

The Convent Chronicle



Friday 1st March 2024



Inspiring Ambition,
Achieving Excellence

Dear Parents/Carers,

Dydd Gŵyl Dewi Hapus to you all. Or Happy St David's Day to the uninitiated. The greeting is pronounced 'Deethe goo-eel Dew-ee happ-iss', if you want to say it!! With a Welsh father and Irish mother, I get to do all of the celebrating at this time of the year!



Today is the first day of Spring, and we are welcomed in with rain as usual!! The news today reported that we have had one of the wettest February's on record, and so we can only hope that March, brings us some much needed light and that the sun peaks through.

Today is also national offer day, and I am hoping that all of those who wished for Grays Convent, have been successful. We will send our Golden Tickets to our new Year 7's for September inviting them to a Friendship afternoon on the 14th March. I look forward to meeting them all for a look around and to make friends with their peers. I am so pleased to see so many sisters of current students continuing their family tradition by attending the Convent.

Today also marks the Women's World Day of Peace, and we pray this year for those women in Palestine. The symbol of the Olive tree represents the three generations, through its trunk, branches and leaves, of women affected by war and violence in Palestine.



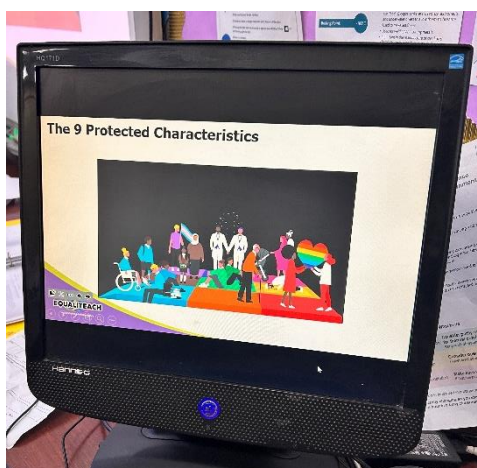
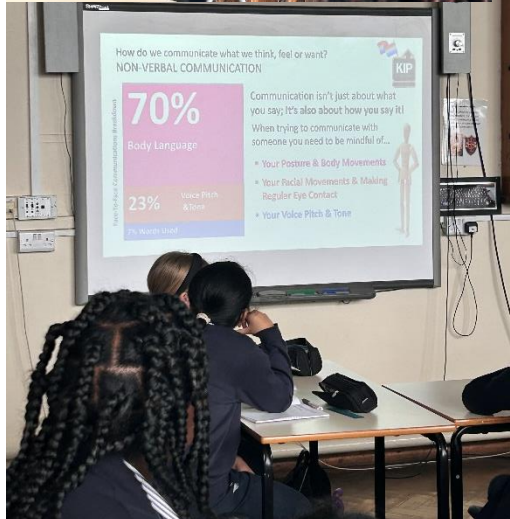
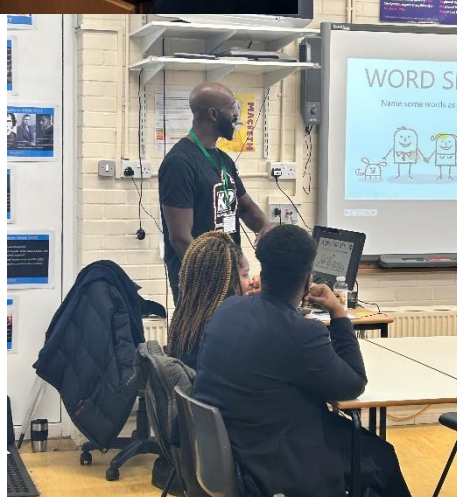
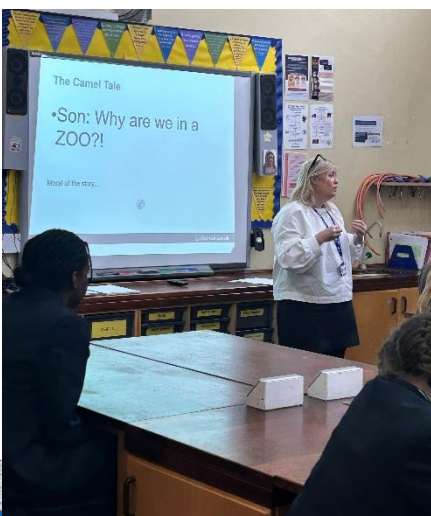
The Pope exhorts us 'I beg you, bear with one another in love', and the women of Palestine are calling us to connect with the land from where Jesus came; where he was born, ministered and died – and from where our faith began and is rooted. Lord, May your light and love shine through all of us. Amen.

