

Week commencing - 22 April 2024



**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 enjoyed a restful break and those who celebrated Eid and Easter enjoyed the festivities. Over the break our site team worked tirelessly to continue with our upgrades to the facilities at school. Our outdoor gym was signed off by our health and safety team and will now be used in PE lessons and availed to students to use during break and lunchtimes in the next few weeks. Alongside this, the basketball hoops have been fitted in top the playground; giving students in Year 7 and Year 8 the option to play basketball at break and lunchtimes. Air conditioning has been installed throughout Sharman which will give an environment far more conducive to learning in the summer months. We have also redecorated many of our corridors, including the addition of The Hollyfield Art Gallery in Albury; it looks fantastic. As I have said, it is my intention to continue with the upgrades and hope that at the start of each term I will be able to report to parents on our progress.

On the theme of the summer term, please can I remind all parents that students can now choose to wear the summer uniform if they wish. That is, they can now wear a polo shirt which can either be a white polo shirt with the Hollyfield logo, or it can be a plain white polo shirt. Likewise, students can choose to wear black, tailored shorts instead of trousers or a skirt if they so wish.

This week saw the end of the Year13 mock exams. Congratulations and well done to Year 13 for all of their hard work. Their A level exams are fast approaching and we have every confidence that they will achieve excellent results. Next week, our Year 12 students will sit a set of internal exams so we can monitor their progress and help them understand what they need to do to improve. Also next week there is a UCAS and apprenticeship information evening for parents of students in Year 12. Mr Warren has sent out full details of this to parents. If you have any questions about it then please do email Mr Warren directly and he'll be delighted to help, for reference, his email address is dwarren@hollyfield.kingston.sch.uk.

Year 10 parents evening will take place on 2 May, details have been sent to parents, appointments will be available to book from Monday 22 April at 9:00am. To book your appointment, please visit https://thehollyfieldschool.schoolcloud.co.uk/.

And finally, today a group of 43 students in key stage three head off on netball tour for the weekend. The students (and staff) traditionally have a wonderful time on tour; we wish them every success in their matches and hope they have a brilliant time.

Wishing you all a lovely weekend.

Amy Jackson Headteacher

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



**Term Dates** Autumn Term 2023 5 September to 21 December (Inset Day - 4-5 Sept & 1-3 Nov - except Y11 & Y13) Half Term 23 October - 3 November (see above) **Christmas Holiday** 22 December - 5 January 2024 Spring Term 2024 8 January – 28 March (Inset Day – 19 Feb) Half Term 12-19 February (see above) Easter Holiday 29 March - 12 April (Bank Hol 29 Mar & 1 Apr) Summer Term 2024 15 April - 19 July (Bank Hol 1, 6 & 27 May) Half Term 29 - 31 May ..... Stop Press......

- 22/4 Public exams begin
- 22/4 Y11 Report emailed home
- 22-26/4– Y12 Trial Exams
- 25/4– Year 7 & 8 Junior Maths challenge
- 25/4 Year 8 Fulham Social Action Final (Arsenal Emirates Stadium (10am-3pm)
- 25-26/4- GCSE Art Exam
- 30/4 2/5 A Level Art Exam
- 2/5 Year 10 Parent Consultation evening

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### **OTHER NOTICES**

### 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 office@hollyfield.kingston.sch.uk.

### Valuables in school

The school policy and guidance with regard to pupil possessions is clear that they are brought into school at their own risk. The Hollyfield School does not accept liability for any items that may be lost, damaged or stolen. While theft is taken extremely seriously and thoroughly investigated, the school is not in a position to cover the cost of any item stolen.

Of course, with respect to the last point, steps and measures are put in place to mitigate against such circumstances, especially during PE and Games lessons, where pupils' items are locked in the changing rooms. While this is standard procedure, there may be some extenuating circumstances where this cannot always be guaranteed. Therefore, I would urge your son/daughter not to bring expensive items into school.

