

# The Convent Chronicle



Friday 2<sup>nd</sup> February 2024

Inspiring Ambition,  
Achieving Excellence

Dear Parents/Carers,

With the ending of Christmastide today, Candlemas, we met before school with Ms Carson who led us through the Divine office. Whilst we are sad in knowing we will wait another year for Christmas again, and in taking down our cribs in school, we were happy to be lightened by candles and of course the light of Christ who will guide us through the year. The theme of light is so very pertinent today as the mornings get lighter. It was interesting yesterday as I was behind two girls talking about Spring, 'and so very soon it will be summer!' Wishful thinking I think!!

Now, the girls with us this morning would like me to let you know it is also the feast of 'Chandeleur', crepe day, or pancake day, in France and they would like pancakes tonight. Mrs Paixao will be talking about how to make a crepe in her classes today.

Thank you to parents for attending the Year 8 parent evening last night - it is always good to see your daughter's rewarded for their hard work.

Please find below the 2 feedbacks from parents at Year 11 and Year 8. I am always here to listen and to act on any feedback you give. The small number who give bad feedback never leave any contact details so that I can follow up. I'd like to hear from you on 2 key areas of concern raised: behaviour and why you may have graded it poor, and not dealing with concerns you have raised well, if that is the case. Please contact me, especially if you do not get feedback from staff as you should. I will take it very seriously. Please email or ring me with your concerns, it is my job to address these. On that point we have a drop in session with myself and the Chair of Governors, Mrs Eve on Wednesday 28<sup>th</sup> February, drop in then if you can't email or phone me.

I have asked Mrs Hector to email you with how your daughter's careers education is being addressed in school, I think maybe you don't know that it is. We email a Curriculum newsletter every half term which outlines how this is covered in PSHE and also on Rise Above Days. Hopefully the letter will help you understand what is going on, if you have missed these.

Year 8 Parents' Evening Feedback (based on 76% who attended and returned forms)	Strongly Agree/Agree	Don't Know
1. My daughter is happy at this school.	97%	0%
2. My daughter feels safe at this school.	97%	1%
3. The school makes sure its pupils are well behaved.	85%	6%
4. The school makes me aware of what my daughter will learn during the year.	98%	0%
5. The school has high expectations for my daughter.	94%	1%
6. My daughter does well at this school.	95%	0%
7. The school lets me know how my daughter is doing.	95%	0%
8. There is a good range of subjects available to my daughter at this school.	95%	0%
9. My daughter can take part in clubs and activities at this school.	92%	1%
10. The school supports my daughter's wider personal development.	91%	1%
11. When I have raised concerns with the school they have been dealt with properly, or I have not raised a concern.	95%	0%
12. My child has been bullied and the school dealt with the bullying quickly and effectively, or my child has not been bullied.	88%	3%
13. Does your child have special educational needs and/or disabilities (SEND)? (Yes or No)	Yes 4%	No 96%
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 33%	Don't Know 33%
15. I have received sufficient information about the available career resources and programme for my child. (Yes or No)	Yes 52%	No 48%
16. I would recommend this school to another parent. (Yes or no)	Yes 95%	No 5%

Year 11 Parents' Evening Feedback (based on 61% who attended and returned forms)	Strongly Agree/Agree	Don't Know
1. My daughter is happy at this school.	92%	3%
2. My daughter feels safe at this school.	100%	0%
3. The school makes sure its pupils are well behaved.	85%	6%
4. The school makes me aware of what my daughter will learn during the year.	94%	2%
5. The school has high expectations for my daughter.	100%	0%
6. My daughter does well at this school.	98%	2%
7. The school lets me know how my daughter is doing.	100%	0%
8. There is a good range of subjects available to my daughter at this school.	90%	0%
9. My daughter can take part in clubs and activities at this school.	84%	5%
10. The school supports my daughter's wider personal development.	90%	5%
11. When I have raised concerns with the school they have been dealt with properly, or I have not raised a concern.	90%	3%
12. My child has been bullied and the school dealt with the bullying quickly and effectively, or my child has not been bullied.	94%	0%
13. Does your child have special educational needs and/or disabilities (SEND)? (Yes or No)	Yes 3%	No 97%
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 100%	
15. The school's career guidance has been effective in helping my child make informed decisions about her future. (Yes or No)	Yes 87%	No 13%
16. I would recommend this school to another parent. (Yes or no)	Yes 100%	No 0%

Have a good week

**Penny Johnson**  
Headteacher



## 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!***

### 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](mailto:woodj@graysconvent.thurrock.sch.uk)

**Finance Office**

### Year 11 Attendance

It is extremely important that Year 11 attend school regularly, as this a very important time with the lead up to the GCSE examinations. Lots of important information will be given to students, for example revision information, exam information, intervention etc. Please ensure that your daughter attends regularly at this crucial time in her education journey.



**Attendance Office**

### COVID

If your daughter becomes unwell with flu-like symptoms, we urge you to test your daughter for COVID before sending them to school. This will eliminate further spreading by keeping them at home.

**Attendance Office**

### Chicken Pox

We would like to make you aware that following the Christmas break, we have had a couple of confirmed cases of Chicken Pox. We ask that you are vigilant.

**Pastoral Team**

### Parents Parking on School Site



It has come to our attention that a few parents are driving into the school car park to either drop off or pick up their daughters.

Whilst this practice is acceptable only for parents with students who have limited mobility, those parents should not be blocking car park entrances and exits, and must only come onto the site if it is safe to do so.