With my love and prayers on this Spring day,

Penny Johnson
Headteacher



Rise Above Day in pictures – Thursday 29th February 2024











Miss Hector



Timetable of events



	Monday	Tuesday	Wednesday	Thursday	Friday
Year 7	Lesson 5: Year 7 World Book Day Activity	Lesson 3: My Favourite Read 	Lesson 2: World Book Day Quiz 	Lesson 1: Costume Parade in the gym Lesson 2: DEAR for World Book Day	
Year 8		Lesson 6: My Favourite Read 		Lesson 4: Costume Parade in the gym Lesson 2: DEAR for World Book Day	Lesson 6: World Book Day Quiz 
Year 9	Lesson 3: Year 9 World Book Day Activity	Lesson 2: My Favourite Read 	Lesson 7: World Book Day Quiz 	Lesson 7: Costume Parade in the gym Lesson 2: DEAR for World Book Day	
Year 10				Lesson 6 : Costume Parade in the gym Lesson 2: DEAR for World Book Day	
Year 11				Lesson 2: DEAR for World Book Day Lesson 5: Costume Parade in the gym	



Year 7 World Book Day Competition



Research an author of your choice. One A4 page only. Selected work will be displayed in the library as part of a World Book Day exhibition



Year 8 World Book Day Competition



National Book Tokens' annual DESIGN A NATIONAL BOOK TOKEN competition is back, inviting children of all ages to get creative and share their love for books and reading by designing their own fabulous gift cards!

This year's theme is 'Read Your Way'. Every reader is different, and there's no right or wrong way to enjoy reading.

<https://www.worldbookday.com/competition/design-a-nbt/>

<https://worldbookclone.wpenginpowered.com/wp-content/uploads/2023/11/NBT-competition-2024-template.pdf>



Year 9 World Book Day Competition



Around the World in Literature. Research an author from another country. Selected work will be displayed.



Drop Everything And Read for World Book Day 2024

Time to **stop** what you are doing and **pick up a book and read.**

Please ensure that you have a reading book for **Lesson 2** on **Thursday 7th March.**



Writer of the year

CATEGORY A - POETRY: No length restriction for this category

CATEGORY B - PROSE: Entries for this category can be in a variety of modes, such as short story, description, autobiography, presentation of opinions and so on. Maximum length for prose entries: **500 words.**

ENTRY DETAILS:

Entries for all years must be handed in to your English Teacher by **Monday 25th March**

Results will be published by the end of term.

Entries must be word-processed (ON ONE SIDE ONLY OF A4 SIZE PAPER). Your name and year group must be displayed clearly on the front of your submission.

Entries **MUST BE YOUR OWN ORIGINAL WORK.** Entries can either be selected from work done during the current school year (i.e. since September 2023) or specially written for the competition. See your English Teacher for further details.

Assistant Headteacher's Bronze Award

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



The students were presented with their Bronze Award badge and certificate by their Head of Year. Well done!

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>

Download on the App Store | GET IT ON Google Play | Get it from Microsoft

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

Working in partnership with:
NHS | Brighton and Sussex medical school | Brighton & Hove City Council | EPT Concept

Studybugs

Mrs Burrow

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

The Essex Autism Project

This month at the Essex Autism Project we are discussing privacy and safeguarding. To learn more about why we might need some of your information fill out our survey. This will also give you the chance to give us your opinions and suggestions on what is needed and how we can help you feel safe using the service.

Link to the privacy and safeguarding survey:

<https://autismessex.kids.org.uk/privacy-and-safeguarding-survey/>

We look forward to hearing from you.

The Essex Autism Team

Divine Office

Staff and students who were early to school began the day at 8:10am with Lauds, the Morning Prayer of the Church throughout the world in this holy season of Lent. In the intercessions Mrs Johnson prayed for the people of Wales on this Feast of Saint David and for the women in Palestine on this Women's World Day of Prayer.

