

The Convent Chronicle



Friday 19th April 2024

Inspiring Ambition,
Achieving Excellence

Dear Parents/Carers,

He is Risen! Allelulia!



A warm welcome back to our busy Summer Term at Grays Convent!

We are still in the festive season of Eastertide so we are still celebrating that Jesus is risen.

We hope that you were able to enjoy the Easter break and that the lighter days and brighter evenings are helping you to feel refreshed and ready to begin again, what is always a busy term. Naturally our thoughts and prayers are with all our pupils preparing for exams at this time.

This week our girls have been focussing on one my favourite Gospel stories in their morning prayer time which might be helpful for anyone feeling the stress of the exam season. It is the story of 'The Road to Emmaus' when Jesus appears to two

of his disciples who are travelling home to Emmaus having been in Jerusalem to celebrate Passover. They knew Jesus had been put to death and are disillusioned and cannot make sense of what has happened. When Jesus walks with them, they do not recognise Jesus, even though he spoke and listened to them. It was not until Jesus sat with them at table, took the bread, blessed it and shared it, that they realised who he was.

Even though we do not see Jesus anymore, we believe that he is always with us, especially in our most challenging times, he walks with us on our daily journey. The disciples eventually recognised Jesus in an everyday action of him breaking and sharing bread. We too can recognise Jesus in the everyday actions of ourselves and others. He is with us.

Enjoy the weekend with your families.

O Christ,
you take upon yourself all our burdens
so that, freed of all that weighs us down,
we can constantly begin anew
to walk with lightened step,
from worry towards trusting,
from the shadows towards the clear flowing waters,
from our own will
towards the vision of the coming kingdom.

And then we know,
though we hardly dared hope so,
that you offer to make every human being
a reflection of your face.

Dawn Collis
Deputy Headteacher



MUSIC MARK
2022 - 2023



PS If you like this painting of The Supper at Emmaus by Caravaggio, you can see it in the National Gallery which currently has a special exhibition of his work. It's wonderful and it's free!

Please read on to see more about this week's events at Grays Convent



Daisy dances at Disneyland!

We were thrilled to hear from Daisy Wilsher's mum this week about Daisy's wonderful Disney dance adventure over the Easter break. Mum wrote:

"Daisy was invited to dance in Disneyland Paris with her dance school, Elite Dance Academy, and performed in the Performing Arts Programme at the Videopolis Theatre in the Disney Park over the Easter holidays.

Daisy has worked very hard after school most evenings and every single weekend for the past few months to rehearse for their show, which was an incredible experience. Daisy wanted to share this with you as she is very proud of her achievement, as are we."



Well done Daisy, what an amazing experience!

Mrs Albrow

Claim your Teddy!

Ms Duque Mora ran a Teddy Bear raffle awarding raffle tickets to students who worked hard in languages.

The Teddy bears want to go to a warm home today to spend their time with a lovely family!

So, here are the numbers of the winners who worked very hard in languages to earn the raffle tickets:

181	244
499	306
66	377
418	382
436	25

Please come and pick your beautiful Teddy in room 6.

