

# Grey Court School eBulletin

16 September 2022



*Are you following us?*



3	The Notice Board
	PA News
	Sports' Timetable
	ExtraCurricular Club Timetable
7	PDW and Wellbeing
9	Be Great - Elizabeth's Crowing Glory? by Mr Clements
10	Bonanza Harvesting by Ms Munday
15	Drama Update by Mr Page
17	Careers by Miss Corrighan
24	Sixth Form News
30	Sports News
40	Flyers

# Contents

## Curriculum Booklets

Year 7  
Year 9

# The Notice Board

## School Calendar

22-23 Term dates

23-24 Term dates

Events

## The Uniform Shop

Open Thursdays

3pm to 4pm

PA Appeal

GoFundMe

Digital Screens  
for Science

Join us @

The Breakfast Club

*open everyday*

The Silver Canteen

from 7:45am to 8:15am



easyfundraising  
feel good shopping

Thank you to everyone for raising money for Grey Court Education Fund with #easyfundraising! If you haven't signed up yet, it's easy and completely **FREE**.

7,100 shops and sites will donate to us when you use easyfundraising to do your everyday online shopping - at no extra cost to you! Every donation you raise makes a difference to us, so please **sign up** & share today.

# PA Meeting 21 September 5:30pm

*in the library*

The next Parent Association meeting is scheduled for Wednesday 21 September at 5.30pm in the school library

All parents are automatically members of the Parents' Association and it would be lovely to see some new faces join us.

Items on the agenda include our November event (which will include wine tasting and live music)

Other calendar events during the year:

- Christmas shows
- School priorities for 2022-23
- Proposed date for the PA AGM

We look forward to seeing you!

# Attendance Matters

*Introducing*



## Miss Innocent

Miss Innocent is our new Attendance Officer. Please email her on [attendance@greycourt.org.uk](mailto:attendance@greycourt.org.uk) to report your child's absence from school.

## Please note

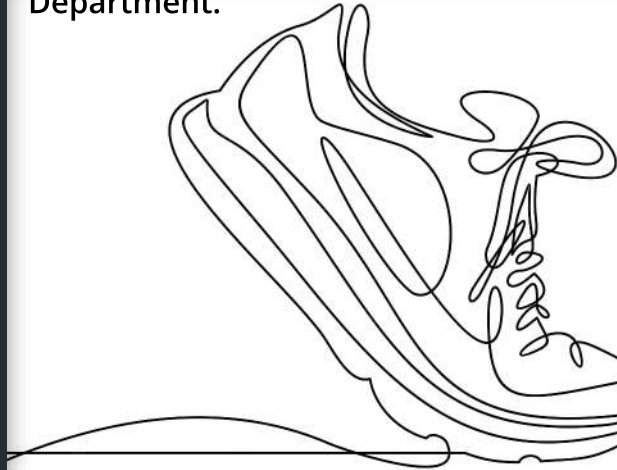
If you are dropping items off at reception for your child to collect, please mark them with your child's name, tutor group and any other instruction(s).

# Sports' Timetable

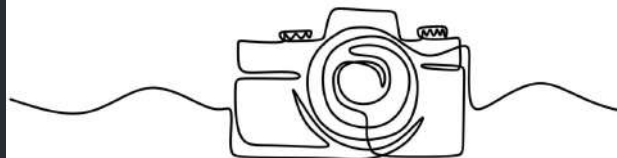


## *Special Appeal*

If your son/daughter has any old trainers/football boots that they no longer use, it would be greatly appreciated if you could donate these to the PE Department.



# ExtraCurricular Club **Timetable**





# What's *in* PDW **ON!**

## **Year 7**

**This week:** Getting into the Grey Court Mindset

**Next week:** Gossip and Trust in Friendships

## **Year 8**

**This week:** How can you be your best, most healthy self?

**Next week:** How can you help someone with allergies?

## **Year 9**

**This week:** Being sensible on IG/WhatsApp groups and Trolling

**Next week:** Consent and the law - a case study of Alice Ruggles

## **Year 10**

**This week:** New challenges at KS4

**Next week:** Coercive and controlling relationships

## **Year 11**

**This week:** Post-16 Options/UniFrog

**Next week:** Post-16 Options/UniFrog



# SUPPORT FOR YOUNG PEOPLE AND FAMILIES

## *Agencies to Contact*

<b>GP</b>	
<b>Single Point of Access (SPA)</b>	<b>020 8547 5008</b> <a href="#">Make a referral to the Single Point of Access - London Borough of Richmond upon Thames</a>
<b>CAMHS</b>	<b>020 8547 6171</b> <a href="#">Kingston and Richmond Child and Adolescent Mental Health Service (CAMHS) - single point of access (SPA) (swlstg.nhs.uk)</a>
<b>AfC Emotional Health Service</b>	<a href="#">AfC Website</a> Types of therapies/Meet the therapists
<b>Richmond &amp; Kingston Crisis Line</b>	0800 028 8000
<b>Mental Health Crisis Line</b>	<a href="#">Mental Health Crisis Line</a>
<b>Every Mind Matters</b>	<a href="#">Every Mind Matters</a>
<b>Off The Record</b>	<a href="#">Off The Record</a>
<b>Mind</b>	<a href="#">Richmond Mind</a>
<b>Kooth</b>	<a href="#">Kooth</a>
<b>Anna Freud - Child in Mind</b>	<a href="#">Child in Mind</a>
<b>Young Minds</b>	<a href="#">Young Minds</a>



The forthcoming bank holiday to mark the death of the Queen has provided an early (and unexpected) punctuation mark to the start of an exciting new term. However, it is strangely prescient in terms of our school priority which is "to provide more opportunities for students across all year groups to develop their leadership skills." To many students the word "leadership" is a daunting one as it carries with it connotations of pressure, and responsibility or fear of failure. "Heavy is the head that wears the crown" in the words of Shakespeare or Stormzy! Indeed, leaders appear to be an elite or aloof or have divine rather than human qualities.

However, the Queen that has been celebrated in the recent obituaries and eulogies exhibits qualities that are a world away from the unsmiling icon on the pound coins and jubilee memorabilia: *public service, participation, resilience, humour, self-reflection, discipline, hard work and humility* - are all labels that have been used to describe her personality and define her rule. However, none of these are super-human qualities; none of these competencies are beyond the reach of any of our own students. It should also be noted that - in terms of a desire to lead, the Queen was not necessarily born to rule - a quirk of fate: the abdication of Edward VIII and premature death of her own father - placed her in a position where she had to take responsibility. Again, every student in our community will inevitably be asked to make decisions and take responsibility for others during their life-time, so as a school we need to develop a culture where participation is encouraged, fostered, facilitated and celebrated.

by Mr Clements

During my time at Grey Court I have taken great pleasure in seeing the pride our student ambassadors have shown in the school, or have marvelled at the diligence of the lates prefects or the zeal of the recycle committee or the idealism of the diversity group. It should also be noted that participation doesn't need to be via grand-standing head boy or girl speeches or heroic actions on the sports field, but can be through individual acts of kindness or service via Strathmore or Ham Lands or through allotment club or the stage crew at the plays and festivals. At its purest and most perfect service encourages connections and elicits feelings of self-worth - and Grey Court prides itself in providing a myriad of these opportunities for all.

