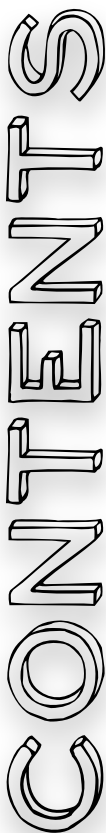


Grey Court School eBulletin

12 May 2023



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Congratulations

Congratulations to our Junior Boys, Junior Girls and Intermediate Boys who claimed victory in the Middlesex first round. Our Intermediate girls also did very well finishing second. Click **here** to view the results so far.



Cover Photo: Grey Court Allotment



Sylvan Glade

by Mr Clements

In a gentle Sylvan glade tucked away in a sleepy corner of the Grey Court site sits the school allotment. Whilst epic events such as a global pandemic, national strikes, tempests, grade inflation and Mr Rhodes' psycho-drama - the year 11 passport assembly - blow themselves out on the school's main stage, the allotment is the much loved mistress of the micro-drama.

One year a doormouse gnawed through the seed box and ransacked a trove of spring seeds, on another occasion a local badger ate the new potatoes, in 2019 the felt on the allotment shed was stolen by squirrel and in 2021, the broad bean crop was ruined by a plague of blackfly.

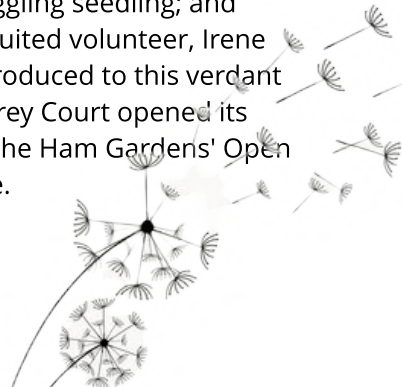
Custodian of the allotment Ms Munday professes to be the keeper of many secrets. In the days when Grey Court was not an outstanding school, a teacher was once found asleep with a can of San Pellegrino, after a staff party in the fruit cage.

Cricket lover Mr Gordon Walker is rumoured to have curated a geography fieldwork lesson from an Ecuadorian hammock (bequeathed to him on his gap year by a lost Quechan tribe) strung across a couple of runner bean poles, whilst listening to a test match. Head of English, Ms Rose, penned a pastoral themed

sonnet that won first prize in the Whitton Parish Gazette, from her throne of compost sacks as she ran a faculty detention.

What is as certain as the annual rhubarb harvest is the fact that the allotment is a cherished intersection of Grey Court and Strathmore staff, students, local volunteers and wildlife. The weekly allotment lunchtime club has been energised in recent years by local volunteer, Helen Erhardt, a New Zealand native and horticultural expert, who, alongside the ever reliable Ms Munday, has cultivated a growth mentality amongst the students from both Grey Court and Strathmore.

On my recent Tuesday visit I found Cosmas raking some leaves and tidying the site as part of his Duke of Edinburgh award, Zac and Alex battling with some nettles and Harvey from Strathmore (an enthusiastic participant for the last three harvests) netting a raised bed to protect seedlings from the ubiquitous roving badger. Alongside the gang, were the ever cheery, Ms Shore, whose sunny disposition has been known to spark the growth of many a struggling seedling; and recently recruited volunteer, Irene who was introduced to this verdant idyll when Grey Court opened its borders for the Ham Gardens' Open Day last June.







Such has been the success of this Ground force that the initiative has even been recognised by the Royal Horticultural Society with the award of level 5 Gardening status. Future plans include a tilt at the "London in Bloom" competition and a record haul of chutney to sell at the local farmers market in order to raise funds for next year's crop!

The allotment provides Grey Court volunteers from all age brackets with a homoeopathic vision for education - lungfuls of fresh air, the tactile feel of compost on the palms, the sweet scented aroma of garden mint, the soothing sound of the tack-tack-tack of the sprinkler and the taste of a sour-sweet early summer raspberry. Thank you to Ms Munday, the students, staff and local volunteers for cultivating this Sylvian space!

