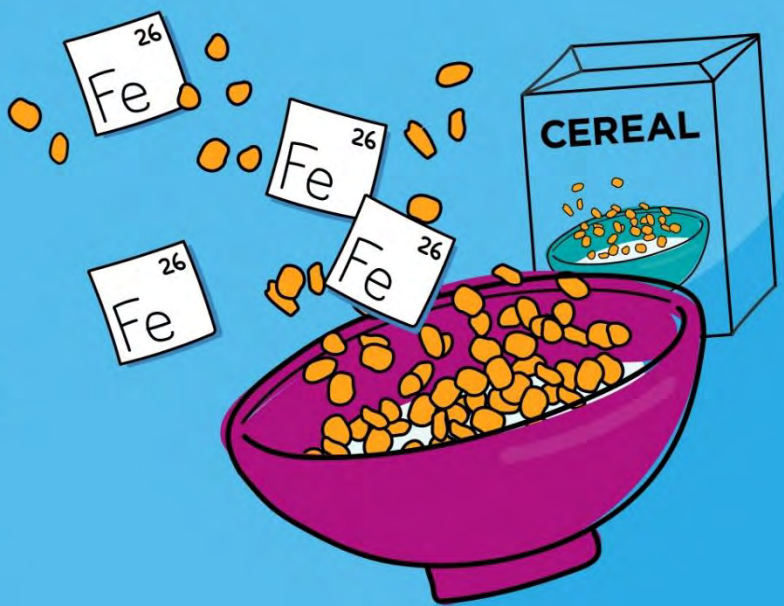
Plus, if you're up for a challenge, why not test other foods for iron? Think you know what's in your yeast extract or apple juice? With a bit of tea and some scientific curiosity, you'll be amazed at what you discover. Grab your magnet and let the science fun begin

Mr Gundry
Head of Chemistry

ACTIVITY 10

CHEMISTRY AT HOME

INVISIBLE IRON



MEDIUM | 7-12 | 1-2 HRS

1. Extract iron from foods
2. Investigate which foods contain lots of iron
3. Find out which other metals different animals have in their blood.

ENCOURAGING TOMORROW'S CHEMISTS TODAY

DISCOVER MORE ACTIVITIES AT SALTERSINSTITUTE.CO.UK

Salters' Institute

SALTERS' PUBLIC PROGRAMMES

INVISIBLE IRON

Iron is the most common metal on earth. It is found in rocks and the centre of planet earth is a molten ball of iron! Iron is used to make nails, bridges and ships, but did you know that iron is also found in our bodies?

Iron is found in human blood as part of a chemical called haemoglobin. Haemoglobin carries oxygen around your body, allowing you to grow and exercise properly. Iron is essential for healthy growth, and we get iron from the food we eat. Red meat, dark green leafy vegetables, dried fruit and beans contain high amounts of iron. If you see the word "fortified" written on packets of cereals, flour and bread this means iron has been added to help everyone get the recommended daily amount.

You will need

For activity 1

- 400g of cornflakes
- 1.5l water
- 2 large mixing bowls or jugs
- Rolling pin or potato masher
- Large spoon
- See-through medium sized plastic food bag
- Strong magnet or 3-4 fridge magnets

For the challenge

- 5 unused tea bags
- Large jug
- 2 clear small glasses / tumblers
- Teaspoon
- Measuring jug
- Jar of yeast extract e.g. Marmite
- 100ml Apple juice
- Small torch

Safety

Ask an adult to handle hot liquids.

Check the food packaging for allergens.

Take care with magnets.

This activity should be supervised at all times.

Instructions

Activity 1
Extracting iron from cornflakes

- Measure the cornflakes into a large mixing bowl/jug and, using a rolling pin or potato masher, crush the cornflakes into a fine dust.
- Place the magnets in the bottom of the second large mixing bowl, face up and then place an empty clear plastic food bag on top of the magnets.
- Put the crushed cornflakes into the food bag and add approximately 1.5l of water. Mix with a spoon to form a mush with the consistency of fresh orange juice.
- Tie the top of the bag and swirl the bowl around for about 5 minutes to move the cornflake mush around inside the bag and allow the magnets to attract any iron.
- Carefully lift the bag out of the bowl to see a fine black powder in the bottom of the bag where the magnets were touching – this is the iron powder added to "fortify" the cornflakes.

Did you know?

Snails, lobsters, crabs and spiders have blood that appears blue, not red like human blood. This is because the chemical that carries oxygen in their blood is called haemocyanin. It contains copper, instead of the haemoglobin in human blood which contains iron.

Challenge 1

Looking for iron in other foods

Ada wants to test some foods to see if they contain iron. She chooses yeast extract, apple juice and water, they all need to be clear liquids. She has read that adding black tea to liquids containing iron causes the mixture to turn cloudy.

Which of these liquids would you expect to contain lots of iron? You could test your prediction using the instructions below.

Instructions:

1. Ask an adult to prepare some strong black tea by adding the 5 teabags to 500ml of hot water and leaving to cool to room temperature before using.
2. Dissolve 1 teaspoon of yeast extract in 100ml of warm water in a measuring jug.
3. Pour 50ml of the yeast extract mixture into each of the two glasses.
4. To one of the glasses add 50ml of the cooled tea mixture. Leave for 2-3 minutes.
5. Has adding the black tea made the mixture turn cloudy — compare the two glasses? Shining a torch through the glass can help you see if it's cloudy. The cloudier the mixture, the more iron is present.
6. Repeat steps 3 to 5, first using apple juice and then water. Did your results agree with your prediction? Can you think of any other foods you could test?

