



Grey Court School
eBulletin

9 June 2023

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#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



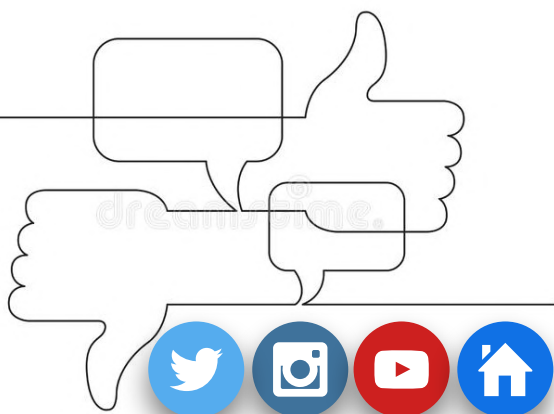
Weekly Menu



Graze Menu



Extracurricular TT



#ImportantDates



JUNE



15 June: Year 7 Parents' Evening



16 June: GCSE & A Level Art & Photography Exhibition



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

Declan Rice is Roman!



On Tuesday a prior appointment before Senators at the Signatory prevented me from attending the annual Roman Sports day rally which was charismatically delivered by honorary Roman and a man with calves that would grace a sword and sandals epic, Mr Murphy. Thank you to Roman legioness, Ms Angus for remarking that "she missed the sense of anarchy" I normally bring to proceedings - although I feel this might have been a back-handed compliment of gauntlett sized proportions.

Anyway, the Roman legions are delicately poised to once again sweep all before them so I expect to see a host of Roman Grey Courteans riding their chariots (or tricycles) around Richmond Park this weekend in order to build up their reserves of stamina and fortitude. Maybe a European victory will bring the ITV cameras down to Grey Court once again to interview Ceasar Clementino? The Gaul Rhodes was "busy" all day yesterday conducting "media" vox pops related to his (tenuous) links with future Arsenal captain, Declan Rice. Mr Rhodes claims that he is a headteacher with a face for radio: I agree, a remote digital radio station somewhere off the coast of Caledonia.

Moreover, on a positive note a perusal of an ancient tablet engraved by Grey Court historian, Mr Antonius Winch, that has been found under the Sports pavilion ruins, has revealed that "Deccers" was himself a Roman during his time amongst our marble halls. Let us hope he will soon perform in the great Emirates amphitheatre of North Londinium! I am sure every victory will be worth Roman house points!

Anyway back to my visit to the Signatory. I was summoned by the Senators to

report on the great "recordarentur factum" that was expertly orchestrated by Valiant Romans Comrie, Western, Smith and Illet before half term.

Parents should be congratulated on the concentration they exhibited in sitting through this epic spectacle - I particularly enjoyed the year 7 photo loop. It is amazing how several campaigns in far flung provinces age students!

For my part was honoured to be allowed by Senator Comrie, to sound the conch that summoned each form towards the hall - where they were clapped through a triumphal PE corridor arch by their adoring teachers! I am looking forward to a similar rite of passage after the inevitable sports day victory!

A final note of praise for Ms Illet, who has now moved on to planning the Roman victory Prom for July. I described her in a recent dactylic hexameter I penned as a "Titan of Grey Court" to which she replied "You can stick your patriarchal metaphors up your toga!" This was a definite case of "Beware the Illet of March" so I took note and left her to compile her Sigala playlist and design a balloon arch by retreating to my vineyard. Here the "house" sunflowers (from Jumbo Tuscan seeds nonetheless) I planted in May - named Aztec, Spartan, Trojan and Roman have taken root. As you can see from the picture the portents are good! The Trojan's have already been subjugated!

Victoria Concordia n Crescit.

Hail the Caesar!

- Mr Clements

KS3+4 News



Year 7

We hope that Y7s had a restful break. We are excited to embark on the last stage of the year, with lots to look forward to.

