

The Convent Chronicle



Friday 15th March 2024

Happy St. Patrick's Day!

Inspiring Ambition,
Achieving Excellence

Dear Parents/Carers,

As we approach the fifth week of Lent, our reading this Sunday is about people coming far and wide asking to see Jesus. Jesus tells of His coming death explaining that His purpose for coming to earth has always been to give His life for the 'many'. He explains that His death will 'produce much fruit' just like a grain of wheat that dies and is reborn by germinating. Jesus is explaining to the many people travelling to Jerusalem to celebrate Passover feast in a few weeks' time, that His work is nearly over and that they, and the rest of the World, must take their place in God's plan.

During Lent Catholics spend time considering this issue: What is God's plan and what have we been taught? Just as Jesus accepts, 'Yet not as I will, but as you will', we are asked to do the same. But no one said it was easy! Even Jesus wavered at the last minute.

Jesus expects us as His followers to live lives characterized by good things: by putting others first and not ourselves; by living sacrificially and not selfishly; by taking up our 'cross' and following Him wherever and whenever we can. Just because something is hard, it doesn't mean we shouldn't do it. I imagine that many of us are wavering in our Lenten plans. Try and try again, my mum always reminded me, and keep trying. Our Lenten challenges are done for Love.

Ramadan has begun and we pray for our Muslim students, colleagues and families, who have begun their challenge of fasting and prayer. Prayer spaces are available for girls in the school should they want this opportunity. We pray too that they will keep going at such a challenging time.

Every pain of loss
tells a story of love.
- John Mark Green

In the same way, we will face challenges in the next term: exams for all year groups and big changes in our lives as a result. We pray especially for Year 11, as the big exams come along and they finish their PPE's in the next few weeks. As John Green says, 'Without pain, how will we know joy?' I know that August will bring great joy for them. The Year 7, 8 and 9 exam revision booklets will go out shortly too.

Happy St Patrick's Day this weekend. Lá 'le Pádraig. Sláinte - unless of course you have given the drink up for Lent!

Penny Johnson
Headteacher



St. Patrick's Day



Ula sparkles in Sweden

Congratulations to Ula Auguste in Year 7 who took part in a dance competition in Sweden. This was her first competition outside of England and she made it to the finals and got rewarded 4th place for Latin and 5th place for Ballroom. This was a fantastic opportunity to dance at the international competition with other incredible dancers from around the world.



Mrs Wells

Romeo & Juliet - Yr 10

There will be a Splats performance of 'Romeo & Juliet' within school for all Year 10 on Tuesday 26th March 2024.

The cost of £5 is to be paid via ParentPay by Friday 22nd March 2024.



Mrs Nyland

ParentPay Accounts



Can we stress how important it is for you to have activated your daughter's ParentPay account. It allows you to purchase equipment for your daughter when needed, and pay for trips and events – if you do not activate your ParentPay account, your daughter could miss out on taking part in these trips and events, as we can only take payment for trips and events via ParentPay.

With regards to trips, we always give a deadline for payment, and these deadlines must be met otherwise your daughter will not be able to go on the trip.

If you do not have a copy of your ParentPay activation letter then please contact Mrs Wood at:

woodj@graysconvent.thurrock.sch.uk

Finance Office

UK Mathematics Challenge Winner



The UK Mathematical Challenges are a **60-minute, multiple-choice Challenge**.

They encourage mathematical reasoning, precision of thought, and fluency in using

basic mathematical techniques to solve interesting problems.

The UKMT organises national mathematics competitions and other mathematical enrichment activities for 11-18 year old UK school pupils. **Over 200,000** students from around the UK entered the UKMT Intermediate Maths Challenge with the top 6% receiving a gold award, the next 13% receiving silver, and the next 21% bronze.



Congratulations to the following students who took part in the UK Mathematics Challenge for 2024 and gained a Gold, Silver or Bronze certificate:

| | Year 10 | Year 11 |
|--------|--|--|
| Gold | | Tiara Williams Isra Isra |
| Silver | Nuha Ahmed Arshjot Kaur Alegra Karbonskyte Chloe Cao | Tianna Palmer-Alexander |
| Bronze | Veronika Parakonna Giulia Ionita Lamar Mohamad Faith Ndegwa Mishri Patel | Riana Huci Rhianon Adama Eglah Boachie Wadean Glover Sadiyah Hague Kataryzyna Lukomska Amy Sullivan Abigail Plaktienko Veronica Thomson Alyssa Merrell |

Dr Mardanpour

Assistant Headteacher's Bronze Award

Many congratulations to the following students who have reached in excess of 200 achievement points this week:

- Ebere Nwachokor 7.13*
- Natalia Gorak 7.3*
- Anaya Iyer 7.3*
- Joy Ayabina 7.4*
- Alicja Balu 7.4*
- Kaitlyn Weir 7.4*
- Elizabeth Nowamagbe-Okolobe 7.8*
- Nicola Tamosiunaite 8D*
- Micha Banawa-Chu 8E*
- Alexia Draghici 8E*
- Emma Holmes 8L*
- Tia Buta 8M*
- Mehakpreet Kaur 8M*
- Oreoluwa Kolawole 8M*
- Mia-Louise Sikka 8M*
- Monique Fregene 9D*
- Hanifa Hassan 9D*
- Maja Baluka 9L*
- Sania Raza 9M*
- Themis Aw 10.24*
- Niamh Handley 10.24*
- Ella Keay 10.24*
- Oluwadimimu Ogunleye 10.25*
- Ruby Van Vynck 10.26*

The students were presented with their bronze award by their Head of Year. A big well done to all of the students.

Mrs Bishop



Get the Studybugs App - the quick and easy way to report your daughter's absence



Please get the **free Studybugs app** for reporting your child's absence due to illness.

<https://studybugs.com>



Report sickness, receive guidance, help improve children's health
See what illnesses are going around
Secure system, all communications encrypted



Working in partnership with:



Mrs Burrow

Year 6 Golden Ticket event - Year 10 students give them a Drama lesson!

The Year 10 Drama students helped to run the Year 6 team-building work shop at the Golden Ticket event on Thursday afternoon, with games and activities in the gym. They did very well at leading physical theatre and freeze frames.



