

The Convent Chronicle



Friday 19th May 2023

Inspiring Ambition,
Achieving Excellence

Mental Health Awareness

Dear Parents/Carers,

This week is Mental Health Awareness Week and this year's theme is Anxiety.

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

We take our responsibility to promote positive Mental Health seriously at Grays Convent and have a School Counsellor, trained Mental Health Ambassadors along with a committed Pastoral Team to provide support to our pupils.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new school or job or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food. But anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will, we hope, increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. All Form tutors have received training and resources to help ease anxiety.

I should say here, that your children are a credit to you, the exam season is well underway and pupils are managing very well. I have witnessed Year 11 pupils coming out of their GCSEs smiling this week and we can't ask for more than that! We wish all our pupils well in their exams.

We had some VIP guests in school this week as part of Mental Health Awareness week that really brought the smiles all round. Our Grays Convent PAWS Team were here in force, our wonderful Pupil Support Team ran lunchtime sessions for pupils in arts and crafts and games equipment was available for feel good play at lunchtimes.

It was lovely to see pupils and staff enjoying themselves, as one girl said, *'I love it that they do this in this school, there was nothing like this in my last school'*. Deborah Ladipo and Mehakpreet Kaur both Year 7 pupils said: *'Thank you to all the dogs and other animals that have been in school this week. They are adorable and bring lots of joy and have helped support us in Mental Health Awareness Week'*. Shanade Lewis has become best friends with Norman is wondering if he could come into school every day! So glad you've enjoyed the visits girls.

Thank you to everyone involved, happy to oblige!

Please see the wonderful pictures below and overleaf...

Dawn Collis

Assistant Headteacher



Mental Health Awareness Week – Meet the PAWS Team...



Mental Health Awareness Week – Thought for the day...

Mental Health Awareness Week May '23

Monday's Mental Health Thought for the day:

'Happiness can be found in even the darkest times, if only one remembers to turn on the light'

J K Rowling- Author



Mental Health Awareness Week May '23

Tuesday's Mental Health Thought for the day:

'You alone are enough. You have nothing to prove to anybody'

Maya Angelou- Author



Mental Health Awareness Week May '23

Wednesday's Mental Health Thought for the Day:

'Some days there won't be a song in your heart. Sing anyway'

Emory Austin- Speaker



Mental Health Awareness Week May '23

Thursday's Mental Health Thought for the Day:

'You are not your feelings. You just experience them.

Anger, sadness, hate, depression, fear.

This is the rain you walk in.

But you don't become the rain.

You know the rain will pass. You walk on.

And you remember the soft glow of the sun

that will come again' Matt Haig- Author

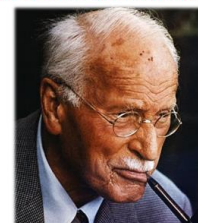


Mental Health Awareness Week May '23

Friday's Mental Health Thought for the Day:

'I am not what happened to me, I am what I choose to become'

Carl Jung- Psychiatrist



Mental Health Awareness Week - and then there was the PAWS Team...





...and then there was
always a bit of skipping!!



Gracie Gillam's Gymnasts Team go great!

Gracie Gillam is a member of South Essex Gymnastics Club and a senior display gymnast who competes at both a national and international level with aspirations to progress further. Last Friday she was given the opportunity to travel to Bath to represent her club by performing with the display team at an international level. Mum said: *"The trials were on Friday evening and the actual performances over two days Saturday and Sunday with a company called Take the Stage, it involved 300 gymnasts performing. Gracie's senior South Essex Gymnastics Club display squad performed as a whole group then half did lyrical and half did hip hop routine. They placed 2nd for all 3 routines which was an amazing result. I was so proud of each and every one of them, they train for 10 hours each week, their commitment definitely paid off."*

Mrs Gillam thanked Grays Convent for supporting Gracie. What a marvellous experience! We are also so proud of Gracie!



South Essex Gymnastics Club

1 h · 🌐

WELL DONE! Our Senior Display Team competed at Take The Stage in Bath. They performed some incredible and mesmerising routines choreographed by their wonderful head coach, Taylor Bevan. We're so proud of these talented girls. Well done all 🙌 #segc



Mrs Albrow

History!



Historian Tracy Borman delivered an interesting evening on Tuesday at the Queen's Theatre in Hornchurch. She traced all the good and not so good features of our monarchy over the last 1000 years.

Mrs Smith, from our History Department was there to meet her.

Mrs M Smith

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



ParentPay

It is important that our

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

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

woodj@graysconvent.thurrock.sch.uk

Finance Office



As a former student of GCHS, I loved coming back to talk to Year 10 Students at the Rise Above Day last week! I spoke with the students as an Ambassador representing the Holocaust Education Trust (<https://www.het.org.uk/>) on the topic of historical antisemitism and conspiracy theories. Conspiracies are a challenging topic but they're vital in understanding how contemporary forms of racism can be identified, particularly on social media where they often thrive. Volunteering with the Trust has enabled me to learn more about the Holocaust and the importance of remembrance in a variety of ways, including site-based learning visits to Auschwitz-Birkenau in Poland and the recent Ambassador Study Visit to Budapest, as well as numerous high-profile events including Parliamentary Receptions, the annual Ambassador Conference and exclusive access to research, learning and knowledge.