However, the conundrum is that not every student in the past has been confident to take on 'leadership' roles. Ms Weston has, therefore, developed her own "Be Great" participation framework as a bridge between the "Graduate" initiative of the lower school and the "Edge" programme of the Sixth form. The aim, therefore, is for every student this year to be able to evidence a form of public service or participation. Just as on Monday we will be given time to celebrate the service Elizabeth has given to our nation - I hope that students (and parents) will use this occasion to reflect upon a way or ways in which they can actively engage with our community. If we can be motivated and inspired by the Queen's sense of duty to create a legacy of Grey Court public service then ours will be a Golden age!







*'To plant a garden is  
to believe in tomorrow'*



# Harvesting Bonanza

## *our Allotment*



On Tuesday (13 September), Grey Court Allotment attendees - old and new - were given a warm welcome to their first session of the new academic year by Ms Munday, Ms Shore and Ham United Group volunteers Helen Erhardt, Irene Hughes and Andrea Lambert

Year 8 students Jenna Stone Bridge, Tehya Cunningham, Tom Richards, Tara Arts, Elizabeth Neill, Ellen Dutton and Scarlett Botfield took the opportunity to introduce themselves to the following new Year 7s: Riley Blackwood, Zachary Pender, James Fraser, Mercedes Gunnigham, Rapi Devletoglu, Emilia Saville, Eliza Clark. Pheobe Perkins and Olivia Marie Kristensen.

They were shown all the fruit and vegetables that have been ripening over the summer and told about activities undertaken, such as sewing seedling, weeding, leaf-clearing and digging.

Then everyone worked together to harvest the large crops of tasty salad potatoes and cooking apples - ready to be enjoyed at home!







Happiness is...  
*Harvesting*





Mr Rhodes also came to meet the enthusiastic new attendees and marvel at the large quantities of vegetables harvested. Over the coming weeks students will also harvest other delicious crops planted by students during the last academic year, including courgettes, raspberries, runner beans, celery, spinach, sweetcorn, tomatoes, pumpkins and carrots.



In order to continue running the allotment, we are looking for volunteers! (Parents and friends of parents).

If you have gardening and vegetable growing experience, we would love your assistance. There are two ways you can help.

If you have the capacity to oversee the planning and delivery of activities for the weekly allotment club which runs every Tuesday from 12 till 1pm; then please do get in touch.

Likewise, if you would instead (or also) be able to volunteer to help with allotment maintenance activities at other times during the week, that would be wonderful as well.

We are also in great need of more tools for our budding allotment growers to use. So, please do get in touch if you have any spare leaf rakes, forks, trowels or wheelbarrows in particular

Please contact Sylvia Mundav ([smundav@grevcourt.org.uk](mailto:smundav@grevcourt.org.uk)) and Helen Shore ([hshore@grevcourt.org.uk](mailto:hshore@grevcourt.org.uk)) for more information.

**Ms Munday**



# HEATHAM HOUSE STREET DANCE CLASS



MONDAY: 4.30PM - 5.30PM AGES 8 - 12  
MONDAY: 6PM - 7PM AGES 13 - 19

Classes are FREE of charge  
Heatham House, Whitton Road, TW1 1BH  
For more info call:  
020 8288 0950

# KEEP CALM *& love* the DRAMA



It has been a complete joy to return to our creative endeavours in A Level drama. The year 13 students have come back from their sunshine, their work experiences and their various activities over the summer and are ready to create a directorial vision for their 21st century vision of Sophocles' 'Antigone'. They have to use the theory of Brecht and the knowledge of Greek Theatre to stage a contemporary version of their own. We start their work this afternoon! I'm excited.

Year 12 drama students are already leading each other through warm-up exercises, bonding as a group and starting to think about how we mediate reality in fiction. They watched and waited as we carefully passed our class hamster ("Charlie", our class pet) around. He is staying with Alice this weekend. The group started to consider the relationship between 'suspending our disbelief' and simply 'pretending'. Some deep thinking in only lesson 2!

We are delighted to have two budding actors who are in "A Christmas Carol", the professional Christmas show, at The Rose Theatre later this year (Interview to follow later in the term).

For all the parents and carers of A level drama students, please get that Trips Fund payment made so we can book more trips!!

Until next time...

**Mr Page**



V P A O R C H E S T R A

# Grey Court Players

Wednesday  
3pm - 4pm  
MUA



Scan the QR code to sign up or  
Just come along



## We have a busy half term of activities in school

**Careers fair for years 11, 12 and 13 coming up on Wednesday 5 October**

Students and parents/carers are invited to school to meet with people from a range of career areas and some of the local colleges and universities will be in attendance

**PDW lessons** will be held for year 11s to help them think about their post-16 options, and use the careers programme [Unifrog](#) to research their ideas

We welcome year 12 students to sixth form and they have already attended **Royal Holloway University** to find out all about University as a post-18 option

**Year 13s Applying for University** will be supported by the sixth form team

**Careers Guidance Meetings** with Miss Corrighan will also take place with a focus on year 11s considering their sixth form, college and apprenticeships options for next year.

**Careers**  
by **Miss Corrighan**

## Open Events & Applications

It is really important for year 11 to consider a range of options. We offer impartial information, advice and guidance and the grid below shows the upcoming open events for some of the local colleges and Grey Court sixth form. It's important to complete applications this term and be aware of any deadlines to avoid missing out. Grey Court Sixth Form applications will be open from the end of September - more information to come.

