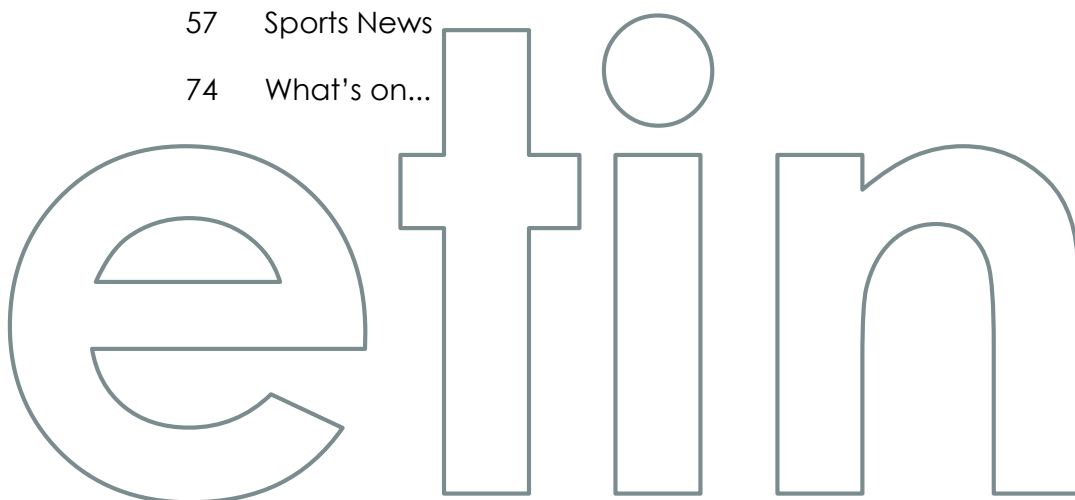




EBU

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Grey Court School | 4 October 2024

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



The cover photo: courtesy of Ham Youth Club

#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**

New programme for Ham Youth Centre

We have had a busy summer holiday at Ham Youth Centre with four weeks of free activities for young people including trips to the Olympic park in Stratford for BMX and mountain biking, paddleboarding on the Thames, a filmmaking course and a whole week focused around Hong Kong culture. It's been great getting to know the young people and parents of many newly arrived families from Hong Kong who have settled in the community.

Ham Youth Centre is part of Achieving for Children's Youth Service which runs 8 centres around Richmond and Kingston. Youth work takes a holistic approach with young people. It starts where they are at – the relationship between young people and youth worker is entirely voluntary – youth work often only works because of the voluntary relationship. Many professionals work with young people, but principally, only in youth work is it the choice of the young person to engage with the professional.

Our work seeks to promote young people's personal and social development and enable them to have a voice, influence and place in their communities and society as a whole. It builds resilience and character and gives young people the confidence and life skills they need to live, learn, work and achieve. This approach is at the heart of all of our work.

Youth work offers young people safe spaces to explore their identity, experience decision-making, take part in new activities, increase their confidence, develop interpersonal skills and think through the consequences of their actions. This leads to better informed choices, changes in activity and improved outcomes for young people.

For this term we have a packed weekly programme of activities and classes on offer. This ranges from our drop in youth clubs where young people can just come in, chill out, talk to the staff, talk to friends and shoot some pool, get creative in the art room or music studio or get physical in our hall or gym. It's all very informal and young people can come and go as they please. Other days we have dedicated classes in many activities including street dance, parkour, filmmaking, boxing, orchestra and cookery.

Please see our website here: <https://kr.afcinfo.org.uk/pages/young-people/information-and-advice/youth-centres-and-activities/ham-youth-centre>

For more information contact Ben Skelton
ben.skelton@achievingforchildrenorg.uk





Year 7

This week's assembly was on Safeguarding, delivered by Ms Mercer and Ms Price. This is such an important topic in the modern era, where the internet has brought further challenges to keeping our young people safe.

We had a PDW session that looked at the different types of conflict that we can potentially experience, e.g., internal conflict, where we are confused or are unsure of something and may feel torn between two choices. I had the privilege of delivering this session to 7 Oak, who were excellent in their discussions and engagement!

Last Friday saw the first Tutor challenge competition that was set by 7 Ash, who decided to challenge the other forms groups to a Speed wordsearch! Well done to all the students that competed, but particularly to Elise, Zain and Felix who came 1st, 2nd and 3rd respectively, winning 100, 75 and 50 House points for their Houses.



The image shows a large digital display in a classroom, displaying a colorful poster for a 'WORD SEARCH TUTOR GROUP CHALLENGE'. The poster is designed to look like a comic book page and includes the following elements:

- Top Section:** The word 'SPY' is written in large, stylized letters. Below it, 'YEAR 7' is repeated twice.
- Central Section:** A large clock face shows the time as 12:40. To the right of the clock is a smaller clock showing 23. The main title 'WORD SEARCH' is prominently displayed in the center, with 'TUTOR GROUP CHALLENGE' written below it.
- Left Side:** A cartoon character is shown holding a magnifying glass. Text includes 'MEET 12.40' and '12:40'.
- Right Side:** A cartoon character is shown holding a sign that says 'WORD CHALLENGE'.
- Bottom Section:** A word search grid is displayed, with the words 'TUTOR WORD SEARCH' written above it. The grid contains various letters and words, including 'CHALLENGE', 'STARTS AT', '12.45 PM', 'SHARP', and 'WIN'.
- Bottom of the Display:** The text 'TUTOR GROUP CHALLENGE' is repeated at the bottom of the poster.

The display is mounted on a wall, and a purple balloon is visible in the bottom right corner. The display itself is a Promethean brand, as indicated by the logo at the bottom.



Late detentions will now be in effect for our Year 7 students. If they are late to school, they will be expected to sit a 30-minute detention after school that day. Please help to support them in getting in on time.

A reminder that we have the Year 7 Grey Court Experience afternoon on 17 October. Please respond to the email that was sent out if you are interested in attending and having a tour of the school and your child's classrooms, led by your child.

Finally, the attendance for the Year group is 98.5%, which has come down slightly this week. There are colds beginning to circulate, but we still encourage students to get into school unless they really cannot manage it.

Mr Ridley
Phase Leader

Y7

Year 8

Year 8 has had another great week, with nine students exceeding the 50 achievement points mark and one student closing in on 100!

This week's assembly was delivered by Ms Mercer and Ms Price, who spoke about keeping our school safe and the importance of students speaking to staff members about anything that may be worrying them.

Congratulations to the stars of the week:

Matilda K
Mariella P
Jasmine H
Jasper G
Feidhlim B
Tait M
Nell K
Jenna R

Miss Saccheri
Head of Year 8



Year 9

Another great week from Year 9 with lots of achievements to celebrate.

Well done to **Gabe Marriott** who was selected to play for the London boys hockey U14 team; well done to **Dayan, Ruzgar, Eli, Luca** and **Millan** for getting the most achievement points this week; and well done to all the students who have taken part in supervised study this week.

