



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 you have been enjoying the warmer weather this week and that you are looking forward to a great weekend. There has been lots going on at Hollyfield this week. The Maths department organised a range of wonderful activities to celebrate numeracy week, including a trip to St. John Bosco College for a 'Girls in Maths' day and a hotly contested numeracy bake off. You can see photos of both events on our Instagram feed: hollyfield_school. Next week, the English department will take over the themed week mantle as we celebrate Shakespeare Week.

Next week is also a huge week for students across the school as we suspend the curriculum on Thursday and Friday for the first Activities Days of the academic year. Year 7 students will take part in a visit to London Zoo, as well as a day in school learning Circus Skills and taking part in Art and DT workshops. Year 8 students will visit The Science Museum and will also take part in creative writing, substance misuse and St John's Ambulance workshops. Year 9 students will visit the Maritime Museum, Royal Observatory and The Cutty Sark in Greenwich - as well as substance misuse and sporting workshops at school.

Our Year 10 students will spend one day learning Digital Skills and one day focused on careers. Many of them will visit workplaces (Digico Chessington, The National Physical Laboratory, Fusebox Kingston, The National Theatre and Kingston Council), while others will stay at school to take part in a workshop led by Young Enterprise. Students were invited to select the visit of their choice - and we will be offering a second 'workplace visit' opportunity for them later this year. Year 11 students will be learning digital skills and study skills in a series of workshops on Thursday, and on Friday they will test 'The Science of Roller Coasters' at Thorpe Park. We hope everyone has an amazing couple of days and we're very grateful to all those who are leading and organising such a wonderful array of experiences.

We strongly encourage all parents and students to come along to the Year 10 parents' evening on 3 April, bookings can be made from Monday 24 March at 9.00am via <https://thehollyfieldschool.schoolcloud.co.uk/> and we welcome feedback on the Year 7 parents' evening that took place this week.

We will have more news for you next week on Hollyfield's first Culture Day, which is being held on Thursday 3 April. There will be a range of whole school activities throughout the day, from specially themed lessons to competitions and celebrations. One element that we want to give you a chance to think and talk about at home is that students will be invited to wear national dress or the sports kit of one of their national teams. This came as a request from our Student Council and the Culture Day Working Party and I promised to give you all time to prepare.

The Easter holidays are approaching so it is timely for me to remind parents that, as always, the last day of term is a non-uniform day and we will have an early closure for students at 12.00pm. The students will be asked to donate £1 to charity on this day, which will be collected during form time in the last week of term. We return to school on Tuesday 22 April. As always, this will be a late start for students. Students should arrive at school at 10:30am where they will go to registration and lessons will begin with period 3 at 10:55am.

That's it for this week. Have a great weekend and enjoy the spring sunshine!

Wishing you all a wonderful weekend.

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.....

- 24/3– Y10 Reports emailed to parents
- 24/3 - Y7 visit to Kingston University
- 24/3 - Y11 GCSE Drama – Tech & Dress Runs
- 26/3 - Y10-11 GCSE Drama Trip (Kyoto @ Soho Place) (6.00 - 10.30pm)
- 25/3 - Y11 GCSE Drama Performance Exam
- 25/3 – Chamber Choir Rehearsals

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.....	11
General Information.....	11
Local Information.....	11

OTHER NOTICES

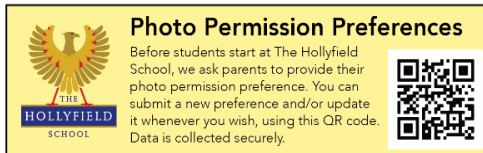
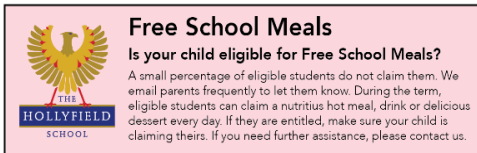


Photo Permission Preferences

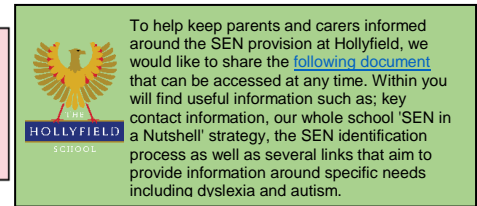
Before students start at The Hollyfield School, we ask parents to provide their photo permission preference. You can submit a new preference and/or update it whenever you wish, using this QR code. Data is collected securely.