Weather and Hayfever

With the weather improving students are reminded the importance of drinking water regularly throughout the day. Students may wear polo shirts to school, but are expected to have their blazer with them every day. We are lucky to have such a green site with plenty of wildlife, this does of course lead to some quite severe hayfever (from personal experience!). It may be useful to look into tablets which can be taken before school if students are struggling with this.

Careers Talk

We were extremely lucky to have a session organised by Ms Corrigan from the Careers Team before half-term. Y7 students were spoken to by people who worked in sports' journalism, architecture, political journalism, PR and a doctor! Students asked intelligent and thoughtful questions and we hope it was an interesting session for them.

Y7 Parents' Evening (15 June)

Next Thursday is Y7 Parents' evening. A letter with all the details has been emailed home. If you have not received the email, please email Ms ouluduzatakan@greycourt.org.uk who can send you the information. We hope that the evening is informative and useful. The evening is remote, but students are expected to also attend virtually during the calls.

- Mr Day

Congratulations and Good Luck!

Congratulations to the year 7 boys' football team who won the ESF tournament held at Bognor. The team won four and lost one in their group to reach the knockout stage. They won the semi-final 2-0, and then won the final 2-0. They travel to St Georges Park on 17 June to play in the ESF Grand Finale.

CONGRATULATIONS!



Congratulations

What an achievement from the U12A netball team who won the borough tournament (this week) beating Waldergrave. They are now Richmond Champions! Well done on a fantastic season, girls!

CONGRATULATIONS!



OUR CHAMPIONS

Well done!



Well done to the girls U12A who played their second-ever rounders game this week. A fantastic performance, only losing narrowly to a team in the year above!

Year 9

TOP Achievers

A huge well done to our top achievers last term: **Mydah Malik, Oliver Hislop, Hannah Niss, Omran Walli and Maximillian Flin.**

It has been fantastic to welcome the year 9 students back for the last summer term this week! Last term brought us some incredible academic and sporting achievements, and with Sports Day coming up, we will no doubt see many more. Sports and non-curricular clubs continue this term - we encourage all students to give at least one a try and take the opportunity to enjoy the sunshine! Tutors and subject teachers are also continuing to guide students with effective revision strategies for their end of year exams starting from **Friday 16 June.**

Ms Bozzard-Hill has provided the students with some invaluable tips on starting revision early and the ineffectiveness of 'cramming'. By pacing yourself and allocating regular smaller revision sessions, will allow students to review and consolidate their knowledge resulting in a more thorough understanding of their subjects. If you have a bad exam, remember failure and setbacks are learning opportunities so it is essential you reflect on what went wrong to move forward.

To support students with their revision efforts, we have made an array of valuable resources for English, Maths, Science and Humanities - these can be found on your tutor and subject Google classrooms. **Two choices of revision timetable have also been uploaded to assist with organisation.**

We hope the sun remains, and we wish you a lovely weekend!
- **Ms Howarth**

Revision Booklets

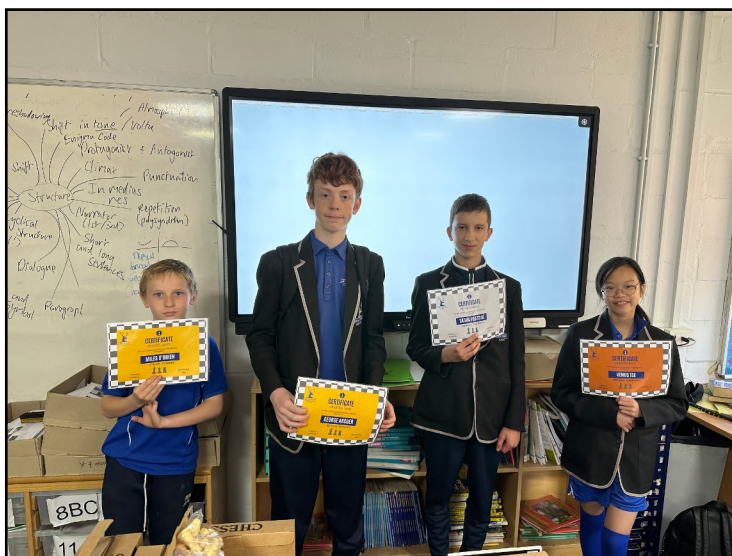
Year 9 revision booklets have been sent out with the exam timetables. Please email Ms Howarth (khowarth@greycourt.org.uk) if you have not received one.

