



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

We hope you are well and looking forward to a restful weekend. Here at Hollyfield, our students in Years 7 to 11 have been wearing their new lanyards with pride this week. It has been great to hear their feedback, including those who have said they feel 'more professional' and 'more like the sixth formers' - and also, for us all (staff and students alike) to be able to see across a crowded playground or corridor, to which year group each student belongs. They are a smart new addition to the school uniform and to our dining hall break and lunch service.

Mr Warren and the sixth form team have been conducting interviews with our Year 11 students, ahead of their big decision about life after GCSEs and BTECs. The Senior Leadership Team has also been interviewing our Year 9 students, who are preparing for their own next big steps. The interviews are going very well and the students are really looking forward to the options taster day and careers workshop on 9 February.

A group of Year 7 students visited Kingston University on Tuesday. They were introduced to STEM subjects and enjoyed the challenge of building a prototype of an electromechanical walker. Students showed a lot of determination and resilience working in a team on their engineering challenge. Mr Mirhashem also took a group of Year 11 students to a GCSE Poetry Live event yesterday, which sounds as though it was both exhilarating and inspiring. Speaking of Year 11 students: They will begin their mock exams on Monday and we wish them all the very best of luck. These exams give teachers a valuable opportunity to see what has been learned, and what we can do next to support our students, so I hope the students will embrace the challenge.

Just a reminder that following the half term break, Monday 23 February is an INSET day for staff. The school will be closed to students in all year groups.

Finally, we wanted to make you aware of a TikTok “Blind Date” trend, often organised by influencers, that is currently circulating nationally. The trend involves large groups of teenagers meeting in public spaces, the most recent being in the Sutton, Kingston and Croydon areas. These large gatherings have raised significant safety concerns, as high attendance gatherings have led to crowd chaos and physical altercations. This has resulted in police dispersal orders being issued and, sadly, some young people being hurt. While we will be addressing this with students during their PSHE and Tutor Times, we ask that you please speak to your child about the risks involved in attending such events.

Thanks, everyone - and we hope you have a great (and safe) 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.....

- 26/1 – 14/2 – Y7-9 Assessments
- 28/1 – Y9-11 Intermediate Maths Challenge
- 26 & 29/1 – Sixth Form Interviews (4.00-6.30pm)
- 28/1 – Y10/11 Intermediate Maths Challenge
- 29/1– Y11 Poetry Live Trip
- 2-13/2 – Y11 Trial Exams
- 3/2 - Y7 Kingston University Trip
- 9/2 – Y9 Options Taster Day
- 9-13/2 – Y12-13 Retake Trial Exams

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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

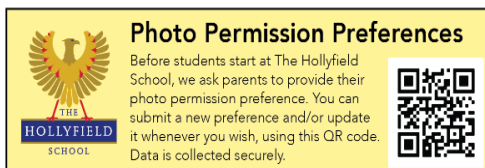


Photo Permission Preferences

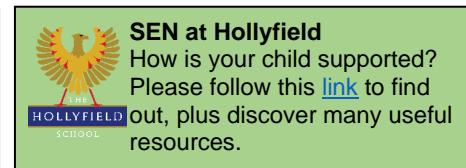
Before students start at The Hollyfield School, we ask parents to provide their photo permission preference. You can submit a new preference and/or update it whenever you wish, using this QR code. Data is collected securely.



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

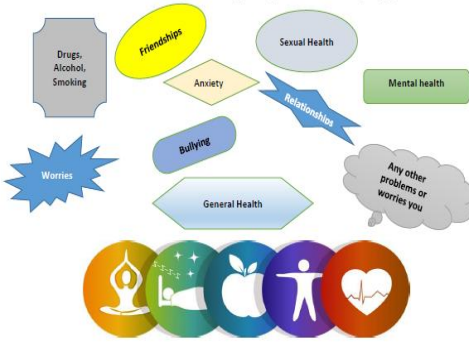
Mr Buckman: nbuckman@hollyfield.kingston.sch.uk

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.....



PROTECTING YOUNG MINDS



SAFEGUARDING WORKSHOP FOR PARENTS ON HARMFUL ONLINE SPACES

A two-hour, interactive workshop designed to help parents build confidence around online safety and digital wellbeing.

KEY TOPICS WE'LL EXPLORE:

- Understanding harmful online influences and groups
- Warning signs a young person is engaging in harmful online activity
- Understanding parental controls
- How to hold difficult conversations
- How to access support

For more information email: kanika@groundswell.world

SCAN QR CODE OR CLICK [HERE](#) TO REGISTER NOW

Date: **Thu 12th Feb**
Time: **10AM-12PM**

Location:
Online via Google Meet



GROUNDWELL PROJECT
groundswellproject.org







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

PTA Hollyfest 2026 – Kick-Off Meeting (All Welcome!)

