

The Convent Chronicle



Friday 3rd May 2024

Inspiring Ambition,
Achieving Excellence

Dear Parents/Carers,

I hope you enjoy your Bank Holiday break on Monday. Remember not to send your girls into school and, maybe some sunshine will come out following this seasonal week of every weather! Welcome to May, but as my grandmother used to remind me 'Cast not a clout till May is out'! This comes from an old English proverb if you didn't know, 'clout' means clothes; so don't take those winter clothes off until the end of May!

May however is also very important to Catholics as we dedicate the month of May to the Blessed Virgin Mary, the mother of Jesus. This custom goes back centuries, and May was chosen as it is the start of new growth. Each day has special devotions and we especially pray the Rosary each day at this time. If you are as old as me, you may remember dancing around a maypole and making garlands! I also remember my grandmother telling me that she and her sister used to rush out to wash their faces in the dew on May Day, as they would have a beautiful complexion all year round. And they did!



On the 1st May we crowned Mary's statue at the front of the school. This statue is one that portrays Bernadette at Lourdes seeing the vision of Mary. It was given to the school a long time ago by the family of a girl who came here, and it was in the Convent at the end of the road, when it wasn't private housing. It survived a great storm in 1987, and none of the trees that fell touched her. When the Convent closed in 2016 we moved her here at the school. I say a prayer to her every morning as I come into the school.

The second wooden statue is in the foyer and this came from the Convent that is now housing at the end of the road too and the plaque underneath it reminds us of our LSU heritage and of the sisters who lived there and here.



I was taught when I was young that each time I said a Hail Mary that I was giving Mary a beautiful rose and that each complete Rosary makes her a crown of roses. This is why we crown Mary with roses in May. The rose is the queen of flowers, and so saying the prayers of the Rosary is the rose of all devotions to Mary. You can listen to my assembly here, if you'd like to: https://youtu.be/CLOSFzKxgzl?si=Gldt1pafX_r6BrQL

We would like to thank the Year 7 parents/carers who attended the Year 7 Parents' Evening last night, where the feedback was very positive, as you can see in the adjacent table.

Wishing you peace over this long weekend. Girls return to school on Tuesday 7th May at the usual time.

Penny Johnson
Headteacher



Year 7 Parents' Evening Feedback (based on 82% who attended and 72 returned forms)	Strongly Agree/Agree	Disagree/Strongly Disagree	Don't Know
1. My daughter is happy at this school.	100%		
2. My daughter feels safe at this school.	99%		1%
3. The school makes sure its pupils are well behaved.	99%		1%
4. The school makes me aware of what my daughter will learn during the year.	97%	1%	2%
5. The school has high expectations for my daughter.	99%	1%	1%
6. My daughter does well at this school.	100%		
7. The school lets me know how my daughter is doing.	96%	1%	3%
8. There is a good range of subjects available to my daughter at this school.	99%		1%
9. My daughter can take part in clubs and activities at this school.	96%		4%
10. The school supports my daughter's wider personal development.	96%	1%	3%
11. When I have raised concerns with the school they have been dealt with properly, or I have not raised a concern.	97%	1%	2%
12. My child has been bullied and the school dealt with the bullying quickly and effectively, or my child has not been bullied.	95%		5%
13. Does your child have special educational needs and/or disabilities (SEND)? (Yes or No)	7%		93%
14. If yes, how strongly you agree with this statement: 'My daughter has SEND, and the school gives them the support they need to succeed.' (or you have not raised concerns).	100%		
15. I have received sufficient information about the available career resources and programme for my child. (Yes or No)	72%		18%
16. I would recommend this school to another parent. (Yes or no)	100%		

Silver Deputy Headteacher's Award

This week the following students:

Malvina Ozog
Rensha Lewin
Alyssa Gorte-Clarke

reached in excess of 400 achievement points. This is a fantastic achievement and well-deserved through their hard work and contribution to school life. Mrs Collis, Deputy Headteacher presented the students with their Silver award.

Bronze Assistant Headteacher's Award

Many congratulations to the following students who have reached in excess of 200 achievement points this week. The Bronze award was presented to the students in their assemblies this week.