Club News



Before the half term some students participated in the first tournament as part of the **Grey Court KS3 Chess Club**. They faced three rounds of games between each other and required great concentration, especially when the clock was ticking down towards 0 in some games which was great entertainment for those watching. Well done to the students who participated, it was a great effort by everyone!

A special well done to the following students who finished in the top three of the tournament: **George Archer** and **Miles O'Brien** (1st), **Sasha Fedzcuk** (2nd) and **Venus Tse** (3rd). The pictures below show a snapshot of our Chess players focussing on their games and our aforementioned winners with their certificates. Next up is the house competition which is coming up in the next couple of weeks!



Year 10



The focus for the next few weeks is the upcoming exams.



Exam Timetable

Action Breaks Silence

An exciting and very worthwhile workshop 'Action Breaks Silence' workshop is booked into Grey Court School on 25 June from 10.00 – 1.30 pm in the main hall. The students that register will be entitled to the discounted rate of £33.75 per participant (normally £40.00). Parents are encouraged to register as well and participate with their children. Please book via this [link](#) for the discounted price.

Ms Thomas did this course with her daughter when she was 12. It was something her school offered to KS3 parents and pupils to do together after Milly Dowler's disappearance and murder as this was local to the school. Ms Thomas said it was beneficial. *"I would consider it a life skill. (and, yes, we both got a lot out of it)"*

- Ms Clark



Having been a tutor for the last five years to an amazing tutor group (11 Willow), to get the opportunity on Friday 26 May to speak to them publicly at ROA in front of their entire year group and parents/guardians was an immense honour. The overwhelming sense of pride and gratitude was more than I was expecting when I got up onto that stage, and for those that were there I don't need to remind you of what happened next! Your support, not only through my speech, but throughout your children's time at Grey Court has been greatly appreciated (both by me, and your children themselves!).

I will never forget the first time the whole group was together in year 7, and whilst there have been changes to who is/isn't in the tutor group - all students who were once in Willow, will always be a part of our Willow family. Being a tutor is one of my favourite parts about this job, getting the opportunity to be a part of our young people's lives - for the good times, but also the not-so-good times. Being able to watch as students build their confidence, academic skills, sporting abilities, and become young adults is incredibly rewarding. To have to say goodbye to such a wonderful group of people is tough, but I know they are all destined for great things.

I wanted to write this final public goodbye piece to wish my tutor group, along with all other students, still writing their exams good luck and I hope you will come back to visit us to show us all the incredible things you have been up to after you move onto whatever you do next. For those staying at Grey Court I look forward to still seeing you around the school, and to those leaving I wish you would stay, but I understand you want to try something new - so good luck and I hope you have the best time.

Thank you for being such a wonderful community of parents, carers, students and staff - working at Grey Court has been a blast, and I can't wait to see what our young people can achieve next." - I've included a photo of me and my tutor group from the ROA (redacted 3 faces due to photo permissions)

- Mr Gundry

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](#)



DRESSING UP 1920's





We were delighted when **Wendy Godwin** (well known to our community) agreed to support our sixth form drama production with her amazing expertise in wardrobe work. **Clara Bing** and **Alice Bishop Skinner** had started the process, communicating to Wendy what kinds of attire were needed but she, of course, arrived with bags of ideas and possibilities. The students tried things on, enjoyed the discovery of authentic costumes worn below and above the knee, when a hat is worn indoors and the realisation that the costumes defined the era and the behaviours..."no, Otto, you can't wear jeans"!

We are costuming the production we are taking on tour in the first week of July and had a great couple of lessons getting our act together. Wendy will return next week to develop the costumes for us all and we will then be set. I'll do a full photo shoot next week.

I'm looking forward to the filming we're doing after school on Monday and then the vocal recording sessions later on. Its all very exciting and I think, nearly sold out!

