

Grey Court School eBulletin

23 June 2023



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#NB!

West End Shows

Children and teens can see West End shows for free this summer as **Kids Week** returns! Click [here](#).



Three cheers for our Borough champions!
An unbelievable team performance from our athletics squads at the Borough Champs winning every year group for boys and girls.
Thank you for all your hard work and perseverance - Mr Willmore & PE Dept.

Cover Photo: our Borough champions

#KeepInTouch

 22-23 Term Dates

 23-24 Term Dates

 School Events

 Sports' TT

 Sport SOCS

 Education Fund

 ScoPay

 The Uniform Shop

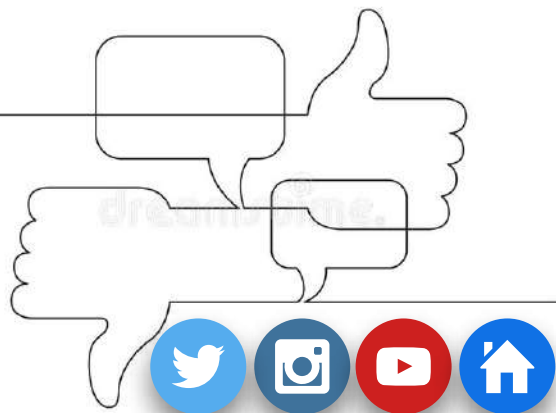
 Thursdays 3-4pm

 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



**Borough
Champions!**



The Results

Richmond Schools Borough Athletics Championships 2023

Year 7 BOYS

School				
Grey Court				
Event	Athlete	Time/distance	Place	Points
100M	Joshua Gilbert	12.9	2	11
200M	Sebastiano Beraldo	25.87	2	11
300M	Taym Al Rawi	43.97	1	12
800M	Avery Barikor	2.21.18	1	12
1500M	Euan Roberts	4.59.65	1	12
Hurdles	Tobias Cooper	12.19	1	12
Relay	Joshua Gilbert, Sebastien Beraldo, Ifan McHardy, Taym Al Rawi	52.19	1	12
Shot	Oskar Froelich	7.66	4	9
Discus	Joshua Gilbert	19.88	1	12
Javelin	Ektor Tsalis	21.06	4	9
High Jump	Sergio Riberio	1.38	2	11
Long Jump	Sebastiano Beraldo	4.78	1	12
Triple Jump	no entry			0
Total				135
Place				1

Year 7 Girls

School				
Grey Court				
Event	Athlete	Time/distance	Place	Points
100M	Chloe Clements	13.95	3	10
200M	Molly Roscoe	29.15	2	11
800M	Josie Bryant	2.46.47	1	12
1500M	Evie Archer	5.09.64	1	12
Hurdles	Alys McHardy	14.13	2	11
Relay	Molly Roscoe, Rosie Robinson, Evie Archer, Chloe Clements	57.75	1	12
Shot	Livvy Carlino	6.1	3	10
Discus	Erin Stoller	16.09	3	10
Javelin	Willow Ireland	10.34	8	5
High Jump	Alys McHardy	1.05	3	10
Long Jump	Chloe Clements	3.98	2	11
Total				114
Place				1

Year 8 BOYS

Year 8 BOYS				
	School			
	Grey Court	Time/distance	Place	Points
Event	Athlete			
100M	Dylan Jones	12.57	2	11
200M	Milo Downey	24.9	1	12
300M	George Robinson	41.89	2	11
800M	George Mills	2.22.46	4	9
1500M	Thomas Barry	4.49	1	12
Hurdles	Thomas Macdonald	13.68	2	11
Relay	Gryffin Stone, George Robinson, Aiden Foxen, Milo Downey	51.61	3	10
Shot	Roberto Lentini	8.51	4	9
Discus	Ikey Ellwood	21.29	3	10
Javelin	gryffin stone	24.19	3	10
High Jump	Jayeson Jain	1.41	3	10
Long Jump	Milo Downey	4.73	2	11
Triple Jump	Dylan Jones	10.31	1	12
Total				138
Place				1

Year 8 Girls

Year 8 Girls				
	School			
	Grey Court	Time/distance	Place	Points
Event	Athlete			
100M	Paris Maciver	13.9	4	9
200M	Julia Allen	28.63	5	8
800M	Jude Maguire	2.41.64	3	10
1500M	Deeba Zamani	6.08	6	7
Hurdles	Sophie Shaw	15.93	3	10
Relay	Odile Furminieux, Julia Allen, Sophie Shaw, Paris Maciver	dq		13
Shot	Elen Dutton	7.3	2	11
Discus	Sara Altun	19.75	1	12
Javelin	Honey Stephens	20.76	1	12
High Jump	Julia Allen	1.4	1	12
Long Jump	Odile Furminieux	4.34	1	12
Total				116
Place				1

