

Grey Court School eBulletin

16 June 2023



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'Fifty Shades of Grey Court'

Dragon Boat Team

We are a group of sixteen mums racing in the annual Kingston Rotary Dragon Boat Challenge, in an effort to raise money for Grey Court School's education fund.

'Fifty Shades of Grey Court' are training hard to be ready. However, we desperately need your help to medicate the blisters and make our sweat and tears worthwhile. Please, please show us your support by donating whatever funds you can. Every penny raised goes straight to Grey Court School to help support your kids education.

To donate, please click [HERE](#) to be taken to our JustGiving page. Wish us luck!! Even better, come cheer us on!

Canbury Gardens - 16 July - Hope to see you there!!

Canbury Gardens

16 July

#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



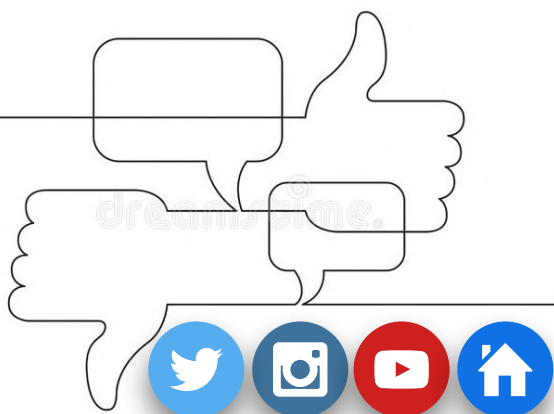
Weekly Menu



Graze Menu



Extracurricular TT



#ImportantDates



JUNE



27 June: Sports Celebration Evening



29 June: Year 8 Parents' Evening



JULY



3 July: Year 6 Parents' Information Evening



18 July: VPA Oscars



SEPTEMBER



23 September: G-Fest

#Notices

We are looking for donations of unwanted textbooks, school uniform and sports equipment



Drop off text books and revision notes at the sixth form and main school receptions



Drop off unwanted school uniform and sports equipment at the sixth form and main school receptions

KS3+4 News



Year 7

Assembly this week

It was fantastic to see so many excellent reports that were sent home ahead of yesterday's parents evening. I hope that the evening went well, and you were able to discuss the progress of your child. If there were any teachers which you were unable to book an appointment for, please feel free to email them directly to request some feedback on how your child is progressing in that subject.

We had the initial round of sports day this week, with students taking part in field events. Congratulations to all the winners. The final track events will take place on sports day on Friday 23 June. Students will be able to cheer on their houses adorned in their house colours. A reminder that there have been many sports events taking place across the year which will contribute to the overall winners, alongside achievement points and other challenges - so every student has played an important role.

- Mr Day

A big thank you to Miss Clark for delivering our assembly this week. She focussed on healthy eating, and the students learnt about the implications that diet can have on physical and mental health. We are lucky that students are able to take part in cooking lessons all the way up to GCSE and I am always amazed by the culinary expertise shown in year 7.





Year 7 were required to design and prepare their own healthy deli salad that followed the Eatwell Guide for Healthy Eating Week! The students demonstrated creativity and a range of practical skills using a range of vegetables, carbohydrates and proteins. A huge well done for their hard work - they look fantastic!









Year 9

TOP Achievers

Last week

Harry Elsdon, Jessica Teichert, Chloe Lester, Valentino Csucci Pyrah, Herbie Henry. A huge well done!

As the weather is getting warmer, students are not required to wear their blazers in school but do need to continue to wear them to and from school. A reminder to parents that summer polo shirts are available.

It is fantastic to see so many students cycling to school, and we encourage students to use this mode of transport when travelling to and from school. This week, students have been reminded of the safety of cycling around wearing a helmet, being visible, being aware of your surroundings and signalling correctly. It would be greatly appreciated if you could also remind your child of these essential safety guidelines when cycling.

Exams

Year 9 exams begin this Friday, and all students have been briefed in assembly this week on the structure of how they will work. Please encourage your child to be on time to each exam to ensure they do not miss vital exam time and do not disrupt others.

Any concerns or questions regarding the exams, please do not hesitate to email me: **khowarth@greycourt.org.uk**.

We wish the year 9s the best of luck.

- Ms Howarth

A decorative border at the top of the page featuring various school supplies and mathematical symbols drawn in blue ink on a light green grid background. Items include a calculator, ruler, compass, scissors, paper airplane, clock, books, and geometric shapes like a pentagon and a circle with a cross.

MATHS

Challenge Results

A blue line drawing of a calculator placed on top of a large set square or protractor, centered below the title.A decorative border at the bottom of the page, similar to the top one, featuring various school supplies and mathematical symbols drawn in blue ink on a light green grid background. Items include a ruler, compass, paper airplane, clock, books, and geometric shapes like a cube and a circle with a cross.

A massive well done to all of the students who participated in the Junior Maths Challenge last month.