Nadia Raji 7.13
Maria-Crina Grosu 7.4
Malia Malanda 7.4
Maheera Burhan 8D
Ghaniyah Rashid 8D
Muskan Tariq 8D
Julia Kabzinska 8M
Bahara Naimi 8M
Chloe Winters 8M
Aqsa Irfan 9D
Demi-Leigh Simpson 9D
Tofunmi Ajayi 9E
Meena Amery 9E
Tyler Vera 9E
Mariam Chowdhury 9L
Izabella Fagg 9L
Yeaneevaa Koroma 9L
Aliyyah Onufade 9L
Marzooqah Ayilara 9M
Amy Smith 9M
Kehinde Odutayo 10.23
Arshjot Kaur 10.24
Chrystal William 10.24
Rosie Angol 10.25

Well done to all of the students.

Mrs Bishop

Year 7, 8 & 9 Chelmsford Outdoor Athletic Cup

The Year 7 and 8/9 Grays Convent athletics teams took part in their first outdoor athletics competition at the Chelmsford Outdoor Athletics Cup on Tuesday 30th April. This was the first time that some of our younger athletes had performed in an outdoor Athletics competition and it was great to have some new faces on the teams.

In the Year 7 competition Ebere Nwachokor started the competition with a fantastic 100m, coming third in her heat with a new personal best of 14.78s. In the 1500m Arielle Bourne ran a great race, finishing 10 seconds ahead of her last personal best, to finish in 6m35.82s. Also impressive on the track for the year 7 team was Adeola Thompson, who ran the 70m hurdles in 14.46s, securing herself a new personal best.

Over at the Year 8 & 9 shotput Chidera Idika threw fairly well, with a best throw of 9.22m, which was short of her personal best of 10.05m but still left her in second place at the end of her competition. Winna Koho was back in action on at the high jump, clearing 1.30m, which is just behind her personal best from last season and is looking promising as she moves into this summer's rounds of competition.

Omotoyosi Odunbanjo stepped up due to an absent athlete, to tackle the 800m where she dug deep to finish in 3m10.6s and helped secure vital points for the team. Well done to Molly Garner who ran 6m32.5s in the 1500m race, her first time competing against the Year 9's!

This week's competition has given them valuable experience which I hope they will draw upon as we approach the English Schools Track and Field Cup on the 14th May. I look forward to updating you all with their progress.



*The Year 7, 8/9 Athletics Team at
Chelmsford Athletic Track*

Mrs Bailey

Student of the Month Award – March 2024

We are pleased to announce that the Student of the Month Awards for March 2024 have been chosen, and the awardees are as follows:



Year 7

Name	Award for:
Elise Esseku	Art
Malvina Ozog	Computer Science
Alara Nalcioğlu	Design & Technology
Kyra Tubman	Drama
Emile Perskudaite	English
Racheal Ogunkeye	Food
Jean-Louise Bull	French
Wania Ali	Geography
Elise Esseku	History
Myleene Pham	Maths
Adeola Thompson	PE
Francisca Azevedo	RE
Amara Zaheer	Science

Year 8



Name	Award for:
Luka Pranskaityte	Art
Eve Boateng	Computer Science
Molly Garner	Design & Technology
Elizabeth Roy	Drama
Tia Buta	English
Tia Gize-Uwakwe	Food
Naomi Vera	French
Bianca Ungheanu	Geography
Fatima Yasir	History
Caroline Appiah	Maths
Emma Holmes	PE
Caroline Appiah	RE
Iteoluwakiishi Oluyede	Science
Oluwasindara Ade-Oduwale	Spanish



Year 9

Name	Award for:
Izabella Fagg	Art
Joanna Okello	Computer Science
Carys Walton	Design & Technology
Sarina Di-Nonno	Drama
Nyasha Chara	English
Lydia Scalise	Food
Tamara Vera	French
Meena Amery	Geography
Elizabeth Kassim	History
Chisom Lemeh	Maths
Chidera Idika	PE
Leona Mundy-Castle	RE
Snneha Azim	Science
Jasmyn Chowdhury	Spanish



Year 10

Name	Award for:
Kehinde Odutayo	Computer Science
Tammy Thoong	Design & Technology
Roya Prabakaran	Drama
Caoimhe Copley	English
Danniella Vercaigne	Food
Emily Riley	French
Gabriella Okafor	Geography
Viana Selimi	History
Dasolami Ibeyemi	Maths
Keziah Johnson	Media Studies
Viana Selimi	PE
Viana Selimi	Photography
Sophie Pasztor	RE
Iram Nazir	Science
Gabriella Okafor	Spanish
Ayomini Mustapha	Textiles