In assembly students learnt about the safeguarding team and practices from Ms Mercer and Ms Price, a hugely important topic. Students were informed on how to stay safe in and out of school, and what to do if they are worried about something.

Well done Year 9, keep it up!

Miss Sutcliffe
Head of Year 9



Year 10

This week year 10 are second in the lead with conduct points with a positive 450 total. This shows that there are many students with few behaviour points and many achievement points; a testament to an excellent start of Year 10!

This week in assembly Ms Mercer spoke about safeguarding in the school and how that was presented through year 9. Students were reminded as to where they can go if they need support or report something they feel needs attention.

Our student leaders have completed their training and are now in action with school tours and the late gate - with many more to come!

A special thanks to James Elder and Emir Sunar who supported the team ALL day for G-Fest, from setting up to packing away! Another for Gaia Ravizza who put in a triple shift when people didn't show up to run the food stall and remained the whole time with a sunny disposition. As ever, thank you again to the tech team who are always supportive and present for the school's events - all of your efforts are not unnoticed!

Miss Woods
Head of Year

Y10

Year 11

Well done to all Year 11s who attended the careers fair. It was really nice to see productive and engaging conversations taking place throughout the evening!

A reminder that intervention begins next week. If a student has been invited, it is essential that they attend these targeted sessions especially in the run up to the trial exams.

Congratulations to our Tutor Stars of the week!

11A - Henry B
11B- Angel R
11C- Milo L
11E- Ki L H
11M- John G
11O- Louie L
11R- Alfie W - H
11W- Indie P S



Mr Khan
Head of Year

Y11

A person is sitting on a tall stack of books. They are wearing blue jeans and are holding a magazine or book open in their hands. The background is a plain, light-colored wall. The text 'Community Languages' is overlaid on the image in a large, white, sans-serif font. The letters 'C', 'S', and 'E' are particularly large and stylized, with the 'S' being a large, thin-lined letter. The text 'GCSE' is also visible at the bottom of the image in a large, white, sans-serif font.

Community Languages

If your child is a native speaker of another language, that is they can **speak, write and understand its written and oral form**, please can you email me at: shandzar-maldonado@greycourt.org.uk with your child's name(s) and language they wish to sit the exam in, or alternatively direct your child to see Ms Handzar in L3 to speak to me about this. They will then be able to express their interest in completing a Community Languages GCSE this year.

The only languages available at GCSE level are as follows:

Spanish, French, German, Mandarin, Cantonese, Italian, Russian, Arabic, Japanese, Urdu, Portuguese, Gujarati, Persian, Turkish, Biblical Hebrew, Polish, Bengali

DEADLINE: Wednesday 23 October 2024

GCSE

Health and Social Care



The Health and Social Care department had the honour to have been personally invited to Kingston Hospital's prestigious evening event, to celebrate our contribution to their charity. It was an incredible evening where we were fortunate enough to listen to the testimonies of the direct impact of our donations including supporting the #EndPJParalysis project, 3D cochlear imprints and early detection of Head and Neck cancer. Grey Court couldn't have donated without you all, and for that we are so grateful. An amazing evening!

Miss Braham



Stars

of the week



7R	Vir Karkhanis	Drama	Excellent progress in the subject
8A	Nina Fowlie	Drama	Excellent contributions
9R	Charlie Murphy	Drama	Excellent engagement in class
10R	Sonya Mishchenko	Drama	Excellent progress in the subject
11W	Miraan Jawed	Drama	Excellent group work
12F	Xavier Mtandabari	Drama	Outstanding achievement
13F	Yael Erasmus	Drama	Excellent contributions
7R	Sophia Sethna	Music	Excellent engagement in class
8R	Freya Kirrage	Music	Excellent engagement in class
9W	Dhruv Gokul	Music	Excellent contributions
10A	Leo Senanayake	Music	Excellent contributions
11W	Enoch Tang	Music	Excellent engagement in class
7C	Ollie Greenwood	Art	Excellent classwork
8C	Natalia Olszewska	Art	Excellent classwork
9W	Kirill Rusnac	Art	Excellent engagement in class
10A	Leo Senanayake	Art	Excellent engagement in class
11A	Amelia Davies	Art	Excellent progress in the subject
12C	Agnes Radek	Art	Excellent engagement in class
13G	Nela Hrckova	Art	Outstanding achievement
10A	Farhan Abbas	Music Technology	Excellent contributions
11C	William Makepeace	Music Technology	Excellent engagement in class
12E	Rhys Chow	Music Technology	Excellent progress in the subject
12C	Libby Knowles	Photography	Excellent progress in the subject
13C	Matilda Claridge	Photography	Outstanding achievement

VPA

Attendance Matters

23-27 Sept

Year Group	Attendance %
Year 7	98.8%
Year 8	97.1%
Year 9	96.1%
Year 10	95.3%
Year 11	93.6%

Tutor Group	Attendance %
7 Maple	99.4%
8 Oak	98.4%
9 Rowan	98.4%
10 Ash	97.8%
11 Maple	98.2%

“Great things are done by a series of small things brought together” – Vincent Van Gogh

Activity

Activity

Wednesday 23 October 2024 and Friday 14 February 2025

Please take the time to read our activity day letters

[Year 7](#)

[Year 8](#)

[Year 9](#)

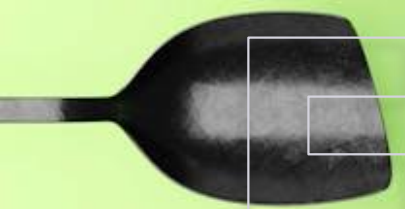
[Year 10](#)

[Year 11](#)

[Year 12](#)

[Year 13](#)





Food

What's Cooking?

Chefs *of the week*

This week, our Year 10 culinary students once again showcased their impressive skills in the kitchen.

First up was James Bullock, who utilised chicken portions he prepared last week to create his own chicken fillet burger, featuring a crispy coating and a touch of spicy mayo. I had the pleasure of sampling half of his delicious dish for an early lunch. The enthusiasm of our Year 10 chefs is truly commendable, making my role incredibly rewarding.

Next, we have Alex Dermott, who surprised even himself with his choice of dish. Using the chicken he had portioned, Alex crafted a flavourful curry that delivered a delightful umami punch and a wonderful texture, making it quite addictive. These culinary skills will undoubtedly be beneficial during the upcoming Duke of Edinburgh expedition.

Finally, I would like to highlight Charlie Page. He put his own spin on the beloved takeaway favourite, honey soy chilli chicken, served alongside steamed broccoli and rice. Unfortunately for Charlie, his dish was quickly claimed by his peers, captivated by its enticing Asian flavours and the delicate cooking techniques that preserved moisture and nutrients. Well done, Charlie! Fortunately, I managed to capture a photo of his creation to share.

Food



Charlie Page



Recipe

of the week

Biscoff-truffles

This week in the food club, the KS3 students produced some truffles, which flew out like hot cakes. I usually make these around Christmas time to share with staff, today it was the students turn. I made sure I got a sample, for quality control purposes.