Year 9 BOYS

	School			
	Grey Court	Time/distance	Place	Points
Event	Athlete			
100M	Basit Ademola	11.56	1	12
200M	Benn Povey	24.24	1	12
300M	Charlie Tong	38.8	1	12
800M	Rory Macgregor	2.11.59	2	11
1500M	Leo Dorey	4.45	2	11
Hurdles	Corrado D'Orsa	13.48	2	11
Relay	Basit Ademola, Benn Povey, Chris Cato, Charlie Tong	48.67	1	12
Shot	Che Bell	10.33	1	12
Discus	Matteo Sellini	24.41	4	9
Javelin	Chris Cato	34.59	1	12
High Jump	Benn Povey	1.57	2	11
Long Jump	Barney Ramsey	4.76	6	7
Triple Jump	Charlie Tong	10.47	3	10
Total				142
Place				1

Year 9 Girls

	School			
	Grey Court	Time/distance	Place	Points
Event	Athlete			
100M	Bade Isik	13.03	1	12
200M	Ella James	28.67	2	11
300M	Sophia Trybuszewski	47.61	4	9
800M	Neve Rugette	2.36.15	1	12
1500M	Tess Flack			0
Hurdles	Lily Burnett	12.23	1	12
Relay	Bade Isik, Neve Rugette, Ella James, Jessica Teitchert	53.96	1	12
Shot	Ella James	8.03	2	11
Discus	Tess Flack	18.32	2	11
Javelin	Bade Isik	21.93	2	11
High Jump	Julia Prestigiacomio	1,15	9	4
Long Jump	Neve Rugette	4.22	1	12
Triple Jump	no entry			0
Total				117
Place				1

Year 10 BOYS

	School			
	Grey Court	Time/distance	Place	Points
Event	Athlete			
100M	Max Seddon	10.91	1	12
200M	Shakur Roberts	23.11	2	11
400M	James Alleyne	56.15	3	10
800M	Joshua Harwood-White	2.06.56	1	12
1500M	Luca Luetchens	4.32.65	4	9
Hurdles	Luke Sankey	15.34	1	12
Relay	Max Seddon, Shakur Roberts, Theo Povey, Elijah Kadir	45.59	1	12
Shot	Elijah Kadir	10.45	1	12
Discus	Freddie Luing Turnbull	30.09	1	12
Javelin	Tolga Hisaraka	32.01	2	11
High Jump	Theo Povey	1.75	1	12
Long Jump	Max Seddon	5.38	1	12
Triple Jump	Shakur Roberts	11.46	2	11
Total				148
Place				1

Year 10 Girls

	School			
	Grey Court	Time/distance	Place	Points
Event	Athlete			
100M	Nina Blazevic	14.3	6	7
200M	Cerys Rodgers	30.98	8	5
300M	Grace Hooper	48.64	4	9
800M	Emma Phillips	2.43.40	3	10
1500M	Rosie McDermott	5.59	3	10
Hurdles	Maryse Forest	15.43	4	9
Relay	Grace Hooper, Cerys Rodgers, Nina Blazevic, Maryse Forest	56.9	5	8
Shot	Coretta Townsend	7.06	4	9
Discus	Loveday Lea	23.75	1	12
Javelin	Grace Hooper	20.92	2	11
High Jump	Nina Blazevic	1.41	2	11
Long Jump	Emma Phillips	4.46	1	12
Triple Jump	Cerys Rodgers	8.11	1	12
Total				125
Place				1

New Records

Year 7 Boys 300M - AL-RAWI, Taym 44.05s

Year 7 Boys 800m - BARIKOR, Avery 2m.21.94

Year 7 Boys 4 X 100M relay 52.19s

Year 9 Boys 300M - TONG, Charlie 38.8s



CONGRATULATIONS!

ESAA Track & Field Cup Success

Congratulations to our Inter Boys team who won the North London Regional A final at Woodside stadium in watford on Monday. They achieved a massive 530 points and progress through to the National Finals on Saturday 8th July. This is a fantastic achievement and a first for any team at Grey Court School.



KS3 News



Year 7

Sports Day

This week year 7s took part in their first ever sports day event at Grey Court School. The house system is always hotly contested, and the Y7s play a crucial role, as their keenness and commitment is often what can swing the overall champions result.

It was fantastic to see the Y7 students supporting their fellow housemates vocally and positively. It was a colourful affair, with face paint and chants galore. Well done to all those who competed in the events, with several school records being broken. It is important for students to remember, that although it was just the elite athletes taking part on Friday, their contributions across the year in competitions, events and achievement points will contribute to the overall winners.

Athletics

We were delighted to again be crowned borough champions. I was delighted to hear from Mr Wilmore about the strength of the year 7 team, who in his words are a 'gun' group! Particular standouts include **Taym A** who broke the 300m record as well as other winners including **Evie A**, **Avery B** and **Tobias C**. What an outstanding achievement.