Meeting Holocaust Survivor [Janine Webber BEM](#) at the Israeli Ambassadors House, 2023



Ambassador Study Visit, Castle Hill, Budapest, 2023



Taking time to reflect in Budapest at the contested and controversial Memorial for Victims of the German Occupation.



Holocaust Memorial Day Event, Houses of Parliament, 2023

Visiting Budapest in March earlier this year alongside other Ambassadors was an honour! After completing the 10-week 'Understanding Antisemitism in the UK Course', I was selected for the four-day study visit where we explored sites across Budapest, including lots of very different memorials. Understanding the Holocaust and its legacy in a country like Hungary is complex. However, looking at the lives of individuals gives an insight into the past.

Jane Haining may be an unfamiliar name. However, we should all know more about her extraordinary story. I want to share a snippet of her life as her actions have stuck with me since the Ambassador Study Visit. Born in 1879 in Dumfriesshire, Scotland, Jane had a drive to support people across the globe through education and moved to Budapest in 1932 to work for the Scottish Mission in Budapest. She dedicated the remaining 12 years of her life to caring for and teaching over 400 predominantly Jewish girls in the school next to the Girls' Home.

With the worsening situation across Europe in the 1940s, which resulted in many Scottish Missionaries returning back to the UK, Jane refused to leave in order to protect the children. She believed they needed her in a period of Jewish persecution.

Hungary was already a member of the Axis powers and many antisemitic rules had dictated the life of Jews in Budapest since the 1920s. Germany occupied Hungary in 1944, but Jane refused to leave her students alone. On the 25th April 1944, Jane was taken by the Gestapo to Föutca prison and accused of various offences, including working with Jews and listening to the BBC. She was deported to Auschwitz in May 1944 and was forced into hard labour.

Jane became prisoner number 79467.

Jane Haining died in Auschwitz in July 1944, aged 47 years old. Although many of her students were also deported to Auschwitz, a few of them survived. On January 27th 1997, Yad Vashem recognized Jane Haining as *Righteous Among the Nations* for risking her life to help Jews during the Holocaust.

Visiting the Scottish Mission in Budapest (today St Columba's Church of Scotland), we had the opportunity to reflect on how the Holocaust defined communities while physically being in the heart of the city.

Visiting Hungary with the Trust enabled me and many other young people to better understand the complexities of the Holocaust through the individual stories of people like Jane Haining and highlighted the importance of safeguarding the legacy of its history to pass onto future generations. This is our duty.

GCHS students will have the opportunity to join me and become Ambassadors for the Trust by taking part in the Lessons From Auschwitz Project in Year 12 or 13. Find out more here: <https://www.het.org.uk/lessons-from-auschwitz-programme>.

Gabriella Cantwell, Former Student



English Schools Track and Field Cup 2023

On Thursday 16th May Grays Convent High School Athletic team competed in the first round of the English School's Track and Field cup competition at Blackshots. This is a national competition where teams are required to compete in county and regional rounds before eventually reaching the national final. Essex is a notoriously strong county for athletics and this meant that we were going to have to produce some outstanding performances if we were to stand any chance of progressing into the next round.

The competition is run in different age groups (Junior –Year 7 & 8 and Inters – Year 9 & 10), where each competitor must compete in two events (1 track/field/relay) and score points based upon their performances. All points are added to give an overall score for each team in the competition.

The day was successful with some amazing performances from both the Junior girls and Inter girls' teams. Milly Mansfield was a standout performer in the Junior girl's competition, running a personal best of 27.9s in the 200m race which set a new Year 7 school record. Alongside this she also jumped a school performance best in the long jump with a jump of 4.20m, leaving her as our top point scorer of the day with 42 points! Considering she was competing against athletes a year older it was an outstanding achievement and one to watch in the future. Also competing in the junior girls' team was Omotoyosi Odubanjo who threw a new personal best in the Discus of 12.69m. Zara Omorgie had her debut performance in the javelin, throwing a respectable 14.20m and securing a personal best. Chidera Ideka threw just short of her personal best in the shot put but still scored a massive 22 points for the team with her furthest throw of 8.37m.

In the inter girl's competition there were 13 personal bests achieved throughout the day, starting with Alannah Edward in the Hammer throw, who threw 22.42m. Top point scorers in the inter girls were Erin Pitney and Silvia Jefia, each adding 32 points to the team total across both their events. Silvia scored a personal best in the 100m, with a time of 13.8s and then made her debut performance in the shot put, with a throw of 7.31m. Erin increased her previous personal best in the high jump by 6cm to clear 1.44m. This is just 4 centimetres off the Year 10 school record which was set in 2019, so looking like she will be challenging this as the season progresses.

The final results for the day were as follows:

Junior Girls – 9th Place (250 points)
Inter girls –9th Place (287 points)

The Regional finals are held in early June, with the top scoring schools qualifying through to either the A or B finals. Successful teams will be announced next week so we will have to wait to see if we have scored enough to qualify for the Regional B finals that will take place in Chelmsford on June 16th.

