

eBulletin

Friday, 12 February 2021

Dear Grey Court Community

We have had an action packed half term and I am sure that everyone is looking forward to the break next week.

School resumes on Monday, 22 February, with normal lessons as we will not be holding an inset day. This will be held later in the school year.

Y12 Virtual Parents' Evening will take place on Wednesday, 24 February, from 4pm. You will have received information from the Sixth Form on how to book your appointments. Should you have any issues please contact the Sixth Form team who will be happy to assist you.

World Book Day will be held on the 4 March and Ms Fincham and Mr Johnson have put together a programme to inspire and create interest in books. Please check the end of the bulletin for the details.

In this week's bulletin we look at perfume adverts created by media students, poems written about the Holocaust, food made by the Food and Nutrition students, set and costume designs, house competition winners, and Mr Clements shares some more of his thoughts.

I would like to take this opportunity to wish you a happy and healthy half term break.

Kind regards—Chris Rhodes

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



EVERY CHILD,
EVERY DAY
ACADEMY
TRUST



Songwriting Competition Win a prize £1000!

Powerjam, the local not-for-profit band project, is offering young songwriters and bands ages 12-17 the chance to win a professional recording and release worth £1,000!

Students resident in or attending schools in Richmond, Kingston and Hounslow boroughs are invited to send their original songs to: contact@powerjambands.com.

No entry fees.

Deadline for submissions 31 March 2021.

Full details of the competition can be found on Powerjam's [website](#).

Stay creative and productive during lockdown!

#KS3 STEM CHALLENGE

The Bright Ideas Challenge

Enter and you could win £10,000 for the school. Shell are looking for students creative solutions to power future cities

The Bright Ideas Challenge is designed to spark young people's curiosity in science and engineering and to help deliver the curriculum in a fun and engaging way. We've also aligned the resources to careers strategies across Great Britain, making it even easier for teachers to provide quality STEM careers inspiration in the classroom and remotely.

Click [here](#) for information on how to register.

Competition closes on Friday, 21 May 2021.

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#KS3

Y9 Poems with Ms Comrie and Ms Cohen

This half term Y9 has been studying poetry. We were all inspired by Amanda Gorman's poem at the inauguration this year, and we decided to feature Theo's poem. Hope you enjoy it!

2020

A virus sweeping businesses

Crushing young children and teenager's dreams of getting to write their GCSEs' and SATS.

Family's and friends trying to find the positivity of this terrible time on zoom. Police brutality and racism occurring, causing national outrage, This is happening for a reason we can't seek. Trump causing riots in Washington, then backing away and blaming his followers, telling them to be calm after the damage had already been done. Bush fires tear through America and Australia killing not only humans but 1,000's of animals and their homes.

All stuck at home being told we're not allowed to see people but we stand in supermarkets filled with hundreds of people.

This is a problem we can't hide from. We just need to stay home, only leave your house if you have to and enjoy the time with your family. Clap for carers on a Thursday has been forgotten.

But hopefully 2021 will be the chance for all of this to be forgotten, the chance for us to do something great, a chance to change the damage that has been done.

By **Theo Povey**

Secret life of Pets Locked Room Mystery?

More sightings of Tufty this week. On Monday Ms Higham reported that Tufty - having grown bored of irritating the Cadbury's Caramel rabbit - had raided the music room and eaten several caramel wafers and munched through her copy of "Dorset Life." The room had been locked over the weekend and there were no obvious exit points. This will therefore count as a "Locked room mystery."

On Thursday I received the following report from Tracy "Money Penny" Sanders " from the front desk:

Dear Ace Ventura Clements

"As I was leaving yesterday at 1600hrs he appeared from the language room's direction dragging a 2 metre long piece of blue roll! Hankering down for a cold night maybe?"

Thank your Ms Sanders, for your vigilance.

If anyone has any solutions please contact Inspector Bashford (Whitton branch) who has pronounced the case a hard nut to crack.

Secret Life of Pets is continued on page 10

Tufty's
response:



Holocaust Memorial Day 2021

In our Holocaust Memorial Day lessons this year, Grey Court students reflected on this year's theme: "Be the light in the darkness". We discussed what this meant during the Holocaust and our KS3 students looked at some of the incredible acts of bravery that took place during that time. We also investigated how Jewish communities and others were able to maintain a sense of community, even in their most difficult moments.

We asked our KS3 students to create a poem, poster or piece of artwork based on this theme and how it can relate to the current pandemic. We had some fantastic and thoughtful pieces sent in, so it was difficult for us to choose which ones to include in the eBulletin. Please take a look at some of the work here.

Well done to all students who took the time to reflect on such an important message.

Ms Hawkins
Head of History

Poem by Sacha Crivellari (7C)

Today, we can be the light in the darkness,
Don't be so heartless,
Just call a friend,
Put any sadness to an end!

Support the NHS,
Given that they've done so much,
It might give their hearts a little touch,
Today you can be the one to help.

Donate to food banks,
Just say a little thanks,
It will make their day,
And they will go wahey!

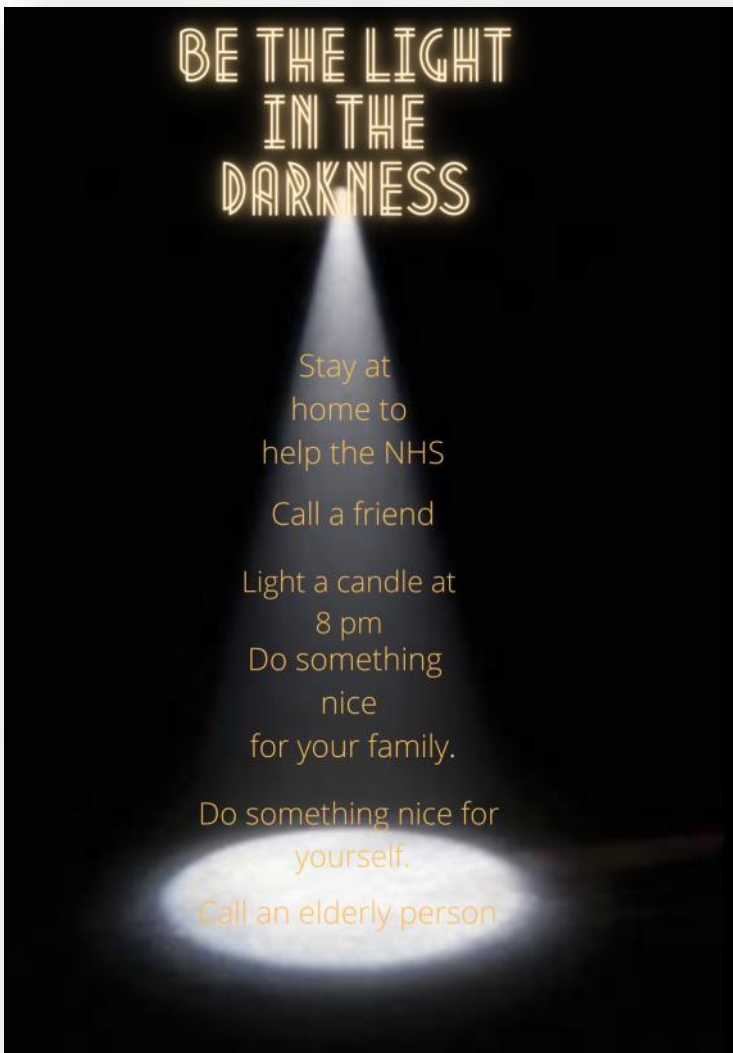
Poem by Leyla-Anjum Smith (7C)

A poem about light

Light will shine through again,
Stealing the darkness
And snatching unhappy thoughts
Light will shine through again
Healing our souls,
Showing us everything will be ok
Light will shine through again,
And the dark will be forever gone,
The light will bring us back to reality



Artwork by Yael Erasmus (Candle picture) Y9



Poem by Lily Burnett (7C)

In every one of us, light shines
 It pushes us to be a better person
 It pushes us towards perfection
 But darkness can still loom
 And the darkness still resides in us
 It can bring us down
 And change who we are
 It seeks to extinguish the light
 To takeover
 Yet some struggle to realize that we are
 those who control it