Mrs Grint

Year 11 PPE Exam Timetable 2024

| Date | Start | Duration | Subject | Component Title | Venue |
|------------|-------|----------------|------------------|---|-----------------------|
| Mon 18 Mar | 08:40 | 1 hour 15 mins | French & Spanish | Writing Foundation Paper | Hall and Large Dormer |
| | | 1 hour 20 mins | French & Spanish | Writing Higher Paper | Hall and Large Dormer |
| | | | Year 11 P4 lunch | | |
| | 12:40 | 2 hours 5 mins | English Language | Paper 2 - Non-fiction & Transactional Writing | Hall and Large Dormer |
| Tue 19 Mar | 08:40 | 55 mins | History | Paper 3 - Nazi Germany | Hall and Large Dormer |
| | 10:50 | 1 hour 30 mins | Media | Paper 2 | Hall and Large Dormer |
| Fri 22 Mar | 08:40 | All Day | Photography | Photography Class 11L/Py1 | Room 17 |
| Mon 25 Mar | 08:40 | All Day | Art | Fine Art Class 11J/Ar1 | Room 16 |
| | | All Day | Music | GCSE Component 2 - Composing | Music Room |
| Tue 26 Mar | 08:40 | All Day | Textiles | Textiles Class 11K/At1 | Room 16 |
| | | All Day | Photography | Photography Class 11M/Py1 | Room 17 |
| | | All Day | Music | GCSE Component 2 - Composing | Music Room |
| Wed 27 Mar | 08:40 | All Day | Textiles | Textiles Class 11L/At1 | Room 16 |
| | | All Day | Music | GCSE Component 2 - Composing | Music Room |
| | | All Day | Drama | GCSE Component 2 Practical Exam | Hall |

Year 11 Intervention 2023-2024

| WEEK 1 | | | | | |
|--------------|-----------------|------|------------------------------|---------------------|-----------|
| | Mon | Tues | Weds | Thurs | Fri |
| Lunch | Art – (KG rm16) | | Photography (JL) | Textiles (KP) | Computing |
| | Music | | History (LW) | French/Spanish (TB) | |
| After School | Science | | Food (LC) Maths w/ Nilesh | Geography (DD, RM1) | |

| Week 2 | | | | | |
|--------|---|-----------|----------------------------|--------------------|-------------------|
| | Mon | Tues | Weds | Thurs | Fri |
| Lunch | PE (Aiming higher) - KW PE (Making the grade) - SF | | Math (SMA) D&T | Math (PM) | |
| | English (Set 4 & 6) - PJ | MFL (DPD) | Maths w/Nilesh RE (POH) | Drama MFL (LFP) | Maths (MAS GA,MT) |

| Option J | Option K | Option L | Option M |
|----------|--------------|--------------|-------------|
| Fine Art | Art Textiles | Art Textiles | Computing |
| Drama | Design Tech | Drama | Food |
| Food | French | Food | French |
| French | Geography | Geography | Geography |
| History | History | History | Media |
| Media | Media | Media | Music |
| | PE | Photography | Photography |

Spelling Bee

Prepare for "Excellent spelling!" at Spelling Tests, ASSESSMENTS and Spelling Bee!

3 SPELLING BEE COMPETITIONS THIS YEAR

For Year 7- Autumn Term For Year 8 - Spring Term For Year 9 – Summer Term

Get ready! – Week 23

For Year 8: from Alice in Wonderland:

indolent: wanting to avoid activity or exertion; lazy. "they were indolent and addicted to a life of pleasure"

slothful: lazy. "fatigue made him slothful"

shiftless: characterized by laziness, indolence, and a lack of ambition. "a shiftless lot of good-for-nothings"

loafing: *verb loaf:* **loafing:** spend one's time in an aimless, idle way. "don't let him see you **loafing about** with your hands in your pockets"

sluggish: lacking energy or alertness. "Alex woke late feeling tired and sluggish"

lethargic: of, relating to, or characterised by laziness or lack of energy: "After eating a large plate of spaghetti and meatballs I often feel lethargic and sleepy."

languorous: characterized by tiredness or inactivity, especially of a pleasurable kind. "summer has a slow, languorous feel to it here"

listless: (of a person or their manner) lacking energy or enthusiasm. "bouts of listless depression"

torpid: mentally or physically inactive; lethargic. "we sat around in a torpid state"

enervated: without vigour, force, or strength; languid.

enervate: make (someone) feel drained of energy or vitality. "the heat enervated us all"

What is the difference between enervate and innervate?

Enervate and **innervate** are pronounced in a very similar manner and share the Latin root *nervus* (meaning "sinew"), but they are distinct in meaning. **Enervate** (as a verb) means "to lessen the vitality or strength of," while **innervate** means "to supply with nerves."

sinew: **a:** solid resilient strength: **POWER** astonishing intellectual *sinew* and clarity. **b:** the chief supporting force: **MAINSTAY**—usually used in plural: "providing the *sinews* of better living"

sinew: **verb:** **sinewed;** **sinewing;** **sinews:** to strengthen as if with **sinews**

For Year 9 – Analysing

tone: is the author's attitude toward his subject matter. The tone might be solemn, formal, playful, or serious; it is created through word choice and sentence structure.

mood: It is the feeling a piece of literature evokes in the reader. happy, peaceful, etc.

atmosphere: Created by the tone pervading the literary work, atmosphere shapes the reader's expectations about the plot (whether the events will be happy, sad, etc.).

stream of consciousness: a style of writing in which the thoughts and feelings of the writer are recorded as they occur.

verisimilitude: an illusion of reality created in a fictional work.

point of view: is the outlook from which the events in a work are told. The methods of narration are:

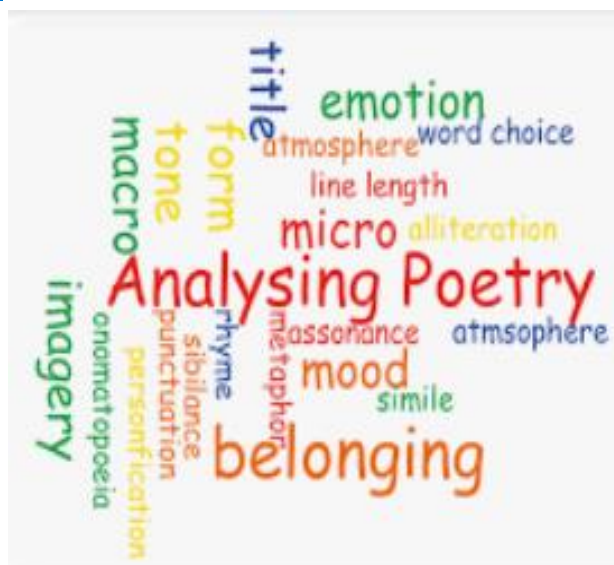
omniscient narrator: The third person narrator is all-knowing and relates the thoughts, feelings and motivations of all the characters.

limited omniscient narrator: The third person narrator relates the thoughts and feelings of only one character.

first person narrator: A character, often the protagonist, narrates the story in the first person.

objective narrator (detached observer): The third person narrator sees and records the information from a neutral or unemotional viewpoint.

| For Year 7: | FOR YEAR 8 | FOR YEAR 9 |
|---------------|------------|-----------------------|
| prejudice | indolent | tone |
| privilege | slothful | mood |
| profession | shiftless | atmosphere |
| programme | loafing | stream of |
| pronunciation | sluggish | consciousness |
| queue | lethargic | verisimilitude |
| recognise | languorous | point of view |
| recommend | listless | omniscient narrator |
| relevant | torpid | limited omniscient |
| restaurant | enervated | narrator |
| | enervate | first person narrator |
| | | objective narrator |
| | | (detached observer) |



Learn them to improve your spelling!!!

Miss Petrova



Maths

Maths Question of the Week

On Saturday, some adults and some children were in a theatre. The ratio of the number of adults to the number of children was 5 : 2

Each person had a seat in the Circle or had a seat in the Stalls.

$\frac{3}{4}$ of the children had seats in the Stalls.

117 children had seats in the Circle.

There are exactly 2600 seats in the theatre.

On this Saturday, were there people on more than 60% of the seats? You must show how you get your answer.

Submit your answer by Monday at Break time in Room 21 to receive 5 Achievement points for the correct answer.

Mr Amenze



Computer Science

Unscramble the letters to find 5 Computer Science related words.

1. a grimm prong
2. rem yom
3. capitol pain
4. light roam
5. adas beat

Answers: 1) Programming; 2) Memory; 3) Application; 4) Algorithm; 5) Database

Mr Burr

Drama



Here are our 12 Year 8 students who are taking part in the Beacon Hill collaborative Project this year. This week they had the opportunity of working with Jane from Sparkle Inclusive Theatre Company who taught the students how to use sensory aids to support inclusive learning.



Mrs Grint

RE

RE Word Challenge

Do you know what the word transubstantiation means? Year 7 should all know this one as it is a keyword for this half term.

How many words can you make using the letters in transubstantiation.

Email your answers to:
gardnerc@graysconvent.thurrock.sch.uk

by Monday 18th March. The student with the most words will gain Achievement Points.



Mrs Gardner

Lenten Reflections

All students in all year groups 7-10 are being given opportunity for quiet Lenten reflections with the Chaplain during R.E. lesson time, in the lead up to Easter, while Year 11's are doing their Mock GCSE's.

Yrs.7-9 have been reflecting on the events of **Holy Week** and Year 10 will have reflections on the **Stations of the Cross**.

Bible Study continues for all year groups during second half of lunch times on Fridays and are well attended. Any more students who would like to join are welcome and need to see the Chaplain for a lunch pass.

We remember with thanksgiving the events of Holy Week and the sacrifice of Jesus for the salvation of us all. One of the ways we do this is by praying the Stations of the Cross especially on Fridays, because Jesus died on Good Friday.



The Stations of the Cross (The Way of the Cross)



The Stations of the Cross are the **stopping points** of Jesus on his way to Calvary, carrying his cross on which he was crucified and died for us all.

You will see pictures of these as you come up the main stairs.



Try to think about the story in a different picture each day.

The Stations of the Cross are also called the Way of the Cross

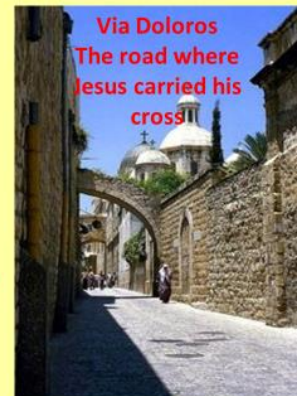
The early Christians used to go to Jerusalem each year to walk the same route as Jesus to Calvary, where he died on the cross.



Jerusalem

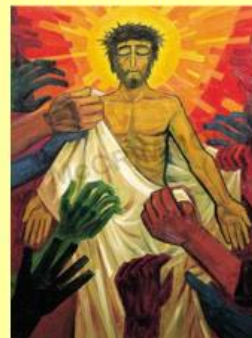
The Via Dolorosa

The Way of Sorrow



Via Dolorosa
The road where Jesus carried his cross

As Christianity spread throughout the world, not everyone could afford to travel to Jerusalem, so they made pictures in wood or stone carvings and put them round churches, as we have around our Chapel and Foyer. People could then walk around looking at the pictures to gratefully remember Jesus' journey to the cross, the events along the way and all that he suffered out of love for us.



This is called praying the **Way of the Cross** or **Stations of the Cross**. As we look at the pictures we repent of our sins which caused Jesus so much pain and thank him that he died so that we could be forgiven and set free to go to Heaven.

This is the **Mercy Gate** also called the **Golden Gate** which Jesus passed through on the way to his crucifixion.

Under Roman law, if anyone pleaded for the prisoner at this gate there would be a complete re-trial; but **no one** pleaded for Jesus, **the innocent one**, yet he pleads for us sinners and prays "Father forgive them, for they know not what they do."



The 9th STATION: JESUS FALLS FOR THE 3rd TIME

Prayer: Jesus fell 3 times but he didn't give up. Please help me when things get too much; fill me with the power of your Holy Spirit to rise up and carry on; knowing that **everything is possible to you, who lives in me.**

We praise and thank you for the victory of your cross which sets us free. Lord we ask you to please grant freedom and peace to the people in Ukraine. We ask this in Jesus' name. Amen.



