



# Grey Court School eBulletin

21 April 2023

# STREETWORKS

- 3 Dates for your Diary
- 4 Summer Activity Notice
- 5 #KeepInTouch
- 6 Invitation to *Our Sea of Stories*  
Multicultural Evening
- 8 Club News
- 9 PDW
- 11 Duke of Edinburgh News
- 17 KS3 News
- 24 Stars of the Week: VPA
- 25 Wellbeing
- 28 Sixth Form News
- 29 Sports News
- 34 Flyers



Cover: Poster designed by Izzy agraviador, Y9

BOOK YOUR TICKET



# DATES FOR YOUR DIARY

2023

<b>28 April</b>	Merchant of Venice
<b>4 May</b>	Our Sea of Stories
<b>26 May</b>	ROA
<b>9 June</b>	BBQ & Band Night
<b>27 June</b>	Sports' Celebration Evening
<b>3 July</b>	Year 6 Parent Information Evening
<b>18 July</b>	VPA Oscars
<b>23 September</b>	G-Fest

**Sign up to help** with one or more of these events, if you can.





# SUMMER ACTIVITY PROGRAMME

12-14 JULY

Our summer activity programme will take place from Wednesday 12 July to Friday 14 July. The full schedule, including details on how to pay, will be emailed to parents soon.

We are committed to providing a high level of enrichment activities for our students, but we can only do this with sufficient parental contribution(s).



# #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



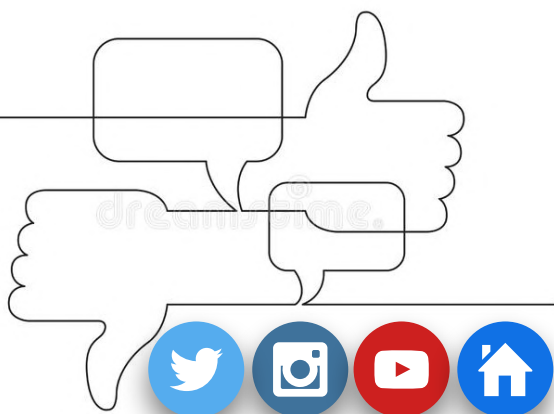
Weekly Menu



Graze Menu



Extracurricular TT



YOUR INVITATION TO OUR...

# *Sea of Stories*

A multimedia performance of our  
original migration stories

MAY 4  
5:30-7:00 PM

Grey Court School,  
Ham St, Richmond,  
TW10 7HN

**Book Your Tickets Here**



# Our *Sea of Stories* Multicultural Evening

**We are calling on the help of students and parents alike for our upcoming Multicultural Evening on Thursday 4 May.**

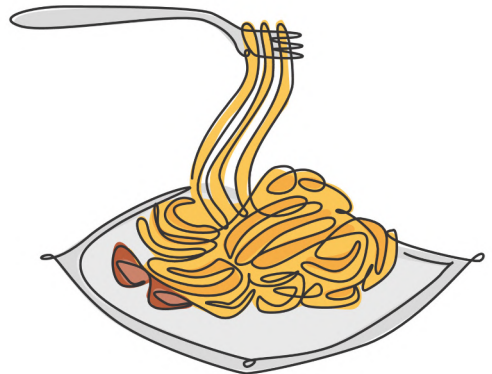
On this evening, we celebrate the vast diversity of our student and community heritage and ask that dishes are brought in that are traditionally eaten and reflect the origins of the country.

The food and dishes can be anything that can be shared with our community on this evening - British scones, Taiwanese dumplings, Omani Halwa, Turkish delight - the more diverse the better!

If you are able to help us, please get in touch with Miss Clark or Ms Nair and let us know what you intend bringing to school. Bring the food (labelled with ingredients and allergens) to the main hall at 5pm. You are also invited to watch the show which is a very unique performance of our own migration stories.

Thank you so much in advance!  
Miss Clark ([lclark@greycourt.org.uk](mailto:lclark@greycourt.org.uk))  
Ms Nair ([pnair@greycourt.org.uk](mailto:pnair@greycourt.org.uk))

**We need your help!**





# CLUB NEWS



Click Photography is back for the Summer term - a brilliant opportunity to develop your skills in photography, use professional equipment and be creative! Spaces are limited, so please sign up as soon as possible to book your place.