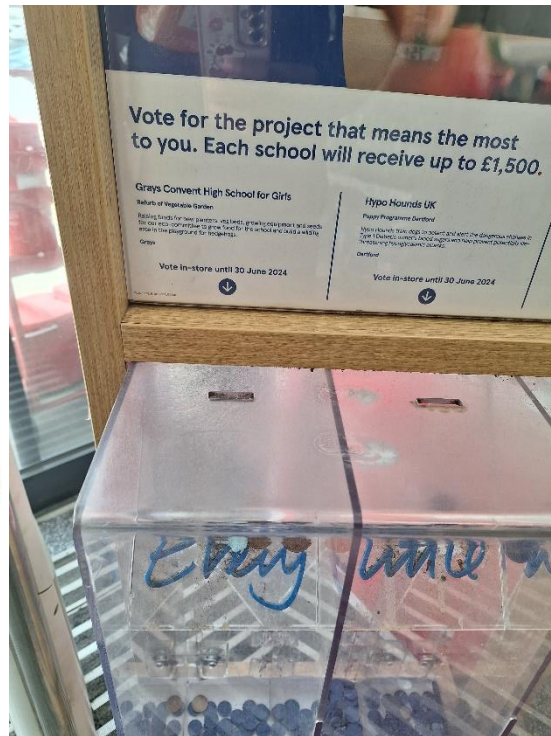


Let's keep working hard in languages!
Miss Duque-Mora

Key Dates and Events

Monday 22 nd April	Year 9 Options Form due Year 11 GCSE Art Exam	Year 9 Year 11
Tuesday 23 rd April	Year 11 GCSE Art Exam continues Year 11 MFL Speaking Exam	Year 11
Wednesday 24 th April	Year 11 GCSE Textiles Exam Year 11 GCSE Photography Exam Year 11 MFL Speaking Exam continues	Year 11
Thursday 25 th April	Year 11 GCSE Textiles Exam continues Year 11 GCSE Photography Exam continues Year 11 MFL Speaking Exam continues	Year 11
Friday 26 th April	Year 11 MFL Speaking Exam continues	Year 11
Tuesday 30 th April	Year 11 GCSE Textiles Exam continues Year 11 GCSE Photography Exam continues	Year 11
Wednesday 1 st May	Year 11 GCSE Textiles Exam continues Year 11 GCSE Photography Exam continues	Year 11
Thursday 2 nd May	Year 7 Parents' Evening – 4-7pm	Year 7

Tesco Strong Start Scheme



Our Eco-Committee have been successful in their application to take part in Tesco's Strong Start scheme.

Calling our local families, spread the word and ask for your blue voting coin at the till when you shop at Tesco and add it to the Grays Convent Eco-Project box please. We have until the end of June to get as many votes in as possible. The more votes, the more funds we receive.

To vote, you will need to make a purchase within store of any value. You will receive one token per transaction and it's not necessary to purchase a carrier bag in order to receive a token.

This is in order to raise funds for timber in order to re-build our vegetable beds in the eco-garden as they're worn out and unable to grow vegetables in this year.

Details of stores with a voting box are:

5842	Derwent South Ocken Express	Small unit	RM15 5GN
3215	South Ockendon Express	Small unit	RM15 6QA
2600	Grays Express	Small unit	RM16 2BD
3156	Chadwell St Mary Express	Small unit	RM16 4JD
2506	Armada Chafford Express	Small unit	RM16 6PS
2357	Chafford Hundred Express	Small unit	RM16 6YA
6217	Southend Road Grays Express	Small unit	RM17 5NJ
5600	Tilbury Express	Small unit	RM18 7QW
2394	Lakeside Extra	Large unit	RM20 1TX

To check the location of any of the above stores, please go to the Tesco website here: <http://www.tesco.com/store-locator/uk>

Mrs Grint

Silver Deputy Headteacher's Award

Huge congratulations to following students who have reached in excess of 400 achievement points:

Prabjot Kaur 7.3
Megan Ashdown 7.9
Carys Walton 9D

This is a fantastic achievement and very well- deserved.

Bronze Assistant Headteacher's Award

Many congratulations to the following students who have reached in excess of 200 achievement points:

★ *Nadia Barati 7.3* ★
★ *Rumaysa Khalid 7.3* ★
★ *Godá Magyłaite 7.4* ★
★ *Irene Praveen 7.4* ★
★ *Grace Jaiyeola 7.4* ★
★ *Raziela Tackie Tetteh 7.4* ★
★ *Victoria Wells 7.4* ★
★ *Annie Anderson Bannister 7.8* ★
★ *Aisha Mohsin 7.8* ★
★ *Ellena Okello 7.8* ★
★ *Dinika Saidha 7.8* ★
★ *Rebecca Olowu 8D* ★
★ *Ajuwa Appiah 8L* ★
★ *Isabelle Sefa 8L* ★
★ *Janet Ogunrinde 9D* ★
★ *Roda Mensah 9E* ★
★ *Magdalena Wawrzynczak 10.23* ★
★ *Bracken Shelley-Carroll 10.24* ★
★ *Jasmeet Kaur 10.26* ★