This is how much he loves you

HAPPY St PATRICK'S DAY!

17th March is traditionally St Patrick's day, but this year it falls on the 5th Sunday of Lent.

Prayer: Saint Patrick's breastplate :

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me. Amen.

Joke box

A funny joke a day keeps the frowns away.

'Shay, do you understand German,?'
'To be sure, I do if it's spoken in Irish.'

When is an Irish potato not an Irish potato?
When it's a French Fry!

Why did St. Patrick drive the snakes out of Ireland?
He couldn't afford their plane fares.



Miss Carson

Year 9 are invited to the Flame Congress 2025 bookings open now
See bcys.net/events and see the Chaplain for further information.

Flame Saturday 15th March 2025

Wembley Arena



Flame is returning Saturday 15th March 2025

Following the great success of Flame 2023, where over 1000 young people from the Diocese joined the crowd of 8000 in Wembley Arena for a full day event full of energy, prayer, joy and hope, with content that is ideal for young people from Year 10 to Year 13 in 2025.

Full of inspiring speakers from all around the world, representatives from a number of organisations, **award winning musicians** and so much more. **Adenike** will be back again and also One Hope Project.

[You can follow the Flame Congress on Instagram.](#)

[For further information see bcys.net](https://bcys.net)

Tickets cost £34 each but if we book now we could get them cheaper at £29, but it is first come first served, when they've gone they've gone. Tickets are non-refundable, (you don't get your money back). We would be travelling by train, so students would buy their own train tickets, which is cheaper than travelling by coach. We are looking to see if the school can help towards the cost, but we need to know how many would like to go this event. If your daughter would like to go please ask her to see the Chaplain at the start of next half term. It is a particularly good opportunity for anyone who may be thinking of receiving the Sacrament of Confirmation.

God bless you in this holy season of Lent and have a lovely half term.

Miss Carson

Pope Francis - Tweet of the Week



Pope Francis @Pontifex · 3h

Let us [#PrayTogether](#) for those who suffer from the terrible consequences of war. So many young people are going to their deaths! Let us pray that the Lord may grant us the grace to stop the madness of war, which is always a defeat.

249

462

2.4K

104K



Safeguarding our Children at Grays Convent

At Grays Convent our Designated Safeguarding Lead (DSL) is Mrs Collis, and our Safeguarding Officers are Mrs Wells and Mrs Bishop. Students can contact any of our Safeguarding Team during the school day.

Worried about a child?

You can phone or write to The MASH about your concerns. Phone immediately if you believe it is urgent.

- Thurrock MASH (Multi Agency Safeguarding hub), Civic Offices, New Road, Grays, Essex, RM17 6SL, Tel: **01375 652802**.
- Emergency Duty Team (for out of hours) **01375 372468**.
- Police Child Abuse Investigation Team **01277 266822** or call **999** if you are concerned a child needs immediate protection.
- Childline **0800 11 11** www.childline.org.uk
- NSPCC **0808 800 5000** www.nspcc.org.uk; www.facebook.com/nspcc

Mrs Collis

Internet Safety Tip - TikTok



How to stay safe on TikTok

Choosing to **make your account private** allows you to approve or deny followers and restrict your uploaded content to followers only. To make your account private:

- Tap on the profile tab
- Go to the **three-dot** menu in the top-right corner
- Tap on **Privacy**
- Then toggle **Private account**

You can keep your identity secure by not including any personal information, such as name, address, phone number or age in your profile.



Users can also manage their experience through the **Digital Wellbeing** tool in their settings, using 'Screen Time Management' and 'Restricted Mode', to limit the type and amount of content viewable.

Mr Burr

What Parents & Educators Need to Know about TEKKEN 8



Thirty years after its debut on the original PlayStation, the Tekken franchise is back with its eighth mainstream instalment. A one-on-one fighting game series in the same vein as Street Fighter and Mortal Kombat, Tekken 8 can be commended for its relative lack of in-game purchases – but there's still plenty to consider in keeping young players safe from potential hazards.

WHAT ARE THE RISKS?

FUTURE SPENDING?

Tekken 8 carries a PEGI 16 rating, with the assessors noting its violence, occasional profanity and in-game purchase options. The latter issue, however, is a little different to what you may expect from a modern game: unlike many high-profile releases, Tekken 8's content is all accessible without spending any extra money. The exceptions are new characters, which will become available to purchase separately in the future.

COPYCAT RISK

With characters flying across the screen using a mixture of authentic and fantastical fighting styles, younger children and impressionable teens may find themselves tempted to copy their favourite characters or act out their epic fights in real life. This could simply amount to harmless fun – but could also easily lead to accidents, injury and distress if young gamers start actually landing blows.

VIOLENT GAMEPLAY

As a fighting game, Tekken 8's gameplay is heavily based on punching, kicking and throwing opponents around – while some characters' attacks occasionally involve weapons. Most of the violence is comparatively cartoonish in its execution and lacking in gore, but the fact remains that the action still revolves entirely around intense combat and inflicting damage on an opponent.

FAMILY CONFLICT

Tekken 8's story mode, 'The Dark Awakens', focuses on two of the series' most important characters – Kazuya and Jin, a father and son who have been warring for years. The sight of two family members physically fighting each other may be hard to understand (and difficult to deal with) for some children – causing confusion and concern over why relatives would want to hurt one another.

RANKED ONLINE PLAY

Tekken 8 features an array of online modes – most notably its 'Ranked' section, where players battle to reach the top spot of a worldwide leaderboard. Many players will dedicate significant amounts of time to practising and – while the challenge can be fun – some of these matches can get extremely competitive. Children could become obsessed with climbing the rankings and dedicate an unhealthy amount of time to the game or grow angry if they wind up on a losing streak.

ONLINE CONTACT

Tekken 8 doesn't offer voice chat by default, but a player's platform ID is visible (such as their PlayStation Network ID, Steam account or Xbox gamertag). Rival players can, therefore, reach out via messages if they wish. Given the game's fiercely competitive nature, these communications can potentially put children at risk of online abuse if their opponent is a particularly sore loser.

