# The Convent Chronicle



Friday 10<sup>th</sup> May 2024

Inspiring Ambition, Achieving Excellence

Dear Parents/Carers,

Yesterday was the feast of the Ascension. Ascension Day is *the 40<sup>th</sup> day of Easter* and commemorates the ascension of Jesus into heaven 39 days after resurrection on Easter Sunday. The first GCSE exam began on this day, with R.E. God has a hand in that in some way! Year 11 have been perfect in lining up for exams and with our prayers outside led by Mr O'Hanlon and in the presence of Mary, I'm sure there will be success on the horizon.

Please commend your daughters on their amazing behaviour during exams, in keeping silence when there are exams in different places around the school. The Prefects of course have been the Dream team!

Our final Rise Above Day of the academic year today has been an amazing success- as always. This is such a great and exciting opportunity, organised by Ms Hector, to cover our PSHEC and Careers curriculum. With many visitors delivering the programme, our young women were engaged in the exciting opportunities from the start.

Good luck to Years 7, 8 and 9 who start their end of year assessments next week, and to Year 10 for the week after.

Timetables are on the website and can be accessed via the following links:

- Year 7
- Year 8
- Year 9
- Year 10
- Year 11

They are also in their revision guides:

- Year 7
- Year 8
- Year 9
- Year 10



There are also copies of the timetables further on in this newsletter.

Enjoy the sunshine while it lasts.

#### **Penny Johnson** Headteacher









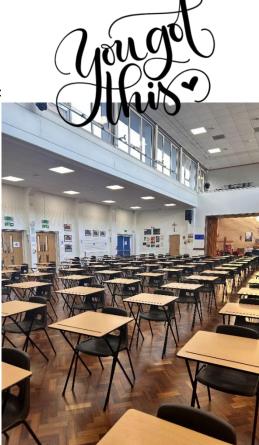








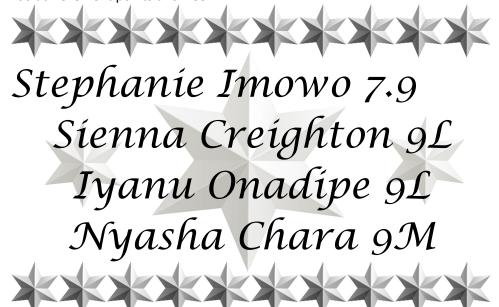






## Deputy Headteacher's Silver Award

Many congratulations to the following students who have reached in excess of 400 achievement points this week:



Mrs Collis presented the students with their very well-deserved silver award.

### Bronze Assistant Headteacher's Award

Further congratulations to the following 13 students who have reached in excess of 200 achievement points this week:



The students were presented with their certificate and bronze award by the Heads of Year.

Well done to all of the students.

**Mrs Bishop** 

### Lunch Money Loans

Lunch money loans are available for <u>emergencies only</u>. We have recently been inundated with requests for lunch money loans where students have forgotten to bring their lunch or lunch money from home.

We only hold a small amount of cash on the premises, and we cannot sustain the current level of demand – students must remember to bring either a packed lunch or their lunch money. Furthermore, if the money is not returned on time it could lead to us being unable to loan money to another student. We ask that if your daughter has loaned lunch money from the Finance Office that you please ensure it is paid back the following day.

**Finance Office** 

### Share your views

The following is sent on behalf of Andrea Winstone, Head of School Effectiveness and SEND, Thurrock Council:

Thurrock Council with our partners have had notification today that we will be having an Ofsted/CQC thematic review of our SEND Preparing for Adulthood arrangements, the survey below seeks your views on our partnership approach and services offered to young people as they prepare to transition into adulthood. This is a really important opportunity for you to have your say and let Ofsted/CQC know how you experience these services; your view really matters!

Can we ask that you complete the survey to share your views and experiences? These survey links will be open from 30 April 2024 to 17 May 2024. The survey links are:

This survey is for children and young people with SEND (age 11-25): <a href="https://www.smartsurvey.co.uk/s/Thu">https://www.smartsurvey.co.uk/s/Thu</a> rrock-CYP/

This survey is for all other respondents (professionals, parents and carers): <a href="https://www.smartsurvey.co.uk/s/Thurrock-parents-carers-professionals/">https://www.smartsurvey.co.uk/s/Thurrock-parents-carers-professionals/</a>

## Sign up now for the Sacrament of Confirmation

Sign-up sheets are now available after attending Mass at the back of St Thomas' Church in Grays, for students who will be 14 + going into Years 10 & 11 in September, who would like to be enrolled on the next Confirmation Course beginning in September 2024.

If your daughter is currently in Year 9 & 10, you may wish to discuss the possibility of making their Sacrament of Confirmation. This is a free choice to confirm their faith in Jesus Christ and their commitment as His followers to participating in the life of the Church. The Sign-Up sheets will be available at the back of St Thomas's Church after all weekend Masses. Please bear in mind that this is only possible by attending Mass and signing the sheets that your child can be enrolled for this course - this cannot be done this remotely. (Students have been told about this in Forms and will also being informed in R.E. Classes.)



As always, I am also available for any queries, help or support at school. God bless you,

**Miss Carson** 

### Safeguarding our Children at Grays Convent

At Grays Convent our Designated Safeguarding Lead (DSL) is Mrs Collis, and our Safeguarding Officers are Mrs Wells and Mrs Bishop. Students can contact any of our Safeguarding Team during the school day.

#### Worried about a child?

You can phone or write to The MASH about your concerns. Phone immediately if you believe it is urgent.

- Thurrock MASH (Multi Agency Safeguarding hub), Civic Offices, New Road, Grays, Essex, RM17 6SL, Tel: 01375 652802.
- Emergency Duty Team (for out of hours) 01375 372468.
- Police Child Abuse Investigation Team **01277 266822** or call **999** if you are concerned a child needs immediate protection.
- Childline 0800 11 11 www.childline.org.uk
- NSPCC 0808 800 5000 www.nspcc.org.uk; www.facebook.com/nspcc

**Mrs Collis** 

### **Key Dates and Events**

Monday 13 <sup>th</sup> May to Wednesday 19 <sup>th</sup> June	Year 11 GCSE Exams Season continues	Year 11
Friday 10 <sup>th</sup> May	Rise Above Day – Pupils finish at 2:30pm	Years 7-11
Monday 13 <sup>th</sup> to Friday 17 <sup>th</sup> May	Mental Health Awareness Week	Whole School
Thursday 16 <sup>th</sup> May	Year 10 Textiles Trip – ROH	Year 10
Thursday 23 <sup>rd</sup> May	Year 10 Parents' Evening 4-7pm	Year 10
Monday 27 <sup>th</sup> to Friday 31 <sup>st</sup> May	Half Term — School Closed	Whole School
Monday 3 <sup>rd</sup> June	Students return for 8:25am	Whole School