This recipe is so versatile because you can swap biscuits used rather easily. The only ingredient to be adapted may be the amount of mascarpone, depending on the texture of the biscuits once blended into a fine breadcrumb. I believe this has been shared previously, but its so good it has to appear twice. If you make any at home, please feel free to share your outcomes: kcampbell2@greycourt.org.uk

KS3

Update

Year 8 has only a few lessons remaining with Ms. Holmes, who has been dedicated to our food students. Next week, they will explore the process of shortening by making cheese scones. I am particularly grateful for Ms. Holmes's expertise, especially as our KS4 students are also preparing to bake numerous scones for their NEA.

In Year 7, students will undertake their carrot cake cupcake practical assessment next week. This presents an excellent opportunity for them to showcase the skills they have developed thus far while building their confidence in the kitchen.

Lastly, another Year 9 class recently prepared Sweet and Sour, which continues to be one of our most popular dishes. It was challenging to capture photos of the finished plates, as these aspiring chefs eagerly began to enjoy their creations. Aris was particularly proud of his dish; however, it seems it was already devoured by the time I arrived. Thank you, Claire, for allowing me to photograph your dish!







KS4

Update

Time is passing swiftly for our Year 11 students, leaving them with limited time to complete NEA 1. As previously mentioned, I am unable to share photos of their investigations due to exam regulations; however, I did manage to capture a few quick images of them diligently at work.

It is encouraging to see many students putting in the extra effort to achieve the highest marks for this assessment. Most have successfully completed two investigations, with at least one more remaining. Excellent work, Year 11—keep up the momentum!

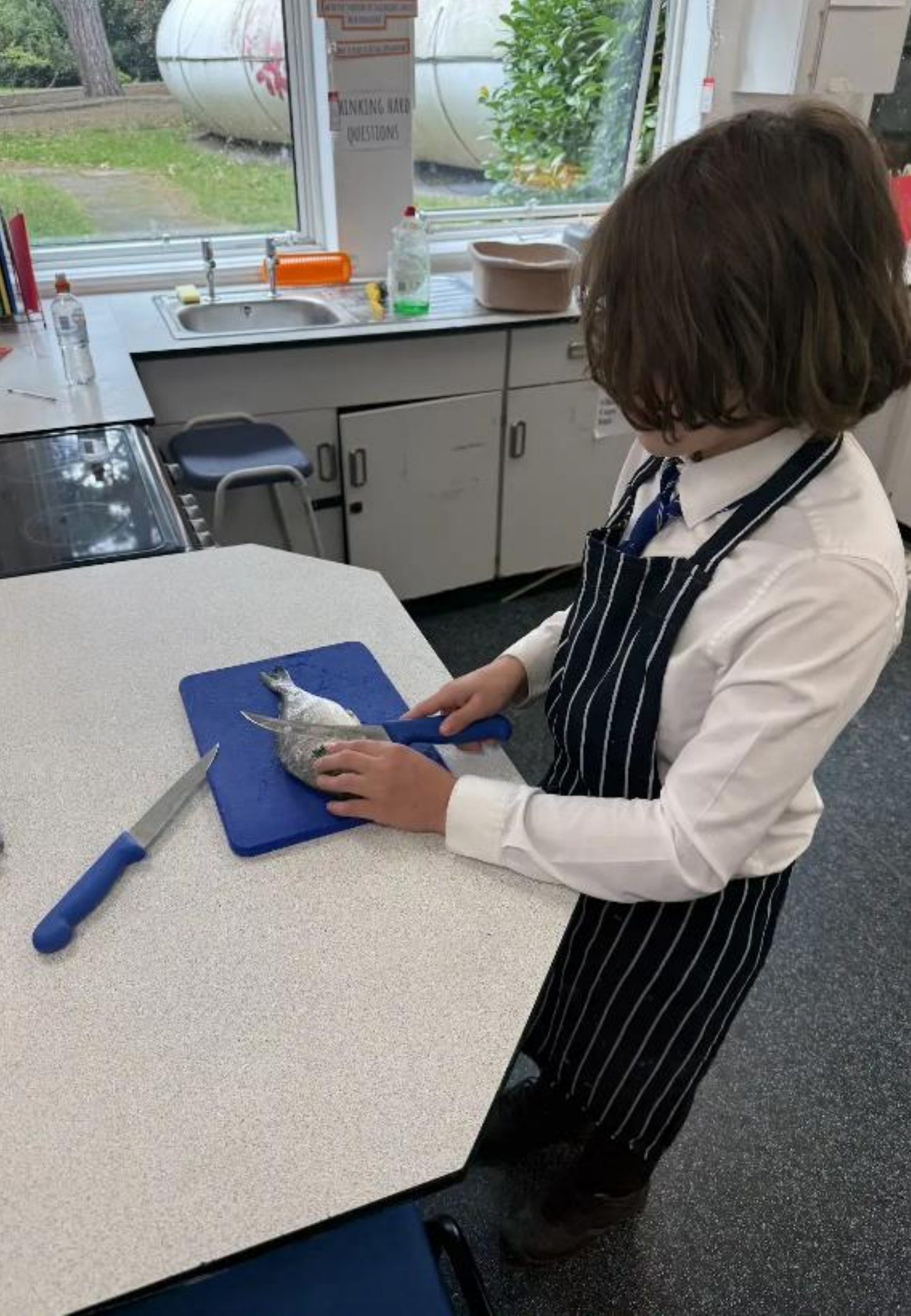




This week, Year 10 engaged in a comprehensive study of fish, including its classifications and practical skills such as filleting and cooking various types. While they didn't literally visit the sea, their exploration of sea bass and sea bream was abundant in the food room. I was thoroughly impressed by their skill and maturity throughout the process, resulting in some exceptional fish dishes.

As we conclude this first topic next week, Year 10 will be taking their end-of-topic test. Please stay tuned for photos from our "Future Chef" heats!







Its King Pin

Potato Washer

Burns and Sticks - First Aid

1. Immediately immerse the affected area in cool running water for at least 10 minutes or until the pain is relieved.

2. Remove anything that may have caused the burn or stick, if safe to do so. Do not remove anything that is stuck to the skin.

3. Cover the affected area with a dry, clean cloth.

4. Seek medical attention if necessary.



VPA Scholars of the Month - October

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

What a fantastic start the VPA Scholars have made to their time at Grey Court! Despite only meeting recently, they have gelled as a class and it is wonderful to see them building friendships and collaborations in different art forms. We have seen several Scholars performing already at GFest and look forward to seeing many more at the Christmas Concert and Pantomime.

I am very excited for this year's VPA Scholarship Showcase, as I think it will show their wide-ranging talents and abilities. Keep an eye out for them in performances and events throughout the year!

