

# The Convent Chronicle



Friday 22<sup>nd</sup> March 2024

Inspiring Ambition,  
Achieving Excellence

Dear Parents/Carers,

I introduce to you, our new Student Senior Leadership team.



**Front Row:**  
**Head Girl – Efe Donkor & a very proud Mrs Johnson**  
**Back Row (left to right):**  
**Timi Akinremi – Deputy Headgirl; Sophie Pasztor – Senior Prefect;**  
**Mishri Patel – Deputy Headgirl; Arshjot Kaur – Senior Prefect;**  
**Isabelle Gardner – Deputy Headgirl**

As you can see I was honoured to interview the four prospective Head Girls this Friday, with the outgoing Head Girl helping me.

What an amazing group of young women; I always write down a few handy hints for interview from them.

Congratulations to all of our new Student Senior Leadership Group, but an especial well done to Efe Donkor, our new Head Girl!!

I look forward to working with all of them - they have big shoes to fill. Thank you to Amelie and her team for their sterling service in their year as our leadership team.

**Penny Johnson**  
**Headteacher**



MUSIC MARK  
SCHOOL  
2022 - 2023



Artsmark  
Silver Award  
Awarded by Arts  
Council England

## Congratulations Little Trunkies!

## RE Word Competition



The Year 9 Team representing our school at Thurrock Next Top Boss Award afternoon were highly praised for their entry in the Borough-wide business competition.

Sadly we were pipped at the post by St Cleres and The Olive Academy, but Trunk

Logistics were so impressed by all of the entries that they will be coming into the school to pick the brains of our team of girls for their ideas. This will be a great opportunity for this wonderful team of Year 9 students to add value to their CV's and even the Mayor congratulated the students on their efforts.



Well done to the TNTB team members, we are so proud of you all:

*Siyona Chandrawat*

*Sania Raza*

*Winna Koho*

*Princess Aninakwa*

*Oludamilola Awogbile*

*Elizabeth kassim*

*Connie Driver*

*Carys Walton*

Ms Boller

Congratulations to all the girls who took part in the RE word challenge in last week's newsletter. All Participants will be awarded Achievement Points. With the most points going to the winner, Kaitlyn Weir.

She managed to make 78 words using the letters in Transubstantiation!

Hopefully your daughter was able to explain to you that Transubstantiation is the belief that the bread and wine given at mass change in substance to become the body and blood of Christ.

Mrs Gardner

## ParentPay Accounts



Can we stress how important it is for you to have activated your daughter's ParentPay account. It allows you to purchase equipment for your daughter when needed, and pay for trips and events – if you do not activate your ParentPay account, your daughter could miss out on taking part in these trips and events, as we can only take payment for trips and events via ParentPay.

With regards to trips, we always give a deadline for payment, and these deadlines must be met otherwise your daughter will not be able to go on the trip.

If you do not have a copy of your ParentPay activation letter then please contact Mrs Wood at:

[woodj@graysconvent.thurrock.sch.uk](mailto:woodj@graysconvent.thurrock.sch.uk)

Finance Office



## Silver Deputy Headteacher's Award

This week we have 3 fantastic students who have reached in excess of 400 achievement points. Many congratulations to:

*Eniayo Abodunrin 7.9*  
*Elizabeth Kassim 9D*  
*Winna Koho 9D*

The students received their Silver Award in their Year assembly to a rapturous applause from the students.

## Bronze Assistant Headteacher's Award

Another bumper week for the Bronze award with Year 8 students taking the lead this week. Many congratulations to the following students:

*Ruby Godden 7.13*  
*Mercy Fagbemi 8D*  
*Millie-Anne Mansfield 8D*  
*Sayeema Yeasmin 8D*  
*Portia Gillard 8E*  
*Ayat Mustafa 8E*  
*Wishma Rai 8E*  
*Lyna Shaikh 8E*  
*Sasha Bailey 8L*  
*Isabelle Barker 8L*  
*Keira Harris 8L*  
*Roula Kanarachos-Freese 8L*  
*Julia Szymkowska 8L*  
*Mia McCaffrey 8M*  
*Luka Pranskaityte 8M*  
*Chantelle Ritchie 8M*  
*Raeliegh Adamah 9L*  
*Sarina Di Nonno 9L*  
*Joanna Okello 9M*  
*Erin Bettis 10.23*  
*Joleen John 10.23*  
*Efe Donkor 10.25*  
*Viana Selimi 10.27*

A huge well done to all of the students.

Mrs Bishop

## RE Dept have their own Oscars!

The RE Oscars were announced last week in Mrs Collis Year 10 RE class with the following girls receiving an award for outstanding performance in recent assessments.

Well done to: Erin Bettis, Samira Wadud, Sophie Pasztor, and Isabelle Gardener!