Year 11



Name	Award for:
Keona Amanor	Fine Art
Alyssa Merrell	Computer Science
Itunnuoluwa Adewa-Faboro	Design & Technology
Ije Chidi-Ileka	Drama
Benita Ikwudilia	English
Aukse Gusevaite	Food
Ope Lawal	French
Sylvia Jefia	Geography
Veronica Thomson	History
Ausra Maria Antanaityte	Maths
Tiara Williams	Media Studies
Amelie Soong	PE
Jaida-Lou Quilter-Brill	Photography
Omotoyemi Ogunbo	RE
Darcey Rose	Science
Jessica Meshi	Spanish
Shivaani Krishkumar	Textiles

All students are rewarded achievement points for being on or above target at each Progress Check.



Jack Petchey Achievement Awardees



Congratulations to our Jack Petchey Award winners for April, May and June 2024.

April 2024

Fauste Bukyte Year 9

Fauste was nominated for the award as follows:



"Since starting at Grays Convent, Fauste has stood out for her passion in raising awareness on many different matters such as the treatment of animals in sport.

She spends much of her free time entering competitions for the school including Thurrock's Next Top Boss for which she produced a video.

She displays a positive outlook to everything she approaches and aims high."

May 2024

Kellie Eve Year 7

Kellie was nominated for the award as follows:

"Despite Kellie's SEN requirements that have made it challenging for her transition to secondary school, she has really embraced the change and flourished as an individual and member of our school community.

She has become a key member of a new friendship group demonstrating to her peers her resilience and perseverance."

June 2024

Isabelle Gardner Year 10

Isabelle was nominated for the award as follows:



"Isabelle is a very hard-working student and has particularly excelled in Drama where she is helpful in a group and conscientious to listen to everyone's ideas in a caring manner.

As well as giving up her time to take part in the annual School Production she has been a valued member of the Eco Club where she has taken charge of

the vegetable garden.

She has successfully completed her LAMDA exams and consistently achieves high grades - all whilst displaying a cheerful demeanour and smiling throughout!"

Well done to all our girls, we are so proud of you!

Mrs Brown

Mia helps bring it home for Billericay Town

It was the Under 13's Essex County Girls Football League Cup Final. Mia McCaffrey in Year 8 plays for Billericay Town U13s Red in the Midfield/Left Wing position where she has played from its start.



The cup run started at the end of January and following 4 wins and a very close Semi-final against Broomfield Girls on 14th April, Billericay sealed their place in the final against Rayleigh Raptors on penalties, with Mia being picked to take a penalty and scoring from the spot!



The final was held on 28th April and the girls won 1-0, taking home The President's Cup for the first time. Well done Mia, we are very proud of you!

Mrs Lee

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): <https://www.smartsurvey.co.uk/s/Thurrock-CYP/>

This survey is for all other respondents (professionals, parents and carers):

<https://www.smartsurvey.co.uk/s/Thurrock-parents-carers-professionals/>

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 28

FOR YEAR 7	FOR YEAR 8	FOR YEAR 9
alliterative	inhibit	chart
alternative	subjective	sidebar
apprehensive	belittle	visualise
comprehensive	adjust	summarise
corrective	identify	evaluate
discursive	ideology	clarify
exhaustive	conformity	argument
explosive	inclusion	problem and
investigative	exclusion	solution
retrospective	vilification	sequence
		quotation

For Year 8: IDENTITY AND SELF

inhibit - limit the range or extent of

subjective - taking place within the mind and modified by individual bias

belittle - cause to seem lesser or inferior

adjust - alter or regulate so as to conform to a standard

identify - recognise as being

ideology - an orientation that characterises the thinking of a group

conformity - correspondence in form, type, or appearance

inclusion - the act of making a part of something

exclusion - a deliberate act of omission

vilification - saying or writing very unpleasant things about someone



For Year 9: *Non-fiction - Key Vocabulary terms*

chart: a way to organise and record information

sidebar: a quick summary of the passage located on the side of the page

visualise: the process of forming a mental picture based on a written description

summarise: telling the main ideas of a piece of writing briefly in your own words

evaluate: the process of judging something or someone in a work of literature

clarify: pausing while reading to review past events in literature and to check someone's understanding

argument: an opinion is given and is backed up with reasons and facts against another opinion

problem and solution: a problem is a situation which is difficult to solve. A solution is the act of solving a problem.

sequence: the order of events in a work of literature

quotation: something said or written by a different speaker or author



Learn them to improve your spelling!!!

