



eBulletin

20 July 2023

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Parent Governor

Following the notice about a vacancy, the board received one application. This means there was no need for an election and, following procedure, the applicant was automatically appointed by the board. We are pleased to say that **Tim Glover**, year 12 parent, is the new parent governor. Please find his statement [here](#).



SAVE THE DATE

**SATURDAY
23 SEPTEMBER
2PM - 8PM**

GATES OPEN 1.30PM
(Sandy Lane entrance)

**COLOUR FUN RUN
2PM START**

TICKETS

Child	£5
Adult	£10
Family of 4	£25
Family 5 +	£30

Available from
<https://www.pta-events.co.uk/greycourtschool/>

Live Music • '5 Day Weekend' stalls
5-a-side Football Competitions
It's a Knock Out Sumo Challenge
Sponge the Teachers • Raffle
BBQ • Bar • Refreshments

**COME AND SUPPORT
THE SCHOOL**

BROUGHT TO YOU BY THE
GREY COURT SCHOOL
PARENTS ASSOCIATION

Help Katie

My name is Katie, I am in year 12 at Grey Court School. As part of my Computer Science A-Level, I am creating my own software. I am designing an application which will allow students to better organise and focus their revision time in the most effective way, whilst managing homework and personal life. Parents would be able to be added to accounts so you are able to see what your child is doing. This form is to help me establish how I can improve on my idea to be as beneficial as possible to students, parents and teachers!

please help katie

Click here to complete the form





Netball LYG Report



Jessica Teichert

Netball London Youth Games Report Jessica Teichert

Jessica Teichert, one of our U14A Netballers, had the opportunity to trial and was selected to train and later represent Richmond Borough at the London Youth Games this year! Here she tells us about this special opportunity:

"After being told by my school about upcoming trials to play for the London youth games to represent Richmond in netball I wanted to participate and give it a try so I signed up. I went along to the first trial date available along with at least a couple of hundred year 8 & 9 girls.

I could feel my nerves were impacting my performance and I wasn't playing to my full potential but endeavoured to overcome them. I felt I wasn't really being noticed by the coaching staff but was delighted and surprised when I was invited back for another trial. The second trial went far better, I played more confidently on court especially given that the coaches agreed that GA was the position best suited for my strengths followed by GS.

After the trials finished the final 10 were selected and I had been selected to represent Richmond in the London Youth Games as GA. We trained on a weekly basis to build team strengths and improve on our skills as we had only just met.

The day of the competition nerves again kicked in as I have never played in such an important competition, it took a few games before I really felt at ease but once I did shot a went in one after the other and we had such great team spirit. On the day I was lucky to meet England's Netball GD Funmi Fadju who gave us an inspirational talk.

Richmond Borough finished 2nd in our pool and I was proud to be part of it, what a life experience for me!"

Well done to Jessica! We are very proud of her achievements!

- Ms Marsh



Superstars!



Congratulations to our ESAA inter boys team who finished eighth in the National Athletics Final on Saturday (8 July). 464 schools entered the competition and to reach the National Final for the first time and finish eighth is an outstanding performance. Thank you, boys, for all your hard work throughout the year.

- Mr Willmore

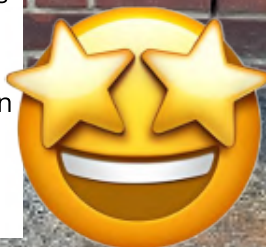


CONGRATULATIONS!



Congratulations to **Chloe Clements** who has just been accepted into the U13s Girls Academy at Charlton Football Club after a busy term of trials at various football clubs in the South West. We are very excited for her and wish her well with pre-season training over the summer. - **Ms Marsh**

CONGRATULATIONS!



Staff Stars



Congratulations to all the Year 2 ECTs from Grey Court who are the first cohort to successfully complete their two year induction programme.

They have worked so hard to achieve this, and we are very proud of them.

Thanks also to their mentors who have worked tirelessly to support and encourage over the last 2 years.

The focus for the second year of the programme was inquiry-based, and each teacher had to conduct a series of small changes to their practice, and explore the results. You can read the summaries [here](#)

ECTs: Ben Baker, Martin Conway, Jessica Cowper, Lucy Edmunds, Paul Redford, Maddy Shackley and Michael Taktak

Mentors: Matthew Gundry, Deborah Ogun, Leah Howell, Faraz Khan, Rebecca Stafford-Jones and Anna Hurley





A special
SHOUT-OUT
& thank you!

The Dragon Boat Crew

A HUGE shout-out to these amazing mums (who look totally bonkers) but have clubbed together to raise more the £1k for the GCEF.

If you'd like to make a donation,
please click the logo below

JustGiving™



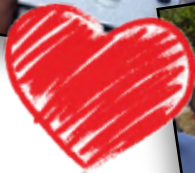
Enter-Pride Fair 2023



Enter-Pride Fair 2023

On Tuesday 11 July Year 7s attended the Enterprise and Pride Fair which was organised by the Year 12 student leadership team. Year 12s came together to create their own stalls to help raise money. They successfully raised £342, the money will be split and donated to the charity MindOut and the refugee charity, Choose Love. The fair was a great success, it was fantastic to see the year 12s work together and encourage the year 7s to get involved in the different stalls. A special thanks to Florence Woolner, Hanna Souintez-Gisbert, Yana Chilcote, Eliza Shaw and Minna Lipton whose innovative hair braiding stall raised the most money. The fair continued at lunchtime when all students had the opportunity to celebrate Pride by drawing or writing a message on our mural.

- **Ms Duncan**







Year 7

Well done on all the Y7s in completing their first year at Grey Court.

This week was busy as ever and began with the Celebration assembly on Monday. I was delighted to see so many students receiving awards - from achievement points, Sparx Maths, Zero Heroes, 100% attendance and library awards there were a huge number given out this year! A special well done to all those receiving tutor awards - either Outstanding Tutee or Kindness awards. We have also had Harlequins RFC in delivering sessions as well as inflatables on the field for students!

A huge thank you to all Y7s tutors this year who have been fantastic in their support to the students this year. They have all gone above and beyond and have been a pleasure to work with.

We wish all students a restful and safe summer and we wish them all the best in Y8!

- **Mr Day**

Avery is a member of an organisation called Silver Stories. He reads to an elderly lady every Saturday morning. It has been such an incredible way to get him to read out loud.

- **Ms Johnson**



Home - Silver Stories - Communicating across the generations
silverstories.co.uk

Year 9

As we reach the end of Year 9 and KS3, it is with great delight that we have had the opportunity to reflect and celebrate the remarkable achievements of our students. Our students have been recognised with a wide array of awards, ranging from achievements points, attendance, to individual subject awards. Moreover, during the ceremony, Ms. Weston awarded the prestigious Jack Petchey Awards to the following students: Lucas Galant Draysey for his swimming achievements; James Ganville for his commitment to the VPA department; Lily Burnett for her accomplishments in gymnastics; and Maya Sills for her pivotal role as a young carer. It was truly inspiring to acknowledge their dedication, resilience, and commitment. It is worth noting that this year group has received the highest number of awards ever for Jack Petchey, an outstanding accomplishment - a huge well done!

Along with celebrating their achievements, Mrs Mercer and I have led the yearly restorative conferences exploring 'healthy relationships'. We focused on topics surrounding healthy relationships, unhealthy relationships, the use of discriminatory language and risk taking behaviour. All students were very mature when voicing their discussions to the wider group.