The school car park is private property, and unless your daughter has aforementioned mobility issues, you should not be driving onto the school site.

More importantly it is a health and safety issue for students who are entering and leaving the building in the morning and after school via the car park.

**Health & Safety Officer**

## U16 East Regional Round of the England Netball Championship

On Saturday 27<sup>th</sup> January the U16 team travelled to Welwyn Garden City to take part in the East Regional Round of the England netball championship. The day started early, leaving school at 7:40am with most pupils still quite sleepy! Upon arrival the girls went to create their 'zone' in the sports hall, and review the match schedule: first game at 10:04am. Each game was 2 halves of 7 minutes, and they had 6 to play... so 84 minutes of netball total.

The first match was against Framlingham College, a top Suffolk independent school! The girls took to the court and played some excellent netball, with almost every shot ending in a goal. Amelie fed some accurate balls into the circle that allowed our shooters to sink the shot. Down the defensive end Georgia and Alannah made a formidable duo making it near impossible for the opposition shooters to score. The final score was 9-1, this is an exceptional achievement for two reasons: 1. To beat a school of this calibre, by this much and, 2. This is the first time at this competition that Convent have ever won at game!



We then had a two-game break and were back on court to face Stephen. This was a fast game that initially went goal for goal. Stephan Purse managed to 'turn' a few of our centre passes and this was hard to claw back, and the girls struggled to pass the ball into their circle past their strong goal keeper. The match finished 9-3 them.

Then the girls had a one-game break and back on court to face the Norwich School. This game started end to end and it

was a close game, Gabriella and Amelia scored some amazing far out goals, whilst Aliyahh stole some excellent interceptions. With focus in the circle we were able to score 5 goals but this wasn't enough to level Norwich's 13 goals.

After a three-game break, and some much needed food, the afternoon session was about to begin. In the afternoon we had the three harder schools to play, and fatigue was beginning to play a part so extra effort was needed to bring some energy.

The game started quickly with Paige playing GA and moving at lightning pace about the court. So much so that she took a tumble a grazed her legs and hands, much to the detriment of her night out plans! However not one to be phased by injury she carried on regardless. There was some precise linking play between Timi and Lacey that enabled us to get the ball up the court and into the circle leading to 4 goals. Unfortunately, this was not going to be enough to hold off Bedford who eventually took the win.

The final two games were against the two teams who eventually finished top of our pool. Unperturbed by this the Convent girls took to the court to play their two last games with heart and belief. Lore as GK, was relentless, making some brilliant interceptions and preventing the GS from receiving any long balls. Tiara was reluctant to step on court initially but once playing she contributed to the team's defensive play really effectively. We couldn't win the last two games, but we did score in each, which in previous years has been our target of the tournament. It could've been easy to let the last two games be a walk-over but the team showed excellent determination and grit to come out fighting and play with pride.

If you want to see a few photos from the day, they can be found by clicking on this link:

[https://drive.google.com/drive/folders/1-2T6OrAaY6IEqZM7TgGODaDqnRTtNfTX?usp=drive\\_link](https://drive.google.com/drive/folders/1-2T6OrAaY6IEqZM7TgGODaDqnRTtNfTX?usp=drive_link)

Well done girls - you have been an incredible team to work with for your time at Convent; you have had so much growth on court, in your netball, commitment, work ethic and self-control, it has been a pleasure to watch this happen. Keep playing, you all have great club links and you still have a Thurrock league to try to win!

**Miss Franklin**



## Sienna sparkles at the SEEA

Last weekend I was invited to attend the South East Entertainment Awards which is a regional awards event held at the Civic Hall in Grays.

I had been lucky enough to be nominated after being scouted for the 'Best Solo Dancer in The South East of England' award and it was revealed in the live event that I had won this title!

The winner gets selected based upon successes, talent and achievements received over the past year. This now means I have qualified to attend the O2 in November for their National Ceremony.

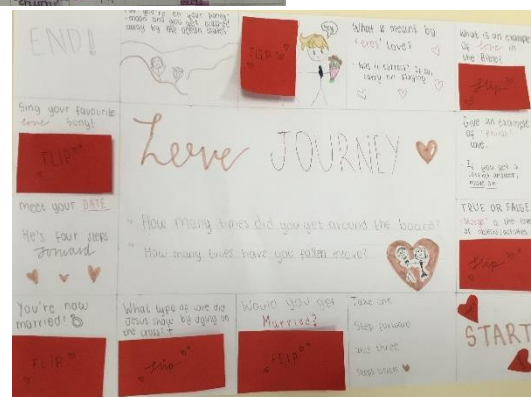
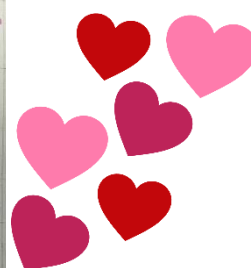
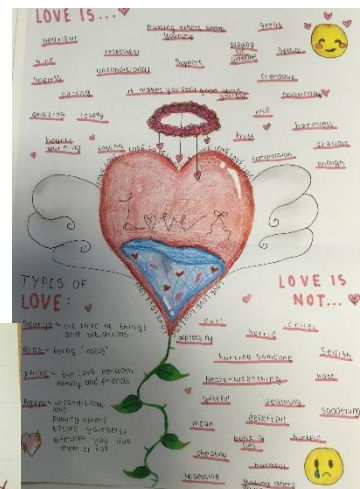
It was an incredible day and it was amazing to receive the recognition after so much hard work! Here's some pictures of me giving my speech of thanks and receiving my award!



