



**22nd March 2024**

## *Headteacher's Newsletter*

Dear Parents/Carers,

Approximately, 3 years' ago, we made the decision to refresh our school values and to select four values which would encapsulate and embody the work we do with our community. This was a really important endeavour for us to undertake, as we recognised that the values we selected would become part of the identity of our school. From this process, we identified four values:



Today's newsletter focuses specifically on our value of 'burning brightly' and is in response to our visit this week from Susie, a Holocaust Survivor.

Susie delivered a powerful presentation to Year 9 students detailing her difficult experience and sharing personal stories about her family and history. To say, I personally felt inspired by her visit would be an understatement.

Through special experiences such as these, which take place outside of the classroom, our students are challenged to be better versions of themselves. A huge thank you to the history team for organising this moving and thought provoking event.

In a world where academics are so important, we rightly strive to ignite a passion for learning within our students. However, we also understand that academic achievement is just one aspect of a well-rounded education. Equally important is the development of strong personal values and character traits which will guide our students in their interactions with others and their contributions to society.

Susie's story has reminded me of the possibility and potential of 'burning brightly' in all that we do, the power of human relationships and the importance of kindness.

Thank you Susie for reminding us all to do better, be better and try and make the world, a better place.

Thanks again.

**Miss Ducker**  
**Headteacher**



## Important Dates

Just a reminder of the upcoming events for next week:

- Wednesday 27th March—Year 11 Reports—published
- Thursday 28th March—End of term, full school day
- Thursday 28th March—Year 11 Drama Exam, Component 2
- Friday 29th March—School is closed, Good Friday



***Good luck to our Year 10 students who continue their  
PPE1s!***



**HALL MEAD**  
SCHOOL



## Team History

The History Department and Hall Mead were very grateful and privileged to welcome Susie Barnett BEM, and her husband David, to our school to speak to Year 9 this week. Thank you Susie for your wonderful visit, and we look forward to welcoming you again soon!

Year 9 have been reflecting on the talk since Monday...

**‘On the 18th March 2024, Year 9 were very lucky to have the opportunity to have Susie, a Holocaust survivor, come to Hall Mead and speak to us about her experiences of her time during and after World War 2. We are extremely fortunate to have this experience and we are very grateful to Susie for talking to us about her life, as we know it is very difficult for her to talk about something so personal. Susie spoke to us about her and her family’s life and experiences growing up as a Jewish person in Germany and later England in the 1930’s and 40’s. It was an extremely harrowing but touching experience to listen to the challenges she faced and the way they were treated. For example, I was extremely moved when she articulated the story of how her father was sent to a camp where he was forced to work and march to the point of exhaustion each and every day. She also spoke of prisoners being selected as living human targets for Nazi snipers and occasionally some prisoners would hope they were selected as they had been worked so mentally and physically hard. I found this incredibly difficult to comprehend that fellow humans would treat each other this way and that millions of people suffered this same morbidly terrifying fate. Despite being very upsetting to hear, it was very insightful and truly put into perspective what these people suffered through. Overall I found the experience very beneficial and we thank Susie for taking the time to share her experiences with us.’ Ethan B, 9DS**

**‘Although she was in care for the majority of her childhood and faced some extremely difficult times, she became a French teacher, and met her lovely husband. She told us that after years of unhappiness, she found true happiness in her adult life. Thank you for sharing your story with us Susie.’ Poppy M, 9DS**



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SCHOOL



**‘From Susie’s talk I learnt about how hard things were for her and her family because of events in Germany, and what she had to go through and overcome during her very hard childhood. I enjoyed listening to her a lot and she was a very good speaker.’ Sarina U, 9CL**

**‘It truly is incredible how moving her speech was to all of us, especially after all these years it’s still such a tough subject for Susie. She’s a true survivor and I’m sure that everyone in that assembly left with a new view of the Holocaust.’ Charley S, 9CL**