We have now received the results and would like to wish a massive congratulations to:

Year 7

Bronze Awards

Taym AL-RAWI
Olga ARKHIPOVA
Ipek AYDURAN
Josie BRYANT
Archie CAMPBELL
Lia CASOLIN
Thomas CLARK
Emilia DASHPER
Ernie HUDDART
Mila KOZLOVA
Abigail LAI
Adrian LAM
Aaron LAWRENCE
Dani LEON
Leo MANDZI
Eva MAYHEW-WILCOX
Ifan MCHARDY
Thomas MELO-FOXTON
Max MURPHY
Naomi PHILLIPS
Owen VAN DER WATH
Alexander WURSTER OSUNA

Silver Awards

James ADAMS
Okan CANATAN
Jason CHAN
Jolie FOK
Joshua GILBERT
Emme HUGHES
Willow IRELAND
Sean KIRWAN
Tate LAWLER
Zakir MOHAPATRA
Dason POON
Kirill RUSNAC
Kara WONG

Gold Awards

Chloe CLEMENTS
Ryan KWOK
Marcus WONG - **Best in Year!**



Year



Bronze Awards

Farhan ABBAS
Yousef AL BAYATI
Oscar BALLANTINE
Alyssia CAPPER
Matthew CHESTER
Hani EL SAYED ALI
Daniel HARDERN
Ignatz KEATING
Esther MUDUNKOTUWE
Can ORAN
Nicholas PASENCIUC
Lula Rose CIVIERO
Leo SENANAYAKE
Freddie SONG-DUSOIR
Ethan STARBORG
Harriet WARBRICK

Silver Awards

Gustav ALPSTEN
Sara Victoria ALTUN
Jad AZAWI
Arianne BELFIELD
Kingsley FAN
Luca GRIMA
Ned HARRISON
Jackson IWANOWSKI
Richie LUO
Isaac MA
Pablo NAVAS-PAREJO
Thomas PASENCIUC
Boris PETROV
Heidi PHILLIPS
Isla REINDORP

Gold Awards

Moujan REZAEI
Kenneth LAU
Joseph BAILEY - **Best in School!**



CONGRATULATIONS!

A massive extra congratulations to **Moujan, Kenneth, Marcus** and **Joseph** who have qualified for the **National Pink Kangaroo Challenge**!



Focus for the next few weeks is the upcoming exams. Please encourage your son/daughter to make this their priority and use all information provided to them regarding exams to boost their chances of success.

Students have also had many resources uploaded to their tutor Google classrooms along with a revision booklet for their use, which details the breakdown of topics to be covered in each exam, so they can plan their revision accordingly. I have also provided them with a revision planner/timetable to guide them in organising their revision, work and down time to ensure they are successful in the upcoming exams. We have an important assembly regarding rules and regulations next week - this information will be shared too and tutors will also work with them next week and guide them through this important time in their school career.

Sports Day is on Friday 23 June - this may be the last sports day for some of our year 10s so I'm hoping that as many of the year group as possible sign up and participate in this wonderful annual event.

Year 10 also had some important information regarding next steps after year 11 and different pathways they could take, with a visiting speaker from Kingston College. The exams are an important starting step to understand what potential options they may have after year 11. Ms Corrighan also reminded year 10 that Esher College Open Day and applications are coming up - Esher College applications close early, so if this is an option that your child is considering, please research and apply soon!

- Ms Clark

Year 11

What an emotional last few weeks this has been for us all. It was wonderful to see so many of you at ROA this year, I don't think there was a dry eye in the house after Mr Gundry's speech. Seeing all the parents and students together really shows how magnificent the Grey Court community is. I know for many this is not a goodbye as you will be returning for sixth form; for those who are leaving it is just a farewell for now.

Additionally, today would have been the last GCSE exam for many of our Y11's. I wish you nothing but the best of luck on your KS5 journey. Whether your futures involve Sixth Form, colleges or apprenticeships please know that Grey Court will never forget you and you are very welcome to return at any stage of your life to say hello. For those of you who still have exams next week, please make sure you are in every day up until your last exam. Passport sessions will continue so ensure you are on time for school so you don't miss any content.

Lastly, as you know prom will be on the 6 July. The KS4 team have planned a masquerade dreamy night. Get your masks ready and outfits secured; it is not one to be missed. I sent a letter out this week covering all the finer details for the night, look forward to seeing you all there!

Enjoy the lovely weather!

- Ms Comrie



#Wellbeing

WHERE'S YOUR
HEAD AT?



Events

Stressed about exams?



**CLICK!
HERE!**

Are you about to sit exams at school, college or university? It's an intense time so it's perfectly natural to feel stressed about your studies and anxious about what the future holds.

With the disruption of COVID-19 in recent years, this might be the first time some of you are taking a formal exam. You might be worrying about the impact of low grades on your uni or job applications and you might feel under pressure from your family and teachers.

Kooth.com

We recognise that exam stress can have a significant impact on the mental wellbeing of children and young people. That's why we want to highlight some valuable resources available to you this exam season:

[Exam tips digital brochure](#)

[Exam tips infographic](#)



#PDW

Year 7

Last week:

Aside from keeping fit, what are the benefits of Exercise?

This week:

Staying safe over the Summer Holidays

Year 8

Last week:

What are the influences of drugs and alcohol on decision making?

This week:

Staying safe over the Summer Holidays

Year 9

Last week:

Testicular/Penis Health

This week:

Staying safe over the Summer Holidays

Year 10

Last week:

iDea RS and Computing - Video Editing

This week:

Staying safe over the Summer Holidays



#Attendance

w/c 5 June to 9 June

Congratulations to year 7 for achieving 96.9% attendance, and to 7 Cedar for achieving 98.8% attendance.

