



eBulletin

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eitin

Grey Court School | 28 November 2025

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



Cover photo: our cross country team in action

#KeepInTouch

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Grey Court JustGiving QR Code

The Uniform Shop

Thursdays 3:15-4pm

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



Borough XC
Champs!

Congratulations!

Borough XC Results

Our year 7 girls, year 7 boys, year 8/9 girls and 8/9 boys all were victorious. Year 10/11 girls and 10/11 boys were second. We won overall girls and overall boys and the overall trophy.

Individual success are:

Year 7

Clio Saville – second
Olivia Fisher – third
Anna Swalwell – seventh
Finlay Webb - first
Alfie Thorpe – second
Toren Griggs - fourth
Woody Cowie - fifth

Year 8/9

Ruby Rock - second
Lola Cammack - fourth
Liam Hagger - first
Robert Cunliffe – sixth
Ed Smith - seventh

Year 10/11

Evie Archer – first
Ida Teggarty-Sparks – seventh
Euan Roberts – third
Andrew Roberts – fourth

Congratulations to all of the above have qualified to represent Richmond in Middlesex Championships in February.





Year 7 girls cross country winners at the borough comp on Friday!! Three girls also going in to represent Richmond! Well done Clio and Olivia who came in the top three!



Our Year 8/9 girls are also borough Cross Country champions!! Well done! Two of these girls will go on to represent Richmond. Well done Ruby and Lola who placed second and fourth!



Well done to our 10/11 Girls! They placed second at the borough competition, with Evie winning the race and Ida finishing just behind! Both with represent Richmond





Congratulations to the year 7 Cross Country team who won the Borough competition



Excellent running by our u14 Cross Country team to win the Borough event



Fantastic 2nd place for our u16 team at the Borough Cross Country

Easing the Cost of Christmas



Exclusive Grey Court offers



50% off storage with Big Yellow

8 weeks at half price for Grey court staff & parents with a further 10% off thereafter.



Cashback with Parkgate

£500 to you and £500 to Grey Court if you sell your house through Parkgate estate agents. Contact the Parkgate office 020 8940 2991



Help Grey Court with every Christmas tree

Buy your tree or wreath from The Palm Centre, mention Grey Court, and they will donate 25% of the cost of your tree to the school.



Wider seasonal offers



£175 in your bank account in time for Christmas?

This is what First Direct is offering new customers who switch to their 1st Account



Can you buy cheaper?

Visit GoogleShopping or other price comparison sites before you buy. PriceRunner is another gem.



Bag a discount

Check out MoneySavingExpert's discount vouchers page where the latest codes and vouchers from UK retailers are regularly posted.



We are absolutely delighted and incredibly proud to announce the success of the Hurricane Melissa donation drive for Jamaica! Thanks to the overwhelming generosity of the entire Grey Court School community (students, staff, and families), we managed to collect enough essential supplies to fill three full shipping barrels! This truly remarkable effort demonstrates the compassion and spirit of our school and that Grey Court School continues to stand in solidarity with those in need across the globe. Your donations, which include non-perishable food, vital sanitary supplies, blankets, and school materials, are now on their way to help families rebuild and provide comfort following the catastrophic Category 5 hurricane. Thank you for opening your hearts and making a genuine difference to those facing immense hardship in Jamaica.

- Ms Braham

Spotted!

On Sunday, after a long run for his Rome marathon training Mr Santos met Adam Sandler. Just goes to show that exercise does pay off!



A purple ballpoint pen lies horizontally across the bottom of the frame. A red ballpoint pen lies diagonally across the upper right portion of the frame. Both pens are resting on a spiral-bound notebook with lined pages. The spiral binding is visible in the center-left area. The background is a soft-focus view of the notebook's pages.

KS3 + KS4
News

Year 7

It was great to see how well supported our academic tutoring day was on Wednesday this week, with so many smiling students after they received their first report of their time at Grey Court. All students have next steps for each of their subjects as well as their specific targets that they noted down during the meeting, and can start working on all of them straight away to promote their progress over the coming months.

We have a busy three weeks left of term, but Mondays inset day should provide them with the extra rest needed to push through to the Christmas holidays. We had House assemblies this week and were updated on the points tallies and what is upcoming for competitions. Our tutor challenges are still moving along nicely and this week is a sport themed Basketball Free throw competition.

Finally, our uniform focus is in full swing and we are checking to ensure the standards that were set so high in the first half -term are being maintained as we move through to Christmas.

ORACY DAY

Careers in STEM



A huge thank you to Dr Ping-Yi Kuo, who helped to rally an incredible range of STEM professionals for this year's Oracy Day. Although a date change meant that some could no longer attend, we were delighted to welcome four brilliant guests who spent the day working with our Year 7 students on Tuesday, 25 November:

Dr Ping-Yi Kuo - Consultant in Anaesthesia (parent of a Grey Court student)

Dr Lara Hyson - Doctor (Grey Court School alumna)

Alexandros Papadopoulos: cybersecurity expert (parent of a Grey Court student)

Chiara Coleman: Senior Research Scientist and Engineer at Thames Water

Our students were superb throughout: attentive, articulate and full of thoughtful questions. The sessions sparked some wonderful discussions about real careers in STEM, giving students the chance to practise and refine their oracy skills.

At lunch time, our guests joined interested sixth formers in the seminar room for an informal Q&A. This turned into a lively mini networking event, with students gaining invaluable insight into university pathways, career journeys and what it is really like to work in STEM today. A massive thank you to those who gave up their time to speak with our students.

I asked students for their feedback on the event, and the response so far has been overwhelmingly positive, indicating that they enjoyed the Oracy Day careers carousel. They described the speakers as engaging, experienced and fun, and really enjoyed hearing the different stories and pathways into STEM and related jobs. Many commented on how interesting it was to explore the variety of careers and said they had learnt things they "didn't know about before", with one student saying it had "upgraded" their understanding of four different jobs. Several pupils wrote that they loved the event, would like more lessons like it, and would appreciate similar events again. I will endeavour to organise something similar again next year!

When I asked our guests for some feedback, they were extremely positive about the event. Dr Lara Hyson summed up her experience very nicely, stating students "were confident and very interactive with me. They showed active listening, demonstrated really great empathy and made good observations".

- Mr Gundry



Year 7 STEM club visited the Science Museum's STEM Careers Fair



This week our Year 7 STEM club visited the Science Museum's STEM Careers Fair to discover the careers they could be doing in the future.

Our students learned about coding computers and using binary code by making bracelets. Understanding computer code provides a massive boost to productivity and hireability in STEM fields.

They spoke to a simulation dummy designer who creates realistic human models for training in medical fields. These dummies were used to train doctors how to put a patient on a ventilator during the height of the COVID-19 pandemic and undoubtedly saved lives.



We also learned about centrifuges which are used to enrich uranium for power stations and are used to separate the plasma out of blood for disease testing. Typically these centrifuges cost hundreds of thousands of pounds but researchers at Stanford University have great hand centrifuges like our Y7s made that have been deployed in places like Madagascar to improve healthcare in poorer and remote areas of the world.



Following the Careers Fair, we had the opportunity to ask questions to three people who work in STEM careers. Our Year 7s asked fantastic questions to find out about the world beyond the school gates.



Describe your job in two sentences or fewer.

From left to right:

Project Manager (PM): I look after customers and make sure the job gets done.

Systems Engineer (SE): I ensure that the electrical grid works correctly so you can turn your lights on at night.

Chemical Engineer (CE): We design the equipment for centrifuges to separate uranium for power stations.

Where has your job taken you in the world?

PM: European Space Agency's control centre at the bottom of a volcano crater in Italy

How many people do you see in your work place?

CE: 20-30 in the office or more on a work site

SE: 20 in the office at a time but they work on shifts

PM: Lots of people now work from home but 40 in the office

What is your dream invention?

