

# Bulletin



Friday, 22 January 2021

Dear Grey Court Community

**Y11 parents evening** We held our first virtual parent evening last night. Despite a slight national technical hiccup with our service provider feedback from the Y11 parents has been overwhelmingly positive. Many felt that it was a more constructive and efficient use of time. We will be using this platform for all future parent-teacher meetings. The platform is widely used by schools in London with great success.

**Engagement Reports** During the second lockdown we want to give parents regular feedback about how well their children are engaging with online lessons. On Monday afternoon we will be giving students another 'screen break' and there will be no lessons in P5, P6 and P7. During this time teachers will award grades to every student based on engagement. These will be turned into a report to parents which we hope to send by Friday, 29 January. These will be sent to parental emails we have on our system. If for any reason you do not receive the report by Monday morning (1 February) please email [chutchinson@greycourt.org.uk](mailto:chutchinson@greycourt.org.uk)

**Virtual Comedy Night** The PA will be holding our Virtual Comedy Night on Friday, 5 February, at 8pm. Please note that the content is adult/over 18s with parental consent. Tickets can be purchased via the PA [website](#) for £12. Once you have purchased your ticket, you will be sent an email link for use on the night. If virtual comedy doesn't appeal but you would like to donate to our fundraising efforts please visit the PA's GoFundMe fundraising page.

**Ground Force** We are one of the few schools in London who has a wonderful green space, and we have a team of staff who are giving up some of their free time every week to tidy up the school's gardens and grounds in preparation for the students' return to school. Therefore, we are in need of plants and shrubs. If you would like to help us achieve our goal, and would like to donate some plants or shrubs, please

drop them off at reception. Thank you to those who have already donated.

In this week's bulletin we highlight some of the students' work; Ms Corrighan gives some sound advice for Post-16 interviews; our KS3 students display some of their footie skills - we believe one could probably help Sheffield avoid relegation, and we launch our 'This is Us' our Grey Court School Archive Project and we invite contributions from our community. We hope you will join us in documenting a record of this remarkable time. Lastly, should you have any concerns about your child, please contact my PA who will arrange for a virtual Google meet or a telephone call with me.

Kind regards—Chris Rhodes

## The Quality in Careers Standard Award

This year, we will, once again, be working towards The Quality in Careers Standard Award. This award will recognise our careers' provision across the school. Ms Corrighan (Head of Careers) will be leading on this process. If you have any questions please contact [bcorrighan@greycourt.org.uk](mailto:bcorrighan@greycourt.org.uk).

Click [here](#) to see the Grey Court Careers' programme in full.

## PDW Update

Please click [here](#) for the topics that students are studying.

As always, we will provide you with a weekly update of the PDW content and what exactly your child will be learning in each sub-topic.

Please email [hjames@greycourt.org.uk](mailto:hjames@greycourt.org.uk) with any questions.

## Richmond Parent Carer Forum's Survey

We know that many families are finding lockdown much tougher this time and we are working with the National Network of Parent Carer Forums to share your experience of lockdown 3.0 with Central Government and influence policy making. The NNPCF have been instrumental in safeguarding the rights of children and young people with SEND throughout the pandemic and your feedback really does make a difference.

Please complete Richmond Parent Carer Forum's 5 minute [survey](#) to let us know what is and what isn't going well for you and your family.

The survey will run until 31 January 2021.

**"Going above and beyond for every child, every day."** Chris Rhodes, Headteacher

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## #Y7HavingFunInTutorTime

## #Y7TutorTask

Y7's have been completing challenges once a week during tutor time. We love their creativity!



### AR Stars of the Week

Accelerated Reader Stars are chosen because they have excelled at Accelerated Reader, whether it is because they have passed a lot of quizzes, earning lots of points, or maintaining a high average pass percentage. These particular students should be praised and rewarded.

<b>7aD</b>	Samuel Ellisdon	Isaac Duru	Mia Kirkwood	Mariia Plakhotniuk
Gabriel Matthews	<b>7bL</b>	Alec Georgiev	Angelina Rai	<b>8bV</b>
Ryan Mullen	Indria Peters-	Tejan Patel	Leo Shaw	Freya Grant
<b>7aL</b>	Sutherland	William Pitt	<b>8aX</b>	Elsie Hobson
Arber Blakcori	Luke Roscoe	Ethan Sethna	Evelyn Lai	Felix Marchis
Daniel Iancu	Leo Sarasini	<b>8aC</b>	Charlotte Rae	Leonard Mavale
Alessandro Leguel	Sophia Trybuszewski	Thomas Faulkner	Eve Shaw	<b>8bX</b>
<b>7aV</b>	Shaan Virdee	Savannah Ogbuji	Jack Taylor	Ida Blom Bryndum
Charlotte Alexandre	<b>7bV</b>	Matthew Van Rooyen	<b>8bC</b>	Julia Ciasnocha
Pola Lewko	Solomon Myhill	<b>8aL</b>	Joshua Burrows	Zak Nawaz
George McCann	Kulsoom Syed	Doruk Alpaya	<b>8bL</b>	Liza Slivoski
<b>7aX</b>	Olivia Szyda	<b>8aV</b>	Christina Amm	
Diyana Ansari	Mali Westbrook	Oliver Alexander	Filip Grad	
Kevin Back	<b>7bX</b>	Fabio Gohar	Brayden Huskinson	
Dylan Ellis	Isabella Agraviador	Finlay Janes	Dante Nelson	

### Thank you Money Saving Expert!

Reading is the best way of getting smarter. Topping up your knowledge on your favourite hobby. Losing yourself in old world espionage or, in some cases, making sure that you know enough to help your child with their homework. Follow the link for free digital copies of well known titles. [Give Me Free Books](#)







## Top Up Classes and Free eBooks

This fantastic free resource from Oaks National Academy promoted by the BBC has lessons galore for extra top up classes and a best selling title and author video available each week. Follow the link [The Beeb](#)

## #Y8

## #Y9

**A huge well done** to all students that have engaged well with their online learning, teachers are currently completing reports for your engagement and achievement in the same style of last summer's reports, I am sure we will be seeing plenty of Platinum's awarded!