Year Group	Attendance %
Year 7	96.9%
Year 8	93.5%
Year 9	93.6%
Year 10	94.7%
Year 11	90.8%

Tutor Group	Attendance %
7 Cedar	98.8%
8 Cedar	98.0%
9 Cedar	97.3%
10 Oak	98.3%
11 Willow	95.7%



Summer Activity

Programme

12-14 July

Year group	Wednesday 12 July	Thursday 13 July	Friday 14 July
7 letter	A band Seven Sisters Country Park B band Portsmouth Historic Dockyard	Indian Culture Day in school	B band Seven Sisters Country Park A band Portsmouth Historic Dockyard
8 letter	A band Liquid Leisure Shepperton B band BBC Earth/Science Museum	B band Liquid Leisure Shepperton A band BBC Earth/Natural History Museum	Survival Day in school
9 letter	PGL	PGL	PGL
9 (those not going to PGL)	Group 1 Slough Ice Arena Group 2 Alternative	Hub Challenge + Film morning/afternoon	Group 2 Slough Ice Arena Group 1 Alternative
10 letter	DofE expedition	DofE expedition	DofE expedition
10 (those not doing DofE)	Employer workplace visits	Sussex University visit	Thorpe Park

Stars of the Week: PE

Year	Name	Subject	Reason
7	Diana Gjocaj	PE Core	Outstanding performance in the Gym & Dance Show
7	Paloma Cajigao	PE Core	Outstanding performance in the Gym & Dance Show
8	Samuel Farah	PE Core	Outstanding performance in the Gym & Dance Show
8	Jude Maguire	PE Core	Outstanding performance in the Gym & Dance Show
9	Julia Prestigiacomo	PE Core	Outstanding performance in the Gym & Dance Show
9	Chloe Fletcher	PE Core	Excellent contributions to the Gym & Dance Show
10	James Alleyne	PE Core	Outstanding performance in the Gym & Dance Show
10	Daisy Mcgeoch	PE Core	Outstanding performance in the Gym & Dance Show
11	Madeleine Warren	PE Core	Outstanding performance in basketball
10	Harry Rust	GCSE	Excellent contribution in practical lessons
10	Taylor Rumney	GCSE	Excellent engagement in class
11	Joe Abbott	GCSE	Excellent engagement in class
11	Alessandro Marino	GCSE	Excellent engagement in class
10	Wilhelmina Roberts	Health and Fitness	Excellent progress in the subject
11	Joshua Tong	Health and Fitness	Excellent progress in the subject
12	Zach Horn	Sport BTEC	Outstanding achievement
13	Eddy Hanlon	Sport BTEC	Outstanding achievement