CE: Using nuclear power stations to power homes and hydrogen to power ships

SE: A zero carbon solution for electricity

What do you do on a typical day?

PM: Meet with the team to designate tasks

SE: Monitor the power grid

What is your favourite thing about your job?

CE: The people I work with and the problem solving

SE: Every day is different including going on a helicopter to check the pylons are working properly

PM: Meeting new people including events meeting young people

What advice would you give to young people?

PM: Concentrate on your studies and show an interest in science

SE: Keep options open, you can do BTECs or A Levels or apprenticeships say yes to every opportunity

CE: Enjoy what you do be open minded to new things

What is not enjoyable about your job?

PM: Wasting time on admin

SE: Reading lots information

CE: Too many meetings

What inspired you?

CE: I was always interested in science and maths

SE: A talk in year 9 about how energy gets to our homes

PM: Star wars and Star trek

Was this your first choice of job?

PM: My first choice was earth exploration for oil but I then became a software engineer

CE and SE: Yes this was my first choice job

What was your first day like?

PM: My manager met me and made me feel welcome

SE: I did an apprenticeship with 30 other people so it felt like starting a new school.

Also there were lots of tea and biscuits

How many hours do you work?

CE: 8-4pm so I have more time in the evening than with a 9-5

SE: Shift times vary. Sometimes it is a night shift working from 9pm until 7am. I also get multiple days on then multiple days off

PM: Everyday is different as there can be emergencies to deal with

What do you do when something is too hard?

PM: Talk to other people and find the expert they will be able to help

SE: Be honest when something is too hard or will take too long

CE: Ask lots of questions

What skills are most important?

CE: People skills. Communication

SE: Be curious, problem solving

How do you cope with stress?

PM: Talk to your manager and take care of your health

SE: Ask for help and walk my dogs

CE: Having things outside of work like sports

When you were young did you think the job you do is important?

Everyone: I had no idea that my current job existed

What is it like being interviewed for a job?

CE: Because I stayed at my placement, I effectively had a one year interview

SE: I had an assessment day where they give you a task to solve a problem and present your solution

PM: Be able to explain what you know and who you are

THANK YOU!
THANK YOU!
THANK YOU!
THANK YOU!

Thank you to the Science Museum for the wonderfully organised event.

Thank you to all of the excellent ambassadors of STEM careers you have opened the eyes of our young STEMmers to the wide array of careers they can one day do.

Thank you to the Science museum explainers for their expertise in explaining the arrangement of the planets in the solar system.

Thank you to Mrs McCorrison for her diligent head counts and ensuring that all 20 of our students safely made it back to school. Or was it 19?!

Thank you to our Y7 students whose behaviour was exemplary throughout the day and asked excellent questions in the Q&A. I look forward to all your future accomplishments in STEM.

Thank you to the lady on the bus who complimented our students' behaviour.

Thank you to Ms Moran, our glorious leader and Head of Science. Without her support these trips would not happen.

Thank you to Mr Forouhi, Ms Kellett and Mr Johnson for covering my classes in my absence.

Thank you to TfL for safely and quickly getting us to and from the Science Museum.

Sorry, they appear to be playing the music and giving me the lights. If there is anyone I have forgotten to thank, know that I am eternally grateful!

- Mr McCormick

Year 8

Another week in the bag for year 8 - a huge well done to Almus, Jasper, and Bailey who topped the conduct leader board this week. Fantastic work from all three.

This week, students took part in their house assemblies, bringing plenty of enthusiasm (and a healthy dose of competitive spirit). It was great to see Year 8 engaging with their houses, celebrating achievements, and gearing up for the challenges and events still to come this term.

I also want to highlight how brilliantly Year 8 participated in their restorative conferences last week. These sessions are designed to help students reflect, listen, and understand one another's perspectives - and they handled them with real maturity. As we head towards the busier part of the term, it's wonderful to see Year 8 setting such a positive tone.

Year 9

Thank you to all parents and carers who came into school for Academic Tutoring Day on Wednesday. It was extremely valuable to catch up with you and discuss how students are progressing, as well as the steps they can take to continue developing throughout the year.

This week also saw our house assemblies, where students were updated on the current house standings and encouraged to keep contributing positively to their teams. In addition, we held our restorative conferences, with the year group split into two sessions. We spent time reflecting on healthy relationships and discussing what students, as a community, can do to strengthen the culture of Year 9. They explored themes around positive friendships and respectful relationships, and each student made an individual pledge about how they will contribute to a supportive environment moving forward.

A huge congratulations to Safayat, our top achievement points winner this week - fantastic effort. Year 9 have already collected an impressive number of achievement points this year, but let's keep the momentum going as we head into the final few weeks of the autumn term. And finally, good luck to Alex M, who is representing on an international indoor hockey tour in the Netherlands this weekend.

Mr Khan

Year 10

It has been another busy and positive week for Year 10. We held our Academic Tutor Day, and it was fantastic to see such strong parental engagement. Thank you to all the families who attended, your support plays a vital role in helping our students thrive.

We also had many students representing the school in a range of competitions this week. It has been wonderful to see them embracing these opportunities. Striking the right balance between academic progress and personal wellbeing is crucial, and our students continue to demonstrate this beautifully.

On a separate note, we have noticed a small increase in lateness to lessons. To help us finish the term strongly, some students will be placed on a punctuality report to support them in making the right decisions and improving their consistency.

A reminder that next week begins with a whole-school INSET day on Monday. Students are not expected to attend school but should use the day to revise for their first official Year 10 Maths assessment, which will take place on Tuesday.

Year 11

A really busy week for Year 11's with their last interventions completed for 2025 as students have completed their first four mock exams. We are really proud of the whole year group's efforts so far and hope this continues next week.

Please remember that Monday is an INSET day and therefore students are not in school. Therefore we hope that this long weekend is informative with some revision for the students, but also please encourage them to take a break and engage in activities that will help them to unwind and reduce building pressures and anxieties that some are feeling.



Stars of the Week

English and AR

Year	Name	Subject	Reason
7M	Leonard Huddart	English Literature	Excellent contributions
10C	Lottie Bryant	English Literature	Excellent engagement in class
11E	Emir Yahsi	English Language	Excellent progress in the subject
8B	Kush Sharma	English Literature	Excellent contributions
9B	Lemar Zamani	English Language	Excellent classwork
12F	Dora Cengiz	English Literature	High quality essay skills backed up by independent research
13D	Shiven Kothari	EPQ	Excellent independent research and preparation for essay writing
13E	Bruno Rixon	English Literature	Significant progress in essay writing skills in exam and coursework pieces
7A	Lottie Taylor	Accelerated Reader	Outstanding achievement
8E	Dries Verhaeghe	Accelerated Reader	Outstanding achievement

