



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

We hope this bulletin finds you well. Our students have been working hard, as ever. The assessment window for Year 7-9 students is open, meaning that (within their regular lessons) teachers are giving students the opportunity to show what they have learnt this term. We make use of GATs assessments in all subjects at Key Stage 3, reflecting on whether students are working towards, at or in greater depth than we would expect. You can see the GATs documents on our website: [Key Stage 3 GATs](#)

On Thursday 6 February, our sixth form students and their parents and carers will be able to talk to teachers about their progress and targets during 6th Form Parents' Evening. The booking system (on SchoolCloud) is open, so please make appointments. We look forward to seeing you all.

Looking further ahead, we have a date for your diaries: Hollyfest (our fabulous music festival) will take place on Saturday 5 July. It is always a real highlight of the school year: well over a hundred performers, from Year 7 to 13, will take to the stage. The school's swing band, orchestra, ukulele ensemble and choirs will all be represented, as will our rock school, enabling a multitude of home grown rock bands to find their audience, either on the main stage or the acoustic stage. Hollyfest is also an amazing community event, with food stalls, raffles, competitions and a host of other activities that our wonderful PTA have already started planning. If you would like to help the PTA with this event - or any of their other wonderful fundraising activities - contact them on ptahollyfield@gmail.com. They are always happy to welcome new members.

That's it for this week. I hope you all have a great week and look forward to bringing you another update on Friday.

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.....

- 3/2 – Y7 Kingston University Trip
- 6/2–Y13 Parent Consultation evening - 4.00pm
- 7/2 - GCSE Science Live
- 10-15/2–Y13 Retake Trial Exams
- 13/2-Y8– Numeracy in a real life context
- **17-21 February 2024 – Half Term**
- **24/2 – Inset day**
- 24/2 – Y11 English Language Paper 2 (8.30-10.30am)

| In this issue..... | Page |
|---------------------------|-------------|
| Head’s Line..... | 1 |
| In Safe Hands..... | 3 |
| PTA..... | 4 |
| This Week Next Week..... | 6 |
| Achievement Points..... | 7 |
| Teaching & Learning..... | 8 |
| Careers..... | 9 |
| Getting to know..... | 10 |
| General Information..... | 11 |
| Local Information..... | 11 |

OTHER NOTICES

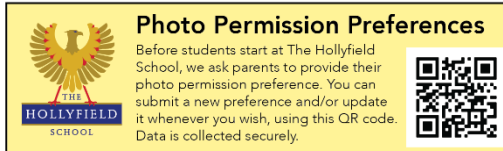

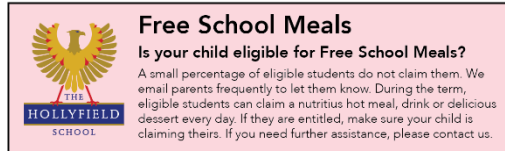


Photo Permission Preferences

Before students start at The Hollyfield School, we ask parents to provide their photo permission preference. You can submit a new preference and/or update it whenever you wish, using this QR code. Data is collected securely.

Free School Meals

Is your child eligible for Free School Meals?

A small percentage of eligible students do not claim them. We email parents frequently to let them know. During the term, eligible students can claim a nutritious hot meal, drink or delicious dessert every day. If they are entitled, make sure your child is claiming theirs. If you need further assistance, please contact us.

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 attendance@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

Standing Order Contributions to School Fund

If you already donate to the school by standing order, please consider setting up a direct debit donation on our new platform Enthuse and cancelling your current standing order with your bank. This will maximise your donation as gift aid will be claimed automatically, and reduces administration time for the school. Links to the Enthuse donation platform for both Main School and 6th form can be found [here](#).

All contributions received are very much appreciated and directly benefit all students within the school. We value each and every pound donated to provide a better education experience for our students.

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.

"The school has developed its curriculum far beyond regular lessons" Ofsted 2020

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

Get involved with the PTA!

Join the Hollyfield PTA – Make a Difference and Be Part of the Fun!

