

The Convent Chronicle



Friday 8th March 2024



Inspiring Ambition,
Achieving Excellence

Dear Parents/Carers,

Happy International Women's Day 2024. The theme this year is 'Invest in women; accelerate progress' and this couldn't be any more relevant to a girl's school I believe.

On this day we celebrate those female role models and inspirational women in our lives. This couldn't happen at a better time - it is Mother's Day and Laetare Sunday this weekend, the fourth weekend of Lent. Laetare means "rejoice". On Laetare Sunday the Church expresses hope and joy in the midst of our Lenten fasts and penances.

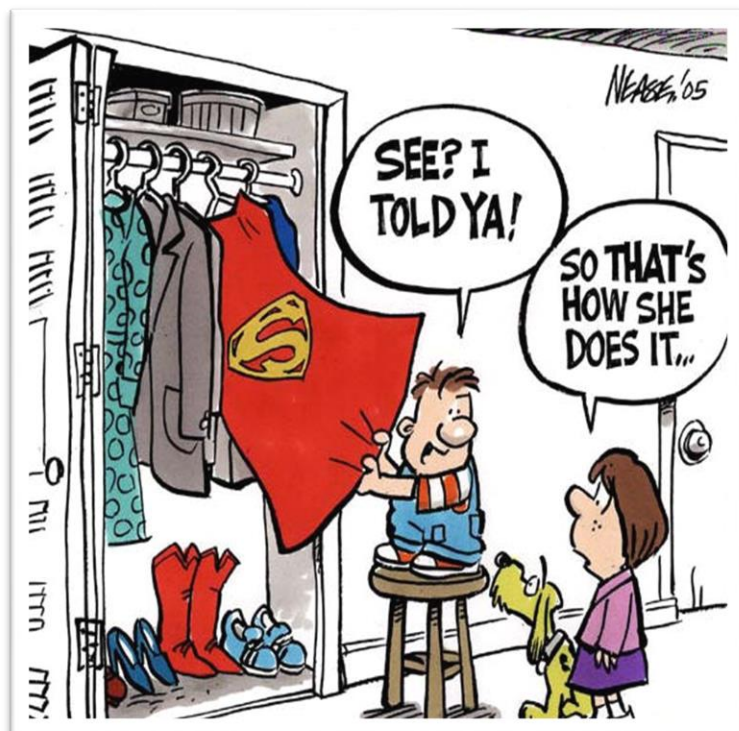
The most joy will be when we celebrate our mothers this weekend, featuring strongly as you can imagine on our inspirational role models list, but we must remember dads too, especially those who have brought up their children alone. It's interesting I think that some of the smallest things, memories and achievements, are the ones that have the most impact on us when we consider these women; the small events that we remember a long time into our futures, way past the big 'proudest achievements' of our lives. That goes for the positive and the negative smallest moments of course.

Mine was passing my driving test, which might seem strange, but this links to my own mum. My mum was so happy when I passed my driving test, because she never did. For her she felt that me driving was the key to my independence, to not having to rely on anyone else. She has always, and still does at 80, cycled everywhere; she felt so proud that I could choose my own roads in life!

The writer of the screenplay for 'Suffragette' spoke about why she decided to take on the writing of the film and she said that it was because she was being asked not to write about the 'big' movers and shakers in the Suffragette movement, but 'the little women'; the ordinary women who worked in the factories and shops or at home, to give them a voice. I think maybe that it is the 'ordinary' women who inspire me the most on a daily basis.

Of course, our ordinary young women, are anything but ordinary! Our amazing Year 11's have completed the first week of their PPE exams - and nearly managed to line up! The school celebrated with joy on World Book day - I wonder if you can spot your daughter's teachers!! Ms Franklin took some lucky girls to the International Women's Day conference, asked by my sister-in-law the photographer there!!

The Head girl hustings will be happening in assembly shortly and those shortlisted amazing young women will speak with confidence and zeal on their journey to being the Student Senior Leadership group; one of them will be our Head girl. Small moments full of awe and wonder. And so, to all of those inspirational young women, a proud well done, and to the inspirational women who gave them life, with us or not, Happy Mother's Day for this weekend!



Penny Johnson
Headteacher



World Book Day - Thursday 7th March 2024

Year 7 WBD Costume Parade Winners



Elizabeth Murray as Willy Wonka
Eadie North as Oompa Loompa



Christy Kole as Princess Tianna
Adeola Thompson as Frog No. 1
Ebere Nwachokor as Frog No. 2



Ruby Goddon as Mad Hatter

Year 8 WBD Costume Parade Winners



Micha Banawa-Chu
as Sherlock Holmes



Mia-Louise Sikka
as Katniss



Molly Garner as
Demon Dentist

Best Groups – Year 8



Charlie and the Chocolate Factory
Amelia Lancaster, Katie Hurrell, Evie Kennard, Sophie
Moore, Elizabeth Roy, Mia McCaffrey



Midnight Gang
Stavroula Kanarachos-Freese, Nancie North,
Emma Holmes, Geena Virdi, Sasha Bailey

Year 9 WBD Costume Parade Winners



*Olivia Szczuka as the
Mad Hatter*



*Rhoda Mensah as
Gansta Granny*



*Nyasha Chara as Mary Poppins &
Snneha Azim as the Queen of Hearts*

Winning Group – Year 9



*Charlie and the Chocolate Factory
Amelia Tomaszewska, Izabella Fagg, Hollie Booker, Sarina Di Nonno,
Sienna Creighton, Daisy Padmore, Maja Baluka, Evie Barton*

Year 10 WBD Costume Parade Winners



*Shanai Kiffin as Princess Tiana &
Antonia Igbinezka as Steve Harvey*



*Isabelle Gardner
as Queen Rose*



*Rose Phillips as
Brats Doll*

Best Groups – Year 10



Matilda Crew
*Eliana, Precious, Chrystal, Germaine,
 Favour, Timi, Kike*



Princesses
*Jaya, Jasmeet, Arshjot, Anisa,
 Alegria, Lamar, London, Klarisa*



Charlies Angels
Shobita, Viana, Sophie

Special Mentions... Year 10

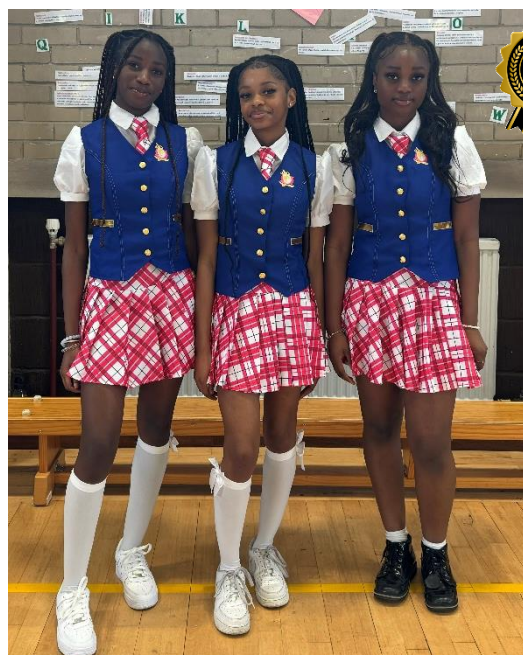


*Poppy and Simone as
 'Jekyll and Hyde'*



*Veronika, Freya and Rosie as
 characters from 'The Hunger Games'*

Year 11 WBD Costume Parade Group Winners



The Barbie Princess Charm School
Wadean Glover, Rachael Muchena, Timi Oladimeji

A selection of the fantastic group efforts!





