eBulletin

Contents

3 #KeepInTouch

5 KS3+KS4 News

6 Holocaust Memorial Day
Ms Hawkins

11 Millionaires Tea Party with Mr Johnson

22 Attendance

23 Extracurricular Clubs

28 VPA News with Ms Cowper

40 This week in Science…

45 Wellbeing and PDW

66 Careers

68 Sixth Form News

69 Reach for the A*
Mr Clements

80 Sports News

96 What's happening…

etin

Grey Court School | 7 February 2025

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

Cover photo: Year 10 biologists shining a light on photosynthesis

24-25 Term Dates

School Events

Sports TT

Sport SOCS

Extracurricular TT

Education Fund

ScoPay

Weekly Menus

Grey Court JustGiving QR Code

#KeepInTouch

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Thursdays 3:15-4pm

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17:30 PM - 19:15 PM

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11 MARCH 2025

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NEWS

KS3+KS4

"Acts of Kindness": Holocaust Memorial Day - 27 January

Extended assembly for Year 9

Last week, we were extremely fortunate to have Peter Kammerling, an excellent speaker from the organisation "Generation 2 Generation" take an extended assembly for Year 9. He visited Grey Court to share the story of his mother and his father, both of whom survived the Holocaust by escaping on the Kindertransport to Britain.

Peter Kammerling spoke about his parents and how they met at a club for Young Austrians in Britain. Both of them sadly lost family members who were not able to escape the Holocaust back in Austria. An incredibly moving story was about Peter's aunt, who was not young enough to be allowed on the Kindertransport, but not yet a legal adult, so she could not apply for a visa to leave the country. She was stuck in Austria and murdered as part of the Holocaust. Peter gave some really inspirational words from his father at the end of the talk, whereby his father implored the young people of today to fight against all prejudice and discrimination in our world.

The Year 9s asked some poignant questions at the end, with some even staying behind and lining up to ask Peter questions directly. The feedback they gave us after the talk showed the impact it had on them and their appreciation for all the positive things in their lives.

We would like to thank Peter for giving up his time to share such important testimonies and we will look forward to inviting speakers from "Generation 2 Generation" again next year.

Unemployed men queue in Berlin during the Great Depression
c. Dorothea Lang - migrants in California
Tyldesley miners outside the Miners Hall during the 1926 General Strike

Fire Action

Assemblies

Assemblies for Year 10, 11, 8 and 7

Mr von Sun led the assemblies for the rest of the week, focusing on our school theme for this year: "For a Better Future". The assemblies focused on the things we can do each day, week or year to combat discrimination. We encouraged students to think about their own actions, to think about the impact of name-calling and how this can escalate into more extreme actions towards others over time.

Miss R Hawkins
Head of History & Humanities

Activity Day

14 February

Year	Activity
Year 7	A Band: Environment Day B Band: Zoo
Year 8	A Band: St Paul's B Band: Leeds Castle
Year 9	Careers and Options Day
Year 10	Option Subject Activities
Year 12	Unifrog/IDEA and team building
Year 13	Revision and Wellbeing

A Big Shout Out to Those Who Love Reading!!

The library hosted the millionaires tea party this week, Accelerated Reader Millionaires!! (not to be confused with our entrepreneurial sixth former business students). Those conscientious students who have been reading and quizzing building up a great catalogue of books and accumulating a million words in the process, this is a difficult achievement, the year 7s and 8s were rewarded with a simple but delightful tea party with games and a surprising amount of bookish conversation. A big thank you to Mr Johnson for organising this wonderful event.

LYING
THE BETWEEN
THIS LIE WILL KILL YOU
COURT OF THORNS AND ROSES
Queen of Air and Darkness
CASSANDRA CLARE
BAD DAD

Taylor
WARRIORS

Year 7

This week's assembly was on safer Internet week but also coincided with children's mental health week. Tutors went through a PowerPoint presentation which required the students to think about their mental health and also to see what support was available both locally and nationally. The two topics are so explicitly linked in today's society and it is so important that students are aware of the dangers involved with so many of the social media profiles and platforms that are available. A recent search on TikTok alarmed the pastoral team when we saw the content that was suggested just by typing in a standard term. I would implore all parents of students that have a profile on TikTok to sit and explore the suggestions that are offered to your child whilst they are on the platform, so that you can make an informed choice of whether or not it is appropriate that they are using Social media platforms such as this.

Cedar ran a fantastic challenge last week which was computer based on solving puzzles in an amount of time, and this week was run by Elm and Miss Casey. Well done to all those that represented their form group and to the winners who have won achievement points towards the house cup.

Well done to those students who competed in the STEM challenge, who won the competition but it couldn't be official because they were too young! Still an outstanding achievement!

We have one final week of school to go and this culminates in a fun final day activity day. 'A' band will be on site at school completing the environmental day whilst it is 'B' bands turn to head off to Whipsnade zoo and we hope we get some nice, mild weather and get to enjoy seeing so many of the animals.
Half term is an opportunity to replace any lost items of uniform or PE kit or equipment and get any missed work up-to-date so we can start fresh after half term. We are halfway through year seven already, and hasn't that time flown by!? Well done on another good half term,

Mr Ridley

Y7

Year 8

A reminder that next Friday is Activity Day! Year 8 B Band will be visiting Leeds Castle, and A Band will head to St Paul's. Please check the Activity Day letter for further details on what the day will entail.

This week's assembly marked Safer Internet Day. Mr Geoghan discussed the importance of knowing who students are speaking to online, questioning whether they have met them in person, and staying cautious about digital interactions.

Continuing on from the session last week, in PDW, we explored the misuse of AI to create deepfakes, the spread of false information, and strategies to identify deepfakes.

A huge well done to 8 Elm for their efforts in their enterprise challenge! Given just £1 each as start-up capital, they've turned it into an impressive profit through teamwork and creativity. Lord Sugar would be very impressed - no boardroom firings needed here!

Here we have Ayanfe, Phoenix, and Kian showing us how it's done.

Ms Saccheri

Y8

SUPERDRY
NEW YORK, NYC
NIKE

Elizabeth Samuels
Drama School

LAMDA CLASSES

AT GREY COURT SCHOOL EVERY SATURDAY MORNING 9.30AM - 11AM.

- Improve speech, performance and confidence skills
- Boosts reading, vocabulary and social skills
- Progress towards an end of year exam!

"My daughters have gained tremendous confidence thanks to the LAMDA lessons organised by Elizabeth Samuels Drama School. Working towards an exam has taught them that preparation is key and given them the responsibility to own their achievements. Couldn't be happier with this valuable course. Thank you again!"
Celine (parent)

Visit www.elizabethsamuelsdrama.com/grey-court-richmond or contact info@elizabethsamuelsdrama.com to book a trial class!

Year 9

Another great week for year 9, with loads of achievement points being won. Well done to our top scorers of the year so far - Okan with 151, Aidan E with 175, and Spencer in the lead with a whopping 255 points! Another student that has made us proud is our very own Mercedes Gunningham in 9 Elm, who chopped off her hair recently to raise money for Little Princess Trust! This is a charity that provides real hair wigs for children and young people that have lost their hair due to cancer treatment and other conditions. Well done Mercedes!

Year 9 had an assembly from Mr Geoghegan, our Head of IT, on internet safety. They also continued with their important PDW sessions this week - their behaviour was excellent and showed maturity.

Next week is the final week of the half term with an exciting activity day for Year 9 on careers and finances. Well done Year 9, keep standards high before the break!

Ms Sutcliffe

Y9

Year 10

As we approach the end of term I just wanted to say a really big well done to all Year 10s! There have been some bumps along the way but so far, so good. We are really impressed with the dedication of students towards their in-class assessments and coursework in their BTEC subjects - excellent effort.

We hope you have a fantastic break and come back refreshed ready for another term!

Ms Woods

Y10

Year 11

Well done, Year 11, on another great half term! The cohort has worked really hard this term, producing amazing work across all subjects!

As we approach the break, I must highlight the slight drop in attendance within the year group. I urge students to come to school, to persevere through the day, and to learn and succeed. Every lesson is important, especially as we only have a few months before the GCSE exams.

To keep the momentum going and encourage students to spend time revising, we have set a revision challenge for the February half term. Students will be tasked with completing 15 hours of revision. They will receive a table to fill out, detailing exactly what they have covered each hour. We ask that you sign this to verify that they have indeed finished the challenge! The tutor group with the most completions will win a pizza party! If you have any questions about this, please do not hesitate to get in touch.

A shout-out to the following students for winning the Tutor Award:

Ash - Betty
Beech - Nirvani
Cedar - Zinnia
Elm - Arber
Maple - Yassin
Oak - Aaima
Rowan - Kaela
Willow - Ana

Mr Khan

Y11

Attendance matters

27 January to 31 January

"Sometimes the bravest and most important thing you can do is just show up"
– Brene Brown

Year Group	Attendance %
Year 7	**95.3%**
Year 8	**95.2%**
Year 9	**94.5%**
Year 10	**94.3%**
Year 11	**92.2%**

Tutor Group	Attendance %
7 Oak	**99.4%**
8 Oak	**97.2%**
9 Willow	**100%**
10 Cedar	**99%**
11 Beech	**95.2%**

Clubs

Extracurricular

timetable

Open2 Music

Timetables

Monday

Tuesday

Wednesday

Thursday

Join the Anime Club – Dive into the World of Animation!

Unleash Your Creativity!

Start Date: **Monday,10th March**

Duration: 6 weeks

Maximum Number of Students: 12
Fee: £8 per student (includes materials)
Venue: NH3 in Newman House
Time: 12:25 PM - 1:00 PM
Please register interest with pnair@greycourt.org.uk
For payment : contact teamworkuniverses@gmail.com
Please contact vprice@greycourt.org.uk If you need support with the fees.

Details of the Course:

Our six-week Anime Club engages students in exploring the fascinating world of Japanese animation through hands-on activities. Led by Jimmy, an art teacher with experience in iconic Japanese animations like Pokémon and Ghost in the Shell, participants will enhance their skills. Each week covers different themes, including the history of Japanese animation and character drawing techniques. Ki Wong, an experienced art educator , will support the planning by promoting creativity and positivity in the content.

RICHMOND music TRUST

BANDIT

There are three spaces up for grabs on Easter BandIt for Keyboard (can be piano students):

1. Y7 (approx. grade 1-3)
2. Y7/Y8 (approx. grade 2-4)
3. Y10/Y11 (approx. grade 5+)

It doesn't matter if they've never done anything like this before!

Click **here** for all the details on BandIt
Click **here** for BandIt Spotify

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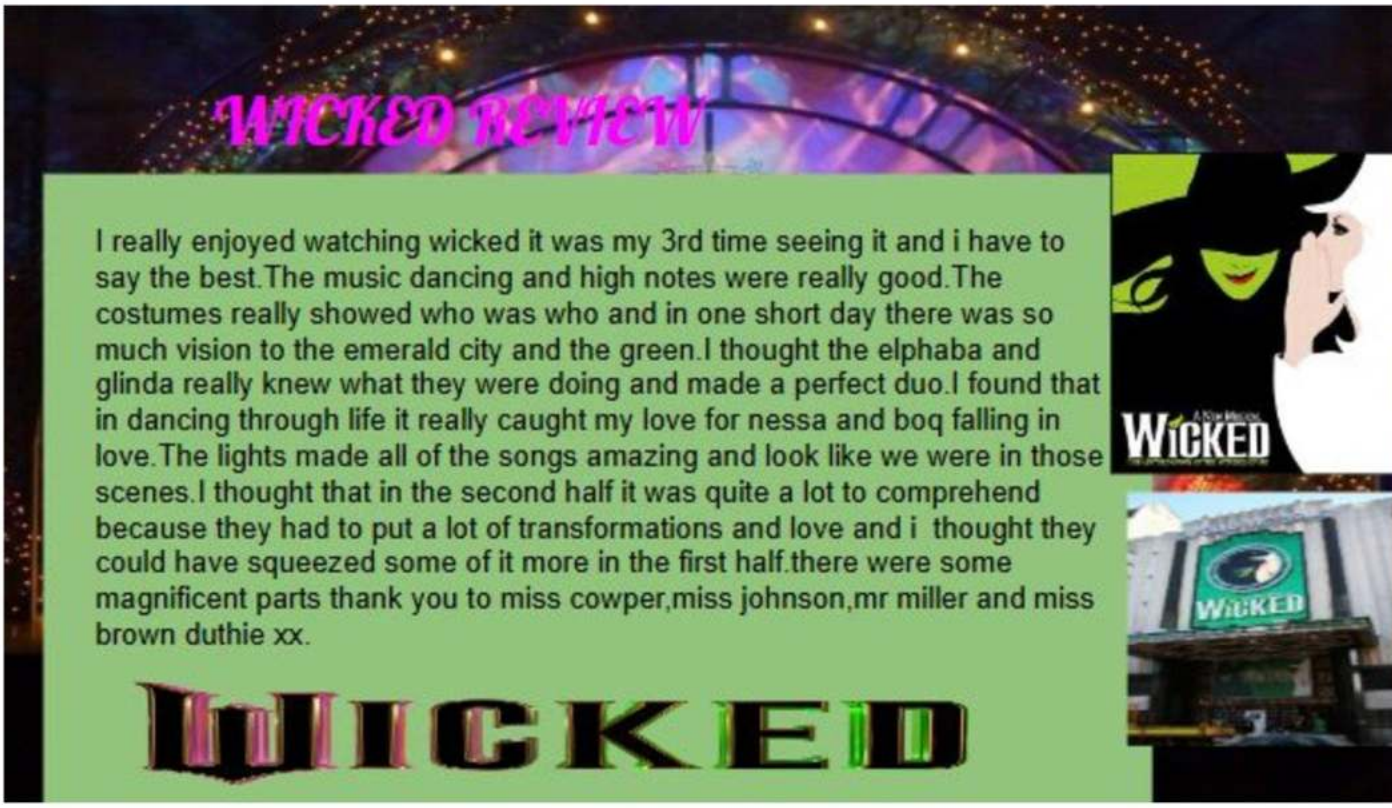
VPA News

VPA Scholarship trip - Wicked the Musical

Many of the students have seen the film of *Wicked the Musical*, so I was intrigued to see what they thought of the stage show. Read on to find out what they thought!

