



# EBULL

eBulletin

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**Grey Court School | 28 February 2025**

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



**Cover photo** of Kenneth Culhane, Executive Chef, The Dysart, during his recent visit to Grey Court School

#KeepInTouch

[24-25 Term Dates](#)

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Grey Court JustGiving QR Code

**The Uniform Shop**

**Thursdays 3:15-4pm**

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

# MOGOS



## 2025



## THURSDAY 20TH MARCH

## 6.30PM

**TICKETS AVAILABLE THROUGH SCO-PAY**  
(SOME MAY BE AVAILABLE ON THE DOOR BUT CAN'T BE GUARANTEED)

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**ADULT - £7**  
**STUDENT/CHILD - £5**

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# News

KS3+KS4

# Year 7

Welcome back to the new half-term! We're already halfway through the academic year!

We have a brilliant 6 weeks ahead of us, with the days getting longer, hopefully some more sunshine and the temperature creeping up. The activity day on Friday 14th was great and B' band got to complete their trip to Whipsnade zoo, like A' band had earlier in the year. The weather was good to us and we saw the Lions, Tiger, Penguins, Red Pandas. White rhino, Giraffes, Otters, Bison, Monkeys, Elephants etc, it was a thoroughly enjoyable way to finish the term.

This week's assembly was taken by Ms Esail for World Book day, there was a game of "Sausages" planned for the tutor challenge being run by Maple and the extra-curricular timetable has kicked back into gear! I will be challenging the students to attend a different extracurricular club over the coming months, to further broaden their experience at Grey Court and progress their skills or learn something completely new.

Mr Ridley



# What's Cooking?

## *Deli Mood Boards*



Year 7 students proudly displaying their deli salad mood boards. This half-term, they will produce the salad they have designed incorporating their favourite colours, textures and tastes.

**Ms Holmes**

# Year 8

Welcome back, Year 8! We hope you had a great half term break and that those who came on the ski trip to Spain managed to get some rest after a busy week.

In PDW this week, students explored what sexual consent means legally and ethically, and discussed what this looks like in practice. In assembly, Year 8 were reminded that World Book Day is coming up next week. The English department and the library are planning lots of exciting events such as book swaps and book club so make sure to get involved. Rumour has it that the English Department will be embracing a Harry Potter theme on March 6th so keep an eye on that corridor... something magical might be brewing!

Finally, a big congratulations to our top 5 achievers for the last half term:

**Aaryav G**  
**Jenson S**  
**Kian M**  
**Freya K**  
**Harry N**

Keep up the great work, and let's see how much we can all push for success in this next half term - remember there are prizes to be won at the Easter Celebration Assembly!

Ms Saccheri



# Year 9

Year 9 have had a great first week back after half term, although some are sore from skiing! This half term is a busy one with the options process taking place so we look forward to seeing lots of maturity from the year group.

The students had an excellent attitude towards their activity day before half term, where they spoke to members of the community with different jobs in order to gain an understanding of different fields before the options process begins. Staff members commented on the focus and positive conversations of the students which was a delight to see, well done! Year 9 will also have a booklet being sent home shortly with lots of information regarding the options process so please make sure this is read and considered thoroughly.

Well done Year 9, we're looking forward to the busy half term ahead!

Ms Sutcliffe



# Year 9 Options

The year 9 options booklets will be emailed to parents, carers, and students by this evening.

Parents and carers should watch this **video presentation** prior to looking at the booklet.

Students can submit their options choices from the 28 march. The deadline is 1 April. Parents and carers will need to approve their children's choices. Please follow the steps in this **presentation** as to how this should be done.

Further information about the 2 GCSE science courses is outlined in Ms Moran's short presentation found here: **watch video**

# Year 9 Update



# Year 9 DofE Update

This year's year 9 Bronze DofE participants have now completed their First Aid, Cooking and Tent Building training.

We had some amazing culinary skills on offer, but I am not sure that burgers including buns, tomatoes and lettuce will stand up to spending the whole day crammed into a rucksack along with bottles of J2O on the expeditions though.





The next two sessions are Map Reading and Compass Skills, so it would be very beneficial for the students to bring their own compasses to the session on Thursday 13th March.

DofE recommended compasses can be found on the DofE website here: <https://www.dofe.org/shop/expedition-kit/maps-and-compasses/>

We will be outside in the school grounds for most of the session on the 13 March, so please make sure that they also have a waterproof coat with them in case it is raining.

Dates for the remaining training sessions and expeditions are here (please note that training sessions are on the Thursday of that week dated week beginning Monday). See QR code:



The recommended kit list for the expeditions can be found on the DofE website:

<https://www.dofe.org/shop/dofe-expedition-kit-list/>

**Mr Allchurch and Ms Mannion**





















# Year 9 Girls

## Imperial College Tech For Good Hackathon

On Wednesday, two teams of Year 9 girls showcased their innovation and problem-solving skills at the **Tech For Good Hackathon** at Imperial College London.

Hosted by the **Women in Electrical Engineering (WiEE) society**, the event kicked off with an inspiring talk from university professors, who shared their experiences as women working at the forefront of technology research. They discussed how **AI is transforming healthcare** by reducing MRI scan times, the future of **large language models**, and the importance of resilience in male-dominated fields.

The highlight of the day was the **hackathon challenge**, where students designed engineering solutions to real-world problems. Our teams created two outstanding projects:

◆ **Allerpro** – An app designed to help people with allergies easily identify food ingredients at home and in restaurants with a simple swipe.

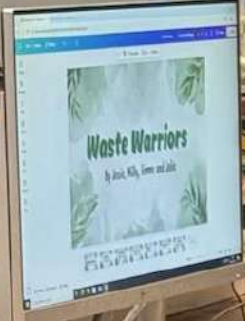
◆ **Waste Warriors** – An AI-powered tool that helps households reduce food waste by suggesting recipes based on available ingredients.

To wrap up the event, the teams also built **automated light-switching devices**—a practical innovation to reduce energy consumption and support sustainability.

A huge well done to Anna, Charlotte, Esme, Jolie, Josie, Milly, Megan, Paloma for their creativity, teamwork, and impressive problem-solving skills!

**Ms Marchant**





...expected from you

- You will work in teams to design a solution in and
- 1. Tech for Health - Innovations that improve health
- Tech for Education - Solutions that enhance learning
- Tech for Sustainability - Ideas that promote environmental

Your goal is to design and present a concept, rather than a

You will have 30 minutes to work on your idea and

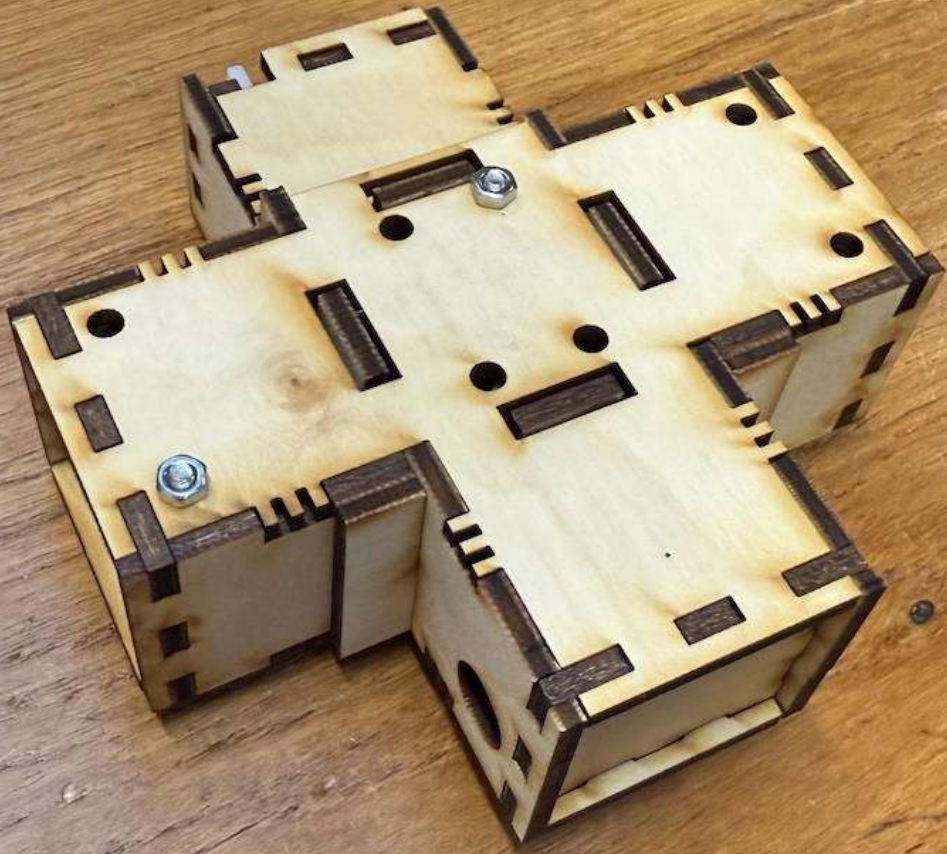
- Create a Power Point or Poster
- Clearly define a problem and how your solution will solve it
- Explain how it works
- What features make it unique?

