



Grey Court School

eBulletin

3 February 2023



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Cover photo: cropped photo of our year 10 students who participated in the two Jack Petchey public speaking workshops held this half-term. View story and photo in the year 10 section of this bulletin.

The Notice Board

School Calendar

22-23 Term Dates

23-24 Term Dates

Events

The Uniform Shop

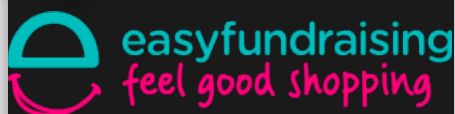
Open Thursdays

3pm to 4pm

PA Appeal

GoFundMe

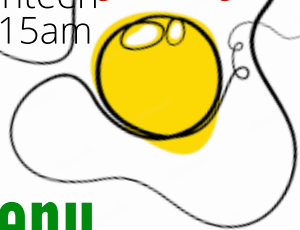
Digital Screens



Breakfast Club

open everyday

The Silver Canteen
7:45am to 8:15am



School Menu

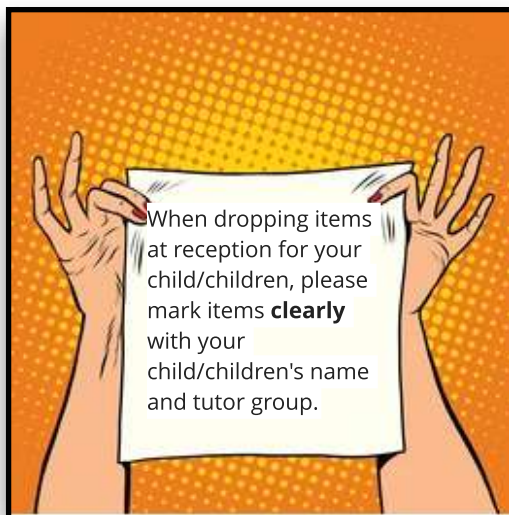
Breakfast

Graze Food + Drinks

Weekly Menus

Please remember to top up your child's canteen account on a weekly basis.

Message from Ms Sanders...



Extracurricular Timetable

Sports' Timetable

Spring Activity Day

9 February 2023

Click on the links below to access Activity Day Details

Year 7

Winchester Science Centre & Environmental Day

Year 8

Windsor Castle & St Paul's Cathedral

Year 9

Stock Market Challenge, financial awareness & careers networking event

Year 10 History

Year 10 Geography

Year 10 Computing

Year 10 VPA

Year 11

Options Subject Focus

KS3 and KS4 News

This week is Holocaust Memorial Week. On Wednesday students were lucky to hear from a speaker on the topic. I and the year 7 team were very pleased with the maturity and behaviour on show during the talk. Several members of staff have spoken to me about how impressed they were with the conduct of the students, who listened intently and asked some poignant questions. A big THANK YOU to Ms Hawkins who organised the talk. The students will learn about this important topic in more detail in the History curriculum in year 9.

Students were also lucky to have Ms Price lead a PDW session on safeguarding and being a positive bystander. At Grey Court, we try as hard as possible to ensure that students are happy and safe at school, but, of course, we acknowledge that issues may arise along the way. Bystanders play an important role - preventing any negative behaviour or reporting any incidents that happen. In this way, we can all work together to make Grey Court a positive place to be.

Finally, next Thursday is Activity Day. Students need to make sure they are aware of the details of the activity they are taking part in, and ensure they are aware of the arrangements for the day.

A	Karlo G	For being a positive student and helpful during form.
B	Marie M	For having a positive attitude and mindset everyday.
C	Claire C	For being a kind and caring friend
E	Matthew H	For being an polite, and hard-working member of the form
M	Aariz Q	For being a positive, kind student
O	Jake M	For showing great resilience and a positive attitude.
R	Yasamin K	For having a positive attitude towards her work and for showing responsibility in form time
W	Zachary P	For being a kind and polite member of the form

Mr Day

Year 8 and 9 Maths Assessments

Year 8 and 9 will be completing a Calculator Maths Assessment on the following dates:

Year 8 A Band: Thursday 23 February, P1

Year 8 B Band: Thursday 23 February, P5

Year 9 A Band: Thursday 23 February, P1

Year 9 B Band Thursday 23 February, P6

Y8

Y9

These will cover everything that students have studied so far this academic year.

Students have a revision checklist that they can access on their Google classroom, an interactive scheme of work and a specific Mathswatch task to guide their revision.

If a student has any further questions about this assessment they should speak to Mr Lunniss.

Our last bulletin entry for the half term! It has absolutely flown by and I can't believe our ski trips leave next week. Ms Weston held the ski trip meeting and all information was given at this meeting.

Please double-check all arrangements for Activity Day on Thursday. Remember there is no school on Friday!

Thanks to the Creative Media trip this week with Ms Howell and Ms Comrie, who took lots of year 10s to Sky. Many year 10s said how useful and enjoyable it was. So a big thanks to Ms Howell for organising such a brilliant trip.

As we have a short term when we return on 20 February, I am encouraging all year 10s to rake in those achievement points before our Easter Celebration Assembly. Next half-term and before Easter, students will also be running an enterprise activity as part of their 'Be Great' programme and have been working as a tutor group to come up with some fundraising ideas. We look forward to seeing their enterprising spirit next term!