Miss Cowper
Year 7 VPA Scholarship Coordinator

Wallis McKinley - Music / Art

Wallis has made a fantastic start to her time in the VPA Scholarship and has already performed solo at GFest on the fiddle. She is an accomplished musician, playing fiddle, flute and singing, as well as writing her own songs. She has joined Junior Choir and successfully auditioned for Grey Court Voices. She is doing fantastic work in Miss Cowper's lessons and has stood out for her enthusiasm, answers to questions and dedication. Well done Wallis!



**Miss Cowper's
Scholar of the
Month**



VPA Scholars of the Month - October



**Mr Allchurch's
Scholar of the
Month**

Fulton Bell - Music / Art

Fulton has also already performed at GFest, but this was actually his second performance there! Last year, he performed as a Year 6 as the drummer for his brother's band, so it was fantastic to see him return to the stage as a Grey Court student. He has joined Music Tech Club and the Performance Support Award and is always finding ways to get involved. He is doing fantastic work in lessons and clubs with Mr Allchurch and has stood out for getting involved in so many opportunities already. Well done Fulton!

Hannah Mahmoud - Drama / Music

Hannah has thrown herself into VPA life at Grey Court and contributes fantastically to everything we do in lessons, as well as joining Junior Choir and successfully auditioning for Grey Court Voices. She is doing fantastic work in Drama with Ms Johnson and has stood out for her contributions to discussions and practical work. Well done Hannah!



**Ms Johnson's
Scholar of the
Month**



GREY COURT VOICES

After some gruelling decisions, I am delighted to announce the following students will be part of Grey Court Voices this year:

Maheen Aatif
Alice Bell
Edith Brown
Teddy Button
Aria Cahalane
Mari Evans
Molly Frost
Victoria Godard
Emme Hughes
Freya Kirrage
Leyla Lioutyi
Anna Lowe
Hannah Mahmoud
Wallis McKinley
Vika Nadtochii
Michelle Newton
Wai Sze Shum
Millie Simpson
Lilly Smee
Zoe Van Den Heever
Lily Walsh
Sophie Walsh



There are still some spaces, especially for older voices.
Please speak to me if you would like to audition!

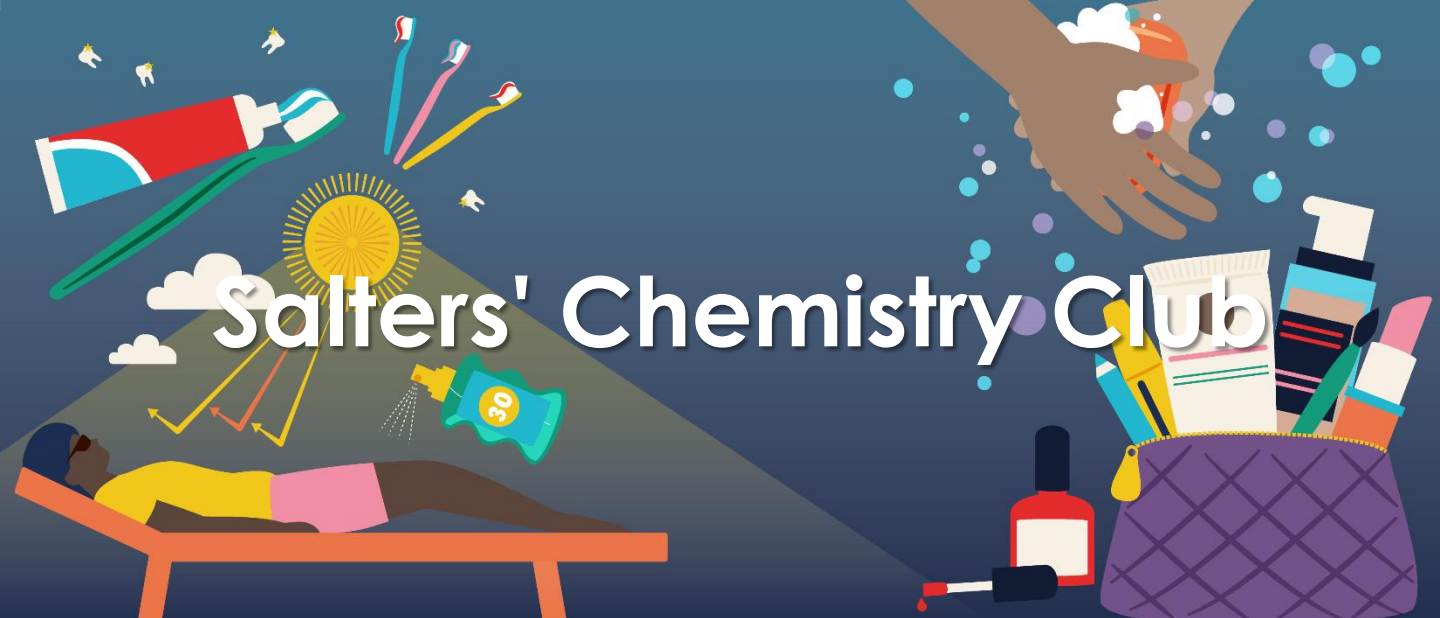
Miss Cowper



Clubs

Extracurricular
timetable





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>

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

What's on... P D W

Wednesday 9 October, P1

- | | |
|----------------|---|
| Year 7 | Who was Alice Ruggles and what can we learn from her story? |
| Year 8 | How can you help someone with First Aid? |
| Year 9 | Loudmouth – Working for Marcus |
| Year 10 | Where is the line between flirting and sexual harassment? |
| Year 11 | Apprenticeships |

Thursday 17 October from 13:05 to 13:30

- | | |
|----------------|--|
| Year 7 | Does everyone have human rights? |
| Year 8 | Periods – myths, taboos and celebrations |
| Year 9 | Gang violence |
| Year 10 | RS/Computing |
| Year 11 | Personal statements |

Oct

2024

Optimistic October 2024

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



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



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.



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

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

October Open Events for 2024-25

Kingston College

Saturday 5 October, 10:00 to 13:00

This event has sold out. It is possible to come along on the day and register at our Welcome Desk on arrival, but for a better experience we encourage prospective students to register for our November event which can be found [here](#)

South Thames College

Wednesday 9 October, 16:30 to 18:30

[Register here](#)

Merton College

Saturday 12 October, 10:00 to 13:00

[Register here](#)

Carshalton College

Wednesday 16 October, 17:00 to 19:00

[Register here](#)



Discover Your Direction

OPEN EVENTS 2024–25

OPEN EVENTS

2024–25

 Carshalton College	 Kingston College	 Merton College	 South Thames College
Wednesday 16 October 17:00–19:00 Saturday 16 November 10:00–13:00 Wednesday 26 February 17:00–19:00 Wednesday 25 June 17:00–19:00	Saturday 5 October 10:00–13:00 Wednesday 20 November 16:30–19:00 Saturday 25 January 10:00–13:00 Wednesday 12 March 16:30–18:30 Friday 20 June 11:00–13:00	Saturday 12 October 10:00–13:00 Wednesday 13 November 17:00–19:00 Wednesday 5 February 17:00–19:00 Thursday 26 June 17:00–19:00	Wednesday 9 October 16:30–18:30 Saturday 9 November 10:00–13:00 Wednesday 5 March 16:30–18:30 Wednesday 18 June 16:30–18:30
Carshalton College Nightingale Road, Carshalton SM5 2EJ	Kingston College Kingston Hall Road, Kingston upon Thames KT1 2AQ	Merton College London Road, Morden SM4 5QX	South Thames College Wandsworth High Street, London SW18 2PP