Sienna Campbell – 11.34

## Love in RE....

Year 9s have been looking at the topic of Love in RE. In preparation for an up and coming assessment, they have been creating posters on love, as well board games. Can you work out which board games inspired the class?



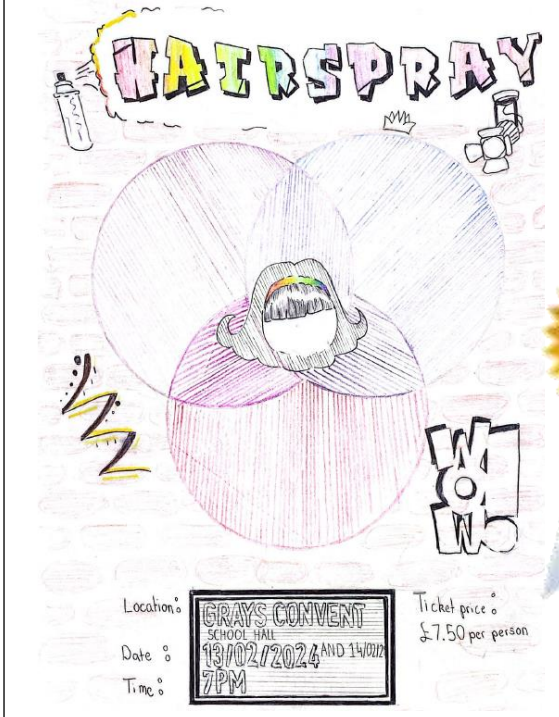
Mrs Wilsher



# Hairspray Poster Competition

We're thrilled to announce the winners of recent Hairspray Poster Competition!

In third place we have, Charlotte Plumridge in Year 10! Congratulations to her for her phenomenal poster!



After receiving numerous creative and stunning entries, it was a tough decision, but we finally have our winners. Drumroll, please...

And in Second Place, a big well done to....well who are you....?? for their incredible artwork that truly showcased the essence of the musical! You didn't put your name on your entry!! If this is your poster, please come to the Drama Department to claim your prize!



And our winner, for this year's poster competition is Sarah Anwar in 11D! Her poster was unlike anything we've ever seen, and showcases her true talent.

We want to extend our gratitude to all the participants for their fantastic submissions. Your talent and passion for the arts are truly inspiring!

Poppy Padmore & The Arts Council



## U14 Rugby Success vs Robert Clack

On Monday our U14 Team went to Thurrock Rugby Club to play Robert Clack School. We have a great sporting relationship with Robert Clack however they usually beat us at rugby - today was different! The girls put into practice their rucking (FINALLY) and played structured Rugby that led to 5 tries, and us taking the win by 13 points - well done U14! Player of the game: Back: Eva, Forward: Roula, Coaches: Ava. Well done all!



## Marines National 5-a-side Competition



Maeve and Veronika (both Y11) recently represented their Marines Unit in the national 5 a side competition.

Their team won the Eastern District and, on Saturday, they also won the Southern England Regional Championship (everywhere below Yorkshire!). They achieved this amazing feat with only 4 players too!

Ordinarily, they would be going to the UK Finals next but, the event has had to be cancelled due to operational issues. A shame for their team but they can still be proud of how far they made it.

Here is a photo of Maeve and Veronika with their medals (Maeve has two because she was also Player of the Tournament in her category!)

Miss Franklin

## Romeo & Juliet - Yr 10

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

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



Mrs Nyland

## Year 8 Netball v Harris Riverside

Congratulations to the Year 8 Netball team who played an excellent game against Harris Riverside on Thursday 1<sup>st</sup> February. They dominated the game from the start, leading 2-0 by the end of the first quarter.

All the girls worked well together to drive forward into space and play at their pace, showing how much they learnt from Tuesday's Year 8 Rally.



At the end of the game the final score was 9-2 to Grays Convent. Roula Kanarachos-Freese was player of the match, congratulations!

Mrs Bailey

graysconventpe



171  
Posts

239  
Followers

10  
Following

Grays Convent PE

The PE account for Grays Convent High School.  
Results and information. 🏆

**Follow our PE Instagram page for daily updates  
and information on subject news and results**

## Thurrock Next Top Boss trip to London



Last Friday, Alyssa Gorte-Clarke, Jasmine Aujla and I (Jessica Rout) went on a trip to the c2c HQ in London. We went to finalise our plans for our Thurrock's Next Top Boss 2023 winning idea; C2Sanitary.

We met the managing director of 2 multinational companies c2c and Here We Flo, an eco-friendly period product company that we are working with. It was an extremely exciting trip, and we learned that we will be launching our project in April! Over the past year, we have worked extremely hard together, overcoming many challenges, but determined to make our dream a reality.



We are really looking forward to seeing our hard work pay off and we are so grateful for this wonderful opportunity. We hope that this inspires many young pupils to make the most of their Thurrock's Next Top Boss experiences and other opportunities that come their way.

**Jessica Rout – 10.27**

## U13 Essex Cricket Tier 2 Competition

Congratulations to Precious, Geena, Muskan, Elizabeth, Eadie and Chiamaka who represented the school in their first indoor cricket tournament.

They all worked hard and gained a great deal of experience and narrowly missed out on a victory against Chase High by 2 runs.



This was the first cricket event three of the team had ever participated in and the girls even managed to take a few wickets! We look forward to the summer season.

