

The Convent Chronicle



Friday 20th October 2023

Inspiring Ambition,
Achieving Excellence

Dear Parents/Carers,

Our first half term has ended, and I send my wishes to you for a lovely break together with your families. I cannot believe that we are heading towards Advent already, summer seems a long time ago!

The term ended with the exciting Rise Above Day as you can see - rising above our normal routines to enjoy learning our pastoral, social, health and citizenship education in an entirely different way. The tents went up eventually - the weather not being in our favour!

Year 11 have received their revision guides and their timetables for Mock exams - an email was sent to you with the link to our website where it is also stored. The mock exam timetable is also included in this newsletter. Your daughter was prepared for college applications and interviews on her Rise Above Day. I hope the girls have some break this half term; they need their brain power restored!

Year 7 are beginning to look more grown up: I'm sure like me you cannot believe that they have completed their first term. I am very pleased with their progress. The first progress checks of the year will be coming to you on about the second week of November, so if you haven't received it, it means we haven't got your email address. Please contact us if that is the case, and keep watch for it.

As the weather is turning cold, I was pleased to see that most of the 'lost coats' have been reunited with their owners - but we still have a lot of them in reception. Please ensure your daughter has one for the next half term, as well as an umbrella. The umbrella is because when we have exams in the hall we cannot go through the hall to get lunch and I don't want your daughter to get wet.

We return for the second half of the Autumn term on Monday 30th October for 8:25am. Don't forget the clocks go back on Sunday 29th October.



Enjoy your break together

Penny Johnson
Headteacher



What good attendance means...

Good attendance means...

Being in school at least 95% of the time or 180 to 190 days



Uniform recycling...



Calling all parents!

Has your daughter outgrown her school uniform over the summer break? Does she have things that still have life in them but that she no longer has need for?

If so, please consider donating her old uniform and/or PE kit to the school so it can be given a new home. We are especially in need of blazers and skirts. Thank you.

Mrs Burrow

Lunch Money

If your daughter has loaned lunch money from the Finance Office could you please ensure it is paid back the following day.

We have a large amount of outstanding money owing and emails have been sent home. If you have received an email could you please ensure the money is returned as soon as possible.

This service is only available for emergencies and if the money is not returned on time it could lead to us being unable to loan money to another student.

Finance Office

ParentPay Accounts



ParentPay It is important that our Parents have a ParentPay Account, and that this account is activated. This enables parents to purchase equipment and not to miss out on school trips.

If you require another copy of your ParentPay Activation Letter then please email Mrs Wood on:

woodj@graysconvent.thurrock.sch.uk

Finance Office

Get the Studybugs App

the quick and easy way to report your daughter's absence



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

<https://studybugs.com>



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

See what illnesses are going around

Secure system, all communications encrypted



Working in partnership with:



Studybugs

Mrs Burrow

Convent Sisters make the Team!

We were thrilled to hear from Isobel and Erin Pitney's mum this week, that both sisters have been offered places on the Girls U16s Essex Schools Football team.

As yet, there are no fixture dates, but look out on forthcoming social media posts about the team by the Essex FA.

We are incredibly proud of the girl's achievement outside of Grays Convent – well done!

Miss Franklin

PE fixture round up for the Half Term







Lee Valley Finals

The Gray's Convent Year 10 & 11 Athletics team were back in Enfield on Wednesday afternoon for the Lee Valley Indoor Athletics B Final, having qualified from the first rounds two weeks ago. The competition is open to all schools in Essex and North London and draws top quality schools' teams from across this area. In contention against us for the B final Championship Gold were the teams from St Clemants Dane; Grey Court; Robert Clack; High Gate School; Southend High School for Girls and Bancrofts School.

Lacey Elson ran a respectable 11.64s over the 60m hurdles, which was just outside her personal best, leaving her in 5th place at the end of the race. Amy Dhannie was next up on the track, running a new personal best of 8.95s in the 60m and placing 3rd in the competition. Sadie Allison worked hard in the high jump, clearing 1.30m, which is just 1cm away from her personal best and finishing in 3rd place in the competition.

Sophie Pasztor ran an outstanding 800m race of 2m32.6s, beating the previous school record for this age category by 2 seconds and wiping her sister Boglarka from the school records book, which was a title that she had held since the Districts in 2019! This effort secured 2nd place for Sophie, who was just 1 second behind the leader. Also showing excellent form was Alannah Edward, whose flawless shotput technique saw her throw a new personal best of 8.85m and gaining 5 points for the team with her second place.

Despite these amazing efforts, Grays Convent finished in 5th place at the end of the competition, which is still an amazing achievement as the competition draws top quality athletes from across Essex.

Well done for getting through to the final and for all your efforts on the night. Next month it will be the turn on the Year 8 & 9 Athletics team to compete.



Mrs Bailey



Please find below a link to our Black History Month Event at the Thameside Theatre Complex on 30th October between 5pm and 7pm.

[SALUTING OUR SISTERS \(thamesidetheatre.com\)](https://thamesidetheatre.com)

It is a free ticket event taking place on the ground floor of the theatre complex. When booking the tickets please include children in your total number of free tickets!!

'Saluting Our Sisters' is a joyous tribute organised by Grays Convent High School, honouring the remarkable achievements of black women throughout history, as part of Black History Month.

Woodside Academy pupils will be performing with their Steel Pans, while pupils from Grays Convent High School will delight our audience with traditional songs, dance performances, poetry readings, and captivating storytelling. All of this is in the spirit of celebrating the accomplishments of black women.