- **Mr Page**





DUKE OF EDINBURGH





Photo (above) James Glanville smoothly modelling the Eurohike Cairns 2 DLX



It seems a long time ago now, with the half-term break and a hiatus of the eBulletin, but the Y9 Bronze DofE expedition to Box Hill on the 20-21 May was a massive success.

We had the usual bumps along the way, which the students managed to overcome - an expected part of the process and one of the main purposes for taking part in the expeditions; this was the smoothest trip I've personally been a part of. Saturday was especially successful.



With the first group setting off from Dorking Train Station at 8am on the Saturday morning, the groups walked approximately 12 km, carrying all of their equipment and food for the weekend, and were the first cohort I've ever personally known to make it to the campsite *well* before dusk, with more than enough time to casually set up camp, cook dinner and then sing Happy Birthday to a very happy birthday boy, Austin Cheyne, with treats all round.



On Sunday, with the first group up and ready to leave the campsite at 7am, the groups followed their alternative 12km route back to the station. One specific and very small section of the route however did give a few groups some trouble, leading

to Mr Kisby having a run-in with a farmer's wife who he very generously gave my details to. I was then later privileged enough to have my own personal encounter with the Farmer himself, after he had tracked me down hours later to Dorking Train Station. Thank you Mr Kisby for your very gracious support!



Public Service Announcement to all landowners: Perhaps if you *regularly* have people taking the wrong route across *your* land, rather than moaning about the expense of the gates the council are taking you to court to install yada yada, you could just spend £2.22 on one of these small and very cheap yellow arrows and nail it to your gate!



All's
well
that
ends
well!



The students did exceptionally well and were a pleasure to have on the expedition. This was the best behaviour I've seen at a campsite and the most efficient morning for groups leaving it - absolutely spotless - with no moaning. We did not need to chase them to clean up after themselves, staff had to do no cleaning up after they left and everyone went to bed without any silliness at all.

Extremely well done to all the students involved and a special thank you to Mr Kisby, Ms Niss, Ms Casey, Mr Nair and Mr Price, who all generously gave up their weekend to help support myself, Ms Mannion and the students on a fabulous weekend.

- Mr Allchurch





Summer Activity Programme

12-14 July

A little reminder



The first payment is due this week. However, please don't worry if it's late, just make the payment as soon as you can.

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

Please note!

Year 8 parents

Please complete the Google form linked to the letter.



	Wednesday 12 July	Thursday 13 July	Friday 14 July
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 Sports
10 letter	DofE	DofE expedition	DofE expedition
10 (those not doing DofE)	Employer workplace visits	Sussex University visit	Thorpe Park



HMMM...



Careers

Careers Briefing

by Miss Corrighan

16+ choices

Next week, year 10 will have a talk from Kingston college about the range of post 16 options. They will also be using [Unifrog](#) which is a careers tool students used in year 9 and they can research different Sixth Forms, Colleges and apprenticeships by using the search tool.

Grey Court has an outstanding sixth form: [Grey Court School - Sixth Form](#) with a variety of courses to choose from but in making an informed choice students should explore other opportunities. Students need to decide whether they want to study A levels and BTECs in an academic Sixth form or choose a more vocational pathway by applying to a Colleges like [Richmond upon Thames College](#), [Kingston](#) or [NESCOT](#).

So how can I research my options?

There will also be a range of open events that schools/colleges have for students to go and look around and get a feel for the place and courses. Grey Court Sixth Form will have their open event in November as will most colleges. But please note Esher College has an open event on the 3rd July [Open Events – Esher Sixth Form College](#) and they require students to apply by the end of Sept 2023. Students can apply to as many Colleges/Sixth Forms as they like, we advise them to apply to at least two to keep options open and apply directly to each provider.

Year 10 Summer Careers Activities

Students will be taking part in work related activities on Wednesday 12 July and there will be a trip to Sussex University on Thursday 13 July. Students will be rewarded for their hard work with a trip to Thorpe Park on Friday 14 July.



