



Grey Court School
eBulletin

24 March 2023

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Cover photo: U16 girls' football squad

Grey Court Gym & Dance Show 2023

Tuesday 28th March

Come and watch our amazing gymnasts
and dancers perform!

Doors open at 6:30pm

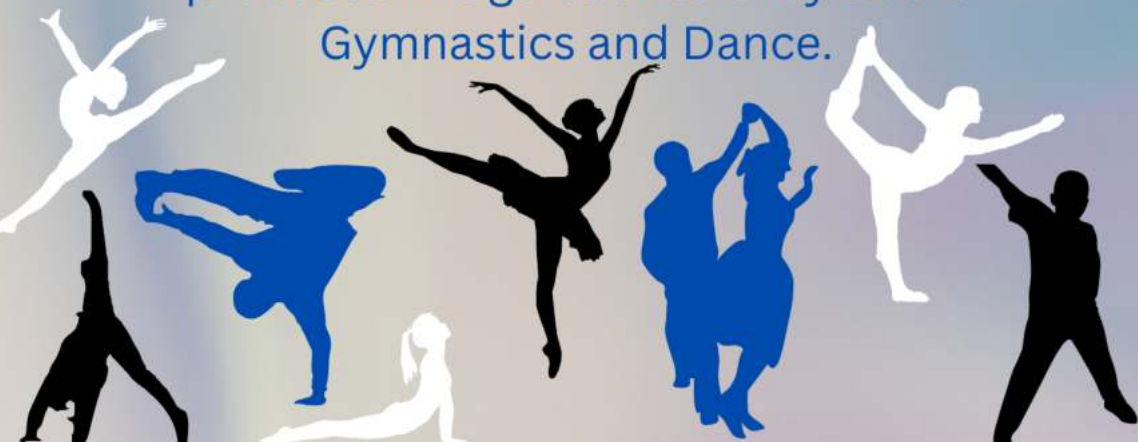
The show will start at 7pm.

£4 for children

£6 for adult

Payment available on Scopay or on the door.

A tuck shop will be available on the night. All
proceeds will go back to Grey Court
Gymnastics and Dance.



#KeepInTouch



22-23 Term Dates



23-24 Term Dates



School Events



Sports' TT



Sport SOCS



Education Fund



ScoPay



The Uniform Shop



Thursdays 3-4pm



Breakfast Menu



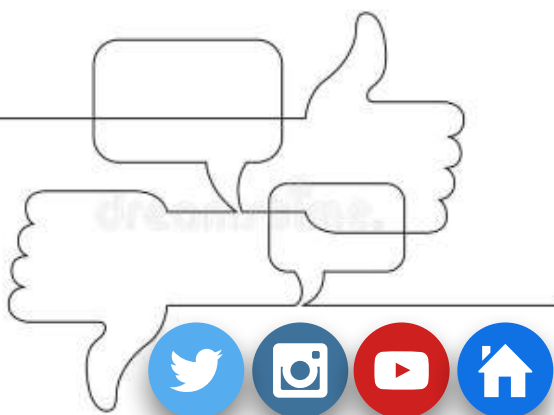
Weekly Menu



Graze Menu



Extracurricular TT



بحر القصص

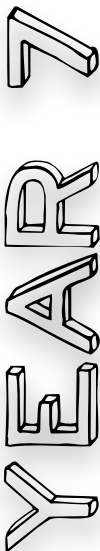
A multimedia performance of our
original migration stories

MAY 4
5:30-7:00 PM

Grey Court School,
Ham St, Richmond
TW10 7HN

SWEET
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&
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This week students have been attending house assemblies. At Grey Court we try to encourage a sense of belonging and a team in the different houses. Throughout the year there are multiple house competitions and many opportunities to earn points for their houses. Year 7s play a critical role as they often accrue the most achievement points out of any year group. These all contribute to the final house cup results at the end of the year. In the summer term, we also have sports' day to look forward to and the awarding of the Sports' Day Cup which is always great fun.

On Thursday 30 March, the Sixth Form will host an International Festival for the year 7 students. They will get the opportunity to learn about different cultures, engage with sixth formers, complete a treasure hunt, purchase snacks associated with the countries featured, and participate in some interactive games. We would ask year 7 students to bring in some small change in order to buy snacks and compete in the games. All money raised will go to the "Livingstone Tanzania trust" which refurbishes schools in Tanzania. A link to the short presentation that was shown to the year 7 students is featured here: [International Festival loom](#)

Next week, we look forward to our celebration assembly and the awarding of lots of certificates and prizes for all the fantastic achievements of the students this term.

This week tutor awards are as follows:

A	Alexander WO	For making an effort to join extracurricular clubs.
B	Felix F	For having a positive attitude towards school life.
C	Morten S	For consistent hard work and getting involved in everything during form time!
E	Athena AF	For making great progress with her maths tutoring and homework.
M	Adrian C	For improved behaviour in school.
O	Aidan E	For always giving 100% and taking opportunities to participate in school life.
R	Gabe M	For helping organise and run the tutor group competition with confidence and positivity.
W	Marcus W	For making great progress in Spanish

7

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Easy as Pi for Year 7!

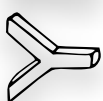
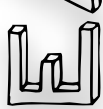
Last week, Year 7 got the opportunity to celebrate Pi Day (14 March - 3.14) with Ms Scott and Mr Lunniss, completing an interactive quiz all about the magic of Pi!

The engagement was fantastic with some tremendous team performances. All year 7s received a mathematical pencil for taking part and our amazing winners all received a chocolate treat!

Mr Lunniss would also like to give a big shout out to **James Glanville** (9 Rowan), **Anthony Porter** (8 Oak) and **Coco Mtandabari** (8 Maple) for their outstanding recitals of the value of Pi.







