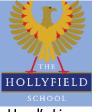


Week commencing – 21 November 2022



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

"There is a distinct sense of community in the school" Ofsted 2020

Head's Line:

Dear Hollyfield Community,

I hope you have had a good week. We have had another busy week in school, the highlight being our Sixth Form Open Evening last night. We were delighted to welcome over 400 people to the event including Hollyfield students and students from other local schools. We hope the students and parents found the evening to be informative and enjoyable. If you have any questions about our sixth from then please do not hesitate to contact Mr Warren, Head of Sixth Form on <u>dwarren@hollyfield.kingston.sch.uk</u> I would also like to extend my thanks to all of the students who gave up their time to help at the event and answer questions from a student perspective.

Next week will be another busy week. On Monday, students in the lower school will be given the opportunity to watch the England vs Iran world cup game. Miss O'Shea wrote to all parents to explain how this will work. Alongside the opportunity to watch the football, students will also learn about the history of the world cup and some of the social aspects related to it as well.

Our Year 13 students have their 'walking, talking mocks' next week. This is where the teachers talk through how to answer an exam paper and give them lots of tips in preparation for their mock exams. Speaking of mock exams, our Year 11 students have their mock exams next week. We know that many of them will be busy revising and preparing, we wish them all the very best and hope it is a valuable learning experience.

And finally, we have 'no pens day Wednesday' for our key stage three students on Wednesday next week. This is where we have asked the teachers to focus on developing pupils' oracy and reading skills in lessons and eliminate or limit the amount of writing for one day only. This always leads to some creative teaching ideas, so I hope the pupils and staff really enjoy it,

I hope you all have a restful weekend.

Ms A Jackson Headteacher



Term Dates

Autumn Term 2022 6 September to 16 December (Inset Day - 5-6 Sept & 31Oct -1 Nov - except Y11 & Y13) Half Term 20 October - 1 November (see above) Christmas Holiday 19 December - 2 January 2023 (Bank hol 2 Jan) Spring Term 2023 3 January – 31 March (Inset Day -20 Feb-except Y11, & selected Y12 & Y13) Half Term 10-20 February (see above) **Easter Holiday** 3 April – 14 April (Bank Hol 7 & 10 Apr) Summer Term 2023 17 April – 20 July (Bank Hol 2 & 29 May) Half Term 29 May – 2 June Stop Press...... • 21/11–School finishes at 2.55pm • 21 – 25/11 - Year 13 Trial Exams • 21/11 – 8/12– Year 11 Trial Exams • 25/11-Year 7/8 Progress Report emailed to parents In this issue..... Page Head's Line.....1 In Safe Hands......3 PTA......4 This Week Next Week......6 Achievement Points.....7 T & L Update.....8 Careers......10 General Information.....12 Local Information.....12



OTHER NOTICES

<u>Year 7 Parents – Parentmail – Please register now</u>

All new Year 7 parents have been sent a link to enable them to register for Parentmail. Please can we ask all parents to do this, Parentmail is our main facility for communication with you and we cannot stress enough the importance of this. We are endeavouring to use less paper communication and will rely on Parentmail to replace paper copies. Parentmail is also used to pay for all school events and meals.

Changed your address/email/phone number????

If you have changed your contact details, please email the school office on <u>office@hollyfield.kingston.sch.uk</u> 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 <u>should not be used to drop</u> <u>off students</u>. 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

If you would like to help contribute to the school fund to provide additional facilities to the school and students, please click <u>here</u> 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.

<u>Open Door</u>

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 <u>lsutton@hollyfield.kingston.sch.uk</u>.

"The school has developed its curriculum far beyond regular lessons" Ofsted 2020





IN SAFE HANDS

This year one of our safeguarding priorities is online safety, the students tell us that this is a big worry for them. Their experiences range from sharing unkind messages, to persistent messaging and pressures to share the perfect picture.