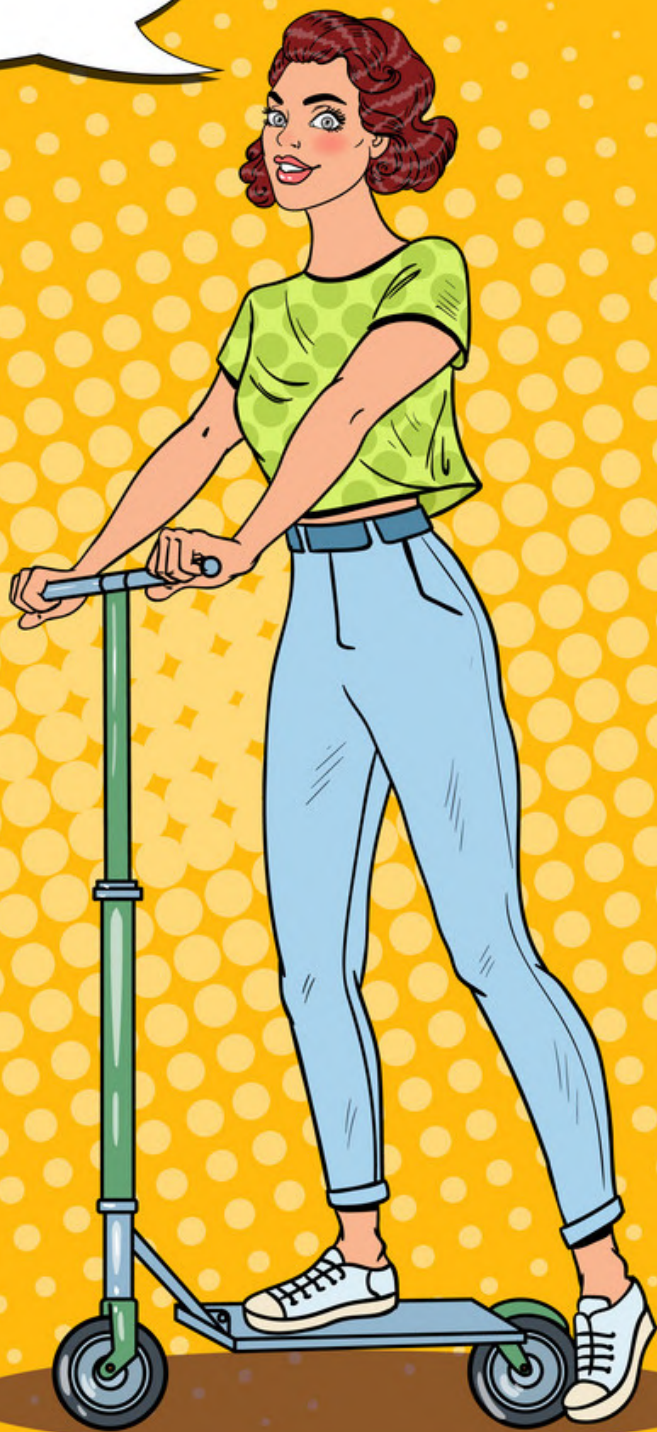
Our Staff Star of the Week

Careers
click **here**



NEWS

Sixth Form



Year 12 TRIAL EXAMS

Students have been incredibly proactive in their revision planning and the focus around the building is impressive. Lots of students have been staying behind after school to study in groups and support each other. I hope that the exams go well next week!

22-30 June

[Year 12 Summer Exams Booklet](#)

[Year 12 Summer Exams Timetable](#)

EPQ update

Initial application for most students has now been approved. The next step requires students to attend preparation workshops in the days before Activities Week on the 10 and 11 July. A list of students and the dates will be posted in the EPQ classroom. These workshops will set them up complete activities for the second stage of their application over the summer ready for September. Students who do not complete the minimum requirement over the summer will not be able to continue into year 13 for this course.

UCAS *personal statements*

Many students have now completed their first drafts of their personal statements, which puts them in a really good position. Tutors are now reading through them and giving feedback.

Work experience

We are nearly there! There will be a work experience briefing next week to help students plan ahead for the week of work experience 3-7 July 2023. Students have all the information on Unifrog and parents/carers can access this. Students should be contacting their placements now to say they are looking forward to the week and see if there are any last arrangements. Students will be phoned or visited by staff that week and they will complete an evaluation form. Please speak to [Bernie CORRIGHAN](#) if you have any questions at all.

Year 13

Alumni sign-up

Having now virtually finished their time as students at Grey Court, year 13s have been encouraged to sign up to the alumni group by visiting the “future first” website. Those who have signed up will have received an alumni card (pictured below). Any pupils who still wish to receive their cards should sign up online and let Ms McNicol know they’ve done so the next time they’re on site.



Applying for Student accommodation

Once you have put in your firm and insurance choices you will be contacted by the universities asking you to apply for student accommodation. Different universities use different selection criteria - some are first come first served and some put all applications together and allocate accommodation after a particular date. Whatever the system it is a good idea to apply as soon as you can to improve the chances of getting your preferred halls of residence.

Have a look at [UCAS Student Accommodation](#) for more advice on choosing the right place for you.

Sixth Form Careers opportunities

Please see the **Sixth Form Careers bulletin** with more opportunities that sixth formers can get involved, this is personalised for Grey Court students and we encourage all students (and parents/carers) to check this **bulletin** [15/06/2023 Sixth Form Careers opportunities for work experience, uni events & summer schools and apprenticeship opportunities](#)

Friday 30 June - Saturday 1 July 2023, Olympia London - book here: [STEP-UP EXPO](#) The FREE two-day Step Up Expo features three main content zones for students and parents/carers including:



18+ Choices

Explore the different pathways towards work:

- What's it like to study at Oxbridge?
- Earn & learn: the apprenticeship route
- Careers in finance and the City
- Should I go to university?
- Careers of the future: robots, AI and the metaverse

#TheatreNews



By the time you read this, I expect our production at The Rose Studio will be totally sold out.

We have now recorded the audio and the video for the show and just need to find rehearsal time (amongst the revision for the mock exams). Huge thanks, once again, to Wendy Godwin for her wardrobe expertise and to Mr Allchurch, who is a sound genius! The students continue to show such commitment and talent for what we expect to be a great piece of theatre. I am so proud of them all. - Mr Page



#AlumniNews

Theatre Director

It's always lovely to catch up with our ex-students, but when they are having their London theatre directorial debut it's even more special. Rita Pula graduated from Warwick University in Drama and has since been awarded a Masters Degree in Directing from drama school.

Having collaborated on many theatre projects she was now the Artistic Director of 'Bystanders' at the sold out Camden People's Theatre. A packed venue was left in stunned silence at the end of Rita's direction of this sometimes shocking two-hander exploring misogyny.

Whilst the highly charged content was challenging, and highly appropriate for our times, it was a huge joy to catch up with Rita and other GC alumni, including Rita's A Level Drama classmate Izzy Ely, who were there in support.

Congratulations to Rita and I look forward to seeing more.

Another Drama alumni, Anna Pryce, is taking time away from her Mountview Drama School studies to present, or hand on, The Stag Award at our GC Oscars evening on July 18th.





SPORT

News

CONGRATULATIONS!

Benn Povey (year 9)

Amy Greig (year 13)

Samson Nesbitt (year 13)

who have been selected to represent
Middlesex in the English Schools
Championships.

CONGRATULATIONS!