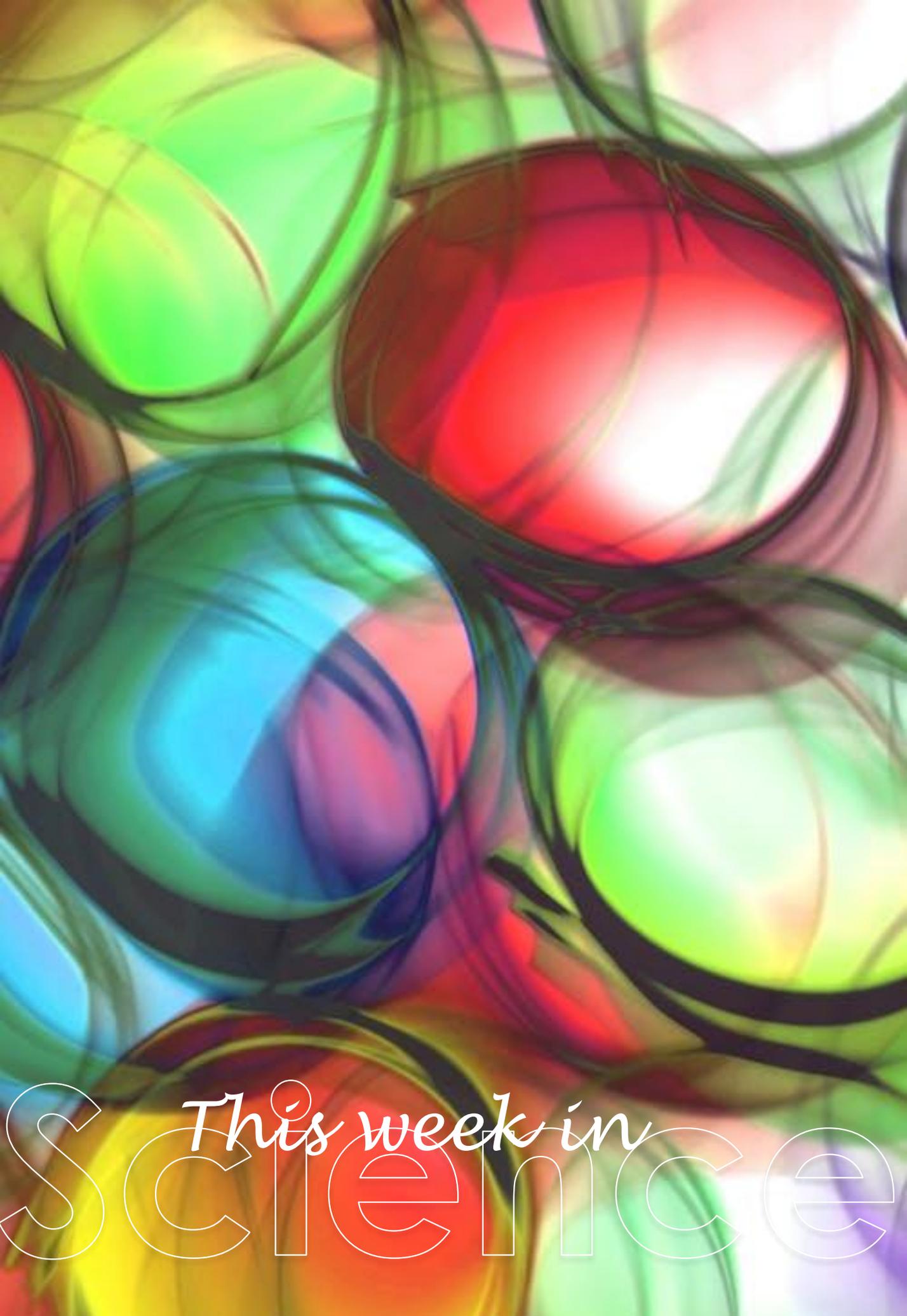
Attendance Matters



Year Group	Attendance %
Year 7	97.5%
Year 8	97.1%
Year 9	97%
Year 10	96.6%
Year 11	93.6%

Tutor Group	Attendance %
7 Elm	99.4%
8 Rowan	100%
9 Ash	98.7%
10 Cedar	98.8%
11 Beech	97.4%

17 November to 21 November



This week in
Science

A BIG THANK YOU!

I realise it may look like I am trying to drag the award announcement out for a second week, but I just wanted to say a proper thank you to the whole Grey Court community following my news last week. Although the award reflects heavily my work with Oak National Academy, that opportunity only existed because Mr Rhodes trusted me enough to work part time on the project while remaining in the classroom at Grey Court, and I am very grateful to him for that support and the ability to do something different.

I am also extremely thankful for the incredible backing I have had from our science department over the years, including colleagues who have since moved on, and for the outstanding chemistry team I am fortunate to work with every day. There are many people I could name to thank within the school, and without writing what is effectively the extended list of everyone I have ever spoken to, a massive thank you to anyone who has ever worked in my lessons with me, or has helped outside of my lessons with both pastoral or administrative work or just putting up with me in general, with a special mention to Mr Clements who has always been an excellent Emperor and cheerleader to my success.

The kind messages and congratulations from students, parents and staff have meant a great deal to me and have been a powerful reminder of what an incredible place Grey Court has been to work and grow as a teacher.

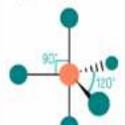
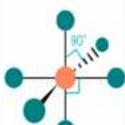
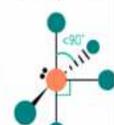
If nothing else, this whole experience has confirmed quite how deeply Mr Rhodes has embedded "Always Outstanding, Never Complacent" in my brain; much as I hate to admit it, it has become the standard I often find myself applying in all aspects of my life.

Thank you again to everyone who has supported me along the way.

- Mr Gundry

Digging Deeper: Shapes of molecules

At A level, students spend a fairly large amount of time thinking about the shapes of molecules. They learn that pairs of electrons around an atom repel each other [VSEPR theory] so bonds arrange themselves as far apart as possible, and that atoms pull on electrons with different strengths [Pauling's electronegativity]. For some, that might sound abstract and not particularly relevant. In reality, these two ideas quietly explain huge parts of modern life, from medicines and materials to climate and smell.

Number of electron dense areas	Electron-pair geometry	Molecular geometry		
		0 lone pairs	1 lone pair	2 lone pairs
2	Linear	Linear 		
3	Trigonal planar	Trigonal planar 	Non-linear 	
4	Tetrahedral	Tetrahedral 	Trigonal pyramidal 	Non-linear 
5	Trigonal bipyramidal	Trigonal bipyramidal 	Sawhorse* 	T-shaped* 
6	Octahedral	Octahedral 	Square pyramidal 	Square planar 

Shape is the reason a medicine works in one form and fails in another. Many drugs act by fitting into a protein in the body, explained often like a key into a lock. The three dimensional arrangement of atoms, bond angles and lone pairs of electrons determines whether the drug can sit in the right place and interact with the right charges. A classically referenced example is thalidomide. This was used to treat morning sickness, however a mirror image of the therapeutic chemical caused damage to developing limbs. Even when given the 'correct' form, the body is able to convert between these forms. At A level, when students learn to name shapes [tetrahedral, trigonal planar, octahedral] and discuss electronegativity and polarity, they are working with the same ideas that underpin drug design and safety.

Electronegativity and molecular shape together also explain why substances behave so differently in water, in fats, or in the air. Water has a non-linear shape and is very polar (difference in charge across the molecule), which gives it strong hydrogen bonding, a high boiling point and its role as the "universal solvent" for ions in the body. Carbon dioxide is linear and overall non polar, so it slips through membranes and dissolves in blood in a very different way. Methane and water both contain hydrogen, but differences in shape and electronegativity make methane a nonpolar gas and water a polar liquid at room temperature. These contrasts are the chemical reasons why oceans store heat, why clouds form, and why some gases are powerful greenhouse gases.

On a more everyday level, shape and charge distribution are behind taste, smell and materials. The way a molecule sits in a smell receptor or taste bud depends on its geometry and charge pattern. Two substances with the same atoms in a different arrangement can smell sweet in one form and bitter in another. Plastics that are flexible, shampoos that form foam, non-stick coatings on pans and the way soaps clean grease from hands are all consequences of how molecules are shaped and how their charged and uncharged regions line up and stick to one another.

So when A level students are practising drawing dot and cross diagrams, counting regions of electron density or comparing Pauling electronegativity values, they are doing more than satisfying an exam spec. They are learning the language that lets chemists explain why molecular substances have the properties they do.

Your brain is still under construction (possibly even mine!)



A new study from the University of Cambridge suggests that our brains go through five big phases across life, with four key turning points at about 9, 32, 66 and 83 years old. That means your brain is still in its long adolescent phase right through your teens, sixth form and even into your twenties. On average, it only shifts into fully "adult mode" in the early thirties.

