

The Convent Chronicle



Friday 9th June 2023

Inspiring Ambition,
Achieving Excellence

Dear Parents/Carers,

Congratulations to you Hammers fans - an amazing win and I was just stunned by the people who turned out for the tour around East Ham. I heard Mr Mvududu and Mrs Smith shouting when the goal went in!!



Maybe not as many people, but there have been as jubilant celebrations for the winners of the Mathematics challenge and the NVQs on Leadership & Management too. Amazing news all of you - we are so proud.

We are also proud for our Parish Priest, and episcopal vicar for education, Father Stephen Myers, on the occasion of 30 years since his ordination on Trinity Sunday, last weekend. Ad Multos Annos!!



This Sunday is the feast of Corpus Christi - a great opportunity to encourage your daughter to mass and remember her own first Holy Communion on this special occasion; a feast venerating the Blessed Sacrament. We have exposition of the Blessed Sacrament here at school in the year. We pray this weekend for all of those young people making their first Holy Communion this weekend, and I pray that I will see some girls at mass to celebrate this special feast.

Enjoy your weekend in the sun - don't forget water bottles next week – plastic not glass!

Penny Johnson
Headteacher



***The Slush Machine
is coming back!!!!
Soon!!***



UK Mathematical Challenge

The UK Mathematical Challenges are a **60-minute, multiple-choice Challenge**. They encourage mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems.

The UKMT organises national mathematics competitions and other mathematical enrichment activities for 11-18 year old UK school pupils. **Over 200,000** students from around the UK entered the UKMT Intermediate Maths Challenge with the top 6% receiving a gold award, the next 13% receiving silver, and the next 21% bronze.

The following students from Grays Convent High School took part in the UK Mathematical Challenge and achieved the following:

GOLD

Raeleigh Adamah Year 8
Renesha Lewin Year 8

SILVER

Helena Annan Year 7
Lyna Shaikh Year 7

BRONZE

Year 7

Oreoluwa Kolawole
Ayusha Rai
Elizabeth Roy
Sunaina Samra
Jiya Sunuwar
Emma-Maria Taci
Sara Visanu
Victoria White

Year 8

Oluwademilade Abiade
Andreea Boca
Mariam Chowdhury
Alice Dhannie
Nisam Limbu
Athalia Max-Lino
Omotoyosi Odubanjo
Sania Raza
Oladunni Sanusi
Carys Walton



Dr Mardanpour

Important Messages

Water Bottles



Please check your daughter's water bottle is made of plastic – NOT GLASS. Unfortunately, we have had instances of broken glass bottles which have caused a hazard in the school.

Mr O'Hanlon

Lunch Money Loans

It is with increasing frequency that pupils are forgetting their dinner money and coming to the Finance Office to loan money.

Please note that this service is provided **ONLY** in the case of an emergency where parents are unable to bring packed lunches or lunch money to the school.

We only hold a very small amount of money in here for this purpose. If your daughter forgets their lunch money we ask that you bring her money or a packed lunch to Reception.

Finance Office

ParentPay Accounts



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

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

woodj@graysconvent.thurrock.sch.uk

Finance Office

Year 10 complete NVQ Level 2 on Leadership & Management

Last December, Year 10s were told by our Head of Year, Ms Coughlan, about an opportunity of receiving a Level 2 National Vocational Qualification (NVQ) on Leadership & Management. We had heard of NVQ in our Rise Above Days, and we were aware that it was a great opportunity and could be useful in our future. Those who were interested were told to sign up for it, and the pupils were selected through being drawn out of a hat.

A group of 15 students were picked and we were introduced to two members of The Rotary Club, Dr Nicholas Wilkinson and Dr Raj Mohile, who guided us through this journey of receiving this qualification. Our task was, as groups of 5, to plan and execute an event, clearly showing our leadership and management, but especially, our teamwork.

On the day of the assessment, we were to exhibit a presentation that we were working on over the time of this course, explaining the beginning, middle and end of the path that led to each of our events. Over time, the road was rough and there were many obstacles, but all of us pushed our way through and put in hard work, resulting in the great news that all of us passed.

We give a big thank you to Dr Wilkinson and Dr Mohile, as well as Ms Coughlan who was a great help and support to us throughout our whole period of this course.



Nashwa Noushad

Is your daughter a musician, or a musician in the waiting?

Instrumental Lessons at Grays Convent have been very popular in the past, and we currently have a number of vacancies with our provider, Thurrock Music Services. I am pleased to be able to confirm that this year Thurrock Music Services are not increasing their prices for the coming school year. If your daughter/ward would like to undertake instrumental tuition at the School in September, we would relish the thought of arranging her tuition with a high-quality instrumental teacher.



Currently almost any instrument can be undertaken, but a sample of the most popular for students includes Flute, Clarinet, Saxophone, Trumpet, Horn, Trombone, Violin, Viola, Cello, Piano, Guitar (electric/acoustic/bass), Drum Kit, Percussion, Voice. If you can think of it, we can (hopefully) accommodate it for you. Please simply complete the form and we will do the rest.