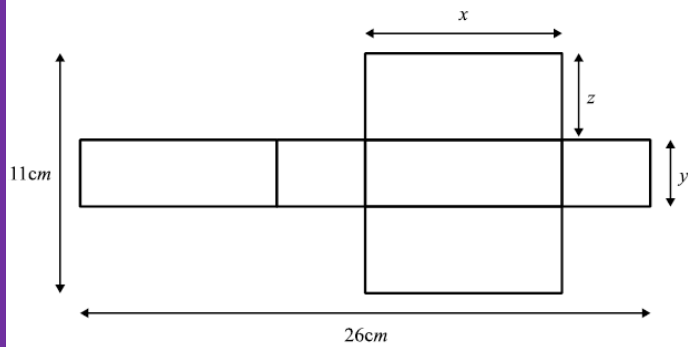
Miss Petrova



Mathematics

Maths question of the week

A cuboid has length x cm, width y cm and height z cm.
Here is a net of the cuboid.



The ratio $x:y = 3:1$.

Find the value of x , the value of y , and the value of z .

Submit your answer by Tuesday at Break time in Room 21 and receive 5 Achievement points for the correct answer!

Mr Amenze

SSLG

Well done to our new Student Senior Leadership Group for putting together their noticeboard – now everyone can see who they all are. Go take a look in the foyer! With special thanks to Miss Gray for her help with the photographs.

SSLG



Computer Science



What are the missing words?

- 1) The Data _____ Act 2018
- 2) _____ Processing Unit
- 3) Universal _____ Locator
- 4) Artificial _____
- 5) Local _____ Network

Answers: 1) Protection 2) Central 3) Resource 4) Intelligence 5) Area

Mr Burr



French

Both Year 8 classes for French played Blooket during the lessons, for the first time. This enabled them to consolidate vocabulary that they have learnt previously. The students were quite engaged and motivated!



Ms Paixao

Modern Foreign Languages Exams

Ms Duque-Mora would like to thank all the Year 11s who recently took their language exams. Everyone was on time for their session, which helps the exams run smoothly. Well done, and we wish our Year 11s all the very best as they take the rest of their GCSE exams.

Miss Duque-Mora

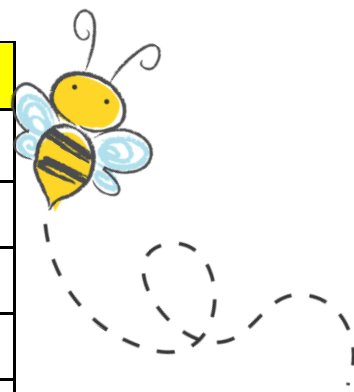
Spelling Bee Competition

Great fun was had by all who took part in the most recent Spelling Bee competition.

Spelling bee results as follows:



Esther	Mary	Deborah	Lydia
9	8	10	10
8	10	9	10
8	10	10	10
9	10	10	9
6	7	6	9
40	45	45	48



Certificates and achievement points will be awarded next week. Well done everyone!



Mrs Nyland

Key Dates and Events

Monday 6th May	Bank Holiday Monday – School Closed	Whole School
Tuesday 7 th May	Year 11 Leavers' Mass – 2:15pm	Year 11
Wednesday 8 th May	Year 8 HPV Vaccinations	Year 8
Thursday 9 th May to Wednesday 19 th June	Year 11 GCSE Exams Season	Year 11
Friday 10 th May	Rise Above Day – Pupils finish at 2:30pm	Years 7-11
Monday 13 th to Friday 17 th May	Mental Health Awareness Week	Whole School
Thursday 16 th May	Year 10 Textiles Trip – ROH	Year 10
Thursday 23 rd May	Year 10 Parents' Evening 4-7pm	Year 10
Monday 27th to Friday 31st May	Half Term – School Closed	Whole School
Monday 3rd June	Students return for 8:25am	Whole School