Discover Your Direction

OPEN EVENTS 2024–25

 Carshalton College	 Kingston College	 Merton College	 South Thames College
Wednesday 16 October 17:00–19:00 Saturday 16 November 10:00–13:00 Wednesday 26 February 17:00–19:00 Wednesday 25 June 17:00–19:00	Saturday 5 October 10:00–13:00 Wednesday 20 November 16:30–19:00 Saturday 25 January 10:00–13:00 Wednesday 12 March 16:30–18:30 Friday 20 June 11:00–13:00	Saturday 12 October 10:00–13:00 Wednesday 13 November 17:00–19:00 Wednesday 5 February 17:00–19:00 Thursday 26 June 17:00–19:00	Wednesday 9 October 16:30–18:30 Saturday 9 November 10:00–13:00 Wednesday 5 March 16:30–18:30 Wednesday 18 June 16:30–18:30
Carshalton College Nightingale Road, Carshalton SM5 2EJ	Kingston College Kingston Hall Road, Kingston upon Thames KT1 2AQ	Merton College London Road, Morden SM4 5QX	South Thames College Wandsworth High Street, London SW18 2PP





Sixth Floor

Year 12

The majority of pupils have successfully completed their 35-hour supervised study log, the deadline was Tuesday 1 October. The 35-hour challenge is a chance for students to demonstrate their 'readiness' for sixth form and evidence their independent study. If students do not complete their 35-hour challenge then they will not gain their academic licence.

35-hour challenge

A special mention and well done to **Nicole Tahir** and **Shiven Kothari** in 12D for their 35-hour challenge.

Information Evening

I was really pleased to welcome so many parents and carers at the Year 12 information evening last week. The slides are attached here: [Y12 Parents' Information Evening 2024](#)

A couple of questions raised by parents at the event are answered below: "what can pupils be doing at the moment to prepare for the UCAS process" - At the moment it would be helpful to encourage pupils to take part in super curricular activities which may give them something to write about in their personal statements. For example trips to museums, watching documentaries, reading around their subjects are all useful activities. It would also be helpful for pupils to make notes of what they got from these experiences i.e. "attending a lecture at King's College by Professor Jean Alexandre on quantum physics gave me an insight into the developing model of the early universe which led me to further research into....."

Parents also asked where to find a list of the extra-curricular reading pupils are required to undertake in form groups on a Wednesday. The list is attached below. Pupils need just one book for now, and will only need more if they finish the first one.

[Sixth form Book Choices for Wider Reading](#)

info

Our Country's Great *at the Lyric Theatre, Hammersmith*

Year 12 drama students joined Year 10s, 11s & 13s on Tuesday evening at the Lyric Theatre to watch Our Country's Great. All students represented the school and sixth form fantastically. Ms Duncan, Ms Burton, Ms Allchurch and Ms Cowper were very impressed with their behaviour and the insightful discussions they had about the play.

Special mention to Xavier who came prepared with a box of celebration and handed it out to all his fellow drama students and even let the teachers have some! Thanks Xavier and to Ms Burton for organising such a great trip!





Drama



Drama

Year 13

UCAS

A huge congratulations to those students who have already started to receive University offers.

Year 13s have continued to focus on the UCAS application process this week, and each week one tutor time and one PDW session is devoted to this. Students are also encouraged to finalise their applications during their free periods or supervised study sessions. Our internal deadline for this is the end of this half term, so that we have time to check through applications and add references and predicted grades.

Running the university applications process every year, sometimes the sixth form team forgets that the language of UCAS is not universally understood. To help demystify the process UCAS have produced a handy guide. Click on the link and you will be able to outsmart your child [UCAS Terms Explained](#).

There are students who are not planning on applying to university next year, and any students who would like any advice and guidance regarding apprenticeships, job applications and so on, should meet with Mrs Moore or Ms Corrigan to discuss other options.

Miss Fincham's EPQ Update

This week students have been working on how to evaluate their source material for bias. They should be developing their action plan on a weekly basis and ensure they are meeting regularly with their supervisors to get individual support and advice on their project.

Miss Fincham's Oxbridge Update

All students should now have submitted their application to the school. All applications must have been received by UCAS by the 15th October. This is not the student deadline as the school needs several days to process the application. The next step is to focus on preparing for the pre-interview assessments (if their application required one). Students must confirm if they will need to submit any work as part of their application and make sure they have prepared the required pieces well in advance. We will then be working on interview preparation. A letter will be sent out about the first round of interview experience which will take place directly after half term on the 4th and 5th of November.

MedSoc

This week's session included a lively discussion about organ donation being opt-in or opt-out. Some really good points were made about both showing a deep understanding of the topic. In addition, our first Year 13 applications were sent off this week with the remainder finalising their applications.



Stars *of the week*

A big thank you to **Izzy Morton**, **Hana Salah** and **Tabitha Dwyer** for supporting the year 12 parent's information evening last week and sharing their experiences.

This week's sixth form careers opportunities bulletin shows a range of careers, work experience, university and apprenticeship opportunities.

04/10/2024 Sixth Form Careers opportunities

These opportunities help students think about the future.

After half-term we will launch the year 12 work experience programme with all the information about their work experience week which takes place 30 June – 4 July 2025.





Sports News



Congratulations

Oliver Dorey

Huge congratulations to **Oliver Dorey** on being selected for the County Development Programme 2024-2025. The programme is the first phase of the Swim England talent pathway.

The criteria for selection were that the selected swimmers had to be 12 years of age as at 31st December 2024. Up to 36 swimmers were selected (18 open/male and 18 female) based on each swimmer's 200m Individual Medley Rankings (per county) selected from 200m Individual Medley Rankings and these times had to be achieved between 1st January 2024 and 4th August 2024 (the end of swimming season).

There will be one online and two face to face camps. The first camp will be held at the American Community School, Cobham on Sunday, 10 November 2024.

Well done, Oliver!



Congratulations
Gabriel Marriott

Congratulations to Gabriel Marriott who has been selected to represent London Hockey boys U14.



Friday 27 September

9a PE Inter House Volleyball Results

Congratulations to 9a Spartan House who won the Inter House Volleyball tournament today. Aztec came second, Trojan third and Roman fourth.

Friday 27 September

Well done to our Senior Boys who finished fourth in the ESAA Cross Country Cup at Harrow.





Friday 27 September

Congratulations to Louis and Mario who won the head tennis competition at training





Friday 27 September

The U18 rugby team were also in action this week in the National Bowl. We beat Saint Cecilia's 35-6 to progress to the next round. Tries from Ruggero, Gethin (2), Freddy and Max



Saturday 28 September

Excellent victories for the U13A and U13B football teams!