The allotment club is always on the look-out for plants, seedlings, spare tools and funding - any parent who wishes to donate time, plants or even horse manure to this green enterprise should contact Ms Munday
(smunday@greycourt.org.uk)



Lakan (Strathmore Student)



Zac and Alex (Grey Court Students)





Learn to sail at Tamesis Club this summer!

Located on a beautiful stretch of the non-tidal Thames at Teddington, Tamesis Club's RYA Training Centre offers a range of week-long RYA sailing holiday camps for children of all abilities during May half term and the summer break, and weekend RYA sailing courses for adults.

No previous experience is required, the club will supply all equipment.

More information is available on the training page of the club's website: www.tamesisclub.co.uk/rya-training/ where you can find availability and pricing. Or call **07768 018972** or email tamesistraining@yahoo.com



♥♥♥
NETBALL
STAFF
S



Grey Court staff netball team were out in full force recently and beat Hollyfield 7-6! The players' player was Ms Duncan and the coach's player was Mr Lunnis. We take on Hollyfield and Chessington today. Wish us luck!



NETBALL
FANS

FOR LEO S DIARY DATE S YOUR DIARY

26
May

ROA

9 June

BBQ & Band Night

27
June

Sports' Celebration Evening

3 July

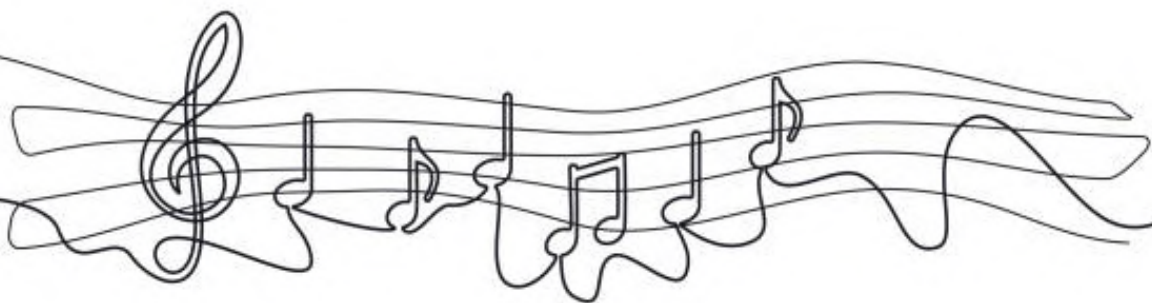
Year 6 Parent Information Evening

18
July

VPA Oscars

23
Sept

G-Fest



Sign up to help with one or more of these events

Tuesday 9 May

Year	Topic
------	-------

- | | |
|----|--|
| 7 | Animal rights |
| 8 | Why are 85% of people in the UK addicted to a drug and how harming is it harming them?
(Caffeine) Legal highs |
| 9 | What different types of contraceptives are there? |
| 10 | Use of language, oracy and assertive communication |
| 11 | Lessons as normal |

PDW

Wednesday 17 May

Year	Topic
------	-------

- | | |
|----|---|
| 7 | TBC - Careers |
| 8 | Drugs case study: cannabis and alcohol |
| 9 | What different types of STIs are there? |
| 10 | How can we respond to provocation? |
| 11 | English Literature GCSE Exam |



Grey Court PA Need You!

Sign up for the **school lottery**

Tickets cost £1 per week.
Every ticket bought helps the school

Win up to £30 weekly Automatically entered into the national
£25,000 jackpot draw

Help us run the lottery

We're looking for a Promoter & 2 Returns officers

The lottery is run by "Your School Lottery".

Each school is required to register with their local authority as a Small Lottery Society and have a Promoter, appointed in writing. ***Our promoter is no longer a parent at Grey Court and so we are recruiting a new promoter.***

Every 2 months, "your school lottery" sends us details of lottery proceeds on a form. ***We need two Returns Officers to check and submit this form to Richmond Council.***

If you can take on either of these roles, please contact **Maddy Thomas**: mthomas@greycourt.org.uk

Support our events

Can help at our BBQ & Band Night, Sports Celebration Evening or VPA Oscars? Can you help with our next G-Fest [23 September]

If you can help us plan or run any of these events, please [fill out this form](#).