Mrs Collis

## Student of the Month Award – February 2024

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



**Year 7**

Name	Award for:
Daisy Wilsher	Computer Science
Alicja Balu	Design & Technology
Ammara Zaheer	Drama
Ella Clifford	English
Dollie Mansi	Food
Aishat Ojikutu	Geography
Phoebe Bettis	History
Adriana Prasath	Maths
Angela Ramuzi	PE
Joanne Dokunmu	RE
Gabriel Simkute	Spanish

**Year 8**



Name	Award for:
Mariam Abdulyeqeen	Computer Science
Sara Visanu	Design & Technology
Maheera Burhan	Drama
Julia Szmkowska	English
Elizabeth Roy	Food
Fatima Yasir	French
Marissa Mudzuri	Geography
Alexia Draghici	History
Luka Pranskaityte	Maths
Dara Ade-Oduwale	PE
Iteoluwakiishi Oluyede	RE
Katherine Shane	Spanish



**Year 9**

Name	Award for:
Nisam Limbu	Computer Science
Maja Baluka	Design & Technology
Rhoda Mensah	Drama
Nusiratu Ojikutu	English
Dhimitra Papal	Food
Fauste Bukyte	French
Meena Amery	Geography
Marwa Habibi	History
Constance Diver	Maths
Ebun Isaac Momoh	PE
Nusiratu Opaniran	RE
Grace Thomas	Spanish



**Year 10**

Name	Award for:
Bracken Shelley-Carroll	Computer Science
Nuha Ahmed	Design & Technology
Oluwatimilehin Akinremi	Drama
Viana Selimi	English
Aleeya Raji	Food
Themis Aw	French
Sophie Pasztor	Geography
Akunna Aaron	History
Poppy Adams	Maths
Karina Strzepka	PE
Morounfoluwa Opaniran	RE
Simone Owiredu	Spanish

**Year 11**



Name	Award for:
Amelie Soong	Computer Science
Lily-May Pegrum	Design & Technology
Poppy Padmore	Drama
Gabriele Celkyte	English
Ope Lawal	Food
Nuaymah Uddin	French
Hurriyah Rashid	Geography
Bella Ruthman	History
Jessica Meshi	Maths
Gabriella Emechete	PE
Amy Sullivan	RE
Saba Sikandar	Spanish

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



## Year 11 Intervention 2023-2024

WEEK 1					
	Mon	Tues	Weds	Thurs	Fri
<b>Lunch</b>	Art – (KG rm16)  Music		Photography (JL)  History (LW)	Textiles (KP)  French/Spanish (TB)	Computing
<b>After School</b>	Science		Food (LC)  Maths w/ Nilesh	Geography (DD, RM1)	

Week 2					
	Mon	Tues	Weds	Thurs	Fri
<b>Lunch</b>	PE (Aiming higher) - KW PE (Making the grade) - SF		Math (SMA)  D&T	Math (PM)	
<b>After School</b>	English (Set 4 & 6) - PJ	MFL (DPD)	Maths w/Nilesh  RE (POH)	Drama  MFL (LFP)	Maths (MAS GA,MT)

Option J	Option K	Option L	Option M
Fine Art	Art Textiles	Art Textiles	Computing
Drama	Design Tech	Drama	Food
Food	French	Food	French
French	Geography	Geography	Geography
History	History	History	Media
Media	Media	Media	Music
	PE	Photography	Photography



# 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 24

## For Year 8: Creative Writing - AMBITIOUS

**driven:** (of a person) relentlessly compelled by the need to accomplish a goal; very hard-working and ambitious. "my husband is a driven man"

**aspiring:** directing one's hopes or ambitions towards becoming a specified type of person. "an aspiring artist"

**goal-oriented:** (of a person) focused on reaching a specific objective or accomplishing a given task; driven by purpose: *goal-oriented teams of engineers* (of a project or plan) designed to achieve desired results; targeted: *a goal-oriented budget*.

**determined:** having made a firm decision and being resolved not to change it. "Alina was determined to be heard"

**enterprising:** having or showing initiative and resourcefulness. "some enterprising engineers have started their own recycling programmes"

**focused:** directing a great deal of attention, interest, or activity towards a particular aim. "Darren knows what he wants and he's very focused"

**high-reaching:** Reaching to a great height. Ambitious; aspiring. *With high-reaching dreams, women like her are paving the way for my dreams to become more and more of a reality.*

**zealous:** showing great energy or enthusiasm in pursuit of a cause or objective. "he was a zealous supporter of constitutional and parliamentary reform"

**eager:** keenly expectant or interested. "small eager faces looked up and listened"

**avid:** extremely eager or interested: "an avid football fan"

## For Year 9 – ANALISING

**protagonist:** the hero, chief character, or force in the work which the reader wants to succeed

**antagonist:** a force or character opposing the protagonist who tries to stop the protagonist from reaching his desired goal

**foil:** a character who serves by contrast to emphasize the qualities of another character

**conflict:** The relationship between the protagonist and the antagonist. The conflict can be: 1) conflict between individuals, 2) between the character and circumstances between him and his goal 3) conflict of opposing tendencies within an individual's mind.

**motif:** It is a term for an often-repeated character, incident, idea or image in literature that is used to convey themes.

**ambiguity:** the deliberate use of a word or expression to convey two or more diverse attitudes or feelings

**nonfiction:** is a form of writing that is based on fact and reality; it is not created in the mind of the writer.

**truth:** is that which conforms to fact and reality. Truth may be either objective or subjective depending upon the person's point of view.

**objective truth:** The author presents situations or the characters' thoughts, feelings, and actions in a detached, noncommittal manner.