In Year 8 PDW the students have been debating the pros and cons of social media, they are a vocal cohort and have articulated some strong opinions! Read on to find out more, below are three extracts from three pupils - these have been taken from extended pieces of writing:

FH, Year 8

Social media can also be a very positive experience. It is an amazing way for keeping in touch and chatting with friends. Without social media how could we stay in touch -? This was a big concern during the pandemic. Also, social media is a fantastic place for entertainment. You can do anything! Such as watching safe videos and movies to creating your own online games. There are millions of apps available for all age groups.

EP, Year 8

Social media can be very manipulative and a negative experience for young people. Research shows that 90% of children aged 16 or below spend at least 6 hours online, 6 hours of social media a day and these hours are even into the night when they should be sleeping. Parents have shared concerns that their children are becoming addicted and exposed to scams and hacking and inappropriate sites. Lots of scams happen, for example a child may see a link that states 'click here to get 100,00 free meals at McDonalds' and not knowingly they click and end up with 100,000 viruses instead!

GM, Year 8

A positive aspect of social media is education. Being online provides a good standard of education and new learning. Therefore, people can have help with any subject or indeed learn something brand new. In addition to this you can learn a skill such as cooking or art! Many apps provide beginner, intermediate and advanced videos so it caters for all types of learners. Recent research shows that 70% of people in the UK have gained from social media and learned something new from the Internet.





HOLLYFIELD PTA NEWS

HOLLYFIELD

Parents and Carers,

As we cruise through November and the festive period gets closer, we are looking at ways to help make things a little easier and a little fun. To that end we are arranging some deals with local Christmas tree suppliers that will help your pockets and raise funds... watch out for details in next week's bulletin and email.

Below are another couple of ways that you can help the PTA raise much needed funds for the school... both are really easy and ALL money raised will be going towards projects that will make lives better for students at Hollyfield... so please take a look and help where you can. Simple things like these can raise much needed funds to support projects in school. We recently received almost £3,000 from Co-op simply from people who are Co-op members shopping there and choosing Hollyfield School PTA as the charity they would like to support.

We have also been granted over £1,000 by Tesco after shoppers voted to support a PTA project to supply breakfast/food to those in need in our school community... as they say, "Every little helps"

Look out for us at the upcoming carol concert too... we will be there with food and refreshments and will be running a raffle for those attending. If you or your business would like to donate a prize then please get in touch using the details below.

Any questions then come and find us at the next meeting, email us or go all old fashioned and look at the Facebook page - details are all below.

Thanks.

Your PTA Committee.







STILL LOADS OF TICKETS AVAILABLE!!! £5,000 top prize and raise money for our school too!!

We are excited to join The Big PTA Cash Draw. After the last 18 months, we are determined to get our fundraising back on track and this is an opportunity to have some fun and raise money for our school. For every ticket purchased, you will have 6 chances to win up to £5,000!* At the same time, we will raise 50% from every ticket sold supporting our PTA. It's a fantastic way to bring parents, carers, teachers and the wider community together, in partnership with our PTA, and at the same time give something back. We hope to raise funds that can support and enrich the education of our children – we aim to provide extra resources for the children, improve the school environment, as well as run extracurricular activities such as music, art and sport.

Your support is greatly appreciated and we wish you good luck! Buy your tickets <u>here!</u>

THE NAME OF THE SCHEME SAYS IT ALL!!



Help us to help the school to help our children by subscribing to easyfundraising....

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 - <u>click</u>

PTA Website

There are lots of ways of finding out about the PTA and what we are up to - website, Facebook, Instagram, Twitter and two email addresses.... they are all linked at the foot of each page....

Year 7 Parents and Students

Friday 20 January 2023

Keep the date free for an exclusive quiz for parents and students in year 7... a fun night where you can compete with teachers and your children for a chance to win the coveted title of Quiz Champions.

Details to follow...

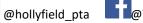
Date of Next Meeting:

Tuesday 6 December - Waggon and Horses, Surbiton - 7pm to 8.30pm

The meeting is for every parent/carer as you are all members of the PTA. Come along, meet new people and have your say and add your ideas... parents make things happen.







TheHollyfieldSchoolPTA



hfptauniform@gmail.com





THIS WEEK.....