The research team are neuroscientists at the MRC Cognition and Brain Sciences Unit in Cambridge. They compared MRI brain scans from roughly 4000 people aged from birth to 90, using a type of scan that follows how water moves through brain tissue to map the wiring between brain cells. The project is led by Dr Alexa Mousley, a Gates Cambridge scholar, with senior scientist Professor Duncan Astle, Professor of Neuroinformatics. Their work, published in the journal *Nature Communications*, is the first to map how the brain's wiring shifts through the whole human lifespan.

They found five broad "eras" of brain structure:

- Childhood from birth to about 9
- Adolescence from 9 to about 32
- Adulthood from 32 to 66
- Early ageing from 66 to 83
- Late ageing from 83 onwards

During childhood the brain is busy pruning and tidying up huge numbers of connections. From around 9 to the early thirties, the adolescent brain is all about becoming more efficient. Connections are strengthened and organised so that different parts of the brain can talk to each other more quickly and accurately. This is the only time in life when the wiring is steadily getting more efficient overall, and that efficiency peaks in the early thirties. After that, brain structure settles into a long, more stable adult phase, before very gradual changes linked to ageing begin.

So what does this mean for you in school? If you are between 11 and 18, you are right in the middle of that powerful adolescent phase. Your brain is still strengthening its wiring for attention, memory, planning, decision making and managing emotions. It is also more sensitive and more vulnerable than an adult brain. I am 32, which means even my brain is only just hitting that adult wiring peak. In other words, in many lessons everyone in the classroom is still a work in progress, just at different stages.

That is why how you treat your brain now really matters. Nicotine from cigarettes or vapes can interfere with the way the developing brain builds its reward circuits, making addiction more likely and affecting concentration and impulse control. Alcohol and other drugs can disrupt brain areas involved in learning, memory and rational decision making, and in teenagers heavy or binge use is linked to long lasting problems with learning, mood and anxiety.

On the positive side, the same plastic, adaptable brain responds well to good habits. A balanced diet, regular movement, staying hydrated and protecting your sleep all support healthy brain wiring. Most teenagers need roughly 8 to 10 hours of sleep each night, and we know that late night screen time makes it harder to fall asleep and can cut down the total time you get. Small choices like putting your phone away at least an hour before bed, keeping vapes, cigarettes and other drugs out of your life, and not treating alcohol as a normal part of teenage socialising are all ways of looking after the most complicated piece of biology you will ever own.

The big message from the Cambridge team is that our brains change in phases, not in one smooth line, and that adolescence is longer and more interesting than we used to think. For you, that is actually good news. It means you have a long window in which hard work, curiosity, healthy habits and kindness to yourself can shape your brain for the better. Your future self, in their thirties and beyond, will be living inside the brain you are building now.

Read more here: <https://www.cam.ac.uk/stories/five-ages-human-brain>





Wellbeing
Wellbeing



Announcing a NEW workshop event specifically for young people themselves

Post diagnosis workshop for young people lead by Sapah Jama (Community and Outreach Manager) with Jemma Davis (Operations Administrator)

When is it? Saturday 29 November, 11-4:30pm*

*3 age-appropriate groups will take place with different start times:

-Group 1 (6-10 years old): 11:00 AM - 12:30 PM

-Group 2 (11-14 years old): 1:00 PM - 2:30 PM

-Group 3 (15-18 years old): 3:00 PM - 4:30 PM

Where is it?

ETNA Community Centre

13 Rosslyn Road

Twickenham, TW1 2ARW1 2AR

Why has ADHD Embrace organised this event?

Many young people tell us that after being diagnosed with ADHD, they're left wondering, "What now?" They often find it hard to make sense of what ADHD means for them and how it affects their everyday life. At ADHD Embrace, we already run a very popular Post Diagnosis Workshop for parents and carers, which has helped families feel more confident and supported. We are now delighted to continue the young people's version, specially designed for young people, a safe, friendly, and fun space where they can learn about ADHD, meet others with similar experiences, and gain tools to thrive.

Our Aim

To help young people understand their ADHD in a positive, interactive, and age-appropriate way, while boosting confidence and emotional well-being.

[Find out more about the workshop and sign up](#)

Support for You

[express](#) is an independent user-led organisation based in the borough of Kingston upon Thames. Our aim is to support autistic people and their families, and promote awareness and acceptance in the community. We are a CIC, which is a community interest company meaning that we operate as a not for profit organisation.

YoungMinds

We offer tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak to us over the phone, or chat to us online. You can use our Helpline service if you are the parent or main carer of a child or young person aged 25 or under. Our service is available across the UK. It is free and confidential. [Parents Helpline](#)



We're still here

Supporting you over the festive period

Kooth's live chat hours over the holiday period

24th December	(Christmas Eve)	12pm – 8pm
25th December	(Christmas Day)	4pm – 8pm
26th December	(Boxing Day)	12pm – 8pm
31st December	(New Years Eve)	12pm – 8pm
1st January	(New Years Day)	4pm – 8pm

Other days over the holiday period will follow our usual live chat hours of 12pm – 10pm on weekdays and 6pm – 10pm on weekends.

[kooth.com](https://www.kooth.com)



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 January

Friendship Difficulties and Bullying: 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.

Alumni News and Friends and Founders

- Mr Clements

With the Sixth Form extravaganza known as the "Friends and Founders evening" scheduled for next Thursday night, I thought it might be timely to highlight the email I received a couple of weeks ago from an ex-Grey Court sixth former, Orla Harrison.

Dear Mr Clements,

I hope you are well?

My mum mentioned that she ran into you at the GC careers evening and told me you were interested to know what I'm up to these days and I'd love to give you a little update.

I'm currently in pre-production for my third short film which I have written and will direct as well. It was during my BA at Brum (Birmingham university) where I discovered scriptwriting and have not looked back. I decided to go on to do an MA Directing course at Metfilm School where I learned the craft of bringing a story from script to screen.

I remember vividly back in 2019 at the end of another insightful Othello lesson you suggested I look into creative writing, and it was this piece of guidance that launched my career. I'm so grateful for this piece of advice as without it I honestly wouldn't have a clue what I would be doing now! Without sounding a little overwrought, those lessons were the foundation of what I now see as my purpose, so thank you for that!

Of course, adult life isn't quite as glamorous as we all hoped at 16; I spend the majority of my time cleaning studios and telling myself that 'I've got my foot in the door'. But I try to fill any spare moment with writing and developing a portfolio of work that maybe one day will be recognised, so I think it's going alright!

It's always great to hear from ex-Grey Court students as their lives and achievements are always so varied and interesting. I am grateful to Orla for penning such a lovely letter especially as I don't recall giving this advice at all! However, I do remember enthusing about both the quality of writing in Shakespeare's "Othello" and Disney's "Frozen" so maybe this set her flight of fancy off?

However, Orla's achievements do highlight my own belief that the purpose of teaching is to help students find their own point of difference via either your subject or through the broader holistic education the school provides.

The "friends and founders evening", where Grey Court friends and alumni (ex-students) return to provide 15 minutes of priceless career insights to the current year 12 cohort is designed to create such opportunities. If one anecdote or insight provided by an ex-student or "friend" of the school, can catalyse a career or opportunity, then the hours Ms Corrigan and the Sixth Form leadership team have spent organising the night will have been well spent!

Meanwhile, Orla's final point about the value of hard work and unglamorous graft as a means to fulfil your goals, will hopefully serve to motivate the year 11 and 13 cohorts who are, as we speak, sweating over their mock exams. In essence the business of fulfilling your dreams tends to involve sacrifice and hard work!

