

Grey Court School eBulletin

15 December 2023



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Christmas comes to
THE PALM CENTRE
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Cover photo: painting by Layla Cheyne

#KeepInTouch

23-24 Term Dates

School Events

Sports TT

Sport SOCS

Extracurricular TT

Education Fund

ScoPay

Breakfast Menu

Weekly Menu

Graze Menu



The Uniform Shop

Thursdays 3-4pm



Our Christmas Concert & Pantomime

Miss Cowper

On Thursday, the school hall was packed to bursting with the family and friends of our wonderful performers - and they were in for a real treat!

We started the evening with the Grey Court Orchestra, led by Mr Millar, with pieces for the String Ensemble (led by Ms Thomas) and Wind Band (Ms Moore). We were treated to traditional Christmas carols, String renditions of Beatles songs, a beautiful arrangement of *Bohemian Rhapsody* and a Wind Band arrangement of *Feliz Navidad*. The orchestra is going from strength to strength and we can't wait to see how they develop this year!

Throughout the evening, we had performances from bands; some of these have been working together for years, but some formed in September after hearing the bands perform at G-Fest! They have been working hard with Mr Allchurch at Band Club each week and their dedication has really paid off. We were treated to well-known Christmas songs like *Last Christmas*, *Underneath The Tree*, *Merry Christmas Everyone*, *Run Rudolph Run*, *I Wish It Could Be Christmas Everyday* and the Christmas 'classic' (?) *Killing In The Name*. It was the Christmas No 1 in 2009 though, so I suppose that counts...! All of the bands gave fantastic performances and it was wonderful to see them all working together and sharing their love of music.

We also had performances from choirs, with Ms Cowper's Junior Choir treating us to three songs: Ariana Grande's *Santa Tell Me, It's Beginning to Look a Lot Like Christmas* and Sia's *Snowman*. They have grown - in number, confidence and ability - hugely over the last two years and sounded fantastic. Grey Court Voices gave a beautiful swing-style rendition of Chris Rea's *Driving Home for Christmas* which gave many of our fantastic singers the chance to sing solo, many for the first time at this school. One of our Year 8's (and former VPA Scholar), Ella Waldmann, performed a beautiful version of *Have Yourself A Merry Little Christmas*, arranged by Mr Allchurch.

As if all of that wasn't enough, we were also treated to a fantastic panto, written by Ms Burton and starring the KS3 Drama Club. *Principal Pan* tells the story of the Darling children who are taken to a far-off land called Grey Court Neverland by the mysterious Principal Pan, where they meet the Lost Boys, Captain Hook and his gang of Pirates. The cast got stuck in and gave their all to this performance, which had the audience laughing and applauding throughout.

Of course, none of this could have been achieved without a lot of support backstage from Mr Allchurch's fantastic Performance Support Award team, who ran the lighting, sound and backstage area flawlessly. We are so lucky to have such a dedicated and talented crew working on our shows and performances!

A huge thank you to the VPA team - Ms Johnson, Ms Razvand-Atwi, Ms Maybey, Ms Bowie, Ms Cowper, Mr Allchurch, Ms Burton and Mr Millar - for their hard work and dedication to making this night a success. We look forward to seeing you at our next events in the New Year!

[Christmas Concert and Panto Programme](#)