TOP ATTENDERS

The year group with the highest overall attendance so far this year is Year 7 with a total of 96.80%. The top form group within each year this week is:

7rSNE - 98.75% 8bHBL = 99.35% 9bKME = 97.27% 10bJTU = 98.39% 11rMFO = 97.65%

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

HOUSE POINTS

		******	OBERA
	Eagle	Falcon	Osprey
Year 7	2799	2896	3865
Year 8	2672	2873	3284
Year 9	2669	1880	2130
Year 10	1271	2809	1403
Year 11	880	1119	818
Total	10290	11577	11500

NEXT WEEK

Monday 21 November	Year 11 Trial Exams & Practical & Orals – all week Year 13 Walking Talking Mocks – all week Year 12 Assembly – Common Room World Cup/Enrichment Activity – Year 7-10 - P5 & 6
Tuesday 22 November	Year 7 Assembly - Hall
	Year 13 Assembly – Common Room
Wednesday 23 November	Year 8 Assembly - Hall
-	Year 7 – 9 Borough Cross Country
Thursday 24 November	Year 9 Assembly - Hall
Friday 25 November	Year 10 Assembly - Hall
	Year 7 & 8 Reports emailed to parents

FORTHCOMING DATES

21 – 25 November - Year 13 Trial Exams

21 November – 8 December – Year 11 Trial Exams including practicals and orals

25 November – Year 7/8 Progress Report emailed to parents

5 December – Year 11 GCSE Geography Trip (Hyde Park - All Day)

5 & 7 December – Year 11 Sixth Form Interviews – 3.30-6.30pm

8 December – Year 7-9 Nasal Flu Vaccinations

12-14 December – Year 11 Compulsory Computing

12-16 December – Year 12 Walking Talking Mock Week





- 13 December Christmas Carol Concert (tbc)
- 14 December CAS Day
- 15 December Year 12 Report emailed to parents
- 16 December Year 11 Trial Exam Report emailed to parents
- 16 December End of Term dismissal from 12.00pm
- 19 December 2022 2 January 2023 Christmas Holiday

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. Students are rewarded in their classes for a range of different behaviours, this includes engagement in learning, showing progress, contributing to learning, helping others and many more. The school also runs 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:

1472
1672
1027
755
205

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

7rSNE	557
8bRHU	456
9bGST	262
10bJTU	180
11bMFO	42

The top performing students from each year were:

Year 7	James d
Year 8	Zero B
Year 9	Mia M
Year 10	A Singh
Year 11	A Nikolova



MISS O'SHEA'S TEACHING & LEARNING UPDATE

The Hollyfield Music Department has been chosen to perform as part of the Thames Concert Series. The concert will be a chamber music concert, showcasing chamber music and solos from some of our talented Hollyfield musicians. The concert is free of charge and will be on Saturday 14 January at St. Andrews' Church in Surbiton, all welcome.

Miss Neville



Saturday 12 November 2022, 7.30pm Hugh Cutting (countertenon), Rebecca Leggett (mezzo-soprano), Ben Costello (plano) An Insphing musical Journey: The Unterthered Soul.

Saturday 10 December 2022, 7,30pm Ben Tartton (cello) This outstanding player in a solo programme that includes Bach and Britten.

Saturday 18 February 2023, 7.30pm The Ducasse Trio The distinguished trio makes a welcome return to the series with music by Debussy, Khachaturian, Bartók and Stravinsky's remarkable L'histoire du soldat.

Saturdays 15 October, 17 December and 14 January 10.30am Farmers' Market Days Free confee concerts







Saturday 15 October 2022, 7.30pm Manu Brazo (saxophone),

vati (p Prajna Indra Diverse music from across the globe by Debussy, Martino, de Falla, Vaughon Williams and

Tickets on the door £15 /or at a nt via Ticketwebi

f thamesconcerts 💟 @thamesconcerts Saturday 12 November 2022, 7.30pm

Hugh Cutting (countertenor), Rebecca Leggett (mezzo-soprano), Ben Costello (plano)

(praint) The first countertenor to win the Fearler Award, Hugh is joined by fellow performers in this themed programme of German lieder, English art song and French mélodie.