...to design a solution in and

...Figma, Canvas or similar

The winners will have the opportunity to take their







# Careers

## Year 9

On 14 February, year 9 had their careers and finance day and this involved a careers networking event where students got to talk to a range of people from different career backgrounds. The year 9s developed vital skills such as communication and listening as well as developing confidence in talking to new people. The guests were so impressed with the way our year 9 students presented themselves so well done!

Thanks to all our volunteers who gave up their time to come into school, we know many parents came along and we appreciate your time and support.

**Miss Corrigan, Head of Careers**







**DID YOU KNOW?**  
You can now become a teacher, police officer, nurse, scientist, astronaut, musician or explorer through an apprenticeship.

**DID YOU KNOW?**  
Apprenticeships are a great way to learn a job, gain experience and earn money at the same time.

**DID YOU KNOW?**  
There are over 300 different apprenticeships available across the country.

**DID YOU KNOW?**  
Apprenticeships are paid, a salary and you can study full time or part time, without leaving school or college to do so.

**DID YOU KNOW?**  
An apprenticeship is a real job, with the experience of a normal job, but with the opportunity to learn to do it.

**APPRENTICESHIP**  
A chance to learn a job, gain experience and earn money at the same time.

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A chance to learn a job, gain experience and earn money at the same time.

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A chance to learn a job, gain experience and earn money at the same time.

Emma Hill



# Year 9 children's teenage vaccinations are now due



**This includes** two single injections:

- The 3-in-1 teenage booster – the diphtheria, tetanus, and polio booster (Td/IPV)
- Meningococcal ACWY (MenACWY)

Along with these vaccines, your child can receive the following vaccination, if they are missing one or both doses:

- Measles, Mumps, and Rubella vaccine (MMR)  
If you would like further information on these vaccinations, please visit [www.nhs.uk/vaccinations](https://www.nhs.uk/vaccinations).

Please discuss these vaccines with your child, and use the link provided to access and complete the electronic consent form: <https://sav.hrch.nhs.uk/dtp/2024/richmond>

# Jack Petchey

## Public Speaking Workshops

# Y10



## Year 10

Congratulations to the 76 year 10 students who participated in the Jack Petchey public speaking workshops this half term. They were taken out of their comfort zone resulting in the emergence of a new level of confidence. They were proud, funny, sassy, and passionate as they shared their stories to an audience of their peers. Well done year 10.

The most successful speakers will now go head to head in an assembly to compete to represent Grey Court at the regional finals in March. Watch this space!

**Ms Holmes**

# Year 11

Welcome back, Year 11!

It has been a busy week with the mock exams and lessons delivering new content. I am really proud of the large number of students who participated in the revision challenge. As I've repeatedly told the students, it is essential that they start embedding good revision habits and routines now in order to truly succeed during the GCSE exam season. To support this, the PDW sessions this half term will focus on revision techniques and timetables.

This half term, we have several GCSE submissions across subjects, including Media and PE. It's vital that students clarify with their teachers what needs to be done to ensure they are in the best possible position to succeed. Additionally, students will be receiving their individual GCSE Summer exam entries before the end of the week. I hope this serves as a reminder that the exams are much sooner than some students may realise!

As always, please feel free to get in touch if you have any questions or concerns.

Mr Khan





Mrs Campbell

Food  
What's cooking?

It has been a long stretch of time since the last food bulletin and for good reason, so many exciting events, coursework and cooking taking place, as usual at this hectic time of the year. Another bumper edition ahead to share the excitement from the last half term.

# Chefs *of the week*

Jennifer Velvindron and James Bullock.

More of this will come in the bulletin later and I am completely excited to see how they perform next year.

# Recipe *of the week*

A nod to an important guest who recently visited us at Grey Court, I am positive this is not a patch on his cooking but either way we love to acknowledge and try new foods.

[Beef consommé with tortellini](#)

# KS3 *Update*

Our aspiring chefs continue to thrive in the T5 Food Room, consistently demonstrating impressive culinary skills.

The Year 7 students have recently completed their practical assessment, tasked with creating the perfect batch of carrot cake cupcakes. I left the lesson thoroughly impressed, as eager students sought my feedback to ensure a fair distribution of marks. Following this, they ventured into making their own savoury egg fried rice, which they thoroughly enjoyed and eagerly shared around the Year 7 area.

Year 8 students are preparing to wrap up their current rotation, but not before engaging in some food science practical lessons. They will gain a deeper understanding of how shortening encases flour molecules in a layer of fat, ensuring the pastry remains "short" and crumbly in texture.

Meanwhile, Year 9 students continue to work diligently in their international cuisine rotation. Having mastered Italian risotto this week, they are already looking forward to preparing the renowned sweet and sour chicken dish, which rivals that of the best local takeaways

# KS4 *Update*

Year 11 students are currently progressing with their coursework in preparation for their practical exam, which is fast approaching in March. As the exam date draws near, we are unable to share details of their current dishes or photos of their work, as per examination regulations. However, we look forward to showcasing their achievements once the examination and moderation period has concluded.

Good luck, Year 11 – keep up the great work!

Year 10 students are advancing with their food choice topic, beginning with dishes suitable for cultural celebrations or religious festivals. We have already seen some festive Christmas dishes and Diwali cookies make an appearance.

As a cohort, Year 10 students are working diligently to stay engaged and focused, despite the challenges of a demanding curriculum. Their passion and commitment to food are clearly evident.

Well done so far, Year 10! Below are some examples of the impressive dishes they are producing at this stage, which is fantastic to witness.











WE  
D  
ETY

OUR COOKING CUTTING BOARDS

- RAW MEAT
- RAW FISH
- COOKED MEAT
- SALAD & FRUIT
- VEGETABLES
- BAKERY & DAIRY

AGREEMENT  
TIPS & COLL  
STOVE



## **Kingston Rotary Young Chef, District Final**

As highlighted in the previous edition of the GC eBulletin, two of our outstanding Year 10 students, James and Jen, advanced to the second stage of the Kingston Rotary Young Chef Competition. After successfully navigating the preliminary rounds, they moved on to the District Finals, where they competed alongside ten other talented students from various schools.

The competition at the District Finals was intense, with the top three advancing to the Cluster Finals. James and Jen demonstrated remarkable determination as they arrived at Merton College on Saturday morning—though a bit tired from the early start, they were eager to showcase their skills and make a strong impression.

As many of you may have anticipated, we take great pride in our competitive spirit and continue to uphold this standard. While it was unfortunate for Jen, we are pleased to share that James secured a spot in the top three and has advanced to the Cluster Final in March. Another weekend of hard work lies ahead for him, and I will be making the journey to Hampshire to support him.

We would also like to express our sincere gratitude to Ms Casey, our textiles teacher, and my dedicated chauffeur, for generously giving up her Saturday to transport the equipment to the college. A special thank you is also due to the families of our dynamic duo. It was heart-warming to witness your strong support for the students—your enthusiasm and encouragement undoubtedly fuelled their efforts.







The  
MENU

ENTREE  
Braised Beef Short Ribs with  
Mushrooms

DESSERT

Apple Pie with  
Vanilla Ice Cream

allison  
pauze

© 2018  
BROADWAY RESTAURANT & BAR







Some guidance for the winner



PREVENT

ON-LINE

Our school is a place that inspires and engages young minds. Our school believes in democracy and the laws of the country, where every individual has a voice that is heard and respected, no matter what their faith or belief. We strive to create a safe, secure, and healthy learning environment. Our school believes that diversity belongs to multiculturalism, not the classroom. There is no place for intolerance in our school.