Please check out attendance for the year group. A massive well done to 10 Rowan for smashing it this week at 97.9%. Our group still stands at 94.3% - we still have a way to go to reach our target but a big well done to those showing up every day and ready to learn.

Have a fantastic half-term break.

Miss Clark

Remember there
is no school on
Friday 10
February!

Year 10 Food and Nutrition - Dim Sum Demonstration

We were lucky enough to have Mrs Ouvaroff visit the Food and Nutrition department this week to give a demonstration about making dim sum and dumplings to celebrate the Chinese Lunar New Year. She explained to Year 10 how to create the parcels and how they are traditionally shaped to represent the year of the animal for the Chinese calendar. Mrs Ouvaroff also explained how flavours need to be balanced - sweet, salty, spicy and sour. See some of our Year 10s in action!

Wishing everyone a lovely half-term full of delicious food.

Ms Clark

FOOD CLUB
begins again on
24 February -
see you there!





Year 10 Food and Nutrition - British Dishes



Year 10 have been looking at the diversity of British cuisine, food staples and how food provenance, politics and weather affects the food we eat. They cooked some classic British dishes, using as many British and seasonal ingredients as possible.

Well done to all of the year 10 students who participated in the two Jack Petchey public speaking workshops held this half-term.

Although many were apprehensive at first, they soon lost this in the presence of Mark Kane, a motivational trainer full of energy and very helpful.

Here are some of the quotes from students:

"Listening to everyone's opinions and speeches was the best part of the day"

"This session took me out of my comfort zone and pushed me to be a better speaker"

"I really liked expressing myself. I learned lots of skills to help me in the future."

Congratulations to our workshop winners: Shiven, Xavier, Coretta, Theo D, Beth, Amelia and Rosa.

Ms Holmes



The end of the term is quickly approaching and as we close the first half of the February half term I can say we officially have only 55 school days until the first GCSE exam. With this in mind, Intervention focus month for year 11 is back! Although this is only compulsory for some, intervention is open to the entire year group. Given that exams season is quickly approaching, it is integral that students spend this time revising and attending the necessary interventions, please utilise these opportunities and attend as many intervention sessions as you can. Interventions are held straight afterschool from Monday to Friday and have been split into Week A and Week B. Next week commencing the 6 February will be week A.

Additionally, the official Health and Social exam took place on Monday so well done students this was a real GCSE exam which means you have crossed one off the list, only another hundred to go.

Some of our Y11's were lucky enough to attend a poetry workshop today. Thank you to Ms Randles for organising and all the teachers who made the day successful.

Quote for the week: "Time does not change us. It just unfolds us"

Ms Comrie

Time does
not
change
us. It just
unfolds us



Monday 20 February

Hopefully you are aware that the school has switched Inset days. This means that 20 February is no longer an Inset day. Despite this change, Year 11 students will still have their Maths and English trial exam on the 20 February.

In order to accommodate this, Year 11 will have different timings to a normal day. Please take note of these:

Students arrive at school: 10:25 (no break service)

English Literature exam: 10:45 - 12:30

Lunch: 12:30 - 13:30

Maths calculator exam: 13:30 - 15:00

Please ensure that students bring calculators on this day as we do not have spare calculators at school.