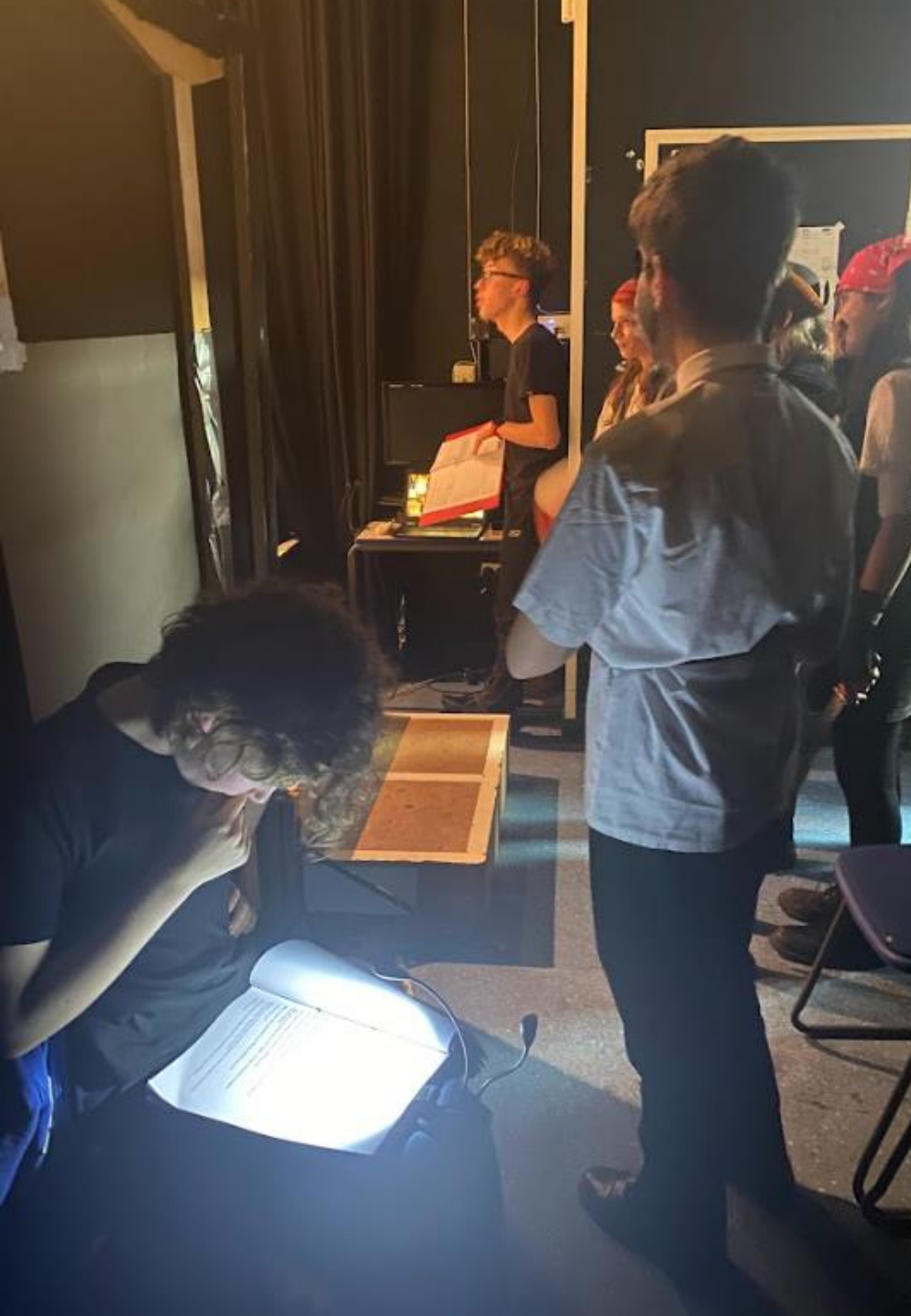


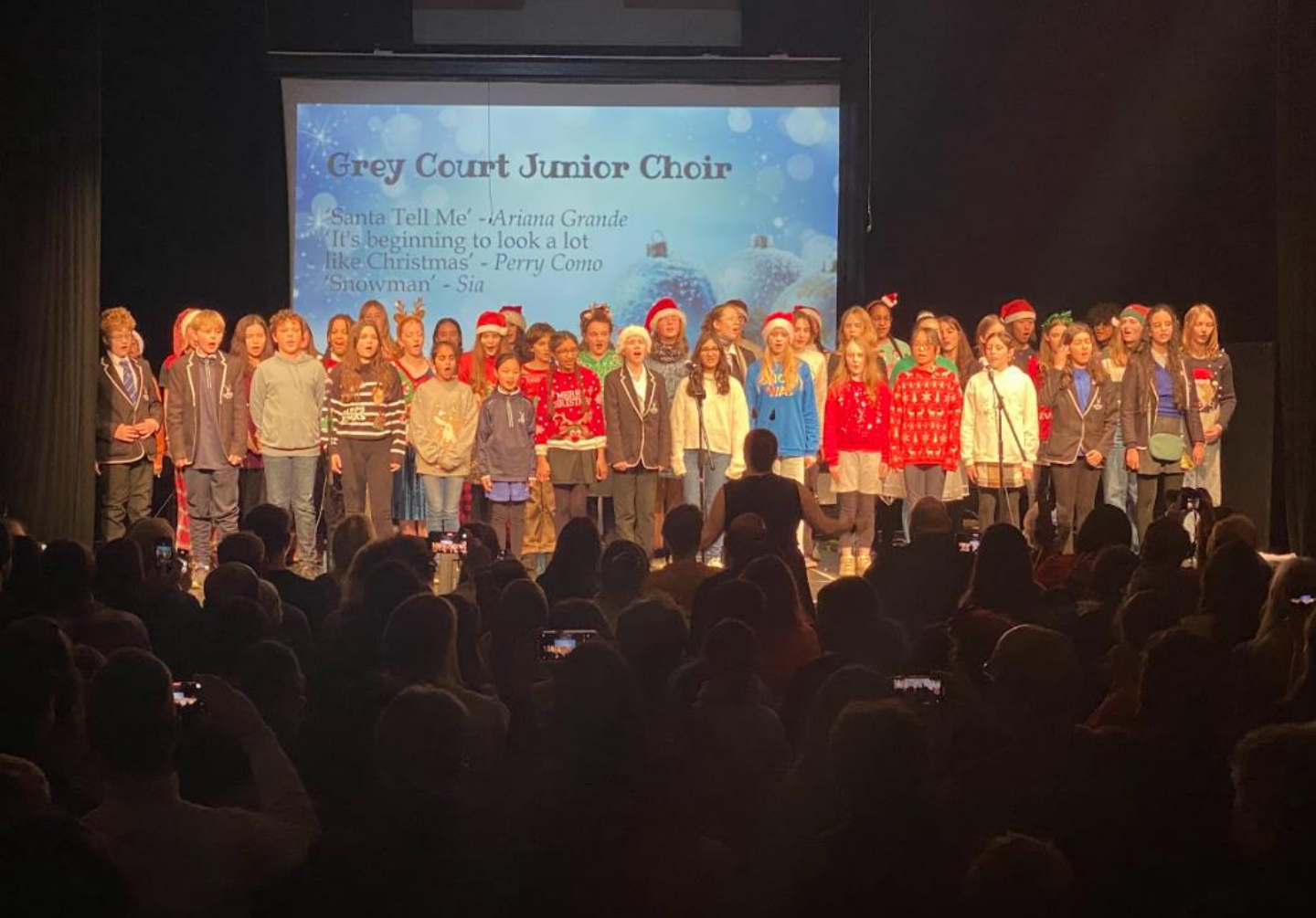














Prepping for our Christmas Party
Behind the scenes...

Our year 7s with the Christmas hampers for our senior citizens' Christmas Party.

Behind the scenes... what's cooking?

Year 10 took on the role of catering contractors in Thursday's food lesson.

At Grey Court School, we invite our local senior residents into school to have a Christmas party, full of fun, laughter, and, of course, FOOD.

Year 10 made a range of delectable delights for our visitors for their visit tomorrow, and they all really rose to the challenge: carrot cakes, tray bakes, sausage rolls, Swiss rolls and sandwiches galore.

We thank our year 10 cohort for being so helpful and really rising to the task, we know this will really make for some happy visitors.







RETRIVAL PRACTICE

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1. Read the text carefully.

2. Write down the main points.

3. Write down the details.

4. Write down the conclusion.

5. Write down the summary.

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Christmas Lunch and Jumper Day



Christmas Lunch and Jumper Day will be held on:

Monday 18 December: Year 11

Tuesday 19 December: Year 10 and Year 8

Wednesday 20 December: Year 7 and Year 9

On their Christmas lunch day, students can wear a Christmas jumper and make a donation to our Christmas charity collection for Crisis at Christmas.


**Christmas
MENU**

**Roast Turkey with Roast Potatoes,
Stuffing, Gravy,
Yorkshire pudding and Cocktail Sausage**

**Butternut Squash Jalousie,
Roast Potatoes, and Gravy**

**Served with Peas, Carrots
& Sprouts**

**Followed by Ice Cream
& Christmas Biscuit
£4 (excluding a drink)**



Planets

Jolie Fole
Arran Lewin
Dhruty Gokul
Maheen Aatif
Felix Gould

h the 'Tree'
Kelly Clarkson

KS3+KS4 News

Year 7: Mr Day

What an amazing term it has been for the Year 7s at Grey Court... and a long one! We've had musical performances, sporting success, songs, dances and the list goes on! We are lucky to have such a talented group of students and they have done superbly in their first term at the school.

It is always fantastic to celebrate all the successes of the students - and we had a celebration assembly spectacular on Friday. We gave out awards for achievement points, attendance, Maths Sparx, reading progress, as well as our tutor awards and Mrs Shore's resilience awards. Well done to all those receiving certificates in what has been an excellent first term.

Finally a huge congratulations to all those who took part in the pantomime and band night on Thursday. It was incredible to see so many Year 7 students involved in the performances, as well as the tech and sounds crew.

We hope that everyone has a lovely Christmas and we look forward to seeing everyone back at school in 2024!

Year 7: Reading Assessment (22 January)

As I'm sure you're aware, Year 7 have been studying R.J. Palacio's novel *Wonder* this half term. The focus of our studies have been on analysis, zooming in on how characters and themes are presented and exploring what methods the writer has used to create this effect or interpretation.

The year group will be sitting an in class reading assessment during the week of the 22 January whereby they will be answering a question on how the writer has conveyed a theme, a character or both. Students will be given an extract from *Wonder* and asked to write in the PEARLC format, using quotes from both the extract and elsewhere in the novel. Students will be given the novel during the exam so will not need to revise quotes.

PEARLC: Point, Evidence, Analysis, Reader Response, Link to Context.

Please note the following arrangements for this in class assessment:

This is not a centralised or external exam, therefore no extra time or access arrangements will be required. We mark by quality rather than quantity so unfinished answers should not hinder grades.

- This assessment will be handwritten unless using a laptop is a student's normal way of working.
- Students will be given 50 minutes to complete this assessment.
- Students should endeavour to write in full sentences, follow the PEARLC format and use evidence from the text as support for their answer.
- Please do not worry about revision or completing any extra work to prepare for this assessment over the break, students will be prepared in lessons and given homework to guide revision in their lessons in January.

Happy holidays!

Ms Laws
(KS3 and 4 Coordinator of English)

Year 8: Mr Ridley

Year 8 and 9 were treated to a fantastic performance of the song 'Be back soon' from the musical Oliver, by our Visual and Performing Arts Year 7 Scholars during assemblies this week. Miss Cowper then spoke about the brilliant opportunities available to get involved in the school production this Year and the variety of roles available, from performers to technical crew. This provides an insight to the inner workings of productions for anyone interested in theatre, film and media production. Auditions happen in January and the final show is in July, I hope to see lots of Year 8 students involved!

We have Christmas Lunch on Tuesday for Year 8 and the students have been given the details. It is also Christmas jumper day so they can wear non-uniform (ideally a Christmas jumper) if they bring in at least £1 for charity; the money goes to Crisis, the children's charity. Those that have PE will need to wear their PE kit, but can wear Christmas jumpers over the top. The money donated also counts towards their Gradu8 'Give' challenge.

Finally, on Monday we celebrate all those students that have 100% attendance. They have been given a golden ticket to attend the showing of the classic Christmas film Elf, during period 5&6, well done to everyone that has made it to school everyday this term!

Year 9: Ms Woods

Year 8 and 9 were treated to a fantastic performance of the song 'Be back soon' from the musical Oliver, by our Visual and Performing Arts Year 7 Scholars during assemblies this week. Miss Cowper then spoke about the brilliant opportunities available to get involved in the school production this Year and the variety of roles available, from performers to technical crew. This provides an insight to the inner workings of productions for anyone interested in theatre, film and media production. Auditions happen in January and the final show is in July, we hope to see lots of Year 9 students involved!

We have Christmas Lunch on Wednesday for Year 9 and the students have been given the details. It is also Christmas jumper day so they can wear non-uniform (ideally a Christmas jumper) if they bring in at least £1 for charity; the money goes to Crisis, the children's charity. Those that have PE will need to wear their PE kit, but can wear Christmas jumpers over the top.

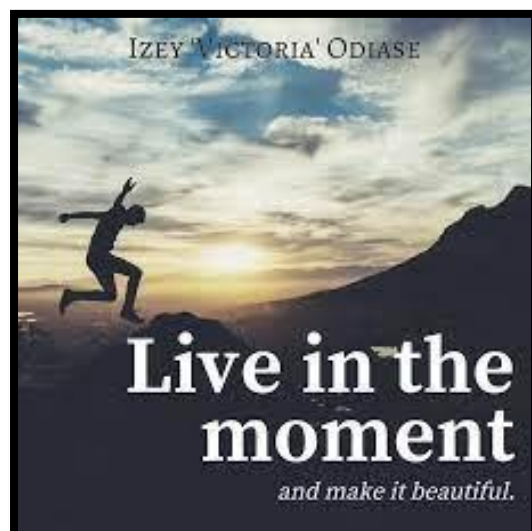
Finally, on Tuesday we celebrate all those students that have 100% attendance. They have been given a golden ticket to attend the showing of the classic Christmas film Home Alone, during period 5&6, well done to everyone that has made it to school everyday this term!