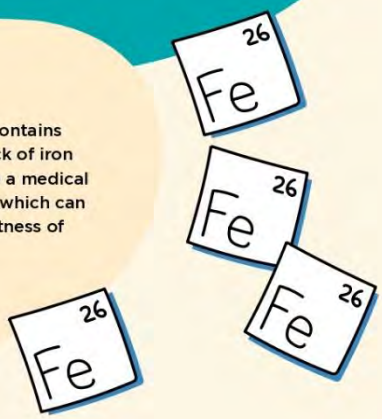
What's happening?

Iron metal is magnetic, which means it is attracted to magnets. The iron fortified cornflakes contain tiny amounts of iron powder. Adding water to dissolve the cornflakes releases the iron powder which is attracted to the magnets. Only small amounts of iron are added, so you cannot pick up an individual cornflake with the magnet!

Some foods contain naturally occurring iron, but not in the form of the fine iron powder we saw in the cornflakes. Black tea contains a group of chemicals called tanning, which join to naturally occurring iron making the liquid go cloudy. The greater the amount of iron in the food, the cloudier the mixture will appear.

Did you know?

An average adult human contains about 4 grams of iron! Lack of iron in your body could lead to a medical condition called anaemia, which can cause lack of energy, shortness of breath and pale skin.



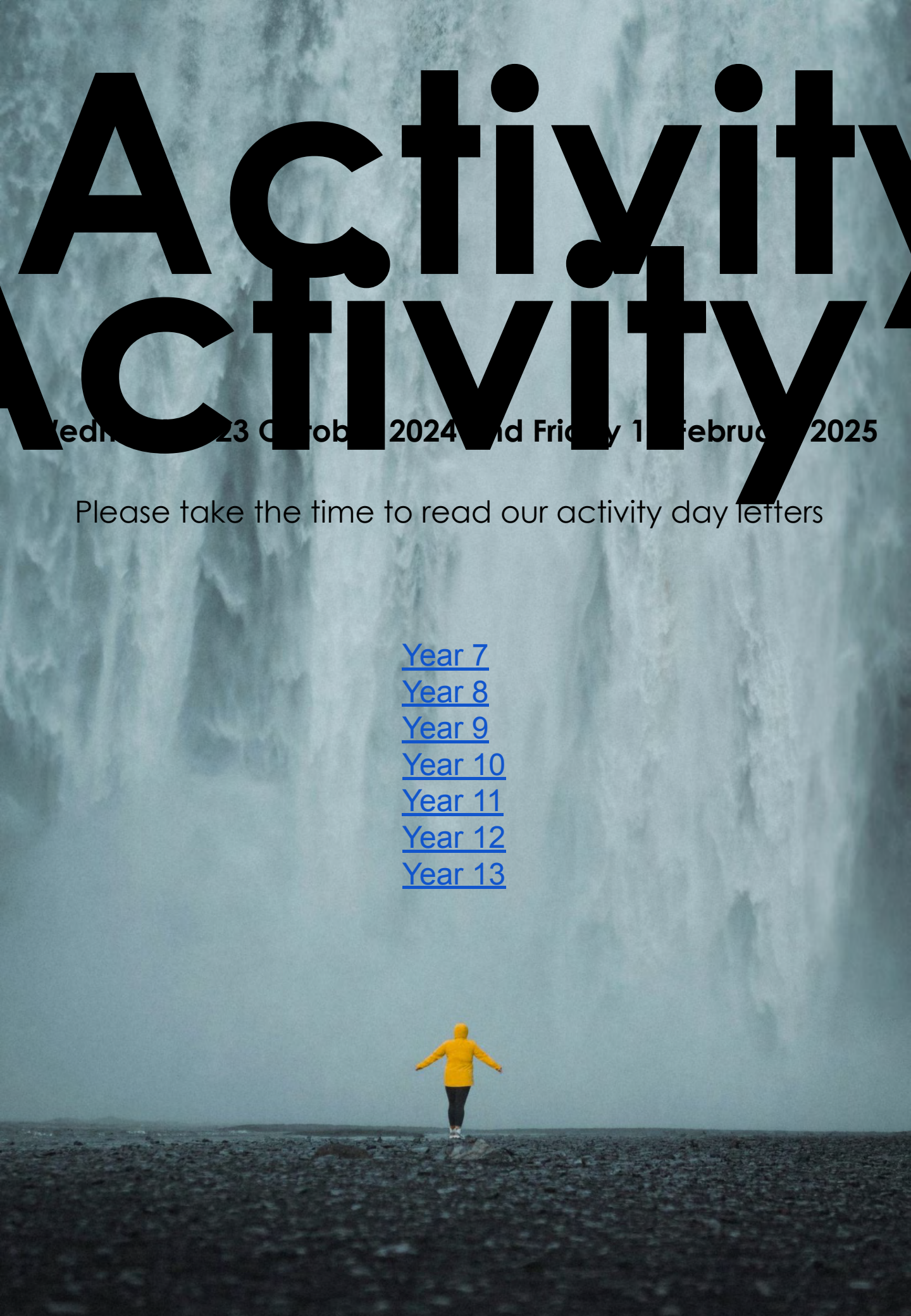
Content Creator: Anja Armstrong | Designer: Nina Brown

Activity
Activity

Wedn 23 Octob 2024 nd Frid 1 Februa 2025

Please take the time to read our activity day letters

Year 7
Year 8
Year 9
Year 10
Year 11
Year 12
Year 13



Food

What's Cooking?

Chefs

of the week

While we are unable to share photos of the Year 11 cohort's work, we are proud to recognize our first Chef of the Week, **Angel Rose**, for her outstanding attitude and dedication to her coursework. Angel has embraced Year 11 with enthusiasm, diligently meeting her deadlines while honing her practical skills and expanding her culinary knowledge. I'm sure she'll ask why I singled her out, but her hard work truly deserves this recognition.