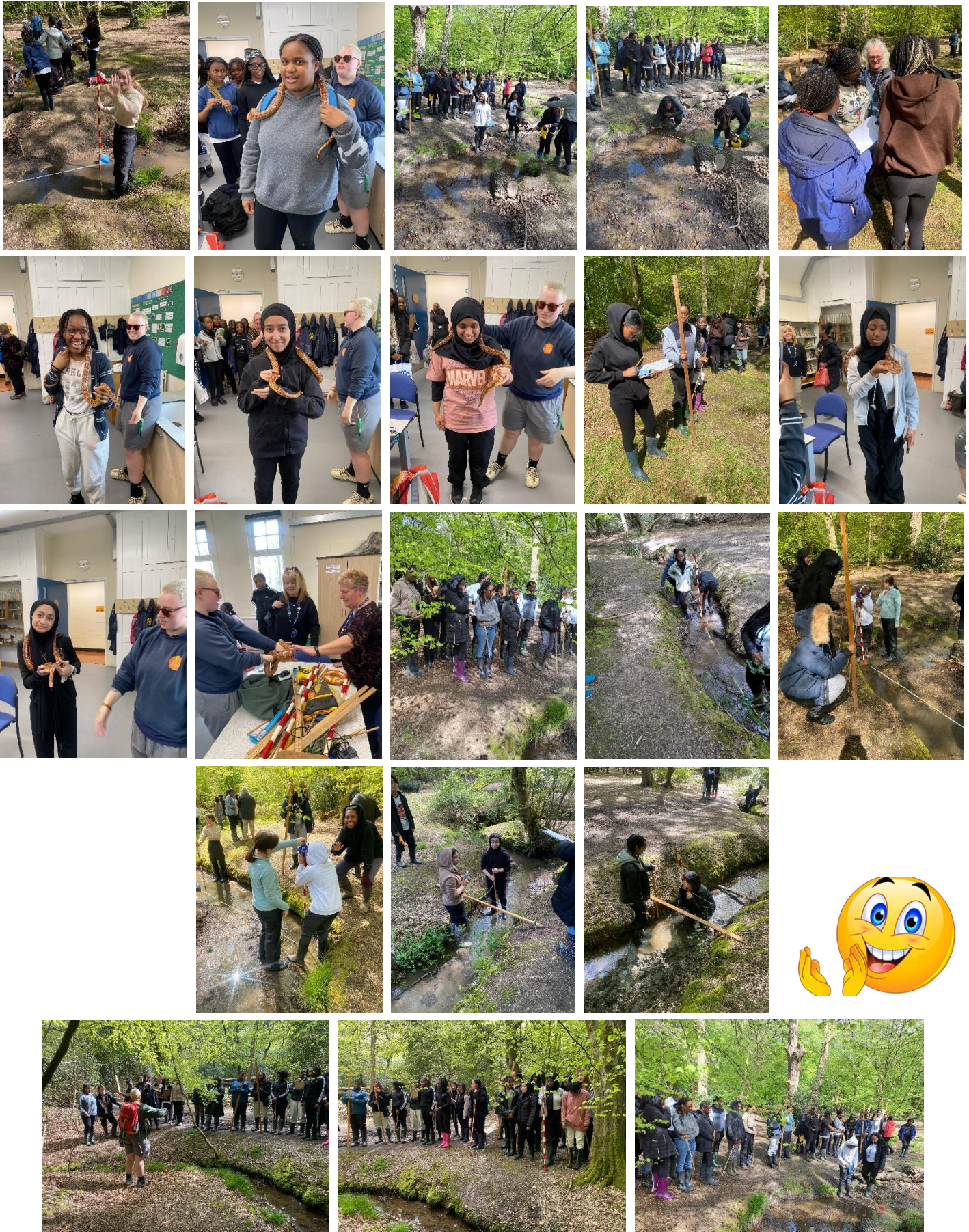
The students were presented with the bronze award in the Year assembly.

Well done to all of the students.

Mrs Bishop

Geography Field Trip for Year 10 Students

We're proud to recognise the exemplary behaviour and hard work of our female students. Their dedication shone brightly during the Geography field trip to Epping Forest on Thursday this week, where they explored the fascinating nature of rivers. Their commendable conduct and diligence serve as a testament to their commitment to learning and personal growth. Congratulations to these outstanding girls for their achievements!



