



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

“Pupils’ behaviour is exemplary, and they demonstrate exceptional attitudes to learning” Ofsted 2025

**Head’s Line:**

Dear Hollyfield Community

Welcome back and Happy New Year!

We have thoroughly enjoyed our return to school, it has been wonderful to see all of the students and hear about their summer holidays. The students have settled back into their routines well and are enjoying their new timetables. I'd like to extend a special welcome to our new Year 7 parents; welcome to the community, we're delighted to have you. Likewise, welcome (back) to many of our Year 12 parents; we're looking forward to the year ahead.

We have a busy few weeks ahead of us with full details below. Alongside the parent information evenings and open evening events, our sixth form students will be enjoying their transition programme, which involves a welcome BBQ and various trips. The sixth form team have sent out full details to the students and parents.

**Open evening bookings/Early Close & Late Start**

Our annual open evening takes place on 23 September. This is a very important event in the school calendar. Please pass the information on to any parents who have children in Year 5 or 6 and encourage them to attend. They can also book an open morning tour. The link for these events is on our website.

We will have an early closure on 23 September so the school can set up for the event, therefore students will leave school at 12.00pm. The following day (24 September) school will start later than usual at 12:30pm for students. There will be a registration period followed by period 5 and 6 lessons. There will not be a standard lunchtime provision on that day, but the school will be open from 12:00 for students who are eligible for free school meals to collect and eat a lunch.

**Parents’ Information Evenings**

As always, we are holding our Parent Information Evenings for every year group to inform parents what to expect in the year ahead. The dates and format is below:

- Year 7: Thursday 18 September 1800 - 1930 (on school site)
- Year 8: Tuesday 16 September 1800 - 1930 (on school site)
- Year 9: Tuesday 9 September 1800 - 1930 (online)
- Year 10: Thursday 11 September 1800 - 1930 (online)
- Year 11: Thursday 11 September 1800 - 1930 (online)
- Sixth Form: Wednesday 17 September – 1800 – 2000 (on school site) – parents only

The links for the Year 10 and Year 11 events will be shared with parents. Please can I ask parents to check that they sign into the correct event as the two year group evenings will run at the same time, but of course with different links. If you have children in both year groups the events will be recorded for viewing at a later date.

**Harry’s memorial:**

Parents will be aware that 18 months ago we lost a wonderful member of our community when Harry Woodroffe passed away. Harry was in Year 8 at the time of his death and his loss is still, and will always be, felt by all that knew him. This term we will be remembering Harry with a couple of special events. The first of these will be on Tuesday 30 September where we will host the opening of 'Harry's place' this will be a summer house built to house the fingerboard skate park built for Harry before he died. Harry's family have donated this to Hollyfield so that the students can enjoy it on a daily basis. The following day, Wednesday 1 October the whole school will complete our inaugural memory walk. Every tutor group will walk around Berrylands, through Fishponds park and finish at Surbiton Tennis Club, where students will be dismissed. The purpose of this walk is to remember Harry, or other people we may have lost or to simply improve mental and health and wellbeing by talking friends as we complete the walk. I will write to parents with full details of this event next week.

**And finally,**

We have two trips going out this weekend, our girls' rugby team are off to watch the Red Roses play Australia in the women's rugby world cup tomorrow. We hope they have a wonderful time. In addition to this our students completing the DofE award are completing their expedition this weekend, we'll keep our fingers crossed for great weather.

Wishing you all a wonderful weekend

**Amy Jackson**  
 Headteacher



**Term Dates**

**Autumn Term 2025**

1 September to 19 December  
 (Inset Day – 1-2 Sept, 6-7 Nov & 5 Dec)

**Half Term**

27 October - 7 November

**Christmas Holiday**

22 December - 2 January 2026

**Spring Term 2026**

5 January – 27 March

(Inset Day – 23 Feb)

**Half Term**

16-20 February (see above)