**subjective truth:** The author incorporates personal experiences into his writing or projects into the narrative his personal disposition, judgments, values, and feelings.

**bias:** Bias occurs when an author prejudices the audience in favour of one side of an issue by not covering the topic fairly. Bias should be avoided in nonfiction writing.

For Year 7	FOR YEAR 8	FOR YEAR 9
rhyme	driven	protagonist
rhythm	aspiring	antagonist
sacrifice	goal-oriented	foil
secretary	determined	conflict
shoulder	enterprising	motif
signature	focused	ambiguity
sincere(ly)	high-reaching	nonfiction
soldier	zealous	objective
stomach	eager	truth
sufficient	avid	subjective
		truth
		bias



Learn them to improve your spelling!!!

Miss Petrova



## Maths

### Maths Question of the Week

Zia has to set a 4-digit security passcode on her phone.

Each digit of the passcode is a number from 1 to 9  
She can use each number more than once.

Zia tells her friend Amber that  
the first digit is a cube number  
the second digit is a prime number  
the third digit is greater than 6  
the fourth digit is an odd number.

The diagram shows one possible 4-digit passcode.



Amber is going to have one attempt at guessing Zia's passcode.

Work out the probability that Amber guesses Zia's passcode on the first attempt.

Submit your answer by breaktime on Monday 25<sup>th</sup> March in Room 21 and receive 5 Achievement points for the correct answer!

Mr Amenze



## Computer Science

### What would the output be?

```
num = 0
while num < 5:
    print(num)
    num = num + 1
```

Answer: 0,1,2,3,4

Mr Burr

## RE



This week in Year 7, students have been learning about the story of how Jesus sacrificed his life for the world's sins and the story of Maundy Thursday. Jesus' death was thoroughly explained by Miss Carson, which enlightened the important sacrifice Jesus made to save all of the world's sinners from pain and misery.

Irene Praveen – Y7

On Monday, my form and I were lucky to have the Chaplin, Miss Carson to teach us about Jesus' resurrection and what events lead up to it. She told us all about what happened in the week before Easter (Holy Week) and explained what happened at the Last Supper in detail. The lesson was enjoyable as it was interesting for me to find out about the meaning behind Easter, and I am thankful for Miss Carson coming to teach my form and me.

Alara Nalcioğlu – Y7



# YOUR NEWSLETTER...



# AND YOUR SUBJECT NEWS!

Send your subject news to

[admin@graysconvent.thurrock.sch.uk](mailto:admin@graysconvent.thurrock.sch.uk)



# Palm Sunday 24<sup>th</sup> March 2024

Palm Sunday is the beginning of Holy Week, the holiest week of the Church year when we remember the events of Jesus' last days leading up to his death and resurrection. In the lead up to Palm Sunday we have been reflecting on the Raising of Jairus' Daughter and particularly on the Raising of Lazarus who had been dead for four days. Jesus demonstrated through these miracles that he was speaking the truth when he said "I am the resurrection" Jn.11:25. He said that he himself would rise from the dead on the third day and that he would raise to eternal life all who believe in him.

Holy Week will begin on **Palm Sunday 24th March**



## Palm Sunday

**Jesus enters Jerusalem and the people welcome him singing Hosanna**

Jesus was arriving in Jerusalem for the Jewish festival of Passover. He came in peace riding humbly on a donkey. All the people came to welcome him, waving palms and cheering Hosanna to the Son of David. They made a carpet with their palm leaves and laid their cloaks on the ground to greet him. Jesus was famous for his teaching and all his great miracles, curing the sick and raising the dead to life. He raised Jairus' daughter, a widow's son, and Lazarus who had been dead for 4 days.

When the Chief Priests and Pharisees saw this, they were jealous and afraid the people would make Jesus their King. So they plotted to kill him.

*They also wanted to kill Lazarus, because it was on account of his testimony that Jesus raised him from the dead after 4 days, that so many Jews were leaving their teaching and following Jesus instead.*



The Chief Priests and Pharisees wanted to arrest Jesus when there were not many people around. Judas, one of Jesus' friends saw an opportunity to make money and agreed to hand Jesus over to them in exchange for 30 pieces of silver. He arranged to meet them in the Garden of Gethsemane where Jesus prayed at night and said he would betray Jesus with a kiss (*the usual greeting*) so the guards would know who to arrest.



Jesus knew all that was going to happen. He was born to die on the cross for us, for the forgiveness of all our sins. Jesus set us free and destroyed the power of death which could not hold him. He came alive again on the third day, so that all who believe in him will rise to eternal life with him in Heaven.

**Prayer:** Merciful Father, thank you for your amazing personal love for me, that you sent your beloved Son Jesus to die on the cross for the forgiveness of my sins and to gain for me the free gift of eternal life. Please fill my heart with love for Jesus and gratitude for all that he suffered, and for the freedom and new eternal life he gives me. We ask this in Jesus name, Amen.





## Lenten Reflections Years 7-10

Every Class in Year 7-10 has had Lenten Reflections with the Chaplain in their RE lesson times to reflect on the events of Holy Week and the Stations of the Cross which are also displayed through the main Foyer and stairs.

