

The Convent Chronicle



Friday 16th February 2024

Inspiring Ambition,
Achieving Excellence

Dear Parents/Carers,

Another half term ends and we look forward to a break together with our families. Please be assured of my prayers for you and your families during Lent.

I wanted to say thank you for all you have done to support us with your daughter's learning this half term - in and out of the classroom, and to remind you that myself and the Chair of Governors will be here for a **drop in session if you wish to speak with us on Wednesday 28th February from 3:30pm to 4:30pm.**

Thank you to Year 9 parents for attending the parents' evening last night, please see the outcome of the parent surveys.

Year 9 Parents' Evening Feedback (based on 84% who attended and 80 returned forms)		Strongly Agree/ Agree	Don't Know
1. My daughter is happy at this school.		94%	2%
2. My daughter feels safe at this school.		96%	3%
3. The school makes sure its pupils are well behaved.		90%	4%
4. The school makes me aware of what my daughter will learn during the year.		92%	4%
5. The school has high expectations for my daughter.		95%	1%
6. My daughter does well at this school.		98%	1%
7. The school lets me know how my daughter is doing.		95%	1%
8. There is a good range of subjects available to my daughter at this school.		94%	0%
9. My daughter can take part in clubs and activities at this school.		98%	2%
10. The school supports my daughter's wider personal development.		94%	4%
11. When I have raised concerns with the school they have been dealt with properly, or I have not raised a concern.		91%	2%
12. My child has been bullied and the school dealt with the bullying quickly and effectively, or my child has not been bullied.		93%	1%
13. Does your child have special educational needs and/or disabilities (SEND)? (Yes or No)		Yes 7% No 93%	
14. If yes, how strongly you agree with this statement: 'My daughter has SEND, and the school gives them the support they need to succeed.'		Strongly Agree/ Agree 86% Don't Know 14%	
15. I have received sufficient information about the available career resources and programme for my child. (Yes or No)		Yes 75% No 25%	
16. I would recommend this school to another parent. (Yes or no)		Yes 96% No 4%	



Finally, I think the biggest well done goes to all of the cast of Hairspray 2024 - a spectacular evening full of spectacular talent. Well done all, and especially to Mrs O'Donoghue and Mrs Grint for their constant support, practice and talent in leading the team to another success!! I am in awe!



Penny Johnson
Headteacher



MUSIC MARK
SCHOOL
2022 - 2023



Artsmark
Silver Award
Awarded by Arts
Council England

A reminder that all nose piercings must be removed after half term.

Hairspray 2024 was a triumph! Well done to all involved.

I had the absolute pleasure of watching tonight's performance of Hairspray. It was simply spectacular and a thoroughly enjoyable evening.

As always, it was slick, polished, with superb attention to detail. The set and lighting was extremely well done.

As for the girls... there is an abundance of talent and it was lovely seeing girls who have been in the show before and how they improve year on year; but also some wonderful new talent with the Year 7s!

Thank you for inviting me - I know it's hard to judge, but I think it is my favourite yet!