**Easter Holiday**

30 March – 10 April (Bank Hol 3 & 5 Apr)

**Summer Term 2026**

13 April – 17 July (Bank Hol 4 & 25 May)

**Half Term**

25 - 29 May

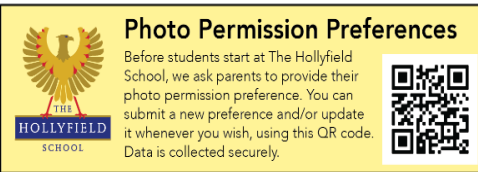
**..... Stop Press.....**

- 6/9 – Pre-loved uniform sale
- 9/9 – Y9 Parent Information evening - online – 6.00pm
- 11/9 – Y12 Go Ape Trip
- 11/9 – Y11 Parent Information evening - online
- 11/9 – Y10 Parent Information evening – online
- 12/9 – Y13 Paintballing Trip
- 12/9 – Sixth Form BBQ

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## OTHER NOTICES



**Photo Permission Preferences**

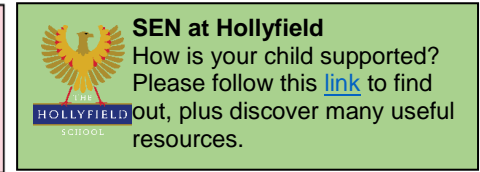
Before students start at The Hollyfield School, we ask parents to provide their photo permission preference. You can submit a new preference and/or update it whenever you wish, using this QR code. Data is collected securely.



**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.



**SEN at Hollyfield**

How is your child supported? Please follow this [link](#) to find out, plus discover many useful resources.

### 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](mailto: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](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

#### **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 6<sup>th</sup> 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](mailto:lsutton@hollyfield.kingston.sch.uk).

## Nurture Programme for Parents Coming This October!

We're excited to announce that our school will be launching **The Nurture Programme specifically for parents**, starting this **October!**

Being a parent is an incredible journey, and sometimes, a little extra support and connection can make all the difference. This programme is designed to provide a supportive and understanding space for parents to share experiences, gain practical strategies, and connect with other parents facing similar joys and challenges.

Throughout the programme, we'll explore various topics relevant to parenting, focusing on building strong family relationships, understanding children's emotional needs, and developing effective communication skills. It's a fantastic opportunity to enhance your parenting toolkit in a warm, non-judgmental environment.

### How to Register Your Interest

If you're interested in joining our Nurture Programme for Parents, please register your interest by **26.09.25**.

You can do this by emailing **pridgers@hollyfield.kingston.sch.uk** with the subject line "**Parent Nurture Programme Interest.**"

Please note that expressing interest does not guarantee a place, as spaces are limited to ensure a supportive group size. We will review all registrations and be in touch after the deadline with more details about the programme and how to confirm your place.

We're really looking forward to offering this valuable programme and creating a supportive community for our school parents.

## 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 view workshops and book](#)



## HOLLYFIELD PTA NEWS

### **Pre-loved Uniform Store 6 September**

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/causes/hollyfieldpta/>

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](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 97.76%. The top form group within each year this week is:

7SNE/RSA = 100%  
 8LGR = 98.92%  
 9CNE= 98.92%  
 10KWH = 100%  
 11AOP = 98.92%

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

### HOUSE POINTS

	 Eagle	 Falcon	 Osprey
Year 7	To be confirmed		
Year 8	173	222	116
Year 9	222	227	151
Year 10	83	133	99
Year 11	49	60	88
<b>Total</b>	<b>527</b>	<b>642</b>	<b>454</b>

### NEXT WEEK

<b>Monday 8 September</b>	Year 12 Assembly - Common Room
	Year 11 Assembly (Safeguarding) – Dining Hall
<b>Tuesday 9 September</b>	Year 7 Assembly (Safeguarding) – Dining Hall
	Year 8 Assembly (Fire Drill Muster Point 1) – Top Playground
	Year 9 Parents' Information Evening (On Line) (6-7.30pm)
<b>Wednesday 10 September</b>	Year 8 Assembly (Safeguarding) – Dining Hall
	Year 9 Assembly (Fire Drill Muster Point 1) – Top Playground
<b>Thursday 11 September</b>	Year 9 Assembly (Safeguarding) – Dining Hall
	Year 10 Assembly (Fire Drill Muster Point 1) – Top Playground
	Year 12 Go Ape Trip
	Year 10 & 11 Parents' Information Evening (On Line) (6-7.30pm)
<b>Friday 12 September</b>	Year 10 Assembly (Safeguarding) – Dining Hall
	Year 11 Assembly (Fire Drill Muster Point 1) – Top Playground
	Year 13 Paintballing Trip
	Year 10 Workshop (Challenging Negative Attitudes Towards Women) (8.30-8.55am)
	Sixth Form BBQ (3-6.30pm)