Careers Bulletin

Please see our weekly careers bulletin which has all the latest careers talks, work experience, university events and apprenticeships: [07/06/2023 Sixth Form Careers opportunities](#)

Our year 12 students will be out on work experience and related activities 3-7 July and we hope this will boost their confidence and give them an insight into the world of work.

Please see an upcoming careers event below which you might like to attend to find out more about your options:

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 including:

16+ Choices

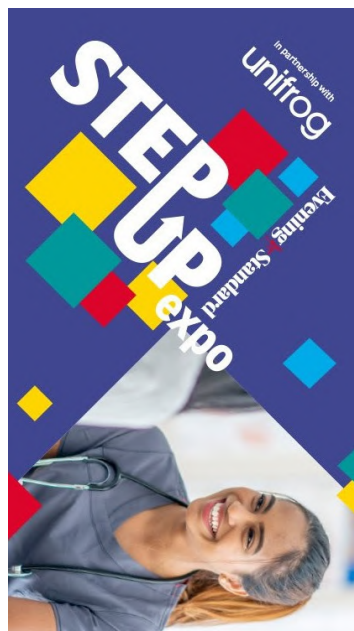
Helping teenagers and parents through the minefield of education choices leading up to GCSEs:

- How best to revise for GCSEs
- A-Levels, T-Levels, BTEC or IB?
- Should I move schools or college after my GCSEs?

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





Sixth Form

Year 12

TRIAL EXAMS

22-30 June

These results will be used to give predicted grades for UCAS applications. Students are expected to have completed their revision plans on Google classroom, and to upload evidence to show their revision. Any students who need additional support with revision planning can speak to their tutors or any member of the sixth form team.

[Year 12 Summer Exams Booklet](#)

[Year 12 Summer Exams
Timetable](#)

EPQ update

The EPQ qualification has now been launched with year 12. Students who are interested in taking part in the course, should now be in the EPQ Google classroom and should have completed the initial application. The qualification is over-subscribed, so students need to show a commitment to the process by meeting initial deadlines. Once their initial application has been approved, students will need to attend preparation workshops before Activity Week and complete activities for the second stage of their application over the summer - ready for September.

Work experience

Takes place 3-7 July 2023 for all year 12. This means no students will be in school, they will be on work experience, uni summer schools or virtual placements. Please speak to [Bernie CORRIGHAN](#) if you have any questions at all.

UCAS applications

The year 12 cohort attended a UCAS Discovery Fair on 7 June at The University of East London where they were able to meet with representatives from over 100 universities, apprenticeship providers and employers. Our year 12s learnt about different options and pathways, which we hope will help them with their decisions about their future education or employment.



UCAS HUB

UCAS DISCOVERY UK TOUR

THE BIG Q&A



Year

12



Before half term I took our Year 12 chemists to Kingston University on a spectroscopy and STEM careers day. Students learned what life might be like at university, receiving a tour of the chemical labs, along with the student union and gym. The students were given an opportunity to practise and enhance their skills at analysing NMR spectrum - special shoutout to Ruzgar and Abbas who dominated the challenge, correctly identifying all of the chemicals. The university also has created their own careers game (loosely based on the Game of Life), which the students were able to play to allow them to think about which STEM careers and university courses they may wish to pursue. Overall, it was an excellent day! We look forward to returning later this year to synthesise Aspirin.

- **Mr Gundry**

I work at St Mary's and Roehampton University as well as Grey court, so when I was asked to run a session on 'Teaching Drama at KS5' (post-sixteen/sixth form to us) I decided to take some students with me.

I could not have been more proud of **Scarlett Coburn** and **Otto Console Camprini** and their experience of the afternoon. We weren't entirely sure what to expect and were all a little nervous, however the sight of cookies and soft drinks and a circle of enthusiastic adults soon calmed our nerves....well, mine anyway!