Tickets on the door £16 (or at a discount via Ticketweb)

HOW TO BOOK ticketweb

- On-line at an advance discount via wwwtlcketweb.co.uk, Audience members should bring email confirmation/identification to the event.
- In person: on the door at each event from 6.45pm (full price cash/cheque/card). For all concerts admission is free to under-16s and full-time students (subject to availability). Identification will be requested but tickets are not required.
- An individual great-value season ticket, gaining entry to all concerts, costs just £60 and can be purchased directly from Thames Concerts info@thamesconcerts.com.
- St Andrew's Church is wheelchair accessible and accompanying carers are admitted free (carer tickets not required).
- It is not necessary to book tickets for the Farmers' Market Day moming coffee concerts, but voluntary donations are gratefully accepted.
- Latecomers are only admitted during a suitable pause in the performances Programmes may be subject to change at short notice. Thames Concerts reserves right to refuse admission. Evening concerts are not suitable for children under the age of 6.

Saturday 10 December 2022, 7.30pm Ben Tariton (cello)

Making a welcome return to the series, the recent Royal Over Seas League finalist perform spellbinding music by Bach, Britten, Crumb and Soariaho Tickets on the door £12 (or at a discount via Ticketwebj



THAMES CONCERTS SUPPORT US

Patrons and Local Businesses

The Patrons of Thames Concerts support Thames Concerts and provide a forum for regular concert-goers and musicians interested in our activities. Patrons' support is vital in enabling us to continue bringing world-class performers to the Borough and supporting young talent from the local schools and colleges. Becoming a Patron costs just £150 per year (£200 a year for joint membership at a single address) and offers the following privileges:

- Free admission to all performances
 Thames Concerts' Email Newsletters
 Advance notice of concert dates and performers
- Invitation to any annual series launch
- Opportunity to attend concert rehearsals (free of charge)
 Opportunity to observe any masterclasses (free of charge)
- Opportunity to have reserved seating at concerts
 Your name listed in programmes (unless anonymity preferred)

Those who wish to make a larger donation are very welcome.

Thames Concerts has strong links with the local business community, and can offer generous. tailored sponsorship packages to businesses that wish to support the series. For more information please email info@thamesconcerts.com or visit the website at thamesconcerts.com.

All events in the series are held at

St Andrew's Church, Maple Road, Surbiton, KT6 4DS, an outstanding building with an excellent organ and acoustics. The church is highly accessible, close to Surbiton raiway station and bus routes (71, 281, 465, K1, K2, K3, K4), and with good provision for eating and drinking close by. In addition to on-street parking, there are car parks nearby at Waltrose, Sainsbury's, and St Philip's Road.

2022/23 Series Sponsors and Supporters:

- Anonymous
 Excellar Wine Bar, Surbiton
- Gordon Bennetti bar + kitchen
 Kingston Chamber of Commerce
 Local Planet
- Mail Boxes Etc, Surbiton
 Telson Roofwise Ltd
- Tim Hendy Planes Ltd The Good Life Newspaper
 The Musicians' Company
 The Parish of St Andrew and St Mark, Surbiton - The Surbiton Fiyer

SE Ares

s Church

information in this brachure was correct at the time of publication. Please check the website(s) for up-to-date information. Design: Nora Zimerman Studio s Concerts Society Chanty No. 1123286 Company No. 06440374

All concerts take place at St Andrew's Church, Surbiton. Full programme details and Artistic Director's notes may be viewed at thamesconcerts.com.