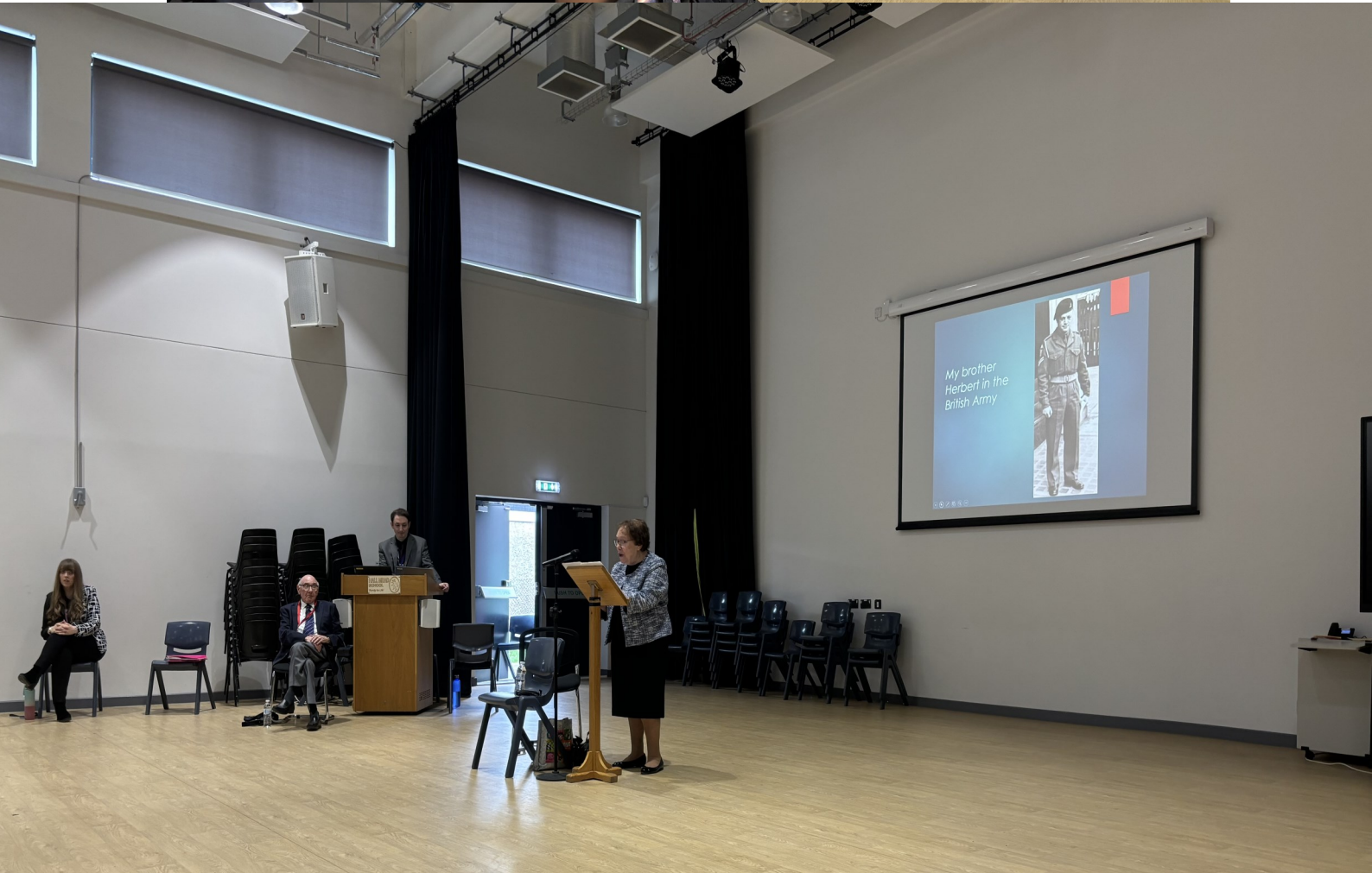
**‘Her talk was very interesting. I’m happy she came because it gave me an insight of everything that happened.’ Amelia C, 9CL**

**‘It was an experience like no other. The next generation will never have the opportunity to talk to someone like Susie from a first-hand perspective. She was born in 1938 in Hamburg Germany, soon after the war started. Susie’s siblings went on the Kindertransport and they were sent to different foster or care homes. Her father was sent to a concentration camp where he was imprisoned until he escaped and made it to Shanghai, China. This heart-breaking talk Susie gave us about her life story shows how brave she really is. Watching Susie tell this to us was very sensitive since it’s horrible to think about the trauma that was inflicted on so many people just because they were part of a minority group. During the Second World War, sadly, millions of innocent people were persecuted just because of what they believed in or who they were and they need justice and their voices heard and that’s why Susie Barnett tells her story. Thank you.’ Lucie L, 9DS**

**‘...No one should have gone through that...’ Victoria R, 9CL**

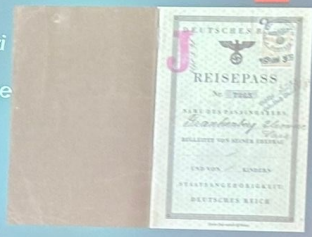


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My sister Ellen's Nazi passport inside page with J for Juden





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Mrs Hallett, Assistant Headteacher

International Women's Day

Here is an article written by Emily Kidner, an ex-student, who spoke to our girls last Friday:

<https://business.itn.co.uk/itn-business-emily-kidner-gives-talk-at-former-school-for-international-womens-day/>

Thank you everyone for supporting and contributing to our IWD events, it is much appreciated.

We had an incredible week!







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## Sporting Successes

### Tuesday 5th March 2024

The Year 8 football team put in a great performance to come away 9 – 0 winners against Abbs Cross School.

