

SMSC “Matters”

Autumn 2016

SMSC General

Nicaragua



46 students from the Jo Richardson Community School aged 14 – 18 spent the last 18 months fundraising and preparing their fitness for an exciting True Adventure expedition to Nicaragua on 7th July 2016.

The students faced many challenges on the 16-night expedition. On arriving in Managua the young people had to source and book their own accommodation, food and transport for their 16 day gruelling expedition. The students spent their first nights after landing travelling to Leon and Granada embracing the culture and atmosphere of these vibrant cities. The group then split into three teams for their community project and arduous trekking of four active volcanos. The teams embarked on challenging project work for the charity La Esperanza on Omtepe Island and in Granada, working with children in local schools, teaching, building and painting and building paths and drainage ditches. This work was back breaking in 38-degree heat and 85% humidity. Britney-Lea Ogbemor 16 said “The conditions are hard but I feel amazing making a difference in this school, making it a better and safer place for the local children”.

The teams were challenged emotionally, mentally and physically, working with children in some of the poorest areas of the country. This was followed with several days of trekking to four of the countries many active volcanos. “We saw some incredible sunsets and sunrises with the most amazing views. I have learnt to push myself beyond my physical limits on this expedition and I am really proud of what I’ve done” - Bobby Edmead aged 14.



The students were encouraged to fully immerse themselves in local life, at times living within the immediate community which challenged their ability to communicate in this predominantly Spanish speaking country.

The final two days were spent relaxing on the coast in San Juan Del Sur where there was much reflection about the trip and what the young people had achieved in their time in Nicaragua. Emily Vincent aged 17 – “This has given me a desire to travel more and although it has been physically tough I have loved every minute. Making new friends which will last a life time”.

Teacher and leader of this expedition Ms Boller said “We have been running world expeditions at JRCS for 10 years now and we have taken over 150 students to places such as Kenya, Malaysia and Nicaragua. We often find that passions are kindled and life missions unearthed through taking young people out of their comfort zone. I am so proud of the staff, who give up their time and the students who will remember the sights, sounds and faces for many years to come.

JRCS Results 2016



I am delighted to announce that JRCS achieved its best ever results at Key Stage 4 this year!

Nearly 65% of our Year 11 students achieved the government benchmark of an A* – C in English and Maths. Over 20% of all our GCSE entries were either an A* or A grade, these two results mean that we can celebrate the best ever KS4 results in the history of JRCS.

At Sixth Form we consolidated on our success from the past few years and increased the number of our students attaining the top grades and going to top universities.

I want to take this opportunity to congratulate all of our students who received successful examination results this Summer. I also want to thank all my staff who have worked so hard over the past year to make sure that these students have the support, care and guidance that was necessary to ensure their success.



Year 7 – ‘The Island’ day

On Tuesday 6th September, our new Year 7s had their first day at Jo Richardson based on a fictional Island. The students took part in a number of sessions across a range of departments, from building a communications tower in Maths to transporting a secret code across the Island in Dance. The day was focused around three core principles which made up our whole school numeracy programme ‘Go Figure’; problem solving, reasoning and decision making. The students were fantastic and their contributions and discussions were really impressive.

Megan McCabe, 7F, has kindly shared her experience of the day:

“We had to build a ‘communication tower’ to track satellite signals, the higher the better. It had to be constructed out of spaghetti strands (hard but easy to snap) which acted as beams and also marshmallows (easy to puncture, good for support) which acted as a corner support. The challenge was to see how high we could build it and also how cheap. I have learned that working in a group is a great learning experience as well as a fun bonding experience – overall it was a real success. The difficulties were making our tower stable, which was a problem for most groups but with strategical thinking we managed to overcome it. Although there were a few minor challenges in this lesson, our group did rather well as the lesson went well thanks to the help of the teachers”

Well done Year 7 - a really impressive first day!



Mrs Morris
Head of Maths

Giant Jellyfish seen in Dance Studio

As part of Unity Day for our new Year 7 cohort, each form was involved in playing parachute games in order to learn some new names and work together as a team. The final challenge of their session was to create a living sculpture of a giant jellyfish using the parachute and make it move across the dance studio! All the form groups I worked with had a really good go at this challenge, and it was a pleasure to meet them at the start of their JRCS journey.



