



**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 you have all had a good weekend and the students enjoyed an extra rest. We had a wonderful week last week and look forward to another great week ahead. Last week we welcomed Year 9 parents and students into school for our options evening on Thursday. There was a real buzz around the place and many of the students are excited about the choices they can make about their education in Year 10. Please remember this is just the start of the options process, Year 9s will all have a one-to-one interview with senior staff after Christmas and taster sessions for new subjects. I enclose a link to the options FAQs for parents [options FAQs](#)

Once again, I would like to congratulate Year 11 and Year 13 students on their hard work for their mock exams. Year 11 students have completed theirs and Year 13 will finish this week. Our Year 12 students will begin their mock exam prep this week ahead of their exams in January.

The end of term is fast approaching. As always, we will finish early on the last day of term, with a phased dismissal of students from 12.00pm. All students will have left site by 12:15pm. The last day of term will be a non-uniform day where students are encouraged to wear clothes of a Christmas theme. The cost of this will be a £1 contribution, which will be going to cancer research.

Our catering team would like to offer a Christmas lunch on Friday 13 December. Please see the festive menu on page 3. In order to help the team in planning for the big day, we would appreciate it if you could complete and submit the very short [survey](#) to register your interest in taking part by the end of the school day on **Monday 9 December**.

If your child/children would like to take up the offer of a Christmas lunch, please ensure that there are funds available on the relevant Parentmail account(s). Students who are eligible for Free School Meals will be able to have a Christmas lunch at no additional cost.

The Hollyfield Christmas Concert & Carol Service 2024 is on **Thursday 12 December 2024. The Carol Service will start at 6:30pm at St Mark’s Church (over the road from school) and finish at approx. 7:30pm**. This is a traditional Carol Service featuring the school’s three choirs (Senior Choir, Chamber Choir and Hollyfield Singers). You do not need a ticket for this event.

This will then be followed by the Christmas Concert in the school hall (start time approx. 8.00pm - 9:45pm). **This is by advanced TICKETS ONLY and there is a limited number remaining [LINK to tickets HERE](#)**. This will feature the Hollyfield Orchestra, Swing Band, Rock School bands (from a range of different year groups) and Ukulele ensemble. We look forward to seeing you there.

I hope you all enjoy a wonderful week ahead.

**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.....**

- 9-14/12–Y12 Walking Talking Mock Week
- 10 & 17/12–Y7 PHSE Drop Down Mornings (Pd 1-3)
- 12/12 – Christmas Carol Concert (6.30-10.00pm)
- 13/12–Y11 Globe Players (Macbeth)
- 13/12 – Y12 History Trip (Tower of London)
- 16/12–Y10&11 Rpt Emailed Home

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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](mailto: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](mailto: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](mailto:lsutton@hollyfield.kingston.sch.uk).

## Christmas Lunch – 13 December



Register your interest [here](#) by **Monday 9 December**

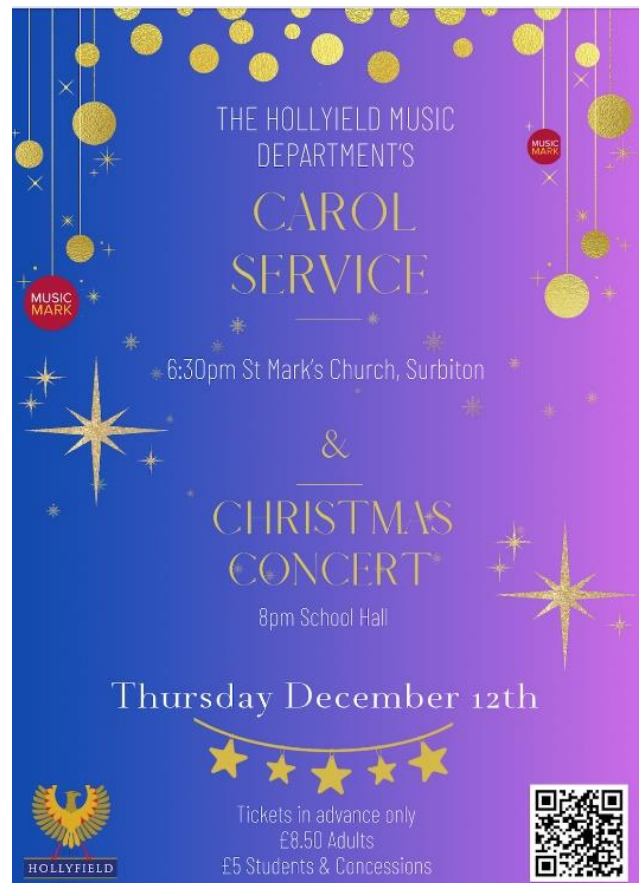
Please ensure there are sufficient funds on your Parentmail account if you pay for school meals.