Maths Topic Test

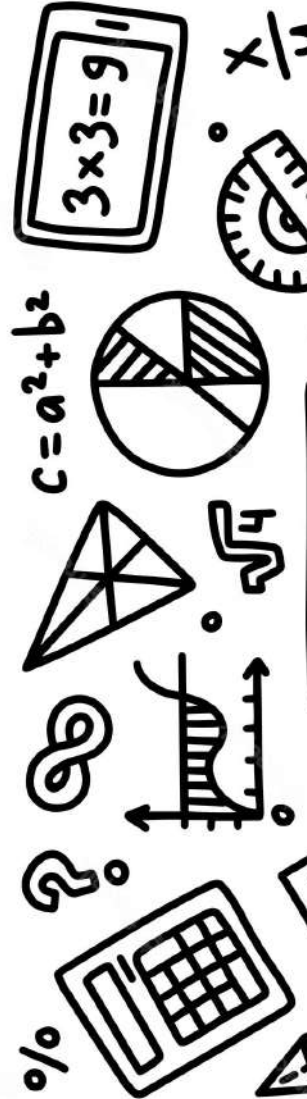
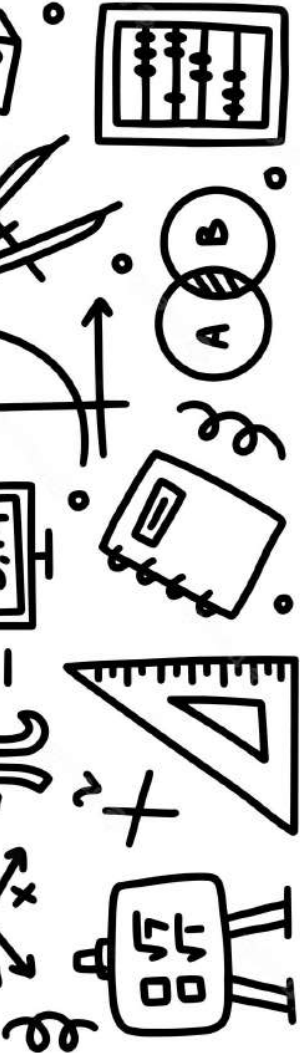
Angle Notation and Calculations

Next Friday year 7 students will be completing a topic test in their Maths lesson based on the lessons they have completed on 'Angle Notation and Calculations'.

This is not a formative assessment and it is purely designed to identify students individual strengths and weaknesses for this topic. Students do not need to revise but if they would like to do so they can look over their classwork or use the 'Independent Learning' section on their Sparx Maths user page.

The topics for students to study can be found on the following document on their Google Classroom: Year 7 Summer Half Term 1 Student Scheme of Work.

- Mr Luniss





**THANK
YOU**

The U12 Boys football squad thoroughly enjoyed their ESF Grand Finale event at St George's Park. Thank you, boys, for all your hard work this year. - **Mr Willmore**



SIR BOBBY
CHARLTON
PITCH









6

12

5

10

4

3

SW

Year 8



Year 8 have seen another fantastic week at school. 8 Rowan have had their chance at attempting the GRADU8 enterprise challenge; of which some groups were able to raise a good amount of money by being creative with their ideas this time round. 8 Willow are the last form to take on the challenge next week - let's see how they fare in comparison to the rest of the year group.

With the end of term on the horizon, students will also only have one more week to work on their new skill for the Develop GRADU8 challenge. Each form will then choose a representative or small group to take on the Dragons Den and win prizes for their form!

GRADU8



SPIN the WHEEL

SPIN the WHEEL

Hubbata

Hubbata



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. Last week, students were 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.

As you know it is extremely warm outside at the moment. Please encourage all students to bring in a water bottle and wear a hat when they are outside on their breaks.

- Ms Woods



Year 9

TOP Achievers

Last week

A huge well done to Omran Walli, Oliver Hislop, Stefan Godard, Luca Galant Draysey and Martha Huddart.

Uniform

I would like to echo the message from last week regarding uniform. Students are now allowed to wear a summer polo shirt and are not required to wear blazers. However, **students are not allowed to wear PE kit on days they do not have PE.** If the student has a valid reason as to why they are wearing PE, the KS3 team or their form tutor must be emailed to avoid the student being put into a PM detention.

Exams

Year 9 exams began this week, and students have been working extremely hard to achieve the best possible grade across all subjects. As a team, we are very proud of the effort and hard work we have observed this week - we have no doubt they all do fantastically! The exams continue next week, where they will be sitting Religious Studies, Science and Languages. All students must be lined up at the front of the school at 8.25am for any morning exams. For those students who miss an exam, we will be running 'mop up's' next week.

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

- Ms Howarth

All students must be lined up at the front of the school at 8.25am for any morning exams.

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](#)



**ADHD
Embrace[™]
Events**



#Attendance

w/c 12 to 16 June

Congratulations to year 10 for achieving 96.5% attendance and 10 Beech for achieving 99.7% attendance

Year Group	Attendance %
Year 7	96.3%
Year 8	95.2%
Year 9	93.2%
Year 10	96.5%
Year 11	94.2%

Tutor Group	Attendance %
7 Rowan	98.8%
8 Rowan	98.3%
9 Elm	97%
10 Beech	99.7%
11 Rowan	96.7%

Backstories

Mr Clements

The last few months have proved to be an especially busy recruitment season. With a very competitive jobs market in the UK (many of our year 13 students are being paid 13 pounds an hour to work in local pubs and restaurants!) We have had to scour the globe in order to recruit top quality staff who will contribute to our venerable institution.

