

# The Convent Chronicle



Week ending Friday 22<sup>nd</sup> March 2019

Inspiring Ambition,  
Achieving Excellence

Dear Parent/Carer

On this coming Monday we celebrate the feast of the Ascension. On this day the sisters of the La Sainte Union, our trustees, renew their vows. As an LSU school, we say this prayer and think of them as they do so, sending our love to them and our gratitude for our union with them. The prayer was created by the 5 LSU schools across the country for special occasions such as this, but was designed at the LSU school, St Catherine's in Bexley. The hands represent our union, our support for each other, and also acknowledge the other LSU schools, in Ireland and especially the Debrabant School in Tanzania.

As part of their union with their sisters in another country, Year 7 have the Debrabant school as their year group charity, and they raise money to 'send their sister to school'. They have raised a lot of money through their activities during Lent. We pray especially for Jennifer and Redempta in the Debrabant School, whom we have supported over several years, both of whom are doing very well at school. You may like to say this prayer with your families, and at such a time of political upheaval regarding Brexit, reflect on how these words may support the decisions being made in government.

The votes have been counted and the final candidates will be interviewed next week for Head girl. Good luck to Nawal, Rebecca, Oghosa and Tierney in their preparations.

We said a fond farewell to Mrs Dale today. She has been one of our midday assistants for a number of years as well as a regular exams invigilator. More recently she stepped up to take on an administrative role organising the cover for us. She moves on to Belmont Primary where she will be taking on a role of Teaching Assistant. Before she left she handed the midday baton over to Mr Smyth and Mr Ansong and presented them with their very own personalised uniform...!

Penny Johnson  
Headteacher



## IMPORTANT MESSAGES:

### Y10 CONTINGENCY DAY

THE FOLLOWING APPLIES TO CURRENT  
YEAR 10 STUDENTS ONLY:

Joint Council for  
Qualifications

**Examination Contingency Date**  
**Wednesday, 24<sup>th</sup> June 2020**

The JCQ contingency day for 2020 has been announced today and confirmed as **Wednesday 24<sup>th</sup> June 2020**. This date applies to current Year 10 students, who must make sure that during the summer exams season 2020 they are available up to and including **24<sup>th</sup> June 2020** (i.e. please do not make any plans or book any holidays until after this date). Your daughters have been informed of this in assembly this week.

### Y11 CONTINGENCY DAY

To remind you that for current Year 11 students, **Wednesday 26<sup>th</sup> June 2019** is the contingency day for the summer exam season 2019, and your daughters must make sure they are available up to and including **26<sup>th</sup> June 2019** – no holidays to be booked before this date.

Mrs J Smith

### SCHOOL MEAL PRICE

Please be advised that the price of all school meals and some sundry items will be increasing by 10p for Secondary schools. The price change will take effect when the new menu starts after the Easter break week commencing 23<sup>rd</sup> April 2019. The current price will stay in place until the end of the Autumn/Winter menu on Friday 5<sup>th</sup> April 2019.

Year 11 Easter Holiday Revision days will take place on:

Monday 8<sup>th</sup> April & Tuesday 9<sup>th</sup> April &

Wednesday 10<sup>th</sup> April

(more details will follow shortly)

These dates are an essential part of your daughter's revision programme.

Please take these dates into account when booking holidays.

# 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 SNAPCHAT: HOW CAN I STAY IN CONTROL?

### Changing Your Privacy Settings

By default, only Snapchatters you add to your friends list can send you Snaps. If someone who isn't your friend tries to send you a Snap, you'll receive a notification that they added you, but will only receive the Snap when you add them to your friends list.

To change who can send you Snaps:

- Tap ghost on the camera screen to access your profile, then tap the gear icon  in the upper-right corner of the screen and scroll down to the 'Who Can' section.

For Snaps: tap the 'Contact Me' option and choose either:

- 'Everyone' - This allows anyone to send you Snaps (even strangers).
- 'My Friends' - Only your friends are able to send you Snaps.

For Stories: tap the 'View My Story' option and choose either:

- 'Everyone' - This allows anyone to see your Stories (even strangers).
- 'My Friends' - Only your friends are able to send you Snaps.
- 'Custom' - This allows you to choose which friends can see your stories.