Other options will be available and will be confirmed in due course.

## Hollyfield Christmas Concert and Carol Service – 12 December

The Hollyfield Christmas Concert & Carol Service 2024 is on **Thursday 12 December 2024**. The **Carol Service** will start at **6:30pm** at **St Mark's Church (over the road from school)** and finish at approx. **7:30pm**. This is a traditional Carol Service featuring the school's three choirs (Senior Choir, Chamber Choir and Hollyfield Singers). You do not need a ticket for this event.

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## 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](mailto:spatel@hollyfield.kingston.sch.uk)

Mr Buckman: [nbuckman@hollyfield.kingston.sch.uk](mailto: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



### **Christmas Trees!**

Surrey Christmas Trees will run their pop up Christmas Tree Shop again at Hollyfield this year. This will be via the car park entrance on Lambert's Road.

Every tree sold at Hollyfield will generate a £5 donation to our School!

They will be open on the following weekends:

7 + 8 December

14 + 15 December

### **Christmas Music Concert**

The Music Department will be running this event which is always a highlight at this time of year. As previous years, the PTA will be providing refreshments.

**Anyone available and interested in helping: please let us know** via [ptahollyfield@gmail.com](mailto:ptahollyfield@gmail.com) if you are not already included in the PTA WhatsApp group/WhatsApp Community or via the WhatsApp group if you receive communications that way. Additional communications will be via that group.

### **Next PTA Meeting Tuesday 21.01.25**

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 - Venu TBC

**We are looking forward to seeing you there!**

[We meet on the 3<sup>rd</sup> Tuesday of every month.]



@hollyfieldpta



@hollyfield\_pta



@TheHollyfieldSchoolPTA



[www.hollyfieldpta.org](http://www.hollyfieldpta.org)



[ptahollyfield@gmail.com](mailto:ptahollyfield@gmail.com)

*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](mailto:ptahollyfield@gmail.com), with your number. We can then add you to the general PTA WhatsApp Community.*

### **Pre-loved Uniform Store**

#### **Next session: Saturday 11 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.

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



[ptahollyfield@gmail.com](mailto:ptahollyfield@gmail.com)



[www.hollyfieldpta.org](http://www.hollyfieldpta.org)

## THIS WEEK.....




### TOP ATTENDERS

The year group with the highest overall attendance so far this year is Year 7 with a total of 95.75%. The top form group within each year this week is:

7BEJ/PGI = 98.06%  
 8RAL = 99.06%  
 9SDA = 98.13%  
 10EPA = 95.16%  
 11EWE = 95.67%

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

### HOUSE POINTS

	 Eagle	 Falcon	 Osprey
Year 7	5259	6447	5791
Year 8	4828	4422	5283
Year 9	4264	4067	4554
Year 10	3658	2929	2803
Year 11	2695	2434	2135
<b>Total</b>	<b>20704</b>	<b>20299</b>	<b>20566</b>

### NEXT WEEK

Monday 9 December	Year 13 Trial Exams including practical and orals – 2-13 Dec Year 12 Walking Talking Mock week 9-13 Dec Year 11 Assembly (Autism) – Dining Hall Year 12 Assembly – Common Room
Tuesday 10 December	Year 7 Assembly (Autism) – Dining Hall Year 13 Assembly – Common Room Year 7 PSHE Drop Down Morning (Introduction to School Nurse, Puberty and Hygiene) (8.55-11.45am)
Wednesday 11 December	Year 8 Assembly (Autism) – Dining Hall
Thursday 12 December	Year 9 Assembly (Autism) – Dining Hall Christmas Concert & Carol Service (St Mark's Church) (7.30pm) Christmas Concert (Dining Hall) (8.00–9.30pm)
Friday 13 December	Christmas Lunch Year 7 Carol Service (St Mark's Church) (9.00-10.00am) Year 11 Globe Players – Macbeth

### FORTHCOMING DATES

9-14 December – Year 12 Walking Talking Mock Week  
 10 & 17 December – Year 7 PHSE Drop Down Mornings (Pd 1-3)  
 12 December – Christmas Carol Concert (6.30-10.00pm)  
 13 December – Year 11 Globe Players (Macbeth)

16 December – Year 10 & 11 Report Emailed Home  
 18 December – Year 11 Results Day  
 19 December – End of Term – dismissal from 12.00pm