Obviously the first point of call is through our wonderful alumni network of ex-Grey Court students - many of whom graduated from our own Sixth form Beth Jamal has done sterling work as a tutor, mentor, LSA and guardian of the learning support room over the past year having returned from a spell in Manchester. She is now mentoring the class of 2024 Cambridge prospects.

Alfie Price is completing a secondment of sorts with us from the University of Virginia and has been supporting sociology students as well as the sixth form teachers' preparation for the forthcoming end of year pub quiz. Jashan Ball has worked with us as an LSA and become our first ex-sixth former to be offered a place at LSE next year. I even bumped into Lara Tabateau who is working as an exam's invigilator, having just spent a sandwich year in the university of Copenhagen. All these ex-students are still contributing to our community whilst carving out memorable backstories.

I am also delighted that even my own proteges, Ralph Ridyard and Piran Menecksha have been perfecting their talents for mentoring and football coaching in their running of various afterschool and lunchtime football clubs. And finally, thank you to Alex Delaney, who, following his first in mathematics from Swansea, has been tutoring a number of Grey Court maths students before he starts his Masters at Manchester university. Alex delights in reminding me that I allegedly threatened to evict him from Sixth form after a year 12 spent daydreaming! A calculated threat on my part!

Which brings me back to a delightful array of CVs that have included a reference to a degree from the university of Lapland - I would imagine this candidate wouldn't have much availability every December?

There has also been an anecdote about an extracurricular pursuit as a cage-fighter from another CV I perused. This forced me to recall my own time spent as a bare-knuckle boxer in my early twenties travelling around the fairgrounds of County Kildare. I have passed many a merry hour on Friday afternoons, with lively classes of year 10 English students, discussing my bouts and battle scars, when Ms Price timetabled me for double English in the school library, as PE was taking place outside!

Anyway, with teachers such as Ms Comrie boasting about their exploits as a synchronised swimmer in a pre-Olympic talent squad, Mr Winch wearing shirts from his time as an extra in some lost episodes of *Miami Vice* and Ms Ogun reminiscing about a summer spent in eco-security guarding puffin eggs on the island of Anglesey, it is sometimes difficult to distinguish fact from fiction! However, I will tantalise readers with the revelation that although not every backstory manages to win a place on the world's stage that is Grey Court, we have managed to employ a teacher next year who is a chess grandmaster (I think). Their appointment was of course, less a gamble than a queen's gambit! I would therefore closely follow the fortunes of the school's chess team next year!



Summer Activity Programme

12-14 July

Click the links for the Final deets...

[Year 7](#)

[Year 8](#)

[Year 9](#)

[Year 10](#)

PA News



BBQ & Band Night

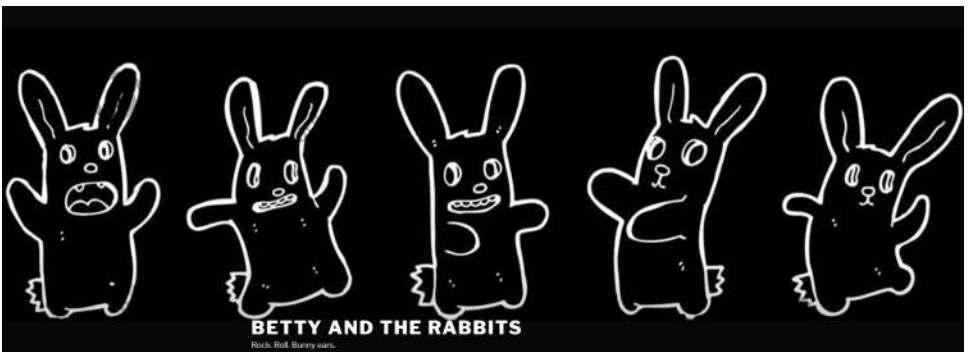
Thank you!

Thank you to everyone who came to our Barbecue and Band Night on Friday 16 June.

There was an amazing atmosphere with parents making quite the moshpit for Betty & the Rabbits at the end of the night!

What better way to spend a balmy summer's eve than with a chilled drink amid the cool breeze of a tree dappled glade with great company, lovely food and top music.

Together, we raised more than £4,000. Thank you to everyone who helped.



Hold the date

The PA's next major event will also make the most of our gorgeous grounds. G-Fest is on Saturday 23 September 2023. Hold the date. Tickets will be on sale very soon.

In the meantime...

In the meantime, we need your help:

- please **sign up** if you can run a stall, sponsor an event, donate a raffle prize, or help with one of our many pre-planned stalls.
- we're also collecting second-hand sports kit (outgrown not outworn) such as football boots, cricket helmets, shin pads, ski kit etc that we can sell on the day.
- we are continuing to collect good quality second hand school uniform
- and if you are giddy with the delights of having finished your GCSEs or A level's this week, please remember to donate your core text and revision guides to our second hand book stall.

