



The Hollyfield School e-bulletin
 Surbiton Hill Road, Surbiton, KT6 4TU
 020 8339 4500

“There is a distinct sense of community in the school” Ofsted 2020

Head’s Line:

Dear Hollyfield Community

I hope that you have all enjoyed the first full week back after the half term break. We have had a busy but enjoyable week. Well done to our Year 11 students who have been completing their mock exams. We know how hard they have been working to prepare for these and we hope that the experience helps them to understand how they will feel in the summer. We also hope that the feedback they receive from their teachers will help them to improve ahead of the summer. Many thanks to all of the parents and students who joined us for the sixth form opening evening last night. It was a wonderful evening and extremely well-attended.

Thank you to everyone in the community for your patience with the issues with our water supply. Parents will be aware that there was an issue with the water in the local area yesterday. This did mean that we got to the point where we could not function as school and had to close slightly early in order to keep everyone safe. Today we have experienced some further issues, but they are only minor in comparison. This morning we only had an intermittent water supply in one of the buildings, this meant that we had to direct students to Sharman to use the toilet and encourage them to do this during lesson times so that any queues could be managed at lunchtime. This has solved the problem temporarily whilst the plumbers work to fix the issue in Albury. This has not affected food preparation, water supply in science, art or DT or any of the toilet facilities anywhere else on the site. We thank students and parents for their patience with this and we are confident that normal service will resume by the end of the day. On that note, the PTA quiz planned for this evening will go ahead as there will be sufficient water.

The Royal borough of Kingston are holding a “I Wish I’d Known” workshop for parents and carers based around young people, drugs and alcohol decisions. The webinar will be run by the Daniel Spargo-Mabbs Foundation. This will be held on: Wednesday 27 November 2024 - 6:30pm-7:30pm, [click](#) here to register for the event.

Please can I also remind parents about our **INSET day on Friday 6 December**, when the school will be closed to students. Please make sure you have added this date to your diary, we will of course remind you closer to the time.

And finally, we have Year 9 parents' evening coming up on Thursday 28 November. Please can I remind all parents that this event is online, with bookings made in the usual way on school cloud. We have made the decision to trial, once again, the online system as some parents have fed back that it may be helpful to offer some parents' evenings online to support parents who work further afield. Our plan is to trial this with Year 9 only, with other parents' evenings continuing in person. We will then analyse attendance data and take feedback from parents and staff on how useful the experience is.

Wishing you all a wonderful weekend when you get there.

Amy Jackson
 Headteacher



Term Dates

Autumn Term 2024

2 September to 19 December
 (Inset Day – 2-3 Sept, 7-8 Nov - except Y11 & 6 Dec)

Half Term

28 October - 6 November (see above)

Christmas Holiday

20 December - 3 January 2025

Spring Term 2025

6 January – 4 April
 (Inset Day – 24 Feb)

Half Term

17-21 February (see above)

Easter Holiday

7 April – 21 April (Bank Hol 18 & 21 Apr)

Summer Term 2025

22 April – 18 July (Bank Hol 5 & 26 May)

Half Term

26 - 30 May

..... Stop Press.....

- 18-22/11 – Y7-9 Report Emailed Home
- 21/11 – Y12-13 V&A Photography Trip
- 21/11 – Y9 Mental Health Ambassadors: Borough Conference (8.30am-1pm)
- 25-30/11 – Y13 Walking Talking Mock Week
- 28/11-Y9 Parent Consultation evening - 4.00pm

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OTHER NOTICES

Reporting your child's absence

When reporting your child's absence from school on the dedicated absence line - 0208 339 4518 preferably before 8.30am on the morning of your child's absence from school. Please leave their name, spelling out any unusual names, year group and the reason for their absence and your details. Alternatively, you can email the school office@hollyfield.kingston.sch.uk.

Valuables in school

The school policy and guidance with regard to pupil possessions is clear that they are brought into school at their own risk. The Hollyfield School does not accept liability for any items that may be lost, damaged or stolen. While theft is taken extremely seriously and thoroughly investigated, the school is not in a position to cover the cost of any item stolen.

