

# The Seagull

Issue 541 Friday 16<sup>th</sup> June 2017

Next week is week 1

Enquiries: 020 8270 6222  
 Absence Line: 020 8724 1531

Website: [www.jorichardson.org.uk](http://www.jorichardson.org.uk)  
 Email: [headteacher@jorichardson.org.uk](mailto:headteacher@jorichardson.org.uk)  
 Twitter: @JRCS\_School 



**Year 12 Psychology students Visiting Bethlem Museum of the Mind**



## HEADTEACHER'S NEWS

### Summer Term Events

We are rapidly approaching the end of yet another Summer term at JRCS. Over the next few weeks we have numerous events and activities going on in school, these include our Summer Fete, Celebration Events, Summer Music Night and all our ACHIEVE day trips.

Below you will find a calendar for all these events and I look forward to seeing you at as many of them as possible.

Friday 7 <sup>th</sup> July	JRCS Fete – The Seagull goes to Hollywood 4:00pm – 6:30pm
Tuesday 11 <sup>th</sup> July	Summer Music Night 6:30pm – 9:00pm
Wednesday 12 <sup>th</sup> July	Whole School ACHIEVE Day

Thursday 13 <sup>th</sup> July	Whole School ACHIEVE Day
Friday 14 <sup>th</sup> July	Sports Day
Monday 17 <sup>th</sup> July	Year 9 Celebration Event 2:00pm – 3:30pm
Monday 17 <sup>th</sup> July	Year 7 Celebration Event 6:00pm – 7:30pm
Tuesday 18 <sup>th</sup> July	Year 10 Celebration Event 2:00pm – 3:30pm
Tuesday 18 <sup>th</sup> July	Year 8 Celebration Event 6:00pm – 7:30pm
Wednesday 19 <sup>th</sup> July	Whole School ACHIEVE Day
Thursday 20 <sup>th</sup> July	Early finish 12:30pm – Break up for Summer – Non-uniform Day

Mr Smith  
 Headteacher



### Thought for today!

*An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy.*

*"It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."*

*The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"*

*The old Cherokee simply replied, "The one you feed."*

### Visiting Bethlem Museum of the Mind

Last Thursday, the Year 12 Psychology students (including myself) were taken to Bethlem, the Museum of the Mind in Kent. (Pictured on the front page). Bethlem itself was an interesting location, especially since it was formerly known as Bedlam, where people diagnosed with serious mental health problems were institutionalised. The site itself is still a working mental health hospital, which makes the experience even more real.

The atmosphere in Bethlem was quite dark in the sense that inside, the displays were minimalist, yet a range of items that reflected the minds of former patients surrounded you. The artwork (which was quite chilling for the most part) especially got you thinking about how differently people perceive simplistic subjects such as 'vanity' and broadened your own perceptions so that you could be more empathetic towards the patients who designed the art pieces.

Learning about the history of Bethlem was especially engaging because of how much mental healthcare has changed within these past few centuries. For example, we know that nowadays there are many mental health illnesses that people are diagnosed with, but back in the times of Bedlam, people were sent in either for "raving" or "melancholia". This demonstrated that mental health was a subject that was not studied in depth initially, instead healthcare professionals guessed at

the best way to treat patients presented to them. Consequently, there was limited knowledge in regards to helping the patients admitted. However, there were files that showed 'before and after' pictures of real-life patients who were admitted to Bethlem and they did look a whole lot better when they were released compared to when they were sent in. So maybe mental healthcare was not so bad in the past.

As a whole, the trip to Bethlem was something that was worth going to, as it allowed us to explore the basics of mental health in ways that we may never have thought about before (which was really reflective) as well as strengthening our pre-existing knowledge of Psychology.

Banita Chander 12B

### Duke of Edinburgh Bronze Qualifying Expedition 2017



The Bronze qualifying expedition got off to a flying start from Hollow Ponds in Walthamstow. The students were ready and prepared for their first part of the expedition, which was a seven mile walk towards camp. We had rain to start with and then it turned warm and sunny. All students did well to reach camp in good time, set up their tents and get on with cooking their evening meal. I was impressed with the way they conducted themselves throughout Friday.

Students got up at 6:00am on Saturday and worked well in their teams to get the breakfast on the go and break camp. All groups were ready to move out at 8:00am for the second part of the expedition. I was pleased with the way they were all ready to start the second part of the 15 mile walk. It was a hot day and some students found this phase quite challenging. However, they all managed it well.

I am happy to report that all students have passed the Duke of Edinburgh Bronze Qualifying Expedition - well done to you all.

I would like to thank Mr Dignam for assessing the students and Ms Hall and Ms Draisy for giving up their time for the weekend, we could not do this without the support of the staff.

Many thanks and well done to all!

Mr Hargreaves  
D of E Leader

### JRCS Sports Leaders help lead 450 at Quad kids event



On Tuesday 13<sup>th</sup> June, seventeen aspiring Sports Leaders from Year 9 took part in leading the Borough Quad Kids Athletics event for Years 3 and 4 at the Jim Peter's Stadium. Eight of the students organised the standing long jump event and were praised by some staff from the schools for their positive attitude and encouragement of the primary children. Others in the group led groups of primary students around to the various events. Once again, it was a pleasure to be with our students showing such excellent leadership qualities.