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).

A person wearing an orange shirt, black shorts, and a blue helmet is climbing a large, textured rock face. The climber is positioned on the left side of the frame, reaching up with their right hand. The rock face is a mix of light and dark brown tones, showing various cracks and textures. The background is a vibrant sunset sky with shades of orange, yellow, and blue. The title 'SUMMER ACTIVITY PROGRAMME' is written vertically in a large, outlined, 3D-style font on the right side of the image.

SUMMER ACTIVITY PROGRAMME

#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



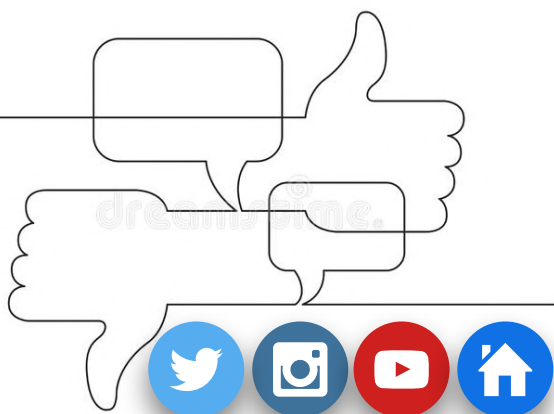
Weekly Menu



Graze Menu



Extracurricular TT





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



NUTRITION & FOOD

A big well done to our year 9s who completed their rotations for their Food and Nutrition rotation. For some of them, this is the last term they will cook at Grey Court School, unless they have opted for GCSE or compete in our Bake Off after half-term. Our usual array of multicultural delights was presented, making it difficult to decide the winners for our House Competition. However, we managed to whittle it down to the following:

A Band

1st place - Jack Bolsover Goard

2nd place - Omran Walli

3rd place - Charlotte Jackson and Zeliha Asan

4th place - Matilda Scrivener and Nirvani Kumar

B Band

1st place - Chloe Lester

2nd place - Jacob Heller

3rd place - Dominik Coglaru

4th place - Adam Mahmoud

Winners will win 100/75/50/25 points for their House accordingly.

Another highlight was our Multicultural Evening. Ms Hunt, our wonderful technician, as well as our year 10 GCSE students, helped to make hundreds of delicious onion bhajis for the event. This was one of the many dishes that were available - I was amazed at the variety of delectable delights donated by our parents for the evening. On behalf of all staff, I thank you. It was great that our students could see and appreciate the diversity of our local community through food! - **Ms Clark**



KS3 & 4 NEWS



YEAR 7

Y7s have been getting back into the groove of lessons now their exams have finished. We were very pleased with how the students did throughout their exams, they worked hard and were adaptable to deal with the changes that arose.

It is always great to see the summer sporting timetable now in full flow. This week some Y7 students travelled to Stoke to compete in a national gymnastic competition, whilst the athletics team competed at Lee Valley. We eagerly look forward to Sports Day in the summer term as I am sure it is going to be a hotly contested event this year!



Friday 5 May: Year 7 Sports' Scholars enjoy some Spikeball ahead of the Borough Spikeball Tournament this term!

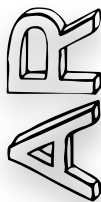


Thursday 10 May: Our gymnasts have arrived in Stoke (once again) for the Floor & Vault National Finals. We are representing London in the U14 & U19 mixed-age groups. No breaking with tradition - first stop, Nandos!
Thanks to the amazing parents with us on the trip!

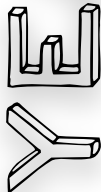
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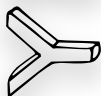
Year 8 have seen a busy few weeks whilst studying and completing their end of year exams. All students have worked hard with these and so a huge congratulations to all.



