



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

The ebulletin is a day early this week due to the inset day on Friday, I hope students take the time to rest and catch up with friends and studies. I'd also like to remind you all that Year 10 and 11 students will be given their flu vaccinations on Monday.

Well done to our Year 11 and 13 students who have now finished their mock exams. We know the amount of work they would have put into preparing for these exams, we hope the feedback offered by the teachers is helpful. We were delighted to hear that 2 of our students were highlighted by Sir Ed Davey in his annual Christmas card competition this year, congratulations to Aoife in Year 7 who was awarded 2nd place in the 11-15 year category and Jessica also in Year 7 who was highly commended in the 11-16 year category.

Year 9 Parents' Evening

We have Year 9 Parents' evenings on 11 December and will be online, bookings are now open. Appointments can be booked [here](#) and instructions can be found [here](#). Year 9 parents and carers will have the opportunity to come into school for the Year 9 Options Evening in January.

Activities Day - Wednesday 10 December

As you know, we will be suspending the regular curriculum on Wednesday 10 December so that all students can take part in one of this year's Activities Days. In Year 7-9, half of each year group will stay at school for a range of workshops, including circus skills, film-making, team-building and animal handling, with ZooLab. The other half of each year group will head out on trips to The Natural History Museum (to complete a scavenger hunt prepared by Mr Keefe), The Science Museum, for a tour and an IMAX screening and to HMS Belfast and The Tate Modern. Year 10 students have selected from a range of workplace visits, including backstage tours at The Rose and The National Theatre, DiGiCo Chessington, Kingston Council, Twickenham Stadium, Richmond-Upon-Thames College and Kingston University. Year 11s will have the chance to visit Sussex University or to take part in an employability workshop here at school. The day promises to be engaging and memorable for all concerned.

Christmas Lunch

Our catering team would like to offer a Christmas lunch on Friday 12 December. Please see the menu for the whole week on page 4. If your child/children would like to take up the offer of a Christmas lunch, please ensure that there are funds available on the relevant Parentmail account(s). Students who are eligible for Free School Meals will be able to have a Christmas lunch at no additional cost.

Christmas Concert & Carol Service

The Hollyfield Carol Service is on **Wednesday 17 December 2025** and will start at 6:30pm at St Mark's Church (over the road from school) and finish at approx. 7:30pm. This is a traditional Carol Service featuring the school's three choirs (Senior Choir, Chamber Choir and Hollyfield Singers), it is free to attend and you do not need a ticket to attend.

The Hollyfield Christmas Concert is on **Thursday 18 December 2025** in the school hall from 6.30-9.00pm. **This is by advanced TICKETS ONLY and there is a limited number remaining [book here](#).** Tickets are £10 for adults and £5 for student/concessions. This will feature the Hollyfield Orchestra, Swing Band, Rock School bands (from a range of different year groups), our ukulele rock stars and soloists, with refreshments provided by the PTA. We look forward to seeing you there.

End of Term Arrangements

The end of term will soon be here and as always, **we will finish early on the last day of term**, with a phased dismissal of students from 12.00pm. All students will have left the site by 12:15pm. The last day of term will be a non-uniform day where students are encouraged to wear clothes of a Christmas theme. The cost of this will be a £1 contribution, which will be going to Harry's charities. Students entitled to free school meals can collect their food during break time.

Have a great weekend.

Amy Jackson, Headteacher

“Pupils achieve very well in their examinations. This is because the school delivers an ambitious and balanced curriculum, underpinned by the highest expectations for all pupils. This includes the popular and successful sixth form.” Ofsted 2025



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.....

- 8/12 – Y10/11 Flu Vaccination
- 10/12 – Activity Day
- 11/12 - Y9 Parent Consultation evening - 4.00pm
- 12/12 – Christmas Lunch
- 12/12 - Y9 Premier League Inspires Celebration

In this issue.....	Page
Head's Line.....	1
In Safe Hands.....	5
PTA.....	6
This Week Next Week.....	8
Achievement Points.....	9
Teaching & Learning.....	10
Getting to know.....	10
Careers.....	11
General Information.....	12
Local Information.....	12

OTHER NOTICES






Photo Permission Preferences

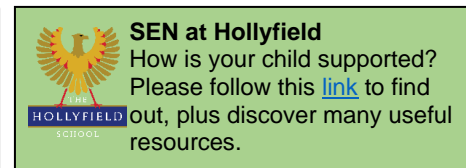
Before students start at The Hollyfield School, we ask parents to provide their photo permission preference. You can submit a new preference and/or update it whenever you wish, using this QR code. Data is collected securely.