### **20 December 2024 – 3 January 2025 – Christmas Holiday**

6 January – lessons start – 9.20am  
 6-11 January – Year 12 Trial Exams  
 8 January – BTEC Exams Start  
 9 January – GCSE Results Published  
 9 January – November Exam Results published  
 10 January – Year 11 English Literature Paper 1 (8.30-10.30am)  
 17 January – Year 13 Report Emailed Home  
 13 January – Year 11 Oxford University Trip  
 14 & 17 January – Year 10 PHSE Drop Down Mornings (Pd 1-3)  
 16 January – Year 11 Parent Consultation evening - 4.00pm  
 20 & 23 January – Year 11 Sixth Form Interviews  
 24 January - GCSE Science Live  
 27 January – Year 12 Report Emailed Home  
 29 January – UCAS Deadline  
 29 January – Year 9-10 Intermediate Maths Challenge  
 31 January – Year 11 Intermediate Maths Challenge  
 6 February – Year 13 Parent Consultation evening - 4.00pm  
 10-15 February – Year 13 Retake Trial Exams

### **17-21 February 2024 – Half Term**

**24/2 – Inset day**

## **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** 929 **Year 8** 803 **Year 9** 968 **Year 10** 592 **Year 11** 358

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

**7LGR** 202 **8SCM** 199 **9NLU** 251 **10WGO** 190 **11DMI** 102

The top performing students from each year were:

Year 7 Wai Yin Y

Year 9 Shanmitha Y

Year 11 Kacey B

Year 8 Jethro T

Year 10 Samuel N

## TEACHING & LEARNING

### Geography Department

This week Year 11 have travelled to Canary Wharf and The London Docklands as part of their GCSE Geography Course. Students were treated to a day at the London Docklands Museum, exploring the history and geographic changes of the area over the past 100 years. Students visited three sites in the Docklands area, carrying out primary research and in the process walking over 10,000 steps! An enjoyable trip for staff and students!

### 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 6 December 2024**  
**Mr Poole & Miss Corrighan (Careers team)**

### Year 11 college applications and interviews

Many students have applied to their colleges and sixth forms. Hollyfield sixth form will have their interviews in January and most other colleges will have interviews ongoing from now until the end of the academic year. There is still time to apply to colleges and we encourage you to apply to 2-3 places to ensure you have a range of options. We have already had a few students being made offers and this really helps motivate them for their upcoming exams. Please see this useful article about: [How to ace your UK college interview : Unifrog Blog](#)

If any Year 11 students/parents would like support with this please contact the careers team: [ipoole@hollyfield.kingston.sch.uk](mailto:ipoole@hollyfield.kingston.sch.uk) and we can book a meeting to support you.



**KS4 OPTIONS BOOKLET 2025**



Good communication | @geminator | @unifrog | @unifrog | Initiative | @geminator

### Year 9 - Key Stage 4 Options process

Many parents and students will have attended the options evening on Thursday 5th December and will have been sent details via parentmail.

Students now need to begin to think about their choices between now and February 28th when they have to submit their options form. There will be plenty of advice available not only from parents but in school from subject teachers, tutors and other staff.

After Christmas, Year 9 will have the opportunity to access the [Unifrog](#) which is the careers platform students use to explore different careers pathways. However, there are several other

websites which are helpful in researching future choices:

- [BBC Bitesize Career](#)
- [Career Pilot choosing GCSES](#)
- [ICould Careers GCEs options](#)
- [National Careers Service](#)



**Students should start to think about these key questions:**

Reasons to choose a subject	Reasons NOT to choose a subject
What are your strongest subjects?	My friends are all doing this subject
What is your favourite subject?	You like the teacher
What subjects do you want to develop skills in for the future?	You don't like the teacher

What subjects might you need in a future job or career?

The subject is too much hard work

What is your preferred learning style?

I think the subject will be easier









### Careers opportunities

We want to ensure we are promoting a range of opportunities for our students to explore their career ideas. Please see below some of the activities going on and for more details see our weekly opportunities bulletin:

[5 December 2024 Sixth Form Careers opportunities](#)