If you would like to consider tuition for your daughter in the coming School term (September), please register your interest now using the form at the link (<https://tinyurl.com/gchsmus>) or scan the QR code, and we'll start get things set-up for you.

If you have any queries about instrumental music or any aspect of music provision at Grays Convent, please don't hesitate to contact Mr White, Head of Music on whiteg@graysconvent.thurrock.sch.uk.

Mr White

May Millionaires



Read a book and quiz.
Become a word millionaire worth 10
achievement points.

Year 7

Evie Kennard 5,709,877

Year 8

Carys Walton 2,190,571

Damilola Awogbile 1,418,678

Andreea Boca 1,141,929

Nusiratu Ojikutu 1,082,610

Sidrat Ferdous 1,019,673

Francesca Olagunju 1,009,301

Year 9

Efe Donker 8,079,695

Jessica Rout 2,045,719

Thandiwe Sholanke 1,220,934

Jasmine Aujla 1,120,174

Your library is full of good books waiting for you to read.



Mrs Maloney

Spanish in the Library



Did you now that in the library in the Languages section, you can find more Spanish books?

Now you can revise, read and practice more.

Please go and have a look at the new material and jump into Spanish reading!

Miss Duque-Mora

BCYS News

BCYS Youth Gather, 21st – 22nd October, Essex Outdoors on Mersea Island

Youth Gather is back for 2023 and the BCYS are absolutely thrilled to be joined by the fantastic Adenike, semi-finalise on the voice, who many of you will have seen perform and heard from at Flame back in March.

Taking place at Essex Outdoors on Mersea Island, there is cabin accommodation and a brilliant range of outward bound activities, opportunities for climbing high ropes, archery, zip wires and much more to keep you challenged and entertained, plus performances, input and workshops from Adenike and the SVP! All meals are included, plus two Mersea activities, 2 BCYS workshops, accommodation and travel to and from Mersea Island – all of this for just £70!

The event is open to those in school Year 9 and above, including opportunities for young leaders (age 18 and above) in the Brentwood Diocese.

Apply now at
www.bcys.net/events/yg23/

Gold Headteacher's Award

Many congratulations to:

Aishwarya Biju 8D

who reached in excess of 600 achievement points this week. Aishwarya is a very helpful and hardworking student who is always willing to help students and staff and thoroughly deserves this award.

Mrs Johnson present Aishwarya with the Gold Award badge and certificate.

Bronze Assistant Headteacher's Award

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

Opeoluwa Sole 7L
Wuraola Kuku 7M
Oladunni Sanusi 8E
Livia Kracjickova 9.23
Caoimhe Copley 9.26
Veronika Buinickaite 10.1
Amelia Murray 10.1
Zaira Mirza 10.34

The students received their Bronze award in their Assembly.

Silver Deputy Headteacher's Award

Many congratulations to the following students who have reached in excess of 400 achievement points this week:

Michalina Dawid 7E
Isabelle Sefa 7L
Sallyann Kamara 7M
Ava Armstrong 8D
Ayasha Khaton 8D
Haasini Surapaneni 8D
Olivia Coomer 8E
Mylene Kaur 8E
Tamara Vera 8E
Aliyyah Onufade 8L
Ana-Maria Stratulat 8L
Leona Mundy-Castle 8M
Joanna Okello 8M
Sophie Pasztor 9.27

The Silver Awards were presented to the students in their assembly this week.

A huge well done to all of the students!

Mrs Bishop

BCCS Announce The Priests Charity Concert

THE PRIESTS Charity Concert

Supporting the Brentwood Catholic Children's Society



Friday 30th June 2023
Brentwood Cathedral
7.30pm

Tickets available from: www.eventbrite.co.uk
For further information visit www.bccs.org.uk

'The Priests' Charity Concert: Brentwood Catholic Children's Society are delighted to announce that the Northern Irish classical singing trio **'The Priests'** have agreed to hold a second charity concert for us on Friday 30th June 2023 at the Brentwood Cathedral at 7.30pm. All tickets can be purchased directly through Eventbrite and are £30 per person plus booking fee: <https://www.eventbrite.co.uk/e/528414691567>. We expect this to be a sell-out event and would urge you to book early in order to avoid disappointment. Full details are available on our website: www.bccs.org.uk/get-involved/events/.

Advertising and Sponsorship

We have various opportunities for sponsorship and advertising in our event programme which will be given out to everyone attending the event. Should you wish to avail of our advertising space, please contact our head of voluntary income, Julie Abbott jabbott@bccs.org.uk who will be happy to discuss your options with you. Thank you for your continued support of our society.