Mrs Nyland

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:



Mrs Burrow

Happy International Women's Day!

To celebrate International Womens Day (IWD) Grays Convent were invited to a sports star studded event organised by the 'Fabulous Magazine'.

The event was a discussion panel of inspirational female athletes; Team GB athlete and Paralympic medal winner - **Ellie Simmonds**, England Netball Captain and Oxford Graduate Doctor - **Layla Guscoth**, body builder and the Gladiator 'Diamond' - **Livi Sheldon**, and CEO of Women in Sport Charity - **Stephanie Hilbourne**. The panel was hosted by ex-Lioness (England Footballer) and now host of the Women's Football show **Lianne Sanderson**.



The Panel discussed various important topics relating to women in sport; the progress made over recent years, the work still to be done and the significance of days like IWD to highlight how far there is to go until we reach equality with the men's sports field. A few things that really stuck with me:

1. By age 2 girls have had 'be careful' said to them, on average, 5000 (!) times more than boys of the same age. The impact of this means that girls are less physically daring, due the imposed glass ceiling, and as a result: run, jump, fall, throw, catch, kick and roll around less than boys. Consequently by age 4/5 when starting school boys motor skills are far more developed than the girls. Therefore, the boys rule the physical playground and are more dominant and involved in sport and games than the girls. This theme then carries on throughout primary school and into secondary school, giving room for the idea that sport and activity is something that is done by boys more so than girls. If you are raising a young girl, you may wish to consider another phrase the next time 'be careful' springs to mind, and who knows you may create the next trailblazer because of it!
2. Only 15% of secondary schools who teach girls PE have 'a sports bra' on their PE kit list. I now am on a mission to check ours and adapt this as soon as possible. This is an essential bit of kit to ensure safe and pain free participation, we wouldn't send boys out to play cricket without a box, so we must also prioritise girls body health in sport. Whilst a sports bra can be more expensive than the average bra, it can be worn for sports and everyday life so it can serve two purposes with the one item. This is something that the panel discussed to shed light on the fact that **it is not spoken** about enough, and it shouldn't be a taboo topic. Women and girls bodies need sports kit designed for women, ideally by women. Can I ask you, where possible, to ensure your daughter has a sports bra, to protect her and enable her to enjoy physical activity and movement.
3. 30% of 13-15 year old girls playing sport, said they wanted to make it to the top level in their sport compared with 60% of boys of the same age. The panel discussed this lack of aspiration... is it because it is so much harder for women to make a career out of sports when there is such low pay for female athletes? Layla said, she knew her degree in medicine was needed because Netball wouldn't pay enough to be a sole income, and it wasn't a high profile enough sport for her to make a career from presenting or media work after. The debate about how we change this was interesting; the overarching theme was, that **we all** need to get excited by, and behind women's sport. Watch the match, buy the kit, share the media, go to the stadium and promote the big names. By doing this the game/event will grow and one day will reach parity with the men's sports world, and by then young girls *can aspire* more and more to make a career out of the sport they know and love.

The girls were given opportunities to ask questions to the panel; these ranged from, asking about difficulties they overcame, who inspired them? How did they balance academics and sport? Who supported them? (Parents!), and what advice they would give to school aged girls now.

Afterwards 4 of our pupils were selected for an interview with Fabulous Magazine (which I will be looking out for on Saturday!) to give their views on the day. The girls also received a bag of beauty products, to confirm the idea that being athletic and aesthetic can go hand in hand.

This was a fantastic day out and I hope that the pupils involved took on the positive messages and left feeling empowered. I know I certainly did!



Miss Franklin

Jasmine, Alyssa & Jessica running NVQ raffle event

We are organising a raffle event!

Tickets sold on 11th March -15th March during lunch times and form times. Prize is a self-care hamper!

£1 for a row of tickets and 20p for 1 ticket.

We will be sending the money raised to the Marie Curie charity and the winner will be announced on 18th March 2024



By Jasmine Aujla, Alyssa Gorte Clarke and Jessica Rout



Assistant Headteacher's Bronze Award

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

★ Gabriële Simkute 7.13	★ Brooke Hales 7.9
★ Kayla Edwards 7.4	★ Hadiya Faisal 8D
★ Else Lumaya 7.4	★ Diana Kabingi 8D
★ Tashni Thalagune 7.4	★ Precious Oboh 8D
★ Jean-Louise Bull 7.8	★ Cosmina Covaci 8E
★ Aliyah Da Silveira 7.8	★ Aisha Mansoor 8E
★ Faith Harris 7.8	★ Aishwarya Biju 9D
★ Ava Henry 7.8	★ Francesca Olagunju 9D
★ Ella Savill 7.8	★ Ana-Maria Stratulat 9L
★ Freya Bryant 10.25	

The students received their Bronze Award in their Head of Year assembly. Well done to everyone.

Deputy Headteacher's Silver Award

We have a Silver Superstar! Huge congratulations to:

Aliyah Idowu 9D

who has become the first student this year to receive the Silver Deputy Headteacher's Award. Aliyah has reached in excess of 400 achievement points and currently has the highest number of achievement points in the school!

Aliyah is a popular hardworking student and no doubt will be working towards her Gold. Mrs Collis presented Aliyah with her award.

Mrs Bishop

Romeo & Juliet - Yr 10

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

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



Mrs Nyland

Forgetfulness...!

As you may have seen, students had a lovely day on Thursday dressing up as their favourite character from a book on World Book Day. However, please can we ask that when we have a charity/non uniform event that your daughter really tries to remember their lunch money and locker key!

We do not hold much in the way of cash at the school, so am unable to loan lunch money to the large numbers of students who have forgotten to bring their lunch money on such days! Also, it is incredibly time-consuming for our Admin staff who are having to unlock lockers where students have forgotten their keys. Your daughters need to remember to bring these essential items with them.

Whilst on the subject of charity events, many of the students who took part in World Book Day did so without the school receiving the donation requested. We urgently ask that you send your £1 donation via Parent Pay please – it is, after all, for a very good cause. Many thanks.

Finance Team

Ex-Convent student shines at Music Competition

We were thrilled to hear from ex-Convent student Melda's very proud mum this week. She said:

"Melda was a previous student at Grays Convent and recently won as a runner-up in the Young Musician Competition during the District stage, where the best participants in each Essex district compete against each other. Melda has also been Thurrock's Young Musician winner for 2022 & 2023 consecutively.

Melda started playing the violin at the age of 8 and pursued learning classical pieces. She is currently working towards Grade 7 ABRSM Violin and plays in the Thurrock Youth Orchestra. She also achieved a Grade 8 in GCSE Music at the Convent."



Well done Melda – we are all very proud of you as well!

Miss Carson

ParentPay Accounts



Can we stress how important it is for you to have activated your daughter's ParentPay account. It allows you to purchase equipment for your daughter when needed, and pay for trips and events – if you do not activate your ParentPay account, your daughter could miss out on taking part in these trips and events, as we can only take payment for trips and events via ParentPay.

With regards to trips, we always give a deadline for payment, and these deadlines must be met otherwise your daughter will not be able to go on the trip.

