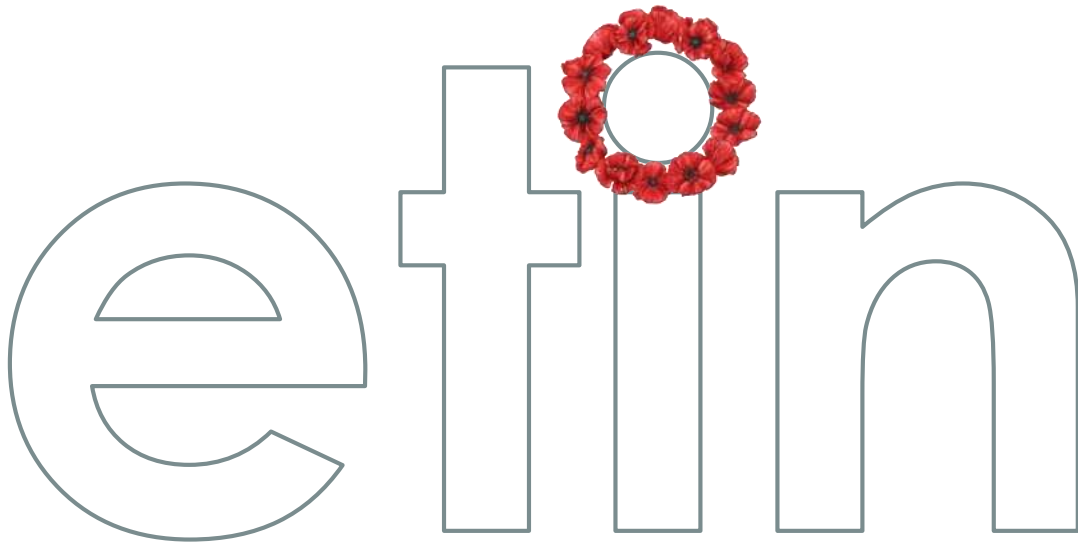




eBulletin

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Grey Court School | 14 November 2025

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



Cover photo: year 7 student taken at our Remembrance Day ceremony.
All photos of our Remembrance Day ceremony were taken by our year 13 photographers: Eva Meng and Libby Knowles

#KeepInTouch

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[School Events](#)

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Christmas is coming to
THE PALM CENTRE
from 28th November

Mention **GREY COURT SCHOOL** to our team and
25% of the tree sale
will be donated to the school.

Open 7 days a week, until 23rd of December
Mon-Sat from 9 AM until 4:00 PM
Sun from 10 AM until 4:00 PM



[Grey Court JustGiving QR Code](#)

The Uniform Shop

Thursdays 3:15-4pm

Contact:
sniss@greycourt.org.uk



KS3 + KS4
News





On Friday, 7 November, we held our Remembrance Day ceremony and observed a two-minute silence at 11am. Our year 7 students demonstrated admirable reverence throughout, honouring the occasion with quiet reflection. The ceremony included a reading by two of our year 7 VPA scholars (Aurelie Kanal Martindale and Clio Saville) and the evocative sound of *The Last Post*, played by Felix Coleshill, which added to the poignancy of the moment. Students planted poppies and Teddie, our wellbeing dog attended the event – fresh from her recent surgery. Mr Jacob, accompanied by his trusty drone, captured the event, allowing us to share a short [film](#) that encapsulates the spirit of remembrance displayed by our school.

Photos were taken by our year 13 students: Eva Meng and Libby Knowles

11 November
Lest we forget









Whitingsnapday Zoo Activity Day

Year 8

Welcome back after what I hope was a restful and well-earned half term. Year 8 have returned with energy and focus, and it's been great to see them settling straight back into school life.

A huge well done to Almus C and Dries V, who topped the achievement points leader board this week - fantastic work from both of them.

This week, Mr Von Sun led a thoughtful and moving assembly on Remembrance Day. Students reflected on the individual stories, including the forgotten histories of LGBTQ soldiers. Year 8 showed real maturity and respect throughout.

As we move further into November, a quick reminder that temperatures are set to drop next week. Please ensure students come to school with appropriate warm clothing, especially for chilly mornings and outdoor breaks. Hoodies aren't part of uniform, but coats, layers, and school jumpers under blazers are - and they'll be very grateful for them!



Leeds Castle Activity Day

80



Year 9

Well done to India B, Luca M, and Theo H for leading the way with achievement points this week - fantastic effort and a great example to the rest of Year 9.

In PDW, students spent time exploring *Unifrog* and how it can support them with making post-14 options and future career choices. It's great to see students starting to think about their strengths, interests, and the pathways available as they begin looking ahead to GCSEs and beyond.

This week's assembly, led by Mr Von Sun, focused on *LGBT+ inclusion in the military*. It was a fascinating insight into how attitudes and policies have evolved over time, recognising the experiences of those who have served and the importance of equality and respect in all walks of life.

Finally, a big well done to our Year 9 students who competed in the RSC Top of the Bench Science Competition. Representing the school at such a high level is an impressive achievement - congratulations on your hard work and enthusiasm for science!



Box



ility



DOM

Y9

DofE Bronze





Orleans Park Eco Conference



Y
8
+9

A group of year 8 and 9 Grey Court students were delighted to be part of the Eco Conference. It was a great opportunity for students to speak and interact with green area charities, ecological researchers and learning through collaborative creativity. With such sessions as "Protons for Breakfast", Bug Hotel making and the popular My Clothes My World by GenEarth; students were shown how small steps, small changes to the way we treat clothes, the environment and making more efficient use of energy we could make the world a far happier place for all species.

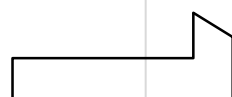
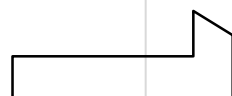
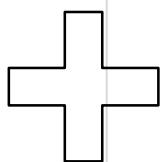
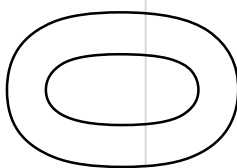
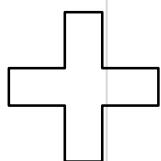
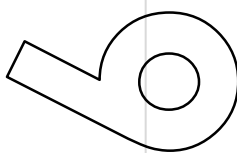
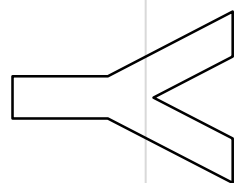
Don't throw away old clothes!! Learn to repair, patch up, upcycle!!

- Mr Johnson

"Be the change you want to see"

- Mahatma Gandhi

Grey Court Chemists Shine at RSC Top of the Bench Competition



On Wednesday 12 November, 24 talented students from Years 9, 10 and 11 represented Grey Court in the Royal Society of Chemistry's **Top of the Bench** competition. Competing against just under 100 teams from around 60 schools across our local area (Chilterns and Middlesex - I know, the RSC has weird boundary lines!), our students rose to the challenge in this prestigious regional event.

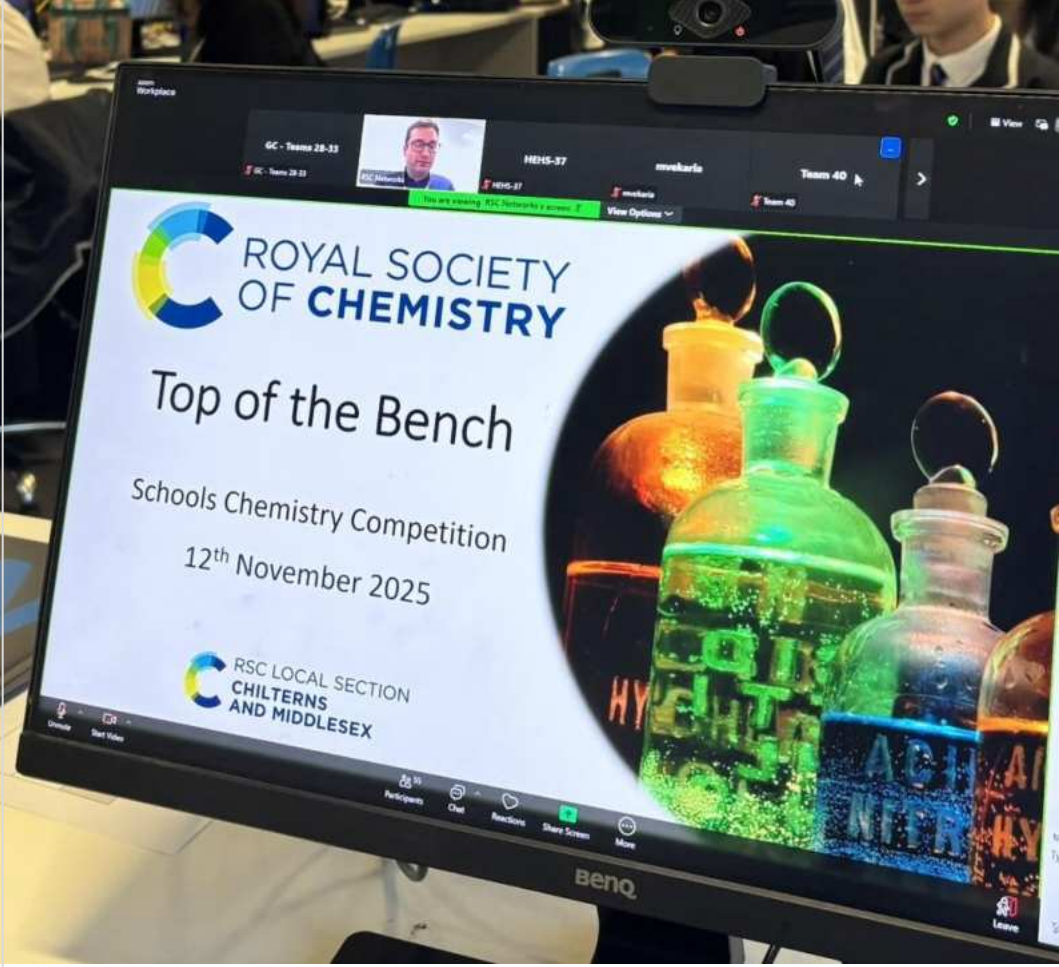
Each of our teams consisted of two Year 9 students, one Year 10 student, and one Year 11 student, reflecting the collaborative and cumulative nature of chemistry learning across Key Stage 3 and Key Stage 4. Working against the clock, students tackled six demanding ten-minute rounds that tested both their core knowledge and their problem-solving skills.

The rounds covered a broad sweep of chemistry, including an "opposites" keyword round, questions on separating substances, a challenging number round and an experiment planning task in which teams had to design a method to identify three unknowns. These were followed by questions on industrial processes and a final general chemistry knowledge round that required sharp thinking and careful teamwork.

Our students conducted themselves brilliantly throughout, working calmly under pressure, supporting one another (within their teams!) and embracing every challenge with enthusiasm. They all threw themselves into the spirit of the competition, represented the school superbly and, most importantly, had a thoroughly enjoyable and rewarding evening.

A very well done to all the students who took part, and particular thanks to our reserve students, especially in Year 9, whose flexibility and readiness to step in helped ensure that Grey Court was so well represented at this event.

- Mr Gundry





Year 10

Welcome back! Year 10 have returned from the half-term break with an incredible attitude, and attendance has been excellent. It has been wonderful to see everyone back and ready to learn.

This week we held our first Restorative Conference for A Band, where students explored topics such as self-image, building restorative habits both in and out of school, and developing healthy relationships. B Band will take part in their conference next week.

This half-term can be a challenging one with the shorter, darker days, but I know our Year 10 students will continue to show great resilience by coming to school each day with positivity and determination.