A candle can flicker in the darkness
 Telling stories of those who have been
 silenced
 You can *shine in the darkness*
 And tell a story you refuse to keep silent
 There is a difference
 Yet some struggle to realize that we are
 those who decide

But did it really change at all
 The stains of cruelty

Phantom footsteps
 Tiny imprints
 Barefoot on the snow
 So pure
 But it never hides the deeds
 So dark

Poster by Sofia Seghal (Poster) Y9



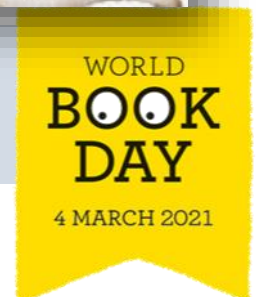
Poster by Eshwa Haidrini (7C)

Click [here](#)



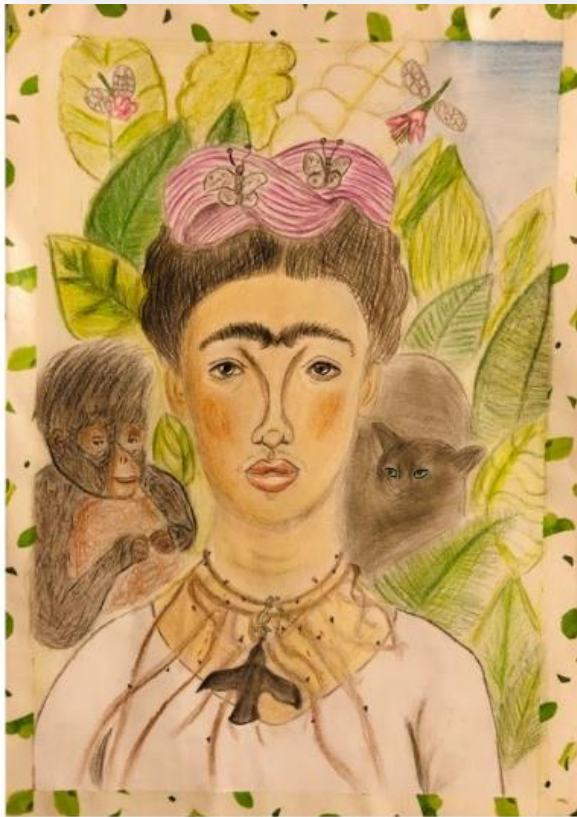
World Book Day Is Almost Upon Us!!

This year we will be running "Recreate the Book Cover" competition. Choose a book cover and do your best to recreate it. Submit entries on the day to djohnson@greycourt.org.uk



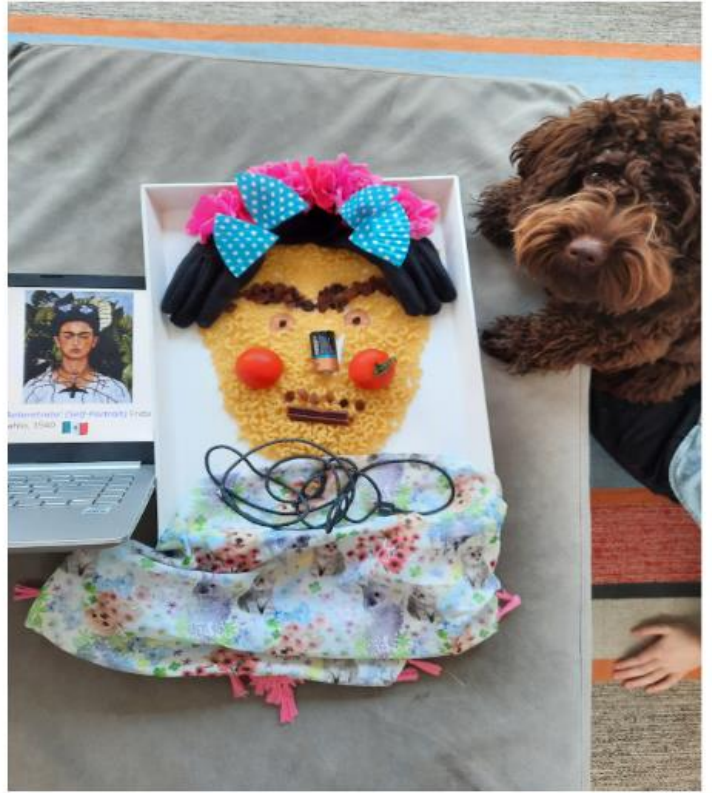
MFL

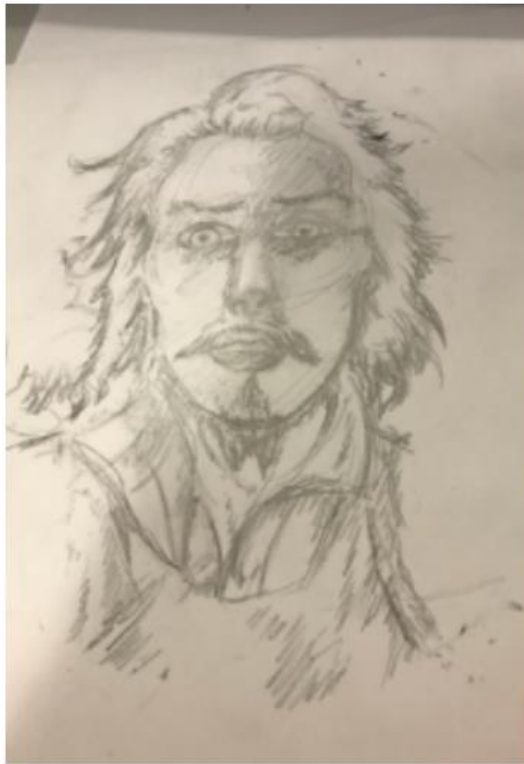
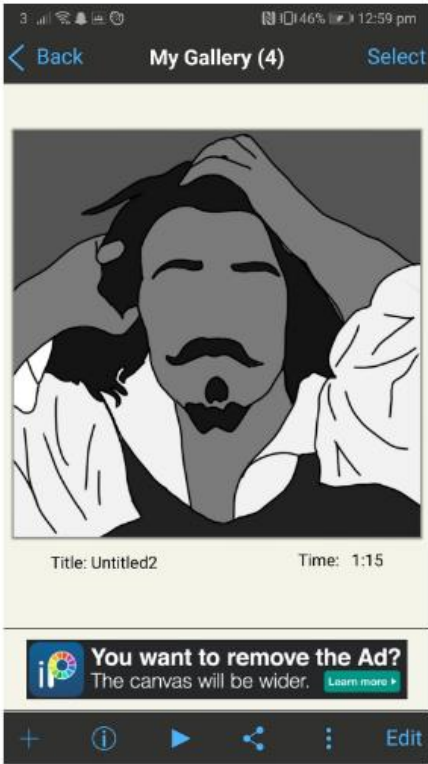
#Y7+#Y8



Year 7 & 8 Spanish students' had to choose between 2 famous hispanic paintings: Frida Kahlo's '*Autorretrato*' & Pablo Picasso's '*La Mujer que llora*' and recreated them using the world around them - these are some of their creative ideas!







Year 8 French students' had to reproduce **Gustave Coubert's** famous painting: '*Le désespéré*' using what they had at home - these are some of their amazing work!