**Mrs Wells**

## Assistant Headteacher's Bronze Award

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

★ Faridah Popoola 7.4 ★  
★ Aaliyah Youssef Thomas 7.4 ★  
★ Martha Kamara 7.8 ★  
★ Myleene Pham 7.8 ★  
★ Eve Wilberforce 7.8 ★  
★ Dollie Mansi 7.9 ★  
★ Somfechukwu Nwosu 7.9 ★  
★ Gabriella Okoroafor 7.9 ★  
★ Adriana Prasath 7.9 ★  
★ Katherine Shane 8E ★  
★ Katie Hurrell 8M ★  
★ Amanda Iyama 10.25 ★  
★ Emmanuella Adekunle 11.34 ★

Year 7 students are storming ahead with the highest number of students achieving this award. Well done to all of the students!

**Mrs Bishop**



## U15 Cricket Season gets underway



On Tuesday the U15 indoor cricket team played their first games of the season. We played in a triangular tournament involving Bower Park and St Angela's School.

Our first game against BP saw some lightning bowling from Sienna an excellent wicket keeping from Sophie Pastor. We scored a total of 53 runs but with BP taking 4 wickets (each worth 5 runs) they took the win with 73. We then went on to play St Angela's, batting first, Sarina but is

some nice shots and with quick running this was converted into runs on the board. Omotoyosi and partner Renisha clocked up and great three over innings of 23 runs with some great hitting. Last up were Sophie and Mishri, both are excellent batters. Sophie looked like she was planning on hitting the ball through the wall, squatting low and tapping her bat in. When she hit the ball, her intentions came through, and she smashed into the back wall for 6 runs, not satisfied with one 6, she proceeded to do this for a further 2 consecutive balls! Into the 2<sup>nd</sup> innings, this time it was out turn to take wickets; with some slick fielding Renesha took a run out, and Mishri bowled out 2 in a row and Sienna had some outstanding stops on the boundary. This enabled us to win the game 84-61.

With all three teams having won one and lost one, the winners came down to points difference and BP took the medals having 15 more runs than us.

It was a great first outing and the girls looks really sharp considering they haven't played since the summer.

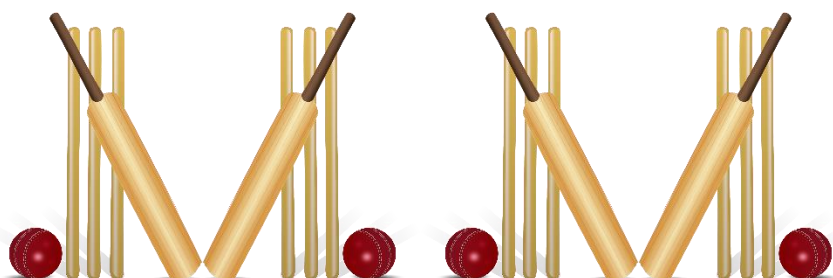
Next week we play in the tier one league, 8-a-side competition, this means changes to the team, and the return of some GCHS cricket experts... read next week's update to find out how we got on!

Miss Franklin

### Student-eye view of the Cricket Competition

On Tuesday 30<sup>th</sup> January the Under 15s cricket team attended a festival at St Angela's. It was a very close match with all schools winning one match therefore coming down to runs with Grays Convent coming in second place with 131 runs. Everyone who played did exceptionally well and had an overall great game. POM: Mishri.

Mishri Patel – 10.23



## U16B Netball v WES A

On 1<sup>st</sup> February the U16B team travelled away to William Edwards to play their A team at netball. With a few last-minute squad changes the team were ready to play. Convent started the game well taking the score to 5-3. Excellent defending from Lore and Caoimhe allowed us to turn intercept and begin a counter attack. Lacey worked incredibly hard in centre court to move the ball up to our attack. Against a strong WES defence Taijah did well to put a few long range shots in and move the score to 9-8. The game continued to be up and down the court with both teams working hard, in the end WES pulled away to take the lead, with fatigue for the Convent team taking its toll.

The Convent U16B team kept their heads up and worked hard all game, there were excellent learning moments and progress made all round. The girls continue in their campaign on the 16<sup>th</sup> March against Hassenbrook.



*Above: A tired Convent Team!*

Today's player of the match was Lacey! Special mention to Alannah Edwards and Georgia Smith who gave up their own evening to come to umpire and score, leaving me free to coach.



*Left: Players of the game from both teams.*

Miss Franklin



# 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 18

For Year 7:

For Year 8: Learn the word

Creative Writing: **small**

**miniature**: very small of its kind. “*children dressed as miniature adults*”

**petite**: (of a woman) attractively small and dainty. “*she was petite and vivacious*”

**diminutive**: extremely or unusually small. “*a diminutive figure dressed in black*”

**infinitesimal**: extremely small. “*an infinitesimal pause*”

**dainty**: delicately small and pretty. “*a dainty lace handkerchief*”

**bijou**: (especially of a house or flat) small and elegant. “*a bijou residence*”

**minute**: extremely small. “*minute particles*”

**minuscule**: extremely small; tiny. “*a minuscule fragment of DNA*”

**Lilliputian**: trivial or very small. “*America's banks look Lilliputian in comparison with Japan's*”

**nanoscopic**: extremely small. “*his comment contains a nanoscopic grain of truth*”

FOR YEAR 7	FOR YEAR 8	FOR YEAR 9
competition	<b>small</b>	end-stopped line
conscience	<b>miniature</b>	(run-on line)
conscious	<b>petite</b>	caesura
controversy	<b>diminutive</b>	rhymed verse
convenience	<b>infinitesimal</b>	blank verse
correspond	<b>dainty</b>	free verse
criticise	<b>bijou</b>	meter
(critic + ise)	<b>minute</b>	iambic foot
curiosity	<b>minuscule</b>	trochaic foot
definite	<b>Lilliputian</b>	anapestic foot
desperate	<b>nanoscopic</b>	dactylic foot
		spondaic foot



