

The Convent Chronicle



Friday 9th February 2024

Inspiring Ambition,
Achieving Excellence

Dear Parents/Carers,

Wowee, what a blockbuster you are in for! The Hairspray cast has finished their final rehearsals and I've had the opportunity to witness it several times this week in different guises. I hope you have booked your tickets for this year's fabulous musical. It's brilliant!

Year 11 are working hard and the final revision and PPE guide has gone out to them and you and is also on the website. (Click [here](#) to view your daughter's PPE guide). The timetable for PPEs is in there and in addition, the provisional GCSE timetable was included. The girls will have their PPE assembly on the Monday we return after Half Term and will also be given their provisional GCSE timetables to get into your calendar.

Lent begins next week with Ash Wednesday on Valentine's Day. We will have an Ash Wednesday service here at school to sign up for. Lent is a time of reflection, a time in the 'wilderness' to consider how we can become closer to Him. We are called to do three things at this time; to fast, to show mercy by helping others and to pray; to use these not as an end in themselves but to help us to come closer to God, more open to the life of the Spirit. These are of course part of our mission statement as a Catholic school and of course as an LSU school. Each classroom will have a Lenten calendar, asking them to do something a little special for others each day.

Happy Chinese New Year for tomorrow, and also for Valentines day on the 14th – a busy week ahead!!

Penny Johnson
Headteacher



Inspiring ambition, achieving excellence



Year 11 Attendance



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

Attendance Office

Important Messages

Severe Weather Arrangements



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

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

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

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

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

Get the Studybugs App - the quick and easy way to report your daughter's absence



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

<https://studybugs.com>

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

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

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

Studybugs

Mrs Burrow

Jack Petchey Awards Evening – 7 February 2024

On Wednesday evening, we attended the Jack Petchey Awards Evening held at the Civic Hall and attended by Sue Little, Mayor of Thurrock.

Celebrating young people is at the heart of the Jack Petchey Foundation's mission. Each year they recognise 12,000 inspirational young achievers and host up to 90 Achievement Award events across London and Essex.

The outstanding highlights of the night were from Treetops School showcasing their talented version of The Lion King and Harriet Medlock's solo performances, and of course the fantastic 2023 Achievement Award winners from Grays Convent celebrated for their incredible achievements.

The GCHS Award winners were Julia Tamosiunaite, Rebecca Alabede, Gabriele Jomantaite, Kaylan Teague, Poppy Adams, Poppy Padmore, Tianna Alexander Palmer, Tiara Williams and Lori Akinruntan Bile – well done!



From left to right back row to front row

**Rebecca Alabede, Gabriele Jomantaite, Poppy Padmore, Mayor Sue Little
Kaylan Teague, Tianna Alexander Palmer, Tiara Williams, Lori Akinruntan Bile
and Julia Tamosiunaite**

Mrs Brown

World Book Day!



World Book Day takes place on Thursday 7th March and we hope you'll encourage your daughters to be a reader and to love books!

To add to the fun, students and staff can dress up as their favourite character from literature for a donation of £1 to be paid via ParentPay. Monies raised will be split between a donation to the Readathon and providing new books for the Library and English Department.

A letter giving full details of the event and the day, will be going out shortly via email.

So heads up and start planning your outfits!!

Mrs Nyland

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

U15 Indoor Cricket

On Thursday 8th February the Grays Convent U15 indoor Cricket team played in the U15 Tier 1 Essex Cricket tournament, which was held at Bancrofts School. The winners of the competition would progress onto the County Final, where they have a chance to progress onto the Regional Finals at Cambridge in April. Teams were made up of 8 players and matches consisted on one innings per team, with 6 overs of 5 balls. Players were required to bat, bowl and field so it was a fantastic chance for everyone to develop their skills across the game.

In our first match we were drawn against Brampton Manor Academy and we lost the toss so were first up to bat. Sophie, Winna and Adenika were our best batters in this game, all scoring 3 runs each but the skilful bowling of the Brampton Manor team meant that we were not able to capitalise on too many runs. At the end of our innings we had scored a total of 20 runs. In the field we showed some excellent skills, with Goda taking a wicket in her second over! Unfortunately, due to a few loose balls and some good batting, Brampton scored a total of 50 runs to win the match.

Our final match was against Bancrofts School, all of whom belong to local cricket clubs as well as having two pupils who play Cricket for Essex, so we knew that it would be a high quality game. Having won the toss, we starting out fielding and Goda was once again consistent in her bowling, helping to keep the number of runs to a minimum. The Grays convent girls were much sharper on their fielding skills in this game and gave much less away when the batters did connect with the ball. Unfortunately, nerves seemed to have got to some of our bowlers who were not as confident in this game and by the end of the overs Bancrofts had scored a total of 70 runs. First up to bat was Sophie, who managed to stay in throughout the match and clock up an amazing 19 runs, including hitting a 6! Omotoyosi also worked hard to stay in as a batter and her quick decision making and reactions meant that she scored a further 5 runs for the team. At the end of the match the score was 70-43 to Bancrofts, which is very respectable considering the experience level of their players to the Convent girls.