Advice for Parents & Educators

TRY IT OUT YOURSELF

As with many popular games, we'd recommend checking it out for yourself in advance if you have any concerns. In the case of Tekken 8, there's a free demo version available (for all platforms) which lets you experience fights with a handful of the characters: a useful way of establishing first-hand whether some children might find the game's violence to be too intense.

EXERCISE YOUR JUDGEMENT

While Tekken 8 features a sort of 'spray' impact effect when attacks land, it's not the kind of game that most observers would describe as gory (unlike, for instance, the Mortal Kombat franchise). Of course, any fighting game worthy of the name will include a significant degree of violence – but the level at which the battles in Tekken are pitched may not be an issue for some children.

MARTIAL ARTS MOTIVATION?

With characters utilising real-world fighting styles such as jiu-jitsu, boxing and kickboxing, Tekken could represent an opportunity to channel a child's fondness for the game into a beneficial interest in real-world martial arts. Classes can help to build young people's confidence and physical fitness, as well as providing avenues for making new friends.

CONTROL COMMUNICATIONS

If a child plays Tekken online with anyone apart from their friends, then parents and carers could consider restricting communications – such as shutting off the facility to be messaged by other players (although the child's profile name will still be displayed) – to reduce the chance of contact from strangers. This can be done via the console's account settings or through the child's Steam account (if playing on PC).

Meet Our Expert

Editor in Chief of gaming and esports site @GRecon, Lloyd Coombes has worked in the games media industry for five years. He's played every Tekken title since the series began and, as a parent, also values the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.















Source: https://pegi.info/en/search-pegit9-tekken-850p-6e8a9e58758e-b0b5c7c0a32875d0-5publisher-6platform5875d0-6review_year5875d0-6page-5form_build_id-form-0794N50etM5D1M2SLW0QVg19xumf19w00700095e-05form_id-pegit_search_form



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.03.2024

Extra-Curricular Sports Timetable: From: 3:30-4:30

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---------------|
| KS4 Badminton  | Basket Ball GS  | Y7 Athletics ZB  | KS3 Netball (Y7, 8 & 9) KW /GS  | |
| All year's rugby 7s GS  | KS4 (Y10 & 11) Netball SF  | KS3 Badminton GS  | Y8-11 Athletics Track MB  | |
| Fitness club SF  | | Cricket – all years SF  | Y8-11 Athletic Field ZB  | |
| | | | Ski Fit- SF  | |

Key Dates and Events

| | | |
|---|--|---------------------|
| 4 th to 28 th March | Year 11 PPEs continues (see timetable above) | Year 11 |
| Monday 25 th to Thursday 28 th March | Year 9 Options Taster Programme (and continues after Easter) | Year 9 |
| Tuesday 26 th March | Year 9 Options Evening | Year 9 & Parents |
| Thursday 28th March | Early Finish for Easter Holidays | Whole School |
| Friday 29th March to Friday 12th April | Easter Holidays | Whole School |
| Tuesday 2nd, Wednesday 3rd & Thursday 4th April | Easter Revision Classes | Year 11 |
| Monday 15th April | Students return for 8:25am – Summer Term | Whole School |
| Monday 15 th to Friday 19 th April | Year 9 Options Taster Programme (continues) | Year 9 |

MAKE YOUR MARK TIMELINE OF EVENTS

Make
Your Mark

Xouth Parliament
MAKING OUR MARK

2024

Involving Thurrock schools, colleges and youth groups

Running since 2011, Make Your Mark has reached millions of young people. It gives young people aged 11-18 the opportunity to vote on topics they feel are the most important issues facing young people locally and across the UK.

Make Your Mark voting period will run from Monday 29 January – Friday 1 March 2024. During this time we want Thurrock schools, colleges and youth groups to encourage as many young people to vote. Every vote matters!

Get involved! Here's what you need to do.

Now - 22 Dec 2023



REGISTER

For Thurrock schools, colleges or youth groups to take part in the 2024 Make your Mark consultation you need to register with Thurrock Youth Cabinet.

Register your school, college or youth group now by dropping us an email at

youthcabinet@thurrock.gov.uk

Registration closes on Fri 22 Dec.

From 15 Jan 2024



PRE-VOTING

From 15 Jan 2024 we will send you the resources you need to support the vote in your school, college or youth group. This will include printable tally sheets and explainer videos.

29 Jan - 1 Mar 2024



VOTING PERIOD

Voting is live across the UK! During this time use the tally sheet to capture students / young peoples vote.

By 1 March 2024



SUBMIT RESULTS

The deadline to return completed tally sheets is Friday 1 March by 5pm.

Please scan in and send all completed tally sheets to

youthcabinet@thurrock.gov.uk

22 March 2024



MAKE YOUR MARK RESULTS ANNOUNCED

We'll let you know the outcome so you can announce the results in your school, college or youth group.

PATT ADHD Support Group

For families with children and young people with
ADHD and neurodiversity

Booking essential

If we need to cancel a session you will get notification via email

To book: www.patt.org.uk/adhdsupport or scan the QR Code below.

Facebook: PATT ADHD Support

First Wednesday of each month 6.30pm to 8.30pm

| | |
|-------------------|-----------------------------|
| 7th February 2024 | Stanford Le-Hope Family Hub |
| 6th March | PATT Office |
| 1st May | Stanford Le-Hope Family Hub |
| 5th June | PATT Office |
| 3rd July | Stanford Le-Hope Family Hub |
| 4th September | PATT Office |
| 2nd October | Stanford Le-Hope Family Hub |
| 6th November | PATT Office |
| 4th December | PATT Office |

3rd Friday of each month 9.30am–11.30am

PATT Office, 51 Lodge Lane, Grays, RM17 5RZ

| | |
|-------------------|----------------|
| 19th January 2024 | 16th February |
| 15th March | 19th April |
| 17th May | 21st June |
| 19th July | 27th September |
| 25th October | 29th November |



Specialist Health Visitor Appointments with PATT SENDIASS via MS Teams

These appointments are for parents with children who have additional needs. It is an opportunity to meet with our team to discuss how our service may be able to assist. This may be signposting to other services, explaining processes, coordinating health care, referral, intervention, or support. It is also an opportunity to meet the PATT SENDIASS team and get advice and guidance on education and school issues.