Poetry From Other Cultures

For Year 9 – in detail. Learn these terms for analysing POETRY:

#### Punctuation of Line

**end-stopped line**: punctuation at the end of a line

**enjambment (run-on line)**: poetic “sentence” which flows over more than one line

**caesura**: Punctuation or a phrasal pause in the middle of a line

#### Types of Verse

**rhymed verse**: lines with end rhyme and regular meter

**blank verse**: lines of iambic pentameter without end rhyme

**free verse**: lines with no rhyme or regular meter

#### Meter

**meter**: The pattern of stressed (accented) and unstressed (unaccented) syllables established in a line of poetry.

#### Types of Metrical Feet:

**iambic foot (u /)**: two syllable foot–unstressed, stressed

**trochaic foot (/ u)**: two syllable foot–stressed, unstressed

**anapestic foot (u u /)**: three syllables–two unstressed and one stressed

**dactylic foot (/ u u)**: three syllables–one stressed and two unstressed

**spondaic foot (/ /)**: two syllables–both stressed



*Learn them to improve your spelling!!!*

Miss Petrova

# Year 7 Spelling Bee Competition - 29<sup>th</sup> January 2024

The annual Spelling Bee for Year 7 was held at school on 29<sup>th</sup> January 2024.

It was a genuinely enthralling experience for all Year 7 girls:

**Anisa Yasmin - Esther:** The spelling Bee was an exciting, extravagant event. When the points were shown, each house thundered with cheers and applause. As each team worked together to spell their words, suspense hung in the air, as each house anxiously prayed that their words would be correct. The atmosphere was tense as the scores were read out and as the final scores were about to come out, busy chatter filled the hall. And soon, it was announced that...Esther had won!

**Brooke Hales - Deborah:** The Spelling Bee was an amazing, cheery and joyful event at Grays Convent, it was an experience to remember. We in the audience got to unscramble fun words whilst our peers tried their hardest to spell tricky words, with the cheers and chants of their friends and teachers. Well done Esther for winning for Year 7! and to all the other Houses, and a big Well Done to my house Deborah!

**Nazia Islam - Esther:** It was neck n neck with Esther and Deborah. Everyone was banging on tables and screeching with excitement. In first place we had ESTHER! It was a fun, eventful day and the audience had fun too!

**Daisy Wilsher - Deborah:** It was a suspenseful atmosphere, with words thrown at us every other second. With the audience, screaming, cheering our Houses' names and us writing hurriedly on a whiteboard. Collecting all of the results, we all banged on the tables, forming a drum roll. It was an amazing event that I'm proud to have been a part of.

**Ammara Zaheer - Mary:** The Spelling Bee was a great experience! It was fun to cheer on my house. Cheers and squeals filled the hall! I had a great time!

**Maria Sapong - Lydia:** The Spelling Bee was booming with noise! Cheers and roars! Tension was in the air! I also enjoyed the scramble word task that I got to do in the audience as my team worked hard!

**Ayo Abodunrin - Deborah:** The Spelling Bee was a wonderful experience; the hall was filled with applause of enthusiastic audience. While the contestants were whizzed away by the spelling, the audience had a task: we had to unscramble scrambled words and that was very entertaining! When the results were being announced, the audience was roaring at the end. Esther won with 49 points out of 50, with only a 3 point difference from Deborah who bagged 46 points. Thank you, as this was a wonderful experience.

**Antonia Bacu - Lydia:** As the first round started everyone started to get excited. When the first score was announced everyone was very happy and cheering for their Houses.

**Joyce - Deborah:** The Spelling Bee was bursting with vibrant colours! It was decorated with an assortment of cut out bees and our seats had paper with enjoyable activities: unscrambling scrambled words. We were awarded with achievement points based on our completions. I enjoyed it a lot!



# RESULTS



**ESTHER**  
**1<sup>ST</sup> PLACE!!!**

**DEBORAH**  
**2<sup>ND</sup> PLACE**

**LYDIA**  
**3<sup>RD</sup> PLACE**

**MARY**  
**4<sup>TH</sup> PLACE**





## Year 8 Netball Tournament

On Tuesday 30<sup>th</sup> January, the Year 8 Netball Team played in a tournament at Hassenbrook School. The tournament was split into two groups and the girls played in a round robin which consisted of 12-minute matches against 5 other schools. The winner of each group would then play in a final to be crowned the winners of the tournament.

The Grays Convent girls' first game was against Harris Ockendon. There was some excellent defensive play by all girls, but especially in the semi-circle by Sara and Emma, there was also some great shooting from Dara and Katie who both managed to score a goal each. This resulted in a 2-1 win for Grays Convent.

Next up was OPA who we had previously lost against in a league game, but once again the girls pulled together to forge a winning side. Sasha Bailey played extremely well in this match as WD, to help the rest of the team finish with a 3-1 win.

Gateway followed next and again the pace was rapid. Despite excellent interceptions and pressure from our defence the final score was 2-1 to Gateway.

Our penultimate game was against Hassenbrook, where they worked hard throughout and our shooters had a couple of great shots! We finished with a well-deserved 3-0 Win.

The final game was against Gable Hall, whose players were extremely agile and athletic as well as very tall in both their defending and attacking ends. The pace of the match was rapid and Gable Hall had some very talented club players who dominated the game and challenged our team. However, there was some great moments of creating space and driving forward for the ball by all the Grays Convent girls. The final score was 9-1 to Gable Hall.