**A routine at home is so important at times like this.** We need to ensure we attend all lessons and complete the work set by your teachers. It is worth noting that as a previous assembly stated, we have high expectations of you with your work, but remember to move on once the lesson has finished. If you haven't finished the work yet but your teacher has asked you to upload what you have done, give yourself a few minutes to do so at the end of the lesson and then move on to your next lesson. You are not under pressure to finish everything within the lesson if you are working hard.

**Registration is at 10:15am** and nobody should be forgetting this now that we have completed our third week of online schooling.

**We are seeing some amazing skills being filmed from our new PE Sports Education block**, so well done and keep them coming. Remember, exercise will help your daily mood and keep your fitness levels up, so set aside some time each day for some exercise and you will be more productive with your work and feel better in yourselves.

Well done Y8&Y9!

Mr Ridley, HO Y8+Y9

## Find the book titles in the picture



## Book Quizzing Fun

A pictorial brain teaser. Decipher the picture and guess the Titles. 20 to be found. Click on the link to visit the interactive page. [I'm Sure I've Read This One](#)

## Powerstation Youth Centre

## Mortlake

Despite a global pandemic the young people and staff at PowerStation Youth Centre in 2020 got up to so much, from a residential in early March to photography workshops, food parcels, online zooms, sports, fitness workshops, equipment and resources given-ways and more.

Check out the [video](#) to see a snippet of what PowerStation got up to...

Despite starting 2021 with another national lockdown PowerStation Youth Centre is still supporting the local and wider community. On Mondays and Wednesdays we offer a food parcel service for local young people and families in the Mortlake and Barnes area. Currently we are supporting young people with one-to-ones along with a 'Developing your Photography' workshop and our community garden project so when restrictions lift we can do some outdoor group photography and gardening sessions until we can safely return to the building.

See our Instagram page [here](#).



# #Y9MathsHomework

9aX and 9bX Maths homework submitted this week. Students were asked to create a Venn diagram with objects from around the house and write some probabilities that they could determine from it.

#WeLove

'This Venn diagram shows blue and green objects. The probability of choosing a blue and green object is  $1/13$ .' Leo

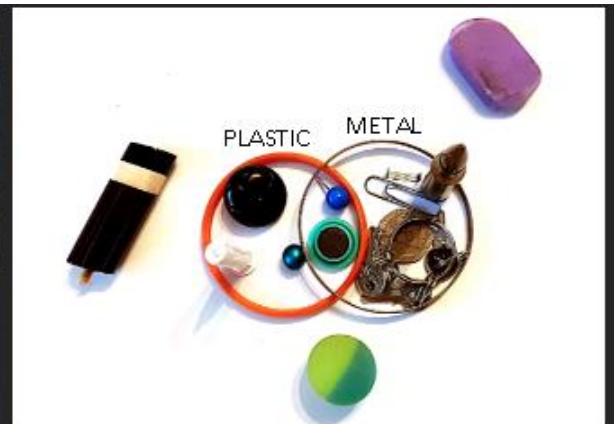


'My Venn diagram shows how many people learn Spanish and German in my house. If someone was chosen at random, the probability that they do not learn either Spanish or German is  $1/6$ .' Fawaz

'This Venn diagram shows some red objects, some round objects, some red and round objects and an outlier.  
Given that the object you pick is round, the probability of it being red is  $2/5$ .'  
Jannat



'This Venn diagram shows the books bought at a fair, where the groups are based on who likes them. The probability that Mum and Dad like a book bought from the fair is  $11/20$ .' Morgan







## Ground Force

Featured on the right—some of the Ground Force team getting to grips with their forks, spades, rakes... and even a tree.

As reported last week, they are giving of their free time to tidy up the garden and grounds at the school—in readiness for the students return.

### Share the love with us!

We are looking for plants or shrubs. If you have any that you'd like to donate to the school, please could you kindly drop them off at reception.

**AND THANK YOU** to those parents who have already contributed!



# VIRTUAL HOUSE COMPETITIONS

## Arrangements for Monday, 25 January

Over the next few weeks we will be endeavouring to provide students with a respite from the academic rigour of on-line LEARNING by running a series of VIRTUAL HOUSE competitions.

The aims of these events are to encourage students to take a break from their screens, to stimulate creativity, to have fun, to relax and to foster a collegiate mentality.

It is obviously very important that the leader of each event is objective and neutral in their delivery. I have therefore used Ms Bowie's measured explanation of the Art Banner competition in the space below and followed this with a cheap and exploitative piece of ROMAN propaganda as the paths travelled the most speedily is a down a STRAIGHT ROAD!

**Mr Clements, Deputy Head**

## Screen break activity

### VIRTUAL HOUSE COMPETITION

Click [here](#) for subject allocation by phase

On **MONDAY 25 JANUARY** we are asking you to design a **subject banner** for use on Google Classroom (this is the rectangle above the stream on your Google Classrooms).

You will have a choice of subjects to design for and the winning entries will be selected and used by each subject in the Grey Court Google Classroom.

The winning entries in each Year will gain 100 points for 1st place, 75 points for 2nd place, 50 points for 3rd place and 25 points 4th place.

The best entries will appear in the eBulletin and the house with the most entries will gain an additional 25 points.

**You have until next Monday (1 February) to hand-in your winning entry.**

You can work by hand if you complete this in the SCREEN BREAK but must only work digitally if you complete the entry outside of this time.

If you opt to exercise during this time the following workouts have been recommended by Mr Wilmore: here is a [link](#) to rebound trampoline (small ones which a few may have), basic aerobics [workout](#), lots of different fitness workouts on this [link](#)

**PREPARING** To be able to use on Google Classroom you need to prepare a banner outline as a rectangle. It should be long and thin like the example in this [PowerPoint](#). Choose either:

**OPTION A:** Draw this out on plain paper using a ruler. It will need to be 27cm x 7cm (slightly larger is better than slightly smaller) OR

**OPTION B:** If you wish to work digitally, follow the step-by-step instructions here for making the correct-sized banner on Google Drawing.