# Spelling Bee

### Prepare for "Excellent spelling!" at Spelling Tests, ASSESSMENTS and Spelling Bee!

#### **3 SPELLING BEE COMPETITIONS THIS YEAR**

For Year 7- Autumn Term For Year 8 - Spring Term For Year 9 – Summer Term

Get ready! – Week 29

FOR YEAR 7	FOR YEAR 8	FOR YEAR 9
energetic	malign	paraphrase
horrific	xenophobia	bias
journalist	xenophobic	spin
novelist	superiority	overgeneralization
photographic	inferiority	objective
scientific	effective	predict
specialist	exclusion	connect
stockist	anxious	informational text
terrific	collective	purpose
violinist		source
	esteem	

For Year 8: IDENTITY AND SELF

malign: speak unfavourably about

xenophobia: a fear of foreigners or strangers

xenophobic: having abnormal fear or hatred of foreigners superiority: the quality of being better than someone or

something

inferiority: the state of being lesser

effective: successful, good at doing something

exclusion: when something or someone is left out; rejection – My exclusion from the soccer team made me

upset.

anxious: very worried

collective: something that involves everyone in a group - Augusto holds a special place in his grandchildren's collective hearts because he taught them all how to dance.

esteem: positive feelings like respect - Doug holds Jamal in high esteem because he is a kind person as well as an excellent basketball player.



paraphrase: to restate information in your own words.

bias: to be in favour of, or to pre-judge something or someone.

spin: to draw out, protract, or prolong.

overgeneralization: the act of drawing conclusions that are too broad because they exceed what could be logically concluded from the available information.

**objective**: something that one's efforts or actions are intended to attain or accomplish.

predict: using what you know to draw a conclusion about what may happen.

connect: a reader's process of relating the content of a

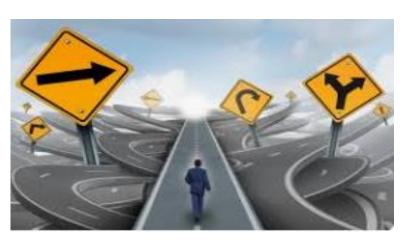
literary work to their knowledge and experience.

informational text: nonfiction writing with the primary purpose of explaining or conveying information

purpose: aim or goal

source: evidence of an event, idea, or a development





Learn them to improve your spelling!!!

**Miss Petrova** 

## Spelling Bee Competition

### **Unscrambling Scrambled Words Winners**

DEBORAH	ESTHER	LYDIA	MARY
Sayeema - 73	Sara - 56	Lochana - 70	Sophie - 43
Nicola - 61	Katherine - 50	Zara - 46	Mia & Katie - 42
Karima- 60	Dara - 45	Kiishi - 45	Praise - 40

## **Spelling Bee Review**

**Larissa 8M**: The Spelling Bee is a contest that Grays Convent High School does every year and this year the questions asked were very challenging and the players had a very hard time answering the questions. It must have been very scary and nerveracking for the players. The audience were cheering and shouting as they were impatiently waiting for the results. Needless to say, some people were happy while others weren't. But overall, the Spelling Bee was a success and very enjoyable!

**Nicola Tamosiunaite**: The Spelling Bee was well decorated with yellow cards, which spelled out "Spelling Bee" and little bees next to the words. There were 5 people representing our houses: Esther, Deborah, Mary, and Lydia. The five people selected were on the stage, while the rest were doing a Word Scramble. Lydia won the Spelling Bee, followed by Deborah, Mary and Esther!

**Victoria 8D**: At the Spelling Bee I had so much fun cheering for my team and completing the activities. It was very active, loud, engaging. The decorations were beautiful and colourful! It was hosted by Mrs Nyland and judged on stage by Miss Babalola!

**Stavroula Freese**: My experience at the Spelling Bee was very educational, not only was it a suspenseful event, I had fun watching my peers shine on stage and I also enjoyed the Unscramble Words task, me and the other people in the audience were given. There was a competitive but friendly feeling in the air and everyone was on the edge of their seat, excited to see if their House would end up winning the contest.

**Mia-Louise Sikka**: It was quite scary and nerve-racking on the stage. I felt I had to do a good job for my house (Mary). I feel we've done an amazing job as we placed 2<sup>nd</sup> Place! Even though Mary didn't win we still feel VERY proud of our victory. I really enjoyed participating in the Spelling Bee. We all owe a big thanks to Ms Petrova!

### **Year 8 Spelling Bee Champions and Competitors**

(A	Deborah	Esther	Lydia	Mary
2511	Mercy Fagbemi	Kaylan Merrell	Eva Boateng	Chimimanda Nwokoro
	Diana Kabingi	Adaeze Chigozie	Geena Virdi	Luka Pranskaityte
	Molly Gamer	Syeda Khanom	Sallyann Kamara	Mia-Louise Sikka
	Ghaniyah Rashid	Pauline Jira	Isabella Hall	Michaela Osaji
	Ellie Beadle	Michalina Dawid	Julia Szymkowska	Mariam Abdulyeqeen

#### **Miss Petrova**





#### History

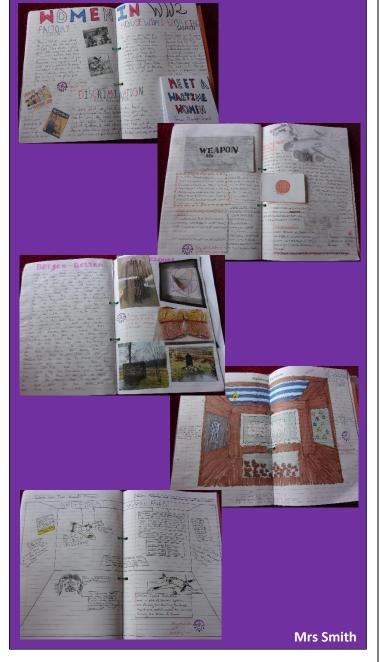
#### **Great work 9D!**

9D have just completed some super research work on aspects of the Second World War in History lessons.

The girls were given free choice of what to research and they looked at a wide variety of topics from the Battle of Britain, Hiroshima, the Holocaust and the D Day landings (we are about to commemorate the 80<sup>th</sup> anniversary of these landings in June.)