AR Stars of the Week

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

7aD

Alfie Evans
David Jackman

7aL

Charlotte Jackson

7aV

Sacha Crivellari

7aX

Alkinoos Andraos-Doukas
Samuel Ellidson
Felix Hodgkinson-Last

7bD

Lucan Ray

7bL

Elizabeth Caple
Saskia Hollins
Stanley Monaghan
Indira Peters-Sutherland
Mitchell Reader
Leo Sarasini
Sophia Trybuszewski
Isabella Worth

7bV

Zaydan Chowdhury
Uma Cizmiz
Addison Elliott

Isabella Leguel

Liam O'Connor

Jootver Sohal

Kulsoom Syed

Mali Westbrook

Ethan White

Philine Zoeller

8aC

Thomas Faulkner

8aV

Sophia Boyd
Maja Hehir

8aX

Evelyn Lai

8bC

Ahmad Alizada
Thomas Lowe
Kaya Mavituna
Emma Phillips

8bV

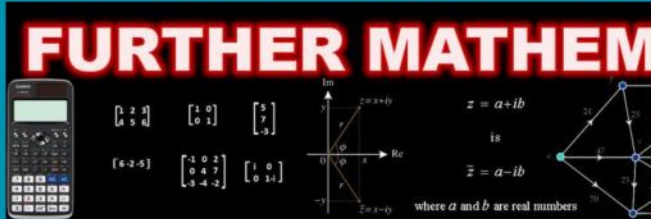
Elsie Hobson
Shiven Kothari
Tobias Plowman

House News

Mr Clements

Many thanks to Ms Bowie for curating the House Art Banner Competition and to the myriad of talented students who submitted entries. Ms Bowie has showcased the winning entries in this VERY eBulletin.

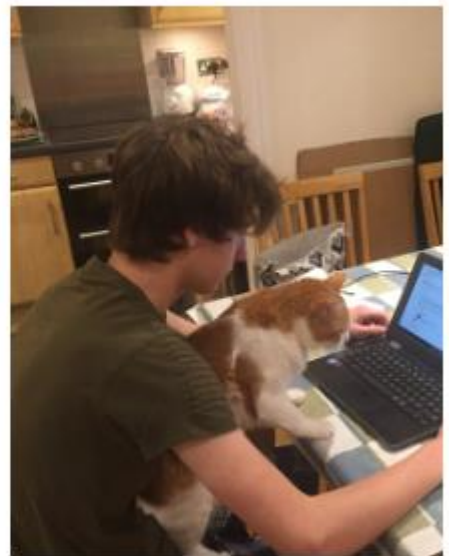
Unfortunately for me - the Emperor of Rome - we have had a Spartan clean sweep as my Macedonian rivals WON both the Most entries element of the competition and the Most shortlisted entries element of the competition thus bagging 125 points! The results are as follows: Spartan 125 points, Aztec 75 points, Roman 50 points Trojan 25 points. Well done, Spartan!



The House Banner competition shortlist...
Congratulations to Flo, Georgia, Hamza, Julia,
Alexander, Leo, Nivi, Sannan, Amaani, Anthony,
Claudia, Katie, Lily, Marwa and Nour



Yes, I admit, I am envious of my Macedonian rivals led by Prince “Bridgerton” Jacob. However, I would like to remind Mr Jacob that Rome was not built in a day and the history books tell us that Sparta was a mere footnote in history whilst Rome was allocated a chronicle! I am in no doubt that the ***Secret Life of Pets*** will throw up a stampede of Roman entries. Indeed, I will showcase some early Roman eBulletin pet sounds here:



The pictures on the left and right show Proud and Loyal Roman subjects Brook Quinton (Y7) and Thomas Parry (Y9) home schooling their pets or perhaps being home-schooled by their pets! Whilst the central picture shows Lara Mihu’s dog, Paco, who is in Romania with my grandparents, on FACE time instructing Lara!

And if these proud Roman representations haven’t whetted reader’s appetites for the Post Roman holiday eBulletin can you link the pet with its Grey Court staff owner?



CLUES: the owner of this guinea pig likes to keep its cage in order and is fond of hibernating! The owner of this beautiful black cat’s partner feels like this mog has walked in front of his football team at the moment! The speedster on the right’s owner is bookish, musical and a thoroughly good Cook!

Answers by pigeon please to Phil the technician!

..and so to Ms Clark's **delightful HOUSE PANCAKE Competition.** During the **SCREEN BREAK** in period 5,6, 7 on Friday 12 February when ALL Grey Court students are encouraged to participate in the House Pancake competition.

The brainchild of Ms Clark, we would like students to GET CREATIVE and bake their own sweet or savoury pancake using at least two fruits or vegetables in its DESIGN.

Students will have a WHOLE week to upload pictures of their creations to their HOUSE classroom and so the Friday's screen break should serve as a taster/appetiser for SHROVE TUESDAY on 16 February - which in my household is the best day of the year!

Click [here](#) for the challenge details and the house points awarded.

House Pancake Day Challenge

How creative can you be?

Challenge - design and make a creative sweet or savoury pancake that uses at least two fruits or vegetables in its design.

Submit to your House Classroom by Monday 22nd February!

Marks will be awarded for:

- Creativity and imagination.
- Promoting healthy eating.
- Incorporating a variety of skills such as pouring, mixing and chopping.



Challenge task!

How creative can you be?

Challenge - design and make a 3D pancake object or scene using either sweet or savoury pancakes.

Submit to your House Classroom by Monday 22nd February!

Marks will be awarded for:

- Creativity and imagination
- Structure and design
- Use of colour and pattern



***Special Prizes for Bashford themed pancakes!**

FOOD + NUTRITION

In the last week of this half term, we have had a flurry of activity in Food and Nutrition. In light of Shrove Tuesday (sometimes better known as Pancake Day!), Miss Howarth came up with an idea. The Pancake Day House competition has been launched and I have heard of some brilliant ideas so far. This could be done on Pancake Day itself, or at any point during the half term. We also had some of our Y8 and Y9 students in school completing their entries during the screen break this afternoon. It is a great way to use up those ingredients in the house and they can be sweet or savoury. See information in your house classrooms and how to get top points for your house!

Also featured this week are some photos from our Duke of Edinburgh participants, who have been experimenting with their cooking skills for their volunteering or skills sections. See some of the wonderful dishes from **Koyuki Lowe** and **Anna Fibbins** in Y9.

Ms Howarth and I also set our Y8s (and some Y10 GCSE students) the task of 'Baking with Vegetables' this week. **Miranda Seddon** made a beetroot chocolate cake and we also had some delicious carrot cakes made by some of our Y8 students.

Mrs Anjum discusses sugar addiction this week - very topical in diet and health. As we approach Pancake Day and Valentines Day, which are traditionally laden with chocolate and sugary treats, think about the impact sugar has on health and see if you could make just one healthy swap over the weekend.

Have a lovely half term all and I look forward to the Pancake Challenge entries!



CHEFS OF THE WEEK

A special well done to our Chefs of the Week, who are:

James Alleyne (Y8)
Aleeza Bilal (Y7)
Aaron Khytani (Y7)
Lily Taylor (Y7)
George Fennell (Y7)





**PEOPLE WHO LOVE
TO EAT ARE
ALWAYS THE BEST PEOPLE.**

- JULIA CHILD



Food tastes
better when you
eat it with your
family.



**Yummy yummy
in my tummy**



Is Sugar Addictive?

Ms Anjum

Most of us overindulge at times. We are all fond of eating sugary food and drinks, and end up sometimes where we feel as if we are getting addicted or going towards addiction. The truth is, while we might have to work hard to break the unhealthy habits, there is little or no scientific evidence to suggest that sugar is compelling in the way as alcohol, tobacco and other drugs. So, if we go scientific definition of addiction, sugar doesn't fit in.

Sugar is a soluble (or simple) carbohydrate, which means it is easily digested in the body after eating. But carbohydrates come in other forms too such as whole grains, fruits and vegetables. It is naturally found in most plants but especially in sugar cane and sugar beet. Sucrose (or table sugar) is a combination of two sugars; fructose and glucose. Sugar has many other functions in food technology; it acts as a sweetener, a preservative, a texture modifier, for fermentation, flavouring, colouring agent and many more. Sugar might taste good to you, but processed sugar is not good at all if not consumed in moderation. This can lead to an unhealthy lifestyle with various health issues including obesity, tooth decay, weight gain and acne.

Today it is a growing problem that we find sweet food as a reward, preference or to treat ourselves. When we eat sweet food it releases opioid and dopamine in our bodies. This is the link between the added sugar and addictive behaviour. Dopamine is a neurotransmitter that is a key part of the "reward circuit" associated with addictive behaviour. It means sugar activates the brain reward system. This activation results in craving, bingeing and withdrawal symptoms. So keep the sugary food away, sweeten your food by adding fresh fruits or honey. Eat a starchy breakfast to keep you full and avoid sugary snacks. Choose quality over quantity. Eat regularly, do not give big gaps in meals, stay hydrated. Reducing sugar can help you to shed pounds and improve your health. Enjoy a little of what you love - moderation is key!