Neve Rugette

Huge congratulations to Neve who has
been identified as having the **potential** to
be a member of the **GB U16 Womensquad**
for our 2023 GB Age Group Programme.

We wish Neve the best of luck in the
coming weeks.

CONGRATULATIONS!

Borough Champions!



U13 Cricket Team

Wednesday 14 June: Congratulations to the U13 cricket team who won (again), and are the Borough Champions. Great achievement boys!



Wednesday 14 June: Our U13 girls cricket team had a fantastic time at [@GandLSchool](#). Thank you for organising the event!





It has been a great month for Leo. He won the Tandridge Schools National Golf competition in March with 44 points (stableford) and finished 4th at Piltdown (38 points). He plays at Hampton Court and Fulwell Golf clubs.

His current handicap is fifteen and he plays four times a week. On top of his golf, Leo also captained the U15 cricket team to victory against Harroddian. He had a brilliant game, hitting 32 not out and bowled excellently. He has been working hard in PE GCSE and is currently putting together footage for his practical, as well as working hard in lessons on his coursework and theory. Well done, Leo.

Boys' Player of the Month

Leo Walton



It has been a superb month for Ektor. In our recent football tour to Butlin's, he was one of the stand out players in the U12 side. His eight goals at the ESF competition made him the leading goal scorer at the event, with a brace in the semis and another in the final, ensuring victory for Grey Court. Ektor was a constant threat throughout the tournament, with his pace and power proving to be too much to handle for the opposing schools' defenders. He has also been working extremely hard on his hurdles, attending both open school sessions, as well as elite training at Kingsmeadow on Tuesday evenings. On top of this, his versatility as an athlete has been demonstrated in several events. One of these is his throwing, regularly going over 20m in the javelin. Well done on a fantastic month of school sport, Ektor!

Boys' Scholar of the Month

Ektor Tsalis



Our team of the month is the U12 football squad. After a mixed season, they set out on their first football tour for the school. The boys surpassed all expectations by winning the ESF Butlin's Competition. Up against some of the top sporting schools from around the country, they won 4 out of 5 games in their group to qualify for the semi finals. They went on to win their semi 2-0, with a brace from Ektor Tsalis. This scoreline was matched in the Final, where the boys maintained another clean sheet, with goals coming from Ektor and Ifan in another 2-0 victory. Their hard work, commitment and team spirit was superb throughout the competition and they will now look forward to the ESF Grand Finale on Saturday 17 June at St George's Park. What a fantastic opportunity and one that's thoroughly deserved!

Boys' Team of the Month

U12 Football



Our U14 and U19 Mixed team came 1st at the London Regional Floor and Vault Finals meaning they had a place at the British Schools Floor and Vault National Final on the 11th May. The teams worked very hard in all training sessions in the lead up to the competition to ensure they were able to perform their best on the day.

The U19 Mixed team (James, Sam, Iris, Lily, Julia and Olivia) and U14 Mixed team (Ifan, Finley, Jude, Diana, Mali and Miranda) performed amazingly in both their floor routines and vaults. It was fantastic to see so many of our gymnasts competing, and for some it was their first ever National competition! The U19 Mixed team placed 4th only just missing out on a medal. The U14 Mixed team placed 5th but were not too far off the 4th position.

We are looking forward to next year to continue to build on the achievements our Elite Gymnastics Squad have accomplished in the 2022-2023 season.

Mixed Team of the Month

Elite Gymnastics



Livvy is a talented athlete whose experience and knowledge in cricket has allowed her to excel at the sport. She is a vital part of the U13 squad, plays up three age groups for the U15s, and also competes for the U13 boys. Livvy's dedication to cricket has awarded her the great opportunity to be part of the Surrey Cricket Foundation squad this season. She played superbly against Godolphin in our most recent U15 match, retiring at 25 runs and was our Player of the Match. Livvy was also selected to represent Richmond Borough at the London Youth Games in March, seeing them placing fourth out of twenty boroughs.

As one of our most talented cricket players, Livvy is often the opening batter and bowler. Against Harrodian, she started the team off strong, scoring four 4s and took two consecutive wickets. Her consistent performance earned her both batter and bowler of the match. Well done, Livvy! Keep up the good work.

Girls' Scholar of the Month

Livvy Carlino



Sophie is a hardworking student who has demonstrated sportsmanship and talent across a variety of sports. Sophie is a dominant player in football, netball, athletics, cricket and rugby. She has contributed to these sports teams throughout her time at Grey Court. Sophie helped lead the U13A football team to victory as she played in goal as well as in defence. They went on to be borough champions! Sophie continues to develop her sporting talent outside of school. She has played for Teddington Athletics and Hearts football club over the last few seasons where she has developed her skills and tactics for the game. Often playing a variety of positions, Sophie has helped lead her team to some victories as well as being supportive and encouraging during more challenging games.

Most recently, Sophie was selected for the Butlins football tour in Bognor Regis. She played a vital role up front, scoring 3 important goals in the tournament. Sophie is fearless in 1 on 1s and not afraid to attempt a shot at goal, but it is her commitment and team spirit that has awarded her Player of the Month. Sophie's positivity is infectious, because regardless of the sport, you will always hear her cheering her teammates on.

Girls' Player of the Month

Sophie Shaw

Get Free Donations for Grey Court School

With inflation soaring we all appreciate that money is tighter.