**The opportunities below were advertised last week but applications are still open!**

Year Group	Description	Link
13	<p><b>Apprenticeships</b> Please see the bulletin above for all the apprenticeships advertised but just some of the opportunities:</p> <ul style="list-style-type: none"> <li>• <b>The National Grid</b> - Data Analytics   Finance   Human Resources   Land and Property   Procurement   Project Management   Craftspersons   Electrical Technicians   Power System Engineers   Network Outage Planning Engineering   Cyber and Telecoms   Asset Management   Substation Engineers and Transmission Network Control Engineers</li> <li>• <b>Morgan Stanley</b> - Technology degree apprenticeship with Queen Mary University</li> <li>• <b>Cisco</b> - Customer Service and Sales apprenticeships</li> <li>• <b>British Airways</b> - Aircraft Workshop Apprenticeship, Engineering Supply Chain, Heathrow Aircraft Maintenance, Business Professional, Data Science and Aspiring Leader</li> </ul> <p><b>And many more companies in the bulletin</b></p>	<p><a href="#">5 December 2024 Sixth Form Careers opportunities</a></p>
Year 10	<p><b>Saturday Club Applications are now open!!</b> We have now opened applications for <b>The Art &amp; Design and Science &amp; Engineering National Saturday Clubs.</b></p>  <p>Both clubs are completely <b>free</b> for <b>Year 10 students</b> and take place at our Penrhyn Road and Knights Park Campuses here at Kingston University. Please note that applications <b>will not be based on ability</b> but who</p>	<p><b>Deadline to apply: 16th December</b> Link to Kingston University <b>National Saturday Club</b> <b>Google Slide Presentation:</b> <a href="https://tinyurl.com/ymxxnpsk">https://tinyurl.com/ymxxnpsk</a> Link to Kingston University <b>National Saturday Club</b> <b>Assembly Video:</b> <a href="https://tinyurl.com/2pbnd39f">https://tinyurl.com/2pbnd39f</a> Link to the Kingston University <b>Student Application Form:</b> <a href="https://data.heat.ac.uk/survey/IUQ">data.heat.ac.uk/survey/IUQ</a></p>

	 <p>we believe will benefit the most from these opportunities. We may use certain criteria to prioritise places for students from underrepresented groups, please do contact us on the email for further clarification on this criteria. The clubs will run from the <b>18 Jan - 21 June 2025</b> and we will be accepting around 25-35 students for each club.</p>	
<p>10</p>	 <p><b>UNIVERSITY OF SURREY</b> <b>Y10 Realise Your Potential</b></p> <p>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 <b>open until Wednesday 18 December</b> and we ask students to apply for opportunities directly.</p>	<p>There are some eligibility criteria so for further information and application instructions for students, please visit our website <a href="#">Y10 Realise Your Potential - Surrey WPO %</a></p>
<p>Ages 14+</p>	<p><b>Channel 4 - Complete our work experience programme and get a step closer to a career in creative</b></p> <p>In this 3 step programme we'll introduce you to real careers and real people as you learn more about what goes into the thriving creative industry that you around you. You'll be set real world challenges, discover what could be your creative career match and get insider information from current Channel 4 Employees on what makes for a successful creative career. This programme covers some of the most important steps a TV show takes on it's way to our screen - from initial idea to securing your sponsor, choosing when it will air and analysing its success.</p>  <p>see</p>	<p>Check out their website for more information: <a href="#">4Skills Work Experience</a> This is an on demand work experience and closes at the end of December.</p> 

## GETTING TO KNOW.....

### Premises Department

We are the team who keep the school safe and clean, we set up for assemblies, breaks and all of the events that take place across your busy school.

The team comprises of me, Mr Griffiths, The Premises Manager, Unbelievably I have been here for 9 years, the time has flown by, it is a very rewarding job and I love each and every day!

Unfortunately, I support West Bromwich Albion but other than that I am OK.

I am assisted by Mr De Souza, Mr Nascimento and Mr Texeira, who are all from Goiania, a town by Brasilia, which is the capital city of Brazil. They all like music, football and barbecues. They love working at Hollyfield School and it shows in everything they do.

## 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](http://www.Kooth.com).

### Mental Health Resource sites

- Mind in Kingston: run daily activities on zoom.  
Email [RachelDykens@mindinkingston.org.uk](mailto:RachelDykens@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.
- 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/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/](http://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](mailto:morag@shrafeddins-therapy.co.uk)  
(W) [shrafeddins-therapy.co.uk](http://shrafeddins-therapy.co.uk)

**New courses for adults starting in January**

As part of Kingston Council, Kingston Adult Education offers a diverse range of courses for people aged 19 and over. **Some of their courses are free and take place in school hours.**

Here is a selection of their courses starting in January:

- A series of **90-minute workshops to support individuals considering self-employment.** Sessions will explore turning your creative talents into a business, becoming a virtual assistant, home-based tutoring and online teaching, and freelance content creation (writing, blogging and video creation)
- Accredited qualifications in **Bookkeeping; Childcare; Community Interpreting; Counselling; Information, Advice and Guidance;** and **Understanding Mental Health.**
- **English, maths and digital skills,** from entry level through to GCSE
- A plethora of **wellbeing and creative skills classes,** including painting and drawing, upcycling clothes, stained glass making, languages, and tai chi.

See their latest prospectus for full details:  
[bit.ly/KAE-2425prospectus](http://bit.ly/KAE-2425prospectus)



## 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.

**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**  
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# Santa Fun Run 2024



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](http://pah.org.uk/santafunrun)



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