**Note:** To clear a conversation, tap ghost, then tap the gear  in the top right hand corner and scroll down to find 'Clear Conversations'.

Mr Burr

## GCHS TWITTER



Please, follow us on Twitter: @GraysConvent, **and re-tweet all our good news!**



Scan our new QR code using your mobile phone which takes you to our Twitter page:

See our Twitter feed: <http://www.graysconvent.thurrock.sch.uk>.

If you would like real time up-dates and photos on our sporting fixtures follow @graysconventPE or look for the #GCHSsport tag!

## POPE FRANCIS' TWEET OF THE WEEK



Pope Francis  @Pontifex · 2d

Prayer reconnects us to God, charity to our neighbor, fasting to ourselves. God, my brothers and sisters, my life: these are the realities that do not end in nothing, and in which we must invest. #Lent

 553

 5,656

 25.2K



## JACK PETCHEY LEADER AWARD 2018 – MRS BAILEY



Congratulations to Mrs Bailey who was awarded the Jack Petchey Leader Award for 2018. The award was given for the following reason:

*“Mrs Bailey goes the extra mile to encourage and support team members by spending her own time and energy to carry out after-school training to make sure we succeed in competitions.*

*Since Mrs Bailey commenced at the school there has been a significant increase in the athletic competitions that we participate in where pupils either excel in their event or beat their personal best all due to Mrs Bailey’s encouragement and motivation.*

*She is 100% committed and dedicated in trying to make our futures’ better.*

*Whenever we need any guidance we can always trust Mrs Bailey!”*

Mrs Bailey, together with our 2018 Jack Petchey student award winners attended the Annual Jack Petchey Achievement Awards event at the Civic Hall on Tuesday 12<sup>th</sup> March and were presented with their awards by The Mayor of Thurrock, Cllr Barbara Rice.



Mrs Barrett

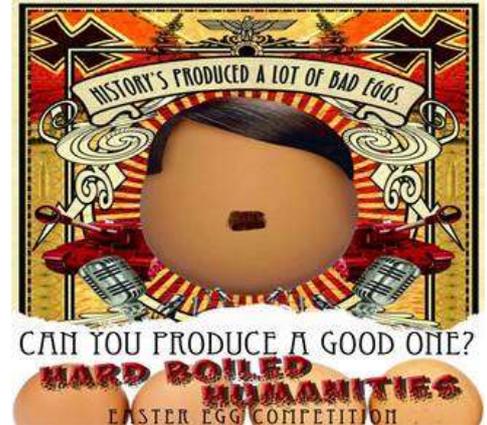
## HUGE SUCCESS FOR THE PASZTOR SISTERS!

Boglarka (10E) and Napsugar Pasztor (7E) took part at the British Schools National Judo Championships in Sheffield last weekend. They represented Grays Convent against many other schools across the country.

We are delighted to advise that Boglarka came 3<sup>rd</sup> in her age and weight category, whilst Napsugar won her contest! Well done to both sisters, we are really proud of you!



## ‘EGG-CITING’ TIMES IN HISTORY



The History Department is running a competition for Years 7, 8 and 9.

All you have to do is hard boil an egg (or eggs) and make it look like a person from History. The egg should come in a cup or an alternative method of staying upright. It must have your name and the name of the character. You may work with a friend.

All entries will receive Achievement Points and there will be a prize for the winner.