## CLICK PHOTOGRAPHY @ Grey Court School

Our Year 7-10 & DoFE Photography Club is a fun and exciting introduction to Photography. Looking forward to an action-packed Summer term. Canon Dslrs included

### Summer 2023

Topics include **Vortography**, **Summer Colour**, **Richmond Bridge**, **Spheres**, **Forced Perspective**, **Portraits**, **Oil Drop**, **Small World**

**Classes are on Tuesdays and begin on 2nd May 2023**  
**Sessions 3.10 - 4.10pm. 9 weeks Fee £85**

Click Photography Workshops is run by award winning reportage photographer Philip Hollis & Sheridan Morley, former Nikon UK Fashion Photographer of the Year

To book a place please email [clickschools@gmail.com](mailto:clickschools@gmail.com)  
or use the booking form on our website  
[clickphotographyworkshops.com](http://clickphotographyworkshops.com)

# SEE THE



Extracurricular TT

# WHAT WAS ON DURING PDW?

<b>Friday 21 April Period 4</b>	<b>Y7</b>  Does everyone have Human Rights?	<b>Y8</b>  Why are smoking and alcohol deemed "more dangerous" than other drugs?  Is smoking really that bad and is vaping OK?	<b>Y9</b>  Drugs - Edibles	<b>Y10</b>  What is upskirting and why is it illegal?	<b>Y11</b>  No PDW - normal lessons
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# Junior Chefs' Academy - UWL

Our Junior Chefs' Academy at the University of West London is due to start soon. The courses (8 to 10 weeks in length) are aimed at students in year 9, 10 and 11 and cost £10 per session. The students are taught by highly trained professionals, who are both industry experts and qualified teachers. Our courses are always very popular and enjoyed by all. Our summer term will only be 7 weeks long, due to the extra bank holiday in May.

## **We run two courses:**

Junior Chefs' Academy - a traditional course, during which students will learn about and cook a variety of foods from different cuisines. The course runs on a Saturday morning from 9:30-12:30.

Term: Saturday 13 May - Saturday 1 July (graduation) with no class on Saturday 27 May due to the Bank Holiday weekend.

Junior Cake and Bake - the students will learn how to bake bread, cakes and other patisserie, as well as decorating and finishing. This course runs on Tuesday evenings from 17:30-20:30.

Term: 9 May to 1 July (graduation) with no class on Tuesday 23 May due to the Bank Holiday weekend.

\* There will be no Cake and Bake class on 27 June 2023 as their final class will be on Saturday (1 July 2023) when they will cook/bake for their parents and friends.

Places are limited and we require that you pre-register your child before attending the enrolment day. Unfortunately, we won't be able to guarantee a space for your child without pre-registration, which will be done on a first come, first served basis. Please email

**[juniorchefsacademy@uwl.ac.uk](mailto:juniorchefsacademy@uwl.ac.uk)** with the following information: Child's full name, class choice, parent/guardian phone number(s), parent/guardian email(s), a list of any food allergies your child may have.

The enrolment date for the Junior Chefs' Academy is Saturday 22 April at 09:30 sharp at Pillars restaurant (St Mary's Road, Ealing, W5 5RF). This must be attended by a parent or guardian (including the pupil) so that they may attend the health and safety briefing and complete the necessary paperwork. Classes will begin the following week.

Please print, complete and bring the forms (**Model Release, Health & Safety** and **UWL Enrolment**) on enrolment day.



# DUKE OF EDINBURGH

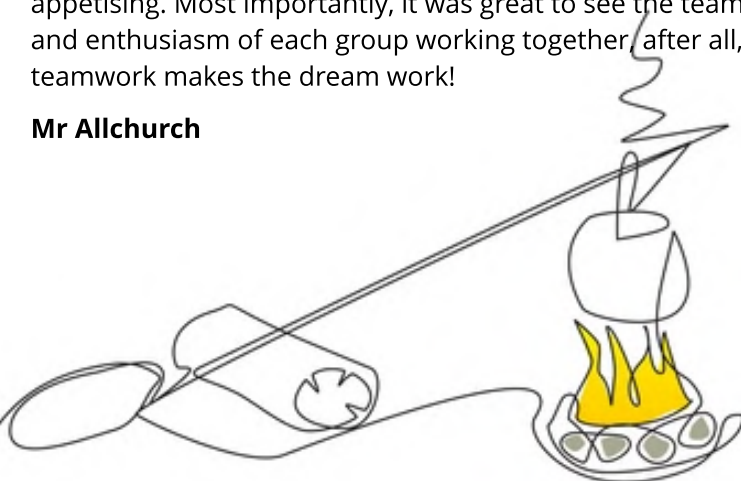
## Meal planning and cooking session



In preparation for their upcoming expeditions, the Bronze DofE participants had a great time cooking on the Trangias for the first time during the last session of last term. In teams, each group planned a meal between them to cook and share, bringing into school the ingredients and coming to grips with the realities that cooking within the limitations a methyalted spirits fueled camping stove (which they will also have to carry for two days) brings to the table... or lack of a table in fact.