Mr Gordon-Walker

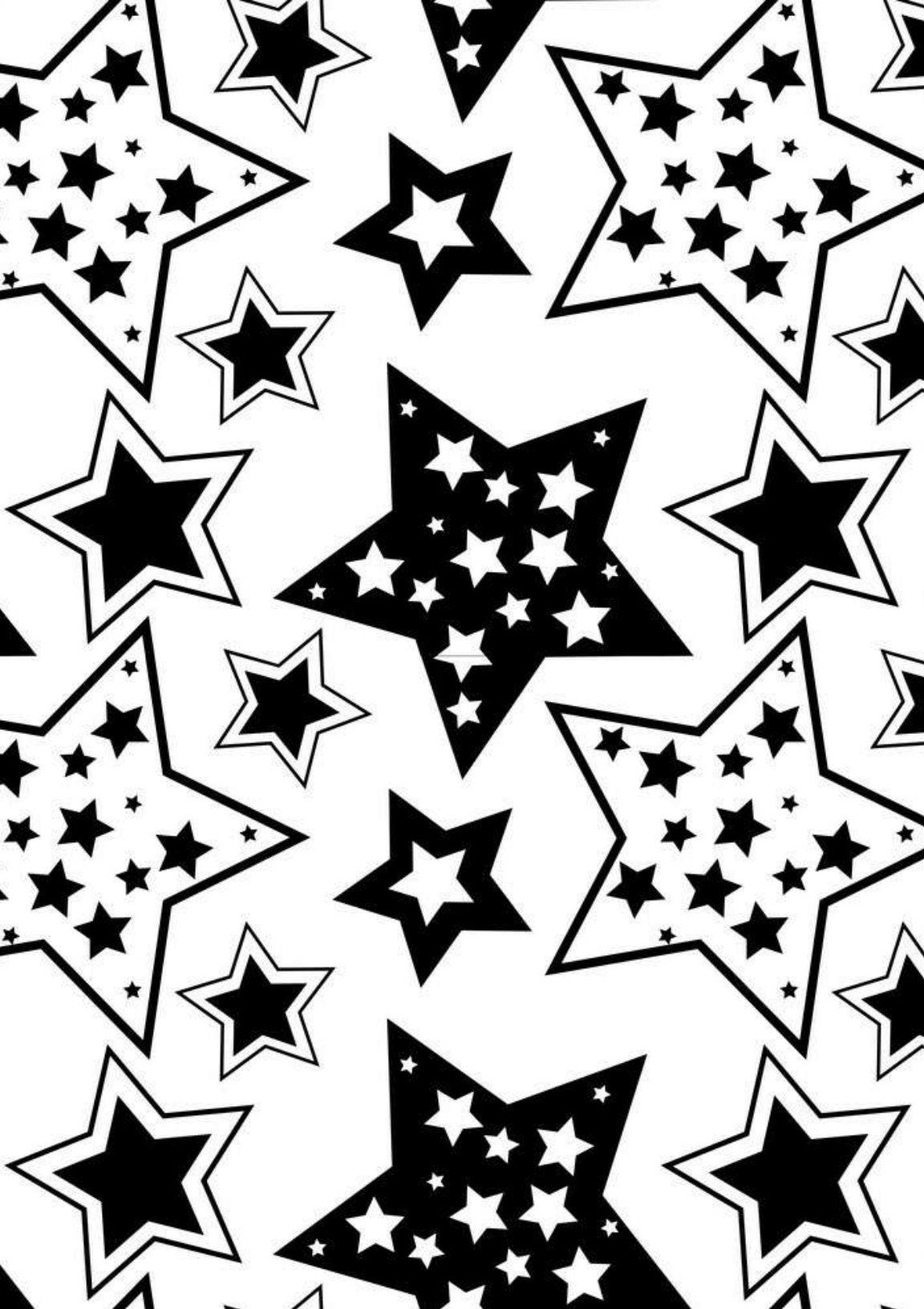
ATTENDANCE MATTERS

Attendance for the week 23 January to 27 January

Congratulations to Year 7 for achieving 96.6% attendance, and to Year 7 Tutor Group Willow for achieving 99.4% attendance!

Tutor Group	Attendance %
7 Willow	99.4%
8 Cedar	99.4%
9 Willow	97.3%
10 Rowan	97.9%
11 Maple	97.7%

Year Group	Attendance %
Year 7	96.6%
Year 8	94.9%
Year 9	93.0%
Year 10	94.3%
Year 11	94.4%



It has been a democratic double-whammy for Grey Court over the last few weeks as esteemed members of the KS4 team: Ms Weston, Ms Comrie and squirrel tamer and man of the people, Mr R Clements, have been invited into to the corridor of power that is the Palace of Westminster.

Starting with the sisters of sorority: Ms Weston and Ms Comrie - pictured here in patriarchy busting cocktail dresses - were guests of honour at a networking event hosted by TLClive. This affiliate of the national tutoring programme, recognised Weston and Comrie, for their innovative work in linking up students with online learning programmes during the Covid lockdown.

These terrific teaching champions spent the evening networking with a number of influential figures from the world of education and social entrepreneurship where they were asked to share good practice on the Cholmondeley Terrace.

Meanwhile - and a week later - mild-mannered squirrel-catcher and regular unblocker of Sixth Form toilets - Mr Clements - was summoned to Mr Rhodes' office and in recognition for these services to education - ordered to find our two most trustworthy and community spirited Year 11 role models to attend a "Spirit of 2012 retrospective." The networking event brought together a range of community fundraisers, Lords, Ladies, OBEs, Sirs, Dames, event organisers and Peoples Tsars who had contributed to cultural events such as The Olympic games, Commonwealth games, Eurovision, the Womens' Euros and cities, villages and Hamlets of culture. The aim of the "Afternoon tea" was to bring people together to consider how events can help build happy, thriving and more connected communities.



I learnt this information on the way up to Waterloo in the company of Diren and Mughda, two of Grey Court's finest prefects, ambassadors, scholars, debaters and leaders of the school's student diversity collective. Both students were immaculately attired and managed to explain the minutiae of the Spirit of 2012 report for me as I searched for my travelcard!

Once we were through the Palace of Westminster's security cordone and my bicycle light had been confiscated by two armed policemen with stubble and a submachine gun, our intrepid team descended into the bowels of Westminster. At the entrance to the Churchill rooms, I was even issued with my own name badge, and learnt that as the only school in attendance, we were going to be entrusted with representing the voice of the youth!

As we passed the portal of power, I naturally handed over power and responsibility to Mughda and Diren, who proceeded to effortlessly work the room introducing themselves to a series of V.I.Ps and M.Ps with impressive double-barreled surnames. In an assertive fashion, I retreated to the Commons skirting board area and mulled over a beetroot and pickle sandwich. Luckily, I was rescued from my reverie by Amanda Le Poer Trench, the Head of Volunteer services, at Kew's Royal Botanical Gardens, whose department had welcomed some Grey Court work experience students in previous years.