Laurie Eve, Chair of Governors



Corny Collins



Link



Seaweed



Tracy



Penny



Amber



Little Inez



Motormouth



Velma



Edna



Wilbur Turnblad



Prudy Pingleton



Mr Pinky



Gym Teachers



Principal



Newscasters



Matron



Councillors



Dynamites

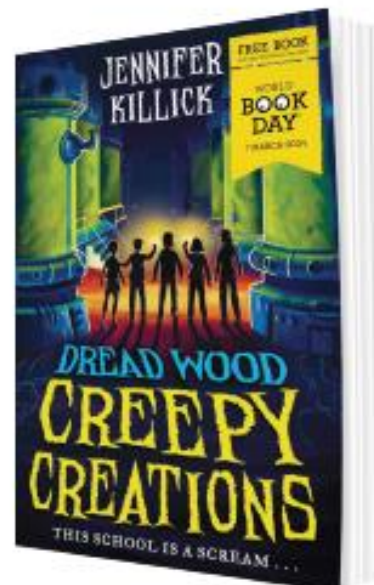


Chorus

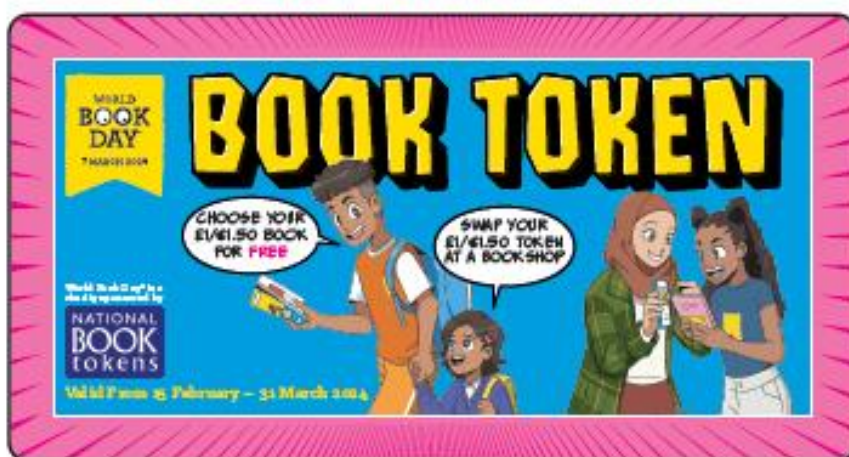
WORLD
BOOK
DAY

WORLD BOOK DAY

CELEBRATE ON 7 MARCH 2024



Visit your local bookseller and choose a World Book Day book for **FREE** with your £1/€1.50 book token!



Books available in shops from 15 February until 31 March 2024

Find out more at worldbookday.com

Sponsored by

NATIONAL
BOOK
tokens

Changing lives through a love of books and reading

World Book Day* is a charity sponsored by National Book Tokens
Registered charity number 1079257 (England and Wales) | Registered company number 03783095 (UK)



Assistant Headteacher's Bronze Award

Another fantastic week for the Bronze award students- especially the Year 7s again. Many congratulations to the following students who have reached in excess of 200 achievement points:



The students were presented with their Bronze certificate and badge by their Heads of Years. Well done to all of the students.

Mrs Bishop

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

Computer Science summer holiday day trips



2 in 1 location: Bletchley Park and The National Museum of Computing

Bletchley Park is an English country house and estate in Bletchley, Milton Keynes (Buckinghamshire) that became the principal centre of Allied code-breaking during the Second World War.

During World War II, the estate housed the Government Code and Cypher School (GC&CS), which regularly penetrated the secret communications of the Axis Powers – most importantly the German Enigma and Lorenz ciphers; among its most notable early personnel the GC&CS team of codebreakers included Alan Turing, Gordon Welchman, Hugh Alexander, Bill Tutte, and Stuart Milner-Barry. The nature of the work there was secret until many years after the war.

According to the official historian of British Intelligence, the "Ultra" intelligence produced at Bletchley shortened the war by two to four years, and without it the outcome of the war would have been uncertain. The team at Bletchley Park devised automatic machinery to help with decryption, culminating in the development of Colossus, the world's first programmable digital electronic computer. Codebreaking operations at Bletchley Park came to an end in 1946 and all information about the wartime operations was classified until the mid-1970s.

The separate National Museum of Computing, which includes a working replica Bombe machine and a rebuilt Colossus computer, is housed in Block H on the site.

For more information, please visit <https://bletchleypark.org.uk/> and <https://www.tnmoc.org/>

Mr Burr

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

Studybugs

Mrs Burrow

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!

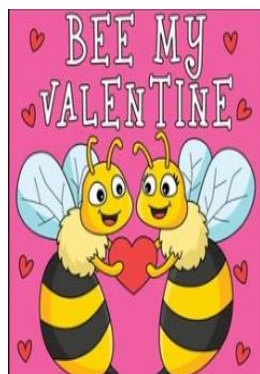
Spelling Bee

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 20



FOR YEAR 7:	FOR YEAR 8	FOR YEAR 9
existence	puzzling	allusion
explanation	confounding	antithesis
familiar	perplexing	hyperbole
foreign	bewildering	metaphor
forty	unfathomable	metonymy
frequently	enigmatic	onomatopoeia
government	cryptic	paradox
guarantee	mystifying	pun
harass	inexplicable	simile
hindrance	ambiguous	oxymoron
	baffling	
	obscure	



For Year 8:

Creative Writing: **puzzling**

confounding: causing surprise or confusion in (someone), especially by not according with their expectations. "the inflation figure confounded economic analysts"

unfathomable: incapable of being fully explored or understood. "her grey eyes were dark with some unfathomable emotion"

enigmatic: mysterious and impossible to understand completely

cryptic: having a meaning that is mysterious or obscure. "he found his boss's utterances too cryptic"

mystifying: utterly bewildering or perplexing. "a mystifying phenomenon"

inexplicable: unable to be explained or accounted for. "for some inexplicable reason her mind went completely blank"

ambiguous: open to more than one interpretation, not having one obvious meaning

baffling: impossible to understand; perplexing. "the crime is a baffling mystery for the police"

obscure: not clearly expressed or easily understood. "obscure references to Proust"

abstruse: difficult to understand; obscure. "an abstruse philosophical inquiry"



For Year 9 – Learn these terms for analysing POETRY

figure of speech: An expression in which the words are used in a non-literal sense to present a figure, picture or image.

allusion: a reference to some person, place or event that has literary, historical or geographical significance.

antithesis: opposing words or ideas written in grammatical parallels

apostrophe: addressing someone or something, not present, as though present

hyperbole (overstatement): an exaggeration for the sake of emphasis which is not to be taken literally

metaphor: A comparison between two things that suggests one thing is the other; a linking verb is often used to connect the ideas.

metonymy: the substitution of a word naming an object for another word closely associated with it

onomatopoeia: the use of a word to represent or imitate natural sounds

paradox: a statement, often metaphorical, that seems to be self-contradictory but has valid meaning

personification: the giving of human characteristics to inanimate objects

pun: a play on words that are identical or similar but have diverse meanings

simile: a direct comparison between two unrelated things using "like" or "as"

oxymoron: a type of paradox in which two linked words contradict each other



Learn them to improve your spelling!!!

Miss Petrova

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



Ms Duque Mora.
Head of Modern Foreign Languages

21st February

INTERNATIONAL MOTHER LANGUAGE DAY

International Mother Language Day is observed every year to promote linguistic, cultural diversity and multilingualism.

Despite students being at home on this special day as it is half term, **Modern Foreign Languages Department** wants to remind you that this day is celebrated to highlight how multilingual and multicultural societies exist through their languages, which transmit and preserve traditional knowledge from one generation to another.

Do not forget that languages are a skill for life, celebrate your home language today with your families and embrace the opportunity Grays Convent School provides you to learn multiple languages



Maths Question of the Week

Tamsin buys a house with a value of £150 000
The value of Tamsin's house increases by 4% each year.

Rachel buys a house with a value of £160 000
The value of Rachel's house increases by 1.5% each year.

At the end of 2 years, whose house has the greater value?
You must show how you get your answer.

Last year a family recycled 800kg of household waste.
57% of this waste was paper and glass.

weight of paper recycled : weight of glass recycled = 12 : 7

Calculate the weight of glass the family recycled.

Submit your answer to Mr Amenze in Room 21 by Break time on Monday - 26/02/2024, and win 5 Achievement points

Mr Amenze

Thank you!



Ash Wednesday Service

Thank you for encouraging your daughters to come to our Ash Wednesday Service, which was very well attended. Thank you to students in 9M & 9E who volunteered, read beautifully and prepared a lovely Service, inviting everyone to repent and return to our loving Heavenly Father who longs for us to come back to him.

We have academic targets to help us improve and achieve our goals in our work. Lent, which means Springtime is an opportunity for new growth; to set ourselves spiritual targets to grow more in the loving likeness of Jesus. Our whole school family focus for Lent this year is to 'Forgive and let go' as God in his mercy and love has forgiven us. This also helps us to be peacemakers in the world.

Lent is a season when we increase our prayer, fasting and almsgiving (charity).



LENT FAMILY FAST DAY

FRIDAY 16th February

PLEASE HELP THE POOR BY CHOOSING SOUP & ROLL £1

**AND DONATE
MONEY SAVED
TO CAFOD
to help others
in need.**




Choose the Live Simply Lunch Option today.