Ours
happy
place





F o o d





Baking

The Week in Art



THE WEEK IN ART
1ST FEBRUARY
2021
ALEEZA
ATIYA
CHARLOTTE
ESHWA
JAKE
JOE
LOLA
MALENA
MAXIMILLIAN
MORGAN



Y8s have been learning about theatre roles in drama, and were tasked with creating their own set design out of anything they could find in school or at home. Some of them were fantastic!!

Here are the winners:

YEAR 8 SET DESIGN WINNERS



DRAMA TASK: CREATE YOUR OWN SET DESIGN OUT OF ANYTHING YOU CAN FIND AT HOME OR IN SCHOOL. WELL DONE ALL FOR YOUR EXCELLENT EFFORTS!

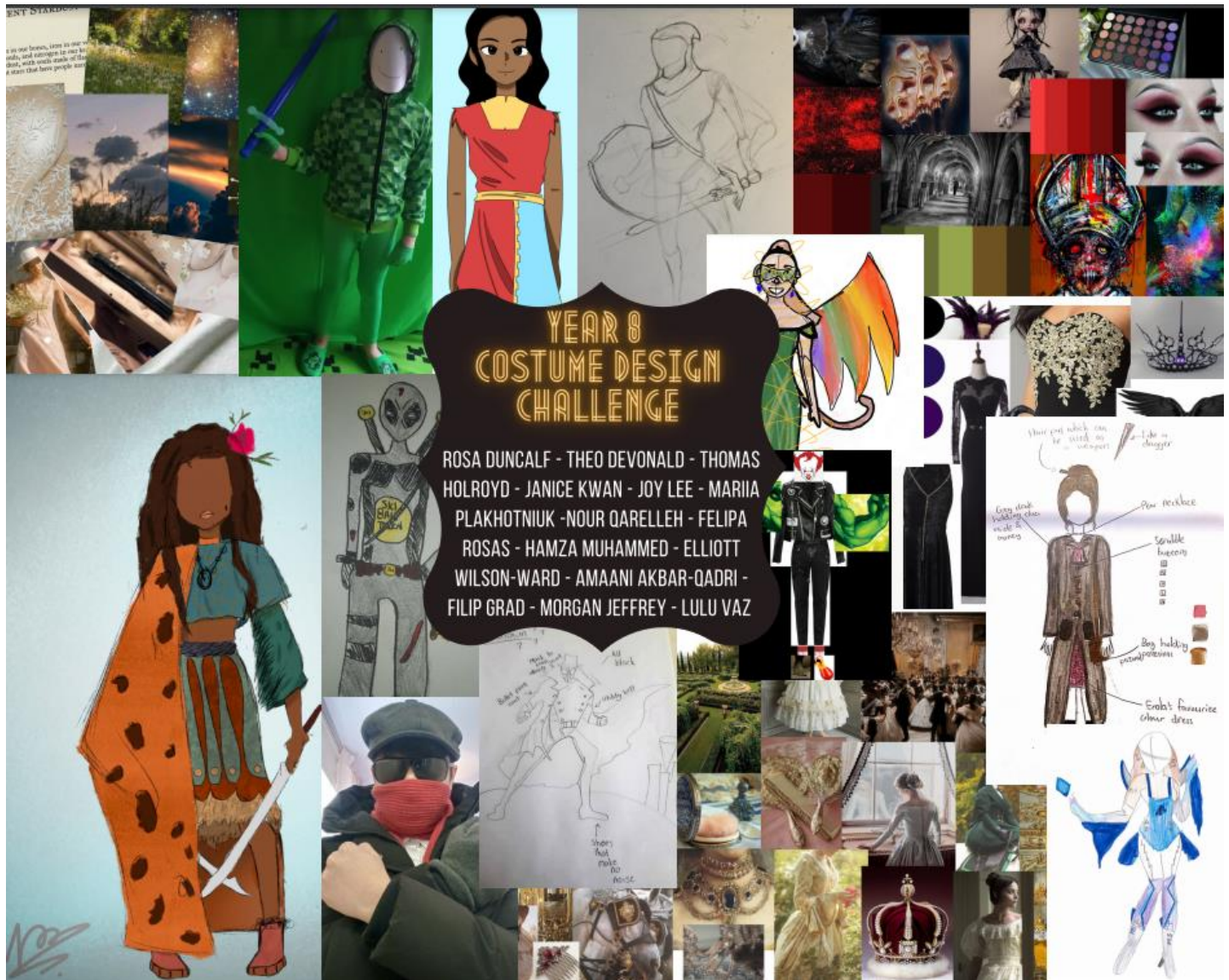
WORLD
**BOOK
DAY**
4 MARCH 2021

World Book Day Is Just Round The Corner!!

This year will be slightly different because we will be bringing back the fancy dress part of WBD which means...PRIZES!! Dress up as your favourite fictional character for the day. Your teacher is going to love it when you attend their lesson dressed head to toe as Gandalf, or The Grinch, or even Gangsta Granny. Get prepping.



They were also tasked with a costume design challenge and some of the results were great. They could dress up, sketch or create a mood board!



Carnegie Book Club!!

The Carnegie Medal is the one of the most loved children's book awards, recognising outstanding writing and illustration in books for children. The book club will take place once the shortlist is made public in March. To register your child's interest please email djohnson@greycourt.org.uk



#Media

Y12 Media students are budding editors and have been creating their own perfume adverts using stock footage.

Click on the links below to watch their adverts:

Memoire Rose
by **Anna Fendley**
Click [here](#)

Rise
by **Nur-Khan Kamal**
Click [here](#)

Riot by
Akash Santosh Kumar
Click [here](#)

Aura
by **Tess Lewisohn**
Click [here](#)

Acqua di Gioia
by **Sofya Smirnova**
Click [here](#)

Euphoria
by **Olivia Sparrow**
Click [here](#)



Ms Mannion has been keeping 13D busy with a quiz. Students were tasked with sending pictures from their trips abroad and in the UK, and the class have been guessing where the photo was taken:



They got them all! They are clearly a well travelled bunch!

Naples, Pompeii
Paris, from the Eiffel tower
London, Canary Wharf
Munich, Allianz Stadium
Washington DC, Post Office tower of
Trump International Hotel

Sixth Form STAR OF THE WEEK

Y12 Parents' Evening

The Y12 Parents' evening takes place on Wednesday, 24 February. This will run between 3:30pm and 5:30pm with additional appointments in the Social Sciences until 7pm. **Please be aware that there will be no taught P7 to allow staff time to prepare for appointments.**

Due to the current situation we are going to be hosting the Parents' Evening virtually this year. The company we are using is called 'School Cloud' and they are specialists in this area. All appointments will be live with the functionality to have video appointments with your child's class teachers. Below this letter is the guide on how to book your appointments.

Appointments can be made from Friday, 12 February, from midday and will close on Tuesday, 23 February, at 12pm. If you do not have access to the internet, please contact the KS5 team who will be happy to add appointments on your behalf.

[Guide to booking appointments](#)

Half Term

After a very intense half term, we think that it is incredibly important that students are having as much of a screen break as possible over the half term holiday. Staff have been asked not to set homework, unless it is unavoidable (for example, coursework deadlines) and we would recommend that all students take some time to get outside and have a proper break from work.

Safer Internet Day

The theme for this year's safer internet day was '**An internet we trust: exploring reliability in the online world**' and as a result the Sixth Form tutors took the students through an assembly assessing how to navigate the world of fake news in relation to Covid -19. [Sixth Form Safer Internet Day](#)

Ella Trousdale (12A) who is already using her enrichment time to write a personal statement, research different university courses and plan out options for a potential EPQ! Talk about getting ahead of the game!