Bible Study Groups for all Year Groups.

Today on **Women's World Day of Prayer**, we united with women around the world sharing in the Bible readings and prayers for peace.

Women's World Day of Prayer is a global ecumenical movement which began in 1887 led by Christian women, who pray for peace and justice. A different country is honoured each year, to bring about togetherness and awareness of other cultures. It was agreed back in 2017 that this year 2024 would be the turn of Christian women in Palestine. They wrote this service in 2017 long before the current crisis and the theme they chose is from Ephesians 4:1-6

"I beg you, bear with one another in love."

Their symbol is the **olive tree** which is a symbol of **peace** and very important in Palestine as some trees have been growing there since the time of Jesus.



Miss Carson

In Bible Study we especially focussed on Matthew 25:31-46 The Sheep & the Goats. Jesus said "whatsoever you do to the least person (ignore or overlook) you do to me."

Last push Year 11...ready and waiting...!



You got this



Important Messages

Severe Weather Arrangements



We are not anticipating weather, severe enough to close schools, but as it is that time of year we feel it best to keep you informed of the procedure.

In the **very unlikely** event that the school is closed due to snow, Mrs Johnson will make the decision as soon as possible and inform BBC Essex and Essex FM of any school closure. Should we experience severe weather, you are advised to listen to these stations, which list schools that are closed. If we are **not** mentioned – **we are open!**

We will also post a message on the front page of our website, so keep an eye on that too.

BBC Essex - 103.5 FM or 95.3 FM
Essex FM - 102.6 FM or 96.3 FM

If Grays Convent are NOT mentioned on these radio stations, and there is NOT a message on the front page of the website GRAYS CONVENT SCHOOL IS OPEN!

Easter Revision
Classes for Year 11:

Tuesday 2nd April
Wednesday 3rd April
Thursday 4th April

Year 11 PPE Exam Timetable 2024

Date	Start	Duration	Subject	Component Title	Venue
Mon 04 Mar	08:40	44 mins	Maths	Paper 1 Non-Calc	Hall and Large Dormer
			Year 11 P4 lunch		
	12:40	2 hours 15 mins	English Literature	Paper 2 - Jekyll & Hyde and Poetry: Seen & Unseen	Hall and Large Dormer
Tue 05 Mar	08:40	1 hour 30 mins	Computer Science	Component 2 - Computational Thinking, Algorithms and Programming	Hall and Large Dormer
		All Day	Drama	Practical Comp. 2 Mock Exam	Room 28
Wed 06 Mar	08:40	1 hour 45 mins	Science	Physics Triple (H)	Hall and Large Dormer
		1 hour 45 mins	Science	Combined Science Synergy Paper 3 (F)	Hall and Large Dormer
		1 hour 15 mins	Science	Combined Science Trilogy Physics (H & F)	Hall and Large Dormer
	13:35	1 hour 45 mins	Physical Education	Paper 1 - Anatomy & Physiology	Hall and Large Dormer
Thu 07 Mar	08:40	50 mins	Food	Paper 1 Food Prep & Nutrition	Hall and Large Dormer
	10:50	45 mins	Spanish	Listening (Higher)	Hall and Large Dormer
	11:45	45 mins	French	Listening (Higher)	Hall and Large Dormer
	13:35	35 mins	Spanish	Listening (Foundation)	Hall and Large Dormer
	14:30	35 mins	French	Listening (Foundation)	Hall and Large Dormer
Fri 08 Mar	08:40	44 mins	Maths	Paper 2 Calculator	Hall and Large Dormer
	10:50	50 mins	Religious Studies	Catholic Christianity	Hall and Large Dormer
Mon 11 Mar	08:40	55 mins	History	Paper 2 - Cold War	Hall and Large Dormer
	10:50	1 hour 45 mins	French & Spanish	Reading Higher Paper	Hall and Large Dormer
			French & Spanish	Reading Foundation Paper	Hall and Large Dormer
Tue 12 Mar	08:40	2 hours	DT	Paper 1 - Design & Technology	Hall and Large Dormer
	10:50	1 hour 30 mins	Drama	Written Paper	Hall and Large Dormer
Wed 13 Mar	08:40	1 hour 45 mins	Science	Chemistry Triple (H)	Hall and Large Dormer
		1 hour 45 mins	Science	Combined Science Synergy Paper 4 (F)	Hall and Large Dormer
		1 hour 15 mins	Science	Combined Science Trilogy Chemistry (H & F)	Hall and Large Dormer
	13:35	55mins	Geography	Paper 2	Hall and Large Dormer
Thu 14 Mar	08:40	44 mins	Maths	Paper 3 Calculator	Hall and Large Dormer
	13:35	1 hour 30 mins	Media	Paper 1	Hall and Large Dormer
Fri 15 Mar	08:40	1 hour 30 mins	Music	Component 3 - Appraising	Hall and Large Dormer
	10:50	1 hour 15 mins	Physical Education	Paper 2 - Health & Wellbeing	Hall and Large Dormer
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
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
Thu 28 Mar	08:40	All Day	Photography	Photography Class 11L/Py1	Room 17