As always, please reach out if you have any questions.

Year 10 Careers Fair



A small group of students from year 10 attended a careers fair at the Harlequins stadium on Wednesday. Organised by Achieving for Children, our students had the opportunity to speak to representatives from different colleges and apprenticeship providers about the options available to them. Local colleges attended - organisations such as Kings Trust and Fulham FC Foundation, local and national employers, such as TfL, who offer apprenticeships. Thank you to Miss Ilett, Mr Lucas, and Miss Corrighan for supporting the trip. Well done to the students who engaged well and managed to collect most of the freebies from the event!

For more information and to find out more about post 16-options visit: <https://www.afcinfo.org.uk/pages/local-offer/information-and-advice/preparing-for-adulthood/access-all-areas>



Y111

Berlin Trip

- Mr Von Sun



Another Year, another successful Berlin Trip has been completed! As always, the Year 11s had an absolutely fantastic time looking at the sights, marvels, and horrors of one of Europe's most important cities. Surviving far too many 6 am wakeups from chronically decaffeinated teachers, and navigating the bustling streets of Berlin despite a couple of last-minute U-turns from their navigationally troubled teacher; the students loved every second exploring a city that was different to their own.

In particular, the Year 11s loved the night-time views of the Reichstag, despite the autumn chill, where they could practically see all of Berlin from one spot, including the magnificent Brandenburg Gate. On top of that, what History tour would be complete without a march through some of Berlin's most magnificent museums? Including the Checkpoint Charlie Museum, and the infamous Topography of Terror, the former Headquarters of the Gestapo.

Berlin was also the perfect opportunity to celebrate West Berlin's victory over East Berlin by taking part in one of its most important ideologies: Capitalism. A dash through the decadent Mall of Berlin (complete with a three-story-tall slide!) and a rampage through the Ritter Sports chocolate shop left both students and teachers alike suddenly light on funds, and suitcases fit to burst with souvenirs. However, some students were less impressed with Ritter Sports' new line of sodas, made with actual Cacao beans, which didn't survive the journey beyond the nearest bin...

Yet for many, it was the third, most moving day of the trip that students will remember the most. With a trip to the Sachsenhausen Concentration camp in the morning, and the Stasi Prison in the afternoon, students were finally able to see the stark realities of their textbooks before their eyes. Throughout it all, I remained impressed with Grey Court's students' decorum and sensitivity as they read through the accounts of Sachsenhausen survivors, and listened to the guides of the Stasi prison, many of whom could still recall their stories of their times living behind the Iron Curtain.

With a new term at Grey Court starting, I am thrilled that the Year 11s had such a fantastic trip. Yet I hope most of all that, armed with their new knowledge and perspective, they will understand how lucky they are to live in a country which grants them freedoms that those both past and present never have, and how hard they must fight to protect it.



Berlin Daze: The Von Sun always rises...early

Following on from Mr Von Sun's splendid Berlin write up, I would like to extend my own thanks to the Baron for running a wonderful trip to this endlessly inspiring city. I would also like to thank the students for being very jolly and engaged throughout the whole four days of sleep deprived endurance! In terms of Berlin 2025 the following memories will stay with me long after the 20 currywursts I consumed have finally digested!

Early Starts: Mr Von Sun likes to be on time for flights so I really appreciated the 3.00am taxi pickup so we were on time for our 7.15am flight! This was followed by a three hour walking tour, a visit to Alexanderplatz and an exclusive invite to the German parliament building! This strategy proved well founded as instead of leading a breakout group to a techno-party in an underground bunker I was asleep by 9.30pm on day 1!

Absent-mindedness - well done to Sami Forrest for managing to lose his passport within 5 minutes of entering Heathrow's duty free zone on the way out; and forgetting his suitcase within 5 minutes of entering Berlin's Brandenburg airport on the way back in.

The Free German Trade Union Federation...for sending a delegation of workers to gift Mr Rhodes a new company car (a 1987 brown Trabant 600) having read about his claim (in that well known mouthpiece of socialist discourse) *The Ham and Petersham* gazette that Grey Court's "organic" school dinners were entirely sourced from the school's allotment!



Tara Art's grand-dad for arranging to meet his beloved granddaughter in Berlin for lunch! Safe-guarding procedures meant that we had to recreate a scene from a John Le Carre novel as Mr Von Sun was tasked with meeting a German man in an overcoat at 12pm under the cloak in Alexanderplatz so that Tara could be officially handed over. The password, I'm told, was "Spartan Helles".

Mr Day for completing his military service as an East German security guard at Checkpoint Charlie in 1989 (this is a fact many Grey Court students were surprisingly unaware of!).

Alex Dermott, Oscar Dunbavin, Thomas Pasenciuc, Leopold Goslan, Leonardo Klapakis and Boris Petrov aka "the Spice boys" for keeping Mr Rhodes amusedly occupied and for engaging in a game of keepy-uppy that had such a low skill level, that a passing German pedestrian was forced to stop me and state: "this is why you will never win the world cup again!



Ms Shore for beating all comers at bowling and shouting "Achtung baby" when she scored a strike and Ms Moore for her entertaining anecdotes about her own Erasmus year in Germany! Wild!

And I will leave you with one student's explanation of why Mr Von Sun is such an inspiring teacher - "I just love how he always says the word "Spiel!"

And finally my own group - Oliver, Matilda, Arianna, Milo, Bella, Odile, James, Eddie, Esther and Gryffin for being an absolute delight to "lead."

- Mr Clements





This week in
Science

Digging Deeper Separation Techniques

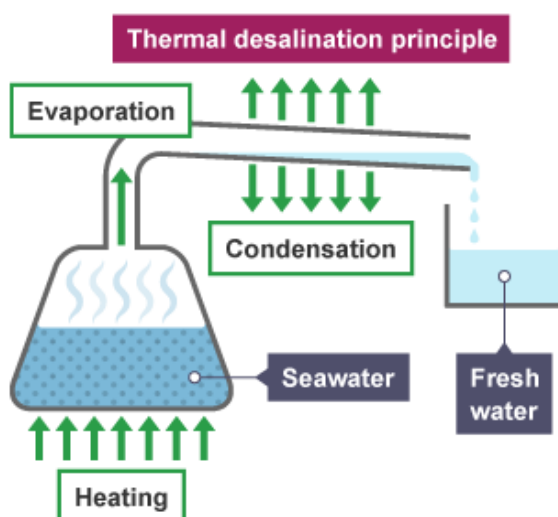
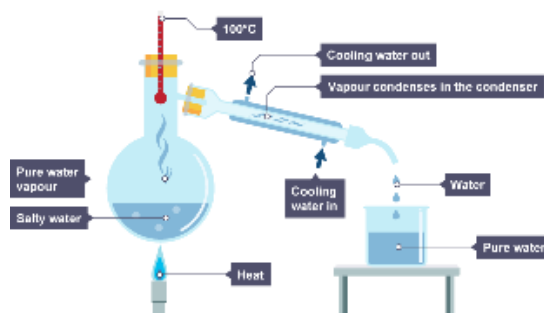
At first glance, separation techniques feel procedural: filter, evaporate, distil, crystallise. But these aren't just methods. They are decisions about value: what to keep, what to remove, and what counts as pure.

That judgment has always mattered. Ancient brewers knew how to clarify beer with sedimentation. Early chemists perfected distillation to isolate alcohols and oils. Today, these same principles underpin critical systems: blood products are filtered and fractionated; forensic samples are purified before analysis; seawater is desalinated to meet rising global demand. The stakes are high because the impurities are invisible and often dangerous.

Teaching separation isn't just about academic outcomes. It teaches how to tell when something is clean enough: a practical, scientific, and ethical call. This precision is what makes chemistry trusted: in medicine, we rely on a crystal form being consistent; in the environment, we trust that trace pollutants can be isolated and measured. One student learning how to filter sand from saltwater might one day design a method that removes microplastics from a river.

These techniques also change how students see the world. A bottle of fizzy drink becomes a mixture under pressure. Tap water becomes a product of sedimentation, filtration and disinfection. Chromatography becomes not just a pretty pattern, but proof of what's really in our food or our fibres. Separation lifts the lid on appearances.

- Mr Gundry

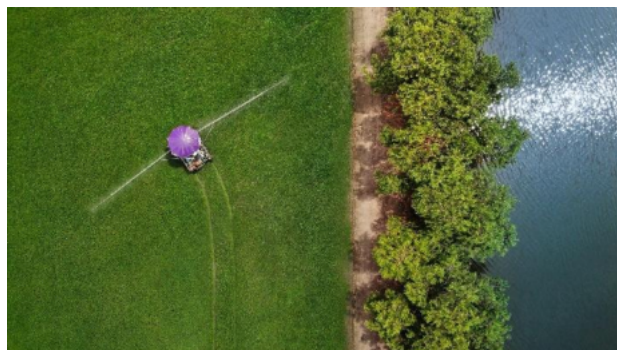


Stay Informed with Real-World Chemistry News

If you are thinking about studying chemistry at university, keeping up with real research and scientific news is one of the simplest ways to stand out. It not only provides you with strong material to discuss in personal statements and interviews, but it also shows you just how broad and exciting chemistry really is, beyond the classroom. For those in the lower year groups, this can be an exercise to explore the world of chemistry, as these topics are often not considered 'exciting' or deemed 'news-worthy' enough to be featured on mainstream news media.



Sites such as [Chemistry World](#) are an excellent place to start. Recent articles span everything from food and biochemistry to climate science and drug design. One piece reported on a [traditional yoghurt recipe that uses ants](#) to kick-start fermentation, linking familiar ideas like acids and enzymes to microbiology and even cultural practices. Another explored how [nitrous oxide emissions from agriculture](#) are accelerating climate change, highlighting the role of chemists in developing greener fertilisers and more sustainable farming. A third story showed how [artificial intelligence helped cut the development time of a new antibiotic](#) by about two years, while protecting gut-friendly bacteria, demonstrating the growing overlap between chemistry, computing and medicine.



Reading one good article a week and making a brief note of what it was about, why it interested you and how it links to topics you study [such as energetics, equilibria or reaction mechanisms] can quickly build your confidence. When you are asked in an interview about chemistry beyond the syllabus, you will have real examples at your fingertips and, more importantly, a clearer sense of the many ways chemistry is helping to shape the modern world.