A special mention should be given to Ava Armstrong who wrote about the visit she made at Easter to Bergen-Belsen over the Easter holidays.

Here are a few examples of their work.



### Computer Science



#### Define the term e-waste:

- a) Software that is out of date
- b) Hardware that is discarded into landfill once it is no longer needed
- c) Data that is no longer needed by an organisation

Answer: B

**Mr Burr** 

#### **M**athematics



#### Maths Question of the Week

A recipe has been stained.

Use everyone's working out to find the missing information.



Carina is making 50 muffins. 50 = '2 and a half lots of 20' 2.5 × 250 = 625 g of sugar

1:12.5 ml 12:150 ml 150 ml of milk

Zaib is making 12

muffins

20:250 ml

Emma is making 80 muffins.

20 20 20 20 20

8 eggs

20 ÷ 5 = 4
"I need 4 times less than the recipe I will use 100g of flour".

muffins.

Submit your answer at break time on Monday in Room 21, and receive 3 Achievement points for the correct answer.

**Mr Amenze** 

## YOUR NEWSLETTER...



# AND YOUR SUBJECT NEWS!

Send your subject news to

admin@graysconvent.thurrock.sch.uk

# KS3 2024 Assessment Timetables

Year 7

# Week beginning 13<sup>th</sup> May (Week 2)

10.000		P1	P2	P3	P4	P5	P6	P7
WK2		64	72	63	(1711/101)	(VBSUNON)	(PSS/32 LS/MCH)	F. ( )
		1.40-9.55	9.55-39.59	10:50-11.45	11.45-12.40	12.40-1.55	1.55-2.50	2.59-5.25
	7/D					English-Reading	Religious Education	
	7/E					English-Reading		Drama Practica
Mon 13th	7/L					English-Reading	Religious Education	Art
	7/M	RE				English-Reading	1000	
	7/1	Drama Practical				English-Reading	Religious Education	
	7/D	-		English-Writing			History	
	7/E			English-Writing			History	
Tues 14th	7/L			English-Writing		DT/Food		History
	7/M	Art		English-Writing		8		700
	7/T			English-Writing		Art	History	Dreme Writter
	7/0					Art	Science	Science
	7/E			Art			Science	Science
Weds 15th	7/L			Drama Practical			Science	Science
	7/M						Science	Science
	7/T			Ĭ			Science	Science
	7/D			Music			DT/Food	
	7/E							
hurs 16th	7/L							
	7/M							History
	7/T							
	7/D	Drama Practical						French
	7/E	(		0			0	French
riday 17th	7/L		11000			French	Computing	
	7/M		PE			French		Drame Practice
	7/T	PE				French	DT/Food	

# Week beginning 20<sup>th</sup> May (Week 1)

		P1	P2	P3	P4	P5	P6	P7'
WK1		(7.1)	7.6		(958011000)	pastwoy	MOUTENACH	. 34
750776		8.40-9.33	9,39-10.30	10.50-11.45	135-239	12.40-1.33	1.39-2.30	2.30-3.23
	7/D	Computing						
	7/E	Religious Education		Music	4		PE	
Mon 20th	7/L	Geography					1000	
	7/M			Geography				
	7/T			Computing	- 3			
	7/D	PE					Drama Written	
	7/E			9		Drama Written		
Tues 21st	7/L							
	7/M					E comme	DT/Food	
	7/T	1		(i	7	Music	70	Geography
	7/D			Maths				
	7/E		Computing	Maths	7			
Weds 22nd	7/L			Machs				
	7/M	Drama Written		Maths		1		,
	7/T			Macks	- 1			
	7/D						Geography	
	7/E						DT/Food	
Thurs 23rd	7/L	3 /		2	6	9	Munic	3
	7/M						Computing	
	7/1			1				
	7/D							
	7/E			The same of	-	Geography		
Friday 24th	7/L	Drama Written		PE	6	8		(
	7/M					Music		
	7/1					8		

## Year 8

# Week beginning 13<sup>th</sup> May (Week 2)

	P. 19	P1	P2	P3	P4	P5	P6	P7
WK 2	155	71	P2	۲3	руткимсне	basa mwosi.	banastewich)	
	100	5.40-9.55	9.55-10.50	10.50-11.45	11.45-12.40	12.40-1.55	1.55-2.50	2.50-5.25
	8d							4
	8e		Computing				History	
Mon 13th	81						PE	History
	8m						DT/Food	
	8d	DT/Food		PE				Maths
T	8e			Music				Maths
Tues14th	81							Maths
	8m			History				Maths
	8d	History					1	Spanish
Weds 15th	8e							Spanish
weds 15th	81	9	5panish	2				Art
	8m		Spanish		Art			
	8d	Art		English Reading	English Writing			Religious Educatio
Thurs 16th	8e			English Reading	English Writing			
muis tota	81			English Reading	English Writing		8	
	8m			English Reading	English Writing			Religious Educatio
	8d							3
Friday 17th	8e							
rriday 17th	81						3	
	8m							

# Week beginning 20<sup>th</sup> May (Week 1)

		p1	P2	P3	P4	P5	P6	P7
WK 1		71	7-2	73	(Y7 LUNCH)	(18/9 (JANCH)	(Y10/31 (UNCM)	
		8.40-9.35	9 35-10 30	10.50-11.45	11 A5-12 A0	12,40-1.35	135-230	2.30-3.25
	8d							Geography
Mon 20th	8e		Drama	DT/Food				Art
	81			Drama	French			
	8m		Computing		French			Geography
	8d						- 27	
Tues 21st	8e			Religious Education	Geography			
Tues 21st	88				Computing			
	8m			Music	Drama		( )	
	8d			Drama				
Made 37md	8e				- 1			
Weds 22nd	88	Geography	Music				Religious Education	
	8m	0.000			4		- W	
	8d	Science	Science					
Thurs 23rd	8e	Science	Science		-		PE	
mars 23rd	81	Science	Science					
	8m	Science	Science				6	
	8d		0		Music		Computing	French
Friday 24th	8e		1					French
Friday 24th	88						DT/Food	
	8m		ű .				PE	