Date: Tuesday 10th February

Time: 7.00pm

Location: TBC

The **LEGENDARY Hollyfest music festival** returns on **4th July 2026**, and we're determined to make it **bigger and better than ever!**

After the incredible success of last year—raising **just under £13,000 for the school**—we're excited to kick off planning for another unforgettable event.

This meeting marks the **official start of Hollyfest 2026 planning**, and **everyone is warmly invited** to come along. Whether you can help a little or a lot, the more people involved, the more ideas we'll have, the more fun it'll be—and the lighter the workload for everyone.

Come along, get involved, and help us make Hollyfest 2026 truly epic! 🎉🎸

🌟 PTA Fundraising – Making a Difference Together! 🌟

Our PTA is working hard to raise funds that directly benefit our children's school experience. Through creative events, partnerships, and community support, we're helping bring extra opportunities into school life — from new resources and equipment to enriching activities that our pupils love.

One way we're boosting funds is by partnering with organisations like **Sherpa**: for every tutoring lesson completed by a referred parent, **£5 is donated back to the PTA** and there's *no minimum required!* Every little contribution helps us move closer to our goals.

Thank you to everyone who supports our events, shares ideas, and contributes where they can - your involvement makes a real difference! 🎉

🌟 Volunteer Opportunity: Social Media Whizz Wanted! 🌟

Hollyfields PTA is on the lookout for a Social Media Whizz to help us spread the word about our events, fundraising and school community.

If you have a little time to spare and knowledge of all (or even some!) things social media, we'd absolutely love to hear from you. Whether you enjoy creating posts, sharing updates, or just keeping things ticking along, every bit of help makes a big difference.

📱 What you'll do:

- Help manage and update our social media
- Share news, events and PTA activities
- Support our lovely school community

💖 What you'll get:

- A flexible, volunteer role
- A chance to support the school and make an impact
- Lots of appreciation from the PTA team!



@hollyfieldpta



@hollyfield_pta



@TheHollyfieldSchoolPTA



ptahollyfield@gmail.com



www.hollyfieldpta.org

Interested or want to know more? Please get in touch — we'd love to welcome you to the team! You can drop us an email at ptahollyfield@gmail.com.

Join the PTA

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.

Our meetings usually take place on the 3rd Tuesday of every month. Our next general PTA meeting will be Tuesday 17th March.

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

Coming soon.....

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 later this term.

Volunteers wanted - We are looking for budding quiz masters to put some mind boggling questions together! If you are up to the task 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 will be taking on the challenge to raise vital funds for the school in April. Stay tuned—full details will be revealed shortly!

Pre-loved Uniform Store

Date: TBC (early next term)

Time: 10:00am to 12:00pm

Location: Holyfield School, The Old Music Building, next to the Dome, Close to the Lamberts Road Gate

[What three words location: [firms.square.energy](#)]

A big thank you to the volunteers and families who came along to our Pre-loved Uniform Store two Saturday's ago. **We raised just over £100 for the school by selling pre-loved uniforms!**

If your child has lost or outgrown their uniform or PE kit please drop in and see if we can help. Anyone is welcome to take what items they need - it is best the items get used rather than sit in a store or be thrown away! We operate a donation system for those that can afford to contribute and we have a large stock of uniform items. Availability varies.

Register for Easy Fundraising before starting your online shopping and raise money for Hollyfield School 🎁



[@hollyfieldpta](#)



[@hollyfield_pta](#)



[@TheHollyfieldSchoolPTA](#)



ptahollyfield@gmail.com



www.hollyfieldpta.org

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 96.27%. The top form group within each year this week is:

7RSA= 98.97%
 8AZA = 95.63%
 9VVA = 96.63%
 10DMI = 96.97%
 11JLU = 97.14%

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

HOUSE POINTS

	 Eagle	 Falcon	 Osprey
Year 7	6609	7369	8103
Year 8	6764	6968	4858
Year 9	6283	6151	7307
Year 10	4063	4329	6028
Year 11	2028	3406	2259
Total	25747	28223	28555

NEXT WEEK

Monday 2 February	Year 11 Trial Exams (to 13 February) Year 9 Assembly (Culture Day) – Dining Hall Year 12 Assembly – Common Room
Tuesday 3 February	Year 7 Assembly (Being an Upstander) – Dining Hall Year 13 Assembly – Common Room
Wednesday 4 February	Year 8 Assembly (Being an Upstander) – Dining Hall Year 7 STEM Workshop (Kingston University)
Thursday 6 February	Year 7-11 Whole School Assembly – Online
Friday 7 February	Year 10 Assembly (Self Examination) – Dining Hall

