

2025 English Men's & Women's Artistic Championships

## tionalcent

South

OLWOP,

GYMNASTICS CLU

- 3 #KeepInTouch
- 4 Mai Lannhult
- 8 KS3+KS4 News
- 9 World Book Day
- 26 Stars of the Week
- 27 This Week in Science
- 30 Extracurricular Clubs
- 33 PDW + Wellbeing
- 39 Sixth Form News
- 50 Sports News
- 64 What's on...





Cover photo: Mai Lannhult

24-25 Term Dates

### **School Events**



#KeepInTouch

### **Weekly Menus**



### **The Uniform Shop**

#### Thursdays 3:15-4pm

Contact: sniss@greycourt.org.uk





\$X



#### Mai Lannhult

competed in the English Gymnastics 2025 Men and Women's Artistic Championship on Friday 28 February and is now the English Aspire Champion!

Her results are: 1<sup>st</sup> all-round 1<sup>st</sup> vault 1<sup>st</sup> bars 2<sup>nd</sup> beam 2<sup>nd</sup> floor





2025 English Men's & Women's Artistic Championships **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





# THURSDAY 20TH MARCH 6.30PM

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

#### ADULT - £7 STUDENT/CHILD - £5



# WORLD BOOOK DAY

## 6 MARCH 2025



We celebrated World Book Day with a series of <u>activities</u> culminating on Thursday with a special assembly for our year 7 and 8s, and the English department dressed as characters from the Harry Potter books.





Not only did the English department dress up in characters from books... other teachers did too. We were fortunate to snap Mr Johnson (The Tiger who came to Tea) and Mr Allchurch (Lee Scoresby) and Ms Shore (Mary Poppins). We couldn't get snaps of Mr Holden (Sherlock Holmes) mysteriously...!

We are confident that the students were enchanted!





## $\mathbf{F}$

We love Mr Johnson strutting his stuff confidentially in his character - the Tiger Who Came to Tea.

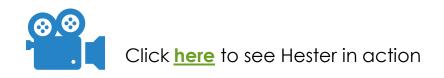
1-2





Lee Scoresby was a Texan aëronaut of New Danish descent. His dæmon was a plain arctic hare named Hester.

A dæmon was the physical manifestation of a human soul in Lyra's world. Humans in other worlds had dæmons. However, they were invisible to those who had not learned the technique to see them.





We love Miss Poppins aka Ms Shore

Miss Poppins making her way home...!



Another busy week saw us celebrate world book day on Thursday, with our librarian, Mr Johnson dressed as the Tiger that came to tea, Mr Holden as Sherlock Holmes and Mrs Shore doing a fantastic impression of Mary Poppins! The celebration continued as we had a quest assembly from Kat François, an author and poet who captivated and engaged the year group with a brilliant assembly on poetry, which will hopefully have ignited the creative flame in many of the vear aroup! She also ran workshops throughout the day which was hugely enjoyed by those students that attended them.

We had our scheduled assembly delivered by Miss Pocock and Miss Marsh this week, about International Women's Day on 8 March and celebrating the continued progress of women's rights and how the organisation 'Hello Sunshine' aims to broaden perspective and empower women by aiving them authorship, inspiring agency, and creating a platform to help them shape culture and the world around them.

We had an amazing week for achievement points and led the school once again, earning 568, with our closest challengers being Year 8, who earned 362! Well done Year 7, keep it up!!! Our attendance continues to be the best in the school, but it is declining, so now we have finally seen some sunshine and those winter colds near their end. let's strive to get into school every day and enjoy the opportunities available to us all!

**Mr** Ridley



A big well done to Y8's top achiever this week- Anabelle L who received an almighty 10 achievement points (not including Friday)!

During this week's assembly, we celebrated International Women's Day with a particular focus on challenging gender stereotypes in careers. In PDW, students explored the serious issues surrounding revenge porn and the consequences of sharing personal photos.

Yesterday on World Book Day, 8 Willow were left speechless as Ms Mennone had transformed into a fearsome Nagini, patrolling the school alongside school Lord Voldemort. We hope this creative display inspires more students to dive into the world of reading. Looking ahead, Science Week starting on Monday promises an array of exciting events including both a rocket car and a poster competition that Y8 can participate in.

Congratulations are in order for 8 Maple, who have successfully completed their Gradu8 enterprise challenge and now pass the baton to 8 Oak, set to see how much profit they can make in the playground.

Pictured on the next page are Sasja and Nia during 8 Maple's enterprise challenge.





Year 9 have had a great week, with a fantastic 760 achievement points awarded since we came back from half term. Milly A and Paloma C are leading the pack with 12 and 9 points awarded respectively, well done girls!

The students are now aetting the ball rolling with the options process - over the next couple of weeks there will be lots of discussions happening with the year team and senior leadership team around choices - please make sure you sit down with your children with the booklet sent to you and have these discussions at home. If there are any questions about the process, please do not hesitate to email myself, Mr Day or Ms Price.