Unbeknownst, to me, our conversation - minus a lengthy segment where I regaled Ms Le Poer Trench with tales of my own children's eviction from Kew's climbers and creepers - had been overheard by Sir Tom Hughes-Hallett, the Spirit of 2012's executive and...keynote speaker...

And so I nearly choked on my pickle and beetroot sandwich, when 2 minutes and 34 seconds in Mr Hughes-Hallett's oration, he naturally gave a "shout-out" to Grey Court with the immortal words: "and I'd like to welcome the Deputy headmaster of Grey Court school to our event. I was overjoyed to hear about his collaboration with the internationally renowned Kew Botanical Gardens in a festival that will bring together diverse communities and promote community cohesion."



"Oh my God," I thought as the speech ended, the dignitaries gave a round of applause, and I looked for the nearest exit. However, help was on hand in the form of Grey Court parent, community cohesion coordinator, master of the introduction and veritable tracking shot of handshakes and networking repartee, Mr Ajay Chhabra. Having secured Grey Court entry into the corridors of power, he lost no time in reacquainting us with Sir Tom, who decided to press me to develop my ideas for the Grey Court - Kew collab.

Searching around for inspiration two ideas came into my head: "the Ham and Petersham slow worm collective" Or "an International Student bioconference featuring world renowned scientists, ecologists and economists." At which point - aware that I was starting to stutter, Ms Le Poer Trench added "'time is running out to *make peace with Nature*' so *we will be* incorporating some of the big issues around articulating the critical importance of Nature (or biodiversity) to economies, societies, and our lives more strongly especially amongst our young audiences."

"Sounds perfect" said Sir Tom, "I have a house near Richmond Park, I can visit! Let's get it funded!"



(Ajay Chhabra, Amanda Le Poer Trench, R Clements, Deputy Mayor of London, Justine Simmons, Mughda Najib and Diren Chhabra in the House of Commons' Churchill rooms - planting the seeds for a big event this summer!)

MUGOs 2023

Featuring

*Alfred Noble, Betsy Piers, Betty Thomas,
Charlotte Alexandre & Zak Nagy, Charlotte Delaney,
Clara Bing & Tea Halls, Ella Waldmann, Layla Banarse,
Maheen Aatif & Ayah Mahmoud, Maya Sills, Noah Cervantes,
Rachel Philpott, 'Teen Spirit', 'Kurzon' and 'Pictures of Trickery'.*



TICKETS AVAILABLE VIA SCOPAY
ADULT £6 CHILD £4

Thursday 9th March 6.30pm

Holocaust Memorial Day at University of Roehampton

Social Science

On Friday 27 January 2023 a group of year 12 Social Science students attended the Holocaust Memorial Day with Ms Duncan, the day involved three different talks from senior lecturers and the education office from The Wiener Holocaust Library.

The introductory talk explored the nation of 'ordinary people' and how they were complicit in the crimes that occurred during the Holocaust. There were discussions and examples of the differences or similarities of being a 'passive by-stander', 'peer-pressure' and 'indoctrinating youth'.

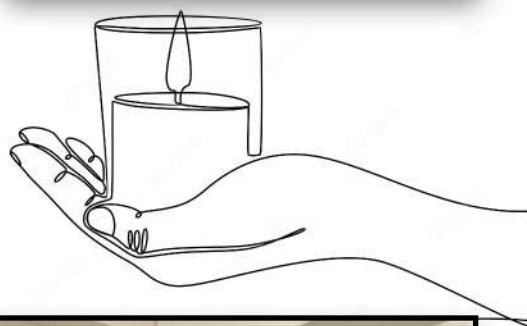
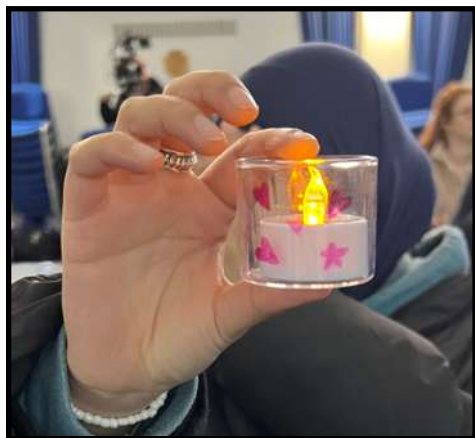
Students were shown images of 'stolpersteine,' there are 75,000 which are scattered throughout Europe, planted in city streets and sidewalks. They are commemorative brass plaques that eternalise the lives that were lost in the Holocaust. Stolpersteine (in English: "stumbling stones").

'The crimes were fundamentally wrong, but who was to blame? I'm very interested in the discussions around the difference between 'perpetrator' and 'complicitor'. And the differences between applying their literal meaning to the events during the holocaust and the ethical considerations around that.' -Year 12 Social Science student.

War criminals in majority had normal jobs, families and went back and forth quite easily. But how could these 'ordinary people' witness or commit such horrific acts? Students made links to studies they learned about in Psychology, The Milgram experiment(s) on obedience to authority figures were a series of social psychology experiments and Zimbardo's study, The Stanford prison experiment was a psychological experiment.

We heard from Dr Tim Atkins who read Poetry written by Poets who had either experienced the Holocaust or their poetry was responding to it. Students described them as 'incredibly powerful' and 'emotional'.