During the October half-term break, make sure to visit the Gallery, where the Convent pupils have curated a vibrant display of posters, informative exhibits, and awe-inspiring artwork centred around the theme. This engaging showcase will be available for your enjoyment from 23 October to 2 November.

Additionally, in the ground floor reception area, you'll find a fascinating display of artefacts and information on Windrush, thoughtfully curated by Thurrock Museum.

Join us in the spirit of celebration as we honour the enduring legacy of black women in history.

This is a free event and will take place in the ground floor foyer of the Thameside Complex.

Mrs Collis

Annual Poppy Appeal

When we return from our Half Term break, Grays Convent will, once again, be selling poppies in school in aid of the Royal British Legion's Poppy Appeal 2023. Your daughter will be able to buy a standard poppy for a minimum donation of 20p. This year the Royal British Legion have introduced a new style of poppy made from recycled plastic cups, which they will be selling alongside the more traditional style poppy:



We also have poppy wrist bands at a minimum donation of £1, and reflective poppy zipper/bag charms at a minimum donation of 50p:



If your daughter would like to purchase one of the above, please send her in with the appropriate minimum donation in cash. We thank you in advance for your generosity for this very worthy cause.

The Den! An online engagement opportunity for 11-16 year olds with SEND

**CALLING ALL YOUNG PEOPLE AGED 11-16
WE WANT TO HEAR FROM YOU!**

The Den is an informal virtual hangout for young people aged 11-16 providing an opportunity for young people to share their experiences and work together to improve services for young people with Special Educational Needs and Disabilities, living or attending education in Thurrock.

Meeting via MS Teams from 5.30pm on the following dates:

Tuesday 31st October 2023
Monday 13th November 2023
Wednesday 13th December 2023

You can join 'The Den' and participate in regular online meetings and share thoughts and feelings on our online pinboard. Parents and / or guardians must complete this online registration form:

<https://forms.office.com/e/xECdu8uE5A>

Thurrock Children's Services

Thurrock Dispatch Letter - Grays Police

Thurrock officers have recently started a weekly dispatch newsletter which went live this week! They are trying to reach as many local residents as possible that may be interested in signing up to the newsletter which will be sent out virtually every Wednesday. It will focus on your community and what's been happening. These local editions will offer crime prevention advice relevant to the area, as well as information about upcoming community events, local policing news and more.

Grays Police would like parents and students to be encouraged to sign up to the newsletter by clicking the link below - you just have to select the area you wish to receive news about.

[Dispatch newsletter | Essex Police](#)

For information...



Vacancy

We have vacancies for Exam Invigilators to work during the exam periods. If you are interested in joining on a casual basis please see the full advert and job description on the school website or contact Jackie Reynolds at finance@graysconvent.thurrock.sch.uk for further information.

Finance Office

Inter-house Football Tournament 2023

On Wednesday 18th October pupils from Years 7-11 represented their house (Deborah, Esther, Lydia and Mary) in a Football tournament. In each period of the day a different year group would play in their team house and compete to win against their year group and to put points towards their houses for an overall winner. All of the pupils taking part showed fair play, great sportsmanship, team spirit and excellent skill in the competition this year.

Year 8 started, we had an amazing 8 students from each house taking part who were all determined to win. First matches saw Deborah winning 1-0 against Lydia and Mary winning 2-0 against Esther. Second matches consisted of Deborah winning 1-0 against Esther whereas Lydia and Mary drew 0-0. In the last game Esther and Lydia drew 0-0 and Deborah won 1-0 against Mary which meant that Deborah had won all their games and were the Year 8 champions!

Second was Year 9, they managed to get a team from each house to participate as well. In the first match Lydia won 1-0 against Deborah, whilst Esther and Mary drew 0-0. Second match, Esther drew 0-0 with Deborah and Mary drew 0-0 with Lydia. However, in the last game Mary won 1-0 against Deborah and Lydia drew 0-0 with Esther. This meant that Lydia and Mary both had the same number of points which means that they were both winners.

From Year 10, three teams entered apart from Esther who unfortunately didn't manage to enter a team in time. These were very intense games with the majority of matches ending in a draw, however on the final game Mary won 1-0 against Deborah in the last minute of the game to make them the winners of Year 10.

Year 7 only had two teams enter in time, which were Deborah and Mary. Both teams put in 100% effort and it was amazing to see the encouragement from their teams. However, Deborah came out on top with a 2-0 win.

Last period was Year 11's turn, they braved the cold and rainy weather to take part and it was lovely to see other students there supporting! However, Deborah and Mary were the only teams submitted so they played 10 minute halves. With much rivalry and determination from both teams, Mary ended the game with a 3-1 win.

When totalling points earned from all year groups, the final placings of Inter-House Football were...

1st **Mary**
2nd **Deborah**
3rd **Lydia**
4th **Esther**



Well done to all students for taking part, representing their houses and demonstrating perseverance, resilience and huge amounts of effort. Hopefully, all year groups can fill their teams for the upcoming Inter-house Netball Tournament in December.