The Hollyfield PTA is a dynamic group of parent & carer volunteers who work together to create incredible social and fundraising events that directly benefit Hollyfield School. From supporting exciting events to providing essential equipment, the PTA plays a vital role in enriching our children's school experience. The best part? You can help shape how these funds are spent! Why Join the PTA?

- Build Connections: Meet other parents & carers, make new friends, and strengthen the Hollyfield community.
- Be Involved: Have a say in decisions that directly impact your child's school life.
- Make a Difference: Help us deliver unforgettable events like Hollyfest, which brings the entire school community together for an incredible day of fun and fundraising.
- How Can You Get Involved?
- Volunteer Your Time: Whether it's setting up food stalls, selling raffle tickets, or lending your skills for events, every bit of help makes a huge impact.
- Join the Easyfundraising Scheme: An effortless way to support the school just by shopping online.
- Attend PTA Events: Enjoy yourself while contributing to a great cause—our events are the perfect blend of fun and fundraising.
- Come to Monthly Meetings: Share your ideas and stay in the loop. These meetings often include school leaders who value your input.
- There's a role for everyone, whether you can offer a few hours here and there or take a more active role in planning and organising. Hollyfield PTA thrives on the energy, ideas, and dedication of parents & carers like you.

Sign up today and be part of something amazing! Together, we can make a real difference for our children and their school.

Contact us on ptahollyfield@gmail.com to join our WhatsApp group or find out more.

Breaking News! Hollyfest 2025!

We have started with the planning for Hollyfest 2025!

We need everyone!

If you can get involved, to join in the fun and help make this event happen, please contact us at ptahollyfield@gmail.com, with your number. We can add you to our WhatsApp group. No problem if you are not able to attend meetings

Next PTA Meeting Tuesday 25.02.25

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 - At Hollyfield School - exact venue at the school will be confirmed on Monday.

We are looking forward to seeing you there!

[We meet on the 3rd Tuesday of every month.]



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



[@hollyfield_pta](https://www.instagram.com/hollyfield_pta)



[@TheHollyfieldSchoolPTA](https://www.facebook.com/TheHollyfieldSchoolPTA)



ptahollyfield@gmail.com



www.hollyfieldpta.org

Pre-loved Uniform Store

Next session: TBC

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



www.hollyfieldpta.org

THIS WEEK.....




TOP ATTENDERS

The year group with the highest overall attendance so far this year is Year 9 with a total of 95.68%. The top form group within each year this week is:

7BEJ= 95.67%
 8SCM = 97.81%
 9SDA = 97.74%
 10WGO= 95.71%
 11DHO = 95.93%

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

HOUSE POINTS

| |  Eagle |  Falcon |  Osprey |
|----------------|---|---|--|
| Year 7 | 7754 | 8756 | 8361 |
| Year 8 | 7199 | 6565 | 8013 |
| Year 9 | 5797 | 5775 | 6430 |
| Year 10 | 5432 | 4239 | 4225 |
| Year 11 | 3897 | 3799 | 3159 |
| Total | 30079 | 29134 | 30188 |

NEXT WEEK

| | |
|----------------------|--|
| Monday 3 February | Year 12 Assembly – Common Room Year 11 Assembly (Health Independence and Self Examinations) – Dining Hall Key Stage 3 Eagle, Falcon, Osprey House Assemblies (online) Year 7 Kingston University Trip |
| Tuesday 4 February | Year 13 Assembly – Common Room Year 7 Assembly (What is Banter?) – Dining Hall Key Stage 4 Eagle, Falcon, Osprey House Assemblies (online) |
| Wednesday 5 February | Year 8 Assembly (What is Banter?) – Dining Hall |
| Thursday 6 February | Year 9 Assembly (What is Banter?) – Dining Hall Year 11 Way2 Work Apprenticeship Open Day (1.30-3.00pm) Sixth Form Parents' Evening (4.00-7.00pm) |
| Friday 7 February | Year 10 Assembly (What is Banter?) – Dining Hall Year 10 GCSE Science Live |