### DIVINE OFFICE – LAUDS

Staff and Students who have been arriving early on Friday mornings during Lent have been praying a simple shortened version of Lauds, the Morning Prayer of the Church throughout the world. It is a service of Bible readings, psalms, canticles, prayers and hymns which are part of the Divine Office which is prayed throughout the world. See [www.universalis.com](http://www.universalis.com)



### HOLY WEEK BEGINS THIS PALM SUNDAY 24<sup>th</sup> MARCH

We remember the events in the last week of Jesus' life on earth leading up to his death and resurrection. **There will be no Mass in school on Holy Thursday**, because the Mass of the Last Supper is so important that it is appropriately only celebrated **in the evening in all parishes**. This is a most important Mass for all Roman Catholics to attend as the Eucharist is at the heart of our faith and worship. Please see times of Masses below.

### HOLIDAYS WERE ORIGINALLY FOR CELEBRATING THE HOLY DAYS

As a Catholic school we respect and support parents as the first teachers of the faith to your daughters. May we encourage you to ensure that your daughters have opportunity to experience the Holy Week Services as part of your parish family at Church.

### HOLY WEEK MASS TIMES

St Thomas of Canterbury Roman Catholic Church  
Palm Sunday 24<sup>th</sup> March 8.30am, 9.30am, 11am  
Holy Thursday 28<sup>th</sup> March St Peter's at 7pm St Thomas of Canterbury at 8pm  
Good Friday 29<sup>th</sup> March St Peter's and St Thomas of Canterbury at 3pm  
Holy Saturday Easter Vigil 30<sup>th</sup> March St Thomas of Canterbury at 8pm  
Easter Sunday 31<sup>st</sup> March St Thomas of Canterbury at 8.30am, 9.30am and 11am

Please see below times of Services for Tilbury and Stanford le Hope

### **CATHOLIC CHURCH OF OUR LADY STAR OF THE SEA, DOCK ROAD, TILBURY AND**

### **OUR LADY AND ST JOSEPH, SOUTHEND ROAD, STANFORD-LE-HOPE**

**LENTEN RECONCILIATION SERVICE STANFORD Wednesday 20<sup>th</sup> March 7.30pm**

**LENTEN RECONCILIATION SERVICE TILBURY Thursday 21<sup>st</sup> March 7.30pm**

# EASTER TRIDUUM 2024

Wednesday 27<sup>th</sup> March

11.00am

Chrism Mass – Brentwood Cathedral

Thursday, 28<sup>th</sup> March

10.30am

8.00pm

11.45pm

**MAUNDY THURSDAY – TILBURY**

Morning Prayer - **TILBURY**

Evening Mass of the Last Supper followed by Adoration

Night Prayer

Friday, 29<sup>th</sup> March

10.30am

2.15pm

3.00pm

4.15pm

5.00pm

**GOOD FRIDAY**

Morning Prayer - **TILBURY**

Stations of the Cross - **TILBURY**

Solemn Liturgy – **TILBURY**

Stations of the Cross - **STANFORD**

Solemn Liturgy - **STANFORD**

Saturday, 30<sup>th</sup> March

10.30am

11.30am

8.00pm

Morning Prayer - **TILBURY**

Swienconka (Blessing of Easter Food Baskets) - **TILBURY**

**EASTER VIGIL – TILBURY**

Paschal Vigil and Holy Mass

Sunday, 31<sup>st</sup> March

9.00am

11.00am

5.30pm

**EASTER SUNDAY**

Mass of the Resurrection of the Lord - **TILBURY**

Mass of the Resurrection of the Lord - **STANFORD**

Mass – **STANFORD**

## Praying for our LSU Sisters Monday 25<sup>th</sup> March

Our LSU Sisters renew their vows on Monday 25<sup>th</sup> March which is traditionally the Feast of the Annunciation (nine months before Christmas) but this year it falls during Lent.

Our LSU Sisters founded our school and other schools in some of the poorest countries to reveal God's love to the world. We try to follow their example and ethos of unity, by imitating the union of love of the Sacred Heart of Jesus and the Immaculate Heart of Mary, who were united in love from the conception of Jesus at the Annunciation.

**Prayer:** We ask the Immaculate Heart of Mary so favoured by God to pray for our LSU Sisters as they continue to serve the poor and reveal God's love especially in our twin school in Tanzania. May God bless and protect them and all those they serve. We ask this in Jesus' name Amen.

**LSU PRAYER:** God of love and compassion, as an LSU school may we grow in loving union with you and with each other. Guided by your presence may we take your love to all people and cherish our planet, our common home. Amen.

God bless you and all your families through this Holy Week.

I've requested a Mass for the intentions of all our School family on Easter Sunday and at daily Masses for a year at Aylesford Shrine.