Well done Year 9 - keep it up!





#### **Gold Certificates**

Arjun Nagarsheth (Best in Year) Chloe Clements Alex Nica

#### **Silver Certificates**

Okan Canatan Zakir Mohapatra Harry Woolner Eva Mayhew-Wilcox Felix Fairmaner Barney Arthur Emilia Dashper Eli Crosby Dason Poon Archie Campbell Ernie Huddart Aaron Lawrence Josie Tanner

#### **Bronze Certificates**

Samuel Dean Dani Leon Mohammed El Haddad Inigo Bell **Ruzgar Demiral** Dayan Ansari Emme Hughes Thomas Melo-Foxton Charlotte Vermeulen Milly Anstey Lucio Malisan Harrison Horine Josie Bryant Adrian Lam Ipek Ayduran Sebastiano Beroldo Naomi Phillips

#### **Congratulations!**

The following students have made it through to the next round of the competition:

Arjun Nagarsheth Chloe Clements Alex Nica

Week two is complete and the students have been fantastic. We have had a year group focus on attendance since returning to school and 185 students have achieved 100% attendance with no lates! Keep this up!

Hopefully students are well into their routines now and are focused on the interim goal of Easter break. Lunchtimes have been a welcome break with students enjoying the sunshine on the green area however this is a reminder to all to please keep their shoes on!

This week in assembly students were delivered an empowering assembly for International women's day, as well as being made aware of the Berlin trip that has become available for History and German studying students - please check your email with regards to this.

Special shout out to BTEC Media Studies students who have commended on their hard work and quality of coursework so far! Well done!





#### **Gold Certificates**

Gunes Atakan (Best in Year) Joseph Bailey

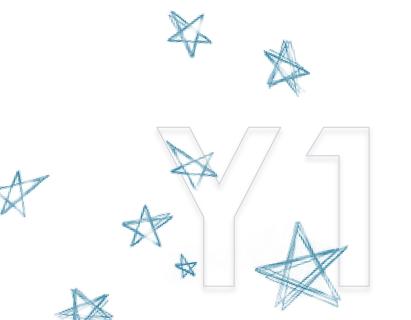
#### **Silver Certificates**

Jad Azawi Eddie McCarthy Boris Petrov Isla Reindorp Frederick Weatherhead-Pusey Anthony Porter Isabella Tzinieris Alyssia Capper Franciszek Ciasnocha Heidi Phillips Oliver Metushi Sonya Mishchenko

#### **Bronze Certificates**

Luca Grima Gaia Ravizza Esther Mudunkotuwe Coco Mtandabari Nicholas Pasenciuc Salahuddin Khawaja Emir Sunar Jackson Iwanowski Ned Harrison Martha McQuattie Allen Ignatz Keating Olaya Muniz Garcia Jenin Abo Zeinah Matthew Chester Ethan Starborg Liliane Eldakhakhny Mustafa Nuhad







Week 2 is now complete, and it has been an eventful one for our Year 11 students! A massive congratulations to the Media cohort for successfully completing their exams. Over the past three days, they have worked tirelessly, and I know their Media teachers are incredibly proud of their efforts.

Looking ahead, we have more controlled assessments and mock exams coming up, so it's essential that students continue to revise and establish a solid routine for independent work at home.

A special shoutout goes to 11 Oak, who triumphed in the February Half Term Revision Challenge. To celebrate, they spent their Friday lunch break enjoying Domino's with their tutor—well deserved!

Lastly, a big well done to Eva from 11B, who has won this week's Tutor Award and a £5 voucher! We will continue to celebrate achievements in our assemblies and reward students who are consistently punctual and dedicated.



#### **Gold Certificates**

Mydah Malik (Best in School!) Frank Wong Gabrielle Judkiewicz Maya Sills Omran Walli

#### **Bronze Certificates**

Cass Lam Helena Staple Ryan Farahmand

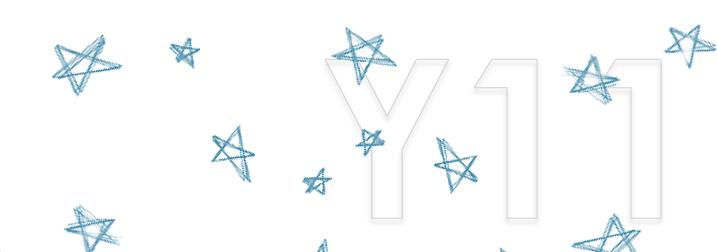
#### Silver Certificates

Oliver Hislop Mitchell Reader Florence Lavercombe Adara Guvenc Xiai Cai Herbert Henry

### X

#### Congratulations

The following students have made it through to the next round of the competition: Mydah Malik Frank Wong