College/6th	Open event - date & time
<b>Grey Court Sixth Form</b>	10th Nov 2022 6.30-8.30pm. Sixth form <a href="#">Course information</a>
<b>Kingston College</b>	8th October 10am-1pm & 9th November 4.30-7pm <a href="#">Events &amp; Open Days - Kingston College</a>
<b>Richmond upon Thames College</b>	Saturday 15th October 10am-2pm & Weds 19th October 5-8pm Register on: <a href="#">Open Events</a>
<b>Esher College</b>	Open day was in July. Book online for September tours <a href="#">Esher College tours</a> (Deadline to apply 30th Sept)
<b>Nescot College (Epsom)</b>	28th September 4.30-7.30pm <a href="#">Nescot Open Events</a> They offer animal care, construction & many more courses!
<b>BRIT School</b>	Thurs 29th Sept 2-7pm <a href="#">Brit school events BOOK ONLINE</a>
<b>Other 6th Forms &amp; Colleges</b>	Check websites – usually late Sept, Oct and November
<b>GC Careers Fair</b>	Weds 5th October 2022 - 6.30-8pm

## Career Opportunities

We like to promote a range of opportunities that our students can access throughout their time at Grey Court. Please see some of this week's highlights on the next page, and the full list of weekly opportunities in the [14/09/2022 Careers opportunities bulletin](#)

# Interested in Medicine?

Your aspiring medical students in years 10 - 12 are eligible to attend a **FREE LIVE VIRTUAL Get into Medicine Conference** on the following dates:

Sunday 18th September 10am - 3pm,  
Sunday 25th September 10am - 3pm,  
Saturday 1st October 10am - 3pm

The Get into Medicine conference is a significant turning point for Medic Mentor students. It will unlock exclusive opportunities such as scholarships and prizes, as well as help them to make a highly competitive application. Students can register using this link:

<https://airtable.com/shr66li3bqG3ZpkPM>

It will cover:

- Application Timelines
- How to Tactically Choose Medical Schools
- CV Building, Personal Statements
- Interview Schools
- Accessing Work Experience and scholarships
- UCAT and BMAT - Entrance Exams to Medical School

# Thinking about a career in Healthcare?

The NHS Allied Healthcare Work Experience is a great programme for students who are specifically interested in the following careers:

Nursing | Midwifery | Paramedicine | Physiotherapy | Occupational Therapy | Dietetics | Radiography | Prosthetics and Orthotics | Speech and Language Therapy Pharmacy

Applications for this programme are now open, and they will be open throughout this academic year, with the first programme taking place on the 2 October! During the work experience day, students will follow 2 patients from their initial presentation to recovery. Students will observe the healthcare professionals as they interact with the patients and each other. They will have an opportunity to ask questions and gain knowledge through teaching. Students can enrol here: [Live Virtual NHS Healthcare Careers Work Experience Programme](#)





# futures

The Kingston Academy & Kingston Secondary School working in partnership



## GREEN CAREERS EVENT

- LIVE EVENT: TUESDAY, 20TH SEPTEMBER 2022
- ONLINE EVENT: TUESDAY, 4TH OCTOBER 2022



# A unique opportunity to learn about careers in Sustainability

## GUEST SPEAKERS

**TREWIN  
RESTORICK**

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FOUNDER OF CHARITY HUBBUB UK  
Voted most influential person in the UK's recycling  
and resources sector.

**RUTH  
CADBURY**

---

LABOUR MP & CO-CHAIR OF ALL PARTY  
PARLIAMENTARY GROUP ON CYCLING.  
Described by Forbes as one of the UK's leading  
environmentalists.

**BERNADETTE  
WEBER**

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LEADING BP'S NEW ENERGY TEAM AS THE AGM FOR  
HYDROGEN AND CARBON CAPTURE USAGE AND  
STORAGE.

**HELEN  
SUNDARAM**

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FOUNDER AND DIRECTOR OF THE KINDNESS BANK CIC.  
A social enterprise aimed at inspiring kindness to people  
and the planet through sustainability education in schools.

**ROBERT  
GARDNER**

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INVESTMENT DIRECTOR AND FINANCIAL ACTIVIST.  
On a mission to make money a force for good.

## REGISTER TODAY

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Held at KGS Michael Frayn Theatre  
To book your seat, visit us at  
[trybooking.co.uk/BSIP](http://trybooking.co.uk/BSIP)





**FREE**

# ROCK AND POP BAND CLUB

**MONDAYS 3PM-4PM  
IN MUSIC**

**COME AND PLAY THE DRUMS, GUITAR,  
BASS, KEYBOARDS OR SING IN A  
BAND. ALSO OPEN TO OTHER  
INSTRUMENTS IF YOU HAVE ONE.**

**Starts on Monday 26 September**

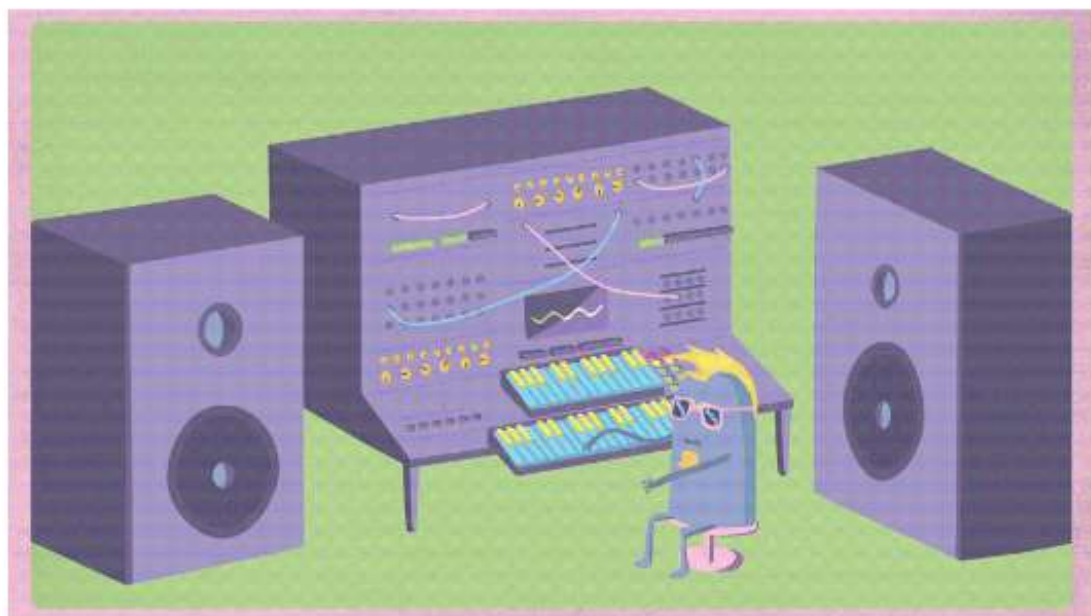
**INTERESTED?**

complete this [questionnaire](#)



# Music Tech Club

Wednesdays 3pm-4pm  
in the Ingenium



Learn to make music on a computer  
with state of the art, industry  
standard software. Record your own  
instrument, singing or rapping,  
and make your own beats.

A close-up, slightly angled photograph of a spiral-bound notebook. The notebook has a light brown or tan cover. A silver-colored metal spiral binding runs along the left edge. A clear plastic pen with a black grip and a black tip lies diagonally across the notebook's pages. The background is a plain, light-colored surface.

# SIXTH FORM

## *Message from Ms Higham to Sixth Form*

As the students are already aware, I will be going on maternity leave in November, so we have recruited a wonderful interim Head of Sixth Form, Mr Bhumbla. Those of you who have had older children pass through the school may remember him from when he worked here six years ago and we are very pleased that he has returned to take over the Sixth Form in my absence.

