

A group of children are walking away from the camera on a dirt path that stretches into the distance. The path is flanked by tall, leafless trees whose intricate branches are silhouetted against a bright, hazy sky. The sun is low on the horizon, creating a warm, golden glow that fills the upper half of the frame. The children are dressed in winter clothing, and their figures are mostly in silhouette, with some catching the light from the setting sun. The overall mood is peaceful and contemplative.

Grey Court School eBulletin

12 January 2024

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#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

MOGOS 2024

AUDITIONS

Scan & Complete the Google Form
to Register

**Tues 30th
&
Wed 31st**

January

MUA



Grey Court PA presents

COMEDY NIGHT

FRIDAY 2ND FEB 2024

DOORS OPEN: 7PM - SHOW STARTS 8PM



ZOE LYONS --- DARREN HARRIOTT --- JAVIER JARQUIN
HOSTED BY
ERICH MCELROY OF CRACK COMEDY

TICKETS £20 | 2-PERSON TAPAS PLATTERS £15

TICKETS: WWW.PTA-EVENTS.CO.UK/GREYCOURTSCHOOL

LICENSED BAR
STRICTLY OVER 18S ONLY

GREY COURT SCHOOL

PRESENTS...

LIONEL BART'S

Oliver!

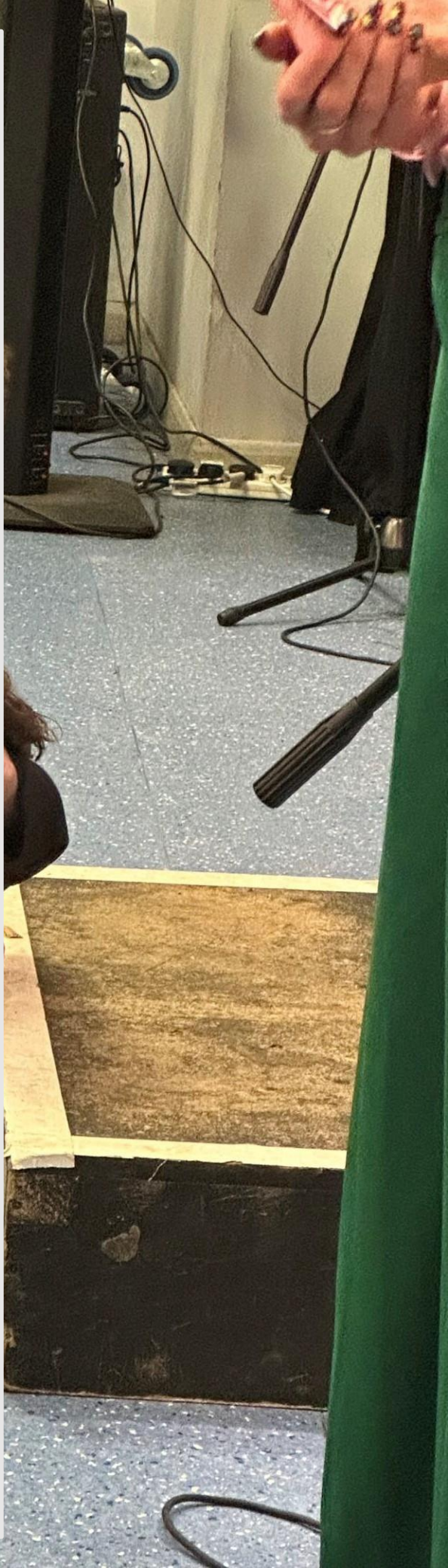
BOOK, MUSIC
AND LYRICS
— BY —
**LIONEL
BART**

JULY 2024

Come along to the singing and acting workshops before the auditions - more information to be announced soon.

Speak to Ms Burton or Miss Cowper for more information

KS3+KS4 News





We were delighted to welcome back Year7 after what we hope was a pleasant and restful break. The students have returned to school superbly, with fantastic standards of uniform and behaviour in and around the school. We hope to see this continue for the term ahead.

Throughout the year the attendance of the year group has been fantastic. Hopefully we have now broken the back of any sniffles and colds which have occurred in the long run up to Christmas, and the resilience of the students has been excellent in maintaining their attendance throughout this. We spoke to all students about the importance of attendance in assembly, and that it is vital they are here to take advantage of all the fantastic opportunities at Grey Court.

A new extracurricular timetable has been published by the PE department. At the start of this term it is a good chance for students to take stock and reflect on anything they can be doing to increase their enjoyment in school, and joining a club is an excellent way of doing this - so we encourage all students to have a look and try out something new!

Mr Day
(Head of 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.

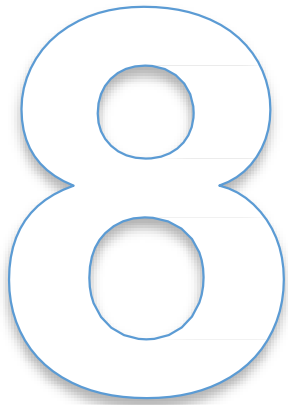
PEARLC: Point, Evidence, Analysis, Reader Response, Link to Context.

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.

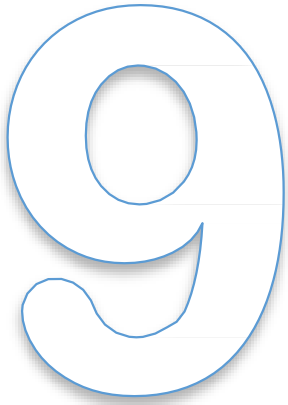
Ms Laws
(KS3 and 4 Coordinator of English)



It is Veganuary and so the assembly was led by Mr Allchurch who educated Year 8 on some of the facts and information around the use of animals for human consumption, specifically Dairy cows and their milk. It was a thought provoking assembly and one I would encourage our students to further their research on the topic.

It has been a cold but bright week back and I've been hugely impressed with the amount of achievement points we have picked up already, well done year 8! Gradu8 Enterprise will be kicking off soon and further details will be given to the students imminently!

Mr Ridley
Phase Leader Year 8 and Year 9

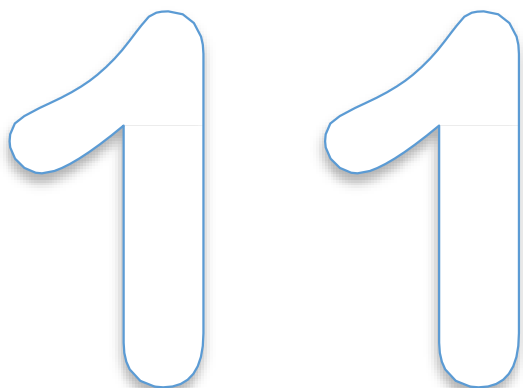


This week we have welcomed back the students and have seen a fantastic start to the year. Students are looking smart, engaged and have collected nearly 100 achievement points between them already! We hope to encourage this positive mindset throughout the term and continue building on their resilience, kindness and progress.