Mr Sammons' man of the match goes to Archie. P for his excellent hat-trick.

A special mention to Isaque. A, Joshua. H and William. M who made their A team debuts.

### Wednesday 6th March 2024

The Year 7 football team travelled to Hornchurch High and won 5-2.

Mr Sammons' man of the match goes to Taylor. G for his hat-trick, which included some excellent goals.

### Thursday 8th March 2024

The Year 7 sports leaders attended the Havering Primary indoor athletics event at Hornchurch.

The leaders once again were praised for their excellent support and organisation at the event.





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## Sporting Successes

### Monday 11th March 2024

The Year 7 football team took on Harris in another Havering cup fixture.

An excellent performance saw them come away 5-2 winners. They are still unbeaten in the groups stage with 2 games to play.

Henry B was given Mr Sammons' MOM for his solid display at the back!

Well done to Henry!

### Wednesday 13th March 2024

The Year 7 B team played in their first ever game for the school away at Royal Liberty.

It was a close game but finished 1 – 0 to Hall Mead with Lee H getting the goal.

It was amazing to give these boys a opportunity to play as they have been turning up regularly throughout the year to football training.

Well done to everyone who played!



## Table Tennis Competition

On Wednesday a group Year 7,8 and 10 students travelled to Royal Liberty School to participate in the Havering Table Tennis competition.

It was great to see them in a competitive environment after attending table tennis club most lunch times since Christmas.

All students performed well and contributed to their over team score.

The KS4 A team consisting of Henry C, Luke S, Joe G and Fenton E achieved our best position of 3rd overall.

Mr Sammons is now looking to set up some table tennis fixture for the summer





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## Personalised Learning Award

This week's 'Personalised Learning Award' goes to Year 7 student Charlie!

Charlie has been working extremely hard in all his lessons, beating his best and showing great resilience.

Charlie has represented the school playing in the Year 7 rugby team and comes to afterschool football training on a Tuesday.

Well done to Charlie!





# HALL MEAD SCHOOL



In the library, we celebrated World Book Day, 7<sup>th</sup> March, with an entertaining lunchtime reading event.

The event began with Mrs Moore reading a short chapter on Vogon poetry from *The Hitchhiker's Guide to the Galaxy* by Douglas Adams, followed by a reading by Katie H in year 7 from *Grace Dent and the Incredible Germs* by Gwen Lowe, about a virus that makes the sufferer giggle!



Next up was Mrs Barrett with the shocking, but hilarious poem *The Lesson*, by Roger McGough and, by contrast, Ms Garred expertly read a hilarious extract from *Gangsta Granny* by David Walliams, in which Granny attempts to avert the attention of a nosy neighbour away from the stolen jewels by practising yoga in her underwear!