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.

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 Condition(s) and Individual Healthcare 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>. Once complete, this will form part of your child's Individual Healthcare Plan which will be sent to you for approval, the communication will come from noreply@medicaltracker.co.uk. Please allow emails from this address.

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.



Christmas Lunch

12 December 2025

£2.75

Please see below the menu plan for the week commencing 8 December to include the Christmas lunch.

MONDAY	TUESDAY	FRIDAY
Margherita Pizza, Chips, Chocolate Mousse	Chickpea Curry or Three Bean Chilli, Plain Rice, Vegetables, Cookie	Traditional Roast Turkey with Pig in a Blanket, Vegetable Wellington (v) Roast Potatoes, Peas & Carrots, Gravy, Festive Cookie
WEDNESDAY	THURSDAY	
Sausage Roll, or Cheesy Corn Flatbread, Mash & Beans, Jelly	Pasta Arrabbiata, Garlic Bread, Tray bake	



CAROL SERVICE & CHRISTMAS CONCERT 2025

Join us for two evenings of music from our talented Hollyfield musicians!

17th & 18th
December



Information to parents of performers will be sent out in a separate letter. Any questions/enquiries please contact Miss Neville

The Hollyfield Carol Service is on **Wednesday 17th December** (18:30 – 19:30 at St Mark's Church, Surbiton) and the **Hollyfield Christmas Concert is on Thursday 18th December** (18:30 – 21:00) in the school hall.

The Carol Service on Wednesday 17th December is a traditional Carol Service featuring the school's three choirs (Senior Choir, Chamber Choir and Hollyfield Singers) and is free to attend.

The Hollyfield Christmas Concert will be by ADVANCED TICKET ONLY. This concert will feature the Hollyfield Orchestra, Swing Band, Rock School bands (from a range of different year groups), Senior Choir, Chamber Choir and the Ukulele All-Stars.



Book Tickets below
[TICKETS](#)

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 view workshops and book](#)



HOLLYFIELD PTA NEWS

Next PTA Meeting: Tuesday 16/12/25

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, 7:00pm - Hollyfield School

Why Join?

- Build connections with other parents & carers
- Be involved in school decisions
- Make a difference with events like HollyFest

Whether you can spare a few hours or want a more active role, there's a place for everyone in the PTA.

Christmas Trees! 🎄

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

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

They will be open on the following weekends:

- 06 & 07 December 2025
- 13 & 14 December 2025

Christmas Music Concert – Thursday 18/12/25, 6:30–10:00pm 🎵

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

Anyone available and interested in helping, please let us know via ptahollyfield@gmail.com or via the PTA WhatsApp group or PTA WhatsApp Community if you are signed up to these. Additional communications will be sent out by the PTA via those group.

Christmas Shopping to do? Register for Easy Fundraising before starting your online shopping and raise money for Hollyfield School 🎁

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.



@hollyfieldpta



@hollyfield_pta



@TheHollyfieldSchoolPTA



ptahollyfield@gmail.com



www.hollyfieldpta.org

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>

Join the Hollyfield PTA – Make a Difference!

We are a group of parent and carer volunteers creating fun and fundraising events that directly benefit the school. Help shape how funds are spent and make a real difference to our children's experience.

Get Involved:

- Volunteer your time 🕒 at events and stalls.
- Attend PTA events 🎉 — fun and fundraising combined!
- Come to monthly meetings 📅 (usually the 3rd Tuesday).
- Stay updated via:



Get Regular Updates [Join the WhatsApp Community](#) for the PTA



Follow us on Instagram [@hollyfield_pta](#) for the latest news



Drop us an email ptahollyfield@gmail.com to find out more



[@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 94.43%. The top form group within each year this week is:

7RSA = 99.31%
 8RAL= 100%
 9MCO = 94%
 10DMI = 96.67%
 11JLU = 95.52%

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

HOUSE POINTS

	 Eagle	 Falcon	 Osprey
Year 7	4033	4733	5599
Year 8	4690	4906	3346
Year 9	4210	4115	4965
Year 10	2863	3059	4122
Year 11	1359	2226	1614
Total	17155	19039	19646

NEXT WEEK

Monday 8 December	Year 12 Assembly - Common Room Year 8 Assembly (European Day of Languages) – Dining Hall Year 10-11 Flu Vaccinations Chemistry in Action trip
Tuesday 9 December	Year 13 Assembly - Common Room Year 7 Assembly (European Day of Languages – Dining Hall Year 10 Jack Petchey Speak Out Workshop Year 13 A Level Poems of the Decade Conference
Wednesday 10 December	Activities Day
Thursday 11 December	Year 9 Assembly (European Day of Languages) – Online All Years Languages Fair Year 9 Parents Consultation evening (online)
Friday 12 December	Year 10 Assembly (European Day of Languages) – Dining Hall Year 9 Premier League Inspires Celebration Christmas Lunch Yea 10 Globe players - Macbeth

FORTHCOMING DATES

8 December – Year 10/11 Flu Vaccination
 10 December – Activity Day
 11 December - Year 9 Parent Consultation evening - 4.00pm
 12 December – Christmas Lunch
 12 December - Year 9 Premier League Inspires Celebration

17 December - Year 11 Careers Talk & Chef Demo
 17 December – Carol Service (St Marks Church) (6.30pm)
 18 December – Christmas Concert (6.30-10.00pm)
 18 December – Christmas Concert Primary School Preview – 2.00pm
 19 December – Year 10 Report Emailed Home 19 December – Non-uniform day - £1 donation to charity
 19 December – End of Term – dismissal from 12.00pm

22 December 2025 – 2 January 2026 – Christmas Holiday

5 January – Start of term (time tbc)
 5 January – BTEC Exams Start
 5-9 January – Year 12 Walking Talking Mock Week
 12-16 January – Year 12 Trial Exams
 13-15 January – Year 11 Geography Field Trip (London Docklands)
 14 January – Year 9 Options evening - 6.00pm
 19 January – Year 9 Holocaust Memorial Day Visit – 8.30am-12.30pm
 26 January – 14 February – Year 7-9 Assessments
 28 January – Year 9-11 Intermediate Maths Challenge
 20 January – Year 11 Poetry Live Trip
 22 January – Year 11 BFI Southbank Trip
 28 January – Y10/11 Intermediate Maths Challenge
 14 January – UCAS Deadline
 16 January – Year 13 Report Emailed Home
 2-13 February – Year 11 Trial Exams
 3-6 February – Year 11 GCSE Food Practical Exam
 12 February – Year 10 & 11 My Neighbour Totoro (GCSE Drama Live Theatre Visit)
 9-13 February – Year 12-13 Retake Trial Exams
 9 February – Year 9 Options Taster Day
 11 February – Year 9 Career Networking Event
 12 February – Year 12-13 Parent Consultation evening - 4.00pm
 13 February – Year 12 Report Emailed Home

16-20 February 2026 – Half Term

23 February – 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 7 887 **Year 8** 645 **Year 9** 753 **Year 10** 610 **Year 11** 350

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

7RSA 221 **8RCL** 199 **9PTA** 201 **10LHO** 109 **11HBL** 128

The top performing students from each year were:

Year 7 Riley B **Year 9** Kiera S **Year 11** Marcus GT
Year 8 Aarohi C **Year 10** Sebastian A

TEACHING & LEARNING

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	Matthew Cooper: Brass & Piano
Tom Early: Drum kit/Percussion	Tino Rainone: Guitar	Linley Weir: Voice
Andy Brown: Guitar	Tom Marshall: Guitar	Deborah Chalmers: Violin
Theodora Stamoulaki: 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.



GETTING TO KNOW.....

Premises Department

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

The team comprises of me, Mr Griffiths, The Premises Manager, Unbelievably I have been here for 10 years, the time has flown by, it is a very rewarding job and I love each and every day!

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

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

CAREERS



Careers Briefing 5 December 2025 Mr Poole & Miss Corrighan (Careers team)

December Activities days

Next week is Activities day and it is a busy time for career learning!