It was lovely to see groups considering each other's dietary requirements in their planning and creating something (mostly?) appetising. Most importantly, it was great to see the teamwork and enthusiasm of each group working together after all, teamwork makes the dream work!

**Mr Allchurch**







'...there's nothing like a campfire and a can of beans!' - Tom Waits









Scan to find out more

# music**first** Young Creative Musician Festival

For students between  
11 and 18 years old

**The only UK school and college  
composition festival that celebrates  
ALL genres of music.**

Whether your students are classically trained and play an instrument, talented rappers and singer-songwriters or have a keen ear for mixing sounds to produce unique tracks, the **MusicFirst Young Creative Musician Festival** gives your students a platform to share their talents.



Winners will be announced during a masterclass  
hosted by **YolanDa Brown** OBE DL

*"I love the freedom of creating music and its ability to tell a story, create a mood and even spark thoughts and emotions. That is exactly why I am pleased to be involved in the MusicFirst Young Creative Musician Festival. I cannot wait to hear the gorgeous music that will no doubt be created."*



Entries in by  
2 June 2023

# musicfirst Young Creative Musician Festival

Students can enter as a composer or a producer:

## Composers

Original compositions in any style performed by the entrant/others or electronic.

## Producers

Originally mixed track using sound samples, loops and perhaps original material to create an original track.



Further details of submission guidelines will be provided following registration for the event.



Our judges will be reviewing all the creative and diverse entries following the 1st June deadline.



One winner from each age group in both the composers and producers category will be announced during a masterclass hosted by **YolanDa Brown** OBE DL.

Sponsored by  
(-) Soundtrap  
Focusrite®

## Prizes

Winners will receive a **Focusrite Scarlett 2i2 Studio kit** and a **multi-user subscription to Soundtrap for Education** for their school/college.



Visit: [lp.musicfirst.co.uk/young-creative-musician-festival](https://lp.musicfirst.co.uk/young-creative-musician-festival)



# SKS3 NEWS



1

We are delighted to welcome Y7s back after what we hope was a restful holiday.

2

### **Y7 Exams**

Next week Y7 exams commence. The timetable has been sent home. Please remind students that it is normal to be slightly anxious or stressed about their exams - this shows that they want to do well. Due to the strike day there have been some slight amendments to the exam timetable, but this is minimal. I hope all their hard work this year is reflected in their exams.

3

### **Field**

As the ground and weather has improved Y7s will have access to the field at lunch times. They may bring in their own balls to play with. Students are reminded to behave appropriately on the field, and avoid any physical tackling or playing.

4

### **Uniform**

As it is the summer term, students are now permitted to wear the Grey Court Polo shirt at school, which does not need a tie. Students should continue to wear their blazers to school each day, and their school shoes.

5

### **Clubs**

The updated timetable for clubs in the summer term has been placed in this e-Bulletin. As ever we encourage students to get involved in as many opportunities as possible at school.

### **Mr Day**



R

E

A

W

Y

**Max Murphy** of 7M was selected as a finalist in the Richmond Young Writers Festival in the category Year 7 – 9 for his poem 'The Puppeteer'

### *The Puppeteer*

*The time of war had come,  
Children used to dance and sing but now they had to run,  
People hiding in the streets in the debris and ashes,  
No one could be seen because of booms and flashes,  
Screams and guns could be heard as thousands were slaughtered,  
All because one man decided to give an order.*

*The world stopped turning in the time of his war,  
As casualties began to build up more and more,  
This war did not just affect the one place,  
No, no, the war would affect the whole world at this pace,  
That one man was the Puppeteer,  
The man that the whole world began to fear.*

*The world began to go into inflation,  
As the people were losing their patience,  
The governments began to spend money pointlessly,  
People and children were being treated unfairly,  
This was all part of his plan,  
For he was pulling the strings for the Puppeteer was this man.*

- Max Murphy

Arts Richmond received 901 entries in all categories in total for their Young Writers Festival and 28 finalists' work were performed by a group of local actors at the Exchange theatre on Sunday 26 March. The finalists also had their work published in an anthology.