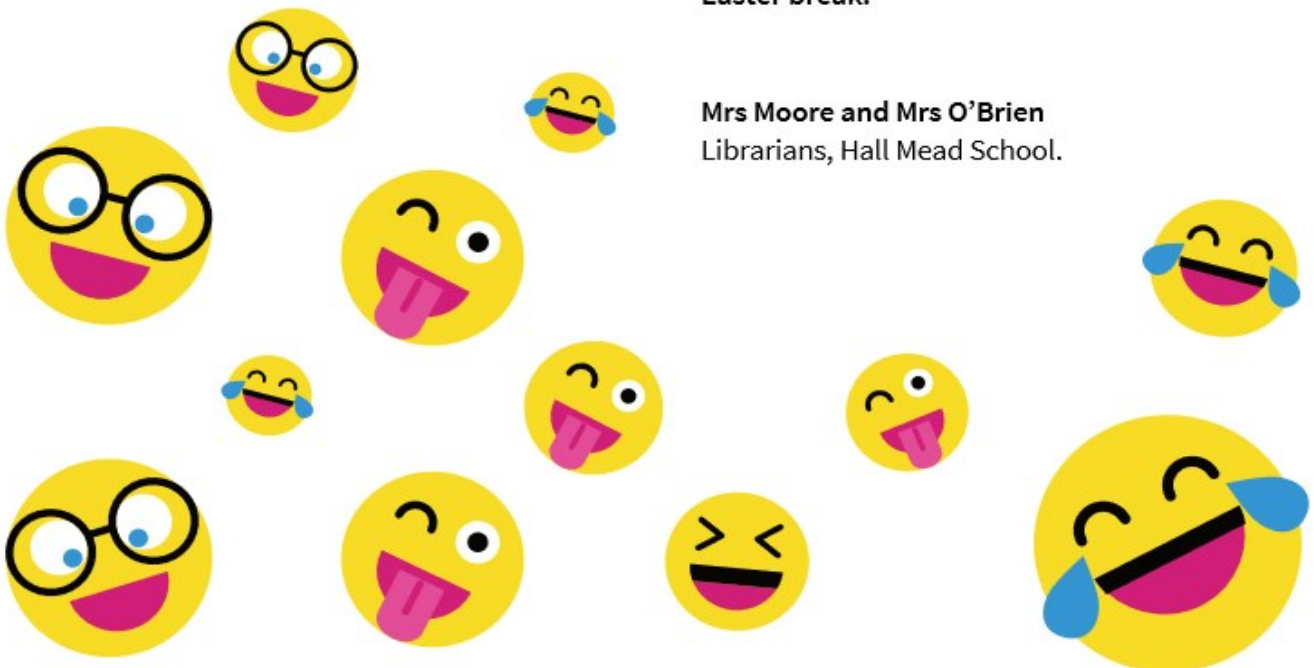


Joshua P in year 8 then shared his rendition of the Ballad of the Ninja Snails from The 52-Storey Treehouse by Andy Griffiths and Mr Hart wrapped up the session with a selection of his favourite jokes from The Ha-Ha Bonk Book by Janet and Allen Arlberg.



We hope that the students who attended enjoyed themselves and want to say a big thank you to those who took part. We are still collecting quotes for our Read Out Funny Lines collaborative display in the library and will be announcing the winners of our World Book Day quiz and Match the Staff to their childhood photo/favourite book competition after the Easter break.

Mrs Moore and Mrs O'Brien  
Librarians, Hall Mead School.





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## Design and Technology Faculty

Our Year 8 students have been focussing on a textile based project this term.

We have been learning how to create our own sublimation prints with a focus on mindfulness, create a pattern and use a sewing machine to make a finished product.

Across the DT curriculum we look at the importance of using sustainable materials and how the choices we make as designers can reduce our negative impact on the environment.

In this textile project we upcycled old shirts to make a personalised cushion and the final prototypes have been amazing!

As you can see, it has given us the opportunity to make use of the girls house shirts, thanks to lots of donations by parents.

We are really excited to share some of our final outcomes with you and we hope they have found a special place in your homes!

If you have any shirts at home, that are no longer needed, we would always be grateful to receive donations for future projects.

Miss Lloyd





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## Sparx Winners—Miss Towey, Director of Maths

Week 30		Sparx Maths Superstars		Top 3 XP from each year group for this week	
<b>Year 7</b>			<b>Year 8</b>		
Eadi F	7TM	Dhaval N	8DM		
Poppy J	7WL	Lexi P	8WB		
Bella M	7DC	Jun Xi L	8TB		
<b>Year 9</b>					
Elson D	9CN				
Mikhail GT	9CL				
Dylan E	9TL				
<b>Year 10</b>			<b>Year 11</b>		
Kingsley A	10CW	Lewis A	11TJ		
Lacey T	10CS	Harry M	11TJ		
Scarlett P	10WMC	Liam N	11DC		

## Achievement Points—Mr Morrith, Head of Year 11 / Head of Waltham House

### Achievement Point Totals



Year Group Totals					
Year	AP	BP	Total	Last Total	Increase
7	29379	860	28519	27603	916
8	26039	1678	24361	23562	799
9	20131	2005	18126	17471	655
10	16040	1408	14632	14217	415
11	9529	1484	8045	7893	152
<b>Overall Conduct Score</b>			<b>93683</b>	<b>90746</b>	<b>2937</b>

House Totals					
House	AP	BP	Total	Last Total	Increase
Chapman	25520	1903	23617	22865	752
Dickens	26649	1703	24946	24199	747
Talbot	22885	1718	21167	20514	653
Waltham	23089	2079	21010	20323	687

### Well Done to our Weekly Winners

Year 7
Bonnie T 7DR
Emily M 7CCB
Jasmine K 7CCB

Year 8
Nathan F 8WH

Year 9
Oliver B 9TL

Year 10
Alex L 10WMC
Holly N 10WMC
Scarlett P 10WMC
William I 10WMC

Year 11
Augusta D 11O



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## Celebrating Neurodiversity!

As part of neurodiversity celebration week, the Art and SEND departments have ran a competition to design an Neurodiversity Umbrella installation.

Neurodiversity is a term for a range of conditions including dyslexia, ADHD, autism that acknowledge that brains work differently.

We had 4 winners—Ella M, Lila WS, Mia W and Victoria Z that have resulted in 3 amazing installations being placed on the school site with the help of our Site Team.

Thank you to everyone who has been involved!





# HALL MEAD SCHOOL



London's Violence Reduction Unit  
3,555 followers  
1d · 🌐

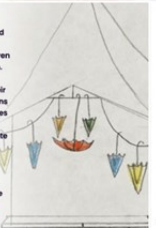
👉 We are proud to celebrate #NeurodiversityCelebrationWeek through our Thinking Differently partnership with ADHD Foundation in 20 London schools.