All entries to Mrs M Smith by Monday 1<sup>st</sup> April....**CRACKING!**

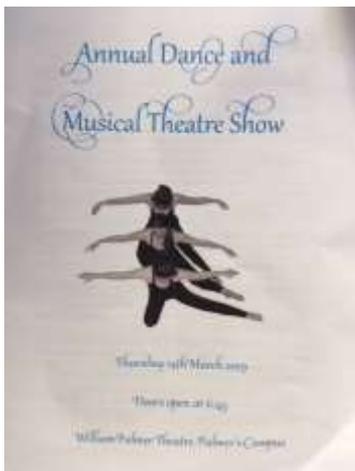
Mrs M Smith

## VACANCY FOR MIDDAY ASSISTANT

**IMMEDIATE START:** Grays Convent High School has a vacancy for a **MIDDAY ASSISTANT** to implement the School Lunchtime and Behavioural Policies, ensuring the security, safety, welfare and good conduct of pupils during the midday break. This post is contracted for 1 hour, 10 minutes per day, Monday to Friday; 13.00-14.10. The salary will be £2,293 per annum. This is a term time only post and the post holder will not be required to work CPD Days or school holidays. An application pack can be obtained by emailing Jackie Reynolds at [finance@graysconvent.thurrock.sch.uk](mailto:finance@graysconvent.thurrock.sch.uk) or on the school website [www.graysconvent.thurrock.sch.uk](http://www.graysconvent.thurrock.sch.uk).

Mrs Reynolds

## USP COLLEGE TRIP



On Thursday 14<sup>th</sup> March the BTEC Dance students were invited to watch the students studying performing arts and dance showcase at USP College, Grays. It was a fantastic show full of a variety of dancing and singing showcasing their work this year.

It was great to see their performance and for our students to give themselves something to aspire to. It was also great to see their facilities and to build upon a potential partnership in the future.

We're really grateful to Miss Couch who came along with us also.

**Mrs Edwards**

## BRONZE AWARDEES

Congratulations to the following students who have obtained the Assistant Headteacher's Bronze Award. These students have achieved in excess of 200 achievement points:



Well done to all of these students.

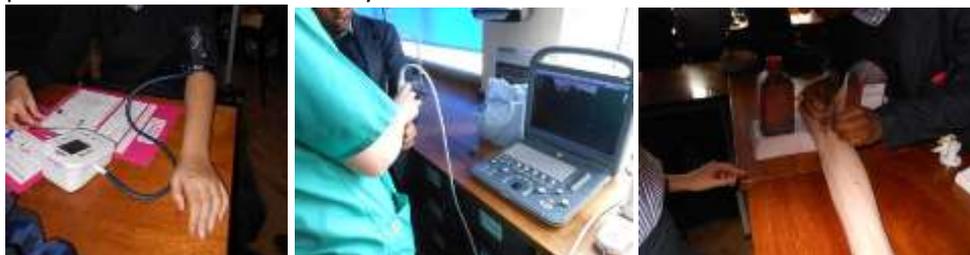
**Mrs Bishop**

## MEDICAL MAVERICKS ROADSHOW

On Tuesday 19<sup>th</sup> March Year 9 pupils had a visit from the Medical Mavericks Roadshow. This was funded by Make Happen.



All students got a chance to take blood from a fake arm, record their own ECG, try keyhole surgery, see inside their body with an ultrasound machine, take a picture of the inside of their eye and much more.



The pupils were given a talk about the different career paths that were available in the NHS as well as the salaries and the different training routes to get them there. All pupils thoroughly enjoyed the morning and hopefully we will have some aspiring doctors, nurses and midwives in the future.

**Mrs Goddard**

## HEALTH & SAFETY

It has been noticed that a number of girls are bringing hot water bottles into school. This practice is not allowed as it is a health and safety concern. Please do not allow your daughter to bring these into school.

**Mrs C Smith**

## STUDENT ABSENCE

When leaving a message on the absence answerphone, can we please ask that you speak clearly and slowly. It is sometimes quite difficult to understand exactly what has been said and it is important that we know where your child is. We require the following information:

- Student name
- Form
- Reason for absence

Also, if your child has a medical appointment you should not take your daughter out of school for the whole day. Medical appointment absences will only be authorised for the morning or afternoon depending on the time of the appointment. Exceptions will only be made if the appointment is, for example, in London when travel time will be taken into account.

**Mrs C Smith**



# LENTEN REFLECTIONS

**Lenten Reflections:** Girls in Years 7-10 have been coming to the Chapel during their RE lessons for quiet reflections on the stories of Holy Week and the Stations of the Cross. The girls have been very reverent and thoughtful.

**PRAYERS FOR OUR FAMILIES** This week we celebrated the Feast of Saint Joseph the Foster Father of Jesus and protector of the Holy Family. We asked his intercession for God's blessing and protection for all our families

## FEAST OF SAINT JOSEPH, FOSTER FATHER OF JESUS



**Saint Joseph was the protector of the Holy Family** and worked diligently as a carpenter. Therefore we ask his intercession for blessings on our families, our work and for all who are unemployed.

