

The Convent Chronicle



Friday 26th April 2024



Inspiring Ambition,
Achieving Excellence

Dear Parents/Carers,

This week saw the start of the Year 11 Exam season, with Art, Photography, Textiles and Modern Foreign Language GCSE Exams taking place. Photography and Textiles continues next week, and we wish our Year 11 students all the very best as they enter this next phase of their educational journey.

Year 10 Revision Guides will hopefully be distributed next week, once the Walking Talking Mock timetable has been completed, so look out for this – it will be posted on the website and a link will be sent to you.



We have remembered and celebrated St George's day this week. For those of us who are parents, we might also be looked upon as saints this term as we try and share extra patience and a listening ear to any of our children that are about to take exams and might be getting a little stressed.

Before exams
Dear Lord,
Be with us as we begin our exams,
May all the work we have done bear fruit.
Help us to be calm,
To read the questions carefully
And keep an eye on the time.
Grant us a clear mind,
Protect us from all anxiety.
May we be considerate of others in the exam hall
And follow the instructions
Of those who are there to support us.
Help us to remember
That our exams are milestones
On a longer journey, as we learn
And grow into the kind of people you want us to be
Who will make a difference in the world for the better
With our knowledge, our skills
And our generous hearts.

Exam stress itself is not entirely a bad thing as it can help to motivate us to do well, but like all aspects of stress, it certainly needs to be managed, and so we often remind our pupils how to do this, for example by timetabling breaks and fun times around sessions of revision. Years 7, 8 and 9 will take their annual school exams in a few weeks' time.

Naturally our thoughts and prayers are with all our pupils preparing for exams at this time.

Enjoy the weekend with your families.

Penny Johnson
Headteacher



MUSIC MARK
SCHOOL
2022 - 2023



Artsmark
Silver Award
Awarded by Arts
Council England

Key Dates and Events

Tuesday 30 th April	Year 11 GCSE Textiles Exam continues Year 11 GCSE Photography Exam continues	Year 11
Wednesday 1 st May	Year 11 GCSE Textiles Exam continues Year 11 GCSE Photography Exam continues	Year 11
Thursday 2 nd May	Year 7 Parents' Evening – 4-7pm	Year 7
Friday 3 rd May	Year 10 Duke of Edinburgh Silver Practice Expedition	Year 10
Tuesday 7 th May	Year 11 Leavers' Mass – 2:15pm	Year 11

Panathlon Event

Some of the girls from Years 8-10 went on a great trip to Shenfield High School to compete in a Panathlon. A panathlon is a fully inclusive sporting event that is open to anyone. It includes activities such as standing long jump and speed bounce.



Our team consisted of: Kadie Bennett, Ayomini Mustapha, Neah Hunt, Ellie Marvell, Elizabeth Ogundipe, Aqsa Irfan, Tyler Vera, Amara Ejiofor and Mary Lawson. The participants said that they really enjoyed the event and had a great time with Mrs Goddard and Mrs Collier cheering them on in support!



Unfortunately, despite their best efforts, our GCHS team came 4th, but it was an event enjoyed nonetheless and everyone showed great sportswomenhip by congratulating the other teams. All of our team members will be receiving a certificate of participation.

Well done! You worked incredibly well as a team and showed great resilience!

Mrs Lee

Silver Deputy Headteacher's Award

This week we have 3 students who have reached in excess of 400 achievement points. Huge congratulations to:



Malvina Ozog 7.9

Renesha Lewin 9L

Alyssa Gorte-Clarke 10.27



The students have contributed to school life as well as their hard work.

Bronze Assistant Headteacher's Award

Further congratulations for the following students who have reached in excess of 200 achievement points:

Nadia Raji 7.13

Maria-Crina Grosu 7.4

Malia Malanda 7.4

Maheera Burhan 8D

Ghaniyah Rashid 8D

Muskan Tariq 8D

Julia Kabzinska 8M

Bahara Naimi 8M

Chloe Winters 8M

Aqsa Irfan 9D

Demi-Leigh Simpson 9D

Tofunmi Ajayi 9E

Meena Amery 9E

Tyler Vera 9E

Mariam Chowdhury 9L

Izabella Fagg 9L

Yeaneevaa Koroma 9L

Aliyyah Onufade 9L

Marzooqah Ayilara 9M

Amy Smith 9M

Kehinde Odutayo 10.23

Arshjot Kaur 10.24

Chrystal William 10.24

Rosie Angol 10.25

A huge well done to all of the students.