At the end of the competition Bancrofts were declared the winners, with Brampton Manor 2nd and Grays Convent 3rd place. Well done for playing your best and for your excellent behaviour throughout the day, you were a credit to the school.



Mrs Bailey

Assistant Headteacher's Bronze Award

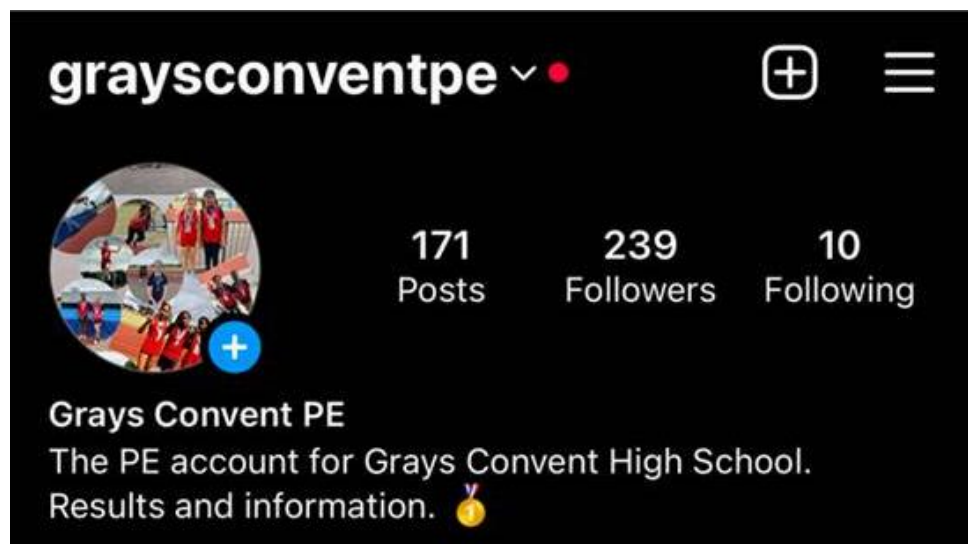
Many congratulations to the following students who have reached in excess of 200 achievement points this week. Year 7s again have taken top place this week for the highest number of students receiving this award.



The students were presented with their Bronze badge and certificate in the Year Assembly by the Head of Year.

We now have over 100 students who have received the Bronze Award which is fantastic! A huge well done to the students.

Mrs Bishop



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

Year 8 Netball v Harris Academy Chafford Hundred

Well done to the Year 8 Netball team who played their league match against Harris Academy Chafford Hundred on a wet Wednesday afternoon this week.

The girls started off 2-0 down after the first quarter but worked well together throughout the second quarter to increase their possession of the ball and brought the score closer with new shooter Ava Bouchard and Dara Ade-Oduwale scoring, leaving it 2-3 to Harris at half time.

A huge defensive push in the third quarter left Convent dominating and in the lead 5-4 at the end of the third quarter.

Unfortunately, Harris Academy pushed hard in the final part of the match and demonstrated some excellent shooting skills. This left the final score 8-5 to Harris Academy at the final whistle blow but the girls should be proud of the achievements they made along the way and the progress they are making towards their individual targets, well done.



Player of the match was Roula, congratulations!

Mrs Bailey

Student of the Month Award - December 2023

We are pleased to announce that the Student of the Month Awards for December 2023 have been chosen, and the awardees are as follows:



Year 7

Name	Award for:
Adriana Prasath	Computer Science
Jemima Ezenyi	English
Sophie Moore	Food
Alice Zmejavska	Geography
Emile Perskudaite	History
Phoebe Bettis	Languages
Gabriele Simkute	Maths
Elizabeth Murray	PE
Stephanie Imowo	RE
Tashni Thalagune	Science



Year 10

Name	Award for:
Ama Sarpong-Duker	English
Poppy Adams	Food
Alyanna Diaz	French
Themis Aw	Geography
Poppy Adams	History
Oluwadimimu Ogunleye	Maths
Caomihe Copley	PE
Divine Okenwa	RE
Miruna Stanciu	Science
Erin Bettis	Spanish



Year 8

Name	Award for:
Molly Garner	Computer Science
Ayat Mustafa	English
Chloe Winters	Food
Patricia Andrei	French
Bahara Naimi	Geography
Sara Zadran	History
Imogen Rout	Maths
Ava Boucaud	PE
Frankie Dowler	RE
Biana Ungheanu	Science
Ayusha Rai	Spanish



Year 11

Name	Award for:
Tianna Palmer-Alexander	Computer Science
Alyssa Merrell	English
Mary Manu-Kobeah	Food
Rianna Huci	French
Rianna Huci	Geography
Semi Tugbiyele	History
Sienna Campbell	Maths
Maeve Pitney	PE
Lily May Pegrum	RE
Rianna Huci	Science
Tianna Palmer-Alexander	Spanish



Year 9

Name	Award for:
Melissa Sturgess	Computer Science
Olivia Szczuka	English
Tofunni Jolaosho	Food
Amy Smith	French
Isabella Fagg	Geography
Fauste Bukyte	History
Nyasha Chara	Maths
Renesha Lewin	PE
Tumelo Mwiya	RE
Stacey Wangeri	Science
Arshi Islam	Spanish

All students are rewarded achievement points for being on or above target at each Progress Check.