Miss Desgoutte

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 26

FOR YEAR 7	FOR YEAR 8	FOR YEAR 9
tribe	belonging	nonfiction
migrate	multicultural	informational nonfiction
language	static	literary nonfiction
brother	unchanging	biography
Celtic	fluid	autobiography
acronym	interact	encyclopaedia
Anglo- Saxon	marginalise	interview
European	self-esteem	newspaper article
living	values	textbook
pronounce		

For Year 8: **IDENTITY AND SELF**

belonging - happiness felt in a secure relationship

multicultural - relating to or including diverse nationalities or customs

static - not in physical motion

unchanging - showing little if any change

fluid - continuous amorphous matter that tends to flow

interact - do something together or with others

marginalise - relegate to a lower or outer edge, as of specific groups of people

marginalisation - the social process of becoming or being made marginal

self-esteem - a feeling of pride in yourself

values - beliefs of a group in which they have emotional investment



For Year 9: **Nonfiction - Types of Nonfiction**

nonfiction: The description or the documenting of historical, or "real life" events. The main types are autobiography, biography, encyclopaedia, essay, feature story, interview, newspaper article and textbook

informational nonfiction: Nonfiction that is written mainly to provide factual information.

literary nonfiction: Nonfiction that reads like fiction but provides factual information.

biography: A book written about a person's life or one main event. The author's purpose is to inform the reader.

autobiography: A biography written by the author about his or herself.

encyclopaedia: When information is organized by the topic alphabetically. The entries are short and it is commonly used for research. The author's purpose is to inform the reader.

interview: A conversation between two people where questions and answers are exchanged.

newspaper article: Focuses on one topic or main idea. The author's purpose is to inform or persuade the reader.

textbook: When information is organized chronologically or by topic and is used for reference. The author's purpose is to inform.

website: An online source of information providing international access.



Learn them to improve your spelling!!!

Miss Petrova

Computer Science

What would the output be if the user entered "7"?

```
num = int(input("Enter a number: "))
if num < 7:
    print("Hello")
elif num > 7:
    print("Goodbye")
else:
    print("It's summer time")
```

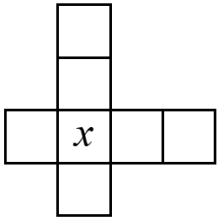
Answer: It's summer time

Mr Burr

Mathematics

Maths Question of the Week

The numbers 2, 3, 4, 5, 6, 7, 8 are to be placed, one per square, in the diagram shown such that the four numbers in the horizontal row and the four numbers in the vertical column add up to 21. Which number should replace x ?



Submit on Monday at Break time in Room 21 and win 5 Achievement points for the correct answer!

Mr Amenze

YOUR NEWSLETTER...



AND YOUR SUBJECT NEWS!

Send your subject news to
admin@graysconvent.thurrock.sch.uk

Photography

Here are some of the successful outcomes from my year 10 Photography students using Photoshop to create double exposure images



Created by Viana



Created by London



Created by Lisa-Emily



Created by Arshjot



Created by Shanai

Mrs Guentcheva

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

SMILE

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



The National College

Christ has died. Christ is risen. Christ will come again!

We are rejoicing in the victory of Christ's amazing personal love for each one of us. By dying he cancelled our debt of sin, destroyed the power of death over us and by his resurrection he has gained for us the free gift of eternal life for all who believe in him.

Grays Convent Easter Garden depicts the Resurrection story

with the empty tomb, the folded grave clothes and the crown of thorns. All the flowers, eggs, little chicks and bunnies symbolise the abundance of new life, hope and joy that Jesus brings. The water and candle are symbols of Baptism through which we are born to eternal life.

The tall Paschal Candle symbolises the light of the Risen Lord



Our Paschal Candle symbolising the Light of the Risen Lord is lit at Staff Briefing Prayers, assemblies, Mass and other liturgies during the Easter Season

THANK YOU!

We are very grateful to Sam at Brian's Florist in Grays for this beautiful flower arrangement for our Easter Garden.



We have been reflecting on the Easter story during our Form Prayers this week.

50 days of Easter

Celebrating the Resurrection of our Lord

(Saint Matthew's Gospel 28:1-10)

The Chief priests remembered that **Jesus said he would rise from the dead on the 3rd day**; so they asked for Roman Soldiers to guard the tomb day and night on a rota basis, to prevent anyone stealing the body and pretending he'd risen from the dead. (If a Roman soldier failed in this duty, he himself could be put to death!)