### Medical Health Care Plans

Please can we remind all parents to complete a MHCP for any student with a medical condition if you have not already done so. Also, if there are any changes to a current plan please complete and submit a new MHCP so we can update our records. You can <u>print a form</u> and return it to school.

### 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</u> <u>drop 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.

### Open Door

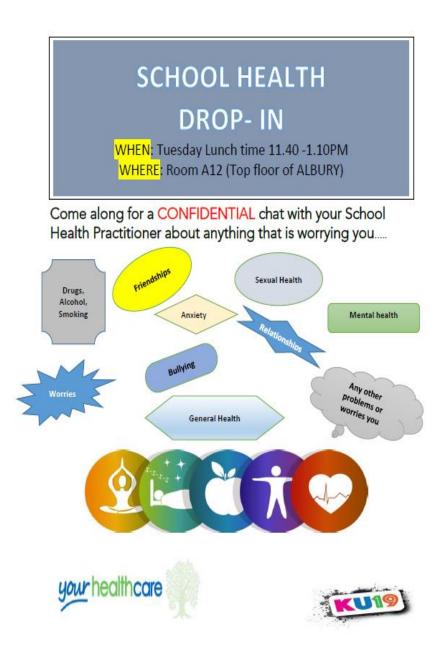
Ms Jackson holds Parent Clinics on Thursday afternoon during term time. These are from 3.00pm-4.30pm for parents/carers to speak directly to her regarding any unresolved concerns/ suggestions. Please contact Louise Sutton to arrange an appointment on 0208 339 4500 or email <u>lsutton@hollyfield.kingston.sch.uk</u>.



# **IN SAFE HANDS**

Once again, for your information, the key contacts are:

School! Get in touch with the Designated Safeguarding Team Mrs McGeoch: <u>smcgeoch@hollyfield.kingston.sch.uk</u> Ms Patel: <u>spatel@hollyfield.kingston.sch.uk</u> Single Point of Access 020 8547 5008.





# HOLLYFIELD PTA NEWS

### Pre-loved Uniform Store Next session: 20.04.2024 (after Easter Holiday)

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.** 

In an emergency situation, students can speak to the team at the school office to ask for access to the Uniform Store in the old music building. We operate a donation system for those that can afford to contribute.

Everyone Welcome - it is best the items get used, rather than sit in a store or be thrown away!

Any donations of uniform too small for your child would also be appreciated! These can be dropped at the collection point at the entrance to Albury

### **HOLLYFEST 2024**

Is currently being planned! Watch this space for more details! Your link for ALL things HOLLYFEST! <u>https://www.pta-events.co.uk/hollyfield/</u> here you find your **Earlybird Tickets!** Also! Sign up on the link above for an Estate Agent Board to advertise Hollyfest! And the school receives a donation for every board that is up! Money for nothing!

### Next PTA/Hollyfest Meeting Monday 15 April

Everyone is welcome! Join us, find out how you can get involved and have fun whilst helping with events and raising funds for the school!

Join us at the Hollyfield, Exam building, next to the Dome, 7:30pm,

[What three words location: holds.bravo.drives]. Entering from the top gate off Lamberts Road.

### We are looking forward to seeing you there!

### Easy Fundraising

# Please support The Hollyfield School PTA - Surbiton on #easyfundraising, you'll raise FREE donations for us with your everyday shopping.

This is a really simple way to help raise funds for the PTA in order to support the school and students. Easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

Follow this link to register and start raising some much needed funding : Select The Hollyfield School PTA, Surbiton: <u>https://www.easyfundraising.org.uk/support-a-good-cause/step-1</u>

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....



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# THIS WEEK.....