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.



To help keep parents and carers informed around the SEN provision at Hollyfield, we would like to share the [following document](#) that can be accessed at any time. Within you will find useful information such as; key contact information, our whole school 'SEN in a Nutshell' strategy, the SEN identification process as well as several links that aim to provide information around specific needs including dyslexia and autism.

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.

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

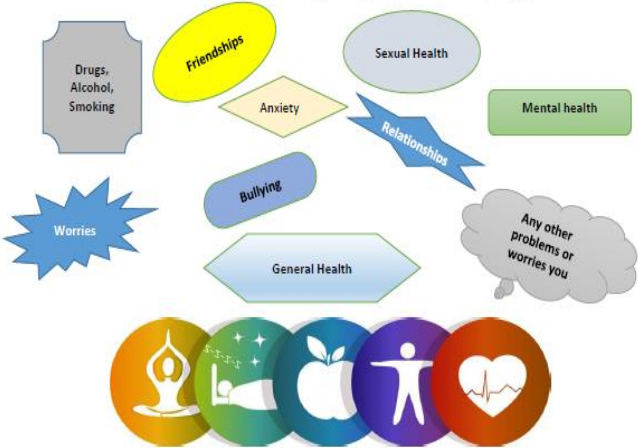
Mr Buckman: nbuckman@hollyfield.kingston.sch.uk

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](#)

[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 a 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. Click [here](#) to sign up.
- **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. We tend to meet on the third Tuesday of each month.
- **Get Regular Updates:** [Join the WhatsApp Community](#) for the PTA.

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.

London Marathon!

The link to Flyn Orchard's fundraising page:

<https://2025tcslondonmarathon.enthuse.com/pf/flynn-orchard-e63f7>

Please support him in this fantastic venture!

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.**



@hollyfieldpta



@hollyfield_pta



@TheHollyfieldSchoolPTA



ptahollyfield@gmail.com



www.hollyfieldpta.org

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

**Next PTA Meeting
April 2025 - date TBC**

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! **We will progress our planning for Hollyfest 2025!**

Join us at, 7:30pm - Waggon and Horses Pub

We meet in the raised bar area at the back.

We are looking forward to seeing you there!

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

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 7 with a total of 94.32%. The top form group within each year this week is:

7BEJ = 97%
 8VVA = 96.13%
 9DKE = 96.43%
 10JSA = 93.75%
 11DHO = 96.3%

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

HOUSE POINTS

	 Eagle	 Falcon	 Osprey
Year 7	10394	11416	10712
Year 8	9537	8928	10606
Year 9	7427	7458	8269
Year 10	6665	5437	5686
Year 11	4888	4828	3978
Total	38911	38067	39251

NEXT WEEK

Monday 24 March	Shakespeare Week Year 12 Assembly - Common Room Year 11 Assembly (Sixth Form) – Dining Hall Year 10 Reports Emailed Home (24-28 mar) Year 11 GCSE Drama C2 – Tech & Dress Runs Year 7 Pupil Premium visit to Kingston University
Tuesday 25 March	Year 13 Assembly – Common Room Year 7 Assembly (Protecting the Environment) – Dining Hall Year 11 GCSE Drama C2 Performance Exam Chamber Choir Rehearsals
Wednesday 26 March	Year 8 Assembly (Protecting the Environment) – Dining Hall
Thursday 27 March	Year 7-12 Activity Day
Friday 28 March	Year 7-12 Activity Day A Level Music Lecture (Waldegrave School)

FORTHCOMING DATES

24 March – Year 10 Reports emailed to parents
 24 March - Year 7 Pupil Premium visit to Kingston University
 24 March - Year 11 GCSE Drama C2 – Tech & Dress Runs 26 March - Year 10 & 11 GCSE Drama Theatre Trip (Kyoto @ Soho Place) (6.00 -10.30pm)
 25 March - Year 11 GCSE Drama C2 Performance Exam
 25 March – Chamber Choir Rehearsals
 27-28 March - Year 7-10 Activity Day
 28 March – A Level Music Lecture (Waldegrave School) (1.30-3.30pm)