Miss Sasse


Spelling Bee

Prepare for "*Excellent spelling!*" at **Spelling Tests, ASSESSMENTS and Spelling Bee!**
3 SPELLING BEE COMPETITIONS THIS YEAR

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

Get ready! – week 6



| FOR YEAR 7 | FOR YEAR 8 | FOR YEAR 9 |
|---|---|---|
| referring referred referral preferring preferred transferring transferred reference referee preference transference | convince creep declare collaborate tureen laborious engage evening shirk swill | coz colors sooth oracle lave kites speculation apparition bodements  |



For Year 7:

The **r** is doubled if the **–fer** is still stressed when the ending is added. The **r** is not doubled if the **–fer (last syllable)** is no longer stressed.

For Year 8: Learn the words – from Animal Farm:

convince - make realize the truth or validity of something
creep - move slowly
declare - state emphatically and authoritatively
collaborate -work together on a common enterprise or project
tureen - large deep serving dish with a cover
laborious - characterized by effort to the point of exhaustion
engage - consume all of one's attention or time
evening - the latter part of the day
shirk - avoid one's assigned duties
swill - drink large quantities of



For Year 9 – in detail. Learn these words - they are all from Macbeth – Act 1

coz: cousin; sometimes a courtesy title only
colors: a flag carried by a soldier
sooth: truth
oracle: may be the person through whom a deity speaks or may be information about the future given by an oracle
lave: to bathe
kites: birds of prey, often hawks
speculation: the power of sight
apparition: a ghostly figure
bodements: prophecies



Learn them to improve your spelling!!!

Miss Petrova

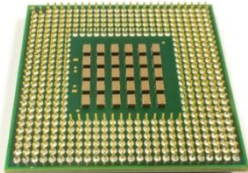
Subject News...



Computing

Primary Storage (Memory)

What is the name of the computer part shown in the image?



Motherboard

CPU

ROM

RAM

Answer: CPU

Mr Burr

Drama



Thursday this week was the Year 11 real GCSE component 1 Drama exam. The students in both classes have been working hard the last two weeks since their mock exam to ensure they're exam-ready. They've attended break time, lunch time and after school extra rehearsals to support their group members and we would like to commend the girls on their efforts. May your marks reflect all the hard work you have put in.



Mrs Grint



Fine Art & Photography



This week Year 10 students studying Fine Art and Photography GCSE visited the Tate Modern Gallery.

The purpose of the visit was to familiarise the students with the world of commercial Art and Photography, and to see some of the most famous artworks in the world. The students took photos, made notes and sketched aspects of their favourite artworks to develop inspiration for their GCSE portfolios. The trip was a great success, the students benefited from seeing world renowned artwork up close, learning about the artists and what inspired them and even enjoyed seeing some of the most famous sights of London from the top of a double decker coach.



Miss Levins

October – the Month of Mary and the Holy Rosary

**October is the Month of Mary and the Holy Rosary
and it is Black History Month.**

Hail Mary

Words of Angel Gabriel Lk.1:28:

Hail Mary, full of grace, the Lord is with thee;

(Words of St.Elizabeth, Mary's cousin Lk.1:42)

**blessed art thou among women
and blessed is the fruit of thy womb, Jesus.**

(Us)

**Holy Mary, Mother of God,
pray for us sinners, now
and at the hour of our death.**

Amen.



ROSARY FOR PEACE

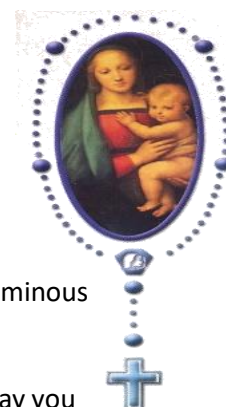
Our Year 7 Rosary Group prayed this week for peace in Israel, Palestine Ukraine and all areas of conflict. Mary told the children in Fatima that if enough people prayed the rosary, even wars could be stopped. All Catholics have been asked to pray for Peace.

HALF TERM ROSARY CHALLENGE FOR ALL STUDENTS AND FAMILIES TO JOIN IN!

Take 5 minutes out to relax each day.

Scroll down on this link: [The Mark 10 Mission - The Rosary Challenge](#) and Click on the video for the 1st Luminous Mystery and pray just 1 decade of the Rosary and ask your parents to sign your planner.

If you go through the videos and pray 1 decade of the Rosary every day, then ask your parents to sign to say you have completed the challenge. You could invite your family to join in with you. This notice is also on your Form Google Classrooms.



Justice & Peace Group

The Justice & Peace Group had a guest speaker, Mrs Maunze in connection with Black History Month. Mrs Maunze shared her personal experience of living under the apartheid in South Africa. Students listened very respectfully and were stunned by what they heard. Mrs Maunze also shared with them how she overcame discrimination and racism in some places of work in Britain, so that students know how to protect themselves by doing the right thing and how to respond in the right way, that is polite and effective; who to speak to and when to rise above it. Mrs Maunze is respected as an excellent teacher and role model.

YOUTH GATHER 2023

Some of our students in Years 9 & 10 are excitedly looking forward to their Youth Gather retreat at Mersea Island with the Brentwood Catholic Youth Service this weekend. We hope they have a lovely time and very much look forward to hearing all about it. (see bcys.net/Youth Gather)

International Anti-Slavery Day

Wednesday was International Anti-slavery day. We thought about all the enslaved people of the past who suffered due to greed and negative attitudes and of all those living in slavery now.

Today, approximately 40 million people world-wide are trapped in modern day slavery particularly through trafficking. 1 in 4 are children and 71% are women and girls. In the UK slavery is mainly through forced labour which can even be in plain sight including work in shops, nail-bars and car washes; though particularly through sexual exploitation and 'county lines' drugs trafficking. Many of the people have been tricked into slavery when they were trying to escape poverty.