Student of the Month Award – January 2024

We are pleased to announce that the Student of the Month Awards for January 2024 have been chosen, and the awardees are as follows:



Year 7

Name	Award for:
Jada Collings-Dominique	Art
Alara Nalcioglu	Computer Science
Adeola Thompson	Drama
Makayla Emuchay	English
Ayesha Nadeem	Food
Dhwiti Patel	Geography
Kamile Pauloviciute	History
Chiamaka Orokansi	Maths
Ebere Nwachokor	PE
Prabjot Kaur	RE
Zara May	Science
Daniella Marques Gomes Da Silva	Spanish

Year 8



Name	Award for:
Imogen Rout	Art
Ayat Mustafa	Computer Science
Ava Boucaud	Drama
Isabella Hall	English
Sania Raza	Food
Muskan Tariq	French
Micha Banawa-Chu	Geography
Ore Kolawole	History
Mariam Abdeulyequeen	Maths
Eve Boateng	PE
Katherine Shane	RE
Molly Garner	Science
Oreoluwa Kolawole	Spanish



Year 9

Name	Award for:
Kyla Curno	Art
Haniya Rashid	Computer Science
Renesha Lewin	Drama
Jesutofunmi Ajayi	English
Adenike Bamiduro	Food
Sania Raza	French
Oluwademilade Abiade	Geography
Siyona Chandrawat	History
Aliyah Idowu	Maths
Chisom Lemeh	PE
Sania Raza	RE
Meena Amery	Science
Alice Dhannie	Spanish



Year 10

Name	Award for:
Louise Haatrope	Fine Art
Alyanna Diaz	Computer Science
Isabelle Gardner	Drama
Chrystal Williams	English
Jessica Rout	Food
Charlotte Plumridge	French
Erin Bettis	Geography
Grace Mitchell	History
Kadie Bennett	Maths
Kiran Kaur	Media
Emily Petrea	PE
Gabriella Okwir	Photography
Shobita Sidhu	RE
Oluwadamilaju Ogunleye	Science
Poppy Adams	Spanish
Violet Simpson	Textiles

Year 11



Name	Award for:
Keona Amanor	Fine Art
Chloe Blankson	Computer Science
Benita Okwudili	Drama
Efia Sarpong-Duker	English
Saule Vizgaudyte	Food
Nashwa Noushad	French
Paolo Ojo	Geography
Asia Kamara	History
Alyssa Merrell	Maths
Tianna Palmer-Alexander	Media
Taijah Ogunsanya	PE
Shalom Kasambi	Photography
Demilade Manu	RE
Samanta Mustea	Science
Paolo Ojo	Spanish
Brianna Osagie	Textiles

All students are rewarded achievement points for being on or above target at each Progress Check.



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 19

FOR YEAR 7	FOR YEAR 8	FOR YEAR 9
determined	large	monometer
develop	massive	dimeter
dictionary	colossal	trimeter
disastrous	gigantic	tetrameter
embarrass	immense	pentameter
environment	monumental	hexameter
equip (-ped, -ment)	titanic	heptameter
especially	substantial	octometer
exaggerate	vast	
excellent	mammoth	
	sizeable	

For Year 8: Learn the words – Creative Writing: **large**

massive: large and heavy or solid. "a massive rampart of stone"

colossal: extremely large or great. "a colossal amount of mail"

gigantic: of very great size or extent; huge or enormous. "a gigantic concrete tower"

immense: extremely large or great, especially in scale or degree. "the cost of restoration has been immense"

monumental: great in importance, extent, or size. "it's been a monumental effort"

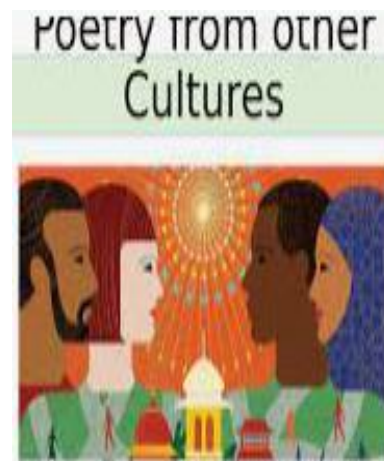
titanic: of exceptional strength, size, or power. "a series of titanic explosions"

substantial: of considerable importance, size, or worth. "a substantial amount of cash"

vast: of very great extent or quantity; immense; "a vast plain full of orchards"

mammoth: huge. "a mammoth corporation"

sizeable: fairly large. "a sizeable proportion of the population"



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

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

TYPES OF METRICAL FEET:

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

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

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

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

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

KINDS OF METRICAL LINES: RELATED TO THE TERMS ABOVE

monometer- one-foot line

dimeter - two-foot line

trimeter - three-foot line

tetrameter - four-foot line

pentameter - five-foot line

hexameter - six-foot line

heptameter - seven-foot line

octometer- eight-foot line



Learn them to improve your spelling!!!