Below are the list of the girls who achieved personal bests as well as new Grays Convent Records on the day:

Millie Mansfield – 200m; 27.9s; new Year 7 school record
Omotoyosi Odunbanjo – Discus; 12.69m; new personal best
Zara Omorgie – Javelin; 14.20m; new personal best
Adenika Bamiduro – Shot put; 7.16m; new personal best
Sophie Pasztor – Discus; 11.71; new personal best
Niamh Handley – 200m; 30.2s; new personal best
Alannah Edward – Hammer; 22.42m; new personal best
Paige Pinnock – 300m; 51.9ss; new personal best

Paige Pinnock – Triple jump; 8.29m; new personal best
Silvia Osagie – 100m; 13.8s; new personal best
Silvia Osagie – Shot put; 7.31m; new personal best
Racheal Muchena – Triple jump; 7.95m; new personal best
Erin Pitney – High Jump; 1.44m; new personal best
Tiara Williams – Long jump; 3.88m; new personal best
Isobel Pitney – Discus; 14.05m; new personal best
Maeve Pitney – High jump; 1.26m; new personal best

Well done to all the competitors and reserves who helped throughout the day, you are a credit to the school and have continued to make us very proud of your amazing achievements. Also, a big thank you to Mrs Wells and Miss Franklin who helped officiate and supported the girls throughout the whole day, they couldn't have done it without you!

I look forward to updating you all on the team's progress in the next round.

Mrs Bailey

On Wednesday 17th May the Grays Convent U13 Cricket team was invited to play at the Chance to Shine Essex Cricket festival, which was held at Orsett Cricket ground. We were blessed with excellent weather and the girls had plenty of opportunity to play as there were 10 schools competing from across the county. Teams were made up of 8 players (4 pairs) and matches consisted on one innings per team, with each inning lasting 40 balls, made up of eight 5 ball sets. Each player was required to bat, bowl and field so it was a fantastic chance for everyone to develop their skills across the game.

In our pool we were drawn against Redden Court in our first match and the game was close throughout. We managed to secure 5 points for taking their wicket when bowling and then both Ranesha and Evie boosted our runs with 4's. The last batter in each innings is bowled extra balls if they receive any 'no balls' within their innings. This meant that Evie took advantage of the opposition's bowling and went on to score 15 runs on the extra balls, leading our team to a win, with a final score of 98-83.

Next up was Hall Mead who displayed some excellent bowling and batting tactics throughout the match, alongside some quick fielding skills. Evie was again our best batter but only managed to score 4 runs against their excellent bowling and fielding skills. At the end of the match Hall Mead won 37-87, leaving us second place in our pool.

After the pools we were placed in the second-place round against Marshall's Park and Harris Ockendon. Marshall's Park batted first and played well despite some very good bowling from Frankie, Sarina and Evie. Frankie also displayed some great batting, hitting a 6 on her second bat. The girls worked hard but the fielding and bowling skills of Marshall Park meant the final score was a win to Marshall's Park with the score at 56-86.

Our final match of the day was against Harris Ockendon. Having lost the toss, we started out batting and built our score with some 4's from both Sarina and Evie, who scored a total of 30 runs between them at the end of their innings. Consistent bowling and fielding performances, along with a catch from Frankie, meant our team secured a win at the end of the match, with the final score standing at 83-78.



At the end of the competition Hall Mead were declared the winners, with Shenfield 2nd and William Edwards 3rd place. Due to us, Marshall's Park and Harris Ockendon all winning one and losing one in our pool, the next positions were decided upon by the number of runs scored. This left us in 6th place overall but still an extremely valuable and enjoyable experience for all the girls. Well done for playing your best and for your excellent behaviour throughout the day, you were a credit to the school.

Mrs Bailey

BCYS Youth Mass, 1st June at Brentwood Cathedral

Beginning in the Brentwood Cathedral Parish Hall from 6pm, there will be pizza and refreshments available, with the Cathedral open for quiet prayer, music and reflection, particularly thinking of those in the middle of, or nearing the end of, exams who may need a quiet space to rest and revitalise. Join us for as long or short a time as you wish to enjoy the peace of the Cathedral before we celebrate Mass with Fr Michael at 7:30pm. Anyone who wishes is very welcome to bring instruments or sing with our Youth led music group, or if you would like to serve, read, or be involved in the Mass in any way you would be incredibly welcome!

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-finalist 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/vg23/

Silver Deputy Headteacher's Award

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

Nathania Arewa 7D
Molly Garner 7D
Tia Gize-Uwakwe 7D
Natasha Zmudzinska 7D
Amelia Tomaszewska 8L

Mrs Collis presented the Silver badge and certificate to the students.

Bronze Assistant Headteacher's Award

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

Sasha Bailey 7L
Fareeda Bello 7L
Emma Holmes 7L
Sunaina Samra 7L
Ava Waller 7L
Taneesha Yahya 7L
Courtney Lee 8E
Lydia Scalise 8M
Nicole Blankson 9.23
Jessica Godwin 9.25
Antonia Igbiazaka 9.25
Amanda Iyamah 9.25
Rafiah Haroon 9.27
Claire Rodipe 10.1
Ruby Legg 10.35
Tanya Simmons 10.36

The Heads of Year presented the Bronze certificate and badge to the students.

Well done to all our students!

Mrs Bishop

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:

Monday 22nd May 2023

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

BCCS Announce The Priests Charity Concert

'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.

THE PRIESTS
Charity Concert

Supporting the Brentwood Catholic Children's Society



BCCS



Computer Science

Which of the following are specific programming languages?