As we conclude this term, I experience a mix of immense pride and a touch of sadness, for it marks the end of my time at Grey Court School. During my final celebration assembly, I expressed the sheer pleasure it has been to lead Year 9 this year. Together, we have forged countless memories, but one that will forever remain etched in my mind is the Ski Trip in February, especially the unique dance skills exhibited by Mr. Lunnis and Mr. Da Silva! Our year group stands as a testament to incredible resilience, hard work, and success. I truly hope each student takes a moment to reflect upon their accomplishments over the past year and to embrace a sense of pride in themselves. I wish the students great happiness, enjoyment and success within KS4 and in the future - I have no doubt you will reach great success!

- Ms Howarth

Year 7

Year 8

Weston's Winners

Attendance

£5

Tobias Cooper
Putin Nyakairu
Milo Ballantine

£10

Molly Mishan
Austin Hobson

£20

Sophia Evans

£5

Andrei Tataru
Moses Chan
Scarlett B

£10

Amelie Soni
Lilly Bannon-Weems

£20

Richie Lou

Year 9

Year 10

Weston's Winners

Attendance

£5

Isabella Leguel
Noah Cev
Laura Wise

£10

Sophia Try
Dylan Heighes

£20

Layla Anjum Smith

£5

Harrison Middleton Taylor
Kaitlin Mead
Lulu Vaz

£10

Tom Faulkner
Layla Banarse

£20

Shiven Kothari

So, another year comes to an end. What a year it has been! Our final groups of year 9 finished their rotations in Design Technology with their Free Cook lessons and their House Competition. A huge congratulations to our superstar winners:

A Band

1st place - Cass Lam
2nd place - Ryan Faramound
3rd place - Eva Logan Wilson
4th place - Kaila Byrne Hollow and Zain Bin Goulding



B Band

1st place - Sam Sidebottom
2nd place - Dylan Heighes
3rd place - Stanley Monaghan
4th place - Beth Caple

Our Year 10 GCSE Food and Nutrition groups visited Cadbury's World yesterday for an educational talk and workshop (and lots of free chocolate!) which will help give them extra research and context for their coursework in year 11. It was a wonderful experience! Also, we are looking forward to welcoming record numbers of GCSE students next year and have some exciting trips planned for them, too.

Thank you to all parents and carers who have kindly donated ingredients or to our various fundraising events over the year. We recognise that the cost and availability of ingredients has rocketed and your kind contributions have enabled us to provide ingredients and dishes to those in need and to ensure all children are educated in how to cook healthy nutritious meals.

A big thank you to Ms Hunt, our wonderful technician, for supporting our students in all elements of their lessons - we couldn't have done it without her! **And the saddest goodbye to our wonderful Ms. Howarth** who has been the most brilliant teacher - we will miss you so much!

Have a wonderful summer and we look forward to seeing you in September.

- Ms Clark



Food + Nutrition

In the Kitchen *with*

Year



- 7 Deli Salads
- 8 Healthy Burgers
- 9 Multicultural Food



Year 7 *Deli Salads*



Deli Salads





Deli Salads





Year 8

Healthy Burgers



Healthy Burgers





Multicultural Food

Year 9



Multicultural Food





Multicultural Food

Multicultural Food





YEAR 10

VALENCIA

During the first week of July, there was a four-day trip to Valencia designed to help develop students with their language skills and to understand more about Spanish culture and history.

On the first day, students walked around Barrio del Carmen, walked along the marina on our way to the beach where relaxing and bathing was a great way to wind down. The water was very warm and salty! We went for dinner at a buffet restaurant called Salad and tried out some Spanish dishes - and chips - of course - on the side!

The next day, all took on the challenge of the 207 steps up the Miguelete tower of La Catedral de Valencia. They also saw St Vincent's arm in a glass box! - it will come in handy one day. Students had lunch in Barrio del Carmen. Some sat at restaurants and enjoyed some local tapas and dishes, others enjoyed churros and bocadillos. It was really nice to see them enjoying the local food and blending in with the locals. Then we were off to Valencia CF stadium, where students had a tour and were able to see the different parts of La Mestalla - including the VIP seats, the changing rooms, the press room and the pitch (despite Ms Lopez's pleas, the students were not allowed to kick their ball around the pitch). Finally there was a longer Malvarrosa Beach relaxation session with a record three hours in the water by some of our students (which resulted in very wrinkly fingers). There was some version of water polo and beach volleyball. All of this was followed by fried baby squid and a chicken and rabbit paella at El Bobo restaurant by the beach. Yum! (though not all were as keen as others). Mobile Apps recorded we had walked over 16 km that day!







Our last full day in Valencia started with a trip to the City of Arts and Sciences (after a slight navigational hiccup) and enjoyed a presentation in the Hemisférico on Oceans. This was followed by the oceanarium and the science museum. There was a lot to see in this very vast complex and the students particularly enjoyed the oceanarium. We then moved to the bowling alley, which was originally named La Bolera, which means... you may have guessed it... The Bowling Alley (!) and the students put their bowling skills to the test with varying degrees of success. For our last supper, we went to a tapas restaurant, where the only complaint was that we all ate too much. There was jamón, baked Brie, chicken skewers, patatas bravas, veggie burgers, manchego and a quesadilla. A lovely end to a very good day.



The last day involved the very wonderful, but weird, Fallas Museum (you can go there yourself or Google it if you want to know more), a last look at the old town to shop for gifts and souvenirs and then the (three-hour delayed) flight home.

We look forward to running more MFL trips next year. The students were a delight to be with and all had a great time.

- **Ms López** and **Mr Bashford**







Bronze Duke of Edinburgh

The Bronze Duke of Edinburgh students completed their final assessed expedition last weekend, with two days of walking and a night of camping in between. A huge well done to all the students and a massive thank you also to the staff that helped make the expedition possible. It was a fantastic weekend for all involved.

We camped in a beautiful campsite which rather reminded me of Winnie the Pooh and the Hundred Acre Wood - truly magical.

After a long day the students all willingly crawled into their tents and snuggled down for the night, many little snoring noises could be heard throughout the night.

Sunday morning became a blur as staff peered through zipped up tents only to find students up and ready to go before 6am!

They all set off with gusto and although there were a few wrong turns made and map reading mishaps all students managed to arrive safely at the finish and have now successfully completed the expedition aspect of their award. Well done everyone!

The Bronze Team hope that the students have had a fantastic year doing the DofE award. It has been a pleasure to work with such a great bunch of students. Well done everyone - maybe you will be able to show off some skills learnt over the summer holidays!

- Ms Mannion







Behind the Scenes at the VPA Oscars

This week's VPA Oscars ceremony meant another couple of days of hard work for our Performance Support Award Tech Crew. This time however, because so many of our team were nominated for awards, we were without some of our most experienced members meaning most of the crew on the night were taking on roles they had never done before and with no time to practise them!

We made use of our brand new mixing desk, bought money kindly donated by The HR Taylor Trust, which was a truly complicated mission indeed, eagerly taken on by Oscar "Slytherin" Black with confidence. The 6th form students who were all up for awards have done such an amazing job mentoring the team and will be sorely missed. Conor was correct by the way, the Shure SM58 does not need phantom power as it is a dynamic microphone.

Conor, Alfie and Owen - you have been absolutely tremendous!