FORTHCOMING DATES

3 February – Year 7 Kingston University Trip
 6 February – Year 13 Parent Consultation evening - 4.00pm
 6 February - Year 11 Way2 Work Apprenticeship Open Day (1.30-3.00pm)
 7 February - GCSE Science Live
 10-15 February – Year 13 Retake Trial Exams

13 February - Year 8 Sandown Park – Numeracy in a real life context
13 February - Year 10 SASM Careers Fair

17-21 February 2024 – Half Term

24/2 – Inset day

24 February – Year 11 English Language Paper 2 (8.30-10.30am)
24 February – Year 11 Maths Mock Paper 1 (11.30am-1.00pm)
26 February – Year 12 Parent Consultation evening - 4.00pm
26 February - AFC Yes Bus Service (12.30-1.15pm)
26 February – 1 March – Year 12 Retake Exams
28 February – Year 11 Kingston College Beauty Therapy Taster
28 February – Year 9 DTP & Men ACWY Vaccinations
4 March – Year 12 UK University and Apprenticeship Fair
4 March - Year 11 GCSE Drama Mock Practical
10 March – Year 13 Report emailed to parents
10 March – Year 7- 9 Report Emailed Home
14 March – Year 12 Report Emailed Home
20 March – BTEC Level 3 Results published
20 March – Year 7 Parent Consultation evening - 4.00pm
21 March - Year 12 & 13 Sixth Form English Literature Conference (Hampton School)
24 March – Year 10 Reports emailed to parents
26 March - Year 10 & 11 GCSE Drama Theatre Trip (Kyoto @ Soho Place) (6.00 -10.30pm)
27-28 March - Year 7-10 Activity Day
28 March - Year 12 Activity Day
31 March-26 April – Year 13 Final Trial Exams
3 April - Year 7-13 Culture Day
3 April - Year 10 Parent Consultation evening
4 April - End of Term – students dismissed from 12.00pm

7 April – 21 April 2025 – Easter Holidays

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 7 986 Year 8 896 Year 9 745 Year 10 744 Year 11 418

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

7LGR 241 **8RAL** 181 **9NLU** 142 **10JSA** 180 **11DMI** 106

The top performing students from each year were:

Year 7 Ilia A

Year 9 Treasure O

Year 11 Tsz Shun C

Year 8 Matthew C

Year 10 Sienna L

TEACHING & LEARNING



Blue Peter Badge

Blue Peter has launched a book badge that can be applied for by anyone aged between 5-15 years old. The badge allows the wearer free entry to a variety of venues all of which can be found on the website. Further details about this exciting opportunity and how to apply can be found on the following link.

<https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-book-badge>

<https://www.bbc.co.uk/cbbc/attractions>

<https://mybluepeter.bbcstudios.com/#/>

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

Oliver Daws: Piano

Deborah Chalmers: Violin

Linley Weir: Voice

David Muncey: Brass & Piano

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 Briefing 31 January 2025 Mr Poole & Miss Corrighan (Careers team)

Year 11

Sixth Form/College applications and interviews

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. Many students are having their sixth form and college interviews now, it can be nerve wracking so 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: ipool@hollyfield.kingston.sch.uk and we can book a meeting to support you and talk through your options.



National Apprenticeship week (NAW)

There are many events going on for students and parents/carers to access during NAW 2025 including:

Unifrog Apprenticeship Fair (12 Feb, 4–6:30pm)

Students can meet 40 employers who are offering apprenticeships in a diverse range of sectors including the NHS, Royal Air Force, BBC, and National Grid. They'll attend live talks on demonstrating skills in applications, what are degree apprenticeships and there is a specific parent

session: [Register here and find out more](#)

If you can't make the Unifrog event there are a range of employer events throughout that week listed here: [Events – National Apprenticeship Week](#) and for those interested in apprenticeships you can see our weekly careers bulletin: [31st January 2025 Sixth Form Careers opportunities](#)

Year 9

Subject Tasters & Speed Networking Day - 11 February 2025

Students will have the opportunity to take part in a number of subject tasters and a careers speed networking event. Students will be meeting people from a range of career sectors. The aim of the event is to provide students with an opportunity to broaden their understanding of the world of work; give them an insight into the future careers options and inspire them in their future choices.