One of the final activities was a 'flame-making' activity, where students had the opportunity to reflect on the talks and design their own candle holder. Each year people are encouraged to safely light candles in their windows for Holocaust Memorial Day as a sign of remembrance and a sign of standing against prejudice and hatred today.





Wellbeing

ADHD Embrace *Update*

We recently had a webinar on **Social Communication** that raised many comments in our community about the challenges of social communication among children with ADHD. We're so often focused on how ADHD affects productivity and learning that sometimes we forget the social impact on children and young people.

Individuals with ADHD may struggle with social cues, butting in and breaking rules, are easily distracted, drift off, fidget and can misinterpret what others are saying - following rules and instructions whether in a classroom or playing a game with friends can be trying. Difficulties on a daily basis with planning, organisation and following through can make life and relationships complicated, especially since most people don't really understand how ADHD can affect social interaction - friends misread poor memory for not bothering to listen to them or remembering what's going in in their lives and don't 'get' the ADHD friend or partner who's 'lost in thought', loses track of time and is always late. It's hard to build lasting friendships and relationships if you can't remember key information or struggle with organisation.

Struggling to manage emotions can lead to an overwhelming sense of frustration and discouragement so the ADHD person gives up on what they're doing and avoids interaction which can come across as not caring/can't be bothered to the ill-informed teacher, parent, friend, partner, work colleague or boss. All of these elements can affect friendships and, on top of everything else they are trying to cope with, may lead to anxiety, low self-esteem and depression. We have some help for you with our tips on how to master social skills!

Knowledge. Social skills can be improved when there is an understanding of what they are to then improve them. Read your child books around the subject - don't presume they know.

Attitude. Be positive! Positivity is one that many ADHDers have and being open and appreciative of feedback provided by others is incredibly valuable.

The echo. Those who struggle with missing pieces of information due to inattention during conversation could develop a system of checking with others what they heard. "I heard you say that. Did I get it right, is there more" – avoid social errors due to inattention!

Observe others. Everyone can learn a great deal by watching others do what they need to learn to do. This can be in real life or on the television.

Role play. Practice the skills your child needs with them.

Visualization. Teach your child to visualise and practise social situations so that in real life they make less mistakes.

Increase "likeability." According to social exchange theory, people maintain relationships based on how well those relationships meet their needs. Therefore, it is helpful to understand that certain traits are viewed positively by others - such as: sincere, honest, understanding, loyal, truthful, trustworthy, intelligent, dependable, thoughtful, considerate, reliable, warm, kind, friendly, happy, unselfish, humorous, responsible, cheerful, and trustful.

We hope that some of the above is useful - do take a look at [our video](#) if you want more information. In the meantime we look forward to seeing you at our forthcoming events!