**TALK**

WHAT IS IT?

It's a safe space for students to share their thoughts and feelings about current events, social issues, and school life. It's a place where everyone's voice is heard and valued.

HOW TO GET INVOLVED

Join our online discussion board. Share your thoughts and opinions. Listen to others. It's all part of the process.

**TALK**

STUDENT LIFE

Join our online discussion board. Share your thoughts and opinions. Listen to others. It's all part of the process.

ONLINE DISCUSSION BOARD

Share your thoughts and opinions. Listen to others. It's all part of the process.

**TALK**

ONLINE DISCUSSION BOARD

Share your thoughts and opinions. Listen to others. It's all part of the process.

**Online Reputation Check**

Check your online reputation. Find out what people are saying about you. It's all part of the process.

Check your online reputation. Find out what people are saying about you. It's all part of the process.





**Springboard**  
**FUTURECHEF**

## **Future Chef Regional Finals**

As mentioned in previous editions of the bulletin, another food competition had taken place with Roberto Lentini taking first place and progressing to the regional final, which was an exciting opportunity for both Roberto and for our advancement as a school.

Roberto travelled to the North, Walthamstow, and battled it out with the second place chef from the local heats. Doesn't he look the part?





Russums

Spigboard  
PAstry CHEF  
Roben Lurini

Sadly, he came second which means he does not progress to the final but gave his famous dish another go: Duck breast with a blackberry balsamic jus with mashed potatoes and with the addition of a Crème brûlée (which the judges confirmed were the best Crème brûlée they had tasted).

Well done Roberto, you demonstrated culinary excellence and hope you consider taking part again next year!



# **Executive Chef Kenneth Culhane dazzled our students with creative flair, straight from The Dysart, Petersham**

Some of our Year 11 students were fortunate to have the opportunity to engage with Michelin-starred Executive Chef Kenneth Culhane, who currently resides at The Dysart in Petersham.

Chef Culhane, a proud Irishman from County Kerry, kindly visited our Year 11 cohort this week to discuss culinary classics. We would like to extend our sincere gratitude to Barny Taylor, Managing Director of The Dysart, for facilitating this remarkable experience for our enthusiastic catering students.

Though Chef Culhane initially pursued pharmaceutical science, influenced by his parents, he soon shifted his focus to the culinary arts. In his early twenties, he took on a high-pressure role at a renowned restaurant in Ireland, where he ultimately won the prestigious Roux Scholarship. His career took him worldwide before he settled in Petersham, where he joined The Dysart, contributing to its achievement of a Michelin star in 2019.

During his visit, Chef Culhane emphasised the importance of high-quality, locally sourced ingredients and the role of seasonality in creating exceptional dishes, aligning with key concepts in our GCSE catering curriculum. He demonstrated the art of classic French cooking with a traditional Mushroom Consommé with Madeira, showcasing skill, precision, and dedication. The dish included homemade tortellini filled with pork and veal, which Chef Culhane prepared in front of the students, illustrating the process of making delicate pasta and finishing with a refined garnish of garlic flower and black truffle.







This area is kept a great state. One learns by doing.

There is a lot to learn in this area. It is a great place to learn.

There is a lot to learn in this area. It is a great place to learn.

SPICE UP A Food Habits

There is a lot to learn in this area. It is a great place to learn.

FOOD SAFETY

CORE COOKING TEMPERATURE

POULTRY	75°C
MINCED MEAT	71-82°C
STEAK	63°C
EGGS	63-71°C



HYGIENE TRAINING













# Home Countries International/Leeds Cross Challenge

On Saturday 8th of February our very own Mr Allan lined up to start the Home Countries International/Leeds Cross Challenge. A 10km cross country race featuring the best runners from the Home Nations: England, Scotland, Wales, Northern Ireland and the Republic of Ireland.

Selected to represent the England team, he has been training hard. Running to and from work every day, coaching the Grey Court running team, organising track sessions with Mr Kempton, Mr McCormick and Mr McCrohan, and the small matter of teaching maths 5 days a week.

A field of 50 runners lined up to start; a hilly course with the going good-to-soft. 5 laps to race around the circumference of Temple Newsam Park awaited. Dealing with the difficult conditions would be integral to competing for the win.

From the stationary point, a Welsh runner took off like lightning. On the balance of probabilities, not the wisest move. After lap 1 Mr Allan was in 15th place, comfortably sitting in the pack. As the speed compounded, he stuck with the pace set by the Scottish runners and their flying wedge. Lap 3 was when Mr Allan calculated his move needed to be made. Lifting the pace to that which he derived would give him the best chance of winning, he took the lead. This would surely play a factor later on.

Diminishing the group down to an elite group of 4, the range of abilities became apparent. Trekking up and down the steep gradients took its toll on the runners and Mr Allan dropped off the lead group, unable to match the rate of distance of the Scot and his England team mate.

Only 5 seconds behind the podium position entering the final lap, he was recovering from his earlier efforts and was locked in a battle for 4th. With a mean kick, he left his rival behind to finish an excellent 4th place. Well done Mr Allan!





ENGLAND

XUKA  
CROSS CHALLENGE

336

SPORTSHOES.COM

ENGLAND

XUKA  
CROSS CHALLENGE

338

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ENGLAND

XUKA  
CROSS CHALLENGE

337

SPORTSHOES.COM

ENGLAND

XUKA  
CROSS CHALLENGE

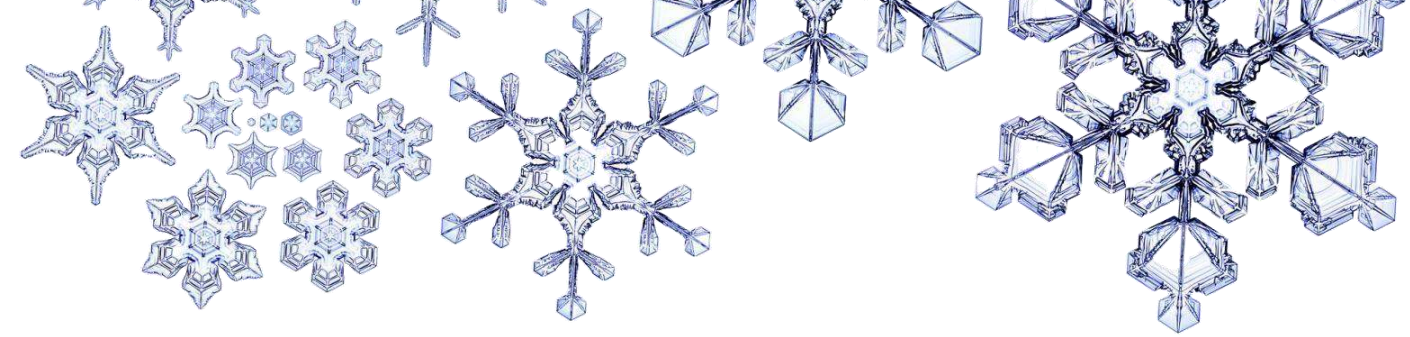
339

SPORTSHOES.COM

# Kelsey Campbell's touch of Frost: Stopping (in a ski-do) by Woods on a snowy morning!

Mr Clements





The build up to Jasper 2025 was rather like the Banff hot springs that mark the gateway to Alberta's national park: a warm outpouring of excitement at the prospect of Grey Court returning to this world renowned ski resort tempered by Mr Miller's daily (and decidedly chilly) temperature reports of -32 degree temperatures on the slopes! Mr Baker helpfully informed me that according to Harvard University frostbite will set in when you're exposed to below zero temperatures after only 30 minutes. Meanwhile, Mr Gordon Walker assured me that helicopter fuel ExxonMobile Avgas (100LL) has a freezing point of -53 c, although he nonchalantly added that rotor blades will freeze at -5C. For my part - I packed some thermal pants.

Anyway, after an hour delay at Heathrow as half of our party (like Jason Bourne) appeared to be travelling on multiple passports, 9 hour flight, two hour odyssey through Canadian customs, a 6 hour coach journey and a pitstop for 68 hungry children at McDonalds, (as a quasi vegan I opted for the Big "Papi" Double Smokey BBQ quarter pounder with blue cheese and a Tofu melt) we arrived at the Whistler Inn, in Jasper at 11.30pm at night and hey ho - it was only -22 degrees!