If you are able to donate any of these items, please bring them to main reception.



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).

3 easy steps:

1 Sign up for FREE and select us as your chosen charity

2 When you shop, use Give as you Live Online to visit your chosen retailer

3 Your purchases will generate FREE donations for us!

Give as you Live® Online

THANK YOU

M&S

Booking.com

ebay



Expedia

trainline

ASOS



Viking

Hotels.com

ticketmaster

GROUPON

SCREWFIX



LAKELAND

WAITROSE
& PARTNERS

JUST EAT

Sixth NEWS Form



Physics Society Evening

On Tuesday evening the physics society welcomed Dr Elanora D'Elia and Professor Thrisantha Nanayakkara for the event "nanomaterials and robotics - technology of the future". The event was attended by over 100 guests with pupils and parents alike enjoying a fascinating evening learning from Dr D'Elia about how microscopic structures in nature are being used as inspiration by materials scientists from gekko's feet inspired sticking tape to lobsters' shells inspired new ceramics. Professor Nanayakkara introduced the emerging field of embodied intelligence and how it is leading to advances in medical technology and other fields, from training doctors by improving their ability to diagnose conditions through touch to modelling how mountain goats are able to scale sheer cliff faces. Guests were able to get hands-on with various pieces of kit including iridescent sea shells, thermochromic liquid crystals, giant polarising filters and even a blue morpho butterfly. The evening rounded off with a demonstration of robots by students from Imperial College, which the pupils enjoyed handling and exploring the functions of.

It was a brilliant inaugural physics society event and raised over £200 for Imperial's *Science for Everyone* initiative. Our thanks go to all those who supported by planning, speaking or attending, including Ms Thomas, Mr Clements, Ms Duffy and the year 12 physics pupils. Hopefully the success of this event will be repeated next year.