If you do not have a copy of your ParentPay activation letter then please contact Mrs Wood at:

woodj@graysconvent.thurrock.sch.uk

Finance Office

UK Mathematics Challenge Winner for 2024

Congratulations to the following Year 11 students who took part in the UK Mathematics Challenge for 2024 and gained a Gold, Silver or Bronze certificate:

Gold Certificate:

Tiara Williams and Isra Isra



Silver Certificate:

Tianna Palmer-Alexander



Bronze Certificate:

Riana Huci. Rhianon Adama, Eglah Boachie,
Wadean Glover, Sadiyah Hague,
Kataryzyna Lukomska, Amy Sullivan,
Abigail Plaktienko, Veronica Thomson

Mr Amenze

Year 11 PPE Exam Timetable 2024

Date	Start	Duration	Subject	Component Title	Venue
Mon 11 Mar	08:40	55 mins	History	Paper 2 - Cold War	Hall and Large Dormer
	10:50	1 hour	French & Spanish	Reading Higher Paper	Hall and Large Dormer
		45 mins	French & Spanish	Reading Foundation Paper	Hall and Large Dormer
Tue 12 Mar	08:40	2 hours	DT	Paper 1 - Design & Technology	Hall and Large Dormer
	10:50	1 hour 30 mins	Drama	Written Paper	Hall and Large Dormer
Wed 13 Mar	08:40	1 hour 45 mins	Science	Chemistry Triple (H)	Hall and Large Dormer
		1 hour 45 mins	Science	Combined Science Synergy Paper 4 (F)	Hall and Large Dormer
		1 hour 15 mins	Science	Combined Science Trilogy Chemistry (H & F)	Hall and Large Dormer
	13:35	55mins	Geography	Paper 2	Hall and Large Dormer
Thu 14 Mar	08:40	44 mins	Maths	Paper 3 Calculator	Hall and Large Dormer
	13:35	1 hour 30 mins	Media	Paper 1	Hall and Large Dormer
Fri 15 Mar	08:40	1 hour 30 mins	Music	Component 3 - Appraising	Hall and Large Dormer
Mon 18 Mar	10:50	1 hour 15 mins	Physical Education	Paper 2 - Health & Wellbeing	Hall and Large Dormer
	08:40	1 hour 15 mins	French & Spanish	Writing Foundation Paper	Hall and Large Dormer
		1 hour 20 mins	French & Spanish	Writing Higher Paper	Hall and Large Dormer
			Year 11 P4 lunch		
Tue 19 Mar	12:40	2 hours 5 mins	English Language	Paper 2 - Non-fiction & Transactional Writing	Hall and Large Dormer
	08:40	55 mins	History	Paper 3 - Nazi Germany	Hall and Large Dormer
Mon 25 Mar	10:50	1 hour 30 mins	Media	Paper 2	Hall and Large Dormer
	08:40	All Day	Art	Fine Art Class 11J/Ar1	Room 16
		All Day	Music	GCSE Component 2 - Composing	Music Room
Tue 26 Mar	08:40	All Day	Textiles	Textiles Class 11K/At1	Room 16
		All Day	Photography	Photography Class 11M/Py1	Room 17
		All Day	Music	GCSE Component 2 - Composing	Music Room
Wed 27 Mar	08:40	All Day	Textiles	Textiles Class 11L/At1	Room 16
		All Day	Music	GCSE Component 2 - Composing	Music Room
		All Day	Drama	GCSE Component 2 Practical Exam	Hall
Thu 28 Mar	08:40	All Day	Photography	Photography Class 11L/Py1	Room 17



You got this ♥

Year 11 Intervention 2023-2024

WEEK 1					
	Mon	Tues	Weds	Thurs	Fri
Lunch	Art – (KG rm16)		Photography (JL)	Textiles (KP)	Computing
	Music		History (LW)	French/Spanish (TB)	
After School	Science		Food (LC)	Geography (DD, RM1)	
			Maths w/ Nilesch		

Week 2					
	Mon	Tues	Weds	Thurs	Fri
Lunch	PE (Aiming higher) - KW PE (Making the grade) - SF		Math (SMA)	Math (PM)	
			D&T		
After School	English (Set 4 & 6) - PJ	MFL (DPD)	Maths w/Nilesch	Drama	Maths (MAS GA,MT)
			RE (POH)	MFL (LFP)	

Option J	Option K	Option L	Option M
Fine Art	Art Textiles	Art Textiles	Computing
Drama	Design Tech	Drama	Food
Food	French	Food	French
French	Geography	Geography	Geography
History	History	History	Media
Media	Media	Media	Music
	PE	Photography	Photography



Spelling Bee

Prepare for "*Excellent spelling!*" at **Spelling Tests, ASSESSMENTS and Spelling Bee!**

3 SPELLING BEE COMPETITIONS THIS YEAR

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

Get ready! – week 22

For Year 7	FOR YEAR 8	FOR YEAR 9
muscle	light	plot
necessary	radiant	exposition
neighbour	luminous	rising action
nuisance	glowing	climax
occupy	brilliant	falling action
occur	dazzling	(denouement)
opportunity	illuminated	resolution
parliament	shimmering	suspense
persuade	gleaming	surprise
	effulgent	intrigue
	resplendent	flashback
		foreshadowing

For Year 8: Creative Writing: light

radiant: sending out light; shining or glowing brightly. "a bird with radiant green and red plumage"

luminous: giving off light; bright or shining. "the **luminous** dial on his watch"

glowing: producing light "a **glowing** computer screen"

brilliant: (of light or colour) very bright. "**brilliant** sunshine illuminated the scene"

dazzling: extremely bright, especially so as to blind the eyes temporarily. "the sunlight was **dazzling**"



illuminated: lit with bright lights. "a large **illuminated** sign"

shimmering: shining with a soft, slightly wavering light. "the **shimmering** waters of Lake Como"

gleaming: (of a smooth surface) reflecting light, typically because very clean or polished. "**gleaming** black limousines" rising action

effulgent: shining brightly; radiant.(of a person or their expression)emanating joy or goodness. "standing there was my father with the most **effulgent** smile on his face"

resplendent: attractive and impressive through being richly colourful or sumptuous. "she was **resplendent** in a sea-green dress"

For Year 9 – Analysing Poetry

unity of action: The plot has unity if it is a single, complete, and ordered action in which none of the parts is unnecessary. The parts are so closely connected that without one of the parts the work would be disjointed.

plot: is a system of actions in a purposeful sequence represented in a work. Aristotle defines plot as that which has a beginning, middle, and an end.

exposition: background information on the characters, setting, and situation, usually found at the beginning of a story

rising action: begins when the conflict between the protagonist and antagonist is set in motion and ends with the climax

climax: the turning point or moment of highest intensity in the work when either the protagonist or antagonist must succeed

falling action (denouement): the action which works out the decision made in the climax– the story unravels

resolution: the portion of the play or story where the problem is solved, providing closure

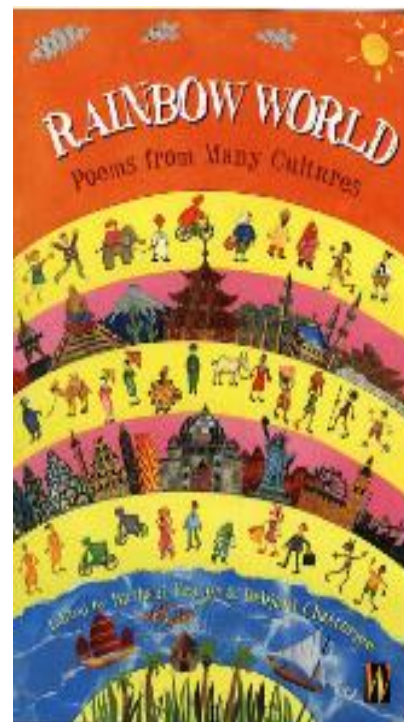
suspense: an anxious uncertainty about what is going to happen to characters with whom the reader has established bonds of sympathy

surprise: Surprise occurs when the events that occur in a literary work violate the expectations we have formed. The interplay between suspense and surprise is a prime source of the power of plot

intrigue: a scheme set up by a character which depends for its success on the ignorance of the person(s) against whom it is directed

flashback: The writer interrupts the chronological sequence of a story to relate an incident which occurred prior to the beginning of the story.

foreshadowing: A writer's use of hints or clues to indicate events that will occur later in the story. The use of this technique both creates suspense and prepares the reader for what is to come.