Mrs Bishop

Ava loves her Art!

I would like to share with you some images of the wonderful work Ava Henry (Year 7) has produced. She has shown initiative and turned her passion for art into a personal project that she now develops in her spare time by designing her own characters to be featured in her animation film. I am sure you will agree that they are adorable.

I hope these images inspire your creativity.



Mrs Guentcheva



Congratulations to our Jack Petchey Award winners for January, February and March 2024.

January 2024

Itunnuoluwa Adewa-Faboro Year 11

Itunnu was nominated for the award as follows:



“Although Itunnu is in her final year at Grays Convent and was busy with her academic studies for her GCSE's, she still made time to put to use her organisational expertise to help with the production of some of the BHM events that took place in our school. As well as raising money for charitable causes, the events Itunnu participated in, helped to bring awareness to other students.”

February 2024

Faith Antwi Ampadu Year 11

Faith was nominated for the award as follows:

“As well as her participation and help with hosting Black History Month, Faith has organised her own musical show for Thurrock Council at the Thameside Theatre which involved all the choreography for the dances. She has shown a real commitment to the Dance & Drama department as well as representing the school at various events.”



March 2024

Sania Raza Year 9

Sania was nominated for the award as follows:



“Sania has been an exceptional Anti Bullying Ambassador. She is supportive with the younger students and dedicates her time to being involved in organising the events in school to highlight the issues around Bullying. She is proactive in engaging with her peers, kind courteous and embodies the ethos of our school. She is also an exceptional student and will spare time to help others who may be struggling.”

Well done to all our girls, we are so proud of you!

Mrs Brown

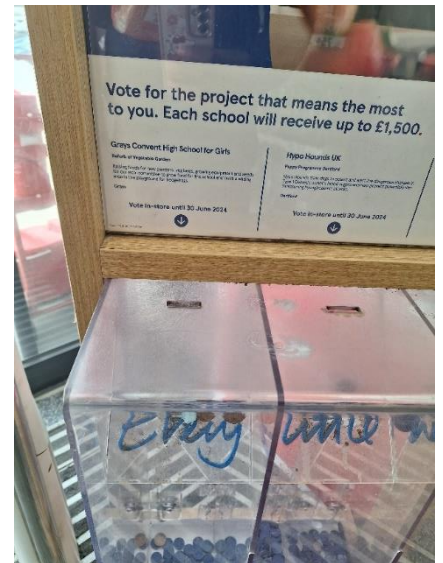


Our Eco-Committee have been successful in their application to take part in Tesco's Strong Start scheme.

Calling our local families, spread the word and ask for your blue voting coin at the till when you shop at Tesco and add it to the Grays Convent Eco-Project box please. We have until the end of June to get as many votes in as possible. The more votes, the more funds we receive.

To vote, you will need to make a purchase within store of any value. You will receive one token per transaction and it's not necessary to purchase a carrier bag in order to receive a token.

This is in order to raise funds for timber in order to re-build our vegetable beds in the eco-garden as they're worn out and unable to grow vegetables in this year.



Details of stores with a voting box are:

5842	Derwent South Ockendon Express	Small unit	RM15 5GN
3215	South Ockendon Express	Small unit	RM15 6QA
2600	Grays Express	Small unit	RM16 2BD
3156	Chadwell St Mary Express	Small unit	RM16 4JD
2506	Armada Chafford Express	Small unit	RM16 6PS
2357	Chafford Hundred Express	Small unit	RM16 6YA
6217	Southend Road Grays Express	Small unit	RM17 5NJ
5600	Tilbury Express	Small unit	RM18 7QW
2394	Lakeside Extra	Large unit	RM20 1TX

To check the location of any of the above stores, please go to the Tesco website here: <http://www.tesco.com/store-locator/uk>