This week in tutor time students have also been reminded of the different elements of their mindful wellbeing programme for this year of which encompasses: physical, nutrition, mental, sleep, and gratitude.

We hope that we have your continued support at home to maintain the highest of expectations for our students, by building in those excellent routines again and supporting them with homework, uniform etc. Let's hope for another fantastic term to kick off 2024!

Ms Woods
Head of Year 9



The time is now! Year 11 has returned to the shortest, but maybe one of the most intense terms of their schooling career. This term sees Results Day for their Mock Trial Exams on Tuesday 23 January, shortly followed by Parents' Evening from 4-7pm on Thursday 25 January. We also see coursework based subjects such as Food and Nutrition, Creative Media and Music Technology, amongst others, have important coursework deadlines this term, so it is imperative that your child is here every day, ready to learn and succeed.

Information on Parents' Evening appointments and booking will be emailed home next week, so please look out for the notice and endeavour to make as many appointments as possible with your child's teachers. This will be one of the last opportunities to gain insightful feedback on your child's progress and what they need to do to excel in their GCSE exams, which are fast approaching! We ask that your child attends the online appointment with you to make the feedback meaningful. If you do not manage to speak with your child's teachers, please email them and they can arrange a way to give feedback.

Some 2024 dates for your diary:

Tuesday 23 January - Mock results Day

Thursday 25 January - Parents' Evening

Monday 19 February - INSET - English and Maths exams for Year 11

Monday 22 April onwards - GCSE Language Speaking exams

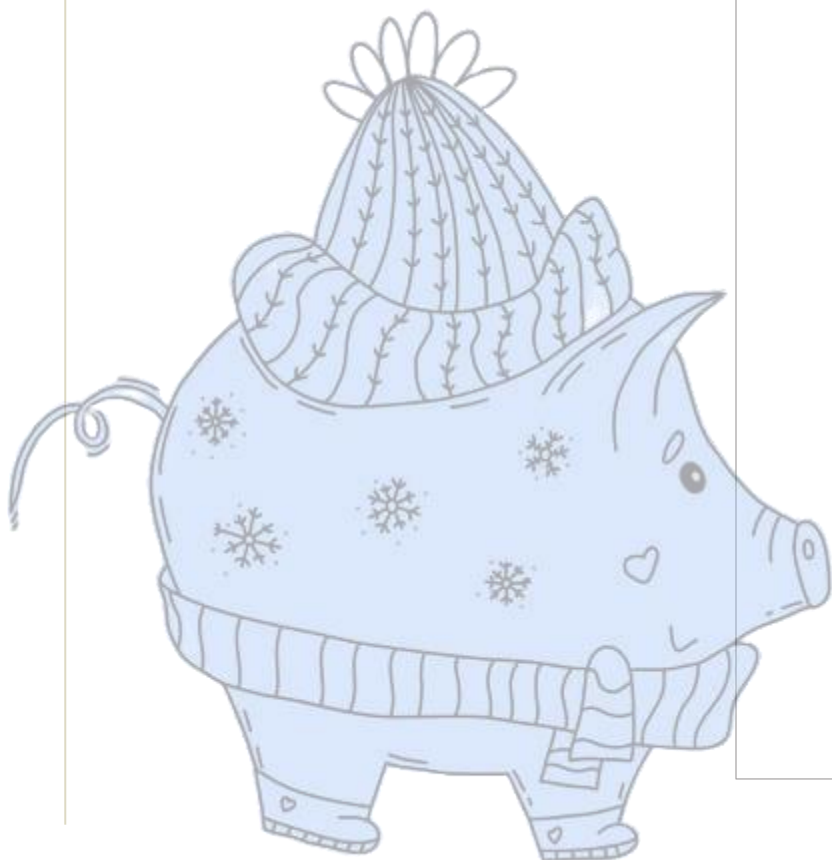
9 May to 19 June - GCSE EXAMS

Thursday 27 June - Year 11 Prom!

The GCSE and Passport Session timetables will be available in due course. I have been impressed with the start of the year and Year 11 seem raring to go after their decent break! Long may it continue on their road to success.

Ms Clark
Head of Year 11

Attendance Matters: Weston's Winners



Year 7

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

Year 8

Louie Makriel (£5)
Abdulrahman Sadiq (£5)
Albert Guard (£5)
Max Wrenn (£10)
Aiden Savornin-Cornish (£10)
Grindan Abrahams (£20)

Year 9

Tabitha Lloyd (£5)
Ameesha De Silva (£5)
Aidan Tucker (£5)
Dylan Cross (£10)
Hugo Elliot (£10)
Schanel Geeganage (£20)

Year 10

Diyana Ansari (£5)
Ethan Chen (£5)
Arber Blakcori (£5)
Yavuz Seyis (£10)
Abubakar Sadiq (£10)
Adam Mahmoud (£20)

Year 11

Grace Hooper (£5)
Lily Stidwell (£5)
Eliza Gilbey (£5)
Bruno Rixon (£10)
Tyler Thackwray (£10)
Avani Riat (£20)

VPA

Stars of the Week

Year	Name	Subject	Reason
7M	Jack Percival	Drama	Excellent contributions
8R	Jessica Okoli	Drama	Excellent contributions
9C	Isla Reindorp	Drama	Excellent progress in the subject
10W	William Pitt	Drama	Excellent engagement in class
11R	Elsie Hobson	Drama	Excellent group work
12F	Peony White	Drama	Excellent contributions
13A	Otto Console Camprini	Drama	Excellent contributions
7O	Zoe Van Den Heever	Music	Excellent engagement in class
8R	Okan Canatan	Music	Excellent engagement in class
9C	Keir Chambers	Music	Excellent engagement in class
10B	Arshh Khurana	Music	Excellent engagement in class
11M	Harjeet Baryan	Music	Excellent homework
7O	Frances Li	Art	Excellent homework
8W	Sophia Wong	Art	Excellent homework
9C	Ismaeel Bukhari	Art	Excellent engagement in class
10M	Daniel Bite	Art	Excellent classwork
11W	Isabella Flint	Art	Outstanding achievement
12D	Jagoda Sasin	Art	Outstanding achievement
13C	Liberty Kausmally Rattagan	Art	Excellent progress in the subject
10M	Alex Voronka	Music Technology	Excellent homework
11C	Stuart Rae	Music Technology	Excellent engagement in class
11R	Rhys Chow	Music Technology	Excellent classwork
13F	Matthew Ingram	Music Technology	Excellent progress in the subject
10O	Alfie Grimshaw-Miller	Creative Media	Excellent engagement in class
11O	Agnes Radek	Creative Media	Excellent engagement in class
12G	Leo Fildani	Creative Media	Excellent classwork
13C	Amaan Khan	Creative Media	Excellent progress in the subject
12F	Izzy Southard Woodard	Photography	Excellent progress in the subject

Lucan Ray drumming at The Russell School Panto



Lucan was fabulous this week! Such a pro! Just turns up and fits in without any fuss. Really talented, as you know!