The *Whistler Inn* (despite being modelled on the Hotel Jack Nicholson is holed up in, in "the Shining.") proved to be the most luxurious residence with some lucky students being housed in veritable suites, whilst Ms Kellet even had a walk-in wardrobe for the three suitcases of ski outfits she had packed. For my part - I had to cohabit with Mr Miller and he packed light: a packet of mints and an atomiser of Old Spice - seemed to be the entire contents of his luggage!

...and so the next morning a week of SkeYee - ing and lots of fun apres-ski began with the highlights being:

5 days of blue skies, crowd free slopes and snow-capped mountains in conjunction with temperatures that rose to a balmy -5c by the end of our stay!

Ethan Lloyd's eighties retro ski gear.

Ms Campbell's journey up to mid-chalet for lunch in a ski-do and down again strapped to a toboggan after injuring her knee!

Highway 16 (Aleesha Raghvani, Ellen Dutton, Alice Allnutt, Poppy Rudd and Jess Crobot) the winners of Ben the Fabulous Baker boy's marvellous Quiz)

Sara Altun, Freddie Quierin, and Dylan Ellis for gaining the admiration of uber-skier Mr Gordon Walker for their intuitive slaloming gravity defying styles!

Having to explain to Robert Campbell what an omelette was as he tasted it

Ms Marsh for her ability to find lost children, dish out advice about technique and motivate our occasionally cold and frostbitten students, whilst finding the time to pose for instagramable pictures!

Lola - the ski-instructor's group for filming my ski-tantrum, when - in an attempt to keep up, I got stuck mid-black slope - and who applauded when - after a long wait - I was eventually reunited with them!

Will Pitt, Oscar Ballentine and Isaac Duru for having the initiative to find the only gym for 600 miles and work out with some locals in their "downtime" after five hours of skiing!

Max Coleman for looking after Nathan NG - mid-slope - after the cold temporarily got the better of his friend.

The whole party for supporting the local ice-hockey team "the Jasper Beavers" during our evening visit to their play-off game with the Banff Royals!

The hearty manner in which Robbie, James, Euan, Alexa and Edith approached the snowman building evening competition and for the scenes of ecstasy and wild celebration when they received their 5 dollar "Tim Horton" vouchers!

The instructors at Marmot basin for their expertise and professionalism and for describing our students as "wonderful kids" on account of their general manners, enthusiasm and cheeriness!

The town of Jasper for surviving a potentially devastating first fire and still being so upbeat and hospitable.

Canada - for hosting a once in a nine year international hockey face-off with the USA that resulted in three full scale brawls in the game's opening 10 seconds! It wasn't very restorative but as an exercise in cultural immersion it worked!

Ms Rahmani and Ms Williams for their administrative and finance skills which kept us organised, solvent and stress free!

Parents/Carers/Guardian/Grandparents - supporting (and financing) the whole party on such a wonderful adventure!













A vintage biplane with a blue fuselage and wooden wings is flying in a cloudy sky. The plane is viewed from a low angle, showing its two sets of wings and the engine. The background is a soft, hazy sky with light clouds.

# Clubs

*Extracurricular*  
timetable

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

# ANIME CLUB



## Unleash Your Creativity!

10/3

**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: 12:30PM - 1:00PM**

### 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 invited by bookliner with experience in iconic Japanese animations like Pokémon and Ghost in the Shell, participants of all ages 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 and co-founder of bookliner, will support the planning by promoting creativity and positivity in the content.

**Registration: Parents should register their interest with [pnair@greycourt.org.uk](mailto:pnair@greycourt.org.uk)**



**and contact us directly for payment at [teamworkuniverses@gmail.com](mailto:teamworkuniverses@gmail.com)**

If parents cant afford to pay they can email [vprice@greycourt.org.uk](mailto:vprice@greycourt.org.uk) and the school will cover the cost.



**ARMY  
WELFARE  
SERVICE**



# **6 WEEKS YOUTH LEADERSHIP COURSE**

**Every Wednesday 12:25-13:00**

**Starting 19th of March**

**in NH3 in Newman House**

Discover your strengths,  
Develop your leadership skills,  
Gain confidence,  
Improve your self-esteem.

**"The youth of today are  
the leaders of tomorrow."  
- Nelson Mandela**

For more details speak to Mrs Nair or  
email: [pnair@greycourt.org.uk](mailto:pnair@greycourt.org.uk)





# Wellbeing

# 2025

## Mindful March 2025

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				



ACTION FOR HAPPINESS

Happier · Kinder · Together

# AfC

## *'Helping teens with...'* series

Achieving for Children's mental health support teams are delivering a series of webinars for parents of secondary-aged children and young people. The 'Helping teens with...' series of webinars covers a range of common difficulties experienced by children and will aim to share evidence-based strategies to help parents and carers with these difficulties. In the third and fourth columns of the table, you will find the sign-up links.

[Support for Parents 'Helping teens' series](#)



# AfC

## Workshops

For parents of children 0-18

### **Workshop topics:**

**Internet Addiction** - Understanding the signs of online addiction and discussing early intervention from a therapist's perspective.

**Online Spaces, AI & Deepfakes** - Guidance on identifying harmful online behaviours, including risks in gaming, social media, and AI-generated content, along with approaches to support young people vulnerable to online risks in building healthier habits and lifestyles.

**Radicalisation Awareness** - Covering pathways and indicators of radicalisation and grooming, lessons from case studies, ways to support at-risk young people as parents, and an understanding of how the government process around radicalisation works.

[Click here](#) for more information for Kingston.

[Click here](#) for more information for Richmond.

# Kingston and Richmond Youth Council

## Sexual Harassment Survey 2025

The Kingston and Richmond Youth Council is passionate about making change and listening to the voices of young people.

This survey, created by the Kingston and Richmond Youth Council in partnership with Kingston and Richmond Community Safety teams is to gather data to establish if young men and women are experiencing sexual harassment, whether these situations have improved in the last 12 months and to find out how local services can support young people to stop sexual harassment in the future

This survey is for young people ages 13-19 years (years 8-13) who live or go to secondary school/college in Kingston or Richmond.

Please find a link to the survey [here](#)

[Click here](#) to read more.

# What Parents & Educators Need to Know about ONLINE RELATIONSHIPS & DATING APPS

## WHAT ARE THE RISKS?

Dating apps are used to help people find new relationships – whether casual or more long term – matching users based on age, interests, gender and more. Some may consider dating apps harmless to under-18s because they aren't able to use them, but effective age verification measures are quite scarce, and it's been known for young people to end up on apps of this type.

## EASE OF ACCESS

The relatively lax age verification process of many dating apps makes them incredibly accessible to children who really shouldn't be using them. This carries the obvious risk of exposing under-18s to a dating scene populated by adults – who may not even be aware of the young person's true age. This is concerning when we consider the 'hook-up culture' common on these apps – with many people using them to arrange casual sexual encounters.

## CONTACT AND CONDUCT RISKS

Once someone is active on a dating app, their social media profiles can be linked to the app and might be accessed by others. This can lead to random users 'sliding into their DM's' (sending a direct message) without consent. Complete strangers could start bombarding a young person's inbox with pictures, messages and sexual comments.

## SCAMS AND SEXUAL EXPLOITATION

Some young people may feel they've formed a real bond with someone through online dating, but there's always a risk that it's not genuine. Scammers on these apps often build romantic connections with their victims – then once they feel they have their victim's trust, they begin asking for money under false pretences (such as suggesting they meet in person and requesting a 'loan' to cover a train ticket).

## UNVERIFIED ACCOUNTS

As with all online interactions, you may not be talking to whom you think you are. Without paying a subscription, users of dating apps can often only view a certain number of profiles at a time. A TikTok trend has advised young people to set their age limit to 80 years and over – putting them in a sparse and more 'exclusive' category to bypass the usual restrictions. Unfortunately, this can lead to matches with someone much older.

## PEER PRESSURE

The pressure to be in a relationship can be huge, and many young people use online dating apps as a cost-effective way to meet others. Some users find it difficult to meet people organically due to their lifestyle, and may not have the time or money to go out and socialise. It's also common for young people to set up accounts for their single friends in the hope of finding a match for someone they know.