Miss Cowper



VPA SCHOLARSHIP

Wicked review

Wicked was an astonishing experience. The actors gave it their all in everything they did and made us feel immersed in the story.

The actor who played Gilnda had an incredible singing voice and could hit the full range of notes.

I think that the dragon overhead of the stage was a really creative touch. It was like a three dimensional aspect of the stage that came alive at certain points. It felt as if it was coming into the audience which was a fantastic special effect.

The lighting, particularly in the Emerald City was spectacular.

I enjoyed every song and the choreography was brilliantly conceived. It must have taken a great deal of planning to make it work so well.

My only question is about the ending which I found a little confusing, but all in all it was a spectacular performance created and delivered by a supremely talented company.

Fulton

WICKED *Review*

After watching the show 'Wicked' I have a lot to say! Firstly, the whole show was BRILLIANT, especially the defying gravity scene.

The lighting, sound, music, band and orchestra were excellent! So were the props, like the animatronic used by the wizard.

The choreography during the whole show was fantastic and I think every actor did a very good job.

Summary

Elphaba, is misunderstood because of her green skin and nobody wants to share a room with her but Galinda ends up as her roomate (against her wishes) but they become friends. Whilst taking a magic course, lead by the headmistress of Shizz Academy, Elphaba meets the wizard of oz. He doesn't seem to be as nice as he sounds. She turns on him, getting angry and becomes an outcast after the wizard sends his guards to kill her.

The show has been running for around 20 years and still was brilliant this time.The actors all had amazing voices and when singing together they made an incredible sound. 'Popular' was sung beautifully but my favorite number for sure was Defying Gravity!

★★★★★ 'Stunning!'

VPA SCHOLARSHIP

The wicked show of WICKED

Wicked is honestly one of the best musicals I've ever seen! It's got everything:
cool magic, awesome songs, and characters you'll either love or hate, but in a good way. The story is about Elphaba, the Wicked Witch of the West, but it's not like the movie version where she's just evil. You get to see her side of things, and it's actually kind of sad how misunderstood she is.

The music is amazing! "Defying Gravity" is my favorite song because it's so powerful and makes you feel like you can do anything, even fly! Glinda, the Good Witch, is super funny and bubbly, and her songs are really catchy too, like "Popular" — it's all about her being the "cool" witch in school.

The stage effects were incredible, especially when Elphaba flies at the end of the show. The only thing that I would like to see next time is to hear the actor of elphaba belt her notes at the end of defying gravity

The whole thing is just really cool because it's funny, emotional, and makes you think about how everyone has their own story. You can tell the actors are having a lot of fun, and the costumes are beautiful! I think anyone who loves musicals, magic, or just a good story should see Wicked. It's one of those shows you won't forget!

wicked!

The musical

Jake vale

Summary of the plot:

In the story, a witch called glinda told everyone a story of the wicked witch of the west, elphaba, they meet at shizz university where they dislike each other, until they are put in the same room and then they become friends and go to emerald city to meet the wizard of oz.

Description of the elements:

The lighting was good, they had a couple of people that were moving the main light to illuminate the cast.
The pitch of the music was a medium-high they.
Their costumes were fancy and a bit old fashioned.
The set was changing a lot but other than that it was mainly a castle.

The bit i liked!:

I think the best part was when elphaba and glinda sang defying gravity

VPA SCHOLARSHIP

Wicked: A musical like none other!

By Julia

Wicked was a wonderful experience! I loved everything about it: the stage, the costumes, the music and most importantly the acting!

First of all, the stage was beautiful and put the musical to life! If the stage wasn't so well done the whole production wouldn't be as fun! Personally, I loved the ropes that the monkeys swung on near the beginning and the end: they gave the monkeys (which were apart of moments which weren't necessarily the best) a fun feeling to them! However, everything else about the stage was just as amazing!

The costumes! They were done with so much care and passion it felt like the actors playing the characters were the characters! The eccentric dresses, the wigs, the thought out costumes made such an impact on the musical it wouldn't have been the same without them. However, Glinda's dress seemed to lack the energy and colour that I had imagined - it was still amazing!

One of the things that impressed me about the musical was the amazing music that was produced not necessarily just for the musical but overall! The way that the musical scenes were performed put the music to a whole other level. In my opinion, the song 'what is this feeling' was my favourite as it had a sort of energy to it and the fact that it involved a sort of speaking but singing style in it just made it more interesting for me! Overall all the of the songs were amazing!

Lastly, the acting was a great and important aspect of the musical as without it the musical would just be people talking lines! Acting is always such an important part of musicals and it just brought the whole musical together! Overall, the musical was an amazing experience and I hope to be able to see it again!

Wicked the musical

Why you should come

This iconic musical took place in the apollo theatre
What was great about this musical is that the lighting really illuminated the theatre in more ways than one that most other musicals as well as the actors choreography and other scenes that made the stage look like it was engulfed in a amazing canopy of music lights also the props stuck out to me because in most others it is often over simplified to just match the criteria i also concluded that the rented telescopes really made it like a 3d movie

Star rating
*****

I loved this musical and hope they improve it to be even more perfect

VPA SCHOLARSHIP

Wicked review:
Wicked was stunning, from lights to costumes. Truly worth your money. I think the best part of the play was during the defying gravity were they use very clever techniques to make it appear they Elphaba was flying or "defying gravity".

Overall it was an amazing experience and ever though I've been there twice now I still would go back.

By-Leyla Lioutyi

Wicked review by Mavi

I truly enjoyed Wicked the musical because it tells an amazing story of friendship, fate and betrayal. It is an amazing show for anyone over the age of 6-7 and could be relatable for some people in some cases if you really looked into it. The actors were selected very well and it told a great story.

My favorite character was Glinda, who was played by Kristin Chenoweth (I think), and I absolutely love the songs since they are fun to listen to and they match the characters perfectly. The way that their outfitsts were made was absolutely GLAMOROUS in so many ways. Every time I watch wicked it gets progressively BETTER!!! Wicked is 100 percent my favorite musical and I normal want to watch it again!

If I had to rate it out of 5 I would give it 5 stars for sure!

VPA SCHOLARSHIP

Wicked the musical

It was about a girl called Elphaba who was born green and ever since her childhood, people made fun of her and hated her. Elphaba had a sister called Nessa who was disabled and was carried around on a wheelchair. Nessa and Elphaba went to Shiz (the school) thinking that Elphaba will look after Nessa but the headteacher-Madame Morrible requested a space for Elphaba. When she asked for any volunteers to be her roommate, Glinda raised her hand however she didn't want to be Elphie's roommate but to ask Madame Morrible a question. Glinda is the most popular girl in the school however Elphaba is quite the opposite and whenever she goes near someone, they scream and run of. Throughout the show, Elphie dreams of meeting the wizard and figures out about the powers that she has. Soon enough, she gets an invitation from the wizard and goes to Oz with Glinda to accompany her. The wizard greets them and lets Elphaba cast a spell, though little did she know that she would transform a monkey into a monkey with wings. Elphaba realized that the wizard was the one in control of all the animals not being able to talk and he was using her because he couldn't read the spells in the book. Elphaba was furious and tried to run away. She locked her and Glinda in a tower and casted another spell to make her fly and suddenly a broom came flying to her and soon enough, the guards caught up with them but Elphaba already flew away. Years passed and everyone thought that Elphie was dead however she returned to Glinda and requested her on leaving Oz with her but she refused and Elphaba pretended to surrender and Dorothy splashed water on her and pretended to die, then when everyone left, she and Fiyero left Oz together

MY RATING

WICKED THE MUSICAL

Review by Molly Frost 4.5 stars

Last week we had the amazing opportunity to go and see Wicked the Musical at the Apollo theatre in Victoria, London. We had fantastic seats close to the action and although this was my third time of seeing the musical it did not disappoint. I wondered after the hype of the film if it would be any different seeing the live version now I had seen the film three times too but I still think that the theatre version is better than the film version. I love the live experience and being there in the story and with the characters personally plus you can see the whole story in one go rather than waiting for the second part of the film to come out. The film goes into more detail so you understand different things but it is not the same as getting to know the characters on stage. Our experience was also enhanced by the meet and greet and Q&A with the cast afterwards where we got to know a lot about the cast and the show. I still want to know how they make Elphaba fly!

VPA SCHOLARSHIP

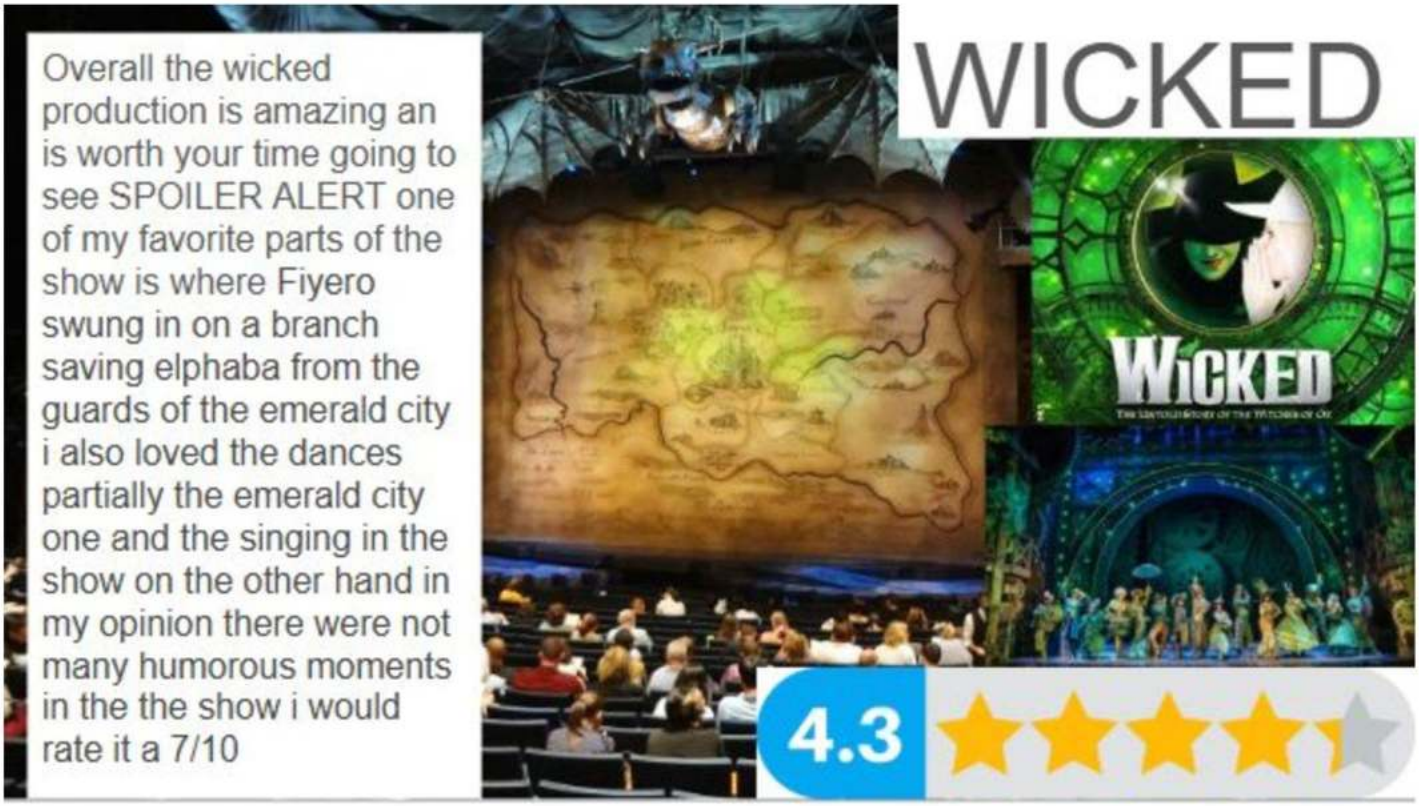
I really enjoyed the performance of Wicked on Wednesday. The costumes and make-up were particularly amazing, as well as all of the different hairstyles. I thought the costume designers and make-up artists were really talented. I found Madame Morrible costumes' particularly interesting with all the different feathers and long dresses.