**Miss Carson**





**Year 9 are invited to the Flame Congress 2025 bookings open now**  
See [bcys.net/events](https://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](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 · 2d

Prayer transforms us. #Prayer quiells anger, sustains love, multiplies joy, and instills the strength to forgive. #YearOfPrayer

479

1K

5.5K

268K



## 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](http://www.childline.org.uk)
- NSPCC **0808 800 5000** [www.nspcc.org.uk](http://www.nspcc.org.uk); [www.facebook.com/nspcc](https://www.facebook.com/nspcc)

Mrs Collis

## Internet Safety Tip - TikTok



### What about parental controls?

The **Family Pairing** feature allows parents to customise their teen's safety settings based on their individual needs. It allows a parent to link their TikTok account to their teen's and set controls including:

- **Screen Time Management:** Control how long your teen can spend on TikTok each day.
- **Restricted Mode:** Limit the appearance of content that may not be appropriate for them.
- **Direct Messages:** Restrict who can send messages to the connected account, or turn off direct messaging completely.
- **Search:** Decide whether teens are able to proactively search for content

Parents or caregivers that enable Family Pairing receive advice for parents, which are also available on the Guardian's Guide section of TikTok's Safety Centre - [tiktok.com/safety](https://tiktok.com/safety)

Mr Burr



# 10 Top Tips for Parents and Educators

## ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

### 1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

### 2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

### 3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

### 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

### 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

### 6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

### 7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

### 8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.

### 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

### 10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

## Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

@wake\_up\_weds

/www.thenationalcollege













@wake.up.wednesday

@wake.up.weds

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## Extra-Curricular Sports Timetable: From: 3:30-4:30

Monday	Tuesday	Wednesday	Thursday	Friday
<b>KS4 Badminton</b> 	<b>Basket Ball</b> <b>GS</b> 	<b>Y7 Athletics</b> <b>ZB</b> 	<b>KS3 Netball (Y7, 8 &amp; 9)</b> <b>KW /GS</b> 	
<b>All year's rugby 7s</b> <b>GS</b> 	<b>KS4 (Y10 &amp; 11)</b> <b>Netball</b> <b>SF</b> 	<b>KS3 Badminton</b> <b>GS</b> 	<b>Y8-11 Athletics Track</b> <b>MB</b> 	
<b>Fitness club</b> <b>SF</b> 		<b>Cricket – all years</b> <b>SF</b> 	<b>Y8-11 Athletic Field</b> <b>ZB</b> 	
			<b>Ski Fit- SF</b> 	

## Key Dates and Events

Monday 25 <sup>th</sup> to Thursday 28 <sup>th</sup> March	Year 9 Options Taster Programme (and continues after Easter)	Year 9
Tuesday 26 <sup>th</sup> March	Year 9 Options Evening	Year 9 & Parents
<b>Thursday 28<sup>th</sup> March</b>	<b>Early Finish for Easter Holidays</b>	<b>Whole School</b>
<b>Friday 29<sup>th</sup> March to Friday 12<sup>th</sup> April</b>	<b>Easter Holidays</b>	<b>Whole School</b>
<b>Tuesday 2<sup>nd</sup>, Wednesday 3<sup>rd</sup> &amp; Thursday 4<sup>th</sup> April</b>	<b>Easter Revision Classes</b>	<b>Year 11</b>
<b>Monday 15<sup>th</sup> April</b>	<b>Students return for 8:25am – Summer Term</b>	<b>Whole School</b>
Monday 15 <sup>th</sup> to Friday 19 <sup>th</sup> April	Year 9 Options Taster Programme (continues)	Year 9



# PATT ADHD Support Group

For families with children and young people with  
ADHD and neurodiversity

Booking essential

If we need to cancel a session you will get notification via email

To book: [www.patt.org.uk/adhdsupport](http://www.patt.org.uk/adhdsupport) or scan the QR Code below.

Facebook: PATT ADHD Support

**First Wednesday of each month 6.30pm to 8.30pm**

7th February 2024	Stanford Le-Hope Family Hub
6th March	PATT Office
1st May	Stanford Le-Hope Family Hub
5th June	PATT Office
3rd July	Stanford Le-Hope Family Hub
4th September	PATT Office
2nd October	Stanford Le-Hope Family Hub
6th November	PATT Office
4th December	PATT Office

**3rd Friday of each month 9.30am–11.30am**

PATT Office, 51 Lodge Lane, Grays, RM17 5RZ

19th January 2024	16th February
15th March	19th April
17th May	21st June
19th July	27th September
25th October	29th November



## Specialist Health Visitor Appointments with PATT SENDIASS via MS Teams

These appointments are for parents with children who have additional needs. It is an opportunity to meet with our team to discuss how our service may be able to assist. This may be signposting to other services, explaining processes, coordinating health care, referral, intervention, or support. It is also an opportunity to meet the PATT SENDIASS team and get advice and guidance on education and school issues.

To book a 15 minute, online appointment, visit [www.patt.org.uk/booking-page](http://www.patt.org.uk/booking-page) Or scan the QR code below.

Please be assured that you will have the opportunity to speak with Caralyn or a member of her team in private during these sessions.