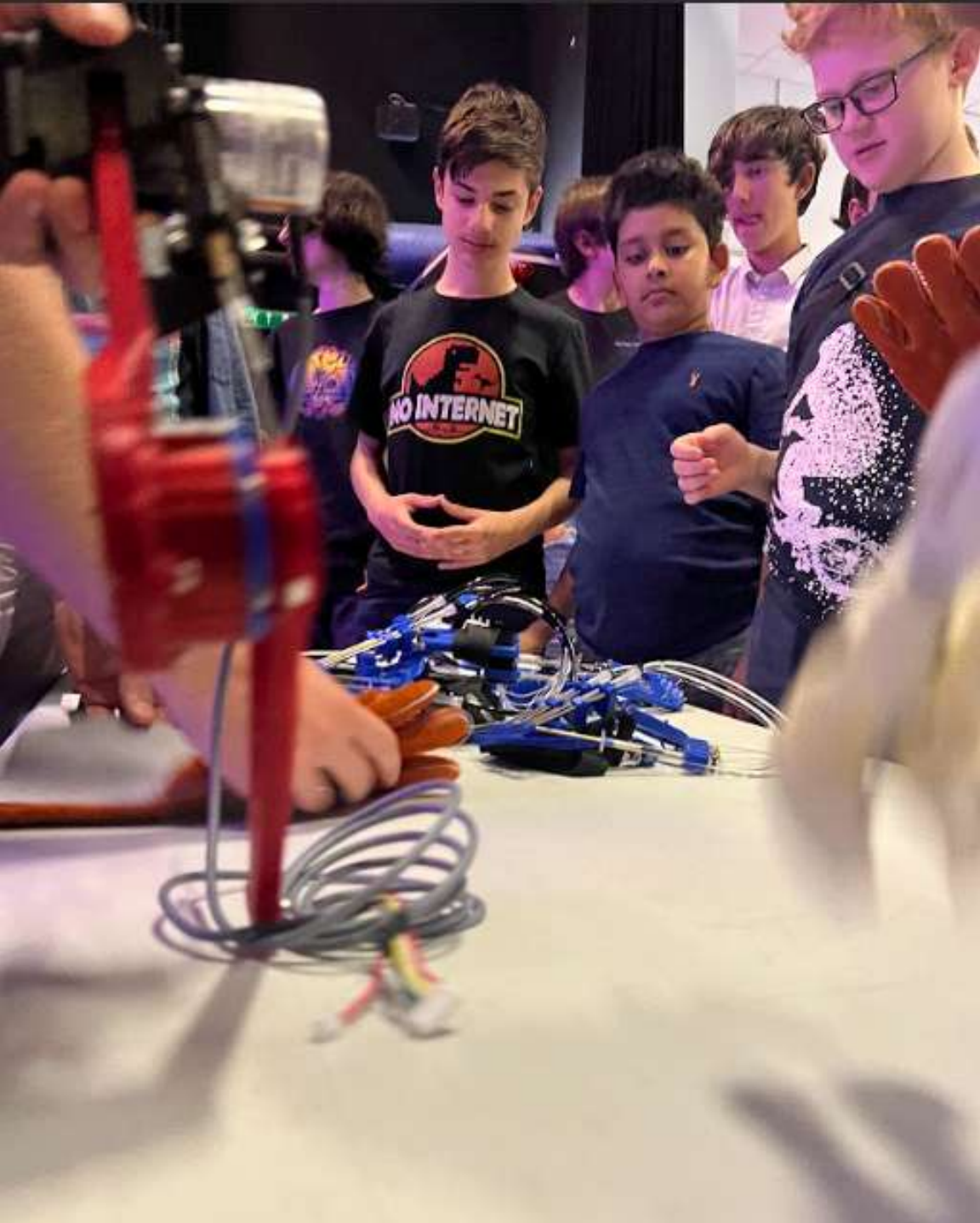
- Mr Taylor



Above: A selection of interesting materials



Above: Dr D'Elia being assisted by a parent to demonstrate the applications of paired polarisers in identifying stresses in materials



Pupils interacting with robots being demonstrated by Imperial College students





Above: Prof Nanayakkara explaining the idea of emergence relating to intelligence of a physical system





Trial Exams

22 to 30 June



[Year 12 Summer Exams Booklet](#)
[Year 12 Summer Exams Timetable](#)

Year 13

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.



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.

UCAS *extra*

UCAS Extra allows you to apply to one more university course. If you included five choices on your application, have received decisions from all five, and weren't accepted, or if you declined the offers you received, you will be able to use Extra.

Find a course you want to apply to

- Use the filter 'Show courses with vacancies' in the [UCAS search tool](#)
- Contact the universities and colleges to check if they'll consider you.

Apply for the new course

- Add the details to your application.
- The university or college will consider your application - if after 21 days you don't hear back, you can choose to either continue to wait or add a new choice.

If you receive an offer, reply and subject to meeting entry requirements you're in.

If you receive an offer but don't want to accept it, you can decline it.

If you're not offered a place you can search for other courses and add another Extra choice

UCAS clearing

Clearing is how unis and colleges fill any places they still have on their courses.

From 5 July – 17 October 2023, you can apply for a course using Clearing if you're not already holding an offer from a university or college, and the course still has places.

- You can use Clearing if:
- you're applying after 30 June
- you didn't receive any offers (or none you wanted to accept)
- you didn't meet the conditions of your offers
- you've paid the multiple choice application fee of £27
- you've **declined your firm place** using the 'decline my place' button in your application

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.

Oxbridge

All Oxbridge students should have already submitted a second version of their personal statement on the Oxbridge classroom for further feedback. There will be an Oxbridge session on the morning of Tuesday 11 July, after students have returned from work experience. This is to tweak statements and plan summer work. This includes: preparation for EPQ; pre-interview exam preparation and interview preparation. There is a very short turn around for the exams and application when we return in September so this work in the summer is vital. Further information about events that students can participate in have been added to the Oxbridge classroom for students to follow up.

Year 12 work experience

We are nearly there! We had a work experience briefing this week to help students plan ahead for the week of work experience 3-7 July 2023 [WEX Pre briefing 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.

Upcoming event

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

SPORTS News



Sports Day 2023 : Field Events



Friday 16 June: Pupils took part in Sports Day 2023 field events. Well done to everyone who represented their houses and the sports captains who picked teams and supported throughout the day.



Discus Champions in year 7 & 8. A special mention to Sara A, who broke the school record with a throw of 23.82 in the year 8 girls' competition.





Discus Champions in Years 9 & 10. There were some outstanding performances throughout the day!



#DiscusChamps



#Spikeball

16 June: Thanks to [@Twickenhamsch](#) for hosting an excellent [@SpikeballIRA](#) Borough Tournament this week!



Great work from the 6 GC students who learned how to play [@SpikeballIRA](#) and had some very exciting matches in the group and final stages





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 Harrodian. 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

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



PETERSHAM HORTICULTURAL SOCIETY

Do you garden, bake or
craft?

What are you entering?

The Summer Show

1st JULY 2023

The Russell School, Petersham,
TW10 7AH

Entries in by 10am
(welcomed from everyone)

From 1.30 visit our Community Fête

Enjoy tea and cake, BBQ, Punch and Judy,
bouncy castle, raffle, craft stalls, games and more.