Tuesday 1 October:
Two excellent wins for the U12 A and B rugby teams against St James'. Some very good tries scored in the rain!



Rugby



Wednesday 2 October:

The Y7 boys football team won 4-2 in the first round of the English Schools competition. Excellent goals from Pascal (2), Mario and Bobby

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 long jump 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 Galant 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!

Jaicob Killian-Middleton

Boys Scholar of the Month



Jaicob Killian-Middleton has made an outstanding start to life at Grey Court, quickly becoming a key player in both football and rugby. Representing the A team in football, Jaicob has shown great skill and determination, standing out with his strong performances on the pitch.

Even more impressive is his progress in rugby. Having only started playing the sport when he joined Grey Court, Jaicob's rapid development has earned him a spot on the A team. His dedication and natural athleticism have made him a rising star in both sports.

Alongside his sporting achievements, Jaicob has also shown a fantastic attitude in his scholarship lessons. His hard work, focus, and positive approach make him a role model in the classroom, where he consistently puts in effort to excel.

Well done, Jaicob, for being named Scholar of the Month!

What's on ...

CANOE CAMP

Team Keane are running a free camp this half term teaching children to high kneel canoe - which is an Olympic sport. They are predominately looking for year 7-9 pupils, but all can attend.

Here is the link and there is a barcode on the flyer <https://www.teamkeane.com/paddlesports/camps>

The course is completely free, and they have two international coaches in attendance. They hope to springboard this into a club, which is supported by British Canoe, and then make a program working in partnership with Richmond Canoe Club.

TEAM **K** EANE

WATERSPORTS

JUNIOR 1/2 TERM SPRINT CANOE CAMPS 2024

WORKHOUSE DOCK, BRENTFORD, WEST LONDON



- FREE SESSIONS FOR GIRLS AGED 11-14.
- TUESDAY 29TH OCTOBER- FRIDAY 1ST NOVEMBER 2024,
- MORNING SESSIONS, 9:30-12:00
- COACHING PROVIDED BY TEAM KEANE & LEAD BY SCOTTISH NATIONAL C1 PADDLER FIONA DENVER.
- SESSIONS IN BRENTFORD AT THE NEW WORKHOUSE DOCK MARINA

PADDLE^{UK}



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

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



ENGAGE, EDUCATE & EMPOWER
communities to end
VIOLENCE AGAINST WOMEN AND GIRLS

FREE

Empowerment through Self-Defence Workshop

for women and girls
aged 11 years plus



Action Breaks Silence collaborates with **Richmond Serious Violence Prevention Fund** to bring you a **FREE** Empowerment through Self-Defence Workshop

The workshop aims to:

Prevent abusive and violent behaviour against women and girls.

Break down the myths around violence against women and girls and "stranger danger".

Dispel the "monster myth" and understand who the real perpetrators are.

Reframe ideas of femininity; and girls and women's bodies, empowering participants to own their bodies and explore their dynamic strength both mentally and physically.

Build confidence in their own individual capacities and unleash their "inner warrior".

Reframe victimisation and fear.

Educate around fear, the adrenal dump and verbal diffusion skills.

Identify target points on the perpetrators body and resistance strategies.

Venue

Grey Court School
Main Hall
Sandy Lane entrance
TW10 7HN

**Sun, 17 November 2024
10am - 1pm**



Click **HERE** to reserve
a **free** spot via our
Eventbrite page.

Scan QR Code to Reserve a Spot



Community
Sports Trust



PARA FOOTBALL ENGLAND TALENT DAYS

For players with cerebral palsy, hearing impairments or visual impairments.

- **Age Group: 7 - 16, Boys & Girls Welcome**
- **Date: Sunday 27th October 2024**
- **Time: 10.30am – 12pm**
- **Indoor Dome at Uxbridge High School, UB8 3PH**



For more information, contact
Craig Peters (Disability Manager):

cpeters@brentfordccst.com

Scan to register.

To find out more visit:

EnglandFootball.com/Para

Supported by



**Premier
League**



**Professional
Footballers'
Association**



PANTO PROJECT

This year's
Panto is:
**Beauty and
the Beast**

Create your own
Pantomime!

Winter 2024
**Richmond
Theatre**

DATES AND TIMES

4th November 16:30 - 18:00
11th November 16:30 - 18:00
18th November 16:30 - 18:00
25th November 16:30 - 18:00
2nd December 16:30 - 18:00
7th December 14:00
9th December 18:00

★ ACTIVITIES ★

Script writing
Prop design
Devising
Costume design
Improvising
Performing



How to
Register?



Scan this QR Code if you want to take part!



In Partnership with:

Richmond Theatre Trust





"My kids LOVE SPARTANS!"
It's an extremely
NURTURING and inspirational
TEAM ENVIRONMENT.
A fantastic basketball family
that is supportive across all age
groups. Let's go Spartans!"

October half term **BASKETBALL** **5-DAY CAMP**

MON 28TH OCT - FRI 1ST NOV

SCHOOL YEARS 6-11 - ALL ABILITIES

10AM - 3PM

GREY COURT SCHOOL, TW10 7HN

spartansbasketballacademy.com/book-now





**THE GOLF
GROOVE**



Scan the QR code to find out more
and to book your 25% off.

2nd floor, Wimbledon Quarter
SW19 8YA

We would love to offer all Grey
Court School pupils and
parents, 25% off bookings at
The Golf Groove.

Here at The Golf Groove we
have fantastic games for
complete novices and larger
groups, looking for a fun
competitive day out.

12 INDOOR GOLF BAYS

BAR & LOUNGE

OUTDOOR TERRACE

For more experienced players, try
your hand at a few holes on some
of the world's most famous golf
courses, while enjoying a drink
and bite to eat.

CONNECTING WITH NATURE ON HAM LANDS & NEARBY GREEN SPACES FOR WORLD HABITATS DAY JOIN US FOR OUR EVENTS!



Come to our **FREE TALK**
to discover:

The natural history of
Ham Lands,
Different life on Ham
Lands,
And the link between
wellbeing and nature



Monday 7th October
6:30pm - 7:30pm
St. Richard's Church
Ashburnham Rd,
Richmond, TW10 7NL

Everyone is welcome!

LITTER PICKING in
Ham Lands and
surrounding areas

7th - 12th October

Help clear our beautiful
environment of harmful
litter



Slots are available all
week. Scan the QR code
below to book!



or go to

www.trybooking.com/uk/DWFW

These events are organised by Friends of Ham Lands, Habitats &
Heritage and Richmond Council





AT THE GOLF GROOVE

The image shows a modern restaurant interior. In the foreground, there are several round wooden tables with woven backs and brown leather seats. In the background, there is a bar with a wooden facade and shelves filled with various bottles. The lighting is warm and ambient.