Ms Montague
PE Teacher

LIFE Programme

Congratulations to Tainey-Lea Samuel who successfully completed the LIFE Programme last week. Her instructor was impressed with her confidence, hard work and leadership skills especially during the breathing apparatus exercise.

Well done Tainey-Lea.

Mrs Richardson - Senior Lead Mentor



KS3 Platinum Students



We celebrate the achievements of students with an exceptional mindset. At the end of last year, 10 students in KS3 scored so highly in the areas of mindset, homework and behaviour that they achieved a Platinum rank in our report ranking system. Accordingly, they have received £50 from the school and will be able to wear the Platinum Star on their lapel which allows them to jump the queues at break and lunchtime.

Well done to: Shanique, Jessica, Lydia, Ryan, Abibat, Bridget, Mehnaz, Silviu, Alishba and Maisie!

Mr McInerney
Deputy Headteacher

I would also like to congratulate two of our students on their achievements in two very different areas.

Firstly, we are celebrating Max Peaty's selection for the British Ju-jitsu Team who are taking part in the United Nations Competition in Spain this Summer. Max will also be taking his junior black belt this November and we wish him luck in this forthcoming competition.



Secondly, Laveda-Dione Ogbemor has been given a place at the Centre for Advance Training at the London Contemporary School of Dance. Laveda recently was in the West End production of Billy Elliott and I am sure you will join me in congratulating her on most recent achievements.



Mr Smith
Headteacher

Year 7 SpyMissions

On 19th and 20th October, the Year 7s all took part in a secret mission as part of the ACHIEVE programme. The students first had to crack some codes on a computer using their maths skills which enabled them to unlock some doors, they then took part in a 'spy mission' in small teams. The 'spy mission' involved working together to get all of the team through the different obstacles they faced along the way, using logic and problem solving. Chelsea Bowers, 7J has shared her experience:



"SpyMissions was the best trip I've been on. When we arrived my group had been picked first, Jak (who was the captain), Tierney, Megan, Brandon, Oscar, Callie, Liberty and me (who was co-captain). Once told our mission, which was to disable a missile from exploding. It was very exciting. We were given lots of activities and when we were given another task, we just got straight on with it. There were many obstacles that we had to crawl, climb and pull ourselves up/over. My favourite part was when we had laser tag guns and were able to shoot three circles to open a door. However, actually stopping the missile was still fun! I felt like the world's best secret agent!"

All year 7 students were brilliant on both days and really got stuck in to their secret mission! The winning form overall was Ms Ryzack's form, 7I.

Mrs Morris
Director of Learning – Maths

ACHIEVE Days



Year 7 Lexia

Big congratulations to Alba Nuhiallari (7C), Enisa Kurta (7H) and Liepa Blandyte (7B) who are the first three students in Year 7 to successfully complete the Lexia Programme. The girls have shown commitment to their literacy skills through the hard work and commitment they have given to the programme, well done! It is also fantastic to see over 60 Year 7 students passing levels over the past two weeks. Keep up the excellent work Year 7!



Year 7 Lexia

Congratulations to Leticha Correia Cabral, Chelsea Akposheri, Leander Tasama, Rojs Dinsberg and Maisie Lethbridge who were the top five students using Lexia. These students demonstrated fantastic commitment to their literacy skills by using the programme at home which has won them all points for their form groups in the inter-form challenge! Well done to you all!



Miss Simpson
Lexia Coordinator

Congratulations Ms Buffon

We were very proud of Ms Buffon for winning the Pearson Prize for Pupil Impact as part of her Teaching Leaders work.

Ms Buffon led a team that made a significant impact on French and Spanish outcomes. As a result of her leadership of an intervention programme and by using student voice for planning and identifying learning gaps, 86% of pupils achieved A*-C in French and 73% in Spanish. The results were the best in the Borough.

Well done to Ms Buffon on receiving the Pearson Prize.

Ms Salih
Assistant Headteacher



SMSC D of E

Duke of Edinburgh Award News

Congratulations to the students in Year 12 and former students who completed their Silver DofE Expedition during the final week of last term on the Isle of Wight. All ten students involved did a fantastic job in rising to the challenge of the three-day walk, during which they had to be totally self-reliant. Many thanks also to Mr Dignam who acted as the assessor for both groups, and without whom this expedition could not have taken place. The students involved were; Moyin Adetoye, Aeisha Francis, Ibukun Aluko, Kelechi Ogbonna, Teresa Tu, Maryam Heydari, Tolu Oluwole, Ebun Ajala, Oliwia Husak (all Year 12), and Anisha Makwana and Adaeze Ogbonna (former students).