Scan for more
details or see
horti.org.uk



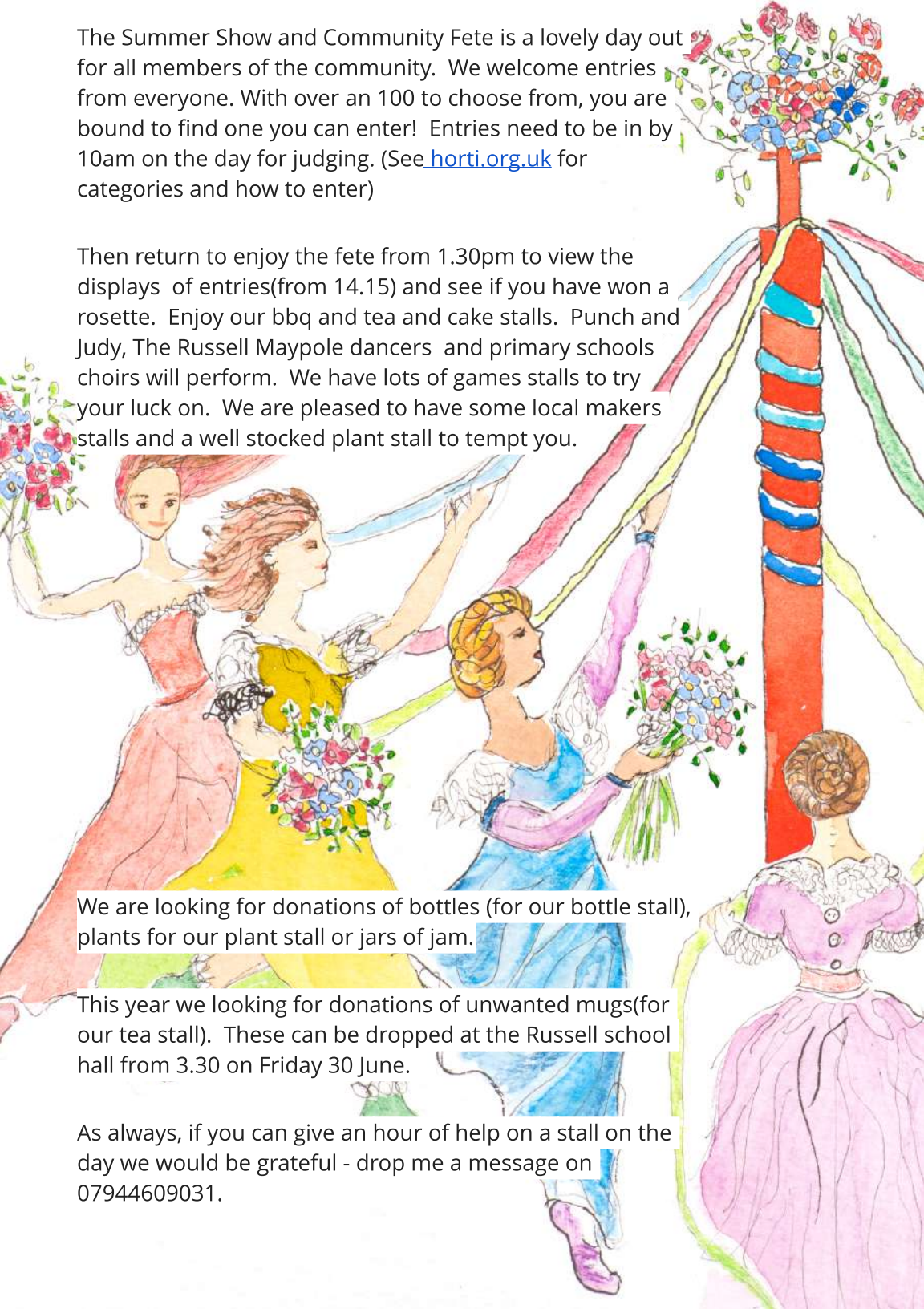
The Summer Show and Community Fete is a lovely day out for all members of the community. We welcome entries from everyone. With over an 100 to choose from, you are bound to find one you can enter! Entries need to be in by 10am on the day for judging. (See horti.org.uk for categories and how to enter)

Then return to enjoy the fete from 1.30pm to view the displays of entries (from 14.15) and see if you have won a rosette. Enjoy our bbq and tea and cake stalls. Punch and Judy, The Russell Maypole dancers and primary schools choirs will perform. We have lots of games stalls to try your luck on. We are pleased to have some local makers stalls and a well stocked plant stall to tempt you.

We are looking for donations of bottles (for our bottle stall), plants for our plant stall or jars of jam.

This year we looking for donations of unwanted mugs (for our tea stall). These can be dropped at the Russell school hall from 3.30 on Friday 30 June.

As always, if you can give an hour of help on a stall on the day we would be grateful - drop me a message on 07944609031.



Ham & Petersham DOG SHOW

Petersham & Ham Sea Scouts
TW10 7AH



9th July
Price of Entry:
£2 per person



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

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

Elevate your LACROSSE

AGES 7-13

THIS SUMMER LEVEL UP YOUR LACROSSE



LEARN

New to Lacrosse, or just started your journey?

Go from Beginner to having confidence in all the core skills in one week.

Perfect for those starting Lacrosse at school in September!



IMPROVE

Our coaches bring decades of experience, and even a few international caps, to our camps

Develop a light-speed shot, or perfect the art of checking with specialist position coaching



ENJOY

Learning is important, but everything we do is "fun-first"

All week will be a perfect balance of drills, games and matches



SCAN ME 



BOOK NOW

£60.00 per day
Discount offered on
multiple days

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



Richmond Boys Lacrosse Club

Now Open For Summer Registration

SUNDAYS

JUNE 11TH - JULY 23RD



**Fast!
Fun!
Different!**

Come and try this new and exciting contact game. All equipment provided, first session is free!