Year 10 students will be completing a range of careers and work related visits. Students are being offered a range of opportunities which include;

- **Twickenham Rugby Stadium**
- **The National Theatre**
- **The Rose Theatre**
- **Digico - a music technology company in Chessington**
- **The Kingston Council Regulatory Services**
- **Kingston University Engineering Faculty in Roehampton**
- **Richmond upon Thames College** - who are offering a tour of the college as well as the following subject tasters. There has been a change on which tasters are being offered and now students will choose between Construction, Food Science and Travel and Tourism.

These visits are an important part of the student's careers entitlement and provide them with the chance to gain an insight into a variety of different workplace environments. At the end of the visit students will be asked to complete a google form to help the school evaluate how much the students have learned from the day.

On the same day, **Year 11** will be either taking part in an employability skills day or a University trip. The employability skills day is organised by APCOA which is a large international car parking company. Those students will also be having a session on Unifrog which is the careers programme we use in Hollyfield.

For those students who did not visit a university in July, they will be visiting Sussex University. This visit will include a tour of the campus, the chance to meet student ambassadors and there will be a chance to experience a taster session in mechanical engineering or film making.

Year 11 Applications for next year

Year 11 students should be making applications for Sixth Form or College. Many students may decide to stay in the Hollyfield Sixth Form but unless your grades are secure then you need to apply to college to ensure you have a back up plan.

Kingston College, Merton College, NESCOL, Richmond upon Thames are still taking applications so if you have not applied yet you need to do so. Applying in the last few weeks of this term is an ideal opportunity so you can be interviewed in January. Please see the careers team if you need any support with this.

Careers opportunities

We encourage sixth form students and parents and carers to access our **weekly Careers Opportunities bulletin**. This is a roundup of the career opportunities available to students, this is something students should be checking weekly to build up their knowledge and experience. All of these opportunities allow the students to explore their ideas and look great on uni or apprenticeship applications. This includes;



- **Work experience**

- **Careers talks**
- **University open days and tasters**
- **Apprenticeships**
- **Unifrog resources and events**
- **and much more**

Students and parents/carers can access this:

[Careers opportunities bulletin 05/12/25](#)



Parents and Carers

[Talking futures](#) is a great resource to inform parents and carers about the options available to their children. It has conversation starters, information about the range of options which include technical qualifications and

apprenticeships and more. It is a really good starting point for parents and carers to find out more about what their children can do in this ever changing education landscape.

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-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.

The Nurturing Programme

FAMILY LINKS
The Centre for Emotional Health

Talking Teens

Four week parent group

The Talking Teens Parent Group helps deal with your challenges over four sessions, so you can have a calmer, happier family life.

<p>1 Being a parent of a teenager</p> <ul style="list-style-type: none"> • The role of parents for teenagers • Responding to difficult feelings 	<p>3 Communicating with your teenager</p> <ul style="list-style-type: none"> • Talking and listening • Communicating clearly • Handling difficult issues
<p>2 Understanding your teenager</p> <ul style="list-style-type: none"> • Understanding teenage development • Parenting styles • Praise and criticism 	<p>4 Managing conflict</p> <ul style="list-style-type: none"> • Rules and boundaries • Choosing how to respond • Problem solving

Contact details
 Karen Williams, Parenting Officer
 E: karen.williams@achievingforchildren.org.uk
 T: 020 8547 6965
 M: 07771 974388

achieving for children



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

I didn't think I could... **Fostering** ...but now I am

You could be exactly the right person, no matter your background, culture, religion, ethnicity, sexuality or relationship status to be a great foster carer!

Enquire today to find out how fostering could be right for you.

Enquire or check out the website for more information
 E: info@achievingforchildren.org.uk
 T: 0300 131 2797
 W: achievingforchildren.org.uk/contact-fostering

achieving for children
 Fostering Society Ltd. Funded by UK Government

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 962
career.enquiries@five-rivers.org

Find out more!

the practice
 Enabling people to help themselves

Parenting Workshop
 Helping You Navigate the Challenges of Parenting Adolescents

Do you ever feel...

- Stressed or overwhelmed by your teenager's behaviour?
- Unsure how to set boundaries that actually work?
- Alone when dealing with school issues or conflict at home?

