



# Message from Mr O'Sullivan 15th May 2026

As mentioned in last week's article, this week was Mental Health Awareness Week. Whilst my interest in football has diminished a little over the years, having never really recovered from Petr Cech moving to Arsenal, I was really impressed with Sunderland AFC this week who have taken a powerful step to raise awareness of an issue that affects many people.

Fans recently noticed a change to the club's famous Black Cat logo near the Stadium of Light. In its place appeared a "Black Dog", a symbol often used to represent depression. While the change was temporary, its message was significant.

The initiative is part of a campaign aimed at encouraging conversations around mental health and reminding people that they are not alone. By using such a well-known symbol of the club's identity, Sunderland AFC has helped bring attention to an issue that is sometimes difficult to talk about.

Club representatives emphasised that this was about more than just a visual change. Their message focused on the importance of speaking openly, supporting one another, and using their platform to make a positive difference in the community.

This message is particularly important given that some regions in the UK continue to experience higher-than-average rates of mental health challenges. Campaigns like this help to reduce stigma and encourage people to seek support when they need it.

I see this as a very progressive move for football that is seen by some as lagging behind some of the rest of the society's development, for example with the absence of openly gay players. Tackling this issue head-on is also very useful in tackling some of society's issues with masculinity, in which some men and boys believe that asking for help is seen as a weakness. Fundamentally, 'no man is an island'.

At our school, we are proud to support Mental Health Awareness Week. Just like Sunderland AFC, we believe in the importance of talking openly about how we feel, looking out for one another and knowing where to go for help. If you are ever struggling in school, students should remember to speak to a trusted adult, teacher, or friend, visit the PLUS team for support available in school, and always remember that you are not alone.

Together, we can create a community where everyone feels supported, listened to, and valued.

## Mental Health Awareness Week

As part of Mental Health Awareness Week, we had Whitton Youth Zone join us on Wednesday. Students had the chance to engage with some fun activities whilst speaking to the staff from Whitton Youth Zone. A big thank you to the team for coming in, and thankfully the weather held off.

As part of Mental Health Awareness Week, year groups have been out on the field at tutor time, getting active and enjoying time together. We've also had music playing in our main hall, providing a relaxed area for students to enjoy their lunch.







## Sixth Sense

Last Wednesday afternoon, our Sixth Form Student Leadership Team — including Lead Students, House Captains and Senior Prefects — took part in a focused team-building session. The afternoon began with a workshop led by Ms Scott, concentrating on building confidence, developing public speaking skills and improving voice projection. Students then headed out onto the field with Mr Evans and Mr Quigley to take part in a range of team-building activities. Working in pairs and larger groups, they were challenged to collaborate, communicate effectively and problem-solve in order to complete a series of tasks.





## Lead Student Update



Have a go at our riddle:

The more you take, the more you leave behind. What am I?

(Answer at the end)

This week has been really positive across the school!

For Mental Health Awareness Week, the Year 10 Senior Prefect links organised a very successful dropdown morning for the Year 10s, with help from the whole student leadership team.

Students had the chance to take part in a variety of activities, such as baking, board games, sports, and bracelet making! It was amazing to see everyone relaxing and enjoying themselves together. Students also had the opportunity to listen to music that was played in the hall at lunch this week, which brought a lot of fun energy to the school day.

Looking ahead to next week, we are really excited for Eco-Active Week. It will include many fun activities and opportunities for everyone, so make sure to get involved!

Answer: Footsteps

## Wildlife Photography Competition

The THS geography department is proud to celebrate the incredible talent showcased in this year's Turing House School Wildlife Photography Competition! Students submitted a fantastic range of images capturing nature in all its detail and beauty. This collage highlights our finalists and special commendations, whose creativity, technical skill, and eye for composition truly stood out. Well done to everyone who took part — your work reflects a brilliant appreciation for the natural world!

Our overall winner, representing House Lovelace, is Florence B! Her outstanding shot of a kestrel in Bushy Park really stood out for its technical composition, striking contrasts and clear demonstration of patience. Huge congratulations, Florence!





## Miles and Medals update

The Miles and Medals event, organised by our House Captains, has been taking place this week, with the main event happening this Friday where students competed on a running machine, rowing machine, cross trainer and a bike to try and accumulate the most distance possible which is added towards a house total distance. Competition has already been building between the Houses, and we look forward to updating you with the final results soon. We can't wait to share how everyone has done. People from all year groups put themselves forward to support their house and we look forward to sharing the winning results and who brings home the most house points!



## Year 7 Ambassadors

Our school recently held interviews for Year 7 ambassadors, and we are thrilled to introduce two new year 7 ambassadors for each house. We can say that the talent and confidence made the decisions incredibly tough! But after a lot of consideration, we are beyond thrilled to introduce our new ambassadors. We are absolutely confident these students will represent their houses with pride and dedication. Let's celebrate our new Year 7 Ambassadors! For May House, it's Montgomery W and Megan E. For Lovelace House, we have Edward M and Annie B. Enniss-Hill House is represented by Lyla B and Henry S. And finally, for Attenborough House, we have Maya G and Montana W!