Stars of the Week

Year	Name	Subject	Reason
8O	Toni Arts	French	Excellent test results
9C	Liya Darling	French	Excellent engagement in class
10W	Dhruv Gokul	French	Excellent engagement in class
11C	Isla Reindorp	French	Excellent engagement in class
12D	Daniel Bite	French	Excellent classwork
13A	Annabel Locherer	French	Excellent classwork
8W	Dylan Denbury	German	Excellent engagement in class
9A	Liza Blakcori	German	Excellent test results
10B	Cecilie Brogaard-Burdock	German	Excellent progress in the subject
11B	Aoife Walker	German	Excellent engagement in class
7A	Olivia Fisher	Spanish	Excellent classwork
9A	Jenson Shirlaw	Spanish	Excellent engagement in class
10A	Paloma Cajigao	Spanish	Excellent engagement in class
11A	Marlow Lloyd	Spanish	Excellent engagement in class
12G	Kulsoom Syed	Spanish	Excellent contributions
13D	Beatrice Andreatta	Spanish	Excellent contributions
7W	Sofia Mursalimov	Mandarin	Excellent engagement in class
8C	Janhavi Deshpande	Mandarin	Excellent progress in the subject
9C	Rian Okamoto	Mandarin	Excellent progress in the subject
10W	James Adams	Mandarin	Excellent engagement in class
11A	Frederick Weatherhead-Pusey	Mandarin	Excellent engagement in class

Year	Name	Subject	Reason
8A	Jaicob Killian-Middleton	History	Excellent engagement in class
9O	Tait Mckay	History	Excellent progress in the subject
10O	Barney Arthur	History	Excellent contributions
11B	Fereshta Najib	History	Excellent classwork
7A	William Godfrey	Geography	Excellent assessment grade
8C	Mario Bostan	Geography	Excellent engagement in class
9E	Millie Morgan	Geography	Excellent contributions
10B	Clarence Roberts	Geography	Excellent contributions
11W	Joe Hession	Geography	Excellent assessment grade
12B	Lucas Carlino	Geography	Excellent engagement in class
13C	Daniel Lowe	Geography	Excellent progress in the subject
7W	Emma Lazar	Religious Studies	Excellent contributions
8A	James Bryant	Religious Studies	Excellent engagement in class
9O	Gretl Hei Lam To	Religious Studies	Excellent assessment grade
10W	Yahye Sharif	Religious Studies	Excellent contributions
11E	Adam Suleyman	Religious Studies	Excellent progress in the subject
10O	Haia Youssef	Politics	Excellent engagement in class
11B	Oscar Ballantine	Politics	Excellent contributions
12D	Sophie Lightfoot	Politics	Excellent engagement in class
13B	Malak Saleh	Politics	Excellent progress in the subject
12F	Ben Clark	Philosophy	Excellent engagement in class
13D	Rhodri Chow	Philosophy	Excellent progress in the subject

MFL

Humanities



Wellbeing + PDW

P D W

This week

- Year 7** Who are the main UK political parties and what they believe
- Year 8** Who is to blame for an 'epidemic of negative body image' in the UK?
- Year 9** GCSE options
- Year 10** A-Band: restorative conference
B-Band: what is 'love-bombing' and what are the signs?
- Year 11** How does porn reinforce unrealistic body expectations?

Next week

- Year 7** How does Media sensationalism impact Democracy?
- Year 8** Who is to blame for an 'epidemic of negative body image' in the UK?
- Year 9** How do we budget, borrow and save money?
- Year 10** Why do we celebrate International Men's Day?
- Year 11** How does Porn encourage unrealistic expectations and sexperiences?



For you and your children daily life can feel like a constant balancing act — focus, energy, emotions all competing at once. The good news? Movement can help. Research shows that regular exercise doesn't just burn energy; it strengthens focus, emotional regulation, and even core executive function —the subject of our in person [Workshop](#) this month. When paired with medication and support, physical activity can empower your child to feel calmer, think clearer, and thrive — at home, at school, and beyond. Read our new blog with a guide to the latest research and some excellent sample workouts to try. Click [here](#).

Community fundraising is crucial right now, and we need help this month to sell raffle tickets for the White Hart Christmas Fair. info@adhdembrace.org to volunteer. Before the Christmas season gets underway book one of our events; our Post Diagnosis sessions this month include one designed for young people with ADHD, and our advice clinics are a great first step if you aren't sure where to start – more details below.

Finally, [we have important updates on our team, our schools' outreach programme, and more Challenge event heroes](#) to salute and recruit!

Best wishes, the Team at ADHD Embrace.

Helping Teens Webinars



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' series of webinars cover a range of common difficulties experienced by young people and will aim to share evidence-based strategies to help parents and carers support their children with these difficulties.

The webinars are being run online at different times, morning and evenings, throughout the year:

Worries and Anxiety: 21 January

Understanding Changes in the Adolescent Brain: 4 February

Digital Wellbeing: 14 November & 14 January

Friendship Difficulties and Bullying: 21 November & 28 January

Self Esteem: 28 November & 11 February

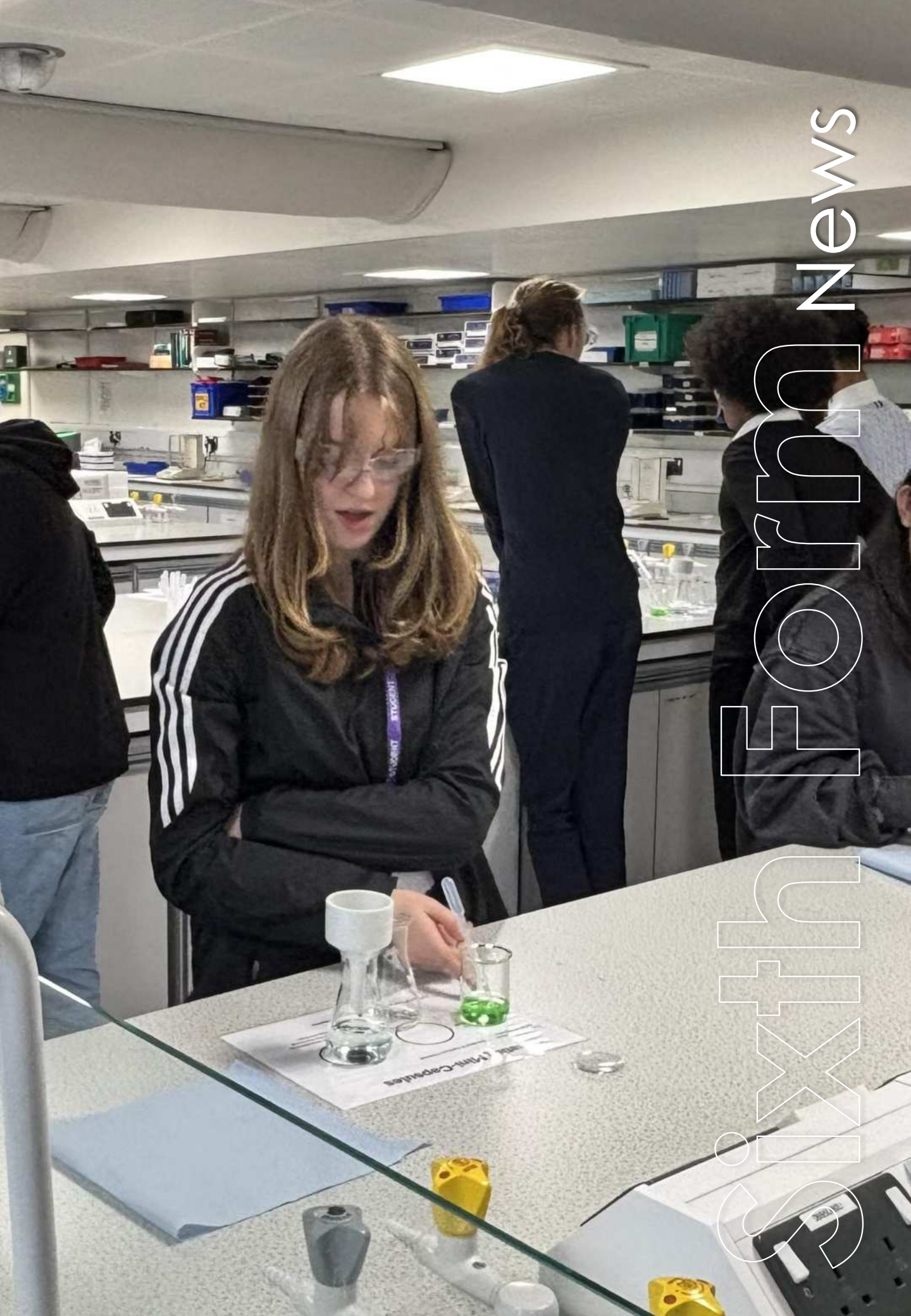
Low mood and depressive feelings: 5 December & 4 March

Exam Anxiety: 25 March & 27 March

Please find the link to book:

https://afcsself.achieveservice.com/service/MHST_Helping_Teens_Webinars_Secondary

We would also recommend that you obtain a copy of [this](#) book: *Blame my Brain: The Amazing Teenage Brain Revealed* by Nicola Morgan.



News

Sixth Form

Sixth Form Open Evening

The turnout to our Open Evening was extraordinary, with over 1,000 people attending the event and it has been clear from the feedback that visitors took advantage of the opportunity to explore individual subject areas, engaging in meaningful conversations with teachers and current Grey Court sixth formers.

Many thanks to all of the volunteers who helped out at Sixth Form Open Evening last week. I was absolutely delighted to see so many Year 12 students helping with their subjects, or marshalling visitors. Every single one of them represented the school in a mature, warm and enthusiastic way, and visitors got a really good sense of what Sixth Form is like here.

If you want to see the slides from the presentation then please click [here](#).

Y12 Apprentice Day



Apprentice Day

On the day before half-term, our Year 12 students took part in "Apprentice Day" in London, tackling a series of creative and challenging tasks. The students approached the day with enthusiasm and good humour and had a lot of well-deserved fun, after a very busy half term.

The photos that the teams submitted as evidence of their tasks were brilliant and the sixth form team had a lot of fun looking through them. Of particular note, was the genius Alan Sugar shot; a photo of an Alan, holding a bag of sugar...

The winning team was led by Carla D'Offay - a fantastic range of pictures and a huge number of challenges ticked off! Other teams that need a special mention were led by Herbie, Kaela, Mydah. All teams impressed us with their team work, maturity and strategic planning, so well done to everyone who took part.



Academic Licences

Year 12 students will find out next week if they have been granted their Academic Licence. This is based on several factors - attendance and punctuality, successful completion of the 35-hour challenge, baseline assessments and overall readiness for sixth form. For those students who do not get their Licence at this stage, it will be reviewed on a regular basis.

Students who are granted the Licence may leave the school site when they have a free period. Please also note:

All students need to be in on a Monday morning for Assembly

- All students must attend all PDW sessions
- All students must attend all supervised study sessions
- Students only need to be in registration if they have a P1/2 or P5/6 or Twilight
- No PM reg on a Wednesday due to enrichment

Y13

UCAS

We are incredibly proud of this year's Year 13 cohort. The majority of students have now submitted their UCAS applications, and offers are already coming in every day! This is a really exciting time as our students begin to receive recognition for all their hard work and dedication throughout their courses.

This week's PDW takes place on Thursday 13th November and focuses on the 'next steps' after a UCAS application has been sent and students receive all their offers. [1.UCAS - What comes next?](#)

NB!

To all Grey Court students in Y12 and ex-Y13 students, your Summer 2025 certificate(s) are ready for collection. You can come and collect these from the Exams Office/Main Building from Wednesday 26 November 2025, 9am-4pm, or from Tuesday 2 December 2025 until Friday 16 January 2026, 3pm-4pm. If you cannot make any of these dates or you would like someone to collect the certificate(s) on your behalf please contact the Exams Office, exams@greycourt.org.uk, to arrange an alternative collection date or to give the name of the person collecting the certificate(s).



Behind Bars

Ms Duncan and Ms Mannion had the pleasure of taking 50 of our Year 13 Social Sciences students to Ibstock Place for the *Behind Bars* conference. During the event, students heard from four ex-offenders who shared their personal stories and reflected on the circumstances that led them to commit crimes.

This provided a unique opportunity for our students to apply the theories they have been studying in Criminology, Sociology, and Psychology to real-world experiences. They engaged thoughtfully with the speakers, asking insightful questions about topics such as the effects of labelling, the impact of substance abuse, and the processes of rehabilitation.

Our Year 13 students represented the school with maturity and enthusiasm, and all agreed it was a truly valuable and eye-opening experience.



Sixth Form Chemists Explore Cutting- Edge Science at King's College London

Last Wednesday, 5th November, Mr Gundry and Mr Bhumbra accompanied 15 enthusiastic Year 12 and 13 Chemistry students to King's College London for an inspiring afternoon of hands-on science and expert-led talks as part of the annual Daniell Lecture series.