### Year 9

# Week beginning 13th May (Week 2)

		24	P2	P3	P4	P5	P6	P7
WK2		P1	F2	12	(Y7 LUNCH)	(YE/9 LUNCH)	(Y10/11 LUNCH)	**
CONTRACTO		8.40-9.35	9.35-10.30	1050-11.45	11.45-12.40	12.40-1.35	1.35-2.30	2.30-3.2
	9.26/D	Science	Science	English Reading	Computing			
Mon 13th	9.24/E	Science	Science	English Reading			- 16	
mon Late	9.23/L	Science	Science	English Reading			1	
	9.27/M	Science	Science	English Reading	1		- 3	
	9.26/D	Maths P1	English Writing	History	Music		-	
Tues14th	9.24/E	Maths P1	English Writing			Art		
10051401	9.23/L	Maths P1	English Writing	Y			3	
	9.27/M	Maths P1	English Writing	Art	History		3	
	9.26/D				PE		- 1	
Weds 15th	9.24/E	Spenish		History	1 1			
MCR2 1301	9.23/L	Speriori			History		1,	
	9.27/M							
	9.26/0							
Thurs 16th	9.24/E		Music					
andra abun	9.23/L				Music			
	9.27/M		Computing					
	9.26/D			French				Art
Friday 17th	9.24/E	DT/Food		French				
Timey arm.	9.23/1		French					
	9.27/M		French	DT/Food				

# Week beginning 20th May (Week 1)

		P1	P2	P3.	P4	P5	P6	97
WK1		184	P4-	ra .	(Y7 LUNCH)	(Y8/9 LUNCH)	(Y10/11 LUNCH)	
		8.40-9.35	9.35-10.30	10.50-11.45	11.45-12.40	12.40-1.35	1.35-2.30	2.30-3.25
	9.26/0	1				Geography		Religious Educati
Mon 20th	9.24/E		1000			Religious Education		100000000000000000000000000000000000000
	9.23/L		Art				8 8	Religious Educati
	9.27/M				Religious Education			
	9.26/0			Maths P2 Calc				
Tues 21st	9.24/E			Maths P2 Calc				
110000000	9.23/L			Meths P2 Calc	Computing	Geography		
	9.27/M			Maths P2 Calc		PE		
	9.26/D		Drams			8		
Weds 22nd	9.24/E			PE				
***************************************	9.23/L			Geography				
	9.27/M	1				Music	2	
	9.26/D							
Thurs 23rd	9.24/E					Computing		
1110013 2310	9.23/L	9				¥		
	9.27/M							
	9.26/0	DT/Feed						
Friday 24th	9.24/E	Geography						
11 20 20	9.23/L			DT/Food				Computing
	9.27/M			110				Geography

# Year 10 Walking-Talking Mock Exams 2024

Day	Period	Duration	Subject- Paper Details	Venue
Tue 4th June	P1-7	All Day	Photography (KG)	Room 16
Wed 5th June	P1-7	All Day	Photography (JL)	Room 17
	P1-7	All Day	Textiles (KAP)	Room 16
Thu 6th June	P1-7	All Day	Photography (KAP)	Room 16
Fri 7th June	P1-7	All Day	Art (JL)	Room 17
Mon 10th June			No Examinations	
Tue 11th June	P1-2	1 hour 30 mins	Music	Library
	P4-5	1 hour 30 mins	Spanish (H)	Library
Wed 12th June	P1-2	1 hour 50 mins	Media Studies	Hall
	P4-5	1 hour 30 mins	Spanish (F)	Hall
Thu 13th June	P1-2	1 hour 30 mins	Maths Paper 1 (H/F)	Hall
	P3-5	1 hour 30 mins	PE	Hall
Fri 14th June			No Examinations	
Mon 17th June	P1-2	1 hour 45 mins	Biology (H)	Hall
	P1-2	1 hour 15 mins	Combined Biology	Hall
	P1-2	1 hour 45 mins	Synergy Paper 1	Hall
Tue 18th June	P3-5	1 hour 30 mins	Geography	Hall
Wed 19th June	P4-5	1 hour 30 mins	French (H)	Hall
Thu 20th June	P1-2	1 hour 45 mins	Religious Studies	Hall
	P3-5	1 hour 20 mins	History	Hall
Fri 21st June	P1-2	1 hour 30 mins	Maths Paper 2 (H)	Hall
	P3-5	2 hours 15 mins	English Language Paper 1	Hall
Mon 24th June	P1-2	55 mins	English Literature Paper 2 Jekyll & Hyde	Hall
	P4-5	1 hour 45 mins	Chemistry (H)	Hall
	P4-5	1 hour 15 mins	Combined Chemistry	Hall
	P4-5	1 hour 45 mins	Synergy Paper 2	Hall
Tue 25th June	P1-2	1 hour 50 mins	Drama	Hall
	P4-5	1 hour 30 mins	Maths Paper 2 (F)	Hall
Wed 26th June	P1-2	2 hours	Design Technology	Hall
	P4-5	1 hour 30 mins	Computer Science	Hall
Thu 27th June	P1-2	1 hour 30 minutes	Maths Paper 3 (H/F)	Hall
	P3-5	1 hour 45 mins	Food Preparation & Nutrition	Hall
Fri 28th June	P1-2	1 hour 45 mins	Physics (H)	Hall
	P1-2	75 mins	Combined Physics	Hall
	P4-5	1 hour 30 mins	French (F)	Hall