I'm looking forward to following Orla's career in screenwriting which I'm sure will be Oscar worthy, whilst we are all looking forward to seeing our returning students, parents and years 12s next Thursday night.

Sixth For News





University of Surrey – Guildford Astronomical Society Visit

Last week, our A Level physicists visited the University of Surrey in Guildford for a talk on Binary systems of Super Massive Black Holes (SMBH). This gave our students the opportunity to visit a university campus, experience a lecture, and be exposed to knowledge beyond the curriculum including cutting edge physics theories.

Did you know that:

A black hole forms when stars that are 5-1,000 times heavier than the Sun collapse; however, a SMBH is 100,000 to 10,000,000,000 times bigger than the Sun.

These black holes can be so big that if they were in the solar system, even Pluto would be inside the black hole!

Most galaxies have a supermassive black hole at the centre which cannot be easily detected with normal telescopes. Scientists have created detectors that use lasers and mirrors to detect gravitational waves caused by black holes orbiting each other and measure a change in distance of less than 1 billionth of the width of a hair.

These detectors are 5km long tunnels but the European Space Agency is planning a mission to send 3 space crafts into space and be 270 million km apart. This will allow scientists to detect black hole systems much further away and allow them to calculate the expansion of the universe.

In order for this space mission to launch, they need people to learn skills including engineering to build the detection instruments, data scientists and machine learning scientists to analyse the data collected, theorists to explain the data and optics experts to design and build the lenses and lasers.

Following the talk about black holes, we were given tips on how to stargaze with the naked eye.

1. Find somewhere that is dark but safe, this could be a back garden or an open window in your home.
2. Wrap up warm and have a hot drink.
3. Allow your eye to adjust to low light conditions for 20 minutes without looking at any bright lights including your phone.
4. Use a star chart or free app (use your phone on dark mode with the brightness down) to identify constellations and asterisms (collections of stars such as Orion's Belt or The Plough)
5. Keep practicing identifying these star patterns and learn about them. Each point of light is a star or group of stars like our Sun but a long way away and can be much bigger!
6. Use your phone on a long exposure setting to take photos of the night sky. You can adjust the settings of brightness and contrast to emphasise the stars.

Thank you to the University of Surrey and the Guildford Astronomical Society for being excellent and engaging hosts. They run these events free to members of the public if you are interested in attending yourself. When the skies are clear of clouds, they also provide telescopes to go out and practice star gazing.

I will leave you with some quotes from our budding physicists and 2 photos I took of the Orion constellation and the Plough asterism using my iPhone XR on live photo mode and then adjusting the settings.

"The talk was fascinating as it went beyond the specification and was an interesting topic" - Jacob Zass-Bangham

"The speaker had a magnificent beard" - Rhodri Chow

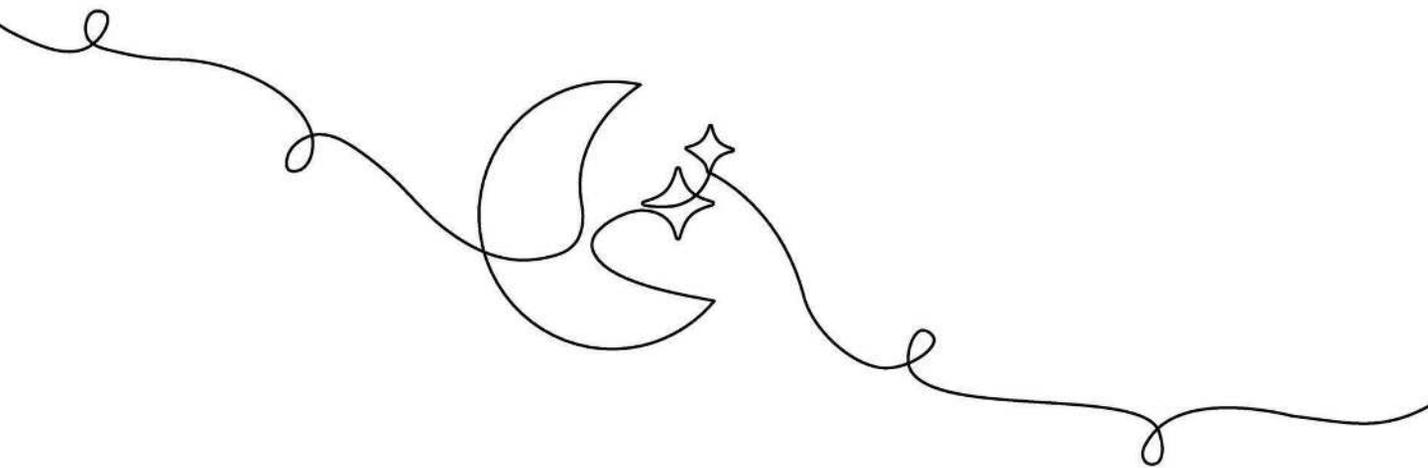
"Vaguely not boring" - Felix Marchis

"She said I have a lizard brain!" - Anna Tiffin



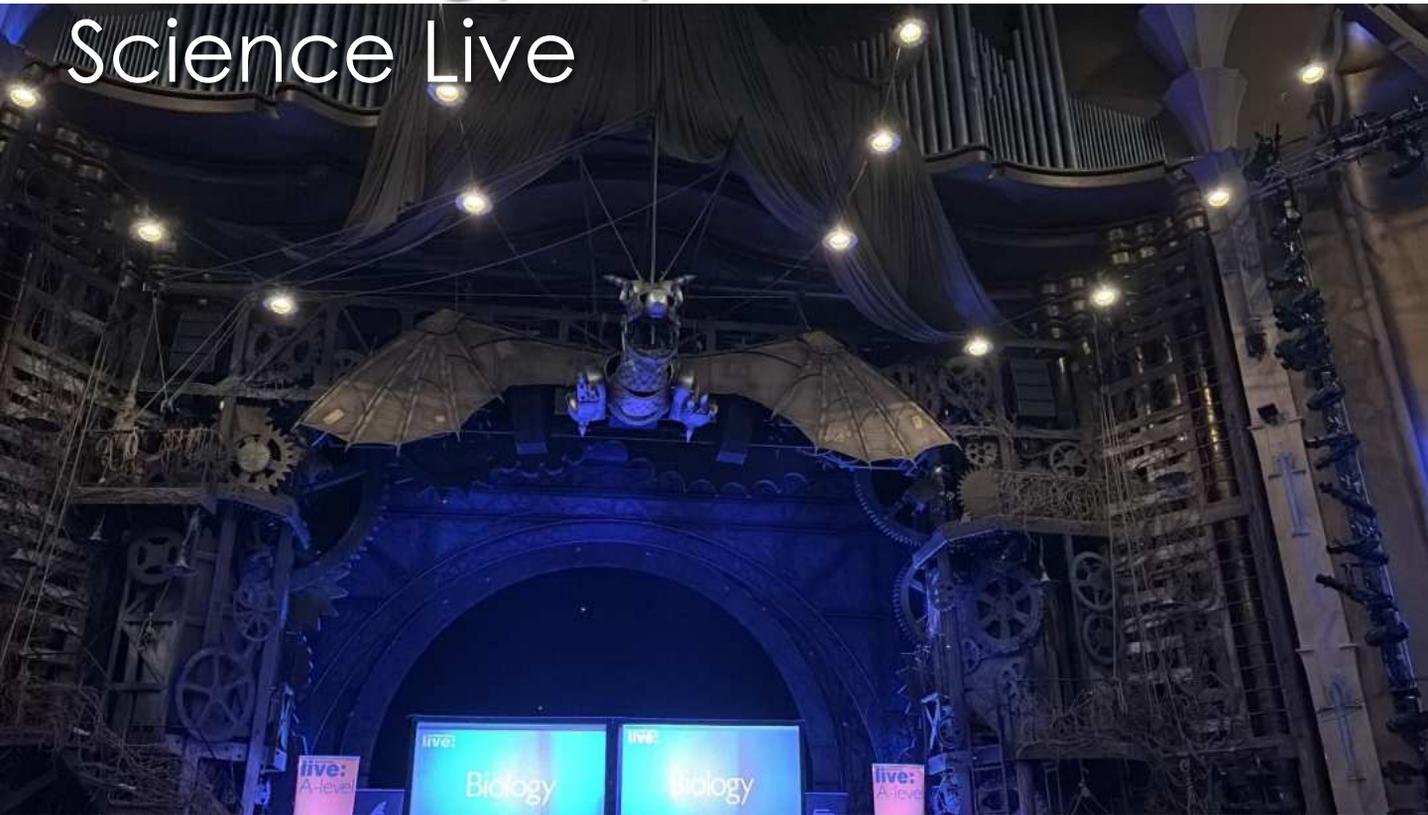


"The night sky is a library of stories that we have been telling ourselves for thousands of years." — [Neil deGrasse Tyson](#)