### FORTHCOMING DATES

6 September – Pre-loved uniform sale  
 9 September – Year 9 Parent Information evening - online – 6.00pm  
 11 September – Year 12 Go Ape Trip  
 11 September – Year 11 Parent Information evening - online  
 11 September – Year 10 Parent Information evening – online

12 September – Year 13 Paintballing Trip  
 12 September – Sixth Form BBQ  
 15 September – Year 7, 9, 11 & 12 Photos – 8.30am  
 15 September – Extra Curricular Activities begin  
 16 September – Year 8 Parent Information evening – 6.00pm  
 17 September – Sixth Form Life & Rules evening - 6.30pm  
 18 September – Year 7 Parent Information Evening  
**23 September – Early Closure from 12.00pm**  
 23 September – Open Evening – 5.00pm  
**24 September – Late Start – 10.10am**  
 24 & 30 September – SEN Open Day Tour  
 26 September – 6 October – Year 6 Tours  
 30 September – Year 11 Group Photo  
**1 October – Early closure from 1.15pm**  
 2 October- Year 7 ISSP Maths Day  
 2 & 10 October – Year 10 Jack Petchey Speak out Workshops  
 8 October – Year 10, 11, 12, 13 Careers Fair  
 9 October – Year 7 CATs Test  
 9 October – Year 11, 12, 13 Senior Maths Challenge  
 13 October – 15 November – Y11 Trial Exams including practicals and orals

**27 October- 5 November 2024 – Half Term**  
**6-7 November - Inset day – School Closed**

## 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** 187 **Year 8** 413 **Year 9** 487 **Year 10** 273 **Year 11** 160

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

**7BRO** 88 **8LGR** 112 **9CNE** 127 **10KWH** 66 **11JSA** 54

The top performing students from each year were:

**Year 7** Scarlett E **Year 9** Charlie M **Year 11** Christian R  
**Year 8** Arman A **Year 10** Harley BB

## 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

**Tom Early:** Drum kit/Percussion

**Andy Brown:** Guitar

**Theodora Stamoulaki:** Piano

**Sharon Taylor:** Piano

**Tino Rainone:** Guitar

**Tom Marshall:** Guitar

**Matthew Cooper:** Brass & Piano

**Linley Weir:** Voice

**Deborah Chalmers:** Violin

**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 5 September 2025**  
**Mr Poole & Miss Corrighan (Careers team)**

Welcome back after the summer holidays and the careers team are looking forward to supporting students on their career journeys as they move from one phase of education to another. Whether you are in Year 7 just starting school; studying for GCSEs or BTECs in Year 10 or in Year 11 or in the Sixth Form preparing for your exams and beginning to think about apprenticeships or university. The Hollyfield careers team encourages you to explore possibilities and make the most of opportunities aimed to develop your skills and ideas.



**Date for the diary: On Wednesday 8 October 6.30-8.30pm we are holding our annual Future Careers Fair for our Year 11 and sixth form students.**

**Can you help?** We are looking for volunteers from the parental body to give a couple of hours of their time to talk informally to our students about their career path and industry. If you think you are in a job which would

inspire and motivate young people please get in touch with Mr Poole the Career Coordinator at the school. The event takes place in school between 6.30-8.30pm and it is always a great evening not only for our students but for our volunteers. We know many of our Hollyfield community have varied and interesting jobs. If you would like to volunteer or just find out more please contact Mr. Poole [ipoole@hollyfield.kingston.sch.uk](mailto:ipoole@hollyfield.kingston.sch.uk)

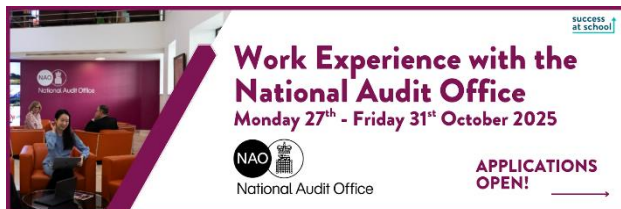
### **Careers Interviews**

All students are entitled to at least one careers meeting during their time at the school but many students ask for regular advice and help. As a careers team, we prioritise Year 11 in the first term but if anyone wants to have a careers meeting then they can either speak to their Head of Year or tutor who will email Mr Poole or alternatively there is a sign up sheet on the door of the careers office in Albury House next to Room A10.