2023	Time	2024	Time
Thursday 21 <sup>st</sup> September	10.30am -12.30pm	Thursday 18 <sup>th</sup> January	10.30am – 12.30pm
Wednesday 18 <sup>th</sup> October	10am – 12pm	Wednesday 29 <sup>th</sup> February	10am – 12pm
Thursday 16 <sup>th</sup> November	10.30am – 12.30pm	Thursday 28 <sup>th</sup> March	12.30pm – 2.30pm
Wednesday 13 <sup>th</sup> December	10am – 12pm	Wednesday 17 <sup>th</sup> April	10am – 12pm
		Thursday 16 <sup>th</sup> May	10.30am – 12.30pm
		Wednesday 19 <sup>th</sup> June	10am – 12pm
		Thursday 11 <sup>th</sup> July	12.30pm – 2.30pm

Because of the nature of the roles in this team we may need to cancel at the last minute, if this happens, I will arrange to speak with you at a different time.



## Schedule 2024

where and when to find us

Sessions run term time only

To book an appointment: [www.patt.org.uk](http://www.patt.org.uk)  
scan the QR code or call 07702 127 252



**First Wednesday of the Month 5pm – 6.30pm**

Stanford-Le-Hope Family Hub, Copland Road, SS17 0DF

Runs in conjunction with PATT ADHD Support group (6.30– 8.30pm)  
6th Feb, 7th May, 2nd July, 1st Oct, 3rd Dec



**First Thursday of the Month 9.30am – 11.00am**

Tilbury Family Hub, London Road, Tilbury RM18 8EY

1 Feb, 7 Mar, 2 May, 6 Jun, 4 Jul, 5 Sep, 3 Oct, 5 Dec



**Second Wednesday of the Month 10am – 12pm**

Ockendon Family Hub, 2a Afton Drive, RM15 5AP

10 Jan, 14 Feb, 13 Mar, 8 May, 12 Jun, 10 Jul, 11 Sep, 9 Oct, 13 Nov, 11 Dec



**Fourth Wednesday of the Month 4pm – 6.30pm**

PATT Office, c/o Take 4 Care, 51 Lodge Lane, Grays RM17 5RZ

24 Jan, 28 Feb, 27 Mar, 24 Apr, 22 May, 26 Jun, 25 Sep, 23 Oct, 27 Nov



**Third Monday of the Month 4pm – 6.30pm**

30 minute online session with a member of the PATT team

15 Jan, 18 Mar, 15 Apr, 20 May, 17 Jun, 15 Jul, 16 Sep, 21 Oct, 18 Nov, 16 Dec



**FAMILY VIEWS WORKSHOP**

**Second Tuesday of the Month 10am – 2pm**

A one hour, one to one session at the PATT office to support you to complete the family views document. We will send you the template and guidance document when we receive your booking for you to start writing your child's story so far. Please bring the document with you when you attend.

13 Feb, 12 Mar, 14 May, 11 Jun, 9 Jul, 10 Sep, 8 Oct, 12 Nov, 10 Dec



# 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 [QASEND@thurrock.gov.uk](mailto:QASEND@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](http://thurrock.gov.uk)

THURROCK COUNCIL INSPIRE YOUR FUTURE

## 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 (Special Educational Needs and Disabilities)?**

**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](mailto:youthvoice@thurrock.gov.uk)**

## Autism Empowerment Webinar

This one-hour lunchtime webinar is a brief exploration of how Autism can present, the history of Autism, diagnosis as well as differences in communication and social interaction. We will also be looking at how the environment can impact on someone with sensory processing challenges.

The main aim of this webinar is to focus on the many strengths autistic individuals have and how we can increase understanding and Neuro-inclusivity through education and raising awareness.

**Webinars are held on Zoom on the following dates:**


- Thursday 29<sup>th</sup> February 12:30 to 13:30
- Friday 29<sup>th</sup> March 12:30 to 13:30
- Friday 26<sup>th</sup> April 12:30 to 13:30

At the end of the webinar, you will receive a certificate of attendance that will be emailed to your given email address.

**The cost of this one-hour webinar is only £5.50!**

To book your place on the webinar please either scan the QR code below or go to: [www.theautismtrainingnetwork.com/training](http://www.theautismtrainingnetwork.com/training)

"For every person who understands Autism better, another Autistic person will be happier."  
Libby Scott, Autistic Author (at age 11)





## Thameside Family Hub

Manor Road, Grays, RM17 6EF  
Email: thamesidecc@thurrock.gov.uk Phone: 01375 387 894



thurrock.gov.uk

## What's on in March 2024

Mondays				
Start	End	Activity	Age groups	How to join in
8.30am	12.00pm	Housing Advice for Council Tenants		<b>Book in advance</b> 01375 413820
9.30am	10.30am	Baby Rhyme Time	0 to 12 Months	All welcome
9.30am	10.30am	Bring a Story to Life 4 <sup>th</sup> – The Three Billy Goats Gruff 11 <sup>th</sup> – Old Macdonald Had a Farm 18 <sup>th</sup> – The Three Little Pigs 25 <sup>th</sup> – The Very Hungry Caterpillar	24 to 60 Months	All welcome
11.00am	12.00pm	Baby Massage	0 to 12 Months	<b>Book in advance</b>
2.00pm	3.00pm	Stay and Play	24 to 60 Months	All Welcome