To book a 15 minute, online appointment, visit www.patt.org.uk/booking-page Or scan the QR code below.

Please be assured that you will have the opportunity to speak with Caralyn or a member of her team in private during these sessions.

| 2023 | Time | 2024 | Time |
|-------------------------------------|-------------------|-------------------------------------|-------------------|
| Thursday 21 st September | 10.30am -12.30pm | Thursday 18 th January | 10.30am – 12.30pm |
| Wednesday 18 th October | 10am – 12pm | Wednesday 29 th February | 10am – 12pm |
| Thursday 16 th November | 10.30am – 12.30pm | Thursday 28 th March | 12.30pm – 2.30pm |
| Wednesday 13 th December | 10am – 12pm | Wednesday 17 th April | 10am – 12pm |
| | | Thursday 16 th May | 10.30am – 12.30pm |
| | | Wednesday 19 th June | 10am – 12pm |
| | | Thursday 11 th July | 12.30pm – 2.30pm |

Because of the nature of the roles in this team we may need to cancel at the last minute, if this happens, I will arrange to speak with you at a different time.



Schedule 2024

where and when to find us

Sessions run term time only

To book an appointment: www.patt.org.uk
scan the QR code or call 07702 127 252



First Wednesday of the Month 5pm – 6.30pm

Stanford-Le-Hope Family Hub, Copland Road, SS17 0DF

Runs in conjunction with PATT ADHD Support group (6.30– 8.30pm)
6th Feb, 7th May, 2nd July, 1st Oct, 3rd Dec



First Thursday of the Month 9.30am – 11.00am

Tilbury Family Hub, London Road, Tilbury RM18 8EY

1 Feb, 7 Mar, 2 May, 6 Jun, 4 Jul, 5 Sep, 3 Oct, 5 Dec



Second Wednesday of the Month 10am – 12pm

Ockendon Family Hub, 2a Afton Drive, RM15 5AP

10 Jan, 14 Feb, 13 Mar, 8 May, 12 Jun, 10 Jul, 11 Sep, 9 Oct, 13 Nov, 11 Dec



Fourth Wednesday of the Month 4pm – 6.30pm

PATT Office, c/o Take 4 Care, 51 Lodge Lane, Grays RM17 5RZ

24 Jan, 28 Feb, 27 Mar, 24 Apr, 22 May, 26 Jun, 25 Sep, 23 Oct, 27 Nov



Third Monday of the Month 4pm – 6.30pm

30 minute online session with a member of the PATT team

15 Jan, 18 Mar, 15 Apr, 20 May, 17 Jun, 15 Jul, 16 Sep, 21 Oct, 18 Nov, 16 Dec



FAMILY VIEWS WORKSHOP

Second Tuesday of the Month 10am – 2pm

A one hour, one to one session at the PATT office to support you to complete the family views document. We will send you the template and guidance document when we receive your booking for you to start writing your child's story so far. Please bring the document with you when you attend.

13 Feb, 12 Mar, 14 May, 11 Jun, 9 Jul, 10 Sep, 8 Oct, 12 Nov, 10 Dec

FREE School Uniform Events

free for everyone, no referral needed!

Fridays
3 - 4.30pm

19th January
16th February
15th March
19th April
17th May
21st June

Saturdays
10 - 11.30am

20th January
17th February
16th March
20th April
18th May
22nd June

Community Church Chadwell St Mary
Defoe Parade (enter from Brentwood Road)
RM16 4QR

Save the planet 🌍, and your pennies 💰!

Hundreds of items in stock:

- Polo shirts
- Jumpers & cardigans
- Shirts & blouses
- Blazers & ties
- Skirts
- PE kit incl football socks
- Trousers
- Plimsolls
- Socks
- Black shoes
- Pinafore dresses
- Coats

Clean, good condition school uniform donations accepted when space allows. Please check our facebook page to see if we are currently collecting. Search facebook for "The 180 Project"

An event run by The 180 Project, part of Community Church
Registered charity no. 1062301. Tel: 01375 484 101

ReThink ReCreate ReCycle

Open to all young people aged 5-16 with SEND

Competition opens: 22nd January 2024
Competition closes: 28th March 2024

Take a plunge into the world of recycling like never before. It's not just about bins and bottles; it's about turning everyday items into extraordinary creations and give them a new lease on life.

We want to see your innovative minds at work, turning old items into mind-blowing masterpieces.

HOW TO ENTER

- Collect the items you want to recycle and transform these finds into a mind-blowing creation.
- Take a photo of your masterpiece, and in a paragraph, share the inspiration behind your creation while highlighting the materials you recycled.

Email it to QASEND@thurrock.gov.uk
Remember to include your name, age, year group and current school setting.

THINK ABOUT:

- What message does your creation convey about recycling?
- How did you recycle materials to create something new and exciting?
- How can your creation inspire others to join the movement?

thurrock.gov.uk





YOUTH VOICE GROUP SUPPORTED BY THURROCK YOUTH CABINET

Are you 16-25 years old?

Would you like to have a say on life, learning and living in Thurrock?

If so, Thurrock Youth Cabinet would like to hear from you!

Do you identify as neurodiverse, additional needs, special needs, SEND (Special Educational Needs and Disabilities)?

Join a new Youth Voice group and turn your ideas into action.

- Attend three times a year at Grangewaters in South Ockendon
- Lunch, drinks and an activity provided
- Meet new people (16-25 olds with additional needs)
- Collaborate with Thurrock Youth Cabinet members and staff
- Have your say and be listened to!

To sign up or find out more, email today at youthvoice@thurrock.gov.uk

Autism Empowerment Webinar

This one-hour lunchtime webinar is a brief exploration of how Autism can present, the history of Autism, diagnosis as well as differences in communication and social interaction. We will also be looking at how the environment can impact on someone with sensory processing challenges.

The main aim of this webinar is to focus on the many strengths autistic individuals have and how we can increase understanding and Neuro-inclusivity through education and raising awareness.

Webinars are held on Zoom on the following dates:



- Thursday 29th February 12:30 to 13:30
- Friday 29th March 12:30 to 13:30
- Friday 26th April 12:30 to 13:30

At the end of the webinar, you will receive a certificate of attendance that will be emailed to your given email address.

The cost of this one-hour webinar is only £5.50!