The visit began with an engaging lab tour and practical activity, where students had the opportunity to create gel coatings similar to those used in medications like Gaviscon. This hands-on experience gave students a glimpse into real-world pharmaceutical formulation and the chemistry behind drug delivery systems.

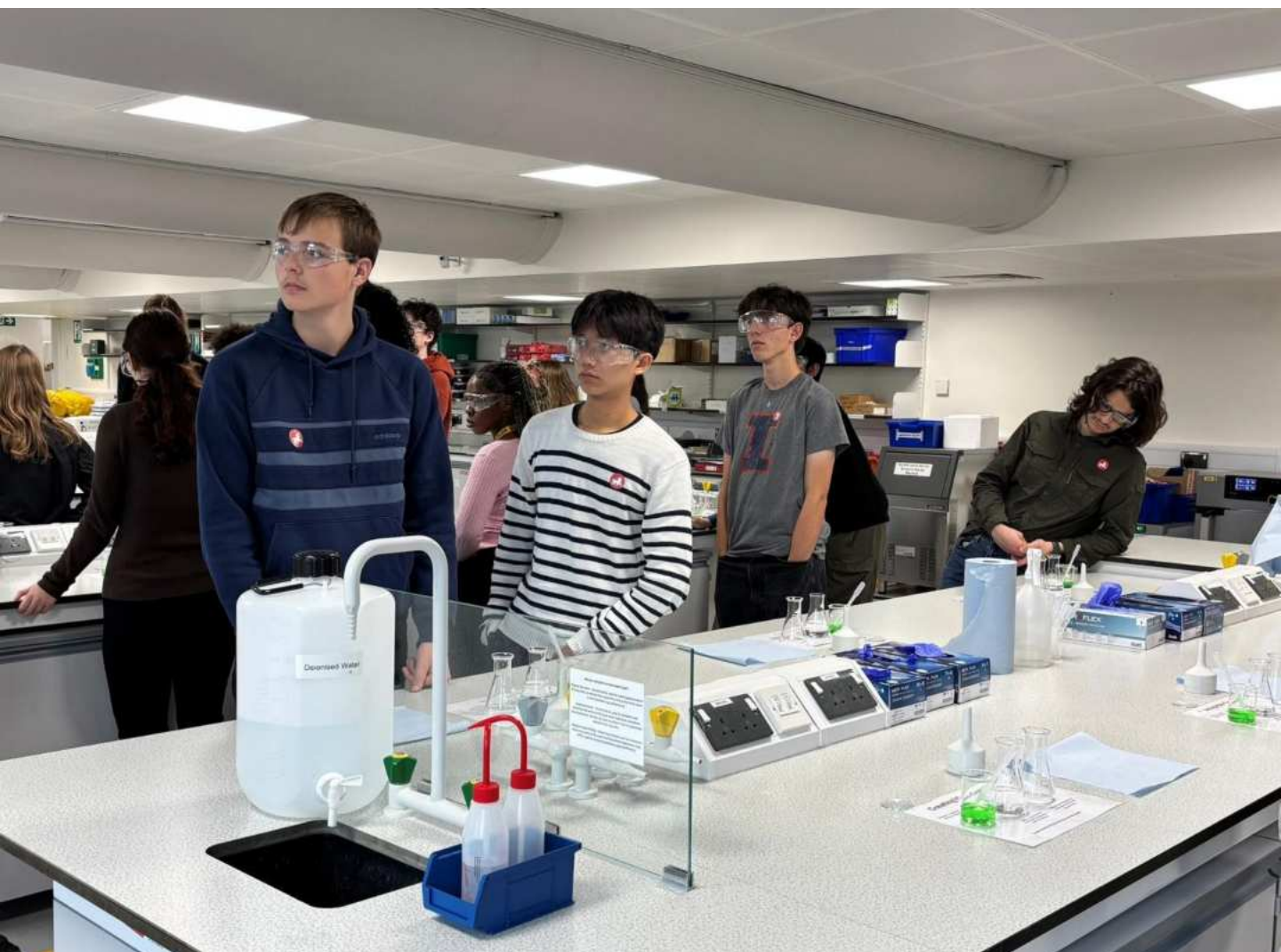
Following the lab session, students attended two fascinating lectures. First, Hannah Turney, a PhD researcher at King's, shared her journey from undergraduate studies to cutting-edge computational chemistry research. Her work involves modelling polymer drug formulations in collaboration with Johnson & Johnson.

The evening concluded with a captivating keynote by Professor Darren Walsh, Head of Physical Chemistry at the University of Nottingham. His talk, titled "From the Daniell Cell, to lithium-ion batteries and beyond", explored the evolution of battery technology and the exciting future of battery-powered flight. Professor Walsh not only explained the science behind lithium-sulfur and lithium-air batteries but also shared his career path and passion for electrochemical energy storage and public outreach.

Our students were thoroughly engaged throughout the event, gaining valuable insights into university-level chemistry and the diverse careers it can lead to. It was a fantastic opportunity to connect classroom learning with real-world applications and cutting-edge research.

We're grateful to King's College London for hosting such a well-organised and inspiring event and we look forward to returning next year!

- Mr Gundry





Round Zero Competition

Eleven of our year 13 physics students participated in the Round Zero competition, competing against 599 UK schools and 80 international schools.

Jack Verwaerde-Daniels and **Jacob Zass-Bangham** qualified for Round 1, which took place on 6 November. Round 1 is exclusive to students who have successfully qualified through Round Zero, and this competition serves as part of the selection process for the International Physics Olympiad (IPhO).

Each country typically sends a team of five students and two supervisors. The competition consists of a theoretical paper with three problems covering at least four areas of physics, and an experimental paper with one or two problems. Each exam lasts five hours, and the papers are provided in the students' national languages.

Last year's IPhO was held in Paris, France, and this year's event will take place in Bucaramanga, Colombia.

- Dr Alaian

Trial Exams

Thursday 27 November - Tuesday 9 December

During assessment fortnight, students will be on exam leave. These exams will take place in the main hall with external invigilators. While we are aware that this may cause stress and anxiety for students, it is important that they experience formal exam conditions, as this allows them to familiarise themselves with the set up and also provides teachers and students with vital data regarding their progress.

[Year 13 exams booklet and timetable](#)

Academic License

Students have gained their academic license if they have submitted their UCAS application. If a student has their licence they still need to attend every Monday morning (Y13 assembly), AM or PM reg if they have a lesson after/before, supervised study and enrichment.

Ms Duncan will be reviewing academic licenses after their next trial exams.

Oxbridge

If students have been successful in securing an interview, they will be informed between mid-November and the beginning of December. Currently, we are providing students with a range of interview opportunities to help them prepare. Before half term, students met with Mr Daymond to guide them on how to research interview skills and requirements for their subject. In the next two weeks, the Arts and Humanities students will meet with Mr Warde, who has conducted interviews for Queen's College Cambridge. The scientist will have ongoing support from Mr Rae. We are also bringing in our long term collaborator Ms Wasenaar - who will offer advice on interview skills. Students will receive details of this opportunity next week. A contribution from parents will be required for this. All students' application details have also been shared with Kings' Wimbledon. We are hopeful they will also be able to offer some additional support.

EPQ

Students should now be working through the draft production phase of their project; creating either their essay or their artefact. This is worth 20 out of the 50 marks as is at the heart of the qualification. Students need to plan carefully to manage this alongside preparation for their mock exams and come to an agreement with their mentor for a date to submit their draft for feedback.

MedSoc

This week our Year 13 students focused on looking at interview styles used by the universities they applied for and received an overview on how to prepare. Our Year 12 students reviewed their wider reading and got advice from a MedSoc alumnus about what type of work experience to seek and how to make the most of it.

O-Bulletin

Please see our [GC Careers opportunities bulletin 10/11](#)
This is packed full of work experience, careers talks, university events, apprenticeships and more.

Work Experience '26

This week we launched the summer 2026 work experience with year 12. Please see the attached presentation which gives all the vital information: [WEX student launch - Nov 2025](#)

Key things to note:

- It takes place 29 June - 5 July 2026
- All year 12 students will take part in a work experience or university summer school that week. It can be in person or virtual
- It is the students responsibility to organise this but the school will offer support - we are preparing our students for the world of work so they need to treat this as if they were searching for a job
- This has to be recorded on the Unifrog placements tool so we can monitor all placements and give permission to attend. The deadline for this to be complete is 20 March 2026
- In Tutor time students will be looking at CVs and this is the first step in presenting themselves to employers
- All year 12 are expected to attend the Friends and Founders event on 4 December

Grey Court Friends and Founders Evening

Thursday 4 December 6.15-8.15pm 2025

This is our annual networking evening for our Year 12 students and offers the opportunity for all Year 12 students to meet and network with a wide variety of organisations and employers to discuss future career plans and potential work experience placements for the summer.

All Year 12 students are expected to attend and take part in this activity.

The evening will provide the chance for students to present their ideas to our outside guests who are drawn from Grey Court Alumni and other school contacts we have developed over the years.

The expectation is that students take this evening as a serious opportunity to make contacts and they will be expected to dress as formally as they would for a job interview and to bring their CVs. **Students will be expected to arrive at 6.15pm** for a short briefing and then the networking event will run from 6.30-8.15pm.

The focus of their discussions could centre on some of these suggested questions:

- What qualifications/subject choices enabled you to gain entry to your career?
- What kind of work experience do I need to gain in order to get a head start in your industry? Could you help me to find a placement for July 2026?
- What skills and qualities do I need to develop to gain access to this career path?
- What does a good CV look like? Can you think of any applications that have really stood out?
- How can I best sell myself in an interview?
- Are there any groups, societies or social networks that I should join that will help me in my career?
- What does a typical work day involve?
- What are the opportunities in this sector looking like now and in the future?
- What are the salary scales in this sector?

If you have any questions about the evening please see the Sixth form team or Miss Corrighan bcorrighan@greycourt.org.uk who is organising the event and in charge of work experience.

All Year 12 students are expected to attend



SPORTS

Congratulations!

A massive congratulations to all of our incredible athletes who represented us brilliantly at the English Schools' North London Regional Cross Country Finals, held at Dulwich College on Monday 10 November.

Our junior boys, inter boys, and inter girls teams finished in first place, and our junior girls secured a third place finish. This exceptional performance means that all four teams have officially qualified for the English Schools' Cross Country National Finals on Saturday 6 December.

This is truly outstanding news: we are the only school in the country to have four teams progress to the National Finals. This remarkable achievement is a testament to the dedication of our athletes; we could not be more proud of them and of the PE department, who consistently go the extra mile to support our students.