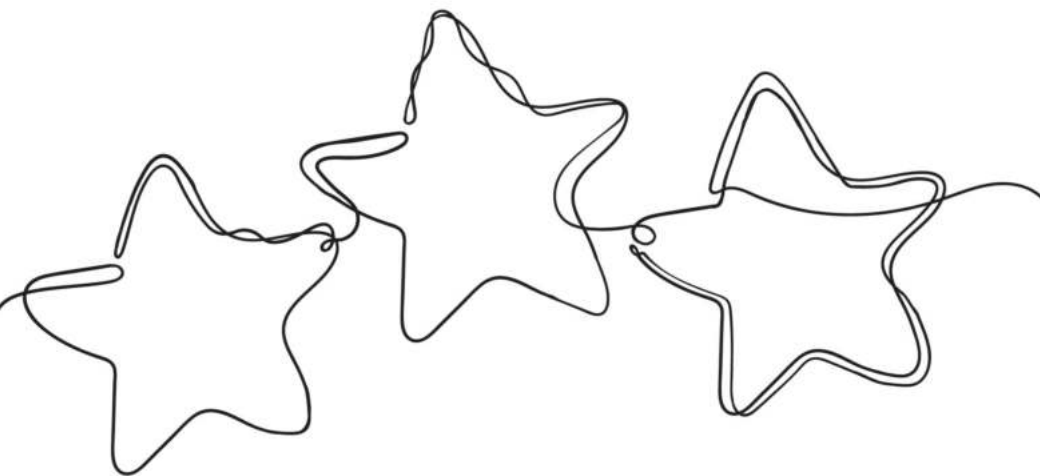
We are nearing the end of the term, soon the students can enjoy a well deserved Easter break! Next Wednesday, the KS3 team will be celebrating the incredible achievements the students have accomplished this term. We are really looking forward to it!

Options Google Form Deadline

This closes at the end of the day today, so please ensure you fill this out with your child by the deadline. As per the booklet, you need to use your child's greycourt account to access the google form.

Homework Clubs

Please remind your child that they are more than welcome to attend our many homework clubs if they would like extra support. They can ask their tutor for more details!



Top Achievers

Bade Isik, Eva Logan-Wilson, Rory Macgregor, Paige Alboni and Alkinoos Andraos-Doukas. Huge well done from the KS3 team!

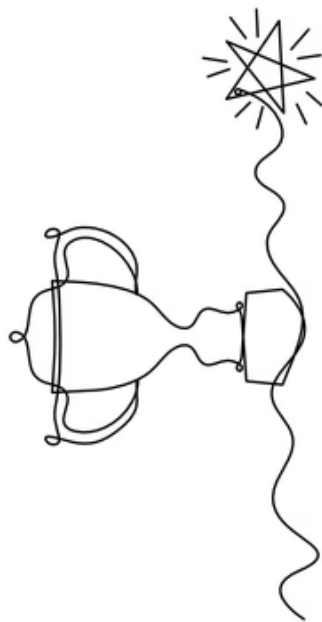
- Ms Howarth & Mr Ridley

YEAR 10

As an extremely busy term is coming to an end, it is a natural time for reflection and looking forward to the last and best term of the year - summer!

We begin next week with our Celebration Assembly on Monday where we can celebrate the achievements, progress and exceptional engagement of year 10 over the spring term. Teachers and tutors have been busy nominating students over the past few weeks to congratulate them on their hard work and persistent drive to achieve and improve over the spring term. I look forward to rewarding those students for their dedication to their subjects and their conduct in general!

- **Ms Clark**



YEAR 11

Happy Ramadan to those who are celebrating!

With the end of term drawing closer I'd be lying if I said we weren't all ready for a little hiatus. Please remember that the school is holding revision sessions for Y11 during the Easter break. Those of you who were told to attend should have all received letters and timetables for this, so please make sure you are prepared, ready and have all the correct equipment for this.

The end of term is always reflective for the teachers as well as the students. With the upcoming celebration assembly students will receive prizes and certificates by their teachers, as a way of acknowledging their efforts over the term. I look forward to rewarding these students and finishing the year with the grand quiz. I wonder what tutor group will take the final win??

- **Ms Comrie**

The future rewards those
who press on.

Ham & Petersham DOG SHOW

9th of July Douglas House Meadow

TW10 7AH



11:00am-4:30pm

**Kids under 5 and
dogs go FREE!**

**This is all in aid of
charity so please
bring cash to donate**

**We'll have agility and gun dog
shows in the main arena**

**Price of Entry:
£2 per person**



Classes!

**Best Behaved Puppy
11:30am - 12:00 pm**

**Best Young Handler
12:00pm - 12:30 pm**

**Prettiest Bitch
12:30pm - 1:00pm**

**Handsome Fella
1:00 pm - 1:30pm**

**Best Veteran
1:30 pm - 2:00 pm**

**Best Rescue
2:00 pm - 2:30 pm**

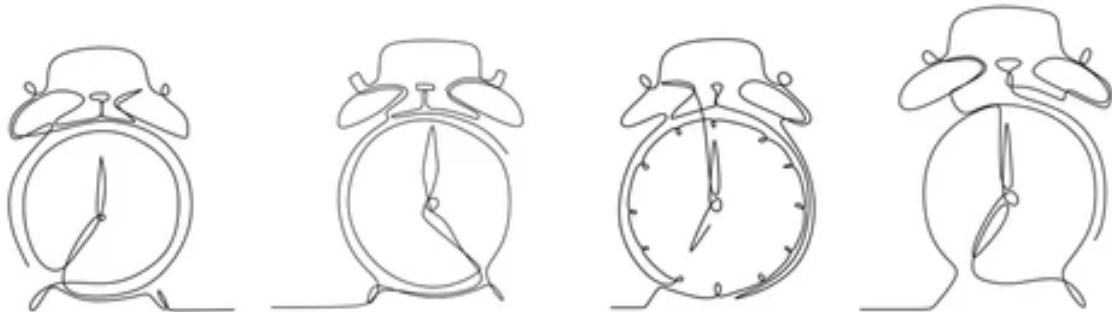
Best In Show 2:30 pm



**ALL DOGS
MUST BE KEPT
ON LEADS**



hamandpetershamdogshow.com



Attendance for the week: 13 March to 17 March

Congratulations to year 8 for achieving 96.8% attendance, and 8 Ash for achieving 100% attendance.