I wish all of the students the very best of luck over the next year and can't wait to see all their wonderful results at the end.

## **Meet our Interim Head of Sixth Form: Mr Bhumbla**

## *Message from Mr Bhumbla to Parents and Carers*

It has been a brilliant two weeks being back at Grey Court after a minor six year hiatus. I've tried to make the most of my time away by working in a range of roles. From being Head of Chemistry and following that with being Head of Science at Hollyfield School, to being a Lead Practitioner alongside Head of Year 12/13 responsibilities at Glyn School.

I'm very grateful for the welcome I've received from both staff and students, and I look forward to working with the community to ensure that our students achieve the best they possibly can.

# Year 12 Threshold Assessments

This week all year 12 students have sat their threshold assessments for literacy, Maths and the science subjects. These will be marked by teachers over the next week and results will be handed back to students the week after. These will be marked as either 'A' - above the required standard, 'S' - at the required standard and 'B' - below the required standard.

## FAQs

### **Which A-levels involve substantial essay writing skills?**

English Literature, History, Geography, Philosophy, Politics, Psychology, Sociology, Economics. You will therefore be required to take the literacy assessment if you have opted for these subjects.

### **Which A-levels involve substantial numeracy skills?**

If you take mathematics, physics and chemistry you will be required to sit a ONE hour Mathematics paper.

### **Why do I have to sit a threshold assessment for each Science subject that I opt for?**

–If you opt to take Physics, Chemistry or Biology at A-level you will be required to sit a ONE hour paper in this subject. This is because the A-level sciences tend to involve the most significant “jump” in terms of skills and abilities from GCSE.

This means that some students struggle to bridge the gap between A-level and GCSE during their A-level studies. BTEC applied science - with



its modular format and higher coursework often provides a more flexible pathway for students to access science degrees and careers.

### **What happens if I gain a “below standard” grade?**

This is an indicator that you may struggle to cope with the demands of A-level standard assessment. Remember that A-level courses take two years to complete so they are a great deal of investment in time and effort. If you invest two years of time into a project you do not want to limit the options or pathways open to you at the end of it with poor grades as well as work related stress and anxiety.

At this point you may wish to opt for a course that is more suited to your talents and abilities and so has a better chance of **broadening** your options when you leave us. We can provide suitable advice and guidance at this point.

### **What happens AFTER assessment week**

If you gain a grade “at or above the standard” for the threshold assessment you will work towards preparing for the first round of A-level style assessments in early October. If you receive a “below standard” grade you will be given the opportunity to change onto a more suitable course if places exist on it. If you opt to continue you will be provided with appropriate subject specific targets in order to build your capacity for the October assessments. Although, it should be noted that these are likely to require a higher level of expertise to pass as they will be marked using “A-level” standards.



## **Year 13 Assessment Week**

We are running an assessment week for Year 13 on the week commencing 3 October 2022. There are a number of reasons for this:

1. UCAS predictions - while we do have the results for the summer assessments we want to give them an opportunity to get a better grade.
2. Providing an accurate picture of where all students are so that staff are able to support.
3. Getting them back into A Level mindset as quickly as possible.

These are going to be run within lessons and each subject will set an exam paper that is between an hour and an hour and a half long. Subject teachers will communicate the content of the assessments to students in lessons and an overview will be posted in google classroom and go home in next week's eBulletin.

### **A LEVEL ASSESSEMENT OVERVIEW**

Click Here



This is the time of year when Year 13s should be finalising their UCAS forms. We expect all UCAS applications to be submitted to the school before the half term break in October. This means that all Year 13s should have completed and submitted their form by October 21st. Once an application is submitted to the school we add a reference and predicted grades and then the school sends it to UCAS, who in turn sends it to the universities. Please note that when a student submits their form it DOES NOT GO DIRECTLY TO UCAS forms can be returned to students and amendments can be made.

We have an early UCAS deadline at Grey Court which we have found advantageous for our students by getting it out of the way before mock exams in December. There is evidence that some universities offer lower grades at the start of the cycle, having offers is a great incentive to students and gives them something concrete to work for. This early deadline also gives the sixth form team plenty of time to check each application and return it to a student if changes are required ensuring each student submits an excellent university application.

Students applying to Oxbridge or medicine/dentistry/veterinary courses should submit their UCAS forms by **26 September** to meet the earlier deadline for these applications.

We encourage all Year 13s to submit a UCAS form to keep their post-18 options open, they will not be committed to take up any places they may be offered and it means they are 'in the system' if they decide down the line that they would like to go onto higher education. We store all UCAS applications and so will be able to provide references if we are asked for them in the future.

Year 13s have been informed that all sections of their UCAS form, except for their personal statement, should be complete and they should be in the process of making their course choices and adding them to their form.

All Year 13 students should have submitted a good draft of their personal statement to their tutor and they should be amending them according to the feedback they have received. All draft personal statements should be copied into UCAS forms so the sixth form team can assess what support is needed to ensure each personal statement is of the highest quality.

If any student is struggling to fill in their UCAS form they should see Ms McNicol for support.

If parents want to know how to support their child have a look at the UCAS parental support page [UCAS Parents' Page](#).



# SIXTH FORM

## Applications

The applications system will be available via the sixth form section of the website from 30 September and will remain open until 15 December. All applications must be made via this form. Any applications received after 15 December will be classified as 'Late' and will only be considered once we have processed our on-time applications.

*Sixth Form Applications for September 2023*

*Open on 30 September*

### **Miss Fincham's Oxbridge Group**

This week students have been handing in the second version of their personal statements for feedback and will need to make further amendments in the next week to finalise the version they wish to submit to UCAS. Students also need to ensure they have communicated with the school exams office and ensured they are signed up for any pre-interview assessments that are required by their subject. These assessments take place at the end of October so students need to be focusing time on this preparation as these tests are highly competitive. Students who are taking the LNAT have to complete their assessment by the 15 October at the latest.

This week students have been required to upload their evidence onto the EPQ classroom to prove they have done an appropriate amount of research over the summer holidays. If they have not completed this preparation they will not be able to continue with this qualification. The taught sessions for EPQ start this week in enrichment and are a compulsory part of the course that all EPQ students are required to attend. This involves explicitly taught sessions which is vital to success in completing the project.

**EPQ with Miss Fincham**



## Year 12 trip to Royal Holloway University

All of year 12 were treated to an inspiring and motivating trip to this beautiful and prestigious university as part of their induction into Sixth Form. They were given valuable insight into university life, including a study skills session, a tour of the campus and a really useful Q&A session. The students were engaged and enthusiastic, and it gave them a chance to reflect on life after Sixth Form.

Year 12 has settled brilliantly into the rigours and demands of sixth form life and I have been heartened to see so many students working diligently on their laptops during free periods. There is a lovely atmosphere around the building and I hope that our new external students are finding their feet, enjoying the new environment and making new friends.