...see more



The ADHD Foundation Neurodiversity Charity are excited to provide an exciting project supporting neurodivergent children and young people across London. 20 schools are gaining access to professional development for their staff teams, skills building sessions for their parent/carer communities and neurodiversity umbrella projects, helping them to celebrate thinking differently. The project aims to raise awareness of neurodiversity, promoting a strengths based approach to supporting the 1 in 6 of us who are neurodivergent.

Emma Weaver  
Deputy CEO, ADHD Foundation



Valuing Diversity is one of our 4 core values at Hall Mead School. The Neurodiversity Celebration Week umbrella installation design was run as a student competition by the Art Department with prizes donated by parents. Staff used the umbrellas in the run up to the installation being displayed as part of promoting the week and these will be donated to staff Neurodiversity Champions when the installations are taken down.

Cormac O'Neill  
Assistant Headteacher, Hall Mead School





## Essex Fire Museum Open Days

Sunday 31<sup>st</sup> March 2024

Tuesday 9<sup>th</sup> April 2024

Sunday 28<sup>th</sup> April 2024

10.30am to 4.00pm

(Last suggested entry time: 2.30pm)



Visits must be pre-booked via:

[museum@essex-fire.gov.uk](mailto:museum@essex-fire.gov.uk)

Address: Essex Fire Museum, Grays Fire station,  
Hogg Lane, Grays, RM17 5QS



# Havering Active 5-18 years & Para Sports 5-25 years

## BOOK YOUR EASTER HOLIDAY ACTIVITIES NOW

Monday 1 to Friday 12 April 2024

To see all activities available and to  
book visit:

[www.haveringactive.co.uk](http://www.haveringactive.co.uk)

LIMITED  
SPACES AVAILABLE



PLEASE BRING  
A SNACKBOX  
& DRINK

*Gidea Park*  
LAWN TENNIS CLUB LTD

# EASTER JUNIOR TENNIS CAMPS

WED 3rd APRIL • FRI 5th APRIL  
THURS 11th APRIL • FRI 12th APRIL  
9.30am - 12.30pm • AGES 4-12yrs\*  
Arrive at 9.15am for registration

## ABOUT THE CAMP

Fun tennis camps, learning basic skills & co-ordination, rally drills and lots of games for all abilities.

\*Children will be split into their age groups.

**£20 member £22 non member (per camp)**  
(Please make payment on the day)

To confirm your place, please contact  
[headcoach.gpltc@gmail.com](mailto:headcoach.gpltc@gmail.com)

Tom 07885 968237

All coaches are fully LTA licensed coaches and CRB checked



WED 3rd APRIL



FRI 5th APRIL



THURS 11th APRIL



FRI 12th APRIL

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**HALL MEAD**  
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prime  
video

ASTA  
YOUTH GIRLS

**CALLING  
ALL  
GIRLS**

Prime video  
**GIRLS TENNIS SESSIONS**  
**Saturdays**  
**2.00pm - 3.00pm**  
**Ages 6-9 yrs & 10-13 yrs**  
**Starts Saturday 20th April**

The course costs £35 for 6 sessions of coaching, as well as a T-shirt, tennis racket and tennis balls, so they can keep practising at home and on our local courts.

Contact  
[raphaeljuniortennis@gmail.com](mailto:raphaeljuniortennis@gmail.com)

Held at Raphael Park tennis courts  
Parkway, Romford RM2 5PA



6-9 YEARS



10-13 YEARS



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# GCSE MATHS

## EASTER EXAM BOOSTER SESSIONS



**JOIN US!**

**TUES 9TH APRIL**  
(NON-CALC/PAPER 1)

**WED 10TH APRIL**  
(CALC/PAPERS 2 & 3)

**FOUNDATION SESSIONS:**  
5.00-6.15PM

**HIGHER SESSIONS:**  
6.30-7.45PM

[WWW.ACETUITION.ONLINE](http://WWW.ACETUITION.ONLINE)

**FOCUSING ON:**

- ✓ MULTI-MARK QUESTIONS
- ✓ MODEL ANSWERS
- ✓ EXAM QUESTIONS STRATEGIES



**£22.50 PER SESSION**





# GCSE ENGLISH LANGUAGE 'GRADE BOOSTER' EASTER CRASH COURSES

SESSIONS TAUGHT BY:



- HIGHLY EXPERIENCED AND SUCCESSFUL  
'HEAD OF ENGLISH'
- SENIOR 'DIRECTOR OF LEARNING'
- GCSE EXAMINER!

REGISTER NOW!