Saturday 14 January 2023,

This distinguished performer plays music by Bach, Reger, Durufié, and Widor's superb Symphanie Gathique, an the Church's fine Hunter organ. Tickets on the door £12 (or at a discount via Ticketweb)



Saturday 4 February 2023, 7.30pm Lotte Betts-Dean (mezzo-

soprano), Michael Butten (gultar) An exquisite programme of songs by Dowland, Purceil, Britten, Maxwell Davies and others, performed by this award-winning duo

Tickets on the door £15 (or at a

10.30am. Full programme and performer details may be viewed at themesconcerts.com Saturday 15 October 2022 Saturday 17 December 2022 Tiffin Girls' School Kingston Music Service Saturday 14 January 2023 The Hollyfield School



I am delighted to welcome you to this series of concerts, which celebrate an eclectic range of chamber music performed by outstanding musicians. At the time of

musicians. At the time of writing St Andrew's Church is closed for Important structural work. It is hoped that the will be completed before the series starts, but if not, concerts will take ploce at the nearby St Mark's Church, Substan, Updates will be found online. We at Thames Concerts are proud to continue promoting these concerts and thank you for your continuing support.

Ben Costello Artistic Director



Music for violin, clarinet and plano by Debussy, Khachaturian, Bartók and Stravinsky's remarkable L'histoire du soldat.

Tickets on the door £16 (or at a discount via Ticketweb)

Kingston Music Service 10% OFF FOOD & DRINK ON YOUR CONCERT DAY at



(Show your email/progre





discount via Ticketweb)

Admission is free (no ticket required) to these 50-minute morning concerts, all starting at.

FARMERS' MARKET DAY COFFEE CONCERTS showcasing local young talent





Phoenix Provision launch - WHEELS IN MOTION





WHEELCHAIR SPOKE GUARD DESIGN

- Design a wheelchair spoke guard
- Come to Phoenix Building to collect your template
- Create a design, to fill your Wheelchair Spoke Guard template, it could be completely abstract or based around a favourite character or theme. (see examples)

All entries will become part of the wider RBK borough-wide 2022 Disability Campaign 'Wheels in Motion' and will go on display in the Hollyfield Phoenix Building Exhibition.

Hand in your entry to Mrs Procter - Phoenix Provision



by WEDNESDAY 30th NOVEMBER 2022









COMPETITION

CAREERS INFORMATION



Careers Briefing - November 18 2022 by Mr Poole & Miss Corrighan (Careers team)

Year 10 Jack Petchey's Speak Out Challenge

Congratulations to all those students who took part in the speak out challenge. Students were off timetable for the day and went through a series of training exercises and activities to build up their confidence and skills in public speaking. The day culminated in all the members of the group delivering a short speech on a topic they felt strongly about. This was an amazing achievement, as not only did they have to have to speak clearly, but also students needed to show a good deal of resilience and determination. Congratulations to all of those involved and thanks to Mr. Poole and Mr. Hurst for organising the event. If any other students in Year 10 are interested in taking part in a public speaking workshop they should see Mr. Poole or email ipoole@hollyfield.kingston.sch.uk



Weekly opportunities bulletin

Sixth Form Careers Opportunities 18 November See this week's bulletin for a whole range of opportunities and we have highlighted some below for students and parents.....







Explore undergraduate study in the USA with the Sutton Trust US Programme!

- UK-based residential events where students can learn about studying at a US university
- Free trip to the USA in Summer 2023 to visit college campuses!
- In depth advice about applying for funding and scholarships
- Your students will meet like-minded young people from across the UK
- Applications are now open for the <u>Sutton Trust US Programme</u> for 2023!
- This free programme provides state school students in the UK with the unique opportunity to learn about the US admissions process from experts at the US-UK Fulbright Commission. Criteria applies check website.

Students interested in Medicine and Dentistry in Year 11 & the Sixth Form



Applications for **free** online and national King's College London <u>Medicine and Dentistry Lecture Series</u> 2023 are now open! This programme is for students **across the UK** in **Year 11, 12, and 13** who have only attended non-selective state schools since age 11 and are interested in becoming a **doctor** or **dentist**. Over the course of the **14 lecture** programme students will hear from a variety of speakers to help them make the best application to medicine or dentistry possible! Last year's lectures included the following:

- Medical and dental specialities: cardiology, prosthodontics, renal transplant, and many more!
- Q&As each week with current medical and dental students as well as a lecture dedicated to the student experience
- A session on other careers in healthcare with six professionals currently working and teaching in the sector (nursing, dietetics, clinical science, etc.)
- September Q&A with key admissions colleagues in the schools of medicine and dentistry
- Lectures on the application process: the UCAT, personal statements, and interviews.