BCCS

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 32



FOR YEAR 7	FOR YEAR 8	FOR YEAR 9
successful	cunning	bourgeoisie
wishful	abjure	collectivist
fearless	austerity	conscience
homeless	idolatry	conservative
lifeless	edict	hierarchy
speechless	transpose	individualist
thankless	perjure	industrialist
thoughtless	gallant	materialistic
emptily	condole	microcosm
happily		misogynistic



For Year 8: **A MIDSUMMER NIGHT'S DREAM**

cunning adj./n. having or showing skill/skill in achieving one's ends by deceit or evasion

abjure v. to solemnly renounce or give up; to shun (syn. renounce, disavow, forsake / ant. accept, embrace)

austerity n. extreme plainness and simplicity of style or appearance; n. sternness or severity of manner or attitude (syn. seriousness, strictness/ant. gentleness)

idolatry n. worship, extreme admiration, love, or reverence for something (syn. adoration, glorification/ant. contempt, scorn)

edict n. an official order, proclamation, decree, or command issued by an authority (syn. mandate, law, ruling / ant. request, petition)

transpose v. to change or rearrange; to cause two or more things to change places with each other; to transform (syn. interchange, transfer, transmute / ant. remain)

perjure v. to cause someone to violate an oath or a vow; to wilfully make a false statement under oath

gallant adj. brave, heroic (syn. courageous, valiant / ant. cowardly, dastardly)

adj. giving special attention and respect to women; chivalrous

condole v. to express sympathy with someone who is sad or sorrowful; to grieve with;

For Year 9: **AN INSPECTOR CALLS**

bourgeoisie: upper class

collectivist: someone who believes we are all part of one group

conscience: a sense of right and wrong

conservative: someone who believes in individual freedom

hierarchy: a society which is unequal

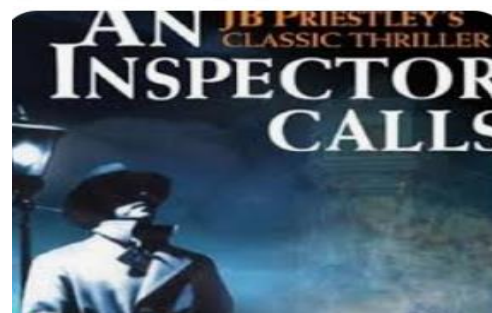
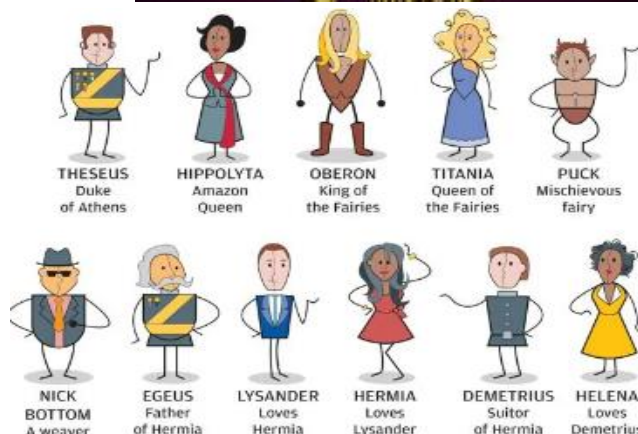
individualist: someone who believes we are solely responsible for ourselves

industrialist: a business person who is a manufacturer of goods for sale

materialistic: someone who is money orientated

microcosm: a smaller version of a bigger thing

misogynistic: extremely sexist



Learn them to improve your spelling!!!

Miss Petrova

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

Pope Francis - Tweet of the Week



Pope Francis ✓ @... · 4d ...

It is necessary to accelerate the change of course in favor of a culture of care that is centered on human dignity and the common good, one nourished by an alliance between human beings and the environment that must mirror God's creative love. [#EnvironmentDay](#)

GCSE Exams Warm Up Sessions - Summer 2023

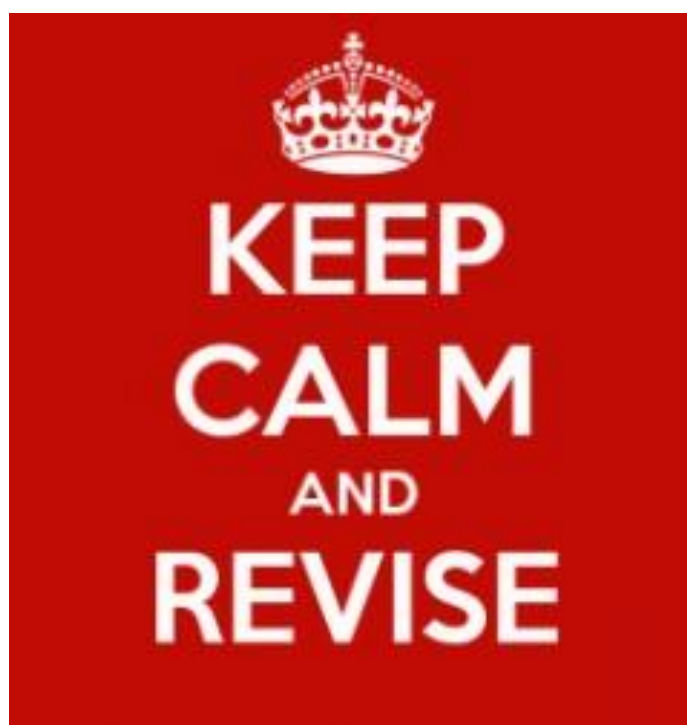
Students only attend for warm-up sessions and exams