**Photo on the next page:** Max Murphy accepting his certificate from Sir Vince Cable and Lady Cable





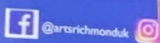
ARTS  
RICHMOND

ARTS RICHMOND

Supporting Art  
and Culture  
around  
of Richmond

Our  
over 100  
and we  
'What'

[www.artsrichmond.org.uk](http://www.artsrichmond.org.uk)

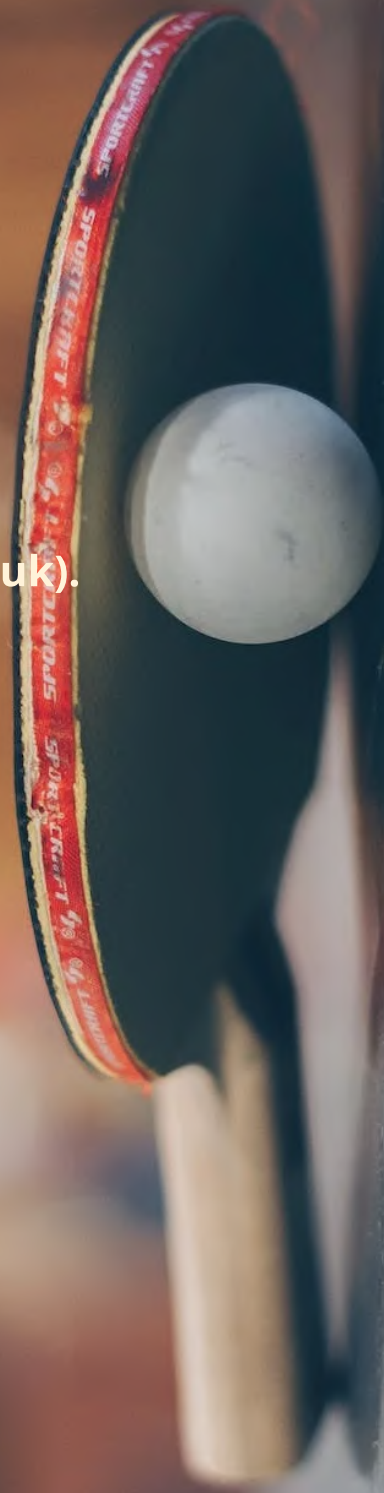


Arts Richmond is an independent  
Registered charity



# Calling for Any Unwanted Table Tennis Bats and Balls

If you have any unwanted table tennis bats and balls, or if you would like to donate some bats and balls to our year 7s for their break and lunch time entertainment, please contact Mr Holden ([jholden@greycourt.org.uk](mailto:jholden@greycourt.org.uk)). Bats and balls may be dropped off at reception for the attention of Mr Holden.



W

R

A

L

E

We were delighted to welcome our students back for the summer term this week! As the weather gets warmer, we are now allowing students to wear polo shirts - blazers must still be worn as part of our school uniform policy. Please note that trainers are still not permitted to be worn, so please ensure your child has appropriate school shoes.

In preparation for the end of year exams and GCSEs, we have begun exploring revision techniques during tutor time and will continue for several weeks. This is an important time for students to start developing effective study habits, and we encourage you to support them in this endeavour.

Finally, we are excited to announce our new sports and non-sports extracurricular timetables. We have a wide range of activities available for students to participate in, from sports teams to art clubs. We encourage students to get involved and make the most of the opportunities available to them.

**- Ms Howarth and Mr Ridley**





# Ham & Petersham DOG SHOW

9th of July Douglas House Meadow  
TW10 7AH



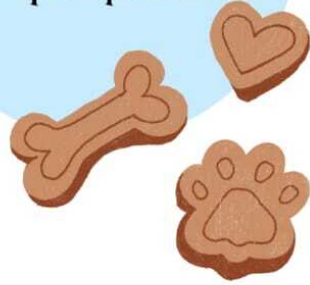
**11:00am-4:30pm**

**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](http://hamandpetershamdogshow.com)



# WEEKLY STARS

Year	Name	Subject	Reason
7W	Adeola Komolafe	Drama	Excellent engagement in class
8E	Alice Allnutt	Drama	Outstanding achievement
9O	Maia Sehgal	Drama	Excellent progress in the subject
10E	Charlotte Delaney	Drama	Excellent engagement in class
11C	Charlotte Cutting	Drama	Outstanding achievement
12A	Zachariya Choudhry-Dormer	Drama	Excellent classwork
13C	Daisy Dickinson	Drama	Excellent engagement in class
7R	Zakir Mohapatra	Music	Excellent contributions
8B	Oscar Ballantine	Music	Excellent contributions
9B	Borja Rodriguez	Music	Excellent progress in the subject
10M	Harjeet Baryan	Music	Excellent engagement in class
11W	Carlo Carlo	Music	Excellent contributions
7W	Yahye Sharif	Art	Excellent engagement in class
8C	Luca Grima	Art	Excellent contributions
9C	Sacha Crivellari	Art	Excellent progress in the subject
10R	Maria Djukic	Art	Outstanding achievement
11W	Poppy Clarke	Art	Outstanding achievement
12C	Alisa Yolach	Art	Excellent progress in the subject
13 D	Sienna Griffith	Art	Excellent progress in the subject
10	Alfie Mortimer-Reddings	Music	Excellent contributions
11R	Alfie Eagleton	Music	Excellent contributions
12F	Matthew Ingram	Music	Excellent progress in the subject
13C	Jake Cockett	Music	Excellent progress in the subject
12A	Tea Halls	Photography	Excellent progress in the subject
13D	Amy Greig	Photography	Excellent progress in the subject