Learn them to improve your spelling!!!

Miss Petrova

What Parents & Carers Need to Know about FACEBOOK

AGE RATING
13+

With 2.9 billion users, Facebook, owned by the recently rebranded Meta, is the world's most popular social media platform. It encourages interaction with other people by (among other things) adding them as friends, reacting to or commenting on their content, sharing images and videos, posting status updates, joining groups and playing games. Facebook is free, and anyone over 13 can join – but with no age verification, younger children can easily create an account: it's likely your child is already familiar with the platform, even if they don't yet use it themselves.

WHAT ARE THE RISKS?

ADDICTIVE NATURE

Facebook's quick reward cycle of likes and comments on shared posts can be hugely addictive. It encourages users to keep returning to post things and increases FOMO (the Fear Of Missing Out), which leads to people checking the app even more frequently and finding themselves endlessly scrolling through content.

CYBERBULLYING

A 2021 Ofcom report found that around one in four UK 12–15-year-olds had been cyberbullied or trolled (intentionally antagonised online). On Facebook, this can happen through private messages (on Facebook Messenger); hurtful comments on their profiles and posts; pages or groups set up purposely to torment a victim; or exclusion from pages or groups.

FUTURE IMPACT

Like most social media platforms, anything posted on Facebook leaves a permanent 'digital footprint'. This can have future consequences for young people: many universities and employers, for example, now review someone's Facebook timeline during the application process.

CONTACT FROM STRANGERS

Just like in the offline world, there are people on Facebook with malicious intentions. Ofcom reports, for instance, that 30% of 12–15-year-olds have received a friend request from a stranger. This, sadly, can include individuals seeking to take advantage of impressionable youngsters.

OVERSHARING

Facebook encourages you to post "what's on your mind", but children should be wary of revealing too much about themselves online. Users can give away their location by checking in or using Facebook Live, for example, while some photos can also be traced using file data.

INAPPROPRIATE CONTENT

Facebook monitors and removes material like hate speech or extreme political views, while adverts on the platform are now forbidden from targeting under-18s based on their interests. Offensive content isn't always taken down instantly, however, so there's still a risk of children encountering it.

VIDEOS AND STREAMING

Facebook Live lets users stream video live to their friends or watch others' broadcasts. Viewers can comment in real time, which is problematic to moderate. Short, user-created clips called Reels can now also be displayed on profiles and feeds. These video features could contain unsuitable material or allow children to be cajoled into doing something on camera that they wouldn't normally do.

Advice for Parents & Carers

KEEP ACCOUNTS PRIVATE

In the settings area, you can choose whether a Facebook profile is public or private. By far the safest option is to switch your child's to private, so they can only interact with people who they are friends with on the platform. Facebook's settings can also prevent your child's personal information (such as contact details, school name or date of birth) from appearing publicly.

SAVVY SHARING

Friends

Make sure your child realises that what they share online with friends can end up being shared again by others. It's important that they think about what they share online and who they share it with. Facebook's 'Audience Selector' gives users the option to filter who sees what they are sharing, whenever a status is updated, photos are uploaded or anything is posted.

ENCOURAGE SAFE FRIENDING

Facebook can help your child to stay connected with the people and the things that they care about. However, it's important for them to understand that they should only accept friend requests from people who they know. The key questions to consider are "has your child met them in person?" and "do they know and trust them enough to feel comfortable accepting them as a Facebook friend?"

RESPECT BOUNDARIES

Once you've talked about Facebook safety with your child, give them some space and trust them to make smart choices. Make it clear, however, that you're always open to discussing social media if they need to. In the early stages, you could occasionally review your child's social media activity with them to put your mind at rest – but take care not to become reliant on checking it every night.

LEAD BY EXAMPLE

Let your child watch you using Facebook – this will demonstrate how it can be used safely and appropriately, reducing the risk of them encountering harmful content themselves. Teach them the habit of thinking before sharing anything online and try to follow the same rules that you set for them – so if you agree time limits on your child's Facebook use, then you should stick to them, too.

BLOCK AND REPORT

On Facebook, you're able to report harmful content and block particular people or groups so they can't contact your child or view their profile. Before they start spending serious time on the platform, show your child how these features work and explain why they might need to be used. Facebook's Bullying Prevention Hub offers advice on dealing with harassment on the platform.

Meet Our Expert

Alex Wright is a former Facebook employee and social media expert with more than 15 years' experience in digital media. He has worked with some of the biggest organisations on the planet and has a deep understanding of how social media platforms work and how they engage their audience.



Sources: www.bbc.co.uk/news/technology-57191111

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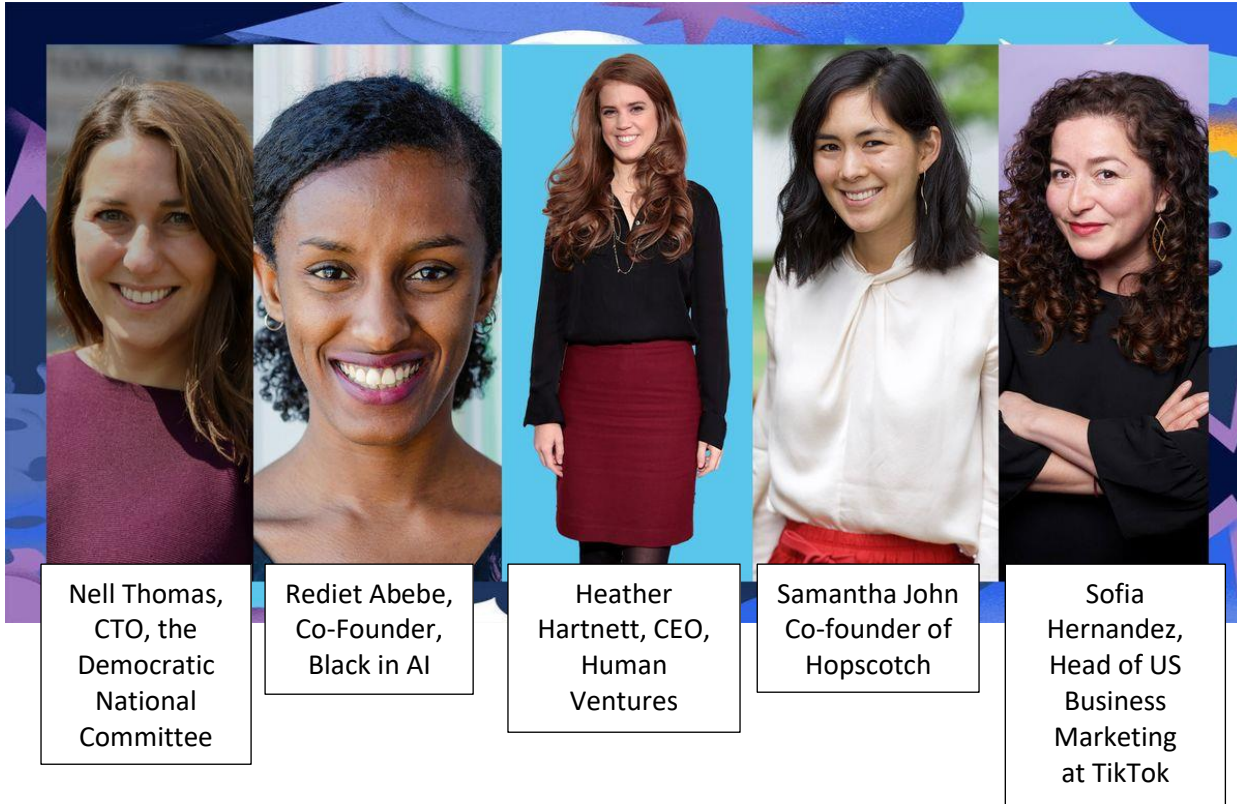
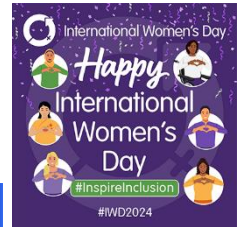
@nationalonlinesafety