**DESIGNING** You will need to select one of the subject options given to you. The winning design will be visually engaging, brightly coloured and include:

The name of the subject. This can be a common abbreviation, such as PE.

A visual image which relates to the subject. For example Maths-a calculator.

At least 2 of the House colours (red, blue, green and yellow) and black or white.

**SUBMITTING** Make sure your NAME, YEAR GROUP, HOUSE and FORM are written/printed in the bottom right of the ENTRY.

Hand-in your work on the House section of your Google Classroom as a photograph from your phone, a scan or a downloaded JPEG, like you normally hand-in assignments.

If handing in from Google Drawing, follow the instructions for downloading that are outlined on slides 3, 4 and 5.

**A quiet word....about the SUBJECT BANNER  
HOUSE COMPETITION FROM MR CLEMENTS  
LEADER OF ROMAN HOUSE!**



My name is **Clematis Maximus Pointus**, commander of the HOUSE of the ROME, general of the KS4 legions, loyal servant to the Sixth Form, father-figure to fellow Roman and Arsenal fan, Adam Ridleyus, servant of Arteta-ball. On Monday, Romans we will have our vengeance by winning more points and submitting more entries than the Spartans, Trojans or Aztecs – in this life - and the next. Unleash HELL!...and your creativity!!!! **Go Romans!**



# This is Us

## Grey Court School

### Archive Project

The VPA Faculty is aiming to make a website recording the spirit of Grey Court during the pandemic. All staff will be taking part and we now invite contributions from you, our community.

**How:** by contributing a photograph and caption or title which is of interest, humorous, uplifting, celebratory, informative. The image may consider one of the following themes:

- Helpers and Heroes
- Your new normal
- Acts of kindness
- Routines and rituals
- Window Worlds
- Beauty in the unexpected
- Street life

For inspiration please use this link: <https://www.npg.org.uk/hold-still/>



**The fine print:** All photographs submitted will need to follow the latest government guidelines on social distancing and have the prior consent of participants in the photographs in the

knowledge they will be shared within the public domain. Grey Court School reserves the right to select which photographs are appropriate for public use. Names will not be published with the photographs, only titles or captions.



Please email your photographs (as a JPEG) and captions to Ms Cheyne on email: [rcheyne@greycourt.org.uk](mailto:rcheyne@greycourt.org.uk) with the subject heading **This is Us - Grey Court School Archive Project.**

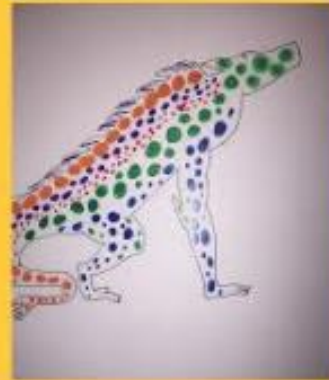
If you have further questions about the project please contact **Ms Bowie**, Subject Leader for Art and Design and Photography.

*We hope you will join us in becoming part of a school and local community record of this remarkable time.*

# THE WEEK IN ART



The Week in Art  
11th Jan  
Noah  
Alexander  
Eve  
Leo  
Viet Hoang  
Andrea  
Rayhan  
Carlo  
Georgia







Sam Sidebottom



Stanley Monaghan



Philine Zoeller

**FOOD IS THE INGREDIENT  
THAT BINDS US TOGETHER**



**SPEAK ITALIAN.**

"Mmm" is the same in any language.

## Food and Nutrition

Yet another busy week in the Food and Nutrition department, with students stepping up and taking control of their kitchens! We have encouraged students to step away from their screens and try to cook or try a new skill in the kitchen as much as possible, in addition to their lessons. Ms Howarth and I have also been so impressed with the work that we have decided to do a 'Chef of the Week' each week to recognise and celebrate our superstar chefs. This week, the award goes to **Sam Sidebottom, Stanley Monaghan** and **Philine Zoeller**, all in Y7 (it was too difficult to choose one!). Well done!

Watch this space for future winners and details of the Bake Off will also be in next week's bulletin.

As we move towards the end of the month (where has it gone?!) Mrs Anjum discusses vegetarianism and veganism, very topical for the month of 'Veganuary' which saw record numbers of people go vegan for the first month of the year. We have seen the number of people omitting meat and animal products from their diet steadily increased over the years, linking closely to health and environmental concerns. You may have noticed advertising regarding veganism has increased and the variety of high quality vegan products has made it easier than ever to 'go green' and follow a vegan diet. Have you got any winning vegan dishes? Feel free to send recipes to me and photos and they could be featured in the next bulletin. **Ms Clark**









# Vegetarian or Vegans

By Mrs Anjum

Vegetarianism or Vegetarian is someone who does not eat any meat, poultry, fish, seafood or by products of animal slaughter. Especially for moral, religious beliefs, health reasons, environmental, cultural, economic or personal preference. Avoidance of animal products may require dietary supplements eg Iron, which is more readily absorbed from animal products and Vitamin B12, which is only found in animal foods.

There are numerous vegetarian diets that exclude or include various foods.

The four main types are:

**Lacto-Ovo vegetarian** diet excludes meat, fish, poultry (allows eggs and dairy) This is the most common type of vegetarian diet.

**Lacto-vegetarian** diet exclude meat, fish, poultry, egg, and also products which contain them.

**Ovo-Vegetarian** diets exclude meat, fish, poultry and dairy products. (allows eggs)

**Vegetarian diet** includes a diverse mix of fruits and vegetables; grains, pulses, nuts, seeds, legumes, soya based foods (tofu), tempeh, seitan, wholemeal bread. The Eatwell guide shows the different types of food we should eat to have a balanced diet and in what proportions, but it contains meat and fish. Therefore the vegetarian society has come up with their Eatwell guidelines, where you can plan your balanced diet. Thus, a well-planned vegetarian diet



can be nutritious, healthy, interesting and at the same time tasty.