©ZINEB LELWAN





## Helping you manage stress in the lead up to exams

It's completely normal to feel anxious in the lead up to exams. A little bit of stress can actually be helpful to motivate us to knuckle down and work hard. However, it's important to learn how to manage our stress levels, and to recognise when they become too intense and seek support.

[Coping with assessment and exam stress – Under-18s COVID Community Champions – YouTube](#)

Check out this interview by Merton's Young Inspectors' with a clinical psychologist, on successfully managing exam and assessment stress.

Click [here](#) for help in managing exam stress



# ADHD EMBRACE WORKSHOP

**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.

# 2 May

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

**Please click the [link](#) to register your interest.**



Click **here** to read the

# SIX FORM NEWS





# SPORTS

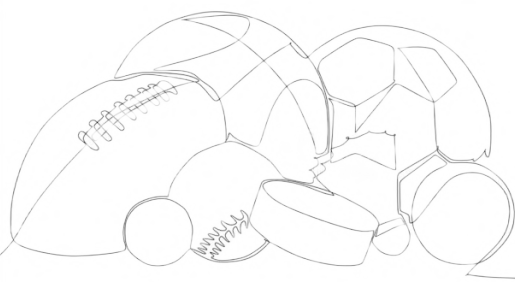
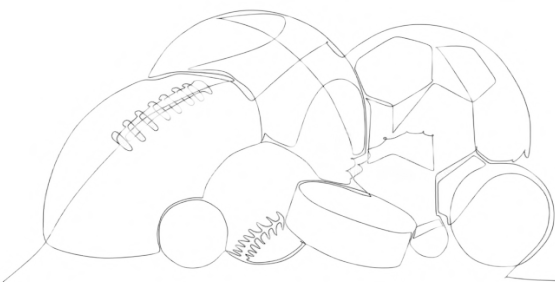
*News*







Well done to the U16 basketball squad who are Borough League Champions! Great last game vs [@WaldegraveSch](#), the last time for some of our year 11s, POM Lauren. Strong coaching from Madi (Capt), well played to Amy and Sana who rushed off to club training and missed the photo!



Well done to the U12A netballers who finished their league matches in style with a win against [@richmondparkac](#). The team showed great defending skills and POM was, deservedly, Erin

# TOM: U12 INDOOR ATHLETICS



Our team of the month for March is our U12 indoor athletics team. They defied the odds to win the overall London Finals at Lee Valley, beating some of the most resourced schools across the capital. The team had qualified for the Finals after previously performing well in their heat. This time around the competition was much greater, leaving very little room for error. The boys got off to a flying start, with Josh Gilbert powering to win his 60m sprint convincingly in 8.44 seconds. This was shortly followed by Tobias who hurdled brilliantly to finish 2nd in his race, followed by a solid performance in the high jump. Victories were shortly followed by Avery in the 800m and Sebastian in the 200m. The latter was arguably the performance of the day. A superbly executed race by Seb saw him cross the tape 1st in 27.17 seconds. A magnificent time for a student of this age with a lot of potential. He also performed superbly in the long jump, completing a distance of 4 metres 45. We concluded the event with a strong performance in the relay, with a team that included Josh, Harrison, Sergio and Avery. The indoor season has been a huge success, and we now look forward to transferring this over to the summer outdoor track season.

# SOM: MATTHEW HISLOP



Matthew has been a great player for the school since he has been at Grey Court. He is a strong rugby player, and has developed his skills throughout the season, featuring on numerous occasions for the A team. He has competed in both rugby union and sevens fixtures and has made some brilliant tackles in each of these. Matthew has also featured for the C team in football. He has been a stone wall at the heart of defence, ensuring they remained unbeaten throughout the entirety of the season. His most noticeable performance came away against Harrodian in the autumn term, ensuring his team maintained a clean sheet in a comfortable win. Matthew's attitude and effort in class is always superb. His maturity has stood out in his KS3 PE lessons, particularly during our Sports Education unit where he has been able to take on more of a leadership role. He also attended the lacrosse trip last month, and was highlighted by the coach for his brilliant performance during the session.