FORTHCOMING DATES

2-13 February – Year 11 Trial Exams
 3 February - Year 7 Kingston University Trip
 9 February – Year 9 Options Taster Day
 9-13 February – Year 12-13 Retake Trial Exams
 12 February – Year 10 & 11 My Neighbour Totoro (GCSE Drama Live Theatre Visit)
 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

9-13 February – Year 13 Retake Trial Exams
 12 February – Year 13 Parent Consultation evening - 4.00pm
 25 February – Year 8-13 VPA Alumni Event
 3 March - Year 12 Surrey University and Apprenticeship Fair
 3-6 March – Year 11 GCSE Food Practical Exam
 4-6 March – Year 7-9 Ilex Theatre Britney's Lock (NT Connections Home Performances)
 10-13 March – Year 11 Back Up GCSE practical Exam
 13 March – Year 7, 8 & 9 Report Emailed Home
 16 March – Year 13 Report emailed to parents
 18 March – Activity Day
 19 March – BTEC Level 3 Results published
 19 March – Year 11 GCSE Drama C2 Performance Exam
 19 March – Year 7 Parent Consultation evening - 4.00pm
 20 March – Year 11 Report emailed to parents
 23 March-17 April – Year 13 Final Trial Exams
 23 March – Year 9 DTP & Men ACWY Vaccinations
 26 March - Year 7-13 Culture Day
 27 March – Year 11 Level 2 BTEC Media Exam
 27 March – Year 10 Reports emailed to parents
 27 March – Non-uniform day - £1 donation to charity
 27 March - End of Term – students dismissed from 12.00pm

30 March – 10 April 2026 – Easter Holidays

ACHIEVEMENT POINTS

Achievement and behaviour points are awarded every day at Hollyfield in line with our school policy and are a fundamental part of school life. We want students to be the best versions of themselves and we explicitly teach the behaviour we want our young people to develop through our GO BIG character virtues (Good Communication / Organisation / Bouncebackability/Initiative/Gratitude). Students are therefore rewarded for when they demonstrate these character virtues either in class, around our school environment and even outside of school. The school also gives out termly prizes for great progress, engagement in learning, attendance and also contribution to school life. We also continually try to celebrate the successes of our students outside of school life and encourage all students to be proud of their successes in whatever area they come from.

Behaviour points are given to students in line with our behaviour policy. At the heart of our behaviour policy is restorative approaches which is a strategy the school uses to allow students to discuss their behaviours with one another and also key staff and to move past incidents in a non-judgemental way.

Both of the school's rewards and behaviour policies can be found on the school website and if you have any questions about them please don't hesitate to contact Miss Patel (Assistant Headteacher).

The year group weekly totals are below:

Year 7 720 Year 8 792 Year 9 802 Year 10 501 Year 11 244

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

7EBE 161 8RCL 164 9MCO 198 10DMI 162 11HBL 89

The top performing students from each year were:

Year 7 Michaela R Year 9 Clara W Year 11 Ali K
 Year 8 Gloria M Year 10 Noah L

TEACHING & LEARNING



**PIANO AND VOICE
LESSONS AT
Hollyfield**

Are you interested in 1:1 instrument Lessons at school? Let us know and sign up today to start learning!

Is there something else you'd like to learn? Get in touch: musicservice@kingston.gov.uk

APPLY NOW!

Kingston
MUSIC
Service

THE KINGDOM OF
KINGSTON
UPON THAMES

[HTTPS://UKKINGSTON.SPEEDADMIN.DK/REGISTRATION#/](https://ukkingston.speedadmin.dk/registration#/)

GETTING TO KNOW.....

Geography Department

Ben Jones - Head of Geography

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

Rob Hall - Teacher of Geography

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

Dan Keefe - Teacher of Geography

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

CAREERS

CAREERS

Careers Briefing 30 January 2026
Mr Poole & Miss Corrighan (Careers team)

Year 7 STEM Visit to Kingston University

Congratulations to those students who took part in the visit to the university last week. Students were introduced to STEM subjects and enjoyed the challenge of building a prototype of an electromechanical walker. Students showed a lot of determination and resilience working in a team on their engineering challenge.



Year 11 Sixth form & college applications for Sept 2026

If students are not planning to attend 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 backup 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 not 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 ipool@hollyfield.kingston.sch.uk, who is based in Albury in the Careers office.

 **South Thames Colleges Group** Spring Term Open Events

South Thames College	Wednesday 4 March, 4.30pm-6.30pm	Register here
Merton College	Wednesday 11 March, 5pm-7pm	Register here
Kingston College	Wednesday 18 March, 4.30pm-6.30pm	Register here



NESCOT have an open evening on **3 March** [Nescot Open Events](#)



Richmond upon Thames College in Twickenham has an open event in March [Events | Richmond Upon Thames College 4 March](#)

Year 9 Options Choices

Over the next month, Year 9s are in the process of choosing their Key Stage 4 options.