Best wishes, The ADHD Embrace Team

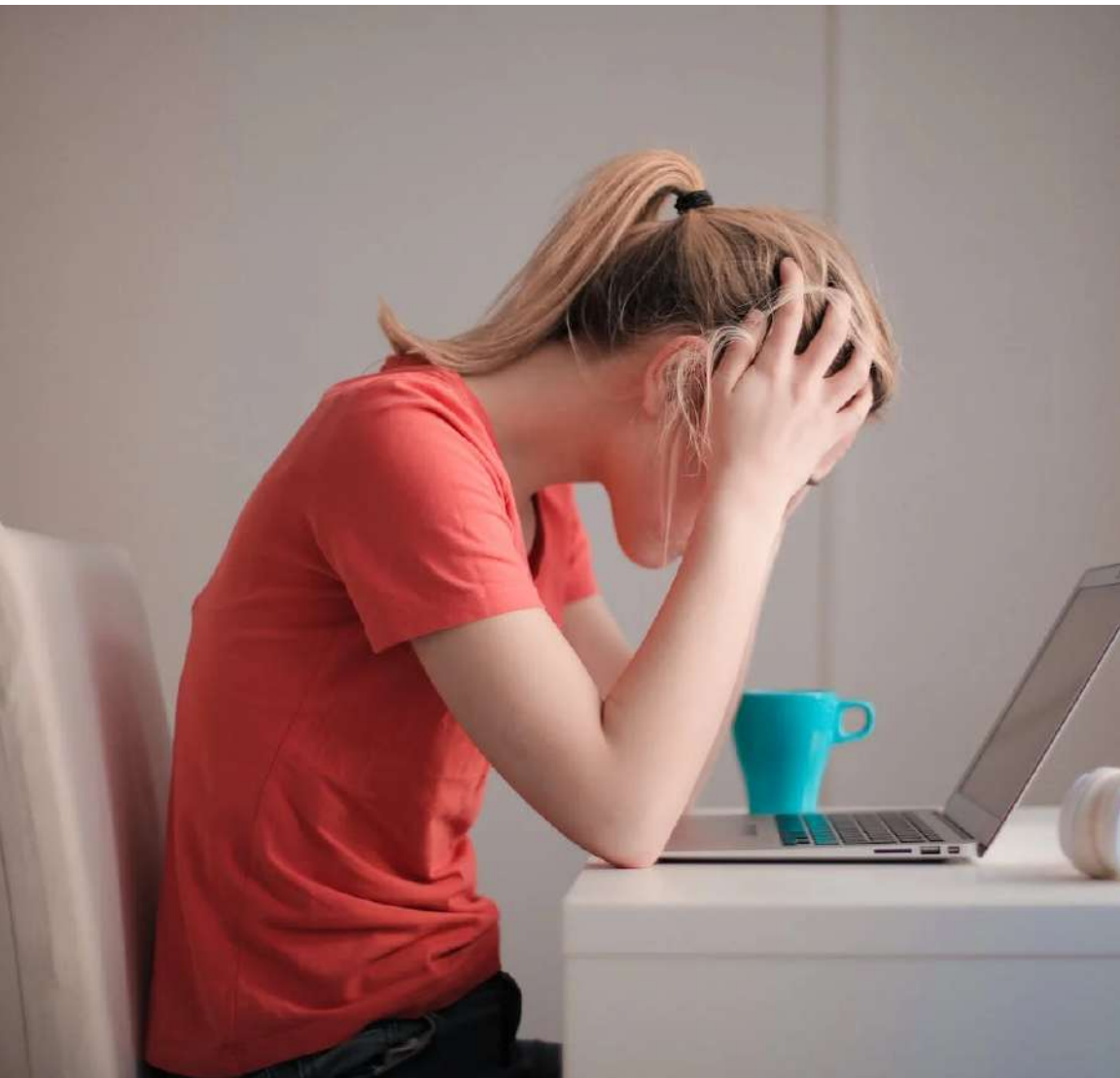


Click for forthcoming events

HOMEWORK ANXIETY

What is homework anxiety?

Frustration, refusal, tears, and tantrums: homework anxiety can leave kids feeling stressed and parents worried and upset. We've got tips to help you spot the signs and give kids the help they need.



Careers' Update

Checkout the careers' update!



Sixth Form News



Parents' Evening

The parent evening was really well attended and I want to extend a huge thank you to all staff, some of whom had appointments from 1:30pm to 7:30pm. We hope that parents and students were able to take away some good next steps that will allow the students to make improvements prior to their next set of exams.

Appointments will continue to take place on **Wednesday 8 February 2023** from 1:30pm onwards for those that were unable to take place on the 2 February.

This will be a remote event, so all appointments will be virtual and be 8 minutes long.

It goes without saying that this is a very important evening for parents of our students and we would encourage you to make every effort to attend.

Year 12

Students have been invited to put forward their proposals for funding from the **Mark Evison Foundation**.

This was set up by Mark's family after he was fatally injured in Afghanistan and is designed to give students the opportunity to plan and prepare for a project, trip or challenge of their own design. We have had a record number of students put their names forward, and the follow-up meeting with the Foundation will give students a chance to talk through and firm up their ideas.

UCAS - headline figures

The UCAS deadline has passed and all year 13s who wanted to apply met the deadline and submitted an application. Thirty-two students have had responses from all of their chosen universities, the majority of whom have had offers from all five of their choices. 124 students have had at least one offer and four students are waiting to hear from all of their choices. This is a real credit to the hard work that went into their applications.

What Comes Next?

Once you have heard from all five courses you applied to you should choose a firm choice and to put in an insurance choice of university. Sounds scary but you have a deadline of 18th of May to accept your choices so there is plenty of time for making decisions. Below is a brief presentation and a short video link to a UCAS guide on how to accept offers.

How to Accept your University Offers

When you are making your choices you should base your decision for your firm choice of the university you most want to go to. When choosing an insurance choice it should be a university that has made you a lower offer (but you are till happy to attend). This will mean that if you miss your grades for your firm choice, you will still be given a place at your insurance university and won't have to go through the Clearing process in August.

Extra opens on 23 Feburay and allows you to add another course choice, if you have received decisions from all five, and weren't accepted or if you declined the offers you received.

If you did not use all your choices in your initial application, you don't need to use extra, you can just sign in to your application and add another choice, as long as it's before **30 June**, and you've not accepted or declined any offers. Please come and talk to Mr Taylor or Ms McNicol before turning down any offers you have been made and using UCAS extra. It may be that contacting a university and asking to change your course will be a better way of making a change than using **Extra**.

EPQ

Last week students were given an introduction to creating their final presentations on their EPQ. This is in front of a small audience of their peers and will last about 10 minutes (including a Q and A session). Presentations should be completed in February so that final folders can be handed in by the beginning of March. This avoids any clash with preparation for Easter mocks.

Oxbridge

Our new year 12 Oxbridge group had their first meeting last week. Miss Fincham outlined the basic requirements for an application for all students to reflect on and decide if the process is something they can commit to and that they meet the entrance criteria. A supercurricula task has been set up on Google classroom for students to complete. This is in preparation for writing the first drafts of their personal statements. In addition this, students should research the courses, colleges and entrance exams for their subjects to ensure they are fully aware of the expectations and the timeline in the year ahead.