You're not alone. Join our friendly, supportive group for parents of young people aged 11-18.

You Will Learn

Proven parenting techniques that build cooperation and respect.
 Strategies to support emotional regulation. Insights into teenage brain development — and how it shapes thoughts, feelings, and behaviour.

Workshop Details

Starting Monday the 12th of January to March the 9th 2026 (no workshop during half term).
 Monday mornings 9:15-10:45 AM
 St Mary's Hall, Weybridge
 8-week workshop – £400

What to Expect

Share practical strategies for positive behaviour management.
 Explore effective communication tools.
 Experience a safe, non-judgemental space to talk and connect.

Book Your Place

Facilitated by Experienced Children's Counsellors & Psychotherapists

Natalia Watts – MA, HCPC, EMDR Accred.
 Jessica Dahl – MA, MBACP
 Ruth Kendrick – BACP Accred., EMDR

Email: info@thepractice.co.uk
Phone: 0333 009 6321
www.thepractice.co.uk

Kingston Hospital Charity

NHS
 Kingston and Richmond
 NHS Foundation Trust

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

Scan with your phone camera

FREE PARENTING CLINIC



PARENT WELLBEING
When your Talked out and Touched Out

By the time December rolls in, most parents are running on the emotional equivalent of the last Quality Street in the tin. Everyone needs something from you, all the time: a cuddle, a chat, a lift, a decision, a snack, a miracle... and meanwhile your own tank is clanging on empty.

This clinic is your pause button.

- A breather.
- A space to reset before the festive chaos sweeps you up like a rogue tinsel tornado.

Join Anisa (Parenting Coach) for her monthly Free Parenting Clinic. This online session is all about parent wellbeing, protecting your bandwidth, and finding small but powerful ways to fill your own cup again.

Monday 8th December at 12.00pm

Online via Zoom

The session will be recorded and shared with all who register.

ARE YOU:

- Running on empty?
- Do you find yourself craving just five minutes of quiet because everyone wants your attention, your energy, your last nerve?
- Is being "talked out and touched out" leaving you snappy, overwhelmed, or simply worn thin?

Then this free 30-minute online clinic is for you.

Booking:
<https://anisalewis.as.me/theclinic>
OR hello@anisalewis.com

DRAMA SINGING DANCE

JIGSAW PERFORMING ARTS SCHOOLS

3 – 18 years



SCHOOLS IN:

- Battersea**
Saturday mornings
- Surbiton**
Saturday mornings
- Croydon**
Saturday afternoons

WhatsApp: 020 8108 5985



T: 020 8108 5985 W: jigsaw-arts.co.uk



EST. 1995

In aid of **Challengers** Registered Charity Number: 1095134

Guildford

SantaFun Run

Join us and make a difference!

Sunday 7th December 2025 • **Stoke Park, Guildford**

Powered by **Kelly's STORAGE**

- Festive fun for all the family**
- 2.5km, 5km & 5km canicross**
- Support an amazing local charity**
- Prizes for best dressed**

In aid of **Challengers**

Transforming the lives of disabled children, young people and their families through the power of play www.disability-challengers.org

Scan the QR CODE
to sign your family up today!

SUPERKIND

YOUNG CHANGE-MAKER OF THE YEAR COMPETITION

Are you aged 4-18 and making the world a better place?
Could your story inspire tens of thousands of other young people?

SuperKind's Change-Maker of Year Competition is looking for the UK's most amazing young change-makers.

Submissions can be made in text, a video, or something visual.

Scan the QR code or visit WWW.SUPERKIND.ORG/YOUNG-CHANGE-MAKER for more information.

Entries close on December 19th 2025.

YR 7 CRICKETERS JOIN YOUR HOLLYFIELD FRIENDS

- Hardball Winter Nets in Surbiton •
- Teddington Town Cricket Club •
- 2025 Surrey & Oval Title Winners •
- All U11s & U12s Welcome •
- First Two Sessions Free! •

Indoor training starts Sunday 11th January
5 - 7pm, Shrewsbury House School

Contact Coach Matt; 07810711956
mwthaines@hotmail.com

SURREY CRICKET FOUNDATION CHAMPIONS 2025 SKYTRAK TRAVEL