There is lots of evidence that vegan diets also benefit our planet, with far less carbon emissions compared to agricultural farming. There have been many initiatives to try and encourage people to reduce their carbon footprint, by following vegan or vegetarian diets sporadically. 'Green Mondays' was set up to encourage people to have one meat free day a week, for health and environmental reasons. See if you could give it a go!

Ref: <https://www.nhs.uk/live-well/eat-well/vegetarian-and-vegan-diets-a-and-a/>  
<https://vegsoc.org/>  
<https://greenmonday.org/en/>



The mini Sixth Form group are delighted to report that our bubble continues to be filled with wonderful cakes, biscuits and herbal teas. Ms Corrigan has even added hot chocolate into the mix. It is quite possible that we're going to need to start adding Joe Wicks workouts into the school day...

**Highlight of online teaching this week:** Ruja grappling with how online lunch duties would work as she momentarily forgot that we have a whole cohort of students who are still attending school!

### **UCAS - What Comes Next?**

Well done to all of our Y13s who have submitted their UCAS forms. Many of our students have now heard from all five of the universities/courses they have applied to and many of our students have received offers from all five of their choices. So now it is decision time for our students to choose a firm choice and to put in an insurance choice of university. Sounds scary but each student will have been given a date to reply by which will be in May so there is plenty of time for making decisions. Below is a brief presentation and a short video link to a UCAS guide on how to accept offers

[How to Accept your University Offers](#)

**Ms Higham, AHT Sixth Form**

## **STARS OF THE WEEK**

### **The KS5 History club:**

**Alfie Price, Lara Tabuteau, Tabby Singham and Alice Warrington** for creating resources to be shared across the school on Holocaust Memorial Day next week.

Y12, this is a good time to build up your skills and knowledge of university, apprenticeships and careers. We would usually be talking to you about in person work experience which takes place in the summer of Y12; however, we will be encouraging all Y12 to take advantage of virtual opportunities to develop your skills.

Keep a record on Unifrog of any taster sessions, lectures, work experiences etc you attend so when you come to writing your personal statements or job applications in Y13 you will remember!

### **Just a couple of useful resources to share with you this week...**

- [Uptree](#) offer a range of workshops from employers as well as virtual work experiences and apprenticeships- sign up to find out more
- [S4S work experience](#) this week's highlights are RAF insight days, construction, engineering and some bespoke international women's day events which take place in March.

**Sixth Form**

## Online Higher Education Events

### UK University & Apprenticeship Search Virtual Fair (Wednesday, 27 January)

The UK University & Apprenticeship Search Virtual Fair which will take place between 12 and 6pm on the 27 January. This free virtual event for students in Y12, will feature a diverse range of exhibitors and vital webinars. Students and parents can find out more and [sign up here](#).

### Russell Group of Universities Introductory Session (Monday, 8 February)

Are you or your child thinking of applying to universities in the Russell Group? How can you find out which is the right university experience for you? The Russell Group's 24 members are world-class, research-intensive universities. They share some distinctive characteristics, but they are unique institutions, each with their own history, ethos and course offering.

**Join representatives from eight Russell Group universities** as they share their tips on how to research courses and places. They'll also cover the importance of exploring entry requirements, the learning environment and facilities, and the social scene. Furthermore, they'll explain how to make the most of the upcoming Meet the Russell Group Virtual Event; good questions to ask, and what to expect from virtual open days. Click here to Register [Russell Group Introduction](#)

### Meet the Russell Group Virtual Event (Wednesday 10 February)

This is an opportunity for Y12 students and parents to get more information from the 24 UK universities of The Russell Group on the 10 February from 12 to 7pm. This event offers a line-up of webinars and virtual tours from each university. You can find out more and [sign up here](#)

**Finally...bored of Netflix?!** Stacey Dooley investigates with a great programme on BBC iPlayer 'The nine to five' where a group of 16-18 years olds are thrown into a variety of jobs from working in a care home to working at Heathrow airport. They earn a wage depending on how well they have performed that day and have to budget to pay for rent and food - very entertaining and some funny characters!



**Careers@GreyCourt**

by Ms Corrigan, Head of Careers

## Post-16 options Focus on Interviews!

**Many Y11s are having interviews for colleges and sixth forms, just some top tips to help you prepare and succeed in the interview:**

- These will be taking place via online platforms or phone calls but the same rules still apply!
- Keeping checking your emails for the date and time to come through.
- The interview is a two-way exchange and is an opportunity for you to tell the sixth form/college about yourself and to find out more about the sixth form/college.
- Make sure you have a quiet space to have the call so you can focus and set up at least 5 minutes before.



- Research! Go on the college/sixth form website to find out about the place and read through the course information. They really want to see you are passionate about the course/s you are applying for.

### Questions you might be asked:

**Tell me about your interest in your chosen course/courses...** This is to highlight your passion and enthusiasm for the course/s you have chosen

#### **Do you have any career ideas?**

It's ok not to know! However if you do have any ideas the interviewer will check you are on the right track

#### **What are your achievements in/out of school?**

DfE, Sports clubs, STEM competitions, whatever it may be try to think of at least one thing to share

#### **What were your GCSE predicted grades?**

We appreciate this is tricky but use your Y11 mock reports to give them an idea of what levels you are working at

**What are your interests outside of school?** They are trying to get to know you so let them know what you enjoy doing in your spare time, even if you don't think it's relevant!

#### **Have you got any examples of work?**

This will probably more relevant for creative courses such as Art, Design and Media, they should inform you before so you are prepared

#### **Do you need any extra support to help you with your course?**

If you have any learning or health needs let them know, it helps them to support you

The interview is nearly finished when they ask...



So many people dread the question so here's a few things you might like to ask

- What would the timetable be like?