Year Group	Attendance %
Year 7	95%
Year 8	96.8%
Year 9	94.2%
Year 10	93.1%
Year 11	95.3%

Tutor Group	Attendance %
7 Rowan	98.8%
8 Ash	100%
9 Beech	97.6%
10 Oak	97.9%
11 Cedar	96.9%

ATTENDANCE

Matters

STARS OF THE WEEK

Science

Nominations WB 20 March 2023

Year	Name	Subject	Reason
7	Ida Eikelberg	Science	Excellent contributions
8	James Houlding	Science	Excellent engagement in class
9	Tafarii Halliday	Science	Outstanding achievement
10	Cherie Lou	Biology	Excellent progress in the subject
11	Shaurya Handu	Biology	Excellent progress in the subject
12	Julia Austen	Biology	Outstanding achievement
13	Katie Wallace	Biology	Excellent progress in the subject
10	Luke Sankey	Chemistry	Excellent progress in the subject
11	Frankie Anderson	Chemistry	Excellent progress in the subject
12	Abbas Ali	Chemistry	Outstanding achievement
13	Samuel Brookes	Chemistry	Outstanding achievement
10	Jack	Physics	Outstanding achievement
11	Hayden Abukalil	Physics	Outstanding achievement
12	Ruzgar Atik	Physics	Outstanding achievement
13	Neema Fanaie	Physics	Outstanding achievement
12	Red Cook	Applied Science BTEC	Excellent assessment grade
13	Kate Dolotova	Applied Science BTEC	Excellent classwork

WELLBEING



ADVICE ADVICE FOR FOR PARENTS PARENTS

EHS Online Workshop Library

Our online workshop library contains workshops for parents and carers on the following topics:

- School readiness (parts 1 and 2)
- Transition back to school after lockdown
- Supporting children with additional needs to transition back to school
- Supporting your child's transition and attachment to secondary school (parts 1, 2 and 3)
- Emotionally Related School Avoidance (ERSA)
- Introduction to child anxiety (parts 1, 2 and 3)
- Supporting young people who experience low mood (parts 1 and 2)
- Primary school sleep workshop
- Adolescence sleep workshop
- Parental wellbeing when caring for young children (parts 1 and 2)
- Bereavement due to Covid-19
- Supporting your child through bereavement

WELLBEING SUPPORT GROUP



**Come and meet Billie from the charity MIND
for support and advice to improve your
emotional wellbeing**

**Every Thursday 3.30pm to 4.30pm
at Ham Youth Centre**

A safe space where you can talk about uncomfortable feelings you are having such as anxiety and depression.

Realise you are not alone and learn strategies to deal with these feelings and ways you can boost your mental health.

Ham Youth Centre, Ham Close, Ham TW107PL

For 11 to 19 year olds



**achieving
for children**





Upcoming Events

Advice Clinics

For parents who need some individual input on your family circumstances, our Family Support Worker runs one to one advice clinics to provide you with resources and tools. She can advise on a wide range of questions including help with family dynamics, mental health, managing behaviour/emotions, organisation and executive function, school accommodations to SEN pupils, school avoidance, school selection, treatment options for ADHD, understanding ADHD and pre-diagnosis support.

Please note this is a term time service, so please book asap as there will be no sessions over Easter.

Free for Richmond & Kingston residents.

Post Diagnosis Workshop

19 April - 12pm Online

Are you the parent or carer of a recently diagnosed child or teenager? Our Post Diagnosis Workshop is full of essential information to inform, help and empower you. These sessions are held monthly and we alternate in-person and on-line formats.

Webinars

Dyslexia and co-occurrence with ADHD with Eryn Caddick, Specialist Assessor, SENCo and Teacher at Dyslexia Assessment Surbiton

28 March 8pm

This webinar will give you more information about dyslexia and the co-occurrence with ADHD: What is dyslexia?; Dyslexia and co-occurrence with ADHD; Monitoring for characteristics of dyslexia; Strategies to support children with dyslexia and ADHD at home and in school.

The ADHD Effect on Couples (and Families) with Melissa Orlov, Marriage Consultant

25 April 8pm

You may be primarily focused on how ADHD impacts your child, but did you know that adult ADHD (and partner responses to that ADHD) can have a huge impact on couples? The good news is that with couples, knowing the issues can provide insights into how to stop the conflict, more accurately assess your situation, and create communication strategies that bring you closer.

BOOK

At Grey Court School, we are committed to supporting our children and parents' emotional wellbeing and strive to promote a greater understanding of how best to support children with SEN at school and at home.

We would like to invite you to a workshop on Tuesday 2 May 2023 from 2pm to 3:30pm in the Glass Room.

Sallie Crook from ADHD EMBRACE will be sharing her knowledge and strategies to best support children with ADHD/traits of ADHD. There will be an opportunity for questions and answers.

What is the workshop about?

Supporting children with ADHD. It will include an informal presentation as well a session for Q&A.

The presentation covers:

What is ADHD?

How can schools support children with ADHD?

Who are ADHD Embrace and what do they do?

ADHD Embrace website and how to access support.

The Aim is to provide parents with a better understanding of ADHD and the support available from ADHD Embrace and other organisations.

ADHD EMBRACE WORKSHOP

2 May

S M E N A V P



The Merchant of Venice

27 and 28 April



Interview

with Elsie and Xavi

How does it feel being a part of the Merchant of Venice cast?

Elsie: Honestly, it's kind of a dream actually. I've never performed in a serious play so it's an honour to be a part of it. I love the director and producer and the cast are just so friendly.

Xavi: Honestly, it's very exciting. I've been a part of the pantomimes every year and Legally Blonde last year and, as you said, this is something completely new and refreshing - especially with a play as influential and powerful as this is.

Congrats on you two getting your roles, what's it like playing this role?

Xavi: Playing Shylock is just such a massive deal. I've always been the comic relief in these performances so being a character as deep and meaningful as he is just fantastic.

Elsie: To be honest with you, nervous! I haven't played a character as serious as Portia before but I am still 100% happy and excited. It's such a great opportunity that I have been given and so I am going to try and shine.

The performance is on in a couple of weeks, how are you feeling?

Elsie: Like I said before, nervous! With such a supportive team and cast, I know we've got this in the bag though. I've got a lot of family coming and it's such a big deal but I am looking forward to showing everything that we've got.

Xavi: I'm excited, to be honest with you. It's amazing having the opportunity to be on stage again after almost a year now!

There is a relatively small cast compared to previous performances, of around 16, how does this differ to different performances?

Xavi: It's like we are all a family - we've grown so close over these past couple of months. When we see each other in school we always give each other that look of respect and recognition and that's just such a nice feeling. It's amazing working with the Year 12s too and seeing how inspirational they all are.

Elsie: It's been such a lovely experience. I feel like we have all connected as a cast. I've met so many new people - especially the extremely talented Year 12s - and it's great getting to know and bond with them all. We've all grown and come so far since the start of this journey.

Mr Taktak and Mr Page are directing and producing this, respectively. What's it like having them bringing out the best in you?