Information

- All equipment provided
- Sunday mornings @ Richmond RFC
- For boys from Year 4 - 7
- Non-profit community sports club
- International level coaching
- A contact sport with protection!
- "The fastest game on 2 feet"

Contact Us

<https://www.richmondlacrosselondon.com/>
richmondjuniorlacrosse@gmail.com



CALLING ALL YEAR 10 U15s



PREMIER LONDON YOUTH RUGBY CLUB

COME AND PLAY!



SUMMER SESSIONS

EVERY SATURDAY FROM 10TH JUNE - 29TH JULY

5.30PM-7PM

NEW SEASON STARTS SUNDAY 3RD SEPTEMBER 11AM-1PM

CONTACT CO-HEAD COACH
GREG SENDELL
GREG@SENDELL.CO.UK

ROSSLYN PARK FC
PRIORY LANE
ROEHAMPTON
SW15 5JH

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 LGBTQ+ Youth Worker

E: alex.quennell@achievingforchildren.org.uk



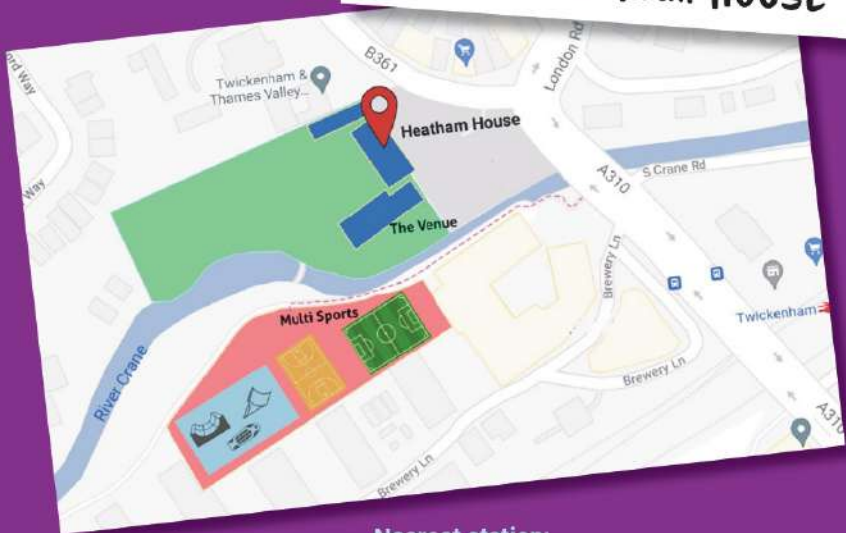
**achieving
for children**

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)



'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



**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*

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



**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*

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>



**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*

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

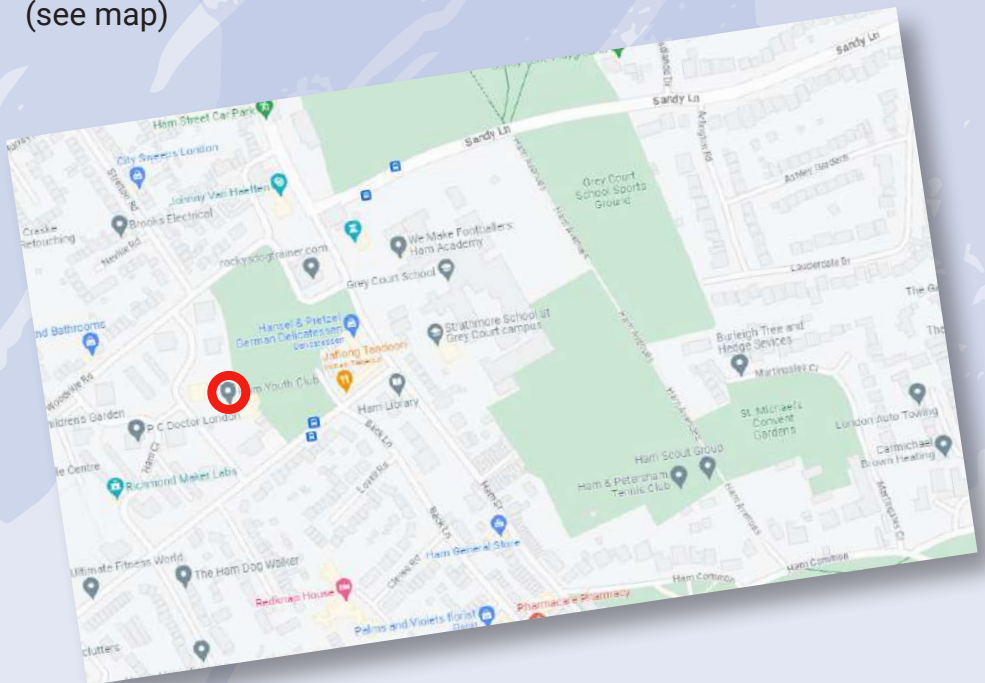
Places are all free we just ask that young people try and commit to a whole week.

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.