Year Name Subject Reason 7A Samson Sills Excellent engagement in class Drama Excellent contributions 8R Aaryav Gautam Drama 90 Ayah Mahmoud Drama Excellent engagement in class Fereshta Najib 10B Drama Excellent homework 110 Che Bell Excellent engagement in class Drama 12F Eve Shaw Drama Excellent classwork 13G Lexie Arzul Drama Excellent engagement in class 7W Sophie Walsh Music Excellent engagement in class Aaryav Gautam Music Excellent engagement in class 8R 9B Leo Cushing Music Excellent progress in the subject 10 Ignatz Keating Music Excellent engagement in class 11C Stanley Stoller Music Excellent progress in the subject Arben Metin 7C Art Excellent engagement in class 80 Gretl Hei Lam To Excellent progress in the subject Art Ella Waldmann Excellent progress in the subject 9M Art 10ZA Emilia Ciasnocha Art Outstanding achievement 110 Philine Zoeller Art Outstanding achievement 12C Agnes Radek Art Excellent progress in the subject 13G Alisa Mcpherson Art Excellent contributions Claudia Menendez 10R Music Technology Excellent engagement in class Redondo 11E Ki Lodge-Williams Music Technology Excellent classwork 12F **Rhys** Chow Music Technology Excellent assessment grade 12D Joshua Harwood-White Photography Excellent progress in the subject 13A Leonardo Cervantes Photography Excellent progress in the subject

e

ver







### (Every week is) British Science Week

As if you don't already have it circled with a big black sharpie on the calendar hanging up in your loo, and you don't have 17 alerts set up on your phone as soon as the clock strikes midnight... or is that just all of us in the Grey Court Science department? Well, in case it is, you ought to know at home that next week is British Science Week! Students will be getting some special activities in their timetabled lessons, as well as assemblies by Science teachers, exciting STEM club practicals and some quiz rounds which they can take part in (time to start revising all of Science like, ever).

Admittedly, the title of this article is an untruth; BSW is technically only next week. However, the point remains that at Grey Court, we are consistently incorporating Scientific theory into a whole range of fun practical activities for the students. As the Love, Actually quote goes, "Science is, actually, all around." It was something like that at least. Here we have an interesting experiment from this week to look back on.

Although the 2024 Nobel prizes in Physics and Chemistry massively involved A.I (cheats!), Grey Court have been **keeping it old school** in their practical lessons by literally mashing up some red cabbage, making a sort of red cabbage brew and using the coloured water to test the pH of various substances. It goes bright pink in acids and a gruesome green in alkalis. You can definitely try this at home (at last, some use for your pestle and mortar!).

#### **Ms Andrews**



"Science is, actually, all around"





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





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

#### and contact us directly for payment at teamworkuniverses@gmail.com

If parents cant afford to pay they can email vprice @greycourt.org.uk and the school will cover the cost.







## 6 WEEKS YOUTH LEADERSHIP COURSE

# Every Wednesday 12:25-13:00 Starting 19th of March

### in NH3 in Newman House

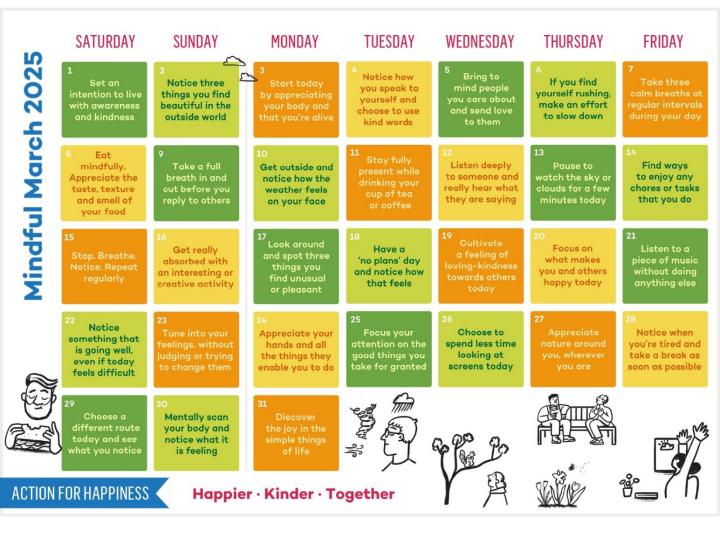
Discover your strengths, Develop your leadership skills, Gain confidence, Improve your self-esteem.

For more details speak to Mrs Nair or email: pnair@greycourt.org.uk "The youth of today are the leaders of tomorrow." - Nelson Mandela

Made with PosterMyWall.com









## This week

- Year 7 Who was Oscar Wilde and what happened to him?
- Year 8 What is revenge porn? Part 1
- Year 9 Knife crime part 1
- Year 10 Uncovering rape culture with Zara McDermott part 2
- Year 11 Revision skills

## Next week

- Year 7 How can we challenge gender stereotypes?
- Year 8 What is revenge porn? Part 2
- Year 9 Knife crime part 2
- Year 10 RS/Computing
- Year 11 Revision skills

### '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 evidencebased 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