Python, C++ and ICT

Kodu and English

Python, Kodu and C++

C++ and D-

Answer: Python, Kodu and C++

Mr Burr

History



Getting out and About with History

On Wednesday 40 Year 10 GCSE students headed off to the East End of London on a Jack the Ripper walk.

Our excellent guides, Jeremy and Angie took us to the site where some of the Ripper's victims met their ghastly end.

Walking along Brick Lane, Spitalfields and the back streets of the area are certainly brought home to the girls what the area must have been like in 1888, and why the Ripper was able to avoid capture.



The girls were gripped by the tales of the events and were complimented by the guides for their excellent behaviour and enthusiasm for the subject

Mrs M Smith

Fine Art



Last week, I shared examples of the work some of the Year 10 photography students produced, inspired by Georgia O'Keeffe's paintings.

This week, you can see a different approach and methods the Fine art students applied in creating their own outcomes inspired by the same artist.



Saarah Chowdhury



Ronnisia Pereira



Zaray Carey



Anita Okafor



Samanta Mustea



Oluwasemilore Tigbiyele



Sarah Anwar

Mrs Guentcheva

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 30

FOR YEAR 7	FOR YEAR 8	FOR YEAR 9
funniest islander manager nastiest teenager villager actually especially friendly eventually	intimidate indebted vantage heritage interwoven gauge strategic recognition isolation camaraderie	stereotype circular reasoning loaded words glittering generality impromptu speech extemporaneous speech order of importance expository essay persuasive essay expository mode



For Year 8: **IDENTITY AND SELF**

intimidate: to make someone afraid

indebted: owing something to someone

vantage: an advantageous position

heritage: traditions of a particular culture

interwoven: twist or join together

gauge: to measure the size or amount

strategic: important to a plan

recognition: the act of acknowledging or noticing something

isolation: being separate from others

camaraderie: a feeling of friendship within a group of people



For Year 9: **NON-FICTION KEY TERMS VOCABULARY**

stereotype: an overgeneralization about a group of people that is based on a lack of knowledge

circular reasoning: supporting an opinion by restating the opinion with other words

loaded words: a technique using words sure to bring about strong positive or negative feelings

bandwagon appeal: a technique intending to persuade by convincing someone to join the crowd and be like everyone else

glittering generality: a statement used to make something seem more appealing than it actually is

impromptu speech: speaking without prior knowledge of the topic

extemporaneous speech: speaking from a previously prepared script

order of importance: arrangement of details based on their relevance

expository essay: focuses on informing readers about a subject

persuasive essay: focuses on convincing readers to accept an opinion or take an action

expository mode: writing that informs



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

Internet Safety Tip – Twitter

Who Can Follow Me?




My Followers

If you have chosen to 'Protect your tweets' you will receive a notification when someone has requested to follow you. This allows you to choose whether to 'accept' or 'decline' their follow.

If you have chosen not to protect your tweets, anyone can follow you (unless you have previously blocked them) and you will receive a notification informing that they have started following you.

Who am I Following?

If you are looking to follow a celebrity you like, Twitter has made it easy for you. Twitter verifies celebrities, famous people and public figures. This is displayed with a  next to their Twitter handle. Twitter allows parody and fan accounts so this helps you identify the real deal quickly and easily.

You can follow whoever you like, and Twitter will also make suggestions on who they think you might like to follow.



Mr Burr

Pope Francis – Tweet of the Week



Pope Francis  @Pontifex · 1d

Building #peace means initiating and sustaining processes of development to eliminate poverty, to defeat hunger, to guarantee health and care, to safeguard the common home, to promote fundamental rights and to overcome discrimination determined by human mobility.

 318

 921

 4,729

 294K



GCSE Exams Warm Up Sessions – Summer 2023

There will be no normal lessons for those not sitting exams after half term

Date	Morning		Afternoon
Week 1 Monday 22nd May 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 1 08:45 Exam Start Triple Chemistry Paper 1 8462/1H 1 hour 45 mins Combined Science Chemistry Paper 1 8464/C/1H 1 hour 15 mins 8464/C/1F 1 hour 15 mins	11:45 – 12:40 Lunch for Geography Students 12:40 – 13:10 <u>Geography</u> <u>Warm-up Session</u> DD – Room 24 RM – Room 26	Geography 08:45 Exam Start Global Geographical Issues 1GB0 01 1 hour 30 mins
Week 1 Tuesday, 23rd May 08:00 – 08:20 <u>French</u> <u>Warm-up Session</u> SLE – Room 11 TB – Room 13	French Listening 08:45 Exam Start 1FR0 1F 35 mins 1FR0 1H Reading 09:30 Exam Start 1FR0 3F 45 mins 1FR0 3H 1 hour Listening 10:50 Exam Start 1FR0 1H 45 mins	11:45 – 12:40 Lunch for All Students 12:40 – 13:10 <u>Religious Education</u> <u>Warm-up Session</u> CDG – Room 34 DCO – Room 1 POH – Room 35	Religious Education 13:30 Exam Start Judaism 1RA0 2F 50 mins
Week 1 Wednesday, 24th May 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 Literature 08:45 Exam Start 19 th Century Novelists Since 1789 1ET0 2N 2 hours 15 mins	11:45 – 12:40 Lunch for Media Studies/Italian Students 12:40 – 13:10 <u>Media Studies</u> <u>Warm-up Session</u> Staff – LIB	Media Studies 13:30 Exam Start Media Studies Paper 2 8572/2 1 hour 30 mins Italian 13:30 Exam Start Writing 1IN0 4H 1 hour 20 mins
Week 1 Thursday, 25th May 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 08:45 Exam Start Triple Physics Paper 2 8463/2H 1 hour 45 mins Combined Science Physics Paper 1 8464/P/2H 1 hour 15 mins 8464/P/2F 1 hour 15 mins Combined Science Synergy Paper 2 8465/2F 1 hour 45 mins	11:45 – 12:40 Lunch for Computer Science Students 12:40 – 13:10 <u>Computer Science</u> <u>Warm-up Session</u> JGB – Room 27	Computer Science 13:30 Exam Start Computational thinking, algorithms & programming J277/02 1 hour 30 mins
Week 1 Friday, 26th May			
HALF TERM – END OF NORMAL LESSONS			
Week 2 Monday, 5th 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 Language 08:45 Exam Start Fiction and Imaginative Writing 1EN0 01 1 hour 45 mins	French <u>Warm-up Session</u> SLE – Room 11 TB – Room 13	French 13:30 Exam Start Writing 1FR0 4F 1 hour 15 mins 1FR0 4H 1 hour 20 mins