# *Our* **SPORTS Stars**

Going Above and Beyond



# Life Outside the Classroom



**Dylan and Ned Harrison** play on a Friday night fives' team at Rocks Lane, Barnes. On Friday 15 July, they were crowned League champions after clinching it in a crucial game last week (3-0 up to 5-3 down, eventually winning it 7-5)



# Life Outside the Classroom



**Nina BLAZEVIC** competed in the British Championships for rowing on Friday 15 July in Nottingham and her boat of four came third in the A finals! It was a 1k course. The team completed time trials to get into the final.



**Above:** Nina, the team and their coach

# Life Outside the Classroom

**Sonny Blackburn**



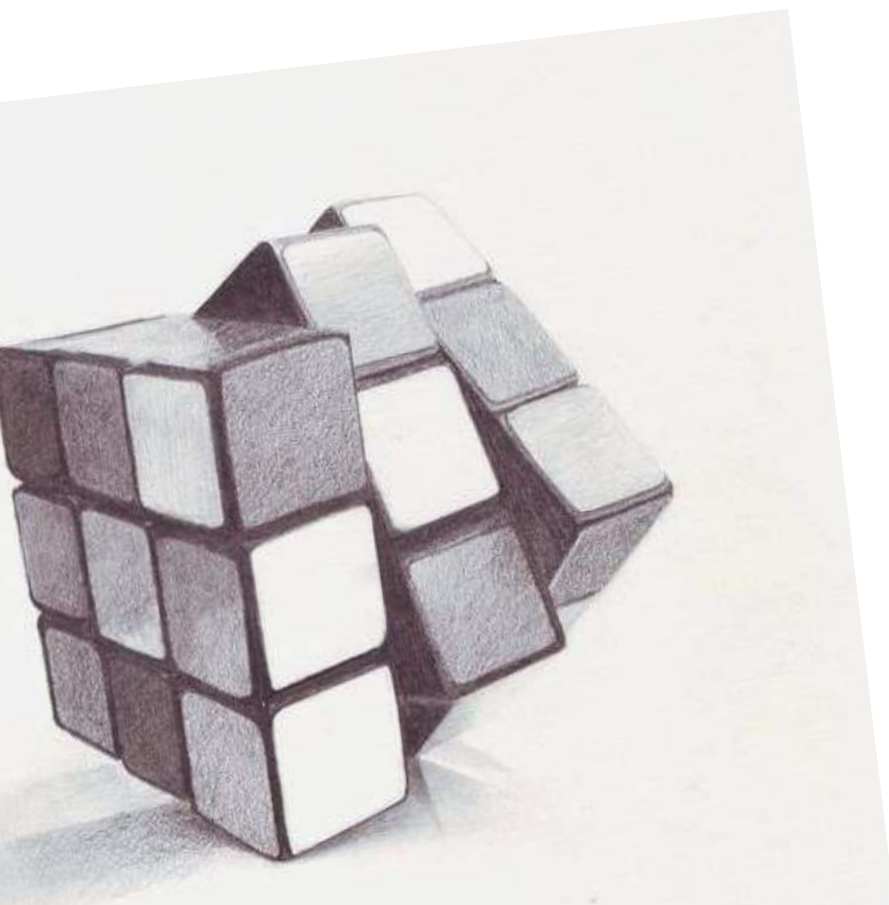
**Sonny** was asked to run for his club (Kingston AC & Poly Harriers) at the David Weir Leisure Centre on Sunday 4 September. They got through to the Surrey relay finals - 100m U17 and came third.

# Life Outside the Classroom

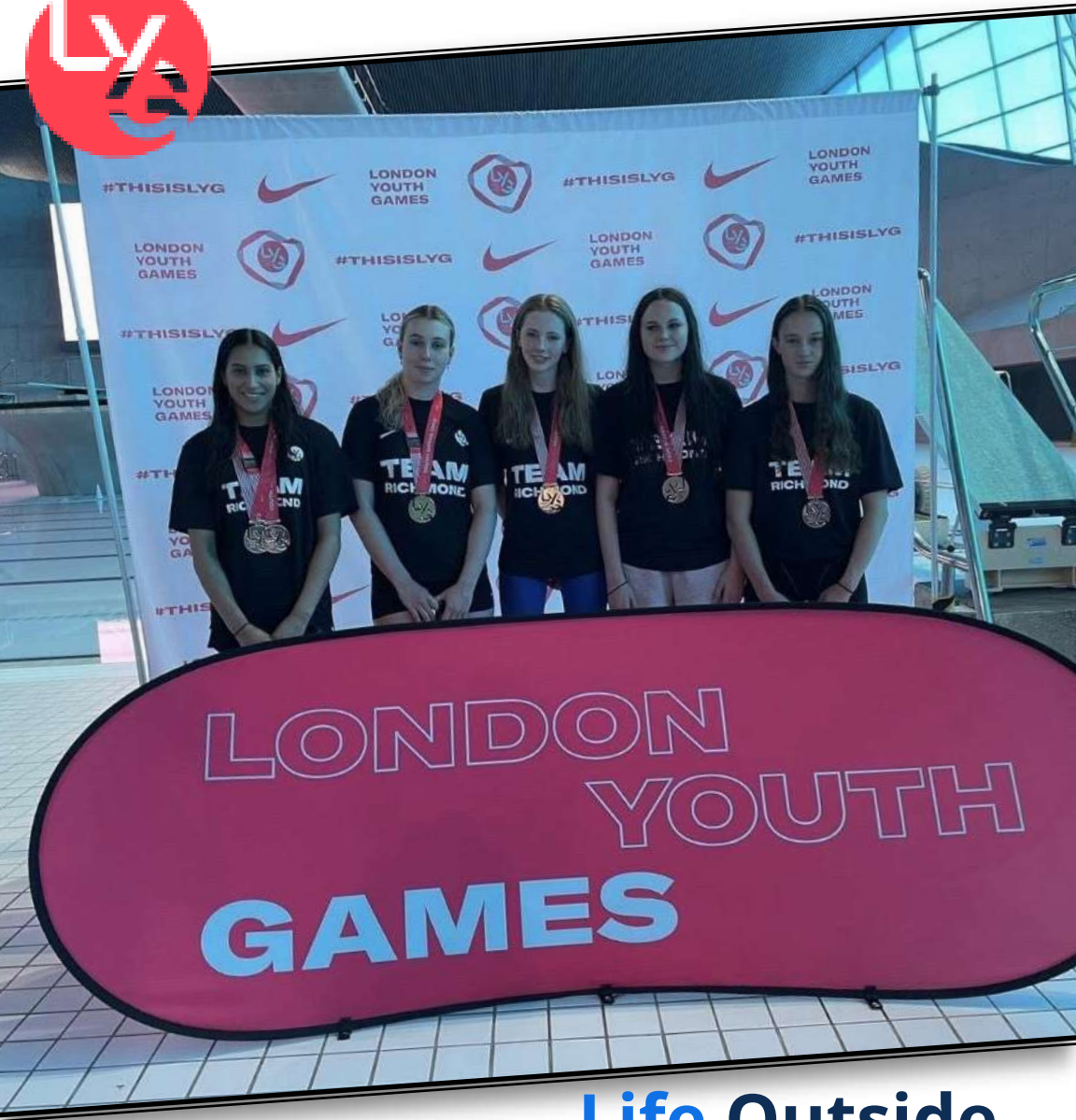


**Archie Fedulov**

During the summer holiday, Archie participated in SpeedCubing competitions in Turkey and Jordan. After placing fourth in Istanbul, he managed to win the SkewB competition in Amman. Archie's record of 3.67 sec single try ranks him among the top ten British athletes in this discipline. Congratulations, Archie!