Date	Morning		Afternoon
<u>Week 1</u> Monday, 12th June 08:00 – 08:20 <u>English</u> <u>Warm-up Session</u> CBB – Room 1 KP – Room 36 MCO - Room 25 RN – Room 12	English 09:00 Exam Start Non-Fiction & Transactional Writing 1EN0 02 2 hours 05 mins		
<u>Week 1</u> Tuesday, 13th June 08:00 – 08:20 <u>Science</u> <u>Warm-up Session</u> BW – Room 32 JDS – Room 3 TS – Room 5 KB – Room 2 TW – Room 4	Science – Chemistry Paper 2 08:45 Exam Start Triple Chemistry Paper 2 8462/2H 1 hour 45 mins Combined Science Chemistry Paper 1 8464/C/2H 1 hour 15 mins 8464/C/2F 1 hour 15 mins Combined Science Synergy Paper 4 8465/4F 1 hour 45 mins	12:40 – 13:10 <u>Spanish</u> <u>Warm-up Session</u> DPD – Room 13	Spanish 13:30 Exam Start Writing 1SP0 4F 1 hour 15 mins 1SP0 4H 1 hour 20 mins
<u>Week 1</u> Wednesday, 14th June 08:00 – 08:20 <u>Maths</u> <u>Warm-up Session</u> MAS - Room 8 PM – Room 20 GA – Room 21 SMA – Room 23 MT – Room 9	Maths 08:45 Exam Start Calculator (Foundation and Higher) 1MA1 2F 1 hour 30 mins 1MA1 2H 1 hour 30 mins	12:40 – 13:00 <u>Music</u> <u>Warm-up Session</u> GW – Music Room	Music 13:30 Exam Start Component 3 - Appraising C660 U30-1 1 hour 15 mins Polish 13:15 Exam Start Listening and Reading (H) 8688/LH 45 mins 8688/RH 1 hour 00 mins
<u>Week 1</u> Thursday, 15th June 08:00 – 08:40 <u>History</u> <u>Warm-up Session</u> LW – Room 14 MS – Room 22	History 08:45 Exam Start Weimar & Nazi German 1HI0 31 1 hour 20 min		
<u>Week 1</u> Friday, 16th June 08:00 – 08:20 <u>Science</u> <u>Warm-up Session</u> BW – Room 32 JDS – Room 3 TS – Room 5 KB – Room 2 TW – Room 4	Science – Physics Paper 2 13:30 Exam Start Triple Physics Paper 1 8463/1H 1 hour 45 mins Combined Science Physics Paper 1 8464/P/1H 1 hour 15 mins 8464/P/1F 1 hour 15 mins	12:40 – 13:10 <u>Geography</u> <u>Warm-up Session</u> DD – Room 24 RM – Room 26	Geography 13:30 Exam Start People and Environment Issues 1GB0 03 1 hour 30 mins
<u>Week 2</u> Monday, 19th June 08:00 – 08:20 <u>Design and Technology</u> <u>Warm-up Session</u> YK – 31	Design and Technology 09:00 Exam Start Design and Technology written paper 8552/W 2 hours	12:40 – 13:10 <u>Food Preparation and Nutrition</u> <u>Warm-up Session</u> LC – Room 30	
<u>Week 2</u> Tuesday, 20th June 08:00 – 08:20 <u>Food Preparation and Nutrition</u> <u>Warm-up Session</u> LC – Room 30	Food Prep. & Nutrition 09:00 Exam Start Food Preparation and Nutrition Written Paper 8585/W 1 hour 45 mins		
<u>Week 2</u> Wednesday, 21st June	Polish 09:00 Exam Start Writing 8688/WH 1 hour 15 mins		


Year 11 Leavers Mass – 17:00, Tuesday, 27th June 2023
 JCQ Contingency Day 2023 – up to and including Wednesday, 28th June 2023
 GCSE Results Day: 09:30 – 11:00, Thursday, 24th August 2023