# POM: LUCAS GALANT DRASEY



Lucas has had a superb term at Grey Court. He performed incredibly well in the gala held at LEH school. He won two individual races and also finished first in two team relays. His most noticeable victories were arguably in the individual butterfly and also the medley relay. Lucas is currently training every day of the week, many days at 6am and twice a day, swimming in the evenings too. There is no wonder why he is having such success in the pool and this will only continue to grow as he keeps developing physically. He will no doubt have big aspirations for higher standard competition this season. In addition to this, Lucas always arrives to his PE lessons with an exemplary attitude, giving his best no matter what the sport is. He has been performing well in our sport education lessons this term and we look forward to getting him involved in our athletics programme this summer. Well done Lucas!

# POM: NEVE RUGETTE



Neve is a phenomenal basketball player who works extremely hard both in and out of school to improve her skills. She has been playing for Richmond Knights for many years and represents both the U14 and U16 age groups, despite being two years younger. Neve has gone undefeated this season with the U14 Knights, and is preparing for the National League play offs in both her age groups. She is regularly selected for Basketball England camps and competitions and this year is no different. This weekend will see her take part in the Selection Talent Programme for the England U15 squad.

Her commitment to basketball and self improvement is exactly the reason why she has been chosen as our Player of the Month. Well done, Neve! And good luck with the England selections.



# SOM: WILLOW IRELAND



Willow always puts in 100% effort in class and throws herself into every activity she does, be it lacrosse or indoor football. In scholarship lessons, she is focused and is able to apply skills that have been taught into practice. As an excellent games player, Willow has a good tactical understanding of the game, knowing when is the most appropriate time to attack and defend, and is able to apply this to her many sports.

Outside of school, Willow has played for Richmond Knights for the last 3 years. Willow leads by example, committing her time to training inside and out of school 4 times a week. Willow's strong leadership skills have earned her the position as captain of the U12 basketball team. She captained her team to place 3rd in the U12 Borough League, winning all but one game against an experienced Christs' team. Her tenacity in matches has also awarded her Player of the Match in our 3rd place play-off against Teddington School.

In netball, Willow is a strong centre court player. She has been voted POM multiple times this season by oppositions in the Borough League matches and in friendlies. She is always keen to help at training sessions, organising her teammates and getting balls and equipment ready. Well done, Willow!

# TOM: U14&U16 BASKETBALL



The U14 and U16 teams have experienced outstanding success this season. Both teams finished strong in the Borough League and for the third straight year both were crowned Surrey County Champions earlier this month. Also, and importantly, by winning the borough tournament early in the season, they both represented Grey Court and the Richmond Borough in the London Youth Game tournament and going to the Final Fours that took place this week, where the U14s took the silver medal finishing second and the U16s took the bronze medal finishing 3rd. Grey Court was the only school to compete in both age groups, further highlighting the success that these two teams have brought to Grey Court basketball and proving themselves to be role models for sporting excellence. The U14 team finished the season with 14 wins and 2 losses, and the U16 team currently has 15 wins with 1 loss and 1 game to play.

The U14 team was led by Bade and Neve, with Bade scoring 25 points in the semi-final game and 34 in the tough final game against arch rival Croydon's Crystal Palace and Neve scoring 17 in the semi-finals and 15 in the finals. In their two games, the U16 team was led by Madi's 21 points, Sana's 20 points, Amy's 19 points and Piper's 16 points.

Both teams were successful due to the hard work and commitment of all team members, we are immensely proud of everyone's efforts and achievements in bringing success and praise to Grey Court School.



# Managing stress and anxiety

Tips for students and apprentices



## About this handout

This handout offers guidance on how to manage your time and stress levels ahead of exams or assessments, and strategies to help you keep yourself mentally well.

Inside you'll find practical tips for managing stress along with techniques to reduce anxiety.

## What is stress?

According to the Health and Safety Executive, stress is “the adverse reaction people have to excessive pressure or other types of demand placed on them.”

As you probably know, if you're under a lot of stress, it's easy to feel overwhelmed. However, stress is not all bad. It's a natural response in the human body. Feeling a small amount of stress about assessments or exams will actually enable you to prepare and do your best. It's when there's too much that it can be potentially damaging.