✓ AQA LANGUAGE PAPER 1  
MON 1st April | 10AM-1PM

✓ AQA LANGUAGE PAPER 2  
TUE 2nd April | 10AM-1PM

### Masterclass Includes:

- GRADE 9 key themes and character analysis
- GRADE 9 language and structure quotation analysis
- Top strategically selected whole-text quotations
- Question by question success criteria
- Structure for each response
- GRADE 9 model answers
- GRADE 9 psychoanalysis and critical theories
- Exam practise and live marking
- Successful analytical and essay structure
- SENIOR EXAMINER STRATEGY TIPS!

[WWW.ACETUITION.ONLINE](http://WWW.ACETUITION.ONLINE)



**£50**  
PER SESSION

JOIN US NOW



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WWW.ACETUITION.ONLINE

# GCSE ENGLISH LITERATURE 'GRADE BOOSTER' EASTER CRASH COURSES

Wed 3rd April |  
10am-1pm

**GCSE SHAKESPEARE  
'MACBETH'**

Thurs 4th April |  
10am-1pm

**GCSE 'ROMEO  
& JULIET'**

Fri 5th April |  
10am-1pm

**GCSE 'CHRISTMAS  
CAROL'**

Sun 7th April |  
12pm-3pm

**GCSE 'DR JEKYLL &  
HYDE'**

Mon 8th April |  
10am-1pm

**GCSE 'POETRY  
ANTHOLOGY'**

Tue 9th April |  
10am-1pm

**GCSE 'INSPECTOR  
CALLS'**

Fri 12th April |  
10am-1pm

**GCSE  
'UNSEEN  
POETRY'**

## Masterclass Includes:

- GRADE 9 key themes and character analysis
- GRADE 9 language structure quotation analysis
- Top strategically selected whole-text quotations
- Question by question success criteria
- Structure for each response
- GRADE 9 model answers
- GRADE 9 psychoanalysis & critical theories
- Exam practise and live marking
- Successful analytical and essay structure
- SENIOR EXAMINER STRATEGY TIPS!



**£50**  
PER SESSION



Having Carer Information  
Support Programme and Live Well  
With Dementia Referral Form



## Having Live Well with Dementia

### Have you been diagnosed with dementia?

The Live Well with Dementia Programme is a series of face to face sessions for people who have had a recent diagnosis of dementia or are in the early stages of their diagnosis. You will gain the understanding, knowledge and skills to live better with dementia. The sessions will increase your confidence in managing day-to-day and help you to better plan for the future.

## Having Carers Information & Support Programme

### Do you care for someone with dementia?

With the Carers Information and Support Programme you will gain increased knowledge of dementia. The sessions will help you feel better informed and empower you to access support services and financial benefits and entitlements. These sessions are available both face to face and online.

Booking for these programmes is essential.

**One session per week for 4 weeks**

**Each session is around 2 hours long including a refreshment break**

**Venues:** Across Havering please contact us to enquire when our next programmes are taking place.

Email: [havering.groups@alzheimers.org.uk](mailto:havering.groups@alzheimers.org.uk)

call Nyree Evers 07759 119 516 / Anisa Hoque 07720 144 231

or scan the QR code above to book your place.

Our trained facilitators will be on hand to guide the sessions, provide information on other support services and direct you to further help and advice.

**COME ALONG TO A FRIENDLY PLACE WHERE YOU CAN SPEAK TO AND LEARN FROM OTHERS IN A SIMILAR SITUATION TO YOU**

### A Parent's Guide to Cyberbullying



Many young people who are victims of cyberbullying suffer in silence.

They feel they can't turn to parents or a trusted adult for support as they fear they may get in trouble or have their devices taken away from them. It can carry on all day, all evening and all weekend for the world to see, causing a lot of emotional stress to the victim and their family.



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



It can very quickly lead to the victim feeling trapped, scared and vulnerable to grooming and blackmail.



**Online safety is when young people know who they can tell if they feel upset by something that has happened online.**

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

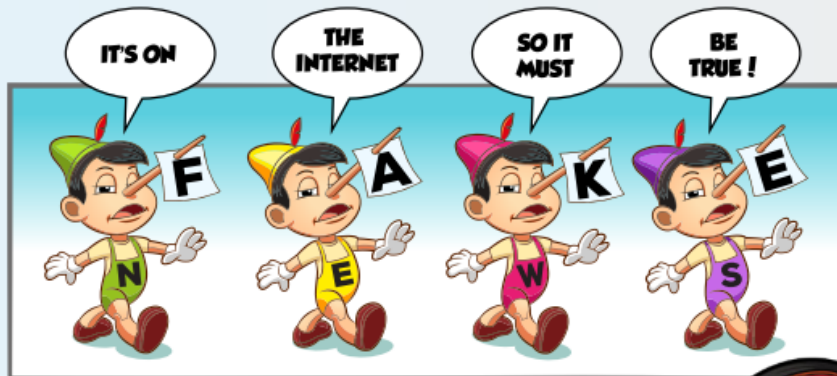
Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with



## A Parent's Guide to Fake News



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



**Don't believe everything you see online!**

Young people can very easily be dragged into things without parental guidance and support.