A special mention also goes to two Year 9 students, praised by their new favourite food teacher, Mr Rhodes, for creating what he described as a "perfect sweet and sour sauce." Congratulations to **Putin** and **Venus**—keep up the excellent work!

Food

Cooking

with Mr Rhodes

RETRIEVAL PRACTICE
Mayonnaise
Hollandaise sauce
Salad vinaigrette
Custard
THINKING HARD
QUESTIONS

Recipe

of the week

This week, Year 8 explored nutrient-dense dishes and learned about macro and micronutrients. They tackled unfamiliar ingredients with confidence, creating a flavourful chickpea, tomato, and spinach curry. Their enthusiasm and willingness to try new things is commendable!

Chickpea, Tomato & Spinach Curry

KS3 *Update*

A brief reflection on last week's Year 8 lessons highlights the excitement in our Grey Court food classes, as students enjoyed making pizza wheels. Moving forward, they are now diving into the study of nutrients, gaining essential knowledge about macro and micronutrients, and understanding the importance of nutrient-dense foods in a balanced diet. It's safe to say their enthusiasm remains high, with plenty of smiles at the end of this week's lesson.

Year 9 has now reached the halfway point in their first rotation through the food programme. This week, they successfully prepared a healthier version of sweet and sour chicken—better than the local takeaway, and with a fraction of the fat. Next week, the focus shifts to vegan and vegetarian diets as they tackle their most challenging dish yet: falafel and pitta bread, all made from scratch.

JAMIE

THE CHEMISTRY OF HONEY
'No one is born a great cook. One learns by doing'

KS4 *Update*

Year 11 students are making great strides with their NEA 1 coursework, having completed their first food investigation. Their analysis of ingredient functions and chemical properties has been impressive. Keep up the excellent work, Year 11—you're doing a fantastic job!

A gentle reminder to parents: attendance is critical during this crucial period. Please encourage your children to be in school, as missing any lessons at this stage means losing valuable instruction time. With such a tight schedule, catching up on missed work can be difficult. The final deadline is fast approaching on Wednesday, October 23rd. We truly appreciate your continued support.

Looking ahead, Year 10 students will be participating in the *Future Chef* competition heats in the coming weeks, with the goal of advancing to the local finals and hopefully progressing to the national stage, following last year's close call. This week, Year 10 showcased a variety of impressive chicken dishes from last week's lesson on portioning, and next week they will take on fish filleting. They will learn about fish classification, sustainable fishing practices, the health benefits of fish, and dishes that celebrate fish as a key ingredient.

Miss Campbell
Head of Food and Nutrition

MUSIC

Welcome to Ms Yates - Our new student teacher in music.

Which Instrument do you play? Trumpet

How long have you played? Since I was 7!

What is your favourite piece to play? Song of Hope by Peter Meechan

Who is your favourite piece or composer, group to listen to? I love listening to big orchestral music by composers such as Mahler and Rachmaninoff. I also love listening to the Cuban, jazz inspired trumpeter Arutro Sandoval and also heavy metal music!

Can you say what the highlight of your musical experience is? Playing the trumpet for Sam Smith in the BBC Prom this summer.

Who is your musical hero? Alison Balsom (trumpeter) because there are not enough women playing brass instruments and I had the chance to play with her this year and she's as awesome as I thought!

……And your musical plans & hopes? Lots of teaching! And coming up, I am playing in Pirates of Penzance with the English National Opera. I hope to encourage people to consider playing a brass instrument :)

Auditions

Auditions for Grey Court Voices are currently taking place. Make sure you sign up if you would like to be in this auditioned choir. We also have our choir rehearsing for their usual Christmas events as well as their performance at Young Voices at the O2 Feb 2025. There are still places in the junior choir if you would like to sing.

Congrats

Congratulations to the many students who sat an instrumental grade exam in the summer term and good luck to lots of our students who are working towards grade exams on instruments this term. We would like to wish them all the very best. Especially two of our GCSE music students Ethan Sethna & John Uyan.

Questionn

Music questionnaire - Almost all students have now completed their music questionnaire. If students have suggested that they would like to play an instrument on their instrumental questionnaire, I will be in touch soon.
You can always arrange a free taster session through OPEN2MUSIC.

Mr Millar
Head of VPA

OPEN 2 MUSIC

'Open 2 Music' at Grey Court!

'Open 2 Music' is an instrumental music service providing tuition in schools since 2007 and we are honoured to be at Grey Court School as their provider!

** FREE TASTER LESSONS**
** FOR ALL GREY COURT PUPILS**
SEPTEMBER 2024

We offer all pupils **Free Taster Lessons**, so if your child is interested in starting then please get in touch to register your interest, we will then book your child in for their **Free Taster Lesson**!

Learning goes far beyond music

Many research studies show learning to play an instrument can help build self-esteem, as well as increasing feelings of well-being and reducing feelings of stress and anxiety.