However there are ways to make your contribution to Grey Court count without spending any more.

Next time you shop online or compare prices to get the best deal, use Give as You Live and you could Donate while you save.

1. Simply visit <https://tinyurl.com/3ah4p6r4>
2. Select Grey Court Education Fund as your chosen charity
3. When you shop, use Give as You Live to visit your chosen retailer (there's a browser button to help this happen automatically)
4. Your purchases generate FREE donations for us (even from your regular weekly shop).



M&S

Booking.com

ebay



Boots
lets that good

Expedia

trainline

ASOS

Argos

Viking

Hotels.com

ticketmaster

GROUPON

SCREWFIX

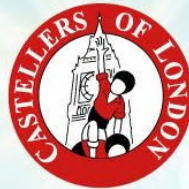
Boden

LAKELAND

WAITROSE
& PARTNERS

JUST EAT

CASTELLERS OF LONDON



SANT JOAN

performance at
BOROUGH YARDS

15.30h - Saturday, 24th June 2023

14-16 Stoney St, London SE1 9AD

(nearest station: London Bridge)

Castellers of London and others perform for

THE GREAT GET TOGETHER

AFTER > Pubs, games and a night out! Everyone welcome!

f CastellersOfLondon

CastellersLDN

@ CastellersOfLondon

#CASTELLERSOFLONDON

#POWEROFCOMMUNITY

#MOREINCOMMON

#TG6TB

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

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

Heatham House and No Straight Answer present

OUT 'N' ABOUT

A Pride event 2023 celebration



Come along and help us celebrate the diversity
of the LGBTQ+ community

The event will host a range of fun and exciting activities
such as rodeo, arts and crafts, festival makeup, music
and much much more

This event is free to LGBTQ+ young people aged 11 to 19

Tuesday 11 July
11am to 5.30pm

For more information, contact **Alexandra Quennell**,
Participation Officer for Kingston and Richmond
Youth Council and LGBTQI+ Youth Worker
E: alex.quennell@achievingforchildren.org.uk



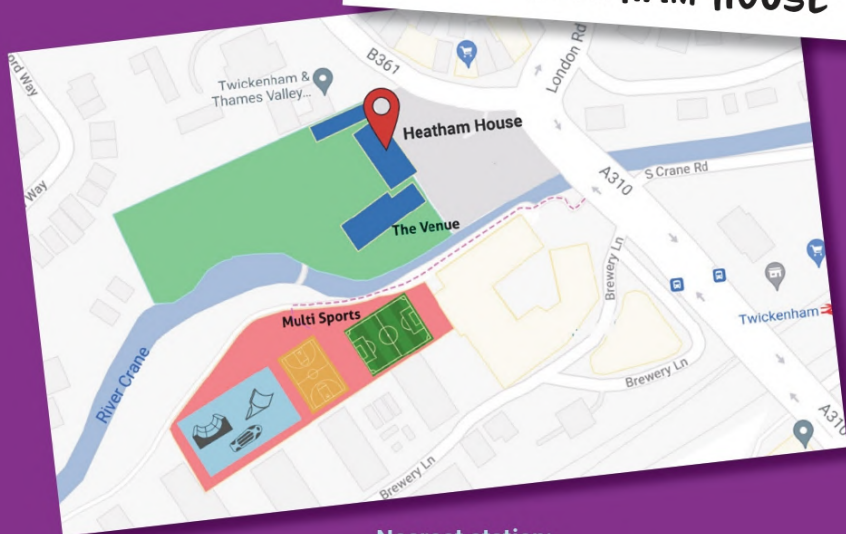
**achieving
for children**

How to find us....

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



HEATHAM HOUSE



Nearest station:

Twickenham (2 minute walk)

Nearest bus stops:

Whitton Road (Stop S) 267 & H22 (2 minute walk)

Whitton Road (Stop N) 267 & H22 (2 minute walk)

Twickenham Station (Stop B) 267, 281, 681, H22 (2 minute walk)

Twickenham Station (Stop C) 267, 281, H22 (2 minute walk)

Heatham House (Stop L) 281 681 (1 minutewalk)



**METROPOLITAN
POLICE**

MET *Park* in the

Monday 21st August 2023
Old Deer Park, Richmond

12 Noon to 6:00 PM

Come along to meet:
*Firearms officers,
Territorial Support
Group,
Police Horses
& Dogs,
RNLI,
London Fire Brigade,
St Johns Ambulance,
Harlequins RFU
and
Face Painting!*



Police Vehicles





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

June 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



Wellbeing Skills for Carers, Families and Friends

Focus on the Good Things/Mindfulness

Self Compassion

Stress & Anxiety Management



Practical Ideas for Happier Living

Taster sessions



Practical Ideas for Happier Living

Six-week courses



Wellbeing

Manage your Menopause

Mindful Movement to boost Mental Wellbeing

Relaxation & Meditation

Sleep Workshop

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

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

ONLINE Cost: £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

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:-

21 June 2023, 6.45pm-8.15pm - ONLINE

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

5 or 6 week courses:-

Tuesdays, 13 June-11 July 2023, 9.30am-12noon (5 weeks)