Next week, from 2 February onwards, Year 9 will have a chance to register on [Unifrog](#), which is a careers platform. On this website, they can take a skills test and also search for future careers and subject interests. As students are making decisions about their future, it is a good opportunity to begin to research future careers.

On the **9 February**, there will be a Careers and Taster day when Year 9s will have a chance to take part in some Key Stage 4 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.

If any Year 9s are struggling with their choices, they can always request a careers interview by speaking to their tutor and Mr Poole or Ms Corrigan will see them for a meeting.



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.



For 13 to 16 year-olds



NESCOT runs many fun activities through their Saturday academies.

They are currently taking bookings. The next round of activities begins in February and includes a number of practical, vocational courses, **including animal management, construction and cooking**. The price of

the 4-week course is £95.

See link for details: [Saturday Academies for 13-16 year olds | Nescot](#)

INVESTIN
Future of Work Webinar Series

ARE YOU PREPARED FOR LIFE AFTER SCHOOL?

The world of work is changing fast. Join our series of free workshops to explore what the future of work could look like and how you can start to prepare for it.

3rd Feb 6pm UK Time

Will AI Take My Dream Job?

- How AI is impacting jobs now and in the future
- The opportunities and challenges that AI could bring you
- How AI affects subject choices, university decisions and career planning
- Live Q&A

10th Feb 6pm UK Time

How to Futureproof Your Career (interactive workshop)

- Learn how to prepare for changing career paths
- Identify what matters most to you
- Practise building key transferable skills
- Explore how work experience supports career planning

Receive a certificate of completion

REGISTER NOW



Careers opportunities

We encourage sixth form students and parents and carers to access our **weekly Careers Opportunities bulletin**. All of these opportunities allow students to explore their ideas and look great on uni or apprenticeship applications. Students and parents/carers can access this here:

Careers opportunities bulletin 30/01/26 This includes;

- Work experience
- Careers talks
- University open days/tasters
- Apprenticeships
- Unifrog resources and events
- and much more

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.
- Anna Freud Centre: 90 resources and strategies <https://www.annafreud.org/selfcare/>.
- Samaritans: Samaritans a safe place for you to talk any time you like, in your own way, about whatever's getting to you. Call: 116 123.
- Shout - Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. Text Shout to 85258.
- National Domestic Abuse Helpline: We are a team of highly-trained, female advisers. We won't judge you or tell you what to do; we are here to listen. Call: 0808 2000 247/online chat.

Information for adults

Young Minds - Parents Helpline - Worried about a child or young person's behaviour or mental health? Call the free helpline for confidential, expert advice. For more information visit: www.youngminds.org.uk/find-help/for-parents/. Call 0808 802 5544.

The Nurturing Programme

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.

1 Being a parent of a teenager

- The role of parents for teenagers
- Responding to difficult feelings

3 Communicating with your teenager

- Talking and listening
- Communicating clearly
- Handling difficult issues

2 Understanding your teenager

- Understanding teenage development
- Parenting styles
- Praise and criticism

4 Managing conflict

- Rules and boundaries
- Choosing how to respond
- Problem solving

Contact details

Karen Williams, Parenting Officer
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 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
 Specialist in Children and Adolescent Therapy
 (MA Roehampton University)

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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.

What to Expect

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

Facilitated by Experienced Children's Counsellors & Psychotherapists

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

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

Book Your Place



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



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



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FEBRUARY FREE PARENTING CLINIC

RAISING RESILIENT KIDS: BUILDING REAL CONFIDENCE

PARENTING CLINIC

RAISING RESILIENT KIDS

23 FEB

12.00 TO 12.30PM
HOSTED ON ZOOM
Come live or catch the replay

In this month's Free Parenting Clinic, we'll explore:

- The real difference between confidence and self-esteem (spoiler: they're not the same)
- Why "praise more" doesn't always build resilient kids
- How confidence is quietly shaped at home, every single day
- Practical, realistic ways to support your child to bounce back, believe in themselves, and try again

This isn't about raising loud, fearless children. It's about raising kids who trust themselves, cope with setbacks, and keep going when things wobble.

Join Anisa Lewis, Parenting Coach, for a relaxed, supportive 30-minute online talk, designed for busy parents who want tools that actually work in real family life.

Book your free place here:
<https://anisalewis.as.me/theclinic>
 or email: hello@anisalewis.com for the booking link.



Is your child holding it together all day, only to fall apart where it's safe?

Or maybe they doubt themselves, avoid challenges, or give up quickly when things feel hard?

We talk about confidence a lot... but what does it actually mean for our children?