Meet Steve Burden

who is coming to work with our students this term



Steve Burden, *Monarchs to Mongrels*, 2023. Oil on Canvas, 190 x 250 cm.

Steve Burden's work investigates ancestry and heritage. Born in a Deptford council flat and going on to complete a degree at Goldsmiths, Burden has always butted against the inherent classicism of art higher education. His most recent body of work is a response to researching his DNA and finding a link to 11th-century Norman Monarchy, prompting him to think about land ownership and the birth of the class system. His work shows the thin veil between class divides, how a few centuries can move a family from castle to council estate. The work blurs the line between figuration and abstraction, the energy of application noticeable in Burden's fluid, lyrical marks. This blending of materials mirrors his breaking of boundaries in a socially constructed hierarchy. In Burden's work, we see a questioning of the status quo, handled with defiance and playfulness in equal measure.

Text by Kate Reeve-Edwards

Preview: Thursday 15th February 2024, 6 – 8 pm

Open: 15 – 25 February 2024, Thurs to Sun, 12 – 5 pm

Walk & Talk with Adelaide Bannerman & Steve Burden: Sat 17 February 2024

Organised in collaboration with curator Adelaide Bannerman.

APT Gallery

Harold Wharf | 6 Creekside | Deptford | London SE8 4SA

Extracurricular Clubs

Extracurricular TT

...get involved



Chess Club

Wednesdays

12:25PM to 1PM

Room T6

All years welcome

MATCHES

TOURNAMENTS

PUZZLES

NEW AND EXPERIENCED PLAYERS

WELCOME

LEARN, PLAY AND SHOWCASE YOUR

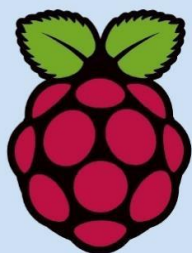
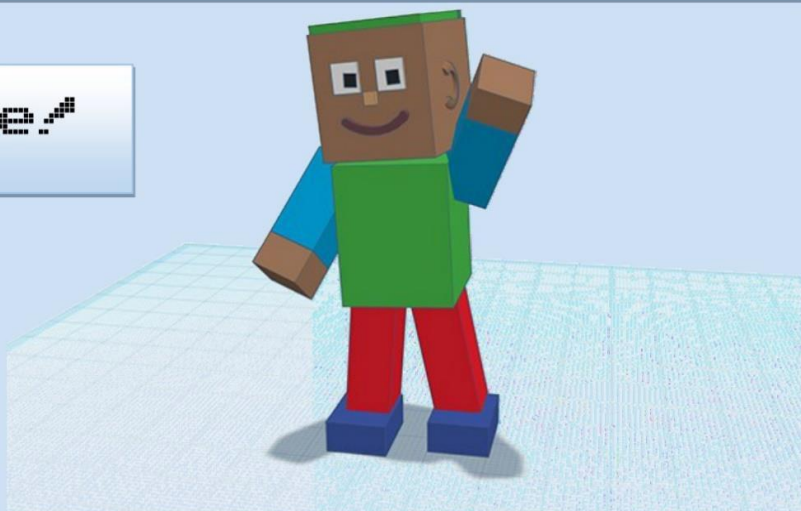
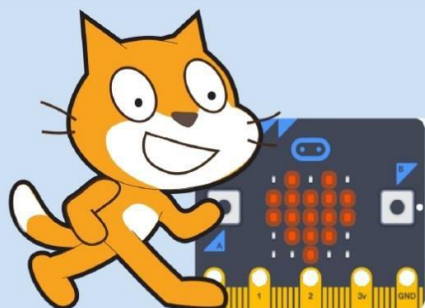
CHESS SKILLS!

COMPUTING CLUB

Programming labs and competitions to improve your coding skills!

Physical computing workshops to push your creativity!

All years welcome!