2024 GCSE Summer Timetable

Date	Start	Duration	Subject	Component Title
Thu 09 May	08:40	1 hour 45 mins	Religious Studies A	Paper 1: Catholic Christianity
	13:20	1 hour 30 mins	Drama	Component 3: Interpreting Theater
	13:20	45 mins	Italian	Paper 1: Listening (Higher)
		45 mins	Urdu	Paper 1: Listening (Higher)
	14:05	1 hour	Italian	Paper 3: Reading (Higher)
		1 hour 5 mins	Urdu	Paper 3: Reading (Higher)
Fri 10 May	08:40	1 hour 45mins	Triple Science	Biology Paper 1 (Higher)
	08:40	1 hour 45 mins	Combined Science Synergy	Paper 1F
	08:40	1 hour 15 mins	Combined Science Trilogy	Biology Paper 1 (Higher & Foundation)
Mon 13 May	08:40	1 hour 45mins	English Literature	Shakespeare & Post 1914 Lit.
	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
	13:20	1 hour 30 mins	Media Studies	Paper 2
	13:20	1 hour 20 mins	Italian	Writing (Higher)
Tue 21 May	13:20	1 hour 25 mins	Urdu	Paper 4: Writing (Higher)
	13:20	1 hour 30 mins	Computer Science	Paper 2: Computational Thinking & Algorithms
Wed 22 May	08:40	1 hour 45 mins	Triple Science	Physics Paper 1 (Higher)
	08:40	1 hour 45 mins	Combined Science Synergy	Paper 2 Foundation
	08:40	1 hour 15 mins	Combined Science Trilogy	Physics Paper 1 (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
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

2024 GCSE Summer Timetable (continued)

Date	Start	Duration	Subject	Component Title	
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	
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	
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)	
		1 hour 45 mins	Combined Science Synergy	Paper 4 Foundation	
		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)	
		1 hour	Punjabi	Paper 3: Reading (Higher)	
	13:20	45 mins	Portuguese	Paper 1: Listening (Higher)	
		1 hour	Portuguese	Paper 3: Reading (Higher)	
	13:20	45 mins	Polish	Paper 1: Listening (Higher)	
		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	
		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)
Mon 17 June	08:40	1 hour 30 mins	Mathematics	Paper 3 (Calculator) Higher & Foundation	
		1 hour 25 mins	Russian	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)	
	13:20	1 hour 20 mins	Spanish	Paper 4: Writing (Higher)	
Tue 18 June	08:40	2 hours	Design & Technology	Written Paper	
		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	

We had lots to celebrate this week:

Monday 29th April was the feast of Saint Catherine of Sienna, a truly Great Woman, Great Writer, Brilliant Theologian and Doctor of the Church 1347-1380 She had the stigmata-wounds of Christ in her body, which never decayed after her death. Saint Catherine had the courage to speak truth to power in the 14th century and achieved a great deal in her short life of 33years. Saint Catherine famously said:

“BE WHO GOD MEANT YOU TO BE AND YOU WILL SET THE WORLD ON FIRE!”

We prayed for Prince William and Catherine Princess of Wales on their 13th Wedding Anniversary and especially for healing of the Princess.



May is the Month of Mary and the Holy Rosary



Mary points us to Jesus and says: **“DO WHATEVER HE TELLS YOU.” Jn.2:5**

Mrs Johnson prepared a most beautiful assembly about Mary the Mother of God and how to pray the Holy Rosary, focussing on the Glorious mysteries of Jesus' Resurrection and beyond as we are celebrating the 50 Days of Easter up to Pentecost.

**SAINT JOSEPH, PATRON SAINT OF WORKERS,
PRAY FOR US AND ALL WHO ARE DOING EXAMS**

On 1st May we celebrated the Feast of Saint Joseph the Worker and we prayed for all who are unemployed to find work which uses their unique God-given talents. We asked Saint Joseph to pray for all those doing exams, especially for our Year 11's doing their GCSE's.

Today it is the Feast of Saint Philip and Saint James the Apostles who were martyred for their faith in the risen Lord. Jesus nicknamed James and his brother John 'Sons of Thunder' Mk.3:17 Philip famously said to Jesus

“show us the Father”. Jesus replied “Anyone who has seen me has seen the Father.” Jn.14:8-9



Tomorrow is the **NATIONAL FEAST OF THE 40 MARTYRS OF ENGLAND AND WALES**

They had the courage to stand up for their faith and speak the truth. You might recognise some of these famous names: St John Fisher, St Thomas More, St John Campion, John Payne, and some women too:

Margaret Clitherow *née* Middleton, Anne Line *née* Higham. Saint Anne Line was from Dunmow in Essex and was hanged at Tyburn in London. Saint John Payne was also a local Essex saint who lived in Ingatestone and was martyred in Chelmsford. If you research any of their stories you will see why they are considered such good role-models that many schools have been named after them.

Bank Holiday Monday is the First Anniversary of the Coronation of King Charles III

We prayed for his good health to be fully restored in our Form Prayers.