Harry, Aiden, Tambo, Charles, Oscar, Zaiden and Flo - you did a fantastic job this week. Well done. Thank you also to the rest of the team who helped set up and pack down, despite being nominated for awards, I hope you enjoyed the evening off.

- Mr Allchurch

The Butterfly Effect

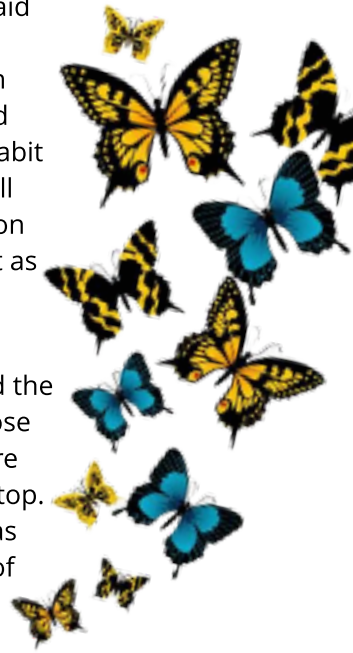
Royal Parks Visit to Holly Lodge

Have you read the risk assessment? Do you have a first aid kit? Have you printed the class list? Are the epi-pens and inhalers packed? Do you know the walking distance from school to the Holly Lodge in Richmond Park? What speed are cyclists allowed to ride at? How many green ants inhabit the Park? Do you trust Mr Bashford's dress sense and will the children be wearing long trousers? With each question framed in a way that the intonation became more urgent as the sentence neared its climax, I could tell that Agent of Careers extraordinaire, Ms Corrighan, was worried.

"Relax, Bernie, it will just be a gentle stroll in the park and the children's well-being will improve because they will be close to nature," I counter-intoned in my reassuring voice where the sentence threatened to doze off as it neared its full stop. That was until I read the 50 page risk assessment that was provided by the Royal Parks - where Richmond's x acres of undulating grassland habitat appeared to have more dangers than a school trip to the heart of the Amazon to survey coca plantations.

A fitful night's sleep later, where falling branches, crazed cyclists, toxin breathing processionary moths, horny deer, the odd pink elephant, and Mr Bashford's wardrobe came crashing down upon me, and I was awake and fearful of the day ahead.

Anyway, having registered the students, read the risk assessment aloud, and provided a brief overview of Lepidopterology, a brisk stroll was required. 60 minutes later we were warmly greeted by the team of Royal Park volunteer rangers, Anna, Fiona and Charlie in the Holly Lodge, "an 18th century working farm." It is in this under-explored region of the park where Mr Bashford, volunteers twice a week, in an effort to atone for driving a six-cylinder, three-litre Jaguar! Our party of 30 naturalists then decamped to a Victorian classroom with varnished tables, a stuffed badger (one of the more animated survivors of Mr Bashford's lessons) and lots of antlers.





The students were then treated to an overview of the conservation and education efforts of the volunteer staff as well as their own employment backstories. A particularly inspired feature of Ms Corrighan's careers education programme is the commitment to highlighting to students how many different pathways can lead to the same occupation. For example, Fiona had originally studied art and worked at the Bank of America before finding her vocation as a champion of the park's fragile ecosystem. Meanwhile, Charlie, having completed a biology degree, had used volunteering as a means to recover from a period of poor mental health and now is a guardian of the Park's many invertebrates.

We then broke into two parties: one engaging in an invertebrate survey and the other protecting ecosystems. I therefore spent a delightful hour with Charlie and the students with large undulating nets collecting grasshoppers, bugs and butterflies. This involved running through grass swishing the net in a wide arch and then flipping it over to trap various insect treasures. These were then temporarily placed in jars with their particulars recorded. This provided the students with a unique insight into the mating habits of mirid bugs and the marching stride of red soldier beetles.

Halfway through the session amidst the gently undulating grass lands, the groups swapped, and Fiona informed us firstly that there were more green ants in Richmond park than there are people in the world, and secondly that Ragwort is an invasive weed that was threatening the fragile ecosystems which Oliver and Enzo were by now gambolling on. We therefore spent a merry hour engaged in the pursuit of plucking ragwort from the ground, which I fascinatedly informed the children was originally prohibited under the weeds act of 1959.

When both Fiona and Charlie called time on our conservation work a flurry of butterflies were released back into the wild by Mia, Lea, Louis and Indie. Meanwhile, the weirdly attractive yellow ragwort that Leo and Jack had bunched as "flowers" for their mothers, was confiscated by Mr Bashford who claimed that it would save him from stopping off at Waitrose to get an anniversary present for Mrs B.

And so, after a group picnic under an oak tree we bid goodbye to the park and fluttered back tired and cheery to the oasis that is Grey Court, inspired by the butterfly effect.





Summer Activity *Week*





Year 7

Portsmouth





Ahoy!







