



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

I hope you all enjoyed a wonderful Christmas break and are surviving the icy conditions. We have had a great return to school and it has been brilliant to see all the staff and students getting back to work. Well done to our Year 12 students who have been completing their walking talking mocks this week followed by their trial exams next week, we know how hard they will have worked to prepare for these.

Next week, on Thursday 15 January, we will host a face to face Options Information Evening for Year 9 students and their parents/carers. This is part of the support package we put in place to help students make the best and most informed decisions about their options. Information and the options booklet has been sent out to parents. We hope to see as many of you as possible at the event. We value your feedback, so do please get in touch to let us know if there’s anything you’d like to share.

We have noticed there is a large number of parents bringing in lunches, kits, blazers and exercise books/work etc. While this is very much appreciated, please can I ask parents to speak to their child/ren about good organisation and being prepared for school. Hopefully this will ease the burden on parents and the stress for our students.

Thank you to all of the parents and students for their efforts and support with the working from home tester morning. We will now work through the problems and challenges that arose so if we are ever forced to move to online learning, we know we have the correct mechanisms in place.

Wishing you all a wonderful weekend when it comes.

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.....

- 12-16/1 – Y12 Trial Exams
- 13-15/1–Y11 Geography Field Trip (London Docklands)
- 14/1– Y9 Options evening - 6.00pm
- 14/1 – UCAS Deadline
- 16/1 – Y13 Report Emailed Home
- 19/1 - Y9 Holocaust Memorial Day Visit – 8.30am-12.30pm
- 20/1 - DofE Parent Evening (On Line) (7pm)

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“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

OTHER NOTICES

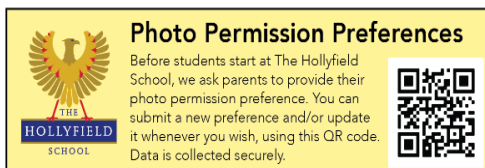




Photo Permission Preferences


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.

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

Happy New year from the Hollyfield PTA!

Pre-loved Uniform Store

Date: Saturday 17 January 26

Time: 10am to 12pm

Location: Hollyfield School 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 uniforms too small for your child would also be appreciated! These can be dropped at the collection point at the entrance to Albury

PTA next meeting – All are welcome!

Come along to our next meeting, find out a bit more about us and what exciting plans we have for the year ahead and planning for Hollyfest!

Date: Tuesday 20 January 26

Time: 7.00pm

Location: Hollyfield School

Whether you're a regular volunteer or just curious about how the PTA works, **everyone is welcome**. It's a great opportunity to meet other parents & carers, hear about how the money we raise is used, and discover if you might like to get involved — even in a small way. **Coming soon.....**

February - Quiz Night for Adults only - date TBC

After the success of our Year 7 Quiz in November we will be holding an adults only quiz night in February.

Volunteers wanted - We are looking for budding quiz masters to put some mind boggling questions together! If you are up to the task and interested please drop us an email ptahollyfield@gmail.com.

April - We are delighted to share that our school has secured a place in next year's London Marathon! The place has been offered to our staff team and one brave and dedicated runner



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



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



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



ptahollyfield@gmail.com



www.hollyfieldpta.org

will be taking on the challenge to raise vital funds for the school in April. Stay tuned—full details will be revealed shortly!

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

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.

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>



[@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 96.49%. The top form group within each year this week is:

7BRO= 98.71%
 8AZA= 96.56%
 9CSP = 98.39%
 10DMI = 96.67%
 11JLU = 95.52%

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

HOUSE POINTS

	 Eagle	 Falcon	 Osprey
Year 7	5352	6013	6932
Year 8	5760	5867	4030
Year 9	5402	5297	6142
Year 10	3508	3777	5069
Year 11	1763	2980	1962
Total	21785	23934	24135