Thursday 9th May is the Feast of the ASCENSION OF THE LORD and is a Holy Day of Obligation

We are unable to celebrate Mass in school that day, due to GCSE's in the hall, therefore please will you ensure that your daughter attends your local Parish Mass in the evening. This is particularly important for those who are making the Sacrament of Confirmation or have already done so.

TIMES OF MASSES FOR THE FEAST OF THE ASCENSION OF THE LORD:

St Thomas of Canterbury Grays Thursday 9th May 9am and 7pm

Our Lady Star of the Sea Tilbury VIGIL MASS FOR THE ASCENSION OF THE LORD

Wednesday, 8th May 7.30pm TILBURY

Thursday, 9th May Mass for FEAST OF THE ASCENSION OF THE LORD

9.15am TILBURY, 11.15am & 7.30pm STANFORD

MARY PONDERED GOD'S WORD AND TREASURED IT IN HER HEART.

In the month of May families traditionally pray the rosary together in the evenings. I was returning from Lourdes by train one Summer when a family sitting nearby were a bit fraught trying to stop their little ones running up and down the train on the long journey. Suddenly at 6pm the children came and sat down quietly of their own accord and took out their rosary beads and the whole family joined in praying the rosary. They told me afterwards that they pray the entire Rosary 3 times a day and the little ones join in as much as they want.

May: Month of Mary and the Holy Rosary

The Rosary has been prayed all through the centuries since the time of the apostles. It was originally known as **The Psalter of Jesus and Mary.**

It was a way of remembering and meditating on the events in their lives and what Jesus said and did.

Mary is our Heavenly Mother, keeping us on the right path, close to Jesus.



In 1214 Mary appeared accompanied by 3 angels to St. Dominic in Toulouse in France, and asked for the Rosary to be prayed for the conversion of our hearts, so that we will turn back to God, the source of life, hope and joy. Mary said that God the Holy Trinity wants us to pray the Rosary as a weapon against the evil one, to help us to resist his temptations and negativity so as to live in freedom and peace as Jesus taught us.



We use Rosary beads to **meditate** on the **Bible stories** of Jesus and Mary.



The Rosary has sets of Bible stories called **Mysteries**:

5 Joyful mysteries about his **childhood**,



5 Mysteries of Light about what he **taught**



5 Sorrowful mysteries about his suffering & **death**



5 Glorious mysteries about when he came **alive again**.



For each **Mystery (story)**

On the large bead in the gap we pray the **Our Father**, the prayer that Jesus taught us.

On the **10 little beads** called a **decade**, we pray the **Hail Mary** prayer, announcing the Good News from **St. Luke's Gospel** in the Bible.

And we finish on a large bead with the **Glory Be**, which is a Christian prayer from the 1st Century.



The rhythm and repetition of the rosary helps us to relax and is a good prayer to help you sleep better. It is also a good prayer for developing patience. Saint Paul tells us to "pray at all times", and the Rosary is one way of doing that.



Let us ask Mary to pray for our Yr. 11's, for success in their G.C.S.E.'s and for all of us to open our hearts to receive and respond to the Holy Spirit, so that in His power, we will be who God wants us to be and fulfil his unique purpose for our lives.



St. Luke's Gospel:

Words of Angel Gabriel

at the Annunciation: Hail Mary, full of grace, the Lord is with thee.

Words of St. Elizabeth at the Visitation: Blessed art thou among women and blessed is the fruit of thy womb Jesus.

Us: Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.



Please continue to let me know if you have any prayer requests.
God bless you,

Miss Carson

Pope Francis - Tweet of the Week



Pope Francis @Pontifex · 1d

Let us [#PrayTogether](#) that women and men religious, and seminarians, grow in their own vocational journey through human, pastoral, spiritual, and community formation, which leads them to be credible witnesses of the Gospel. [#PrayerIntention](#) [#ClickToPray](#)

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

Internet Safety Tip - TikTok



TikTok

Privacy & Safety Checklist

Additional information and support

You can find TikTok's policies, tools and resources in the Safety Centre: tiktok.com/en/safety

You can look at TikTok's safety videos to learn more: [@tiktoktips](#)

UK Safer Internet Centre:
saferinternet.org.uk

Professionals Online Safety Helpline:
saferinternet.org.uk/helpline

Report Harmful Content:
reportharmfulcontent.com

Pick up a copy of this checklist along with other online safety materials on the SWGfL Store: swgflstore.com



12/21



Mr Burr

What Parents & Carers Need to Know about

HOOP FOR

App Store
Rating

13+

Hoop is a social networking app that syncs with Snapchat to help users build their community of friends. It works along similar principles to Tinder: swiping left or right will reject or accept potential contacts, making new connections in the process. When two users accept each other, they can then communicate via Snapchat. There is no chat function on Hoop itself: video and audio calls, messaging and image sharing all take place through Snapchat. When a user adds a new Hoop contact, they are essentially sharing their personal information from Snapchat.