Bulletin

Weekly Opportunities Bulletin - your personalised information sheet about:

- Work experience
- Careers talks
- University tasters/summer schools
- Apprenticeships

01/02/2023 Sixth Form Careers opportunities

Letter

Work Experience Letter: a letter about summer work experience was sent home to parents on 23 January

WEX Unifrog Placements letter for parents

Students should be now looking for placements for 3rd-7th July 2023 and they can confirm their placement using the unifrog placements tool. Students can also access university summer schools during that week as an alternative to work experience. Please just speak to Miss Corrighan if you have any questions bcorrighan@greycourt.org.uk and do refer to google classroom for more information.



Evie winning the Year 7 Middlesex Cross Country Championships at Harrow. this was a quality run by a very talented athlete.

Sports' News



On Friday, U16 basketballers faced @tiffingirls_pe in round one of @LdnYouthGames winning 60-23 to progress to the next round. Thanks to Jess and Pearl for running the table and to Tiffin for hosting in their fantastic new sports' centre. Bring on round two!



Strong comeback from our U12 girls' basketball team on Tuesday! It was neck and neck in the first quarter but our squad finished on a high, winning 30-16! Well played @SportRPA!



Excellent run by these year 7 students who were representing Richmond in the Middlesex Cross Country Championships. Avery finished second, Euan fourth, Ifan sixth, Andrew eleventh and Toma thirty-second. Superb running performance, boys!



Excellent 6-1 victory for the U13B team on Tuesday afternoon. Well done, boys!



Superb to have Dylan back in action for the U15s today in their 5-0 victory. [#specialtalent](#)



Lovely header by Luca.



Superb build up and finish by Dylan



Another lovely team goal finished by James.



Calm and precise penalty by Enzo.

Nicole is a dedicated and hardworking footballer. She has improved immensely over the last year and her hard work has paid off as she was identified by Brentford FC and invited to trial out for their Development team before Christmas. Nicole was successful in their trial and invited to train and play for Brentford with the opportunity of moving up into the Academy team.

Within school Nicole is a vital part of the U15 and U16 girls' football team, playing in the centre of midfield but is versatile enough to play at the back if and when required. Nicole is an ambitious learner and takes well to direction. This is clear to see as she is always present at training and keen to impress the coaches. Nicole is a great role model for the younger years and is the perfect example of a team player. Congratulations on getting scouted for Brentford! We look forward to hearing about your progress in the squad.



Nicole Tahir

Player of the Month

Ida is a hard-working and committed student. The same could be said for her dedication to sports in and out of school. Having only moved to the UK in the summer, she has already made a big impact on the local swimming community and recently qualified for the Middlesex County Championships. Currently ranked fourth in the county for the individual medley, Ida trains six times a week with Teddington Swimming Club and has an impressive medal tally of five golds, two silvers, and three bronze - many of which are her personal best. Ida also trains twice-a-week for Teddington Hockey Club, and plays within the Year 7 Performance Squad.

In school, Ida is part of the U12 basketball, netball, and football teams. She has also recently joined our new lacrosse development sessions on Mondays. It is evident from training as well as Sports' Scholarship lessons that she has strong potential to become a great games player.

You will often see Ida make fantastic interceptions regaining possession of the ball and close down her opponents when marking. Ida is a go-getter, never backing down from a challenge. You definitely won't see her giving less than 100% effort. Keep up the good work, Ida! Good luck in your next swim meet.



Ida Teggarty-Sparks

Scholar of the Month

The U13 cricket team is our team of the month! They have experienced great success, going unbeaten in their last two indoor cricket tournaments. They progressed from the Richmond Indoor Cricket Tournament, to the Outer Borough Regional Final, and now will be moving on to play the other Middlesex Regional winners. Not to mention, they won their first game by 7 wickets and 4 overs to spare in the Regional Final!

Despite being very early in the season, our U13 squad have fantastic chemistry and work as a unit. They are calm and collected when under pressure, and you will often hear them giving each other words of affirmation when someone is nervous. Big shout out to our two Year 7 players - Charlotte Vermeulen and Livvy Carlino, who are playing up a year group and are some of our standout players. They are very consistent in their batting and bowled some lethal balls! Well done to everyone on the squad. We look forward to our next round of games!

U13 Cricket Team

Team of the Month



Max has performed fantastically for the rugby team at school this year. He has played outstandingly well at full back, demonstrating both his speed and power on the pitch. Max scored two tries in the National Cup last 32 helping the U15's secure an impressive victory over Salesians. He will be a vital part of our team moving forward with the last 16 fixtures being held in the last week of this half term. In addition to this, Max has been the standout player for the Year 10 football team this year. He was excellent in our recent Borough 6-a-side tournament, helping the team go on to win and be crowned Borough Champions. Max has been doing well with his academic PE lessons, and has made a great start to his PE GCSE course, performing well in both of his end of unit tests. He will be a vital part of our summer athletics team, and will form part of a very strong inter boys squad, featuring in both the 100m and the relay.



Max scored two tries in the National Cup last 32 helping the U15's secure an impressive victory over Salesians.