**Online safety is when young people know who they can tell if they feel upset by something that has happened online.**

**Parents** please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

**Skips Educational** Email: info@skipssed.com Tel: +44 121 227 1941



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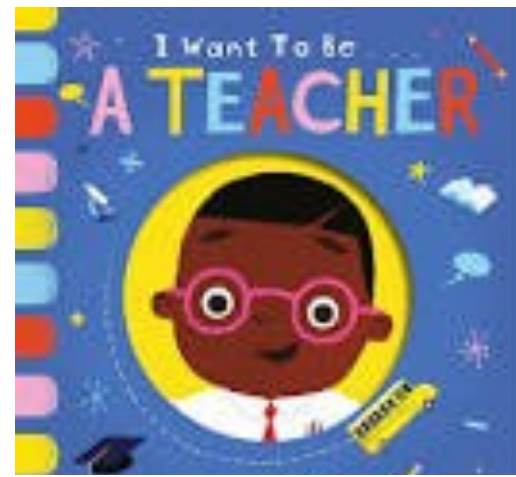
**Havering**  
**Train2Teach**

Thinking of becoming a teacher?

Are you a graduate who is passionate about making a difference locally? If you think you have the determination and creativity to inspire the next generation of children, we would like to hear from you.

Our teacher training programme is run over a one-year period within local Havering schools in partnership with the tes institute.

We offer Primary General, Primary with Maths courses apprenticeships, to gain QTS with the option of a PG1 qualification



We are a well-established, accredited Initial Teacher Training (ITT) provider working with a network of Primary Schools in Havering and working in partnership with tes institute.

You will experience two contrasting school placements and gain insight into all phases and sectors that the education sector has to offer.

We will support you to become an excellent teacher, equipping you with the skills and resilience that you need for a successful career in teaching.

Whichever route you take we will support you on every step of the way

Please visit our website [haveringtrain2teach.com](http://haveringtrain2teach.com)

Or call Engayne Primary School on 01708 223492 and ask for Jill Mackintosh or Lindsey Moore

So...  
**YOU WANT TO  
BE A TEACHER?**



#EVERYLESSONSHAPESALIFE



**Havering**  
**Train2Teach**



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SCHOOL

WE ACCEPT  
CHILDCARE  
VOUCHERS

# MEGA CAMPS

KIDS DAY ACTIVITY CAMPS

CHILDCARE FROM  
8am - 6pm

AGES  
4 - 14

## EASTER CAMP 2024

**EARLY BIRD OFFERS END 15<sup>th</sup> MARCH**  
**EASTER DATES: 2<sup>nd</sup> - 12<sup>th</sup> APRIL**



DIFFERENT MEGA ACTIVITIES EACH DAY AS WELL AS FOOTBALL, ARCHERY, DODGEBALL, ROUNDERS, KWIK CRICKET, BASKETBALL, TEAM GAMES, ARTS & CRAFTS AND MUCH, MUCH MORE...

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ALL OUR  
STAFF ARE





# HALL MEAD SCHOOL

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for great discounts!



**SCHOOL HOLIDAY CHILDCARE  
EXCLUSIVE SCHOOL DISCOUNT!**

USE CODE:  
**SCHOOL10**

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Use code for an **EXTRA £10 off**  
your booking!  
\*Minimum of 2 days



SCAN ME &  
LEARN MORE!

Visit **barracudas.co.uk**  
or call 01480 467 567



\*Not to be used in conjunction with other offers

## Air Cadets are recruiting!

Are you aged 12-16 and interested in Flying, Gliding, Marksmanship, DofE Award, STEM, First Aid, Drill, Aeronautical and Space studies, Cyber and Leadership?

In the Royal Air Force Air Cadets these and more are on our training programme, all whilst fostering a spirit of adventure and an interest in the Royal Air Force.

Interested? then why not come along to our next recruit event on Monday 4<sup>th</sup> September at 2000hrs to find out more and see some of our activities for yourself.



**ROYAL  
AIR FORCE  
AIR CADETS**  
the next generation

452 (Hornchurch) Squadron  
30 Tyrells Close  
Upminster, Essex,  
RM14 2QA  
Parades  
Mon & Wed 1915-2130  
452@rafac.mod.gov.uk

Instagram:  
452\_Hornchurch\_Squadron  
Facebook:  
452 Hornchurch Squadron  
Twitter:  
@452Squadron