Most of the sets were so colorful and detailed. The set when Elphaba's sister was killed by Dorothy's house was eye-catching as the ruby slipper and yellow brick road were recreated just like the in the movie (The Wizard of Oz).

The actors were so talented performing such a long musical and with the difficult songs, they were all so convincing as their characters. The song Defying Gravity sung by Elphaba was particularly impressive with such high and long notes.

I would give it a four out of five stars because in some of the songs the set was quite boring with just the people in front singing which I found disengaging, but the show was still fantastic overall. I would not see it again because I had already been once, before but I would recommended as a one-of.

By Rosa Clark



VPA SCHOLARSHIP

Review of Wicked the Musical:

This was an epic musical. First of all, the characters and acting were so immersed in their acting it was as if they were the characters themselves and this was actually happening for real! The actors' voices were immaculate and they managed to convey the message of the story through their acting and song. I also wished I could've met the actors of Glinda and Elphaba in person and that would've been amazing and what I can see from now, they will only get better at what they are doing so well now. The dancers looked so professional and I didn't know how they could've memorised the multiple dances and perform it with such ease and grace or get tired at all. The lights were absolutely fantastic and as u can see in picture 1, the lights help portray Elphaba as a glorious character in that moment singing Defying gravity. The lights also showed what time of day it was, the weather like when is was sunny and where the characters were like for picture 2, Elphaba is next to the monkey cage and creates a sense of horror and unease. Talking about the costumes, they were perfect and matched the characters so well and I felt at the start I knew who was who and I was shocked to how similar the costumes looked to the actual film costumes so for a second I was like did they borrow the costumes from the film? The props and stage were also very grand with a big dragon perched on top of the stage and the stage was so big and there was a map of Oz hanging from the ceiling (picture 3). I wish I could say something to improve upon but I couldn't find any like the projection of the actors' voices blew me away.

5 stars ★★★★★

1)

2)

3)

By Sophie

!!Wicked!!

I loved this wicked production because it was very emotional and the whole set was so beautiful all the time like in the scene where Elphaba was flying on the broom stick it was so stunning because the colourful lights all reflected all over her and it was magical

ılso the characters where so ımazing it was hard to believe that it vas a play they where all like if omeone pulled them out the book ınd it all happened on stage I ouldn't pik any negative comments ecause it all stunned me!

I would without a doubt give this a five stars and I do recommend to each it.Its a performance I will never forget!!!

VPA SCHOLARSHIP

Teddy's Review of Wicked

I thought that this play: Wicked was brilliant! It was amazing because they had people that were extremely good at dancing and singing. Glinda's voice sounded like it was coming from everywhere around the room and elfie's voice was the loudest voice ever. I thought that Elfie and Glinda had fantastic voices because they could sing as high and as low as they wanted.
The set was also amazing because there was a massive machine that they said the wizard of oz made and it even glows up with vibrant rainbow colours. Luckily, we got to have a session at the end of the play where we got to ask whatever questions we wanted and I had millions to ask. My favourite character was Elfie's boyfriend at the end because he was so cool and had an extraordinary singing voice that made him able to sing so loud! Overall I think that this show is completely worth going to. Finally, i still recommend it and it was the second time i've seen it!

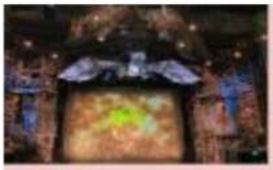
I would recommend the musical Wicked. This is because each actor expressed the character's personality well and could keep in character for the whole show. All of the dances were well choreographed and the dancers stayed in sync with each other for each song which made the visual effect powerful. Also, the costumes were designed nicely and you could see which character was which by seeing what they were wearing. Although they performed well, I think they could have included more detail of when the monkeys were set free and when they grew wings.The set they performed in was created well. The transitions between sets were very smooth and you could tell where they moved to and when they moved to a different area. As well as that, the use of the lighting creates a very nice effect to the show like when Elphaba is on her broom singing defying gravity.

The story of wicked is about two witches, at the beginning they dislike each other but later in the musical the form a strong bond, Elphaba (green skin) and Glinda (blonde and pretty). Soon after they go on a visit to talk to the Wizard of Oz where their lives start to go different ways. The show describes how they form their friendship and how they start to separate to other ways. It is very interesting to see and gives a reason to why Elphaba gets known as the wicked witch of the west. It also links well to the show, the Wizard of Oz.
By Toni

VPA SCHOLARSHIP

Wicked the musical review

The musical was absolutely amazing! The stage was always filled with something interesting and your eyes were drawn to something colourful each time.
The music was sung and performed beautifully. The set and props were so fascinating and painted with visible carefulness. Those little details were everything and made the musical wonderful! And of course we can't forget about the god-given talented singers. The notes were sung out perfectly and some songs really drew you in so much, you just couldn't look away. The contrast of songs, characters and colours were stunning! I absolutely loved the musical! 4.5 stars!!



Wicked the Musical

WICKED

Summary

The musical was about two young witches. Elphaba, whose skin was green, and Galinda (soon to change her name to Glinda without the"Ga"), who was…well just…blonde. At first they hated each other but after a party they became best friends. They faced a lot of challenges. However the two friends become known as the Wicked Witch (Elphaba) and the Good Witch (Glinda).

My thought about the musical

I loved this musical! Not only it is an entertaining show it also teaches you a valuable life lesson: "Always stand up for what you believe in!".

What I think was done good

The beautiful costumes changed nearly every scene! Yet they were still very like the character's personality! And the singing was wonderful! I assume it was very hard to sing on such high notes for the woman acting as Glinda.

★★★★★

FIVE STARS! I recommend this Musical!

VPA SCHOLARSHIP

Wicked - In The West End (Apollo Theatre)

Wow,what a absolutely fabulous piece of musical Wicked is! It has such small but also big gripping surprises that you will endure throughout.Furthermore ,a wonderful connection with another famous story :The Wizard of Oz(how it came to be).

The Plot:

This twisted musical Wicked, is about a girl called Elphaba who is born green and since she was born, everyone who saw her felt either disgust or terrified.Worse of all, her family was ashamed of her and Elphaba's father blamed her for the way her sister came and how her mother was gone but inside of her is a powerful power she wields .On the other hand, a loving family, who gives this girl called Glinda everything she wants.These two find themselves in the same school ,in the same dorm; where one is loved and the other lonely. Upon the time at the school both of them soon becomes best friends and Elphaba learns that animals are starting to lose there power to speak and wants the wizard to help them.Where fortunately she receives a letter asking her to meet the wizard however hearing the wizard's plans and how he is the cause of the animals she runs away and false stories of her spreads across the kingdom.Elphaba first wanted to be accept to the world but she finds herself hiding away from the world now.

The lightings\Props

I found the lightings really effective because this led the play to have this dramatic effect on the scene they were doing and emphasizing the feeling for that moment.The props used and the set really made the musical come to reality but also the actors too.

Conclusion

My favourite part was when Elphaba flew up in defying gravity, it was a really cool scene but overall i found every moment enjoyable.My ratings would be 5/5

Wicked - A west end musical

The plot: *Wicked* is the story of a young woman, who was born with green skin. She learns that she has unbelievable powers unlike anything anyone has ever seen, and tries to learn to control them. However, when she receives a letter from the wizard, inviting her to the emerald city to meet with him, she discovers that he has been behind the efforts to take away the little rights animals have - the primary thing she stands against. When the wizard has the whole of Oz turn on her, her story takes a dark turn - it is no longer about saving Oz, it is about escaping it!

Aspects of the production: I thought the lighting was incredible, and it was very effective, especially in the dances. The sound effects were good, but I thought they sounded a little cartoon-ish. The overall acting was great, however. I believe some of the singer's voices did not suit the songs they were singing. I thought the whole theatre production was absolutely great, but I felt as though it missed a lot of the important parts of the story because it had to be fitted into two hours, and some parts of the story were slightly difficult to follow.

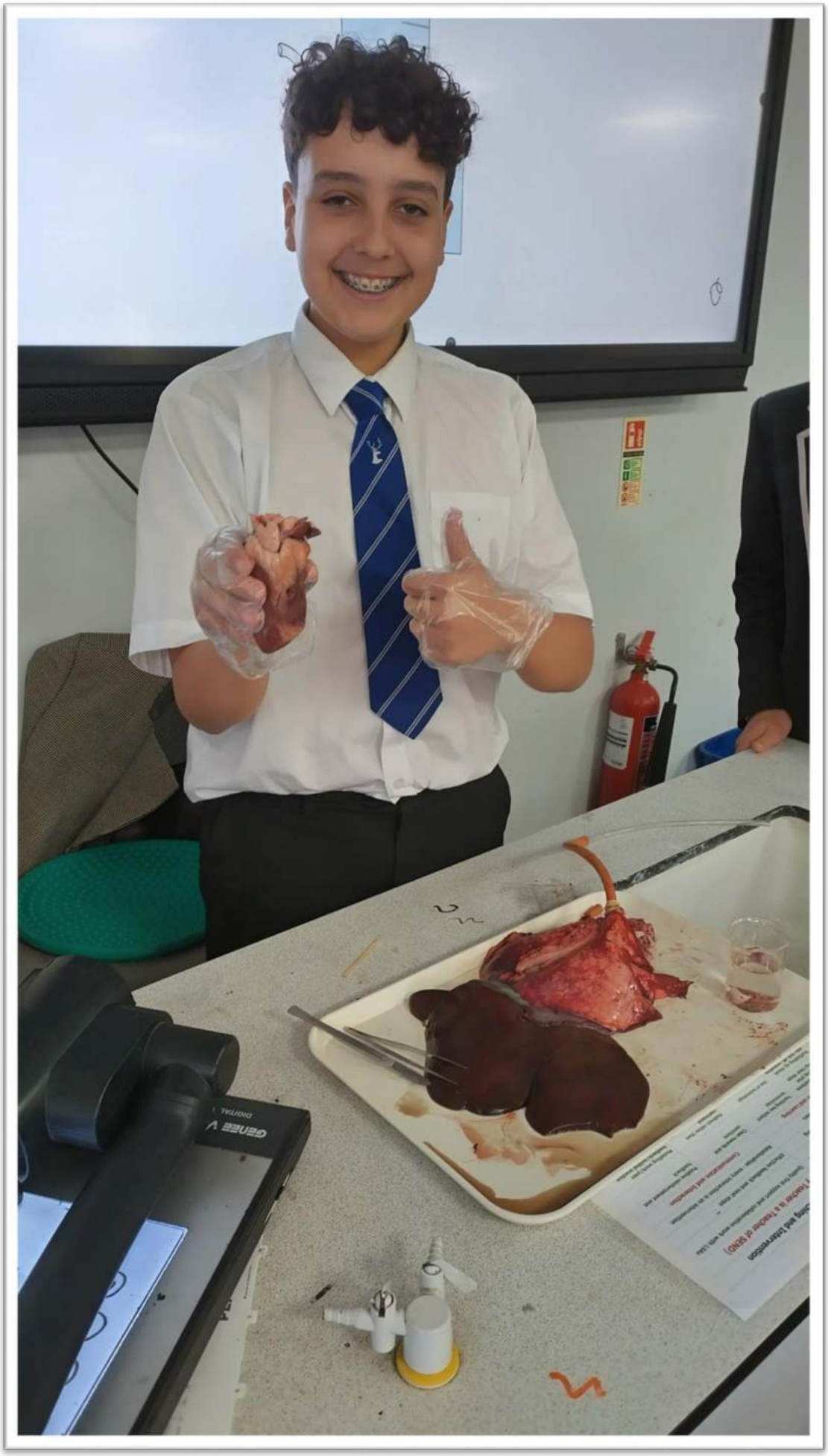
My opinions: I thoroughly enjoyed the production and would definitely recommend it, however I would advise that you go there knowing a bit about the plot/ storyline, so you know what's going on.