Today, the year 8 boys take on the final of the Surrey County Cup - can they do what hasn't been done before? We are wishing them the best of luck and are hoping for the best!



This weekend many year 8's will also join the year 7's for their football tour at Butlins, of which we hope to hear lots of great feedback from!



Next week, 8 Oak take on the enterprise challenge for GRADU8. This is where the students are to take £1 and turn it into as much profit as possible in a week - pictures of the students in action to follow next week!

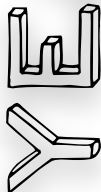
- Ms Woods



Our top year 9 achievers last week were: **Indie Peters-Sutherland, Basit Ademola-Lawal, Oliver Hislop, Sophia Trybuszewski and Mali Westbrook.**



KS3 homework club is continuing to run every Wednesday in T4. Despite our fantastic turn out last week, we saw very few students this week. Please encourage your child to attend if necessary.



We understand that English weather is unpredictable, but we would like to remind students, parents and carers alike that trainers and hoodies are not to be worn in school. Despite polo shirts being allowed to be worn, we are still upholding our highest expectations in regards to uniform. Please ensure these expectations are reinforced at home.



REMINDER: If students would like to apply for a KS4 leadership position, they can apply using the [Application form](#) by the 5 June 2023. *If you are unable to complete this form digitally, please email Miss Weston: dweston@greycourt.org.uk)

- Ms Howarth



This half term seems to be flying by already and as half term approaches, I urge year 10 to begin to seriously think about their upcoming exams. Their teachers are working on their revision booklet, which will be with them before half term, so they can use this time to consolidate class notes, homework and begin drafting revision timetables. This is a real chance to practise for their GCSE exams in exam conditions and for teachers to gain a real understanding of their progress and a more realistic predicted grade.

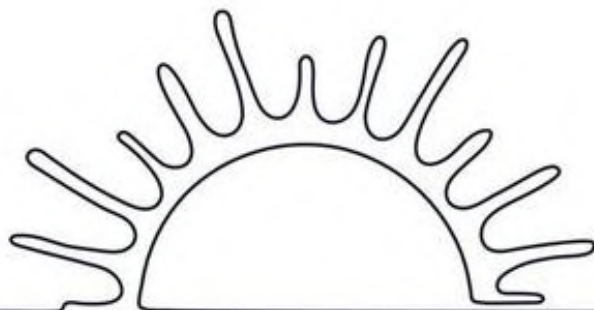
Another focus before half term is working towards the 'Be Great' programme. Year 10 will be completing their 'Enterprise' section, where they will be given £1 and need to make as much profit from this as possible. The dates of these are as follows:

10 Ash and 10 Beech - Monday 22 May
10 Cedar and 10 Elm - Tuesday 23 May
10 Maple and 10 Oak - Wednesday 24 May
10 Rowan and 10 Willow - Thursday 25 May

Year 10 will be offering a number of activities for years 7-9 during their allocated lunchtime slot. Whilst they have to track their profit and loss individually, the tutor group with the biggest overall profit will also win a prize. The money made will go towards charitable projects and a celebration in year 11. Good luck to all of our year 10s with this.

Have a happy, sunny weekend - fingers crossed!

- Ms Clark



FEARLESS

With all the 4 day working weeks we have been enjoying I think I may have forgotten what a full 5 days feels like. Unfortunately reality has crept up on us and the exam countdown is quickly coming to an end; with the first exams beginning on Monday. I am sure you are all feeling the anticipation and thinking 'have I revised enough' or 'do I know enough quotes'. All I ask from the year 11's is that they try their best. They have worked really hard over the last couple of years and although it hasn't always been easy the catharsis that will follow when you cross the finish line will feel euphoric. Please be reminded that students must be on time for their exams and should be in school every day up until the end of the exam period. As a school we do not offer study leave, but students have all been given a personalised exam timetable for their passport sessions, which began today.

With all the stress of exams I want students to remember some of the key tips and strategies that they have been learning over the past few weeks regarding maintaining a healthy mind in the midst of the exam season. Please make sure you are sleeping for at least 8 hours each night and having a healthy balanced breakfast each day.