Well done to all involved, who will all be receiving an LOC for their hard work on the day. They were: Zoe Cooper 9E, Grace Nicholas 9F, Lauren Young 9H, Sid Summers 9H, Jessica Musgrove 9H, Samira Begum

9E, Sulchdeep Kailey 9E, Lilly Simpson 9F, Charlotte Arch 9H, Taylor Richardson 9H, Shanise Garner 9H, Charlie Ashford 9E, Aaron Nye 9E, Morgan Banwell 9H, Ibukun Silva 9F, Greta Petrokaite 9H and Logan Grain 9G.

Ms Montague  
PE Teacher

### Year 8 D of E applications

Thank you to all those who have taken the trouble to apply to start the Duke of Edinburgh award in Year 9. I am enjoying reading your application forms. A list of the successful applicants will be published in an upcoming edition of The Seagull. In order to allow as many as possible of you to apply, the deadline is being extended to next Friday 23<sup>rd</sup> June. If you would like an application form please see me, or collect a form from my desk in PDE/RE staff base.

Ms Montague  
D of E Manager

### Celebration Awards

Our annual Award ceremonies are a formal celebration of the students work throughout the year. Parents are invited to attend these events which will be held in Boothroyd Hall at the following times (*please arrive 15 minutes prior to the start times*). These are formal events and **ALL** students will be expected to attend in full school uniform. Should you want to discuss this further please contact your child's Head of Year or Ms Boller.

#### Monday 17th July

Year 9 – 2.00pm – 3.30pm  
Year 7 – 6.00pm – 7.30pm

#### Tuesday 18th July

Year 10 – 2.00pm – 3.30pm  
Year 8 – 6.00pm – 7.30pm

Ms Boller  
Student Communication Manager

### ParentPay Year 11, 12 and 13

Reminder to all Year 11, 12 and 13 parents and students: ParentPay accounts must be cleared of any debt or credit before students leave JRCS. If debts are not cleared we cannot guarantee the release of any examination certificates. No credited amount under £5 can be refunded but can be moved to a sibling's account. You may wish to leave some money on their account for the students

to use whilst doing their exams, but please ensure this is all used before the end of this academic year.

Mr Donovan  
Assistant Headteacher



Dear Parents and Carers,

In Partnership with Barking and Dagenham College, we will be offering Literacy and Numeracy Classes at the school. These will be offered in blocks of 4 hours and will run for 18 weeks. Please email Ms Salih or call the school directly if you want to register an interest. Ms Salih can be emailed at: [esalih-huseyin@jorichardson.org.uk](mailto:esalih-huseyin@jorichardson.org.uk) You will need to provide your full name and contact details when you are registering your interest. Once you have registered an interest, Barking and Dagenham College colleagues will contact you to arrange a meeting.

We hope to start the lessons in September. Barking and Dagenham College colleagues will tell you more about dates and times once you have registered.

Ms Salih  
Assistant Headteacher

### Year 7 & 8 Athletics Meet

The Year 7 and 8 athletics squad had a very successful evening at Dagenham Park School on Tuesday 13th June, winning a number of events in preparation for the Borough Athletics Championships on 27<sup>th</sup> June. We took a complete squad who competed against Eastbrook and Dagenham Park Schools across a range of track and field events. Particular highlights were as follows:

- Year 7 girls 100m winner- Ola 7F
- Year 7 boys 100m winner – Cameron 7D
- Year 8 boys 100m winner – Dimiji 8J
- Year 8 girls javelin winner – Adiola 8B
- Year 8 boys shot winner – George 8H

Congratulations to all the students who took part and we hope the squad continues to train

hard on a Thursday at Athletics Club to improve on this success at the Borough Championships.

Well done!

Miss Boulton  
Head of PE

### Library Books

Currently there are over one hundred library books overdue. Can parents/carers please encourage students to check if they have a library book and return it immediately.

Next week a letter home will be sent regarding overdue library books. If a book is lost the £5 library fine can be paid immediately via ParentPay.

Support from home is very much appreciated reminding students about library books. Any concerns, please contact Ms Osland.

Ms Osland  
School Librarian



**Required ASAP  
Cleaner**

14 hours per week Monday – Friday:  
evenings starting at 4.00pm. (£9.80 per  
hour) Start times are non-negotiable.

Log onto:  
[www.jorichardson.org.uk](http://www.jorichardson.org.uk)  
for full details and how to apply.

The successful applicant will be required  
to apply for an enhanced DBS disclosure.



### OFFICE ASSISTANTS

The Office Assistants for next week:

- |           |                     |
|-----------|---------------------|
| Monday    | Matthew Korbuch 8I  |
| Tuesday   | Kacper Marciniak 8I |
| Wednesday | Samiha Rahman 8I    |
| Thursday  | Morgan Romain 8I    |
| Friday    | Alyssa West 8I      |

## GCE & GCSE Exams

Below is the exam timetable for GCE & GCSE exams which start on Monday 15<sup>th</sup> May. These are official exams and students will be required to attend normal lessons when they do not have a scheduled exam. Please make sure students have a good breakfast and they have the correct equipment with them for each exam, including a calculator (if needed) and a black pen. If they wish to, they may bring water, but this needs to be in a clear plastic bottle with the label removed. Please remind your child that under no circumstances should mobile phones or smart watches be taken into exam rooms. If your child is unable to attend any of their exams, please call the attendance line as usual and we will require a letter from your doctor.