Miss Petrova

Y11 INTERVENTION 2023/24

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

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

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



Computing

Hexadecimal Numbers

What is a single hex character equal to?

A kilobyte

A byte

A nibble

A bit

Answer: A nibble

Mr Burr

Maths



Maths Question of the Week

1.

Ali buys packs of balloons and boxes of pencils.

There are 30 balloons in each pack.

There are 24 pencils in each box.

Ali buys exactly the same number of balloons and pencils.

Work out how many packs of balloons and how many boxes of pencils she could have bought.

You must show all your working.

..... packs of balloons

..... boxes of pencils

2.

A company orders a large number of plates from a factory.

It would take 30 hours to make all the plates using 4 machines.

How many machines are needed to make all the plates in 6 hours?

Submit your answers on Monday 12th February 2024 at break time in Room 21, and win 5 Achievement points.

Answers to last week's questions are:

1. 21?

2. £35

Mr Amenze

RE



This year Ash Wednesday falls on St Valentine's Day, and it's the start of Lent.

During Lent we are encourage to think of Lenten promises. Often many will give up chocolate, video games or even social media!

Although fasting is a good option during Lent, we need to remember that the purpose of a Lenten promise is to commit yourself to something that will bring you closer to Jesus. You could do this by attending Stations of the Cross, reflecting on the Gospel of the Day, or even by allocating part of your day to pray.

I would like to suggest an alternative list of things to give up that might inspire you this Lent, written by an unknown author.

What Lenten promises will you consider?

REFOCUS FOR LENT

Give up complaining – focus on gratitude.
Give up harsh judgments – think kind thoughts.
Give up worry – trust God to provide.
Give up discouragement – be full of hope.
Give up bitterness – turn to forgiveness.
Give up hatred – return good for evil.
Give up anger – be more patient.
Give up pettiness – become mature.
Give up jealousy – pray for trust.
Give up gossiping – control your tongue.
Give up sin – turn to virtue.
Give up giving up – persevere.
-Author unknown

Mrs Wilsher

English

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

More Subject News...



MFL



Let's work hard in languages!

Ms Duque Mora
Head of Modern Foreign Languages

Are you working hard with Ms Duque Mora in lessons?

If the answer is yes, you need to know that Ms Duque Mora is giving you a raffle ticket to win one of these teddy bears.

What you need to do to have a raffle ticket?

The more you work in lessons, the more tickets you can have.

If your effort is outstanding more tickets will be given.

What are you waiting for?

Show to Ms Duque Mora your amazing effort to learn Spanish or French in her lessons, because those teddy bears need to be re-homed as they are **feeling cold** in room 6



Come and see us!

Ms Duque Mora
Head of Modern Foreign Languages

Are you struggling In **Spanish** or **French**?

Something is not clear enough?

Do you want more help from your teachers?

I want to make all parents and students aware that we are offering additional support to our students for **Spanish** and **French**.

Students can find support on the following dates and times:

After school Homework Club 3:30-4:30 for:

Years 7-9 Every **Wednesday** Room 27 - Ms Duque Mora

Years 10 -11 Every **Monday** Room 7 - Ms Paixao

Years 10-11 Every **Wednesday** Room 7 - Ms Bathily

Interventions:

Spanish Every **Tuesday** after school 3:30-4:30 Room 6

Ms Duque Mora

French Thursday WEEK 1 Period 5 from 12:50-1:30 Ms Bathily

You don't have to attend for the full hour if you don't want to, but it is important that you ask for help if you need it.



ASH WEDNESDAY



Come back to God

Ash Wednesday, 14th February

Ash Wednesday marks the beginning of the holy season of Lent which lasts for 40 days leading up to Easter. Jesus fasted in the desert for 40 days in order to give full attention to his Father in Heaven. Lent is a time for us to come back to God; to grow more like Jesus and deepen our friendship with him.

9M & 9E are preparing a special Service to which the whole school are warmly invited to come to receive ashes in the sign of the cross on our foreheads as a symbol of repentance. The ashes are made from the burnt palms used on Palm Sunday last year and mixed with holy water, which is a reminder of our Baptism; being cleansed from sin and receiving new life in Christ. The sign of the cross is the symbol of Christ's death and resurrection which frees us from sin. We do this because God formed Adam out of the dust of the earth and breathed life into him, so the ashes are a reminder that one day we will return to our loving Father God who created us. We will be called to give an account of how we have let His love flow through us, using our time and talents in service to others, for His glory.

ASH WEDNESDAY SERVICE IN SCHOOL P4 AT 11.45

If your daughter in Year 7, 8, 10, 11, 9L, 9D would like to attend the Ash Wednesday Service, she needs to sign the list on the Chaplain's door near drama in order to be excused from her normal lesson at 11.45 on Ash Wednesday.