Unifrog

Year 9 students have signed in using their Hollyfield email addresses. Parents can also have your own Unifrog account. You'll be able to research careers, attend webinars delivered by employers and universities to learn more about their opportunities, and compare pathways so you can support your child in making an informed decision

about their next steps. The sign up code you need is: **HYFDPARENTS** and sign up here:

www.unifrog.org/code



Careers opportunities

We want to ensure we are promoting a range of opportunities for our students to explore their career ideas. This includes; **work experience, careers events and taster sessions, University summer schools and open days and the latest apprenticeships.**

This bulletin is produced exclusively for YOU! Sixth formers should be accessing this on a weekly basis and is posted to their google classrooms. Please see our weekly opportunities bulletin: [31st January 2025 Sixth Form Careers opportunities](#)

Careers in Focus: Construction & Property



finance and business connected to the construction industry.

From designing homes to building and selling them, now's a great time to explore property and construction career opportunities. Over the next few years construction is due to expand and the sector needs another 250,000 workers. There are many different jobs in this sector from **architects, architectural technician, civil engineers, structural engineers, surveyors, town planners** as well as a whole range of craft trades; **electricians, plumbers, carpenters and bricklayers.** There are also a range of people working in



There are a wide range of apprenticeships available in the construction industry. The Go Construct website highlights the options: [Apprenticeships](#) and the A-Z of jobs has great career profiles which include what the job includes, the training/routes in and the salary: [Construction Jobs List \(Careers in Construction\)](#)



Real Estate has become the job many people want to do with the popularity of reality shows such as Selling Sunset, Location Location and others. A Graduate survey in 2023 showed 84% of real estate graduates report working as chartered surveyors (64%), estimators, valuers and assessors (8%), estate agents and auctioneers (8%) or property, housing and estate managers (4%). There are various routes into these roles including Apprenticeships and T Levels, so it's finding the right pathway for you.

To explore this industry more these are useful resources:

- [Property and Construction Prospects](#)
- [What can I do with a real estate degree? | Prospects.ac.uk](#)
- [Unifrog](#) - use your Hollyfield email to log in and access the **careers library** to research jobs

GETTING TO KNOW.....

Geography Department

Ben Jones - Head of Geography

I've been teaching Geography for 9 years and joined Hollyfield in September 2022. I teach all key stages and enjoy my lessons. In my spare time I like to read and watch geography related content with Michael Palin travel documentaries being an absolute highlight. I'm also an avid cricket and rugby supporter and like to keep fit. My favourite country is Wales.

Rob Hall - Teacher of Geography

I joined Hollyfield as a Geography teacher in September 2023 having previously taught in schools in Manchester. My favourite part of Geography is being able to develop our students' knowledge of the world they see around them. I have an interest in Geopolitics, my favourite Geographic author is Tim Marshall, author of Prisoners of Geography. In my spare time I am a keen runner and my top 3 favourite countries I have been lucky enough to visit are New Zealand, Argentina and Colombia.

Dan Keefe - Teacher of Geography

I started teaching at Hollyfield in 2023 teaching key stages 3,4 and 5. In my spare time I play guitar and have also taught it in schools and performed extensively. I have an avid interest in travel and the natural world, and when travelling I try to combine the two. My favourite countries that I have visited so far are Myanmar, Guatemala, and Bolivia.

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-psychological-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.



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

WE ARE BACK THIS EASTER!

Day Camps from **£40** per day

Book Now!

Camp Beaumont

LIMITED TIME OFFER

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

STUDY SMART
Free Online Courses

Aspire Education

ncfe. | cache Education & Skills Funding Agency

Fully Funded School Support Course

Available in Levels 1, 2 & 3

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

*Please go to our website for more detailed information.

www.studysmartuk.online

NEW YOUTH CLUB OPENING!