We introduced ourselves and I started to consider what A Level students need and how best to approach teaching them. We shared ideas and then changed focus to a piece of script. I modelled 'How to approach script work' before getting the adults to act as actors in our stage space. Once we had a very rudimentary understanding of the play, Scarlett and Otto performed the script (we are taking on tour in the first week of July) and our audience was stunned. Whilst our students were slightly frustrated that it wasn't "their best work", the teachers-to-be couldn't believe how good they are. I suggested that, if nothing else, their 'take-away' would be 'never underestimate your students'. The Student-teachers then offered feedback which Otto and Scarlett took on board and re-worked the scene. The second performance was nuanced differently and created different audience responses. We discussed how the smallest details make a huge difference and that this understanding of the craft is at the heart of the course. I demanded that the teachers-to-be to recognise that 'content' is more important than form, and choice of text is essential for developing thinking skills as well as craft, and reminded them that all the work must be about our world...the action on stage must ask questions about our own social behaviours. I also reminded them all that the education system assesses students in words and numbers, so being able to articulate nuance and subtlety of performance in written form is, sadly, most essential. We ended the session with a drama exercise/game run by Scarlett.

The afternoon was a wonderful experience for me as I was so comfortable and safe with our two amazing, mature, wise and thoughtful students and would love to work with them both again. When Dr Thompson asked her students for one word to summarise KS5 teaching they all concluded: *relationships*. Whilst there's a bit more to it....I'll take that! We were also so occupied I forgot to get a pic until right at the end when most had left, sorry.

- Mr Page

"It was fab-thanks so much. Your students were absolute stars and great for the group to get an insight to your expertise-they gained a lot".

Dr Thompson from Roehampton Uni.



Year 13

Final stretch

Year 13 had their final assembly last Friday with their tutors and many teachers present. Afterwards many of them took the opportunity to sign each other's shirts while saying goodbye to each other and wishing each other good luck on their exams. It was a lovely occasion full of emotion and a wonderful farewell to their time as full time students at the school. The vast majority will now only need to attend school for exams and on results day, although many are still coming in to use the building as a place to study.

Mr Taylor would like to send his warmest thanks to the pupils of year 13 for being wonderful over the last two years, particularly in the recent weeks when they've still maintained their high standards despite the pressures of exam stress.

A copy of Mr Taylor's speech from the end of year assembly is below for any pupils who were not able to be present: [speech](#)

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** for more opportunities that sixth formers can get involved with. This is personalised for Grey Court students and we encourage all students (and parents/carers) to check this **bulletin for work experience, uni events & summer schools and apprenticeship opportunities**.

[07/06/2023 Sixth Form Careers opportunities](#)

“Do one thing
every day
that scares
you.”



Sports *News*

CONGRATULATIONS!



Bade Isik and **Neve Rugette** became U14 Girls England champions with their club Richmond Knights at the Junior Final Fours held in Manchester.

Richmond Knights beat Milton Keynes Breakers 113-25 at the semi finals and Manchester Mystics 96-61 in the final, and became the first ever Girls England Champions team in club's history.

Both **Bade** and **Neve** played crucial role in the championship and **Neve** was awarded as the Most Valuable Player of the final.





National Sprint Regatta



Congratulations to **Matteo Selini** who competed in the National Sprint Regatta (National Championship) last weekend at the National Water Sports Centre in Nottingham.

Matteo races at U14 level and reached the final in the 1000m. In the final, he finished fifth which was a great achievement. Matteo also reached the final in the 500m and claimed a fantastic third place. This was his first time competing at the National Championships and overall the club were extremely proud of his performances.

Well done, Matteo!



CONGRATULATIONS!

Holme Pierrepont Country Park

Home of The National Water Sports Centre

1:29 56 Race:	124	BUK1	500m		
S Whitehead		2:15.30		5 D Barnett	
C Packer		2:15.98		6 H Pitt	
M Selini		2:16.04		7 A Solecki	
L Smith		2:17.71		8 B Eskriett	





Yassin Ibrahim competed on the weekend for Walbrook Rowing Club in the National Schools at Eton Dorney which is a huge event. All junior rowers/coxes work towards this event during the season, and his boat won!