During the exam period myself and the KS4 team will provide some fruit and juice for students who may require this in the morning - this can be found in the KS4 office.

Have a lovely weekend!

- Ms Comrie

“

Morning is an important time of day, because how you spend your morning can often tell you what kind of day you are going to have.

LEMONY SNICKET

Ham & Petersham DOG SHOW

Petersham & Ham Sea Scouts
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**



9th July
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

Handsomest 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 from 2 May to 5 May

Congratulations to year 7 for achieving 96.3% and year 8A for achieving 100% attendance.

Year Group	Attendance %
Year 7	96.3%
Year 8	95.5%
Year 9	92.1%
Year 10	94.2%
Year 11	94.1%



Tutor Group	Attendance %
7 Willow	98.4%
8 Ash	100%
9 Ash	97.4%
10 Rowan	98.2%
11 Cedar	95.7%

Wellbeing





We have a new online Parenting Course which will help parents of children that frequently exhibit **aggressive, controlling and very challenging behaviours**. The 5-week course is specifically designed for parents of teenage children or those who are currently in senior school (age 11+).

What is the course about?

The causes of aggressive or violent behaviour

How to de-escalate difficult situations

How to therapeutically address and stop unwanted behaviours

How to improve and repair the relationship with your child and create a calm home

What will the course cover?

Week 1 - Understanding aggressive behaviour, Self care and Picking your Battles

Week 2 - Techniques to de-escalate and stop aggressive behaviour

Week 3 - Parental presence - the child to parent relationship

Week 4 - Building a loving parental connection and how to use your support network

Week 5 - Review and Q&A

When does it run?

Wednesday, 7th June and 4 subsequent Wednesdays at 8pm (5 weeks in total)

Who is speaking?

Jenny Wilkinson, Dip.Couns, NVR Parenting, is a qualified counsellor, trauma informed family therapist, accredited NVR Practitioner with lived experience of child-to-parent violence and ADHD. Jenny specialises in helping parents create calm in their family using Non-Violent Resistance (NVR).

How much are tickets?

One parent/carer £100.00

Two parents/carers £150.00

How do I book? Click [here](#)





Kooth's Guide to Coping with Exam Stress



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Service

NHS
Providing NHS services



Coping with Exam Stress

Exam season can be incredibly stressful for students of all ages. Here's a few tips and tricks to help you cope with exam stress.

These are just a few techniques to try, what really matters is finding what works best for you.

Take a break

Scheduling regular breaks and being able to recognise when you need a break when you're feeling stressed or overwhelmed, can be really helpful.

This can be really difficult, especially when you're under pressure and may feel like a waste of time or bring up feelings of guilt.

However a change of scenery may make your time revising afterwards feel fresher and more productive.

Mapping out your studies

It may also help to try out a few ways to feel more on top of your studies. This might include:

- Writing down what you feel you know well and the areas you'd like to know better.
- Make a revision plan and mark off each module or topic area you've covered.
- Or, if you're feeling creative, you could draw a pathway towards exams and out the other side, where you can chart your progress along the way.

Really, anything from a spreadsheet to some rough notes can work--do what you feel most comfortable with.

Taking a moment

Taking a moment when you feel especially frazzled or anxious to calm yourself can be a useful one to master both during revision and exams.

For some, meditation, grabbing a cup of tea, deep breathing or taking a few minutes outside in nature even if only for a couple of minutes, can be beneficial.

Taking care of your needs

Drink plenty of water and try to eat regular meals. Staying hydrated really can help you feel better, both physically and mentally, as it's important you meet your brain's energy needs.

Especially during times of revision, where you're reading and straining your mind a lot, water is important to help avoid dehydration headaches. While regular meals can help you maintain a good routine.

Switching off

Avoid screens at least an hour before bedtime. Switching off can go a long way in helping you to fall and stay asleep which will help keep your mind fresh for your exams and can help you manage or reduce your stress level.