# Year 11 2024 GCSE Summer Timetable

Date	Start	Duration	Subject	Component Title
Mon 13 May	08:40	1 hour 45mins	English Literature	Shakespeare & Post 1914 Lit.
Wien 13 Way	00.40	111001 43111113	English Enclude	Shakespeare & 103t 1314 Etc.
	13:20	1 hour 30 mins	Media Studies	Paper 1
Tue 14 May	08:40	35 mins	French	Paper1: Listening (Foundation)
,	08:40	45 mins	French	Paper 1: Listening (Higher)
	09:15	45 mins	French	Paper 3: Reading (Foundation)
'	09:25	1 hour	French	Paper 3: Reading (Higher)
				, ,
	13:20	45 mins	Chinese	Paper 1: Listening (Higher)
	14:05	1 hour 5 mins	Chinese	Paper 3: Reading (Higher)
Wed 15 May	08:40	1 hour 15 mins	History	Paper 1: Thematic study and historic environment
				·
	13:20	1 hour 30 mins	Computer Science	Computer systems
Thu 16 May	08:40	1 hour 30 mins	Mathematics	Paper 1 (Non-Calc) Higher & Foundation
	13:20	50 mins	Religious Studies A	Paper 2
Fri 17 May	08:40	1 hour 45 mins	Triple Science	Chemistry Paper 1 (Higher)
	08:40	1 hour 15 mins	Combined Science Trilogy	Chemistry Paper 1 (Higher & Foundation)
	13:20	1 hour 30 mins	Geography B	Paper 1: Global Geographical Issues
Mon 20 May	08:40	2 hour 15 mins	English Literature	Paper 2: 19th Century Novel/Poetry since 1789
	40.00	41 00 :		
	13:20	1 hour 30 mins	Media Studies	Paper 2
T 24.84	13:20	1 hour 20 mins	Italian	Writing (Higher)
Tue 21 May	12.20	1 h a 25 mains	Hadii	Danay 4. Mishay (Highay)
	13:20	1 hour 25 mins	Urdu Carranton Saionea	Paper 4: Writing (Higher)
\\/ad 22 \\/av	13:20	1 hour 30 mins	Computer Science	Paper 2: Computational Thinking & Algorithms
Wed 22 May	08:40 08:40	1 hour 45 mins 1 hour 45 mins	Triple Science Combined Science Synergy	Physics Paper 1 (Higher) Paper 2 Foundation
	08:40	1 hour 15 mins	Combined Science Trilogy	Physics Paper 1 (Higher & Foundation)
	00.40	1 11001 13 1111113	Combined Science Thiogy	Thysics raper I (Higher & Foundation)
	13:20	1 hour 30 mins	Physical Education	Component 1: Fitness & Body Systems
	13:20	1 hour 25 mins	Chinese	Paper 4: Writing (Higher)
Thu 23 May	08:40	1 hour 45 mins	English Language	Paper 1: Fiction & Imaginative Writing
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,				The state of the s
Fri 24 May	08:40	1 hour 15 mins	French	Paper 4: Writing (Foundation)
,		1 hour 20 mins	French	Paper 4: Writing (Higher)
Mon 03 June	08:40	1 hour 30 mins	Mathematics	Paper 2 (Calculator) Higher & Foundation
	13:20	1 hour 15 mins	Physical Education	Component 2: Health & Performance
	13:20	45 mins	Russian	Paper 1: Listening & understanding Higher
	14:05	1 hour 5 mins	Russian	Paper 3: Reading and understanding Higher
Tue 04 June	08:40	35 mins	Spanish	Paper 1: Listening & understanding Foundation
		45 mins	Spanish	Paper 1: Listening & understanding Higher
	09:15	45 mins	Spanish	Paper 3: Reading and understanding Foundation
	09:25	1 hour	Spanish	Paper 3: Reading and understanding Higher
	13:20	1 hour 45 mins	History	Paper 2: British depth study & Period study
W 105	00.15	41 22 :		2 11/2
Wed 05 June	08:40	1 hour 30 mins	Geography B	Paper 2: UK Geographical Issues
Thu 06 June	08:40	2 hour 5 mins	English Language	Paper 2: Non-Fiction & Transactional Writing

Date	Start	Duration	Subject	Component Title
Fri 07 June	08:40	50 mins	Religious Studies A	Paper 3: Philosophy & Ethics
	13:20	1 hour 45 mins	Triple Science	Biology Paper 2 (Higher)
	13:20	1 hour 45 mins	Combined Science Synergy	Paper 3 Foundation
	13:20	1 hour 15 mins	Combined Science Trilogy	Biology Paper 2 (Higher & Foundation)
Mon 10 June	08:40	1 hour 30 mins	Mathematics	Paper 3 (Calculator) Higher & Foundation
	13:20	1 hour 15 mins	Spanish	Paper 4: Writing Foundation
	13:20	1 hour 20 mins	Spanish	Paper 4: Writing Higher
Tue 11 June	08:40	1 hour 45 mins	Triple Science	Chemistry Paper 2 (Higher)
	08:40	1 hour 45 mins	Combined Science Synergy	Paper 4 Foundation
	08:40	1 hour 15 mins	Combined Science Trilogy	Chemistry Paper 2 (Higher & Foundation)
	13:20	1 hour 20 mins	History	Paper 3: Modern Depth study
Wed 12 June				
	13:20	45 mins	Punjabi	Paper 1: Listening (Higher)
	14:05	1 hour	Punjabi	Paper 3: Reading (Higher)
	13:20	45 mins	Portuguese	Paper 1: Listening (Higher)
	14:05	1 hour	Portuguese	Paper 3: Reading (Higher)
	13:20	45 mins	Polish	Paper 1:Listening (Higher)
	14:05	1 hour	Polish	Paper 3: Reading (Higher)
Thu 13 June				
Fri 14 June	08:40	1 hour 30 mins	Geography B	Paper 3: People & Environment Issues
	42.20	41 45 :	T: 1 C:	
	13:20	1 hour 45 mins	Triple Science	Physics Paper 2 (Higher)
	13:20	1 hour 15 mins	Combined Science Trilogy	Physics Paper 2 (Higher & Foundation)
N/an 17 luna	00.40	1 h a 20 main a	Nath coating	Danas 2 (Calaulatas) Highan 9 Faundation
Mon 17 June	08:40	1 hour 30 mins	Mathematics Russian	Paper 3 (Calculator) Higher & Foundation
	08:40	1 hour 25 mins	Kussidii	Paper 4: Writing (Higher)
	13:20	1 hour 15 mins	Music	Component 3: Appraising
	13:20	1 hour 15 mins	Spanish	Paper 4: Writing (Foundation)
		1 hour 20 mins	Spanish	Paper 4: Writing (Higher)
Tue 18 June	08:40	2 hours	Design & Technology	Written Paper
Tue to Julie	00.40	2 Hours	Design & reciniology	written rapei
	13:20	1 hour 20 mins	Portuguese	Paper 4: Writing (Higher)
	13:20	1 hour 15 mins	Punjabi	Paper 4: Writing (Higher)
	13:20	1 hour 15 mins	Polish	Paper 4: Writing (Higher)
Wed 19 June	08:40	1 hour 45 mins	Food preparation & nutrition	Written Paper
Wed 19 Julie	06.40	1 110ul 43 1111115	1 000 preparation & nutrition	whitehrapei

# Pope Francis - Tweet of the Week



# Pope Francis @ @Pontifex · 5h

In the face of a future that may seem dark, let us strive to sow hope and do good, in the conviction that life can be lived differently and that peace is possible. #GeneralAudience

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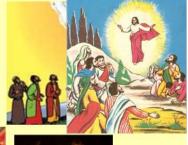
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# Grays Convent High School Celebrating the Ascension of our Lord into Heaven



#### FEAST OF THE ASCENSION OF THE LORD INTO HEAVEN

For 40 days after Jesus had risen from the dead, he appeared to the apostles many times in ways that proved beyond doubt that he was alive again.