Year 10: Ms Comrie

And just like that we have completed our first term. What a rollercoaster it has been! As we go off to enjoy the Christmas holidays where we will spend time with loved ones and give thanks for the year we have completed, I would like everyone in Year 10 to really think about the goals and challenges that they would like to set for themselves in the New Year. This year has tested our resilience in ways we may have not imagined, but it is important to reflect on the people that we have become this year and the growth in maturity that will follow. Please spend this break to reflect on these changes and the people we want to become!

I want to stress how important it is to live in the moment and take in everything first hand. Try to stay away from social media and being caught up in the rat race of life. Take your time to live for the now and enjoy the rest! Please be kind to one another and be safe.

Have a jolly Christmas and a Happy New Year!



Year 11: Ms Clark

The longest term is over and I am sure Year 11 are as happy as me for the end to finally be here! I have been full of admiration for their tenacity and resilience this term, with multiple sets of exams, BTEC coursework deadlines, drop down days and the dark and dreary weather creeping in.

We have our penultimate Celebration Assembly of the academic year on Monday, where we celebrate those students who have worked relentlessly hard to improve, progress and succeed. We also look forward to celebrating those with 100% attendance for the year, who will also be rewarded with a Christmas film on Tuesday afternoon, as well as our termly treats for achievement points and prowess at the weekly quiz. I hope all of Year 11 manage to attend on time for the last four days of term next week.

I would like to wish everyone a restful and relaxing holiday. Year 11 should take some time to reflect on the term, what they did well and how they can smash their targets and goals next year. 2024 is set to be the biggest year yet for Year 11 and I want them to come back ready and refreshed to achieve everything that they are capable of, and more!

Wishing you all a very Merry Christmas and Happy New Year.

Attendance Matters: 5 Dec to 8 Dec

Congratulations to Year 7 for achieving 96.4% attendance

Year Group	Attendance %
Year 7	96.4%
Year 8	93.8%
Year 9	94.2%
Year 10	93.2%
Year 11	93%

Year Group

Congratulations to 7 Maple for achieving 98.4% attendance

Tutor Group	Attendance %
7 Maple	98.4%
8 Rowan	95.7%
9 Ash	97.2%
10 Beech	95.7%
11 Beech	95.6%

Tutor Group

Weston's Winners

Congratulations to the following year 7 attendance focus week winners:

Jack Dawson (£5)
Josh Greenleaf (£5)
Darius Alizada (£5)
Kerem Ozturk (£10)
Saksham Jain (£10)
Henry Makepeace (£20)

Stars of the Week: Science

7W	Yaroslav Koshovyi	Science	Excellent contributions
8R	Gabe Marriott	Science	Excellent contributions
9W	Ignatz Keating	Science	Excellent contributions
10R	Ned Lipton	Biology	Excellent contributions
11R	Lola Bowers	Biology	Excellent progress in the subject
12B	Ayse Turkmen	Biology	Outstanding achievement
13D	Otti Day 13	Biology	Excellent progress in the subject
10C	Abubakar Sadiq	Chemistry	Excellent engagement in class
11W	Joseph Belfield	Chemistry	Excellent engagement in class
12A	Oscar Dibb	Chemistry	Excellent engagement in class
13D	Frederik Haugaard	Chemistry	Excellent progress in the subject
10O	Philine Zoeller	Physics	Excellent engagement in class
11R	Xavier Mtandabari	Physics	Excellent contributions
12E	Kaushik Suresh Rajan	Physics	Excellent contributions
13D	Katie Holroyd	Physics	Excellent progress in the subject
13C	Amaan Khan	Applied Science BTEC	Excellent contributions

Grey Court's Christmas Lights

Mr Clements

The Christmas season at Grey Court began on December 1st when our site manager, Mr Griffith's turned on the Christmas lights of the Scottish Pine that was donated by Ham's "the Palm Centre." The winter solstice means that when students arrive at school in the morning and leave after their clubs and revision lessons have concluded in the late afternoon, their Grey Court experience is bookended in darkness. True to our inclusive ethos the lights are intended to provide all of those who enter our hallowed environs with hope, light and guidance!

As I pen this humble eBulletin, I am very mindful of the fact that in a purely secular sense the Christmas origin story is about the importance of providing refuge and stability in the midst of a hostile and unforgiving world. It is therefore important that the school is warm and that the students (and squirrels) are well fed at this time of year in order to provide comfort and sustenance. Of even more importance is the need to bring everyone in our community together. Rituals and traditions such as the Old People's party, the spectacular Christmas Pantomime and the uplifting rhythms of the annual Christmas Concert are designed to encourage parents, students and teachers to share good spirits and festive cheer. Next week we have an addition to this roster as Mr Taylor, our avuncular head of year 12, will be dressing up as some sort of Christmas bear and running a Christmas themed market for year 7 students with a team of year 12 elves.

In essence, the Christmas season is intended as a balm to heal what can sometimes feel like a fractious and divided world. The unfurling of the tree and the illumination of the lights is a reminder that Grey Court can provide a sense of constancy and reassurance in everyone's lives during their years with us. That is why when the school closes at the end of term the yearly ritual of our staff body clapping the children out of the gates is so important as it is of the strength we can provide and harness as a collective.

As the students slowly dissipate into the surrounding streets and Mr Taylor discards his bear costume, I take the time to turn around and trust that the lights will keep shining on, until we welcome the students back in the New Year.



Deep in the catacombs of Grey Court, accompanied by the booming skud of the one functioning photocopy machine, the magi of reprographics, Mr Emad Khella, can be found incanting silent prayers as worksheets are printed, posters are laminated and staff are de-stressed.

This shepherd of the stray staple gun, duke of duplication and herald of the whereabouts of hole-punch, can be spied everyday humbly and unassumingly going about his business.

However, word has reached the converted broom cupboard where the eBulletin is fashioned that, Mr Khella, has the ear of non-other than King Charles III of England. Yes, our own wise man has informed me that, having travelled all night from his own Duchy of Perivale, and only sleeping in snatches, he stumbled upon a temperate valley in Hertfordshire where-upon he was granted an audience with the King.

Yes, as Mr Rhodes' private envoy and a respected member of the Coptic church, Sir Khella, was one of six hundred guests from the House of Lords and House of Commons, the Diplomatic Corps and humanitarian organisations to welcome Charles, and pledge their service to the community.

To describe Mr Khella as an absolute gentleman would be the understatement of the millennium: his service both to Grey Court, his church and the King is always exemplary!

Here he is pictured having a quiet word with the King, who I think is asking after the whereabouts of my lost photocopying code!







VPA News

Indie KEIG-PAWOOSKAR has been invited to attend the Brit School Meeting & Workshop, as part of stage 2 for Year 12 admission for Music Technology. He managed to finish 2 audio & 1 video piece as part of the stage 1 admission, he did this in a very short timeframe of 2 weeks while studying hard for his mocks alongside his OKMT charity piano performance, where he was awarded his Grade 3 ABRSM certificate by Rt. Honourable Sir Vince Cable.

Congratulations, Indie!

Food+Nutrition

with Miss Campbell





Fire exit

The George Cadbury Room

BOURNVILLE

Back

Year 10 wander in the world of Chocolate

On Wednesday, our year 10 food and nutrition students arrived early at school for a long coach ride to Birmingham, to visit Cadbury's.

This visit provided excellent links to their food and nutrition GCSE, with a focus on food provenance, the history of chocolate, processing and tempering, with a few sweet treats along the way.

The students were very patient with busy roads delaying our return to school but they really did utilise their Q&A session with the education staff at Cadbury's. Their favourite part of the trip ...the shop, of course, with nearly every single student and some staff bustling back to the coach with bags and boxes of an array of chocolates and goodies.

Thank you to the wonderful staff who supported this trip and the parents/guardians for their support of our food trips and activities.



Cadbury
WORLD NEWS

READ ALL ABOUT IT!

CHOC-TASTIC CREATIONS

www.cadburyworld.co.uk





Chef of the Week

Chef of the Week

Louis Tanner in year 10 really rose to the challenge last week to produce a dish full of vitamins and nutrients in response to the theory content covered in his previous lesson. He really has worked to refine his presentation skills, control portion size while also using a range of cooking techniques to minimise nutrient loss.

Well done, Louis!

Chef of the Week



Chef of the Week

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Chef of the Week

Wellbeing 





New Parenting Course starting 10 January: Managing Physical and Aggressive Behaviour and supporting your teenager with ADHD.

This five-week online course will help parents of children who exhibit aggressive, controlling and challenging behaviours. It is specifically designed for parents of teenage children/those who are currently in senior school.

The course is run by Jenny Wilkinson, Dip.Couns, NVR Parenting. Jenny is a qualified counsellor, trauma informed family therapist, accredited NVR Practitioner with lived experience of child-to-parent violence and ADHD.

What is the course about?

- The causes of violent or aggressive behaviour
- How to de-escalate difficult situations
- How to therapeutically address and stop unwanted behaviours
- How to improve and repair the relationship with your child and create a calm home

What will the course cover?