After the Sabbath, as Sunday morning was dawning, Mary Magdalene and the other Mary went to look at the tomb.



Suddenly there was a violent earthquake; an angel of the Lord came down from heaven, rolled the stone away, and sat on it. His appearance was like lightning, and his clothes were white as snow. The guards were so afraid that they trembled and became like dead men.



The angel spoke to the women.

"You must not be afraid, he said. I know you are looking for Jesus, who was crucified. He is not here; he has been raised, just as he said. Come here and see the place where he was lying.



Go quickly now, and tell his disciples, He has been raised from death, and now he is going to Galilee ahead of you; there you will see him! Remember what I have told you."

So they left the tomb in a hurry, afraid and yet filled with joy, and ran to tell his disciples. Suddenly Jesus met them and said,

"Peace be with you."

They came up to him, took hold of his feet, and worshiped him.

"Do not be afraid,"

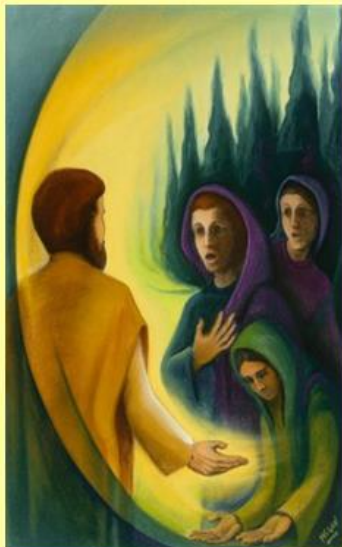
Jesus said to them.

"Go and tell my brothers to go to Galilee, and there they will see me."

(To be continued.)

Prayer:

Thank you Jesus for loving me so much that you took the blame for my sins when you died on the cross and you gave me the free gift of eternal life by rising again. May your Holy Spirit fill my heart with thanksgiving, praise and great love for all that you have done for me. Help me to recognise that you are always with me. In Jesus' name. Amen.



Bible Study

for all Year Groups resumed at Friday lunch times today. Students are welcome to join the groups by seeing the Chaplain to sign-up.

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

God bless you,

Miss Carson

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 15th March 2025

Wembley Arena



Flame is returning Saturday 15th 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](https://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.

God bless you in this holy season of Lent and have a lovely half term.

Miss Carson

Pope Francis - Tweet of the Week



Pope Francis @Pontifex · 4h

May we learn to cultivate the virtue of temperance. By controlling our words and actions we can avoid useless conflicts and promote #Peace in our society. #GeneralAudience

246

628

3.2K

142K



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



How do I report a problem?

If you feel someone is harassing you or otherwise being inappropriate you can report them or a specific video to TikTok's dedicated moderation team in the app. You can also report via the web form - tiktok.com/legal/report/feedback

To report a specific user:

- Access the user's profile
- Tap on the **three-dot** menu in the top-right corner
- An option saying **report** will come up
- Follow the on-screen instructions

To report a specific video:

- **Hold** your finger on the video
- Tap **report** and follow the on-screen instructions

TikTok also works with the **Professional Online Safety Helpline (0344 381 4772 or helpline@saferinternet.org.uk)** If you're a professional working with children and you come across content that you do not think should be on TikTok, you can call or email POSH. The team will then report the content directly to TikTok's Trust and Safety to take action.

Mr Burr



What's on in April 2024

Mondays

Start	End	Activity	Age groups	How to join in
8.30am	12.00pm	Housing Advice for Council Tenants		Book in advance 01375 413820
9:30am	10:30am	Baby Rhyme Time 15th, 22nd and 29th April	0 to 12 Months	All welcome
9.30am	10.30am	Play and Learn	24 to 60 Months	
10.00am	11.00am	Easter Event 8th April	0 to 11 years	Book on advance
11:00am	12:00pm	Baby Massage	0 to 12 Months	Book in advance
2:00pm	3:00pm	Stay and Play 15th, 22nd and 29th April	24 to 60 Months	All Welcome