## SKewed PERSPECTIVES

Dating apps can promote an unrealistic view of what makes someone attractive. With such vast options, some users can become both picky and extremely harsh about others' appearance. Ultimately, all you see on these apps are pictures (with no insight into someone's personality), and some young people struggle with the fear of being judged. Even when someone does start dating, there's a persistent paranoia that their partner is only one swipe away from a potentially better match.

## Advice for Parents & Educators

### TALK ABOUT DATING APPS

Let young people know that they can talk to you about anything, even something as private as their dating life. At school, the relationships, sex and health curriculum can assist with conversations around healthy relationships, consent and online safety. Emphasise the message that you want to help them make healthy, safe and informed choices. If they feel embarrassed talking to you, make sure they have a trusted adult who can help them.

### ENCOURAGE DATA PROTECTION

Empower young people to protect their data and personal information. Explain why including things like their school, age and surname in their profile could potentially be dangerous. Make sure they know never to give out personal details, and that there's no reason for other users to ask for them. If they feel uneasy about a situation online, they need to speak to someone that they can trust.

### VERIFICATION STAMPS

Explain that someone using a dating app should only communicate with those who have gone through a verification process. Online dating apps use a variety of methods to ascertain a user's identity, including scanning valid documents (such as a driver's licence or passport). Verification can also involve users taking a selfie to ensure that the photos on their profile match it.

### REPORT AND BLOCK

Remind young people that they can always report or block (or both) anyone who makes them feel uncomfortable on any platform. Ask if they know how to do this and offer to help them figure it out if they're unsure. Every app should have advice on how to report or block another user, so be sure young people are familiar with the settings.

### Meet Our Expert

Rebecca Jennings works at RAISE ([www.raiseducation.org.uk](https://www.raiseducation.org.uk)) in the field of relationships, sex and health education, providing educational, age-appropriate workshops for pupils around the more sensitive areas of the curriculum – including online safety and healthy relationships.



The National College

# Careers





# National Careers Week

National Careers Week (NCW) runs from Monday 4 March to Saturday 9 March. It aims to help you become more aware of your career and make you excited about your future. We will highlight some of the activities and resources below and also celebrate all the careers work that goes on in school throughout the year, not just in careers week!

We have a programme of activities which highlights include:

- Year 7 careers assembly
- Year 8 Gradu8 Careers challenge
- Year 9 Careers networking event
- Year 10 activity week with experiences of the workplace
- Year 11 - 13 Careers Fair
- Year 12 Friends and Founders Networking Event
- Year 12 and 13 Apprenticeship and University fairs
- Year 12 work experience
- PDW Programme for all year groups on careers
- Various subject related trips and guest speakers
- Careers information, advice and guidance meetings
- And much more!

The National Careers Week virtual careers fair launches on Monday and students and parents and carers can log in: [NCW 2025 Virtual Careers Fair](#)

This is sponsored by a range of organisations who will be offering information on careers and options. Students and parents/carers will have access to content each day and there is a Parents and carers guide: [National Careers Week - parent/teacher guide](#)

# BBC Bitesize

BBC Bitesize also has some great resources for NCW 2025: Top Picks

## Quizzes

- [What is your perfect job?](#)
- [Which apprenticeship would suit you best?](#)
- [Can you guess the job?](#)
- [How could AI affect your job?](#)
- [How much do you know about apprenticeships?](#)
- [Can you beat our tricky games industry quiz?](#)

**Unifrog** is a careers website we use throughout your time at Grey Court. You'll be able to research careers, try quizzes to help you consider future careers, attend webinars delivered by employers and universities to learn more about their opportunities, and compare pathways so you can support your child in making an informed decision about their next steps. All Grey Court students can access this resource using their GC email address.

The universal careers platform  
**unifrog**

Finally, we will leave you with this quote which is a great piece of advice for our students:



**FIND OUT WHAT MOTIVATES (AND DEMOTIVATES YOU). THIS WILL HELP YOU REACH YOUR FULL POTENTIAL, PLAY TO YOUR STRENGTHS, MAKE SURE YOU GET THE MOST OUT OF YOUR ROLE AND AIM TOWARDS YOUR AMBITION**

**NATASHA GILL, HR (GRADUATE)**

#NCW2025

NCW NatWest Thrive



# Humanitarian Aid Relief Trust

The HART Prize for Human Rights is an international competition that encourages young people to engage with global human rights issues through essays or creative writing and artwork.

The competition is open to students aged 11-18 and offers a fantastic chance to:

- Develop research and critical thinking skills
- Explore global humanitarian issues
- Enhance their academic portfolio for university applications

## **Who can enter**

We're running two competitions from November-May, 'Creative' and 'Essay', and we welcome submissions from anyone aged:

- 11-14 (Junior Category)
- 15-18 (Intermediate Category)
- 19-25 (Senior Category)

## **Why take part**

- Research a topic you're passionate about
- Share real-life stories of courage in adversity
- Help your friends think critically about human rights
- Raise awareness of issues that aren't in the news

## **You could win**

- A cash prize
- A signed book by Baroness Cox (pictured)
- Work experience with HART
- A tour of the House of Lords

Please click [here](#) to find out more about the HART Prize.



# Sixth NEWS Form

# Year 12 Y12

## **Year 12 University and Apprenticeship Fair Friday 21st March 2025**

**Venue: Arsenal FC Emirates Stadium, N7 7AJ**

On Friday 21st March Grey Court Year 12 students will have the opportunity to attend The Spring London Fair. This fair is the perfect way for students to choose which university or apprenticeship is right for them. This exciting and informative event will provide attendees with the opportunity to speak to over 120 exhibiting universities and apprenticeship providers. These will include: Russell Group, red brick and modern institutions, as well as national and local apprenticeship providers and colleges.

The fair will feature a wide range of vital seminars including: "UCAS Personal Statement & Application Advice", "Why take an Apprenticeship", "Choosing a University Course", "Higher and Degree Apprenticeships" and "Student Finance".

The event is ideal to inspire and motivate Year 12 students who are starting to make decisions about their post-18 education and career choices.

[Link to trip letter](#)



## Mark Evison Foundation Update

A huge congratulations to the students who are nearing the completion of the application process for a Mark Evison Foundation award. This has been a thorough and lengthy process, including face-to-face meetings, team planning, budgeting, and the development of a detailed project plan and proposal. The next meeting will take place on **Wednesday 12 March**, during which the proposals will be judged, and decisions will be made regarding the allocation of funding for the projects.

We have now launched the new Oxbridge group with year 12. They have joined the new google classroom and attended an introduction to the process. They should keep track of assignments and opportunities made available to them through posts in the classroom. This week, students will have a group meeting in enrichment to delve further into the expectations of an Oxbridge application with our experienced volunteer Mr Daymond. This week students should arrange a one to one short meeting with their tutor to discuss whether they are in a position to consider an application.

## Wednesday 12th February: Enrichment and PDW



It was a busy Wednesday afternoon for Year 12 students, who had a brief enrichment session due to the PDW taking place during Period 6. The school's netball team participated in a tournament hosted by Ms. Marsh. Thank you to the Sixth Form students who generously volunteered to time the matches and manage the scoring.

### **This week's PDW**

During PDW this week the Year 12 students will be having a talk on Consent from an external speaker from TalkConsent.

In addition, Year 12 students had the opportunity to hear from two distinguished Sky News journalists, Ms Maddii Lown and Mr John Sparks. They shared insights from their careers, recounting first-hand experiences of the stories they've covered and discussing key industry topics, including media ethics. Media students also had the privilege of engaging with Ms Lown and Mr Sparks in smaller group sessions, where they were able to ask questions and gain valuable perspectives on the journalists' professional journeys. Both journalists emphasised the importance of critically evaluating the sources of our information, distinguishing between opinion and fact, and recognising the value of trust in media outlets.



## Bake Sale

Our Wellbeing Prefects have been actively involved in organising a highly successful bake sale, raising £65 for Richmond Mind. A special congratulations to Lucy-Jo Nicolas for her excellent leadership in coordinating the event!





# Year 12

# Y12

## A-Level Artists Visit to Ham Library

On Thursday 6th February, our Y12 A-Level Artists visited Ham library to see their new mural being painted. The students and Ms Crombie, were greeted enthusiastically by the mural artists, Dave and Lily.