- Week 1 - Understanding aggressive behaviour, Self care and picking your battles
- Week 2 - Techniques to de-escalate and stop aggressive behaviour
- Week 3 - Parental presence - the child to parent relationship
- Week 4 - Building a loving parental connection and how to use your support network
- Week 5 - review and Q&A

When does it run? Every Wednesday evening 8pm to 9.30pm, from Wednesday 10th January to Wednesday 7th February (5 weeks)

How much is the course?

£100 for the first parent/carer, £50 for the second.

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



Welcome to the December e-newsletter!

Click [here](#) for:

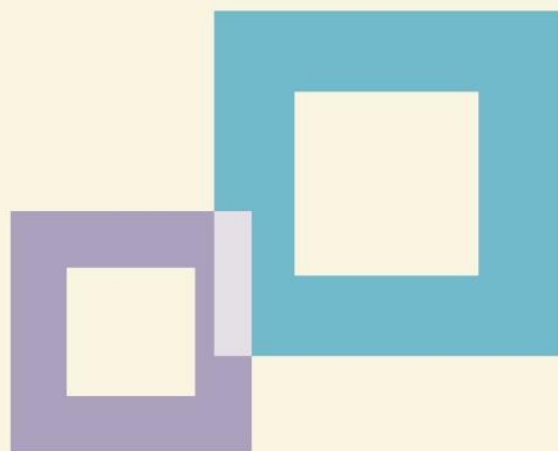
- Helping you stay well over winter
- Advice if you feel affected by the ongoing war
- Join our Digital Writers Pool
- M&S Christmas single for YoungMinds
- Latest: Mental health in media
- New on the blog this month
- Training opportunities

PORTUS

Resources for schools to support young people who are self-harming <https://www.richmond.gov.uk/portus/>

Creating a self-care plan

For young people in
secondary schools
or college



Anna Freud
building the mental
wellbeing of the
next generation

Just as we look after our physical health, it's important to look after our mental health. In fact, the two are closely connected.

Most of us will know what it's like to feel worried, stressed or low from time to time. We might be affected by our relationships with friends and classmates or things we see on the news, and we might feel worried about school or our home lives. This is understandable.

So how should we manage when we're having difficult feelings? There are lots of things you can do to look after your own mental health and wellbeing. This booklet will give you some ideas of things you can try, to help you find what works for you.

It's important to remember that **it's okay to ask for help**. Sometimes we need the support and advice of others. If you feel like you need more help, please talk to a trusted adult or use the [AFC Crisis Messenger](#).



What is self-care?

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you. The main thing is to find things you enjoy. Playing football, listening to music, reading. Sometimes having a long bath can be relaxing. Whatever works for you.

1. There are over [90 self-care strategies](#) identified and written by young people on [On My Mind](#) so you can try out different ones until you find something that works for you.
2. Draw up a plan. Put aside some time every day for yourself and say what you will do.
3. Everyone has mental health. Talking almost always helps. Listening always helps others.

Here are some ways people describe self-care:

"Eating well and getting enough sleep"

"Something that refuels us, rather than takes from us."

"You need to plan self-care. It won't just happen. Set some time aside to make a short plan."

"Self-care isn't a selfish act; it is rather about knowing what we need to do in order to take care of ourselves."

"Something you enjoy that allows you to escape whatever is troubling you. Make sure you do at least one thing you like every day."



Planning for self-care

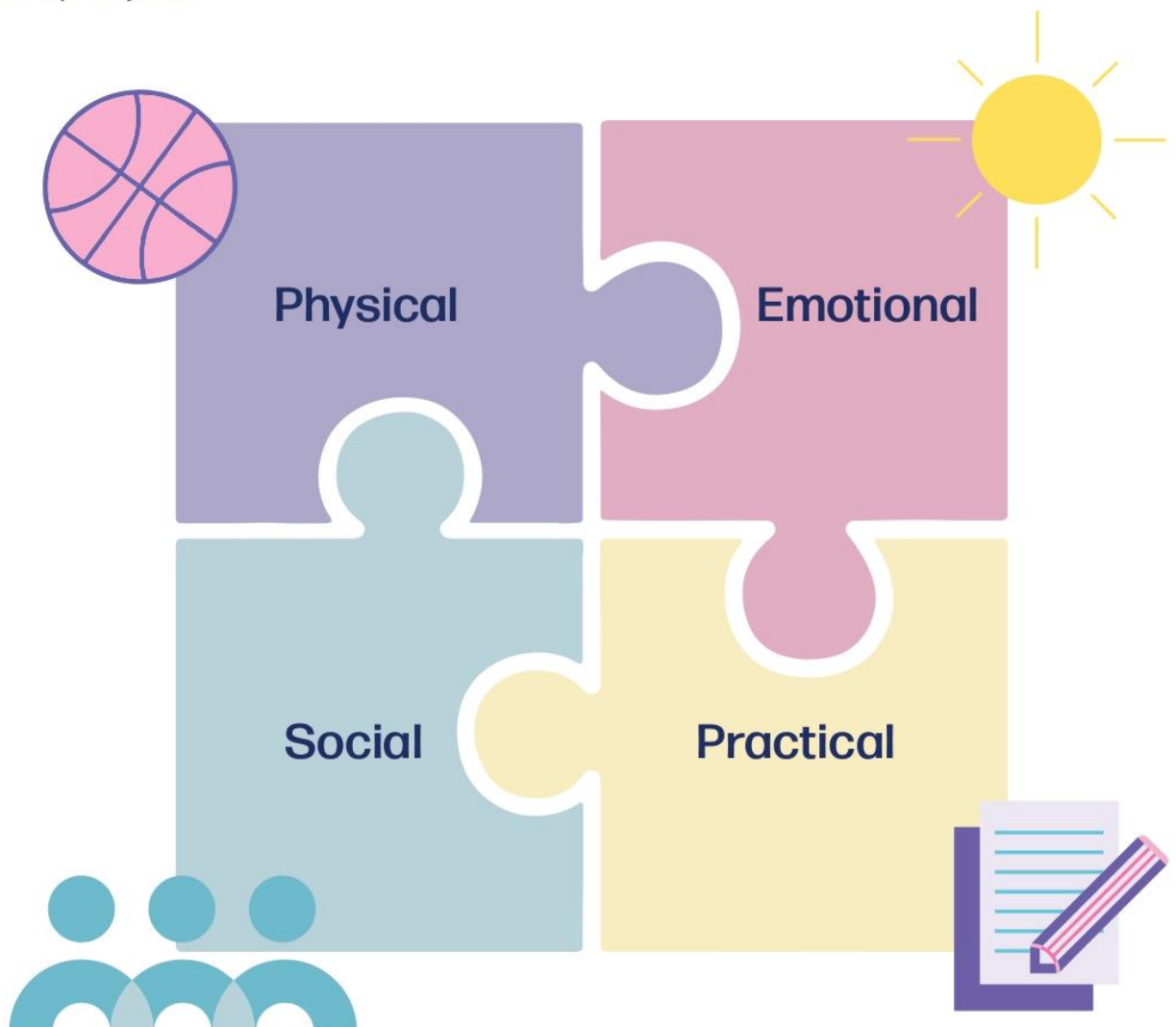
By creating a self-care plan you will be able to identify activities that you can use to support your mental health.

You can adapt your plan on a weekly or monthly basis depending on your schedule or priorities.

By breaking down your self-care approaches into different categories (physical, emotional, social and practical) you will be able to monitor and positively influence your wellbeing throughout your day.

We've included some activities that you may wish to try and included links so you can read how these activities have helped other young people when they feel low or anxious. If an activity works, keep doing it. If it doesn't, stop and try something else.

You may already have your own thoughts about what you'd like to try. It's up to you.



Physical activities

Suggested physical activities:

1. Eat a healthy diet



"I think it helped as I was taking care of myself and swapping processed food for healthier alternatives gave me more energy, which allowed me to take up more hobbies and socialise."

Read more about what young people have said about maintaining a healthy diet and [avoiding certain foods](#).

2. Try some relaxation techniques



"The days can easily become busy and potentially be overwhelming, so having a few minutes in your day just to be aware of your breathing and become fully relaxed can calm the mind completely."

Read more about what [relaxation techniques](#) young people recommend.

3. Time away from technology



"You may think your phone is essential and without it there is nothing to do, but just see how it feels to take yourself away from it for a bit. It doesn't have to be for long but can make a whole lot of difference."

Read more about how time [away from technology](#) can help your mental health and wellbeing.

4. Exercise regularly for 30 minutes



"You can release any stress, anger or tension you have! Doing exercise is also refreshing and gives you time away from work, your phone or staying in doing nothing all day. Being active can help your mind and body to feel better!"

Read more about the wellbeing benefits of [physical exercise](#), [walking](#) and [sport](#).

5. Dance



"If you need to find a way to let off some steam or put yourself in a good mood, put on your favourite songs and have a little boogie in the living room. Even small movements make a big difference."

Read more about how [dance](#) can help you manage your wellbeing.



Emotional activities

Suggested emotional activities

1. Develop friendships that are supportive



“Being with people who make you feel confident and good about yourself can really boost your mental health. Having a laugh really helps me to feel happier.”