GCSE Exams Timetable – Summer 2023









Date	Start	Period	Duration	Subject	Component Title	Venue
Mon 12 June	08:40	P1-3	2 hour 5 mins	English Language	Paper 2 : Non-Fiction & Trans. Writing	Hall and Large Dormer
Tue 13 June	08:40	P1-2	1 hour 45 mir	Triple Science	Chemistry Paper 2 (Higher)	Hall
	08:40	P1-2	1 hour 15 mir	Combined Science Trilogy	Chemistry Paper 2 (Higher & Foundation)	Hall and Large Dormer
	08:40	P1-2	1 hour 45 mir	Combined Science Synergy	Paper 4F	Hall and Large Dormer
	13:20	P6-7	1 hour 15 mir	Spanish	Writing (Foundation)	Hall
	13:20	P6-7	1 hour 20 mir	Spanish	Writing (Higher)	Hall and Large Dormer
Wed 14 June	08:40	P1-2	1 hour 30 mir	Mathematics	Paper 3 Calculator (Higher & Foundation)	Hall and Large Dormer
	13:20	P6-7	1 hour 15 mir	Music	Appraising	Hall and Large Dormer
	13:20	P6	45 mins	Polish	Listening (Higher)	TBC
	14:05	P7	1 hour	Polish	Reading (Higher)	TBC
Thu 15 June	08:40	P1-2	1 hour 20 mir	History	Weimar & Nazi Germany	Hall and Large Dormer
Fri 16 June	08:40	P1-2	1 hour 45 mir	Triple Science	Physics Paper 2 (Higher)	Hall and Large Dormer
	08:40	P1-2	1 hour 15 mir	Combined Science Trilogy	Physics Paper 2 (Higher & Foundation)	Hall and Large Dormer
	13:20	P6-7	1 hour 30 mir	Geography	Paper 3: People & Environ. Issues	Hall and Large Dormer
Mon 19 June	08:40	P1-3	2 hours	Design and Technology	Written Paper	Hall and Large Dormer
Tue 20 June	08:40	P1-2	1 hour 45 mir	Food Prep & Nutrition	Written Paper	Hall and Large Dormer
Wed 21 June	08:40	P1-2	1 hour 15 mir	Polish	Writing (Higher)	Large Dormer
Wednesday 28th June 2023 is the JCQ exam contingency day. This means all exam candidates must be available to sit exams from the date of their first exam until the 28th of June 2023						



Key Dates and Events

Monday 12 th to Wednesday 21 st June	Year 11 GCSE's continue	Year 11
19 th to 23 rd June	Diversity Week	Whole School
Tuesday 27 th June	Year 11 Leavers Mass – 5:00pm	Year 11
Wednesday 28 th June	JCQ Exam Contingency Day	Year 11
Tuesday 11 th July	Years 7, 8, 9 & 10 Awards Evening – 7:00pm	Years 7-10
Friday 14 th July	Sports Day	Whole School
Friday 20 th July	Last Day of Summer Term School Finishes at 12:15	Whole School
Monday 24th July to Friday 1st September	Summer Holiday 	Whole School
Thursday 24 th August	GCSE Results Day	Year 11
Monday 4th & Tuesday 5th September	Non-Pupil Days	Whole School
Wednesday 6th September	Students return at 8:25am	Years 7-11

Summer Extra-curricular Sports Timetable – from 3:30-4:30pm prompt start from Monday 12th June

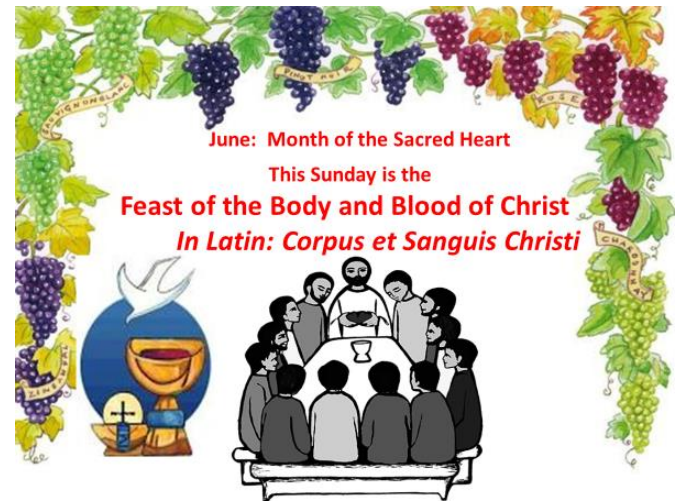
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>KW</u> Year 7 & 8 Rounder's  <u>SF</u> All years Fitness 	<u>SF</u> Year 9 & 10 cricket  <u>MB</u> All years Badminton 	<u>SF</u> Year 7 & 8 cricket (cricket leaders) Year 9 & 10 cricket  <u>Year 9& U16 Rounder's</u>  Athletics – <u>TRACK</u> - ZB 	<u>ZB & KW</u> All Years Athletics <u>THROWS</u> 	

*Clubs will be finished by 4:30pm *

This Sunday is the Feast of the Body and Blood of Christ, (Corpus Christi)

We have been reflecting on Jesus' invitation to personal relationship; his heart's desire for us to be totally united by giving himself to us in Holy Communion. This Sunday is an opportunity for us to respond with great love for Him as we celebrate the beautiful feast of the Body and Blood of Christ.

Those who have made their Holy Communion might think about becoming an altar server at Mass. Those who have made their Confirmation might think about becoming a reader at Mass or asking your parish priest about other ways to be involved.



"I call you friends"

Have you ever had such a close friend that you wished you were sisters? This is how Jesus feels about us.



At the Last Supper, he made a way for us to become blood related to him as brothers and sisters by miraculously giving us his own body and blood in the form of food. In Holy Communion, we receive the Risen Body & Blood of Jesus, who died and rose to life again, so that we will also rise to eternal life with him in Heaven.



God the Father will recognise us as his children, his own flesh and blood because his Son Jesus lives in us.



This is why we are to show great respect for one another and respect for our bodies because each one of us is what Saint Paul calls 'a temple of the Holy Spirit' (We are a walking church, because God lives in us.)