Pope Francis says this abounds in an atmosphere of indifference. "This occurs when money, and not the human person, is at the centre of an economic system." He says "Prayer touches the heart and compels us to concrete action. He holds up as a role-model for us, Saint Bakhita, the enslaved girl who became a saint because of her amazing forgiveness and overcoming evil with the power of love.

Saint Josephine Bakhita,



A great African Saint from the Sudan because of her extraordinary forgiveness.



Josephine Bakhita was born in 1869 in the Dafur region of Sudan. Her sister was captured, sold as a slave and never seen again. A short time later Josephine was captured. Her ordeal was so frightening that she forgot her name, and so her captors called her Bakhita, meaning lucky. (Lucky to be alive.) She spent a month trapped in a hole crying for her family and was bought and sold into slavery 5 times, to very cruel masters. She suffered terrible torture and was whipped every day, once so badly that she could not get up from her straw bed on the floor for a month.

Eventually she was sold to an Italian family who were kind to her and unsuccessfully tried to help her find her family. One of their workers gave her a crucifix (with the body of Jesus on the cross) and she was drawn to it and wanted to know all about Jesus.



Josephine later wrote that as she prepared for her baptism, she realised that she had already experienced God "in my heart since childhood, without knowing who he was..." "I felt the protection of Our Lady (Mary the Mother of God) even before I could know her."

Amazing Forgiveness:

She became a Roman Catholic Sister and was known for her smile, gentleness and holiness. She even said, "If I were to meet the slave-traders who kidnapped me and even those who tortured me, I would kneel and kiss their hands, for if that did not happen, I would not be a Christian and Religious today." (This shows her great love for Jesus.)



Prayer:

Heavenly Father, give us the grace to forgive like Saint Josephine Bakhita and to pray for our enemies. Help us to remember that real strength and power is shown in gentleness, mercy and self-control. Please give us wisdom and protection as we use social media.

We ask Saint Bakhita to pray with us for all victims of trafficking and slavery, that they will feel the healing presence of Jesus who suffers with them and that he will set them free. Please send the right people to help them to re-build their lives and bless the work of Talitha Kum and the Medaille trust which both support victims of trafficking. Lord please bring peace to all areas of war and conflict and set all hostages free. Please save all who are suffering and living in fear and give them your peace. We ask this in Jesus' name. Amen.

"Father, forgive them,
for they know not
what they do."
Lk.23:24



Reflection:



Saint Josephine Bakhita is a saint because she forgave her torturers. She followed the example of Jesus who while dying in agony on the cross said "Father forgive them for they know not what they do."

Catholics in all parishes have been asked to pray for peace in Israel and Palestine and I will be praying especially at Adoration on Mondays at the Cathedral and for your intentions. Please continue to let me know if you have any prayer requests.

Wishing you all a very blessed and happy half term,

Miss Carson

Key Dates and Events

| | | |
|--|--|---------------------|
| Monday 23rd to Friday 27th October | Half Term | Whole School |
| Monday 30th October | Students return for 8:25am start | Years 7-11 |
| Thursday 2 nd November | Year 11 Information Evening 6-7pm | Year 11 |
| Thursday 9 th November | GCSE Drama Theatre Trip (Evening) | Years 10 & 11 |
| Monday 13 th to Friday 17 th November | Anti-Bullying Week | Whole School |
| Friday 1 st December | Year 11 24 Hour Fast and Sleepover | Year 11 |
| Wednesday 6 th December | Rise Above Day (students finish at 2:30pm) | Years 7-11 |
| Thursday 7 th December | Christmas Jumper Day Parents Carol Service 6-7:30pm | Whole School |
| Friday 8 th December | PE CNAT Trip to Hadleigh | Year 10 |
| Monday 11 th December | Christmas Concert in Hall – 7-9pm | Years 7-11 |
| Tuesday 12 th December | Christmas Dinner – Canteen | Whole School |
| Thursday 14 th December | Christmas Cracker Event | Years 7-11 |
| Wednesday 20 th December | School Carol Service | Years 7-11 |
| Wednesday 20th December | Early closing for Christmas break Students dismissed at ???? | Whole School |
| Thursday 21st December - Wednesday 3rd January 2024 |  Christmas Break  | Whole School |
| Thursday 4th January 2024 | Spring Term commences Students to arrive for 8:25am start | Whole School |

Pope Francis – Tweet of the Week



Pope Francis  @Pontifex · 19h

I have decided to declare Friday, 27 October, a day of fasting, penance and prayer for [#peace](#). I invite the various Christian confessions, members of other religious, and all who hold the cause of peace in the world at heart to participate.