ONLINE

Thursdays, 8 June-20 July 2023, 10.30am-1pm (6 weeks)

at Canbury Medical Centre, 1 Elm Rd, Kingston upon Thames, KT2 6HR

Thursdays, 15 June-13 July 2023, 6.45pm-9.15pm (5 weeks)

ONLINE

To enrol on a taster above, please click here:

<https://bit.ly/KAE-CLpifhl2223>

and here for the 6 week course:

<https://bit.ly/KAE-CLpifhln2223>

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, 14 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*

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

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

NO CHARGE

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, 13 June ~ 11 July 2023 at 8.00pm-9.00pm ONLINE Cost: £25*

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

Ham Youth Centre

SUMMER HOLIDAY PROGRAMME

For 2023, Ham Youth Centre is offering an exciting variety of themed weeks for **10 to 16 year olds** where they can try new things, make new friends and learn new skills.

A healthy nutritious lunch is provided every day that young people are involved in making.

All weeks are based at Ham Youth Centre apart from week 2, which is at the Fusebox in Kingston.

Contact us:

Ben Skelton MA - Youth Work Lead Practitioner

E: ben.skelton@achievingforchildren.org.uk

Address:

Ham Youth Centre, Ham Close, Ham TW10 7PL



**CREAT:VE
YOUTH**



**achieving
for children**

WEEK 1:

Monday 24 to Thursday 27 July, 12pm to 4pm

HONG KONG WEEK

Alongside regular youth club activities, we will be celebrating the culture, food, art and music of young people from the local Hong Kong community, many of whom attend our centre.

MONDAY

Chinese cooking with a professional Cantonese chef

TUESDAY

Lion dance workshop

WEDNESDAY

Fai Chun art workshop

THURSDAY

Dragon boating at Albany Outdoors in Kingston

WEEK 2:

Tuesday 1 to Friday 4 August, 12pm to 4pm

ARTS WEEK @ FUSEBOX

**2 BUCKLAND'S WHARF, THAMES SIDE,
KINGSTON KT1 1TF**

We will be running four arts based courses each day from the exciting new arts space for young people run by Creative Kingston based in Kingston town centre just under John Lewis by the river. Young people can choose on the day which activities they want to do.

12.15PM TO 1.45PM Textiles with 'Makers United' or drama with 'Ignite Me Theatre'

2.30PM TO 4PM Lino printing with 'Creative Youth' or street dance with 'Melodie'

WEEK 3:

Tuesday 8 to Friday 11 August 11am to 5pm

YOUNG FILMMAKERS WITH RICHMOND THEATRE

We will be working with professional filmmakers to create a movie. There will be a wide range of roles for young people to take part in, from creating the theme and script to acting and camera work.

The first three days will be at Ham Youth Centre.

An exclusive premier of the final films will be screened at Richmond Theatre on the Friday.

WEEK 4:

Tuesday 15 to Friday 18 August, 12pm to 4pm

A WEEK OF WELLBEING

The run up to GCSE results being released can be a stressful time. This week we will have general youth club activities running but also tasters in lots of relaxing, nurturing activities to enhance young people's mind, body and soul!

EACH DAY:

3PM TO 4PM MIND will run a drop in corner offering relaxation and breathing exercises and a friendly ear for anyone that wishes to talk.

12.30PM TO 2.30PM Art for wellness workshops.

Alongside this we will have:

TUESDAY

Anxiety relief
workshop

THURSDAY

Aromatherapy

WEDNESDAY

Kundalini Yoga

FRIDAY

Crystal healing

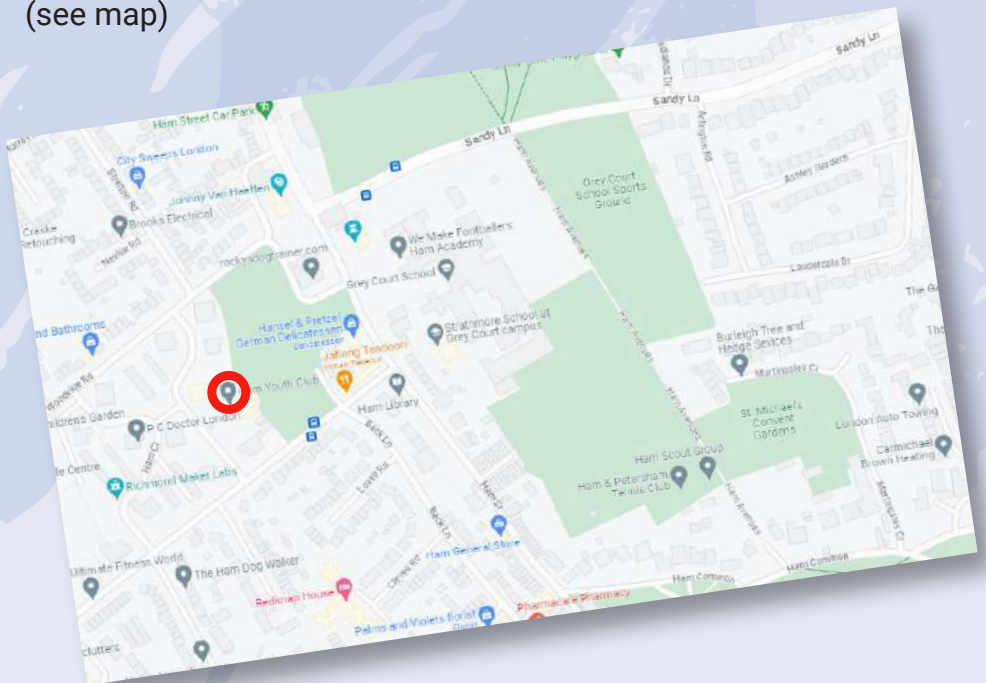
Places are all free we just ask that young people try and commit to a whole week.