CAFOD SCHOOL LENT FAST DAY FRIDAY 16th FEBRUARY 2024

We had our Simple Lunch Option of Soup & Roll for £1 in order to give the money saved that we would usually spend on lunch to CAFOD to help our brothers and sisters in need in other parts of the world. CAFOD equip, train and help communities to provide for their families and communities.

Catholic means universal

We are all brothers and sisters sharing the earth, our common home. We care for our poor brothers and sisters here in Britain when we collect for the local Foodbank (as we did at Christmas) and we care for our poor brothers and sisters globally, throughout the world when we give to CAFOD, the Catholic Agency for Overseas Development.

**LENT FAST DAY**



"I thirst."

When Jesus was dying on the cross he said "I thirst."
He thirsts for justice for the poor.
He lives in them and experiences their hunger and thirst.
"Whatsoever you do to the least person, you do to me."



This week we have been thinking about Lent which lasts for 40 days because Jesus fasted in the desert for 40 days. He was tempted by the devil so he can empathise with us when we are tempted. He defeated Satan with the Word of God as an example to us to do the same.

BIBLE STUDY GROUPS continue on Friday lunch times and new members are welcome to join by seeing the Chaplain.

The Temptation of Jesus in the Desert (Matt.4:1-11)

After Jesus was Baptised he was led by the Holy Spirit into the desert to be tempted by the devil.

After spending forty days and nights without food, Jesus was hungry. Then the Devil came to him and said, "If you are God's Son, order these stones to turn into bread."



But Jesus answered, "The scripture says, 'Human beings cannot live on bread alone, but need every word that God speaks.'"

Then the Devil took Jesus to Jerusalem, the Holy City, set him on the highest point of the Temple, and said to him, "If you are God's Son, throw yourself down, for the scripture says, 'God will give orders to his angels about you; they will hold you up with their hands, so that not even your feet will be hurt on the stones.'"

Jesus answered, "But the scripture also says, 'Do not put the Lord your God to the test.'"



Then the Devil took Jesus to a very high mountain and showed him all the kingdoms of the world in all their greatness. "All this I will give you," the Devil said, "if you kneel down and worship me."



Then Jesus answered, "Go away, Satan! The scripture says, 'Worship the Lord your God and serve only him!'"

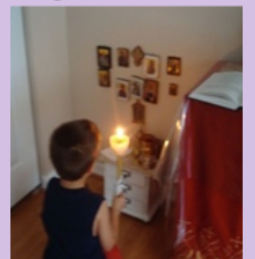
Then the Devil left Jesus; and angels came and helped him.

Reflection: Jesus became human as we are and experienced temptation so that he can sympathise with us when we are tempted, but Jesus did not sin. Notice how he resisted temptation each time saying "scripture says..." This shows us the importance of making time to read and listen to the Word of God, which Jesus says is food for us, to strengthen us. The living word of God is timeless, it endures for ever and applies to us today.

Perhaps make a cosy prayer corner in your bedroom where you can chat with God as you do with your best friend, and allow him to speak in your heart especially as you read your Bible. You could begin with one of the Gospels, and just read a little passage for 10 minutes each day.

Jesus says that when we can't find the words, the Holy Spirit who lives in us will pray for the deepest needs of our hearts.

Prayer: Come Holy Spirit, pray for me; renew my heart and mind that I may grow in the loving likeness of Jesus. Amen.



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 · 2d

Prayer is not an escape from our duties. It helps us accomplish the good we are required to do, here and now. [#YearOfPrayer](#)

415

1.3K

7.4K

347K



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




How can I stay in control?

Changing Your Privacy Settings

By default, only Snapchatters you add to your friends list can send you Snaps. If someone who isn't your friend tries to send you a Snap, you'll receive a notification that they added you, but will only receive the Snap when you add them to your friends list.

To change who can send you Snaps:


- Tap ghost on the camera screen to access your profile, then tap the gear icon  in the upper-right corner of the screen and scroll down to the **'Who Can'** section.

For Snaps: tap the **'Contact Me'** option and choose either:

- **'Everyone'** - This allows anyone to send you Snaps (even strangers).
- **'My Friends'** - Only your friends are able to send you Snaps.

For Stories: tap the **'View My Story'** option and choose either:

- **'Everyone'** - This allows anyone to see your Stories (even strangers).
- **'My Friends'** - Only your friends are able to send you Snaps.
- **'Custom'** - This allows you to choose which friends can see your stories.