Junior Boys			Places			
Posn	Points	School	1st	2nd	3rd	4th
1	41	Grey Court School, Middlesex	3	4	11	23
2	57	Kingsdale Foundation School, London	1	9	19	28
3	72	Colfe's, London	7	14	25	26
4	74	The Bishop's Stortford High School, Hertfordshire	2	6	29	37
5	91	Sandringham School, Hertfordshire	10	12	33	36
6	110	Aldwickbury School, Hertfordshire	16	22	30	42
7	119	Haberdashers' Elstree School, Hertfordshire	15	20	34	50
8	137	Graveney School, London	5	39	45	48
9	142	Eltham College, London	17	21	47	57
10	165	Highgate School, Middlesex	18	40	44	63
11	174	Hampton School, Middlesex	31	41	43	59
12	176	Dulwich Prep & Senior, London	13	52	55	56
13	202	Dulwich College, London	8	58	64	72
14	241	The Harrodian, Middlesex	32	65	68	76
15	289	The London Oratory School, London	61	67	80	81

Junior Girls			Places			
Posn	Points	School	1st	2nd	3rd	4th
1	54	James Allen's Girls' School, London	1	4	19	30
2	58	Lady Eleanor Holles, Middlesex	3	12	21	22
3	98	Grey Court School, Middlesex	8	9	40	41
4	99	Putney High School, London	5	18	33	43
5	108	Royal Masonic School For Girls, Hertfordshire	2	20	37	49
6=	114	Sandringham School, Hertfordshire	24	25	27	38
6=	114	St Albans High School, Hertfordshire	7	28	29	50
8	120	Blackheath High School, London	6	13	39	62
9	179	Notting Hill And Ealing High School, Middlesex	14	26	68	71
10	183	Streatham & Clapham, London	11	46	61	65
11	191	Kingsdale Foundation School, London	10	44	67	70
12	199	Sydenham High School, London	17	53	63	66
13	208	City Of London School For Girls, London	16	31	78	83
14	212	North London Collegiate School, Middlesex	34	51	58	69
15	216	The Harrodian, Middlesex	15	47	73	81
16	236	South Hampstead High School, London	52	55	57	72
17	244	Francis Holland Rengent's Park, London	23	54	79	88

Intermediate Boys			Places			
Posn	Points	School	1st	2nd	3rd	4th
1	28	Grey Court School, Middlesex	3	5	6	14
2	58	St Paul's School, Middlesex	1	7	16	34
3	74	Dulwich College, London	12	15	19	28
4	76	Beaumont School, Hertfordshire	10	11	18	37
5	78	The Bishop's Stortford High School, Hertfordshire	8	17	26	27
6	97	Eltham College, London	4	24	33	36
7	104	Central Foundation Boys' School, London	2	29	35	38
8	110	St Albans School, Hertfordshire	9	13	42	46
9	141	Bishop Thomas Grant School, London	20	25	44	52
10	184	Merchant Taylors' School, Middlesex	30	32	60	62
11	190	Kingsdale Foundation School, London	22	39	63	66
12	193	Hampton School, Middlesex	43	47	48	55
13	240	The Cardinal Vaughan Memorial School, London	41	64	67	68
14	271	Ark Globe Academy, London	58	70	71	72

Intermediate Girls			Places			
Posn	Points	School	1st	2nd	3rd	4th
1	24	Grey Court School, Middlesex	2	4	8	10
2	51	Beaumont School, Hertfordshire	5	7	19	20
3	63	Francis Holland Rengent's Park, London	9	12	13	29
4	107	Lady Eleanor Holles, Middlesex	18	25	30	34
5	116	James Allen's Girls' School, London	21	24	31	40
6	123	Putney High School, London	3	28	38	54
7	125	Graveney School, London	11	16	37	61
8	130	Blackheath High School, London	15	22	27	66
9	143	Notting Hill And Ealing High School, Middlesex	6	32	48	57
10	150	Colfe's, London	1	35	51	63
11	173	South Hampstead High School, London	39	42	45	47
12	174	City Of London School For Girls, London	17	49	53	55
13	188	Sandringham School, Hertfordshire	14	50	60	64
14	241	Haberdashers' Elstree School, Hertfordshire	43	62	65	71



Monday 10 November: our Junior and Inter Girls have BOTH made it through to the English School X Country National Finals. It is the first time any girls team at GC has made it, amazing stuff!!! Inter girls team smiling after their win!



Wednesday 12 November: congratulations to the u14 boys and girls indoor athletics teams who both finished first at Lee Valley. We move on to the semi final on Wednesday 26 November



Saturday 8 November: a tough 20-15 win to start the weekend for the U13A team. 3 tries from Geraint and a first A team try for James B. Thanks Richard Challoner for a great morning of rugby!



Friday 7 November: our U16 first Basketball game today against Waldegrave. Not a win but a good start to the season



Thursday 6 November: Winners!!! The U14 secured a place in the next round of the SIS Bowl! POM Laila



Thursday 6 November: Winners!!! The U14 secured a place in the next round of the SIS Bowl!
POM Laila



Wednesday 5 November: a win for our U14 netballers against Orleans to finish off the borough league for this year! Well done all, POM Daisy & Daisy!



Congratulations to George Robinson who was selected to play for Wales and participate in the **Men's Under-17 UEFA European Qualifiers**, from **Sunday 9 November to Wednesday 19 November**, in Portugal.



Congratulations to Mai who competed in the Women's Artistic club team championships in Stoke on the 9 October and took Silver as part of the Tolworth GC team.

On 1 November, Mai represented GB for the first time in an U13 4-way international in Biel, Switzerland. The GB team came third and Mai was 4th all around. She also placed 3rd on vault and 2nd on beam.

Congrats!

South East London Winter Regional Championships held at the London Aquatics Centre (Olympic Park)

This is a high-level gala with qualifying times set only for 16 and below and 17 and above age categories. So qualification times were tough.

Charlie Morgan (current age category 15)

Qualified for the 1500, 800, 200, 200 and 100 freestyle and 200 IM.

Top results were:

1500m 3rd (Bronze) in the under 16 category (fastest 15-year-old)

400m 6th in the under 16 category (4th fastest 15-year-old)

800m 5th in the under 16 category (3rd fastest 15-year-old)

PBs were obtained in all other races.

Millie Morgan (current age category 13)

Qualified for the 200 fly and 400 IM.

Top results were in the 200 fly.

Millie got into the finals for the 200 fly, coming 7th in the under-16 category (fastest 13-year-old)

PBs were obtained in all other races.



Congratulations to Charlotte V (left) and Amber S (right) who have been selected for the Surrey u13 and u15 cricket squads.

Congrats!



Saturday 18 October: year 10 rugby team ready for kick off against Cardinal Vaughan. The boys won 52-7.

Honouring the Past, Shaping the Future



THEO POVEY

Congratulations to former Grey Court student, Theo Povey, who made his senior debut for Harlequins against Oxford University during the half-term - Theo used to orchestrate our Grey Court teams from fly half but is now a dangerous winger/fullback! He is currently studying at Cardiff Met university alongside his contract with Quins.

Theo came back into school to support the PE department in delivering their team building and communication activities as part of the Year 10 Wellbeing Day. We were very grateful for his help - Theo provided some words of wisdom and contributed to the enjoyment of the sessions!

Theo visited Malawi in the summer (photo) where he coached and took part in Rugby skills and games, using sport as a driver to bring key life skills to the young children in the area. Theo witnessed first-hand how challenging the living conditions can be for these communities, visiting homes to gain a deeper understanding of their daily lives. He would be grateful if anyone is able to donate so that The Harlequins Foundation can continue supporting and sustaining this international exchange in the future — giving more people the opportunity to travel, connect, and make a lasting, positive impact on these communities.

Thanks in advance for your support and we wish Theo all the best for the remainder of the season!



Former student Theo Povey making his first team debut for Harlequins against Oxford University.



Former Grey Court students Luke Green and Theo Povey who played against each other in the Prem Cup on Saturday 1 November: Northampton vs Harlequins

Player of the Month

Bobby Scoble-Jenkins



Congratulations to Bobby, who has been in fantastic form this month! He stepped up to play for the U16s in the first round of the ESFA, putting in a brilliant performance against older players, and then followed it up with an MVP display in the U16 Borough League win last week.

Bobby is a powerful old-school defender who loves to win his headers and make big tackles, but he also has the composure and quality to play forward passes and start attacks from the back.

As captain of the U15 team, Bobby leads by example every game with his effort, communication, and determination. His attitude and performances have been top class, and we can't wait to see what he achieves next! Well done, Bobby, a brilliant month and a well-deserved award!

Player of the Month

Clio Saville



Clio has had an outstanding start to the sporting year and is a very deserving recipient of our Player of the Month award. She showed fantastic determination and endurance by finishing 3rd at the English Schools Cross Country Round 1, helping her team secure 2nd place overall and qualify for the regional round in November.

Alongside her running success, Clio is a talented member of the Elite Gymnastics team, where she continues to impress with her skill and dedication — we can't wait to see her shine in her upcoming competitions. On top of this, Clio has joined the netball club and earned a place in the B team, showing her versatility and enthusiasm for sport. We look forward to seeing how the rest of the sporting year unfolds for Clio — an athlete with huge potential and a brilliant attitude! Keep up the good work!

Toren Griggs

Scholar of the Month



Toren has made an excellent start at Grey Court, quickly establishing himself as a key member of the Year 7 football team, where he has impressed with his composure and commitment as goalkeeper. He has also represented the school in rugby, showing great determination and teamwork on the pitch.

Beyond this, Toren has played an important role in the Year 7 cross country team, helping them to victory at the Lee Valley event and qualifying at the Middlesex competition for the regional finals.

In scholarship lessons, Toren continues to show enthusiasm, focus, and a positive attitude, making him a valued member of the group.

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

Anna

Scholar of the Month



Anna truly embodies what our Sports Scholarship programme represents: she is hardworking, determined, and an outstanding team player. Her talent and commitment have been evident across multiple sports — she has represented the school in cross country and impressively played not only for the Year 7 football team but also up an age group for Year 8.

On the pitch and in PE lessons, Anna consistently demonstrates great skill, teamwork, and a fantastic attitude. She always gives her best effort and leads by example in every session.

Beyond her sporting ability, Anna's positive mindset, enthusiasm for learning, and willingness to support others make her a valued member of our school community.

Well done, Anna!

U14/16 Girls Rugby Team

Team of the Month



We are incredibly proud of our **U14/16 Girls Rugby Team** for their fantastic start to the season. The girls have shown brilliant dedication, passion, and talent both on and off the pitch.

They had the exciting opportunity to take part in filming for Sky Sports and the National Lottery as part of the build-up campaign to the Women's Rugby World Cup. They even had the privilege of meeting **Lucy Bronze** and **Maggie Alphonsi**. Their involvement was a brilliant reflection of their commitment to the sport and the bright future of girls' rugby.

They represented the school brilliantly.

On the field, they impressed us all by securing second place in the RWC T1 Tournament, where they demonstrated outstanding skill and teamwork.

As we look ahead to the rest of the season, we're thrilled to see our girls' rugby programme growing from strength to strength. With such a talented and enthusiastic group leading the way, the future is looking very bright for our school rugby community.

Well done girls, we can't wait to see what you achieve next!

U16 Boys Indoor Athletics Team

Team of the Month



Congratulations to the Grey Court U16 Boys Indoor Athletics Team for being crowned champions at the Lee Valley Cup Final. The squad delivered exceptional performances against strong competition, with every athlete contributing to the team's success. They also broke the 4 x 200m record.

There were also brilliant individual highlights, including Mack, who cleared an impressive 1.85m in the high jump and narrowly missed setting a new record at 1.91m. His performance, alongside the consistent efforts of his teammates, showcased the depth of talent within the squad.

The boys demonstrated outstanding teamwork, resilience, and spirit throughout the competition, pushing one another to achieve their very best. It was an exceptional achievement and a well-deserved recognition as team of the month.



Clubs

Extracurricular

timetable



What's happening ...

Anyone looking to sell
their house could earn
cashback for themselves
and for Grey Court school
if they sell through
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Investing in tomorrow's scientists, today

Parkgate Estate Agents are proud to support the Parents Association and contribute to the new science lab opening in 2027. As a local independent estate agent, giving back to the Kingston & Richmond community matters to Jonathan and his team who grew up and were educated in the local area. The new lab will help future generations achieve their academic goals and shape their futures.