Of course, with respect to the last point, steps and measures are put in place to mitigate against such circumstances, especially during PE and Games lessons, where pupils' items are locked in the changing rooms. While this is standard procedure, there may be some extenuating circumstances where this cannot always be guaranteed. Therefore, I would urge your son/daughter not to bring expensive items into school.

Medical Health Care Plans

Can we please request that you complete the following medical information collection form if your child has any medical conditions, no matter how small. If your child has a new diagnosis we ask you to also complete this form even if you have already done so for a different medical condition to ensure we have the most up-to-date information.

Form: <https://forms.gle/pxTajACe1yUNSKdx9>.

Changed your address/email/phone number????

If you have changed your contact details, please email the school office on office@hollyfield.kingston.sch.uk stating your child's name and form and the change of details. It is important to keep these details up to date in case of an emergency. Don't forget to update your Parentmail account with your new details.

Water Bottles

Please ensure your child brings a water bottle with them to school every day, it is even more important during hot weather. Our water fountains can be used to refill bottles as necessary during break and lunch, it is not possible to drink from the fountains direct and we do not have bottles or cups to give out to students. Alternatively, bottles of water can be purchased (and refilled) in the cafeteria, please ensure your Parentmail account has enough funds to enable this.

Surbiton Hill Road Entrance for cars

If you drive/collect students to or from school the visitor's car park/Surbiton Hill Road entrance **should not be used to drop off students**. This causes congestion for people entering the site and staff access, cars travelling on Surbiton Hill Road and is potentially dangerous for pedestrians.

Dinner Money Top Up

Please ensure funds are available 24 hours before they are required when topping up your child's dinner money on Parentmail. If you add funds on the day they are to be used we will not be able to see the credit instantly until the system has processed it, therefore creating a delay in your child buying food at the canteen.

Contribution to the School Fund

If you would like to help contribute to the school fund to provide additional facilities to the school and students, please click [here](#) for more information. We acknowledge that not all of our parents can make a commitment on a monthly basis. Having listened to those parents we also understand that some would like to make a contribution whenever they can. A donation payment link is available in your ParentMail account. We are grateful for any contribution you can make, regardless of the amount. Every penny will be spent improving students' experiences. Like the monthly contributions, your donation will go into the school fund. It will be used in accordance with the guidance given to schools regarding parental contributions.

Open Door

Ms Jackson holds Parent Clinics on Thursday afternoon during term time. These are from 3.00pm-4.30pm for parents/carers to speak directly to her regarding any unresolved concerns/ suggestions. Please contact Louise Sutton to arrange an appointment on 0208 339 4500 or email lsutton@hollyfield.kingston.sch.uk.

IN SAFE HANDS

Once again, for your information, the key contacts are:

School - Get in touch with the Designated Safeguarding Team

Ms Patel: spatel@hollyfield.kingston.sch.uk

Mr Buckman: nbuckman@hollyfield.kingston.sch.uk

Single Point of Access 020 8547 5008.

SCHOOL HEALTH DROP-IN

WHEN: Tuesday Lunch time 11.40 -1.10PM
WHERE: Room A12 (Top floor of ALBURY)

Come along for a **CONFIDENTIAL** chat with your School Health Practitioner about anything that is worrying you....



The Mental Health Support Team (MHST)

Parent Webinars on:

- > Worries and anxiety
- > Screen time and social media
- > Understanding changes in the adolescent brain
- > Sleep Difficulties
- > Friendship difficulties and bullying
- > Self-harm and suicidal thoughts
- > Low mood and depressive feelings

[Click here to book](#)

[Click here to book](#)

[Click here for a current list of workshops](#)



HOLLYFIELD PTA NEWS

PTA Meeting Tuesday 19.11.24

Everyone is welcome! Join us, find out how you can get involved and have fun whilst helping with events and raising funds for the school! Join us at, 7:30pm - Hollyfield School Music Block . The Lamberts Road gate will be open for access

We are looking forward to seeing you there! [We meet on the 3rd Tuesday of every month.]

An additional note: would you like to join in to help with upcoming events such Quiz night and Christmas Concert or generally just kept in the loop, but unable to attend meetings? If so, please email us at ptahollyfield@gmail.com, with your number. We can then add you to the general PTA WhatsApp Community.



Quiz Night for Year 7 students and their families
We are all looking forward to the Quiz Night tonight!