This week in Science

This week in Science

Mr Baker

Y10 Biologists shining a light on photosynthesis



Year 9 delving into the heart of the matter

Year 13 proving that sometimes learning can take place organically

Science

Quote of the Week

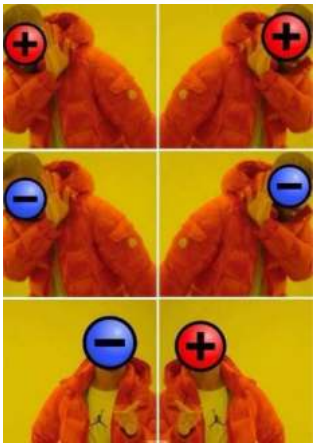
Somewhere, something incredible
is waiting to be known
- **Carl Sagan**

Science Article of the Week

A trip to a local pond brings a whole new respect knowing the beaked inhabitants evolved when T-Rexes were still around.

68 Million-Year-Old Antarctic Fossil Proves Existence Of Dinosaur-Era Ducks

Joke of the Week



Wellbeing

PDW

This week

Year 7	Is smoking really that bad and is vaping a better alternative?
Year 8	Can you trust everything you see on TikTok? Part 2 - AI and Deep Fakes
Year 9	What impact does the Media have on relationships?
Year 10	RS/Computing
Year 11	How can we be resilient, especially when we are stressed?

Next week

Year 7	What is a 'legal high' and how dangerous are they?
Year 8	How does online gaming perpetuate Gender stereotypes?
Year 9	What are Nudes, what is Sexting and why should we be cautious about them?
Year 10	The Psychology of Radicalisation
Year 11	How can we ensure we sleep well?

2025

Friendly February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently
3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you
10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help
17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise
24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today		

ACTION FOR HAPPINESS

Happier · Kinder · Together

ADHD Embrace

Webinars

How much screen time is enough? Managing screen time dependency in your child with ADHD with Noel Janis Norton, Founder and director of Calmer, Easier, Happier Parenting
11 February, 8pm to 9:30pm

In this webinar, Noël will share with parents practical and effective strategies to help reduce children's and teens' screen dependency and change family life for the better. Using the fool-proof techniques Noël has developed over many years of working with families, parents can get back in charge. Dealing with the electronics in your family can become calmer, easier, and happier.

Please click the **link** to book.

* NEW** course for young people:
ADHD Study Skills Hub for GCSE and A-Level Students

Why has ADHD Embrace organised this course?
For many students, and especially those who experience challenges when it comes to the key executive functions required for exam preparation (planning and organising), this course will give them the tools and support to enable them to succeed at what can be a very stressful time.

When is it? Three week course, once a week starting on the 29 January 2025 - 5pm-6pm for GCSE students and 6:15pm to 7:15pm for A-level students.

It will be run over three sessions of an hour each on the following dates:

- Wednesday 29 January
- Wednesday 5 February
- Wednesday 12 February

What is the objective: To support students in building self-esteem, confidence, and effective learning strategies as they prepare for GCSEs and A-Levels. It will cover:

Session 1: Discovering Your Values and Strengths
In this session, students will explore what drives them and identify their natural strengths. Developing self-awareness lays the foundation for greater confidence and resilience when facing challenging tasks.

Session 2: Mastering Revision Techniques
This practical session introduces strategies for effective exam preparation. Students will learn to create a versatile revision framework that applies to all subjects, offering a structured path through the study process.

Session 3: Identifying Motivation and Planning Ahead
Focused on motivation and mindset, this session encourages students to set goals and plan ahead. By deciding on key steps in advance, students will feel ready to begin their revision journey with confidence and a clear sense of direction.

How do I find out more info and book?
Click **here**.

ADHD Embrace™

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

Space to Grieve

Volunteering Opportunity
Are you passionate about children, and keen to develop the breadth of your skills? Join a fantastic team of volunteers offering one to one psychological support to bereaved children in the Richmond borough.

Deadline for applications: 14 February 2025
To find out more visit https://space2grieve.org.uk/volunteer/

Support for Parents

Please see details below of 3 groups that will be running this term for parents and carers of adolescents:

TRIPLE P TEEN

This group is for parents and carers of adolescents with mild to moderate challenging behaviour. Topics include encouraging appropriate behaviour and managing problem behaviour

Saturday 1 and 8 March. Venue to be confirmed but will be in Kingston borough 10am-2pm for 2 consecutive weeks

TEEN LIFE

A 6 week parent group for parents and carers of children aged 10-16 years with a diagnosis of ASD. Sessions include Understanding Autism, Understanding Autistic identity, Stress and Anxiety, Health and Wellbeing and Puberty.

Starting Thursday 27 February at The Moor Lane Centre, Moor Lane, Chessington, KT9 2AA

9.45am-12.15pm for 6 consecutive weeks

123 MAGIC

For parents and carers of children up to 7 years of age with a diagnosis of ADHD or on the pathway to diagnosis or who display challenging behaviour. The course will include information on 'What is ADHD?' It will provide simple tools for parents to control unwanted behaviour, encourage appropriate behaviour and strengthen your relationship.

Starting Thursday 27 February at Chessington Children's Centre, Buckland Road, Chessington, KT9 1JF
10am-12pm for 5 consecutive weeks

Attendance to all sessions is required

For more information and to register interest in any of the above courses, please contact Karen Williams

karen.williams@achievingforchildren.org.uk

TURTLE KEYARTS

"It was amazing and I didn't want it to end!"

Aaron
Turtle Opera participant
2023

JOIN OUR FREE MUSIC & DRAMA PROJECT FOR YOUNG PEOPLE ON THE AUTISM SPECTRUM

Four days of workshops with a professional composer and director, creating your own stories and music for an informal performance. A specialist team from Turtle Key Arts will support the group, enabling fun and friendships!

- FOR **11 TO 15** YEAR OLDS
- Dates **Tue 18 - Fri 21 Feb**
- Time **11:00am til 3:30pm**
- V&A Museum
  South Kensington
  London SW7 2RL

APPLY NOW! Free
Limited spaces available

COMPLETE THE STEPS TO JOIN.

- Scan the **QR code** to reach the registration page.
- Submit the **online form** and we'll send you a reply.

Call us on **020 8964 5060**

Email **ellie@turtlekeyarts.org.uk**

Turtle Opera is produced by Turtle Key Arts in collaboration with V&A South Kensington, English Touring Opera and Royal College of Music. Funded by The D'Oyly Carte Charitable Trust.

TIPS FOR FAMILIES

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.
Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. Here4You.co.uk

How to spot the early warning signs of poor mental health

in children and young people

thrive®

Removing barriers to learning

Spotting early warning signs of poor mental health

Behaviours and signals to look out for

Emotional changes

Children and young people may struggle to express their feelings openly. Behaviour is a form of communication and some signs for us to be aware of are:

- **Frequent mood swings:**
  Rapid changes in mood, such as heightened irritability followed by withdrawal or sadness.
- **Prolonged sadness or apathy:**
  Persistent feelings of low energy or lack of interest in things they used to enjoy.
- **Increased sensitivity to criticism or rejection:**
  Feeling overly hurt by feedback or perceiving rejection where there isn't any.
- **Dysregulation:**
  Difficulty managing emotional responses, leading to meltdowns, crying spells, or difficulty calming down after becoming upset.
- **Dissociation:**
  Zoning out or appearing disconnected from their surroundings, often as a way to cope with overwhelming stress or trauma.
- **Excessive worry or fear:**
  Frequent expressions of anxiety about school, friendships, or other aspects of life.
- **Emotional numbness:**
  A noticeable lack of emotional response or inability to express feelings.

Behavioural changes

Changes in behaviour can often provide visible clues about underlying mental health struggles. Some signs to look for are:

- **Social withdrawal:**
  Spending less time with friends, avoiding family interactions, or preferring to stay alone.
- **Increased defiance or oppositional behaviour:**
  Acting out, showing aggression, or arguing more frequently.
- **Risk-taking behaviours:**
  Engaging in unsafe activities like reckless play, substance misuse, or unsafe online behaviour.
- **Avoidance behaviours:**
  Regularly avoiding school, activities, or responsibilities. This could include frequent requests to stay at home or hiding in safe spaces.
- **Perfectionism or over-control:**
  Becoming overly rigid about tasks or demonstrating an extreme fear of making mistakes.
- **Repetitive habits:**
  Behaviours like nail-biting, hair-pulling, or pacing, especially if these are new or increasing.

Physical symptoms

Mental health challenges may present physically. Be alert to:

- **Somatic complaints:**
  Frequent unexplained headaches, stomach aches, or fatigue, especially when they coincide with stressors like school or social events.
- **Changes in eating habits:**
  Overeating, under-eating, or developing strong aversions to specific foods.
- **Sleep disturbances:**
  Difficulty falling or staying asleep or oversleeping as a form of escape.
- **Tense body language:**
  A hunched posture, clenched fists, or general rigidity that signals ongoing stress.

Academic and social performance

Watch for changes in academic or social engagement, such as:

- **Decline in academic performance:**
  A sudden drop in grades or struggle with tasks they previously managed well.
- **Avoiding school or extracurricular activities:**
  Reluctance to attend or making excuses to skip.
- **Difficulty maintaining friendships:**
  Increased conflict with peers, isolating behaviours, or expressing that they "don't have any friends."
- **Disinterest in previously enjoyed subjects or hobbies:**
  A lack of enthusiasm for activities they once loved.
- **Forgetfulness or disorganisation:**
  Regularly losing items, forgetting assignments, or appearing scattered.

Expressions of self-doubt or despair

Listen carefully to what children and young people say, as their words can reveal underlying struggles:

- **Negative self-talk:**
  Statements like "I'm stupid" or "I can't do anything right."
- **Expressions of hopelessness:**
  Comments like "What's the point?" or "Nothing will ever get better."
- **Discussion of self-harm or suicidal thoughts:**
  Any mention of self-injury or wanting to harm themselves must be taken seriously and addressed immediately.
- **Fears of being a burden:**
  Saying things like "I don't want to bother anyone" or "Nobody cares."

Changes in routines or habits

Routine changes often signal a shift in emotional wellbeing. Signs to look for are:

- **Increased screen time or online behaviours:**
  Spending excessive time on devices, especially in a way that isolates them further.
- **Neglecting hygiene or appearance:**
  Appearing unkempt, skipping baths/showers, or neglecting clean clothes.
- **Inconsistent energy levels:**
  Alternating between hyperactivity and extreme fatigue.
- **Unexplained lateness or absences:**
  Regularly being late or absent without clear reasons.

Developing safe and trusting relationships

Strong, trusting relationships are essential for children and young people to feel safe, supported and to develop a sense of belonging. Here are some actionable strategies to develop safe and trusting relationships with children and young people:

Show consistency and reliability

- Be present and available, offering regular, predictable interactions.
- Provide familiar routines and structures enabling confidence to develop.
- Follow through on promises and commitments to build trust.

Practice active listening

- Pay close attention to their words, body language, and emotions.
- Use reflective phrases like, "It sounds like you're feeling…" to validate their experiences.

Create a non-judgemental space

- Avoid rushing to fix or dismiss their feelings.
- Respond with empathy, saying things like: "I'm here to listen, not judge."

Support positive interactions

- Spend time together doing activities they enjoy, deepening the connection.
- Celebrate achievements to reinforce their strengths and boost confidence.

Model regulation

- Show calm responses during conflicts or stressful situations.
- Use coping strategies like pausing to breathe deeply or reframing challenges.

Encourage open communication

- Ask open-ended questions such as: "What's been the hardest part of your day?"
- Avoid leading questions that imply expected answers.

Build a safe environment

- Create physical spaces where they feel comfortable, such as a quiet area at home or school.
- Ensure interactions are free from criticism, shame, or comparison.

When children feel safe and understood, they are more likely to engage with their surroundings and others within it, rebuilding connections with learning and relationships.