- How many students might be in my class?
- What have past students gone on to do after the course is finished? eg Uni, apprenticeships etc
- What does the course look like e.g. exams, coursework, online learning etc
- What support is there for students at your college/sixth form
- What's the dress code?
- What extracurricular activities do you have? E.g. sports teams, societies etc

**Good luck and remember if you want to talk about your options speak to Ms Corrighan who will help you with these important decisions:**

[bcorrighan@greycourt.org.uk](mailto:bcorrighan@greycourt.org.uk)

## NATIONAL APPRENTICESHIP WEEK

**3 - 9 FEBRUARY 2021**

**THIS IS TO PROMOTE APPRENTICESHIPS WITH ALL YEAR GROUPS, IT'S NEVER TOO EARLY TO FIND OUT ABOUT THE OPPORTUNITIES.**

**CHECK OUT THIS SHORT VIDEO WHICH GIVES YOU AN A-Z OF APPRENTICESHIPS: A-Z OF APPRENTICESHIPS SPOILER: Z IS ZOOKEEPER!**



**10 FEBRUARY THE NATIONAL APPRENTICESHIP SHOW BETWEEN 11AM-6PM**

## #Wellbeing

### January Wellbeing Calendar

Click [here](#) to download



**In crisis?  
Need support?**

**24**  
hours a day  
**7**  
days a week

**Text AFC to 85258**

**Text the free, anonymous crisis textline**

All texts are answered by trained volunteers,  
with support from experienced clinical specialists

### Anna Freud National Centre for Children and Families

Anna Freud has a new webpage designed to support [parents and carers in conflict or separating](#). Developed by the Specialist Trauma and Maltreatment Team at the Centre, these pages will provide a starting point for parents and carers experiencing conflict. The page provides some helpful information and top tips, as well as signposting to additional support and resources.

The page was developed in response to an increase in families seeking support, particularly as a result of the Covid-19 lockdown. The team are currently running Family Ties Online Therapy for Parents in Conflict, a funded therapeutic intervention designed for parents, together or separated, who are experiencing parental conflict. To find out more about this programme, please email: [FamilyTies@annafreud.org](mailto:FamilyTies@annafreud.org)

### MOVE MOOD

Following the success of Calm Harm, Clear Fear, and Combined Minds, stem4's latest mental health app, Move Mood, is available to [download](#) NOW!

## Parent Info

From NCA-CEOP and Parent Zone

We know that families are facing so many challenges at the moment with disruptions to school, work and family life. Parent Info has some lockdown specific articles that you can share with the families that you work with.

Ranging from top tips on how to cope with family life under lockdown to how to mark all those special occasions, some expert advice and reassurance can go a long way at a time like this.

### [Surviving family life under lockdown](#)

Suggestions from top experts to help families best adjust to the new situation. Click [here](#).

### [The hidden benefits of playing video games in lockdown](#)

Andy Robertson – editor of AskAboutGames – explains how many video games offer positive experiences, including connection, education and calm. Click [here](#).

### [How to celebrate special occasions during lockdown](#)

Thanks to technological solutions, families can explore creative ways to mark those special days in style. Click [here](#).

### [Screen time: should I be worried?](#)

This guide debunks those screen time myths and helps families strike a balance that works for them. Click [here](#).

*A little progress each  
day adds up to big  
results*

If you're feeling stressed, anxious or depressed, or just want to feel happier, the NHS can help. Click [here](#).

**NHS**

**Mental health & wellbeing resources**



# Sports Stag

## KS3 Footie Skills

Some videos of our KS3 students displaying some excellent skills as part of our Sports Education module.

Week one focussed on Football.

We will be looking at a different sport each week until half-term.

Ahmad A

Click [here](#)

Kooshan

Click [here](#)

Harry J

Click [here](#)

With a finish like this—he could probably help Sheffield avoid relegation!

Daghan

Click [video 1](#) and [video 2](#)



“The best decisions aren't made with your mind, but with your instinct. The more familiar with a situation you become, the quicker, the better your decision will be”

– Lionel Messi



Luca

Click [here](#)

Tanaka

Click [here](#)

**DO YOU KNOW  
WHAT MY  
FAVOURITE PART  
OF THE GAME IS?**

**THE  
OPPORTUNITY TO  
PLAY.**

## KS3-KS5 Fitness Blender

Free workout videos for every fitness level.  
Click [here](#) to join.

### Panathlon Challenge launches at home games

Please see the 'At Home' Games which have been developed, and are downloadable [here](#)

They include:

- **Indoor Target Games** with 15 games involving Boccia, Kurling, Ten Pin
- **Indoor Table Games** with 8 games involving Table Cricket, Polybat (side table tennis)
- **Garden Games** with 9 games involving Football, Basketball, Athletics and Tennis.

### Brentford FCCST latest Soccercise Video

Please click on the [link](#) and have a go!

We would love to see your creations so please post your videos by tagging @brentfordfcst, on our official twitter or Instagram page!

### Middlesex Cricket/ACO

Ever thought about becoming a cricket umpire to support your club?

**Free online:** stage one umpiring course for women and girls. This course is designed to give you an overview of the basic laws of the game as well as providing information on how to apply them, and to introduce the principles of field craft and match management. This course is an ideal introduction for new club umpires and the first step for those who aspire to umpire at higher levels. [education@middlesexaco.com](mailto:education@middlesexaco.com)

**Book now:** email Sharon Evers with your name and email address on [sharon.evers@middlesexccc.com](mailto:sharon.evers@middlesexccc.com)

### #Documentary #BoostYourImmuneSystem

Help boost your immune system this winter. Have a look at a good documentary on BBC iPlayer: The truth about... [Boosting your immune system](#)

### Brentford FCCST - Online Zoom Football & Gymnastic Sessions

**Brentford FCCST** are offering online zoom sessions running that are **FREE**.

Please see below the details for all online provision that is running. All you need to do is click on the links and register.