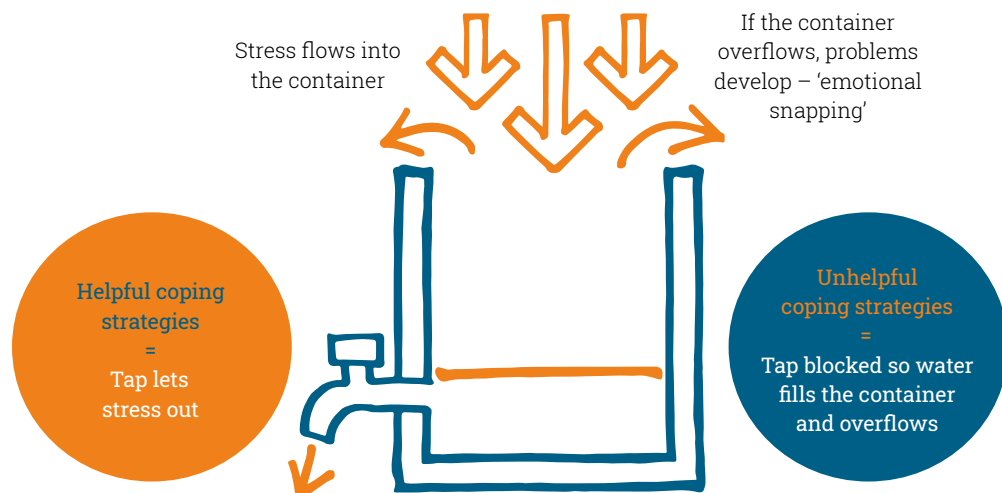
## How does stress affect our mind and body?

Stress releases adrenaline and cortisol which gives us a surge of energy. Too much adrenaline and cortisol can have a damaging effect on:

- Our immune system.
- Our sleep pattern.
- Our short and long-term memory.
- Our capacity to learn, concentrate and focus.
- Our relationships.
- Our mental and physical health.

It can be useful to think about this in terms of a 'stress container'. Imagine that your worries and stresses are filling up a container.

### THE STRESS BUCKET – MENTAL HEALTH UK



If you keep adding worries and stresses to the container it might overflow – that's when we can see outbursts of emotions such as anger, irritability and distress.



Using helpful coping strategies is like opening the tap, to stop the container overflowing.



### HELPFUL COPING STRATEGIES...

might include:

- Exercise.
- Being outdoors.
- Time with friends.
- Listening to music.



### UNHELPFUL COPING STRATEGIES...

will block the tap and increase stress levels, for example:

- Misuse of alcohol/drugs.
- Isolating from friends and family.
- Not enough sleep.
- Not taking breaks.



### ARE YOU OVERLY STRESSED?

Here are some signs to look out for:

- Lack of motivation.
- Absence from work.
- Inability to concentrate.
- Feeling bad tempered.
- Having overwhelming emotions.
- Constantly feeling tired.
- Prolonged increased breathing/heart rate.

**These will be different for everyone – it's important to notice changes in yourself.**



# Top tips for managing stress and preventing burnout



## TIP 1

### Plan your time

This is really important for your productivity and self-care. Each week allocate time to address your learning requirements because it can be a huge benefit when your deadlines, assessments or exams arrive.

## TIP 2

### Keep track of objectives

Sometimes this can be tough. Be gentle with yourself about it – create an action plan. Making sure you are up to date with your work, for example, will help to ensure you progress on programme in the long run. Keep track of your objectives and mark these off as you go along.

## TIP 3

### Give it your best shot!

Challenge yourself to complete the work you find most difficult first.

If you are not sure – ASK!

- Practice where you can.
- Review and revise.
- Keep calm, keep talking!

## TIP 4

### Ask for help

None of us is superhuman. We all get tired and overwhelmed. Reach out if you need to. Your tutors, teachers, trainers and support staff are all here to help you and if there's something else impacting you or your learning, let them know about it so they can help.

## TIP 5

### Eat and sleep well

Sleep reduces stress and anxiety levels – fact!

- Implementing a routine (as boring as it sounds) will help promote good sleep ahead of any assessments.
- Avoid those stimulants we can tend to go for – coffee, energy drinks, chocolate, illegal drugs – as they won't quite be the friend you think they are.

## TIP 6

### Learn calming strategies for self-care

Learning how to stay calm when feeling stressed will enable you to perform to the best of your ability. Experiment with the strategies on the next page and pick something that's a best fit for you.