ASH WEDNESDAY MASS is at 7pm in St Thomas of Canterbury Church



Next Wednesday 14th February is

ASH WEDNESDAY

The start of our Holy Season of
LENT (40 days leading up to Easter)



Jesus fasted in the desert for 40 days in order to give full attention to his Father in Heaven. Lent means **spring**; it is a time for us to come back to God; **to grow** more like Jesus, in love for God and our neighbour and to deepen our personal friendship with him.



On Ash Wednesday we receive ashes in the **sign of the cross** on our foreheads as a symbol of repentance.

The ashes are made from the burnt **palms** used on **Palm Sunday** last year, mixed with **holy water**, which is a reminder of our **Baptism**; being **cleansed** from sin and receiving new **life** in Christ.

The sign of the cross is the symbol of Christ's death and resurrection which frees us from sin.



We do this because God formed Adam out of the dust of the earth and breathed life into him; (Genesis 2:7) so the ashes are a reminder that one day we will return to our loving Father God who created us. We will be called to give an account of how we have let His love flow through us, using our time and talents in service to others, for His glory.

Prayer: Lord purify our hearts and melt and mould us into the loving image of Jesus your son. Help us to be channels of your love and peace in the world.

Lord we pray especially for peace in Israel, Palestine, Yemen and Ukraine. Please inspire all world leaders to resolve conflicts and grant peace to the world. We ask this in Jesus' name. Amen.



**This Sunday 11th February is World Day of the Sick
and traditionally the Feast of Our Lady of Lourdes,
Co Patron of our Diocese of Brentwood (except on Sundays of the Lord.)**

Mary appeared to 14 Yr. old Bernadette in Lourdes, in France on 11th Feb 1858, she said:

"Repent and pray for poor sinners."

This means to turn back to Jesus, pray for one another, and as Mary said **"Do whatever he tells you."** (Jn.2:5)

The Lourdes water is a reminder of our **Baptism**; and Mary is reminding us of the **promises** that were made at our Baptism, to reject sin and follow Jesus, keeping his commandments of love.



When Jesus forgave sins, people were healed physically as well as spiritually. At the time when Mary appeared in Lourdes many blind and lame people were physically healed **when they turned back to God and washed in the Lourdes water. Mary points us to Jesus.**

There have been many physical healings there over the centuries, and still today, but **the most important healing is having a change of heart.**



The healing Spring of water



Crutches and walking sticks left behind, no longer needed.

Lourdes is like Heaven on earth, because it's where the **Gospel message of Jesus is really lived**; you see so much love in action.

Young people give up their holidays to care for the sick, to pray with them and to entertain them in the evenings. People from all over the world are so caring and respectful to one another as brothers and sisters of our one Heavenly Father.

The sick people in wheel-chairs are treated like celebrities; because **those who are weakest on earth will be the greatest in the kingdom of heaven.** Mass and the holy Rosary are prayed in all the languages of the world and there is a great sense of joy and belonging.

Reflection:

We ask family and friends to pray for us when we've got exams or we're ill; we also ask Mary our heavenly mother to pray for us because **God favours her.** The Angel Gabriel said to Mary **"You have found favour with God."**

Rfln. ctd. In a few moments of silence let us think of our loved ones and members of our school family who are ill and ask our Blessed Mother Mary to pray for them to her Divine Son, Jesus, to be healed.



PRAYER:

We ask Mary, Our Lady of Lourdes to pray for us to have a change of heart and be healed in our soul. We pray for all who are ill, suffering in heart, body, mind, soul or spirit. We pray for all who are burdened by fear, worries, sorrow or loneliness that the Lord will free them, and grant them healing and peace, in Jesus' name. Amen. **Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen. (Prayer based on Saint Luke's Gospel)**

If you have any special prayer requests please email carsonc@graysconvent.thurrock.sch.uk

God bless you,

Miss Carson

CAFOD School Family Fast Day – Friday 16th February 2024



**LENT FAMILY FAST DAY
FRIDAY 16th FEBRUARY**

PLEASE HELP THE POOR BY CHOOSING SOUP & ROLL £1

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



Choose the Live Simply Lunch Option today.

We will be having our Simple Lunch Option of Soup & Roll for £1 in order to give the money saved that we would usually spend on lunch to CAFOD to help our brothers and sisters in need in other parts of the world. CAFOD is the Catholic Agency for Overseas Development. They equip, train and help communities to provide for their families and thrive. Please encourage your daughter to choose the Simple Lunch on Friday 16th February.

Further information can be found on cafod.org.uk

Miss Carson

Pope Francis - Tweet of the Week



Pope Francis @Pontifex · 4h

Saint Bakhita encourages us to open our eyes and ears to see those who go unseen and to hear those who have no voice, to acknowledge the dignity of each person and to fight trafficking and all forms of exploitation. [#PrayAgainstTrafficking vatican.va/content/france...](https://www.vatican.va/content/france...)

109

278

1.4K

96K



Safeguarding our Children at Grays Convent

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

Worried about a child?