## Support for Families – Free School Meals Vouchers Update

We would like to make parents and carers aware of an important change to support available during school holidays for families with children eligible for Free School Meals. The Government's Household Support Fund, which previously funded holiday meal vouchers, has now ended. As a result, no supermarket vouchers will be issued for the upcoming May half-term or future holidays under this scheme. We recognise that this may be difficult for some families. Although this particular provision has ended, there is still a range of support available locally. Richmond Council offers guidance and assistance through its Cost of Living Hub, which provides information on financial support, food provision, and practical help for families. Families experiencing financial difficulty may be able to access support through the Council's Crisis and Resilience Fund. This includes the option to apply for a crisis payment via Citizens Advice Richmond. In addition, there are a number of local initiatives offering food support across the borough. Looking ahead to the main school holidays, the Council is also planning to expand its FUEL (Holiday Activities and Food) programme. This scheme provides activities and healthy

meals for children who are eligible for means-tested free school meals. If you would like to explore the support available, please see the following links:

- [Richmond Cost of Living Hub](#)
- [Citizens Advice Richmond – Crisis Payment Enquiries](#)
- [Food Support in Richmond](#)
- [Money and Cost of Living Support](#)

## Eco-Active Week

We are excited to introduce Eco-Active week which many of you have seen already on your tutor slides. Get ready to dive straight into Eco-Active Week from Monday 18 to Friday 22 May. It's your chance to jump into action, earn amazing House Points, and show your team spirit like never before! Whether you're cycling in each morning, tracking every single step, mastering your bike skills, racing your heart out in the Fastest Lap, or getting stuck into fun activities like sushi making and the smoothie bike, every single thing you do helps your House climb to the very top! There are awesome daily rewards, brilliant prizes waiting for the top achievers, and incredible bragging rights up for grabs, so don't sit on the sidelines, join in every day, cheer on your friends, and help your House claim the ultimate victory. Every effort counts, every activity adds up, and together we can make this the most exciting, active, and eco-friendly week of the whole year. Let's get moving, have a blast, and bring those massive House Points home!



## Sports Fixtures

### Football Success at District Level

We are delighted to celebrate the success of five of our students who have recently completed the second phase of district football trials and have now been selected to represent Richmond at U12 and U13 level.

Following a series of internal school trials back in February, the boys earned the opportunity to attend district training sessions, held on Monday evenings with Richmond coaches. Competing alongside a large and talented pool of players, they have worked tirelessly over the past few months to showcase their ability, attitude and commitment in the hope of securing a place in the final 18-man squads.

This week, the final selections were announced, and we are incredibly proud to share that from Year 7, Thiago W and Mekail K have been chosen to represent the U12 side. From Year 8, Charlie L, Jenson J and Alex P have achieved selection for the U13 squad.

This achievement is made even more impressive by the scale of competition. Each of these students has been selected as part of the top 18 players from an initial group of over 300 per year group across Richmond, an outstanding accomplishment that reflects both their talent and dedication to the sport.

We are excited to continue supporting football development within the school and look forward to further opportunities on the horizon- including the planned introduction of a girls' district squad in the near future when the coaches return.

Congratulations once again to all five students on this fantastic achievement. We wish them every success as they go on to represent Richmond.



### **U15 Jr NBA Team Crowned Regional Champions**

This week saw our U15 Jr NBA basketball team deliver an outstanding performance at the 3v3 Regional Finals, held at the prestigious Crystal Palace National Sports Centre. Having already claimed victory in the borough tournament earlier this year, the team proudly represented Richmond on the regional stage, competing against top opposition from Kingston, Sutton, Croydon and Bromley. Impressively, the entire squad consisted of Year 9 students, competing a full year group above their age, a challenge they rose to with remarkable maturity and determination.

The group stage proved fiercely competitive, with the boys securing two wins from their four fixtures. This placed them third in the standings, setting up a daunting semi-final clash against the team who had finished second - and who had already defeated them earlier in the day.

Undeterred, the team delivered their best performance of the tournament when it mattered most. An electric start saw them surge into an early lead, playing with pace, confidence and excellent teamwork. Their intensity never dropped, and they ran out deserved and comfortable winners to book their place in the final.

Awaiting them was a strong Croydon side, full of physical presence and momentum after their own impressive semi-final victory over the top-ranked team from the group stage. In a tense and closely fought final, our boys showed incredible resilience, skill and composure under pressure. Battling for every possession, they held their nerve in the closing moments to secure a superb 14-12 victory and claim the regional title.

This fantastic achievement means the team will now go on to represent South London at the National Finals in Trafalgar Square on 9th July - an incredible opportunity and a testament to their hard work, teamwork and perseverance.

Congratulations to all involved on a truly outstanding achievement! We are excited to continue this journey.



## **Sporting Student Success in Athletics**

A huge congratulations goes to Michael C in Year 11 who took part in the Middlesex County Athletics Championships last weekend. Michael came away with not one but two medals, after winning gold in the U18 men's shot put with a personal best of 11.12m and silver in the U18 men's javelin with a distance of 41.06m, both very impressive scores to be proud of. Well done, Michael.



## **Year 7 Boys 7-side Football Tournament**

The Year 7 boys were involved in a 7-side football tournament at the start of this week, taking place at Hampton High. The Turing team did very well to bounce back from an early defeat and tighten up their defenses, applying extra pressure up front as competition proved stiff in every game. Adjusted efforts paid off, however, as they secured second place overall in the end. Well done to all involved!



### **Year 9 Boys 6-side Football Tournament**

As with the Year 7s at the start of the week, the Year 9s took part in the same short-sided football tournament at Hampton High. Two Year 9 THS teams were involved on this occasion. One Turing team suffered at the hands of a tough draw but they did very well to push their opponents as hard as they did. The other Turing team managed to battle their way to the upper end of the standings and came away with a respectable second place overall. Well done to all involved!