A reading from Saint Paul's 1st letter to the Corinthians (11:23-26)

This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, 'This is my body, which is for you; do this as a memorial of me.' In the same way he took the cup after supper, and said,

'This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.'



Jesus was celebrating the Passover feast (the Seder meal) and this was his Last Supper on the night before he died on the cross for us.

The Jewish understanding of 'memorial' is to re-present (to make present again). God is not limited by time, past, present or future. As Jesus commanded, at every Mass we make present again in thanksgiving, the miracle of the Last Supper, the perfect sacrifice of Jesus on the cross on Good Friday and his glorious Resurrection on Easter Sunday – the whole Paschal Mystery – the Easter celebration.

We cannot see Jesus in Holy Communion, which still looks and tastes like bread and wine; just as when we eat our fruit and veg' we cannot see the vitamins & minerals, but we believe they are there.

Food for the body



Food for the Soul



Think how much we feed the body, but how much do we feed our soul?

What more could Jesus do to prove his love for you?

This Sunday is an opportunity for us to respond with love for Him by going to Mass to celebrate this beautiful feast of the Body and Blood of Christ. Your presence brings Him joy; He delights in you and wants to bless you.

Prayer: Lord Jesus, you said to Doubting Thomas "blessed are those who have not seen and yet believe." Please give us the grace to believe and trust your word. Thank you for the gift of Holy Communion so that you can come to live in us and are always with us, sharing all that we experience. Help us to grow more and more like you, radiating your love, gentleness, peace, kindness and service to others. We ask this in Jesus' name. Amen.

Justice & Peace Group

Our guest speaker this week was Miss Babalola, who shared some of her own personal experience of racism and how she rose above it. Miss Babalola spoke about the importance of education, how we conduct and express ourselves respectfully; how we can each help by mixing, making friends, having these conversations and bringing about positive change over time. Relationships in our school family are excellent, but Students were reminded that no one is expected to suffer in silence: we have a Pastoral Care Team and Chaplain and as Miss Babalola said there are plenty of understanding teachers for them to speak to who will be supportive. If you have any concerns about your daughter suffering racism, please contact the Chaplain or any of our Pastoral Care Team.

One of the main benefits of having our daily Bible reading in Form Prayers and the Bible Study Groups, (apart from improving Literacy) is to build up students' confidence and self-esteem by knowing who they are in God; their dignity and worth, so they are not dependent on other people's opinions, but can rise above them.

Year 10 Seder Meals

Year 10's have been learning about the Jewish Passover Festival in R.E. lessons with the Chaplain. They had the opportunity to sample some of the symbolic foods in the Seder meal (Passover feast) including making and eating Charoset, which they discovered is a very healthy, tasty snack to make at home. They learnt the background to the festival and some of the links between the Passover, Last Supper and the Mass, also links between some of the prayers in the Seder meal and prayers in the Mass.



The Jews pray a special blessing at the breaking of the Matzah (unleavened bread) which symbolises our brokenness, the habits we need to break, the brokenness in the world and need for wholeness. It is a time to reflect and embrace our entire selves including our brokenness and rough edges.



God mends our broken parts like a Kintsugi artist mends with gold, so that our weaknesses become our beauty and he is glorified in our weakness. (Kintsugi is the Japanese art of repairing broken pottery by mending the areas of breakage with lacquer dusted or mixed with powdered gold, silver, or platinum ... As a philosophy, it treats breakage and repair as part of the history of an object, rather than something to disguise.

Bible Study Groups continue on Friday lunch times and everyone is welcome.

Please continue to let me know if you have any prayer requests: carsonc@graysconvent.thurrock.sch.uk

God bless you,

Miss Carson

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

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

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

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

Tuesday 20th June 2023
Wednesday 17th July 2023
Friday 29th September 2023
Tuesday 31st October 2023
Monday 13th November 2023
Wednesday 13th December 2023

You can join 'The Den' and participate in regular online meetings and share thoughts and feelings on our online pinboard. Parents and / or guardians must complete this online registration form: <https://forms.office.com/e/xECdu8uE5A>

Thurrock Children's Services

KIDS is working with the NHS in Essex to create an exciting new support service for young autistic people and their families. We'll be working hand-in-hand with young people, families, and community groups across Essex, Southend and Thurrock over the coming year to create a service that works for everyone.



Over the next 12 months we want to work with young people and families all over Essex to coproduce an engaging accessible website and support webinars created by and for people with lived experience and **we need your help!**

Want to join us or find out more?

Are you an autistic young person?
Or a family member or local organisation working with autistic young people or their families?
We would love for you to be involved.

Call us and leave a message on
01206 414 934

Text us on 07361 587 876
or visit

www.kids.org.uk/essexautism

And we will be in touch
with more details

Patients asked to return Emerade 300 and 500 microgram adrenaline pens for replacement

[Patients asked to return Emerade 300 and 500 microgram adrenaline pens for replacement - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

If your daughter is prescribed an epipen, please ensure that the school office keeps a spare one for her and that it is within use by date and of the correct type.