Location & Time

```
if day = "Wednesday" & time  
= "afterschool" {  
    print ("room = T4")  
}
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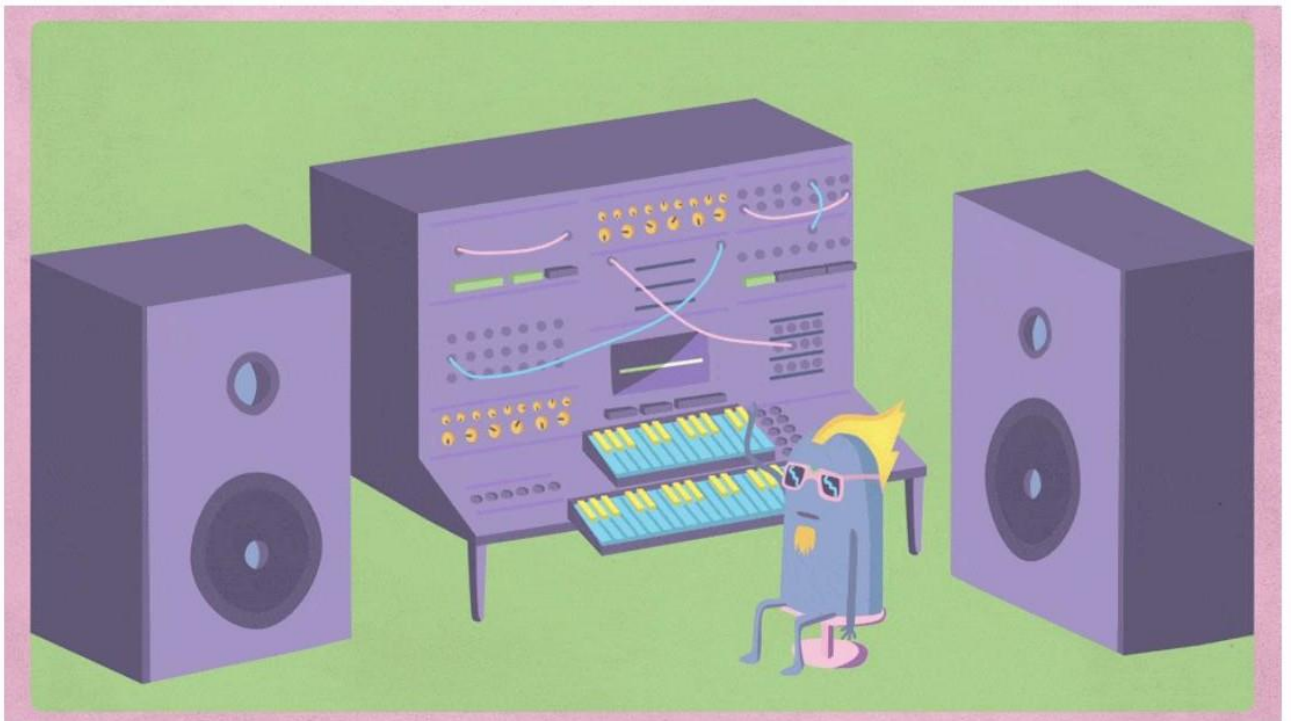
(Wednesday after-school in T4!)



micro:bit

Music Tech Club

Now on a MONDAY
3pm-4pm
in PC1



Learn to make music on a computer
with state of the art, industry
standard software. Record your own
instrument, singing or rapping,
and make your own beats.

Launched in 2015, the Performance Support Award has been created in order to recognise and encourage the achievements of young people who want to be involved backstage in theatre outside the classroom.

Participants must complete the levels in consecutive order, starting with Bronze. The final portfolio can be used by pupils as evidence of skills and experience during a university or college interview process, for example.

If you would like to be a committed member of the VPA events backstage crew and gain an award for your hard work, please email Mr Allchurch:

mallchurch@greycourt.org.uk

A photograph of the Chicago Theatre marquee at night. The marquee is illuminated with bright lights and features the word 'CHICAGO' in large, vertical letters. Below the letters is a large sign that reads 'Performance Support Award'. The background shows the city street with cars and pedestrians.

Performance Support Award

CHICAGO
MARQUEE TOUR

GO BEHIND THE SCENES OF
THE ICONIC CHICAGO THEATRE!
View tour schedule at TheChicagoTheatre.com/tour

ROCK AND POP CLUB

TUESDAYS
3PM-4PM
IN MUSIC



COME AND PLAY THE DRUMS,
GUITAR, BASS, KEYBOARDS OR SING
IN A BAND. ALSO OPEN TO OTHER
INSTRUMENTS IF YOU HAVE ONE!

Bronze Duke of Edinburgh

Although for the Bronze DofE staff, Miss Mannion and Mr Allchurch, this time of year provides a very much welcomed lull in physical activity after returning from their Christmas break, this is definitely not the case for the 99 (yes, 99!) Year 9 students who have signed up to complete their Bronze Duke of Edinburgh Awards this academic year at Grey Court.

Students are currently in the midst of working toward their three activities:

3 months of physical

3 months of volunteering

3 months of learning a new skill

Plus, an extra 3 months of any one of the above!

Thankfully though the Newman House basement, which has until now been a receptacle for DofE detritus of all kind, is getting a very much welcomed overhaul due to the hard work of these three Year 9 students, who have volunteered to wade their way through the quagmire of remnants from expeditions past for their relentless months of volunteering.

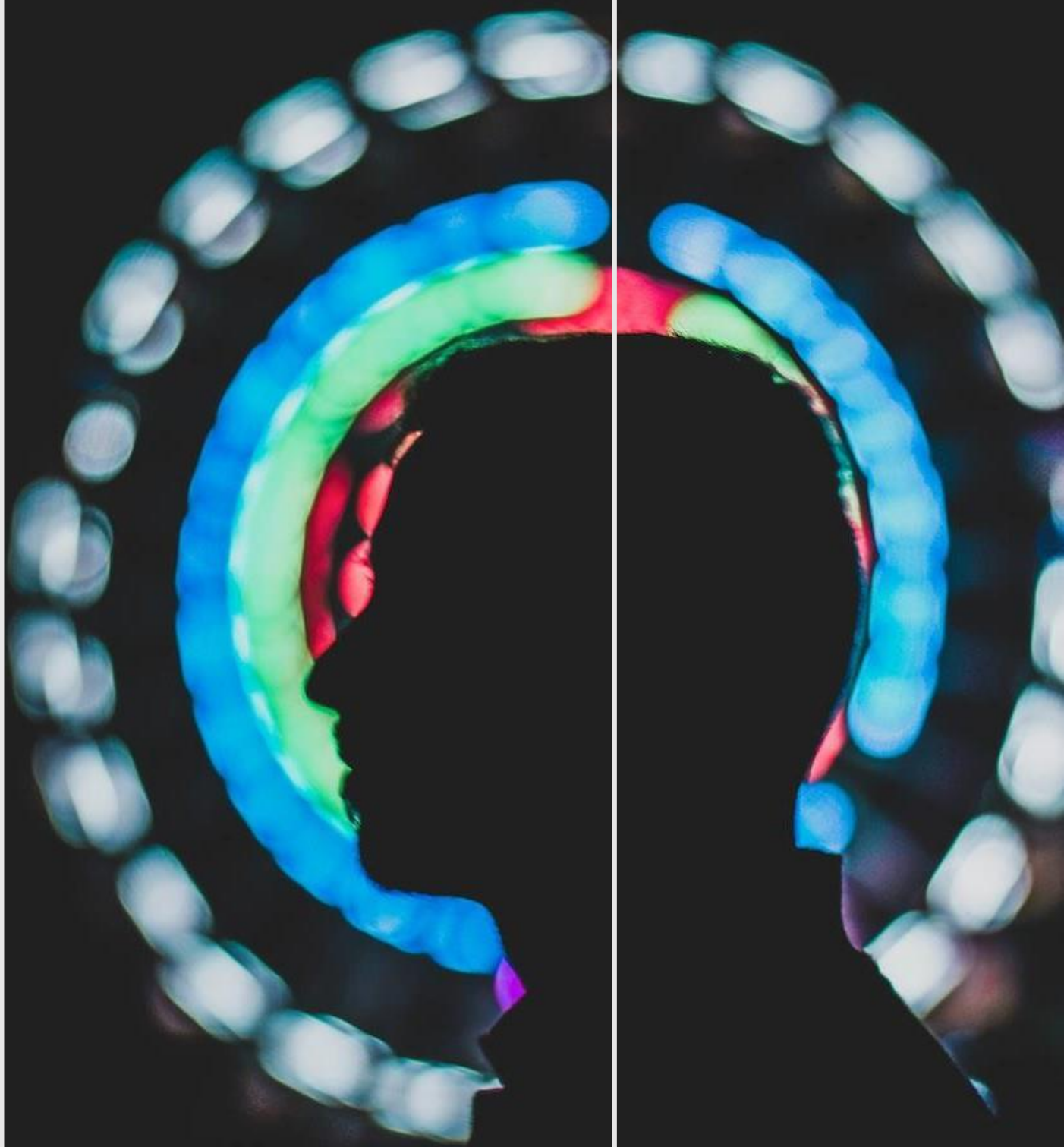
Our Bronze DofE participants begin their expedition training after February half-term, before finally later this year completing their practice and assessed expeditions out in the 'wilderness' of... Surrey!

The Duke of Edinburgh awards are a life-changing experience, a fun time with friends, and an opportunity to discover new interests and talents. They are a tool to develop essential skills for life and work and are a recognised mark of achievement, respected by employers and other avenues of progression alike.

At Grey Court, students have the opportunity to start this journey in Year 9, so Year 8 Grey Court pupils: do you have what it takes next year?

Mr Allchurch

Wellbeing



Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE
BOX

The
National
College®



National
Online
Safety®

#WakeUpWednesday



KINGSTON AND RICHMOND Youth Council

December 23

Welcome to our first mental health newsletter! This newsletter aims to provide some support to a straining system where youths' mental health is under threat. In October 2022, we received Youth Mental Health Ambassador training by Richmond borough Mind. The training was so insightful and informative that we were compelled to somehow share everything we learnt into supporting our peers. We have teamed up with Richmond Borough Mind to produce this mental health newsletter. We will also be using this space to update you on the work of the KRYC and highlight any future events that you might like to get involved with!

Have something you would like to share with us for the next edition?

Email us on: info@kingstonrichmondyouthcouncil.org.uk

DM us via instagram on: [afc_kryouthcouncil](https://www.instagram.com/afc_kryouthcouncil)

Or check out our Linktree on for more information: https://linktr.ee/afc_kryouthcouncil

Who are the KRYC?

The Kingston and Richmond Youth Council are a group of democratically elected young people who aim to run projects in the local area to make sure that we can have a positive impact on the local community.

Once elected, youth council representatives actively represent the views, concerns and aspirations of young people through surveys, campaigns, youth events, films and many other projects.



Who and what do Mind Charity do?

At Richmond Mind youth service we have a team dedicated to the needs of children, young people and their parents. The support is on offer for young people aged from 8 to 25, or supporting someone that age.

Our work is with young people, in one-to-ones or groups, youth clubs and with primary schools, secondary schools, colleges and universities, parents and others supporting young people. We offer a range of support and activities around mental health and wellbeing that young people are free to access.