Tuesdays				
Start	End	Activity	Age groups	How to join in
9.30am	10.30am	Stay and Play	12 to 24 Months	All Welcome
10.00am	12.00pm	STOP – Parenting Programme for Parents of Teenagers		<b>Referral only</b>
11.00am	12.00pm	Fun with Books – 5 <sup>th</sup> March Fun with Sticking – 12 <sup>th</sup> March Fun with Mark Making – 19 <sup>th</sup> March Fun with Instruments – 26 <sup>th</sup> March	12 to 60 Months	All Welcome
2.00pm	3.00pm	Sensory Play 5 <sup>th</sup> – 0 to 12 months 12 <sup>th</sup> – 12 to 24 months 19 <sup>th</sup> – 24 to 60 months 26 <sup>th</sup> – 0 to 12 months		All Welcome

Wednesdays				
Start	End	Activity	Age groups	How to join in
9.00am	4.00pm	Midwife	Ante Natal	<b>Book in advance</b>
9.00am	11.00am	Children's Continence Advisor 6 <sup>th</sup> March	18months +	<b>Drop In</b>
9.30am	10.30am	Parents 1 <sup>st</sup> Coffee Morning/Drop In 13 <sup>th</sup> March	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
10.30am	11.30am	SEND - Just For You	0 to 60 Months	All welcome
11.00am	12.00pm	Stay and Play 13 <sup>th</sup> , 20 <sup>th</sup> and 27 <sup>th</sup> March	0 to 12 Months	All welcome
1.30pm	2.30pm	Let's Talk to your Toddler	12 to 24 Months	<b>Book in advance</b>
1.30pm	2.30pm	Fussy Eating 20 <sup>th</sup> March	12 to 60 Months	<b>Book in advance</b>
4.00pm	5.30pm	Young Carers		Referral only

Thursdays				
Start	End	Activity	Age groups	How to join in
9.00am	4.00pm	Midwife	Ante Natal	<b>Book in advance</b>
9.30am	11.00am	Chatterbox	24 to 60 Months	Referral only
1.30pm	2.45pm	Baby Weighing Clinic – Drop In	0 to 60 Months	All Welcome
1.00pm	3.00pm	Triple P Baby Parenting Programme	Ante-natal or parents with a child aged 0-12 months	<b>Book in advance</b>

Fridays				
Start	End	Activity	Age groups	How to join in
9.00am	1.00pm	Speech and Language Drop- In 1 <sup>st</sup> March		<b>Referral Only</b>
9.00am	1.00pm	Early Interaction Advice Sessions	24 to 60 Months	<b>Referral Only</b>
9.30am	10.30am	Garden Group 1 <sup>st</sup> March	24 to 60 Months	All welcome
10.00am	12.30pm	Job Club – Supported Families Employment Adviser		<b>Book in advance</b> 07776245301
10.00am	4.00pm	Inclusion Visions - Substance Misuse and Support – Drop in	18 + Years	<b>Lorraine. G</b> 07977 792 236
11.15am	12.15pm	Let's Talk to Your Baby	0 to 12 Months	<b>Book in advance</b>
1.30pm	2.30pm	Stay and Play	0 to 12 Months	All welcome

## Stifford Family Hub

(In the grounds of) Belmont Castle Academy, Parker Road, Grays RM17 5YN  
Email: thamesidecc@thurrock.gov.uk Phone: 01375 62653



thurrock.gov.uk

## What's on in March 2024

Mondays				
Start	End	Activity	Age groups	How to join in
8.30am	12.00pm	Housing Advice for Council Tenants		<b>Book in advance</b> 01375 413 820
8.30am	1.30pm	Early Interaction Advice Sessions	24 to 60 Months	<b>Referral Only</b>
9.30am	10.30am	Stay and Play	12 to 24 Months	All welcome
10.00am	12.00pm	Parents 1 <sup>st</sup> Coffee Morning/Drop In 4 <sup>th</sup> March	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	<b>Book in advance</b>

Tuesdays				
Start	End	Activity	Age groups	How to join in
9.30am	10.30am	Lets Talk To Your Baby	0 to 12 Months	<b>Book in advance</b>
11.00am	12.00pm	WellComm – Talk Together	24 to 48 Months	Referral only
10.00am	11.00am	Baby Sign Along 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> March	3 Months to 2 Years	<b>Book in advance</b>
1.30pm	2.30pm	Stay and Play	0 to 12 Months	All welcome

Wednesdays				
Start	End	Activity	Age groups	How to join in
9.00am	12.00am	Local Area Co-Ordinator Donna Burnett - 27 <sup>th</sup> March		<b>Book in advance</b> 07584 345 551
10.00am	4.30pm	Inclusion Visions - Substance Misuse and Support – Drop in	18+ Years	<b>Lorraine. G</b> 07977 792 236
10.00am	12.00pm	EPEC – Living With A Teenager Parenting Group	Parents/Carers	<b>Book in advance</b>
1.30pm	2.30pm	Stay and Play 6 <sup>th</sup> , 20 <sup>th</sup> and 27 <sup>th</sup> March	24 to 60 Months	All welcome