Year 7

Bollywood Dancing





Year 7





Seven Sisters

Year 7









Year 8

Liquid Leisure

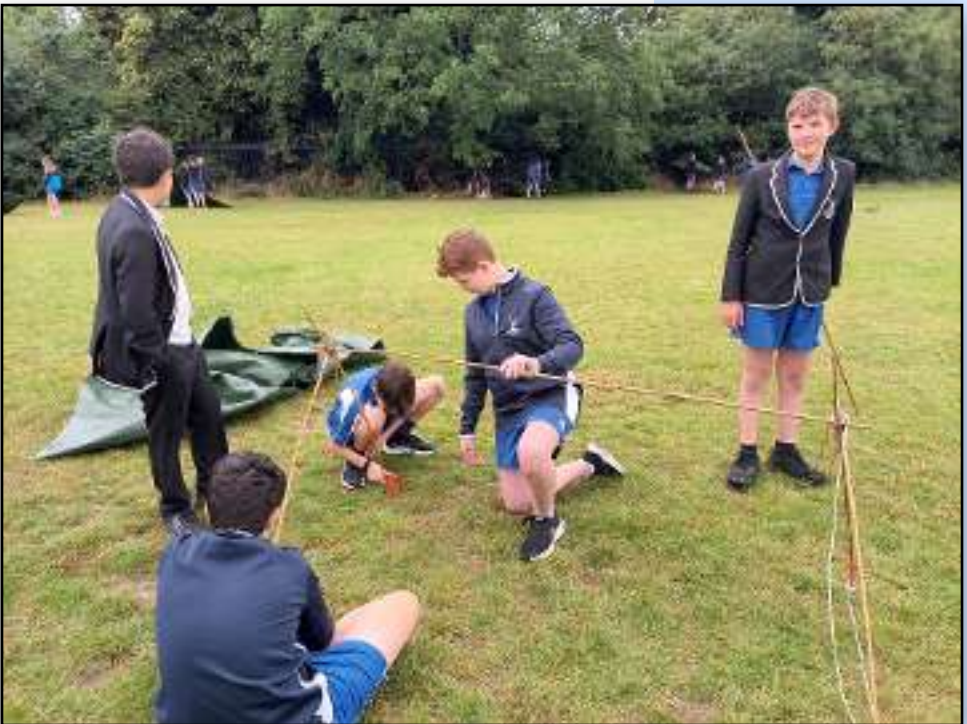






Year 8

Survival Day







Year 8

BBC Earth Day

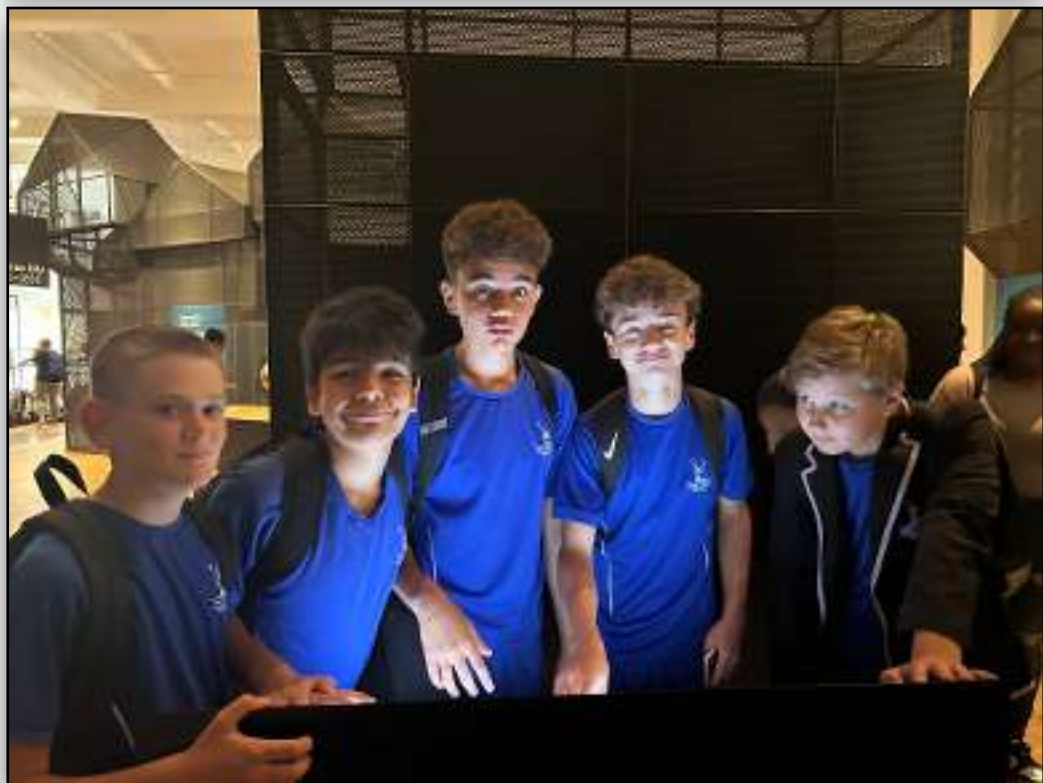
What a busy week we all had! I would first like to say a big thank you to all staff that were on the trip with the students last Wednesday and/or Thursday; I'd also like to say a big thank you to the students who displayed some of the best behaviour I have seen on a school trip. I really hope the students had as good a day as the staff did on this trip.

Wednesday ran rather smoothly, however, Thursday had some misadventures: from the District line not running when we needed it in the morning, to being (falsely!) accused of stealing a phone, to Mr Ridyard walking off the train to find out when it was leaving and being locked out as apparently it was literally leaving at that second! (See photo of Mr Ridyard looking rather upset as he travels by himself).



These kinds of trips not only enhance the brilliant curriculum we offer at Grey Court, but allow students to experience it in an entirely different form than they could get in a classroom. If your child was unable to attend on this day, and you have the means, I would highly recommend going over the summer (as I will definitely be going back again!)

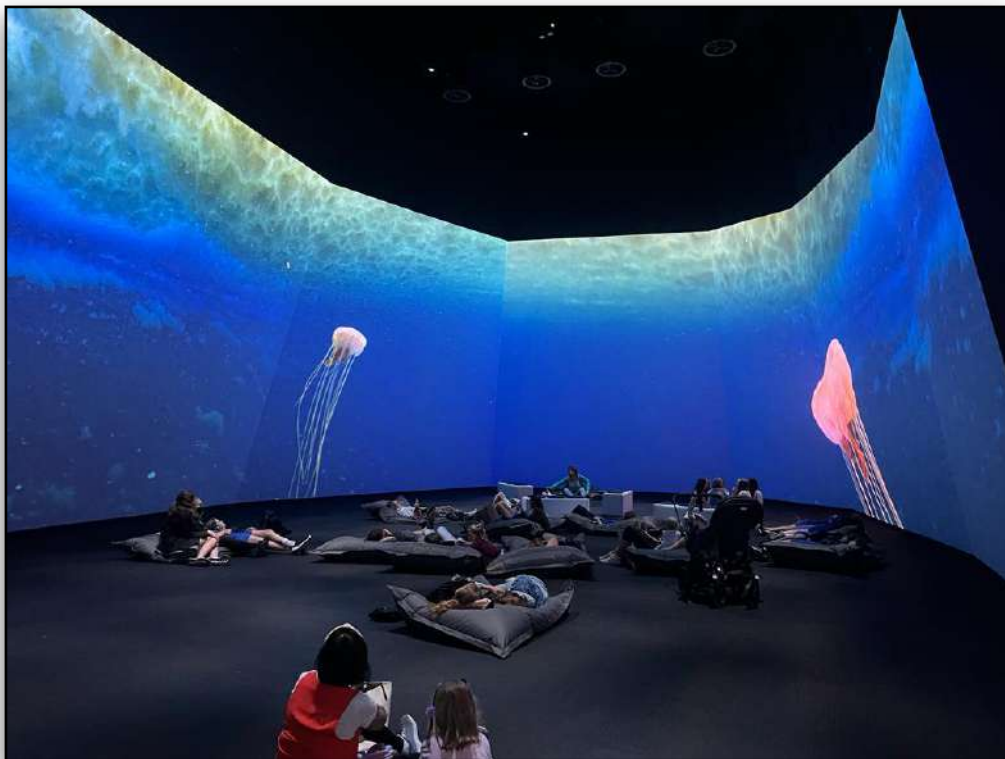
- Mr Gundry











Year 9

SLOUGH ICE ARENA





Year 9

SLOUGH ICE ARENA





Year 9

PGL



















Year 10 Work Experience

What a week - packed full of trips!

Wednesday was all about giving our year 10 students an experience of the workplace. We had some fantastic projects going on with companies; Sky, Headmasters, The Orange Tree Theatre, Hopscotch Marketing, Shoosmiths & HSBC, Richmond Park, Unilever and Let's go outside and Learn & Richmond Parks Team.

These trips covered a wide range of career areas and the students heard from people from the world of work and worked on real life projects, giving them work experience. The feedback from employers showed just how good our students are and we hoped it gave our students an insight into a career sector but also the skills needed for the world of work. Thank you to all these employers for all their time and efforts and an additional thank you to Miss Holmes who organised a small cohort of work experience placements for year 10, which took place the week 3-7th July - the students did amazingly well.

Thursday - we took the students to the University of Sussex, near Brighton, so many Seagulls were also present! The idea is to show them what university life is like and meet current students and show them what they could aspire to. This ties in with thinking about future options and next term we'll be looking at sixth form, college and apprenticeship routes.

Friday - Great Thorpe Park! Well it rained all day but this didn't stop the students loving the rides as well as many of the teachers, although Mr Clements didn't look too bright on the teacups! It was a well deserved treat at the end of a busy week.

Thanks to all the teachers and KS4 team for making this happen and supporting all the students - we all need a well earned rest!