# workshops

For parents of children 0-18

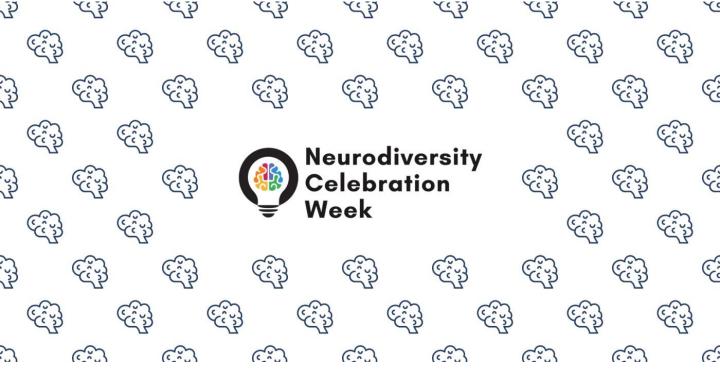
#### Workshop topics:

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.

<u>Click here</u> for more information for Kingston. <u>Click here</u> for more information for Richmond.



As we celebrate all the different and beautiful minds out there, we know that ADHD often coexists with other neurodiverse 'cousins' like autism, dyslexia, dyscalculia and PDA. It's important to see ADHD as part of the broader neurodiversity conversation, focusing on acceptance and recognizing the unique strengths yet also how this can mean more complex profiles for those children and young people.

It is also important for parents, carers and professionals to understand that if diagnosed with ADHD, there is a much higher possibility of having another condition at the same time:

•Autism and ADHD: The prevalence of ADHD in autistic children and adolescents ranges from 28% to 83% across studies, with a recent review concluding that 26.2% of autistic children and adolescents have co-occurring ADHD (Mutluer et al., 2022).

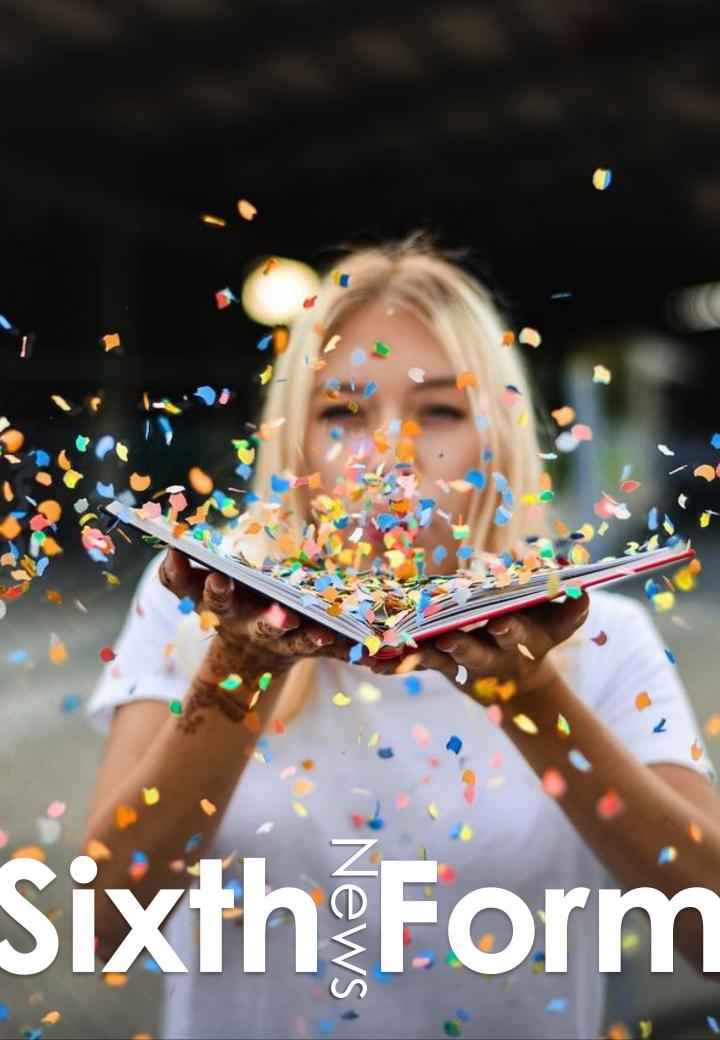
•ADHD frequently co-occurs with **Specific Learning Difficulties** (SpLD), such as Dyslexia, Dysgraphia, and Dyscalculia, with an estimated co-occurrence rate of 31%–45% (Pham & Riviere, 2015). It is also known to co-occur with Tics and Tourette syndrome (Hirschtritt et al., 2015).

These conditions often overlap, highlighting the need for appropriate support strategies. We have lots of videos in our Video Store on these areas so please do go and see which ones apply to your child or young person.

We are delighted to announce we have tickets for the Richmond 10k and Richmond Marathon so if would like to have lots of fun, get fit and fundraise for a great cause read all about it below!