SPECIAL
OFFER

£500 CASH BACK to the vendor

£500 DONATION to Grey Court Parents Association

As part of their commitment to help Grey Court and its parents, Parkgate are offering this exclusive deal to Grey Court parents or employees who sell their home with Parkgate.

Contact them today for a free valuation and mention 'Grey Court' to one of their team.

0208 940 2991
info@parkgate.co.uk

In celebration of the acquisition of The Russell School's new baby grand piano, an arrangement of Tchaikovsky's enchanting ballet music will be presented, in 15 virtuosic movements, by world-renowned concert pianist

Alexandra Dariescu

performing Pletnev's

The

Nutcracker

Suite



The Russell School

Petersham Road, TW10 7AH

Thursday, 20th November

Doors open 6.30pm, concert starts at 7pm

Tickets via Eventbrite <https://shorturl.at/Ucz2h>



YOUTH FESTIVAL

ON CHRIST THE KING FEAST

22.11.2025

**AT ST. THOMAS AQUINAS
CATHOLIC CHURCH, HAM**

**SPECIAL MASS
AT 6 PM**

**TABLE TENNIS
TOURNAMENT
AT 7 PM**

**PIZZA
POPCORN**

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OR USE THE QR CODE**

RISE

Richmond upon Thames
Inclusive Sport and Exercise

 LONDON BOROUGH OF
RICHMOND UPON THAMES

SPORTS DEVELOPMENT

FOOTBALL

Day: Saturdays

Time: players age 11 to 16 - 11.15am-12.15pm
players age 5 to 11 - 12.15pm-1.15pm
Adult players - 11.15am-12.15pm

Dates: 13 September to 13 December (not 1 Nov)

Venue: Whitton Sports & Fitness Centre

Cost: £4.50 per person per session

Coached by coaches from Kew Park Rangers (KPR), a local England Football 3 Star Accredited Community Club, footballers practice a variety of techniques and skills to develop their agility, balance and coordination. KPR encourage players to join in competitively and socially.

These sessions take place indoors in a sports hall.

FUSION ADULT DANCE

Day: Mondays **Time:** 6.00-7.00pm

Dates: 8 September to 15 December (not 27 Oct)

Venue: Teddington Sports Centre

Cost: £52 per person for the term

Fun, energetic and social dance sessions with Combination Dance which will increase fitness, mobility, self-confidence and teamwork. Performers will learn choreographed dance routines to a variety of music genre.

RISE TO SHINE SWIMMING

Day: Tuesdays **Time:** 6-6.45pm

Dates: 9 September to 16 December (not 28 Oct)

Venue: Teddington Pools & Fitness Centre

Cost: £65 per person for the term

Part of our RISE to Shine project, training athletes aged 8-18 years who live or go to school in the borough to compete for Richmond in the London Youth Games. It is a very welcoming group focusing on stroke improvement. Swimmers need to be able to swim a 25m length of the pool unaided.

MULTI-SPORTS

Day: Saturdays **Time:** 12.15-1.15pm

Dates: 13 September to 13 December (not 1 Nov)

Venue: Whitton Sports & Fitness Centre

Cost: £4.50 per person per session

Activities for children 8+, young people and adults Delivered by Brentford Community Sports Trust. Come along and join in with a variety of different sports and exercise activities. These sessions are fun and engaging with the opportunity to try lots of different activities.

FUSION JUNIOR AND TEEN DANCE

Day: Saturdays

Time: 11:30am-12.15pm (Yr7 +)
12.30-1.00 pm (YrR to Yr6)*

*expression of interest as not currently running

Dates: 13 September – 13 December
(not 25 Oct or 1 November)

Venue: Up and Running, Teddington

Cost: £54 per person for the term

These weekly, fun and lively dance classes are led by Combination Dance Company and are ideal for developing gross motor skills, flexibility, self expression and confidence.



To book any of our activities please visit - <https://bookwhen.com/lbrut-rise>

If you would like to attend any of these activities or for more details, please contact the Sports Development Team on 020 8831 6134
email: rise@richmond.gov.uk www.richmond.gov.uk/RISE

RISE

Richmond upon Thames
Inclusive Sport and Exercise

R LONDON BOROUGH OF
RICHMOND UPON THAMES

SPORTS DEVELOPMENT

Junior and Teen Football

Sessions for children and young people, 5 to 16 years old who have neurodiverse needs or disabilities and would like to play in an inclusive environment.

Time: 11.15am-12.15pm players 11 to 16 years in secondary school
12.15pm-1.15pm players 5 to 11 years in primary school

Day: Saturdays **Dates:** 13th September to 13th December (term time)

Venue: Whitton Sports Centre, Twickenham School, Percy Road, Whitton, TW2 6JW.

Cost: £4.50 per person per session. There is no charge for parents, carers or support staff.



Coached by coaches from Kew Park Rangers (KPR), a local England Football 3 Star Accredited Community Club, footballers practice a variety of techniques and skills to develop their agility, balance and coordination.

KPR encourage players to join in competitively and socially.
These sessions take place indoors in a sports hall.

We would ask that you please sign up and pay in for the sessions in advance by using the following booking link –

<https://bookwhen.com/lbrut-rise>



If you would like to attend any of these activities or for more details, please contact the Sports Development Team on 020 8831 6134
email: rise@richmond.gov.uk www.richmond.gov.uk/RISE

NO STRAIGHT ANSWER



@ Hampton Youth Zone

Thursdays
4pm to 6pm
Years 7 to 13

A session for lesbian, gay, bisexual, transgender or questioning young people to have a safe, supportive space to explore their identities with like minded people. Activities include cooking, arts, sports, music and many more.

Contact

Ash Lewis: ash.lewis@achievingforchildren.org.uk

Alex Quennell: alex.quennell@achievingforchildren.org.uk

Address: The White House Family Hub, 45 The Avenue, TW12
3RN

8 TO 18 YEARS



CLASSIC MUSIC TUITION

Ham Youth Centre has started an exciting new music project under the tutelage of three highly qualified music teachers. Young people will receive individual tuition and the opportunity to play in ensembles.

We offer instruction in piano, violin, cello, clarinet and flute. For this wonderful opportunity we are asking for £100 per term which also includes a wide range of classical instruments available for young people to take home to practice. Young people's progress will be recognised through AQA accreditation.

We are looking for dedicated and passionate young musicians of any level of experience. We aim to improve young people's musical proficiency and enable them to take part in performances in the future.

EVERY SATURDAY, 12PM TO 2PM

Ham Youth Centre, Ham Close, TW10 7PL

Contact **Ben Skelton** for more information:

M: 07903 349719 **E:** ben.skelton@achievingforchildren.org.uk



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for children**

HAM YOUTH CENTRE

11-19



TERM TIME
2025/6

DROP IN YOUTH CLUBS

Sports, arts and crafts, gaming, cooking, relaxing and loads more!

- **After School:** Tuesdays, Wednesdays, Fridays 3 to 5pm
- **Saturdays:** 3 to 5.30pm



AGE RELATED GROUPS



Seniors Session: 15 to 19 years olds. Wednesdays 5 to 7pm
Including dungeons and dragons, gym and music studio.

Juniors Session: 10 to 14 years old. Tuesdays 5 to 7pm.
Including arts, sports, cooking, gaming. Year 6s welcome!

FOOTBALL SESSIONS

- **Football training:** Wednesdays 3 to 5pm at youth centre
- **Football training:** Saturdays 12.30 to 2.30pm at Richmond and Kew Football club



MUSIC

Tuition, recording, production, guitar, drumming

- **Music studio open:** Each day 3 to 7pm. Please book.
- **Orchestra:** Saturdays 12 to 2pm



achieving
for children

Arts Richmond Young Writers Festival 2025/26



Instagram Twitter Facebook @artsrichmonduk

Deadline
for entries:
Friday 5th
December



Arts Richmond Young Writers Festival is open to all pupils who either live or attend schools or clubs in the London Borough of Richmond upon Thames. It is their chance to demonstrate writing skills, specifically short stories or poems.

Entries are judged in four age groups with prizes for all winning entries. The shortlisted entrants are invited to a gala awards event at The Exchange Theatre Twickenham on Sunday 15th March 2026 where their work is performed by a group of young drama students.

We also produce and sell a professionally printed anthology of all the 40 shortlisted pieces of work.



Anthony Horowitz writes:

I am very happy to be working with Arts Richmond and their Young Writers' Festival. I live in Richmond and love the area... in fact my recent book is set here.

More to the point, I'm always keen to encourage young people to develop their creative skills and if they're living in this area, there's plenty to inspire them.

Good luck. And get writing!

Please visit our website for more information and details on how to submit your work:

<https://artsrichmond.org.uk>

Arts Richmond, Room 21, ETNA Community Centre,
13 Rosslyn Road, Twickenham TW1 2AR.
Registered Charity in England and Wales No. 251359.

Designer Marina Melnikova [pink.offdesign](https://www.instagram.com/pink.offdesign)

PARKOUR

Thursdays 3 to 5pm - Tuition in free running using our state of the art equipment with our expert coach. Learn to cat leap and precision jump!



GIRLS GROUP

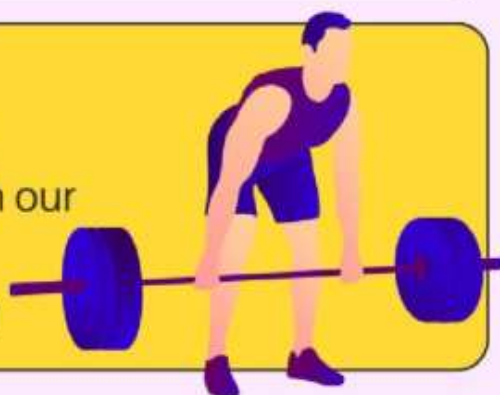
Mondays 3 to 6pm - When young women rule!
An open minded safe space. Including art, street dance, sports, trips, games, discussions, eating...



GYM AND FITNESS

Weights, cardio, boxing, fitness workouts with our experienced personal trainer.

Wednesdays 3 to 5pm, Saturdays 3 to 5.15pm



INFORMATION

We offer a safe and relaxing space where young people can spend their leisure time trying out different activities, making new friends and chat to friendly youth workers.

More info:

hamyouthcentre@achievingforchildren.org.uk

www.afcinfo.org



**ALL
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HAM YOUTH CENTRE, TW10 7PL

**NOW IN
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NEW SCHOOL

STAGECOACH RICHMOND

Venue: Grey Court School
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Giving children and young people the Creative
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 stagecoach.co.uk/richmond

 07824 999414

 richmond@stagecoach.co.uk



ENROL TODAY



**TRAFALGAR
ENTERTAINMENT**

Stagecoach Performing Arts schools are operated under franchise and are independently owned by their franchisees. Stagecoach and Creative Courage are the registered trademarks of Stagecoach Performing Arts Limited.

Sunday 7th December 2025 at 6pm
St Peter's Church
Church Lane, Petersham, Surrey TW10 7AB

HANDEL MESSIAH

Selected highlights



**THE ELYSIAN SINGERS
AND PLAYERS**
Sam Laughton conductor

In aid of St Peter's music and

The Vineyard Community
& Richmond Foodbank

Tickets £15

tinyurl.com/PetershamMessiah

Events.stpeterspetersham@gmail.com





BROS THEATRE COMPANY PRESENTS

Book by
David Greig

Lyrics by
Scott Wittman
Marc Shaiman

Music by
Marc Shaiman

ROALD DAHL'S
CHARLIE
AND THE CHOCOLATE FACTORY



Songs from the Motion Picture by
LESLIE BRICUSSE and **ANTHONY NEWLEY**
Based on the novel by **ROALD DAHL**

RICHMOND THEATRE
Wed 18 - Sat 21 Feb 2026, 7.30pm
Matinees Thurs 19 and Sat 21, 2.30pm
BSL translated performance Thurs 19th, 7.30pm

Tickets from £24.20 (subject to booking fees)
Discounts available for under-16s.