- Miss Corrighan

Year 10



Today

Welcome!
Tour / Why are we here?
Meet the OT
Lunch
Group challenges
Presentations
Goodbye



**ORANGE
TREE
THEATRE**
OT

A powerhouse of independent theatre

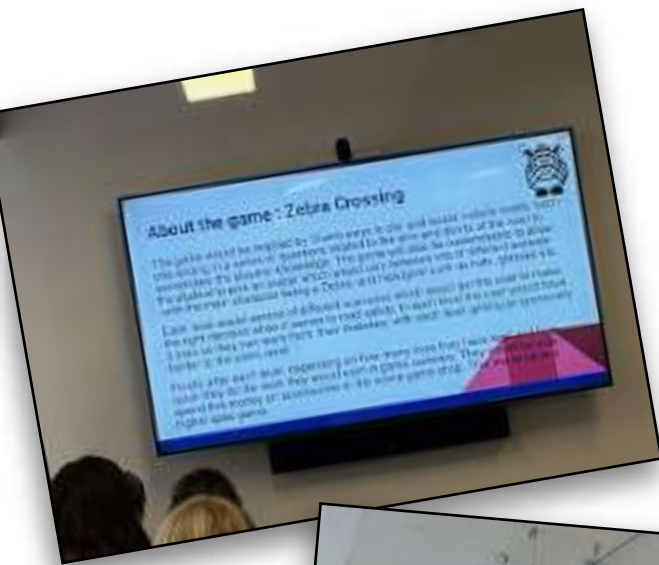


HEADMASTERS^{hm} Year 10



Year 10

Hopscotch



Year 10

US

UNIVERSITY
OF SUSSEX



Year 10

Shoosmith's Law



Year 10





Reading Volunteers

We are looking for parents, grandparents or volunteers who would like to give up an hour each week to come and read with some of our students who need support.

If you are interested in helping please complete the form below:

[Reading Volunteers Form](#)



GREY COURT

SCHOOL



**EVERY CHILD,
EVERY DAY**
ACADEMY
TRUST



What's on
this summer?

West End Shows

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

Cricket Camp

Summer Cricket Camp
24 to 27 July (see flyer)
Use code Greycourt10
to avail of 10% discount
when booking

Summer Performance Workshops

will take place between 7
- 11 August. See flyer for
details

Kew Gardens

is offering entry for just
£1 to families on
universal credit

Met Police Family Funday

will be held on Monday
21 August at The Old
Deer Park.

Summer Rowing Camps: Team Keane

Click the [link](#) to book

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

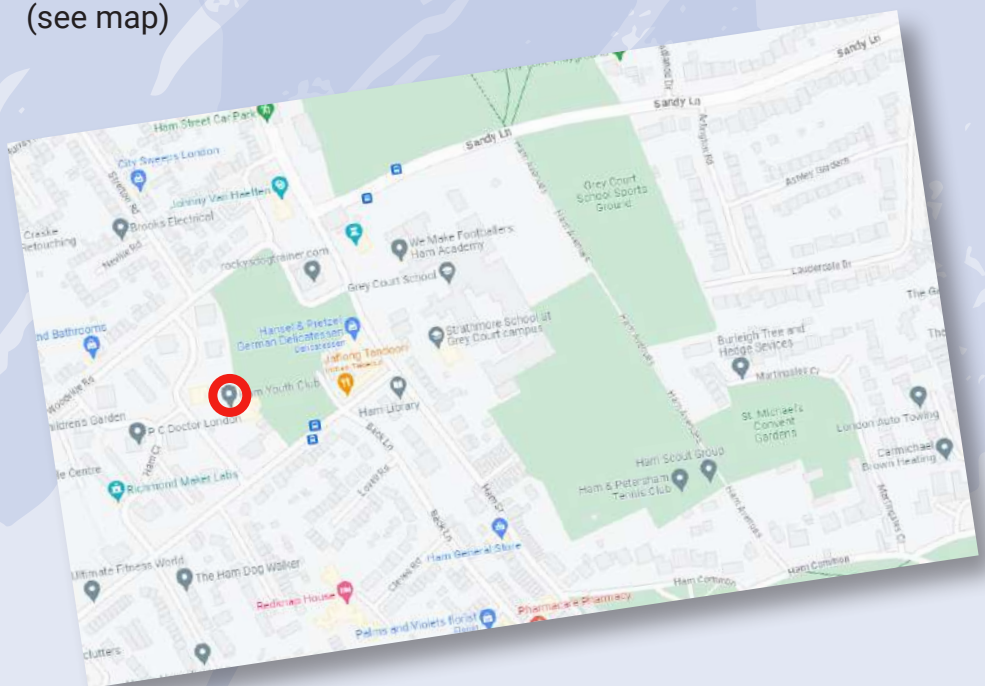
Places are all free we just ask that young people try and commit to a whole week.

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)





ADHD Embrace™



Dear ADHD Community

We are delighted to be launching Brain School! Designed to give kids their own set of tools to succeed at learning

This September, ADHD Embrace and Susana Gonzales are delighted to launch a new concept to support senior school age children with ADHD with their learning.

How will this help my child? The course will improve Executive Function skills by providing children with an understanding of their own unique neurodivergent brains - which will then enable them to build their own learning profile and preferences and to provide them with tools to support their learning styles and improve study skills.

Who is the course for?

Young people on their GCSE or A-level journey! We will be running two sessions on Saturday mornings split by year group.

Group 1 - GCSE level

Group 2 - A-level

When & where will the course be held?

The course will be held over six sessions from Saturday 16th September through to Saturday 21st October in Kingston.

What does the course cover?

Session 1 - Saturday 16th September

Parent and Young Person Introductory session

This session will be held from 11am to 12.30pm. The purpose is to give an overview of:

- Neurodiversity
- Brain School outcomes
- What the student sessions will cover in the sessions
- Goal setting
- Administration
- Necessary form filling related to the pupil
- Consent forms/ Safe guarding etc.
- The "rules of engagement"

Sessions 2 - 6 - Saturday 23 September to Saturday 21st October.

Young person sessions

Group 1 - GCSE level - 11.00am - 12.15pm

Group 2 - A level - 12.30pm - 13.45pm

How much are tickets? Cost £175 for the 6 sessions.

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

I need more information! For full details of what will be covered each week, see the session outline attached [here](#).

Best wishes,

ADHD Embrace Team

Richmond Police Community Event

Please come along to our Richmond open community event at York House, Richmond Road. Your local policing commander is committed to focusing on what matters most for our local communities so join us and have your say.

Monday 24th July 2023, 18:00 – 21:00



18:00-18:30

Guest arrival with food served

18:30

Detective Chief Superintendent Clair Kelland Opening.

18:40

Introduce New Met for London plan.

19:00 – 20:30

Round table discussions and presentations on crime, trust and confidence.

20:30 - 21:00

Question and Answers with senior police officers.



Know how to contact your neighbourhood policing team?



Safer Neighbourhoods Teams do not work 24/7 so do not call them in emergencies.