Mrs Grint

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 27



FOR YEAR 7	FOR YEAR 8	FOR YEAR 9
Gaelic	displacement	headings
Sweden	alienation	subheadings
relationship	disassociate	captions
develop	adhere	boldface
origin	conform	italics
missing	assimilate	supporting detail
declare	adjust	proposed solution
television	connection	cause and effect
invasion	discriminate	primary sources
battle	prejudice	secondary sources



For Year 8: **IDENTITY AND SELF**

displacement - the act of moving something from its natural environment.

alienation - the act of causing someone to become unfriendly or hostile.

disassociate - part; cease or break association with.

adhere - stick to firmly.

conform - be similar, be in line with.

assimilate - make alike.

adjust - alter or regulate so as to conform to a standard.

connection - a relation between things or events.

discriminate - marked by the ability to see or make fine distinctions.

prejudice - a partiality preventing objective consideration of an issue.

For Year 9: **NON-FICTION - KEY VOCABULARY TERMS**

headings: An attention grabber that often includes the main idea of the paper.

subheadings: A heading underneath the main heading.

captions: A short description or reference of a drawing or picture.

boldface: Text that is made darker because of significant importance.

italics: Slanted text that could be of importance occasionally used in websites, references, books, or articles.

supporting detail: More information about the main idea.

proposed solution: An optional answer to the problem that will lead to the resolution.

cause and effect: The cause is one or more actions and the effect is the result of those actions. Example: Cause - You punched your brother; Effect - he got a black eye.

primary sources: Original, first-hand accounts.

secondary sources: materials based on and drawing conclusions about the events reported in primary sources.



Learn them to improve your spelling!!!

Miss Petrova



Mathematics

Maths Question of the Week

Enzo makes pizzas.



One day he makes 36 pizzas.
He charges £2.45 for each pizza.

(a) Work out the total amount he charges for 36 pizzas.

£ (3)

Mario delivers pizzas.
He is paid 65p for each pizza he delivers.
One day he was paid £27.30 for delivering pizzas.

(b) How many pizzas did Mario deliver?

..... pizzas (3)

Submit your answer on Monday 29th April at break time in Room 21 and receive 3 Achievement points.

Mr Amenze



Computer Science

What shape would this draw?

```
import turtle
for i in range(0,5):
    turtle.forward(100)
    turtle.right(72)
turtle.exitonclick()
```

Answer: A Pentagon

Mr Burr



Drama

This week, our time spent at Beacon Hill is sadly over as our group of Year 8 students finished their final session working with Beacon Hill's secondary students. During the past couple of months, the students have worked together to learn song, dance and sign language while exploring strategies in order to work collaboratively with a varying range of needs. The girls enjoyed the experience and here's some of what they had to say; "I've learned about their special hearts I've seen during these 5 sessions" (Alisha). "I found this experience very memorable and I would love to go back" (Geena). "My most memorable experience was when one of the kids hugged me from Beacon Hill" (Nicola).



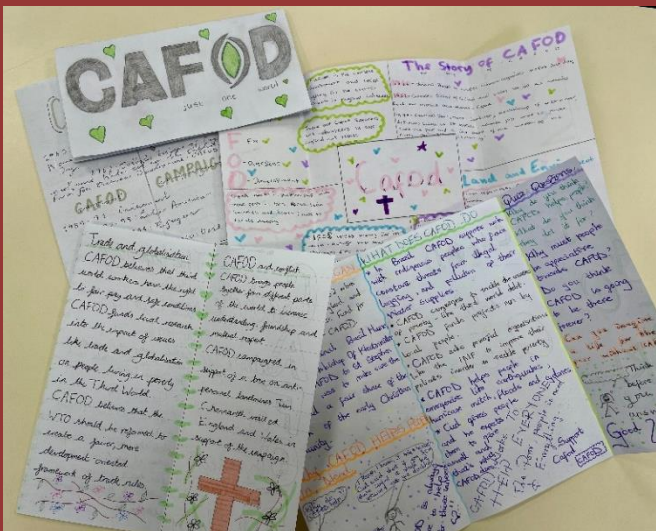
Well done to all the students involved in this wonderful and memorable event. It's been lovely to see their confidence grow and their friendships develop.