Christmas Trees!

Christmas trees will be sold at Hollyfield again, with a contribution towards the school for every tree sold! Further details will follow soon!

TCS London Marathon

A guaranteed place for the 2025 TCS London Marathon has been offered to the PTA, to make it available to one of the adults part of the Hollyfield community! Look out for further communication regarding this fantastic opportunity!

Pre-loved Uniform Store

Next session: Saturday 11th of January 2025

At the old Music Building, Next to the Dome, Close to the Lamberts Road Gate
[What three words location: *begin.tigers.atom*]
Anyone is welcome to pop in and take what items they need.



@hollyfieldpta



@hollyfield_pta



@TheHollyfieldSchoolPTA



ptahollyfield@gmail.com



www.hollyfieldpta.org

If your child has lost or outgrown their uniform or PE kit please drop in and see if we can help. We have a large stock of items of uniform (particularly trousers) and PE kit including some shoes, football boots and trainers. **Availability varies.**

We operate a donation system for those that can afford to contribute.

Everyone Welcome - it is best the items get used, rather than sit in a store or be thrown away!

Any donations of uniform too small for your child would also be appreciated! These can be dropped at the collection point at the entrance to Albury

Easy Fundraising

Please support The Hollyfield School PTA - Surbiton on #easyfundraising, you'll raise FREE donations for us with your everyday shopping.

This is a really simple way to help raise funds for the PTA in order to support the school and students. Easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

Follow this link to register and start raising some much needed funding : Select The Hollyfield School PTA, Surbiton: <https://www.easyfundraising.org.uk/support-a-good-cause/step-1>

There are lots of ways of finding out about the PTA and what we are up to - website, Facebook, Instagram, Twitter and two email addresses.... they are all linked at the foot of each page....



@hollyfieldpta



@hollyfield_pta



@TheHollyfieldSchoolPTA



www.hollyfieldpta.org



ptahollyfield@gmail.com

THIS WEEK.....




TOP ATTENDERS

The year group with the highest overall attendance so far this year is Year 11 with a total of 97.42%. The top form group within each year this week is:

7BEJ = 100%
 8SCM = 98.83%
 9DKE = 98.71%
 10WGO = 99.11%
 11KEM = 100%

Well done to all these students, keep up the excellent work.

HOUSE POINTS

	 Eagle	 Falcon	 Osprey
Year 7	4041	5200	4742
Year 8	3842	3629	4101
Year 9	3341	3311	3463
Year 10	2918	2364	2192
Year 11	2361	1982	1964
Total	16503	16486	16462

NEXT WEEK

Monday 18 November	Year 11 Trial Exams including practicals and orals to 29 Nov Year 12 Assembly – Common Room Year 8 Cyberfirst Trip (Kingston Grammar School) Year 7,8 & 9 Reports emailed home
Tuesday 19 November	Year 7 Assembly (wanting to improve) – Dining Hall Year 13 Assembly – Common Room Year 7,8 & 9 Reports emailed home Year 10 Jack Petchey Speak Out Workshop PTA Meeting (7.30pm)
Wednesday 20 November	Year 8 Assembly (wanting to improve) – Dining Hall Year 7,8 & 9 Reports emailed home Year 11, 12 & 13 Senior Kangaroo (Maths)
Thursday 21 November	Year 9 Assembly (wanting to improve) – Dining Hall Year 12 & 13 V & A Photography Trip Year 9 Mental Health Ambassadors Borough Conference
Friday 22 November	Year 10 Assembly (wanting to improve) – Dining Hall

FORTHCOMING DATES

18-22 November – Year 9 Report Emailed Home
 18-22 November – Year 7 & 8 Progress Report emailed to parents
 21 November – Year 12 & 13 V & A Photography Trip
 21 November – Year 9 Mental Health Ambassadors: Borough Conference (8.30am-1pm)
 25 November – 30 November – Year 13 Walking Talking Mock Week
 28 November - Year 9 Parent Consultation evening - 4.00pm
 2-14 December - Year 13 Trial Exams
 3 December – Year 7-11 Flu Vaccination
 5 December – Year 8 Safety First Workshop
 5 December – Year 9 Options evening - 6.00pm
6 December – School closed – inset day
 9-14 December – Year 12 Walking Talking Mock Week
 10 & 17 December – Year 7 PHSE Drop Down Mornings (Pd 1-3)
 13 December – Year 11 Globe Players (Macbeth)
 13 December – Year 12 History Trip (Tower of London)
 16 December – Year 10 & 11 Report Emailed Home
 19 December – Year 11 Results Day
 12 December – Christmas Carol Concert (6.30-10.00pm)
 19 December – End of Term – dismissal from 12.00pm