Y12 Biology Trip to A level

Science Live



On Friday 21st, twenty three of the biggest Biology nerds in Year 12 ventured into London for a day of lectures from prominent scientists. After overcoming their disappointment that we were in fact not seeing Wicked, even though the event was taking place at the theatre where it's performed, the students settled in to be impressed and awe inspired by some of the leading scientific minds in the UK.

The proceedings started strong with Dr Adam Rutherford giving a fantastic lecture on evolutionary trees and proving mathematically how everyone who was alive in the year 1000, is an ancestor of everyone alive today. This means that we are all related to Charlemagne and if you have British ancestry, to Edward III, the same as Danny Dyer!

We then had a thought provoking lecture from Professor Sophie Scott on laughter and the differences in other animals. After a short break, it was the first examiner session where students got tips for their A levels by the science top dog from JCQ and then Professor Robert Winston was up, giving an overview of his career and some of the fascinating studies and laws he is involved in as a member of the House of Lords.

After a quick lunch where Dylan seemed to get his sustenance from a packet of skittles alone, Professor Gillian Forrester spoke about her recent research in using infrared radiation as a quantitative tool to measure stress. Unbeknownst to us all, when you are stressed you get something known as a nasal dip - blood is directed from your nose to your eyes and ears and will drop in temperature! This was shown when three poor teachers were nominated by their students to get on stage to do quick mental arithmetic in front of the audience. Luckily the year 12's were kind to me although I was subtracting 17 from 2023 in my head as quick as I could!

We ended the day with another examiner session and a brilliant lecture from Professor Giles Yeo who teaches at Cambridge. His talk on obesity and leptin pathways was engaging, funny and incredibly interesting, and I suspect that several of our students are tempted to apply just to be taught by him!

It was a great day, the students were all beautifully behaved and hopefully have been inspired by all things biology! - **Ms Moran**



Witness for the Prosecution

Thursday 20 November 2025



Ms Duncan and Ms Mannion had the pleasure of taking a group of Year 13 Social Sciences students to see Agatha Christie's *Witness for the Prosecution* at London Country Hall. The setting was an ideal location for the play, being able to witness such a chilling drama in a courtroom setting was a fantastic experience. As always, our amazing students were incredibly mature travelling to London and showed a genuine enthusiasm for the show. During the intermission all the students were talking about their theories of 'whodunit,' only one student was correct but we were sworn to secrecy about the plot's twists...



Y13 Assessments

Year 13s have started their trial exam period in an exemplary fashion, with all students arriving on time and with a positive attitude. Many students have chosen to come into school to revise quietly, or in small groups, which is really lovely to see. Good luck with the rest of them!

Mock Exam Protocols

Please check the seating plans displayed on the magnetic boards in the reception area. You must be wearing your sixth form lanyard as ID to be allowed to enter an exam room. **You must wear your lanyard for the duration of an exam so invigilators can identify you.**

Before an exam you must wait in the sixth form library area. You will be asked to leave your bags in a sixth form room. This is to ensure any mobile phones are not taken into the exam room. If you have a mobile phone in an exam room it can lead to disqualification of your paper. Please wait until you are told to walk over to the main school gym or CS3 and Ms McNicol will take you to your exam room. As soon as you enter the room you are under exam conditions and so must remain silent.

If you bring water into an exam it must be in a see through bottle with all labels removed. It must be no more than 500mls. If you have a pencil case it should be see-through with the contents clearly visible.

Good luck everybody!

UCAS Update

Year 13s have been really good in submitting their UCAS forms and we now only have 8 left to send. Please can the students who have not submitted their form see Ms McNicol, Ms Duncan or Ms Higham. The feedback from students is that it is great to have it out of the way before their current exams and having offers is a great incentive to revise and achieve.

Thirty one students have now heard from all of their five university choices, including: Charlotte Rae, Mia Collier, Oscar Nicholson, Burno Rixon, Malachy O'Reilly, Sebastian Keane, Elsie Hobson, Julia Ciasnocha, Lily Croxon.

There is plenty of time for students to select their firm and insurance choices. Please talk to Ms Duncan or Ms McNicol if you need help with making your choices. Remember an insurance choice should have lower grades than a firm choice just in case a student misses the grades for their firm choice.

Oxbridge Update

We are almost at the end of the process for year 13. At the time of writing, students are finding out if they are through to interview and completing their final preparation. Good luck to all of these students. We will find out in mid January how many have secured a place.

This means our attention turns to those interested in the programme in the current year 12. There will be an opportunity for students to sign up for an initial trip to Oxford taking place in January. There are 28 places available and there will be an initial meeting in enrichment to outline the Oxbridge timeline and expectation to help students decide if they may want to pursue this pathway.

EPQ Update

Once students have completed their mocks they must complete the December work review and use this to plan their work before and during the Christmas break. The 7 January will be the date by which all students should have submitted their draft to the google classroom for feedback from their supervisor. Specific dates for completion should be agreed with individual supervisors. By January students should be moving towards final drafts of their essay or artefact.

Maths Challenge

Our students have excelled at the UKMT Senior Maths Challenge again with seven students finishing in the top 11% of entrants and progressing to the next round, the UKMT Senior Kangaroo.



Congrats to:

Jack Verwaerde-Daniels who was awarded a Gold certificate in the Andrew Jobbings Senior Kangaroo by achieving in the top 10% of those who took part.

Achieving in the next 20% of entrants, **Tudor Pataca** was awarded a Silver Certificate.

Doruk Alpay, **Evelyn Lai** and **Viet Hoang Nguyen** gained Bronze Certificates by finishing in the next 30%.

Well done to **Andrew** and **Hazel** for also successfully making it through to the Senior Kangaroo.

O-Bulletin

Students & Parents/Carers - Please see the **weekly opportunities bulletin** to develop your skills and experience and find out about all the latest work experience, university events, careers talks and apprenticeship vacancies: [GC Careers opportunities bulletin 28/11](#)

There are many apprenticeship opportunities to apply to start in Sept 2026 but students need to be proactive! BP, Sky, Virgin Media, British Airways and more. Check out the apprenticeships section of the opportunities bulletin or the National apprenticeships website: <https://www.gov.uk/apply-apprenticeship>

Grey Court Friends and Founders Evening

Thursday 4 December 6.15-8.15pm 2025

Students should meet in the main school hall at 6.15pm and the networking event runs from 6.30pm to 8.15pm.

ALL YEAR 12 students are expected to attend and they will meet with a range of people from different career areas, the idea is to open their minds to different education and career pathways. They also develop vital skills, which are vital in an increasingly competitive job market.

They will be matched with volunteers based on their answers from a recent questionnaire and they will have free time in the last 15-30 minutes to talk to any guests they did not get matched with.