[ATGTICKETS.COM/Richmond*](https://atgtickets.com/Richmond)
(*Fees apply.)

For group bookings of 10 or more submit a request online or call 020 7206 1174
Prices are correct at time of going to print and we reserve the right to change or vary prices at any time





Can you help create a magical Christmas Day for 50 care-experienced young adults (age 18-25) in our community?

Without this special event our guests would be spending the day alone. Guests are invited from the boroughs of Hounslow, Kingston and Richmond and will be treated to a chef-prepared Christmas dinner, stockings stuffed full of presents, entertainment, pampering and all the Christmas trimmings.

This day is only possible because of the kindness and generosity of so many people. If you would like to be part of something special, this is how you could help...

DONATE

<https://www.justgiving.com/campaign/cocoonchristmas2025>

Between 2nd-9th Dec (midday) donate via Big Give and see your donation DOUBLED by match funding!

<https://shorturl.at/5xL8E>

VOLUNTEER

Please visit our website to see current opportunities to give your time

www.cocooncareaftercare.org.uk

BUY A GIFT

Amazon wishlist - <https://shorturl.at/FAVhJ>

If you would like to buy a 'star' present for a guest (approx £150) please email xmas@cocooncareaftercare.org.uk

Email xmas@cocooncareaftercare.org.uk www.cocooncareaftercare.org.uk



<https://www.facebook.com/cocooncareaftercare/>



[@cocooncareaftercare](https://www.instagram.com/cocooncareaftercare)



Cocoon – Care After Care is here for care-experienced young adults all year round. We provide support to improve living conditions, achieve aspirations, reduce feelings of isolation, and deal with the everyday challenges that non-care experienced people might turn to family for support with. It is our mission to make sure that no care-experienced young adult in our community feels alone.



Registered charity number 1197058
www.cocooncareaftercare.org.uk

Parents: MHST Information at a Glance

General MHST information

[MHST leaflet explaining who and what we offer](#)

[Self-referral for primary aged pupils](#)

[Self-referral for secondary school pupils](#)

[Leaflets on our universal groups](#)

[MHST website](#)

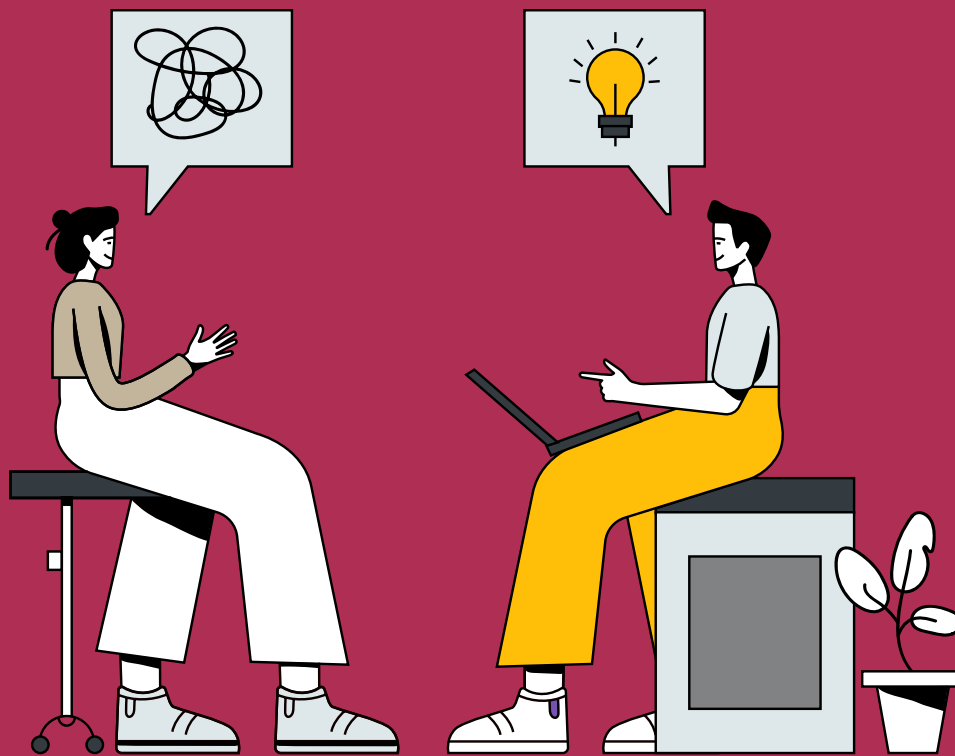
[MHST video library](#)

Helping with.... Parent webinars (topics chosen by parents)

[Webinars: Helping Children with Series 25/26](#)

[Webinars: Helping Teens with Series 25/26](#)





Welcome to the Emotional Health Service (EHS) resource pack

We acknowledge that the waiting times for mental health services, appointments and assessments can be long, which can be worrying and frustrating for young people and families.

Included in this pack is a variety of resources, including websites, apps, books and services for a range of mental health concerns. The idea is for you to have access to all of these so you can use them if and when necessary, for example if a new difficulty arises.

To explore further support and advice, please visit our [EHS Resource Hub](#) where you will find our online workshop library, leaflets and resources, counselling services, youth clubs, as well as parenting and family support.

Contents

SECTION	
	Anxiety
	Low mood
	Self-harm
	Obsessive compulsive disorders (OCD)
	Autism (ASC)
	ADHD
	Emotionally-related school avoidance (ERSA)
	Sleep
	General resources
	Helplines and crisis support

All links to documents and resources are underlined in the sections

Anxiety

1. Books

[The Anxiety Workbook for Teens \(2005\) - Lisa MSchab](#)

This workbook gives anxious teens insight into their problems and offers practical guidance for overcoming them.

[Helping Your Child with Fears and Worries: A self-help guide for parents \(2005\) - Cathy Creswell & Lucy Willetts](#)

This clinically proven guide uses CBT techniques to enable parents to understand what is causing their child's worries and to carry out step by step practical strategies to help them overcome them.

2. Charities and services

[No More Panic](#) provides valuable information, support and advice for sufferers and carers of people with panic and anxiety related disorders.

[No Panic's Youth Hub](#) supports young people struggling with anxiety-related issues and their parents/carers. They have a wellness kit, breathing animation, one-tone mentoring and much more. Visit their website and explore more.

They also have a [Youth Helpline: 0330 606 1174](#) available everyday 10am to 10pm, which is run by trained volunteers. During night hours, a recorded breathing exercise is played which can help you through a panic attack using diaphragmatic breathing.

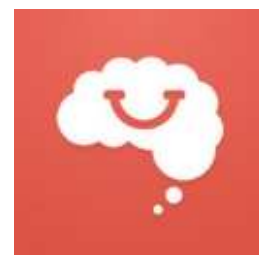
[Kooth](#) is an online mental wellbeing community for children and young people, providing access to counselling via live chat, community support and self-help resources. [Click to join.](#)

3. Relaxation

[Childline Calm Zone](#) contains breathing exercises, activities, games and videos to help let go of stress.

[Therapist Aid](#) has developed a list of relaxation techniques to help prevent and manage anxiety

[Smiling Mind](#) is a free meditation and mindfulness app for young people developed by a team of psychologists. [Click to download.](#)



4. Psychoeducation and self-help

[EHS Anxiety Workshop](#) is designed for young people, parents and carers to explain what anxiety is, what causes it and how to manage it. [Click to watch.](#)

[GetSelfHelp](#) has self-help guides, videos and downloadable resources for anxiety, which use CBT strategies to help young people make sense of the problem and then learn how to make positive changes. To find out more please visit their website.

[MindShift - Anxiety Relief](#) is a free self-help app that uses CBT tools to challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful, and relax.

[YoungMinds](#) have lots of useful tips for managing panic attacks on their website.

Low mood

1. Websites

YoungMinds has guides for young people and parents which provide information and support for low mood and depression.

GetSelfHelp has self-help guides, videos and downloadable resources for low mood and depression, using CBT strategies to help young people make sense of the problem and then learn how to make positive changes.

EHS Low Mood Workshop is designed for young people, parents and carers to explain what low mood is, what causes it and how to manage it. [Click to watch](#) (jump to 25:12).

Kooth is an online mental wellbeing community for children and young people, providing access to counselling via live chat, community support and self-help resources.

2. Books

Am I Depressed And What Can I Do About It? (2015) - Shirley Reynolds & Monika Parkinson

An accessible, engaging and age-appropriate self-help guide for young people aged 13 to 17 who experience low mood and depression, incorporating case studies and including some interactive exercises.

Teenage Depression A CBT Guide for Parents (2015) - Shirley Reynolds & Monika Parkinson

Companion guide which looks at the issues from the parents' point of view, and incorporates additional strategies for parents. From 'what to look out for', through what the evidence says about different forms of treatment, to family communication and relapse prevention.

3. Helplines

Shout 85258 provides 24/7 text support for young people experiencing a mental health crisis, simply text 'SHOUT' to **85258**.

CAMHS Mental Health Crisis Line is available on **020 3228 5980**, Monday to Friday and Saturday, Sunday, and bank holidays 9am to 11pm if you are concerned about your own or somebody else's mental health.

The 24/7 South West London and St George's Mental Health Support Line offers emotional support and advice to both children and adults who need mental health support or are in a crisis at any time of the day or night on **0800 028 8000**.

[Please click here to find more helplines and Crisis Support.](#)

4. Apps

What's Up? is a [free app](#) using cognitive behavioural therapy (CBT) and acceptance commitment therapy (ACT) methods to help you cope with low mood, anxiety, anger, stress and more. Available from the App Store.

ThinkNinja is an app for children and young people (10 to 18 years old) that helps educate about mental health and emotional wellbeing, as well as helping them to learn and develop a range of skills for when they are experiencing daily life stresses or feeling low. Available from the App Store.



Self-harm

1. Websites

[Self-Harm UK](#) offers free, online self-harm support for 11-19 year olds.

[E-wellbeing](#) have lots of self-harm resources and articles for both young people and parents, which you can find here.

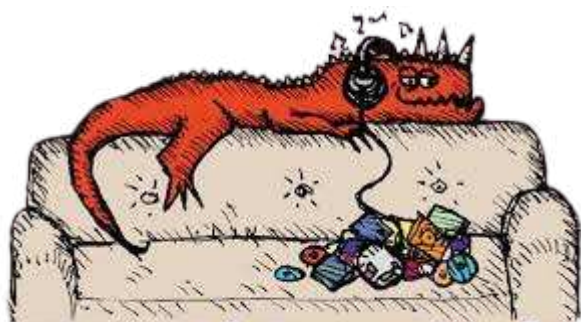
[YoungMinds](#) have a guide for parents, containing information about what self-harm is, what the signs of self-harm are in a young person, and where to get support.

2. Videos and downloads

[Noharmdone video series](#) can be accessed through the YoungMinds or this link.

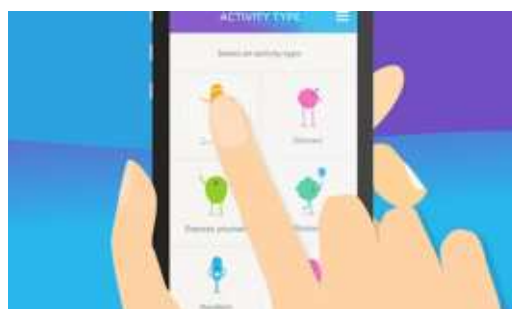
[Coping with self-harm - A guide for parents and carers](#) is a guide developed by the University of Oxford based on in-depth research aimed to help parents and carers who are trying to cope with this difficult situation.