Y11 INTERVENTION 2023/24

WEEK 1					
	Mon	Tues	Weds	Thurs	Fri
Lunch	Art – (KG rm16) Music		Photography (JL) History (LW)	Textiles (KP)	Computing
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)	
After School	English (Set 4&6) - PJ	MFL (DPD)	Maths w/Nilesh RE (POH)	Drama MFL (SLE)	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 21

For Year 8: Creative Writing: **happy**

delighted: feeling or showing great pleasure. "a delighted smile"

euphoric: characterized by or feeling intense excitement and happiness. "a euphoric sense of freedom"

elated: ecstatically happy. "after the concert, I felt elated"

jubilant: feeling or expressing great happiness and triumph. "a large number of jubilant fans ran on to the pitch"

exultant: triumphantly happy. "he waved to the exultant crowds"

blissful: extremely happy; full of joy. "a blissful couple holding a baby"

content: in a state of peaceful happiness. "he seemed more content, less bitter"

contented: feeling or expressing happiness or satisfaction. "I felt warm and contented"

gleeful: exuberantly or triumphantly joyful. "she gave a gleeful chuckle"

fortunate: favoured by or involving good luck; "she'd been fortunate to escape injury"

For Year 9 – Kinds of Poems

ballad: a narrative poem which tells a story, frequently in four-line stanzas

folk: a sung ballad of unknown origin which is part of oral tradition

literary: a ballad by a known author who imitates the folk ballad style

elegy: a poem that deals with the subject of death

fable: a short tale that teaches a moral lesson in which the characters are usually (but not always) animals with human qualities and speech.

lyric: any short, musical poem which expresses the poet's clearly revealed thoughts and feelings

ode: a lyric poem written in an elevated tone about a serious topic

pastoral: a poem that idealizes rural living and nature

fixed form: a traditional pattern that applies to a whole poem

haiku: It is a three-line Japanese poem, usually about nature. The first line has five syllables, the second has seven syllables, and the third line has five syllables.

limerick: a five-line nonsense poem with anapestic meter

sestina: A sestina is composed of six six-line stanzas followed by a tercet (three-line stanza). The end words used in each line of the first stanza repeat in a rolling pattern in the following stanzas; these same words are used two-to-a-line in the tercet.

Elizabethan sonnet (ENGLISH OR SHAKESPEAREAN):

- structure: fourteen lines. iambic pentameter
- three quatrains, one couplet
- rhyme scheme: abab cdcd efef gg

Usually, a question or theme is posed in the quatrains and answered or resolved in the couplet.

Italian sonnet (Petrarchan):