If possible, having an environment where to rest or relax which is different to where you study, can help you switch off.

Moving your body

Try 'shaking it out', or getting up from your desk and doing some light stretches. Moving your body is a great way to avoid stiffness and to better concentrate well for longer periods of time overall.

Talking about what's on your mind

- Talk to a friend or other trusted person about how you're feeling. Sometimes just venting it out can be such a destressor!
- Reach out to your supervisors, tutors, or student support if you're struggling. It may be that you could apply for a deadline extension for a piece of work or find some help with time management or study skills.

Positive affirmations

Try repeating some positive affirmations to yourself, such as "I'm doing my best," "I can do this," or "Just keep swimming!"

Journaling and music

Writing down what's on your mind in a journal or listening to some calming music- are great ways to get tensions and anxieties out of your body.

Whatever you choose to do, be kind to yourself. Give yourself some space to do the things that might help you feel calmer or help you gain a bit of perspective.

Find Support

Explore free, safe and anonymous mental health and wellbeing support on **Kooth.com**



Sports *News*



Friday 5 May: Good performance against a strong U15 @GandLSchool. Well done to Livvy (featured on the previous page) for playing up 3 age groups and winning player of the match as well as scoring 22 points.



Wednesday 10 May:
Well done to our U15 Rounders team for their first fixture of the season. Not a win, but lots to take away for our next few league games!

Nando's





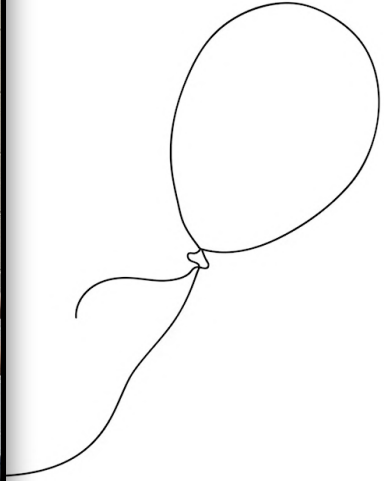
Wednesday 10 May: The gymnasts have arrived in Stoke once again for the Floor & Vault National Finals. We are representing London in the U19 & U14 mixed age groups. No breaking with traditions - first stop, Nandos! Thanks to the amazing parents with us on the trip!



HAPPY
Birthday



Thursday 11 May: Happy birthday to Finley! Our gym boys help him celebrate ahead of the U14s competition.



Thursday 11 May: Well done to our U19 Mixed team who came fourth in the National Floor and Vault Finals. A fantastic performance from all and lots to build on for next year.





Tuesday 9 May: Well done to the girls junior and inter athletics teams who competed at ESAA on some fantastic results across the board





Congratulations

Thursday 11 May: Congratulations to our Junior Boys, Junior Girls and Intermediate Boys who claimed victory in the Middlesex first round. Our Intermediate girls also did very well finishing second. Click **here** to view the results so far.



POM: GEORGE ROBINSON



It has been a fantastic year for George at Grey Court. He has been performing well in his PE lessons and his effort and attitude are always exemplary. George has also been instrumental in helping the U13 boys football team reach the Surrey Cup Final, which will be taking place on 12th May Vs Whitgift. Following three months of training with a Regional Development Centre, George was selected for a trial at Southampton FC. This requires George to travel three times per week to Southampton for training, as well as a match on Sundays. George has so far played fixtures against West Ham, Bristol City and Swansea, playing left midfield or left wing back in each of those matches. George has upcoming matches against Arsenal, Crystal Palace and Charlton before the end of the season. These will be tough tests against some of the best players in the country. His commitment and drive is admirable, and both qualities have been evident in his leadership of the Year 8 football team this season. We wish George the best of luck for the remainder of the season, in particular our upcoming County Cup Final!