Elsie: I absolutely adore it. It's just laughs upon laughs upon laughs. They make the whole experience so much more exciting and fun. Both of them really know how to push us to perform to our strongest ability.

Xavi: It's brilliant. You can tell that this is their passion project so I feel so honoured to be a part of this experience. Also, I am so happy that we get to be a part of helping the Year 8s with their work!



The Merchant of Venice

27 and 28 April at 6.30pm

The Merchant of Venice is on at Grey Court School on 27 and 28 April at 6.30pm

We are in need of the following items for our set design:

One beige/brown carpet 4m x 4m (will be distressed, therefore not returned!)

The items listed below can be returned if you want them back. I can also collect them if you cannot get them into school.

One beige large-backed old-style arm chair

Two wooden chairs

Two indoor house plants (4ft tall)

One side table (to go with old arm chair)

One more old low table (old...did I say that?)

We would be delighted to credit you personally, or as a company, if you're able to help and equally, if you are slightly embarrassed by your old arm chair being used for a 16th C play, we'll keep your generosity anonymous!

If anyone can help, please contact rpape@greycourt.org.uk

EXAM SEASON: A MARATHON OR A WALK IN THE PARK? MR CLEMENTS

Last weekend - as I was biting into my daily avocado on toast washed down with a green tea infusion - my eye was drawn to a *Guardian* article, [The resilience secret](#), about a man who had run a marathon a day for the last 75 days! I immediately felt very sick! My Diadora Camaro classics are definitely admired by many in their natural pub garden habitat but they retreat into the wardrobe whenever they are laced up for a run. Indeed, the thought of an endless grind of 55,000 steps made me reach for a cold *Peroni* and it was only 11 o'clock!

At which point it struck me that for the year 11 and year 13 students it is around 75 days until they hit the finishing line of the last exam and for many the thought of four and a half hours a day of revision (this is the average time it takes to complete a marathon) might feel a bit daunting! However, before parents reach for a *Peroni* at the thought of having to guide/negotiate/navigate/rendition their charges through this repetitive ordeal, the runner, a Mr Aaron Robinson, provided the reader with a number of top tips which I have summarised and adapted below:

1. **Be inspired by others** - Mr Robinson cites Garv McKee who ran a marathon a day in 2022 raising more than £1m for Macmillan Cancer Support, as his inspiration. In the Sixth form we have the names of past students who have scored straight "A/A*" grades on the walls as both markers of excellence and symbols of hope and possibility for the next generation. I would therefore recommend that students zoom in on a friend, rival, uncle, aunt, academic icon or sibling they want to be like and use them as a motivational tool.

2. **Create a habit** - if a 10-hour sleep, followed by an 11am start and 3.30pm finish works each day - mimic this habit, but work SMART - Robinson talks about "fitting in some non-negotiables" each day to create the habit and so I would suggest students follow this lead. A certain rigidity is purposeful and productive.

3. **Be prepared** - Robinson recommends packing his bag every night before he goes to sleep. My daughter has a routine that is very similar; my son, on the other hand, has that routine imposed upon him by my wife! I even have a routine of making marmalade sandwiches and putting them in my duffle coat at 12 midnight each night! Prior preparation is important.

4. **Prioritise sleep** - this is a no-brainer for teenagers, and Robinson backs this up, "sleep is probably the No 1 factor in how well I'll perform. I've had 10 hours of sleep twice and both those times I got the fastest times afterwards." So, students should look to turn off the X-box, leave their phones downstairs and be tucked up in their Arsenal pyjamas by 8 o'clock on exam nights!

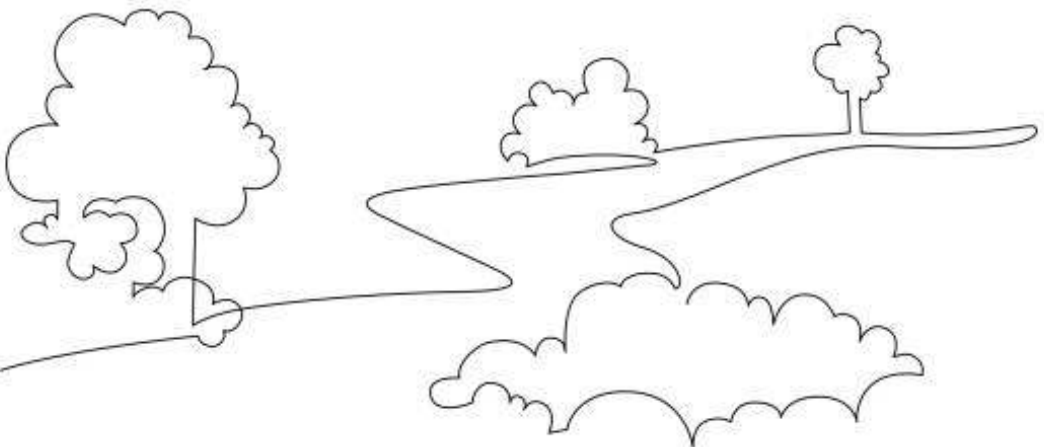
5. **Find a training partner** - this certainly sounds like sensible advice but they need to be an academic role model rather than a hapless distraction! Parents should ask their children to identify a classmate who has a pencil case with at least 6 different coloured highlighter pens and a pack of post-it notes and then encourage them to form an alliance with them during exam season!

6. **Don't go too hard** - for someone who is physically very unbalanced, I am a great believer in students having a balanced life - 12 hours a day of hard work and fretting will not lead to exam success or happiness - in fact it could lead to "burn-out" at just the wrong time - so that just like for Robinson it is important that students pace themselves.

7. **Set a goal, find a purpose.** Target grades tend to provide this in a fairly artificial way, but for some it could be entry to a particular sixth form, for others it might be beating a friend or classmate, for many sixth formers it might be to reach entry points for certain universities or careers. But the bar should always be set high! A league title with a record club point score and the youngest team in the Prem perhaps? Dream big!

8. **Focus on mental rewards** - this elite runner leaves the best mantra until last but it actually feels like it organically grows out of the rest. He says he has developed psychological resilience from his running. "I'm more confident. If I can do this, then [how hard can] a presentation I have to give at work be? I don't worry about it as much."

So, my suggestion for students over Easter is to use the holiday as a starting block for a progressive "marathon" programme. Aim to complete a 16-day burst of study, which if you apply Robinson's principles, or at least some of his principles, means that the exam season will appear on the horizon less like an ultra-marathon through Death Valley and more like a walk in the Park!