 458

 3,388

 13.2K

 757K



Year 11 Mock Exam/NEA Timetable

| Date | Period(s) | Subject | Paper | Duration | Venue/Extra timers max |
|---------------------------------|---|--|-------------------------|--|--|
| 1Thu 5 th October | P1-7 | Drama | Component 1 Mock | All Day | Hall |
| 2Mon 9 th October | P1-7 | NEA 1 Food Practical | NEA | All Day | Room 30 |
| 2Tue 10 th October | P1-7 | NEA 1 Food Practical | NEA | All Day | Room 30 |
| 2Wed 11 th October | P1-7 | NEA 1 Food Practical | NEA | All Day | Room 30 |
| 2Thu 12 th October | P1-7 | NEA 1 Food Practical | NEA | All Day | Room 30 |
| 2Fri 13 th October | P1-7 | NEA 1 Food Practical | NEA | All Day | Room 30 |
| 1Thu 19 th October | P1-7 | Drama | Component 1 GCSE | All Day | Hall |
| Half Term | | | | | |
| 2Thu 2 nd November | P1-7 | GCSE Music Ensemble | NEA | All Day | Music room |
| 2Fri 3 rd November | P1-7 | GCSE Music Ensemble | NEA | All Day | Music room |
| 1Mon 6 th November | P1-7 | Textiles 11K (KG) | Mock | All Day | Room 16 |
| 1Tues 7 th November | P1-7 | Textiles 11L (KAP) MFL Speaking: French Spanish | Mock Mock | All Day | Room 17 Library/R15 |
| 1Wed 8 th November | P1-7 | Photography 11L (JL) MFL Speaking: French Spanish | Mock Mock | All Day | Room 17 Library/R15 |
| 1Thu 9 th November | P1-7 | Photography 11M (KAP) MFL Speaking: French | Mock Mock | All Day | Room16 Library/R15 |
| 1Fri 10 th November | No hall set up for exams | | | | |
| 2 Mon 13 th November | P1-7 P4 P5-7 | Art 11J (KG) DT exam students lunch DT Exam 1 pupil clash | Mock | All Day 120 | Room 16 Hall extra timers 30 mins |
| 2Tues 14 th November | P1-4 P4 Line up 12.40 P5-7 | Y9 CATS P1-4 Lunch P4 with Y7 Mathematics Paper 1 Non calc F/H | CATS Mock | 1-4 90 mins | Hall Hall Extra timers 25 mins |
| 2Wed 15 th November | P1-2 P3-4 P6-7 | English Paper 1/A English Paper 1/B History Paper 2: Elizabeth | Mock | 60 mins 45 mins 50 mins | Hall extra timers 15 mins Hall extra timers 15 mins Hall extras timers 15 mins |
| 2Thu 16 th November | P1-2 P3-4 P6-7 | Media Paper 1 Computer Science Drama | Mock | 90 mins 90 mins 45 mins | Hall extra timers 25 mins Hall extra timers 25 mins Hall extra timers 15 mins |
| 2Fri 17 th November | P1-2 P4 Line up 12.40 P5-7 | Geography Paper 1 Lunch P4 with Y7 Biology Triple Science Biology Combined Synergy Paper 1 | Mock | 90 mins 105 mins 75 mins 105 mins | Hall extra timers 25 mins Hall extra timers 25 mins Hall extra timers 20 mins Hall extra timers 30mins |
| 1Mon 20 th November | P1-2 P3 P4 Line up 12.40 P5-7 | English Paper 2 Section A English Paper 2 Section B Lunch P4 with Y7 Religious Education | Mock | 80 mins 45 mins 105 mins | Hall extra timers 20 mins Hall extra timers 15 mins Hall extra timers 25 mins |
| 1Tues 21 st November | P1-2 P3 P4 Line up 12.40 P5-7 | History P3: Nazi Germany Geography Paper 2 Lunch P4 with Y7 Physical Education | Mock | 75 mins 60 mins 105 mins | Hall extra timers 20 mins Hall extra timers 15 mins Hall extra timers 30mins |
| 1Wed 22 nd November | P1-2 P3 P4 Line up 12.40 P5-7 | English Literature: IC English Literature: R&J Lunch P4 with Y7 Chemistry Triple Science Chemistry Combined Synergy Paper 2 | Mock | 55 mins 50 mins 105 mins 75 mins 105 mins | Hall extra timers 15 mins Hall extra timers 25 mins Hall extra timers 20 mins Hall extra timers 30mins |
| 1Thu 23 rd November | P1 P2 P3 P4 P6-7 | French Listening F French Listening H Spanish Listening F Spanish Listening H French & Spanish Reading F French & Spanish Reading H | Mock | 35 mins 45 mins 35 mins 45 mins 45 mins 60 mins | Hall Extra timers 10 mins Hall Extra timers 12 mins Hall Extra timers 10 mins Hall Extra timers 12 mins Hall Extra timers 12 mins Hall Extra timers 15 mins |

| Date | Period(s) | Subject | Paper | Duration | Venue/Extra timers max |
|--|-------------|--|-------|----------|---------------------------|
| 1Fri 24th November Line up 8.20 | P1-2 | French & Spanish Writing F | Mock | 70 mins | Hall Extra timers 20 mins |
| | P3 | French & Spanish Writing H | | 80 mins | Hall Extra timers 20 mins |
| | P4 | Lunch P4 with Y7 | | | |
| Line up 12.40 | P5-7 | Maths P2 Calc H/F | | 90 mins | Hall extra timers 25 mins |
| 2Mon 27th November Line up 8.20 | P1-2 | Food Prep& Nutrition | | 105 mins | Hall extra timers 25 mins |
| | P3 | Above late to class P3 | | | |
| | P4 | Lunch P4 with Y7 | | | |
| Line up 12.40 | P5-7 | Maths P3 Calc H/F | | 90 mins | Hall extra timers 25 mins |
| 2Tues 28th November Line up 8.20 | P1-2 | Music | Mock | 90 mins | Hall extra timers 25 mins |
| | P3 | Pupil mop up DT due to clash with Art | Mock | 120 mins | Large Dormer |
| | P4 | Lunch P4 with Y7 | Mock | 105 mins | Hall extra timers 25 mins |
| Line up 12.40 | P5-7 | Physics Triple Science Physics Combined | | 75 mins | Hall extra timers 20 mins |