Overall, Grays Convent came second in their group and were just a couple of points away from making it to the final. Well done girls, you should be very proud of your performance.

**Miss Sasse**

## Year 7 Lee Valley Indoor Athletics Cup 2024

On Wednesday 31<sup>st</sup> January our newly selected Year 7 Athletics team made their debut performances in the Year 7 Lee Valley Indoor Cup in Enfield. This is one of the strongest competitions, drawing athletes from across the whole of Essex and North London, with 46 Year 7 girls teams competing over two first round matches.

Students compete in teams to score points based upon their performances which determine whether they qualify for the semi-finals. The top teams are selected for the A semi-final and the next highest scoring teams will qualify for the B semi-finals.

Nadia Raji was first up on the track, racing over the 60m Hurdles. This was the first time that she had completed all six hurdles, having only trained over two. Despite this she ran a fantastic race to finish in 11.59s, leaving her in seventh place out of the 21 competitors! This meant that she secured 15 points for the team straight away. Next up was Adeola Thompson, who despite stumbling after the first hurdle, managed to stay on her feet and complete her race, finishing in a time of 11.86s and scoring 12 points for her team.

Ebere Nwwachor looked absolutely amazing in the 60m sprint, she blew the competition away to win her heat with a time of 8.82s, finishing in 2<sup>nd</sup> position overall, which gained the team another 20 points! She also ran an impressive leg in the 4 x 200m competition at the end of the day and is definitely a sprinter to be watching as the season progresses. In the 800m Mylene Pham worked hard on her pacing against the opposition to chip away at the positions and times, leaving her scoring 10 points with her 3m00.3s time.

Mary Dapio-Ogunbiyi and Omolade Adewole worked hard in their shot-put competition, throwing 5.68m and 5.50m respectively. With some more practice they should both be throwing over 6m by the next competition. Over at high jump Adeola Thompson cleared 1.15m with a scissor kick, having only practised once before so I look forward to seeing her development throughout the season.

All in all, it was a wonderful learning experience for the whole team. We are currently waiting for the final results to find out if we were successful in qualifying for the semi-finals.



Congratulations to all the girls who competed for us, you should be proud of what you have achieved.

**Mrs Bailey**



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

<https://studybugs.com>



Report sickness, receive guidance, help improve children's health

See what illnesses are going around

*Secure system, all communications encrypted*



Working in partnership with:



Mrs Burrow

## Year 11 Intervention 2023-2024

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

Week 2					
	Mon	Tues	Weds	Thurs	Fri
<b>Lunch</b>	PE (Aiming higher)-KW		Math (SMA)	Math (PM)	
	PE (Making the grade)-SF		D&T		
<b>After School</b>	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





## Computing

### Hexadecimal Numbers

Convert 1100111 from unsigned binary to hexadecimal.

69

68

67

Answer: 67

Mr Burr

## Maths



### Maths Question of the Week

1. Karen is organising a party for a charity.

She spends

£100 on food  
£120 on a hall  
£80 on a DJ.

Karen sells 54 tickets for the party.  
Each ticket costs £7.50

Work out the percentage profit Karen makes for the charity.

2. Chris, Debbie and Errol share some money in the ratio 3:4:2  
Debbie gets £120

Chris then gives some of his share to Debbie and some of his share to Errol.  
The money that Chris, Debbie and Errol each have is now in the ratio 2:5:3

How much money did Chris give to Errol?

Submit your answers on Monday 5<sup>th</sup> February 2024 at break time in Room 21, and win 5 Achievement points

Mr Amenze

## History



### Year 10 Historians Present

This week Year 10 History students have been looking at immigration in 19<sup>th</sup> Century Britain and the impact these settlers had.

The girls carried out research and delivered their findings to their classmates.

As well as discovering Italian settlers brought top quality ice cream to Britain, I'm pleased to say, the girls were all surprised to discover that the 'Full English Breakfast' was brought to the country by German settlers.

Really impressive speeches from all the GCSE students - achievement points all round!



Mrs Smith

## HAPPY FEAST DAY! THE FEAST OF THE PRESENTATION OF THE LORD IN THE TEMPLE

Today we celebrated the beautiful feast of the **Presentation of the Lord in the Temple** also known as **Candlemas** on 2<sup>nd</sup> February. Traditionally at Mass on this feast, we process around the church with lighted candles representing the light of Christ entering his temple as we sing "The Light of Christ has come into the world". The candles are re-lit again for the reading of the Gospel story of when Mary and Joseph brought the baby Jesus to the temple. Luke 2:22-35 Simeon the elderly priest who had been promised by God that he would not die until he had seen the Saviour of the World, was filled with the Holy Spirit and recognised that this baby, out of all the babies he had seen over many years was the Son of God, the promised Saviour of the World. This feast day completes the Christmas story and cribs (*Christmas scenes*) are taken down at the end of the day.



### The Divine Office

We began this feast day with Lauds, the Morning Prayer of the Church throughout the world. Staff and students who arrived early in the morning gathered in the Chapel before school, for this short service of readings, psalms, canticles and music. We also celebrated the feast in our Form Prayers.