Choose from the instruments below and we will contact you to arrange a FREE lesson. If you would like to continue with lessons after that, prices are:

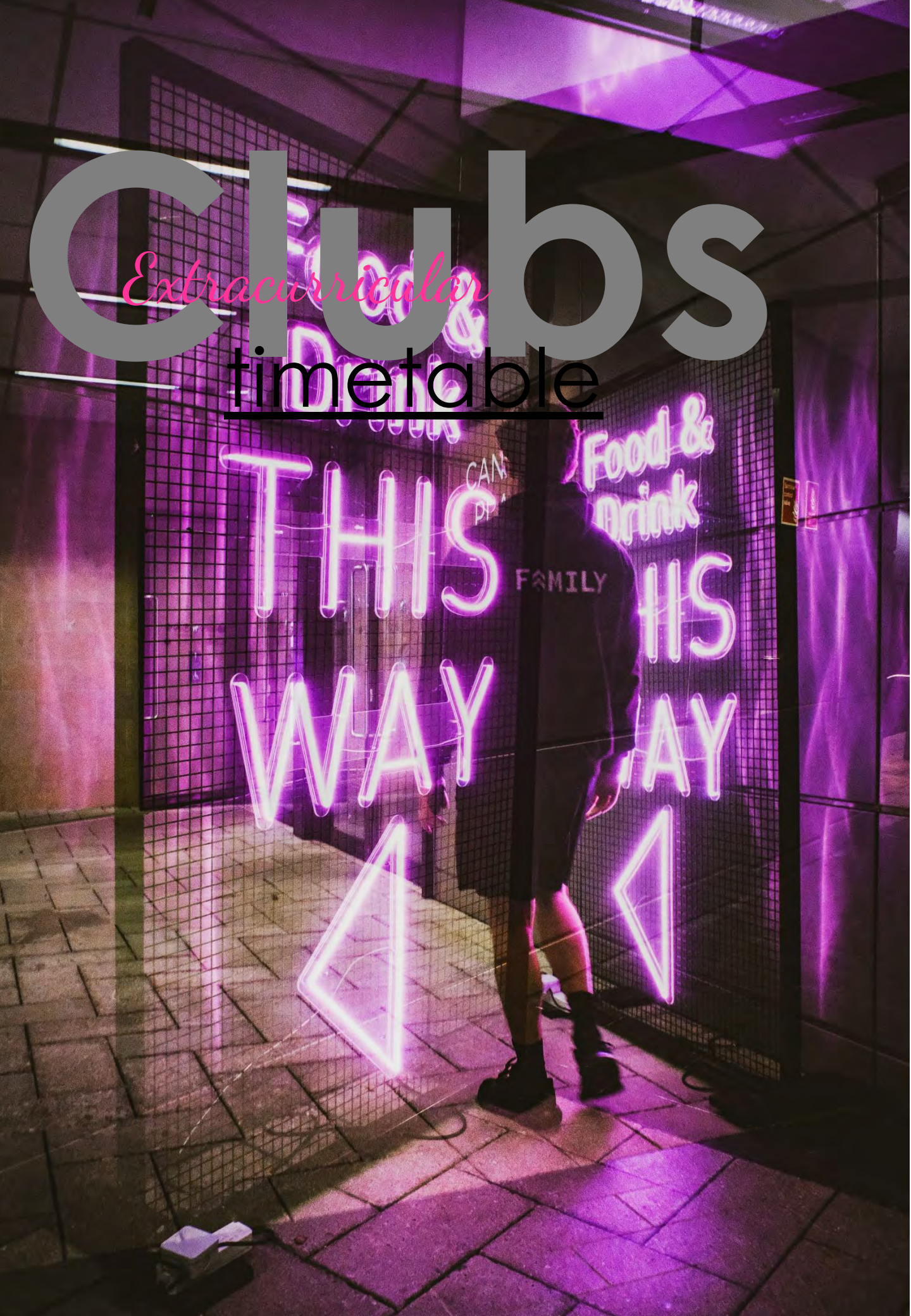
One-to-One	30 mins	£18
One-to-One	20 mins	£13
Group 2	30 mins	£12 per pupil per lesson
Group 2	20 mins	£9 per pupil per lesson

Group Lessons for Guitar & Vocals only

GUITAR PIANO VOCALS DRUMS

Book now via our website:

www.music-in-education.co.uk


Clubs
Extracurricular
timetable
THIS
WAY
Food &
drink
FAMILY

We're thrilled to announce that our school is proudly participating in the Salters' Chemistry Club—an innovative online platform designed to spark curiosity in chemistry for students aged 11-14. This club helps students explore the exciting world of chemistry in a highly interactive and accessible way, encouraging independent learning through bite-sized, engaging content.

Originally a handbook for teachers to run science clubs, the Salters' Chemistry Club has evolved into an international, cutting-edge online learning hub. It connects learners with real-world chemistry and highlights the incredible variety of careers chemistry can lead to. And it's not just about wearing a lab coat—students discover chemistry in everyday life, from food to oceans, and even cosmetics!

With over 800 registered schools and nearly 7,000 students across the UK, we're proud to report that more than 100 of our students from Years 7, 8, and 9 are actively participating—and we're currently ranked **second** in the country for engagement! New content is released every weekday at 8am, with fun activities like quizzes, word searches, and "guess the element" challenges. This month's theme is **COSMETICS**, but if you've completed all the activities then you can go back in time and take part in the explosive fun of July's activities and the ocean exploration in June.

Students can log in from anywhere in the world using their school email, and once verified, they have full access to high-quality content created by university students, researchers, and industry professionals. The platform is carefully designed with safeguarding in mind, ensuring a safe, secure environment for our learners.

And the benefits are clear: 87% of learners say they now see how chemistry connects to the real world. This hands-on, student-driven approach not only enhances understanding but also helps inspire the next generation of scientists.

Let's keep up the fantastic work and continue making chemistry come alive!
Find out more here: https://saltersinstitute.org/programmes/chemistry-club/
Sign up here: https://www.salterschemistryclub.co.uk/register"

Elizabeth Samuels
Drama School

LAMDA

Classes at Grey Court

GREY COURT SCHOOL

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

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					

ACTION FOR HAPPINESS

Happier · Kinder · Together

AfC

'Helping teens with...' 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.

Support for Parents 'Helping teens' series

Better Health every mind matters

Looking after your child's mental health

As parents and carers, there are ways we can support our children to give them the best chance to stay mentally healthy. Encouraging and guiding a child to think about their own mental health and wellbeing are vital skills you can teach them from a young age.