## Life Outside the Classroom

Congratulations to **Chloe HOLE** who came fourth in the freestyle relay and third in the IM relay at the London Youth Games. Chloe and the Richmond girls' team (above) came third overall at the LYG during the weekend of the 16 July.

*Amazing Opportunity!!*



**Chloe Clements**  
training with **Lioness**  
*Beth Mead*





The U18 rugby team got off to a winning start in the National Schools Cup with a 47-14 win away at QE Barnet. Fantastic commitment and physicality from all the boys after being 14-12 down at HT



The U16 Netballers had a great day at the [@IPSSPORT](#) start of season tournament yesterday and facing some strong U18 teams. We are looking forward to the season ahead!



# FOOTBALL season



A great start for our U12 boys' season, winning every game of the group without conceding. Winning the SF and narrowly losing 1-0 to a penalty in the Final vs Ardingly College. Well done boys!!







Congrats to the U16s who had a fab win against [@StRRCCollege](#) 18-9. POM Nina

The under 15 6-a-side football squad won 7 and drew 1 in their pool matches but unfortunately lost the final 2-1. Overall, a very positive start to an important season.



Well done U14 netballers on a convincing against [@StRRCCollege](#) in their first game of the season! POM Jess



**TO TRAIN WITH  
YOUR HEROES!**

# NOMINATE YOUR SCHOOL TO **WIN** A TRAINING MASTERCLASS WITH ENGLAND PLAYERS

## HOW IT WORKS

1. Sign up to Sparks on the M&S app
2. Register for the competition by nominating your local school or football club
3. Earn an entry every time you buy an Eat Well product and scan your Sparks card
4. Competition closes 27 September 2022

M&S is running a competition that rewards healthy eating choices. Sparks customers can register for the competition by nominating their local school, and that school can win a training masterclass with England players, as well as vouchers for equipment and supplies.

Not only that, customers can win prizes for themselves such as match tickets, signed football shirts and Eat Well products.

## GET STARTED

[marksandspencer.com/football](https://marksandspencer.com/football)



M&S  
—FOOD—



OFFICIAL PARTNER OF THE  
ENGLAND TEAM





# LONDON WELSH RUGBY CLUB

## Just started back in Y10 and looking for a new challenge?

Rugby is a wonderful team sport and the 22/23 season has just begun. Lifelong friendships are there for the making – on and off the field. And at London Welsh we have a warm, friendly atmosphere where our players can socialise and relax at Old Deer Park.

## And if you're studying PE at GCSE or doing your DofE...

Being part of the U15s teams here at London Welsh will enable you to compete in a sport at club level and can count as a curriculum activity as part of your GCSE. You'll gain the core skills and techniques that can be assessed throughout the year. There are also volunteering opportunities at the club to work towards your DofE.

## Head down to London Welsh...

Anyone can become a member – we welcome all abilities and you don't have to be Welsh! Training/games are on Sundays at 11am for both the boys' and girls' U15s teams, plus an evening training session in the week.

## ...You'll receive a warm welcome

Old Deer Park, 187 Kew Road, Richmond, Surrey TW9 2AZ  
Visit @[www.londonwelshrfc.com](http://www.londonwelshrfc.com)



**TEAMWORK, RESPECT, ENJOYMENT, DISCIPLINE, SPORTSMANSHIP**

#LWYouthRFC



# Grey Court choirs 2022-23



**Junior choir**  
Open to anyone in Y7-9  
During lessons



**Grey Court Voices**  
Entry by audition  
Wednesday after school



**Open choir**  
Open to anyone in Y7-13  
Monday after school



**Not sure which choir  
would suit you?**  
Speak to Miss Cowper in  
MuB or email  
[jcowper@greycourt.org.uk](mailto:jcowper@greycourt.org.uk)





# The Heatham House Recording Studios

**Free for 11 to 19 year olds**

- Four recording studios running Logic Pro X on Mac
- Three studio engineers
- Two rehearsal rooms
- One podcast suite

All genres of music are catered for with specialist sessions in urban, electronic, and band-focused music.

Book a session now by contacting us on:

**T:** 020 8288 0950

**E:** [justin.johnson@achievingforchildren.org.uk](mailto:justin.johnson@achievingforchildren.org.uk)  
(urban music) or

**E:** [dwayne.leid@achievingforchildren.org.uk](mailto:dwayne.leid@achievingforchildren.org.uk)  
(electronic and band music)



**achieving  
for children**



Youth Services

# HEATHAM HOUSE

AN AMAZING YOUTH CENTRE  
IN THE HEART OF TWICKENHAM



achieving  
for children



HEATHAM HOUSE



RECORDING STUDIO AND  
REHEARSAL ROOM



FOOTBALL PITCH



POOL AND TABLE TENNIS



BASKETBALL



SKATE PARK



TRIPS: ARCHERY



ACTIVITY: PHOTOGRAPHY



# MONDAY

## **3.30 TO 5.30PM: SENIORS SESSION** **(\*11 TO 16 YEARS OLD)**

Activities include football, basketball, skate park, cooking, pool, table tennis, art, DofE skill and physical sections, chill-out and more.

## **5.00 TO 6.00PM: STREET DANCE 1** **(8 TO 12 YEARS OLD)**

## **6.00 TO 7.00PM: STREET DANCE 2** **(13 TO 19 YEARS OLD)**

Learn to street dance with sessions for both primary and secondary school aged young people with our talented and creative instructor. Beginners welcome. Contact us to register your interest and book onto future sessions.

## **5.30 TO 7.30PM: SENIORS SESSION PLUS** **(\*11 TO 19 YEARS OLD)**

Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, DofE skill and physical sections, chill-out and more.

\*All sessions are for young people aged 11 and in secondary school to 19 years old, unless otherwise stated

# TUESDAY

## **12.00 TO 2.00PM: COLLEGE DROP-IN**

Drop in session for young people attending college or sixth forms. Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill out, sexual health information and more.