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Happy International Women's Day 2024

This week we celebrated International Women's Day. The theme this year is 'Inspire Inclusion.' This is about investing in women and accelerating progress in innovation and technology.

Despite gender inequities, these women are proving that the future of tech is, indeed, female.



Nell Thomas,
CTO, the
Democratic
National
Committee

Rediet Abebe,
Co-Founder,
Black in AI

Heather
Hartnett, CEO,
Human
Ventures

Samantha John
Co-founder of
Hopscotch

Sofia
Hernandez,
Head of US
Business
Marketing
at TikTok

Some inspirational Holy Women

Mother Teresa of Calcutta demonstrated, great love, compassion, peace and solidarity with the poor. She founded the Missionaries of Charity with the core value of universal love, which still continues today.

The great women on this list had their hearts set on helping others, breaking new ground, making the world a fairer, better place for everyone.

In recent years many people just want to be celebrities, **to make a name for themselves;** but we are called **to magnify the name of Jesus,** by our lives.

Jesus says "whoever wants to be the greatest must be the servant of all."

Mary, the handmaid of the Lord

(the lowliest servant of God)

is the greatest and most blessed among women. Saint Paul tells us that God is attracted to our weakness, for when we are weak, his power is strong in us.

We may think of Mary, being meek and mild, but there is strength in gentleness and self-control, and greatness of heart in humble service.

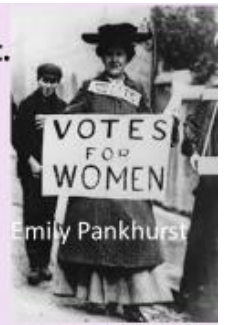


Emily Pankhurst demanded equality for women as leader of the Suffragette movement.

Bessie Coleman first African-American woman to hold a pilot's license

Marie Curie Two time Nobel Prize winning scientist whose research into radiation saved countless lives.

Rosa Parks 'Mother of the Civil Rights Movement'



Indira Gandhi The only female Prime Minister of India.

She made a famous peace agreement between India and Pakistan.

Valentina Tereshkova First female astronaut.

Margaret Thatcher First British Prime Minister known as the Iron Lady



Malala Yousafzai Activist for girls' education and youngest recipient of the Nobel Peace Prize

Michele Obama Lawyer. She encourages girls to "spread your wings and soar".

Greta Thunberg created 'School Strike for Climate'.

Jacinda Ardern New Zealand Prime Minister



In Form Prayers over two days this week, we have been reflecting on the Ten Commandments, God's laws of love given to Moses for our protection. Throughout the Bible we learn that God favours and blesses those who obey him. The laws of our country are based on the 10 Commandments, so that we can live in freedom and peace today.

This might be an opportunity to reflect on the meaning of the Ten Commandments as a family and to think about receiving the Sacrament of Reconciliation during this holy season of Lent, in preparation for Easter.



When we break God's commandments of love we sin, turning our back on God and his protection.

But God is our loving Heavenly Father who longs for us to come back to him. He will always forgive us, if we are truly sorry, admit our sins and turn to him. In the Sacrament of Reconciliation we receive forgiveness and healing for the wounds of sin in our soul.

The 10 Commandments

The Covenant at Sinai: God gave the 10 Commandments so that those who keep his laws will be his people, and he will be our God.

The 10 Commandments are God's 10 laws of love to keep us safe in His protection.

The laws of our country are based on the 10 Commandments,

Today we are focussing on the first 5 Commandments:

The Lord said,

1. I am the Lord your God: you shall not have strange gods before me.

God must be more important to us than anything else, because he is the source of life and keeps us safe.

Anything that we give more importance to than God, is an idol, a false god in our lives (e.g. shopping, dancing, football, even work!)

Trust in him, not in fortune-tellers.

He has a good plan for your life and all who put their trust in him will have a happy ending in Heaven.



2. You shall not take the name of the Lord your God in vain.

Would you like it if people used your name as a swear word?

Our mouth is to praise God, not insult him, especially as God is so kind and good to us.

Let us never misuse God's holy name. Switch off the T.V./media as soon as you hear the holy name of Jesus being misused and the T.V. companies who monitor viewing will get the message.

If we hear it, we could say "bless your holy name" 3 times, to repay God with the honour and respect he deserves.

3. Remember to keep holy the Lord's day.

Attending Church is a Public Act of Witness, even when passers by see all the cars in the car-park and lights on in the church. Jesus says that those who bear witness to him, he will also bear witness to before his Father in Heaven. (If we stand up for Jesus, he will stand up for us.)

Mass is the highest form of Christian worship because Jesus said **"Do this in memory of me."** Receiving Jesus on Sunday is top priority for all those who have made their First Holy Communion.

It is nice when someone phones us, but better when they come to see us. We can pray at home, but God prefers a visit to his house on Sundays!

4. Honour your Father and your mother.

(Obey and show great respect to your parents and those in charge of you. Do what you are told, first time; don't wait 'til you have upset your parents and there's an argument. Do not answer them back or insist on having the last word.)

5. You shall not kill.

(Do not destroy a person's body, reputation, or feelings by hurtful actions/words or by ignoring them or neglecting to help, especially the poor, homeless or weak.) Do not destroy the planet, and earth's resources by being wasteful, greedy or thoughtless. Pope Francis says to fast from gossip.



When we break God's commandments of love we sin, turning our back on God and his protection.



But God is our loving Heavenly Father who longs for us to come back to him. He will always forgive us, if we are truly sorry, admit our sins and turn to him.

In the Sacrament of Reconciliation we receive forgiveness and healing for the wounds of sin in our soul.

Prayer based on the famous 'Jesus Prayer' of Bartemeaus the blind man:

Lord Jesus Christ, Son of the Living God, have mercy on me a sinner and on the whole world.

Help me to be as merciful to others as you are to me.

We ask this in Jesus' name. Amen.



**Be exalted, O God,
above the heavens;
let your glory be
over all the earth.
Psalm 108:5**

Divine Office

Staff and students who were early to school began the day at 8.10am with Lauds, the Morning Prayer of the Church throughout the world in this holy season of Lent.

We keep you and all your families in our prayers. God bless you,

Miss Carson

Year 9 are invited to the Flame Congress 2025 bookings open now
See bcys.net/events and see the Chaplain for further information.