THE IDEAL VENUE FOR YOUR CORPORATE EVENTS

Our venue can accommodate up to 300 guests, and we offer various package options to suit your preferences along with our golf bays and all the fun activities we have available.



More info: <https://www.thegolfgroove.com/christmas>



FESTIVE FOOD



From 1st November we're serving up our hand-crafted Christmas menu, with the perfect mixture of festive favorites, such as mini mince pies & pigs in blankets, and great finger food to enjoy while you play.



More info: <https://www.thegolfgroove.com/christmas>



TIS THE SEASON OF GAMES

Bored of board games? This Christmas take game time to the next level with our spectacular selection of fun & interactive simulator games. From bullseye, to scrapyard challenge, there's something for everyone of all abilities. Ensuring your night is a competitive one, that you'll be talking about until the new year.



More info: <https://www.thegolfgroove.com/play>



CHRISTMAS PACKAGES

Our Christmas packages are the best way to enjoy the festive season and to take the stress out of organising.

Our packages include a selection of festive food, drinks to get the party started and of course, time in our simulators. Packages start from as little as £60pp.



More info: <https://www.thegolfgroove.com/christmas>





CHRISTMAS CHILL BAR & LOUNGE

When all the competitive fun and partying gets too much, chillout in our bar & lounge and catch up with friends. Or looking for the party to continue outside the simulators? Then our stunning bar area with our party playlist is the perfect place to be.



More info: <https://www.thegolfgroove.com/christmas>



The Golf Groove,
2nd floor, Wimbledon Quarter
4 Queens Road, London
SW19 8YA
www.thegolfgroove.com



the_golfgroove

 02038 699920

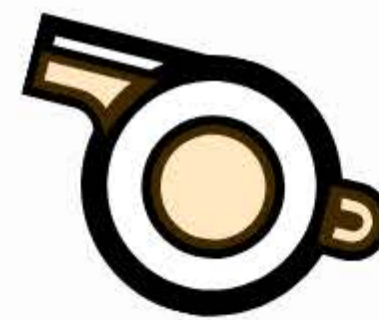
 info@thegolfgroove.com



RICHMOND NETBALL CAMP



*Open to players
of all abilities*



*Qualified
coaches*



*Fun and
friendly*



*Outdoor
venue*

**Guest coaching from former England
player & current London Pulse U23
Assistant Coach Lindsay Keable*

**24TH & 25TH OCTOBER
28TH, 29TH*, 30TH OCTOBER**

**GREY COURT SCHOOL,
HAM STREET,
RICHMOND UPON THAMES,
TW10 7HN**

**9.00AM - 12NOON
SCHOOL YEARS 3-10**

BOOK HERE 





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	Mondays, 3pm to 5pm
GIRLS GROUP	Mondays, 5pm to 7pm
JUNIOR YOUTH CLUB SESSION	Tuesdays, 3pm to 6pm
YEARS 6 TO 8	
SENIOR YOUTH CLUB SESSION	Tuesdays, 6pm to 8pm
YEARS 9+	
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	Tuesdays, 3pm to 8pm,
SCHOOL OF ROCK (AND RAP)	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 to 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](https://www.instagram.com/afc_hamyouthcentre)

Facebook: [hamyouthcentre](https://www.facebook.com/hamyouthcentre)

WHERE TO FIND US

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

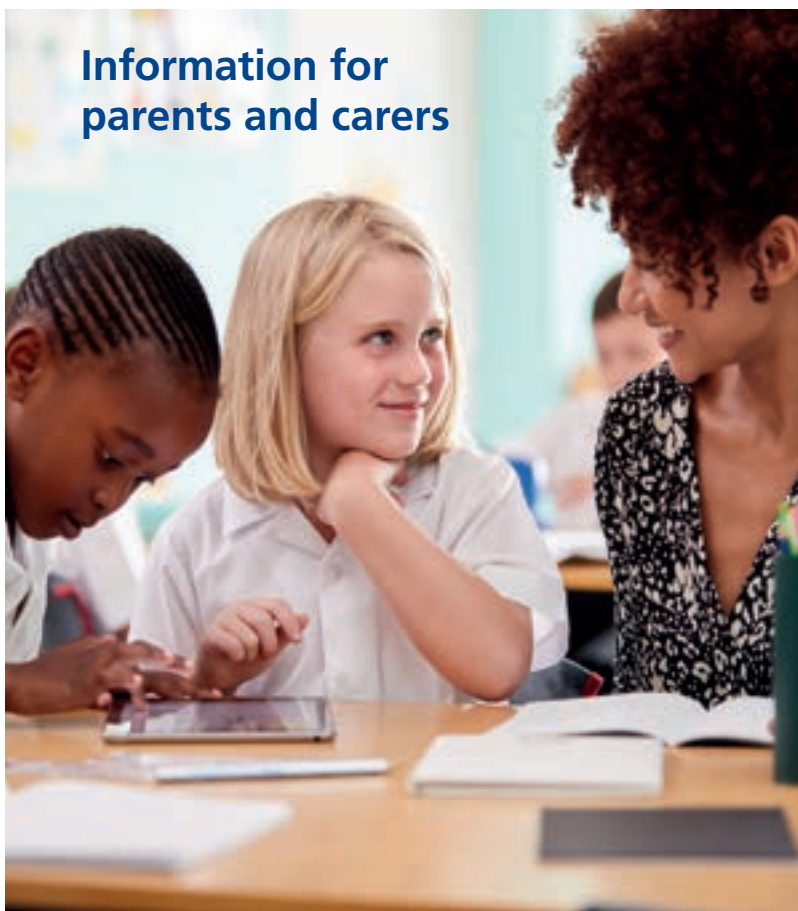
Ham Close, Ham TW10 7PL



Protecting your child against flu

Flu immunisation in England

**Information for
parents and carers**



Flu mmunisation

Helping to protect children, every winter



5 reasons

to get your child vaccinated

1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

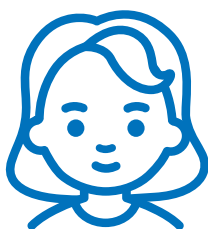
5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare



Flu vaccine is offered free to:

Children aged
2 or 3 years old
(on 31 August
before flu
vaccinations start
in the autumn)



Some
school-aged
children

Children with a
health condition
that puts them at
greater risk from flu



Further information on which children are eligible each year can be found at: www.nhs.uk/child-flu

Why should my child have the flu vaccine?

Flu can be a very unpleasant illness in children causing fever, extreme tiredness, aching muscles and joints, stuffy nose, dry cough, and sore throat. Children usually begin to feel better within about a week.

Complications of flu include acute bronchitis, painful ear infections, and pneumonia. Some children may need to go to hospital for treatment, including intensive care.

What are the benefits of the vaccine?

Having the vaccine will help protect your child from what can be a very nasty illness in children. Children under the age of 5 years have one of the highest rates of hospital admissions due to flu.

It will also reduce the chance of others in your family, who could be at greater risk from flu, such as grandparents or those with long term health conditions, getting flu from your child.