## **3.30 TO 5.30PM: TRANSITIONS SESSION [SCHOOL YEARS 5 TO 7]**

Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill-out and more.

## **3.00 TO 6.00PM: R.A.P: RECORDING AND PRODUCTION (\*11 TO 19 YEARS OLD)**

Session for young people interested in rapping, singing and producing urban music.

## **5.00 TO 6.00PM: SURVIVORS TAE-KWON DO (9 TO 19 YEARS OLD)**

Kick your way to success with these fun Olympic sport sessions. NOTE: There is a cost for this session, but is free for AfC referrals.

# WEDNESDAY

## **3.30 TO 5.30PM: MUSIC LIFE SKILLS** **(\*11 TO 16 YEARS OLD)**

Session for young people interested in music production and developing band skills - young people need to be booked onto this session.

## **3.30 TO 5.30PM: SENIORS SESSION** **(\*11 TO 16 YEARS OLD)**

Activities include football, basketball, skate park, cooking, pool, table tennis, art, DofE skill and physical sections, chill-out and more.

## **5.30 TO 7.30PM: SENIORS SESSION PLUS** **(\*11 TO 19 YEARS OLD)**

Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, DofE skill and physical sections, chill-out and more.



# THURSDAY

## **12.00 TO 2.00PM: COLLEGE DROP-IN**

Drop in session for young people attending college or sixth forms. Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill out, sexual health information and more.

## **3.30 TO 5.30PM: YOUNG WOMEN'S GROUP (\*13 TO 19 YEARS OLD)**

Drop in session exclusively for young women with activities including music, sports, arts, cooking, pool, table tennis and sessions based around issues impacting young women.

## **6.30 TO 8.30PM: LIGHTHOUSE PROJECT (12 TO 24 YEARS OLD)**

Closed group youth club for young people with ASC and/or ADHD. Different activities each week.

Contact [meg.scott@achievingforchildren.org.uk](mailto:meg.scott@achievingforchildren.org.uk) for referral form and more information.

# FRIDAY

## **12.00 TO 2.00PM: COLLEGE DROP-IN**

Drop in session for young people attending college or sixth forms. Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill out, sexual health information and more.

## **3.30 TO 5.30PM: JUNIORS SESSION (SCHOOL YEARS 5 AND 6)**

Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill-out and more.

## **5.00 TO 6.00PM: SURVIVORS TAE-KWON DO (9 TO 19 YEARS OLD)**

Kick your way to success with these fun Olympic sport sessions. NOTE: There is a cost for this session but is free for AfC referrals.

## **WEEKLY: NO STRAIGHT ANSWER (\*11 TO 19 YEARS OLD)**

Drop in session for young people who identify as LGBTQ+. Activities include music, cooking, pool, table-tennis, art, chill out, sexual health information and more.

For more information including time of the session please email: [justin.johnson@achievingforchildren.org.uk](mailto:justin.johnson@achievingforchildren.org.uk)

# IMPORTANT INFORMATION

All sessions and activities are **completely free** unless otherwise stated.

We are constantly running new activities within the youth sessions and evolving our youth programme. To stay up-to-date with everything that is happening at Heatham House follow us on our social media channels and check [www.afcinfo.org.uk](http://www.afcinfo.org.uk)



If you would like more information about Heatham House and its youth sessions and activities, please contact:

**Dempsie Earles, Lead Youth Worker**

T: 020 8288 0950

E: [dempsie.earles@achievingforchildren.org.uk](mailto:dempsie.earles@achievingforchildren.org.uk)

Heatham House Youth Centre, Whitton Road,  
Twickenham TW1 1BH





# MINI LONDON MARATHON 22

# INSPIRE YOUR CHILDREN TO BE ACTIVE

**Saturday 1 October 2022**

**Every child  
who finishes =  
£10 for your  
school!**

**Medal  
for every  
finisher**

**Free to  
enter**

**Cross  
the London  
Marathon  
Finish Line**

**We'd like to invite you to enter  
your pupils into the brand new  
TCS Mini London Marathon,  
taking place in Westminster  
on Saturday 1 October.**

For the first time ever, we're holding a one-mile and 2.6km event for children the day before the world-famous TCS London Marathon. It's a chance for your children to run, jog, walk or wheel by Buckingham Palace and cross the very same Finish Line as the world's best athletes.

All abilities and ages can take part, from Reception through to Year 12. You'll be able to pick the distance that suits your pupils the best when you register.

And that's not all... every child who finishes will receive a special TCS Mini London Marathon medal AND your school will receive £10 per finisher to spend on PE or IT equipment.

Places in this exciting new event are limited, so be quick – find out more and enter today via our website below.

**#WeRunTogether**



Find out more and enter

**[tcslondonmarathon.com/mini](https://tcslondonmarathon.com/mini)**



# **NO STRAIGHT ANSWER**

*A FUN, SAFE AND SUPPORTIVE YOUTH  
GROUP FOR YOUNG PEOPLE AGED 11 TO 19  
IDENTIFYING AS LGBTQI+*

**FRIDAYS AT HEATHAM HOUSE,  
TWICKENHAM**




**achieving  
for children**

# NO STRAIGHT ANSWER

Every week young people from the community join us to chat, have a laugh, take part in activities like art, music, cooking and sport, or simply just chill out in a space where you can just be yourself.

We also take part in larger community specific projects and go on trips together.

We meet up every Friday at Heatham House Youth Centre, Twickenham TW1 1BH.



*'It's a safe space for me. I feel like I can be myself. I found out my real name here. I can talk about my sexuality freely as much as i want. There are many activities so it doesn't feel boring. I don't feel out of place. Everyone is excepting and caring'*

*'Heatham is my safe space and somewhere I feel safe and secure. It's fun and chilled LMAO.'*

Please contact Justin Johnson or Philip Waithe for more information (including session time)

E: [justin.johnson@achievingforchildren.org.uk](mailto:justin.johnson@achievingforchildren.org.uk) or

E: [philip.waithe@achievingforchildren.org.uk](mailto:philip.waithe@achievingforchildren.org.uk)

T: 020 8288 0950

M: 07468 700673



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We also take part in larger community specific projects and go on trips together.

We meet up every Friday at Heatham House Youth Centre, Twickenham TW1 1BH.

*'This place acted as a practice for me coming out. I've never been able to be myself before as no one else knew.'*



Please contact Justin Johnson or Philip Waithe for more information (including session time)

E: [justin.johnson@achievingforchildren.org.uk](mailto:justin.johnson@achievingforchildren.org.uk) or

E: [philip.waithe@achievingforchildren.org.uk](mailto:philip.waithe@achievingforchildren.org.uk)

T: 020 8288 0950

M: 07468 700673

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*'This place acted as a practice for me coming out. I've never been able to be myself before as no one else knew.'*



*'Heatham is my safe space and somewhere I feel safe and secure. It's fun and chilled LMAO'*

Please contact Justin Johnson or Philip Waithe for more information (including session time)

E: [justin.johnson@achievingforchildren.org.uk](mailto:justin.johnson@achievingforchildren.org.uk) or

E: [philip.waithe@achievingforchildren.org.uk](mailto:philip.waithe@achievingforchildren.org.uk)

T: 020 8288 0950



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We also take part in larger community specific projects and go on trips together.