Best wishes ADHD Embrace

For more information about news and events, please click <u>here</u>



## Year 12

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

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

On Friday 21 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

INVESTIN

#### The UCAS Personal Statement is changing

Everything you need to know

### Free webinar for students & parents: The UCAS Personal Statement is Changing

UCAS have recently amended the personal statement format from one longer essay to three structured questions, affecting all students applying to a UK university from next year onward.

To support your child in navigating these changes, InvestIN is hosting a free, interactive webinar led by experts, covering everything they need to know to make their application stand out.

We strongly encourage **parents of Year 11 and Year 12 students** to attend alongside their child to gain valuable insights into the new format and understand what skills and experiences will help them craft strong responses.

#### Date & Time: 26 March, 6-7pm Online - Register <u>here</u>

If you cannot attend live, please register to automatically receive the recording.

## This week's PDW

This week during PDW, year 12 students will have dedicated time to focus on their work experience applications. For those already lined up for work experience, make sure to log it on Unifrog! It's the perfect opportunity to get ahead and keep everything organised for the future.

Well done to everyone who has secured a placement. If any parents, carers or friends are able to offer placements, please let Ms Corrighan know <u>bcorrighan@greycourt.org.uk</u>

#### Work Experience and Summer Schools

This term's focus is students should be looking for placements or summer schools for 30 June-4 July 2024. Well done to **Artem Kysil, Leanna Hui and Joshua Harwood-White** for completing their work experience forms on Unifrog.

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: **28 March 2025.** Contact Miss Corrighan if you have any questions bcorrighan@greycourt.org.uk

We have reminded students <u>any new placements will be advertised in the weekly</u> <u>opportunities bulletin</u> 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. Parents/carers can also access this: 07/03/2025 Sixth Form Careers opportunities

## Senior Physics Challenge

I am glad to share the fantastic news that our year 12 Physics students participated in the Senior Physics Challenge Online in January 2025. This year, a total of 7,187 students from 327 schools across the country competed, and our students delivered exceptional results.

We are extremely proud to announce that **five** of our students received the prestigious **Gold Award**, placing them among the top 16% of all participants nationwide. Additionally, 12 students earned **Silver Awards**, and 5 students received **Bronze Awards**.

This accomplishment reflects not only the hard work and dedication of our students but also their remarkable ability to solve complex problems. Furthermore, the students who received Gold Awards will be advancing to the next stage of the challenge, which will take place on Monday, 10 March, during periods 1 and 2.

#### Dr Alaian

Student name	Medal
Josh Harwood-White	Silver
Tudor Pataca	Silver
Jeremy McCarthy	Silver
Fabio Gohar	Silver
Raja Singh Khurana	Gold
Arda Ozgenlik	Gold
Burney Feng	Bronze
Avani Riat	Silver
Viet Hoang Nguyen	Silver
Dylan George Rajapaksa	Silver
Pietro Pasquali	Silver
Finlay Janes	Bronze
Ross Killey	Silver
Alex Donnell	Gold
Jack Verwaerde-Daniels	Gold
Palesa Osei	Silver
Dogu Ozmen	Bronze
Jacob Zass-Bangham	Gold
Rhodri Chow	Bronze
Felix Marchis	Silver
Joseph Woodall	Bronze
Anna Tiffin	Silver











## Year 13

Students have been working hard to get ready for their final set of trial exams, and are logging all of their work as part of the 100-hour challenge. Well done to the following students in particular, for their impressive work so far: Levent, Clem, Helena, Ray, Irem, Pranay, Travis, Brandon, Nil, Imogen, Hana, Sofia S, Adam, Sophie E, Bertie

UCAS

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

Once you have heard from all five courses you applied to you should choose a firm choice and an insurance choice of course. Sounds scary but the earliest deadline for responding is the 6th June so there is plenty of time for making decisions.

Many students will have received invites to Offer Holder Days. This is the best way of helping students choose the best course and university for them. You should look at not just the university but the city or town where it is located. Consider factors such as whether you like the set up of a campus university or a university spread across a city. Think about where you might live in the second year when you will not be living in university accommodation. You might want to think about whether there will be opportunities for part time work to help supplement your living expenses. Check out transport to and from university - how long will it take you to get there and arrive in time for your 9.00am lecture? How long will it take to get back to your family home and how much will it cost? What social activities does the student union offer?

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 <u>UCAS guide</u> 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.

#### **Student Finance**

Full-time undergraduate 2025 to 2026 applications are opening in mid March. It's quick and easy to apply and should take less than 30 minutes.

To make sure you get your funding in place for the start of your course: new students should apply before the 31 May. If you have any questions about student finance look at the UCAS pages <u>Student</u> <u>Finance - Everything you need to know</u>.

This is also a very good link that breaks down student finance: <u>https://www.comparethemarket.com/loans/content/how-do-</u> <u>student-loans-work/</u>

## EPQ Update

Presentations are well under way. Completed folders need to go to supervisors in the next two weeks for marking. These need to be printed and tagged together in the order specified on the google classroom. The only element that currently remains electronic is the log book. However, this also needs to be completed for this stage of grading. This week gave students the opportunity to use their enrichment period to finalise their EPQ materials. There is one more formal session for this qualification next week.