<u>Week 2</u> Tuesday, 6th June 08:00 – 08:20 <u>Spanish</u> <u>Warm-up Session</u> DPD – Room 13	Spanish Listening <u>Start</u> 1SP0 1F 35 mins 1SP0 1H Reading <u>Start</u> 1SP0 3F 45 mins 1SP0 3H 1 hour Listening <u>Start</u> 1SP0 1H 45 mins	12:40 – 13:10 <u>Religious Education</u> <u>Warm-up Session</u> CDG – Room 34 DCO – Room 1 POH – Room 35	Religious Education <u>Start</u> Catholic Christianity 1RA0 1A 50 mins
<u>Week 2</u> Wednesday, 7th 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 <u>Start</u> Calculator (Foundation and Higher) 1MA1 2F 1 hour 30 mins 1MA1 2H 1 hour 30 mins	12:40 – 13:10 <u>History</u> <u>Warm-up Session</u> LW – Room 14 MS – Room 22	History <u>Start</u> Early Elizabethan 1HIA B4 55 mins 1HIB B1 55 mins
<u>Week 2</u> Thursday, 8th June 08:00 – 08:20 <u>Physical Education</u> <u>Warm-up Session</u> KW – Room 32 SF – Room 33	Physical Education <u>Start</u> Socio-cultural issues and sports psychology J587/02 1 hour		
<u>Week 2</u> Friday, 9th June 08:00 – 08:20 <u>Geography</u> <u>Warm-up Session</u> DD – Room 32 RM – Room 33	Geography <u>Start</u> UK Geographical Issues 1GB0 02 1 hour 30 mins	12:40 – 13:10 <u>Science</u> <u>Warm-up Session</u> BW – Room 32 JDS – Room 3 TS – Room 5 KB – Room 2 TW – Room 4	Science – Biology Paper 2 <u>Start</u> Triple Biology Paper 2 8461/2H 1 hour 45 mins Combined Science Biology Paper 1 8464/B/2H 1 hour 15 mins 8464/B/2F 1 hour 15 mins Combined Science Synergy Paper 3 8465/3F 1 hour 45 mins
<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 <u>Start</u> 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 <u>Start</u> 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 <u>Start</u> 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 <u>Start</u> 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 <u>Start</u> Component 3 - Appraising C660 U30-1 1 hour 15 mins Polish <u>Start</u> 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 <u>Start</u> Weimar & Nazi German 1HI0 31 08:45 Exam 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 1 <u>Start</u> Triple Physics Paper 1 8463/1H Combined Science Physics Paper 1 8464/P/1H 8464/P/1F 13:30 Exam 1 hour 45 mins 1 hour 15 mins 1 hour 15 mins	12:40 – 13:10 <u>Geography</u> <u>Warm-up Session</u> DD – Room 24 RM – Room 26	Geography <u>Start</u> People and Environment Issues 1GB0 03 13:30 Exam 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 <u>Start</u> Design and Technology written paper 8552/W 09:00 Exam 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 <u>Start</u> Food Preparation and Nutrition Written Paper 8585/W 09:00 Exam 1 hour 45 mins		
<u>Week 2</u> Wednesday, 21st June	Polish <u>Start</u> Writing 8688/WH 09:00 Exam 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 22 May	08:40	P1-2	1 hour 45 mir	Triple Science	Chemistry Paper 1 (Higher)	Hall and Large Dormer
	08:40	P1-2	1 hour 15 mir	Combined Science Trilogy	Chemistry Paper 1 (Higher & Foundation)	Hall and Large Dormer
	13:20	P1-2	1 hour 30 mir	Geography	Paper 1: Global Geog.Issues	Hall and Large Dormer
Tue 23 May	08:40	P1	35 mins	French	Listening (Foundation)	Hall and Large Dormer
	08:40	P1	45 mins	French	Listening (Higher)	Room 8
	09:15	P2	45 mins	French	Reading (Foundation)	Hall and Large Dormer
	09:25	P2	1 hour	French	Reading (Higher)	Room 8
	13:20	P6-7	50 mins	Religious Studies A	Paper 2: Judaism	Hall and Large Dormer
Wed 24 May	08:40	P1-3	2 hour 15 mir	English Literature	Paper 2: 19th Century Novel/Poetry since 1789	Hall and Large Dormer
	13:20	P6-7	1 hour 30 mir	Media Studies	Paper 2	Hall and Large Dormer
	13:20	P6-7	1 hour 20 mir	Italian	Writing (Higher)	Hall
Thu 25 May	08:40	P1 -2	1 hour 45 mir	Triple Science	Physics Paper 1 (Higher)	Hall
	08:40	P1-2	1 hour 15 mir	Combined Science Trilogy	Physics Paper 1 (Higher & Foundation)	Hall and Large Dormer
	08:40	P1-2	1 hour 45 mir	Combined Science Synergy	Paper 2F	
	13:20	P6-7	1 hour 30 mir	Computer Science	Paper 2: Computational Thinking & Algorithms	Hall
Mon 05 June	08:40	P1-2	1 hour 45 mir	English Language	Paper 1: Fiction and Imag. Writing	Hall and Large Dormer
	13:20	P6-7	1 hour 15 mir	French	Writing (Foundation)	Hall and Large Dormer
	13:20	P6-7	1 hour 20 mir	French	Writing (Higher)	Hall and Large Dormer
Tue 06 June	08:40	P1	35 mins	Spanish	Listening (Foundation)	Hall
	08:40	P1	45 mins	Spanish	Listening (Higher)	Hall and Large Dormer
	09:15	P2	45 mins	Spanish	Reading (Foundation)	Hall
	09:25	P2	1 hour	Spanish	Reading (Higher)	Hall and Large Dormer
Wed 07 June	13:20	P6-7	50 mins	Religious Studies A	Paper 3: Catholic Christianity	Hall and Large Dormer
	08:40	P1-2	1 hour 30 mir	Mathematics	Paper 2 Calculator (Higher & Foundation)	Hall and Large Dormer
	13:20	P6-7	1 hour 45 mir	History	Early Elizabethan & Superpower Relations	Hall and Large Dormer
Thu 08 June	08:40	P1-2	1 hour	Physical Education	Paper 2	Hall
Fri 09 June	08:40	P1-2	1 hour 30 mir	Geography	Paper 2: UK Geographical Issues	Hall and Large Dormer
	13:20	P6-7	1 hour 45 mir	Triple Science	Biology Paper 2 (Higher)	Hall
	13:20	P6-7	1 hour 15 mir	Combined Science Trilogy	Biology Paper 2 (Higher & Foundation)	Hall and Large Dormer
	13:20	P6-7	1 hour 45 mir	Combined Science Synergy	Paper 3F	Hall and Large Dormer
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
Mon 19 June	13:20 P6-7	1 hour 30 mir Geography	Paper 3: People & Environ. Issues	Hall and Large Dormer
	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				