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

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

Mrs Collis

Internet Safety Tip - Snapchat



How do I Block and Delete?



Blocking and Deleting friends

Blocking someone on Snapchat means they will be prevented from sending you Snaps, Chats or viewing your Stories. Deleting someone means they will no longer show up on your friends list, but your privacy settings determine whether or not they can still see your Snaps. To block or delete a contact:

- Tap the username you want to block or delete in your **'My Friends'** page.
- Tap the gear icon that appears next to their name.
- Select **'Block'** to prevent Snaps, Chats or from them viewing your Stories.
- Select **'Remove Friend'** to remove them from your friends list.
- To block someone who isn't in your friends list, just swipe on their name on the Chat screen to open a Chat with them. Then tap the button in the top left corner to access their profile, where you can block them.

To unblock a user:

- Tap the ghost at the top of the Camera screen. Then tap the gear icon and scroll down to **'Account Actions'** and tap **'Blocked.'** You should see a list of Snapchatters who are currently blocked by you. Tap the X next to their name to unblock them.
- Depending on your privacy settings you may need to re-add each other as friends to send Snaps and Chats back and forth.

Mr Burr

What Parents & Carers Need to Know about AI VIRTUAL FRIENDS

Artificial intelligence – particularly in terms of how it generates natural language – has seen significant development over the last six months, with companies releasing new AI-based software or adding an AI element to existing apps (such as Snapchat, for example). One form of AI to become especially popular has been the 'AI friend' or chatbot, as children eagerly experiment with these new-found computer-generated companions. There are now numerous apps available with this 'virtual friend' functionality, with the likelihood of it being added to other successful platforms soon.

WHAT ARE THE RISKS?

CONTENT AND ACCOUNTABILITY

AI chatbots may not always be able to recognise when content is age inappropriate or harmful and should be filtered out. So there's a possibility that children could be exposed to offensive language or explicit material while conversing with their virtual friend. The companies producing such AI solutions are also unlikely to take responsibility for any content that their algorithms generate.

REDUCED SOCIAL CONTACT

An excessive reliance on chatbots for social interaction could potentially cause a child to begin reducing the amount of face-to-face communication they have, leading to social isolation. If young people become dependent on chatbots to provide companionship, it could very likely hinder the development of their real-life social skills.

LACK OF SENSITIVITY

Chatbot software isn't always sophisticated enough to pick up on subtle emotional cues or recognise signs of distress in children, as most humans would. It might therefore fail to respond appropriately. AI misinterpreting what it's being told or replying insensitively to a young user who's already struggling could potentially impact a child's emotional wellbeing or exacerbate any existing emotional issues.

UNINTENTIONAL BIAS

AI companions are only as reliable as the information they've been programmed with. The algorithms they use, therefore, may unintentionally promote bias, stereotypes or discriminatory behaviour (as many originate from the USA or the UK, for instance, they can display a distinctly western-centric worldview). This could lead to children developing skewed attitudes and behaviours.

COGNITIVE LIMITATIONS

Although many are now undeniably advanced, AI-powered chatbots still have limitations in terms of understanding complex concepts, context and nuance. Depending heavily on chatbots to help with learning or solving problems may stunt the development of a child's own powers of critical thinking, creativity and ability to engage in open-ended discussions with other people.

PRIVACY CONCERNS

Chatbots typically collect data about users, including personal information and conversations. This is ostensibly to improve their performance as they gradually learn about our behaviour – but many experts are warning that there may be significant risks associated with how this information is stored and used (the possibility of potential breaches or misuse by third parties, for instance).

Advice for Parents & Carers

CHAT ABOUT CHATBOTS

If your child is already expressing an interest in AI apps, a relaxed, natural chat should help you to discover which ones they're aware of and how they're using them (or are planning to). Discuss these options with your child and perhaps do your own research to ensure you think they're suitable. Once you're totally happy, you could sit with your young one and begin exploring AI chatbots together.

CREATE A SAFE ENVIRONMENT

If your child is keen to engage with AI chatbots, encourage them to do so in a safe environment: ideally in a shared space at home, so you can easily keep an eye and ear on their progress. Set up appropriate content filtering measures in advance – and gently remind them that you'll be close by and ready to help with any questions or concerns that may arise.

FIND A BALANCE

Work alongside your child to establish the right balance in terms of how they might use AI-powered chatbots – and when it's appropriate. It's important to make sure that children are still getting plenty of opportunities to learn to solve problems for themselves, as well as building their interpersonal skills through face-to-face conversations with friends, family members and teachers.

TAKE CONTROL

As with any form of app or game, when it comes to AI chatbots we'd strongly recommend that you consider employing parental controls (either on the device being used or within the software itself) to manage which apps your child can download and use. This is particularly important for younger children, who may be more at risk of being upset or frightened by inappropriate content.