Note: To clear a conversation, tap ghost, then tap the gear  in the top right hand corner and scroll down to find **'Clear Conversations'**.

Mr Burr

What Parents & Carers Need to Know about

AMINO

AGE RESTRICTION
12+

PETS

WHAT ARE THE RISKS?

MODERATION GAPS

Amino has a 12+ classification in the App Store and a 'Teen' rating on Google Play. However, certain communities on the platform have little to no moderation in place – increasing the potential for more adult-themed content to reach young users. It's also possible to create an account without proof of age, raising the possibility of even younger children finding their way onto the platform.

UNSAFE CONTENT

The central concept behind Amino is for users to share content, then make and receive comments on these uploads. The level of anonymity that the platform offers (someone's true identity can be completely obscured behind their username, for instance) means that it would be extremely difficult to stop suggestive or outright predatory comments and messages being sent to young people.

INAPPROPRIATE IMAGES

Like most social media, Amino offers easy sharing of images. Its community guidelines state that any suggestive photos of under-18s will be removed immediately, but of course this doesn't prevent inappropriate pictures being seen by a young person. Not all of Amino's communities are rigorously moderated, so there's a chance that some unsuitable images could temporarily evade detection.

Amino is a social media platform offering a large group of subcommunities under one digital 'roof'; it was envisaged as the online version of a convention, where fans gather to celebrate a shared interest like comic books or sci-fi, for example. While many such platforms are harmless spaces for devotees of a certain TV show or video game to congregate, there are still some aspects that trusted adults should be aware of. With a focus on sharing user-generated content, the idea of Amino is for users to communicate with like-minded individuals – but even that can create plenty of hazards.

MUSIC

MEMBERSHIP COSTS

Amino+ is a premium membership for the platform, offering a bevy of customisation options such as stickers, 'moods' to display and an exclusive profile badge. Users can also purchase one-off cosmetic items including different styles of chat bubble or profile frames. If your child has payment methods available via their device, they could potentially make these in-app purchases without you realising.

REPEATED USAGE

As a social media app, Amino is focused on keeping its communities engaged and coming back for more. Part of this approach is encouraging people to build up 'streaks', as users are awarded 'reputation points' for logging in regularly. This type of mechanism, of course, always carries the risk of young people feeling a compulsion to repeatedly check in with the app, further increasing their screen time.

Advice for Parents & Carers

TALK ABOUT IT

If your child is old enough and chooses to download and use Amino, it's probably wise to remind them of some online safety basics – such as how not everyone in the digital world is who they claim to be, for example, or not to give out personal information online. It might also be a good idea to go into the app's settings and disable incoming chat requests from users that your child doesn't know.

STAY UPDATED

Ensure that your child knows to report any upsetting or worrying online content they might see to you. As much as possible, try to stay aware of which communities they're joining on Amino. Most of these areas are well moderated and full of innocent conversation about common interests, but on any platform of this breadth, there's always the potential for chats to veer off into potentially harmful places.

MEMBERSHIP MEDIATION

If your child asks for an Amino+ membership but you're not entirely comfortable with that, be prepared to explain your decision in depth. Young people's sense of injustice can naturally become inflamed when their friends have things that they don't. Parents of older teens, meanwhile, might actually decide to agree to the membership request but continue to monitor their child's activity on the app.

MONITOR SCREEN TIME

If you haven't already, you might want to consider setting up controls such as Family Sharing (on iOS devices) or Family Link (on Android) so, from your own device, you can keep an eye on how much screen time your child is having – and what apps they're spending it on. This can be extremely useful with regard to platforms such as Amino, which can be quite addictive and reward repeated use.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GOREcon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



Source: <https://www.dailymail.co.uk/news/scottish-news/mum-horrified-after-daughter-10-18773338>