Read more about the benefits of [spending time with supportive people.](#)

2. Be kind to yourself



“Self-kindness won’t necessarily stop your thoughts or feelings from being difficult, but it might provide some small comfort in the midst of them.”

Read more about [self-kindness and self-compassion.](#)

3. Write three good things that you did each day



“I enjoy reflecting but often jump too quickly from one thought to another. Writing things down helped me to arrange my thoughts, and now I can go back and reflect on those thoughts.”

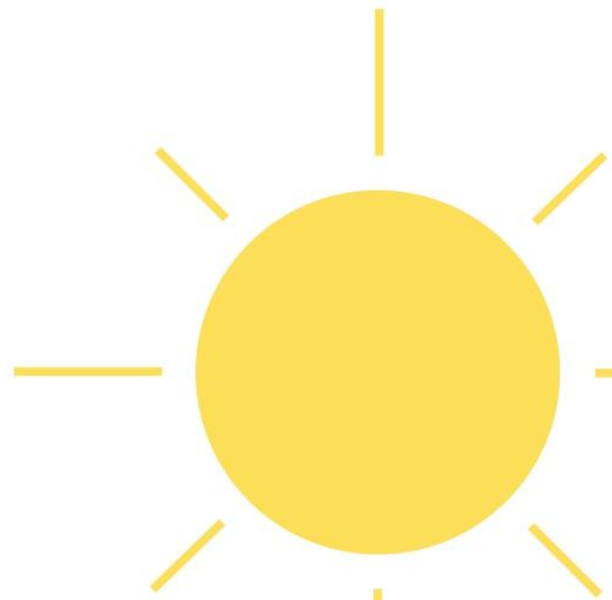
Read more about how [writing things down](#) can help manage difficult thoughts or feelings.

4. Talk to a friend about how you are coping



“Ringin’ for a chat helps you get away from how you’re feeling.”

Read more about [spending time with friends and the value of trusted relationships.](#)



Social activities

Suggested social activities

1. Talk to your friends online or find an online support group



"Everyone communicates in different ways, and sometimes it can feel easier to talk about what's on your mind via an online chat. You may find this quieter and less pressurising than face-to-face conversation."

Discover a range of [online support groups](#) to help if you're feeling low or anxious.

2. Take part in a photography challenge with your friends



"Photography allows me to look closely at things, and let myself see the beauty in tiny little things. If I don't have a camera with me, it is easy to walk fast and stay stuck inside my own head, but if I have a camera, I start looking out, dragging me out of my own head."

Read how [photography](#) can help your wellbeing including some simple tips for taking a good photo.

3. Create a playlist with your friends



"I think it helped because it removed me from the issues which were bothering me. I was able to just enjoy the music rather than having to think about anything else."

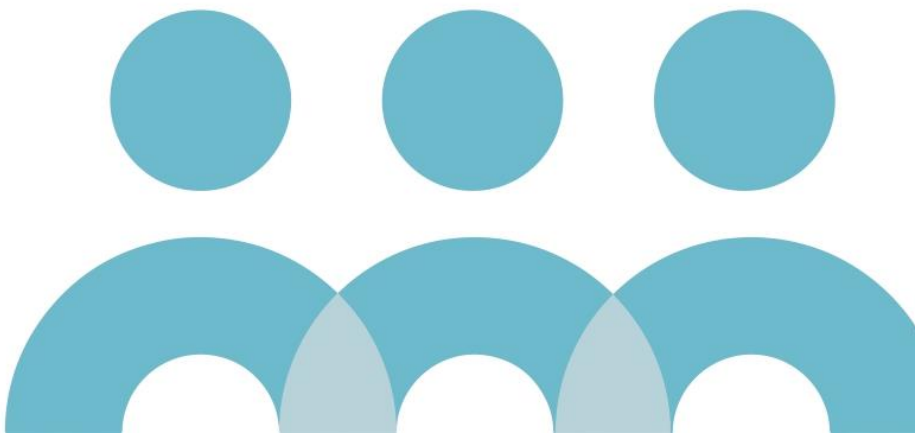
Read about how [music can lift your mood](#).

4. Join a local youth group



"Finding a group of people with similar interests to me really helped my confidence and helped me make new friends."

Read how [joining a youth group](#) has helped other young people.



Practical activities

Suggested physical activities



1. . Organise your day



"Writing a list and organising yourself will help to prevent stress. I like to write all of the big things I have to complete on a piece of paper and it makes them feel so much smaller."

Read how [organising your day](#) can help your mental health.

2. Try to get showered and dressed each morning



"It gives you the best foundation to feel good... little things you sometimes forget to do when you're feeling bad...have I drunk enough water today? Have I brushed my teeth? There's apps that help you to remember all those basic things that are important but often go out the window when I'm feeling rubbish."

Read advice from other young people about [maintaining personal care and hygiene](#).

3. Set some goals for the future



"Goal-setting can give you some extra motivation and encouragement, if you feel you need it. It may also help with your daily routine, giving you something to work towards to get you through the day."

Learn more about how to set [achievable goals](#) especially if you are struggling with your mental health.

4. Create a revision timetable



"Just make sure that you don't push yourself too hard or stress yourself. But do take time to research things you enjoy to not just your school work!"

Discover more about [creating a revision timetable](#) and managing stress at moments such as exam tests or results.

5. Learn a new language or skill



"I have found learning British sign language to be a great distraction when I'm feeling low or anxious. Learning something new gives me a great feeling of accomplishment."

Read more about how [learning languages](#) or [new skills](#) can help your wellbeing.

Chosen activities

1. What are the main things that cause you worry, stress or anxiety?



2. Have a look at these [self-care tips](#). Which five could you try?



- 1.
- 2.
- 3.
- 4.
- 5.

3. Are my activities balanced?



4. Will anything get in the way of these activities?



5. Everyone has mental health. Talking almost always helps others. Who can you talk to if things get too difficult?



Where can I find support?

If you or someone you know needs help right now, you should, if possible, try to talk to a parent or carer or a trusted adult such as your GP.

If talking to an adult is not possible, you can find a list of organisations which offer 24 hour support by text, email and phone on our [Urgent Help](#) page or below: Call: 0800 1111 email | online chat Call: 116 123 email | visit | write Emergency Services Call: 999 Where can I find support?

Do you need help right now? [The AFC Crisis Messenger](#) text service provides free, 24/7 crisis support for young people across the UK.

If you are experiencing a mental health crisis and need support, you can text AFC to 85258.



SAMARITANS

Call: 116 123
email / visit / write

childline

Call: 0800 1111
email / online chat

**Emergency
Services**

Call: 999




Careers 

Reflecting on the Autumn term

It's been a busy term filled with opportunities for our students to take part in a range of career-related activities.

We wanted to highlight some of the amazing, inspirational activities that have taken place.

Thank you to all our wonderful volunteers, who have supported our events, and to our staff who work tirelessly to offer these opportunities to our students.

Wishing you all a Merry Christmas!

- Miss Corrighan

Careers Fair



Years 11-13 were invited to speak to over 60 people from a range of industries, learning about the world of work and post 16/18 opportunities.

Meet the Doctors Event



Organised by Miss Bapty, we held our very first 'Meet the Doctors' event. The evening included talks from students currently at medical school, junior doctors, a military doctor, an anatomy demonstrator (and also ex-student), a dentist, clinician and GP partner.

Students in year 10 and 11 who attended benefitted from hearing these first-hand stories, as well as the interactive Q&A where they had many of their questions answered, and learnt about the privilege of being in the profession.

Year 9 Options



Kingston College talked to our students about the range of pathways they could take suited to their interests and way of learning. Students can use the [Unifrog](#) programme to investigate their ideas at home.

Kew Gardens Career Insight Day



Miss Corrighan and Miss Comrie took 30 year 10 students to try a mix of activities that showcased the jobs within Kew Gardens - it's not all about plants!

These opportunities include working in: The Herbarium, Quarantine House, Jodrell Laboratory, Photography and film, social media and more... Students were particularly impressed with the arborists who climb trees for their job! For more information see the [Kew Gardens careers website](#) for their study options and apprenticeships.

Sixth Form



There is always a range of activities going on in the sixth form. It is hard to keep up!

Starting the year with a trip to ***Royal Holloway University*** helps students focus on possible options as well as the ***Apprentice day*** which allows students to develop vital work related skills to work together to solve a challenge. One of the highlights was in October when the year 13 Social Science students (Psychology, Sociology and Health and Social Care) got the opportunity to attend the ***Behind Bars Conference***. This gave them a chance to hear from speakers who worked for and have been through the criminal justice system.

Finally, the Friends and Founders event last week highlighted how engaged and focused our students are.

Lots more activities to come in the new year...

Linking subjects to careers

Cadbury's - Year 10 Food trip and the **Young Chef Competition** - organised by the DT Dept

Art talks - from University of Arts London (UAL) and Kingston University organised by the Art department.