If you need police urgently, call 999

In non-emergencies, call 101

**You can also report crime online here
www.met.police.uk**

**You can also report crime anonymously to
Crimestoppers**

Barnes - 0207 175 9363
Barnes@met.police.uk
@MPSBarnes

East Sheen - 0207 175 9382
EastSheen@met.police.uk
@MPSEastSheen

Fulwell & Hampton Hill -
0207 175 9410
Fulwell&HamptonHill@met.police.uk
@MPSFulwell

**Ham, Petersham & Richmond -
Riverside**
0207 175 9417
Ham&Petersham@met.police.uk
@MPSHamPetersham

Hampton - 0207 175 9427
Hampton@met.police.uk
@MPSHampton

Hampton North - 0207 175 9428
HamptonNorth@met.police.uk
@MPSHamptonNorth

Hampton Wick & South Teddington -
0207 175 9430
HamptonWick@met.police.uk
@MPSHamptonWick

Heathfield - 0207 175 9432
Heathfield@met.police.uk
@MPSHeathfield

Kew - 0207 175 9436
Kew@met.police.uk
@MPSKew

Mortlake & Barnes Common -
0207 175 9453
Mortlake&BarnesCommon@met.police.uk
@MPSMortlake

North Richmond - 0207 175 9462
NorthRichmond@met.police.uk
@MPSNthRichmond

South Richmond - 0207 175 9463
SouthRichmond@met.police.uk
@MPSSthRichmond

St Margarets & North Twickenham -
0207 175 9465
StMargarets&NorthTwickenham@met.poli
ce.uk
@MPSSStMargarets

South Twickenham - 0207 175 9464
SouthTwickenham@met.police.uk
@MPSSTwickenham

Teddington - 0207 175 9469
Teddington@met.police.uk
@MPSTeddington

Twickenham Riverside - 0207 175 9470
TwickenhamRiverside@met.police.uk
@MPSTwickenham

West Twickenham - 0207 175 9473
WestTwickenham@met.police.uk
@MPSWTwickenham

Whitton - 0207 175 9474
Whitton@met.police.uk
@MPSWhitton



SUMMER CRICKET CAMP AT HAM & PETERSHAM CC

MONDAY 24th JULY –
THURSDAY 27th JULY

10:00 - 12:30
& 13:30 - 16:00
(Or stay all day!)

£20 FOR A HALF DAY
£40 FOR A FULL DAY

AGES 5 - 14
(HARDBALL AND SOFTBALL)

GIRLS AND BOYS OF ALL
ABILITIES WELCOME

SIBLING DISCOUNT
AVAILABLE ON REQUEST

SESSIONS LED BY IAN
TABOR (ECB LEVEL 3
ADVANCED COACH)

BOOK TICKETS

www.tickettailor.com/events/hampetershamcricketclub

OR EMAIL ian@taborsportscoaching.com



HEARTS OF TEDDLOTHIAN

TEDDINGTON-BASED UNDER 14s GIRLS FOOTBALL TEAM

LOOKING FOR PLAYERS TO JOIN SQUAD FOR 2023-24 SEASON

SUMMER "TASTER" SESSIONS COMING SOON – SECURE A PLACE NOW

- FRIENDLY "GRASS ROOTS" TEAM PLAYING IN LOCAL LEAGUE
- REGULAR MATCHPLAY FOR PLAYERS WITH PREVIOUS EXPERIENCE
- IDEAL FOR GIRLS STARTING YEAR 9 IN SEPTEMBER 2023
- SUMMER "TASTER" SESSIONS
- PRE-SEASON TRAINING STARTS IN SEPTEMBER
- MATCHDAYS: SATURDAYS
- TRAINING: TUESDAYS



CONTACT HEAD COACH CHRIS COLNAGHI FOR MORE INFORMATION:
christophercolnaghi@gmail.com or 07776 137515



THIS GIRL CAN

CALLING ALL GIRLS IN YEARS 7-12

The Women's Football World Cup is only 1 month away and no doubt the Lionesses will continue to inspire the next generation of female footballers.

Teddington Athletic is committed to continue to develop the female game, supporting girls to be physically, socially and emotionally well. We are proud to have over 270 girls playing/training with the Club.

A number of our senior teams are looking to add players to their team next season. If you have some football experience (team/school/social) and would like the opportunity to play more regularly, we would be pleased to welcome you on board.

The club delivers weekly training sessions and home matches are played at either Bushy Park or St Mary's Sports Ground, Teddington Lock.

**Interested in joining a team? Please contact
Samantha Roff Girls Football Development
Manager at tafcgirls@gmail.com**

www.teddingtonathleticfc.com

What Parents & Carers Need to Know about

WAPP

AGE RESTRICTION

12+

on the App Store;
'Everyone' on Google Play

WHAT ARE THE RISKS?

Developed in Germany, this social networking app is called 'W App' in the Apple Store and Google Play but is also branded as 'Slay' in some territories. Aimed primarily at teens and marketed as a 'zero-negativity' zone, it asks users to connect with others from their school. They are then asked a positive question (such as "Who is the nicest person?") and shown four people from their school to choose from. All users from a school can appear in the poll: not just those a child is friends with. The app is mainly anonymous – but does offer clues to reveal who selected you for each question.

FAKE ACCOUNTS

There is no verification when signing up to W App. Once someone joins, they can see all users at their school and add them if they wish. Users provide their name, gender, school and grade – but are also able to change these (aside from their name) as often as they like. This concerned our expert: predators could potentially keep attempting to build connections with children at different schools.

PROFILE OVERSHARING

Young people tend to have multiple social media accounts, so it's vital their identity is protected online. By default, W App shares someone's school and grade, while users choose whether to share their full name, photo and other social accounts. Most people appear to select this – making it easier for someone to build up a picture of who they are, what they enjoy and where they go to school.

SPAMMING CONTACTS

The app's activity feed notifies a user when they have been put forward for a poll. They're then given the option to reveal the initial of the person who nominated them, by inviting a friend to join the app. The friend doesn't have to sign up, but they will receive a 'get the app now' text, followed by a link. This process could result in texts being continually sent to a child's contacts.

CATFISHING RISKS

As well as invented fake accounts, users could also sign up and pretend to be someone else from their school. By joining under another person's name (possibly with their photo), they can take part in polls while masquerading as that other person. Some polls hint at an attraction or crush, which – if deliberately misused by imposters – could result in misunderstandings and embarrassment for teens.

SUBSCRIPTION COSTS

W App is free to download and use, but there is also a 'gold membership' package (costing £4.99 per week) available. Subscribing allows users to reveal the names of people who selected them in polls (slightly defeating the point of it being an anonymous app), gives unlimited hints and offers exclusive play modes – all of which may tempt a curious young user into spending their money.

REPEATED USE

Like most other social media platforms, W App wants users to log in regularly. Every time someone completes a set of 12 polls, they earn virtual coins. These can be cashed in for perks such as being included in random polls (so that more users will see them) or adding their name to their crush's poll. This may not seem much of an incentive currently, but that may alter as the app evolves.

Advice for Parents & Carers

DISCUSS FRIEND REQUESTS

Talk to your child about the risk of sharing their other social accounts, especially on anonymous platforms where there is no verification – so a user could be anyone. If someone they don't normally talk to at school approaches your child via W App and suggests connecting on TikTok, Snapchat or Instagram, emphasise that it's safest to confirm it with that person face to face before accepting or replying.

BE MINDFUL OF REJECTION

The polls in W App are designed to be complimentary rather than negative. However, never being nominated or picked by their peers could leave a child – especially a status-conscious teen – feeling ignored and isolated. If you think that W App is having this effect on your child, it might be time for a supportive reminder that social media doesn't reflect someone's true worth or popularity.