**Do you want a safe
place where you can...**

take part in sports, play games,
chill with your friends, listen to
music and more?

School Years
7 to 11

Then look no further.
Tolworth has a new
youth club located at
Sunray Community
Centre, Knollmead
KT5 9PH

Thursdays
7pm to 8.30pm
Term time

For more information and to find out how to get involved please
email: youth.services@achievingforchildren.org.uk

**achieving
for children**

DANCE FIT

ENERGIZE YOUR WORKOUT

**High-Energy
Fitness Dance Class
For All Levels**

Now open to non-members

For more information:
ekremalkoc@gmail.com

10:30 AM BERRYLANDS, SURBITON, KT5 8JT

TERM TIME CLASSES • HOLIDAY WORKSHOPS • PRIVATE TUITION

Fine Art School

Classes for Adults & Children

Traditional drawing, painting & sculpture combined
with unique projects, experienced teachers &
professional quality materials.

Term Time Classes

Adult,
After School &
Saturdays for Ages 5+

Holiday Workshops

Every Half Term
& School Holiday
for Ages 5+

Private Tuition

1-1 or Group
Classes at Your
Home

07956573515 | SURBITON@CYGNETSARTSCHOOL.COM

WWW.CYGNETSARTSCHOOL.COM/SURBITON

How We Teach

Our unique step-by-step teaching method, means we're able to
cover advanced techniques & subjects, even with our youngest
students. Projects are carefully designed to impart core skills
that can be used for a lifetime.

Term Time Classes

2 Ewell Rd, Long Ditton, Surbiton KT6 5LE

Each term covers a new exciting theme, where students will have
the chance to explore an array of different styles & mediums.

For current class details, visit our website.

Holiday Workshops

Every half term and school holiday, Cygnets run a series of
fantastic workshops for ages 5+. There are two classes on each day,
so students can attend individual classes, or bring a packed lunch
and stay for both! Please see website for upcoming classes.

Private Tuition & Classes

Private one-to-one or group tuition for ages 5+ at your
home, with one of our experienced artist-teachers. Ideal for
scholarship application, or just for fun!

**KINGSTON
ADULT
EDUCATION**
Learn • Achieve • Progress



Join our new
**Saturday Family
Workshops**

Spend quality time with your child, grandchild, niece, nephew or family friend while learning & having fun together!

£20 per workshop
(includes one adult & one child)

- 1 Feb
 - **Family Cookery** - Italian
- 8 Feb
 - **Family IT** - Using computers
 - **Family Crafts** - Make a necklace & bracelet
- 15 Feb
 - **Family IT** - Online safety
- 1 March
 - **Family Art & Languages** - Learn Italian through family fun
- 8 March
 - **Family IT** - Family apps
- 22 March
 - **Family IT** - Coding

For further information, visit:
bit.ly/KAE-FamilyWorkshops



**KINGSTON
ADULT
EDUCATION**
Learn • Achieve • Progress



**FREE*
Maths
courses**

Refresh and develop your maths skills to grow your numeracy confidence and allow you to better support your child with their maths schoolwork. Our maths courses are **FREE** to adults aged 19 or over living in a London borough.

Building Confidence with Numeracy:
A Maths for Parents Workshop
Starts on Friday 28 February for 5 weeks
12pm to 2.15pm
Hook Centre, Chessington

Over 5 sessions, you will explore how numeracy is all around us when shopping, cooking and organising the day; brush up on core maths skills such as addition and subtraction, multiplication, division, fractions, time and measurements; and put these skills into real-life practice including using money and helping children with their maths homework.

Maths for Parents:
Secondary School Maths
Starts on Tuesday 25 February for 5 weeks
10.15am to 12.30pm
Hook Centre, Chessington

During this course, you will review the key maths topics covered in your child's secondary school; practise the same maths and methods taught to them; and discover helpful maths resources. The secondary school course covers Key Stage 3 and 4 maths.

For further information and to book, visit bit.ly/KAE-Maths or call 020 8547 6700.