What to do if you notice warning signs

Here are some strategies for when you spot early warning signs:

Create a safe space

- Approach the child or young person with compassion and without judgement. Reassure them that it's okay to talk about their feelings.

Demonstrate curiosity

- Encourage them to share by asking gentle, open-ended questions like, "I wonder how things are for you at the moment?" or "I've noticed you've not been yourself lately, I'm here?"

Stay present

- They might not open up immediately, but your continued support can help them to feel less alone and safe enough to share.

Engage professional help

- If the concerns persist or are severe, consult with a mental health professional for guidance.

Final thoughts

- Early intervention can help children and young people develop resilience and coping strategies to thrive emotionally and mentally.
- By developing trusting relationships and creating a safe environment, you provide the foundation for pupils to feel empowered, supported, and motivated to engage with their school and community.

Emotional Health Support Services for Children & Families

a handout with information, resources, and services to help support young people and their families.

Local services for counselling and support

Jigsaw4u

Jigsaw4u's Piece of Mind offer one-to-one specialist therapeutic support on an outreach basis for 11 – 24-year-olds across South West London who are experiencing symptoms of depression and /or anxiety.

You can contact them on **020 8687 1384** or visit https://jigsaw4u.org.uk/what-we-do/piece-of-mind/

Off the Record

Off the Record provides drop-in counselling for young people who live or study in the Borough of Richmond. They provide early help to improve the emotional and mental wellbeing of young people.

You can contact them on **020 8744 1644** or visit www.otrtwickenham.com for further information.

Richmond and Kingston – School Health Service

The School Health Service provides confidential advice and support to young people attending a school or being home schooled in Richmond or Kingston, to help promote physical and mental wellbeing. Contact them on:

Richmond: **0330 058 1679** or clcht.0-19wandsworthandrichmondadmin@nhs.net

Kingston: **0208 549 6323** or KU19@yourhealthcare.org

Young Dose of Nature

Young people in Kingston & Richmond aged 16 & over can self-refer themselves for *a Dose of Nature Prescription* – which introduces them to the mental health benefits of spending time in nature. For further information please view their leaflet (scan the QR code) or visit their website https://www.doseofnature.org.uk/

Online counselling – provided by kooth

Kooth is a free, anonymous counselling and well-being platform for young people who reside in Kingston or Richmond. You can talk to counsellors, read helpful articles, get support from the Kooth community, and keep a **private journal.**
You can visit their website at **www.kooth.com**

Children's Social Care Single Point of Access (SPA)

The Single Point of Access is a multi-agency team, managed by Achieving for Children. They can consider a range of different levels of support depending on the needs of the child, young person and their family.

This support might include:

- Providing professional with consultation and support.
- Making referrals to partner agencies.
- Access to Early Help & Parenting Services.
- Making referrals to Children's Safeguarding Social Care Services.
- Referrals should be made to them if you have any safeguarding concerns.

Contact SPA on **020 8547 5008** (9am-5pm)
or **020 8770 5000** (out of hours)
or make a referral:
https://bit.ly/AfCSPA_make_a_referral

What free mobile apps can I use to support myself / my child?

These can be downloaded from the App store (iPhone) or Play store (Android)

TellMi
Free to Kingston residents – provides a safe, anonymous space for 11-25 y/o to talk their difficulties

7 Cups
has therapy 24/7 to support with anxiety and depression

Calm Harm
provides distractions to manage the urge to self-harm

Catch It
helps notice feelings and challenge thoughts

CBT-I coach
uses CBT to help manage and improve sleep

Combined Minds
helps families & friends support young people with their mental health.

Headspace
is a mindfulness app – the first 10 sessions are free

Happify
offers activities and games to help emotional well-being

MindDoc
asks daily questions to help awareness of thoughts

Smiling Mind
uses daily meditation and mindfulness exercises

StayAlive
is a suicide prevention app with helpful tools and info

Super Better
is a game focusing on increasing resilience

Talk Life
is an online peer-to-peer support network for age 16+

WellMind
is an NHS app that helps with stress, anxiety and depression

Websites that include lots of helpful resources

- **https://www.richmond.gov.uk/portus** – *Understanding self-harm. A safe space for young people and their families / carers to explore difficulties and learn helpful ways of coping.*
- **https://www.camhs-resources.co.uk/** – *a collection of lots of helpful mental health & wellbeing resources.*
- **https://www.happymaps.co.uk/** - *a one-stop hub of information on young people's mental health.*
- **https://www.charliewaller.org/what-we-offer/parents-and-carers** – *free webinars, workshops & free guides / workbooks.*
- **https://kr.afcinfo.org.uk/pages/community-information/information-and-advice/emotional-health-service/ithrive/getting-advice-and-signposting** –*a resource hub to support children, young people and their families with their emotional wellbeing.*

What national telephone/online support can I access?

If you / your child is struggling with feelings and want to talk to someone but are not ready or able to access emergency support, there are plenty of telephone and online services. They are free to use and have confidentiality policies.

shout 85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required.

Text "SHOUT" to 85258
or **visit** www.giveusashout.org

HOPELINEUK

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.

Call: 0800 068 41 41
or **Text:07860 039967** *(opening hours 9am to midnight –365 days a year)*
or visit www.papyrus-uk.org

Beat
Eating disorders

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder.

Visit www.b-eat.co.uk or call the

Youthline (under 18's) **0808 801 0711**
or Studentline **0808 801 0811**
(9am 8pm during the week and 4pm 8pm on weekends and bank holidays)

ChildLine

Childline confidential telephone counselling service for any child with a problem.

Call: 0800 1111 anytime or visit www.childline.org.uk for an **online chat with a counsellor**

YOUNGMiNDS

text YM to **85258** to access a 24/7 crisis messenger.

family lives

call **0808 800 2222** or visit www.familylives.org.uk for support on parenting and family life.

THE MIX
Essential support for under 25s

The Mix provides free, confidential support for young people under 25.

Call: 0808 808 4994 *(11am –11pm every day)* or https://www.themix.org.uk/get-support/speak-to-our-team/email-us

Refuge

National Domestic Abuse Helpline
Call **0808 2000 247**

SAMARITANS

24/7 365 days a year -they are here to listen and provide support.

Call: 116 123 or email: jo@samaritans.org
or visit www.samaritans.org

Teen Sleep Hub

Call **03303 530 541** for their National Sleep Helpline or visit https://teensleephub.org.uk/ for those struggling with their sleep.

Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources.

Sign up for free resources
https://crisistools.org.uk/resource

Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps.
https://www.good-thinking.uk/

Steps to take if you have increased concerns about your child / young person's mental health

Contact your CAMH Service.

Between 9am and 5pm, Monday to Friday: If you are currently being seen by CAMHS, please contact the relevant service and ask to speak with your allocated worker or the duty worker:

Kingston Tier 3 CAMHS (Woodroffe FACT)	Richmond Tier 3 CAMHS (Richmond CCFC)
T: 020 3513 5183 or E: Kingston.CAMHS@swlstg.nhs.uk	T: 020 3513 3238 or E: RichmondCAMHS@swlstg.nhs.uk
Kingston Emotional Health Service (Tier 2 CAMHS)	**Richmond Emotional Health Service (Tier 2 CAMHS)**
T: 020 8547 6269	T: 020 8487 5470
or E: ehssupport@achievingforchildren.org.uk	
Mental Health Support Teams (MHST)	
T: 07732 825 967 / 07742 763 146 or E: mhstbusiness.support@achievingforchildren.org.uk	

Book an emergency GP appointment.

If you / your child need urgent mental health support, but you feel like you can keep yourself / your child safe for a little while, you should book an emergency GP appointment – contact your GP surgery directly to book.

They can:

- look at your previous medical notes.
- prescribe or adjust your medication to help you manage symptoms.
- consider whether a referral for support from services other than CAMHS may be helpful.

Crisis Lines –if you need to access mental health support in a crisis

Out of office hours – you can contact the South West London & St Georges Mental Health Trust 24-hour mental Health Support Line. Anyone can use these crisis lines *even if you are not seen by / open to CAMHS*. The crisis lines are supported by trained mental health advisors 365 days a year.

South West London & St Georges Mental Health 24 hours support line

0800 028 8000

Or if you are a child or young person, or a parent/carer concerned about a young person's mental health, you can contact the

South London Partnership CAMHS Crisis Line which is staffed 9am to 11pm (Monday to Sunday)

0203 228 5980

Please call one of these numbers first before you consider attending A&E
(unless there is an emergency mental health need)

Attend A&E (calling **999** if you need an ambulance)

If you cannot keep yourself/ your child immediately safe, and have contacted the Crisis Line, you may be advised to take yourself / your child to A&E.

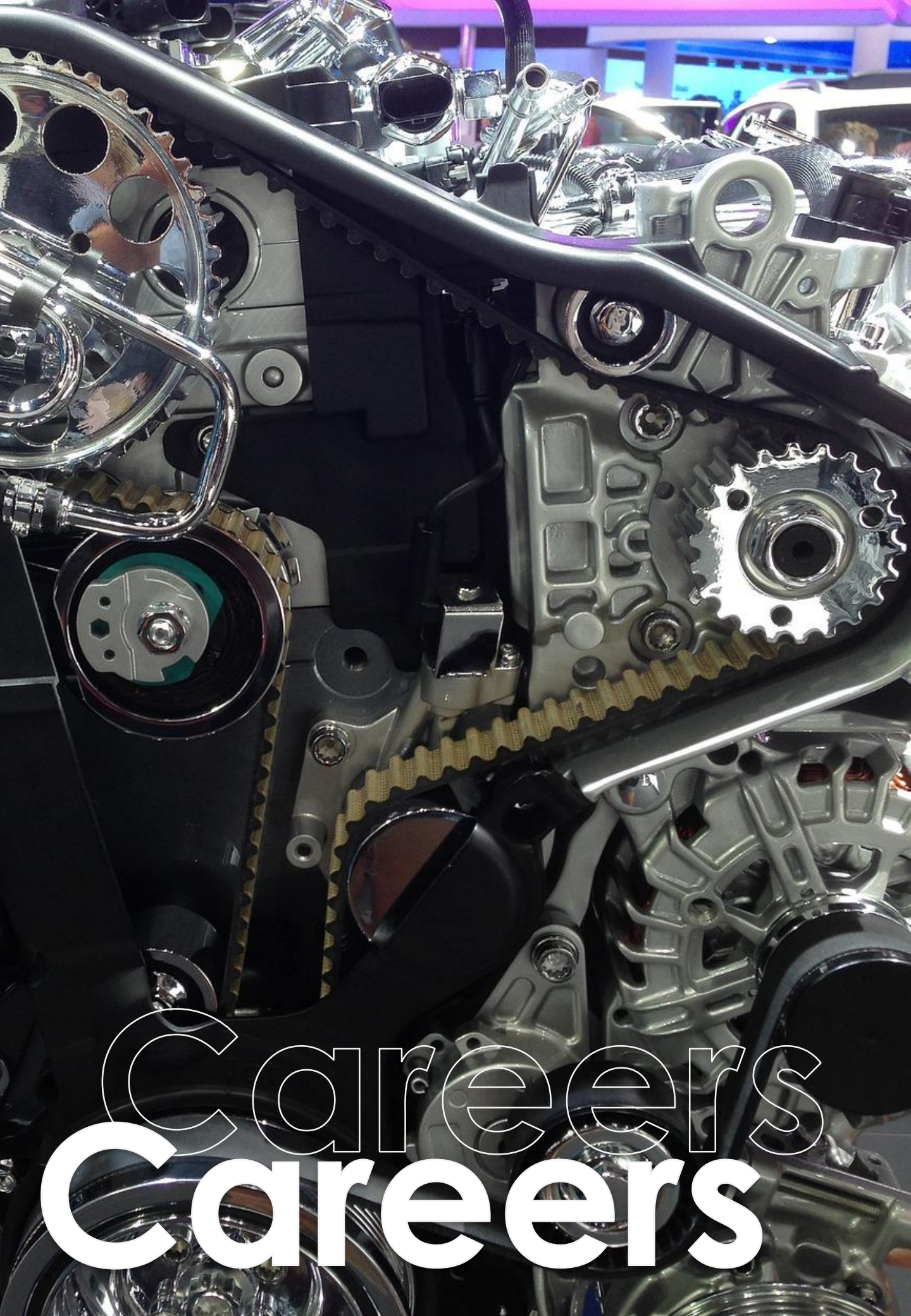
You should go to A&E if you or someone you are supporting is having immediate thoughts of suicide and is making plans to act on them, and/or a significant injury has occurred (e.g. overdose of medication).