Saint Joseph was the Foster Father of Jesus, not his real Father. Jesus' real Father is God, Jesus is the Son of God. Joseph was betrothed to Mary, who was chosen to be the Mother of God's Son.



An angel of the Lord appeared to Joseph in a dream to tell him not to be afraid to marry Mary, because the baby within her was conceived not by any man; but by the power of the Holy Spirit.

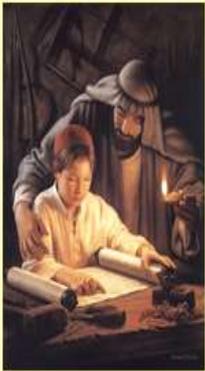
After Jesus was born, an angel appeared to Joseph again in a dream to warn him to escape to Egypt because Herod wanted to kill Jesus. Joseph took Mary and Jesus to safety in Egypt, where they lived as refugees until the angel told them it was safe to go home to Nazareth.



Joseph was a carpenter and Jesus would have worked with him as a carpenter for many years before he began his public ministry of teaching and healing at the age of 30.

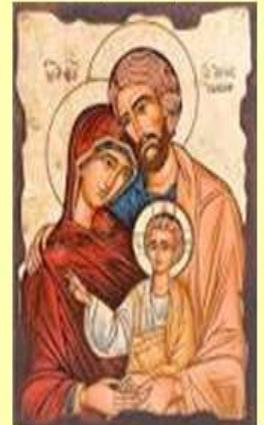


Jesus grew in wisdom, listening to his parents, and following their example.



It is thought that Joseph was a lot older than Mary and that he died long before Jesus died on the cross. Mary stood at the foot of the cross and depended on God alone, the pain for Mary seeing Jesus suffer and die was like a sword through her heart.

**Saint Joseph** who protected the Holy Family, is honoured as the **protector of families** and especially **the Church – the family of God**. Mary and Joseph pray for us all, to be faithful children of God and for our protection from evil.



## Prayer:

Dear Saint Joseph, please pray for all those who were killed or injured in the terror attack at the mosque in New Zealand. May Jesus, Mary and Joseph please bless and comfort all their families and loved ones and help them to rebuild their lives.

Saint Joseph, pray for our families to receive every blessing and protection. Pray for us to work hard and do our very best; and that all who are unemployed will find suitable, fulfilling work. We make our prayer through Jesus Christ our Lord, Amen.



Last Saturday, our retired Bishop Thomas offered Mass for the victims of the New Zealand mosque attacks at Saint Joseph's Church in Hutton. (Miss Carson was at the Mass and prayed for them.)

Last Saturday evening our retired Bishop Thomas offered Mass for all those who were killed and injured in the mosque attack in New Zealand.

God bless you.

Miss Carson

## OPERATING THEATRE LIVE EVENT

Harris Academy Chafford are holding an Operating Theatre Live event on Saturday 6<sup>th</sup> July 2019. For more information see their website:

<https://www.operatingtheatreive.co.uk/homepage>



The poster for the Operating Theatre Live event features a central white circle with a stethoscope graphic and the text "operating theatre live". Surrounding this are images of surgeons in an operating room and a hand holding a specimen. A teal circle on the right contains the text "LIVE INTERACTIVE SESSION WITH REAL SPECIMENS". At the bottom, it states "THE UK'S AWARD WINNING LIVE SURGERY EVENT FOR STUDENTS AGED 14-19" and includes the NHS logo with a quote: "A COMPELLING AND THOROUGHLY IMMERSIVE ACADEMIC EXPERIENCE. EVERY STUDENT SHOULD EXPERIENCE THIS" - R/IAH NHS TRUST. The website "WWW.OPERATINGTHEATRELIVE.CO.UK" is at the bottom.