Year 11 Intervention 2023-2024

| WEEK 1 | | | | | |
|---------------------|----------------------------|------|----------------------------------|---------------------|-----|
| | Mon | Tues | Weds | Thurs | Fri |
| Lunch | Art-(KG rm16) Music | | Photography (JL) History (LW) | Textiles (KP) | |
| 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) | Computing |
| After School | | MFL (DPD) | Maths w/Nilesh RE (POH, Jan-May 24) | 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 |

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 - NSPCC - Resources for Parents & Carers

Help to keep your child safe when they're using the internet, social networks, apps, games and more.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

[Online shop](#) [NSPCC Learning](#) [Online safety advice](#)

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Donate

What is child abuse?

Keeping children safe

Support us

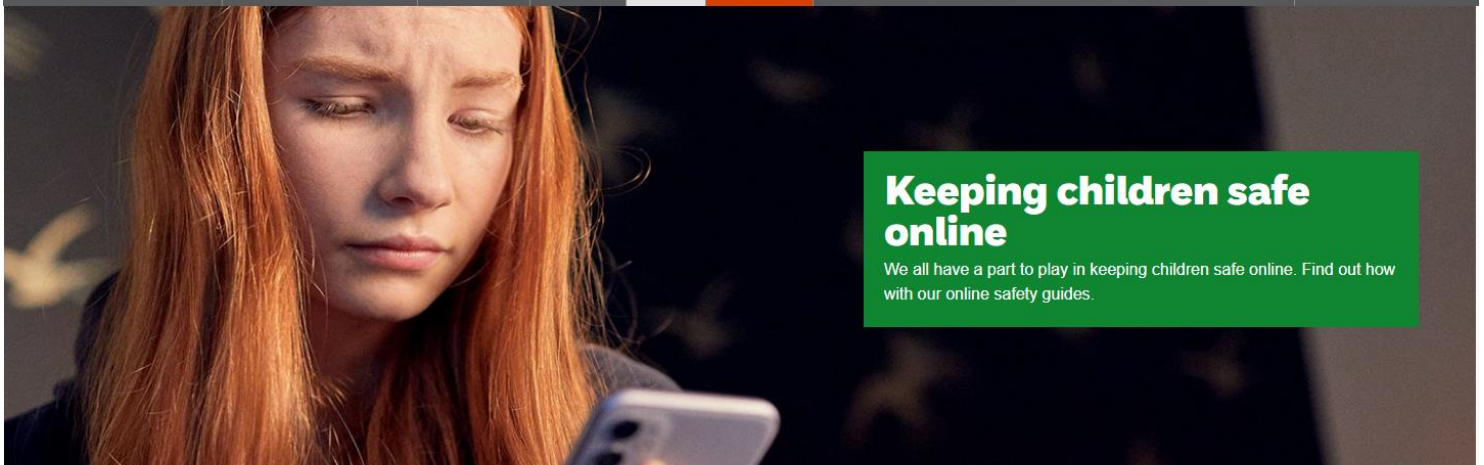
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Mr Burr

ASK ABOUT
OUR SOUP OF
THE DAY
with crusty roll

GRAYS CONVENT

OCTOBER 2023 - APRIL 2024 LUNCH MENU

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|---|---------------------|-----------------------------------|-----------------|--------------------|
| MAIN 1 | CHEESEBURGER | COTTAGE PIE | ROAST CHICKEN & YORKSHIRE PUDDING | CHICKEN NUGGETS | COD IN BATTER |
| MAIN 2 (V) | SOUTHERN FRIED QUORN BURGER | QUORN "COTTAGE" PIE | VEGETABLE QUICHE | QUORN NUGGETS | MAC 'N' CHEESE |
| POTATO | FRENCH FRIES | DICED HERB POTATOES | ROAST POTATOES | POTATO CRISPERS | CHUNKY CHIPS |
| VEGETABLE 1 | SWEETCORN | GREEN BEANS | CABBAGE | PEAS | BAKED BEANS |
| VEGETABLE 2 | BAKED BEANS | DICED CARROT | ROAST PARSNIPS | SWEETCORN | PEAS |
| GRAB "N" GO | A VARIETY FROM TOMATO PASTA, PIZZA, TOASTIES, PANINIS & JACKET POTATOES | | | | |
| DESSERT 1 | ANGEL DELIGHT | FRUIT JELLY | CARROT CAKE | ARTIC ROLL | CHOCOLATE DOUGHNUT |
| DESSERT 2 | ICED SPONGE | JAM DOUGHNUT | ICE CREAM TUB | FRUIT TURNOVER | PANCAKES & SYRUP |