To book a place please use this QR code:



For more information contact Ben Skelton on ben.skelton@achievingforchildren.org.uk

Ham Youth Centre, Ham Close, Ham TW10 7PL
(see map)



HAMPTON COURT PALACE

Hampton Court Palace is piloting a new low-cost entry scheme for people receiving Universal Credit and other means-tested benefits. Eligible visitors are invited to explore the home of King Henry VIII and his wives, surrounded by 60 acres of gardens, including the world-famous maze and children's play garden, the Magic Garden, for just £1.

The pilot will run from 14 June – 9 July. To find out more, [visit](#)

Here is some additional information regarding the tickets and visits.

£1 Entry Scheme – Q & A

Why have you chosen to do this now?

The rise in the cost of living has impacted on many of us, particularly those who receive benefits. We want to make our sites more accessible to those who might find ticket costs to be a barrier and have therefore decided to pilot a low-cost entry scheme. We are committed to launching this scheme as a permanent offer later this year.

How did you decide on the group of people who would be eligible?

The scheme is focused on addressing financial barriers to visiting our sites and so those in receipt of means tested benefits e.g., Universal Credit, Pension Credit, Child Tax Credit will be eligible.

We are aware that this does not address all of the barriers to visiting our sites and are looking at ways we can increase accessibility elsewhere – be that via our Community Access Scheme, or free open days. We already open the gardens at Hampton Court Palace for free on a number of specific dates throughout the year.

What proof of eligibility will you require?

We will ask visitors using the scheme to bring supporting documents with them to show eligibility, e.g., a Proof of Benefit letter or use of the Universal Credit app.

(Supporting documents that we will accept: Universal Credit monthly statement, Universal Credit app statement, HMRC letter confirming Working Tax Credit / Child Tax Credit, DWP letter for Employee Support Allowance, Income Support & Jobseeker's allowance. Proof of ID will also be required to check that the named person is present.)

Where will visitors be required to show their supporting documents?

Visitors using the scheme will be asked to bring their documents to the Ticket Office, where they will be validated by a member of staff

Will people using the scheme be able to bring guests?

Yes, the ticket is for up to six people per household. Under 5s go free across our sites already and that rule will continue to apply.

What do you offer low-income visitors who don't receive benefits?

We provide regular free access to the gardens at Hampton Court Palace on specific dates throughout the year. The next upcoming dates are 4 – 9 July, 16 – 17 September and 18 – 19 November. We also provide free access to groups via our Community Access Scheme.

From 5 June – 23 July we will also be offering a 2 for 1 ticket to people visiting the Tower and Hampton Court Palace travelling by train. These vouchers can only be redeemed in person on the day of a visit and visitors may be required to delay their visit if timeslots have already been filled.

Why are you only offering this at Hampton Court and not at your other sites?

The offer we have introduced at Hampton Court Palace is a pilot, to help us ensure that we can give the best possible welcome to visitors using the scheme. We intend to roll the scheme out at our other sites later this year.

Why are you only offering this for a time limited period?

The offer we have introduced at Hampton Court Palace is a pilot, but we do fully intend to introduce this permanently later in the year, once we have tested our systems.

Will you be providing a discount on the food / drink sold in your café too?

We will not be providing a discount in the café. However, we will be ensuring there is indoor and outdoor provision for visitors who would like to bring picnics.

Where will the picnic areas be?

A member of staff will be able to confirm this on the day of the visit.

HAM PARADE REDESIGN - LIVE PRESENTATION 20TH JUNE

Ham Parade is getting an uplift to make it fit for the 21st century!

Come and find out more about the Council's plans to improve the look and accessibility of Ham Parade. These ideas came out of the workshops that the Ham & Petersham Neighbourhood Forum held in 2018. The proposals will be on boards for you to look at, and there will be a presentation of the designs and a question-and-answer session with panellists.

The panel will consist of Justine Langford for Ham & Petersham Neighbourhood Forum, Margo Turner, Principal Transport Planner (Richmond Council) and ward councillors Andrée Frieze, Penny Frost and Gareth Richards.

Rev Simon Coupland of St Richard's Church and Chair of HPNF will chair the meeting.

Timings: 3-9pm

Viewing of proposal boards: 3-8pm

Presentation and question-and answer session: 8-9pm

Venue: St Richard's Church, Ashburnham Road, Ham TW10 7NL

Please register your attendance through the link below:

<https://www.eventbrite.co.uk/e/ham-parade-improvements-display-and-ga-tickets-654770043827>.

The online consultation on the council website is also open until 30th June here:

<https://haveyoursay.citizenspace.com/richmondecshpd-23/>