## Feel Good Saturday 2

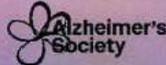
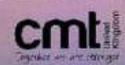
*A Day of Wellbeing at the Cross Keys, Chadwell St. Mary*  
Saturday 30th March (10am - 4pm)

A chance to try out various therapies; taster sessions available in; Reflexology, Shiatsu, Facial reflexology, Indian head, Thai yoga massage, Kinesiology, Seated chair massage, Thai foot massage, Reiki and Rose quartz facial massage.



Visit our Feel Good Market we have a variety of wellbeing goods for sale. From (healthy) coffee and tea, crystals, skin care, supplements, magnetic jewellery, home scents, salt lamps and oils.

Raffle & Cake sales for charities; CMT and Alzheimer's Society UK



Its advisable to book taster sessions in advance to avoid disappointment on the day. Book and reserve by calling, Lisa - 07966448254 OR

LISA CROSS - L S A

## GRANGEWATERS EVENTS CALENDAR 2019

### March:

### New Year New You

Weekly guided walk around our lake with refreshments; continuing on Wednesdays from 10-11am. Price: £2 per person.

### Teacher's Day

Opportunity for teachers to visit our site, try out some activities and gather information. Date TBC.

### April:

### Easter Family Activities

Spend the week day mornings with us trying some new activities and revisiting old favourites. Sessions run from 9.30-11am and 11.15am-12.45pm. Monday 8<sup>th</sup> – Thursday 19<sup>th</sup> April. Price £9 per person.

### Saturday Family Activities

Come over for a bit of fun on land or the water. Sessions are 10-11.30am. Price £9 per person.

## YEAR 11 INTERVENTION 2018/19

WEEK 1					
	Mon	Tues	Weds	Thurs	Fri
Lunch	Maths		Maths/Art/Photog/D&T	Food	
After School	Science	OPTION J	OPTION L/Maths	OPTION K	Maths

WEEK 2					
	Mon	Tues	Weds	Thurs	Fri
Lunch	Maths		Maths/Art/Photog/D&T	Food	
After School	MFL	OPTION M	RE (from Jan)/ Maths	Drama	Maths/Science

OPTION BLOCKS 2018			
J	K	L	M
Media	History	Food	French
Drama	Geog	PE	Comp Sci
Spanish	DT Textiles	Media	Music
French	DT Prod Design	Geog	Art
Food	Drama	Photog	History
Art		History	

## WINTER/SPRING FIXTURES 2018-19

*The following fixtures are subject to change please make sure you check every week!*

Date	Year	Opposition	Venue
Tues 26 <sup>th</sup> March	7 Netball	Rally	Hassenbrook
Mon 20 <sup>th</sup> May	7-11 Athletics	District Athletics Finals	Blackshots
Weds 22 <sup>nd</sup> May	8-11 Athletics	Essex Schools C. E. T	Brentwood School

## KEY DATES, TRIPS & EVENTS

Tuesday 19 <sup>th</sup> March	Medical Mavericks	Year 9
Wednesday 20 <sup>th</sup> March	Macbeth and Romeo & Juliet Performances Palmer's Cambridge Day	Year 9, 10 & 11
Thursday 21 <sup>st</sup> March	Head Girl Elections Voting Year 9 Options Evening Music GCSE Practicals	Year 10/Whole School Year 9 & Parents Year 11
Friday 22 <sup>nd</sup> March	Music GCSE Practicals	Year 11
Tuesday 26 <sup>th</sup> March	Creative Primary Day	Year 5
Thursday 28 <sup>th</sup> March	Year 11 Group Photographs Thurrock Next Top Boss Evening	Year 11 5 x Year 9 girls
Friday 29 <sup>th</sup> March	Head Girl Interviews	Year 10
Friday 5 <sup>th</sup> April	House Captain Elections Easter Mass 11:30am	Whole School
<b>Friday 5<sup>th</sup> April</b>	<b>End of Term Students dismissed at 1pm</b>	<b>Whole School</b>
Monday 8 <sup>th</sup> & Tuesday 9 <sup>th</sup> April	Year 11 Revision Sessions	Year 11
<b>Tuesday 23<sup>rd</sup> April</b>	<b>School Returns at 8:25am</b>	<b>Whole School</b>
Thursday 25 <sup>th</sup> April	Year 7 Parent's Evening 4-7pm	Year 7