# **TOP ATTENDERS**

The year group with the highest overall attendance so far this year is Year 8 with a total of 95.04%. The top form group within each year this week is:

7CNE = 99.32% 8NMA = 97.18% 9HRO= 93.75% 10EBE = 97.15% 11JTU = 95.02%

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

# **HOUSE POINTS**

	ALCON	4.00 Ca	ONPRAS
	Eagle	Falcon	Osprey
Year 7	10822	10994	11337
Year 8	9242	9011	8788
Year 9	7968	8459	7539
Year 10	6601	5224	4831
Year 11	1602	4331	1952
Total	36235	38019	34447

# **NEXT WEEK**

Monday 22 April	Year 12 Trial Exams (all week)
•	A Level/GCSE Exam Start Date
	Year 11 Report sent home
	Year 12 Assembly – Common Room
	Year 11 Assembly (ROA) – Dining Hall
	Year 11 BTEC Media Exam (1.15pm)
Tuesday 23 April	Year 13 Assembly – Common Room
	Year 7 Assembly (Getting Exam Ready) – Dining Hall
	Year 11 BTEC Media Exam (8.30am)
Wednesday 24 April	Year 8 Assembly (Getting Exam Ready) – Dining Hall
	Year 8 & 9 Reach Out - (Exam Centre) (6.00-8.00pm)
Thursday 25 April	Year 9 Assembly (Getting Exam Ready) - Dining Hall
	Year 11 GCSE Art Exam
	Fulham Social Action Final
	Year 7 & 8 Junior Maths Challenge
	Year 12 UCAS & Apprenticeship Parents Info Eve (6.00-7.00pm)
Friday 26 April	Year 10 Assembly (Getting Exam Ready) – Dining Hall
	Year 7,8 & 9 Surbiton Trophy Training (Alexandra Park Tennis Court)
	(1.10-3pm)
	Year 11 GCSE Art Exam
Saturday 27 April	D of E Practice Expedition
Sunday 28 April	D of E Practice Expedition



## **FORTHCOMING DATES**

22 April – Public exams begin 22 April – Year 11 Report emailed to parents 22-26 April – Year 12 Trial Exams 25 April – Year 7 & 8 Junior Maths challenge 25 April – Year 8 Fulham Social Action Final (Arsenal Emirates Stadium (10am-3pm) 25-26 April - GCSE Art Exam 30 April – 2 May – A Level Art Exam 2 May - Year 10 Parent Consultation evening 3 May – Year 11 Passport Assembly 5 May – GCSE Coursework Deadline 6 May – Bank Holiday 6-24 May – Year 7, 8, 9 End of Year Exams 7 May - Year 13 Report emailed to parents 12 May – GCE Coursework Deadline 14-15 May - Year 6 Interviews (4.00-6.00pm) 23 May - Year 12 Devising assessment Performance 24 May - Early Closure due to Year 11 Celebration event - 12.00pm 27 - 31 May 2024 - Half Term 6 June – Year 10 Tate Modern Trip 10-28 June – Year 10 Trial Exams 17-28 June – Year 12 End of Year Exams 21 June – Year 13 Prom 24 June – Year 7, 8, 9 Report emailed to parents 28 June – Public exams end 28 June – Year 11 Prom 2 July – Year 10 Sussex University Trip 3 July – New Year 7 Induction Day 4 July – Art & Design Exhibition – 4.00-7.00pm 4-6 July – Ilex Theatre Performances – 7.00pm 9 July - Sports Day 10-11 July – Activities Day 10-11 July – Year 10 Geography Field Trip, Seaford 13 July - Hollyfest 15 July - Year 10,12 Report emailed to parents 15-19 July – Year 12 Work Experience Week

19 July - End of Term – students dismissed from 12.00pm

15 August – A2/AS Results Day 22 August– GCSE Results Day

# **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.

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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 7 855 Year 8 673 Year 9 533 Year 10 530 Year 11 115

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

7PTA 201 8ABE 120 9LCA 108 10EBE 85 11JTU 41

The top performing students from each year were:

Year 7	Stanislav F/Lula G	Year 9	Charlie B	Year 11	Marley D
Year 8	Maxim Y	Year 10	Yehor L		

# GETTING TO KNOW.....

### **Design & Technology Department**

Miss Tunstead is the Head of Faculty for Design and Technology and the PSHE program 2024. Miss Tunstead teaches textiles across Key Stage 3/4, enjoys reading, the theatre and museum visits.