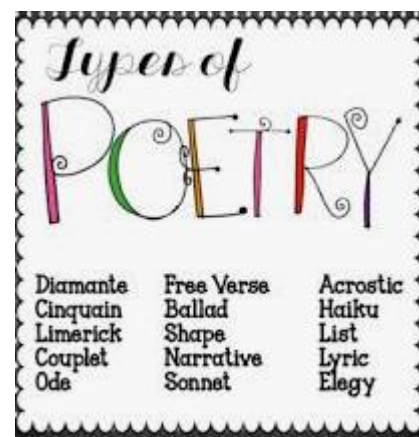
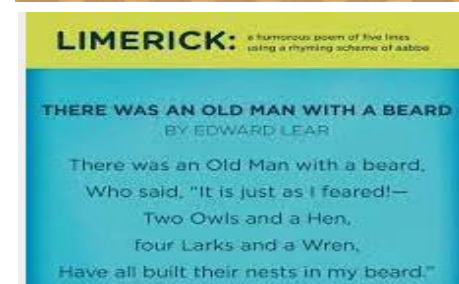
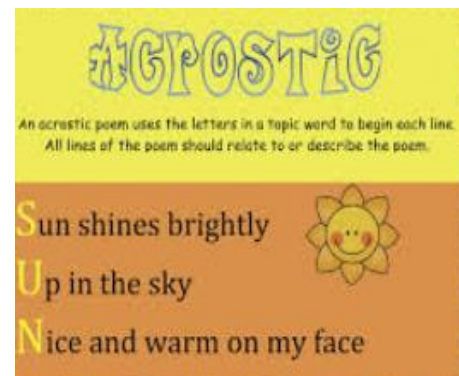
- structure: fourteen lines, iambic pentameter
- octave and sestet
- rhyme scheme: abbaabbacdc dcd or abbaabbacdecde

Often a question is raised in the octave and answered in the sestet.

villanelle: It consists of five tercets and a quatrain rhyming "aba" (with a variation in the quatrain). The first and third lines of the first tercet alternate as the final lines of the other stanzas; these lines are again repeated as the final two lines of the poem.

A **tercet** is a stanza of poetry with three lines; it can be a single-stanza poem or it can be a verse embedded in a larger poem.

For Year 7	FOR YEAR 8	FOR YEAR 9
identity	happy	ballad
immediate(ly)	delighted	folk
individual	euphoric	literary
interfere	elated	elegy
interrupt	jubilant	fable
language	exultant	lyric
leisure	blissful	ode
lightning	content	pastoral
marvellous	contented	fixed form
mischievous	gleeful	haiku
	fortunate	limerick
		sestina
		sonnet
		villanelle



Learn them to improve your spelling!!!

Miss Petrova

Subject News...



Art

We were thrilled to receive an email from Faith's mum showing us what she completed over the February half term. Mum said: *"I just thought I'd email you this picture of the artwork that Faith H has done at home on canvas during the holiday. I tried to encourage her to bring it in to show you but she was reluctant (not sure why!) We used the work of the artist she had been studying at school and she created the piece."*



Well done Faith – beautiful work!

Ms Guentcheva

Computer Science



Computing Wordsearch

Find the 5 hidden computer related words:

N	O	I	T	P	Y	R	C	N	E
C	W	F	U	B	A	Q	L	M	Q
G	A	E	X	G	I	C	R	E	I
M	W	I	M	A	L	N	F	M	I
N	E	T	W	O	R	K	A	O	H
I	L	Q	U	V	Q	A	S	R	M
K	W	D	Y	V	H	I	F	Y	Y

Mr Burr

Maths



Shirley wants to find an estimate for the number of bees in her hive.

On Monday she catches 90 of the bees.

She puts a mark on each bee and returns them to her hive.

On Tuesday she catches 120 of the bees.

She finds that 20 of these bees have been marked.

(a) Work out an estimate for the total number of bees in her hive.

Shirley assumes that none of the marks had rubbed off between Monday and Tuesday.

(b) If Shirley's assumption is wrong, explain what effect this would have on your answer to part (a).

Submit your Answer to Room 21 at breaktime on Monday 4th March 2024 and receive 4 Achievement points for right answers!

Mr Amenze

Happy Saint David's Day

Saint David, is the patron saint of Wales. He was a Celtic monk, and bishop, who lived in the fifth/sixth century in Wales and helped to spread Christianity. He was a gentle person who lived very simply and was a great evangelist. People thought very highly of David and there are many stories about him. It is said that once while he was preaching to a huge crowd, the field he stood in raised up into a hill, so everyone could see and hear him and a dove settled on his shoulder. This shows he was a man of peace. The dove also symbolises the Holy Spirit, who inspired David to preach the word of God.