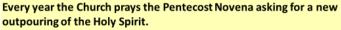


After saying this, he was taken up to heaven as they watched him, and a cloud hid him from their sight. They still had their eyes fixed on the sky as he went away, when two men dressed in white suddenly stood beside them and said,

"Galileans, why are you standing there looking up at the sky?
This Jesus, who was taken from you into heaven, will come back in
the same way that you saw him go to heaven." (Acts 1:9-11)

Then the apostles went back to Jerusalem from the Mount of Olives, which is about a kilometre away from the city. They entered the city and went up to the room where they were staying: Peter, John, James and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, Simon the Patriot, and Judas son of James. They gathered frequently to pray as a group, together with the women and with Mary the mother of Jesus and with his brothers. (Acts 1:12-14)

This was the first Novena (9 days of prayer) from the Ascension to Pentecost when the Holy Spirit came on Mary and the Apostles.



#### Pentecost Novena (We pray this for 9 days until Pentecost)

Come Holy Spirit fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they will be created and you will renew the face of the earth.

Reflection: All Christians are waiting for Jesus to come back again, just as the angels said he would. We can be sure of this because Jesus fulfilled all that the prophets foretold about him and he kept all his promises.

Prayer: Heavenly Father, we pray for the gift of the Holy Spirit, that we may recognise the presence of the risen Lord Jesus, who is always with us; and his personal love, friendship and concern for us. Help us to be ready when Jesus returns by putting him first in our lives, keeping the Sabbath day holy, and living as he taught us.





# Leavers' Mass 2024 - Praying for Success in GCSE's

#### Go Out to



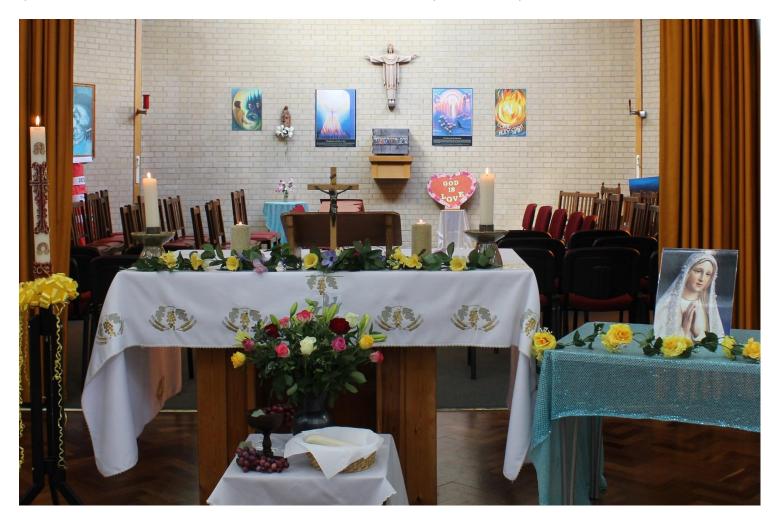
#### the World

Our Year 11's prepared a beautiful Mass on the theme: 'Go Out To The World', which was celebrated by newly ordained Fr Matus. We lit our tall Paschal Candle representing the Light of the Risen Lord, who is always with us. We were delighted to have so many enthusiastic volunteers who signed up to read and take part in processions and to help with the Mass. They read beautifully and brought up symbols of their achievements in the procession of gifts. These are the readings which we had



at the Mass which the girls might like to reflect on for encouragement during this time of GCSE's. 1<sup>st</sup> Reading Isaiah 40: 28-31 Ps.91, (Eagle's Wings), 2<sup>nd</sup> Reading Phil.4:1-9, Gospel Matt.28:16-20. The first reading and Psalm remind us that "those who hope in the Lord will renew their strength. They will soar on wings like eagles." The 2<sup>nd</sup> Reading reminds us to be joyful in all circumstances and to ask God for what we need.

Fr Matus spoke about the Gospel in which Jesus sent his disciples out into the world to proclaim the Good News of Salvation, and that we are called to continue that mission today. Fr Matus encourage us all to pray for God's grace, to use our unique God-given talents to serve God and others in the world, and that in doing so we will find true happiness and fulfilment. He quoted from Saint Catherine of Sienna who said "Be who God meant you to be and you will set the world on fire!"



In our Bidding Prayers the girls gave thanks for the support received from their parents, teachers, governors and for the LSU Sisters who founded our school and prayed for success in their GCSE's.

Miss Coughlan invited the girls to bring forward symbols of their achievements in the Procession of Gifts and explained the symbolism of what they had achieved and finally uniting our whole selves with the gifts of bread and wine to be transformed into the Body and Blood of Christ.

Tiana and Kay sang a beautiful reflective song after Holy Communion called You Know My Name by Tasha Cobbs Leonard. It reminds us that God knows and loves each one of us personally; he walks with us and counsels us on our journey through life and is always with us.

Amelie and Poppy reviewed their years at Grays Convent with many happy memories and humorous occasions.

Mrs Johnson gave a beautiful, very heart-felt speech in which she thanked our Year 11's for all they have done for the school, in particular through all their amazing charity events over the years and reminded them that they will always be Grays Convent Girls and to take the light of Christ's love that they have received into the world and to remember that we are always here for them.

# Irish Blessing



May the road rise up
to meet you.
May the wind be always
at your back.
May the sun shine warm
upon your face;
The rains fall soft
upon your fields
And until we meet again,
May God hold you
in the palm of His hand

We are keeping all our Year 11's in our prayers that the Holy Spirit will keep them calm, remind them of everything they need to know and lead them to outstanding success.

God bless you,

**Miss Carson** 

# Flame Saturday - 15th March 2025

Year 9 are invited to the Flame Congress 2025 bookings open now See bcys.net/events and see the Chaplain for further information.

# Flame Saturday 15<sup>th</sup> March 2025 Wembley Arena



## Flame is returning Saturday 15<sup>th</sup> March 2025

Following the great success of Flame 2023, where over 1000 young people from the Diocese joined the crowd of 8000 in Wembley Arena for a full day event full of energy, prayer, joy and hope, with content that is ideal for young people from Year 10 to Year 13 in 2025.

Full of inspiring speakers from all around the world, representatives from a number of organisations, award winning musicians and so much more. Adenike will be back again and also One Hope Project.