Find out how you can help a child to have good mental health, including knowing how to talk to a child about their mental health, and when to spot signs they might be struggling.
Plus get self-care tips for you, to help you look after your mental health while caring for others, and find out how to get more support if you, your child or your family need it.

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.

ADHD Embrace™

Click the link for more information on **upcoming events** like:

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

careers

Grey Court Careers Fair

Careers

Thursday 3 October from **6.30** to **8pm**

We look forward to welcoming in year 11 and sixth form students and parents into our careers fair which takes place in the main and library on Thursday 3 October 6.30-8pm.

We have a range of representatives confirmed from; business, finance, creative careers (media, journalism, TV/Film), law, healthcare professions, architecture, sciences, technology, engineering, the Army, Police and many more. St Mary's University, Roehampton, Winchester and Kingston University representatives will be there to answer any university related questions. Grey Court sixth form, Richmond College and Kingston college will be there to discuss any post 16 related questions.

See this booklet for the provisional list (please be aware this is subject to change): Careers Fair booklet 2024.docx we encourage you to use this booklet to plan your visit as it can be a busy night and we like students to think of people they would like to talk to.

If you have any questions about the event please contact Miss Corrighan bcorrighan@greycourt.org.uk

Careers

Year 11: some key notices about applications and open events

In PDW students are exploring their post 16 options and we are encouraging all students to apply to 2-3 providers to have a range of options. We are also supporting students to write a personal statement, which is made up of the 5 questions for the Grey Court Sixth Form application.

The Grey Court sixth form open day is in November and applications are now open, closing in January 2025. You can look at the A Levels and BTEC options available in the Grey Court School - Application and prospectus

Please note: Esher College always has an early deadline and the applications must be completed by Monday 30 September by midday to be considered for 2025.

Other colleges will be opening their applications in October onwards.

Please see the open events below:

Careers

Open events

Many of the sixth forms and colleges have videos on their websites for you to explore what they offer

College/Sixth form	Date & time
Grey Court Sixth Form	Thursday 7th Nov 2024 6.30-8.30pm Application and prospectus
Grey Court Careers Fair	Thursday 3rd October 2024 6.30-8.00pm (in the main hall Come and talk to people from a range of career areas plus colleges and universities will be in attendance
Kingston College	Sat 5th October 2024 10am-1pm & Weds 20th Nov 4.30-7pm Events & Open Days - Kingston College
Richmond upon Thames College (Twickenham)	Sat 12th October 10am-2pm & Weds 16th October 5-8pm & Tues 19th Nov 5-8pm Register via: Open Events
Esher Sixth Form College	Open day was in July - book tours for Sept & Oct Open Events and Tours on website. Applications close on Midday on 30th September for 2025 entry - apply now!
Nescot College (Epsom)	Sat 12th October 10am-1pm & Weds 20th Nov 4.30-7.30pm Nescot Open Events They offer animal care, construction & many more courses!
BRIT School (Croydon)	Tuesday 24th Sept - you must book a time between 1.30-6.30pm The BRIT School - Open Events & Prospectus Offering performing and visual arts courses
Capel Manor College	Specialise in Animal and Land based courses. Gunnersbury Park is the nearest campus - Sat 5th October 10am-3pm Open Day Registration
Other Sixth Forms & Colleges	Check individual websites – usually late Sept, Oct and November

Youth Explainer Programme

There is only **1 week left to apply** to the Youth Explainer Programme, **a free, year - long programme at Kew Gardens**.

We are looking for nature-enthusiasts between the age of **14-17** who have the **commitment, resilience and passion** that is required to succeed in our fully funded, award-winning science communication programme.

If that sounds like you, make sure to click the link below and submit your application **before Friday 4 October 2024!**

Find out more and Apply now

What is the Youth Explainer Programme?

The Kew Youth Explainer Programme is a free, year-long training and volunteering placement in **science communication.** During the first six months, participants will **develop their understanding of Kew science and conservation**, and gain skills in public engagement before **designing their own tabletop games** based on plants in Kew's glasshouse collections.

In the second six months of the placement, participants will **volunteer in one of Kew's world renowned glasshouses**, playing their games with members of the public to educate them on the conservation status, threats and uses of plants found at Kew.

The programme is also an opportunity for participants to complete their Bronze or Silver skill and voluntary sections of their **Duke of Edinburgh Awards** as well as obtaining a **Kew Young Environmental Leaders Award.**

What you need to know

Who?
You could be looking to develop your confidence, communication and leadership skills or be nurturing a desire to learn about and protect our planet. Or you could be looking for a meaningful volunteering placement to complete their Bronze or Silver Duke of Edinburgh Award. The Youth Explainer Programme is free to attend, lunch and snacks will be provided each day, and participants can claim travel expenses back of up to £13.90 per day.

When?
The programme takes place each Saturday throughout the academic year, with breaks aligning with school term dates. Participants are expected to be able to attend at least 80% of the training programme between October and March, and complete at least 10 volunteering sessions between April and September.

How?
The deadline for applications is **Friday 4 October 2024** and our programme will commence during October half- term. Participants can apply by clicking on the link.

Sixth Fo

Year 12

Readiness/Baseline Assessments

The Year 12s readiness assessments will take place the w/c Monday 7 October. These assessments are completed in timed conditions during their lessons. The outcome of these assessments will make up part of the decision to give students their academic licence. Year 12 subject teachers will inform their classes what day the assessment will take place.

Sport

Congratulations to the Grey Court Sixth Form netball team who went to Waldegrave School and competed in a tournament against 4 other schools and came 2nd!

Ms Marsh and Ms Duncan were incredibly impressed with the teams positivity throughout the tournament and how they supported one another during it each game, they all played tremendously and took on all of Ms Marsh's feedback.