Space Masterclass - Year 10 Science organised by Dr Najlaa Alaian

How can you help your child with their future choices?

Taking Futures is a great place to start

[Careers support from schools and colleges - Talking Futures](#)

It is important that students think about their future careers and use LMI - Labour Market Information. This can tell them which jobs are increasing/decreasing in demand and the skills they will need for the future. Students, parents/carers and teachers can use the [START](#) website which has London LMI.

See some key updates:

Environment/Green Employment

There were 1,139 unique job postings for the Green sector in London in the last year, the most posted occupation was Sustainability Specialist. The most requested *specialised skills* were *Project Management, Auditing and Environmental Health* and the most requested common skills were *Communication, Management and Planning*.

Working in Construction

Jobs in the Construction industry are forecast to grow, with technology and greener construction bringing lots of new opportunities. Growth is predicted in Infrastructure (such as road and rail links) and house building. We can expect to see growth in these areas: *Robotics Engineer | Assembly Technician | 3D Visualiser | Drones Pilot | BIM (Building Information Modelling) | Green Construction | Sustainable Energy*

Finally, all our students have access to the [Unifrog](#) platform, which is a careers resource that students and parents/carers can use to think about the range of careers and options available.

They can think about their personality and interests in relation to careers. They can write a CV and look at where to study at post 16. They can search for apprenticeships or university courses and much more by using their GC email to log in and start exploring.

SIXTH FORM NEWS



Christmas Message from Ms Higham and the Sixth Form Team



As always, this first term is an incredible one and I never fail to be impressed by how much staff and students manage to fit into it.

The new Year 12s are fully embedded in the Sixth Form and have taken to the challenges of KS5 with gusto.

Year 13's dedication to their UCAS applications and mock exams have impressed everyone and set a fantastic precedent for the rest of the year.

You have all worked so hard and the sense of purpose and maturity around the building has been really impressive.

Year 12

Well done to the many pupils who've applied to be prefects. Voting will take place next Monday for the head prefect roles, I'm looking forward to seeing all the election videos and manifestos!

Once again, we've received positive feedback from external visitors on the excellent behaviour and engagement you all showed, this feedback came from several of the visiting professional who attended last week's friends and founders event as well as the person who attended the school to run a whole year group workshop on misogyny.

Even at this late stage in the term where people are tired and ready for a break you've continued to put your best foot forward and represent the school in a positive way!

Next week, year 12 pupils will be running a Christmas market, raising money for a homeless charity. There are still spaces available for pupils who'd like to take part by bringing in some treats or Christmas-related items to sell, please let Mr Taylor or your tutor know if you'd like to take part.

All year 13 students will get their exam results back in January in a mock results day. The only exception is the BTEC students who will be given the results prior to that to prepare for their real exams in January.

Well done to all of you for a really positive and focussed term. I am really looking forward to highlighting your successes in our Celebration Assembly next Thursday.

Year 13

Year 12

Mock Exams: 8 to 12 January

The year 12 mock exams will run from 8-12 January which is the first week back. These will be sat in lesson time and they will be managed by classroom teachers.

The only exception will be the Pure Maths paper which will be sat by all Maths students in enrichment.

The exam booklet can be found [here](#) and is also on Google classroom for students to use to support their revision

As there are also external BTEC exams students need to attend their lessons as normal during the week.

UCAS Stars



We now have 30 students who have heard from all five of their course choices including:

Raf Jawed
Kamil Khalil
Jojo Marshall
Lily Glanville
Oscar Lopez-Harrison

Three students are still waiting to hear from any of their choices - please keep an eye on your messages in case the universities are asking you to submit a portfolio, proof of qualifications or anything else.

If you have not yet submitted your UCAS form you must do so as soon as possible.

Remember when you complete the 'pay and send' step your application comes to the sixth form team for checking and for us to add your reference and predicted grades. We then send it on to UCAS but only after meeting with each student. Please pay the fee, press the submit button and watch the offers come rolling in!

EPQ Update

As exams have finished for the majority of students this week, it is now a key time for getting up to date with EPQ folders. A work checklist has been posted on the EPQ google classroom and students should be making every effort to communicate with their supervisors over the final week of term. It is their responsibility to arrange these meetings as part of their project management grades.

Oxbridge Update

Interviews continue this week for our final candidates. Students will not hear about offers until the second week of January. Good luck to all of you who have interviews in the coming days. We look forward to starting the process with the new hopefuls in year 12 at the end of January.

Year 12 Career Opportunities

Explore your Ideas

I was really impressed with the year 12s at the Friends and Founders event last week. The way they presented themselves to our guests certainly made an impression! We host these events in school however students should be making the most of activities that happen externally and this is why we produce a weekly bulletin with all the latest work experience, careers talks, apprenticeships in one place: [11/12/2023 Sixth Form Careers opportunities](#)

You have to be proactive in year 12 and explore your career ideas. Many of the volunteers have been in touch to say that students have already reached out and many have arranged work experience, so well done to those students!

- Miss Corrighan

Year 13 Career Opportunities

Explore your Ideas

We also have a modified bulletin for year 13s to include relevant opportunities including gap years and apprenticeships:

[11/12/2023 Year 13 Careers opportunities](#)

There are some great apprenticeship opportunities but you need to apply NOW for September 2024 start. These and other apprenticeship opportunities that can be seen in the apprenticeships section or on [find an apprenticeship](#):

- Sky: Marketing, Cyber Security, Finance, Software and more
- Unilever: Business, Marketing, Data Science and more (offices in Kingston)
- PwC: Finance and Business
- BP: Aviation, Engineering, Business and more (offices in Sunbury)
- Deloitte: Finance, Tech and Business
- J P Morgan: Tech and finance
- Met Police
- A range of Solicitor (Law) apprenticeships and others

Sports News



Wednesday 13 December: Well done to our U13 Boys Football squad after their win over our neighbours at The German School, 3-0.

Mai Lannhult



Congratulations to Mai Lannhult for achieving such fantastic gymnastics results from the national finals which were held on Friday 8 December. Mai was third all-round in voluntarily level 2 and she is now the combined National Champion for compulsory and voluntarily level 2 in Great Britain this year. Well done, Mai!

U16 Basketball Team



The U16 Basketball team have had a hugely successful start to basketball this year. They placed first in the Borough Tournament which will see them representing Richmond Borough at the London Youth games. They have also placed first in the Borough League, a fantastic achievement. Neve and Bade were a formidable duo on court moving the ball around with poise and speed. We look forward to seeing how the team performs in the New Year and at the London Youth Games.

Teams of the Month

Gymnastics Elite Squad

On 1 December the Elite Gymnastics squad attended the Milano Regional Gymnastics competition. We had 5 teams competing over 5 different categories: U19, U16 and U13 Mixed as well as U19 and U16 Girls. The Milano competition requires a team of 4 to compete across 3 disciplines: individual floor, trio routine and a vault.

The U19 and U16 Girls went up against some strong opponents but showcased their fantastic abilities in all three disciplines. Amelia, Miranda, Jude and Chloe represented our U19 Girls team and placed seventh. The U16 Girls (Olivia, Ruby, Ruby and Millie) were competing up an age group and competed for the first time for Grey Court. These Year 7's have worked extremely hard in training and demonstrated their abilities on the floor and the vault. They placed fifth overall. Our U19 and U16 Mixed teams won the Regional Competition securing a place in the National Finals in March. Although we had some injuries and errors, all members of the team pulled together and showcased great teamwork and determination to ensure they qualified. Lily B scored the highest floor routine for Grey Court scoring 14.76. Our U13 Mixed team placed second; however, this still secures them a place at the National Finals. Cecilie scored the highest vault for Grey Court at this competition scoring 15.4 out of 16, which is a fantastic achievement.

A **huge** well done to everyone who competed at this competition. All of our vault scores have improved from last year which is down to the effort that has been put into training. We have been impressed with how hard the squad has been working together and individually to ensure their routines and vaults were mastered before the competition with extra training sessions and rehearsals. As we continue through the season we are looking forward to seeing them all compete at the Floor and Vault Regional competition. The National Finals will take place in March and we are looking forward to seeing how our 3 mixed teams get on.

Junior ESAA Cross Country Team

The Junior ESAA Cross Country Team's pursuit of excellence has culminated in a series of remarkable victories, making them the undisputed Team of the Month. They started the month with a resounding victory in the Middlesex round of the competition, where they showcased their fitness and unity as a team, securing the top spot. Building on this success, they went on to win at the regional level and secured a place in the national finals.

Their true moment of glory arrived at the National Finals, where they emerged triumphant, as the Junior ESAA Cross Country Champions. Their consistent performance across these challenging competitions is a testament to their hard work, resilience, and determination to succeed as a team.

Beyond these notable victories, the team's exceptional performance in the Junior Knole Run, where they managed to clinch the top spot, further highlights the strength of this team.

The Junior ESAA Cross Country Team, have matched their talent with hard work and determination, and managed to get some impressive results and earned them the well-deserved title of Team of the Month.