20 December 2024 – 3 January 2025 – Christmas Holiday

ACHIEVEMENT POINTS

Achievement and behaviour points are awarded every day at Hollyfield in line with our school policy and are a fundamental part of school life. We want students to be the best versions of themselves and we explicitly teach the behaviour we want our young people to develop through our GO BIG character virtues (Good Communication / Organisation / Bouncebackability / Initiative / Gratitude). Students are therefore rewarded for when they demonstrate these character virtues either in class, around our school environment and even outside of school. The school also gives out termly prizes for great progress, engagement in learning, attendance and also contribution to school life. We also continually try to celebrate the successes of our students outside of school life and encourage all students to be proud of their successes in whatever area they come from.

Behaviour points are given to students in line with our behaviour policy. At the heart of our behaviour policy is restorative approaches which is a strategy the school uses to allow students to discuss their behaviours with one another and also key staff and to move past incidents in a non-judgemental way.

Both of the school's rewards and behaviour policies can be found on the school website and if you have any questions about them please don't hesitate to contact Miss Patel (Assistant Headteacher).

The year group weekly totals are below:

Year 7 676 **Year 8** 481 **Year 9** 528 **Year 10** 424 **Year 11** 29

The top performing forms per year group in terms of overall achievements were:

7SNE 144 **8VVA** 104 **9MCO** 147 **10WGO** 119 **11BRO** 16

The top performing students from each year were:

Year 7 Ava S **Year 9** Reginald C **Year 11** Lacey CH
Year 8 Millie R **Year 10** Millie S

TEACHING & LEARNING

English

Trusted Adult Book Look – Year 7 and 8

A letter was sent home this week regarding a maths, English and science book that your child will bring home in the near future, they have chosen an adult to show this work to and we would be grateful if you could spend some time looking at their work and discussing their progress. A copy of the letter can be found [here](#).

Music

Musical Instrument Lessons at Hollyfield



With Kingston Music Service



About instrument lessons at Hollyfield...

At Hollyfield we recognise the importance of Music and know that students who learn musical instruments are shown to do better across their subjects (it has been proven that learning to play an instrument stimulates the brain, improving functions like memory and abstract reasoning skills). It is also a great way for students to make new friends at school by being able to participate in our Rock School, Swing Band and Orchestra. If students would like to have individual music lessons on an instrument during the school day we offer a range of different instruments with our fabulous team of peripatetic teaching staff. The instrument lessons are 25 minutes each and organised on a rotation timetable.

INSTRUMENTS and teachers...

All instruments can be applied for (even if not currently taught here). Currently we have the following brilliant team of tutors:

Onna Benson: Piano	Sharon Taylor: Piano
Tom Early: Drum kit/Percussion	Tino Rainone: Guitar
Andy Brown: Guitar	Tom Marshall: Guitar
Neil Thomas: Piano & Brass	Deborah Chalmers: Violin
Linley Weir: Voice	

We would love more woodwind and brass players and there are schemes that Kingston Music Service can offer to support these lessons. In some instances we can also offer funded lessons to support talented students where finance is a barrier.

Applying for instrument lessons...

<https://www.kingston.gov.uk/music-service-1/music-lessons/2>

Please follow the link to apply and to see prices.



CAREERS

CAREERS

Careers Briefing 15 November 2024 Mr Poole & Miss Corrighan (Careers team)

Well done to all those Year 10s who completed the Jack Petchey public speaking workshop last Tuesday. It was a very successful event where students spent the day working with a professional trainer who gave students valuable advice on how to present their ideas and also some top tips on how to overcome your nerves when speaking in public. At the end of the day students gave speeches on a wide variety of topics including: the dangers of water; healthy eating; the assisted dying debate; the importance of reading and the importance of awareness of Alzheimer's. There will be another workshop for more students held on November 19th and we are hoping that some of the best students from both workshops will be able to represent the school in the Kingston Public Speaking Competition in April.