SPORTS

Weekly Roundup



Massive congrats to the U12 basketball squad for placing 3rd in the Borough. They have all played fantastically in their first season together and have all improved massively since their first training! Congrats to Willow for player of the match.

CONGRATULATIONS

Borough Swimming Gala

Knights Basketball

Congratulations to the following students who won gold medals in the following events:

Lucas Galant Drasey - 100m individual medley and 50 metre butterfly

Fabio Gohar - 50m breaststroke

Richie Luo - 25 Butterfly

Ida Teggarty-Sparks - 25m freestyle

Year 10 Boys Medley relay - Fabio Gohar, Richie Luo, Janik Buchbinder, Lucas Galant Drasey

Year 8 Boys Freestyle relay - Richie Luo, Thomas Barry, Charlie Morgan, Ryan Kwok.

Year 10 Boys Freestyle relay - Janik Buchbinder, Fabio Gohar, Leo Dorey, Lucas Galant Drasey.



Congratulations to **Nave** who has been selected to attend the England selection camps.

CONGRATULATIONS

Schools Golf Tour Open



18 March:

Congratulations to Leo W who won the Schools Golf Tour Open at Tandridge Golf Club. Superb achievement Leo.



18 March:

Congratulations to Sara, Ben and Leo who finished 2nd in the Schools Golf Tour Open team competition. A superb day for these three students.



20 March: Well done to the U12A netballers on a 20-7 win vs [@christs_school](#) showing excellent defending skills today. POM Willow who made some great turnovers, coaches' POM Isla for her ace long range shots



20 March: The U12 netballers also competed at the Middlesex County Netball tournament last week. We met some very strong schools and are more determined than ever to put in the hard work at training ready for next year

TOM: U15 RUGBY TEAM



Our team of the month is the U15 rugby team. They performed exceptionally well to win their recent National Bowl Quarter Final, winning 45-5 Vs Queen Elizabeth's School in Dorset. Tries from Jakob Thompson, Freddie Luig-Turnbull, Ben Hislop x 2, James Alleyne, Leo Dorey and Benn Povey helped ensure victory. Jakob was also successful with 5 conversions. There were some superb performances on the day, and the team came together to play some of their best rugby to date. The man of the match on the day was Leo Dorey. They will now look forward to their upcoming semi-final game.



SOM: THOMAS COPE



Thomas has been a fantastic ambassador for the school since he has been at Grey Court. He is an outstanding rugby player, showing his superb leadership skills on the pitch as captain of the Year 7 team. His talent on the pitch has been recognised, enabling him to also feature for the Year 8 rugby 7's team. Tom also captains the U12C football team, who remain undefeated this season, winning all of their games. His effort and communication on the pitch has been exemplary, motivating his team mates to work hard and help the team achieve success. Tom is also a very nice cricketer, impressing at our early morning training sessions. He bowls right arm medium pace, and will no doubt be involved in some of the school's upcoming fixtures after Easter. He has a great engine, honing his endurance by attending our weekly Thursday morning running club. Tom has featured for the school in our Junior boys cross country team earlier in the year, finishing high up at Boroughs before Christmas. Above all, he displays a fantastic attitude and effort at all times, and is a pleasure to teach both in his PE and scholarship lessons.

POM: JOSHUA GILBERT



Josh has performed fantastically for the rugby team at school this year. He has scored some really important tries, demonstrating both his speed and power on the pitch. Josh scored a total of five tries in our most recent tournament at John Fisher School, against some high level opposition in Whitgift, St Benedict's and Wimbledon College. Josh has also been a key player for the U12D team, contributing to goals in recent fixtures against St James's to ensure victory for the school. He is also one of our key sprinters, and will be a vital part of our indoor athletics team that will be competing next week at Lee Valley. He already excelled in our last competition, helping the team navigate their way through to the London Finals. Josh will be a key member of our summer term athletics team, and will form part of a very strong junior boys squad, featuring in both the sprints and the team relay.

POM: KATRINA KILLEY



Katrina is one of Grey Court's best table tennis players and has worked hard to develop her skills in and outside of school. She recently competed in the London Schools Individual Table Tennis Championships at Whitgift. All the best players in the Region were competing at this event. Katrina won 3 out of 4 matches in her group, won her quarter final in a very close game and then went on to the semi-final where she lost to one of the best players in the region. Overall, Katrina finished 4th in the competition and qualified for the Jack Petchey Regional Championships in East London! She used the event to build contacts with other players in the region and was sociable at the event showing excellent sportsmanship. Well done Katrina and good luck in the next round!

SOM: LAILEE HEATH



Lailee has worked incredibly hard this term on her netball and gymnastics. In gymnastics she competed in the U14 Girls 'B' Team at the London Regional Finals for Floor and Vault. She's progressed really well moving from the Novice Gym Club to the Elite Squad. At the competition, her team finished 5th overall with Lailee contributing a brilliant floor routine and vault.

In netball, Lailee has worked hard on her skills and has moved from the B team to the A team, asserting herself in the centre court and showing versatility both in attack and defence. At the Borough Tournament, Lailee was by far the strongest player on the court, helping to bring the ball into the shooting circle at WA and making brilliant turnovers at WD. Lailee has taken on feedback well, working on any areas of weakness in order to improve and to support her teammates. She is a highly motivated player and has great potential in the coming seasons.

In scholarship lessons, Lailee applies herself to all sports and activities on offer, transferring her skills from her individual sport of gymnastics and her game play in netball to develop new skills. We look forward to seeing Lailee progress further this year in a range of different sports and activities. Well done, Lailee!