PROTECT PERSONAL INFORMATION

It's crucial that trusted adults regularly remind children about the importance of not sharing too much of their personal information online (and demonstrate it on their own social accounts, where possible). W App automatically displays the user's school on their profile – but if your child does want to use the app, you can advise them to only enter their first name and not to upload an image of their face.

DO SOME 'APP ADMIN'

Before letting your child download W App, you may want to (via their device's settings) disable the option to make in-app purchases: £4.99 per week for the subscription can soon mount up. Likewise, if a friend's use of W App is causing your child to be inundated with texts inviting them to sign up too, you could suggest asking that friend to stop selecting your child's name from their contacts list.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: <https://apps.apple.com/gb/app/w-app-anonymous-polls/id1645858841> | <https://www.slay.cool/>
<https://techcrunch.com/2023/01/19/german-teens-went-crazy-for-this-compliments-app-and-now-vcs-are-backing-its-next-phase/>

NOS National Online Safety®

#WakeUpWednesday

TENNIS CLUB

PRESENTED BY SW BCU POLICE



CALLING ALL TENNIS **ACES!**
WE ARE **SERVING** UP LOTS OF
FUN THIS YEAR - WE WOULD
LOVE TO SEE YOU THERE!

ALL ABILITIES WELCOME

ORLEANS PARK SCHOOL
TWICKENHAM

10AM TO 12

STARTING // MONDAY 24 JULY
UNTIL // 25 AUGUST

SESSIONS ON //
MONDAY / TUESDAY & FRIDAY



FREE TO YEARS
5/6/7

CONTACT // PC EMMA BARNES
EMMA.BARNES3@MET.POLICE.UK



THE TWEEN TRIBE

LIKE KIDS CLUB.....BUT DIFFERENT!

The first, boutique excursion only holiday club! Unusual, fun, exciting adventures exclusively for 10-13 year olds!

Join our mission to get tweens off screens and having fun in the real world!

Departing from Kingston, Twickenham,
Richmond & Strawberry Hill

Summer adventures: :

- Immersive group gaming + cooling off in the the BEST London Splash Fountain.
- AquaSplash in the Olympic pool, trampolines and high ropes
- Learn to kayak in a secret London reservoir

www.thetweentribe.co.uk

Subscribe for £10 off!

"A brilliant holiday concept"

Richmond & Twickenham Family Hub



Summer **EVENTS**

How has the summer come around so quickly! Breaking up for the summer holidays is exciting and a huge relief from classroom restrictions but, for those with ADHD, long days and lack of structure have the potential to be not as relaxing as parents/carers might like.

It's so tempting to ditch any kind of schedule as soon as school has broken up - but keeping some structure is important and will make it easier for your child to stay organised and get back into a routine in September. Try and ensure they get plenty of fresh air and exercise - an old cliché but it does make a difference for all of us. As little as half an hour a day can help manage ADHD symptoms.

Aim to keep a regular sleep schedule and regular meal times. Maybe set some holiday goals that are fun things to do, things that will enhance your child's self-esteem. It could be something as simple as getting the stabilisers off the bike or finishing a song they were learning to play or a book.

The summer holidays are a great time for your child to learn something new - try and prepare them for any new activity by talking them through what will happen, to ease any anxieties they may have and ensure they are aware in advance of basic rules, especially if they're engaging in something with an instructor.

Children with ADHD often tend to be creative - an arts and crafts, music or pottery day would allow their creativity to flourish and it doesn't need to be an organised class, it can be something you can set up yourself at home, in the garden or even in the local park.

Having said all this, remember that for children with ADHD, school can be a major source of stress and pressure so you want the summer holidays to be a time when your child can relax and have a freer rein. Allow them to take the lead and have input into their summer plans - the more control they have, the more likely they are to stick with their chosen activity. Here are some local activities and summer camps we have put together!

- **Activ Camps**: Non-stop fun activity camps - alternate weeks at St Paul's School and Barn Elms, Barnes (and in other areas of SW London) Get 25% off your first booking by quoting FIRSTHOLIDAY23
- **Taz** summer holiday activities at Thames Young Mariners, Kingston
- **Action-attainment**: East Sheen based Action-attainment, runs a diverse range of holiday sports programmes specifically for neurodiverse young people aged 5-20.
- **CampEngland**: Multi sports, tennis, gymnastics and early years activities as well as a two day special course for 13-17 year olds aimed at helping teens be more resilient and gain valuable socio-emotional skills.
- **Heatham House**: Based in the heart of Twickenham, Heatham House youth centre and community hub has been keeping young people entertained for over 70 years and has an extensive summer programme ranging from performing arts, martial arts and jewellery making to multi sports and skate boarding.
- **Ham House**: National Trust Summer of Play 22 July to 31 August. The formal gardens will be transformed into a giant playzone for families to enjoy free games.
- **Ham Youth Centre**: Starting Mon 24 July, Ham Youth Centre is offering four themed weeks for 10 - 16 year olds where they can try new activities and make friends.

Finally, for those of you wanting to have a post summer challenge, we have once again got 5 free tickets for the legendary Richmond Runfest on September 9th - see details below. You can run or walk this fun Kew Gardens course, so **let us know asap if you want to sign up.**

Happy summer holidays!

The ADHD Embrace Team



Spikeball™

LONDON ROUNDNET TOURNAMENT

JULY 15

OPEN & WOMEN'S

JULY 16

MIXED

**CHISWICK RUGBY
FOOTBALL CLUB
W4 2SH**

Beginner,
intermediate &
advanced divisions -
all abilities welcome!



*MORE INFO /
SIGN UP*



@londonroundnet



HOSTED BY
LONDON ROUNDNET

SPONSORED BY

Spikeball™

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
TWO 7HN

SUMMER EDUCATION WORKSHOPS

7 - 11 AUGUST 2023



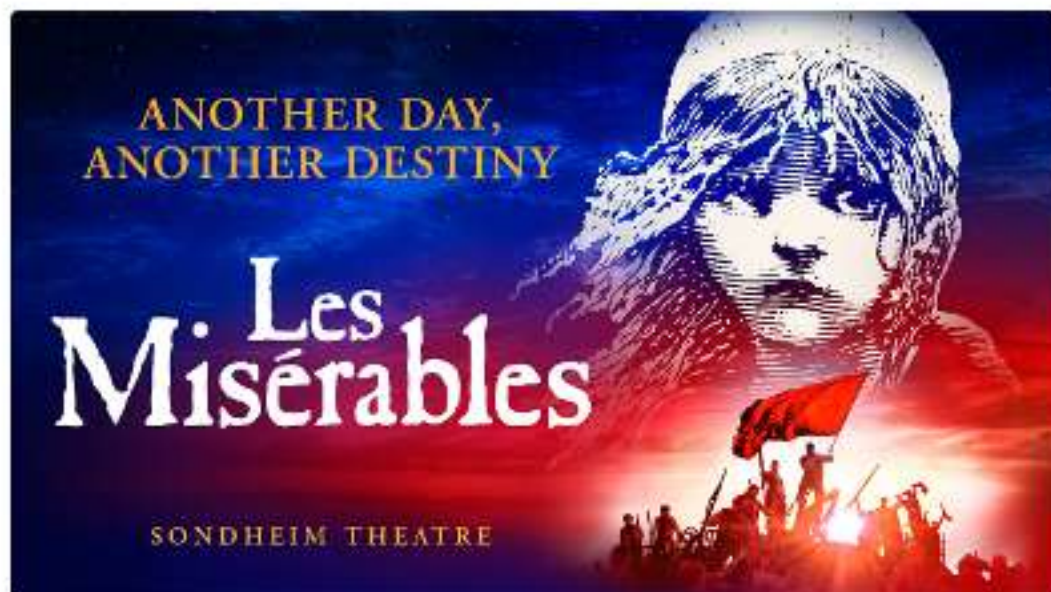
We are delighted to announce the programme for our 2023 Summer Education Workshops!