A&E is where the most serious emergencies are treated - if you are experiencing a mental health emergency, it is important to take it as seriously as a physical health emergency. However, given current NHS pressures and waiting times we would only recommend attending A&E if there is a medical need.

A&E can:

- Keep you / your child safe in the short term.
- Give an assessment of your / your child's mental health needs.
- Support you with an admission to hospital or direct you to the appropriate outreach service.

NHS A&E



Careers

Careers

Apprenticeship Open Day

MITSkills (www.mitskills.com) is hosting an Apprenticeship Open Day on **Wednesday 19 February** from **10am to 12 noon** at our Brentford/Syon Lane base.

Working with our partners, MITSkills has successfully placed thousands of apprentices with hundreds of different employers.

The day will be focussing on both Electrical and Motor Industry apprenticeships although we deliver a lot more. This is a great opportunity for students to find out about apprenticeships, Study Programme, and T-Levels, explore our facilities and try some hands-on activities.

Interest in previous open days has proved to be very popular and has resulted in MITSkills delivering a Study Programme providing learners with the entry level skills for the electrical sector, coupled with work experience with local employers as a pre-apprenticeship programme.

Our address is:
MIT Skills, Unit 7 The Gate Centre, Syon Gate Way, Brentford, London, TW8 9DD (approximately 3 minutes' walk from Syon Lane BR Station).

Registering for the event
For any students who would like to attend please ask them to click the QR code on the flyer below and submit their details, with parental consent, or click the following link Open Day Registration Form Feb 25 - Google Forms. Parents/Guardians can accompany their young person.

Please feel free to contact Steve Farrow on 0300 303 2225 ext 412, if you have any questions.

Sixth Form News

Reach for the A*

Mr Clements

At the conclusion of year 13 parents evening: I always want to leap out of my office and -exclaim, "Huzzar - the game is afoot!" This is because the finishing strait is in sight, the last parent/teacher pep talk of the students' school career is over and for the majority the syllabus has nearly been taught. So now the serious business of encouraging students to be one of the best 9% in the country (the national percentage of A-level A*) is well and truly on!

As ever - the KS5 teaching staff- having been challenged to "challenge their students to outperform their peers across the country" have endeavoured to tweak, refine, innovate and polish their practise in a number of the unique ways listed below:

In science and psychology, Ms Moran and Ms Mannion have scheduled a number of A* focused intervention lessons that only those performing at an elite level will be invited to. Apparently golden tickets have been hidden around the school! Meanwhile down the corridor in physics, Dr Alleyne has secretly sourced a cache of British Physics Olympiad papers to develop in order to develop her students' problem-solving skills.

In Politics, the queen of A*, Ms James, has been headhunted to become not just an AQA examiner, but an AQA *Senior* examiner, for a class environment where she is working hard on promoting engagement with news, podcasts, and political commentary to build analytical depth! In photography a double maternity art cover has provided us the opportunity to employ our own "in-house" photography specialist, Sarah Markbreiter on a part time basis to ensure that students have exposure to the bespoke skills of an expert and are not left underdeveloped!

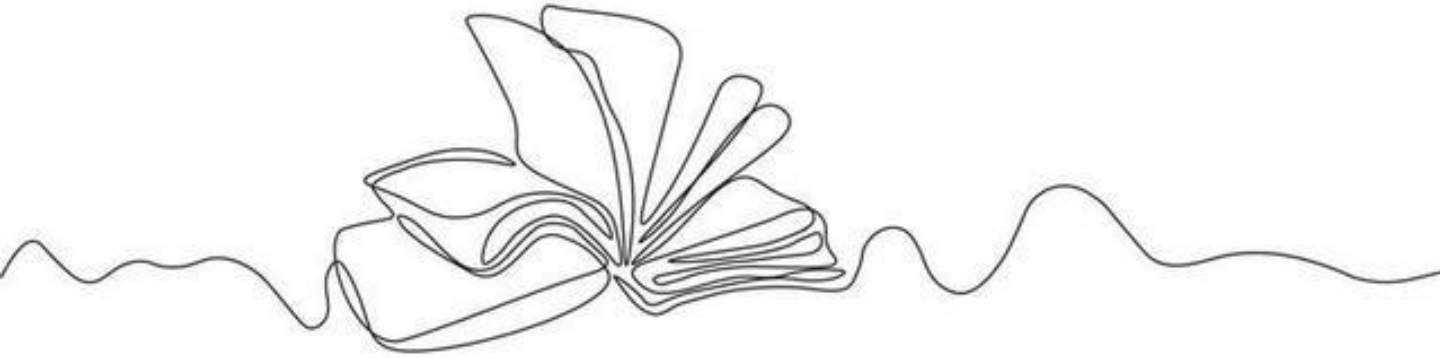
In computing, Mr Geoghegan has used his experience as a coursework moderator last year to bring a set of NEA projects in, two months ahead of schedule in order to allow more time for exam preparation. Meanwhile, Dr Thompson in Economics has called in a favour from a friend at Eton, who will come in to deliver an exam based workshop.

Across the globe in languages, Ms Lopez, has used all of her Patagonian nous to secure a trunk of lost translations from Bariloche that she is insisting her linguistic disciples decipher in order to "push the boundaries of their A* grade comfort zones." What a load of Ushuaia!

In both Sociology and English Ms Duncan and Ms Eaton, are relying on the traditional method of "words, words, words" in order to leverage success from their earnest acolytes. They are made to rewrite responses until they reach the exacting standards demanded by these demagogues of A* excellence.

And not to be outdone by her contemporaries, Ms Hawkins, has devoted her entire NPQL (a research based academic project) to the science of A* teaching in history where she is improving the source and extract skills of the whole cohort through targeted wider reading.

I hope and trust that these methods will lead to increased success for the engaged and ambitious students who wrestle with the initiatives, strategies and philosophies that are being put in place, so that I can dust off my old S club 7 CD and sing along to reach *for the A* on results* day!



Year 12

This has been a busy five weeks for year 12. Coming straight back into exams, arranging work experience placements, starting their applications to the Mark Evison Foundation and the new prefect team being a positive force for change.

Review of Academic Licences and Year 12 Intervention Session

This week, we are conducting a review of academic licences for all students. Any student who has received a U grade, or a combination of E/D grades, in their subject(s) will have their academic licence revoked.

Additionally, students will be required to attend the Year 12 intervention sessions, which will be held every Friday during Periods 5 and 6. Please note that this session is not a homework club, but an opportunity for students to focus on completing additional work in specific subjects where they may need further support.

For students following a vocational pathway who did not complete their trial exams, their academic licence will be determined based on their attitude to learning grade.

The Year 12 Wellbeing Prefects will be hosting a bake sale on Wednesday, 5 February, to raise funds for Richmond MIND. We invite all sixth form students and staff to support this initiative by purchasing delicious baked goods and contributing to this meaningful cause.

YEAR 12 ACTIVITY DAY

GREY COURT
SIXTH FORM

Arrival: 9:15am

Session 1: 9:15-11:00

12A: First Aid 6CS1
12B: First Aid 6CS2
12C: Lateral Thinking Pavilion
12D: Lateral Thinking Pavilion
12E: Team Building S4
12F: Team Building MUA
12G: Team Building S2

Lunchtime: 11:00-12:15

Session 2: 12:15-13:45

12A: Lateral Thinking Pavilion
12B: Lateral Thinking Pavilion
12C: Team Building S4
12D: Team Building S8
12E: First Aid 6CS1
12F: First Aid 6CS2
12G: First Aid 6CS3

Break: 13:45-13:55

Session 3: 13:55-15:00

12A: Team Building S7
12B: Team Building 6Bio
12C: First Aid 6CS1
12D: First Aid 6CS2
12E: Lateral Thinking Pavilion
12F: Lateral Thinking Pavilion
12G: Lateral Thinking Pavilion

Year 13

Y13

Last week, year 13 students embarked upon their '100 hour challenge', in which they are expected to complete and log at least 20 hours of independent work per week. As they now start looking ahead to the final set of trial exams in March, students are encouraged to come into school early or stay at the end of the day in order to give themselves somewhere to work in a quiet and focussed environment. It is also vital that they use their free periods and supervised study sessions to complete homework, coursework or revision. This is the link to the Trial Exams Booklet, which includes the timetable. We know that some students may be feeling very overwhelmed and stressed at this point of the year, so we encourage them to come and speak to one of the sixth form team if they would like additional support. There is also support available here: www.kooth.com.

Activities Day is Friday 14th February. EPQ students will be in school, working on their presentations and some students may be required to be in to complete coursework or catch up on class work. For the rest of the students, the focus is on wellbeing. Y13 Activities Day letter

UCAS

Headline Figures

The UCAS deadline has passed and all year 13s who wanted to apply met the deadline and submitted an application. Eight students have accepted their offers by making a firm and insurance choice of university. Thirty eight students have had responses from all of their chosen universities, the majority of whom have had offers from all five of their choices. 115 students have had at least one offer and seven students are waiting to hear from any of their choices. This is a real credit to the hard work that went into their applications.

What Comes Next?

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

When you are making your choices you should base your decision for your firm choice on the course you most want to study. When choosing an insurance choice it should be a course that has made you a lower offer (but you are still happy to go to that university). This will mean that if you miss your grades for your firm choice you will still be given a place at your insurance university and won't have to go through the Clearing process in August.

UCAS Extra

Corrigan opens on 26 February and it allows you to add another course choice if you have received decisions from all five, and weren't accepted, or if you declined the offers you received.

Please come and talk to Ms Moore or Ms McNicol before turning down any offers you have been made and using UCAS Extra. It may be that contacting a university and asking to change your course will be a preferable way of making a change to UCAS Extra.

EPQ Update

On Activity Day, students will be given an introduction to creating their final presentations on their EPQ. This is in front of a small audience of their peers and will last about 10 minutes (including a Q and A session). Presentations should be completed in February so that final folders can be handed in by the beginning of March. This avoids any clash with preparation for Easter mocks.

Oxbridge Update

Our new year 12 Oxbridge group had their first meeting this week. Miss Fincham outlined the basic requirements for an application for all students to reflect on and decide if the process is something they can commit to and that they meet the entrance criteria. Students who are still interested at this stage need to email Miss Fincham to be added to the google classroom. A super curricular task will be set up on the google classroom for students to complete. This is in preparation for writing the first drafts of question responses for their UCAS forms. In addition to this, students should be researching the courses, colleges and entrance exams for their subjects to ensure they are fully aware of the expectations and the timeline in the year ahead.

Opportunities Bulletin

All sixth formers should be checking the Weekly opportunities bulletin in year 12 and 13 notices - this your personalised information sheet about:

- Work experience
- Careers talks
- University tasters/summer schools
- Apprenticeships

Especially in year 12 we advertise all the relevant opportunities so it's important students do this as part of their weekly routine. Please see this week's bulletin: **07/02/2025 Sixth Form Careers opportunities**

Work Experience and University Summer Schools
Students have been spoken to in tutor time and PDW about their upcoming work experience 30th June-4th July. Students can also access university summer schools during that week and there are plenty to apply for.

Once the student has spoken to an employer and agreed a placement, this needs to be added to the Unifrog placements tool as this is where all the information is kept and shared between the student, employer, parent/carer and the school. A short video to show this step by step: https://cdn.unifrog.org/video/n193u79dee/720.mp4 **The deadline for this to be completed by student, employer, parent and school on the Unifrog system is: 28th March 2025.** Contact Miss Corrighan if you have any questions bcorrighan@greycourt.org.uk

Well done to **Maisie Boulton**, **Thomas Lowe** and **Milena Ticinska** who added their placements to Unifrog this week. You are this week's stars!

National Apprenticeship Week 2025 (NAW)

There are many events going on for students and parents/carers to access during NAW 2025 including:

Unifrog Apprenticeship Fair (12 Feb, 4–6:30pm)
Students and parents/carers can meet 40 employers who are offering apprenticeships in a diverse range of sectors including the NHS, Royal Air Force, BBC, and National Grid. They'll attend live talks on demonstrating skills in applications, what are degree apprenticeships and there is a specific parent session: Register here and find out more

If you can't make the Unifrog event there are a range of employer events throughout that week listed here: Events – National Apprenticeship Week and for those interested in apprenticeships you can see our weekly careers bulletin: 07/02/2025 Sixth Form Careers opportunities or check out **Higher & Degree Listing!** The January edition of the Higher & Degree vacancy listing has now launched! Explore an even bigger listing, with over 2,400 Higher and Degree apprenticeship roles from over 80 employers. This edition is a fantastic way to explore the amazing opportunities that apprenticeships can offer. **Higher & Degree Vacancy Listing - Amazing Apprenticeships**

Ms Howell

Film Exhibition

Y13

We recently held our first ever Film Exhibition to showcase the incredible short film projects created by our Year 13 Creative Media students last term.