**Monday 25 January**

**Monday 1, 8 February**

Gymnastics (click [here](#))

5-6pm – Ages 8 -12 year olds

6-7pm – Ages 13 -16 year olds

**Tuesday 26 January**

**Tuesday 2, 9 February**

Football/Fitness – Open to all (click [here](#))

5-5.35pm – Ages 8 - 12 year olds

5.35-6.35pm - Ages 12 - 18 year olds

**Wednesday 27 January**

**Wednesday 3, 10 February**

Football/Fitness – Girls only

5-6pm – Ages 10 -16 year olds (click [here](#))

**Thursday 28 January**

**Thursday 4, 11 February**

Football/Fitness – Open to all

5-6pm – Ages 12 -18 year olds (click [here](#))

### Brentford FCCST Gymnastic Strength and Conditioning Video

Please click on the [link](#) and have a go!

We would love to see your creations so please post your videos by tagging @brentfordfcst, on our official twitter or Instagram page!



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CRACK COMEDY PRESENTS ...

*a virtual*  
**COMEDY**  
*Night*

on Friday 5th February 2021 at 8pm

Erich McElroy hosts with

*Hal Cruttenden - Jen Brister - Nathan Caton*

buy your £12 ticket from [www.pta-events.co.uk/greycourtschool/](http://www.pta-events.co.uk/greycourtschool/)

*your comedy night e-ticket will be entered into a raffle...*

*1st prize £100 Pepe's voucher*

adult content over 18's (parental consent)

one ticket per household

you will be sent a link to use on the night

grab yourself a Pepe's pizza

[www.pepekingston.com/menu/](http://www.pepekingston.com/menu/)

use GREYCOURT code & 15% of profits will be donated to the school

offer applies small pizzas only - directly placed orders - pick up only

any queries contact us [greycourtpta@gmail.com](mailto:greycourtpta@gmail.com)

Made with PosterMyWall.com

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**Richmond  
Rugby**

## **RICHMOND RUGBY COLLECTING TECH FOR LOCAL SCHOOL CHILDREN**

With schools closing and children having to be educated at home during lockdown, Richmond Rugby Club will once again offer a second-hand tech drop-off point at the club every Saturday.

The club will have a drive-through drop-off point at the entrance of the Richmond Athletic Ground every Saturday from 11am to 1pm for anyone who wishes to donate laptops or tablets to support families and their children who do not have the necessary technology at home to continue their schooling.

The laptops/tablets will then be professionally wiped clean and reloaded with updated software before being donated to local schools for distribution to children throughout the community.

**When:** Every Saturday from 11am to 1pm.

**Where:** The main entrance to the Richmond Athletic Ground, Twickenham Road, TW9 2SF. The club will be operating a drive-through service only so please remain in your car when dropping-off tech.

**What:** Working laptops or tablets, with the relevant power cables. As mentioned these will be professionally wiped clean and updated with new software before being donated. The club does not require old mobile phones, kindles, desktop PCs etc.

For further information please contact Richmond Rugby's Head of Community Dom Palacio by emailing [\*\*communitydept@richmondrc.co.uk\*\*](mailto:communitydept@richmondrc.co.uk)

For media interviews please contact:

**Tom Soulsby**

**Email:** [\*\*toms@richmondrc.co.uk\*\*](mailto:toms@richmondrc.co.uk)

**Mobile:** 07444 245 227



# KNIGHTS WILL BE ZOOMING WITH YOU THROUGH LOCKDOWN 2021

**SECONDARY SCHOOL  
AGE GROUPS (YR7+)**

**SESSIONS:**

**WEDNESDAYS: 5PM - 5:45PM (13<sup>TH</sup> JAN - 10<sup>TH</sup> FEB)**

**SATURDAYS: 10AM - 10:45AM (16<sup>TH</sup> JAN - 13<sup>TH</sup> FEB)**

**ONLY £6 PER SESSION**

**PRIZES FOR SESSION  
COMPETITION WINNERS!**



\* KNIGHTS TEAM PLAYERS AND SCHOOL/OPEN SESSION MEMBERS CAN ACCESS FREE OF CHARGE.

\* REGISTRATION REQUIRED VIA OUR BOOKING SYSTEM.



designed by **GRAPHIC KNIGHT**  
www.graphicknight.co.uk

**T. 0208 797 0477 | [KNIGHTSBASKETBALL.CO.UK](http://KNIGHTSBASKETBALL.CO.UK) | [OFFICE@KNIGHTSBASKETBALL.CO.UK](mailto:OFFICE@KNIGHTSBASKETBALL.CO.UK)**