Well done to **Eve Shaw**, **Olivia Woolner Lucy Williams**, **Lauren Jackson** (Capt), **Grace Hooper**, **Maryse Forest** (Vice-Capt), **Rosa Du[illegible]alf**, **Layla Ba[illegible]**, **Mia [illegible]**

Sport

Sport

Sport

There was also success at home with the 1st XI Football Team beating Christ's school in the league winning 3-2 coming from two goals behind and the Rugby team winning 35-6 Vs St Cecilia's [illegible] to [illegible] round [illegible] the [illegible] bowl.

35-hour challenge

Deadline

The deadline for the 35-hour challenge is Tuesday 1 October! Year 12s must complete it to gain their academic licence.

Info

Year 12: Ms Duncan	Year 13: Mrs Moore
Y12 Parents' information assembly	Y13 Parents' information video
- Structure of the school day - Attendance/signing in and out - Grey Court Edge - A Level licence - Supervised study - Enrichment - Dress code - Work Experience	Year 13 expectations Key dates UCAS PDW Enrichment

G-FEST

Photography Competition

G-FEST

Thank you to all the sixth form students who volunteered at G-Fest. It was great to see so many sixth form students getting involved and helping. Ms Thomas praised them for arriving on time, completing all tasks which were asked of them and a special thanks for those students who helped set up.

A particular thanks goes to **Arda Ozgenlik**, **William Marston**, **Lucas Melo-Foxton**, **Kamilah, Frankie, Ziyneb, Tia, Pranay Lemma** and **Aaron** who did not stop all day! Fantastic work!

They deserve huge praise for their initiative, efforts and dedication. They were here from 8.30 in the morning and Ms Thomas had to ask them to go home in the end.

It was fantastic to see two Year 12 students achieve first place and third place in the Photography competition at G- Fest, well done to Joshua Harwood-White and Robin Stanton!

Robin Stanton 12G

Year 13 UCAS

UCAS applications are now starting to come in, so we are doing so to those students who have submitted their forms to us. When students 'pay and submit' applications to us to send to UCAS. The Sixth Form team will check them through, send comments back to students with any amendments and add in the school reference and predicted grades. Applications do not get sent to UCAS until a member of the Sixth Form team has sat down with the student and checked everything through one final time.

Miss Fincham's EPQ Update

This week, students have been working on developing their research, note making and evaluation of sources. They should also have had at least one meeting with their supervisor to discuss their work up to this point and fill in the next section of their log book.

Miss Fincham's Oxbridge Update

This week was the deadline to submit Oxbridge Applications to the school. This is so the necessary administration can be completed and forms can be ready to submit to UCAS. The deadline for the school and not the students. The next step is preparing for the pre-interview exams and then the interviews themselves. On the 4th and 5th November all students will have a full mock interview and an experienced outside who we have used for many years to support our applicants. There will be a cost attached, partially covered by the school. More details about these interviews will follow shortly.

MedSoc

MedSoc students attended the Royal Medical Event at Ibstock Place School last week and were able to take part in a professional interview with a consultant, an ethics discussion, a mock OSCE and Q & A session with doctors. Ms Bapat, who coordinated the trip was very proud of how all students conducted themselves and showed an active interest in the sessions on offer. The event was a point of discussion during the Enrichment session and students reflected on some of the questions posed during the event.

Year 13

Synthesising Aspirin

A few weeks ago, a group of intrepid year 13 chemists embarked on a grand voyage to Kingston University, ready to tackle one of the oldest challenges known to science—synthesising aspirin. Armed with lab coats that fluttered dramatically in the wind, they strode into the university's lab, where the air was thick with the scent of acetylsalicylic ambition. Bunsen burners hissed like serpents, flasks bubbled ominously, and their mission became clear: to create a life-saving drug from scratch, to harness the very essence of chemical alchemy.

The students worked with the precision of seasoned professionals, each drop of acetic anhydride adding a touch of drama to the experiment. In a flurry of reactions, their concoctions began to transform, a cascade of salicylic acid crystals gleaming under the fluorescent lights like a chemist's treasure. As the hours passed, they weren't just synthesising aspirin; they were creating history—each student becoming a hero in the age-old story of science. By the end of the day, their triumph was sealed, their aspirin pure and perfect, a testament to their skill and Kingston University's hallowed halls.

Mr Gundry
Head of Chemistry

Careers

Grey Court Careers Fair

Thursday 3 October from **6.30** to **8pm**

For year 11, 12 and 13 students and parents/carers in the main hall/library So far we have a range of representatives confirmed from; business, finance, creative careers (media, journalism, TV/Film), law, healthcare professions, architecture, sciences, technology, engineering, the Army, Police and many more to confirm. St Mary's University, Roehampton, Winchester and Kingston University representatives will be there to answer any university related questions.

See this booklet for the provisional list (please be aware this is subject to change): Careers Fair booklet 2024.docx

Every week we produce an opportunities bulletin for our sixth formers which shows a range of careers, work experience, university and apprenticeship opportunities.

Please see this week's bulletin: 27/09/2024 Sixth Form Careers opportunities

This week

This week in sport

The U13A team won their cup match against Christs 15-10, progressing to the next round. Outstanding shooting from our POM Laila

Our Junior and Inter girls before their run at the ESAA Cross Country at Harrow School

Cross Country

Superb team performance by the Junior Boys in the first round of the ESAA cross country cup. The team finished 1st and now look forward to the Regional Finals in November

An excellent team victory for the Intermediate Boys in the ESAA cross country Cup. We look forward to the Regional Finals

The Year 7 A and B 6-a-side squads made it to the final and semi-final respectively of the Ibstock Place School tournament last week! A great start to their football careers at Grey Court.