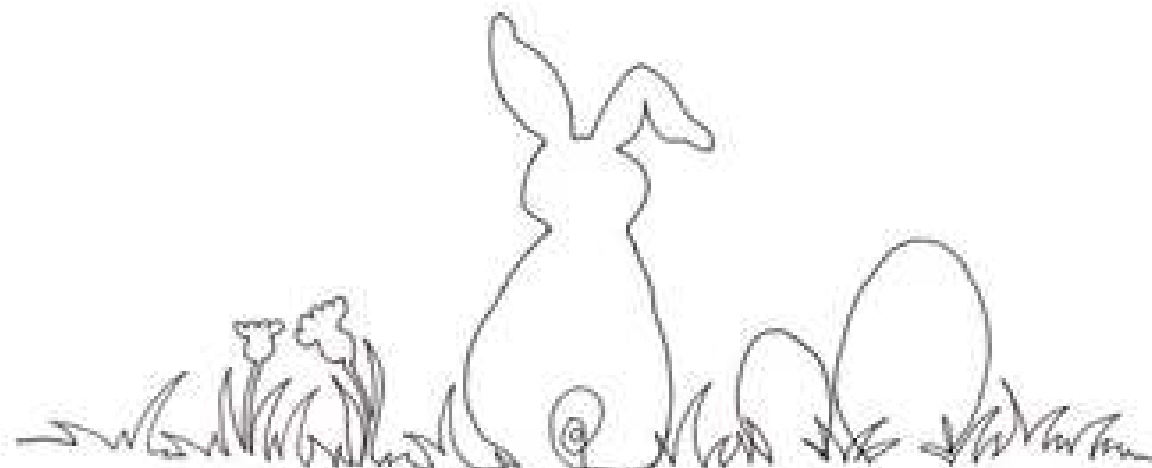
TOM: U15 RUGBY TEAM



Our team of the month is our U15 Rugby Team who took on their first Rugby Union tournament. KS3 lessons this half term have been taught by Harlequins Rugby coaches who have focused on developing the students knowledge, skills and understanding of Rugby. The students have really got stuck in and lessons were thoroughly enjoyed, well done to all!

Many have been joining our Rugby Club after school. We have been very lucky to have these amazing coaches and will continue with our Club on Wednesday after school with a new coach from Rosslyn Park. We have also had Alba joining the coaching team at training sessions and at the tournament. Her patience and excellent sporting knowledge has helped develop the team's skills and tactics. The team was ready and raring to go. Odile had a fantastic sprint finish to score a try! We may not have got the win but we have lots to take away to continue to progress during the season.

EASTER HOLIDAY CAMPS



HOLIDAY CAMP

3-6 APRIL

AGES 11-16

The holiday camp is open to all our students aged 11/12 to 16.

There are a number of free spaces for pupils in receipt of free school meals. Parents/Guardians of eligible students just need to contact the Grey Court finance office to get the relevant Coupon Code that they will need to put on their application form.

-  3rd - 6th April 2023 (12-16 Yrs)
-  10:30am - 2:30pm
-  Grey Court School, Ham Street, TW10 7HN
-  **FREE** (inc. lunch) for those eligible
-  £20 per day + optional £5 healthy lunch
-  Multi-Sports, Skateboarding, Virtual Soccer, Warhammer, Street Dance, Physical activity programme, Games, Socialising, AND MORE!

BOOK NOW



www.ourcamps.org

schoolcampinfo@ourparks.org.uk



FOR YOUR KIDS

AT YOUR SCHOOL



BOOK NOW!

SPARTANS

2023/24

U14 – U16 – U18

NATIONAL LEAGUE

TEAM TRYOUTS

BOYS U16s National League Tryouts

THURS 23RD MARCH - 6-7.30 PM

The Kingston Academy KT2 5PE - For boys currently in School Years 9 & 10 only

BOYS U18s National League Tryouts

THURS 30TH MARCH - 6-7.30 PM

The Kingston Academy KT2 5PE - For boys currently in School Years 11 & 12 only

GIRLS U14s + GIRLS U16s National League Tryouts

SAT 1ST APRIL - 2-3.45 PM

The Kingston Academy KT2 5PE - For girls currently in School Years 7, 8, 9 & 10 only

Tryouts will take place in March, April and May

↘ Sign up online ↙

spartansbasketballacademy.com/book-now





Easter holidays

BASKETBALL **4-DAY CAMP**

MON 3RD - THURS 6TH APRIL

BOYS + GIRLS IN SCHOOL YEARS 5-10

9AM - 4PM

TIFFIN GIRLS' SCHOOL KT2 5PL

spartansbasketballacademy.com/book-now

**BOOK
ONLINE
LIMITED
PLACES**



OLD KINGSTONIAN HOCKEY CLUB



EASTER HOCKEY CAMP

TIFFIN GIRLS SCHOOL, KT2 5PL
4 & 5 APRIL 2023 • 10AM TO 2.30PM
SCHOOL YEARS 2-11

FIELD PLAYERS & GOALKEEPERS • ALL ABILITIES WELCOME
MORNING & AFTERNOON SESSIONS AVAILABLE
(LUNCH BREAK 12-12.30PM)

MEMBERS: £15 PER SESSION/£30 PER DAY

NON-MEMBERS: £20 PER SESSION/£40 PER DAY

Members: please book via your member account

Non-members: please go to www.okhockey.com to book your place or email administrator@okhockey.com

**BOOKING
NOW OPEN!**



OLD KINGSTONIAN HOCKEY CLUB



SUMMER HOCKEY

TIFFIN GIRLS SCHOOL, KT2 5PL
WEDNESDAYS • 19 APRIL-28 JUNE 2023

(excl. half term 31 May)

6-7PM SCHOOL YEARS 2-7 • 7-8PM SCHOOL YEARS 8-11
FIELD PLAYERS & GOALKEEPERS

£70 FOR MEMBERS

£90 FOR NON-MEMBERS

Members: please book via your member account

Non-members: please go to www.okhockey.com to book
your place or email administrator@okhockey.com



**BOOKING
NOW OPEN!**

SPRING BREAK @ HAM YOUTH CENTRE

ALL FREE!

EXCITING ACTIVITIES FOR 10 TO 16 YEAR OLDS

MONDAY 3 APRIL, 12PM TO 4PM

- Icebreakers and games
- Fashion and textiles workshop: learn design, needlecraft and dressmaking techniques
- Target shooting: using air rifles in our own shooting range
- School of Rock: work with others to form a band in our music studio

TUESDAY 4 APRIL, 12PM TO 4PM

- Archery taster
- Fashion and textiles workshop
- Target shooting
- School of Rock

WEDNESDAY 5 APRIL, 12PM TO 4PM

- Mountain bike outing in Richmond Park - bikes provided
- Fashion and textiles workshop
- Parkour workshop: try freerunning using our range of gymnastic equipment with guidance from a qualified coach
- School of Rock

THURSDAY 6 APRIL

- Trip to Orange Tree Theatre to see play 'You Bury Me'

NUTRITIOUS MEAL PROVIDED EVERY DAY

TO BOOK YOUR PLACE
PLEASE SCAN THIS QR
CODE AND FILL IN THE
FORM



For more information,
contact Ben Skelton
E: [ben.skelton](mailto:ben.skelton@achievingforchildren.org.uk)
[@achievingforchildren.org.uk](mailto:ben.skelton@achievingforchildren.org.uk)



achieving
for children



Easter Cooking Classes for age 5-12

SPRING COOKING - 4th April 10.30am - 2.30pm Esher

EASTER COOKING - 5th April 10.30am - 2.30pm Esher

Join us for a day packed with cake decorating, cookie making, hot cross bun baking, spring roll making, Easter egg hunting, and fun foodie games! Featuring lots of cake decorating skills, piping tips and chocolate moulding.