Extract from the Gov.UK website (the link to this page is above):

"Patients, or carers of patients, who carry Emerade 300 or 500 microgram adrenaline auto-injector pens should immediately contact their GP to obtain a prescription for, and be supplied with two auto-injectors of a different brand. Pharmacists and pharmacy teams can also help with obtaining new prescriptions and dispensing of new pens. Patients or carers should then return all Emerade 300 and 500 micrograms auto-injectors to their local pharmacy.

Patients should only return their Emerade pens when they have received a replacement from their pharmacy which will be an alternative brand - either EpiPen or Jext. They should ensure they know how to use the replacement pen, as each brand of pen works differently. Patients should ask their doctor, pharmacist, or nurse for help with this. Instructions are included inside the pack, along with details of the manufacturer's website that also provides information, including videos, on how to use a new [EpiPen](#) or [Jext](#) adrenaline pen.

This [precautionary recall](#) is because some 300 microgram and 500 microgram Emerade auto-injector pens may rarely fail to activate if they are dropped, meaning a dose of adrenaline would not be delivered. Premature activation has also been detected in some of the 300 microgram and 500 microgram pens after they have been dropped, meaning that a dose of adrenaline is delivered too early.

The activation failure and premature activation was detected during a design assessment conducted by the manufacturer and therefore means there is a potential for some 300 microgram and 500 microgram Emerade pens to fail during use after having been dropped."



Mr O'Hanlon

Thurrock Family Hubs

Offering the services below and many more for children and families in Thurrock.



For information visit:
askthurrock.org.uk

Already registered with us?
Join our Facebook group to stay up to date with our latest activity:
facebook.com/groups/thurrockfamilyhubs



thurrock.gov.uk

Thurrock Children's Centres are changing and will be known as Brighter Futures Family Hubs.

Don't worry though – you can access all of the same services and support groups – plus lots more!

Brighter Futures Family Hub Locations

West locality	East locality	Central locality
Purfleet-on-Thames Brighter Futures Family Hub	Tilbury Brighter Futures Family Hub	Stifford Brighter Futures Family Hub – opening summer 2023
Ockendon Brighter Futures Family Hub	Chadwell Brighter Futures Family Hub	Thameside Brighter Futures Family Hub
Aveley Brighter Futures Family Hub	Stanford Brighter Futures Family Hub	

Services will be delivered from partner locations that are part of the Brighter Futures Family Hub Network including: East Tilbury Village Hall, The Sunshine Centre, Inspire Youth Hub Grays, Brennon Road Youth Hub and Corringham Integrated Medical and Wellbeing Centre.

[BrighterFutures](http://BrighterFutures.org.uk) thurrock.gov.uk

Services at Brighter Futures

Family Hubs

Our Family Hubs are welcoming places for families with children aged 0 to 18, or 25 if they have a disability, to access information and support.

Services will include:

- Support for expectant and new parents (called our Start for Life offer)
- Midwifery and antenatal clinics
- Health visitor clinics
- Baby and child play sessions
- Parenting support
- Mental health support for children and parents
- Help with infant feeding
- Children's speech, language and early learning
- Support for children with special educational needs (SEND)
- Help with managing your child's behaviour
- Domestic abuse support
- Job, debt and welfare advice
- Drug and alcohol support
- Support for separating couples

For more information visit www.askthurrock.org.uk.

Walk Online Roadshow for Parents, Carers and Practitioners

Tuesday 6th June 2023 -
20:00 - 21:30

Thurrock LSCP have offered the Walk Online Roadshow for all Years 5, 6, 7 and 8.

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

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

www.thurrocklscp.org.uk

To find out more, please click [here](#).

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

Thursday 23rd February 2023
Wednesday 17th May 2023
Thursday 14th September 2023
Thursday 7th December 2023

18.00 till 19.00
Via MS Teams

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

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

Parents are now able to access direct support for their child by referring them into the safe hands of our Child and Family Counselling Services (CFCS). We have a team of highly experienced Counsellors, Specialist Child and Adolescent Counsellors and Play Therapists available within the counselling team who work in our specially adapted therapy rooms.

We offer support to children, young people and parents through talking, play and art therapy.

CFCS provides therapy to children, young people and families. We support many different issues such as:

- Self-harm
- Identity
- Anxiety
- Bullying
- Bereavement
- Parental separation and family issues or conflict.

The pathway is overseen by our Head of Child and Family Counselling Services, who is supported by a team that are both passionate about and dedicated to the wellbeing of children and young people. The team has achieved very positive and reparative outcomes for children and families.

What can you expect?

After an initial contact, we will arrange an assessment to explore the issues your child may be experiencing and will then identify which model best supports the difficulty your child may be facing.

Who do you contact?

If you are worried about your child and would like to talk to us further, please either email Catherine cmunns@bccs.org.uk or call on 07792 732206 and we will be pleased to help.

Take a moment to read about the experience a parent shared with us:

I had contacted a number of professional services to assist me in helping my daughter. At the suggestion of my daughter's school a referral was made to BCCS and it was then that I met one of their counsellors. After months of unanswered questions and "hitting brick walls" I finally had answers, structure and a profound understanding of how a small little girl's mind works.