**HALL MEAD**  
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# ONLINE WORKSHOPS

WE ARE OFFERING A SERIES OF ONLINE WORKSHOPS TO SUPPORT YOU WITH UNDERSTANDING AND MANAGING YOUR EMOTIONAL WELLBEING

SCAN THE QR CODE BELOW TO VIEW OUR UPCOMING WORKSHOPS



**HEST**  
Havering Emotional Support Team



# ONLINE WORKSHOPS

WE ARE OFFERING A SERIES OF ONLINE WORKSHOPS FOR PARENTS TO SUPPORT WITH UNDERSTANDING AND MANAGING CHILD'S EMOTIONAL WELLBEING

SCAN THE QR CODE BELOW TO VIEW OUR UPCOMING WORKSHOPS



**HEST**  
Havering Emotional Support Team





# HALL MEAD SCHOOL



## Parent Support Group

For parents/carers of young people (11-25 years) struggling with their mental health

“ A welcoming and safe space to share your story and connect with others ”

 **Mind**  
Havering, Barking  
and Dagenham



## Parent Support Group

A six-week programme for parents/carers of young people (11-25 years) struggling with their mental health.

Like-minded parents/carers are listened to and reassured whilst receiving tips and techniques for supporting their young people.

This interactive online group comprises two-hour sessions on mental health signposting, effective two-way communication, dealing with anxiety, increasing resilience, parenting styles and self care.

We help parents/carers to empower each other through information and support.

Sessions are delivered in an engaging way with lots of opportunities for small group discussions, all in a safe and non-judgemental space.

If you, or someone you know, would like to speak with one of the Parents' Team, please get in touch.

“ I know that I am not alone, having met some wonderful parents going through similar things ”



### For more information:

01708 457040  
parents@haveringmind.org.uk  
[www.haveringmind.org.uk](http://www.haveringmind.org.uk)



HaveringMindCharity

 **Mind** Havering, Barking and Dagenham

Charity No: 1108470



**HALL MEAD**  
SCHOOL



**Pickups:**

JOBBER REST PUB ~ THE PLOUGH PUB ~ AVON ROAD, (both ends) + UPMINSTER STATION

Phone: 07966 146956 (answerphone on here) or 01708 227884, Email:

[shirley@shirleytours.co.uk](mailto:shirley@shirleytours.co.uk)

Website: [www.shirleytours.co.uk](http://www.shirleytours.co.uk)

**Fundraising for :**

**Hall Mead School ~ Engayne School ~ James Oglethorpe School ~ “All Saints Church, “All Saints (1<sup>st</sup> Cranham) Scout Group”**

**Trips Available:**

- Wednesday 10th July; HORSE DRAWN BOAT TRIP, Kennet + Avon canal, Berkshire. Enjoy a 2.5 hour horse drawn barge trip on Kennet + Avon Canal, with cream tea on board. £65.00, (£55 no cream tea)
- Friday 16th August: BROADSTAIRS, Folk Week. Morris Men, entertainment, craft fayre, etc plus Sandy Beach, Dickens Museum, quaint English Seaside. Adult £28.00.OAPS £27, Child £22. (under 16)
- Saturday 19th October: WINDSOR CASTLE; Includes audio guided tour of Castle View Queen Marys famous Dolls House, see State Apartments plus (Semi State apartments only open in Winter), St George’s Chapel, Final resting place of 11 monarchs, incl. Queen Elizabeth II and Prince Phillip £60.00
- Thursday 31st October: RIVER CRUISE, SOUTH OF FRANCE. Treasures of Burgundy and Provence. Sail on Rivers Rhone and Saone. Seven Nights, incl. 5 excursions, free wine, beer, soft drinks with meals, Wi-Fi, Gratuities. Fly from Heathrow, Coach/minibus to airport (additional optional extra). Only 140 passengers. Leaflet/prices on request. Book direct/speak to Agent to choose your cabin!
- Wednesday 11th December: SANTA SPECIAL CRUISE, RUNNYMEDE: 3 hour round trip, with three course meal, .(Mulled wine, soup of day, Roast turkey/trimmings, Xmas pudding, brandy sauce, tea coffee with mince pie). Plus, seasonal music through afternoon as you cruise through Winter Wonderland, before a festive visit from Santa with gift for everyone system, £78.00.
- Saturday 15th February 2025: BRICK LANE MUSIC HALL, PINOCCHIO., Adult Panto. Incl Coach, 3 course hot meal, matinee show/converted church, Silvertown. £92.00. (Reduced price if 40 people plus).
- 6th-16th April 2025: FJORDS SPRINGTIME CRUISE. Sail from Tilbury on Ambassador Cruise Line. Includes Haugesund Bergen Flam, Eidfjord, Stavanger, Kristiansand, Oslo. Transport to Tilbury optional. Please register your interest.
- 2025: PROPOSED LIVERPOOL TRIP, please register your interest, please send names, Tel no. Via EMAIL
- 6th—12th October 2025: SLOVENIA, LAKE BLEND AND COAST, 2 CENTRE HOLIDAY. Please register your interest, please send names, and Tel No.s Via EMAIL.