RECOGNISE THE RISKS

It's unlikely that most children will have even considered the potential risks attached to having a virtual companion. So it's probably wise to explain some of the possible hazards and challenges of AI chatbots to your child. In particular, emphasise that AI isn't a real person (however much it might sound like one) and may occasionally tell them something that isn't entirely impartial or accurate.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



NOS National Online Safety®
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)














[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national_online_safety](https://twitter.com/national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.05.2023

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

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

Key Dates and Events

Tuesday 13 th February	School Production – 7pm start	
Wednesday 14 th February	School Production – 7pm start	
Thursday 15 th February	Year 9 Parents' Evening	Year 9
Friday 16 th February	Students break for Half Term – 3:25pm finish	Whole School
Monday 19 th to Friday 23 rd February	Half Term	Whole School
Monday 26 th February	Students return to school – 8:25am start	Whole School

The Essex Autism Project

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

Link to the privacy and safeguarding survey:

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

We look forward to hearing from you.

The Essex Autism Team

MAKE YOUR MARK TIMELINE OF EVENTS

Make
Your Mark



Youth Parliament
MAKING OUR MARK

2024

Involving Thurrock schools, colleges and youth groups

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

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

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

Now - 22 Dec 2023



REGISTER

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

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

youthcabinet@thurrock.gov.uk

Registration closes on Fri 22 Dec.

From 15 Jan 2024



PRE-VOTING

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

29 Jan - 1 Mar 2024



VOTING PERIOD

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

By 1 March 2024



SUBMIT RESULTS

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

Please scan in and send all completed tally sheets to

youthcabinet@thurrock.gov.uk

22 March 2024



MAKE YOUR MARK RESULTS ANNOUNCED

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

PATT ADHD Support Group

For families with children and young people with
ADHD and neurodiversity

Booking essential

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

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

Facebook: PATT ADHD Support

First Wednesday of each month 6.30pm to 8.30pm

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

3rd Friday of each month 9.30am–11.30am

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

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



Specialist Health Visitor Appointments with PATT SENDIASS via MS Teams

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

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

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

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

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



Schedule 2024

where and when to find us

Sessions run term time only

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



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



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



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



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



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



FAMILY VIEWS WORKSHOP
Second Tuesday of the Month 10am - 2pm
A one hour, one to one session at the PATT office to support you to complete the family views document. We will send you the template and guidance document when we receive your booking for you to start writing your child's story so far.
Please bring the document with you when you attend.
13 Feb, 12 Mar, 14 May, 11 Jun, 9 Jul, 10 Sep, 8 Oct, 12 Nov, 10 Dec

FREE School Uniform

free for everyone,
no referral needed!

Events

Fridays
3 - 4.30pm

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

Saturdays
10 - 11.30am

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

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

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

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

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

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

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

ReThink ReCreate ReCycle

Open to all young people aged 5-16 with SEND

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

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

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

HOW TO ENTER

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

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

THINK ABOUT:

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

thurrock.gov.uk

YOUTH VOICE GROUP SUPPORTED BY THURROCK YOUTH CABINET

Are you 16-25 years old?

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

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

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

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

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

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

Autism Empowerment Webinar

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

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

Webinars are held on Zoom on the following dates:

Thursday 29th February 12:30 to 13:30

Friday 29th March 12:30 to 13:30

Friday 26th April 12:30 to 13:30

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

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

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

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



What's on in February 2024

Mondays				
Start	End	Activity	Age groups	How to join in
8.30am	12.00pm	Housing Advice for Council Tenants		Book in advance 01375 413820
9.00am	11.00am	Local Area Co-ordinator – Helen Catterick		Book in advance 07710950318
9.30am	10.30am	Baby Rhyme Time 12th, 19th and 26th February	0 to 12 Months	All welcome
9.30am	10.30am	Bring a Story to Life 12th The Gruffalo 19th We All Went on a Safari 26th Super Worm	24 to 60 Months	All welcome
11.00am	12.00pm	Baby Massage	0 to 12 Months	Book in advance
11.00am	12.00pm	Bookstart Toddler	12 to 24 Months	Book in advance
1.30pm	2.30pm	Let's Talk to Your Baby	0 to 12 Months	Book in advance
2.00pm	3.00pm	Stay and Play 12th, 19th and 26th February	24 to 60 Months	All Welcome

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

Wednesdays				
9.00am	4.00pm	Midwife	Ante Natal	Book in advance
9.30am	10.30am	Parents 1 st Coffee Morning/Drop In 14th February	This is an opportunity for you to meet other expectant mums in your area and get information on local groups available to you.	All welcome
10.30am	11.30am	SEND – Just For You 14th and 28th February	0 to 60 Months	All welcome
11.00am	12.00pm	Stay and Play 14th and 28th February	0 to 12 Months	All welcome
1.30pm	2.30pm	Let's Talk to your Toddler	12 to 24 Months	Book in advance
1.30pm	2.30pm	Fussy Eating – 14th February	12 to 60 Months	Book in advance
4.00pm	5.30pm	Young Carers		Referral only