### **Work experience Opportunities**

Please see our weekly opportunity for a round up of the careers opportunities available to students, this is something sixth form students should be checking weekly to build up their knowledge and experience: [Careers opportunities bulletin 04/09](#)

Some highlights are below.....



**What is the National Audit Office?** The National Audit Office (NAO) serves as the UK's independent guardian of public spending. We empower Parliament to hold the government to account and drive improvements in public services through rigorous, high-quality audits.

### **Where does the scheme take place?**

Our one-week placement is scheduled to coincide with the half-term week, running from Monday 27<sup>th</sup> – Friday 31<sup>st</sup> October 2025. The hours of work are from 9am to 5pm each day, and the placement will be hosted at our London offices. As this is an in-person experience, applicants must be able to attend physically at either our London location.

**Eligibility Criteria** We are committed to welcoming motivated individuals from a diverse range of backgrounds, valuing your interest both in our work and in your personal development. To ensure you make the most of this opportunity, please take note of the eligibility requirements for our placement programme: [Access Accountancy – Work Experience Opportunity \(London\)](#)

**Academic Standing:** You should be in Year 13 for the academic year 2025-2026. Applicants must have achieved at least a grade 4 in both, GCSE Mathematics and English.  
**Background:** Candidates should come from a lower socio-economic background. To help us confirm your eligibility, make sure you tell us the job of the main income earner in your household.

**For more information:** [Access Accountancy – Work Experience Opportunity \(London\)](#) and **Apply via this link:** [Apply NOW](#) **The deadline to begin your application is midnight on Sunday 14<sup>th</sup> September**



The **Get into Medicine and Dentistry Conferences** are a complete guide to the medical or dental application journey.



Students get essential insights into the medical UCAS application process, connect with professionals, fellow students, and gain a deeper understanding of a future career in medicine. Students and parents will have the opportunity to learn about personal statements, entrance

exams, interviews and meet some of our successful students to learn from their experiences. Following the conference all students will instantly be enrolled onto the free virtual work experience programme (with access to speak to doctors, dentists and current students alongside).

**Your aspiring medical & dental students in years 10-12** are eligible to attend a FREE LIVE VIRTUAL Get into Conferences on the dates above. Students and parents can register using these links:

Medicine: <https://airtable.com/appgXnyzN5ZD9lwk6/shry7MZyTt3MGPjvO>

Dentistry: <https://airtable.com/appgXnyzN5ZD9lwk6/shrBuiR7SBACc19KE>



**South Thames Colleges Group**

We wanted to let you know that at South Thames Colleges Group we are still enrolling students for post 16 courses, but spaces are filling up fast! We have availability on the

following courses should any of your students be looking to study vocational courses at Levels 1, 2 or 3 at college this academic year.

<p><b>Carshalton College</b>  <a href="#">Levels 1 to 3 Beauty Therapy</a>  <a href="#">Level 1 Construction</a></p>
<p><b>Kingston College</b>  <a href="#">Full Time GCSE</a>  <a href="#">Level 2 in Beauty Therapy</a>  <a href="#">Level 2 in Hairdressing</a>  <a href="#">Level 3 in IT</a>  <a href="#">Level 3 in Applied Science</a>  <a href="#">A Level + Law and Humanities Pathway</a>  <a href="#">Level 2 and 3 in Uniformed Services</a></p>
<p><b>Merton College</b>  <a href="#">Level 2 Hairdressing</a>  <a href="#">T Level in Digital Software Development (Digital &amp; Computing)</a>  <a href="#">Levels 1 to 3 Engineering</a></p>
<p><b>South Thames College</b>  <a href="#">Creative Courses</a>  <a href="#">Level 3 Courses</a>  <a href="#">Level 2 Beauty Therapy</a></p>

## GENERAL INFORMATION

### Links to Useful Information

[Term Dates 2025-2026](#)

[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 [RachelDykins@mindinkingston.org.uk](mailto: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/](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 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](mailto:youth.services@achievingforchildren.org.uk)



**KIKO FC**  
**U14 TIGERS**

**U14S - 2025/26 SEASON**



Are you currently in Year 8? We are on the look out for additional players to join our U14 Saturday Team. We are looking for some additional players to bolster a good core of players ahead of 2025/26 Season.