POM: CHLOE HOLE



Chloe is a committed swimmer for her club, Teddington, training x9 per week and regularly competing in competitions. Over two weekends in April and May, Chloe swam at the London Regional Summer Championships after achieving qualifying times at competitions throughout the year. At the first weekend competition, Chloe swam in the 200m fly, reaching the finals and finishing 2nd overall with a time of 2:39. At the first weekend competition, Chloe competed in the 100m fly and reached the finals. She finished with a time of 1:09 and medalled in 3rd place overall. These are excellent achievements and we are very proud! Well done, Chloe!

Last year Chloe swam at the London Youth Games representing Richmond borough and hopes to compete there once again this year. She is also hoping to compete at the Welsh Nationals and the English Nationals. For the English Nationals she needs to achieve a time in the top 20 nationally and is currently just on the cusp. Good luck, Chloe!

SOM: BOBBY SCOBLE-JENKINS



Bobby has had a fantastic first two terms at Grey Court. He enjoyed a brilliant football season, and was one of the stand out players in the Year 7 team. He was made captain and demonstrated his maturity and leadership skills on the pitch, rising to the occasion in our most crucial fixtures. Bobby's best performance came in our victory over Hollyfield in the County Cup, where he led the line to help the team eventually progress through on penalties. Whilst results were not always as we had hoped in the latter part of the season, Bobby remained a shining light in the side. His attitude in lessons has been excellent. He is always inquisitive, asking questions about how he can improve and progress across a range of sports. He has done well in cross country, football and rugby, as well as being one of the stand out performers in his scholarship lessons. So far this term he has demonstrated his versatility as an athlete, performing well in his athletics lessons and demonstrating some real potential in the javelin. Bobby's leadership skills were recognised further, as he was awarded year 7 Sports captain for Spartan. We look forward to seeing Bobby lead the Year 7 side at our upcoming football tour, hopefully inspiring the boys to further success.

SOM: EVA MAYHEW-WILCOX



Eva is an up and coming tennis player, training most evenings at the National Tennis Centre and competing in weekend tournaments and competitions.

She recently competed at the Surrey Tennis Festival with her doubles partner Dina. Both players worked hard to develop their net play throughout the day, taking opportunities to use a cross-court volley to finish points and playing consistent groundstrokes down the line into the tramlines. The pair were in the top tier U12 competition and met some strong opponents. Their first match finished in a tie-breaker where they just missed out, losing 8-10. Their second match also finished in a tie-breaker and they again, just missed out, finishing 5-7. In their final game, the girls worked hard to finish points and win games, resulting in a 4-1 final score. Eva led the pair well, regularly communicating with her partner to talk tactics between points and matches. Well done, Eva!

TOM: U13 FOOTBALL TEAM



Our team of the month is our U13 football team. They have had an exceptional season, progressing to the Surrey Cup Final. This will take place on 12 May Vs Whitgift. Some of the standout performers throughout the season have included George Robinson in midfield, George Mills in goal and Will Shaw at full back. The boys have worked well throughout the season, and this has culminated in them reaching the final, putting them in the top two sides in the county. On their journey to the Final, they have not had an easy run. The schools they have beaten have included Oxted (6-0), Royal Russell (1-0), Carshalton Boys (1-1) (won 4-2 on pens) and the Ashcombe School (2-0). Remarkably, the boys have only conceded one goal in open play. This has been largely down to some heroic goalkeeping from George Mills, who was the hero in our penalty shootout victory over Carshalton Boys. We now look forward to the Final next month Vs Whitgift. Good luck boys!

TOM: GIRLS' TENNIS TEAM



The girls tennis team have been working hard this term in matches and tournaments and recently competed at the Surrey Tennis Festival at St George's College, Weybridge. The U15s were placed in the top tier 1 competition and had some excellent matches against the best schools in Surrey. Ayse and Rosie have paired together before and are a strong team on the baseline as well as stealing points at the net. After convincingly winning two out of their three matches, the pair waited for the results after the group finished in a three-way tie. Unfortunately, Ayse and Rosie did not make the semi finals but had an excellent day of tennis and were proud to challenge other top tier teams.

Eva and Dina also had a great day of tennis in the top tier 1 competition. They grew as a pair throughout the day and we are excited to see them play their other matches in the LTA competition.