No Age Verification

18+

The app groups ages 13–17 together and age 18+ years separately, so adults do not see children's profiles – and Hoop warns users that they must input their real date of birth. However, there is no age verification system, meaning that an individual with intentions of grooming could sign up pretending to be a child so that they could be connected with younger users.

In-app Purchases

Hoop offers in-app purchases that allow users to buy 'diamonds': the digital currency required to connect with others. Users can earn diamonds by watching videos, sharing links or contact lists, adding friends and completing surveys; alternatively, diamonds can be bought in packs, with costs ranging from 99p to £28.99, which potentially could prove to be very expensive.

Visible Location

Hoop gives users the option to share their Snap Story on their Hoop profile. Snap Stories are visible for 24 hours and, by default, show the user's exact location on the Snap Map. This means that not only will a young person's friends be able to see this information but all Hoop users too – including, potentially, individuals who may have sinister motives for pinpointing a child's whereabouts.

Grooming Risk

If a stranger uses Hoop to connect with your child on Snapchat, it means they would have access to your child's personal information, location, photos, videos and stories shared with their friends on Snapchat (unless your child has changed their privacy settings). Messages in Snapchat are automatically deleted after they're read, making it impossible for parents to monitor conversations.

Potential Compulsive Use

Users are rewarded with diamonds for hitting certain targets. To reach these milestones, young people may be inclined to add as many friends as possible – including strangers. Users are also assigned a level that is displayed on their Hoop profile; to achieve a higher level, users must add more connections – which provides an incentive for children to spend more time on the app.

Possible Data Collection

One of the reasons Hoop has remained free to use is that it hosts video adverts and user surveys, which reward users with diamonds for taking part. This practice strongly suggests that the app collects personal information from the user, based on the adverts they watch and their responses to surveys, and then shares this data with third-party organisations.

Advice for Parents & Carers

Learn How to Report and Block

If your child sees or is sent something that makes them feel uncomfortable, Hoop has a reporting and blocking function. When reporting a user, you are asked to provide a reason why you are reporting them (for example, nudity or sexual content, hate speech, or using a fake age or gender). You then get a notification that the other user has been reported or blocked.

Limit Spending Power

If your child's device is linked to a bank card, a PayPal account or another form of payment, ensure that you have either removed this connection or adjusted the security settings so that you get notifications of any attempts to make in-app purchases. Make sure that you have set a password which has to be entered for a purchase to go ahead.

Avoid Over-Sharing

Talk to your child about what they share online and who they share it with. Make them aware that once something is online, then anyone can see it. Talk to them about what might not be safe to post online (for example, things which could give away their home address or that of their school, explicit photos or their current location). Make sure that they don't share something they will regret later.

Be Wary of Strangers

Talk to your child about the dangers of connecting with strangers online. Encourage them not to engage in private messaging with people they don't know – particularly on Snapchat, as automatically disappearing messages makes them difficult for trusted adults to monitor. Ask them to think about why they are adding all these connections and whether they genuinely need hundreds of 'friends' on Snapchat.

Adjust Privacy Settings

Check the privacy settings in place on your child's Snapchat account so that only friends or a custom group can see their stories, Snap Map and any images that they post. You may wish to seriously consider going into the settings and enabling 'ghost mode' to turn off the location services, so your child's whereabouts won't be publicly visible to other users.