Flame Saturday 15th March 2025

Wembley Arena



Flame is returning Saturday 15th March 2025

Following the great success of Flame 2023, where over 1000 young people from the Diocese joined the crowd of 8000 in Wembley Arena for a full day event full of energy, prayer, joy and hope, with content that is ideal for young people from Year 10 to Year 13 in 2025.

Full of inspiring speakers from all around the world, representatives from a number of organisations, **award winning musicians** and so much more. **Adenike** will be back again and also One Hope Project.

[You can follow the Flame Congress on Instagram.](#)

[For further information see bcys.net](https://bcys.net)

Tickets cost £34 each but if we book now we could get them cheaper at £29, but it is first come first served, when they've gone they've gone. Tickets are non-refundable, (you don't get your money back). We would be travelling by train, so students would buy their own train tickets, which is cheaper than travelling by coach. We are looking to see if the school can help towards the cost, but we need to know how many would like to go this event. If your daughter would like to go please ask her to see the Chaplain at the start of next half term. It is a particularly good opportunity for anyone who may be thinking of receiving the Sacrament of Confirmation.

God bless you in this holy season of Lent and have a lovely half term.

Miss Carson

Pope Francis - Tweet of the Week



Pope Francis @Pontifex · 2d

We are invited during [#Lent](#) to stop for a moment. We should pause in prayer, in order to welcome the Word of God, and to pause like the Good Samaritan in the presence of a wounded brother or sister. Love of God and love of neighbour are a single love.

315

859

4.8K

246K



Safeguarding our Children at Grays Convent

At Grays Convent our Designated Safeguarding Lead (DSL) is Mrs Collis, and our Safeguarding Officers are Mrs Wells and Mrs Bishop. Students can contact any of our Safeguarding Team during the school day.

Worried about a child?

You can phone or write to The MASH about your concerns. Phone immediately if you believe it is urgent.

- Thurrock MASH (Multi Agency Safeguarding hub), Civic Offices, New Road, Grays, Essex, RM17 6SL, Tel: **01375 652802**.
- Emergency Duty Team (for out of hours) **01375 372468**.
- Police Child Abuse Investigation Team **01277 266822** or call **999** if you are concerned a child needs immediate protection.
- Childline **0800 11 11** www.childline.org.uk
- NSPCC **0808 800 5000** www.nspcc.org.uk; www.facebook.com/nspcc

Mrs Collis

Internet Safety Tip - TikTok



What is TikTok?

TikTok is an entertainment platform. After downloading the TikTok app, you can start creating your own videos or watch content created by other users.

You can also find trending content by clicking the 'Discover' button. Creating and editing videos is simple, with different effects, filters, and stickers to choose from.

Age restrictions



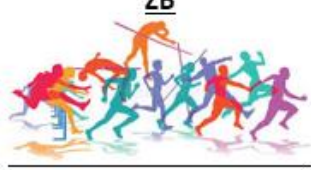









TikTok is only for users aged 13 and over, and we actively remove underage accounts. You can report underage users in-app, by emailing privacy@tiktok.com or completing an online form tiktok.com/legal/report/privacy

Accounts for users **under 16** are set to **Private by Default**. Only someone the user approves can view or comment on their videos, they cannot Direct Message, their accounts are not suggested to others, and their videos cannot be downloaded.

For **16-17s** other features have enhanced privacy settings, with many set to **'Off' by default** unless the user actively decides to enable it.

Mr Burr

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

Monday	Tuesday	Wednesday	Thursday	Friday
KS4 Badminton 	Basket Ball GS 	Y7 Athletics ZB 	KS3 Netball (Y7, 8 & 9) KW /GS 	
All year's rugby 7s GS 	KS4 (Y10 & 11) Netball SF 	KS3 Badminton GS 	Y8-11 Athletics Track MB 	
Fitness club SF 		Cricket – all years SF 	Y8-11 Athletic Field ZB 	
			Ski Fit- SF 	

Key Dates and Events

Monday 4 th to Friday 15 th March	Fairtrade Fortnight continues	Whole School
4 th to 28 th March	Year 11 PPEs continues (see timetable above)	Year 11
Monday 25 th to Thursday 28 th March	Year 9 Options Taster Programme (and continues after Easter)	Year 9
Tuesday 26 th March	Year 9 Options Evening	Year 9 & Parents
Thursday 28th March	Early Finish for Easter Holidays	Whole School
Friday 29th March to Friday 12th April	Easter Holidays	Whole School
Tuesday 2nd, Wednesday 3rd & Thursday 4th April	Easter Revision Classes	Year 11
Monday 15th April	Students return for 8:25am – Summer Term	Whole School
Monday 15 th to Friday 19 th April	Year 9 Options Taster Programme (continues)	Year 9

MAKE YOUR MARK TIMELINE OF EVENTS

Make
Your Mark



Youth Parliament
MAKING OUR MARK

2024

Involving Thurrock schools, colleges and youth groups

Running since 2011, Make Your Mark has reached millions of young people. It gives young people aged 11-18 the opportunity to vote on topics they feel are the most important issues facing young people locally and across the UK.

Make Your Mark voting period will run from Monday 29 January – Friday 1 March 2024. During this time we want Thurrock schools, colleges and youth groups to encourage as many young people to vote. Every vote matters!

Get involved! Here's what you need to do.

Now - 22 Dec 2023



REGISTER

For Thurrock schools, colleges or youth groups to take part in the 2024 Make your Mark consultation you need to register with Thurrock Youth Cabinet.

Register your school, college or youth group now by dropping us an email at

youthcabinet@thurrock.gov.uk

Registration closes on Fri 22 Dec.

From 15 Jan 2024



PRE-VOTING

From 15 Jan 2024 we will send you the resources you need to support the vote in your school, college or youth group. This will include printable tally sheets and explainer videos.

29 Jan - 1 Mar 2024



VOTING PERIOD

Voting is live across the UK! During this time use the tally sheet to capture students / young peoples vote.

By 1 March 2024



SUBMIT RESULTS

The deadline to return completed tally sheets is Friday 1 March by 5pm.

Please scan in and send all completed tally sheets to

youthcabinet@thurrock.gov.uk

22 March 2024



MAKE YOUR MARK RESULTS ANNOUNCED

We'll let you know the outcome so you can announce the results in your school, college or youth group.

PATT ADHD Support Group

For families with children and young people with
ADHD and neurodiversity

Booking essential

If we need to cancel a session you will get notification via email

To book: www.patt.org.uk/adhdsupport or scan the QR Code below.

Facebook: PATT ADHD Support

First Wednesday of each month 6.30pm to 8.30pm

7th February 2024	Stanford Le-Hope Family Hub
6th March	PATT Office
1st May	Stanford Le-Hope Family Hub
5th June	PATT Office
3rd July	Stanford Le-Hope Family Hub
4th September	PATT Office
2nd October	Stanford Le-Hope Family Hub
6th November	PATT Office
4th December	PATT Office

3rd Friday of each month 9.30am–11.30am

PATT Office, 51 Lodge Lane, Grays, RM17 5RZ

19th January 2024	16th February
15th March	19th April
17th May	21st June
19th July	27th September
25th October	29th November



Specialist Health Visitor Appointments with PATT SENDIASS via MS Teams

These appointments are for parents with children who have additional needs. It is an opportunity to meet with our team to discuss how our service may be able to assist. This may be signposting to other services, explaining processes, coordinating health care, referral, intervention, or support. It is also an opportunity to meet the PATT SENDIASS team and get advice and guidance on education and school issues.