College Open Events and Year 11 applications

It is a busy week for College Open Events. There are events at Richmond, NESCOL and Kingston. Remember even if you have decided you want to stay in the Hollyfield Sixth Form it is important to have a back up plan. Our advice to students is to have two or three applications for post 16 education, just in case you don't get the grades or the subject you want to study is not offered due to oversubscription.



Did you know we have a FOOTBALL ACADEMY at Kingston College? And it's very successful with a fantastic track record! If you have any pupils who are currently in Year 11 who want to train/play football alongside an academic qualification then we want to hear from them! Our Men's Football Academy players pursue their sporting ambitions while completing a full time [Level 2 Sport](#), [Level 3 Sport & Exercise Science](#) or [Level 3 Sport Coaching](#) course. Our Academy bridges the gap between grassroots youth football and men's semi-professional football and beyond – with a fantastic track record of successful past students: Joe Aribo plays for Southampton FC and Nigeria; Dom Dwyer won a scholarship to the USA and plays for Orlando City; Joe Edwards has held coaching positions at Chelsea, Everton and England U20s. Further information and next trial dates can be found here: [Men's Football Academy at Kingston College](#)



NESCOT Open Event - Weds 20th November 4.30-7.30pm (this clashes with Kingston College) but there will be more open events held by both colleges so you can take your choice. Sign up via: [Nescot Open Events](#)



Richmond upon Thames College

Richmond upon Thames College (Twickenham) Open Evening 19 November 5- 8pm - sign up: [Richmond upon Thames Open Event](#)

Career Opportunities bulletin for sixth form students and parents/carers:



15 November 2024 Sixth Form Careers opportunities

This weekly bulletin is collated each week for YOU by the Hollyfield Careers team.

The bulletin includes: **work experience, university tasters, summer schools, apprenticeships, careers talks and more.** Apprenticeships are competitive and students need to be proactive by signing up for employer talks. Companies included in this bulletin include:

- British Airways
- BBC
- Coca Cola
- EY
- Mott MacDonald
- And more.....

Use our bulletin to help you research your ideas and get that apprenticeship you want!



UNIVERSITY OF SURREY **Year 10 Realise Your Potential**

The University of Surrey is inviting Year 10 students to take part in our fully funded, award-winning Surrey Scholars extracurricular programme. Across January to March, realise your potential through our Saturday morning programme supporting both you and your household with understanding your options beyond GCSE study. You will be invited to attend a range of workshops, webinars and masterclasses, along with access to online resources, designed to further inform your own aspirations and choices. You will then be invited to present and reflect on your experience as part of your Graduation.

Applications are currently **open until Wednesday 18 December** and we ask students to apply for opportunities directly. There are some eligibility criteria so for further information and application instructions for students, please visit our website

<https://outreach.surrey.ac.uk/activity/y10-programme-realise-your-potential/>

GETTING TO KNOW.....

Admin Team

We have a team of 5 people who support the school in the school office, the team is:

Louise Sutton – PA to Ms Jackson, Headteacher
 Di Northeast – Senior Administrative Officer
 Sasha Hayles – Morning Receptionist
 Wendy McCann – Afternoon Receptionist
 Emma Killeya – Reprographics Assistant

When contacting the school our receptionists will take your call and direct you to the appropriate member of staff or take a message, they will also be the first friendly face you will see when you visit the school and readily receive items brought in for students mainly packed lunches and PE kits!!!

Louise is Ms Jackson's PA, she deals with any Headteacher related issues and meetings, constructs reports for Governors and AfC, organises and runs school events and produces

the ebulletin for parents. Louise has been at Hollyfield for over 19 years and previously worked at the BBC for 14 years where she looked after Mr Blobby amongst others.

Di supports the Senior Leadership team, Heads of Year, oversees the running of the office and administers new Year 7 admissions, she is also our Parentmail guru! Di also supports the school with admin for teachers. Di has been at Hollyfield for over 22 years and once danced at the Royal Festival Hall.