To book your place on the webinar please either scan the QR code below or go to: www.theautismtrainingnetwork.com/training

"For every person who understands Autism better, another Autistic person will be happier."
Libby Scott, Autistic Author (at age 11)



What's on in March 2024

| Mondays | | | | |
|---------|---------|---|-----------------|--|
| Start | End | Activity | Age groups | How to join in |
| 8.30am | 12.00pm | Housing Advice for Council Tenants | | Book in advance 01375 413820 |
| 9.30am | 10.30am | Baby Rhyme Time | 0 to 12 Months | All welcome |
| 9.30am | 10.30am | Bring a Story to Life 4 th – The Three Billy Goats Gruff 11 th – Old Macdonald Had a Farm 18 th – The Three Little Pigs 25 th – The Very Hungry Caterpillar | 24 to 60 Months | All welcome |
| 11.00am | 12.00pm | Baby Massage | 0 to 12 Months | Book in advance |
| 2.00pm | 3.00pm | Stay and Play | 24 to 60 Months | All Welcome |

| Tuesdays | | | | |
|----------|---------|--|-----------------|----------------------|
| Start | End | Activity | Age groups | How to join in |
| 9.30am | 10.30am | Stay and Play | 12 to 24 Months | All Welcome |
| 10.00am | 12.00pm | STOP – Parenting Programme for Parents of Teenagers | | Referral only |
| 11.00am | 12.00pm | Fun with Books – 5 th March Fun with Sticking – 12 th March Fun with Mark Making – 19 th March Fun with Instruments – 26 th March | 12 to 60 Months | All Welcome |
| 2.00pm | 3.00pm | Sensory Play 5 th – 0 to 12 months 12 th – 12 to 24 months 19 th – 24 to 60 months 26 th – 0 to 12 months | | All Welcome |

| Wednesdays | | | | |
|------------|---------|---|--|------------------------|
| Start | End | Activity | Age groups | How to join in |
| 9.00am | 4.00pm | Midwife | Ante Natal | Book in advance |
| 9.00am | 11.00am | Children's Continence Advisor 6 th March | 18months + | Drop In |
| 9.30am | 10.30am | Parents 1 st Coffee Morning/Drop In 13 th March | This is an opportunity for you to meet other expectant mums in your area and get information on local groups available to you. | All welcome |
| 10.30am | 11.30am | SEND - Just For You | 0 to 60 Months | All welcome |
| 11.00am | 12.00pm | Stay and Play 13 th , 20 th and 27 th March | 0 to 12 Months | All welcome |
| 1.30pm | 2.30pm | Let's Talk to your Toddler | 12 to 24 Months | Book in advance |
| 1.30pm | 2.30pm | Fussy Eating 20 th March | 12 to 60 Months | Book in advance |
| 4.00pm | 5.30pm | Young Carers | | Referral only |

| Thursdays | | | | |
|-----------|---------|-----------------------------------|---|------------------------|
| Start | End | Activity | Age groups | How to join in |
| 9.00am | 4.00pm | Midwife | Ante Natal | Book in advance |
| 9.30am | 11.00am | Chatterbox | 24 to 60 Months | Referral only |
| 1.30pm | 2.45pm | Baby Weighing Clinic – Drop In | 0 to 60 Months | All Welcome |
| 1.00pm | 3.00pm | Triple P Baby Parenting Programme | Ante-natal or parents with a child aged 0-12 months | Book in advance |

| Fridays | | | | |
|---------|---------|--|-----------------|---------------------------------------|
| Start | End | Activity | Age groups | How to join in |
| 9.00am | 1.00pm | Speech and Language Drop- In 1 st March | | Referral Only |
| 9.00am | 1.00pm | Early Interaction Advice Sessions | 24 to 60 Months | Referral Only |
| 9.30am | 10.30am | Garden Group 1 st March | 24 to 60 Months | All welcome |
| 10.00am | 12.30pm | Job Club – Supported Families Employment Adviser | | Book in advance 07776245301 |
| 10.00am | 4.00pm | Inclusion Visions - Substance Misuse and Support – Drop in | 18 + Years | Lorraine. G 07977 792 236 |
| 11.15am | 12.15pm | Let's Talk to Your Baby | 0 to 12 Months | Book in advance |
| 1.30pm | 2.30pm | Stay and Play | 0 to 12 Months | All welcome |



What's on in March 2024

| Mondays | | | | |
|---------|---------|---|--|---|
| Start | End | Activity | Age groups | How to join in |
| 8.30am | 12.00pm | Housing Advice for Council Tenants | | Book in advance 01375 413 820 |
| 8.30am | 1.30pm | Early Interaction Advice Sessions | 24 to 60 Months | Referral Only |
| 9.30am | 10.30am | Stay and Play | 12 to 24 Months | All welcome |
| 10.00am | 12.00pm | Parents 1 st Coffee Morning/Drop In 4 th March | This is an opportunity for you to meet other expectant mums in your area and get information on local groups available to you. | All welcome |
| 12.00pm | 2.00pm | Triple P Baby Parenting Programme | Ante-natal or parents with a child aged 0 to 12 months | Book in advance |

| Tuesdays | | | | |
|----------|---------|---|---------------------|------------------------|
| Start | End | Activity | Age groups | How to join in |
| 9.30am | 10.30am | Lets Talk To Your Baby | 0 to 12 Months | Book in advance |
| 11.00am | 12.00pm | WellComm – Talk Together | 24 to 48 Months | Referral only |
| 10.00am | 11.00am | Baby Sign Along 5 th , 12 th , 19 th , 26 th March | 3 Months to 2 Years | Book in advance |
| 1.30pm | 2.30pm | Stay and Play | 0 to 12 Months | All welcome |

| Wednesdays | | | | |
|------------|---------|--|-----------------|---|
| Start | End | Activity | Age groups | How to join in |
| 9.00am | 12.00am | Local Area Co-Ordinator Donna Burnett - 27 th March | | Book in advance 07584 345 551 |
| 10.00am | 4.30pm | Inclusion Visions - Substance Misuse and Support – Drop in | 18+ Years | Lorraine. G 07977 792 236 |
| 10.00am | 12.00pm | EPEC – Living With A Teenager Parenting Group | Parents/Carers | Book in advance |
| 1.30pm | 2.30pm | Stay and Play 6 th , 20 th and 27 th March | 24 to 60 Months | All welcome |