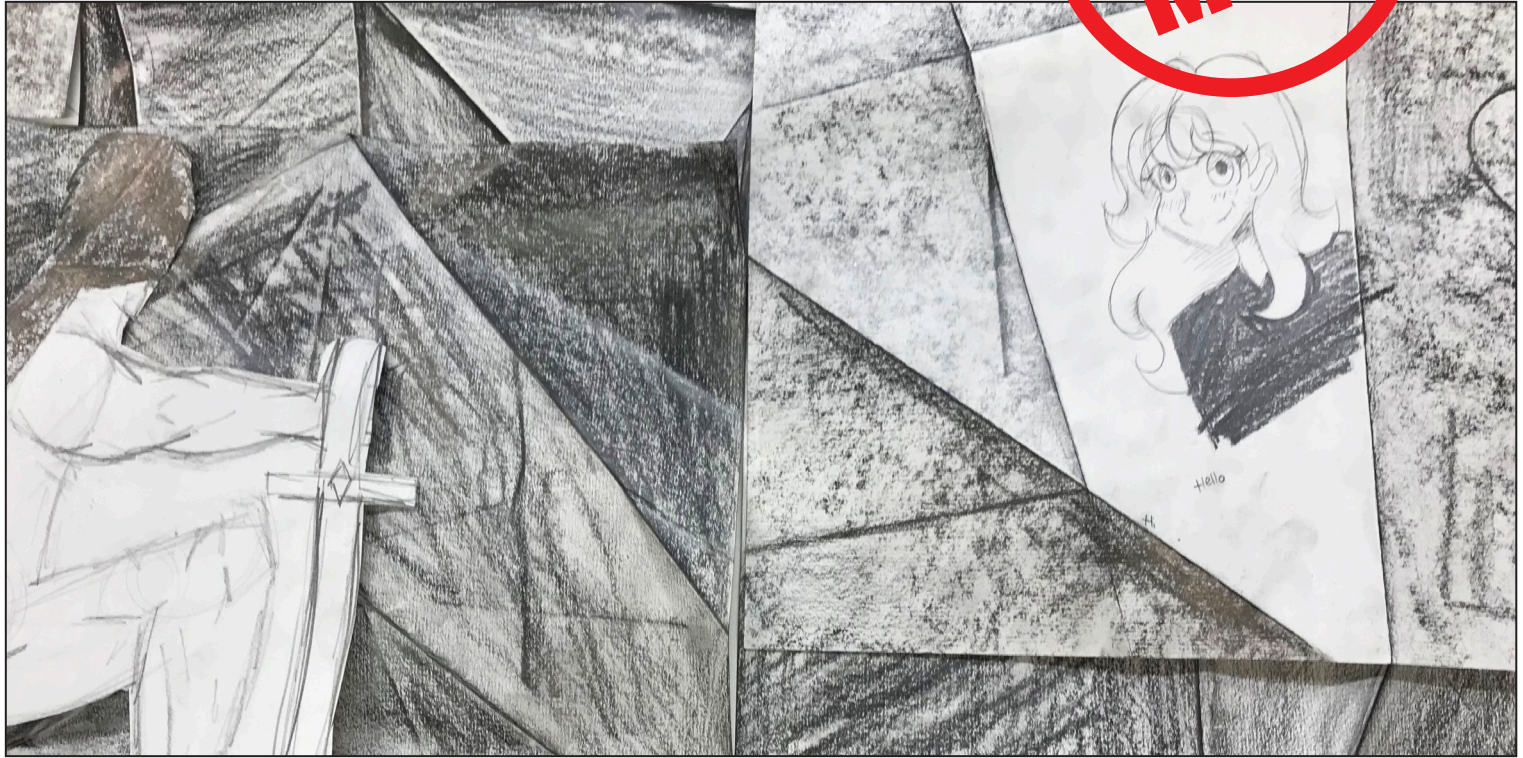
**f KNIGHTSBASKETBALL    [KNIGHTSBALLO9](#)    [KNIGHTSBALLO9](#)**



# DRAWING MATTERS

## Online Workshops Spring term 2021

**Even  
More**



'Drawing Matters' is run by experienced practicing artists, Stuart Simler and Tahira Mandarino, who bring with them a broad range of skills from Fine Art and Ceramic backgrounds at BA, MFA (Hons). This course is for all pupils who have an interest in Art and especially drawing, which is an important part of young peoples creative development. Drawing is not only a skill but an expression that connects us to our environment, develops a sense of wellbeing and helps us to reduce anxiety. We encourage freedom of expression alongside learning new techniques and skills.

We will be using the zoom platform and will send out information about each workshop before hand to allow for each student to prepare.

**DATE & TIMES:** **Thursday** 14th January - 11th February 2021 3.40pm - 4.40pm blk 1  
25th February - 25th March 2021 3.40pm - 4.40pm blk 2

**YEAR GROUPS:** Yrs 7- 9 / Students passionate about art (GreyCourt)

**COST:** £40.00 - 5 classes per block

### How to apply:

If you would like to book a place for your daughter or son please email Tahira confirming payment:

**tahiramandarino@icloud.com**

Grey Court School is keen to ensure this opportunity is open to all students. Should you wish for your son / daughter to take part but may need financial assistance, please contact Ms Price by email:

**vprice@greycourt.org.uk**

Payment terms BACS: Company name: Raw Ground Arts Limited

Sort: 40-26-12 Account: 32189860

Cheques made payable to: Raw Ground Arts Limited and sent to:  
1 North Lane Teddington TW11 0HJ

We look forward to welcoming you onto the workshops.

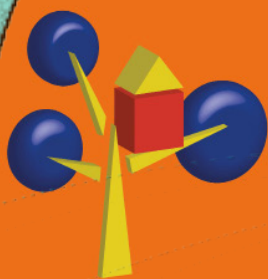
Tahira and Stuart



**RGa**

www.rawgroundarts.com  
LONDON





# ARTS CLUBHOUSE

where ideas come together



# ILLUSTRATION

**ZOOM**

**This extremely popular club is pleased to return this term via ZOOM for YR8s and upwards.**

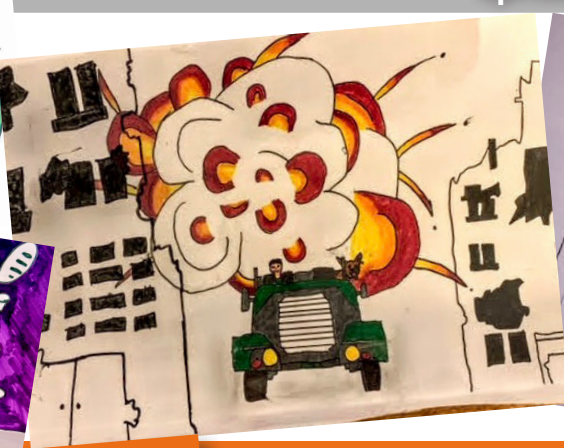
This illustration course, develops fundamental art skills through real world applications and is suitable for all YR8+ students with an interest in the world of art & design.

The course nurtures individual artistic development and interests through a variety of media and techniques, then applying these skills to real life briefs to create final artworks. This course is delivered by local artist and Arts Clubhouse founder, Jane Hudspith (MA – Illustration)

Illustration has many strands and students are invited to follow the avenue of their own choosing including; Editorial | Political | Picturebook | Natural and botanical | Fashion | Graphic Novels | Technical and more...