28 March - Year 12 Activity Day
 31 March-26 April – Year 13 Final Trial Exams
 31 March - Year 11 Parent English Language Revision Workshop (St Mark’s Church)
 2 April - Year 9 Vaccination Catch up
 3 April - Year 7-13 Culture Day
 3 April - Year 10 Parent Consultation evening
 4 April – Non-uniform day - £1 charity donation
 4 April - End of Term – students dismissed from 12.00pm

7 April – 21 April 2025 – Easter Holidays

22 April – Term starts – 10.30am
 22-26 April – Year 12 Trial Exams
 22 April – 7 May - GCSE and A Level Speaking Exams
 22 April – Year 11 Report emailed to parents
 23 April – Year 9 Fulham Social Action Project Finals and Celebration Event
 23-25 April – Year 11 Art Exam
 24 April – Year 5 SEN Tour (1.30-3.00pm)
 29 April – 2 May – A Level Art Exam
 29 April – Year 11 Textiles & 3D Exam
 1 May – Year 12 UCAS & Apprenticeship Parents’ Evening
 1 May – Year 7 & 8 Junior Maths challenge
 1 May – Year 8 Parent Consultation evening - 4.00pm
 5 May – Bank Holiday
 5-23 May – Year 7, 8 & 9 End of Year Assessments
 5 May – GCSE Coursework Deadline
 9 May - Year 8 & 9 Reach Out Trip (9.20am - 2.00pm)
 9-11 May – Netball Tour
 11, 19, 22 May – Year 12 English Twilight Revision (Literature and Language) (6.00-7.00pm)
 12 May – GCE Coursework Deadline
 12 May –Year 12 & 13 Report emailed to parents
 13 May – Year 12 Houses of Parliament Visit
 19-20 May – Year 6 Interviews (4.00-7.00pm)
 23 May – Early Closure – 12.00pm
 23 May - Year 11 Celebration event

26 - 30 May 2025 – Half Term

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 7 535 **Year 8** 870 **Year 9** 666 **Year 10** 464 **Year 11** 144

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

7PGI 150 **8VVA** 167 **9KWH** 180 **10WGO** 107 **11DMI** 82

The top performing students from each year were:

Year 7 Ollie C **Year 9** A Warry **Year 11** Vincent T
Year 8 Zach G **Year 10** Camron HM

TEACHING & LEARNING

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

David Muncey: Brass & Piano

Tom Early: Drum kit/Percussion

Tino Rainone: Guitar

Linley Weir: Voice

Andy Brown: Guitar

Tom Marshall: Guitar

Deborah Chalmers: Violin

Oliver Daws: 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

Careers Briefing 21 March 2025 Mr Poole & Miss Corrighan (Careers team)

Year 10 Work place visits

An important part of the careers programme in the school is to provide first-hand experiences of the workplace to help students explore careers opportunities. With this aim in mind the school is organising a number of workplace visits or employability activities on **Thursday 27 March**. A letter has been sent home to parents/carers about the event with google choice form.

Places are limited, but those students who do not get a chance to visit on this day will have an opportunity to take part in a workplace visit on the 11 July. Those students who did not go on the visits will take part in an employability master class with Young Enterprise and volunteer employers at school.

The objectives of the workplace visits and the Young Enterprise master class are:

- To meet a range of people from different businesses.
- An opportunity for an extensive two-way discussion between the student and the employee/employer about the skills necessary to be successful in the workplace.
- Students will complete a task relevant to that workplace and to get feedback on their work.

Students are being asked to choose out of five visits or be involved in the employability **masterclass with Young Enterprise**.

The trips out of school are to **Digico in Chessington; the National Physical Laboratory; Fuse Box and the Rose Theatre; the Kingston Council HR & Planning Department or the National Theatre in London**. As a part of the employability masterclass students will gain top tips on a range of approaches to job hunting including guidance on CV writing, cover letter and interview techniques



Year 11 - Sixth Form/College applications and interviews

As we get nearer to the GCSE exams we are checking in with year 11s to make sure they have applied to 2-3 sixth forms or colleges. Many students are having their interviews now, it can be nerve wracking so please see this: [How to ace your UK college interview : Unifrog Blog](#) If any year 11 students/parents would like support with any applications or interviews this please contact

the careers team: ipoole@hollyfield.kingston.sch.uk and we can book a meeting to support you and talk through your options. We are trying to see the last few year 11 students who haven't had a careers meeting before Easter.