Year 11 Intervention 2022-2023

WEEK 1					
	Mon	Tues	Weds	Thurs	Fri
Lunch		MFL Photography Textiles	D&T Food History	Art	Computing
After School	Science	Music (M) Spanish (L) Photography Textiles	Dance D&T Food History	Art Drama Geography MFL	Maths

WEEK 2					
	Mon	Tues	Weds	Thurs	Fri
Lunch		MFL Photography Textiles	D&T Food History PE	Art	Computing
After School	Science	Music (M) Spanish (L) Photography Textiles	Dance D&T Food History RE (fom Jan)	Art Drama Geography MFL	Maths










OPTION BLOCKS 2022/23

Option J	Option K	Option L	Option M
Art	Computing	Art Textiles	Food
Art Textiles	Drama	French	Geography
Dance	Food	History	History
D&T	French	PE	Media Studies
Drama	Geography	Photography	Music
French	Media Studies	Spanish	Photography
Media Studies			

Key Dates and Events

Monday 22 nd to Friday 26 th May	KS3 Assessments continue Year 11 GCSE's continue	Years 7, 8 & 9 Year 11
Thursday 25 th May	Year 10 Parents' Evening	Year 10
Friday 26 th May	Year 10 Anglia Ruskin University Visit	Year 10
Friday 26th May	Students break for Half Term	Whole School
Monday 29th May to Friday 2nd June	Half Term – School Closed	Whole School
Monday 5th June	Students return for 8:25am start	Whole School
Monday 5 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

Summer Extra-curricular Sports Timetable – from 3:30-4:30pm prompt start

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

Grays Convent High School Celebrating the Ascension of our Lord into Heaven



FEAST OF THE ASCENSION OF OUR LORD INTO HEAVEN

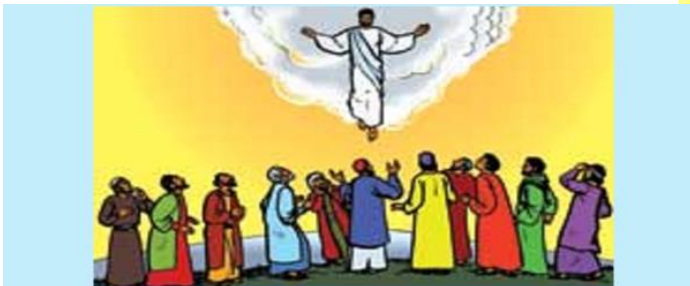
For 40 days after Jesus rose from the dead, he appeared to the apostles many times in ways that proved beyond doubt that he was alive again.