Together with the librarian, they all chatted about the mural project and the connection it has with the library's history and what it provides to the wider community. The imagery painted explores and celebrates this further.

Dave spoke about his childhood journey of loving Art, but having repeatedly received the message to "get a proper job", he trained as a mechanic. While working in the industry, he realised his love and passion for a creative outlet was too strong. He described his experience of finding a way to create Art and pay his way through life.

The Artists took it in turn to explain their process, and their love of working in collaborative situations, where they create the designs and groups unite to paint the actual murals.

The students and Artists discussed a whole variety of artisan skills and asked some brilliant questions on topics ranging from the size of their largest mural to date, to the skill involved in using a spray paint gun.

It was a very pleasant visit for all and a valued snapshot of the presence of Art in our local community.

Link to Artists, Dave & Lily's website: <https://www.dvisionart.com/>

**Ms Razvand-Atwi**





# Year 12

## Work Experience

Well done to Charlotte Prock and Milena Ticinska and for completing their work experience forms on Unifrog.

This term's focus is students should be looking for placements or summer schools for 30 June-4 July 2024.

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

We have reminded students any new placements will be advertised in the weekly opportunities bulletin posted on google classroom. This is the Grey Court personalised information bulletin about:

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

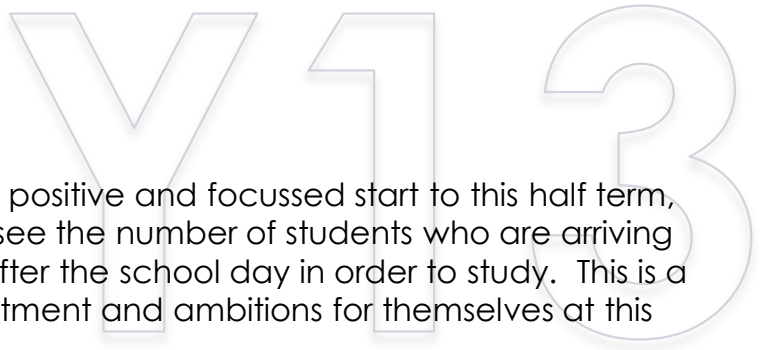
Students should be accessing this via google classroom every Friday to keep informed of what they can access to help them build their experience and explore their career options: [28/02/2025 Sixth Form Careers opportunities](#)



### **Can you help with providing a placement?**

We rely on a range of sources for work experience and one of those is from our Grey Court community. If you think you or your company might be able to offer work experience during the week of 30 June-4 July please let us know, it doesn't have to be for 5 days necessarily but even 3 days is a great insight into an industry. Please contact Bernie Corrighan [bcorrighan@greycourt.org.uk](mailto:bcorrighan@greycourt.org.uk) who is the Careers lead.

# Year 13



Year 13 students have made a positive and focussed start to this half term, and it is really encouraging to see the number of students who are arriving at school early, or staying on after the school day in order to study. This is a clear indication of their commitment and ambitions for themselves at this very busy time.

Trial exams start on Monday 17th March and run for 3 weeks. Students will be on study leave during the second week, when exams will take place in the hall. During the first and third weeks, exams will take place in lessons. This is the link to the [Trial Exams Booklet](#), which includes the timetable.

## 100-hour Challenge

Students have been asked to track their independent work in the run-up to their trial exams, with the aim of completing around 20 hours per week. The following students have made an impressive start to the challenge, and will each receive a prize for their efforts: Levent, Clem, Helena, Ray, Irem, Pranay, Travis, Brandon, Nil, Imogen, Hana, Sofia S, Adam, Sophia E, Bertie

## UCAS update

One hundred students have now heard from all five of their university choices and seventeen year 13s have made their firm and insurance choices.

Students have received offers for a wide variety of courses including, Artificial Intelligence, Veterinary Science, Sport, Exercise & Nutrition, Cyber Security & Digital Forensics, Writing for Performance, Modern History with Economics, Aerospace Engineering, Law with American Studies, Architecture, Paramedic Science, Cancer Biology and Immunology, Criminology, Zoology, Fashion Marketing

## UCAS 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 6th June to accept your choices so there is plenty of time for making decisions.

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

Please see this [UCAS guide](#) to accepting offers.

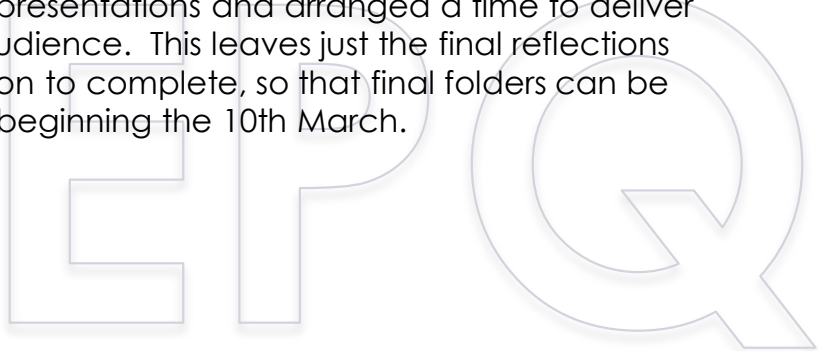
## UCAS EXTRA

Extra has now opened. 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

We are now in the final phase of this qualification. Students should have prepared their presentations and arranged a time to deliver these in front of an audience. This leaves just the final reflections and folder organisation to complete, so that final folders can be handed in the week beginning the 10th March.



# ***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



A photograph of three rugby balls resting on a green grass field. The balls are white with various colored stripes (yellow, red, blue) and logos. A yellow line is visible on the grass. A small green object is on the grass to the left of the balls.

# SPORTS

News

# Grey Court Shine at Eggchasers Rugby Competition



Grey Court's rugby 7s squad kicked off their season in style at the Eggchasers Rugby Competition, finishing as joint winners alongside Claire's Court after an outstanding day of rugby. The team demonstrated skill, determination, and resilience throughout the tournament, setting a strong foundation for the rest of the season.

The group stages saw Grey Court dominate their pool, winning all three of their matches in emphatic fashion. A free-flowing attack saw plenty of tries scored, with Josh, Grindan, and Taym leading the charge with electrifying runs and clinical finishing. The team's cohesion and attacking prowess made them a formidable force as they advanced to the knockout stages.

The semi-final pitted Grey Court against a well-drilled Beechen Cliff side, presenting their toughest challenge yet. In a tense, back-and-forth encounter, the team showed immense composure to edge out a 31-26 victory, holding their nerve in the final moments to secure a place in the final.

Fatigue and injuries took their toll heading into the final against Claire's Court, but the team showcased their resilience and defensive grit when it mattered most. In the dying moments of the match, Grey Court produced a heroic defensive stand, repelling sustained pressure for a full minute inside their own 22. Last-ditch tackles and unwavering commitment saw every player put their body on the line for one another, ensuring a hard-fought draw and a share of the tournament title.

This competition marks the start of Grey Court's 7s season, with the squad now setting their sights on the prestigious Rosslyn Park National School 7s. With the ambition of making it to the second day of the tournament at the end of this half-term, the team will look to build on this success and continue their impressive form on the field.

**Mr Hunt**

# Year 7 Athletics

Our year 7 athletes had their first taste on competitive athletics on Wednesday 26 February at Lee Valley Athletics Centre.

There were some excellent performances from both the boys and the girls teams and both A teams have qualified for the semi finals.



Girls A+B team

# Boys A team



# Boys B team





**Wednesday 12 February:** superb 5-0 win for the u18 tennis boys in the Rootham Shield. Congratulations!



**Wednesday 12 February:** excellent 3-2 victory today by our u18 tennis girls in the Branston Shield. Congratulations!



**Tuesday 11 February:** hard fought 2-1 victory for the u15 boys in the County Cup today. Two excellent headers from Jack and George helped seal the win. Congratulations!