Contact us on our youth service email youth.service@rbmind.org to find out more about any of the services we offer.

Why we think mental health support is so important



Hi, my name is **Billie** and I am a youth support worker for Richmond Mind youth service. I work as a youth support worker to help support young people and their wellbeing.

We chose to work with KRYC on this project as being able to work with young people to support other young people is one of the most beneficial ways to understand what young people want and need.

Through this project, we can share resources and knowledge of what support is out there for young people to access and make this process of gaining the knowledge easier for those in need.



My name is **Alex** and I'm the participation officer for the Kingston and Richmond Youth Council. I am passionate about mental health and improving the mental

health of young people because of my own experiences of mental health growing up.

Growing up mental health was not talked about, so many individuals in my life struggled in silence, feeling alone and alienated. I believe that the more mental health is spoken openly and honestly about the better it is for everyone.



My name is **Eleni** and I'm the Communications Lead at KRYC. I chose to be in the Mental Health working group because I know how difficult it is to struggle with your mental health and I want

to ensure that every young person is able to receive mental health support.



Hi my name is **Esther** and I chose the mental health working group because it played a huge part in my life during lockdown and I want to help support as many young people as I can.



Hello, I'm **Sophie**. I joined the mental health working group because it had a significant impact on my life throughout the lockdown, and I'm eager to aid numerous young people in Kingston and Richmond by providing support.



Hi, I'm **Indy**. I joined the mental health working group to help young teens find a voice in a time where you could be struggling with your mental health.

I wanted to help young people feel more comfortable talking about their mental health - mental health is a condition where you don't have to suffer in silence.

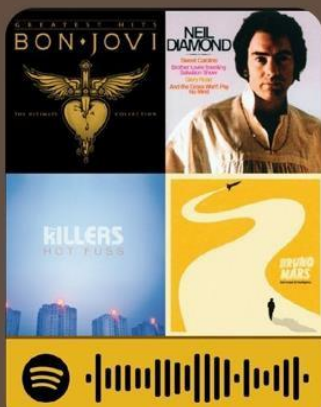
We as the mental health working group are here to support you.



Hey, My name is **Matilda** and joined the mental health working group because I have felt the effects of suicide and understand the importance of mental health support.

I know how a mental health disease can take over your life and I want to make sure every person has the support they need.

Kingston and Richmond Youth Council Happy Hits Playlist



KRYC Creative corner

Kingston and Richmond Youth Council podcast

<https://open.spotify.com/show/5HnaUKU12t4wh0HYRCzjFX>

Poems

β- (Beta Minus)

...I fight for equilibrium against this thermalised feeling

But I'm not in my element and my core is not healing.

Abandoned in the relapse is aluminium rust.
My shield is corroded in the chargeless dust.

But in this struggle I won't succumb.

I'm taking every half life as it comes.

Because there is hope within this vulnerability

And one day my nucleus will find stability

Poem (unnamed) From The Sun and Her Flowers

By Rupi Kaur

when the world comes crashing at your feet
it's okay to let others

help pick up the pieces

if we're present to take part in your happiness

when your circumstances are great

we are more than capable

of sharing your pain

Quotes

'Be more Toto'..

(Anon)

'I like firsts.

Good or bad they're always memorable'

Ahsoka Tano, The mandalorian

'And you've got a smile that could light up this whole town'

Taylor Swift

Topics we will be covering in upcoming newsletters:

- Support for depression/low mood
- Managing stress and anxiety
- Self esteem and building resilience
- Mental health and neurodivergent young people
- Marginalised groups and mental health



SUNDAY



7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

28 Ask other people about things they've enjoyed recently

MONDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

TUESDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

WEDNESDAY

3 Do a kind act for someone else to help brighten their day

10 Thank someone you're grateful to and tell them why

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

THURSDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down



FRIDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today



SATURDAY

6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside



Sixth Form News





A massive thank you and well done to the year 12 pupils and staff who helped out with the Christmas market. The weather conditions were against us and the main outdoor event was cancelled, but perseverance won the day with 2 dozen year 12 pupils making their way round 8 different classrooms to ensure that year 7 pupils spent as much money as possible on sweets and cakes, as is proper in the last week before Christmas. Year 12 pupils made and sold a variety of treats ranging from Lebkuchen and chocolate fridge cake to plates of nachos with salsa. Year 7s enjoyed paying to decorate their own biscuits as well as guessing the number of sweets in the jar. Thanks go to Mr Baker for not objecting when three year 12 pupils burst into the middle of his period 3 lesson shouting “You’ve won!” to Emilia McMillan Damia who’d guessed the exact right number of sweets in the jar (134), and to the other year 7 teachers who allowed spontaneous mini Christmas market stalls to pop up in their classrooms throughout break time.