WEEK COMMENCING 30th OCTOBER, 20th NOVEMBER, 11th DECEMBER, 8th JANUARY, 29th JANUARY, 26th FEBRUARY, 18th MARCH

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|---|---|----------------------------------|------------------------------------|-------------------|
| MAIN 1 | PORK SAUSAGES & GRAVY | PASTA BOLOGNAISE WITH GARLIC BREAD | ROAST GAMMON & YORKSHIRE PUDDING | CHEESEBURGER | FISH FINGERS |
| MAIN 2 (V) | QUORN SAUSAGES & GRAVY | PASTA WITH QUORN "BOLOGNAISE" WITH VEGAN GARLIC BREAD | CAULIFLOWER CHEESE | SOUTHERN FRIED QUORN BURGER | TOMATO PASTA |
| POTATO | MASHED & DICED | SEASONED WEDGES | ROAST POTATOES | CURLY FRIES | CHUNKY CHIPS |
| VEGETABLE 1 | BAKED BEANS | MIXED VEGETABLES | ROASTED ROOT VEGETABLES | SWEETCORN | PEAS |
| VEGETABLE 2 | BROCCOLI | GREEN BEANS | CABBAGE | TINNED TOMATOES | BAKED BEANS |
| GRAB "N" GO | A VARIETY FROM TOMATO PASTA, PIZZA, TOASTIES, PANINIS & JACKET POTATOES | | | | |
| DESSERT | ANGEL DELIGHT | CHOCOLATE MUFFIN | ICED FINGERS | ROCKET LOLLY | FRUIT JELLY |
| DESSERT | ICE CREAM TUB | VANILLA CHEESECAKE | FLAP JACK | CHOCOLATE SPONGE & CHOCOLATE SAUCE | JAM & CREAM SLICE |

WEEK COMMENCING 6th NOVEMBER, 27th NOVEMBER, 18th DECEMBER, 15th JANUARY, 5th FEBRUARY, 4th MARCH, 25th MARCH

| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|---|---|--------------------------------|-----------------------|--|
| MAIN 1 | BBQ CHICKEN THIGHS | LASAGNE BOLOGNAISE WITH GARLIC BREAD | ROAST PORK & YORKSHIRE PUDDING | ALL DAY BREAKFAST | FISH IN BATTER, FISH FINGERS OR FISH CAKES |
| MAIN 2 (V) | CHEESE & ONION ROLL | VEGETABLE LASAGNE WITH VEGAN GARLIC BREAD | QUORN 'CORNISH' PASTY | CHEESE & TOMATO PIZZA | VEGETABLE PASTA BAKE |
| POTATO | CRISS CROSS FRIES | SEASONED WEDGES | ROAST POTATOES | HASH BROWNS | CHUNKY CHIPS |
| VEGETABLE 1 | BAKED BEANS | CARROTS | ROAST PARSNIPS | BAKED BEANS | PEAS |
| VEGETABLE 2 | SWEETCORN | CAULIFLOWER | CABBAGE | MUSHROOMS | BAKED BEANS |
| GRAB "N" GO | A VARIETY FROM TOMATO PASTA, PIZZA, TOASTIES, PANINIS & JACKET POTATOES | | | | |
| DESSERT | ANGEL DELIGHT | FRUIT JELLY | ASSORTED COOKIES | VANILLA CHEESECAKE | FRUIT SMOOTHIE |
| DESSERT | ICED CHOCOLATE SPONGE | CHOCOLATE BROWNIE | FRUIT CRUMBLE | RICE CRISPY TRAY BAKE | VANILLA SPONGE WITH SYRUP SAUCE |

WEEK COMMENCING 13th NOVEMBER, 4th DECEMBER, 1st JANUARY, 22nd JANUARY, 12th FEBRUARY, 13th MARCH

JACKET POTATOES ARE AVAILABLE EVERY DAY WITH A CHOICE OF FILLINGS SUCH AS BAKED BEANS, CHEDDAR CHEESE AND TUNA MAYONNAISE.
ALSO AVAILABLE A WIDE VARIETY OF SANDWICHES AND BAGUETTES OR CHOOSE FROM OUR SALAD BAR.

Walk Online Roadshow for Parents, Carers and Practitioners Wednesday 22nd November 2023 - 20:00 till 21:30

**THURROCK LOCAL
SAFEGUARDING
CHILDREN
PARTNERSHIP**

Thurrock LSCP have offered the Walk
Online Roadshow for all Years 5s.

We are pleased to be able to offer a
session for parents, carers and
practitioners.

This session explores how parents, carers
and practitioners can support their
children to navigate the online world.

Visit the website to access the link.

Please note that this session is for over 18s
only.

www.thurrocklscp.org.uk

An Awareness Raising Session for Parents and Carers to Increase Knowledge of Gangs and Child Criminal Exploitation

~~Thursday 14th September 2023~~

Thursday 7th December 2023

18.00 till 19.00

Via MS Teams

This session will identify the harms associated with gangs and county lines and will
look on practical advice on how to support a young person who you may be
concerned about in relation to Exploitation

To book your place visit www.thurrocklscp.org.uk



Being a Parent Group

A FREE 8-week group run by trained local parents for parents
Friendly and fun! Informal sessions to give you new ideas on building better communication
and relationships with your child.