Students were challenged to develop an original idea for a short film or trailer, drawing inspiration from other films through research. They then completed pre-production planning (scriptwriting, storyboarding, scheduling, etc.), moved on to the production stage (filming, recording and creating assets) and finally tackled post-production (editing and distributing their work). Alongside this, they documented their entire creative process and decision making.

The standard of work was outstanding so we wanted to give students the opportunity to display their projects for others to appreciate. It was fantastic to see so many bringing friends and family along - not just to showcase their own work, but to support and celebrate their classmates' efforts as well.

A huge thank you to everyone who attended, including Ms. Ogan, Ms. Thomas, Ms. Duncan, Ms. Eaton, Mr. Clements and Mr. & Mrs. Gundry. Special thanks to Mr. Griffiths and his team for preparing the space for the evening and the biggest thank you to Ms. Farrugia for dedicating her time to help set up, stay throughout and pack everything away at the end. It took hours and I couldn't have done it without her.

P.S. Thanks to Mr. Allchurch for lending us your headphones - ours have mysteriously disappeared!

Gym and Dance Show rehearsals are truly underway!

SPORTS News

Blast from the Past

Grey Court is throwing it back to the Noughties.

Come along to watch our fantastic gymnasts and dancers perform!

Tuesday 1st April at 7pm
Doors open at 6:30pm

£5 for children
£8 for adult
Payment available on Scopay or on the door

Congratulations Oli Dorey

Congratulations to Oli who performed brilliantly at the Surrey County Swimming Champs over the weekend. He won two silver medals and his 100 breaststroke time is now top 10 in the UK for his age group.

Fantastic achievement Oli - well done

Congratulations Thomas Barry

Excellent sixth place for Thomas Barry in the Inter Boys Middx Cross Country Champs

Nicholas Passenouic

Congratulations to Nicholas who won his first U16 grade 5 tournament at National Tennis Centre last weekend.

Tuesday 4 February: superb runs by our Junior Girls today in the Middlesex Cross Country Champs. Eve finished 2nd, Leonie 7th, Ruby 9th, Lola 14th, and Ida 15th

Tuesday 4 February: congratulations to Euan 6th and Andrew 8th in the Middlesex Cross Country Junior Boys Event. Well done to Louis who also finished 7th in the Minor Boys race.

Saturday 1 February: the U14A team have continued their excellent season with consecutive wins the last two Saturday's. Great fixtures, as always - thanks @SalesianFboroPE and @cvmssport

Allianz

Saturday 1 February: two excellent victories by our u12A and u12B football teams this morning. Well done boys

Lily Scheuler

Girls Player of the Month

Lily and her synchronised skating team won **gold** at the British championships in the Pre-Mixed Age category in January. They were in a huge group of 13 teams so this was a very big achievement! Lily took to the podium as vice-captain of her team and also with the trophy from her own event. The medals and trophy were presented to the team by Robin Cousins, the 1980 Olympic men's figure skating champion who is now president of British Ice Skating, very exciting! Huge well done to Lily and good luck for the rest of the season.

Ella Angel

Girls Scholar of the Month

January's Sport Scholar of the Month goes to **Ella Angel**.

Ella exemplifies everything we value in a Sports Scholar. Her technical and tactical understanding of football stands out during matches and training, where she consistently makes smart plays and performs at a high level.

Beyond her exceptional sports performance, she is an excellent leader and regularly dedicates time to mentoring other students and this translates across multiple sports and activities.

Her infectious enthusiasm spreads to every sport she participates in, whether it's leading warm-ups or problem solving game strategies. Ella's combination of athletic talent, leadership ability, and genuine passion for sports makes her an outstanding choice for Sports Scholar of the Month.

Congratulations Ella!

U13 Girls Football Team

Girls Team of the Month

Congratulations to our U13 girls football team on being named Team of the Month! This outstanding recognition is thoroughly deserved after an incredible run of performances. The team has shown remarkable consistency, winning every single game in their division - a testament to their skill, dedication and teamwork.

Their journey wasn't without challenges, particularly in their hard-fought match against St RR, but the girls rose to every occasion. They carried this momentum forward to face Waldegrave in what proved to be an exciting final showdown.

What makes this team truly special is not just their talent on the field, but their exceptional team spirit. These young athletes work tirelessly for one another, approaching every match with determination and a hunger to win. Their positive attitudes and unwavering commitment to excellence make them wonderful ambassadors for our football program.

Well done, girls - you should be incredibly proud of your achievements!

Ethan Carlton

Boys Scholar of the Month

Ethan Carlton has had a fantastic month, making an impact both on the sports field and in the classroom. As a key player in the successful U12 football team, he has contributed to their strong performances with skill, dedication, and teamwork. His commitment to sport doesn't stop there, Ethan has also made a promising start to his winter nets cricket training, showing great potential as he sharpens his skills ahead of the summer season. With his talent and determination, we're excited to see how he performs when the cricket season arrives.

Beyond his sporting success, Ethan has shown a great attitude in his scholarship lessons. His focus, hard work, and enthusiasm make him a valued member of the group, always striving to improve and support those around him.

Congratulations, Ethan, on being named Scholar of the Month! Keep up the hard work, and we look forward to seeing all you achieve in the months ahead!

Mr Santos is running the London Marathon in April to raise money for the charity Mind

If you would like to donate, please click the [justgiving link]

Photo taken on a run in New Zealand

What's on ...

Our Neighbourhood

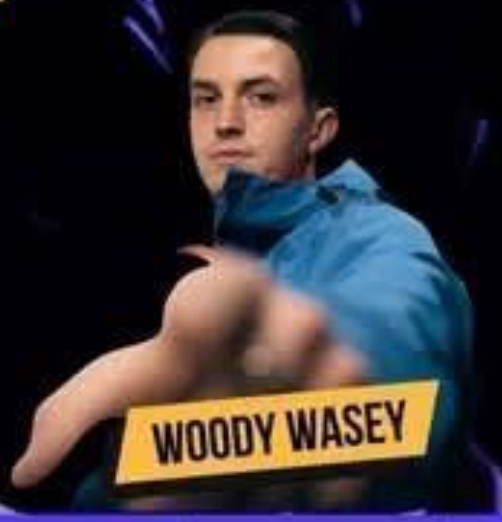
A MONTHLY CONCERT SERIES

FUSE BOX PGR

presents

KINGSTON UNDERCURRENTS

THE REPORT



WOODY WASEY

13 FEB

19:30-21:00 £10 TIX

FUTURE DATES

10 APRIL | 8 MAY

12 JUNE | TBD JULY

14 AUGUST

FUSEBOXKINGSTON.ORG

IN PARTNERSHIP WITH

NETBALL FOR ALL

JUNIOR NETBALL COACHING

FUN FOCUSED

Encouraging sessions

FREE TRIAL AVAILABLE!

BALL4ALL

SATURDAY SESSIONS	TURING HOUSE SCHOOL
10-11AM 7-11 YEARS OLD	11AM-12PM 12-16 YEARS OLD

Website: www.netballforall.co.uk

E-mail: info@netballforall.co.uk

MIXED ADULTS NETBALL

A SOCIAL, WELCOMING LEAGUE

TUESDAY EVENINGS

Turing House School, Twickenham, TW2 6LH

FORM YOUR TEAM OR SIGN UP AS AN INDIVIDUAL!

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netballforall.co.uk

JOIN THE

Super 1s

All disabilities welcome
Ages 12-25

CHALLENGE YOURSELF
BE MORE ACTIVE
IMPROVE YOUR SKILLS
MAKE NEW FRIENDS

Free inclusive cricket sessions!

WHEN:
Fridays
5pm - 6pm
(Starting 17 January 2025)

WHERE:
Dormers Wells Leisure Centre,
Dormer's Wells Lane,
Southall UB1 3JB

CONTACT:
Daisy Meadowcroft
daisy.meadowcroft@middlesexccc.com

www.lordstaverners.org/super1s

LORD'S TAVERNERS
Empowering young people through cricket

Registered Charity No. 306054 | OSCR No. SCO46238

MIDDLESEX IN THE COMMUNITY

Berkeley Foundation

SIGN UP HERE!

PLAY CRICKET FOR RICHMOND BOROUGH IN THE 2025 LONDON YOUTH GAMES

We're looking for the best U13 cricketers to represent Richmond Borough in the 2025 London Youth Games indoor cricket competition.

This is open to players who either live, or go to school, in Richmond Borough and who were under 13 on 1 September 2024.

Selection is open to all **boys** up to, but not including, county level.

Selection is open to all **girls** up to, and including, county level.

We'll be running training sessions from the start of February for four weeks in the run-up to the London Youth Games.

The training sessions are free and will be led by experienced ECB coaches.

Please see the flyer on the next page – this has further information and details of how to register.

If you have any questions, please contact myself or Dan Hayden (copied) from RUTC.

ian@taborsportscoaching.com
Daniel.hayden@richmondandwandsworth.gov.uk

PLAY CRICKET FOR RICHMOND BOROUGH IN THE 2025 LONDON YOUTH GAMES

This is a great chance to represent Richmond Borough in the 2025 London Youth Games U13 Girls' and Boys' indoor cricket tournament!

ELIGIBILITY

Training and selection is open to all girls and boys that live, or go to school, in the borough of Richmond-Upon-Thames. Players need to be under 13 as of 1st September 2024 i.e. Year 8 and below.
Players should already have played cricket either at school or club and be of a good ability.

AVAILABILITY

Players that are selected for the final squad, need to be available on 8th and 23rd March 2025.

TRAINING DATES & TIMES

Friday 7th, 14th and 28th February
Friday 7th March
18:00 – 19:00 – Girls' training
19:00 – 20:00 – Boys' training

VENUE

Richmond Upon Thames School
(Indoor sports hall)
Egerton Road, Twickenham, TW2 7SL

REGISTER HERE:

COST

There is no charge for the training.

COACHES

Training will be led by experienced ECB cricket coaches with extensive experience of coaching girls' and boys' cricket.

MORE INFO

Contact : londonyouthgames@richmond.gov.uk
Or email: daniel.hayden@richmondandwandsworth.gov.uk

LONDON BOROUGH OF RICHMOND UPON THAMES

SPORTS DEVELOPMENT

THE TWEEN TRIBE

Award winning kids club: Ages 10-13 only!

FEB HALF TERM! Use code Greycourt for £5 off!

20 FEB: Cable car, arcades, climbing wall.

A brilliant holiday concept

Richmond & Twickenham Family Hub

London trips for older children in need of bigger adventures

www.thetweentribe.co.uk

Join our mission to get tweens off screens & having fun in the real world!