Over £215 was raised in 20 frantic minutes, which will be added to the other fundraising efforts from the school and donated to the very deserving charity Crisis at Christmas. This was the first event where the prospective new prefect team was in action, alongside several other charity minded year 12s, and their enthusiasm and can-do attitudes were a treat to behold. I look forward to seeing them in action again in the new year.

Academic licences have now been issued and all parents should have received an email stating whether or not their child was granted a licence. For pupils who gained a licence they will now be allowed to leave the school site when they have free periods (these are completely blank on timetables, they still need to attend supervised study sessions).

Pupils without an academic licence will now be expected to attend school for all periods across the week. On Monday and Friday afternoons these pupils will take part in a study skills program led by Mr Taylor.

13

Year 13 students have made a positive and meaningful start to the year, with many of our students sitting BTEC exams this week and next. I hope that they have gone well so far, and good luck with next week's exams! Before Christmas, Year 13 students sat their trial exams, the results of which will be handed to them in envelopes (similar to how they will receive their results in August) during morning registration on 26 January.

UCAS

Only a few students are waiting to send off their UCAS applications and so in the coming weeks we'll be using form time to look at topics such as student finance and accepting university offers.

Many of our Year 13s have had responses from their five choices of university, so now it's time to start thinking about accepting firm and insurance choices. [Here](#) is a short guide on how to do this as well as a link to UCAS with more precise instructions. There is plenty of time before students have to respond - pay attention to the reply by date given (this varies depending on the date students heard from their final university).

Applications for Student Finance open in April. Check out this [Student Finance](#) guide to see what you have to do next and when.



UCAS Stars

Harriet Williams and Myrra Wellbeck for accepting their firm and insurance choice of universities. Noah Hall for receiving an offer from Oxford to study music.

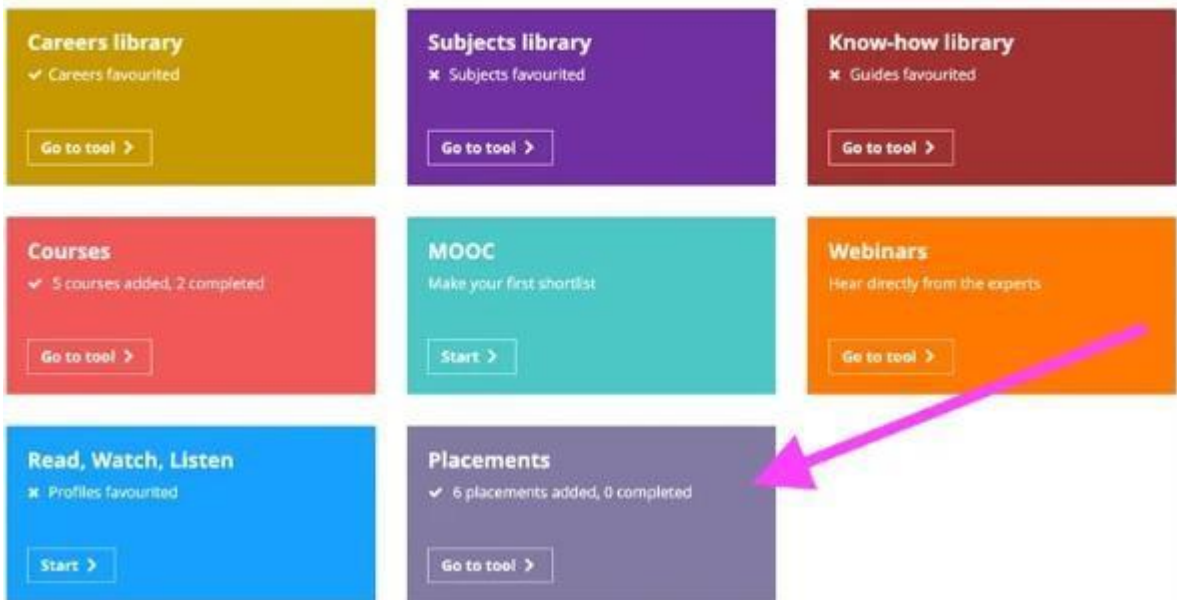
EPQ

All drafts should have been uploaded to the Google classroom this week for your supervisor to read and respond to. The next two weeks should be used to: update your log book and action plan, put your folder together and begin thinking about your presentations. Once you've had feedback you need to work on the final draft of your essay and meet your supervisor to complete your midterm review. Final presentations will take place in February.

Oxbridge

Students in year 12 who are interested in applying for Oxbridge will need to complete a google form. The link for this will be posted on year 12 notices after the mocks are completed. A google classroom for Oxbridge will be created and an initial meeting will take place in the next few weeks.

Exploring pathways



Work Experience

We will be talking about this in PDW on Friday 19 January. Students should now be looking for work experience placements or a university summer school for the week 1-5 July 2024.

Once they have spoken to an employer and arranged this it needs to be added to the Unifrog placements tool as this is where all the information is kept and shared between the student, employer, parent/carers and the school.

All the information on how to add the work experience to their Unifrog account and tips on finding work experience can be found here: [Guides - Placement - Unifrog](#)

Take a look at this week's opportunities bulletin packed with apprenticeships, work experience, careers events, university tasters and much more...

[10/01/2024 Sixth Form Careers opportunities](#)

Some of the highlights are below:

NPL Academy 2024: 1-5 July 2024

For many years NPL has run a one-week work experience programme called NPL Academy. This is a fantastic opportunity to get a week's worth of work experience in a science and engineering organisation.

We provide Year 10 to Year 13 (GCSE and A Level - and equivalent) students with a real taster of work at a national laboratory, both in labs and office-based roles. Find out more:

<https://www.npl.co.uk/careers/work-experience>

Deadline for applications: Midnight Friday 2nd February 2024

For aspiring Doctors:

FREE LIVE VIRTUAL Get Into Medicine conferences:

Saturday 13 Jan 9:30am - 3pm

Sunday 14 Jan 9:30am - 3pm

Sign up: [Get into Medicine UCAS Conference – Medic Mentor](#)

For aspiring Dentists:

FREE LIVE VIRTUAL Get Into Dentistry conference dates:

Sunday 28 Jan 9:30am - 3pm

Sign up: [Get into Dentistry UCAS Conference – Dental Mentor](#)

British Airways work experience placements and insight days for students in year 10 and above:

Business Work Experience Placement

Link: <https://britishairways.connectr.co.uk/inspire/opportunities/125>

Posted: Tuesday, 13 December 2022

Closing: Monday, 6 May 2024

Duration: 4-day placement

Location: Insight days at London Heathrow and other key UK BA hubs

Start Date: 27 – 30 May 2024 (Half term)

Work Experience Insight Day - Engineering

Link: [Engineering Insight day](#)

Date: 28th February 2024

Duration: 10:00 – 15:30

Location: BA Technical Block C, London Heathrow

Application Closing Date: 11 February 2024

Sports News



Running Club



**Thursday 11 January 2024: Braving the chilly weather for the first running club session of the year!
Kudos to everyone for the fantastic effort!**

Running Club
Running Club
Running Club
Running Club
Running Club

Basketball



Wednesday 10 January: Congratulations to our U16 boys basketball squad who won their Surrey Cup 1/4 final 63-40

Basketball
Basketball
Basketball
Basketball
Basketball

Netball



Wednesday 10 January: U13A&B netball teams took to the court in freezing conditions for the first games of the year against [@highgate1565](#) Well done to all who played and MVPs Ayah, Sofia and Lailee



Extract taken from Athletics Weekly

The junior boys' race had no such obvious favourites, though Grey Court's regional win was well-backed up by a convincing Junior Knole Run triumph. Sure enough, their team prevailed here for a first national title, though it was oh-so-close as an improved Coopers' Coburn closed well for a mere three point deficit.

Junior boys: 1 B Smith (Bournemouth School) 11:44; 2 E Roberts (Grey Court School) 11:47; 3 O Gunther (Bishop Vesey's) 11:50

TEAM: 1 Grey Court School, Middlesex 91; 2 Coopers Company and Coborn School 94; 3 Judd School 113



Photo above: The Junior Boys enjoying a Nando's before their National Cross Country Finals win in Suffolk

Ida won the bronze medal in the 1500m freestyle at the **Welsh Winter Nationals** in December, in a time of 19:03.73. She beat her PB by 34.92.

Ida took **5th place in the 800m freestyle in 9:54.04**, beating her PB by 32.14. She also beat her personal bests in the 50 free and 200 back, swimming sub 30 seconds in the 50 free, and 2:36.74 in the 200 back.

Ida has been selected for the **Middlesex County Development Programme** and attended the first development camp with county swim coaches on 29th October at Southbury Road Leisure Centre. She'll attend further camps and online training in 2024.

In October she swam the **NUEL County Qualifier at the London Aquatics Centre** and she swam the 1500m and 800m for the first time at the **Hart Long Distance Meet - winning both races**. In December, she swam at **Teddington Swimming Club (TSC) Winter County Qualifier at Elmbridge Xcel Centre**, winning all her races and gaining her last qualifying times for Middlesex County Championships.

Ida was also part of the Teddington Swimming Club team that swam at **The National Arena Swimming League**, taking part in three events from October - December

Ida has qualified for most events at the Middlesex County Championships, which take place in January and February. She will only compete in the first weekend of County Championships - after this, she will begin training for **TSC's Swim Camp in Malaga** in February - this is a week of intensive swimming and land training in preparation for long course galas later in 2024.



Grey Court Gym & Dance Show Auditions

Tuesday 23rd January

We are looking for dancers or gymnasts to audition for our Gym and Dance show which will be taking place on Tuesday 26th March.

Auditions will be taking place in the small gym at 3:15pm.

Please ensure you have signed up on the [google form](#) which was posted on google classroom.

Please speak to Miss Parr if you have any questions.



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!



What's on in the
neighbourhood...
and beyond



Activities for adults at Ham Youth Centre

Ham Youth Centre,
Ham Close, TW10 7PL

Ham Youth Centre not only caters for teenagers, but offers a varied programme of activities for adult residents in the community where they can learn new skills and meet new people. If you are interested in joining please contact the relevant person for the activity.

Mondays

University of the Third Age painting class

Website: www.kingstonu3a.org.uk

Wednesdays

Cooking Up - Cooking activities for local people

Contact: Janet Hilton Email: Janet@cookingup.org

Mini ballers football session for under-5's

Contact: Laura Edbrooke Email: laura.edbrooke@achievingforchildren.org.uk

English language classes based around art and textile activities

Contact: Cornelia Costeanu Email: contact@makers-united.co.uk

Fridays

Multicultural Richmond - Zumba, Chi Gung, trips, socialising. Open to all

Drop in at 11.30am or contact Kiran Rao Email: Kiran@multiculturalrichmond.org.uk

And also...

Romanian Community Group meets several times a year

Contact: Mariana Pandi Email: marianapandi@yahoo.co.uk