Thursdays				
Start	End	Activity	Age groups	How to join in
8.30am	1.30pm	Early Interaction Advice Sessions	24 to 60 Months	<b>Referral Only</b>
9.30am	11.00am	Parental Outreach Advice Session 28 <sup>th</sup> March		<b>Book in advance</b>
10.00am	11.00am	Childminder Support Group 28 <sup>th</sup> March		All Childminders welcome
10.00am	12.30pm	Job club – Supported Families Employment Adviser	Parents/Carers	<b>Book in advance</b> 07776 245 301
11.00am	1.00pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0-2 years) and parents to be		All welcome
11.00am	12.30pm	Pre and post-natal exercise classes <b>Face to Face</b> - For all fitness levels. You could improve your fitter, bladder control, posture, core strength, wellbeing and mood.	Mothers with a 0 to 6 month child	<b>Book in advance</b> Tilbury Family Hub 01375 858243
1.00pm	2.30pm	Antenatal exercise classes <b>Virtual</b> - For all fitness levels. You could improve your fitter, bladder control, posture, core strength, wellbeing and mood.	Mothers with a 0 to 6 month child	<b>Book in advance</b>
1.30pm	2.30pm	Lets Talk To Toddler	12 to 24 Months	<b>Book in advance</b>
1.00pm	2.30pm	Parent Carer Panel 7 <sup>th</sup> March		Referral only

Fridays				
Start	End	Activity	Age groups	How to join in
9.30am	10.30am	Baby Massage	0 to 12 Months	<b>Book in advance</b>
10.00am	11.30am	Baby Weighing Clinic	0 to 60 Months	All Welcome
12.30pm	1.30pm	Antenatal Information Sessions 8 <sup>th</sup> , 15 <sup>th</sup> , and 22 <sup>nd</sup> March	sarah@parents1st.org.uk	<b>Book in advance</b> 07789753925 sarah@parents1st.org.uk
1.00pm	16.30pm	Early Interaction Advice Sessions	24 to 60 Months	<b>Referral Only</b>
1.30pm	2.30pm	Let's Talk to your Toddler	12 to 24 Months	<b>Book in advance</b>

Saturdays				
Start	End	Activity	Age groups	How to join in
10.00am	1.30pm	Dads and Partners Antenatal Group		<b>Book in advance</b> 01268 525 758 info@parents1st.org.uk

## 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](http://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](https://www.facebook.com/groups/thurrockchildrenscentres)

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

Visit: [www.thurrock.gov.uk/family-hubs](http://www.thurrock.gov.uk/family-hubs)

# EASTER EGG APPEAL

WE WOULD LOVE TO PROVIDE THE FAMILIES WE SUPPORT WITH A SPECIAL TREAT THIS EASTER. WE ARE COLLECTING EASTER EGGS TO PUT SOME SMILES ON THE CHILDREN'S FACES.

CAN YOU HELP?



Thurrock Foodbank,  
2-4 Chase Road, Corringham, Essex, SS17 7QH

Contact—[katecollier@thurrock.foodbank.org.uk](mailto:katecollier@thurrock.foodbank.org.uk)  
Office—01375 416200

Website—[www.thurrock.foodbank.org.uk](http://www.thurrock.foodbank.org.uk)  
Registered Charity Number—297569

Opening hours—Mondays, Wednesdays and Thursdays 9am—3pm

## EASTER FAMILY ACTIVITIES 2024



	9:30am – 11am	11:15am – 12:45pm	1:30pm – 3pm	3:15pm – 4:45pm
Tuesday 2 April	Bushcraft	Canoe	Climbing	Kayak
Wednesday 3 April	Archery	Paddleboarding	High Ropes	Sail
Thursday 4 April	Climbing	Kayak	Archery	Paddleboarding
Friday 5 April	High Ropes	Sail	Bushcraft	Canoe
Tuesday 9 April	Bushcraft	Canoe	Climbing	Kayak
Wednesday 10 April	Archery	Paddleboarding	High Ropes	Canoe
Thursday 11 April	Climbing	Kayak	Bushcraft	Canoe
Friday 12 April	High Ropes	Sail	Archery	Paddleboarding

Activities cost £11 per person, per session.

Why not book more than one session and stay for lunch (bring your own). Snack shop open at reception.

Accompanying adults must stay on site. Why not take part too?

Children aged 8 to 8yrs must try on safety equipment prior to booking. Get in touch to arrange an appropriate time.



There's something for everyone at  
**GRANGEWATERS**  
OUTDOOR EDUCATION CENTRE  
Buckles Lane, South Ockendon, RM15 6RS

To book call  
**01708 855 228**

For further information visit [www.thurrock.gov.uk/grangewaters](http://www.thurrock.gov.uk/grangewaters)  
or email [grangewaters@thurrock.gov.uk](mailto:grangewaters@thurrock.gov.uk)

[thurrock.gov.uk](http://thurrock.gov.uk)

## 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 30<sup>th</sup> & Friday 31<sup>st</sup> May 2024  
9.00am – 5.00pm  
£250

Call to book your space!

[thurrock.gov.uk/grangewaters](http://thurrock.gov.uk/grangewaters)

Email us on [grangewaters@thurrock.gov.uk](mailto:grangewaters@thurrock.gov.uk)

Call us on 01708 855 228

[@Grangewaters](https://www.facebook.com/Grangewaters)

Buckles Lane, South Ockendon, Essex, RM15 6RS

INSPIRE YOUTH HUB

[thurrock.gov.uk](http://thurrock.gov.uk)