A win for our U16A team against KGS, winning 20-17. A close and very evenly matched game. POM Ab

The U18A netball team had a great afternoon at the Borough tournament, finishing in 2nd place after a narrow 1 goal loss to the eventual winners.
Well done, girls!

Well done to the U15A&B teams who won their Netball friendlies against KGS this week. POMs Arianna, Elen & Emily

Fantastic win for the u14 rugby squad in the National Cup. Taym (4), Seb (2), Grindan and Alex were our try scorers. Tom C with 6 conversions. Well done boys

The U15s rugby team ground out an excellent 26-14 win.
Tries from Milo, Ikey, James and Roberto

Excellent 3-0 victory for the u16 boys in the league.
Zayden, Charlie and Austin with the goals.

Tia Garrard

Girls Player of the Month

The player of the month for September is Tia Garrard in Year 10. Tia competed in English Schools Pentathlon in Stoke-on-Trent this month. The top 40 girls in the country competed in this event and Tia ranked 5th out of 231 Nationally. She competed for over 8 hours in relentless abysmal weather conditions. The events included 75m hurdles, Shot Put, High Jump (which went on for 2 hours alone), Long Jump and 800m. It was never the day for PB's but more about who could survive the day the longest. Despite this, Tia managed a PB of 5.34m in long jump, a fantastic achievement. This ranks her top 10 in the country for LJ alone - impressive as she's only had 4 sessions in this event and is still learning the ropes. It was a gruelling day mentally and physically and she yo-yoed with scores throughout the day. Tia went into the last event in 5th place (top 4 get selected to represent England). She then ran a brilliant 800m to become **ENGLAND PENTATHLON CHAMPION!** This now qualifies her to represent England, competing internationally in November! Huge congratulations to Tia who is a very hardworking and disciplined athlete. We are very proud of her and can't wait to see how she gets on competing on the international stage.

[photo courtesy of RWT Photography]

Lucas Gallant Draysey

Boys Player of the Month

Lucas swims for Teddington Swimming Club and his aim is to attend Mount Kelly College in Devon for sixth form to continue his swimming career with the intention to win nationals in the future. During the summer, Lucas participated in both English Nationals and British Nationals, racing in 3 events: 4x200m freestyle relay, 200m freestyle in which he finished 2nd in England, and the 400m freestyle which he finished 5th in England. Since then he has been invited to the National Youth Development Program, which aims to provide the means for a swimmer to achieve their potential, be it National or International. Lucas is now the fastest 15 year old in London.

Well done Lucas, brilliant achievement.

U15A Netball Team

Girls Team of the Month

The U15A team played Surbiton in the first round of the Sister in Sports Shield Competition. It was the team's second match of the season, they were raring to go! The game was close during the first two quarters. During the 3rd quarter the team pulled away by 5 goals taking us into the final quarter where the game finished 30-26 allowing the U15A Team to progress into the next round of the shield competition! This is a fantastic achievement against a very strong team. All players worked together to play outstanding netball. The defence made some great interceptions allowing us to take the ball to goal. The team put in an amazing performance, particularly the shooters (Sara, Arianna and Alys) scoring from near and far in the circle. Player of the match went to Abi for her unbelievable stamina playing centre and her accurate feeds into the shooters.

We are looking forward to seeing the team play in the next round! What a great start to the season.

Year 7 Rugby Team

Boys Team of the Month

The year 7 rugby team have made a fantastic start to the season. We have had fantastic numbers to training and both the A and B teams are training well and developing their skills and understanding.

The teams enjoyed a fantastic fixture against Hampton Boys with the A team drawing 20-20 and the B team winning 35-30 with Jaicob Killian-Middleton scoring 4 tries. On Saturday 21st September, both teams enjoyed good victories against Claremont School. The A team won 40-20 with tries from Pascal, Benjy (2), Troy (2), Donal (2) and Geraint. The B team won 25-20 with tries from Jaicob, Alfares (2), Josh and Thomas.

The teams travel to St James on Tuesday 1 October looking to continue their excellent start to the season.

Well done, boys!

Our Neighbourhood

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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Youth Services

HAM YOUTH CENTRE ACTIVITIES PROGRAMME 2024/25

OPEN TO 11 TO 19 YEAR OLDS

For more information, contact:
ben.skelton@achievingforchildren.org.uk

achieving for children

YOUTH CLUB SESSIONS

Generic drop in sessions involving pool, table tennis, table football, air hockey, team games, ball and racket sports, arts and crafts , discussions, cooking, movie nights, chilling, socialising and anything else young people want to do.

AFTER SCHOOL YOUTH CLUB GIRLS GROUP	Mondays, 3pm to 5pm Mondays, 5pm to 7pm
JUNIOR YOUTH CLUB SESSION YEARS 6 TO 8 SENIOR YOUTH CLUB SESSION YEARS 9+	Tuesdays, 3pm to 6pm Tuesdays, 6pm to 8pm
AFTER SCHOOL YOUTH CLUB	Wednesdays, 3pm to 7pm
AFTER SCHOOL YOUTH CLUB	Fridays, 3pm to 5pm

CLASSES AND WORKSHOPS

Led by qualified instructors and practitioners.
Contact Ben Skelton to book your slot

HOMEWORK AND STUDY SUPPORT	Mondays and Fridays, 3pm to 5pm
STREET DANCE CLASS	Mondays, 5pm to 7pm
MUSIC STUDIO OPEN SCHOOL OF ROCK (AND RAP)	Tuesdays, 3pm to 8pm, Thursdays, and Fridays, 3pm to 5.30pm
COOKING CLASS	Tuesdays, 3.30pm to 5.30pm Saturdays, 3pm to 5pm
ARTS AND CRAFTS WORKSHOP	Tuesdays, 4pm to 7pm
GAMING LOUNGE OPEN	Tuesdays, 4pm to 8pm Fridays, 3pm 5pm
GYM AND BOXING	Tuesdays, 5pm to 8pm Wednesdays, 5pm to 7pm Saturdays, 3pm to 5pm
FOOTBALL TRAINING	Wednesdays, 3.30pm to 5.30pm
PARKOUR CLASS	Thursdays, 3pm to 5.30pm
ARCHERY AND FENCING	Fridays, 3.30pm to 5pm
YOUTH ORCHESTRA	Saturdays, 12pm to 2pm
FILM MAKING	Saturdays 3pm to 5.30pm

WHO ARE WE?