Greenwise People Forest School Training

Contact: Maria Sprostranova Email: mariasprostranova@gmail.com

The youth centre's hall, music studio and smaller rooms are available for children's parties and other events on weekend mornings and evenings.

Contact: Ben Skelton Email: ben.skelton@achievingforchildren.org.uk



**achieving
for children**

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





SCAN THE QR CODE
TO APPLY
deadline to apply:
15th January

BARNES YOUNG MUSICIAN OF THE YEAR 2024

STRING MASTERCLASS
with a member of the Sacconi Quartet

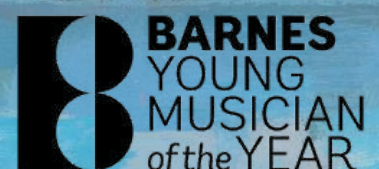
**24th
January
2024**

5:00PM
ST PAUL'S GIRLS' SCHOOL

barnesmusicfestival.com



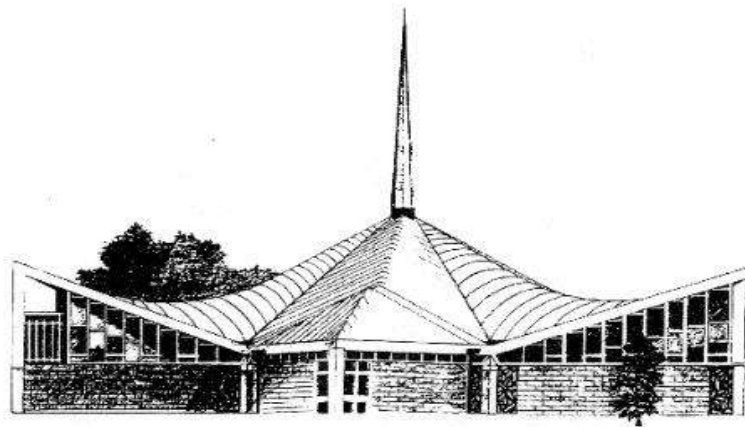
ST PAUL'S
GIRLS' SCHOOL



St Richard's Church

Grand Afternoon Tea

**and Craft and Gifts Fair – in aid of our repair
and restoration appeal!**



Sunday 21st January 3-5pm

Don't miss the chance to pick up a lovely gift or craft while enjoying one of our delicious cream teas – all the trimmings for just £6!

And if you would like to book a table – don't delay! Secure your table with your name and £25 remittance by BACS to the Church bank account:

St Richard's Ham Parochial Church Council
A/c no: 10797375 sort code 20-46-73

January Rugby Fixtures at the Richmond Athletic Ground!

Free Entry for everyone on Saturday the 13th of January. To celebrate our first home game of the new year everyone can get in for free! (our normal entrance fee is £18 for non-members). So adults can enjoy a pre-match beer and relax we will also have our Game Care option available, see [here](#) (price from free to £5). Game Care allows parents to drop off their children in the capable hands of our Community Team. Children then join the guard of honour and play games while you sit and enjoy watching the first team with a beer in your hand. The game is Richmond 1st XV vs Taunton Titans. 3 pm kick off. Game Care 12:30 pm onwards.

Reduced price entry for adults for the home game on Saturday the 27th of January. We have designated this game our Schoolkids Day where we celebrate our Minis and Youth of the Borough. Parents of children attending will be given a discount when you [buy your adult match day tickets in advance here](#). Please enter the promo code PARENT17 when you buy a **Non Member-Adult** ticket to receive a £6 reduction. As ever, under 16s go free. Game Care will also be available (price from free to £5). If you have any questions please get in touch at communityteam@richmondrc.co.uk. The game is Richmond 1st XV vs Leicester Lions. 3 pm kick off. Game Care 12:30 pm onwards.

Try out rugby and February Half Term Camps

Play rugby at Richmond Rugby

Every Sunday until the end of April we will be running rugby Sessions for children 3 - 18 years of age. Our minis (u3-u11) start at 9:30 am and finish at 11:00 am and our Youth (u12-u16) & our Colts (u18) run from 11:30 - 1:00 pm. Our annual minis/youth membership normally costs £200 a season. But this January we have reduced this to £100 as those that sign up then do so halfway through the season (the season runs Sept-Apr). However, if you sign up by 31 January 2024, we will give a £50 'stash' Gift Card to use at our online club store. **Come down this Sunday and have the first three sessions free before signing up!** More details for our age groups and contacts are on our website, [here](#).

Half term sport camps at Richmond Rugby

For the February half term, 13th - 15th February, we will be running our popular Rugby Half Term Camps where Girls and Boys aged 4 - 16 can come down to the RAG and be coached by our first team coaches and players from 9 am - 3 pm. Our sessions are fun, structured rugby-based sessions that help your child develop their fundamental movement skills, hand-eye coordination, and interactions with other children. **£35** for one day. **£65** for two days. **£90** for three days. Please [click here to book](#).

Thank you,
Richmond Community Team

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

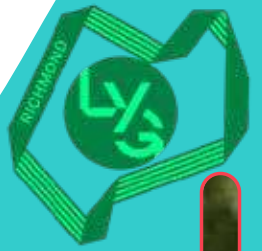
MORE INFO

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

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

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>

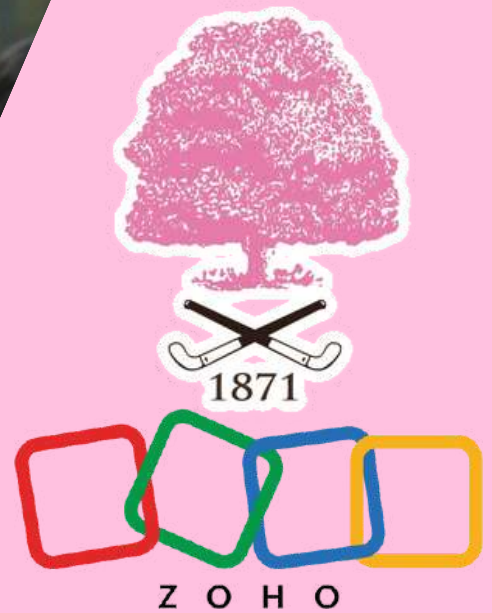


AVAILABILITY

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



JOIN NOW



TEDDINGTON HOCKEY CLUB JUNIORS

- ARE YOU/YOUR CHILD INTERESTED IN HOCKEY? WHY NOT GIVE IT A GO WITH A FREE TRIAL!
- WE CATER FOR ALL ABILITIES WITH HIGH QUALITY COACHING BY FORMER OLYMPIANS AND OFFER PRO RATA MEMBERSHIPS

WE ALSO OFFER SUMMER HOCKEY AND YEAR ROUND CAMPS WITH DISCOUNT TO OUR PARTNER SCHOOLS. CHECK THEM OUT ON OUR WEBSITE WWW.TEDDINGTONHOCKEY.CLUB

**FOR MORE INFORMATION:
EMAIL-THCJNRMEMBERSHIP@GMAIL.COM**



GIRLS RUGBY TASTER SESSION

JOIN US FOR A GIRLS RUGBY
TASTER SESSION BEFORE
ROSSLYN PARK VS RAMS

SATURDAY 20 JANUARY

11.30AM-1.30PM

ROSSLYN PARK FC

GIRLS IN YEAR 6 - YEAR 11

OPEN TO ALL ABILITIES

FREE ENTRY TO WATCH 1ST XV GAME
FOR PARTICIPANT AND TWO ADULTS

Contact greg.sendell@rosslynpark.co.uk
for further details/to confirm attendance

web: www.rosslynpark.co.uk

tel: 0208 876 1879

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