**Wednesday 4pm – 5pm**  
**10 weeks**  
**£70 per pupil per term**

Grey Court School is keen to ensure this opportunity is open to all students. Should you wish for your son / daughter to take part but may need financial assistance, please contact Ms Price by email: [vprice@greycourt.org.uk](mailto:vprice@greycourt.org.uk)



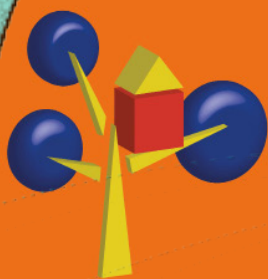
**Booking  
Contacts**

**07931 774 132 | [jane@artsclubhouse.com](mailto:jane@artsclubhouse.com)**  
**cc. [cbowie@greycourt.org.uk](mailto:cbowie@greycourt.org.uk)**

[www.artsclubhouse.com](http://www.artsclubhouse.com)







# ARTS CLUBHOUSE

where ideas come together



# ILLUSTRATION

YR 7

**This extremely popular club is pleased to offer a Year 7 only group on Zoom for Spring term.**

This illustration course, develops fundamental art skills through real world applications and is suitable for year 7 students with an interest in the world of art & design.

The course nurtures individual artistic development and interests through a variety of media and techniques, then applying these skills to real life briefs to create final artworks. This course is delivered by local artist and Arts Clubhouse founder, Jane Hudspith (MA – Illustration)

Illustration has many strands and students are invited to follow the avenue of their own choosing including; **Editorial | Political | Picturebook | Natural and botanical | Fashion | Graphic Novels | Technical and more...**

**Thursday 4-5pm  
on Zoom  
10 weeks  
£70 per pupil per term**

Grey Court School is keen to ensure this opportunity is open to all students. Should you wish for your son / daughter to take part but may need financial assistance, please contact Ms Price by email: [vprice@greycourt.org.uk](mailto:vprice@greycourt.org.uk)



**Booking  
Contacts**

**07931 774 132 | [jane@artsclubhouse.com](mailto:jane@artsclubhouse.com)  
cc. [cbowie@greycourt.org.uk](mailto:cbowie@greycourt.org.uk)**

[www.artsclubhouse.com](http://www.artsclubhouse.com)





# ***SOUTHSIDE YOUTH LOCKDOWN OFFER***

***PROVIDING POSITIVE ACTIVITIES AND SUPPORT  
DURING LOCKDOWN AND BEYOND***



For more details contact:  
Matthew Angell, Cluster Lead Youth Worker  
E: [matthew.angell@achievingforchildren.org.uk](mailto:matthew.angell@achievingforchildren.org.uk)  
T: 07500 915085  
Instagram: @afc\_southsideyouth



**achieving  
for children**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>9.00AM TO 5.00PM</b>				
Support offered via Instagram, WhatsApp and phone calls. Staff can help you explore options when facing difficult decisions, as well as advice and sign-posting to services that you may need.				
<b>SOUTHSIDE CATCH UP</b>				
A chance to have a quick catch up with your youth workers to see how you're doing, what we can help with, or even just to listen to you. This can be via phone call, Zoom, Google Meets, Instagram, at a time that suits you. <b>Regular slots available      Get in contact for more information</b>				
<b>KINGSNYMPTON ONE-TO-ONE SESSIONS</b>	<b>INSTANT ADVICE</b>	<b>ONLINE YOUTH CLUB</b>	<b>INSTANT ADVICE</b>	<b>BRITEBOX DELIVERIES</b>
<b>12.00 to 8.00pm</b> In person sessions for 30 to 90 minutes at <b>Kingsnympton Youth Centre, KT2 7RR</b> for socially distanced support and advice or a safe space with a youth worker <b>COVID-19 rules apply</b> <b>By referral only</b>	<b>4.00 to 5.30pm</b> <b>@afc_southsideyouth</b> Staff will be available during this time for an <b>instant</b> response	<b>6.30 to 8.00pm</b> Join us for a weekly online youth club session via Zoom Take part in quizzes, discussions, games or just have a catch up <b>Please get in touch for details</b>	<b>4.00 to 5.30pm</b> <b>@afc_southsideyouth</b> Staff will be available during this time for an <b>instant</b> response	Brite Box food parcel delivered to your door An opportunity to learn to cook healthy meal options; the organisation encourages this as a family activity <b>By appointment only</b>
	<b>GAMING SESSION</b>		<b>GAMING SESSION</b>	
	<b>6.30 to 8.00pm</b> Gaming sessions using mobile and cross-platform games <b>Please get in touch for details</b>		<b>6.30 to 8.00pm</b> Gaming sessions using mobile and cross-platform games <b>Please get in touch for details</b>	



# **WHITTON YOUTH ZONE LOCKDOWN OFFER**

*FOR YOUNG PEOPLE 11 TO 19 YEARS OLD*



For more details contact:

Mandy Smith, Cluster Lead Youth Worker

E: [mandy.smith@achievingforchildren.org.uk](mailto:mandy.smith@achievingforchildren.org.uk)

T: 07881 250490

Instagram: [@afc\\_whittonyouthzone](https://www.instagram.com/afc_whittonyouthzone)



**achieving  
for children**

# MONDAY TO FRIDAY 2021

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>9.00am to 5.00pm</b> Support via Instagram, WhatsApp and phone calls	<b>9.00am to 5.00pm</b> Support via Instagram, WhatsApp and phone calls	<b>9.00am to 5.00pm</b> Support via Instagram, WhatsApp and phone calls	<b>9.00am to 5.00pm</b> Support via Instagram, WhatsApp and phone calls	<b>9.00am to 5.00pm</b> Support via Instagram, WhatsApp and phone calls
<b>ZOOM SESSION</b>			<b>GIRLS GROUP ZOOM SESSION</b>	
<b>4.00 to 5.30pm</b> Cooking, music, exercise, discussion, quizzes, etc			<b>4.00 to 5.30pm</b> Cooking, music, exercise, discussion, quizzes, etc	
	<b>ONE-TO-ONE SESSION</b>	<b>ONE-TO-ONE SESSION</b>		
	<b>4.30 to 5.30pm</b> Please book in advance	<b>4.30 to 5.30pm</b> Please book in advance		