Yassin was the cox so he would have made sure that their line was accurate (makes it faster) and made appropriate calls at the correct time to get the most out of the rowers - and kept them all safe.

Well done, Yassin!

CONGRATULATIONS!



25 May: Congratulations to **Neve** and **Benn** who competed in the Combined Events at Lee Valley today. Neve finished fifth out of 40 and placed second in the Middlesex region. Benn finished fourth out of 48 and placed first in the Middlesex region. Superb performances from both athletes.

CONGRATULATIONS!



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



Bee-keepers'
Open Day
Twickenham Apiary
Saturday 10th June 2023



1pm to 4pm
ENTRY FREE

Learn about bees and beekeeping
enjoy teas and cake in the apiary garden
activities for all the family



Find us on 
[@TwickenhamBeekeepers](https://www.facebook.com/TwickenhamBeekeepers)

Twickenham & Thames Valley Bee-keepers' Association
The Apiary, 41 Whitton Rd, Twickenham, TW1 1BH

HAM FAIR

JUNIOR CAKE COMPETITION

HAM FAIR
HAM FAIR

TO ENTER

BRING YOUR BEST BAKES to the large white Marquee at HAM FAIR by 12 NOON on Saturday 10 June

There are **two** competitions for children:

Children under 12: Four decorated fairy cakes with any style or flavours you want.

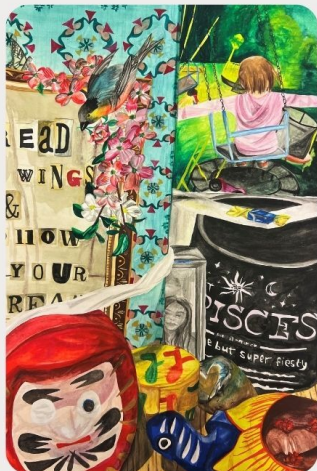
Children under 16: Any decorated sponge cake of your choice.

Every entry should have a card with your age, name and your parent's contact phone number. All cakes need to look and taste great to win.

Judging at 2 p.m.

10 June 2023



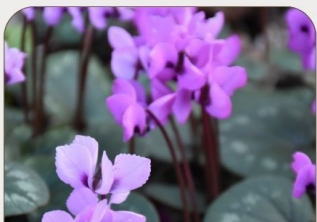


GCSE & A LEVEL
ART & PHOTOGRAPHY
EXHIBITION

16/06/23
4.30-7.30

Grey Court School
Art Gallery & 6th Form

Refreshments available



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



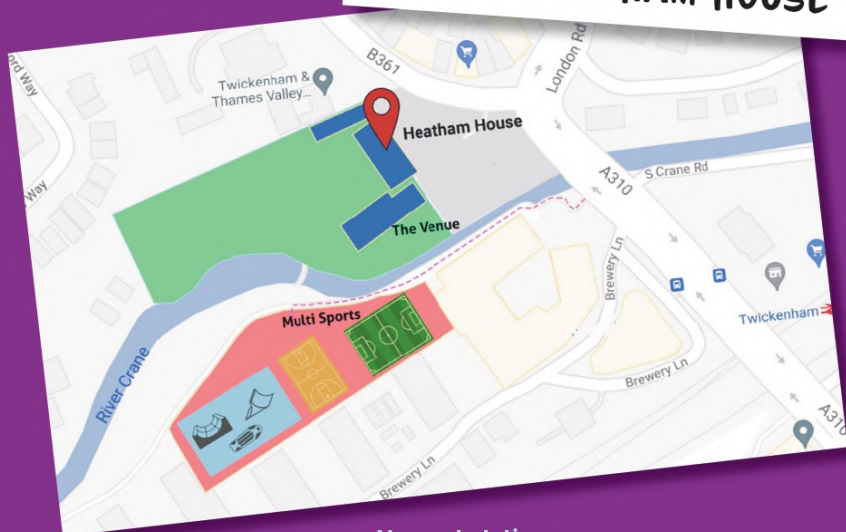
**achieving
for children**

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)

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.



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*

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>