NEW - 12-18YRS COOKING CLASS

Teen Cooking - 6th April 10.30am - 2.30pm, Claygate

Join us for a day of knife skills, food hygiene, food preparation, baking tips, taste testing and experimenting with flavours. We will finish with some cake decorating fun.

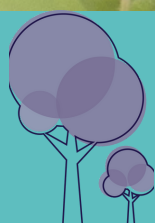
**COST £48 PER PLACE, £46 DISCOUNT FOR SIBLINGS OR FRIENDS.
SIGN UP NOW AT WWW.SASSYSTIRRERS.COM**



Community Learning Newsletter

**For some of our Community Learning courses
there is no charge.**

**For the courses that have a cost, if you need
financial support to attend,
please indicate this when registering your interest
on the application form**



A guide to our courses and workshops

April to July

To book your place, scan the QR code at the side of your course choice or click on the link on the bottom of the page where the course is being advertised.

Wellbeing for Families (Family Learning)

Reduce Anxiety & Develop Resilience in your child
Support your child through exam stress
Help your child be a good friend



Wellbeing Skills for Carers, Families and Friends

Focus on the Good Things/Mindfulness
Self Compassion
Stress Management



Practical Ideas for Happier Living

Taster sessions



Practical Ideas for Happier Living

Six-week courses

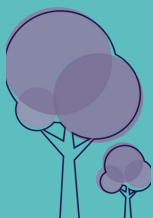


Wellbeing

Manage your Menopause
Managing Stress & Anxiety
Mindful Movement to boost Mental Wellbeing
Relaxation & Meditation
Sleep Workshop
Skills to help Manage your Emotions
Towards a Stronger You



Please note that, in general, courses will be closed to enrolments **7 working days before** the start date, so we encourage you to apply early.



You can contact us by email at:
communitylearningkae@kingston.gov.uk

Wellbeing for Families

**If you need financial support to attend any of our courses with a cost please indicate this when registering your interest on the application form*

Reduce Anxiety & Develop Resilience in your child

Are you concerned about your child's mental wellbeing? If you want to learn strategies to help your child manage anxiety and stress, then this course will definitely help you. You will learn effective tools such as breathing exercises and meditation, as well as techniques to support your child to calmly navigate through life. You'll also be taught how to cope better too. You will gain an understanding to what causes a mild to moderate anxiety in children and practical tools to help them build their resilience to cope with change.

Tuesday, 18 April ~ 16 May 2023, 6.30pm ~ 8.30pm

ONLINE - £50

Tuesday, 13 June ~ 11 July 2023, 1.00pm ~ 3.00pm

at Surbiton Library Annexe, Ewell Road, Surbiton - £50*

Support your child through exam stress

Exam stress can have a big impact on your child as well as the whole family. However, not all stress is bad as it can be a great tool to increase productivity and focus if controlled effectively. In this 1.5 hour online workshop, you will learn valuable tools to support your child to navigate their stress levels through this challenging time.

Wednesday 26 April 2023, 6.30pm ~ 8.00pm ONLINE Cost: £7.50*

Wednesday 17 May 2023, 6.30pm ~ 8.00pm ONLINE Cost: £7.50*

Help your Child to be a Good Friend Workshop

If you are looking for ways to support your child to feel more confident in building better friendships, this 90-minute online workshop is for you. You will benefit from greater knowledge of how to guide your child towards making healthier and more fulfilling friendships: a skill that will stay with them for a lifetime.

Wednesday, 28 June 2023 at 6.30pm - 8pm ONLINE Cost: £7.50*

To enrol on any of the above courses,
please click here: <https://bit.ly/KAE-CLfl2223>

Courses for Carers

**If you need financial support to attend any of our courses with a cost please indicate this when registering your interest on the application form*

Wellbeing Skills for Carers, Families and Friends

You are important. The more you take care of yourself the more you are able to take care of your loved one! Join us for these FREE informal and friendly online sessions which give practical ideas and tips, based on the latest scientific research to increase resilience, improve wellbeing and manage stress and anxiety levels better. (These sessions have been designed with the charity, Action for Happiness, which has over 275,000 members worldwide and whose patron is the Dalai Lama). These sessions are focussed for those of you who care for others and the trainers will be professionals with lived experience of caring and/or mental health challenges. You can enrol for just one, or all of the sessions.

Focus on the Good Things/Mindfulness

Monday, 19 June 2023, 10am ~ 12pm - ONLINE

Self Compassion

Tuesday, 28 March 2023, 10am ~ 12pm - ONLINE

Monday, 3 July 2023, 10am ~ 12pm - ONLINE

Stress management

Monday, 26 June 2023, 10am ~ 12pm - ONLINE

To enrol on any of the above on this page,
please click here: <https://bit.ly/KAE-CLcrc2223>

ACTION FOR HAPPINESS

Practical Ideas for Happier Living

Practical Ideas for Happier Living

Would you like to deal with everyday stress better?

This informal and friendly course gives practical ideas and tips, based on the latest scientific research to increase resilience, improve wellbeing and manage stress and anxiety levels better. Designed with the charity Action for Happiness, which has over 275,000 members worldwide and whose patron is the Dalai Lama.

Either try a 90 minute Taster session or sign up for one of our 6 week courses, there is **NO CHARGE** for either the tasters or the courses, details below...