Saint David said **"Be joyful and keep your faith."**

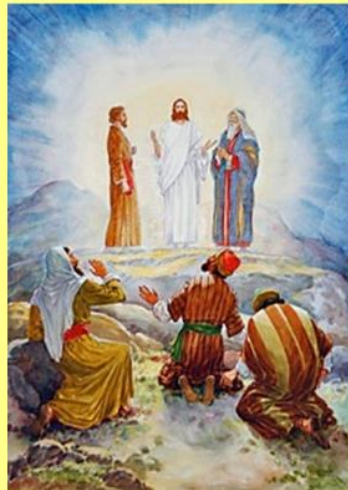
May Saint David pray for us to joyfully and faithfully spread the Good News of God's love and free gift of salvation through Jesus Christ Our Lord. Amen.

WHO IS JESUS?

The Transfiguration of the Lord

Mark 9: 2-19

Jesus took with him Peter, James, and John, and led them up a mountain, where they were alone. As they looked on, a change came over Jesus, and his clothes became shining white— whiter than anyone in the world could wash them. Then the three disciples saw Elijah and Moses talking with Jesus.



This was the second time that God the Father told us who Jesus is.

This was the second time that God the Father told us who Jesus is. Remember at the Baptism of Jesus, God the Father said

"You are my own dear Son. I am pleased with you." Mk1:1-11 and at the Transfiguration the Father said

"THIS IS MY OWN DEAR SON, LISTEN TO HIM"

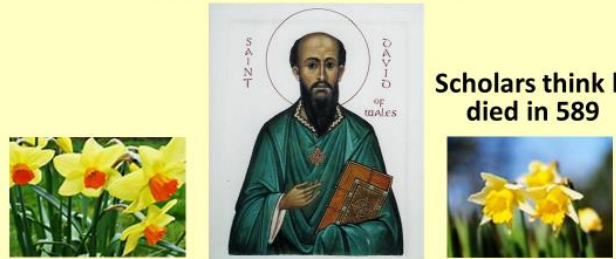
The Transfiguration was to strengthen the disciples before Jesus' death on the cross; to help them see beyond the awful events and to give them a glimpse of his glory when he would rise from the dead. God the Father's voice from Heaven confirmed for the second time that **Jesus is the Son of God** and to **listen to Him**.



Mount Tabor, near the
Sea of Galilee in Israel

1st March Feast of Saint David (Dewi Sant in Welsh) Patron Saint of Wales

"Be joyful and keep your faith"



Scholars think he
died in 589

Born about 460 Died 1st March 589

Early Christians celebrated the day of death as the birthday into heaven; so the Saint's feast is on the day he died and was born into heaven.

This week we have been reflecting on the Gospel story of the Transfiguration.

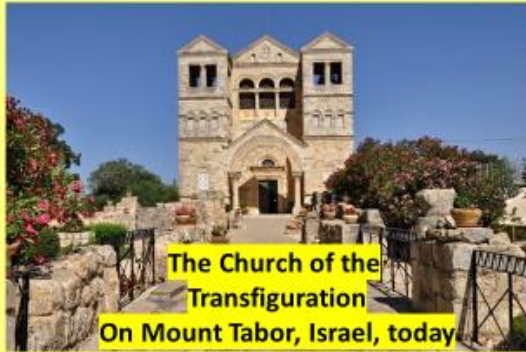
Peter spoke up and said to Jesus,
"Teacher, how good it is that we are here!
We will make three tents, one for you,
one for Moses, and one for Elijah."
He and the others were so frightened that he
did not know what to say.
Then a cloud appeared and covered them with
its shadow, and a voice came from the cloud,
"THIS IS MY OWN DEAR SON, LISTEN TO HIM"



**"THIS IS MY OWN DEAR SON,
LISTEN TO HIM"**

Reflection: God the Father tells us that **Jesus is his own dear Son** and to **listen to him!** **Jesus says:** "I am the resurrection and the life. Those who believe in me will live, even though they die". Jn. 11:25 *All who repent and believe in Jesus will be raised from death to eternal life with him in Heaven.*

PRAYER: Lord, open the eyes of our hearts and give us the grace to recognise your gentle, guiding voice which keeps us safe and gives us peace. Amen.



The Church of the Transfiguration
On Mount Tabor, Israel, today



Church of the Transfiguration

The Transfiguration is an encouragement to us, a glimpse of our future glory too. Jesus was showing that whatever we go through in life, all will be well; we will rise, be transfigured and glorified with Him. It was while Jesus was praying that his face shone, and it is while we pray, that we are changed from glory to glory on our life's journey until we are united with Him.