Mrs Grint

RE



Year 9s have currently been focusing on the topic 'Common Good,' in their RE lessons. They have been looking at the important work that CAFOD does, and created leaflets to bring greater awareness to others. Here is a selection of work from 9M



Mrs Wilsher

This week we celebrated Saint George's Day

Our wonderful school cooks made **St George's Cross** cakes to celebrate our National Feast of St George.

Saint George Patron Saint of England

He stands for **COURAGE** and the **TRIUMPH OF GOOD OVER EVIL**

Who was the real St George?

He wasn't English, he was born in Turkey in the late 3rd century and later lived in Palestine. His mother was Palestinian, his father was Greek and both were Christians and George was brought up a Christian.



Saint George is thought to have been a high ranking officer in the Roman army, **respected and admired** by the Emperor Diocletian, who did not know that George was a Christian. In 303 Diocletian began persecuting Christians and ordered that every Christian in the army should be arrested. George courageously declared that he was a Christian. He tore up the Emperor's orders to persecute Christians and spoke up in their defence. This infuriated the Emperor who had George arrested, imprisoned and tortured to make him deny his faith in Jesus Christ. Saint George showed incredible courage and faith in the risen Lord and would not give up his faith however much he was tortured, so he was eventually beheaded in Palestine on 23rd April 303 A.D. He is honoured as a Christian Martyr who died for his faith. He stands for courage to defend the innocent and the triumph of good over evil. Stories of his strength and courage spread all across Europe.

Saint George did not let his friendship with the Emperor get in the way of speaking up for the innocent: unlike Pilate who let Jesus, the innocent one be put to death in order to stay friends with the Emperor Caesar Augustus.



The legend of St George

There is a legend that Saint George made the sign of the cross and killed a dragon saving a princess, and also freed the townsfolk from fear of the dragon who had nested near their water supply.

This may be a legend, but in the Middle Ages the dragon symbolised the devil, and certainly Saint George overcame his battle against evil, when he refused to give up his faith.

His fame spread and was known in England by the 8th century.

King Edward III made him Patron Saint of England in 1350.

Saint George is a patron saint of other countries, cities and organisations, churches and schools.

Six Kings of England have been named after him.



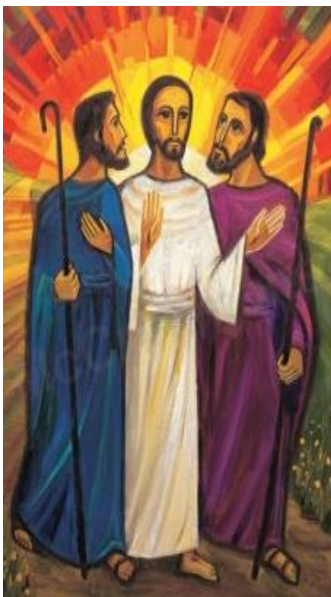
Prince George 10 Yrs. old

Celebrating 50 Days of Easter

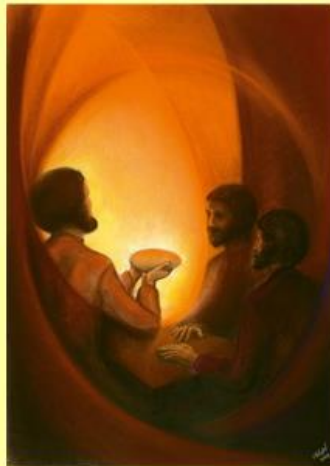
Year 10 prepared a lovely Easter Mass on Monday. We were delighted with all the volunteers who read beautifully and the Year group participated very reverently in the prayers and singing. We are very grateful to Fr Anthony Cho who came to celebrate the Mass for us and offered it for the intentions of the whole school and all their families and for success in their exams. We reflected on how the early Christians lived and shared everything in common and on the Gospel story where the risen Lord Jesus met the two disciples on the Road to Emmaus. Fr Anthony reminded us that Jesus is always with us, that he is truly risen! The disciples suddenly recognised Jesus in the breaking of bread, and Jesus always with us in the Holy Eucharist. He explained how their hearts burned within them, they were so amazed, and they were compelled to go out immediately to spread the Good News of the risen Lord, and we are called to go and do the same.