Sam Harwood White in Y13 is the kind of student we like in the Sixth Form: polite, talented, humble, creative and thoughtful - he really is a pleasure to work with. Indeed, I have been "mentoring" Sam for the last six months for his extended project which is an "a cappella" recording of the Jazz classic, "Stella by Starlight." When I say "mentoring" I use the term quite loosely in that we will meet - Sam will educate me about Jazz production - I'll listen and nod - Sam will set himself some targets - I'll go "nice" - Sam will go away and be proactive - I'll listen to some Miles Davis - and we'll repeat the cycle.

Anyway we are now at the stage where Sam has played, recorded/adapted/layered and tinkered with sound devices and instruments for 10,000 hours of practice and we are ready for the Premiere of his masterwork which we need a Grey Court audience to critique." Sam explains his reasoning below:

Dear Parent

I am completing an artefact EPQ, in which I have produced a physical product based on research into a topic of interest. Focusing on jazz music and vocals, I have recorded "a cappella" version of the song Stella By Starlight, in which I sing every part myself, including all accompaniment to the melody and lyrics. I also arranged the song myself, for jazz piano, and then adapted it for what would become a 73 track recording, each individually recorded in my home studio.

To finish the project, I have sought technical critique from professional musicians in a variety of roles, including classical and contemporary singers, jazz musicians and musical directors, and I now require a populist review. For this purpose, I have created a survey to be completed by parents, students and teachers, which asks questions relating to the aesthetic achieved by the recording.

If you have a spare moment, I would be very grateful if you could listen to the track via the soundcloud link, and complete the google form attached.

Thank you.

Sam Harwood-White (Y13)

Soundcloud link to the track:

<https://soundcloud.com/sam-harwood-white/stella-by-starlight/s-EeNUyU1AeDG>

Google form link to the survey:

https://docs.google.com/forms/d/e/1FAIpQLSetJHDKB0trQFBXFAM-MtKhduZca998V64JyaqpkFfZ-1L3A/viewform?usp=pp_url

Link to my spotify, for my other music:

https://open.spotify.com/artist/0mGiZoBiXrWW0E4naMoXIZ?si=X5Rcf7iKTwmDgLBiRy_wvg

Accessing support

Remember your tutor, Ms McNicol, Ms Higham and Ms Moore are available to talk but we recognise you may want to talk to someone outside of school and outside of your family.

Off The Record	talkofftherecord.org	Online counselling and support
The Mix	0808 808 4994	Open everyday 13.00-23.00 for 1:1 support and guidance
Relate	0300 100 1234	Live chat and counselling
Kooth	kooth.com	Online support for young people Mon-Friday 12.00-22.00 Sat-Sun 18.00-22.00
Childline	0800 1111 childline.org.uk	1:1 counselling and support, advice and information
Samaritans	116 123 samaritans.org	Support for young people in crisis
Shout	https://giveusashout.org/ To start a conversation, text the word 'SHOUT' to 85258	24/7 text support, to listen, support and advice



Students were given opportunities to find out more about apprenticeship opportunities this week and we hope it has opened your eyes to the range of roles out there.

Well done to **Selina Tan in Y13** for gaining a place on the Uptree Futures Festival which offered network

-ing opportunities with major organisations. For more events like this see [Uptree](#)

Ms Corrighan attended a workshop on Music industry apprenticeships and it was great to see employers are still recruiting apprentices during this time in the creative industries: <https://www.divaapprenticeships.com/>

Any year 13 students thinking about this please see a list of current apprenticeship opportunities that year 13 can apply for NOW to start August/ September 2021...

Met Police Constable Degree Apprenticeship
[Met Police - Police Constable Degree Apprenticeship job with Metropolitan Police | 431252](#)

BAE Apprenticeships (based in New Malden) - Software Engineer, Cyber Engineer, Project Management and Network Solution Specialist Engineer

Deadline 28 February 2021 to start August 2021.
[BAE apprenticeships](#)

FieldFisher Law Solicitor apprenticeship - London
Deadline: 2 March 2021
[FieldFisher](#)

Level 6 Science Apprenticeship-Chemical Engineering - Thames Water, Sunbury Deadline: 28th Feb
[Thames water level-6-science-apprenticeship](#)

BP apprenticeships - HR, Trading & Shipping, Software Engineering : [Apprenticeships | Careers | Home](#) Deadline 26 Feb 2021.

KPMG - London [Our programmes](#) offer apprentices the opportunity to work across different industries and are designed for those who have, or are about to, finish School - and span areas such as Audit, Software Engineering, KPMG Law and Data & Analytics. They also offer work experience so check out the link.

[Browse jobs | UCAS](#) to search for more apprenticeship opportunities and get in touch with Ms Corrighan bcorrighan@greycourt.org.uk if you want to talk through any options or need help applying.

Careers @ Grey Court

By Ms Corrighan, Head of Careers



To celebrate National Apprenticeships week (NAW) 8 to 14 February, all year groups had a focus on apprenticeships in tutor time. We hope these resources inform students about the range of opportunities and highlight that it's not quite what you see on 'The Apprentice' TV show! We have had many students progress on to apprenticeships after leaving Grey Court and we want to continue to highlight apprenticeships as an option when making future choices

Next half term we have a busy few weeks with Y9s making options choices, GC sixth form interviews on Wednesday 3 March and National Careers week from 1 to 5 March.



Examples of apprenticeships for Y12/Y13 are in the sixth form section. And just some current opportunities that might interest Y11:

[Royal Parks Apprenticeships - Richmond Park & Bushy Park](#)

Application deadline: 3 March

Start Date: August 2021

[Childcare apprenticeship - Twickenham](#)

Application deadline: June

Start Date: Sept 2021

[Business Apprenticeship - Unilever, Kingston](#)

Application deadline: March

Start Date: Sept 2021

Students have a tough time making choices for their future. We would like to bring your attention to this **Careers' Day that students and parents/carers can attend on Saturday, 27 February. Open to Y8 - Y13.**



This is brought to you by an organisation called GT Scholars and is a new partnership to school.

To book a place: [GT Scholars Careers Summit](#)

They have a range of workshops throughout the day with some really useful workshops on how to make choices, see the: [Schedule](#)

#Wellbeing

February Wellbeing Calendar

Click [here](#) to download

Due to their popularity, Mind is extending their programme of free workshops to help parents build their children's mental resilience



The pandemic is taking its toll on everybody's mental health and especially our children. Richmond Borough Mind will be running sessions in February and March.

Session 1: Navigating the Children's Mental Health Maze

Tuesday, 16 February, 7-9pm

Click [here](#) to register

An informative session exploring statutory mental health services for children and teenagers in the Richmond borough, referral routes and how they work (e.g. SPA, CAMHS), Achieving for Children and voluntary sector support.

Session 2: Managing Challenging Behaviour

Thursday, 25 February, 7-9pm

Click [here](#) to register

Early warning signs when your child/teen needs additional support for their mental/emotional wellbeing and what to do

General principles for reducing stress and building self regulation

Managing/responding to challenging behaviours (we will suggest a range of options and address those which are relevant to the audience).

Improving communication

Recovery and Wellbeing Wednesday, 3 March, 7-9pm

Click [here](#) to register

Recovery is not a solo or linear journey, it's a family process. Learn how to safeguard your own wellbeing through the ups and downs. The session includes 5 ways to wellbeing and practical activities.

As well as these two workshops for parents, they also offer specialist courses and services for any child that is finding this time particularly difficult:

The Reach programme for 14-18 year olds that offers three stand-alone, six week courses that include:

Anger management
Anxiety management
Low mood and self-esteem

Peer mentoring offers young people aged 11-18 up to eight sessions with a trained volunteer to support them with short term goals and help reduce low levels of anxiety or feelings of loneliness.

For more information please email:
youth.service@rbmind.org

Worried about something that's happened online?

With many children and young people still learning from home, the internet remains hugely valuable for education, entertainment and keeping in touch with family and friends. Most people online will be genuine and supportive. But some may try to manipulate or force young people into sexual activity.

Therefore, it is vital to continue to raise awareness of what to do if something goes wrong online.

Signpost young people to this [article from our 11 to 13s website](#) and for parents and carers [article for parents and carers](#).

A big THANK YOU to PEPE's Restaurant!