Thursdays				
9.00am	4.00pm	Midwife	Ante Natal	Book in advance
9.30am	11.00am	Chatterbox	24 to 60 Months	Referral only
9.30am	11.00am	Parental Outreach Advice session 23rd February		Book in advance
1.30pm	2.45pm	Baby Weighing Clinic – Drop In 1st, 15th, 22nd and 29th February	0 to 60 Months	All Welcome
1.00pm	3.00pm	Triple P Baby Parenting Programme	Ante-natal or parents with a child aged 0-12 months	Book in advance

Fridays				
9.00am	1.00pm	Speech and Language Drop-In 2nd February		Referral Only
9.00am	1.00pm	Early Interaction Advice Sessions	24 to 60 Months	Referral Only
9.30am	10.30am	Fun, Food and Fitness	24 to 60 Months	Book in advance
10.00am	12.30pm	Job Club – Supported Families Employment Adviser		Book in advance 07776245301
10.00am	4.00pm	Inclusion Visions - Substance Misuse and Support – Drop in	18 + Years	Lorraine. G 07977 792 236
11.15am	12.15pm	Let's Talk to Your Baby	0 to 12 Months	Book in advance
1.30pm	2.30pm	Stay and Play 2nd and 16th February	0 to 12 Months	All welcome



What's on in February 2024

Mondays				
Start	End	Activity	Age groups	How to join in
8.30am	12.00pm	Housing Advice for Council Tenants		Book in advance 01375 413 820
9.30am	10.30am	Stay and Play	12 to 24 Months	All welcome
11.00am	12.00am	Bookstart Toddler 5th February	12 to 24 Months	Book in advance
12.30pm	2.30pm	Parents 1 st Coffee Morning/Drop In 5th February	This is an opportunity for you to meet other expectant mums in your area and get information on local groups available to you.	All welcome
1.45pm	2.30pm	Bring a Story to Life 5th February – Goldilocks and the Three Bears	24 to 60 Months	All welcome

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

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

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

Fridays				
9.30am	10.30am	Baby Massage	0 to 12 Months	Book in advance
10.00am	11.30am	Baby Weighing Clinic	0 to 60 Months	All Welcome
1.30pm	2.30pm	Let's Talk to your Toddler	12 to 24 Months	Book in advance
1.30pm	2.30pm	Parent Carer Panel 8th February		Referral only

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

Brighter Futures – Family Hub Offer

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

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

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

www.facebook.com/groups/thurrockschildrenscentres

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

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

FEBRUARY FAMILY ACTIVITIES 2024

Monday 19 February
Tuesday 20 February
Wednesday 21 February
Thursday 22 February
Friday 23 February

9:30am – 11am
 Bushcraft
 Climbing
 –
 Archery
 Climbing

11:15am – 12:45pm
 Archery
 Postman's Walk
 –
 –
 Leap of Faith

1:30pm – 3pm
 Canoe Raft
 Canoe
 Bushcraft
 Drascombe
 Canoe Raft

Activities cost **£11 per person, per session**.
 Why not book more than one session and stay for lunch (bring your own). Snack shop open at reception.
 Accompanying adults must stay on site.
 Why not take part too?

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



SCAN ME



To book call
01708 855 228

There's something for everyone at
GRANGEWATERS
 OUTDOOR EDUCATION CENTRE
 Buckles Lane, South Ockendon, RM15 6RS

For further information visit www.thurrock.gov.uk/grangewaters
 or email grangewaters@thurrock.gov.uk

thurrock.gov.uk

My Health in Care Project

NELFT NHS
 NHS Foundation Trust

Brighter Futures



Your aspirations, our priority

thurrock.gov.uk

healthwatch
 Thurrock

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

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

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

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

Date: Monday 19th February 2024
Time: 10am – 3pm
Venue: Tilbury Youth Hub, Centenary House, Tilbury, RM18 8AF

SIGN UP HERE...
<https://forms.office.com/e/s94CWDdtp0>

My Health in Care Project SIGN UP FORM



Webinar Session for Parents, Carers & Guardians

COUNTY LINES

Essex

13.02.24
13:00-14:30

Our gang and county lines parents' session consists of speakers with lived experience within the criminal justice system to unpack and explore the realities and consequences of county lines, gang involvement, and serious youth violence.

Perspectives from previous perpetrators and runners/transporters, combined with relevant case studies, aid audiences in gaining an authentic and credible understanding of this complex and cross cutting issue.

The session will help parents and carers to identify the signs and triggers that a child or young person might be involved in county lines and gain an understanding of how to appropriately respond to such indicators.

Register below:

Scan the QR code or click here!



For more information:
emily.roberts@stgilestrust.org.uk

St Giles
 Turning a past into a future

St Giles is a registered charity No 801355. St Giles Head Office, 64-68 Camberwell Church St, London, SE5 8JB. www.stgilestrust.org.uk © St Giles Trust 2023

SELF DEFENCE DAY

FOR YOUNG PEOPLE AGED 11-25

23RD FEBRUARY 10AM-4PM
 TILBURY YOUTH HUB, GROUND FLOOR
 CENTENARY HOUSE, BRENNAN ROAD,
 RM18 8AF

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

DON'T MISS OUT! SIGN UP HERE

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