Mrs Sankey trained as a Food and Textiles teacher after being inspired by her Food teacher at school and two aunts who were Domestic Science teachers. Mrs Sankey enjoys exploring cities to experience their local cuisine such as the local street food in Borough Market and further afield pizza in Naples.

Mrs Killeya is our Food Technician for Design and Technology. She works with Ms Sankey across Key Stage 3 and 4 delivery. Her hobbies are baking, walking, reading and travel.

Mr Holmes has been a teacher of Design and Technology for twenty years and joined The Hollyfield School in September 2023. He studied Graphic Design at university and enjoys visiting design exhibitions and museums, particularly the most up to date exhibitions at The Design Museum. He plans to introduce GCSE Graphics from September 2025. He enjoys going to Northern Ireland to visit his family and always spends an afternoon at The Giants Causeway.

Mr McNeil is our Design and Technology resistant materials technician. He supports Mr Holmes and our students across all key stages in the workshops. He ensures our workshops are safe and well resourced.

### **Maths Department**

### Ms Janse van Rensburg- Head of Mathematics

I have been the Head of Department at Hollyfield for the last 7 years. Originally, I am from Cape Town, South Africa where I attended school and completed my degree in BEd FET Economic and Management Science at the University of Cape Peninsula. I moved to London in 2007 to experience teaching in a different country and also to explore the world for a year. I loved teaching in London too much and therefore decided to stay and to also complete my Masters in Education. Of course, Mathematics and teaching have always been my passion, however, beyond that I enjoy netball, cycling, running, and swimming. As you might already know, I have taken part in several endurance events and like to set myself a challenge every year. This year myself and Mr Kynes will be



completing Chase the sun which is a 300km cycle across the South of the UK. Starting at sunrise and finishing by sunset. We are nervous and excited at the same time but know it will be a wonderful experience.

### Ms Emerton - Assistant Head of Maths

I am now in my second year working at Hollyfield and already feel very settled here. My role is Assistant Head of Maths and I particularly focus on the KS4 curriculum and pupils in Year 10 and Year 11. I attended the University of Leeds where I completed a joint honours degree in Maths and Statistics before moving to London to complete my teacher training. Maths was always the subject I enjoyed most at school and I planned to become a teacher from around the age of 8! Travel is a passion of mine - my favourite place is probably the Dalmatian Coast of Croatia which I have visited a number of times. A few years back I took a year out of teaching to travel around Australia and New Zealand, I also took a trip to Bali as a holiday from travelling! I enjoy baking in my free time and challenged myself with making a chess cake for the maths bake off recently. I follow football, supporting Coventry City who I'm off to see play at Wembley for the fourth time this weekend!

### Miss Wellstead – Mathematics KS3 Coordinator

This is my fourth year teaching at Hollyfield, although I started before that as a trainee teacher here. I went to the University of Chichester, where I trained to be both a secondary school maths teacher and also a primary school teacher. I enjoyed teaching secondary more, as I could focus on just teaching maths! I'm most famous around school for my sticker shop!

### Ms Lunt – Mathematics KS5 Coordinator

I have been working at Hollyfield School since April 2019 as a maths teacher and KS5 maths coordinator. Both of my sons came through the school so I have been a member of the community since 2010.

My career started as a Leisure/Sports centre manager and swimming teacher, but in 2012 I returned to uni to do a degree in Forensic Science, followed by a PGCE (maths), and started teaching Maths.

I worked on the triathlon at the 2002 Manchester Commonwealth Games, the 2022 Birmingham Commonwealth Games, the 2012 Olympic Games in London, and many other international and national Triathlons. I have even competed in a couple of triathlons! When not at school I enjoy swimming, reading, travelling, and walking our rescue dog, Bailey.