Taster Sessions:-

Wednesdays:-

15 March 2023, 2.15pm-3.45pm - The Hook Centre, Chessington, KT9 1EJ

19 April 2023, 6.45pm-8.15pm - ONLINE

10 May 2023, 2.15pm-3.45pm - The Hook Centre, Chessington, KT9 1EJ

21 June 2023, 6.45pm-8.15pm - ONLINE

12 July 2023, 2.15pm-3.45pm - The Hook Centre, Chessington, KT9 1EJ

6 week courses:-

Tuesdays, 18 April-23 May 2023, 9.30am-12noon

at The Hook Centre, Hook Road, Chessington, KT9 1EJ

Wednesdays, 19 April-24 May 2023, 10am-12.30pm

at Mole Valley Employment Hub, Swan Centre, Leatherhead, KT22 8AH

Thursdays, 20 April-25 May 2023, 10.00am-12.30pm

at The Groves Medical Centre, 171 Clarence Avenue, New Malden, KT3 3TX

Thursdays, 20 April-25 May 2023, 6.45pm-9.15pm

ONLINE

To enrol on a taster above, please click here:

<https://bit.ly/KAE-CLpifhI2223>

and here for the 6 week course:

<https://bit.ly/KAE-CLpifhIn2223>

ACTION FOR HAPPINESS



Towards a Stronger You

This 6 week course will look at how to manage your stress more effectively. You will leave with a stress management plan that you can use in times of difficulty. We will also look at a 5 step plan to improve your assertiveness which we will practise in class. Finally, we will look at practical ways you can improve your confidence. This course will also include an element of mindfulness and gratitude practice.

Wednesdays, 7 June ~ 12 July 2023, 10am~12.30pm

Mole Valley Employment Hub, Swan Centre, Leatherhead, KT22 8AH

NO CHARGE

Manage your Menopause

If you would like to improve your understanding of what lifestyle changes you can make to help you manage your menopause, this 4-week course is for you. You'll increase your confidence in speaking out to the people in your life about what support you need from them during this time.

Tuesday, 13 June 2023, 7pm~8.30pm ONLINE Cost: £30*

Sleep Workshop

If you are having trouble falling or staying asleep, there are many practical steps you can take to improve the quality of your sleep. Find out what you can do during the day and evening to help yourself sleep better and wake up more refreshed. This 90-minute workshop takes place on:

Wednesday, 12 July 2023 at 6.30pm~8pm ONLINE Cost: £7.50*

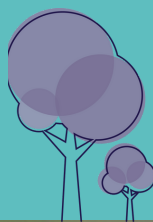
Relaxation and Meditation

An hour of bliss every week! Boost your happiness with an online 7-week meditation programme that helps you relax and takes away the stresses and strains of the day. You'll learn useful techniques, including mindfulness, that you can try out in your daily routine.

Tuesdays, 18 April ~ 23 May 2023 at 8.00pm-9.00pm ONLINE Cost: £30*

Tuesdays, 6 June ~ 22 July 2023 at 8.00pm-9.00pm ONLINE Cost: £30*

**To enrol on any of the above courses,
please click here: <https://bit.ly/KAE-CLwell2223>**



Mindful Movement

Bringing awareness to your body can improve wellbeing, increase resilience and release stress. Come along and try our wellbeing course with a difference! During the sessions we will combine gentle mindful movement, use relaxation tools and have discussions to reconnect you to your body. This is a course that introduces you to a combination of tools to improve your emotional and physical wellbeing.

Fridays, 21 April ~ 26 May 2023, 9.15am-10.45am

Fridays, 9 June ~ 14 July 2023, 9.15am-10.45am

Dorich House Museum, 67 Kingston Vale, London SW15 3RN

NO CHARGE

Skills to help Manage your Emotions

This course runs for 5 weeks and you will explore how to regulate your emotions using a variety of practical techniques and exercises which will enable you to understand how to feel calmer and more in control of your reactions. You will learn how to incorporate self-care into your daily life, to be compassionate with yourself and reduce stress and anxiety in the process.

Tuesday, 18 April ~ 16 May 2023, 6.30pm~8pm

ONLINE Cost £37.50*

Managing Stress & Anxiety

With a focus on your wellbeing, this 3-week course will provide guidance and offer practical tips for coping - particularly useful in these unprecedented times. You'll discover ways to deal with stress and anxiety and feel better able to manage your immediate circumstances. Sleep better and wake up more refreshed.

Wednesday, 26 April ~ 10 May 2023, 7.00pm ~ 8.30pm

ONLINE Cost: £22.50*

To enrol on any of the above courses,
please click here: <https://bit.ly/KAE-CLwell2223>

Dramacube

EASTER HOLIDAY MUSICAL THEATRE 3 DAY WORKSHOPS



4-6 YEARS

Games, drama, singing,
arts & crafts and more!

9.30am – 3.30pm

Hampton Hill Theatre 3rd to 5th April
Esher High School 12th to 14th April

£125 (3 days)

7-14 YEARS

Act, dance, sing & perform
in your own musical

9.30am – 4pm

Hampton Hill Theatre 3rd to 5th April
Esher High School 12th to 14th April

£135 (3 days)



Book now Dramacube.co.uk



DramacubeProductions



@Dramacubeshows



Dramacube



Dramacube Productions

Petersham Passion

St Peter's Church
Petersham TW10 7AB
Sunday 26 March 2023
5 pm

Arias from JS Bach
St John Passion and
St Matthew Passion
with words from
the King James Bible

Conductor:
Jeremy Summerly

Orchestra:
Petersham Camerata

Soloists:
Miranda Johnson (Soprano)
Anna Boucher (Alto)
Martin Johnson (Bass)

Stuart Turnbull (Narrator)

Proceeds to St Peter's & local community projects
Suggested donation £15 (tinyurl.com/PetershamPassion)
Enquiries: events.stpeterspetersham@gmail.com



TALENT ID DAYS



U7—U15 SATURDAY TEAMS
+ U16 SUNDAY TEAM

CURRENT SCHOOL YEAR 1-10 CHILDREN

WEDNESDAYS IN MAY

- + TOP DIVISION FOOTBALL
- + PROGRESSIVE CURRICULUM
- + PROVEN PATHWAYS
- + GAMES RECORDED
- + PREVIOUS LEAGUE AND CUP WINNERS
- + COACHES QUALIFIED TO UEFA STANDARD
- + ALL TEAMS HAVE A QUALIFIED COACH/MANAGER



VENUE

WEIR ARCHER LEISURE
& FITNESS CENTRE

PITCH

QUALITY 3G &
GRASS PITCHES

CONTACT

HEATHER COATES: [07717047453](tel:07717047453)
CHAIRWOMAN@AFCKINGSTONYOUTH.CO.UK

WEBSITE: AFCKINGSTONYOUTH.CO.UK

TWITTER: [@AKINGSTONYOUTH](https://twitter.com/AKINGSTONYOUTH)



ACCREDITED
PART OF ENGLAND FOOTBALL