NEXT WEEK

Monday 12 January	Year 11 Interventions (All Week) Year 12 Trial Exams (All Week) Year 11 Assembly (Attendance) – Dining Hall Year 12 Assembly – Common Room
Tuesday 13 January	Year 7 Assembly (Attendance) – Dining Hall Year 13 Assembly – Common Room Year 11 Geography Field Trip (London Docklands) Year 10 PHSE Workshop (8.55-11.45am)
Wednesday 14 January	Year 8 Assembly (Attendance) – Dining Hall UCAS Deadline Year 11 Geography Field Trip (London Docklands)
Thursday 15 January	Year 9 Assembly (Attendance) – Dining Hall Year 11 Geography Field Trip (London Docklands) Year 9 Options Evening (Exam Centre) (5.30-7.30pm)
Friday 16 January	Year 10 Assembly (Attendance) – Dining Hall Year 13 Reports Emailed Home Year 10 PHSE Workshop (8.55-11.45am)

FORTHCOMING DATES

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
 14 January – UCAS Deadline

16 January – Year 13 Report Emailed Home
 19 January – Year 9 Holocaust Memorial Day Visit – 8.30am-12.30pm
 20 January - Supporting Your Child's DofE Journey Parent Evening (On Line) (7pm)
 21 January - Year 9 Fulham Premier League Inspires Workshop (12.00-3.30pm)
 22 January – Year 12 National Portrait Gallery Trip
 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
 26 & 29 January – Sixth Form Interviews (4.00-6.30pm)
 28 January – Y10/11 Intermediate Maths Challenge
 2-13 February – Year 11 Trial Exams
 3 February - Year 7 Kingston University Trip
 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
 13 February - Year 12 Kingston Hospital Visit

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 7 708 Year 8 662 Year 9 642 Year 10 230 Year 11 138

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

7BRO 215 8RAL 173 9MCO 169 10DMI 49 11HBL 27

The top performing students from each year were:

Year 7 Harvey N Year 9 Charlie C Year 11 Ali K
 Year 8 Oliver B Year 10 David O

TEACHING & LEARNING

Chef Demonstration

The Year 11 GCSE Food & Nutrition students had a great day filleting a plaice and making fish goujons. Thank you to the chef Simon Gray for giving our students an opportunity to gain the confidence to use their knife skills to fillet a fish. These practical skills are used in the NEA2 exam assessment and the students will be able to create fish dishes using higher level food skills. It was a memorable experience and everybody enjoyed creating a delicious meal.



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
Theodora Stamoulaki: Piano

Tom Marshall: Guitar

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.



GETTING TO KNOW.....

History Department:

Miss Lowery: Head of department and Head of the Humanities faculty, Miss Lowery is the longest serving member of the department. She studied at Sheffield and Exeter, fitting in some travelling and various interesting jobs, before teaching in Oxford, then Surbiton. Outside work she likes to wind down with a good detective or historical novel and singing in a local choir. She has two children who enjoy their holidays at cultural and historical sites, and recently fulfilled a long-held ambition of seeing the Northern Lights.

Ms Bras: Ms Bras comes from Christchurch, NZ and moved after the earthquakes devastated the city in 2011. Interesting fact- NZ had over 10 000 earthquakes in one year and she had to school-share with another school that had to be knocked down. Outside school she used to do musicals when at school and sing in a covers band! A self-proclaimed terrible netball player, Ms Bras likes to spend her time off with her two children.

Mr Buckman teaches history and politics in addition to his role as Assistant Headteacher. He has a real passion for British political and constitutional history. Prior to teaching Mr Buckman worked at Buckingham Palace amongst other royal institutions and was privileged to meet the late Queen Her Majesty Queen Elizabeth II. Outside of school Mr Buckman is a sports fan, following the cricket, football and rugby and likes to unwind with a game of darts.

Miss Kettell: Miss Kettell has been at Hollyfield for 4 years and has recently taken on the role of literacy lead as well as teaching history. Her favourite historical period is the medieval and Tudor era and she loves a day out at a castle or stately home. Originally from Gloucestershire, prior to teaching she lived in Cardiff for 5 years and dabbled in TV/film while there - even getting her name on the credits of a BBC rugby special!