Encourage Safe Communication

With the amount of time that young people spend communicating with others online, it's vital to ensure that these connections are positive and healthy ones. Regularly check which apps your child is using: if there are any new ones, talk to your child about what these apps are and how they work. If you are unsure about a new app, you could download it to try yourself and see if it is suitable.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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Safety®
#WakeUpWednesday

SOURCES:



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.07.2021

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
MAIN 1	Pepperoni Pizza	Chicken Bites	Roast Gammon & Yorkshire Pudding	Lemon & Herb Chicken	Batter Fish Fillet
MAIN 2	Cheese & Tomato Pizza	Quorn Nuggets	Vegetable Quiche	Meat Free Sausage Roll	Mac "N" Cheese
SPECIAL OF THE DAY (PLEASE SEE SPECIALS BOARD)					
Potato	French Fries	Diced Herb Potatoes	Roast Potatoes	Potato Wedges	Chunky Chips
Vegetable 1	Baked Beans	Diced Carrots	Cabbage	Mixed Vegetables	Baked Beans
Vegetable 2	Sweetcorn	Baked Beans	Roast Parsnips	Baked Beans	Peas
Grab & 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	Pork Sausages & Gravy	Southern Style Breaded Chicken	Rots Pork With Yorkshire Pudding	Cheese & Ham Pizza	Fish Fingers
MAIN 2	Quorn Sausages & Gravy	Southern Style Quorn Burger	Cauliflower Cheese	Cheese & Tomato Pizza	Tomato Pasta
SPECIAL OF THE DAY (PLEASE SEE SPECIALS BOARD)					
Potato	Mashed Potato	Seasoned Wedges	Roast Potatoes	French Fries	Chunky Chips
Vegetable 1	Baked Beans	Mixed Vegetables	Roast Root Vegetables	Sweetcorn	Peas
Vegetable 2	Broccoli	Baked Beans	Cabbage	Baked Beans	Baked Beans
Grab & Go	Baguettes, Wraps, Sandwiches, Tomato Pasta, Pizza, Toasties & Paninis				
Desert	Frozen Fruit Smoothie	Lemon Drizzle 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	Quorn Burger	Stuffed Jacket Potato	Cheese & Potato Turnover	Cheese & Tomato Pizza	Vegetable Pasta Bake
SPECIAL OF THE DAY (PLEASE SEE SPECIALS BOARD)					
Potato	Crisp Cross Fries	Seasoned wedges	Roast Potatoes	Potato Cubes	Chunky Chips
Vegetable 1	Baked Beans	Carrots	Roast Parsnips	Baked Beans	Peas
Vegetable 2	Sweetcorn	Baked Beans	Cabbage	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

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

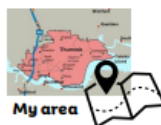
www.askthurrock.org.uk



Key words

- Local Council
- Local Offer

What is the Local Offer?



It will help you find out more about the services and support

- You can get
- Your parents can get

It is for



- 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).
- Families of those children and young people

It will give you information on



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

1

thurrock.gov.uk

THE LOCAL OFFER

Information for parent and carers



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.

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



www.askthurrock.org.uk

thurrock.gov.uk

Independent Visitor Service

Volunteers from all backgrounds needed to support a child in care.

Can you spare four hours once a month?

Could you be a positive role model?

All you need is your time, all expenses paid

Training and ongoing support provided



No prior experience necessary, just an ability to connect with and offer caring support to a vulnerable child or young person within a community setting

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

free for everyone,
no referral needed!

Events

Fridays
3 - 4.30pm

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

Saturdays
10 - 11.30am

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

Community Church Chadwell St Mary
Defoe Parade (enter from Brentwood Road)
RM16 4QR

Save the planet 🌍, and your pennies 💰!
Hundreds of items in stock:

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

An event run by The 180 Project, part of Community Church
Registered charity no. 1062301. Tel: 01375 484 101

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

Call us
0330 333 7 444*
*In an emergency dial 999

Refer online at
www.essexcompass.org.uk

In partnership with:

Funded by:

Delivered by:

Registered Charity: 1177687

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!

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!

Do you identify as neurodiverse, additional needs, special needs, SEND (Special Educational Needs and Disabilities)?

To sign up or find out more, email today at
youthvoice@thurrock.gov.uk

2024

POSITIVE ACTION ROADSHOW EVENT

Essex Police and dot com digital are inviting schools to join this year's Positive Action Roadshow via MS Teams

17TH-18TH JUNE, 2024

MONDAY & TUESDAY @ **09:15** AM

DOT COM DIGITAL WILL PROVIDE A FREE TRANSITION PACK OF POLICE LESSONS TO SUPPORT THE ROADSHOW.

4 VIRTUAL SESSIONS INCLUDING

- Values Vs Violence
- Dreams & Aspirations
- Hate Crime & Anti-Social Behaviour
- Mental Health

SUITABLE YEAR GROUPS

YEARS 5 & 6