### Mr Owen - Numeracy Coordinator

This is my first year at Hollyfield but I have been teaching for 28 years. I have always taught maths and currently teach students from Year 8 all the way to Year 13 Further Maths. I love the variety of teaching and the challenge of getting students to love the subject as much as I do. I am also an examiner for Edexcel so I bring a wealth of experience to the classroom.

I studied Maths at the University of Salford and completed a research year on the island of Crete where I was studying sonar waves. I stayed in the Manchester area to complete my PGCE before moving down to London to start my teaching career and to join my wife who works at Heathrow Airport.

Outside of school, I am a churchwarden at my local church. I also enjoy watching movies, stand-up comedy, and having good food with friends. Last year, I completed the 3 Peaks Challenge and hope to walk the length of Hadrian's Wall later this year.

### Mr Talbot - Mathematics Teacher

Hello! I'm Mr Talbot and I am a maths teacher at Hollyfield School. I studied Mathematics and Computer Science at the University of Birmingham and had a short career in software development/IT before chasing my dream of becoming a maths teacher. When I am not at school teaching, I enjoy spending my time in the gym, walking my family's sausage dog "Dave" and playing some computer games. Fun Fact: I am from the USA, and was once the highest possible rank in "Rocket League".



### Mr Newn - Mathematics Teacher

Hi all! I'm Mr. Newn and I joined Hollyfield this year as a Mathematics and an A-Level Further Mathematics teacher. I grew up in Brunei Darussalam and studied there until I had finished my A-Levels. I then flew over to Montreal to complete my degree in BA Honours Mathematics and Computer Science at McGill University before flying over to the UK for a PGCE in Secondary Mathematics at St. Mary's University. I first fell in love with Mathematics during my A-Levels, where I began finding ways to link different subjects (Computer Science, Physics, Music Technology) and discovered that Mathematics is the glue that holds all of these together. I became interested in teaching as I enjoyed helping people come to understand Mathematics. I am now here at Hollyfield to share both my passion and knowledge of the subject with everyone! Outside of teaching, I enjoy playing video games, engaging in Japanese culture (anime, cuisine, language), and composing music.

### Mr Adan - Mathematics Teacher and Mathematics Mentor

I joined Hollyfield earlier this year as a mathematics mentor before also becoming a maths teacher and have loved it so far! My favourite subject in school was maths so I studied BSc Financial Mathematics and then travelled across SE Asia for a few months before completing my Masters in Finance at Durham University in 2023.

I am a huge sports fan and mainly follow football, supporting Chelsea and following them around the country but I also enjoy watching and playing golf (not so well) in the summer.



The summer term will bring a range of activities for **Year 10 students** to start thinking about their future options. One of the activities is a **Trip to Sussex University**.



We are organising an aspirational visit to Sussex University on 2 July. This trip is an important part of the careers provision for Year 10 as this visit is an opportunity to visit a successful campus-based university and gain an insight into higher education. Even if students do not want to go to university it is recommended that they attend to find out more about future options so they can make informed choices.

When the students arrive at Sussex University they will be greeted by a student ambassador and be taken to the main lecture hall where they will have a short interactive session on why people go to university. There will also be an opportunity to meet a number of student ambassadors, and talk about the wide range of different subject choices and experiences available to them in post 18 education. All the students will also have a tour of the extensive university campus.

A letter was sent out before Easter about the trip: <u>Sussex University trip</u> and a number of parents have already responded but we want to make sure everyone has the opportunity to

### The Hollyfield School



go on the trip so we will be sending the letter out again. The trip cost £17.00 and payment and the medical form needs to be returned ASAP. The absolute deadline is June 25 but ideally we need a reply for then as we need to confirm numbers with the university and the coach company. Please contact Mr Poole <u>ipoole@hollyfield.kingston.sch.uk</u> if you have any questions

# Students can start to think about post 16 options including <u>Hollyfield Sixth form</u> & colleges. There are some open events this term students & parents/carers can attend:

- <u>Nescot College</u> offers a range of vocational courses including Animal Care, Construction, Media, Hair & Beauty and much more. **Open evening: Wednesday 22** May, 2024 16:30 - 19:30.
- <u>Esher College</u> **Open Evening on Monday 1 July 2024 4.30 8.00pm** This is the only open event for students starting in 2025. There are also tours that take place but look on their website for more information. Applications open in July 2024 for entry in 2025.