We are a team of experienced youth workers who work with 11 to 19 year olds in Kingston and Richmond to provide fun, free and developmental activities. Once Year 6s reach 11 they can attend.

WHAT WE DO

We provide young people with a safe space where they can meet their friends, talk to staff, and take part in activities and trips. We also provide advice and guidance on issues young people may be facing and we empower young people to have a voice in their community.

WHEN ARE WE OPEN?

We are open after school every day of the week and also during school holidays and weekends. See our website for school holiday programmes.

WHAT FACILITIES DO WE HAVE?

MUSIC STUDIO

GYM

ART ROOM

KITCHEN

GAMING LOUNGE

SPORTS HALL

CONTACT AND BOOK

For more information and to book your slot contact **Ben Skelton**

E: ben.skelton@achievingforchildren.org.uk

W: www.kr.afcinfo.org.uk

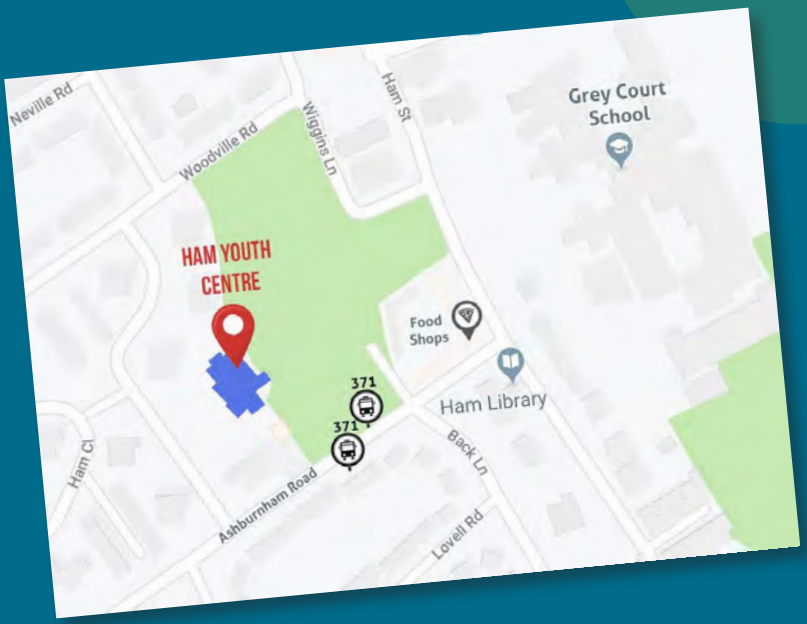
Instagram: afc_hamyouthcentre

Facebook: hamyouthcentre

WHERE TO FIND US

We are located the opposite side of Ham Green from Grey Court school

Ham Close, Ham TW10 7PL



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CONTACT OUR LEAD COACHES FOR MORE INFORMATION

YOUTH BOYS
U12-U18
GREG.SENDELL
@ROSSLYNPARK.CO.UK

MIXED MINIS
U5-U11
(RORY MACDONALD)
RORY@RORYMACPROPERTY.COM

YOUTH GIRLS
U11-U18
ESME.NEWTON
@ROSSLYNPARK.CO.UK

Tel: 0208 876 1879 Web: www.rosslynpark.co.uk
Rosslyn Park FC, Priory Lane, Upper Richmond Road, London SW15 5JH

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2023-24
KNIGHTS BASKETBALL
ACADEMY
RICHMOND

U18 MEN TRIALS

DATE:
THURSDAY
26TH SEPTEMBER

TIME:
18:15-20:00

VENUE:
ST RICHARD REYNOLDS CATHOLIC COLLEGE, TW1 4LT

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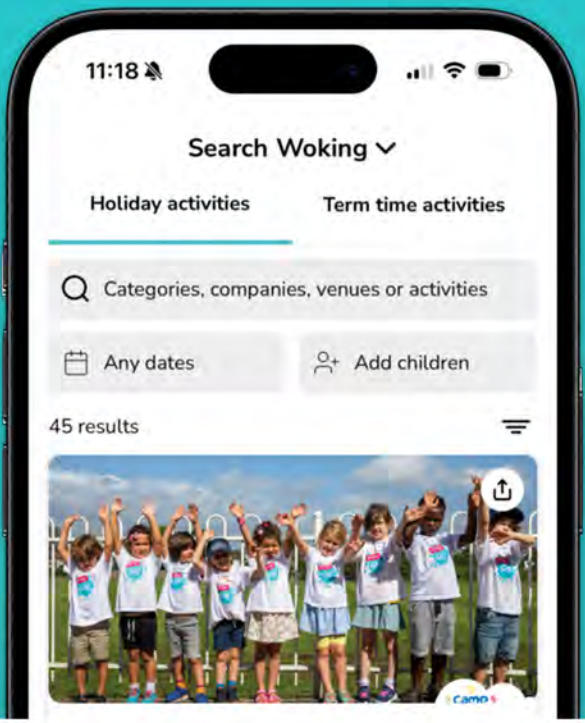

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