Sasha is our morning receptionist and answers your calls to the school, she is the first person you will meet or speak to and will direct your query to the relevant member of staff. Sasha deals with all visitors and deliveries to the school, post and general student admin. Sasha loves True Crime Programmes and Books and she has swam with a whale shark

Wendy is our afternoon receptionist and answers your calls to the school, she is the first person you will meet or speak to and will direct your query to the relevant member of staff. Wendy deals with all visitors and deliveries to the school, post and general student admin. Wendy has worked at Hollyfield for over 15 years and is married with one adult son. Wendy is happy to confirm that she is an original Derry Girl, and she actually went to that school (or at least the school the programme is based on!)

Emma produces the publications for the whole school this includes workbooks and study materials for subject departments and the paper documents sent home to parents. Emma has been at Hollyfield for over 14 years and her interests are baking, walking, reading and travel.

Finance Department

Colette Morgan-Russell is our Finance Manager, she pays everyone, deals with audits and reporting to the Trust and Trustees. Colette has worked at Hollyfield for 15 years and enjoys playing netball, reading, music and the odd game of snooker.

Liz Gardner is our Finance Assistant she buys everything from external suppliers, pays them, and deals with the bank account. Liz has worked at Hollyfield for 7 years, she is a proud Mancunian whose great grandad played football for Manchester Utd.

Sharon Gallagher is our Finance Assistant she deals with trips, parental contributions and donations, invoices from external suppliers and the bank account. Sharon has worked at Hollyfield for 7 years, she enjoys reading, pilates and baking.

Attendance Department

Hannah Warry recently started working within the Attendance Office. This is my first school role having previously worked within the Energy Sector. I am enjoying the change of scenery and being a part of the Hollyfield community.

HR Department

The HR department manages and deals with all aspects of staff admin management. They coordinate the staff recruitment process and deal with contracts and payroll updates. They liaise with Occupational Health and provide wellbeing resources and support for staff.

Jo started at Hollyfield 15 years ago, initially for a short time in the Finance Department before moving into HR. She previously worked in the City as an Assistant Bank Manager for 16 years before taking a career break to become a stay at home mum of three. Jo loves travelling and enjoys spending time with family and friends.

Susan has been the HR Assistant since March 2019. Before that Susan was the school Time out Coordinator, starting at Hollyfield in November 2012. Susan's past career was in London Probation Service as a PSO for 24 years. Susan and her sister were on the very first X Factor, going through to the second round.

GENERAL INFORMATION

Links to Useful Information

[Term Dates 2024-2025](#)

[Uniform List](#)

[Extra-Curricular Activities](#)

[Severe Weather Procedure](#)

[Form Tutor List](#)

[The School Day Times](#)

[Student well-being and safety](#)

[Donation to School Fund](#)

[Key Dates](#)

[Menus](#)

[Staff List and Structure](#)

Important reminders for PE clubs:

- students receive 1 achievement point for attending
- clubs are free and no pre sign is required
- clubs at the school field will have a coach to drop them off and pick them up or students can make their own way home using public transport
- PE kit is not required for clubs during lunchtime
- For after school clubs, students should bring PE kit to get changed after 3.05pm unless they are already wearing their PE kit for their PE lesson that day
- If a student has a repair, they need to attend the repair as the priority

Resilience in Children

If you are interested in further reading around building resilience in children this article is worth a read.

<https://cmom.org/press/the-british-psycological-society-five-ways-to-boost-resilience-in-children/>

LOCAL INFORMATION

Kooth

Kooth is an online crisis messenger service that Children and young people can access for free online mental health support with a professional counsellor - www.Kooth.com.

Mental Health Resource sites

- Mind in Kingston: run daily activities on zoom.
Email RachelDykins@mindinkingston.org.uk for details.
- Childline: [information and advice](#) on a range of topics including feelings, relationships, family and schools. Childline is there to help anyone under 19 in the UK with any issue they're going through. Call: [0800 1111](tel:08001111).
- Anna Freud Centre: 90 resources and strategies <https://www.annafreud.org/selfcare/>.
- Samaritans: Samaritans a safe place for you to talk any time you like, in your own way, about whatever's getting to you. Call: [116 123](tel:116123).
- Shout - Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. Text Shout to [85258](tel:85258).
- National Domestic Abuse Helpline: We are a team of highly-trained, female advisers. We won't judge you or tell you what to do; we are here to listen. Call: [0808 2000 247](tel:08082000247)/online chat.