Fr Anthony prayed that the students will succeed in their exams and told them that it is no good praying 24/7 without doing any revision; that they must revise!! (We remember that with God all things are possible. We work together with Him.)

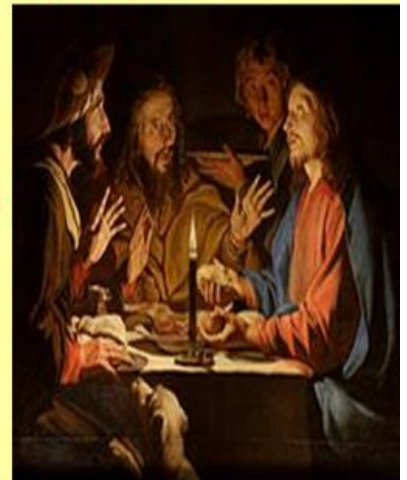
The Road to Emmaus



Then, while they were at supper
Jesus took a piece of bread and broke it,



and they
suddenly
recognised
him,



but he vanished from their eyes!

The disciples did not recognise the risen Lord Jesus as he came and walked with them along the road. (Jesus accompanies us each day along the road of our own lives, too). They kindly invited the 'stranger' in, and while they were at supper they suddenly recognised him in the breaking of bread. He vanished from their eyes and they left immediately to go and spread the Good News.

We have been continuing the Easter Resurrection stories in Form Prayer Times and today we have been thinking about Doubting Thomas. He did us all a favour through his honesty, and Jesus came and met where he was at and led him from unbelief to faith and worship. Jesus meets us where we are at on our own spiritual journey and guides us on the right path into faith and eternal life.

If there is a God, why is there suffering in the world? This is a question I was asked this week and one which there may not be an adequate answer to until we are in Heaven! Even Jesus and Mary his mother were not exempt from suffering. Jesus suffered the torture and agony of dying on the cross and the pain of seeing that, was like a sword through Mary's heart. Soon after Jesus was born, his family lived as refugees in Egypt. Jesus entered our humanity and suffered as we do and has great compassion for us. He came to save us from suffering and death which came into the world as a consequence of human choice to sin, which separates us from God, the source of life. Jesus died to destroy the power of death for us and rose from the dead to restore our life, so that all who believe in him will rise to eternal life with him. There is a poem called the Divine Weaver which explains that life is like a tapestry and there is a reason for every coloured thread. On earth we only see the knots and loose threads on the back, which do not make sense, but in heaven we will see the beautiful picture of our lives and why each thread was necessary. Those who suffer bless us with the opportunity to grow in compassion and love. God works all things together for the good of those who love him.

Doubting Thomas

Continuing the Bible story, Jesus had shown himself fully alive again to the disciples, but one was missing (not counting Judas)



Jn.20:24- 29

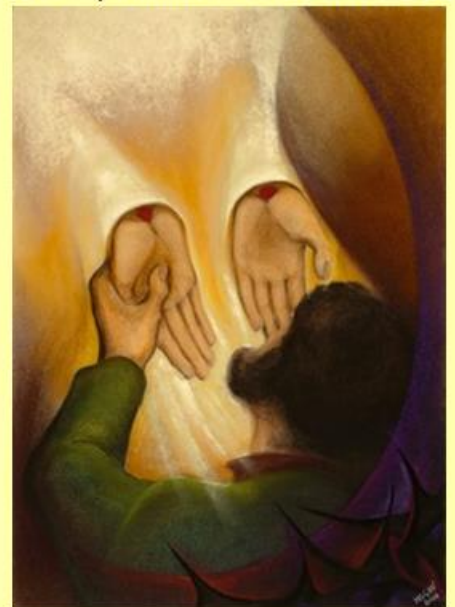
One of the twelve disciples, Thomas (called the twin), was not with them when Jesus came. So the other disciples told him, "We have seen the Lord!"

Thomas said to them,

"Unless I see the scars of the nails in his hands and put my finger on those scars and my hand in his side, I will not believe."