You can follow the Flame Congress on Instagram. For further information see bcys.net

Tickets cost £34 each but if we book now we could get them cheaper at £29, but it is first come first served, when they've gone they've gone. Tickets are non-refundable, (you don't get your money back). We would be travelling by train, so students would buy their own train tickets, which is cheaper than travelling by coach. We are looking to see if the school can help towards the cost, but we need to know how many would like to go this event. If your daughter would like to go please ask her to see the Chaplain at the start of next half term. It is a particularly good opportunity for anyone who may be thinking of receiving the Sacrament of Confirmation.

**Miss Carson** 

# Mental Health Awareness Week - Monday 13th to Friday 17th May

We welcome the V.I.P's (very important pets) again next week – here's their schedule....



### Internet Safety Tip - Supporting young people online



There are real advantages in maintaining an open dialogue with your child about their internet use. Not sure where to begin? These conversation starter suggestions can help.

1 Ask your children to tell you about the sites they like to visit and what they enjoy doing online.

2 Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?

3 Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.

4 Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.

5 Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

Find out more ways of starting a conversation about online safety at www.childnet.com/have-a-conversation

Mr Burr

# What Parents & Educators Need to Know about

WHAT ARE THE RISKS?

Within weeks of release, Helldivers 2 had become one of 2024's biggest gaming success stories. The sequel to a top-down shooter from 2015 has smashed sales expectations, owing to its frantic gameplay and tongue-in-cheek humour. However, the game comes with several risks to younger players, as indicated by its 18+ rating.

GE RESTRICTIO

#### **PEGI 18 RATING**

presence of in-game purchases, Helidivers 2 carries a PEG118 rating. While players are generally fighting fantastical enemies like gia bugs and robots, their characters can be killed in various arruss are

#### IN-GAME PURCHASES

In Helldivers 2, players can use real money to In Helidivers 2, players can use real money to buy in-game currency, with which they can unlock cosmetics and new weapons. At the time of writing, all the in-game it ems can be acquired without spending so much as a penny but excited young players wanting to keep up with their friends may still feel the temptation to purchase new weapons more quickly, rather than laboriously earning the in-game currency through play.

# VOICE CHAT AND MESSAGING

Helidivers 2 is always played online with others, who often use voice chat or in-game texts to coordinate, strategise or just joke around. This does mean that children who play without their friends will be put in contact with strangers. Unfortunately, this represents a roll of the dice, as the game can't control how people treat each other online. However, you can easily report other players for abusive behaviour via the game's 'Social' tab.

#### FRUSTRATION TRIGGER

The thrill of barely scraping through a dangerous mission in one piece is integral to Helldiwers 2's appeal. To accentuate this feeling of achievement, the game includes some very difficult levels that could prove to be too hard for some players — even those who are legitimately old enough to play. Losing streaks can be incredibly annoying, so repeatedly failing in missions could easily provoke frustration or anger in younger players.

#### LACK OF ACCESS

The game is available on PC and PS5, but not (as yet) on other consoles. Some peop will naturally be disappointed they can't get involved and might look for similar alternative. to play on their own console – alternatives which may contain similar levels of violence and gore but lack the same balanced approach to user misconduct and in-game purchases as

# Advice for Parents & Educators

#### **GIVE IT A GO FIRST**

Helldivers 2 is a third-person shooter with intentionally humorous elements, but much of its comedy is rooted in satire which may go over the heads of some players. Consider playing the game first yourself – while shooting bugs and robots feels too unrealistic to be upsetting, seeing your character get torn to pieces may be too much for young players.

#### SET EXPECTATIONS

At the time of writing, Helldivers 2 costs £34.99. It could turn out to be an expensive and wasteful purchase if a player gets irritated and gives up shortly after receiving the game, if a young person tends to become frustrated easily, it's worth considering whether Helldivers 2 is really the game for them.

#### CONSIDER ALTERNATIVES

If playing on Xbox – where Helldivers 2 isn't available -consider something like Halo: The Master Chief Collection as an alternative. One of its game modes – Firefight – replicates Helldivers' mechanics to some degree. Alternatively, younger players may be better suited to the more light-hearted Deep Rock Galactic, which sees them play as fantasy dwarves in space, involving far less gruesome violence.

#### KEEP AN EYE ON PAYMENTS

Many titles offer in-game purchases, but Helidivers 2's are comparatively cheap. You'll still need to monitor your payment information (or use a prepaid card on the account), in case your child buys the in-game currency in bulk; on the whole, however, the game's selling methods are far less egregious than most similar titles

#### MONITOR COMMUNICATION & ADJUST SETTINGS

Thanks to an in-game "Ping" system (allowing players to highlight important details without speaking), communication isn't as integral to Helldivers 2 as it is in other games. You can turn off the chat options in-game on PC, or on the PS5's own settings, and feel more secure in the knowledge that your child won't be speaking to people they don't know.

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#### Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRecon, and has been working in the games media industry for five years. As well as being an avid long—time gamer, he is also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published on sites including IGN, TechRadar and many more.



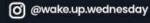


National College



@wake\_up\_weds







Users of this guide do so at their own discretion. No liability is entered into, Current as of the date of release: 08.05.2024

# Spring / Summer Menu 2024

WEEK COMMENCING 15th April, 6th May, 3rd June, 24th June, 15th July, 9th September, 23rd September, 30th September, 21st October

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN1	Pepperoni Pizza	Chicken Bites	Roast Gammon & Yorkshire Pudding	Lemon & Herb Chicken	Batter Fish Fillet	
MAIN 2	Cheese & Tomato Pizza	Quom Nuggets	Vogetable Quiche	Meat Free Sausage Roll	Mac "N" Choose	
	SPECIAL OF THE DAY (PLEASE SEE SPECIALS BOARRO)					
Potato	French Fires	Diced Herb Potatoes	Roast Potatoes	Potato Wedges	Chunky Chips	
Vegetable 1	Baked Beans	Diced Carnots	Cabibage	Mixed Vegetables	Baked Beans	
Vegetable 2	Sweetcom	Baked Beans	Roast Parsnips	Baked Beans	Peas	
Grah & Go	Baguettes, Wraps, Sandwiches, Tomato Pasta, Pizza, Toasties & Paninis					
Desert	Artic Roll	Toffee Cake	Cookie	Carrot Cake	jam Doughnut	

WEEK COMMENCING 22nd April, 13th May, 10th June, 1st July, 22nd July, 16th September, 7th October