To book a 15 minute, online appointment, visit www.patt.org.uk/booking-page Or scan the QR code below.

Please be assured that you will have the opportunity to speak with Caralyn or a member of her team in private during these sessions.

2023	Time	2024	Time
Thursday 21 st September	10.30am - 12.30pm	Thursday 18 th January	10.30am - 12.30pm
Wednesday 18 th October	10am - 12pm	Wednesday 29 th February	10am - 12pm
Thursday 16 th November	10.30am - 12.30pm	Thursday 28 th March	12.30pm - 2.30pm
Wednesday 13 th December	10am - 12pm	Wednesday 17 th April	10am - 12pm
		Thursday 16 th May	10.30am - 12.30pm
		Wednesday 19 th June	10am - 12pm
		Thursday 11 th July	12.30pm - 2.30pm

Because of the nature of the roles in this team we may need to cancel at the last minute, if this happens, I will arrange to speak with you at a different time.



Schedule 2024

where and when to find us

Sessions run term time only

To book an appointment: www.patt.org.uk
scan the QR code or call 07702 127 252



First Wednesday of the Month 5pm - 6.30pm
Stanford-Le-Hope Family Hub, Copland Road, SS17 0DF
Runs in conjunction with PATT ADHD Support group (6.30- 8.30pm)
6th Feb, 7th May, 2nd July, 1st Oct, 3rd Dec



First Thursday of the Month 9.30am - 11.00am
Tilbury Family Hub, London Road, Tilbury RM18 8EY
1 Feb, 7 Mar, 2 May, 6 Jun, 4 Jul, 5 Sep, 3 Oct, 5 Dec



Second Wednesday of the Month 10am - 12pm
Ockendon Family Hub, 2a Afton Drive, RM15 5AP
10 Jan, 14 Feb, 13 Mar, 8 May, 12 Jun, 10 Jul, 11 Sep, 9 Oct, 13 Nov, 11 Dec



Fourth Wednesday of the Month 4pm - 6.30pm
PATT Office, c/o Take 4 Care, 51 Lodge Lane, Grays RM17 5RZ
24 Jan, 28 Feb, 27 Mar, 24 Apr, 22 May, 26 Jun, 25 Sep, 23 Oct, 27 Nov



Third Monday of the Month 4pm - 6.30pm
30 minute online session with a member of the PATT team
15 Jan, 18 Mar, 15 Apr, 20 May, 17 Jun, 15 Jul, 16 Sep, 21 Oct, 18 Nov, 16 Dec



FAMILY VIEWS WORKSHOP

Second Tuesday of the Month 10am - 2pm

A one hour, one to one session at the PATT office to support you to complete the family views document. We will send you the template and guidance document when we receive your booking for you to start writing your child's story so far. Please bring the document with you when you attend.

13 Feb, 12 Mar, 14 May, 11 Jun, 9 Jul, 10 Sep, 8 Oct, 12 Nov, 10 Dec

FREE School Uniform

free for everyone,
no referral needed!

Events

Fridays
3 - 4.30pm

19th January
16th February
15th March
19th April
17th May
21st June

Saturdays
10 - 11.30am

20th January
17th February
16th March
20th April
18th May
22nd June

Community Church Chadwell St Mary
Defoe Parade (enter from Brentwood Road)
RM16 4QR

Save the planet 🌍, and your pennies 💰!
Hundreds of items in stock:

- Polo shirts
- Shirts & blouses
- Skirts
- Trousers
- Socks
- Pinafore dresses

- Jumpers & cardigans
- Blazers & ties
- PE kit incl football socks
- Plimsolls
- Black shoes
- Coats

Clean, good condition school uniform donations accepted when space allows. Please check our facebook page to see if we are currently collecting. Search facebook for "The 180 Project"

An event run by The 180 Project, part of Community Church
Registered charity no. 1062301. Tel: 01375 484 101

ReThink ReCreate ReCycle

Open to all young people aged 5-16 with SEND

Competition opens:
22nd January 2024
Competition closes:
28th March 2024

Take a plunge into the world of recycling like never before. It's not just about bins and bottles; it's about turning everyday items into extraordinary creations and give them a new lease on life.

We want to see your innovative minds at work, turning old items into mind-blowing masterpieces.

HOW TO ENTER

- Collect the items you want to recycle and transform these finds into a mind-blowing creation.
- Take a photo of your masterpiece, and in a paragraph, share the inspiration behind your creation while highlighting the materials you recycled.

Email it to QASEND@thurrock.gov.uk
Remember to include your name, age, year group and current school setting.

THINK ABOUT:

- What message does your creation convey about recycling?
- How did you recycle materials to create something new and exciting?
- How can your creation inspire others to join the movement?

thurrock.gov.uk

YOUTH VOICE GROUP SUPPORTED BY THURROCK YOUTH CABINET

Are you 16-25 years old?

Would you like to have a say on life, learning and living in Thurrock?

If so, Thurrock Youth Cabinet would like to hear from you!

Join a new Youth Voice group and turn your ideas into action.

- Attend three times a year at Grangewaters in South Ockendon
- Lunch, drinks and an activity provided
- Meet new people (16-25 olds with additional needs)
- Collaborate with Thurrock Youth Cabinet members and staff
- Have your say and be listened to!

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

To sign up or find out more, email today at
youthvoice@thurrock.gov.uk

Autism Empowerment Webinar

This one-hour lunchtime webinar is a brief exploration of how Autism can present, the history of Autism, diagnosis as well as differences in communication and social interaction. We will also be looking at how the environment can impact on someone with sensory processing challenges.

The main aim of this webinar is to focus on the many strengths autistic individuals have and how we can increase understanding and Neuro-inclusivity through education and raising awareness.

Webinars are held on Zoom on the following dates:

Thursday 29th February 12:30 to 13:30

Friday 29th March 12:30 to 13:30

Friday 26th April 12:30 to 13:30

At the end of the webinar, you will receive a certificate of attendance that will be emailed to your given email address.

The cost of this one-hour webinar is only £5.50!

To book your place on the webinar please either scan the QR code below or go to: www.theautismtrainingnetwork.com/training

"For every person who understands Autism better, another Autistic person will be happier."
Libby Scott, Autistic Author (at age 11)

Thameside Family Hub

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



thurrock.gov.uk

What's on in March 2024

Mondays

Start	End	Activity	Age groups	How to join in
8.30am	12.00pm	Housing Advice for Council Tenants		Book in advance 01375 413820
9.30am	10.30am	Baby Rhyme Time	0 to 12 Months	All welcome
9.30am	10.30am	Bring a Story to Life 4 th – The Three Billy Goats Gruff 11 th – Old Macdonald Had a Farm 18 th – The Three Little Pigs 25 th – The Very Hungry Caterpillar	24 to 60 Months	All welcome
11.00am	12.00pm	Baby Massage	0 to 12 Months	Book in advance
2.00pm	3.00pm	Stay and Play	24 to 60 Months	All Welcome

Tuesdays

9.30am	10.30am	Stay and Play	12 to 24 Months	All Welcome
10.00am	12.00pm	STOP – Parenting Programme for Parents of Teenagers		Referral only
11.00am	12.00pm	Fun with Books – 5 th March Fun with Sticking – 12 th March Fun with Mark Making – 19 th March Fun with Instruments – 26 th March	12 to 60 Months	All Welcome
2.00pm	3.00pm	Sensory Play 5 th – 0 to 12 months 12 th – 12 to 24 months 19 th – 24 to 60 months 26 th – 0 to 12 months		All Welcome