Gymnastics Elite Squad



Junior ESAA Cross Country Team



Players of the Month

Euan Roberts

Euan Roberts continues to excel in PE.

In the ESAA cross country events, Euan's hard work propelled him to amazing finishes. This Cross Country season Euan has managed to secure second place in the County round and claimed 3rd place in the Regional round, whilst then achieving an astounding 2nd place in the National Final which illustrates his unwavering commitment and talent. As testament to this hard work Euan has been selected for the Surrey Cross Country team.

Euan trains twice a week at Kingston Athletics and Polytechnic Club for running and six times a week at Teddington Swimming Club, this showcases his work ethic and dedication to both sports.

Euan's commitment to both sports, coupled with his remarkable achievements, marks him not only as an exceptional athlete but also a role model for aspiring sportsmen and women. Euan Roberts is an extremely worthy recipient of the Player of the Month accolade, for a second time.



Eva Mayhew-Wilcox

Eva Mayhew-Wilcox is the girls' player of the month for December! Eva has been busy competing in tennis tournaments over the last few weeks and we are very pleased with her performance and results. She won a grade 5 U12 tournament at Tring Lawn Tennis Club and then the next day she won a grade 4 U12 tournament at the Seaford and Blatchington Open.

Eva has also competed with her school doubles partner Dina Nikpour, winning their match for Ham & Petersham U14 against Roehampton Club B in the Surrey National League Junior Team Trophy. They are currently top of their division! Well done Eva for all your hard work and training.



Scholars of the Month

Theo Heath

Theo Heath has made a great start to his time at Grey Court. His involvement in both basketball and the U12 football team demonstrates not only his versatility but also his exceptional skill and dedication to both sports.

As a valuable member of the basketball team, Theo's contributions have been invaluable. His commitment to the sport, coupled with his skill set, has played a pivotal role in the team's first 2 games. He has also been a significant figure in the U12 football team, being a key part of the team and always showing sportsmanship and leadership whilst on the pitch.

Beyond his impressive sporting achievements, Theo's approach to his scholarship lessons and PE is equally commendable. His great dedication and attitude have been noted by teachers, and this allows him to get the most out of his lessons and sets a great example for others in his class.

Theo Heath's performance on the field and in the classroom, make him a deserving recipient of the sports scholar of the month. Well done, Theo.



Leonie Buchbinder

Leonie emerges as an outstanding sportswoman at Grey Court, actively participating in the football, basketball, netball, and cross country teams. Her remarkable athletic ability, teamwork, and focus exemplify her commitment to excellence. A driven individual, Leonie consistently strives to be the best she can be in all her pursuits.

Her greatest strength lies in swimming, where she recently secured gold in the 100m breaststroke and 50m backstroke at a recent gala, achieving a Surrey time. This accomplishment places her among the top-performing swimmers in Surrey for her age and gender. We wish Leonie success in her upcoming galas, confident in her ability to reach these Surrey times once again.

Leonie has thrown herself into sport at grey court and is an asset to her teams and teacher. She takes on feedback well and is motivated to learn and develop. In scholarship lessons, Leonie shares valuable thoughts with the class in a theory setting and has done extremely well in lacrosse, a sport in which she also shows great promise. Keep up the outstanding work, Leonie!



A photograph of two dogs, a black dachshund and a small white dog, sitting on a windowsill and looking out a window. A large, illuminated Christmas wreath with a red bow hangs on the window. The scene is festive and cozy, with warm indoor lighting and a snowy outdoor view.

What's happening
in the neighbourhood
and beyond

Kingston Jiu Jitsu

**AT
GREYCOURT SCHOOL**

*Fridays 5.15-6pm (5-10yrs)
6-7pm (11-15yrs)*

WWW.KINGSTONJIUJITSU.COM



K I N G S T O N
J I U J I T S U



HAM YOUTH CENTRE

WINTER BREAK

FOR 11 TO 19
YEAR OLDS



achieving
for children

TUESDAY 2 TO FRIDAY 5 JANUARY

We have four days of exciting activities for young people to participate in over the holidays. So stay warm, have fun and socialise with us this winter.

GENERAL YOUTH CLUB ACTIVITIES, 12 TO 4PM

Pool, table tennis, badminton, football, basketball, cooking, art, gaming, music studio, etc

FENCING, 10AM TO 12PM

Come and learn this ancient combat sport, all equipment supplied

BOXING, 2.30PM TO 4PM

Learn techniques and the fitness of non-contact boxing

FILM MAKING 12PM TO 4PM

Work as a team to make a short film around the topic of mental health

TO BOOK YOUR
PLACE PLEASE
USE THIS CODE:



Participants need to bring their own lunch unless they qualify for free school meals for information, contact Ben Skelton ben.skelton@achievingforchildren.org.uk

Ham Youth Centre, Ham Close, TW10 7PL



Junior programme

Just to let you know that we will be running Christmas camps this week:

Tuesday 12th to Friday 15th
December 10-1pm (8-12 years)_

Monday 18th-Friday 22nd
December 10-1pm (8-12 years)

[Click here](#)

Adult programme

See online for the last remaining Cardio and group coaching sessions before Christmas.

FREE Park Tennis, there will be an extra session added between Christmas and New Year for you also to enjoy getting on the court to play as a group of you, meet others and have the opportunity to play as a family, watch out for details on that, also we will be introducing to our growing team of LTA Activators for 2024 who will be helping to support and grow the FREE Parks Tennis as we head into next year.

January programme

This will be published online and be bookable from 15 December including daytime adults and the full weekend programme



Tennis at Roehampton



Counselling and Therapy

Morag is a qualified Counsellor with a Masters from Roehampton University in Integrative Counselling and Psychotherapy specialising in work with Children, Adolescents and Families. She also works in Fulham as a School Project Manager with the school counselling service Place2Be.

Morag is dedicated to supporting children and adolescents with their emotional well-being and personal growth. With a compassionate and client-centred approach, she aims to empower children and young people to overcome challenges and thrive in their lives.

If you are looking for a therapy service for your child, please have a look at Morag's [website](#) for more information and contact details.

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BAKE OFF®**



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**APPLICATIONS CLOSE ON TUESDAY 2ND JANUARY 2024 AT 1PM.
MORE INFO: APPLYFORBAKEOFF@LOVEPRODUCTIONS.CO.UK**

PLAY CRICKET FOR RICHMOND BOROUGH IN THE 2024 LONDON YOUTH GAMES



This is a great chance to represent Richmond Borough in the 2024 London Youth Games U13 Boys' indoor cricket tournament.

ELIGIBILITY

Training and selection is open to all boys that live or go to school in the borough of Richmond-Upon-Thames.

Players need to be under 13 as of 1st September 2023 i.e. Year 8 and below.

Players should already have played cricket either at school or club and be of a good ability.

Players that are currently part of a county squad are not eligible.

REGISTER HERE:

<http://bit.ly/RichmondLYG>



TRAINING DATES & TIMES

January:
19th and 26th

February:
2nd, 9th and 23rd

Time: 18:30 – 20:00

AVAILABILITY

Players that are selected for the final squad, need to be available on the weekends of 24th and 25th February and 24th March 2024.

COST

There is no charge for the training

VENUE

Tiffin Girls School
(indoor sports hall)
Richmond Road, Kingston
upon Thames, Surrey,
KT2 5PL

COACHES

Training will be led by experienced ECB cricket coaches

MORE INFO

For more information contact:
londonyouthgames@richmond.gov.uk
OR
ian@taborsportscoaching.com



PLAY CRICKET FOR RICHMOND BOROUGH IN THE 2024 LONDON YOUTH GAMES



This is a great chance to represent Richmond Borough in the 2024 London Youth Games U13 Girls' indoor cricket tournament!



COST

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Richmond Road, Kingston
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COACHES

Training will be led by experienced ECB cricket coaches

MORE INFO

For more information contact:
londonyouthgames@richmond.gov.uk
OR
ian@taborsportscoaching.com

ELIGIBILITY

Training and selection is open to all girls that live or go to school in the borough of Richmond-Upon-Thames.

Players need to be under 13 as of 1st September 2023 i.e. Year 8 and below.

Players should already have played cricket either at school or club and be of a good ability.

TRAINING DATES & TIMES

January:
19th and 26th

February:
2nd, 9th and 23rd

Time: 17:00 – 18:30



REGISTER HERE:

<http://bit.ly/RichmondLYG>



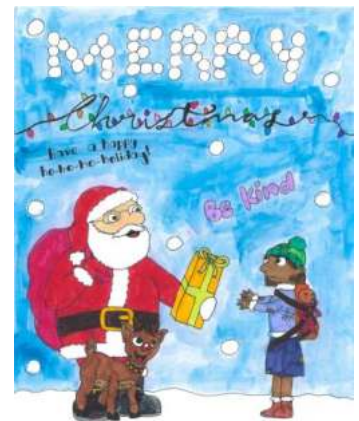
AVAILABILITY

Players that are selected for the final squad, need to be available on the weekends of
2nd & 3rd March and
24th March 2024



Grey Court School Seasonal Cards to buy
Designed by Year 7 students from Grey Court School. £3 per pack of 8 designs and £5 for two packs. Envelopes included.