INTERGENERATIONAL MUSIC
MAKING PRESENTS

YOUTH SOCIAL ACTION PROJECT

ALL PEOPLE BETWEEN THE AGES OF 12 - 20

If you are between 12 and 20 years old and are passionate about making a positive impact in your community, come and join our free programme!

The project will be 'facilitated' rather than 'taught' to ensure participants are free to create projects on issues which matter to them.

WHERE? Ham Youth Centre - Achieving For Children
Richmond, TW10 7PL

WHEN? Saturday 20th of May, 11am-1pm
Saturday 27th of May, 11am-1pm

BENEFITS

- Develop creative ways to help your community
- Build leadership skills
- Meet new people and make new connections
- Increase self-confidence and communication skills
- Gain a stronger awareness of your community
- Challenge the status quo

SUPPORT YOUR COMMUNITY THROUGH
CREATIVITY

GET IN TOUCH VIA EMAIL:
MARIA@IMM-MUSIC.COM



@immmusicuk



@immmusicuk



@immmusicuk



HOST FAMILIES WANTED

We would like to invite you to be part of our culture
community (and winning team).



JOIN OUR WINNING TEAM TODAY!



Dear Sir or Madam,

We are an international education and youth travel organisation bringing different people from different countries to the Ham Richmond and Kingston Community. This has been since 1993. Our main goal is to provide an excellent British Culture experience for our visitors from all around the world.

We are currently rebuilding our community. Would you be interested in joining our winning team in hosting students for our short and long-term?

We pay at a very competitive rate.

If you would like more details, you can contact me on by phone or e-mail, and we can arrange to discuss this further.

Kind Regards,
Cory Alton MSc
Founder






Address: International House, 6 South Molton Street,
Mayfair, London, W1K 5QF United Kingdom

Phone : +44 207 183 1923 - +44 74 259 259 53

E-Mail : info@touropes.co.uk

Web : LondonTourCompany.co.uk

   /TouropesUK www.Touropes.co.uk



HAMPTON & RICHMOND BOROUGH YOUTH FOOTBALL CLUB



**ACCREDITED
CLUB**
PART OF ENGLAND FOOTBALL



PLAYERS WANTED

Hampton & Richmond Borough Youth Under 14s

(Year 9 Sept 2023)

Following one of the squad having a successful trial for a Football League Academy our current Under 13 Bucks now have an opportunity to invite new players to join the squad for the next season.

The team train locally on Tuesdays and play in the Conference Division of the Surrey Youth League. Training is run by FA Qualified Coaches.

If you are interested in joining then please contact manager George at
louandgorge@yahoo.co.uk

Yoga for local young people and families

by Victoria Amore



Kundalini is the yoga of awareness. It brings balance to the body, mind and soul. The practice of Kundalini Yoga helps relieve stress and stimulates the immune system.

First, you will be guided to stretch and move your body, then comes pure relaxation and bliss. You will be guided to lay down on the mat, get comfortable and cosy, and deeply relax while Victoria plays soothing sounds live with instruments including a gong and crystal bowl. Gongs vibrate on the same frequency as the body's cells.



The benefits are known to destress, soothe worries and anxiety, help you sleep better and more.

**Sundays: 21 and 28 May,
4 and 18 June, 2 and 9 July
to set you up for the week ahead**

10.30am to 12.30pm Age 12+

Ham Youth Centre, Ham Close, Ham TW10 7PL

Drop in. First come first serve admissions until at full capacity.



**achieving
for children**

Please bring your own yoga mat, a bottle of water and wear comfortable clothing. No Yoga mat, don't worry, we have a limited number of spare mats on site.

You are welcome to enjoy a quiet and peaceful, contemplative moment with a complimentary herbal tea after the session.

The session will begin at 10.45am, regretfully we are unable to accommodate latecomers.

Free event for local young people and families improving relationships and communities, brought to you by Achieving for Children and Parent Champions Network.



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for **children**