Jesus said it was time for him to leave them and go back to Heaven. The Apostles were very sad he was going, but Jesus promised that in a few days he would send them the Holy Spirit who would remind them of everything he had told them and that he would be with them always, 'til the end of time. Jesus said:



"When the Holy Spirit comes upon you, you will be filled with power, and you will be witnesses for me in Jerusalem, in all Judea and Samaria, and to the ends of the earth."

(The Holy Spirit came as Jesus promised on the feast of Pentecost the 50th day of Easter.)



After saying this, he was taken up to heaven as they watched him, and a cloud hid him from their sight.

They still had their eyes fixed on the sky as he went away, when two men dressed in white suddenly stood beside them and said,

"Galileans, why are you standing there looking up at the sky? This Jesus, who was taken from you into heaven, will come back in the same way that you saw him go to heaven." (Acts 1:9-11)

Then the apostles went back to Jerusalem from the Mount of Olives, which is about a kilometre away from the city. They entered the city and went up to the room where they were staying: Peter, John, James and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, Simon the Patriot, and Judas son of James. They gathered frequently to pray as a group, together with the women and with **Mary the mother of Jesus** and with his brothers. (Acts 1:12-14)

This was the first **Novena (9 days of prayer)** from the Ascension to Pentecost when the Holy Spirit came on Mary and the Apostles.



Reflection: All Christians are waiting for Jesus to come back again, just as the angels said he would. **We can be sure of this because Jesus fulfilled all that the prophets foretold about him and he kept all his promises.**

Every year the Church prays the Pentecost Novena asking for a new outpouring of the Holy Spirit so that we may live like Jesus and do what he would do.

Pentecost Novena (We pray this for 9 days until Pentecost)

Come Holy Spirit,
fill the hearts of your faithful
and kindle in them the fire of your love.
Send forth your Spirit and they will be
created and you will renew
the face of the earth.



Prayer: Heavenly Father, we pray for the gift of the Holy Spirit, that we may recognise the presence of the risen Lord Jesus, who is always with us and his personal love, friendship and concern for us. **Help us to be ready when Jesus returns** by putting him first in our lives, keeping the Sabbath day holy, and living as he taught us. We ask this in Jesus' name. Amen

Due to GCSE's in the Hall it was not possible to have Mass in school, so everyone was reminded that it was a Holy Day of Obligation and encouraged to attend Mass in their local parishes; particularly those who have made or are making the Sacrament of Confirmation. Mass times for Grays, Stanford Le Hope and Tilbury were provided in advance to parents on Sims in Touch and to students on Google Classrooms and in Form Prayers. We hope you had a lovely celebration.

Justice & Peace Group

Continuing on from the talks by Mrs Maunze on the Apartheid and protecting oneself against racism, this week Mr Lanyon shared his experience as a child growing up during the Apartheid in South Africa where victims of oppression and discrimination were treated as non -citizens. Students learnt that the divisions were both racial and political. Anyone who voted against the Apartheid and did not support the incumbent minority party were treated unfairly. Mr Lanyon's Father and other white people who took a moral stance and voted against the Apartheid lost everything they had. They were arrested, beaten, many 'disappeared'; they were not allowed to work and struggled to feed their children. As a child Mr Lanyon went four days at a time without food, he never knew what it was to have lunch, and had to walk 10km to and from school, as they had no money for the bus. Some white people who didn't agree with the Apartheid voted with the political party who for it, just so that they could work, be promoted and feed their children. Mr Lanyon's father and others suffered for taking a moral stance, but were at peace in their conscience and with God.

"It must be remembered that racial discrimination can be seen in terms of human rights rather than as a threat to the peace. In no guise or form can we as part of humanity accept the vestiges of racialism and any other form of discrimination." Mr Lanyon.

Mental Health Week

This week in Form Prayers which are also available on Google Classrooms, students have been given Bible passages and quotes with positive affirmations to build their self- esteem. When we are told something negative we often re-play it over and over in our minds: this can be replaced by reflecting on the Form Prayers again at home, repeating and personalising the positive affirmations e.g. I am fearfully and wonderfully made. Ps. 139:13

***You Are Loved, Chosen & Precious.
You are Beautiful & Wonderfully Made.***

**When God made you he was very pleased. Genesis 1.31
He planned, created and knew you before he knitted you
in your mother's womb. Jer. 1:5
You are fearfully and wonderfully made. Ps. 139:13-14
He has plans to prosper you. Jer. 9: 11-13**

**You will shine in heaven like the
jewels of a crown.
Zechariah 9:16**



**This is the beauty God gave you
when he created you:**

**"You were in Eden, the garden of God.
You had every precious stone for your
covering — rubies, topaz, and
diamonds, beryl, onyx, and jasper,
sapphires, turquoise, and emeralds.
And each of these stones was set in
gold. You were given this beauty on the
day you were created.
God made you strong."
Ezekiel 28:13 ERV**

**You are beautiful and precious to him.
God is pleased with you.**

You Are a Treasure!

Reflection: How often do we go over and over the negative, hurtful things people sometimes say? Let us replace the negatives with God's positive words to us. God made you and he doesn't make mistakes!

Write a note and put it on your mirror at home and on your phone:

I am Loved, chosen and precious.