[National self-harm network distractions guide](#) is a list of distractions you can use as a way of diverting feelings of self harm or finding other ways to express thoughts and feelings.



3. Apps

[Calm Harm](#) (13+) is a free, award-winning and anonymous app which provides immediate activities and techniques to help break the cycle of self-harm behaviour and explore underlying triggers. It was developed by clinical psychologist, Dr. Nihara Krause together with young people, and includes activities to help with: comfort, distraction, breathing, expressing yourself, as well as signposting to additional help and support.



4. Crisis Support

CAMHS Mental Health Crisis Line is available on **020 3228 5980**, Monday to Friday and Saturday, Sunday, and bank holidays, 9am to 11pm if you are concerned about your own or somebody else's mental health.

The [24/7 South West London & St George's Mental Health Support Line](#) is available for urgent, crisis and out of hours mental health support on **0800 028 8000**.

For urgent out of hours medical support, please call NHS 111 or contact your local 'out of hours' GP. **In a medical emergency only**, dial **999** or attend your nearest A&E to keep your child or young person safe.

[Please click here to find more helplines and Crisis Support.](#)

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Obsessive compulsive disorders (OCD)

1. Charities and services

[OCD Action](#) offers support and information to anybody affected by obsessive compulsive disorder (OCD).

They also have a support line available from 9.30am to 8pm, Monday to Friday on **0300 636 5478**. To see the support available, please visit their website.

[OCD Youth](#) aims to increase awareness and access to support for anyone under 25 affected by OCD. OCD Youth is run by young people with OCD, for young people with OCD.

They organise trips and outings, run online meet-ups, take part in campaigning activities, manage a youth website and social media channels, write articles and awareness resources, produce videos and media, and much more. Visit the website to find out more.

2. Books and guides

[OCD UK](#) has an OCD guide for young people which explains OCD and the different types, as well as the various treatments available for it. Visit their website to download the guide for free or order a copy for 99p.

[OCD Action](#) have made a list of useful books for young people and their families, which you can download by clicking this link.

[YoungMinds](#) has an online guide for young people to learn more about OCD and explore ways to get help, which you can access on the website.

[AfC website EHS resources](#)

3. Workshops and self-help

[GetSelfHelp](#) has self-help guides, videos and downloadable resources for OCD, which use effective CBT strategies to help young people make sense of the problem and then learn how to make positive changes. To find out more, please visit their website.

Autism (ASC)

1. Charities

[The National Autistic Society \(NAS\)](#)

is the UK's leading charity for people on the autism spectrum and their families. They provide support, guidance and advice, as well as having hundreds of branches across the UK and an education rights helpline.

[Express CIC](#) is a charity that supports young people on the autism spectrum and their families (including those in the pre-diagnosis stage). There is a community cafe and hub with an autism-friendly environment to include fully accessible quiet areas and sensory areas. Various services are offered including counselling and support groups for parents and carers, creative therapy, drama club, sibling groups and much more that can be explored on their website.



2. Parenting advice and support

The [AfC website](#) contains information about services and support for parents with a child or young person on the autism spectrum, including local information regarding neurodevelopmental assessments, our pre and post diagnosis support service, support groups and education services.

[AfC parenting courses](#) currently include the National Autistic Society (NAS) EarlyBird and EarlyBird Plus programmes, designed to support parents of children under 10 who either already have or are 'on the road to' a diagnosis of an autism spectrum condition. We also run our Barnardo's Cygnet training for parents of young people aged 8 to 16 with an ASC diagnosis. To find out more and self-refer, please visit the website.

3. Clubs and activities

[Keen2Go](#) is a weekly social club for young people aged 8 to 18 years with autism and/or learning disabilities resident in the borough of Richmond. To find out more information you can visit their website.

The [Curly Hair Project](#) is an organisation that helps people on the autistic spectrum and the people around them. They use things such as animated films, comic strips and diagrams to make their work interesting and easy to understand.

[The Lighthouse Project](#) is a fun and welcoming youth club for young people (11+) with ASC/ADHD. The club is based at Heatham House in Twickenham and is a great support network for all the members to be able to discuss any concerns or simply have fun in a safe environment.

[TAG Youth Club](#) offers low cost activities for SEND children aged 15-25 where they can engage in active sports such as parkour, climbing, archery, fencing and gym. It also provides an opportunity for children to meet new friends and have fun together. To find out more you can visit their website.

[Spectrum Gaming](#) is an online community for autistic young people aged 8-17, which has three main intended outcomes; building friendships, increasing self-acceptance and advocacy.

[FriendBee](#) is a SEND befriending service that matches young people to volunteers to help them access social and leisure activities.

[Upcoming events](#) to see what's on in the local area, including upcoming events, activities and clubs.

ADHD

1. Websites

[NHS ADHD Overview](#) Click to visit.

[ADHD Foundation](#) Click to visit.

[ADHD Embrace](#) is a charity supporting parents with children and teenagers who have ADHD. They offer newsletters, Facebook groups, events, seminars, workshops and courses. To register and sign up to their support community, please visit their website.



2. Courses

[Embrace Post-Diagnosis Workshops](#)

are held monthly and are free of charge to families living in Kingston and Richmond. They currently run in two parts over Zoom and provide the opportunity to learn about ADHD, treatments, and how schools and local organisations can support children while meeting other parents and carers in a similar position. For more information about upcoming dates and how to book, visit the website.

[1-2-3 Magic Behaviour Management](#)

[Parents' Course](#) is for parents and carers of children aged 2 to 7 years diagnosed with ADHD or who display challenging behaviour. To find out more and self-refer visit the website.

3. Guides

[ADHD parenting tips](#) Click to visit

[Parent/Carer Support from The Royal College of Psychiatrists](#) Click to visit



4. Clubs and activities

[The Lighthouse Project](#) is a fun and welcoming youth club for young people (11+) with ASC/ADHD. The club is based at Heatham House in Twickenham and is a great support network for all the members to be able to discuss any concerns or simply have fun in a safe environment.

[TAG Youth Club](#) offers low cost activities for SEND children aged 15 to 25 where they can engage in active sports such as parkour, climbing, archery, fencing and gym. It also provides an opportunity for children to meet new friends and have fun together.

[Upcoming events](#). To see what's on in the local area, including upcoming events, activities and clubs, please visit our website.

Emotionally-related school avoidance (ERSA)

1. Podcasts and videos

[Emerging Minds Podcast: 'Back to school after lockdown: school reintegration and youth mental health'](#) contains insight into the practical implications for children, young people and their families as schools reopen after the COVID-19 lockdown.

[Understanding emotionally based school avoidance seminar](#) by Anna Freud Centre on YouTube consists of various professionals exploring the topic of emotionally-based school avoidance and how schools, parents and professionals can best support young people who are affected.

2. Organisations

[Not Fine In School](#) is a parent-led organisation empowering and supporting families with children experiencing school attendance barriers, as well as raising awareness and campaigning for better support and provision, for improved recognition of family and children's perspectives, and for a change in thinking about the issues that affect school attendance.



3. Further information and support

YoungMinds

[Useful strategies and advice](#) to support your child transition back to school after the holidays if they are feeling anxious or nervous,.

There is also [a guide for parents](#) to use if a child is having problems at school, and how to work with them and the school to find the right support as soon as possible.

[AfC Emotionally Related School Avoidance Information](#)

YOUNGMiNDS

Sleep

1. Websites

[Mood Cafe website](#) offers information and resources to help understand and improve mental health e.g. relaxation/breathing exercises and information around sleep and anxiety.

[YoungMinds sleep advice](#) Click to visit.

[Self-help for sleep](#) Click to visit.

[Mind sleep information](#) Click to visit.



2. Neurodiversity and sleep

[EHS Autism and sleep presentation](#) [Adolescence](#) or [Primary School](#) are available to help parents and carers understand why difficulty falling and staying asleep can be common within the neurodiverse community, as well as strategies to try to help manage this.

[Cerebra](#) has useful information for those with neurodevelopmental disorders struggling with sleep, access to downloadable sleep tips and sleep seminars, as well as the option to make a referral to the sleep advice service.

3. Downloads

[NHS sleep Hygiene fact sheet](#) explains what sleep hygiene is, why it is important and what you can do to help improve sleep quality. Click to visit.

[MentalHealth.org: Sleep tips for parents and caregivers](#) Click to visit.

[NHS Sleep Diary](#) Click to visit and download.



4. Apps and podcasts

[Headspace](#) is a science-backed app for mindfulness or meditation to help reduce stress and aid sleep. Click to download.

[Koko Sleep podcast](#) is available if you search on your preferred listening platform.



General resources

- [Our EHS Resource Hub](#) is available should you wish to explore further support and advice, where you will find our online workshop library, leaflets and resources, counselling services, youth clubs, as well as parenting and family support.
- The Achieving for Children (AfC) website contains [parenting advice and courses](#), [youth groups](#) and [upcoming events and activities](#) in Kingston and Richmond.
- [Off the Record \(OTR\)](#) in Twickenham is a registered charity providing free confidential counselling and mental health support for children and young people aged 11 to 24 who live, work or study in the Richmond borough.
- [NHS Richmond Wellbeing Service](#) offers free talking therapies for anyone 18 years or over living in the borough of Richmond. To self-refer, please visit their website.
- [The Anna Freud Centre](#) has formed a list of self-care strategies to help young people manage their own wellbeing, click here to access. They also have a [booklet](#) for you to create your own self-care plan.
- [Mind](#) is a mental health charity which provides information and support to anyone experiencing a mental health problem.
- [YoungMinds](#) is a national charity committed to promoting and improving the mental health of all children and young people. Their website is full of advice and information on what to do if you or someone you love is struggling with how they feel.
- [Getselfhelp.co.uk](#) contains CBT self-help and therapy resources for a variety of different mental health concerns, including worksheets and information sheets, plus videos and self-help mp3s.
- [Camhs-resources.co.uk](#) has lots of resources, including downloads, websites, apps, videos and books designed to help young people and families cope with challenges that can occur during childhood and adolescence.



Off The Record
Twickenham


Richmond Wellbeing Service
Talking Therapies and Specialist Support


Anna Freud
National Centre for
Children and Families


mind

YOUNGMINDS

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Helplines and crisis support

If you are worried about your own mental health or somebody else's and would like to speak to someone, you can use one of the helplines listed below.

- **Kooth** is an online mental wellbeing community providing access to counselling via live chat with replies typically within an hour.
- **Shout 85258** is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope or experiencing a mental health crisis. To access you can text the word 'SHOUT' to **85258** to start a conversation with a trained Shout volunteer.
- **SANEline** is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. They are normally open every day of the year from 4pm to 10pm on **0300 304 7000**.
- **CAMHS Mental Health Crisis Line** is available on **020 3228 5980** everyday from 9am to 11pm if you are concerned about your own or somebody else's mental health.
- **Childline** is open 24 hours a day, seven days a week. Call on **0800 1111** to get through to a counsellor who will be there to listen and support you with anything you'd like to talk about. Or you can have a [one-to-one counsellor chat](#) online.



In case of a mental health emergency, we would advise you to contact the **24/7 South West London and St George's Mental Health support line** for urgent, crisis and out of hours mental health support on **0800 028 8000**.

For urgent out of hours medical support, please call **NHS 111** or contact your local 'out of hours' **GP**.

In a **medical emergency only**, dial **999** or attend your nearest **A&E** to keep your child or young person safe.

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