- Payment by cash only directly to an Art Department teacher or reception.
- Please note cards may be printed to order depending on demand. Please contact Miss J Maybey
 - No Scopay payment is available for this purchase at this time.





Grey Court School Seasonal Cards to buy
 Designed by Year 7 students from Grey Court School.
£5 for 2 packs!



Canva



A study on digital technologies and mental health

Is digital engagement a risk to young people's mental health or a source of support and resilience?

Despite lots of previous studies, we don't really know. So, we designed a study to find out - DIORA.

It explores the positive and negative effects of digital activities on mental health.

How to join ???

Send us an email or fill in the form online (link/ QRcode). Young people need parental permission.



diora@kcl.ac.uk
bit.ly/joinDIORA

Parents visit: bit.ly/dioraparent

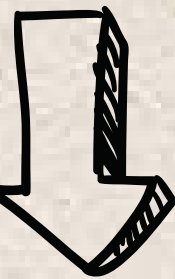
DIORA

Dynamic Interplay of Online Risk and Resilience in Adolescence

SIGN UP

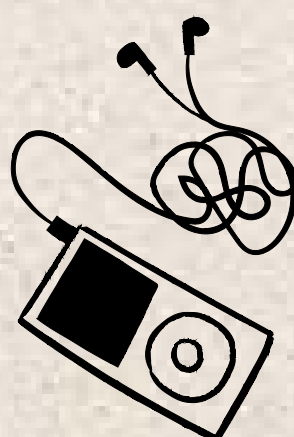


- ✓ We are looking for young people aged 13 to 14 years old (Year 9/ S3)
- ✓ £15 gift voucher for each completed questionnaire (£60 in total)
- ✓ One parent/ guardian can also join



PARTICIPATION

- There are 3 online questionnaires (start, 6 months & 12 months). Each takes 30-45 mins (2.5 hours in total).
- The questions are about who you are, what you do online & offline, your interactions with others & how your mental health has been.
- The guardian questionnaire takes about 25 mins.
- Your answers will be confidential and individual answers will not be shared with anyone.
- The study will take 12 months.



We are a team of university researchers. The project was funded by the UK Research and Innovation (UKRI) and has ethical approval.



KING'S
College
LONDON

LSE

HAMPTON YOUTH PROJECT XMAS HOLIDAY 2023

WEEK 1: MONDAY 18 TO THURSDAY 21 DECEMBER

WEEK 2: WEDNESDAY 3 TO FRIDAY 5 JANUARY

PROVIDING A WIDE RANGE
OF POSITIVE ACTIVITIES FOR
YOUNG PEOPLE

FOR YOUNG PEOPLE
9 TO 19 YEARS OLD

Please scan the
QR code to book your
FREE day pass

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programme



FOR MORE INFORMATION,
PLEASE CONTACT JUSTIN JOHNSON

E: justin.johnson@achievingforchildren.org.uk

Instagram: @afc_hamptonyouthproject

Hampton Youth Project

32, Tangle Park Road, Hampton TW12 3YH



achieving
for children

ACTIVITIES

This Christmas, Hampton Youth Project will be getting into the Christmas spirit and celebrating the holiday across two weeks. Young people aged 9 to 16 will be able to get involved in festive activities across art, cooking, gaming, music, sports and team based fun.

We are also going on two trips and hosting a roller disco. The trips are:

TRIP 1: Gravity Max Wandsworth - go karting, darts and bowling

TRIP 2: Ice skating @ Hampton Court Palace

Please note, while the trips are heavily subsidised there is a small cost: £5 for the trips and £3 for the roller disco.

Please see the full timetable below and either book a day pass to attend for the whole day or just turn up. Day pass holders who access free school meals will be guaranteed a hot meal across Week 1.

To book your FREE day pass, please visit:

www.eventbrite.co.uk/o/hampton-youth-project-66930747423

If you would like more information please contact Justin Johnson via email at justin.johnson@achievingforchildren.org.uk.

MONDAY 18 TO THURSDAY 21 DECEMBER

MONDAY 19 DECEMBER 1PM TO 6PM	TUESDAY 20 DECEMBER 1PM TO 6PM	WEDNESDAY 21 DECEMBER 1PM TO 6PM	THURSDAY 22 DECEMBER 3PM TO 6PM
OPEN CLUB	OPEN CLUB	OPEN CLUB	OPEN CLUB
1pm to 3pm	1pm to 3pm	1pm to 3pm	3pm to 4pm
MEAL COOKING (PASTA BAKE)	MEAL COOKING (STIR FRY)	MEAL COOKING (BANGERS AND MASH)	MEAL COOKING (SPAG BOL)
3pm	1pm	3pm	4pm
TENNIS	FOOTBALL	BADMINTON	BOXING
3pm to 4.30pm	3pm to 4.30pm	3pm to 4.30pm	3pm to 4pm
CHRISTMAS WREATH MAKING	XMAS TIE DYE ACTIVITY*	BAUBLE MAKING	ADVENT CALENDER MAKING
3pm to 4.30pm	3pm to 4.30pm	3pm to 4.30pm	3pm to 4pm
COOKING: WHITE CHOCOLATE SNOWMEN	COOKING: CHRISTMAS TREE CONES	COOKING: GINGERBREAD CUPCAKES	VR GAMING AND MARIO KART TOURNAMENT
3pm to 4.30pm	3pm to 4.30pm	3pm to 4.30pm	4pm to 5pm
HOT MEAL	HOT MEAL	HOT MEAL	HOT MEAL
Served 4.30pm	Served 4.30pm	Served 4.30pm	Served 5pm
BENCHBALL	DODGEBALL	FOOTBALL MATCH HH VS HYP 10 TO 12 YEARS	XMAS PJ, ROLLERSKATING AND SLIME PARTY
5pm to 6pm	5pm to 6pm	5pm to 6pm	6pm to 8.30pm
ROCK CLIMBING	ARCHERY	*Bring your own t-shirt	Tickets sold separately
Session 1: 6.45pm to 7.45pm Session 2: 7.50pm to 8.50pm	5.30pm to 6.30pm		
	TRIP: GRAVITY TRIP (GO KARTING, ONLINE GAMING, DARTS AND BOWLING)		TRIP: ICE SKATING @HAMPTON COURT PALACE
	11am to 4pm Booked directly at the club		11am to 2pm Booked directly at the club

WEDNESDAY 3 TO FRIDAY 5 JANUARY

WEDNESDAY 3 JANUARY 3.30PM TO 6PM	THURSDAY 4 JANUARY 3.30PM TO 6PM	FRIDAY 5 JANUARY 3.30PM TO 6PM
OPEN CLUB	OPEN CLUB	OPEN CLUB
3.30pm to 6pm	3.30pm to 6pm	3.30pm to 6pm
ARCHERY	BAND PRACTICE DRUMMING, GUITAR AND VOCALS	FIZZY BOTTLE CANDLE MAKING
3.30pm to 4.30pm	4pm to 5pm	4.30pm to 6pm
CHINESE LANTERN MAKING	BOXING	COOKING: FUDGE MAKING
4.30pm to 5.30pm	3.30pm to 4.30pm	3.30pm to 4.30pm
COOKING:	TAE KWON DO	VR GAMING AND SWITCH SPORTS TOURNAMENT
5pm to 6pm	5.30pm to 6.30pm	4pm to 5pm
FOOTBALL, BASKETBALL AND DODGEBALL	ROCK CLIMBING	FOOTBALL
4pm to 6pm	Session 1: 6.45pm to 7.45pm Session 2: 7.50 pm to 8.50pm	4.30pm to 6pm

HOW TO FIND US....





XMAS PYJAMA ROLLER SKATING AND SLIME PARTY

Thursday 21 December

6pm to 8pm: 9 to 16 year olds

 You are invited to roll your way towards Christmas with our pyjama, slime and roller disco with a 360 photo booth and tuck shop! Not one to miss!



Hampton Youth Project

32 Tangle Park Road, Hampton TW12 3YH

£3 entry on the day (or ask staff if you would like to pay in advance)



**achieving
for children**



ROSSLYN PARK FC MINIS & YOUTH RUGBY

EVERY SUNDAY MORNING SEPT - APR

HIGH QUALITY COACHING

TRAINING & MATCHES

**FREE TWO WEEK TRIAL FOR
RPFC COMMUNITY SCHOOL PUPILS**



TO JOIN A SESSION

RECEPTION TO YEAR 6

Contact: Rory MacDonald
Minis Chair

Email: minis@rosslynpark.co.uk

YEAR 7 - YEAR 13

Contact: Greg Sendell
Youth Chair

Email: greg.sendell@rosslynpark.co.uk



web: www.rosslynpark.co.uk

tel: 0208 876 1879

Rosslyn Park FC, Priory Lane, Upper Richmond Road, London SW15 5JH