I am beautiful and wonderfully made.

God has a good plan for my life. (Repeat often and learn it by heart!)

The Bible is God's love story for us.

**Mary pondered God's word,
treasured it in her heart
and was full of grace.**

Lk.2: 19,51



The Holy Spirit the Helper and Comforter

prays for the deepest needs of our hearts when we cannot find the words to pray. In these 9 days of Prayer from the Ascension to Pentecost, let us invite the Holy Spirit to come and reign in our hearts, to light and guide us always in the way of truth.

God bless you,

Miss Carson

GRAYS CONVENT

APRIL 2023 – OCTOBER 2023 LUNCH MENU

love Joes
A variety of "Love Joes" wraps are available daily.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	CHEESEBURGER	MEATBALLS, PASTA & GARLIC BREAD	ROAST CHICKEN	SAUSAGE ROLL	FISH FINGERS
MAIN 2 (V)	SOUTHERN FRIED QUORN BURGER	VEGETABLE MEATBALLS, PASTA & GARLIC BREAD	CHEESE & ONION PASTY	MARGHERITA PIZZA	TOMATO PASTA
MAIN 3	SEE OUR BLACK BOARDS FOR DAILY SPECIALS				
POTATO	FRENCH FRIES	DICED POTATOES	ROAST POTATOES	SEASONED WEDGES	CHIPS
VEGETABLE 1	BAKED BEANS	CARROTS	GREENS	MIXED VEGETABLES	PEAS
VEGETABLE 2	SWEETCORN	BROCCOLI	ROASTED VEGETABLES	SWEET CORN COB	BAKED BEANS
GRAB 'N' GO	A VARIETY FROM TOMATO PASTA, PIZZA, TOASTIES, PANINIS & JACKET POTATOES				
DESSERT	ARTIC ROLL	CARROT CAKE MUFFIN	FLAPJACK	CHOCOLATE SPONGE WITH CHOCOLATE SAUCE	JAM DOUGHNUT

WEEK COMMENCING 17th APRIL, 8th MAY, 5th JUNE, 26th JUNE, 17th JULY, 18th SEPTEMBER, 9th OCTOBER

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	PORK SAUSAGES	CHICKEN KORMA, RICE & NAAN BREAD	ROAST GAMMON	CHEESEBURGER	CORMISH PASTY
MAIN 2 (V)	QUORN SAUSAGES	VEGETABLE CURRY, RICE & NAAN BREAD	VEGETABLE QUICHE	SOUTHERN FRIED QUORN BURGER	FISH IN BATTER
MAIN 3	SEE OUR BLACK BOARDS FOR DAILY SPECIALS				
POTATO	MASHED/DICED	SEASONED WEDGES	ROAST POTATOES	CURLY FRIES	CHUNKY CHIPS
VEGETABLE 1	PEAS & SWEETCORN	CARROTS	ROASTED PARSNIPS	CORN ON THE COB	BAKED BEANS
VEGETABLE 2	BAKED BEANS	MIXED VEGETABLES	CALIFLOWER	GREEN BEANS	PEAS
GRAB 'N' GO	A VARIETY FROM TOMATO PASTA, PIZZA, TOASTIES, PANINIS & JACKET POTATOES				
DESSERT	VARIOUS ICE CREAM DELIGHTS	WAFFLES WITH CHOCOLATE SAUCE	CARROT CAKE	CHOCOLATE BROWNIE	JELLY WITH FRUIT

WEEK COMMENCING 24th APRIL, 15th MAY, 12th JUNE, 3rd JULY, 4th SEPTEMBER, 25th SEPTEMBER, 16th OCTOBER

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	CHICKEN NUGGETS	ALL DAY BREAKFAST	ROAST PORK	BBQ CHICKEN THIGHS	MAC 'N' CHEESE
MAIN 2 (V)	QUORN NUGGETS	VEGAN "SAUSAGE" ROLL	QUORN & VEGETABLE PARCELS	SWEET & SOUR VEGETABLES WITH NOODLES	FISH CAKES
MAIN 3	SEE OUR BLACK BOARDS FOR DAILY SPECIALS				
POTATO	SMILEY FACES	MINI HASH BROWNS	ROAST POTATOES	SEASONED WEDGES	CHIPS
VEGETABLE 1	BAKED BEANS	MIXED VEGETABLES	CALIFLOWER	SWEETCORN	PEAS
VEGETABLE 2	CORN ON THE COB	GREEN BEANS	BRUSSELS SPROUTS	MIXED VEGETABLES	BAKED BEANS
GRAB 'N' GO	A VARIETY FROM TOMATO PASTA, PIZZA, TOASTIES, PANINIS & JACKET POTATOES				
DESSERT	ICED VANILLA SPONGE	APPLE CRUMBLE & CUSTARD	LEMON DRAZZLE CAKE	FRUIT TURNOVER	CHOCOLATE SPONGE & CHOCOLATE CUSTARD

WEEK COMMENCING 1st MAY, 22nd MAY, 19th JUNE, 10th JULY, 11th SEPTEMBER, 2nd OCTOBER

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



ESSEX AUTISM PROJECT



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 \(www.gov.uk\)](https://www.gov.uk/government/news/patients-asked-to-return-emerade-300-and-500-microgram-adrenaline-pens-for-replacement)

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

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

THURROCK LOCAL
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