Maxwell Seddon

Player of the Month

Jackson has been a fantastic ambassador for the school since he joined Grey Court in September. He always arrives to his PE and scholarship lessons with a superb attitude and has been doing extremely well in both his lacrosse and gymnastic lessons this half term. He works very hard, irrespective of the sport he is playing in, always striving to give his best. Each week he is always up at the front in the daily 1k, building his endurance that is transferring over so well for his other sports. Jackson has been a key part of the football team this year, displaying both his talent and versatility across a range of positions. He has played for the school at left back, left wing and also in central midfield, motoring up and down the pitch. Jackson has provided some crucial goals and assists already for the school this season. He has a brilliant left foot and finished off the winning penalty in a dramatic County Cup victory over Hollyfield earlier in the season. We now look forward to seeing Jackson feature in our remaining football fixtures this year and representing the school during the summer athletics season.

Jackson Terry

Scholar of the Month



Jackson has been a fantastic ambassador for the school

Our team of the month is the U15 football team. They performed exceptionally well to win the 6-a-side borough competition at Hampton High earlier this month. There were some superb performances on the day, and the team came together to remain undefeated throughout the competition. Hugo Griffith was excellent leading from the back. The team played some great possession football throughout the tournament and looked comfortably the best team. It was great to have Dylan back after recovering from his injury. His added skill and quality brought a new dimension to our attacking play. The teams at the competition included Christ's, Teddington, Hampton High, Richard Reynolds, Turing House, RTS, and Richmond Park Academy. Ultimately, it was our victory over RPA in the Final that clinched the Borough title.



Hugo Griffith was excellent leading from the back

U15 Football Team

Team of the Month

TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

4. Connect by taking an interest in your child's world

As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

5. Find time to connect as a family

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

6. Try to resolve conflict and re-connect after arguments

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. parentingsmart.org.uk

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help

Be a STAR of your emotions

We all experience different emotions from time to time. In just one day, you may feel proud, excited, sad, anxious, nervous, and many other emotions.

Remember, all feelings are valid.

Shining a light on how you feel, particularly when you're feeling overwhelmed or anxious, can help you find coping strategies to support your emotional health and wellbeing.

STOP

Take a step back from whatever you're doing. How do your body and mind feel? Try putting your hands on your heart and belly, then quietly count to 10.

TAKE A BREATH

Practise a breathing activity. As you gently breathe in and out, trace one finger up and down the fingers of the other hand. How do you feel now?

AND

Continue to breathe deeply. Notice if any emotions come up; begin to label them. It's okay to not be okay! Try a sensory activity like push-ups, star jumps or using a calm down jar.

To get started, follow the steps on the STAR model.

RELAX

When ready, share how you feel. Write it down, draw a picture, or talk with a trusted adult. This can help you find a way to resolve the situation. Then, do an activity to relax and let go!

A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued.
Use these tips to improve your mental health one letter at a time.

 A ASK FOR HELP You are not alone, so reach out and ask for help	 B BREATHE Focus on your breath to find a sense of calm	 C CONNECT Connect with friends, family and trusted adults	 D DETOX Unplug from social media and other distractions	 E EMOTIONS Observe how you feel and label your emotions	 F FIND SAFE PLACE Go to a place where you feel safe and at ease
 G GRATITUDE Focus on the things you're grateful for	 H HEALTHY HABITS Create a balanced routine with healthy habits	 I INQUIRE Pause and ask yourself, 'how do I feel right now?'	 J JOURNAL Use a journal to express your thoughts and feelings	 K KINDNESS Be kind and compassionate to yourself and others	 L LET GO! Feel more energised, by moving your body
 M MEMORIES Visualise three things you are proud of	 N NATURE Improve your mood by exploring the great outdoors	 O OPENNESS Be open to new activities and notice what happens	 P PATIENCE It's okay to not be okay, so give yourself time	 Q QUIET Take quiet moments every day to reflect	 R REST Be mindful, rest often and get plenty of sleep
 S SUPERHERO Stand in the Superhero Pose for two minutes every day	 T THOUGHTS Track your thoughts in a journal, and notice any themes	 U UNIQUE You are unique, and so is your mental health	 V VOLUNTEER Boost your self-esteem by giving back to others	 W WORRY TIME Schedule 'worry time' to help solve practical worries	 X EXCITEMENT Do more of the things that bring you joy and excitement
 Y YOU MATTER! You are important and your feelings matter	 Z ZEN Practise calming activities like yoga and meditation				

Find out more about how Optimus Education can help boost your wellbeing at healthinschoolsuk.com

FEBRUARY HALF-TERM CRICKET CAMP FOR GIRLS & BOYS

MONDAY 13TH - WEDNESDAY 15TH
FEBRUARY 2023

AGES 6 - 14

10:00 - 12:30: SOFTBALL
13:30 - 16:00: HARBALL

PRICE

£25
per session

Sibling discount
available on request.

GIRLS AND
BOYS OF ALL
ABILITIES
WELCOME

VENUE

Tiffin Girls School
(Indoor Sports Centre),
Kingston, KT2 5PL

Maximum 24 places available for each session

To reserve your child's place, contact Ian
ian@taborsportscoaching.com
07710 198 435



KNIGHTS NATIONS EXTREME HOLIDAY CAMP

AGES

12 to 16

DATES

Monday 13th February to
Friday 17th February

VENUE

Waldegrave School
Twickenham

TIME

4.00 PM to 7.00 PM



Knights Nations
basketball jersey
included with
every 5-day booking.



Scan here
for further info
and bookings