### **Opportunities bulletin for sixth formers**

Please see the weekly bulletin below with details of work experience, university tasters, summer schools, apprenticeships, careers talks and more. This is collated each week for YOU! 19 April 2024 Sixth Form Careers opportunities

### Welcome to The Pitch



Have you ever thought about how advertising works? Ever wondered where an advert you're looking at came from, who made it, how it ended up in front of you?

The Pitch is your chance to learn how advertising works and get work experience in the industry, plus win some great prizes.

This is a national competition run by Your Game plan in partnership with JD Sports, Instagram and Channel 4. There are 100s of work experiences and internships are up for grabs with some of the biggest companies and recognisable brands in the world. It's for students aged 14-19 and it's all 100% free. <u>All information for The Pitch is here.</u>

### **Careers in Focus**

Each week we will be highlighting at least one career area to show the range of opportunities out there and some of the key resources. Labour Market Information (LMI) is important in planning your future career. For the full picture of the London Labour Market please see this brilliant website: London LMI and Unifrog



A <u>green career</u> can be any job, role or occupation that contributes to preserving or restoring the environment and our planet. It can be any industry, not just those seen as 'green.' Green skills are abilities, attributes, values, attitudes, knowledge, and technical skills needed to adapt services, processes and procedures to support climate change.

Green careers are a fast-growing global employment sector that touches every company, employer, employee, and education establishment. You can explore



companies that were part of Green Careers week 2023: Organisations 2023 - Green Careers Week.

What green career could you do? Take the <u>BBC bitesize quiz</u> to see what jobs might be available to you.

# **GENERAL INFORMATION**

### Links to Useful Information

Term Dates 2023-2024 Uniform List Extra-Curricular Activities Severe Weather Procedure

### Resilience in Children

Form Tutor List The School Day Times Student well-being and safety Donation to School Fund Key Dates Menus Staff List and Structure

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

https://cmom.org/press/the-british-psycological-society-five-ways-to-boost-resilience-inchildren/

# 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: <u>information and advice</u> 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 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: <u>116 123</u>.
- 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: <a href="http://www.youngminds.org.uk/find-help/for-parents/">www.youngminds.org.uk/find-help/for-parents/</a>. Call 0808 802 5544.





# **Counselling and Therapy**

Morag Shrafeddin is a qualified Counsellor with a Masters from Roehampton University in Integrative Counselling and Psychotherapy specialising in work with Children, Adolescents and Families. She also works in Fulham as a School Project Manager with the school counselling service Place2Be.

Morag is dedicated to supporting children and adolescents with their emotional well-being and personal growth. With a compassionate and clientcentred approach, she aims to empower children and young people to overcome challenges and thrive in their lives.

### Morag Shrafeddin

Specialist in Children and Adolescent Therapy (MA Roehampton University)

(M) 079 5639 2216
(E) morag@shrafeddinstherapy.co.uk
(W) shrafeddins-therapy.co.uk



For further information, visit https://bit.hdKAE-Summer2024















If you have some free time, and you are a parent or grandparent (or have similar experience), you could help other families with pre-school children. Local charity Home-Start is offering a free course to train you to be a home-visiting volunteer, supporting families with difficulties such as post-natal illness, bereavement or disability. The course will run in Hampton Wick from 9.45am-2.30pm, on Thursdays from 9<sup>th</sup> May to 20<sup>th</sup> June (not half-term 30<sup>th</sup> May). After the course, volunteers visit and support a family for 2-3 hours a week. For more information, please contact Erin on erin@homestartrkh.org.uk or volunteer@homestartrkh.org.uk or 07884 536161.