A week later the disciples were together again indoors, and Thomas was with them, the doors were locked, but Jesus came and stood among them and said, "Peace be with you,"

Then he said to Thomas, "Put your finger here, and look at my hands; then stretch out your hand and put it in my side, Stop your doubting and believe!"



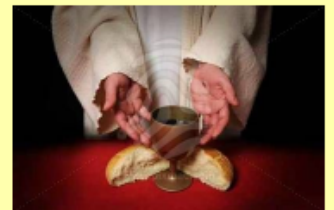
Thomas answered him,

“My Lord and my God!”

Jesus said to him,
“Do you believe
because you see me?
**How happy are those
who believe without
me!”**



Reflection: Jesus says that we are more blessed because we believe without seeing him; so our reward will be greater in heaven. Jesus is always with us. Jesus tells us he is truly present in the form of bread and wine; we cannot see him with our eyes but we believe his word.



Prayer: Lord, by the power of your Holy Spirit, open the eyes of our hearts and minds to recognise that you are always with us and that we identify your presence in the Eucharist, the Holy Communion at Mass. May we worship you and declare like Thomas, My Lord and My God! Lord in your mercy, hear our prayer.



Prayer for Success in Exams (based on Ephesians 3:20-21)

Glory be to him whose power working in us can do infinitely more than we can ever ask or imagine. Glory be to him from generation to generation in the Church and in Christ Jesus, for ever and ever. Amen.

Remember: I can do all things through Christ who strengthens me. Philippians 4:13

With God all things are possible. Mk.10:27

Students who are feeling anxious may also find comfort by reading Psalm 91 or Ps.23 in the evenings. I am keeping them in my prayers and parents too!

God bless you,

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.

Miss Carson

Pope Francis - Tweet of the Week



Pope Francis  @Pontifex · 3d

The World Day of [#PrayerForVocations](#) invites us to reflect on the precious gift of the call that the Lord extends to each of us. May we participate in His loving plan and incarnate the beauty of the Gospel in all states of life.

 181

 647

 3.6K

 226K



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



Blocking users on TikTok

You can also block a user so they won't be able to view your videos or interact with you through direct messages, comments, follows, or likes.

- Go to the profile of the account you want to report
- Tap the **settings** icon
- Tap **block** and follow the steps in the app

Users can also **bulk report**, delete or block up to 100 comments or accounts at once by long-pressing on a comment or tapping the pencil icon in the upper-left corner to open a window of further options.



Control your comment section

You have the power to decide whether you want to allow comments on videos from everyone, followers only, or restrict them altogether. Using profile settings, you can filter all comments to prevent certain keywords, or pre-approve any comment that appears on your video.

Mr Burr

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.03.2024



What's on in April 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 15th, 22nd and 29th April	0 to 12 Months	All welcome
9.30am	10.30am	Play and Learn	24 to 60 Months	
10.00am	11.00am	Easter Event 8th April	0 to 11 years	Book on advance
11:00am	12:00pm	Baby Massage	0 to 12 Months	Book in advance
2:00pm	3:00pm	Stay and Play 15th, 22nd and 29th April	24 to 60 Months	All Welcome

Tuesdays

9:30am	10:30am	Stay and Play 16th and 23rd April	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 Stickers – 16th April Fun with Textures – 23rd April	12 to 60 Months	All Welcome
2:00pm	3:00pm	Sensory Play 16th – 12 to 24 months 23rd – 0 to 12 months		All Welcome

Wednesdays

9:00am	4:00pm	Midwife	Ante Natal	Book in advance
9:00am	11:00am	Children's Continence Advisor 3rd April	18months +	Drop In
9.30am	10.30am	Parents 1 st Coffee Morning/Drop In 10th April	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
1.00pm	4.00pm	Children's Continence Advisor 3rd April	18months +	Referral only
10:30am	11:30am	SEND - Just For You 10th, 17th and 24th April	0 to 60 Months	All welcome
11:00am	12:00pm	Stay and Play 17th and 24th April	0 to 12 Months	All welcome
1.00pm	2.00pm	Chat, Play and Grow with Messy Play A fun session focussing on learning through play. Sensory, discovery and messy play for 3-5 year olds. 3rd April	36 to 60 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 17th April	12 to 60 Months	Book in advance
4.00pm	5.30pm	Young Carers		Referral only