For parents with children aged 2yrs – 11yrs
Starting on Friday 6th October (term time only)

Ockendon Family Hub - 01375 413936

Please call to find out more information or to book a place
01375 413936



Become a EPEC Group Leader Join us for a 10 week training programme starting Tuesday 14th November 9.30-2/2.30pm at Chadwell Family Hub

Empowering Parents, Empowering Communities (EPEC) is a successful, popular, unique parenting approach.
EPEC is for local parents, led by local parents and those with parenting experience. As an EPEC parent group
leader you will:

- * Receive amazing free training and support from local EPEC team.
- * Learn to lead practical, caring groups for local parents and those with parenting experience.
- * Share tried and tested methods that give children the best start in life.
- * Join a group of like-minded parents to make a difference to your local community.
- * Develop your skills and confidence.
- * Gain experience that will help you to fulfil your ambitions.
- * Starting Tuesday 14th November 2023 - 0th February 2024 (Term time only) 9.30-2/2.30pm
- * Join us for a Coffee morning for more information 10-12noon Tuesday 17th October 2023 at Chadwell Family Hub
- * For more information please contact Chadwell Family Hub on 01375 840433 or text Charlotte on 07513 703202



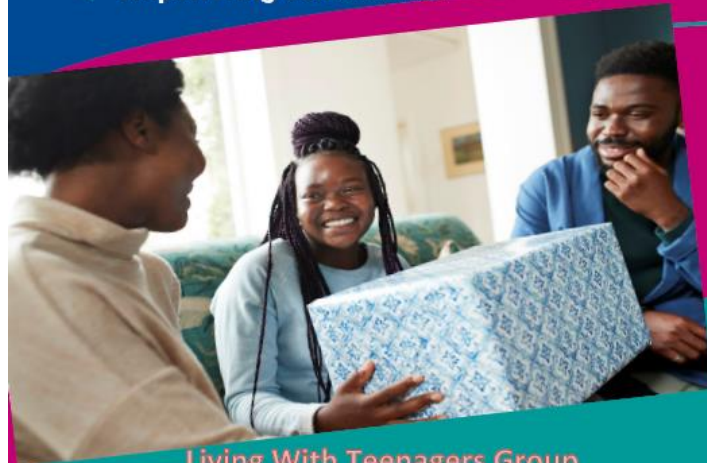
Being a Parent Group

A FREE 8-week group run by trained local parents for parents
Friendly and fun! Informal sessions to give you new ideas on building better communication
and relationships with your child.

For parents with children aged 2yrs – 11yrs
Starting on Monday 2nd October (term time only)

Tilbury Family Hub - 01375 858243

Please call to find out more information or to book a place
01375 858243



Living With Teenagers Group

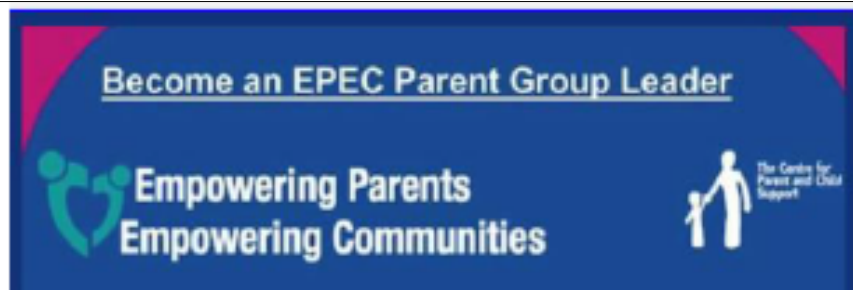
A FREE 9-week group run by trained local parents for parents
Friendly and fun! Informal sessions to give you new ideas on building better communication
and relationships with your child.

For parents with children aged 11yrs-16yrs
Starting on Wednesday 4th October (term time only)

Stifford Family Hub - 01375 652653

Please call to find out more information or to book a place
01375 652653





ARE YOU A PARENT LIVING IN THURROCK?

**HAVE YOU GOT TIME TO SPARE TO BECOME A
VOLUNTEER?**

ARE YOU THINKING OF GOING BACK TO WORK?

**WOULD YOU LIKE TO BUILD YOUR SKILLS AND
KNOWLEDGE?**

**We would like to invite you to our coffee morning on
Tuesday 17th October 2023 10-12pm at Chadwell Family
Hub, Claudian Way, RM16 4QE**

**To share information on Being A Parent Group (BAP)
running at Family Hubs across Thurrock and how to
become a parent group leader volunteer (PGL) and
support the delivery of these groups in your community.**

**If you are interested please contact Chadwell Family
Hub for more information on**

01375 840433

Thurrock Adult
Community College



Family Fun Day

Tuesday 24th October 2023

11:00 - 12:30

Grangewaters Outdoor Education Centre
Buckles Lane, South Ockendon, RM15 6RS



FREE Family Learning Activities including:

- Pebble Painting
- Family Mindfulness
- Science with fruit (Lemon Volcanoes)

Course Code: CL5235C

Booking essential, contact:

Tel: 01375 372 476

Email: tacc@thurrock.gov.uk



OCTOBER FAMILY ACTIVITIES 2023



| | 9.30am-11.00am | 11.15am-12.45pm | 1.30pm-3.00pm | 3.15pm - 4.45pm |
|--------------------------|----------------|-----------------|----------------|-----------------|
| Monday 23 Oct / 30 Oct | Canoeing | Paddleboarding | Canoeing | Paddleboarding |
| Tuesday 24 Oct / 31 Oct | Kayaking | Paddleboarding | Kayaking | Paddleboarding |
| Wednesday 25 Oct / 1 Nov | Archery | Sailing | Archery | Sailing |
| Thursday 26 Oct / 2 Nov | Climbing | Kayaking | Climbing | Kayaking |
| Friday 27 Oct / 3 Nov | Paddleboarding | Sailing | Paddleboarding | Sailing |

Activities cost £11 per person, per session.

Why not book more than one session and stay for lunch (bring your own).

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