Year 13 Psychology students have been learning about biological treatments for Depression and Schizophrenia by researching specific treatments and designing packaging and labels for existing medications. Through this creative project, students explored the medications used to treat these mental health conditions, focusing on the key information included on the packaging and understanding the role these treatments play in managing symptoms. This hands-on activity helped students gain a deeper understanding of both the scientific and practical aspects of pharmaceutical treatments and the strengths and limitations of these

#### **Miss Delachaise**



#### VPDS Lozapine rablets

#### CLOZAPINE

#### CONTENTS

- 1) How the treatment works
- 2) How to take the treatment
  - a Dosage
    - 6 Method of administration
- 3) Side effects a serious 6 minor
- 4) Usefuiness
- 5) Effectiveness
- 6) serengths a weaknesses

#### 1) HOW DOES CLOZAPINE WORK?

Reduces dopamine activity where it is too high, and helps with symptoms such as hailucinations, delusions and dementia

closapine is a type of antipsycholic medication that treats mental health conditions like schizophrenia. departine and seratonin in your brain. These substances help requisite your mood

#### 2) HOW TO TAKE THE TREATMENT

#### a Dosoge

For adults 18-59 years 12.5mg 1-2 times a day for day 1, then 20-50mg for day 2, then increase if tolerated

#### **CHLORPHOMAZINE**

#### How does this treatment work?

- It works by belancing the level of dopamine in your brain, a substance that helps regulate mood.

  - Initially, after taking Chlorpromatine, doparries levels typically rise before failing.
     The doparrine-antigonist effect normalises neorotransmission in key brain areas, reducing symptoms such as hallucinations

#### How do you take the treatment

It can be administered as a tablet, a tenso or through an injection. A maximum decause of 100mg per day is administered orally. The dosage is increased gradually.

Chlorpromozine is available as a 10mg, 25mg, 50mg, 100mg, 150mg, or 200mg tablet, that should be swallowed whole For the treatment of achieophrenia, your doctor will likely prescribe you a low does that can be gradually increased until the most effective dose is reached

Your prescription may start at 25-75 mg down, to be taken twice per day, increasing to around 200mg per day. A daily dose will

not exceed 800mg

four dose will depend on your response to the medication and the severity of your condition, as well as your age and weight.

#### What side effects?

- feeling diary
- feeling restless or connot sit still
- stiffness in arms or luga
- familing sleepy or sluggesh
- having success stiffness in Jaw
- increase in weight
- charges in blood sugar lavel
- changes in cholesterol invels
- charges in heart function.
- · rath or feeling itchy
- increased sensitivity in sunjust

#### How useful is this treatment

- Useful to treat schizophrenia, bipolar
- Can treat severe Nauseo and vomiting
- Trest severe Ansiety or Agitation (less common due to new medicine)

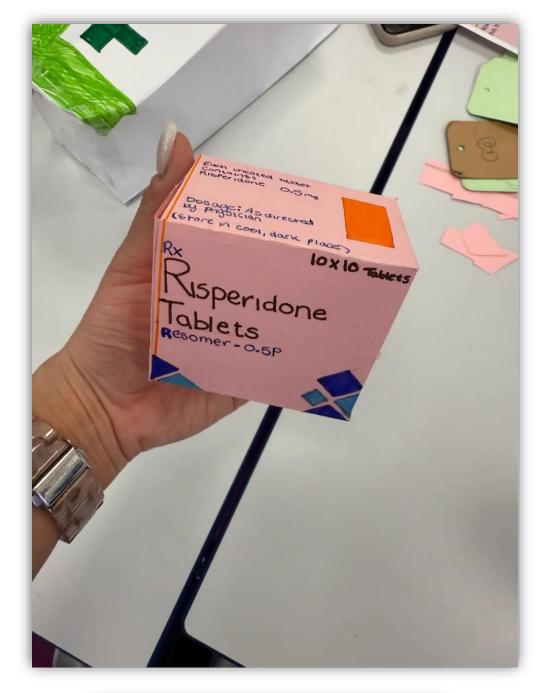
How effective is this treatment It was more effective than any of the old drugs, including morphine and scopolemine (hyoscina) combinations, for controlling exchament and agitation, and it could relieve also psychotic symptoms, such as delusions and hallucinations

#### Strengths.

RPROMAT

- Weaknesses Thankey et al. (2003) conducted a review of studies comparing the effects of Chiorpromazine to controls who Less holpful for negative symptoms. received a pracebo. High risk of side effects There was a total of 13 trials and 1,121 participants 0 Newer antipsychotic are preferred They concluded that Chlorpromazine was associated Chlorpromazine should be used with with better overall functioning and the reduction of caution in patients with stroke risk symptom seventy. factors. Elderly Patients with a Thornley et al. (2003) also found that in three trials Ormentia: Elderly patients with of 512 participants, Chlorpromacine reduced
  - incidences of relepse. Effective in in treating the positive symptoms of schizophrenia
- The introduction of Chlorpromazine in the 1950s marked the beginning of biological treatments in the field of psychopathology (abnormality).
- Low cost compared to newer drugs
- It is still recommended for short-term management of severe anxiety and psychotic aggression.
- Long established use
- High margin of safety
- Sedactive

- dementia-related psychosis treated with antipsychotic drugs are at an increased risk of death. Side effects: Chlorpromazine may cause involuntary movement problems, including shakiness, stiffness, or jerkiness. It can also cause drooling, failing, or walking
- balance problems. Tolerability less favourable than safety
  - Generally too sedative for long te use.