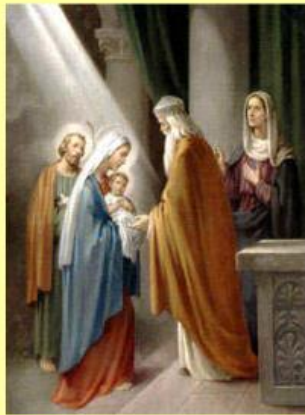
### Year 7 Chapel Reps

At Lunch time, the Year 7 Chapel Reps prepared a celebration with the dramatised Gospel Reading of the Presentation in the Temple, lighted candles and singing of The Light Of Christ has come into the world.





## The Presentation of the Lord in the Temple



It is the **40<sup>th</sup>** day after **Christmas**, when Mary and Joseph brought the baby Jesus into the temple to present him to the Lord.



The feast is known as **Candlemas**, because people carry candles into Mass to show that **Jesus the Light of the World** has come into the Church.

Retelling of Saint Luke's Gospel 2: 22-35

It was the Jewish custom, in obedience to God's law given to Moses, that **every firstborn son must be dedicated to the Lord**.

So Mary and Joseph took the baby Jesus to present him to the Lord in the Temple, and to make the offering of a pair of doves or two young pigeons.



There was a very holy elderly priest there called Simeon, who longed to see the Saviour of the World; the Holy Spirit had revealed that he would not die before he had seen the promised Messiah.

Simeon had seen numerous babies over the years, but when Mary and Joseph came in with Jesus, he **recognised, prompted by the Holy Spirit, that this baby was the Saviour of the World!** He took the child in his arms and gave thanks to God saying **"Now Lord that you have kept your promise I am happy to die because with my own eyes I have seen the saviour, the Light of the world."**

Mary and Joseph were amazed at the things he said about the baby. Simeon blessed them and in his prophesy to Mary his mother, he said

**"And sorrow, like a sharp sword will break your own heart."**

He meant that the terrible pain of seeing her son crucified on the cross would be like a sword through her heart.



*(L.S.U. La Sainte Union is about this loving **union of the Sacred hearts** of Jesus and Mary in the pain of the cross.)*



**Prayer:** Father fill us with your Holy Spirit, that we may see what is true, and recognise the presence of Jesus in our lives today. Give us the grace to see God in others. May the healing light of Jesus bring peace to all troubled areas of the world, and enlighten world leaders to relieve suffering, injustice and poverty and show us what we can do to help. We make our prayer in the name of Jesus Christ our Lord. Amen.

**This is the last feast of Christmas** in the Eastern Catholic Church and has been added to our Western Roman Catholic calendar.

**It's the day we take down the crib (nativity scene) but we remember that **Jesus is always with us.****



God bless you,

Miss Carson

## Pope Francis - Tweet of the Week



**Pope Francis** @Pontifex · 3d

In this [#YearOfPrayer](#), we are invited to make room for prayer that flows from the Holy Spirit. He knows how to place in our hearts and on our lips the right words in order to be heard by the Father.

321

842

4.8K

240K



## 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](http://www.childline.org.uk)
- NSPCC **0808 800 5000** [www.nspcc.org.uk](http://www.nspcc.org.uk); [www.facebook.com/nspcc](https://www.facebook.com/nspcc)

Mrs Collis

## Internet Safety Tip - Snapchat



### How do I report a problem?



Snapchat encourages self-expression, but wants Snapchatters to be able to use the app safely and enjoyably. Snapchat doesn't tolerate 'Snaps' that share:

- Pornography, nudity or sexually suggestive content involving people under the age of 18
- Invasions of privacy or impersonation of others
- Threats, harassment or bullying of other people
- Self-harm

Snapchat may remove this type of content and suspend accounts that will be prohibited from using Snapchat in the future. For more information, see Snapchat's Community Guidelines at: <https://support.snapchat.com/en-GB/a/guidelines>

Snapchat's reporting functions are the same across all devices. Mobile and tablet users can find all the reporting routes by tapping on the ghost on the camera screen; tapping the gear icon and choosing 'Support'. Desktop users can report a safety concern at: <https://support.snapchat.com/en-GB/i-need-help>

Mr Burr



# What Parents & Carers Need to Know about INSTAGRAM

follow

WHAT ARE THE RISKS?

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

AGE RATING

13+

## ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

## PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

## EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

## PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

Buy Milk

## Advice for Parents & Carers

### HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

### FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website > community > parents.

### MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off

### REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

### FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

### USE MODERATORS

Instagram has launched 'live moderators' on Instagram live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

### BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

### BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



National Online Safety®

#WakeUpWednesday

Source: <https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools> | <https://about.instagram.com/en-us/blog> | <https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools> | <https://about.instagram.com/blog/announcements/introducing-reels-and-shop-tabs>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety

















@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.08.2022



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

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

## Key Dates and Events

Monday 5 <sup>th</sup> February to Friday 9 <sup>th</sup> February	National Apprenticeship Week	Years 10 & 11
Monday 5 <sup>th</sup> February to Friday 9 <sup>th</sup> February	Safer Internet Week	Whole School
Tuesday 13 <sup>th</sup> February	School Production – 7pm start	
Wednesday 14 <sup>th</sup> February	School Production – 7pm start	
Thursday 15 <sup>th</sup> February	Year 9 Parents' Evening	Year 9
Friday 16 <sup>th</sup> February	Students break for Half Term – 3:25pm finish	Whole School
Monday 19 <sup>th</sup> to Friday 23 <sup>rd</sup> February	Half Term	Whole School
Monday 26 <sup>th</sup> February	Students return to school – 8:25am start	Whole School