Mr Gibbons: Mr Gibbons is a teacher of History and Government & Politics. He grew up in nearby Isleworth before moving to Brighton to work as a teacher. He then returned to South-West London in 2024 to work at Hollyfield. His favourite area to study is the history of the Balkans, particularly the Yugoslav wars of the 1990s. Outside of school he enjoys live music and football - he supports Chelsea FC and a small non-league team called Whitehawk FC.

CAREERS



Careers Briefing 9 January 2026 Mr Poole & Miss Corrighan (Careers team)

Year 11 Sixth form & college applications for Sept 2026

If students are not planning to go to the Hollyfield Sixth Form next year there is still time to apply to college. Many students may decide to stay in the Hollyfield Sixth Form but you need to apply to college to ensure you have a back-up plan. Kingston College, NESCOL, Richmond upon Thames and others are still taking applications so if you have not applied yet you need to do so. If your predicted grades are not secure i.e. you are on track to achieve more than **5 GCSEs at grade 4 including English and Maths**, you need to have a realistic plan B. It is not too late to apply. If you are not sure how to apply, speak to Mr Poole or Miss Corrighan in Albury.

For those wishing to stay on in the Hollyfield Sixth Form, the Sixth Form staff will be meeting with you in the w/c 26 January.

There are a number of college open events coming up in January:

Spring Term Open Events for September 2026



Kingston College	Saturday 24 January, 10am-1pm	Register here
Carshalton College	Wednesday 25 February, 5pm-7pm	Register here
	Apprenticeship event 12 Feb 4.30-6.30pm	Apprenticeship Information
	Wednesday 4 March, 4.30pm-6.30pm	Evening
South Thames College	Wednesday 11 March, 5pm-7pm	Register here
Merton College	Wednesday 18 March, 4.30pm-6.30pm	Register here
Kingston College		Register here

NESCOT also have an open evening in early March [Nescot Open Events](#)

nescot



Richmond upon Thames College in Twickenham has a Parents tour in Jan and an open event in March [Events | Richmond Upon Thames College](#)

Year 9 Options Choices

Over the next month Year 9s will be in the process of choosing their Key Stage 4 options for Year 10/11. On Friday there was a special assembly when Ms Janse talked through the options process which includes:



- **Thursday 15 January** there will be a parents evening for Year 9 parents and students to discuss their progress.
- On the **9 February** there will be a Careers and Taster day when Year 9s will have a chance to take part in some KS4 Subject taster lessons and there will also be a careers speed networking event. This event will allow students to meet with representatives from different businesses and industries to talk about their experiences of education and employment and hopefully get some good advice about career choices for the future.
- **The final deadline for handing in options forms is 27 February** so there is plenty of time to ask questions and make well informed choices.

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.



Careers opportunities

We encourage sixth form students and parents and carers to access our **weekly Careers Opportunities bulletin**. This is a roundup of the opportunities available to students, this is something students should be checking weekly to build up their knowledge and experience. All of these opportunities allow 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 here:

Careers opportunities bulletin 09/01/26

Students in year 12 will do a work experience placement in the last week of the summer term - 13-17 July so students should be looking for placements now for that week and once confirmed it needs to be recorded on Unifrog (See more info in the careers opps bulletin).

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.

I didn't think I could... 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.

achieving for children

For more information
E: info@achievingforchildren.org.uk
T: 0300 131 2197
W: achievingforchildren.org.uk/contact-fostering

Funded by UK Government

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

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

CHAMPIONS 2025

OLD KINGSTONIAN HC

2026

JUNIOR HOCKEY TRIALS

18 JAN 26	25 JAN 26
SCHOOL YEARS 1-7	SCHOOL YEARS 8-11
TIFFIN GIRLS' SCHOOL	KGS SPORTS GROUNDS
9:00 U10	9:30 GIRLS U14&U16
9:30 U8	11:00 BOYS U14&U16
10:30 U12	

TRY SOMETHING NEW IN 2026
JOIN THE CLUB

EMAIL US AT
ADMINISTRATOR@OKHOCKEY.COM,
USE THE [BOOKING LINK](#) OR
THE QR CODE TO BOOK
OKHOCKEY.COM

The Nurturing Programme

Talking Teens
Four week parent group

FAMILY LINKS
The Centre for Emotional Health

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



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
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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

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