It can help you avoid having to take time off work, or other activities, to look after your sick child or if you become sick yourself.



How effective is the vaccine?

Flu vaccine is the best protection we have against this unpredictable virus. In the last few years, the protection that children get from vaccination has been consistently higher than for adults.

There are different strains of flu virus and the most likely strains that will cause flu are identified in advance of the flu season. Vaccines are then made to match them as closely as possible – they will usually give some protection even if the match isn't perfect.

Flu viruses can change every year so the vaccine is usually updated each year. And protection from the vaccine may fade with time. For this reason, we recommend that your child is vaccinated against flu again this year, even if vaccinated last year.

Who will give my child their vaccination?

Children aged 2 and 3 years old (age on 31 August before flu vaccinations start in the autumn) will be given the vaccination at their general practice, usually by the practice nurse.

School-aged children will mainly be offered the vaccination in school, with further opportunities to get vaccinated, potentially at NHS community clinics, for anyone who misses the session at school.

Children who are home educated will be offered the vaccine if they are in an eligible age group. Parents can obtain information about arrangements from their Local Authority Education Department.

How will the vaccine be given?

For most children, it is given as a nasal spray. If the nasal spray is not suitable for a child, an injection can be given instead, usually into the muscle in the upper arm.

How does the nasal spray work?

The nasal spray contains viruses that have been weakened to prevent them from causing flu but will help your child to build up immunity. This means your child will be better able to fight off flu.

The vaccine is absorbed really quickly in the nose so, even if your child sneezes immediately after having had the spray, there's no need to worry that it hasn't worked.

Are there any side-effects of the vaccine?

Children may develop a runny or blocked nose, headache, general tiredness and some loss of appetite. However, these are much milder than developing flu or complications associated with flu. Serious side-effects are uncommon.

Can the vaccine cause flu?

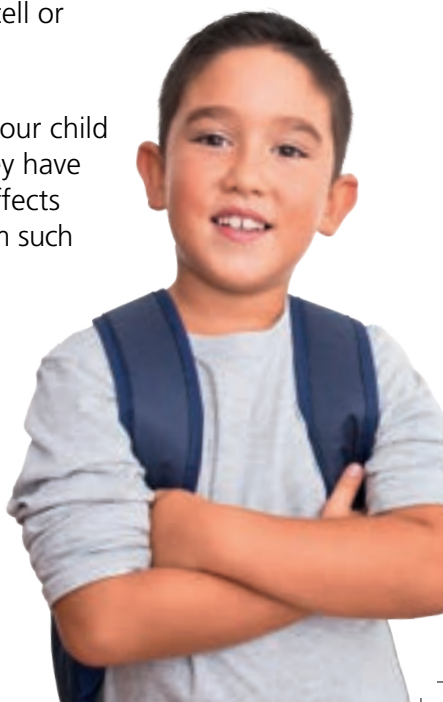
No, the vaccine cannot cause flu because the viruses in it have been weakened to prevent this from happening.

What if my child has a health condition?

Children with certain health conditions, even if well managed, are at higher risk of severe complications if they get flu. It is especially important that these children are vaccinated.

These conditions include:

- serious lung problems, for example, asthma needing regular inhaled or oral steroids
- serious heart conditions
- kidney or liver disease
- diabetes
- immunosuppression due to disease or treatment, for example, chemotherapy or radiotherapy treatment for cancer or long-term steroid use
- problems with the spleen, either because the spleen has been removed (asplenia) or doesn't work properly, for example, because of sickle cell or coeliac disease
- your GP may also recommend that your child is vaccinated if they have a condition that affects the nervous system such as cerebral palsy



These children should have a flu vaccination every year from the age of 6 months onwards. Most will have the nasal spray vaccine but it is not recommended for children under the age of 2 years.

Children under 2, and those for whom the nasal spray is not suitable for medical reasons, will be offered a flu vaccine injection.

If your child has any health condition listed on page 8 but is not in one of the age groups being offered the vaccine in school, it is important that you contact your GP to arrange an appointment.

If you are not sure whether your child needs a flu vaccination or you need more advice, speak to your practice nurse, GP or health visitor.

When will the vaccine be given?

For 2 and 3 year olds, you should receive an invitation for your child to have it at their GP surgery in the autumn or early winter. Alternatively, you can contact them directly to make an appointment.

For school-aged children a vaccination session will be held at school generally during the autumn term. The school aged immunisation team will contact you via the school.

If your child is in an eligible group offered vaccine at school and has a health condition that puts them at increased risk from flu (see page 8), you can ask your child's GP surgery to provide the vaccine if you don't want to wait until the school vaccination session or if this is what you prefer.

Are there any children who shouldn't have the nasal vaccine?

As children with pre-existing medical conditions may be more vulnerable to complications of flu it is especially important that they are vaccinated. Children may not be able to have the nasal vaccine if they:

- are currently wheezy or have been wheezy in the past 72 hours, they should be offered an injected flu vaccine to avoid a delay in protection
- have needed intensive care due to
 - asthma or
 - egg allergic anaphylaxis

(Children in these 2 groups are recommended to seek the advice of their specialist and may need to have the nasal vaccine in hospital)

- have a condition, or are on treatment, that severely weakens their immune system or have someone in their household who needs isolation because they are severely immunosuppressed
- are allergic to any other components of the vaccine*

If your child can't have the nasal flu vaccine they should have the flu vaccine by injection.

If you are unsure whether your child should get the injected vaccine or the nasal vaccine please check with the school aged immunisation team or the nurse or GP at your surgery.

*See the website at

www.medicines.org.uk/emc/product/15790/smpc

for a list of the ingredients of the vaccine

Children who have been vaccinated with the nasal spray should avoid household contact with people with very severely weakened immune systems (for example those who have just had a bone marrow transplant) for around 2 weeks following vaccination.

Can the flu vaccine be given to my child at the same time as other vaccines?

Yes. The flu vaccine can be given at the same time as all the other routine childhood vaccines. The vaccination may be delayed if your child has a fever. Also, if a child has a heavily blocked or runny nose, it might stop the vaccine getting into their system. In this case, their flu vaccination can be postponed until their nasal symptoms have cleared up. Sometimes an injected vaccine may be offered instead.



Does the nasal vaccine contain gelatine derived from pigs (porcine gelatine)?

Yes. The nasal vaccine contains traces of a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines. The gelatine helps to keep the weakened vaccine viruses stable so the vaccine is able to work properly.

The nasal vaccine is easy to give and painless. Each child who has the nasal spray vaccine gets the best protection against flu. It is also considered to be the best at reducing the spread of flu. That way children protect one another and others who might be vulnerable to flu. For those who may not accept the use of porcine gelatine in medical products, an injected flu vaccine is available as an alternative. You should discuss your options with your nurse, doctor, or school aged immunisation team.

Where can I get more information?

Visit www.nhs.uk/child-flu for more information. Talk to your GP, practice nurse, your child's school nurse or your health visitor if you have any further questions.