Wednesdays

9.00am	4.00pm	Midwife	Ante Natal	Book in advance
9.00am	11.00am	Children's Continence Advisor 6 th March	18months +	Drop In
9.30am	10.30am	Parents 1 st Coffee Morning/Drop In 13 th March	This is an opportunity for you to meet other expectant mums in your area and get information on local groups available to you.	All welcome
10.30am	11.30am	SEND – Just For You	0 to 60 Months	All welcome
11.00am	12.00pm	Stay and Play 13 th , 20 th and 27 th March	0 to 12 Months	All welcome
1.30pm	2.30pm	Let's Talk to your Toddler	12 to 24 Months	Book in advance
1.30pm	2.30pm	Fussy Eating 20 th March	12 to 60 Months	Book in advance
4.00pm	5.30pm	Young Carers		Referral only

Thursdays

9.00am	4.00pm	Midwife	Ante Natal	Book in advance
9.30am	11.00am	Chatterbox	24 to 60 Months	Referral only
1.30pm	2.45pm	Baby Weighing Clinic – Drop In	0 to 60 Months	All Welcome
1.00pm	3.00pm	Triple P Baby Parenting Programme	Ante-natal or parents with a child aged 0-12 months	Book in advance

Fridays

9.00am	1.00pm	Speech and Language Drop- In 1 st March		Referral Only
9.00am	1.00pm	Early Interaction Advice Sessions	24 to 60 Months	Referral Only
9.30am	10.30am	Garden Group 1 st March	24 to 60 Months	All welcome
10.00am	12.30pm	Job Club – Supported Families Employment Adviser		Book in advance 07776245301
10.00am	4.00pm	Inclusion Visions - Substance Misuse and Support – Drop in	18 + Years	Lorraine. G 07977 792 236
11.15am	12.15pm	Let's Talk to Your Baby	0 to 12 Months	Book in advance
1.30pm	2.30pm	Stay and Play	0 to 12 Months	All welcome

Stifford Family Hub

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



thurrock.gov.uk

What's on in March 2024

Mondays

Start	End	Activity	Age groups	How to join in
8.30am	12.00pm	Housing Advice for Council Tenants		Book in advance 01375 413 820
8.30am	1.30pm	Early Interaction Advice Sessions	24 to 60 Months	Referral Only
9.30am	10.30am	Stay and Play	12 to 24 Months	All welcome
10.00am	12.00pm	Parents 1 st Coffee Morning/Drop In 4 th March	This is an opportunity for you to meet other expectant mums in your area and get information on local groups available to you.	All welcome
12.00pm	2.00pm	Triple P Baby Parenting Programme	Ante-natal or parents with a child aged 0 to 12 months	Book in advance

Tuesdays

9.30am	10.30am	Lets Talk To Your Baby	0 to 12 Months	Book in advance
11.00am	12.00pm	WellComm – Talk Together	24 to 48 Months	Referral only
10.00am	11.00am	Baby Sign Along 5 th , 12 th , 19 th , 26 th March	3 Months to 2 Years	Book in advance
1.30pm	2.30pm	Stay and Play	0 to 12 Months	All welcome

Wednesdays

9.00am	12.00am	Local Area Co-Ordinator Donna Burnett - 27 th March		Book in advance 07584 345 551
10.00am	4.30pm	Inclusion Visions - Substance Misuse and Support – Drop in	18+ Years	Lorraine. G 07977 792 236
10.00am	12.00pm	EPEC – Living With A Teenager Parenting Group	Parents/Carers	Book in advance
1.30pm	2.30pm	Stay and Play 6 th , 20 th and 27 th March	24 to 60 Months	All welcome

Thursdays

8.30am	1.30pm	Early Interaction Advice Sessions	24 to 60 Months	Referral Only
9.30am	11.00am	Parental Outreach Advice Session 28 th March		Book in advance
10.00am	11.00am	Childminder Support Group 28 th March		All Childminders welcome
10.00am	12.30pm	Job club – Supported Families Employment Adviser	Parents/Carers	Book in advance 07776 245 301
11.00am	1.00pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0-2 years) and parents to be		All welcome
11.00am	12.30pm	Pre and post-natal exercise classes Face to Face - For all fitness levels. You could improve your fitter, bladder control, posture, core strength, wellbeing and mood.	Mothers with a 0 to 6 month child	Book in advance Tilbury Family Hub 01375 858243
1.00pm	2.30pm	Antenatal exercise classes Virtual - For all fitness levels. You could improve your fitter, bladder control, posture, core strength, wellbeing and mood.	Mothers with a 0 to 6 month child	Book in advance
1.30pm	2.30pm	Lets Talk To Toddler	12 to 24 Months	Book in advance
1.00pm	2.30pm	Parent Carer Panel 7 th March		Referral only

Fridays

9.30am	10.30am	Baby Massage	0 to 12 Months	Book in advance
10.00am	11.30am	Baby Weighing Clinic	0 to 60 Months	All Welcome
12.30pm	1.30pm	Antenatal Information Sessions 8 th , 15 th , and 22 nd March	sarah@parents1st.org.uk	Book in advance 07789753925 sarah@parents1st.org.uk
1.00pm	16.30pm	Early Interaction Advice Sessions	24 to 60 Months	Referral Only
1.30pm	2.30pm	Let's Talk to your Toddler	12 to 24 Months	Book in advance

Saturdays

10.00am	1.30pm	Dads and Partners Antenatal Group	info@parents1st.org.uk	Book in advance 01268 525 758 info@parents1st.org.uk
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Brighter Futures – Family Hub Offer

Please use this link to see the Family Hub's offer and activity details –

www.thurrock.gov.uk/family-hub-activities

Please see the Thurrock website for details of each Family Hub and what is on offer each month and Face Book for information:

www.facebook.com/groups/thurrockchildrenscentres

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

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

EASTER EGG APPEAL

WE WOULD LOVE TO
PROVIDE THE FAMILIES
WE SUPPORT WITH A
SPECIAL TREAT THIS
EASTER. WE ARE
COLLECTING EASTER
EGGS TO PUT SOME
SMILES ON THE
CHILDREN'S FACES.

CAN YOU HELP?



Thurrock Foodbank,
2-4 Chase Road, Corringham, Essex, SS17 7QH

Contact—katecollier@thurrock.foodbank.org.uk
Office—01375 416200

Website—www.thurrock.foodbank.org.uk
Registered Charity Number—297569

Opening hours—Mondays, Wednesdays and Thursdays 9am—3pm

GRANGEWATERS OUTDOOR EDUCATION CENTRE



RYA POWERBOAT LEVEL 2 COURSE



Grangewaters is a great inland location to learn the skills and background knowledge needed by the competent powerboat driver and is the basis of the International Certificate of Competence.

This course aims to teach boat handling and seamanship in powerboats. It focuses on low speed close quarters handling, man overboard recovery, an introduction to driving at planing speed, and collision regulations.

Our course is run by our expert RYA instructors using our Rib and Jaffa craft. All safety equipment will be provided.

RYA Level 2 Powerboat 2-day course

Ages 12+ years
Thursday 30th & Friday 31st May 2024
9.00am – 5.00pm
£250

Call to book your space!

thurrock.gov.uk/grangewaters
Email us on grangewaters@thurrock.gov.uk

Call us on 01708 855 228

f @Grangewaters

Buckles Lane, South Ockendon, Essex, RM15 6RS

INSPIRE
YOUTH
TRUST

thurrock.gov.uk