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
MAIN 1	Park Sausages & Gravy	Southern Style Breaded Chicken	Rots Pork With Yorkshire Pudding	Cheese & Ham Pizza	Fish Fingers		
MAIN 2	Quam Sausages & Gravy	Southern Style Quarn Burger	Cauliflower Cheese	Cheese & Tomato Pizza	Tomato Pasta		
	SPECIAL OF THE DAY (PLEASE SEE SPECIALS BOARRO)						
Potato	Mashed Potato	Seasoned Wedges	Roast Potatoes	French Fires	Chunky Chips		
Vegetable 1	Baked Beans	Mixed Vegetables	Roast Root Vegotables	Sweetcom	Peas		
Vegetable 2	Broccoli	Baked Beans	Calibage	Baked Beans	Baked Beans		
Grab & Go	Baguettes, Wraps, Sandwiches, Tomato Pasta, Pizza, Toasties & Paninis						
Desert	Frozen Fruit Smoothie	Lemon Drizzie Cake	Flap Jack	Cocoa Sponge & Sauce	Vanilla Muffin		

WEEK COMMENCING 29th April, 20th May, 17th June, 8th July, 2nd September, 23rd September, 14th October

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN 1	Cheeseburger	Cheese & Bacon Slice	Roast Chicken & Yorkshire Pudding	Hot Dog	Batter Fish Or Fish Fingers	
MAIN 2	Quom Burger	Stuffed Jacket Potato	Cheese & Potato Turnover	Cheese & Tornato Pizza	Vegetable Pasta Bake	
	SPECIAL OF THE DAY (PLEASE SEE SPECIALS BOARRD)					
Potato	Criss Cross Fries	Seasoned wedges	Roast Potatoes	Potato Cubes	Chunky Chips	
Vegetable 1	Baked Beans	Carnots	Roest Persnips	Beaked Beans	Peas	
Vegetable 2	Sweetcom	Baked Bears	Cabhage	Sweetcorn	Baked Beans	
Grab & Go	Baguettes, Wraps, Sandwiches, Tomato Pasta, Pizza, Toasties & Paninis					
Desert	Cookie	Cocoa Brownie	iced Vanilla Sponge	Fruit Jelly	Pancakes	

For any ALLERGY information, please ask a member of staff.

Jacket Potatoes Available Daily: Fillings Cheese, Tuna Mayo & Baked Beans



#### **Special Educational Needs and Disabilities**

### Thurrock's Local Offer

Supporting Families

Support, information, and advice for families of children and young people aged 0-25 with special educational needs and disabilities (SEND).

**Transitions** 

Health & Well-being

Leisure & Activities

Social Care & Support

www.askthurrock.org.uk





# It is for

and support

You can getYour parents can get

Key words

- · Disabled children and young people
- Children and young people with special educational needs. (Special educational needs are when you need a little extra help to learn things).

The Local Offer

Families of those children and young people

It will help you find put more about the services

#### It will give you information on

- Schools, colleges, or training
- · Special health support

Local CouncilLocal Offer

What is the Local Offer?

- · Fun activities that are happening and competitions
- · Support for becoming an adult
- Transport
- How you will be assessed to see what support you need

Plus, who you or your parent can contact for additional information.

thurrock.gov.uk



#### What is the Local Offer?

- The SEND Local Offer is designed to help improve the lives of children with Special Educational Needs and/or Disabilities (SEND), as well as their families and those who care for them.
- It provides information where individuals with SEND aged 0-25, as well as their parents or carers, and professionals can go to find out what support or provision they can expect to be available in their local area.
- Under the Children and Families Act 2014, each local authority has a legal responsibility to publish its Local Offer. It needs to be published online, as well as in an alternative format for those without internet access.

#### The Local Offer will..

- Provide information about education, health, and care services.
- Offer details on leisure activities and support groups.
- Centralise all information in one accessible location.
- Encompass various local agencies, including education, health, and social care services.
- Cover childcare, independent schools, care placements, apprenticeships, transport, specialist teachers, therapy services, and other support
- Include relevant regional and national specialist provisions for children and young people with rare and complex SEND.

www.askthurrock.org.uk

#### You can:

- Browse by subject
- Listen to podcast episodes
- Find the latest service developments
- See our engagement calendar
- Family Newsletters
- Details on Thurrock SEND Family Forum
- Enter competitions

#### Also included:

- Key word search functionality
- Accessibility functions



② thurrock.gov.uk



For further details please contact the IV service:

Email: iv@essex.gov.uk Tel: 0333 032 2193

Or visit the website: https://www.essex.gov.uk/independent-visitor-service Volunteers must be over 18 and be able to offer a minimum of a two year commitment. All relevant checks will be undertaken including DBS.

# **FREE School Uniform Events Fridays** Saturdays

3 - 4.30pm

19th January 16th February 15th March 19th April 17th May 21st June



20th January 17th February 16th March 20th April 18th May 22nd June





Community Church Chadwell St Mary Defoe Parade (enter from Brentwood Road) **RM16 40R** 

#### Save the planet (a), and your pennies ( **Hundreds of items in stock:**

- Polo shirts
- **Shirts & blouses**
- Skirts
- Trousers
- Socks
- Pinafore dresses
- Jumpers & cardigans
- Blazers & ties
- PE kit incl football socks
- Plimsolls
- Black shoes
- Coats

Clean, good condition school uniform donations accepted when space allows. Please check our facebook page to see if we are currently collecting. Search facebook for "The 180 Project"

Registered charity no. 1062301. Tel: 01375 484 101









## YOUTH VOICE GROUP SUPPORTED BY THURROCK YOUTH CABINET

Are you 16-25 years old?

Would you like to have a say on life, learning and living in Thurrock?

If so, Thurrock Youth Cabinet would like to hear from you!

Do you identify as neurodiverse, additional needs. special needs, SEND

Join a new Youth Voice group and turn your ideas into action.

- Attend three times a year at Grangewaters in South Ockendon
- · Lunch, drinks and an activity provided
- Meet new people (16-25 olds with additional needs)
- · Collaborate with Thurrock Youth Cabinet members and staff
- Have your say and be listened to!



To sign up or find out more, email today at youthvoice@thurrock.gov.uk Not sure where to go if you or someone you know is experiencing domestic abuse?

# **COMPASS**

**Call COMPASS** for confidential help. support and advice

**Essex Domestic Abuse Helpline** 0330 333 7 444



Supporting all of Essex



Working with local services to get you the right support



Self-referral



Professional referrals



Support provided for anyone over the age of 16 in Essex





0330 333 7 444\*

Refer online at www.essexcompass.org.uk