Having kindly offered a 15% donation on all takeaway purchased by Grey Court parents last Friday, they generously decided to double it to 30% amounting to a **£150 donation**, in addition to the **£100 voucher** which **Emma Walker** won.

Show us the love

Raise funds for Grey Court this **Valentine's Day**



1. Through easyfundraising. Flowers? Chocolates? All your romantic gifts covered. Please click the [link](#) for a list of participating retailers.

2. And/or via the following local businesses who have incredibly kindly offered 10% of sales to Grey Court:

Cappadocia Restaurant

Fife Road, Kingston

10% donated with GREYCOURT code

Offer date(s): 12 to 14 February

Please place order by phone

Tel: 020 8549 6228

www.cappadociakingston.co.uk

Award-winning Turkish cuisine

Taylor's Fine Wines

Ham Parade

Spend £35 or more on wine and beer and £5 will be donated to the school

GREYCOURT code

Offer date(s): 8 to 14 February

Tel: 020 3759 8651

www.taylorsfinewines.co.uk

Deea Bangladeshi Cuisine

Richmond Road, Kingston

10% donated with GREYCOURT code

Offer date(s): 12 to 14 February

Please place order by phone

Tel: 020 8974 5388

Website: www.deea.co.uk

Great Fish and Chips

Ham Parade

10% donated with GREYCOURT code

Offer date(s): 13 February

Bengal Village Indian

Sheen Road, Richmond

10% donated with GREYCOURT code

Offer date(s): 12 to 14 February

Place order by phone

Tel: 0208 940 0792

AND finally

Our Go Fund Me goal is £7,000.

Thank you for your generous donations. We have **£3,094** and would really like to reach the half way mark (or more) to help the school fund the external improvements. Work is starting NOW! Here is the [link](#)

Any queries or fund-raising ideas and initiatives please contact us at greycourtpa@gmail.com

Thanks, Lou, Amira & Michaela

Sports Stag

KS3 Sports' Education

Students have produced some fantastic videos. Unfortunately, as much as we would like to we can't show them all, but we have chosen a few for you to view. Well done to all!

KS3 Cricket Skills

Ryder Emmerson

Click [here](#)

Sam Davis

Click [here](#) (video 1)

Sam Davis

Click [here](#) (video 2)

Sam Davis

Click [here](#) (video 3)

Max Masters

Click [here](#)

Kooshan Hayati

Click [here](#)

'For all those people who are finding it difficult at the moment - the sun will shine on you again and the clouds will go away' - Captain Tom Moore

100 or more for Captain Tom Moore!



After the very sad passing of NHS hero and charity champion 100 year old Captain Tom Moore, someone who very much valued physical activity, can we carry on his legacy from now until 31 March by challenging yourself to do a, "100 or more, for Captain Moore?!"

Choose a 100 that best suits you... challenge yourself!

It could be 100 family miles in a month; 100 laps of your track over a month, 100 keepy ups with a bat and ball, 100 keepy ups with a football, 100 bounces on a trampoline 100?

Please tag @_RichmondSSP on social media #100challenge

If you would like to get sponsored and donate to captain Tom's charity - here is the [link](#)

LONDON YOUTH GAMES

London Youth Games have launched their Virtual Inclusive Games which all young Londoners can take part in! The Games is 8 weeks long and has 3 new challenges every week. The LYG Virtual Inclusive Games are open to all young Londoners. To participate, simply complete the challenges and submit your scores via our website to earn points for your borough.

Challenges will be released every Tuesday, Wednesday and Thursday at 9.00am. You will have until Sunday at 6.00pm to complete the challenges and submit your scores. Individual prizes are also up for grabs. Share videos of your challenge attempts on social media using #ThisIsLYG to be in with a chance of winning the weekly MVP award and some Nike swag.

To upload scores, go to: <https://www.londonyouthgames.org/virtual-games/lyg-virtual-inclusive-games/> and open up which week it is 'Week One' this week. You will see the video of the challenge and where to upload.

To see the new daily challenge, please visit our twitter page or check the LYG website.

As always, any questions, please email Daniel.hayden@richmondandwandsworth.gov.uk

Virtual Inclusive Games

Challenge 2 'Freya's Dribbling Challenge' for this week! Remember to have a go, record your score and upload to the website or me!

<https://twitter.com/LdnYouthGames/status/1359427228988284930>

<https://www.londonyouthgames.org/virtual-games/lyg-virtual-inclusive-games/>

YST Inclusion Lead Schools National Empathy Week

With National EMPATHY Week (22nd - 26th February) fast approaching, the Youth Sport Trust's (YST) London Inclusion Lead schools are working together to support schools to develop young people's empathy skills through Inclusive Sport linked to the Paralympics. This will be delivered through the **Inclusion 2020 Learning & Discovery Personal Challenge days**.

Learning and Discovery AT HOME resource - For those young people remote learning, the **Learning & Discovery Festival AT HOME resource** allows young people to experience the Challenge Days and have a taste of a few Paralympic sports. The complete range of resources can be found [here](#) and is available to all schools. The challenges have been designed to play individually (or with other members of the household) using simple materials and spaces that can be found in and around the home. Kate Grey has produced some video content, illustrating how these challenges can be done at home (click on the sports link towards the bottom of this webpage to access these videos).

Learning and Discovery SCHOOL BASED resource - For vulnerable and key worker children in school, the **Learning & Discovery SCHOOL BASED resource** can be easily adapted and delivered to bubbles as a mini-festival or series of activities over a week or number of weeks.

For more information about the Learning and Discovery Resources and how it links with EMPATHY Week please click [here](#).

SPORT IS A PRESERVER OF HEALTH

HIPPOCRATES



PARK LANE STABLES under threat of closure - crowdfunding appeal

Park Lane Stables RDA (Riding for the Disabled) has been a key part of the Teddington community for many years, **providing much-needed therapy and happiness** to hundreds of local children and adults with (and without) disabilities and mental health challenges every year.



After 12 years, our landlord has told us that he will not be renewing our lease which ends on 31 May 2021 as he wishes to sell the property. If we cannot find the funds to purchase **BY THE END OF FEBRUARY**, the stables will be closed and the horses will be gone!

We don't want to lose our beloved stables. We love our unique home in Teddington and we want to stay and serve our amazing community. We are a small charity and we have struggled to survive the COVID-19 crisis, but the overwhelming support we have received from the local community has helped us through this and made us strong.



We need YOUR help to keep horses in London and continue our work with disabled participants.

Click [here](#) to support us

Click [here](#) to see a **YouTube** video on the impact that Park Lane Stables has on their community.

'Park Lane is like a bubble of happiness.' Christian, 14

'Run on kindness and inclusion, everyone who is part of it is a better person for it.' Vicky, 32

WORLD
**BOOK
DAY**

4 MARCH 2021

World Book Day

March 4th 2021

#ReadingsPower

#WorldBookDay

#WBD2021



Fancy Dress or Recreate A Book Cover

Prizes for the best fancy dress and best front cover recreation.

Dress up as your favourite fictional character for the day. Your teacher is going to love it when you attend their lesson dressed head to toe as Gandalf, or The Grinch, or even Gangsta Granny.

Recreate a book cover. Here are some examples:



Submit your pictures and front covers to djohnson@greycourt.org.uk



WORLD
**BOOK
DAY**

4 MARCH 2021

Share A Story Live

The good people at WBD have put together free live events for you to stream. You can watch them by clicking on the pictures, or by going on to the World Book Day YouTube channel. Make sure to visit each page before the event to post your questions to the author or illustrator.

Books that make you
LOL!