We meet up every Friday at Heatham House Youth Centre, Twickenham TW1 1BH.



*'I've met the most amazing people ever who make me feel comfortable and have encouraged me in so many ways. I really feel like I've come out of my shell this past year.'*

Please contact Justin Johnson or Philip Waithe for more information (including session time)

E: [justin.johnson@achievingforchildren.org.uk](mailto:justin.johnson@achievingforchildren.org.uk) or

E: [philip.waithe@achievingforchildren.org.uk](mailto:philip.waithe@achievingforchildren.org.uk)

T: 020 8288 0950

# The best way to learn music



Free trial lesson • Inspirational teachers • Affordable prices

OPEN  MUSIC



# 'Open 2 Music' at Grey Court!

'Open 2 Music' is an instrumental music service providing tuition in schools since 2007 and we are thrilled to be at Grey Court School this Autumn Term!

## **\*\* FREE TASTER LESSONS \*\***

**Weeks commencing:  
19th & 26th September!**

We offer all pupils **Free Taster Lessons**, so if your child is interested in starting then please get in touch to register your interest, we will then book your child in for their **Free Taster Lesson!**

### **Learning goes far beyond music**

Many research studies show learning to play an instrument can help build self-esteem, as well as increasing feelings of well-being and reducing feelings of stress and anxiety.

Choose from the instruments below and we will contact you to arrange a FREE lesson. If you would like to continue with lessons after that, prices are:

One-to-One	30 mins	£17.50
One-to-One	20 mins	£12.50
Group 2	30 mins	£11 per pupil per lesson
Group 2	20 mins	£9 per pupil per lesson
Group Lessons for Guitar & Vocals only		

**GUITAR   PIANO   VOCALS   DRUMS**

Book now via our website:

**[www.music-in-education.co.uk](http://www.music-in-education.co.uk)**

**BOOK A FREE TASTER LESSON TODAY!**





# Girls in the house



**Act like a lady,  
think like a boss**

A safe space for young women to come, have fun, be creative and get advice and guidance from female youth workers.

Heatham House young women's group  
for 11 to 19 years

Thursdays 3.30 to 6.00pm

Contact Meg Scott for details

E: [meg.scott@achievingforchildren.org.uk](mailto:meg.scott@achievingforchildren.org.uk)

T: 020 8288 0950



**achieving  
for children**



LIGHTHOUSE  
PROJECT



achieving  
for children

# The Lighthouse Project

This is a closed group for young people 11 to 24 years with autistic spectrum condition (ASC) or attention deficit hyperactivity disorder (ADHD).

The sessions take place at Heatham House for the age groups below.

THURSDAYS 6.30 TO 8.30PM

JUNIORS: 11 TO 15 YEARS

SENIORS: 16 TO 24 YEARS

To make a referral, please contact:  
**Meg Scott, Lead Youth Worker**  
T: 020 8288 0950 M: 07902 709906  
E: [meg.scott@achievingforchildren.org.uk](mailto:meg.scott@achievingforchildren.org.uk)







# London Youth Games 2023



## CROSS COUNTRY TRIALS

For full details visit [www.richmond.gov.uk/london\\_youth\\_games](http://www.richmond.gov.uk/london_youth_games),  
phone 020 8831 6133, or email [londonyouthgames@richmond.gov.uk](mailto:londonyouthgames@richmond.gov.uk)

If you wish to be considered for Team Richmond you must complete a 5k parkrun  
between 1st September and 1st November 2022.

Age categories are as follows:

U11 boy/girl (born between 01/09/2011 and 31/08/2013)  
U13 boy/girl (born between 01/09/2009 and 31/08/2011)

U15 boy/girl (born between 01/09/2007 and 31/08/2009)  
U17 boy/girl (born between 01/09/2005 and 31/08/2007)

If you are selected for the squad, the competition will take place on 19 November at Parliament Hill.

5km parkruns take place every Saturday at 9:00am. You can take part in more than one  
run and we will take your fastest time between the allocated dates.

For more information on your local parkrun please visit [www.parkrun.org.uk](http://www.parkrun.org.uk)

You can also find us on social media:  @SportinRichmond  Team Richmond LYG



SPORTS DEVELOPMENT



Public Health and Primary Care Commissioning  
NHS England (London Region)  
1<sup>st</sup> Floor  
Wellington House  
133-155 Waterloo Road  
SE1 8UG

21 July 2022

Dear Head teacher,

**Subject: Flu vaccination campaign for years 7, 8 and 9**

We are writing to update you on changes to the national flu vaccination programme which are relevant to your school. We have recently been informed that the flu programme will now include the school years 7, 8 and 9 from September this year.

Early information from the flu season in Australia, shows flu has been circulating earlier than expected and has been affecting younger age groups, therefore DHSC has taken steps to include these age groups in the 2022/23 vaccination campaign.

Sessions for flu vaccination have already been planned and confirmed for primary schools so providers will be working with you to arrange additional dates to ensure vaccination can be offered to your students. It is likely that this will be from November onward once additional vaccine supply is available.


We would be very grateful if you could remind parents that their children are entitled to free flu vaccination on the NHS. This vaccine will be provided by a school aged vaccination team that visits the school and is given as a nasal spray. This form of the vaccine is very easy to administer and is especially well suited to preventing onward spread of infection.

The vaccine protects the child against the four main strains of influenza predicted to be in circulation this winter. Young children catch influenza very easily. Children can spread the infection for up to 7 days, which is longer than in adults, therefore vaccinating children reduces the risk of influenza for family members, teaching staff and other children.



In school, children will be mixing with large numbers of other children in a confined environment, which increases the risk of germs (virus and bacteria alike) spreading. Vaccination builds children's immunity to protect against illnesses. Vaccines stop influenza germs being spread, thus protecting the very vulnerable children and those in the wider community who may not have, or may not be able to develop, immunity.

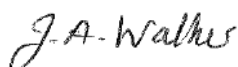
Thank you in advance for your support



Will Huxter

**Director – Primary Care and Public Health Commissioning**

NHS England Primary Care & Public Health Commissioning (London Region)



Jacqueline Walker

**Operational Director – Covid-19 and Influenza Immunisation Programmes**

NHS England - London Region



Simon Hailstone FFPH FRSPH

**Consultant in Public Health**  
NHS England Primary Care & Public Health Commissioning (London Region)