## Middlesex Tournament

The U13A netballers went over to Highgate for the Middlesex tournament on Wednesday 5 March. A great win followed by some tough matches! Coaches POM Laila S, Daisy B & Olivia.

## National Finals

Uzay going through his routine one final time before our National Finals on Friday 7 March.





**Friday 7 March: t**he gymnasts have arrived at Fenton Manor ready for the Milano National Final. We wish them all the very best.

GA WD GK GK WD GD

WA

GS

FS

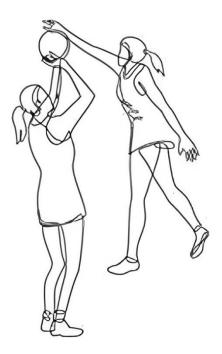
E

Well done to the U12A netballers for a 13-12 win in their first Borough League match vs <u>erichmondparkac</u> last weekend, thriller of a game! POM Emily

The 13A&B netballers had a great day out at the Borough Tournamen last weekend, well done girls!

GA





Life is better with goals!

## Calling all Grey Court Athletes!

Athletics outdoor season is fast approaching, if you **Do Not** belong to an Athletics Club, SMRAC (St Mary's) are hosting an internal competition for their club members. They would like to open this up to prospective athletes that are interested in joining a club and want to experience an informal competition before competing in formal competitions under UKA rules.

They are a competitive club and have many athletes from Grey Court and others in Richmond as well as surrounding areas, they would like to see as many as possible there.

St Mary's competition is on: Sunday 23rd march Venue: St Mary's University Track Age Group: Year 7 - year 9

**Please scan the QR code** for further details and how to sign up for our internal competition.



# 



#### Girls Player of the Month

Ida is the girls POTM for February! She is an elite swimmer and allround 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!



#### 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 teamfirst 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!

#### 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!



#### Boys Player of the Month

**Indr** 

Auste

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 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!

**NMO** 



#### 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!



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

Z

If you would like to donate, please click the <u>justgiving</u> <u>link</u>

Photo taken on a run in New Zealand We fight for <sup>mental</sup> health

mind

Sh



### Help Make Ham and Petersham Even Better Spring Volunteering Sessions

10am Saturday 8th March - Pruning the base of trees on Petersham Avenue. Meet on the Avenue by the entrance of Ham Polo.

**10am Saturday 22nd March** Petersham Common Woods litter pick. Meet at the Jn of Star and Garter Hill and Petersham Road

10am Saturday 5th April Ham Common Litter Pick, meet at Ham Pond

11am 26th April Petersham Common Woods Guided Bluebell Walk

Everyone welcome. Please come along to help. Biscuits provided.







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

#### Elizabeth Samuels

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

5

 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!



#### 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 hocky, baseball, bowling American football and more.

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

Visit <u>www.thegolfgroove.com</u> to book



## 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.

w stagecoach.co.uk/richmond

- O7824 999414
- richmond@stagecoach.co.uk

#### ENROL TODAY









each Performing Ark schedulars are operated under franchise and are independently owned by their Principals, Rages each and Creative Countys Familie and and Performing Ark schedulars and Arkening County and an area independently owned by their Principals, Rages each and Creative Countys Familie and and Performing Ark schedulars and Arkening County a

## Kids & Adults 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!





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** FIRST/15 COACHING LOOKING AT RUNNING SOME DISCOVER THE GAME, TRANSFORM YOUR SKILLS **ELITE RUGBY LEAGUE TRAINING** 

SESSIONS

## **SATURDAY 15TH** MARCH 11.00AM -13.00 Ex Bulls and Broncos

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

Springwest school, Feltham, Browells **TO BOOK PLEASE SCAN** THE QR CODE OR GO TO **OUR WEBSITE FOR MORE** INFORMATION

Lane, Middlesex

Venue

www.first15coaching.co.uk

player, Illiess Macani as



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





- 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.