Date	Time	Exam name
19/06/2017	9:00 AM	GCE BUSINESS STUDIES ACTIVS, DECISION & STRATS.
19/06/2017	9:00 AM	GCE CHEMISTRY A: SYNTHS & ANLYTICAL TECHNIQUES WRITTEN
19/06/2017	9:00 AM	GCSE BIOLOGY - USING BIOLOGY
19/06/2017	2:00 PM	GCSE ARABIC - READING & LISTENING
19/06/2017	2:00 PM	GCE RELIGIOUS STUDIES UNIT 3A
20/06/2017	9:00 AM	GCSE POLISH UNIT 2 & 4
20/06/2017	9:00 AM	GCE POLITICS - IDEOLOGICAL TRADITIONS
20/06/2017	2:00 PM	GCE CORE MATHEMATICS C3
20/06/2017	2:00 PM	GCE SOCIOLOGY ADV PAPER 3
21/06/2017	9:00 AM	GCSE CHEMISTRY IN ACTION
21/06/2017	9:00 AM	GCE HISTORY BRITAIN:EMPIRE & WARFARE
21/06/2017	9:00 AM	GCE PHYSICS A: EXPLORING PHYSICS WRITTEN
21/06/2017	2:00 PM	GCSE DANCE UNIT 1
22/06/2017	9:00 AM	Year 10 GCSE STATISTICS WRITTEN PAPER (H)
22/06/2017	9:00 AM	GCE ENGLISH LITERATURE: CMPRTVE & CNTXTL STDY WRITTEN
22/06/2017	2:00 PM	GCSE ARABIC WRITING
22/06/2017	2:00 PM	GCE PSYCHOLOGY ADV PAPER 3
23/06/2017	9:00 AM	GCSE APPLICATION OF PHYSICS
23/06/2017	9:00 AM	GCE DECISION MATHEMATICS D2
23/06/2017	9:00 AM	GCE CORE MATHEMATICS C4
23/06/2017	2:00 PM	GCE BUSINESS STUDIES - INVESTIGATING BUSINESS
26/06/2017	9:00 AM	GCSE PRODUCT DESIGN: DESIGNING INFLUENCES WRITTEN
26/06/2017	9:00 AM	GCSE GREEK LISTENING
26/06/2017	2:00 PM	GCE MATHS -STATISTICS S2
27/06/2017	9:00 AM	GCE CHEMISTRY A: UNIFIED CHEMISTRY WRITTEN
27/06/2017	9:00 AM	GCE RELIGIOUS STUDIES UNIT 4A
29/06/2017	9:00 AM	GCE PHYSICS A: UNIFIED PHYSICS WRITTEN

Castle  
Green



Ages  
5-8

# SUMMER KIDS CAMP 2017

July 24<sup>th</sup> – Aug 11<sup>th</sup>



Fully Supervised  
Monday – Friday  
8:30am – 5:30pm



**REGISTER NOW!**



020 8724 1500 | [www.castlegreen.org.uk](http://www.castlegreen.org.uk)  
Castle Green, Gale Street, Dagenham RM9 4UN

**Treat Yourself...**

*...& help raise money for your local charity Add+up at the same time at our*

# **Pamper Evening**

**Tues 27<sup>th</sup> June 2017**

**7.00pm to 10.00pm**



**Tickets £5 - in aid of Add+up**

**Includes a FREE Bucks Fizz & Raffle Ticket!**

**Reflexology Massage**  
**Hot Stone Massage**  
**Magnetic Jewellery**  
**Mediums**



**Reiki Aloe Vera**  
**Facials Nails**  
**Indian Head Massage**  
**& Much More!**

**Tea/Coffee, Cakes & Exciting Raffle Prizes!**

**TREATMENTS:** £10 for 20 Minutes - so you can try something new or just spoil yourself!

**VENUE:** Avelon Rd Centre, 100 Avelon Rd, Rainham, Essex, RM13 7DH (behind Sth Hornchurch Clinic)

**TICKETS:** Available from the Add+up Office;  
59 Billet Lane, Hornchurch, Essex, RM11 1AX  
Tel: 01708 454040  
*Registered Charity No 1091461*

The Jo Richardson Community School

The Seagull goes to Hollywood

## JRCS FETE

**Bouncy Castles,  
Dodgems, Stalls,  
Fairground Rides,  
Photo Booth, Popcorn,  
Candy Floss, Face Painting,  
Ice Cream, BBQ and much  
much more.....**

**Come and join the stars at  
Our Hollywood themed Fete on  
Friday 7<sup>th</sup> July 2017  
4:00pm – 6:30pm**

**Admittance: Children 20p – Adults 50p**