NOS National Online Safety®
#WakeUpWednesday

@natonlinesafety















/NationalOnlineSafety

@nationalonlinesafety

@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: 28.08.2023

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><u>KS3 Trampoline:</u> <u>SF / GS</u></p>   <p><u>Y7 Netball: KW</u></p> 	<p><u>Year 10 & Y11</u> <u>Netball : SF</u></p>  <p><u>KS3 (Y7-Y9)</u> <u>Football: GS</u></p> 	<p><u>U16 (Y10& Y11)</u> <u>Football: MB</u></p>  <p><u>KS4 Trampoline :</u> <u>SF</u></p>   <p><u>All years Rugby: LG</u></p>  <p><u>Year 7 Athletics</u></p> 	<p><u>Y8 Netball: ZB</u></p>  <p><u>Y9 Netball: GS</u></p>  <p><u>All years Fitness: SF</u></p>  <p><u>Year 7&8 Dance club LG</u></p> 	

Key Dates and Events

Monday 19th to Friday 23rd February	Half Term	Whole School
Monday 26th February	Students return to school – 8:25am start	Whole School
Monday 26 th February	Head Girl Applications Launch	Year 10
Thursday 29 th February	Rise Above Day (students finish at 2:30pm)	Whole School
Monday 4 th to Friday 15 th March	Fairtrade Fortnight	Whole School
4 th to 28 th March	Year 11 PPEs	Year 11
Thursday 7 th March	World Book Day	Whole School

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)



What's on in February 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
9.00am	11.00am	Local Area Co-ordinator – Helen Catterick		Book in advance 07710950318
9.30am	10.30am	Baby Rhyme Time 12th, 19th and 26th February	0 to 12 Months	All welcome
9.30am	10.30am	Bring a Story to Life 12th The Gruffalo 19th We All Went on a Safari 26th Super Worm	24 to 60 Months	All welcome
11.00am	12.00pm	Baby Massage	0 to 12 Months	Book in advance
11.00am	12.00pm	Bookstart Toddler	12 to 24 Months	Book in advance
1.30pm	2.30pm	Let's Talk to Your Baby	0 to 12 Months	Book in advance
2.00pm	3.00pm	Stay and Play 12th, 19th and 26th February	24 to 60 Months	All Welcome

Tuesdays				
9.30am	10.30am	Stay and Play 13th and 20th February	12 to 24 Months	All Welcome
10.00am	12.00pm	STOP – Parenting Programme for Parents of Teenagers		
11.00am	12.00pm	Fun with Sticking – 13th February Fun with Mark Making – 20th February	12 to 60 Months	All Welcome
2.00pm	3.00pm	Sensory Play 13th – 0 to 12 months 20th – 12 to 24 months		All Welcome

Wednesdays				
9.00am	4.00pm	Midwife	Ante Natal	Book in advance
9.30am	10.30am	Parents 1 st Coffee Morning/Drop In 14th February	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 14th and 28th February	0 to 60 Months	All welcome
11.00am	12.00pm	Stay and Play 14th and 28th February	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 – 14th February	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 23rd February		Book in advance
1.30pm	2.45pm	Baby Weighing Clinic – Drop In 1st, 15th, 22nd and 29th February	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 2nd February		Referral Only
9.00am	1.00pm	Early Interaction Advice Sessions	24 to 60 Months	Referral Only
9.30am	10.30am	Fun, Food and Fitness	24 to 60 Months	Book in advance
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 2nd and 16th February	0 to 12 Months	All welcome



What's on in February 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
9.30am	10.30am	Stay and Play	12 to 24 Months	All welcome
11.00am	12.00am	Bookstart Toddler 5th February	12 to 24 Months	Book in advance
12.30pm	2.30pm	Parents 1 st Coffee Morning/Drop In 5th February	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
1.45pm	2.30pm	Bring a Story to Life 5th February – Goldilocks and the Three Bears	24 to 60 Months	All welcome

Tuesdays				
9.30am	10.30am	Lets Talk To Your Baby	0 to 12 Months	Book in advance
9.30am	10.30am	Fun with Painting - 6th February	12 to 60 Months	All welcome
11.00am	12.00pm	WellComm – Talk Together	24 to 48 Months	Referral only
1.30pm	2.30pm	Stay and Play 6th, 13th and 20th February	0 to 12 Months	All welcome