Thursdays

9:00am	4:00pm	Midwife	Ante Natal	Book in advance
9.30am	11.00am	Chatterbox	24 to 60 Months	Referral only
9.30am	11.00am	Parental Outreach Advice Session 25th April		Book in advance
11.00am	12.30pm	Pre and post-natal exercise classes Face to Face - For all fitness levels. You could improve your fitness, bladder control, posture, core strength, wellbeing and mood. 18th and 25th April	Mothers with a 0 to 6 month old child	Book in advance Tilbury Family Hub 01375 858243
1.30pm	2.45pm	Baby Weighing Clinic- Drop In	0 to 60 Months	All Welcome
1.30pm	2.30pm	Dental Workshop Event Early Years Oral Health Programme 25th April	0 to 8 years	Book in advance
2.45pm	3.45pm	Baby Massage Acorns Community Centre Headon Hall, Crawford Avenue, Stifford Clays, RM16 2AS	0 to 12 months	Book in advance

Fridays

9.00am	1.00pm	Speech and Language Drop- In 5th April		Referral Only
9:00am	1:00pm	Early Interaction Advice Sessions	24 to 60 Months	Referral Only
9.30am	10.30am	Garden Group 19th and 26th April	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 5th, 19th and 26th April	0 to 12 Months	All welcome



What's on in April 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 22nd and 29th April	12 to 24 Months	All welcome
10.00am	11.00am	Parents 1 st Coffee Morning/Drop In 22nd April	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
1.30pm	2.30pm	Dental Workshop Event Early Years Oral Health Programme 8th April	0 to 8 years	Book in advance

Tuesdays

9.30am	10.30am	Let's Talk To Your Baby	0 to 12 Months	Book in advance
10.00am	11.00am	Baby Sign Along 16th April	3 Months to 2 Years	Book in advance
11.00am	12.00pm	WellComm – Talk Together	24 to 48 Months	Referral only
1.00pm	2.30pm	Parent Carer Panel – First Aid Training 30th April		Book in advance
1.30pm	4.00pm	Infant & Toddler First Aid Workshops with Parents 1 st 30th April	Parent/Carers	Book in advance
1.30pm	2.30pm	Stay and Play 9th and 16th April	0 to 12 Months	All welcome

Wednesdays

9.00am	12.00pm	Local Area Co-Ordinator 24th April		Book in advance 07584 345 551
1.30pm	2.30pm	Stay and Play 17th April	24 to 60 Months	All welcome

Thursdays

10.00am	11.00am	Childminder Engagement Support Group 11th April		All Childminders welcome
10.00am	12.30pm	Job club – Supported Families Employment Adviser	Parents/Carers	Book in advance 07776 245 301
11.00am	12.30pm	Pre and post-natal exercise classes Face to Face - For all fitness levels. You could improve your fitness, bladder control, posture, core strength, wellbeing and mood. 18th and 25th April	Mothers with a 0 to 6 month child	Book in advance Tilbury Family Hub 01375 858243
11.00am	1.00pm	B3 – Birth, Bumps and Belonging 11th April	A safe space for parents of Afro Caribbean heritage (0-2 years) and parents to be	All welcome
1.30pm	2.30pm	Let's Talk To Toddler	12 to 24 Months	Book in advance

Fridays

9.30am	10.30am	Baby Massage	0 to 12 Months	Book in advance
10.00am	11.00am	Easter Event 12th April	0 to 11 years	Book in advance
11.00am	12.00pm	Let's talk potty training 26th April	24 to 60 Months	Book in advance
10.00am	11.30am	Baby Weighing Clinic	0 to 60 Months	All Welcome
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

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


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

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 Call us on 01708 855 228
Email us on grangewaters@thurrock.gov.uk f @Grangewaters

Buckles Lane, South Ockendon, Essex, RM15 6RS INSPIRE YOUR FUTURE 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

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