The team trains on a Monday Evening, in Cobham, 6.30pm  
Start for 1.5 Hours on a 3G Pitch run by professional coaches.

**U14s - Epsom and Ewell League**

Register your interest today!  
[www.kikofootballclub.com/trial](http://www.kikofootballclub.com/trial)

**HOME START**  
Richmond, Kingston & Hounslow

**FREE VOLUNTEER COURSE**

### JOIN HOME-START'S VOLUNTEER NETWORK

Do you have parenting experience and a few hours spare each week? Local charity Home-Start is offering a free volunteer training course to provide emotional and practical support to parents with pre-school children facing challenging times.

**Interested?** Contact Erin Laybourne  
erin@homestart-rkh.org.uk or 07884 536161.  
Registered charity no: 1108975.

**Vestry House, Paradise Road, Richmond, TW9 1SA**  
**THURSDAYS: 25th September, 2nd, 9th, 16th, 23rd October & 6th November 2025**  
**9:45AM - 2:30PM**

**Five Rivers Fostering**

## Five reasons to change a child's life through fostering

- 1 To give children the chance to have a brighter and happier future.
- 2 To offer children a positive experience of family life.
- 3 To become part of a highly experienced, ethical and professionally committed team.
- 4 To receive professional support, 24/7, 365 days a year.
- 5 To access regular training and development opportunities.

To learn more about fostering with a Social Enterprise, call us now on 0333 0603 982  
carer.enquiries@five-rivers.org

Find out more



## Become a member of your local NHS trust

- ✓ Are you interested in **working in healthcare**?
- ✓ Do you have **experience of health services** in Kingston and Richmond?
- ✓ Are you interested in **giving back** to your local community?

If you are **aged 14+** and any of these apply, why not become a member of Kingston and Richmond NHS Foundation Trust.

### Benefits include:

- Volunteering opportunities
- Opportunities to access health talks and hear from experts
- Ability to attend Council of Governors meetings and stand for election to the Council of Governors, if you want to!



[www.kingstonandrichmond.nhs.uk](http://www.kingstonandrichmond.nhs.uk)

Scan with your phone camera

**TRAIN LIKE A PRO**

**Currently holding open trials for 2025/26 season**

## U13s (Sep Y8) PLAYERS WANTED

- UEFA B Coach & Manager
- All Year Training, 3 hrs per week
- Saturday Matches

Long Ditton Rec Surbiton, KT6 5JT  
[trials@keysports.org](mailto:trials@keysports.org)

**KEYSPORTS.ORG**

## Dogs Behaving VERY BADLY

### Got a NON-BEHAVIOURAL question?!

This year with the help of Vets, Groomers and Nutritionists Graeme will be answering your non-behaviour related questions!

From the everyday to the more unusual, some examples would be:

What's the best way to wash my dog?  
Is there such things as doggy superfoods?  
How can I get my dog to take their medication?

Email your questions to [questions@avalonuk.com](mailto:questions@avalonuk.com)

Any information which you give us will be processed in accordance with our Privacy Notice, a copy of which can be found at <http://avalonuk.com/privacy-policy-quest-crew-and-talent/>

## Met Engage



Get the latest updates from the Met straight to your inbox.

**Met Engage** is a free messaging service that keeps you connected to what's happening in your area. Whether its crime updates, safety advice, or news from your local policing team, you'll get the information that matters to you — when it matters most.

**Met Engage** is launching first in SW London, including Kingston.

### Why sign up?

When you join **Met Engage**, you'll receive:

- alerts about local crime, incidents and appeals
- advice to help keep you, your family and your community safe
- news from your local police officers
- warnings about scams and frauds
- invitations to community meetings and events
- chances to share your concerns and help shape local policing

### How to sign up

Signing up takes just a few minutes and you can update your preferences at any time. Your information is secure, and we'll only use it to send you relevant updates.

By signing via the QR above, you'll join thousands of others who are already receiving trusted updates from their local police.

[www.metengage.co.uk](http://www.metengage.co.uk)