FOOTBALL TRAINING @ HAM YC

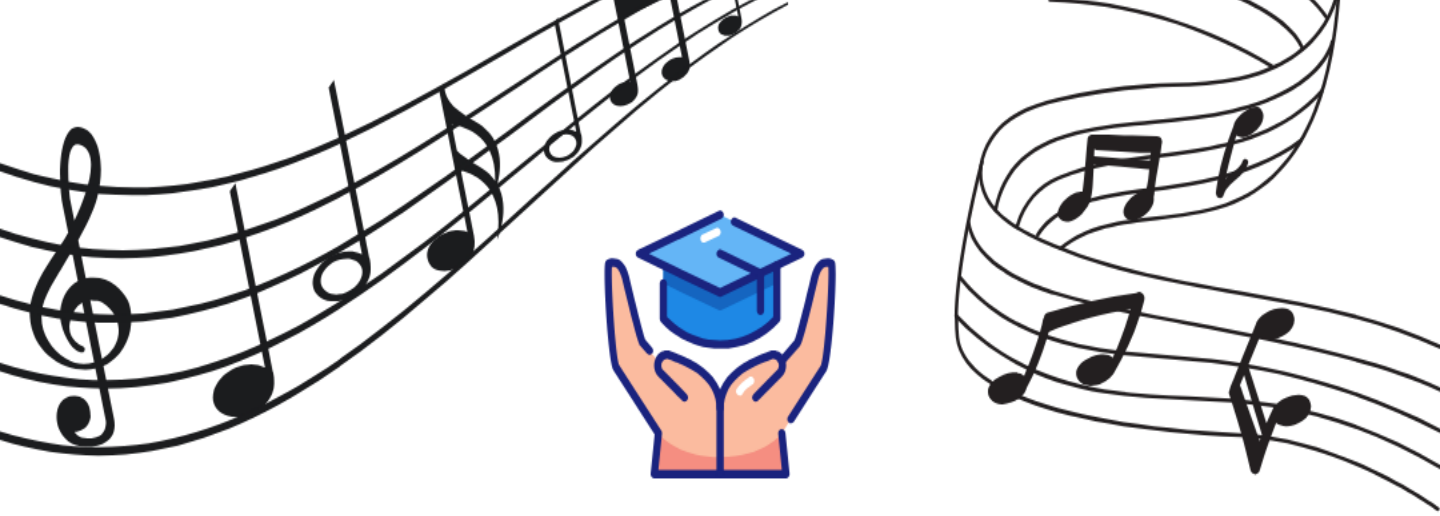
Wednesdays 3-5pm @ Ham Youth Centre, TW10 7PL

Saturdays 12.30-2.30pm @ Kew and Ham Football Ground, TW10 7RU

Speak to Ben or Paul for more info.

achieving for children

HAM YOUTH CLUB



Youth Academic Support and Empowerment Workshops

Meet new people and develop skills at our Academic Support and Arts and Music Workshops

Open to young people aged 11-17 from refugee and ethnic minority backgrounds

Ham Youth Centre, Richmond, TW10 7PL

For more information please email
jemima.hodgkinson.acaa@gmail.com
or call 0208 572 0300

acaa Afghanistan & Central Asian Association

Youth Empowerment Workshops and Social Club

Meet new people and build a safer community at our Youth Empowerment Workshops and Youth Social Club

Open to young people aged 18-25 from refugee and ethnic minority backgrounds

Ham Youth Centre, Richmond, TW10 7PL

For more information please email jemima.hodgkinson.acaa@gmail.com or call 0208 572 0300

acaa Afghanistan & Central Asian Association

FRIDAY 14TH UNTIL SUNDAY 16TH FEBRUARY

Buy Books!

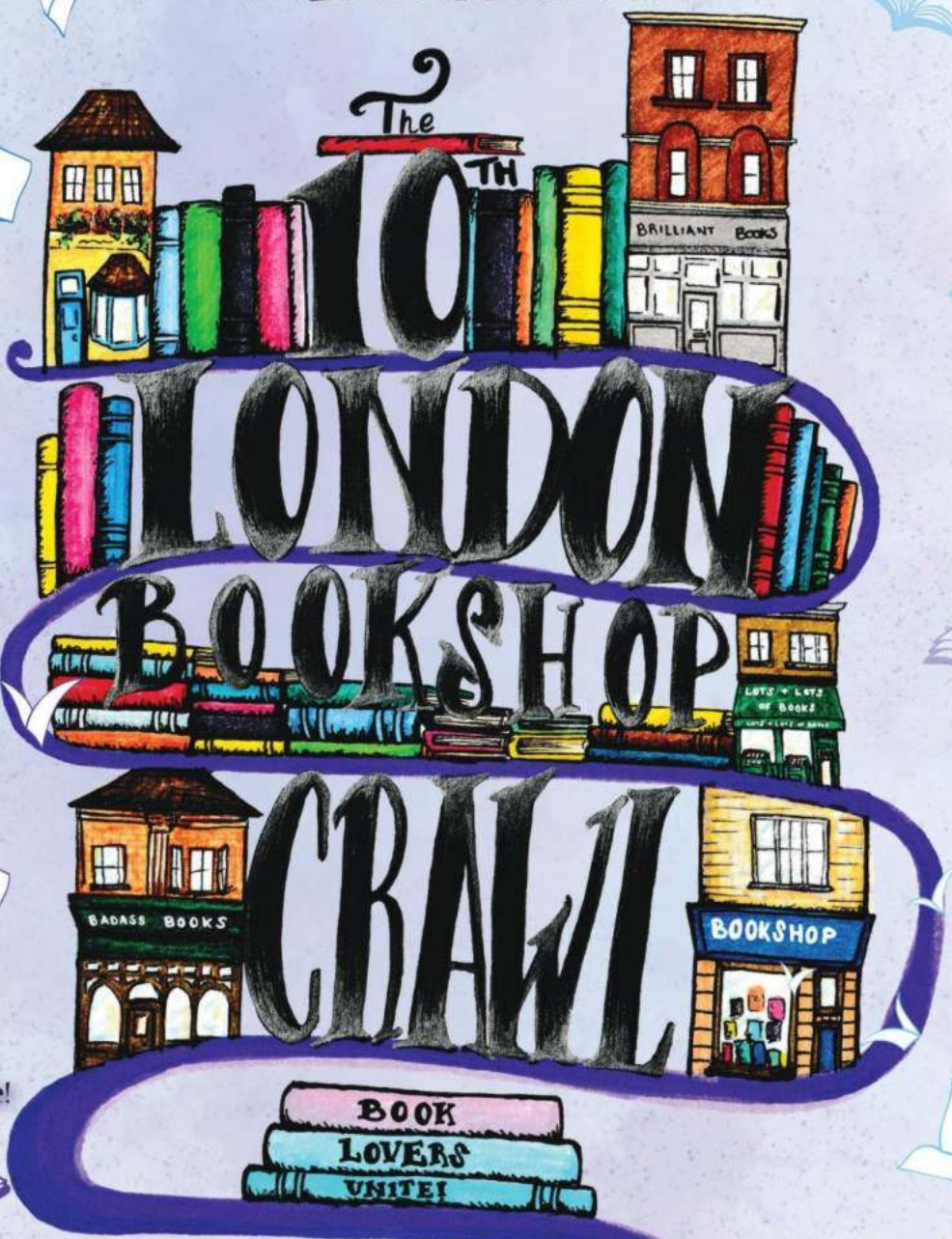
Support Independent Bookshops

Meet new people

Discover new things

Have a Bookish Adventure!

The 10th London Bookshop Crawl



Group Bookshop Crawls,
Author Signings,
Big Bookish Quiz,
Book Swap & more!

Programme, Welcome pack and downloadable route maps at www.bookshopcrawl.co.uk

Scan here to find out more

#LondonBookshopCrawl

TEAM MEDALS +MVP TROPHIES!

SPARTANS BASKETBALL EST. 2016

February half term

BASKETBALL 5-DAY CAMP

MON 17TH - FRI 21ST FEBRUARY

FOR ALL ABILITIES - SCHOOL YEARS 6-11

10AM - 3PM

GREY COURT SCHOOL, TW107HN

BOOK ONLINE LIMITED PLACES

spartansbasketballacademy.com/book-now

Jnr.NBL

BASKETBALL ENGLAND

HALF TERM @ HAM YC

Poetry Workshop with Poet Lisa Jennings
Let out your inner lyricist in this nurturing and inspiring space.

Monday 17th & Tuesday 18th Feb 3-5pm

Multi Sports, gaming, art, cooking
Normal youth club open at this time

Monday 17th & Tuesday 18th 3-7pm

Eco Day in Ham Lands

To all you eco warriors!
Get out in nature learn about local wildlife.

Also help us defeat the evil brambles to encourage the biodiversity of this beautiful area!

With charity Lets go Outside and Learn

Friday 21st February 1-4pm

Contact Ben Skelton to book a place

ben.skelton@achievingforchildren.org.uk

Ham Youth Centre.
Ham Close,
TW10 7PL

HAM YOUTH CLUB

achieving for children

NETBALL COACH UK

RICHMOND NETBALL CAMP

Open to players of all abilities

Qualified coaches

Fun and friendly

Indoor & outdoor

FEBRUARY HALF TERM
17TH, 18TH, 19TH FEBRUARY

EASTER HOLIDAYS
7TH, 8TH, 9TH APRIL
14TH, 15TH, 16TH APRIL

GREY COURT SCHOOL
RICHMOND UPON THAMES,
TW10 7HN

9.00AM - 12NOON
SCHOOL YEARS 4-10

www.netballcoachuk.com/camps

Cooking Up

Introductory session 17 Feb

Course dates: 17 March, 24 March, 31 March

3.30pm

The Children's Centres are delighted to be working with Cooking Up to deliver family cooking sessions for children aged 8 years plus. During these sessions you will make a meal for four people to take home and enjoy with your family, learn culinary skills and how to prepare simple and healthy meals on a budget. Please scan the QR code to book your please or email richmondcc@achievingforchildren.org.uk.

Ham Children's Centre,
Ashburnham Rd,
Richmond
TW10 7BG

achieving for children

Richmond Rugby Holiday Rugby Camps

During February half-term, we will be running our usual rugby holiday camps

The dates are as follows:
Monday 17 February – Wednesday 19 February for U5's to U10's

Wednesday 19 February – Friday 21 February for U11's – U16's

Please see below the link.
https://richmondcommunity.ticketco.events/uk/en/e/richmond_rugby_holiday_rugby_camps

FREE* CANOE-FIT COURSE & EASTER CANOEING CAMP

FREE* CANOEING INSPIRED FITNESS CLASSES RUN EVERY THURSDAY FOR 10 WEEKS
FROM THE 23RD JANUARY 2025, 18:00-19:00.

THIS COURSE IS FOR CHILDREN 12-14 FROM THE LOCAL WEST LONDON AREA.

THIS IS A UNIQUE & EXCITING OPPORTUNITY TO EXPERIENCE AND PARTICIPATE IN THE OLYMPIC SPORT OF CANOEING.

THIS COURSE IS FOLLOWED BY A FREE** 4 DAY ON WATER EASTER CANOEING CAMP FROM THE 7TH- 10TH OR 14TH-17TH APRIL 2025

Course location;
Team Keane Watersports,
The Old Pumping Station, Pump Alley
Brentford, TW8 0AP

GRATEFULLY FUNDED THROUGH THE PEOPLES HEALTH TRUST, PADDLE UK & THE NATIONAL LOTTERY COMMUNITY FUND

people's health trust

COMMUNITY FUND

TEAM KEANE
WATERSPORTS SCHOOL

To sign up please email
admin@teamkeane.com
or
Scan the QR code below to book on straight away.
spaces are limited so dont delay and book your place today.

*Enrolment to this funded course is subject to a £20 Registration fee
**Eligibility for the FREE Canoeing Camp is upon completion of 80% of the Canoe Fit Course.

PADDLE UK

FREE* ROWFIT COURSE & EASTER ROWING CAMP

10 WEEKS FREE* ROWING INSPIRED FITNESS CLASSES RUN EVERY TUESDAY AFTER SCHOOL FROM THE 21ST JANUARY 2025, 18:00-19:00

FOLLOWED BY A HEAVILY SUBSIDISED** 4 DAY ON WATER EASTER ROWING CAMP FROM THE 7TH- 10TH OR 14TH-17TH APRIL 2025

To sign up please email
admin@teamkeane.com
or scan the QR code below to book on straight away.
spaces are limited so dont delay and book your place today.

*Enrolment to this funded course is subject to a £20 Registration fee
**Eligability for the Subsidised Rowing Camp is upon completion of 80% of the Row Fit Course and living in or going to school in the London Borough of Hounslow.

GRATEFULLY PART FUNDED THROUGH THE PEOPLES HEALTH TRUST, SPORT ENGLAND & THE NATIONAL LOTTERY COMMUNITY FUND

people's health trust

COMMUNITY FUND

SPORT ENGLAND

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

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

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

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

Course location;
Brentford Boat Club,
The Old Pumping Station, Pump Alley
Brentford, TW8 0AP

TEAM KEANE
SCULLING SCHOOL

BRITISH ROWING
AFFILIATED CLUB

SONG WRITING AND PERFORMANCE SKILLS MENTORING SESSIONS

with **Janette Mason**, Artist In Residence, composer, producer and arranger.
& **Juliet Roberts**, songwriter, vocalist and soul music Diva.

1st & 2nd March
2–5pm
The Exchange, Twickenham

Join these two outstanding industry professionals for a weekend of mentoring sessions exploring song writing, story-telling, song structure, melody and harmony plus performance skills including vocal and mic technique.

Followed by in an informal concert at:
The Exchange Cabaret Room
2nd March, 7-9pm.

Bring along an original song for constructive feedback plus the tools to develop your music and artistry **or** if you prefer, bring along a cover song to perform and get help with your performance skills.

Everyone is welcome.

There will also be an opportunity to perform live with **AYRA** – Janette and Juliet's original nu- soul project at their headline Concert for **International Women's Day on March 8th.**

Limited number of spaces so please book in advance.

- Workshop dates 1st & 2nd March, 2–5pm
- Informal concert open to friends and family 2nd March, 7-9pm
- Open to all ages and standards
- Fee £95 for two days (see QR Code above)

For more info please contact:
janette@janettemason.com