Careers opportunities

We want to ensure we are promoting a range of opportunities for our students to explore their career ideas. This bulletin is produced exclusively for YOU!

This includes;

- **Work experience & taster sessions**
- **Careers events & talks**
- **University events e.g. summer schools and open days**

- **All the latest apprenticeships**

Sixth formers should be accessing this on a weekly basis and is posted on their google classrooms. Please see this week's opportunities bulletin: [21 March 2025 Sixth Form Careers opportunities](#)

To search for all the latest apprenticeships in your local area visit: [Find an apprenticeship](#) but we would like to highlight this great opportunity below:

The Royal Parks Horticultural Apprenticeship Scheme - Bushy Park



THE
**ROYAL
PARKS**

The Royal Parks Horticultural Apprenticeship Scheme is an ideal way to begin a career in horticulture and open space management. Our scheme is typically a 3 year apprenticeship combining college based learning with unrivalled workplace training in one of London's historic

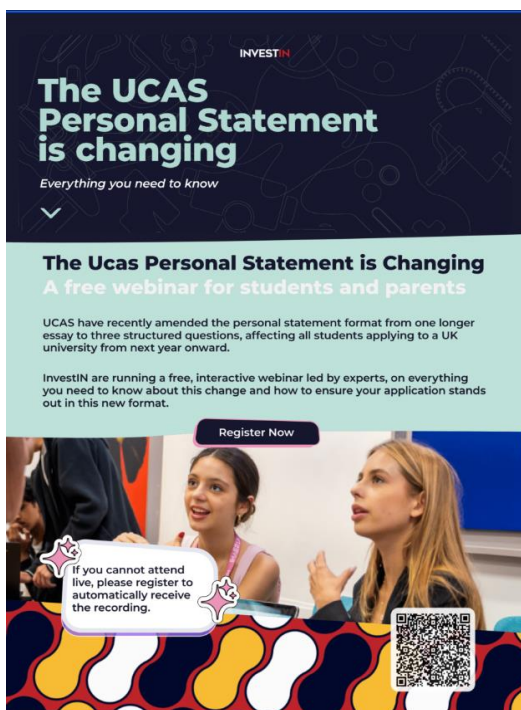
Royal Parks.

Salary: £23,500 a year

Requirements: GCSEs grade 4 or above in English and Maths

This would suit anyone leaving year 11 or 13 and they want a practical and outdoor job. See the link to the job for more details:

<https://www.findapprenticeship.service.gov.uk/apprenticeship/VAC1000310196>



Free webinar for students & parents: The UCAS Personal Statement is Changing

UCAS have recently amended the personal statement format from one longer essay to three structured questions, affecting all students applying to a UK university from next year onward.

To help you navigate these changes, **InvestIN** is hosting a **free, interactive webinar led by experts**, covering everything you need to know to make your application stand out.

We strongly encourage **Year 11 and Year 12** students to attend to gain valuable insights on the new format and learn what skills and experiences you should develop to craft strong responses.

Date & Time: 26th March, 6-7pm

Online - Register [here](#) If you cannot attend live, please register to automatically receive the recording.

GETTING TO KNOW.....

Philosophy Department

Mr Harris – Philosophy Teacher

After twenty-seven years navigating the diverse landscape of education, I have found a new home at Hollyfield as a Teacher of Philosophy. It's been a genuine pleasure to rediscover the intellectual stimulation of teaching sixth form, a challenge that I haven't tackled for some years. My first term here has been remarkably enjoyable, and I'm keenly interested in the school's ongoing development. I eagerly await the upcoming Ofsted inspection, confident that the dedication of the Hollyfield community will shine through.

Mr Warren - Assistant Headteacher/Head of Sixth Form

I am the Head of Sixth Form and I teach Philosophy, Sociology and R.E. I love working in the sixth form - our students are wonderful and working with them everyday is inspiring. Being part of the sixth form team we get to be involved in exciting enrichment activities every week and I have travelled to New York, Washington and Paris on various trips with the students.

Outside of school I am an avid Chelsea fan regularly attending games at Stamford Bridge (hopefully will be doing this again soon!). I also help to coach my son's football team and this is great way to start the weekend on a Saturday morning.

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.
- **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.
- **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/. 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)

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(E) morag@shrafeddins-therapy.co.uk
(W) shrafeddins-therapy.co.uk

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