Congratulations to Charlie, Nathan and  
Ida who achieved gold medals at the  
Borough swimming gala on 11 February

# Charlie Congratulations



# Nathan Cotnam at unions



# Congratulations





MILLIE  
LONDON  
Gymnastics  
Trampoline  
Sponsorship  
THE ZONE

LONDON GYMNASTICS TRAMPOLINE

Providing the perfect balance of fun, passion and precision

Working in partnership with

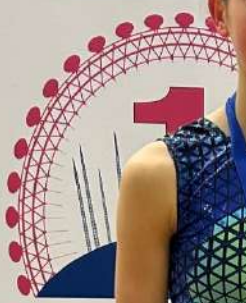
British Gymnastics  
More than a sport

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london-gymnastics.co.uk

Gymnastics to you



LONDON GYMNASTICS TRAMPOLINE

Providing the perfect balance of fun, passion and precision

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British Gymnastics  
More than a sport

Sponsored by

THE ZONE



LONDON GYMNASTICS TRAMPOLINE

Providing the perfect balance of fun, passion and precision

Working in partnership with

British Gymnastics  
More than a sport

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london-gymnastics.co.uk

Gymnastics to you

3

1

Millie competed in the London Gymnastics Trampoline competition on Sunday, winning first place in the 13-17 year age group in one of her events

Congratulations!

## Girls Player of the Month

Ida is the girls POTM for February! She is an elite swimmer and all-round athlete in cross country, athletics, hockey and football (to name a few). Back in December Ida qualified for 11 events in Welsh Nationals. She made four finals and won two silver medals and two bronzes. Ida got personal bests in all four finals and is now ranked in the top ten in the country for the 200m, 400m and 1500m freestyle events (short course) in her age category.

Ida swam up an age group at the Borough Swimming Gala recently, winning the IM and fly against swimmers a year older than herself. She has just returned from an intensive 9 day swim camp in Lanzarote with Teddington Swimming Club. The camp prepares swimmers for the regional SE London Swimming gala, in which Ida will participate at the end of April. Ida ran the Middlesex XC event as part of the Grey Court team finishing 15th in the county!



# Ida Teagarty-Sparks

# Freda Potts

## Girls Scholar of the Month

We are pleased to recognise **Freda Potts** as our Sports Scholar of the Month, a student-athlete who truly exemplifies excellence across multiple sporting disciplines. Her natural athletic ability, displayed consistently in athletics, football, and netball, is enhanced by an outstanding work ethic and mature approach to training.

What sets Freda apart is her leadership and team-first mentality. She consistently supports her teammates, demonstrates tactical understanding beyond her years, and maintains impressive discipline in balancing her various academic and sporting commitments. Her ability to excel in multiple sports while maintaining high academic standards and supporting other students is remarkable.

Freda's selection as Sports Scholar of the Month celebrates not just her athletic achievements, but her character and positive influence throughout our sporting community. She sets an inspiring example for all our students of what can be achieved through dedication and teamwork.

**Well done Freda!**



# U14 Rugby Squad

## Girls Team of the Month

**The U14 Rugby Squad** has shown exceptional spirit and dedication, demonstrating the true values of rugby both on and off the field. Their support for one another has been evident in every match, with each player displaying excellent skills, teamwork, and creative flair.

Most recently, they had a fantastic day out at the Ready For Rosslyn event and represented Grey Court brilliantly. This was an important training day ahead of the prestigious Rosslyn Park National Schools 7s next month where they hope to make the school proud.

The team's positive attitude during training and their willingness to learn from both victories and setbacks speaks volumes about their character. Particularly impressive has been the way senior players have mentored newcomers, creating an inclusive environment where every player feels valued.

The U14s have set a remarkable example through their cooperation, determination, and team-first approach.

**Well done team!**



# Nathan Austen



## Boys Player of the Month

Congratulations to Nathan Austen who has been awarded this month's Player of the Month for February. Nathan won the 25m butterfly race at the recent Borough Swimming Gala, with an excellent time of 17 seconds.

Nathan swims for Elmbridge Phoenix, often training 8 hours a week, as he works towards qualifying for the Regionals in his best stroke, backstroke (35.52 PB for 50m, 1:15.89 PB for 100m). As well as his swimming, Nathan does Judo club on a Friday after school and the coach has commented on his ability to coach others and show great leadership within these sessions.

To add to his already impressive sporting CV, Nathan plays rugby for the U13A rugby team and has been ever-present in their matches throughout the Autumn term.

Nathan demonstrates an excellent attitude in all of his PE lessons and has an admirable willingness to learn in all the activities that we do in PE - that is a fantastic attribute to have and will no doubt help him fulfill his sporting potential. Well done Nathan!

## Boys Scholar of the Month

# Ollie Greenwood

Ollie has had a brilliant month, showing great dedication and talent across multiple sports. His hard work in athletics training, both in short and long distances, has been impressive, demonstrating his versatility and determination to improve. Alongside this, he has been attending cricket nets, where he has made great progress and shown real promise as we head towards the summer season.

In addition to his sporting efforts, Ollie has displayed a fantastic attitude in his scholarship lessons. His commitment, focus, and willingness to push himself make him a standout student, both in the classroom and in sport.

Congratulations, Ollie, on being named Scholar of the Month! Keep up the great work, we're excited to see what you achieve next!



# Y10 Boys Football Team

## Boys Team of the Month

Congratulations to the Year 10 football team have had a strong season so far, winning seven of their ten fixtures this season. They have won two and drawn one of their fixtures in February, including an excellent 2-1 win against Richard Challoner to progress to the Quarter Finals of the Surrey Cup. They have scored seven goals in those 3 games and it is promising to see those goals being scored by seven different players - this shows how much of a threat we can be when we are presented with goal scoring opportunities. We look dangerous from set pieces and demonstrate excellent pace on the counter attack, which has been backed up by some excellent defensive displays.

The squad has been strengthened by the inclusion of some Year 9 players and they will be working hard in their football training with Brentford on a Friday morning.

We wish them all the best on their Surrey Cup run!





mind

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





FESTIVAL

What's on ...

34



# 'HANG OUT'

IN THE WOODS!

11 - 17yrs

ANCIENT CRAFTS ~ BUSHCRAFT ~  
~ KNIFE SKILLS ~ FIRE CRAFT ~  
~ THE POWER OF PLANTS +++

Join Maria, Josh & our GreenWise People wild friends at the magical 72ha Ham Lands Nature Reserve, Richmond, TW10! From learning new life-long skills to simply hanging-out.



FEB 1/2 TERM (WED 19TH FEB)

EASTER (THU 10TH APRIL ~ FRI 11TH APRIL ~ WED 16TH APRIL ~ THU 17TH APRIL)

MAY 1/2 TERM (WED 28TH MAY)

For tweens & teens 11-17 years of age; £55/day (6hrs).

Healthy organic warm drinks & light snacks prepared on fire included, outdoor clothing & sturdy shoes a must! Full details to be provided at enquiry.

SPACES ARE LIMITED TO ONLY 12-15 /day

To book, please contact:

Maria via [info@greenwisepeople.co.uk](mailto:info@greenwisepeople.co.uk) / 07737 644 119



## The GreenWise People Introduction

My GreenWise People Training Centre team and I will be running more Wild Workshops for our Teens over the next 3 holidays including Ancient Crafts, Bushcraft, Fire by Friction, and general Survival Skills. Vitally important in terms of conservation, community and wellbeing - honouring those life-long skills with respect. We would love to extend this invite to all your families and wider Grey Court Community especially as we are a stone-throw away and see so many of your young people in the woods. They are always keen to know more but not many have "officially" joined us in the past.

We were recently awarded the Richmond Borough Climate Microgrant and truly hope to be able to offer more to our younger people for free.

If you have any questions, please contact me

Maria Sprostranova  
Founder and Director

**GREENWISE PEOPLE**

07737 644 119

0208 541 0415

[www.greenwisepeople.co.uk](http://www.greenwisepeople.co.uk)

# 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](http://www.elizabethsamuelsdrama.com/grey-court-richmond) or contact [info@elizabethsamuelsdrama.com](mailto:info@elizabethsamuelsdrama.com) to book a trial class!



## The Sports Groove Arena

The Golf Groove has taken interactive sports entertainment to the next level. Get ready enter The Sports Groove Arena.

Step onto the pitch, take to the court or lace up your skates, as you and your team take on multiple sports, with a drink in hand and a bite to eat from our fantastic menu. There's a game for everyone.

Our new interactive sports simulator is the perfect excuse to get your friends or family together, to challenge each other to multiple sports. Find out who has the skills to be crowned the winner of The Sports Groove Arena.