| Thursdays | | | | |
|-----------|---------|--|-----------------------------------|--|
| Start | End | Activity | Age groups | How to join in |
| 8.30am | 1.30pm | Early Interaction Advice Sessions | 24 to 60 Months | Referral Only |
| 9.30am | 11.00am | Parental Outreach Advice Session 28 th March | | Book in advance |
| 10.00am | 11.00am | Childminder Support Group 28 th March | | All Childminders welcome |
| 10.00am | 12.30pm | Job club – Supported Families Employment Adviser | Parents/Carers | Book in advance 07776 245 301 |
| 11.00am | 1.00pm | B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0-2 years) and parents to be | | All welcome |
| 11.00am | 12.30pm | Pre and post-natal exercise classes Face to Face - For all fitness levels. You could improve your fitter, bladder control, posture, core strength, wellbeing and mood. | Mothers with a 0 to 6 month child | Book in advance Tilbury Family Hub 01375 858243 |
| 1.00pm | 2.30pm | Antenatal exercise classes Virtual - For all fitness levels. You could improve your fitter, bladder control, posture, core strength, wellbeing and mood. | Mothers with a 0 to 6 month child | Book in advance |
| 1.30pm | 2.30pm | Lets Talk To Toddler | 12 to 24 Months | Book in advance |
| 1.00pm | 2.30pm | Parent Carer Panel 7 th March | | Referral only |

| Fridays | | | | |
|---------|---------|---|-------------------------|--|
| Start | End | Activity | Age groups | How to join in |
| 9.30am | 10.30am | Baby Massage | 0 to 12 Months | Book in advance |
| 10.00am | 11.30am | Baby Weighing Clinic | 0 to 60 Months | All Welcome |
| 12.30pm | 1.30pm | Antenatal Information Sessions 8 th , 15 th , and 22 nd March | sarah@parents1st.org.uk | Book in advance 07789753925 sarah@parents1st.org.uk |
| 1.00pm | 16.30pm | Early Interaction Advice Sessions | 24 to 60 Months | Referral Only |
| 1.30pm | 2.30pm | Let's Talk to your Toddler | 12 to 24 Months | Book in advance |

| Saturdays | | | | |
|-----------|--------|-----------------------------------|------------|---|
| Start | End | Activity | Age groups | How to join in |
| 10.00am | 1.30pm | Dads and Partners Antenatal Group | | Book in advance 01268 525 758 info@parents1st.org.uk |

Brighter Futures – Family Hub Offer

Please use this link to see the Family Hub's offer and activity details –

www.thurrock.gov.uk/family-hub-activities

Please see the Thurrock website for details of each Family Hub and what is on offer each month and Face Book for information:

www.facebook.com/groups/thurrockchildrenscentres

Are you registered with the Family Hub? If not, you can do this online.

Visit: www.thurrock.gov.uk/family-hubs

EASTER EGG APPEAL

WE WOULD LOVE TO PROVIDE THE FAMILIES WE SUPPORT WITH A SPECIAL TREAT THIS EASTER. WE ARE COLLECTING EASTER EGGS TO PUT SOME SMILES ON THE CHILDREN'S FACES.

CAN YOU HELP?



Thurrock Foodbank,
2-4 Chase Road, Corringham, Essex, SS17 7QH

Contact—katecollier@thurrock.foodbank.org.uk
Office—01375 416200

Website—www.thurrock.foodbank.org.uk
Registered Charity Number—297569

Opening hours—Mondays, Wednesdays and Thursdays 9am—3pm

EASTER FAMILY ACTIVITIES 2024



| | 9:30am – 11am | 11:15am – 12:45pm | 1:30pm – 3pm | 3:15pm – 4:45pm |
|--------------------|---------------|-------------------|--------------|-----------------|
| Tuesday 2 April | Bushcraft | Canoe | Climbing | Kayak |
| Wednesday 3 April | Archery | Paddleboarding | High Ropes | Sail |
| Thursday 4 April | Climbing | Kayak | Archery | Paddleboarding |
| Friday 5 April | High Ropes | Sail | Bushcraft | Canoe |
| Tuesday 9 April | Bushcraft | Canoe | Climbing | Kayak |
| Wednesday 10 April | Archery | Paddleboarding | High Ropes | Canoe |
| Thursday 11 April | Climbing | Kayak | Bushcraft | Canoe |
| Friday 12 April | High Ropes | Sail | Archery | Paddleboarding |

Activities cost £11 per person, per session.

Why not book more than one session and stay for lunch (bring your own). Snack shop open at reception.

Accompanying adults must stay on site. Why not take part too?

Children aged 8 to 8yrs must try on safety equipment prior to booking. Get in touch to arrange an appropriate time.



There's something for everyone at
GRANGEWATERS
OUTDOOR EDUCATION CENTRE
Buckles Lane, South Ockendon, RM15 6RS

To book call
01708 855 228

For further information visit www.thurrock.gov.uk/grangewaters
or email grangewaters@thurrock.gov.uk

thurrock.gov.uk

GRANGEWATERS OUTDOOR EDUCATION CENTRE



RYA POWERBOAT LEVEL 2 COURSE



Grangewaters is a great inland location to learn the skills and background knowledge needed by the competent powerboat driver and is the basis of the International Certificate of Competence.

This course aims to teach boat handling and seamanship in powerboats. It focuses on low speed close quarters handling, man overboard recovery, an introduction to driving at planing speed, and collision regulations.

Our course is run by our expert RYA instructors using our Rib and Jaffa craft. All safety equipment will be provided.



**RYA Level 2 Powerboat
2-day course**
Ages 12+ years
Thursday 30th & Friday 31st May 2024
9.00am – 5.00pm
£250

Call to book your space!

thurrock.gov.uk/grangewaters

Email us on grangewaters@thurrock.gov.uk

Call us on 01708 855 228

[@Grangewaters](https://www.facebook.com/Grangewaters)

Buckles Lane, South Ockendon, Essex, RM15 6RS

INSPIRE YOUTH HUB

thurrock.gov.uk