Tuesdays

9:30am	10:30am	Stay and Play 16th and 23rd April	12 to 24 Months	All Welcome
10.00am	12.00pm	STOP – Parenting Programme for Parents of Teenagers		Referral only
11:00am	12:00pm	Fun with Stickers – 16th April Fun with Textures – 23rd April	12 to 60 Months	All Welcome
2:00pm	3:00pm	Sensory Play 16th – 12 to 24 months 23rd – 0 to 12 months		All Welcome

Wednesdays

9:00am	4:00pm	Midwife	Ante Natal	Book in advance
9:00am	11:00am	Children's Continence Advisor 3rd April	18months +	Drop In
9.30am	10.30am	Parents 1 st Coffee Morning/Drop In 10th April	This is an opportunity for you to meet other expectant mums in your area and get information on local groups available to you.	All welcome
1.00pm	4.00pm	Children's Continence Advisor 3rd April	18months +	Referral only
10:30am	11:30am	SEND - Just For You 10th, 17th and 24th April	0 to 60 Months	All welcome
11:00am	12:00pm	Stay and Play 17th and 24th April	0 to 12 Months	All welcome
1.00pm	2.00pm	Chat, Play and Grow with Messy Play A fun session focussing on learning through play. Sensory, discovery and messy play for 3-5 year olds. 3rd April	36 to 60 months	All welcome
1.30pm	2.30pm	Let's Talk to your Toddler	12 to 24 Months	Book in advance
1.30pm	2.30pm	Fussy Eating 17th April	12 to 60 Months	Book in advance
4.00pm	5.30pm	Young Carers		Referral only

Thursdays

9:00am	4:00pm	Midwife	Ante Natal	Book in advance
9.30am	11.00am	Chatterbox	24 to 60 Months	Referral only
9.30am	11.00am	Parental Outreach Advice Session 25th April		Book in advance
11.00am	12.30pm	Pre and post-natal exercise classes Face to Face – For all fitness levels. You could improve your fitness, bladder control, posture, core strength, wellbeing and mood. 18th and 25th April	Mothers with a 0 to 6 month old child	Book in advance Tilbury Family Hub 01375 858243
1.30pm	2.45pm	Baby Weighing Clinic– Drop In	0 to 60 Months	All Welcome
1.30pm	2.30pm	Dental Workshop Event Early Years Oral Health Programme 25th April	0 to 8 years	Book in advance
2.45pm	3.45pm	Baby Massage Acorns Community Centre Headon Hall, Crawford Avenue, Stifford Clays. RM16 2AS	0 to 12 months	Book in advance

Fridays

9.00am	1.00pm	Speech and Language Drop- In 5th April		Referral Only
9:00am	1:00pm	Early Interaction Advice Sessions	24 to 60 Months	Referral Only
9.30am	10.30am	Garden Group 19th and 26th April	24 to 60 Months	All welcome
10:00am	12:30pm	Job Club – Supported Families Employment Adviser		Book in advance 07776245301
10:00am	4:00pm	Inclusion Visions - Substance Misuse and Support – Drop in	18 + Years	Lorraine. G 07977 792 236
11.15am	12.15pm	Let's Talk to Your Baby	0 to 12 Months	Book in advance
1.30pm	2.30pm	Stay and Play 5th, 19th and 26th April	0 to 12 Months	All welcome



What's on in April 2024

Mondays

Start	End	Activity	Age groups	How to join in
8.30am	12.00pm	Housing Advice for Council Tenants		Book in advance 01375 413 820
8.30am	1.30pm	Early Interaction Advice Sessions	24 to 60 Months	Referral Only
9.30am	10.30am	Stay and Play 22nd and 29th April	12 to 24 Months	All welcome
10.00am	11.00am	Parents 1 st Coffee Morning/Drop In 22nd April	This is an opportunity for you to meet other expectant mums in your area and get information on local groups available to you.	All welcome
12.00pm	2.00pm	Triple P Baby Parenting Programme	Ante-natal or parents with a child aged 0 to 12 months	Book in advance
1.30pm	2.30pm	Dental Workshop Event Early Years Oral Health Programme 8th April	0 to 8 years	Book in advance