This year we are premiering three brand new musical theatre workshops aimed at children aged between 9 and 17. All workshops will take place in the rehearsal room of the [Victoria Palace Theatre](#), Victoria Street, London SW1E 5EA.

Les Misérables Musical Theatre Workshop

at the Victoria Palace Theatre

£20 per child



Have you ever wondered what it would be like to be a new cast member of a West End show? During this 80 minute workshop you will take part in a series of drama exercises and warm – ups before re-creating the famous 'Barricade' scene. You'll then learn to sing sections for two of the shows principle numbers 'At the end of the day' and 'Do you Hear the People Sing'. The workshop will culminate in a short performance in front of parents and guardians.

Monday 7 August at 10:30am, 9 - 12 year olds

Monday 7 August at 12:30pm, 13 - 17 year olds

Tuesday 8 August at 10:30am, 9 - 12 year olds

Tuesday 8 August at 12:30pm, 13 - 17 year olds

Wednesday 9 August at 12:30pm, 13 - 17 year olds

Friday 11 August at 12:30pm, 9 - 12 year olds

Les Misérables
Musical Theatre Workshops
BOOK NOW

**'SPECTACULAR!
THE WEST END AT ITS BEST'**

Evening Standard

ANDREW LLOYD WEBBER'S

PHANTOM OF THE OPERA



Come with us as we explore the magic and mystery of the West End's most romantic musical. Participants will create their own ghost story whilst exploring key aspects of performance such as the creating soundscapes, building tension within the scene and storytelling through movement. They will then learn a special arrangement of the soaring 'Think of Me' before learning a section of the famous 'Masquerade' ball scene!

Tuesday 8 August at 2:30pm, 9 - 12 year olds

Wednesday 9 August at 10:30am, 13 - 17 year olds

Friday 11 August at 10:30am, 9 - 12 year olds

The Phantom of the Opera
Musical Theatre Workshops
BOOK NOW

**YOU ALREADY KNOW YOU'RE
GONNA LOVE IT!**

BENNY ANDERSSON & BJÖRN ULVÆUS'

MAMMA MIA!

THE SMASH HIT MUSICAL BASED ON
THE SONGS OF ABBA®

NOVELLO THEATRE

A DELFONT MACKINTOSH THEATRE



Discover your inner disco diva in this fabulously fun musical theatre workshop! Participants will explore and re-create their own versions of scenes from this classic show before grabbing their hairbrushes and belting out the show's title song!

Monday 7 August at 2:30pm, 9 - 12 year olds

Wednesday 9 August at 2:30pm, 13 - 17 year olds

Friday 11 August at 2:30pm, 13 - 17 year olds

MAMMA MIA!
Musical Theatre Workshops
BOOK NOW

Important Information

To help you be as prepared as possible and to ensure a smooth booking process, we advise you read through the following information carefully.

All children attending will need to be signed in by a parent/guardian.

Parents/Guardians are invited to remain in Pavlova's bar, located within the Victoria Palace Theatre, for the duration of the workshop. They will be invited back at the end of the workshop to watch a small performance of the children's work.

Parents/Guardians are not required to purchase tickets for the events.

All events will take place in the rehearsal room of the Victoria Palace Theatre. The rehearsal room is located at the top of the building and unfortunately there is no lift.

If you require any further information, please contact us using the options below:

CALL CUSTOMER SERVICES
0344 482 5151

EMAIL
CUSTOMER SERVICES



www.delfontmackintosh.co.uk



FOOTBALLERS WANTED

Twickenham Saints are a successful, competitive club, playing in local regional leagues on Saturday mornings.

We're looking for some new players for the U12, U14 and U16 teams for the 23/24 season.

If you're a current year 6, 8 or 10, and think this could be you, please ask your parent or guardian to contact:

James (U12 / U14) - 07812 087778
Riz (U16) - 07958 497 380 / riz1_ali@hotmail.com
Indy (U16) - indysaha@hotmail.com

and come down to one of our trial games over this summer



www.twickenhamsaintsfc.org



THE MAGIC ROUND

30 JULY 2023 MEDWAY PARK SPORTS CENTRE, GILLINGHAM

WARRIORS **VS** WOLVES
10:30
RHINOS **VS** HULL
12:30
ROOSTERS **VS** PANTHERS
14:30



FREE ENTRY
WITH NO BOOKING FEE



FOR GROUP BOOKINGS, CONTACT **LYNDEY**
ON 07950 431272 OR AT LYNDEY.LYNARD@RUGBYCOMMERCIAL.CO.UK

WWW.OURCAMPS.ORG | SCHOOLCAMPINFO@OURPARKS.ORG.UK | 07305 297 789

KINGSMEADOW KIDS' ATHLETICS SUMMER CAMP

KINGSMEADOW, KINGSTON RD, KT1 3PB

EXAMPLE ACTIVITIES:

- Wide range of Physical Activity and Sports
- Athletics Based Activities Including:
 - Long Jump, Hurdles, High Jump, Running, Relays, Throwing
- Chill Out Zone
- And More!

1 2 3 4 5 6 7 8

DATES + TIMES

10am - 2pm:
24th - 28th July
31st July - 3rd August
7th - 10th August
14th - 16th August

AGES:

5 - 15 years old

PRICE:

FREE to those eligible OR
£20 per day

TO BOOK SCAN ME



Knights Basketball
will be running clubs
for Grey Court
students on
Mondays 7.15-
8.15am and Fridays
3.15-4.15pm. Please
sign up on the link
below:

[https://knights-
basketball.classforkids.io/term/216](https://knights-basketball.classforkids.io/term/216)



YEAR 7 -BOYS RUGBY

London Welsh U12 will be holding two FREE training sessions at Greycourt for the start of next season. This is open to both new and experience players that want to come along and train, have fun and make new friends.

U12s (Year 7)

**3RD & 10TH
SEPTEMBER**
9am until 11am
@ Greycourt



What do I need to bring to a Rugby ?

- Suitable training kit
- Extra layers and waterproofs
- Water bottle
- Mouthguard
- Any other protective kit you might want to wear

**FREE
TRAINING
SESSIONS**

If you have any further questions, please contact Brendan on Brendan.Mcweeney@basebuildservices.com



GIRLS RUGBY

London Welsh will be holding two **FREE** training sessions at Greycourt at the start of next season. We have a friendly group of coaches, who are also members of the London Welsh Women's Rugby Team.

U12s (Year 7)
U14s (Years 8 & 9)
U16s (Years 10 & 11)

**3RD & 10TH
SEPTEMBER**

11am until 12:30pm
@ Greycourt

**FREE
TRAINING
SESSIONS**

What do I need to bring to a Rugby?

- Suitable training kit
- Extra layers and waterproofs
- Water bottle
- Mouthguard
- Any other protective kit you might want to wear

If you have any further questions, please contact Paula Cooper on paulataffcooper@aol.com