#### RICHMOND NETBALL CAMP









Open to players of all abilities

Qualified coaches

Fun and friendly

Outdoor venue

#### EASTER CAMPS 2025

7TH, 8TH, 9TH APRIL & 14TH, 15TH, 16TH APRIL

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

9.00AM - 12NOON

SCHOOL YEARS 3-10 (SPLIT AGE GROUPS)





#### www.netballcoachuk.com/camps

#### RICHMOND

## 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 <u>here</u> for all the details on BandIt Click <u>here</u> for BandIt Spotify

## **THE ULTIMATE FAMILY DAY OUT ALLIANZ STADIUM, TWICKENHAM**



## LIVE.FAMILYTRAVELLER.COM 22-23 MARCH, 2025



## ALLIANZ STADIUM, TWICKENHAM FAMILY TRAVELLER LIVE THE ULTIMATE DAY OUT FOR ALL THE FAMILY





BOOK TODAY! Scan here IMMERSIVE TRAVEL SHOW

STADIUM TWICKENHAM \* BE PITCH SIDE INSIDE THE STADIUM \* PLAY RUGBY ON THE PITCH SIDE \* ZIP LINE OVER THE PITCH \* ABSEIL OFF THE STADIUM \* ICE HOCKEY \* CRAZY GOLF \* CLIMBING WALLS \* PARKOUR \* SURF SIMULATORS

BRING

YOUR KIDS

ALLIANZ

. LONDON



Allianz (II) Stadium

Get family tickets for

Use code FTSCHOOLS

> FREE PARKING

LIVE.FAMILYTRAVELLER.COM 22-23 MARCH, 2025



#### FESTIVAL

## ROEHAMPTON

A highly interactive event which will inspire young teenagers about the contemporary industries shaping the future!



#### THURSDAY 24TH APRIL 2025 FOR YEAR 6, YEAR 7, YEAR 8, YEAR 10, YEAR 11 AND YEAR 12 STUDENTS

VITH AN INTRODUCTORY VIRTUAL EVENT ON THURSDAY 20TH MARCH 2025, 9:30AM - 11:30AM, FOR YEAR 6, YEAR 7 AND YEAR 8 STUDENTS

**SUPPORTED BY** 





🗊 Commvault

## TEENTECH.COM/FESTIVALS/ROEHAMPTON

#### TEENTECH

#### FESTIVAL

The TeenTech Festival gives students and teachers from across the region the opportunity to try their hand at immersive challenges and experiments, to handle cutting edge technology and, most importantly, to spend time with engineers, technologists and scientists from a wide range of companies influencing their 21st-century lives.



#### AN OPPORTUNITY TO INNOVATE

Pupils will work in teams, in roles aligned with a start-up company, to become the inventors of tomorrow in an hour-long workshop and challenge! Students will be designers, developers and marketing experts, using sensors, data and cutting edge technology, to tackle real-world problems! Following the TeenTech Festival, all students will have the opportunity to develop their ideas further and enter the TeenTech Awards.



#### **INDUSTRY INSIGHTS**

Pupils will meet, and talk to real-world innovators, large technology companies, and industry leaders. Pupils get an understanding of the industry, and can participate in simulated tasks that illustrate the real work that goes into science and technology. They will also interact with regional companies, showcasing the wide range of exciting science, technology and engineering companies that the students may not know exist.



Pupils will compete in simulated tasks that demonstrate real world work by major science and technology companies. This is a chance to experience innovations in science, technology and engineering, and a chance to show students that they have the skills required to be successful in these areas.

#### FOR YEAR 6, YEAR 7 AND YEAR 8 STUDENTS

This carefully planned programme of activities will give your students insight into the world of science and technology helping them understand how they could be the innovators of the future. There are two parts to the experience.

On Thursday 20th March 2025, we will run a half-day live virtual TeenTech City of Tomorrow session, after which students will work in teams to create a building for the safer, smarter and kinder city of the future. Schools can engage as many students as they wish in this virtual event and then bring two teams of five students to represent their school at the live Festival Day at The University of Roehampton on Thursday 24th April 2025.

#### FOR YEAR 10, YEAR 11 AND YEAR 12 STUDENTS

Students will attend the Festival Day at The University of Roehampton on Thursday 24th April 2025, for a special programme of focussed events which will include:

- A series of hands-on activities which will enable them to meet a range of employers in digital, science, technology and engineering.
- Workshops providing insight into the wide range of STEAM careers and the different university or apprenticeship programmes that could lead them there.
- A tour of the Roehampton campus where students will be able to ask questions about university life.

#### IMPACT

We have measured the impact of events since 2008 and know there is a real shift in student perceptions, particularly amongst girls. The Festival day is just part of the TeenTech initiative, with schools working on projects both pre-event and post-event.

Feedback from teachers and companies is overwhelmingly positive with 94% schools who attended a TeenTech event in 2019 saying they will definitely attend another.

It is estimated that more than three-quarters of the jobs that will exist in 2030 don't yet exist! What we do know is that jobs in the future will have a technological or scientific component, and will require transferable skills such as creativity, teamwork, computational thinking, and communication.

TeenTech Festivals are a powerful intervention before students make GCSE subject choices, dispelling gender stereotypes and shifting perceptions of careers teenagers may have considered "difficult", "geeky" or "boring".