Lectures will be held on **Tuesday evenings at 6-7.15pm** and will run in blocks of three throughout 2023. The first three lectures will take place on the **31 January**, **7 February**, and **14 February**. The remaining three blocks of lectures will take place in Spring and Summer. For more information and to apply, <u>students should follow this link</u>. The deadline to apply is **Friday 16 December 2022**.



<u>Young Professionals event</u> - The job market for students leaving school or university can be difficult to navigate and now more than ever we need to help our young people by making them aware of all the opportunities available to them, as well as providing them with advice and tips on securing the very best opportunities when they enter the workplace. We would like to extend our invitation to all parents and guardians to attend our 'Your Child, Their Future' Event on Thursday 24 November from 6:00pm – 7:30pm (via zoom).



We have leaders from some of the biggest employers in the world including KPMG, BT Group, Capgemini, British Airways, Linklaters and more who will each come along to talk to you, about how your child can best navigate the job market to find some incredible work experience/internship placements, as well as apprenticeship opportunities. We will be sharing some useful tips around psychometric testing, assessment centres, putting together a CV, filling out application forms, as well as advice on how you can prepare your child for the working world. This event is free of charge & the registration link is: https://www.surveymonkey.com/r/YP-Information-Evening, so please do sign up & the zoom link will be emailed to you.

Kingston University London

FINAL CALL - An exciting opportunity for Year 10 students!

Kingston University Saturday Clubs - There will be two clubs running in 2023 - Science and Engineering as well as Art and Design - both being completely free to successful applicants. Saturday Clubs offer an exciting opportunity for students interested in learning and exploring more about the respective subject areas across a wide range of topics. Making use of industry leading facilities, with expert tuition, alongside Kingston University Student Ambassadors and other Year 10s from a limited number

of local schools. To apply pupils and parents/carers must both complete an application & the application deadline is Monday 5 December 2022

https://forms.office.com/r/HLzMMe85Vd Pupils: https://forms.office.com/r/bDHsWKvAW4

Parents/Carers:

GENERAL INFORMATION

Links to Useful Information

Term Dates 2022-2023 Uniform List Extra-Curricular Activities - PE Extra-Curricular Activities - Drama Student well-being and safety

Form Tutor List The School Day Times Extra-Curricular Activities - Music Staff List and Structure Donation to School Fund

Key Dates Menus Extra-Curricular Activities - All Severe Weather Procedure

Thinking of hiring a Tutor?

Please click <u>here</u> for guidance on selecting the right tutor.

Resilience in Children

If you are interested in further reading around building resilience in children this article is worth a read.

https://digest.bps.org.uk/2019/11/05/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 <u>RachelDykins@mindinkingston.org.uk</u> 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: <u>0800 1111</u>.
- Anna Freud Centre: 90 resources and strategies <u>https://www.annafreud.org/selfcare/</u>.
- 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 <u>85258</u>.



• 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: <u>0808 2000 247</u>/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: <u>www.youngminds.org.uk/find-help/for-parents/</u>. Call 0808 802 5544.

Where to find the latest information and guidance

- Local Information: <u>www.kingston.gov.uk/coronavirus</u>
- Connected Kingston information on how to stay well at home: <u>www.connectedkingston.uk</u>
- Citizens Advice <u>www.citizensadvicekingston.org.uk/corona-virus</u>



Volunteer. Because childhood can't wait.

If you have parenting experience, a few hours spare each week and want to make a difference to a local family, join our network of trained volunteers, helping families with young children through challenging times. Free volunteer course runs in Kingston on Thursdays

9.30am-2.30pm from 6 October to 24 November 2022 (not 27 Oct).

To find out more, contact Angie Ahmed info@homestart-rkh.org.uk 07884 536161 homestart-rkh.org.uk







To help a parent Re-Connect contact Ingrid: 07873 592216 or email : re-connect@welcarekingston.org.uk