As we listen and reflect on the words of Jesus we gain a new perspective, beyond our current circumstances. Every time someone shows care and concern for us is a moment when God reaches out to us and He is always with us.

This week we have been thinking about **FAIRTRADE**



Fairtrade is about making sure that hard-working farmers receive a fair wage for their produce.

With Non-fairtrade products farmers only receive 6.6% of what we pay for an item, about 1 square of chocolate from a large bar.



For all their hard work, cocoa farmers gain very little from a very profitable global cocoa trade.



Buying Fairtrade chocolate is a huge help to farmers & their families. They receive the Fairtrade minimum price and premium, when we choose Fairtrade chocolate with the logo.

The Fairtrade premium includes projects such as water pumps, health, education and school buildings, training support and equipment for farmers and their communities.

The power is in our hands

Over 4,500 products from coffee, to flowers to gold are Fairtrade certified, so when we shop, let's look for the **FAIRTRADE** Mark. Fairtrade items are more expensive, but they bring huge benefits to the workers and their communities.

When choosing **Birthday** or **Mother's Day** presents we could choose Fairtrade chocolate, Flowers, Cotton T-Shirts etc. with the Fairtrade logo or mini Toiletries/Beauty products from the Body Shop, which are all Fairtrade.

A HUGE THANK YOU! VERY WELL DONE TO Y10 JUSTICE & PEACE GROUP



Congratulations to Akuna who was an excellent Project Manager in organising the excellent Justice & Peace Fairtrade Event. Akuna was really focussed, committed, well organised, co-ordinated the groups, delegated responsibilities and met deadlines. Brilliant!

Thanks to Thande for organising the posters and to all the Publicity team and Service team and the whole group who generously donated Fairtrade chocolate to sell. They raising awareness of Fairtrade and raised £40 in 15 minutes for CAFOD to help equip and train farmers working in difficult climates.



A HUGE THANKS TO THE CO-OP in Lodge Lane who generously donated a massive box of Fairtrade bananas which were given free to students to raise awareness of Fairtrade and also for the large jar of Fairtrade coffee, tea and sugar for which Staff are generously donating to CAFOD.



A HUGE THANKS TO SAINSBURY'S in Brentwood who generously donated two large selection boxes of Fairtrade Green & Black Chocolate which raised awareness of Fairtrade and raised funds for CAFOD.

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 · 4h

In this time of [#Lent](#), let us strive not to put ourselves at the centre; rather, let us try to step aside to make room for others, to promote them, and to rejoice in their qualities and successes. [#GeneralAudience](#)

185

599

3.2K

142K



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 - Snapchat



Where can I go for further support?

Snapchat Safety Centre: www.snapchat.com/safety

Snapchat Support: support.snapchat.com

Latest changes on Snapchat Blog: snapchat-blog.com

UK Safer Internet Centre: www.saferinternet.org.uk

Professionals Online Safety Helpline: www.saferinternet.org.uk/helpline

Report Child Abuse Images to IWF: www.iwf.org.uk

Report abuse or grooming to CEOP: ceop.police.uk

Get Connected Helpline: www.getconnected.org.uk

Mr Burr

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



The National College

Source: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/786040/survey_of_pupils_and_their_parents_at_carers-wave-2.pdf
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/NationalOnlineSafety















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@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.02.2024

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

Monday 4 th to Friday 15 th March	Fairtrade Fortnight	Whole School
4 th to 28 th March	Year 11 PPEs (see timetable above)	Year 11
Thursday 7 th March	World Book Day	Whole School
Monday 25 th to Thursday 28 th March	Year 9 Options Taster Programme	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



Youth 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

free for everyone,
no referral needed!

Events

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

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!

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!

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

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)

Thameside Family Hub

Manor Road, Grays, RM17 6EF
Email: thamesidecc@thurrock.gov.uk Phone: 01375 387 894



thurrock.gov.uk

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

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

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

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

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

Stifford Family Hub

(In the grounds of) Belmont Castle Academy, Parker Road, Grays RM17 5YN
Email: stiffordcc@thurrock.gov.uk Phone: 01375 652653



thurrock.gov.uk

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

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

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

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

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

10.00am	1.30pm	Dads and Partners Antenatal Group	info@parents1st.org.uk	Book in advance 01268 525 758 info@parents1st.org.uk
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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