We advise students to dress smartly as they would for an interview (see photos)



Students will need to bring a copy of their CV

Students will have a briefing on Wednesday 3 December

The event has often led to work experience placements and, in some cases, full-time jobs.

If you have any questions, please email Miss Corrighan bcorrighan@greycourt.org.uk



SPORTS

News

SPORTS

Congratulations!

English Schools Swimming Association Results



Congratulations to our mixed 13/14 years freestyle team who came fifth in the English Schools' Swimming Association National Finals on Saturday 15 November 2025.



ENGLISH SCHOOLS' SWIMMING ASSOCIATION

Mixed 13/14 Yrs 200m Freestyle Team - Heats (Declared Winners)

Full Results

Place	Name	A.G	Club	Time	WA Pts	50	100	150
1.	PlymouthColl	13/14	SW	1:47.70		26.09	52.36	1:20.70
2.	CliftonHS	13/14	SW	1:54.54		27.82	58.18	1:26.85
3.	Ardingly	13/14	SE	1:55.91		27.93	56.50	1:26.39
4.	AllertonGrange	13/14	NE S	1:56.36		29.45	58.26	1:31.11
5.	GreyCourt	13/14	Lo S	1:56.39		28.61	57.22	1:27.15
6.	Crosfields	13/14	SE	1:56.57		30.61	1:00.11	1:28.04
7.	Brenwood	13/14	Ea	1:56.96		29.97	59.61	1:28.77
8.	KingEcgbert	13/14	NE S	1:57.66		30.11	59.16	1:29.59
9.	NorthgateHS	13/14	Ea S	2:00.44		28.39	1:01.78	1:33.04
	BrightonColl	13/14	SE	DQ				



Above: excellent turn out to running club this week despite the cold weather
Below: Good win for our U16 boys!





Above: UNBEATEN! U14 seven-a-side T4 London Hockey winners! Well played all, a BIG shout out to Liv for POM and Leila for going in goal for the first time!!

Below: Superb victory by the u12D football team this week. Lots of goals shared around the team





Above: our year 10 hikers had a lovely walk into Richmond on Thursday morning.

Amber + Charlotte

Performer of the Month

This month, our **Performer of the Month Award** goes jointly to **Amber** and **Charlotte** in recognition of their fantastic achievement in being selected for the **Surrey County Cricket squads** — **U13 for Amber** and **U15 for Charlotte**. This is an outstanding milestone for both players and a well-deserved reward for their dedication, effort and passion for the game.



✦ Charlotte – U15 Surrey CCC Talent Pathway ✦

Charlotte has shown remarkable commitment to cricket, and her selection for the **U15 Surrey Talent Pathway** is a wonderful achievement. She is now back to playing full cricket and continues to develop her skills across multiple roles, performing both as a right-arm pace bowler and a wicketkeeper for Ham & Petersham CC.

Charlotte's weekly schedule reflects her determination — from Winter training with H&P on Tuesdays, to her GC sessions on Wednesday mornings, and her ongoing involvement in the club's U8 coaching on Thursdays, where she generously gives her time to support younger players. Her Surrey Winter nets begin next week, marking an exciting new chapter in her cricket development.

✦ Amber – Surrey U13 Squad Selection ✦

Amber's selection for the **Surrey U13 squad** marks her fourth consecutive year with the county — a truly impressive feat, especially given the highly competitive and challenging trial process this season. Her consistency and strong performances continue to set her apart.

Amber will be training with Surrey on Saturdays throughout the Winter, before moving into a busy Summer programme of midweek and weekend training and matches. Amber shows great maturity in balancing her county commitments with her school and Ham & Petersham responsibilities. Her resilience and enthusiasm remain key strengths that shine through in everything she does.

Their dedication, skill and unwavering commitment to cricket have led them to this fantastic achievement. Being selected for Surrey County Cricket is something to be extremely proud of, and both girls have demonstrated the work ethic, talent and attitude needed to succeed at this level.

Player of the Month

Mack O'Keefe



Mack has made a hugely impressive start to his time at Grey Court. As a High Jump specialist, he jumped 1.90m at the Indoor Athletics London Finals, helping the team to go on and win the title!

He has also combined his athleticism with his Rugby skills to become a valuable member of the Rugby team, scoring a hat-trick in his first game for the school against Christ's, as well as a try against his old school, Fulham Boys to help us win a big cup match. Outside of school Rugby, Mack has been selected for the Harlequins Pathway Programme, which will further help him progress his skills. He has also found time to help coach our junior high jumpers at Kings Meadow athletics track, which will stand them in great stead for the summer competitions. Well done Mack!

Scholar of the Month

Woody Cowie



Congratulations to our Scholar of the Month for November – Woody Cowie. Woody has made an excellent start since joining the Sport Scholarship Programme, immediately standing out for his outstanding attitude and determination. In scholarship lessons, he consistently shows focus, effort, and a real desire to improve, making him a valuable member of the group.

His hard work outside of lessons has also paid off. Woody has earned a starting place in the Boys' U12A football team, where his commitment and performance have been impressive. In addition, he has secured a spot on the Junior Boys' Cross Country team and was part of the squad that qualified for the National Cross Country Championships.

A strong work ethic, enthusiasm, and ambition define Woody's approach, and his progress so far has been exceptional.

Well done, Woody—an excellent start to your scholarship journey!

Zara

Scholar of the Month



Congratulations to Zara P, our Scholar of the Month for November! Zara truly reflects everything our Sports Scholarship programme stands for: dedication, talent, and a drive to excel. Her achievements across a range of sports have been exceptional — she has represented Grey Court at individual gymnastics, earned a place in Surrey Cricket, competed in cross country, and played U12 football.

Whether she's on the field, in the gym, or training with her teammates, Zara consistently shows focus, determination, and a brilliant work ethic. Her versatility across multiple sports highlights not only her natural ability but also her willingness to push herself and embrace every challenge.

Beyond her sporting success, Zara brings enthusiasm, positivity, and a supportive attitude to all aspects of school life, making her a valued member of our community.

Well done, Zara!

Team of the Month

Junior and Inter ESAA XC Team



Our Junior and Intermediate teams competed in the ESAA Regional Finals having progressed through the first round. It was another fantastic performance with grit and determination from the boys, resulting in Overall First Place for each team!

In the Juniors, Alfie was 3rd, Pascal 4th, Finlay 11th and Oli 22nd. The Intermediate boys had Euan 3rd, Andrew 5th, Ifan 6th and Avery 14th!

They now go onto the National finals taking place on December 5th, good luck lads and well done on the hard work you have put in to become Regional Champions!



Clubs

Extracurricular

timetable

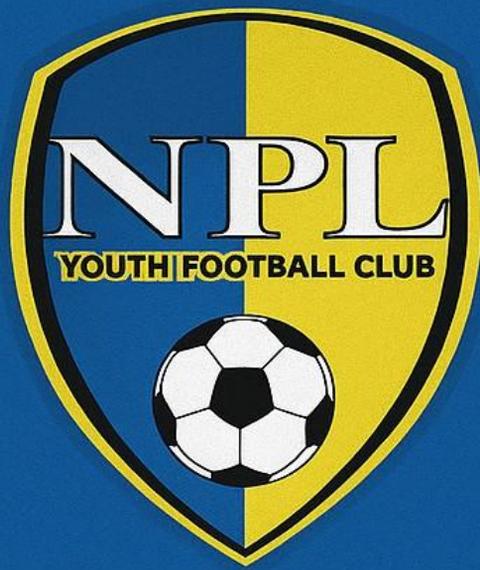


Richmond Lock
Isleworth via Lock
Kew Gardens 1 1/4 m

Toilets & Passenger boats
Ham House 1 1/4 m

003

What's happening ...