Games include: football, ice hockey, baseball, bowling American football and more.

Book your place in the arena today, at our special introductory rate, available until 17 March.

Visit [www.thegolfgroove.com](http://www.thegolfgroove.com) to book.

**NOW IN  
HAM**



# NEW SCHOOL

## STAGECOACH RICHMOND

**Venue:** Grey Court School  
Ham Street Ham Richmond  
Upon Thames TW10 7HN.

Giving children and young people the Creative  
Courage to stand up on stage and stand up for  
others for over 35 years.

 [stagecoach.co.uk/richmond](http://stagecoach.co.uk/richmond)

 07824 999414

 [richmond@stagecoach.co.uk](mailto:richmond@stagecoach.co.uk)



**ENROL TODAY**



**TRAFALGAR**  
ENTERTAINMENT

Stagecoach Performing Arts schools are operated under licence and are independently owned by their respective Stagecoach and Creative Courage Partners as signified by the marks of Stagecoach Performing Arts Ltd.

# Kids & Adults Kickboxing

**KING**  
KICKBOXING

New classes in **Twickenham!**

- ✓ Kids Classes Ages 7-11
- ✓ Teens Classes Ages 12-15
- ✓ Adults Classes Ages 16+
- ✓ Promotes Confidence
- ✓ Develops Strength & Flexibility

**Waldegrave School  
Fifth Cross Rd  
Twickenham, TW2 5LH**

**Come try our new kickboxing classes!  
With programs suitable for all levels  
and regular gradings to track  
progress. Book today to try a class!**

**First  
class  
FREE**



**Sign Up Now**



**07474 909 400**



**[www.kingkickboxing.co.uk](http://www.kingkickboxing.co.uk)**



**Monday  
Wednesday  
Sunday**

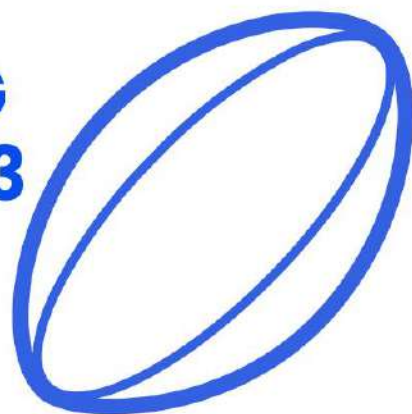
- Kids 5pm, Teens 6pm, Adults 7pm
- Kids 5pm, Teens 6pm, Adults 7pm
- Kids 10am, Teens 11am, Adults 12pm

# ELITE RUGBY LEAGUE

UNDER 12S TO UNDER 16S

## FIRST/15 COACHING PRESENTS OUR 1ST/13 SESSIONS

CALLING ALL RUGBY LEAGUE  
PLAYERS - THE SEASON IS FAST  
APPROACHING AND WE ARE  
LOOKING AT RUNNING SOME  
ELITE RUGBY LEAGUE TRAINING  
SESSIONS



### FIRST/15 COACHING

DISCOVER THE GAME, TRANSFORM YOUR SKILLS

SESSIONS DELIVERED  
BY LEVEL 3 RL COACH  
CHRIS BAXTER  
FORMER HEAD OF  
YOUTH AT LONDON  
BRONCOS AND  
ENGLAND U18S

**SATURDAY 15TH  
MARCH 11.00AM  
-13.00**

*Ex Bulls and Broncos  
Player, Iliess Macani as  
guest coach*

TO BOOK PLEASE SCAN  
THE QR CODE OR GO TO  
OUR WEBSITE FOR MORE  
INFORMATION



Venue Springwest school, Feltham, Browells  
Lane, Middlesex

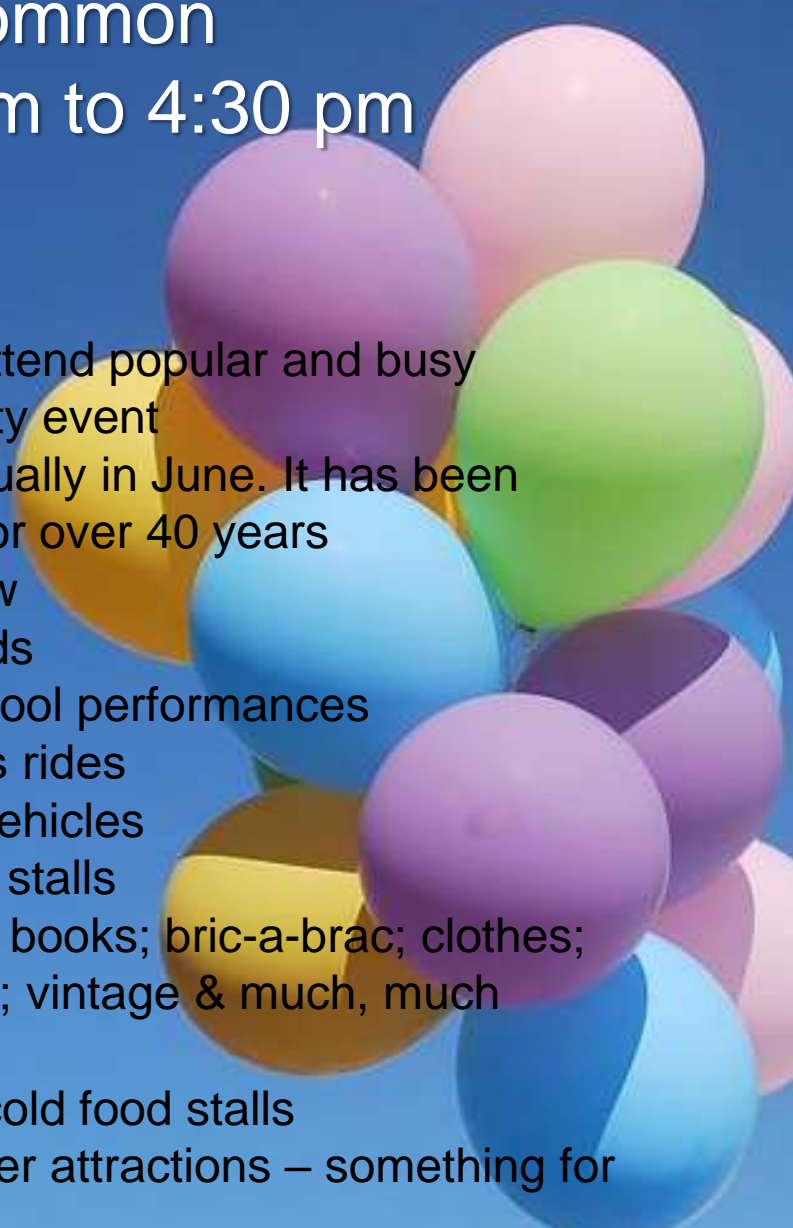


[www.first15coaching.co.uk](http://www.first15coaching.co.uk)

Save the Date

HAM FAIR  
SATURDAY 14 JUNE  
2025  
Ham Common  
11:00 am to 4:30 pm

- Free to attend popular and busy community event
- Held annually in June. It has been running for over 40 years
- Dog Show
- Live Bands
- Local school performances
- Children's rides
- Vintage vehicles
- Over 140 stalls
- Antiques; books; bric-a-brac; clothes; gifts; toys; vintage & much, much more!
- Hot and cold food stalls
- Many other attractions – something for everyone.



# 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](mailto:ian@taborsportscoaching.com)

[Daniel.hayden@richmondandwandsworth.gov.uk](mailto:Daniel.hayden@richmondandwandsworth.gov.uk)



# PLAY CRICKET FOR RICHMOND BOROUGH IN THE 2025 LONDON YOUTH GAMES

## 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

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



## 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

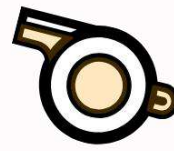
Contact : [londonyouthgames@richmond.gov.uk](mailto:londonyouthgames@richmond.gov.uk)  
Or email: [daniel.hayden@richmondandwandsworth.gov.uk](mailto:daniel.hayden@richmondandwandsworth.gov.uk)



# 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



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



# 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.



**1<sup>st</sup> & 2<sup>nd</sup> 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**  
**2<sup>nd</sup> 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](mailto:janette@janettemason.com)**