Information for adults

Young Minds - Parents Helpline - Worried about a child or young person's behaviour or mental health? Call the free helpline for confidential, expert advice. For more information visit: www.youngminds.org.uk/find-help/for-parents/. Call 0808 802 5544.



Counselling and Therapy

Morag Shrafeddin is a qualified Counsellor with a Masters from Roehampton University in Integrative Counselling and Psychotherapy specialising in work with Children, Adolescents and Families. She also works in Fulham as a School Project Manager with the school counselling service Place2Be.

Morag is dedicated to supporting children and adolescents with their emotional well-being and personal growth. With a compassionate and client-centred approach, she aims to empower children and young people to overcome challenges and thrive in their lives.

Morag Shrafeddin
Specialist in Children and Adolescent Therapy
(MA Roehampton University)

(M) 079 5639 2216
(E) morag@shrafeddins-therapy.co.uk
(W) shrafeddins-therapy.co.uk

LIFE COACHING FOR YOUNG PEOPLE

In Thames Ditton

AVAILABLE SESSIONS FROM NOVEMBER

When?
Mondays, Tuesdays and Thursdays between 9am and 2pm (term time)

Where?
In the heart of Thames Ditton, in a warm and comfortable home office

Who?
Sessions are run by Nathalie Hamberger, the founder of SpaceforCourage.com. Nathalie is a certified coach. She has worked in mental health and wellbeing for the past four years both in educational settings and in her private practice. Prior to this Nathalie taught for over two decades in secondary and higher education. Nathalie is DBS checked.

In my jar today,
Growth,
Resilience,
Mindfulness,
Self-compassion,
Gratitude,
Patience,
Kindness,
Love,
Positivity,
And gratitude.

What?

- 1:1 coaching sessions (45 mins)
- A safe space and relaxed atmosphere to explore your needs and your goals
- Support, strategies and reassurance to help teenagers and young adults develop healthy habits, reduce stress, maximise potential, and improve overall wellbeing.

LIMITED SPACES
FREE initial consultation

BOOK HERE

WWW.SPACEFORCOURAGE.COM

SEND Children and Young People Participation Group

Join other SEND children and young people (under 25) in Kingston and Richmond who want to make a difference, be involved in topics that affect them, develop confidence, learn new skills, make friends and have fun!



The Moor Lane Centre, Moor Lane, Chessington KT9 2AA
4pm to 5.30pm

- 1 July
- 5 August
- 16 September
- 7 October
- 4 November
- 2 December

"It's so professional and services can improve."
"It feels like you're doing a good cause."
"You will get your opinions heard."
"(Our monthly meetings have good community vibes and banter!"

If you would like more information or to come along, email: participationiscd@achievingforchildren.org.uk



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Available in Levels 1, 2 & 3

*Please go to our website for more detailed information.

6 Week Course Mon - Fri
Daily sessions
1st session 9:30 - 11:30am
2nd session 12:30 - 2pm

www.studysmartuk.online

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Santa Fun Run 2024

Help us care this Christmas
Festive fun with family and friends

10% discount for groups over 6!

Run, jog or walk 5K and raise money for your local Hospice.
Sunday 8 December at Bushy Park.
Sunday 15 December at Sandown Park Racecourse followed by a Christmas Market.
 9.30am for a 10.00am start.

Scan the QR code or visit pah.org.uk/santafunrun

Princess Alice Hospice

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PANTO PROJECT

This year's Panto is: **Beauty and the Beast**

Create your own Pantomime!

Winter 2024
Richmond Theatre

DATES AND TIMES

4th November	16:30 - 18:00
11th November	16:30 - 18:00
18th November	16:30 - 18:00
25th November	16:30 - 18:00
2nd December	16:30 - 18:00
7th December	14:00
9th December	18:00

ACTIVITIES

- Script writing
- Prop design
- Devising
- Costume design
- Improvising
- Performing

How to Register?

Scan this QR Code if you want to take part!

In Partnership with: **Richmond Theatre Trust**