NPL TRIALS U13 NEWTONS

**EXPERIENCED PLAYERS
NEEDED**

**TOP U13 SYL SUNDAY TEAM
HAS OPENINGS**

TRIAL DATES TBC

**CONTACT james.mcintosh28@gmail.com
FOR MORE DETAILS**

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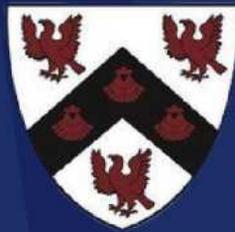
EVENTS

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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

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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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

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



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ENROL TODAY



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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

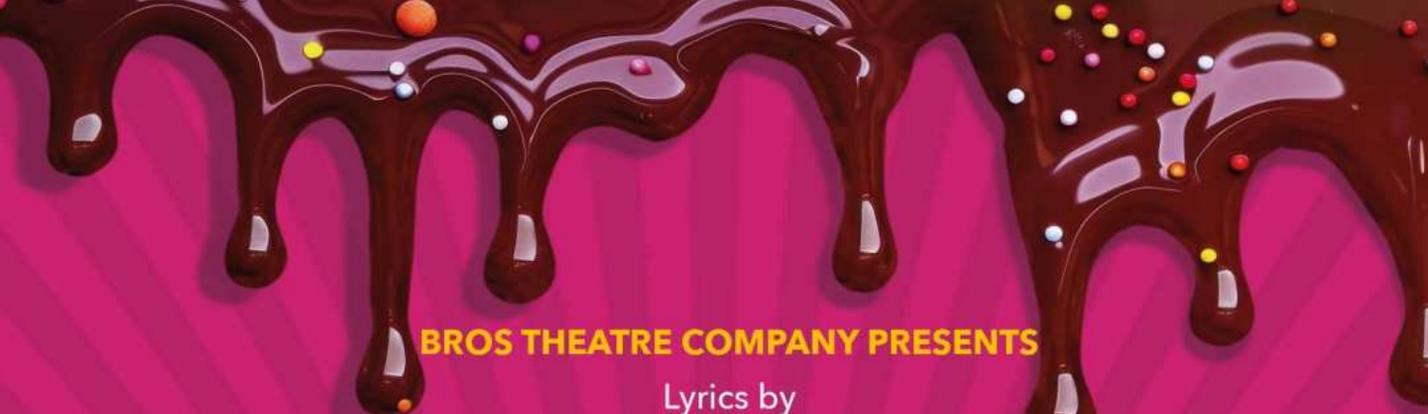
The Vineyard Community
& Richmond Foodbank

Tickets £15

tinyurl.com/PetershamMessiah

Events.stpeterspetersham@gmail.com





BROS THEATRE COMPANY PRESENTS

Lyrics by
Scott Wittman
Marc Shaiman

Book by
David Greig

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)
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THEATRE**
AN ATG ENTERTAINMENT VENUE

ATG
ENTERTAINMENT

Grey Court Presents...

A Night at the Movies

Auditions for our Annual Gym and Dance show will take place on **Thursday 22nd January 2026** at 3:10pm in the small gym.

Please ensure you pick a song from a film to perform to.

If you would like to audition please complete the google form by 20th January.

Any questions, please speak to Miss Parr.

The show will be taking place on Tuesday 24th March 2026 at 7pm



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](#)

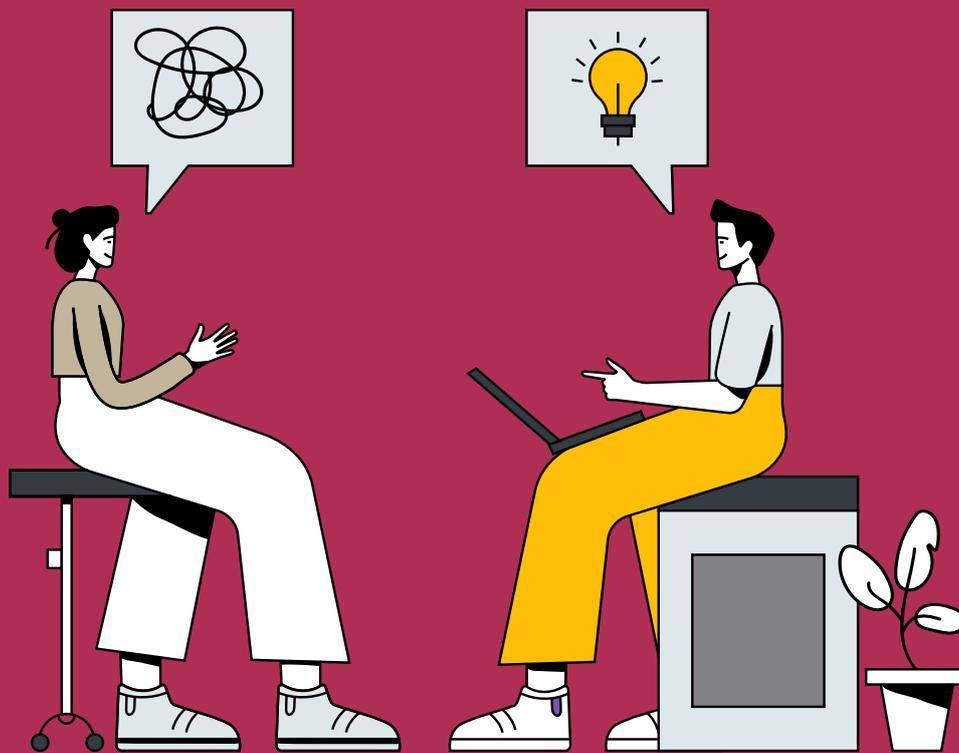
[MHST video library](#)

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

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-to-one 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.

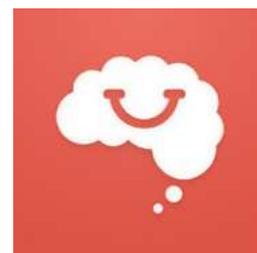
[Kooth](#) is an online mental wellbeing community for children and young people, providing access to counselling via live chat, community support and self-help resources. [Click to join.](#)

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.

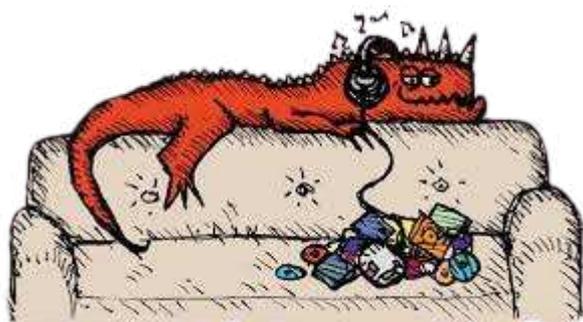
[YoungMinds](#) have a guide for parents, containing information about what self-harm is, what the signs of self-harm are in a young person, and where to get support.

2. Videos and downloads

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

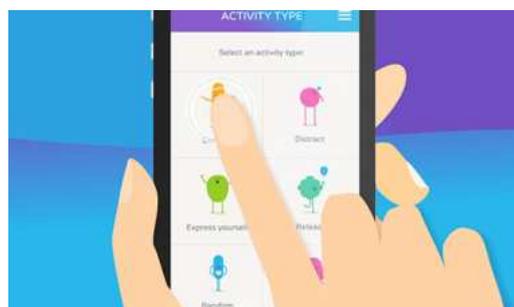
[Coping with self-harm - A guide for parents and carers](#) is a guide developed by the University of Oxford based on in-depth research aimed to help parents and carers who are trying to cope with this difficult situation.

[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.](#)

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.

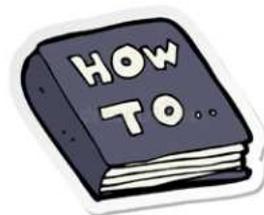
[1-2-3 Magic Behaviour Management](#)

[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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