Starring

Wednesday
3rd March,
10.30am

Humza Arshad
Jenny Doolan
Richard School
Khalid Khan

7+

★ Hosted by Kenny Baraka! ★

Books That Make You LOL
Wednesday 3rd March at 10:30am

Words and Pictures:
Bringing Books to
Life

Starring

Thursday
4th March,
10.30am

Joseph Coelho
Ellen Leach
Tom Fletcher
Lydia Monks

4+

★ Hosted by Nigel Clarke! ★

Words & Pictures: Bring Reading to Life
Thursday 4th March at 10.30am

Books and the
Real World

Starring

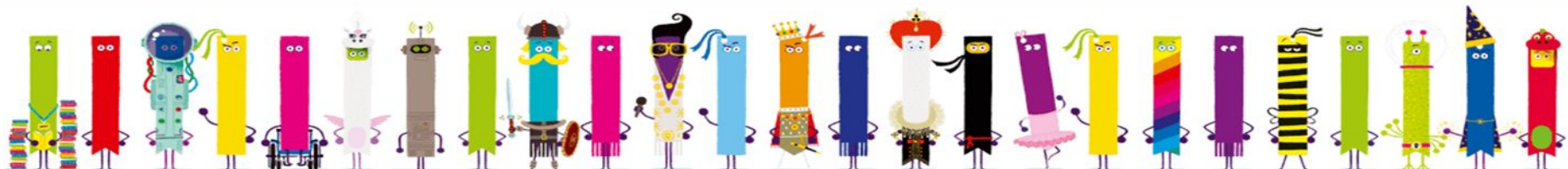
Friday
5th March,
10.30am

Sita Bahuchari
Jess French
Katherine Rundell

9+

★ Hosted by Jessie Cave! ★

Books and the Real World
Friday 5th March at 10.30am

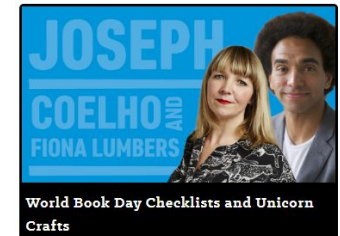
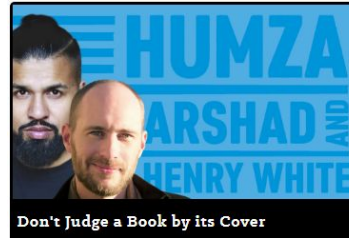
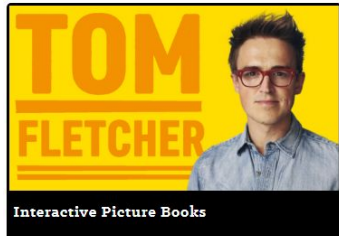


WORLD
BOOK
DAY

4 MARCH 2021

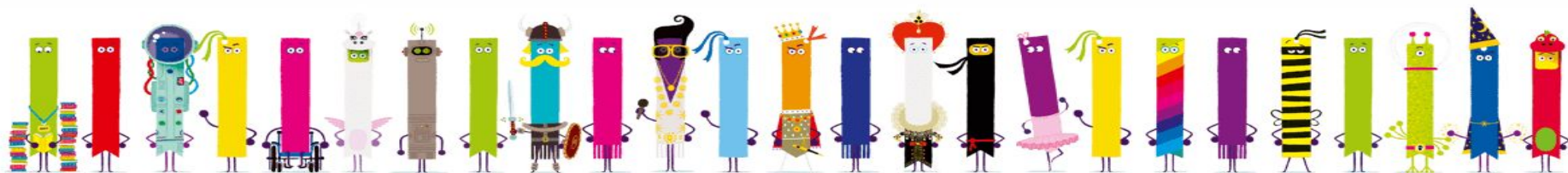
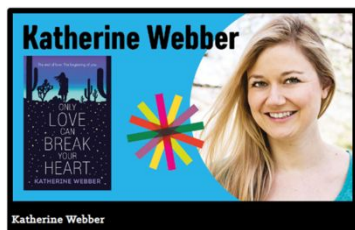
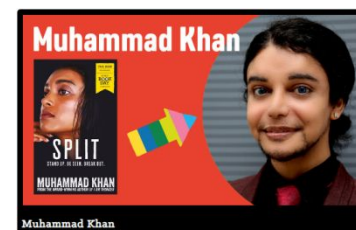
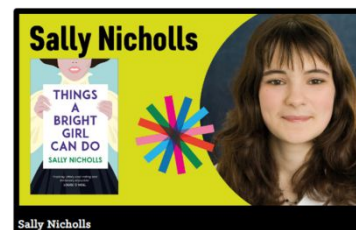
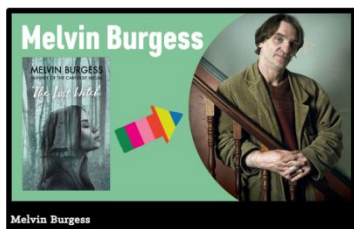
Author & Illustrator Academy

Free workshop videos from authors and illustrators. Each lesson is a complete package with downloadable activities, resources and extracts to go with each video. The Academy lessons are perfect for home learning as well!



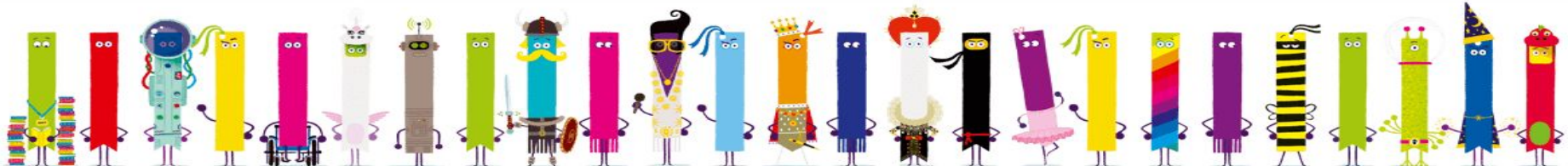
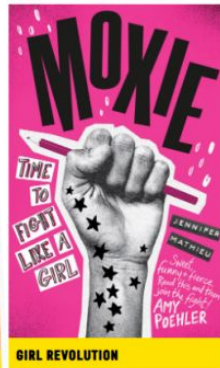
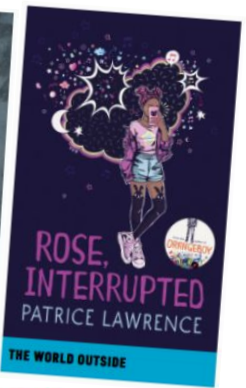
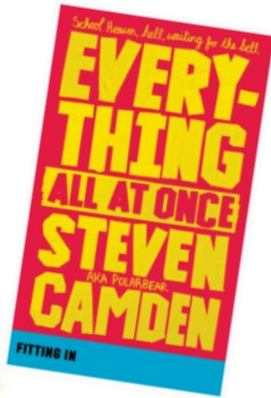
Podcasts

An incredible array of authors talking about various literary topics including what **#ReadingIsPower** means to them.



The Power List

From books to help you find your voice to stories that stay with you long after the final page. Empowering you. Feeding your soul. Building your empathy.



FREE

Online Careers Day 2021



GT scholars
CAREERS DAY

Open to Parents & Young People aged 13 to 18
Saturday 27th Feb 2021 | 9.30AM - 4PM



WHAT IS THE GT SCHOLARS CAREERS SUMMIT?

The GT Scholars Careers Summit is an online careers day for young people & their parents. As part of the summit, you'll get access to a series of online workshops & masterclasses where you can learn from professionals from a range of careers, connect with universities and discover how to choose a career pathway that works for you!

**The Careers Summit will be taking place on
Saturday 27th February 2021**



WHO IS THIS FOR?

The online workshops have been designed to support **young people & their parents** with the important support needed for your career journey.

This is perfect for young people aged 13-18, that want to learn about the various career routes that are available to them and young people that want to connect with some of the top companies in England.



WHO WILL BE SPEAKING

The Careers day will feature a range of short panel sessions, workshops, masterclasses and talks from various professionals.

The sessions will be interactive and you'll have access to a Q&A app where you can either send in your questions or 'upvote' for your favourite questions.

You can find out more about our speakers by visiting [**careersummit.gtscholars.org**](https://careersummit.gtscholars.org)

SPEAKERS

During the day, you'll have the opportunity to learn from speakers from diverse backgrounds, and gain knowledge from professionals from a wide range of companies such as EY, PWC, Goldman Sachs, E-ON, FTI Consulting & Atkins Global, to name a few.