Wednesdays				
9.00am	12.00am	Local Area Co-ordinator Donna Burnett - 7th February		Book in advance 07584 345 551
9.30am	11.00am	Special Event Celebration of Cultures 21st February	0 to 11 Years	Book in advance 01375 652 653
10.00am	12.00pm	EPEC - Living With a Teenager Parenting Group	Parents/Carers	Book in advance 01375 652 653
10.00am	4.30pm	Inclusion Visions - Substance Misuse and Support – Drop in	18+ Years	Lorraine. G 07977 792 236
1.00pm	2.30pm	Special Event Celebration of Cultures 21st February	0 to 11 Years	Book in advance 01375 652 653
1.30pm	2.30pm	Stay and Play 14th and 28th February	24 to 60 Months	All welcome

Thursdays				
10.00am	11.00am	Childminder Support Group – 22nd February		All Childminders welcome
10.00am	12.30pm	Job club – Supported Families Employment Advisor	Parents/Carers	Book in advance 07776 245 301
1.30pm	2.30pm	Play and Learn	24 to 60 Months	Book in advance

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
1.30pm	2.30pm	Let's Talk to your Toddler	12 to 24 Months	Book in advance
1.30pm	2.30pm	Parent Carer Panel 8th February		Referral only

Saturdays				
10.00am	1.30pm	Dads and Partners Antenatal Group	info@parents1st.org.uk	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 your registered with the Family Hub? If not, you can do this online.

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

FEBRUARY FAMILY ACTIVITIES 2024



Monday 19 February

Tuesday 20 February

Wednesday 21 February

Thursday 22 February

Friday 23 February

9:30am – 11am

Bushcraft

Climbing

–

Archery

Climbing

11:15am – 12:45pm

Archery

Postman's Walk

–

–

Leap of Faith

1:30pm – 3pm

Canoe Raft

Canoe

Bushcraft

Drascombe

Canoe Raft

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



SCAN ME

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

My Health in Care Project

- > Are you a young person in care or have care experience?
- > Are you aged 11-25?
- > Want to have your say about health support for children in care?

If YES was your answer to these questions, then this is the project for you!

Help us to ensure young people are well supported with their physical and mental health whilst in care by sharing your views with us!

Have your say whilst having some fun, food and drinks and bag yourself some freebies too!

Date: Monday 19th February 2024

Time: 10am – 3pm

Venue: Tilbury Youth Hub, Centenary House, Tilbury, RM18 8AF

SIGN UP HERE...

<https://forms.office.com/e/s94CWDdtp0>

NELFT NHS

NHS Foundation Trust

Brighter Futures



Your aspirations, our priority

thurrock.gov.uk

healthwatch
Thurrock

My Health in Care Project SIGN UP FORM



GRANGEWATERS

OUTDOOR EDUCATION CENTRE



RYA SAILING COURSES

Grangewaters is the perfect environment to learn to sail with our expert RYA instructors, an extensive training fleet and all the safety equipment provided. Complete the internationally recognised course and gain Royal Yachting Association qualifications giving you the independence and confidence to enjoy this exciting sport.



YOUTH COURSES

Ages 8-16 years

STAGE 1 or 2

(depending on experience)

2-day course

Monday 8

& Tuesday 9 April

2024

9.30am – 4.30pm

£140 per course

Call to book your space!

ADULT COURSES

Ages 14+ years

LEVEL 1 or 2

(depending on experience)

2-day course

Wednesday 10

& Thursday 11 April

2024

9.30am – 4.30pm

£200 per course

Call to book your space!

"Sailing is one of the most exciting and interesting sports to learn and has always been a passion of mine."
Will Kennedy
RYA Senior Instructor & Grangewaters Instructor.

thurrock.gov.uk/grangewaters

Email us on grangewaters@thurrock.gov.uk

Call us on 01708 855 228

f @Grangewaters

Buckles Lane, South Ockendon, Essex, RM15 6RS

INSPIRE YOUTH HUB

thurrock.gov.uk

SELF DEFENCE DAY

FOR YOUNG PEOPLE AGED 11-25

23RD FEBRUARY 10AM-4PM

TILBURY YOUTH HUB, GROUND FLOOR
CENTENARY HOUSE, BRENNAN ROAD,
RM18 8AF

- Join us for a fun day learning the art of Krav Maga, the high energy self defence
- Learn how to protect yourself, grow in confidence and respect
- We have had such fantastic feedback from previous safety days about these sessions, that we have decided to give you a whole day focusing just on self defence

DON'T MISS OUT! SIGN UP HERE

<https://forms.office.com/e/k1rNK3fXuf>



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