## TRY THE STOPP TECHNIQUE:

**Stop and step back** – don't act immediately.

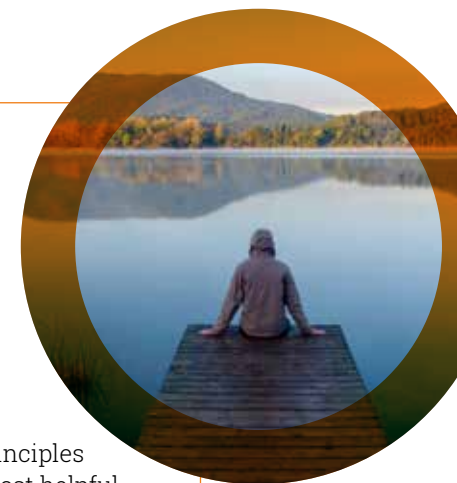
**Take a breath** – notice your breathing.

**Observe** – what am I thinking and feeling?

**Pull back** – see it as an external observer.

**Practice what works** – working within your principles and values, consider what is best for you and most helpful for the situation and apply it.

[getselfhelp.co.uk/stopp.htm](https://getselfhelp.co.uk/stopp.htm)



## Breathing exercises to reduce stress and anxiety

These simple breathing exercises can really help.

### 7/11 breathing

**Step 1:** Breathe in for 7 seconds.

**Step 2:** Breathe out for 11 seconds.

**Repeat** these steps for 5 minutes.

### Box breathing

**Breathe in:** for 4 seconds.

**Hold:** for 4 seconds.

**Breathe out:** for 4 seconds.

**Hold:** for 4 seconds.

Always reach out to your mentor, assessors or trainers if you need help with stress.

Charlie Waller offers a range of resources to help you with your wellbeing.

You can also find help at:



**The Samaritans**  
[samaritans.org](https://samaritans.org)



**The Mix**  
[themix.org.uk](https://themix.org.uk)



**YoungMinds**  
[youngminds.org.uk](https://youngminds.org.uk)



## Remembering Charlie

Charlie Waller was a strong, funny, popular, good-looking and kind young man, with a close and loving family. To the outside world, he had everything to live for. Yet in 1997, at the age of 28, Charlie took his own life. He was suffering from depression.

In response to this tragedy, his family founded The Charlie Waller Trust, to open up the conversation around depression, and to ensure that young people are able to understand and look after their mental health and to spot the signs in others.

Charlie sits at the heart of our story, our vision and our purpose.

### GET IN TOUCH

hello@charliewaller.org  
01635 869754

### FIND OUT MORE

charliewaller.org

### FOLLOW US



### SUPPORTING US

If you have found this resource useful please consider donating to help us continue our work



#### Text

To donate £10 **Text 'CWT' to 70085**

This costs £10 plus the cost of a standard rate message



#### Online

Visit [charliewaller.org/donate](https://charliewaller.org/donate)

Help our resources have a greater impact. Please consider sharing this booklet with someone who might also benefit from it instead of recycling it.


#### The Charlie Waller Trust

First Floor • Rear Office • 32 High Street • Thatcham • Berkshire RG19 3JD

The Charlie Waller Memorial Trust is a registered charity in England and Wales 1109984.  
A company limited by guarantee. Registered company in England and Wales 5447902.  
Registered address: as above.



# Would you like to be a host family?



We are looking for caring families with children to welcome a Spanish student into their home as a paying guest.

**Students age- 11-17 yrs**

**DATES- 25th June-18th July 2023**

Language School- (8.30- 16.30) They attend private English lessons in Kingston

We take care of daily transport



Interact with them as if they were a member of your own family

Discover a new culture. Your children will benefit from the intercultural experience as well as picking up some Spanish vocabulary

Long lasting friendships can be made

Experience the pleasure of offering hospitality

Play a part in helping students have a truly exceptional English experience.



**LEARN MORE**



**felicity.leicester@gmail.com**  
**anglospanishassociation@gmail.com**



**07900 312 634**

# **Summer 2023 Work Experience with Sarah Olney MP**

Sarah Olney MP would like to offer a small group of students in years 11 and 13 the opportunity to spend 4 days working in her office from July 11-14. You will be learning about what a Member of Parliament does, supporting the team in their work, and gaining real experience at the cutting edge of politics. You would spend time both in Sarah Olney's constituency office and in Westminster itself as part of this opportunity. If you think you would be interested in a career in politics in the future, fill out the application form below!

Application link: <https://forms.wix.com/f/7049321677586432154>

The deadline for applications is Friday 12th May. You will hear back from Sarah the following week regarding the outcome of your application, and may be invited to a short interview. Unfortunately, places are highly limited so you may not be accepted this time, but you are always welcome to try again during our next round of admissions.