For me, there has been nothing so worrying as watching your child struggle and the BCCS counsellor's help has enabled me to help her for which I will be forever grateful.

www.bccs.org.uk headoffice@bccs.org.uk

BCCS, 133 High Street, Billericay, Essex, CM12 9AB

Brentwood Catholic Children's Society - Registered Charity Number: 1000661

THURROCK LOCAL
SAFEGUARDING
CHILDREN
PARTNERSHIP

GET CREATIVE SATURDAY



FREE CREATIVE WORKSHOPS

MINDFUL MONO-PRINTING WORKSHOP

9am - 11am @ the Thameside Complex Foyer

FAMILY CRAFTS WITH AMANDA

10am - 12pm @ Costa Coffee - Grays

STORYTELLING ACTIVITY

Grays Library, suitable for 0-6yrs
10:30am - 12:30pm @ Grays Central Library

DJ SKILLS WITH EAZEE LEARNING

* BOOKING REQUIRED * Email Arts Outburst to book a space!
11am - 1pm @ Eazee Learning's Studio

BOLLYWOOD DANCE WORKSHOP

12pm - 2pm @ Grays Town Park

WATERCOLOUR PAINTING WORKSHOP

* LIMITED NUMBERS *
12pm - 2pm @ the Lightship Cafe - Grays Beach

STREET DANCE WORKSHOP

1pm - 2pm @ Arts Outburst, Studio 3

#AOBGETCREATIVE

Arts Outburst

01375 386247 hello@artsoutburst.co.uk



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GET CREATIVE SATURDAY



FREE CREATIVE WORKSHOPS

SPOKEN WORD AND RAP WORKSHOP

1pm - 3pm @ the Thameside Complex Foyer
(14 years +)

DANCE MEETS VIRTUAL REALITY WORKSHOP

1:00pm - 2:45pm @ Arts Outburst, Studio 1

INTERACTIVE ART WORKSHOP

1:00pm - 3pm @ Riverside Community Hub
(13 years +)

MANDALA WORKSHOP

1:30pm - 3:30pm @ The Community House

FAMILY ZUMBA® SESSION

2pm - 2:45pm @ Arts Outburst, Studio 3
All ages, this can even be done from a chair!

DJ SKILLS WITH EAZEE LEARNING

* BOOKING REQUIRED * Email Arts Outburst to book a space!
2pm - 4pm @ Eazee Learning's Studio

SEA SHANTIES AHOY!

3pm - 4pm Lightship Cafe - Grays Beach

#AOBGETCREATIVE

Arts Outburst

01375 386247 hello@artsoutburst.co.uk



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ESSEX AUTISM PROJECT

Upcoming Events

KIDS is excited to invite you to some events we are holding in person for the Essex Autism Project. This is a chance to:

- Find out more about the new online service
- Ask questions about what we are offering
- Tell us what matters to you
- Share what you would like the service to include
- Learn more about how you can be part of creating the service
- Meet other parents/carers or young people

Your event leaders will be:



Antoinette Oakley-Smith



Adam Holt

How do I sign up?

Choose an event on the reverse of this leaflet. Click on the link. Fill out the RSVP form.

Will there be refreshments?

Of course! Please let us know if you have any dietary requirements or allergies.

What if I can't attend?

Please be assured, there are still plenty of opportunities to have your say! Click on the link to RSVP, tell us you can't attend and we will be in touch with alternative arrangements.

I am feeling nervous about coming.

Our events are being held in safe spaces. They are invitation only. When we know which event you'd like to come to, we will send you information about the hall we are using and what the session will be like. We will have a quiet area in the hall that you can go to if you need some space. You can also have a chat with us before you come to discuss your needs.

Contact us at autismessex@kids.org.uk
if you have any questions or feedback.

Events for parents and carers

Colchester

YMCA - Colchester Hall,
159 Magdalen St,
Colchester,
CO1 2JX

Monday 19th June

10:00 - 12:00

Basildon

Basildon Library,
The Basildon Centre,
St. Martins Square,
Basildon, SS14 1EE

Wednesday 28th June

10:00 - 12:00

Harlow

New Hall,
Moot House Social Club,
The Stow,
Harlow, CM20 3AG

Monday 3rd July

9:30 - 11:30

Please RSVP here: [LINK TO FORM](#)

Events for young people (12-25 years)

Colchester

YMCA - Colchester Hall,
159 Magdalen St,
Colchester,
CO1 2JX

Tuesday 20th June

16:00 - 18:00

Basildon

Basildon Library,
The Basildon Centre,
St. Martins Square,
Basildon, SS14 1EE

Saturday 24th June

14:00 - 16:00

Harlow

New Hall,
Moot House Social Club,
The Stow,
Harlow, CM20 3AG

Friday 30th June

16:00 - 18:00

Please RSVP here: [LINK TO FORM](#)



[allaboutautism.kids.org.uk/
kids.org.uk](http://allaboutautism.kids.org.uk/kids.org.uk)