## 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**



# 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](mailto: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](mailto: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](http://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](http://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 <sup>st</sup> September	10.30am - 12.30pm	Thursday 18 <sup>th</sup> January	10.30am - 12.30pm
Wednesday 18 <sup>th</sup> October	10am - 12pm	Wednesday 29 <sup>th</sup> February	10am - 12pm
Thursday 16 <sup>th</sup> November	10.30am - 12.30pm	Thursday 28 <sup>th</sup> March	12.30pm - 2.30pm
Wednesday 13 <sup>th</sup> December	10am - 12pm	Wednesday 17 <sup>th</sup> April	10am - 12pm
		Thursday 16 <sup>th</sup> May	10.30am - 12.30pm
		Wednesday 19 <sup>th</sup> June	10am - 12pm
		Thursday 11 <sup>th</sup> 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](http://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](mailto: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](http://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](mailto: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 29<sup>th</sup> February 12:30 to 13:30**

**Friday 29<sup>th</sup> March 12:30 to 13:30**

**Friday 26<sup>th</sup> 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](http://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		<b>Book in advance</b> 01375 413820
9.00am	11.00am	Local Area Co-ordinator – Helen Catterick		<b>Book in advance</b> 07710950318
9.30am	10.30am	Baby Rhyme Time <b>12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> February</b>	0 to 12 Months	All welcome
9.30am	10.30am	Bring a Story to Life <b>12<sup>th</sup> The Gruffalo</b> <b>19<sup>th</sup> We All Went on a Safari</b> <b>26<sup>th</sup> Super Worm</b>	24 to 60 Months	All welcome
11.00am	12.00pm	Baby Massage	0 to 12 Months	<b>Book in advance</b>
11.00am	12.00pm	Bookstart Toddler	12 to 24 Months	<b>Book in advance</b>
1.30pm	2.30pm	Let's Talk to Your Baby	0 to 12 Months	<b>Book in advance</b>
2.00pm	3.00pm	Stay and Play <b>12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> February</b>	24 to 60 Months	All Welcome

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

Wednesdays				
9.00am	4.00pm	Midwife	Ante Natal	<b>Book in advance</b>
9.30am	10.30am	Parents 1 <sup>st</sup> Coffee Morning/Drop In <b>14<sup>th</sup> February</b>	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 <b>14<sup>th</sup> and 28<sup>th</sup> February</b>	0 to 60 Months	All welcome
11.00am	12.00pm	Stay and Play <b>14<sup>th</sup> and 28<sup>th</sup> February</b>	0 to 12 Months	All welcome
1.30pm	2.30pm	Let's Talk to your Toddler	12 to 24 Months	<b>Book in advance</b>
1.30pm	2.30pm	Fussy Eating – <b>14<sup>th</sup> February</b>	12 to 60 Months	<b>Book in advance</b>
4.00pm	5.30pm	Young Carers		Referral only

Thursdays				
9.00am	4.00pm	Midwife	Ante Natal	<b>Book in advance</b>
9.30am	11.00am	Chatterbox	24 to 60 Months	Referral only
9.30am	11.00am	Parental Outreach Advice session <b>23<sup>rd</sup> February</b>		<b>Book in advance</b>
1.30pm	2.45pm	Baby Weighing Clinic – Drop In <b>1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> February</b>	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	<b>Book in advance</b>

Fridays				
9.00am	1.00pm	Speech and Language Drop-In <b>2<sup>nd</sup> February</b>		<b>Referral Only</b>
9.00am	1.00pm	Early Interaction Advice Sessions	24 to 60 Months	<b>Referral Only</b>
9.30am	10.30am	Fun, Food and Fitness	24 to 60 Months	<b>Book in advance</b>
10.00am	12.30pm	Job Club – Supported Families Employment Adviser		<b>Book in advance</b> 07776245301
10.00am	4.00pm	Inclusion Visions - Substance Misuse and Support – Drop in	18 + Years	<b>Lorraine. G</b> 07977 792 236
11.15am	12.15pm	Let's Talk to Your Baby	0 to 12 Months	<b>Book in advance</b>
1.30pm	2.30pm	Stay and Play <b>2<sup>nd</sup> and 16<sup>th</sup> February</b>	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		<b>Book in advance</b> 01375 413 820
9.30am	10.30am	Stay and Play	12 to 24 Months	All welcome
11.00am	12.00am	Bookstart Toddler <b>5<sup>th</sup> February</b>	12 to 24 Months	<b>Book in advance</b>
12.30pm	2.30pm	Parents 1 <sup>st</sup> Coffee Morning/Drop In <b>5<sup>th</sup> February</b>	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 <b>5<sup>th</sup> February – Goldilocks and the Three Bears</b>	24 to 60 Months	All welcome

Tuesdays				
9.30am	10.30am	Lets Talk To Your Baby	0 to 12 Months	<b>Book in advance</b>
9.30am	10.30am	Fun with Painting - <b>6<sup>th</sup> February</b>	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 <b>6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> February</b>	0 to 12 Months	All welcome

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

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

Fridays				
9.30am	10.30am	Baby Massage	0 to 12 Months	<b>Book in advance</b>
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	<b>Book in advance</b>
1.30pm	2.30pm	Parent Carer Panel <b>8<sup>th</sup> February</b>		Referral only

Saturdays				
10.00am	1.30pm	Dads and Partners Antenatal Group	<a href="mailto:info@parents1st.org.uk">info@parents1st.org.uk</a>	<b>Book in advance</b> 01268 525 758 <a href="mailto:info@parents1st.org.uk">info@parents1st.org.uk</a>

## 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](http://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](https://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](http://www.thurrock.gov.uk/family-hubs)