MEET THE SPEAKERS



Majeed Ahmed
Senior Engineer
Tessian



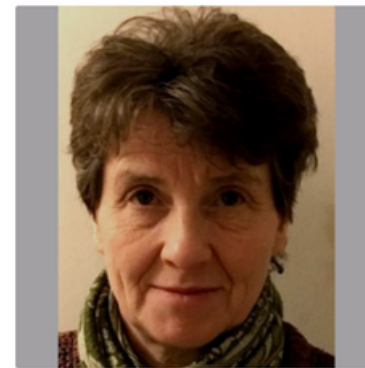
Lauren Aile
Technology Degree Apprentice
PwC



Antonio Berongoy
Architect
Hayhurst and Co



Marian Brannelly
Senior Global PR & Comms Manager
Bis



Alison Livesey
Veterinary Surgeon
Fitzalan House



Jason Lutz
Commissioner
NHG England



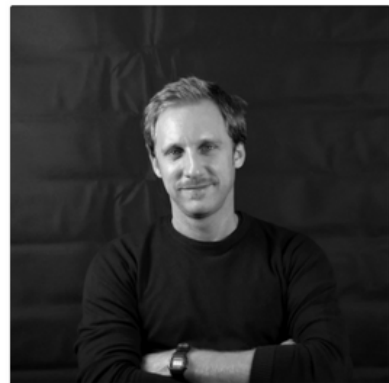
Sam Martin
Entrepreneur & General Manager
Karma Kitchen



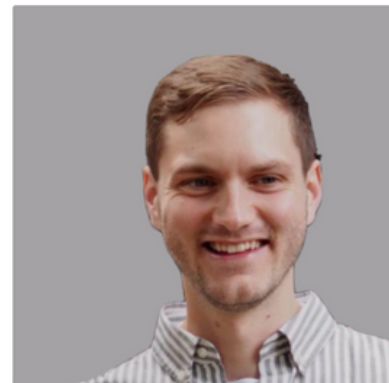
Dr Nadeem Moghal
Chief Medical Officer
DMC Healthcare



Janet Cheney
IT Project Director (retired)
BT



Lorenzo Conti
Founder & Creative Director
Design Grail



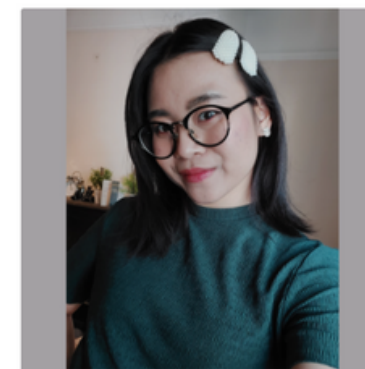
Chris Hackett
Operations Director
Second Nature



Katerina Hristova
Senior Research Associate
University of East Anglia



Alfred Oshin
Teacher & Lecturer



Nattinan Oukongka
DevOps Engineer
Global



Rhys Rawlings
Maths Tutor
Hampton's Education



Iona Richards
Geotechnical Engineer
Wood Thirsted



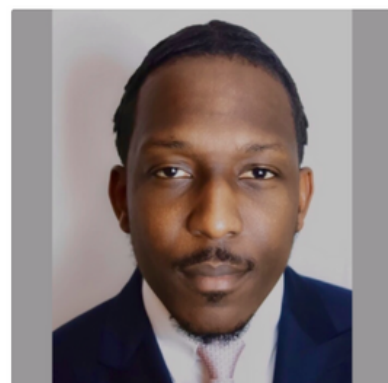
Jahan Hussain
Communications Executive
Hachette UK



Margo Johnson
Assistant Project Manager (Civil Engineering)
Atkins



Temi Kamson
Founder & CEO
GT Scholars CIC



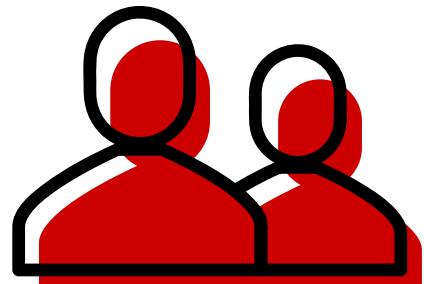
Dolapo Koku
MBA Candidate
INSEAD

WHAT TO EXPECT

Here are some of the masterclasses and Q&A sessions that will be available on the day:

- How to find virtual work experience
- Entrepreneurship & Personal branding masterclasses
- CV & Cover letter masterclass
- How to choose a career
- Getting a careers in the creative industry
- How to find a top-tier apprenticeship
- Talks from universities such as Goldsmiths University
- And many more masterclasses that you can choose from

WHY COME TO A CAREERS DAY?



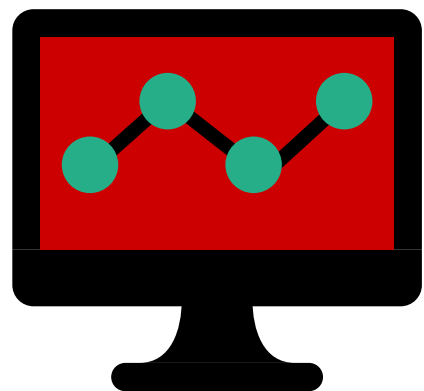
Connect

Learn from university admissions teams, meet professionals from diverse backgrounds & discover careers in high demand



Discover

Join us online to connect with HR professionals, learn about scholarships, bursaries & various opportunities available to you



Create

Find out about universities & apprenticeship schemes, how to create an outstanding CV and map out your career pathway

KEY INFORMATION

Date

Saturday 27th February 2021

Time

9.30am - 4.30pm

Who

The Careers Day is for Parents and Young people aged 13-18

How

Get involved by using the Q&A app to send in your questions and "upvote" or "like" questions that you want the panel to answer

Where

Login to Zoom Webinars or join the livestreams on Youtube

Sign Up

Parents & Pupils must register on the Careers Day website & choose which workshops they want to attend. Workshops and Q&A sessions are 60-90 mins.

HOW TO SIGN-UP

1

Visit careersummit.gtscholars.org and sign up for the GT Scholars Online Careers Day. Signing-up takes less than 2 minutes. You'll receive a permission form after you sign up.

2

Permission form: Make sure you a parent/guardian completes the permission form as soon as possible and at least 1 day before the event. It takes less than 3 minutes to complete.

3

Check emails for joining details: Once your parent has given consent, you'll be able to choose your workshops and join any of the live workshops & masterclasses starting 9.30am on **Saturday 27th February.**

FAQs for young people & parents

Do I need to attend every workshop & masterclass?

No. There will be various workshops & you can choose the workshops you want to attend.

Who is this for? How old must you be?

The Careers Day is for Parents & Young people. Pupils attending must be aged 13-18.

Is the Careers Day free to attend?

Yes. The Careers Day is funded by our partners & sponsors, and it is **entirely free for parents and young people to attend.**

What happens if my parent doesn't give consent?

If you've registered but your parent has not given consent, you will not be able to join the live workshops. However, we will send you the links so you can watch the replays after the event.

How do we register?

Visit careersummit.gtscholars.org to sign up.

What if I miss the live workshops?

Replays will be available for 48 hours after the event.



<https://careersummit.gtscholars.org>

FREE

Online Careers Day 2021

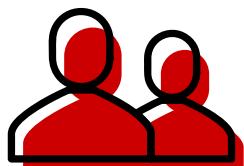


GT Scholars **CAREERS DAY**

Open to Parents & Young People aged 13 to 18
Saturday 27th Feb 2021 | 9.30AM - 4PM

Join the masterclasses & panel sessions
Learn from diverse professionals from companies such as
EY, PWC, Goldman Sachs, E-ON, FTI Consulting & Atkins Global!

<https://careersummit.gtscholars.org>



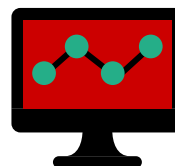
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Learn from university admissions teams, meet professionals from diverse backgrounds & discover careers in high demand



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Join us online to connect with HR professionals, learn about scholarships, bursaries & various opportunities available to you



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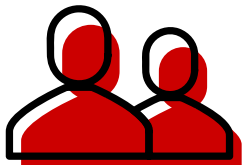
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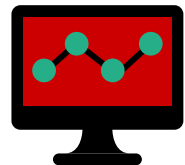
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