Tuesdays

9.30am	10.30am	Let's Talk To Your Baby	0 to 12 Months	Book in advance
10.00am	11.00am	Baby Sign Along 16th April	3 Months to 2 Years	Book in advance
11.00am	12.00pm	WellComm – Talk Together	24 to 48 Months	Referral only
1.00pm	2.30pm	Parent Carer Panel – First Aid Training 30th April		Book in advance
1.30pm	4.00pm	Infant & Toddler First Aid Workshops with Parents 1 st 30th April	Parent/Carers	Book in advance
1.30pm	2.30pm	Stay and Play 9th and 16th April	0 to 12 Months	All welcome

Wednesdays

9.00am	12.00pm	Local Area Co-Ordinator 24th April		Book in advance 07584 345 551
1.30pm	2.30pm	Stay and Play 17th April	24 to 60 Months	All welcome

Thursdays

10.00am	11.00am	Childminder Engagement Support Group 11th April		All Childminders welcome
10.00am	12.30pm	Job club – Supported Families Employment Adviser	Parents/Carers	Book in advance 07776 245 301
11.00am	12.30pm	Pre and post-natal exercise classes Face to Face – For all fitness levels. You could improve your fitness, bladder control, posture, core strength, wellbeing and mood. 18th and 25th April	Mothers with a 0 to 6 month child	Book in advance Tilbury Family Hub 01375 858243
11.00am	1.00pm	B3 – Birth, Bumps and Belonging 11th April	A safe space for parents of Afro Caribbean heritage (0-2 years) and parents to be	All welcome
1.30pm	2.30pm	Let's Talk To Toddler	12 to 24 Months	Book in advance

Fridays

9.30am	10.30am	Baby Massage	0 to 12 Months	Book in advance
10.00am	11.00am	Easter Event 12th April	0 to 11 years	Book in advance
11.00am	12.00pm	Let's talk potty training 26th April	24 to 60 Months	Book in advance
10.00am	11.30am	Baby Weighing Clinic	0 to 60 Months	All Welcome
1.00pm	16.30pm	Early Interaction Advice Sessions	24 to 60 Months	Referral Only
1.30pm	2.30pm	Let's Talk to your Toddler	12 to 24 Months	Book in advance

Brighter Futures – Family Hub Offer

Please use this link to see the Family Hub's offer and activity details –

www.thurrock.gov.uk/family-hub-activities

Please see the Thurrock website for details of each Family Hub and what is on offer each month and Face Book for information:


www.facebook.com/groups/thurrockchildrenscentres

Are your registered with the Family Hub? If not, you can do this online.


Visit: www.thurrock.gov.uk/family-hubs

GRANGEWATERS

OUTDOOR EDUCATION CENTRE




RYA POWERBOAT LEVEL 2 COURSE



Grangewaters is a great inland location to learn the skills and background knowledge needed by the competent powerboat driver and is the basis of the International Certificate of Competence.

This course aims to teach boat handling and seamanship in powerboats. It focuses on low speed close quarters handling, man overboard recovery, an introduction to driving at planing speed, and collision regulations

Our course is run by our expert RYA instructors using our Rib and Jaffa craft. All safety equipment will be provided.






RYA Level 2 Powerboat 2-day course


Ages 12+ years

Thursday 30th & Friday 31st May 2024
9.00am – 5.00pm
£250

Call to book your space!

thurrock.gov.uk/grangewaters Call us on 01708 855 228
Email us on grangewaters@thurrock.gov.uk  @Grangewaters

Buckles Lane, South Ockendon, Essex, RM15 6RS  



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

FREE School Uniform Events

free for everyone, no referral needed!

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
- 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"

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



ReThink ReCreate ReCycle

Open to all young people aged 5-16 with SEND

Competition opens: 22nd January 2024
Competition closes: 28th March 2024

Take a plunge into the world of recycling like never before. It's not just about bins and bottles; it's about turning everyday items into extraordinary creations and give them a new lease on life.

We want to see your innovative minds at work, turning old items into mind-blowing masterpieces.

HOW TO ENTER

- Collect the items you want to recycle and transform these finds into a mind-blowing creation.
- Take a photo of your masterpiece, and in a paragraph, share the inspiration behind your creation while highlighting the materials you recycled.

Email it to QASEN@thurrock.gov.uk
Remember to include your name, age, year group and current school setting.

THINK ABOUT:

- What message does your creation convey about recycling?
- How did you recycle materials to create something new and exciting?
- How can your creation inspire others to join the movement?





thurrock.gov.uk