Ms Montague
Duke of Edinburgh Award Manager

Year 10 Bronze Duke of Edinburgh Award Group off to a flying start!

Last weekend 18 Year 10 students went away to Danbury Outdoor Centre to make a start on their expedition training. Following a camp craft session earlier last week they managed to put up tents and use camping stoves to cook themselves an evening meal. There then followed a camp fire with toasted marshmallows and a night walk.

The group rose early on the Saturday and cooked their own breakfast before packing up their belongings and setting out on a seven mile walk, and learning to navigate using an Ordnance Survey map. Needless to say the journey home was a good deal more quiet than the journey on Friday night. Many congratulations to all the students who took part, who rose brilliantly to the challenges that they faced throughout the weekend and were a pleasure to take away from school. They were: Lauren Simson, Ryan Maun, Edward Stemarthe, Emma Smith, Emily Fawsitt, Daniel Gill, Billy Smith, Nathan Rehmat, Brandon Filbert, Sean Mwangi, Davaughn Smith, Temi Oluwole, Esther Aluko, Elizabeth Mwaura, Yewande Oginni, Filip Fois, Faizaan Mahmood and Jovan Nenadovic.

Last but by no means least, thank you very much to the staff from the JRCS D of E staff group who gave up their time over the weekend to supervise the students, helping to consolidate their camp craft skills and teaching them navigation skills, they were:

Mr Hargreaves, Miss Moody, Mr Kilminster and D of E volunteer Bill Lockton.

I'm really looking forward to the next expedition with this group!

Ms Montague - Duke of Edinburgh Award Manager



SMSC PE

Alice Campbell 12B

Last weekend Alice competed at The School Games 2016 representing both England and The Jo Richardson Community School. 1600 Athletes from 12 disciplines attended from England, Scotland, Wales and Northern Ireland. It was a fantastic weekend, a mini Olympic Games.

Alice took Bronze in The Women's Individual Foil and as Captain of the England Women's Foil Team led her team to victory taking gold against Scotland. England were the overall champions across the Games. Alice was proud to represent her school.

Mr Smith
Headteacher



JRCS Sports Leaders make Primary Cross Country event a success!

On Wednesday 5th October I had the pleasure of accompanying 24 Year 10 Sports Leaders to Mayesbrook Park where they assisted with the delivery of the Barking and Dagenham Primary Schools Cross Country event. It was an extremely busy afternoon, as paired with students from Barking College, our students helped marshal and officiate 1,000 primary students attending the event.



Claire Clarke, one of the School Sports Partnership Managers who was leading the event said to me afterwards "Your leaders were great and played such a big part in the success of the event overall." Many congratulations to all who took part, it's wonderful to get such positive feedback about our students. An LOC for involving themselves in their community is on its way to each and every one of them.

Ms Montague
PE Teacher

Year 8 Inter-form Handball Tournament

November saw every Year 8 tutor group participate in a Handball knock out tournament which was hosted in the Sports Hall each lunchtime.

The matches lasted 8 minutes and forms were eliminated after each round leading to a semi-final on Thursday which involved 8J vs 8E and 8H vs 8G. There was lots of support from students and the Year 8 tutor team and some really exciting matches were played. The final was 8E vs 8G and was a fierce contest between the two forms. It was 2 all in the closing seconds and Ade from 8G scored the winner in the last few seconds to clinch the victory for 8G.



Thank you to all students and staff who supported the event and good luck to the Year 8 boys and girls who have been selected to represent the school in the Borough Handball competition at Goresbrook school this week.

Miss Boulton
Head of PE and 8G Tutor

Sport Inspired Community Games Festival



On Friday 11th November we welcomed 120 primary students from local schools as part of Sport Club Sign Up week. The young students had an opportunity to try out six different locally available sports and were led by our outstanding Year 9 Sports Leaders.

The event was run by Barking and Dagenham Council and SportInspired, and it was fantastic to see so many young people engaging in physical activity in our Sports Hall. I would personally like to thank and congratulate the JRCS Sports Leaders who were commended for their enthusiasm and professionalism on the day and hopefully we have inspired many young people to take up a new sport.

Well done to all the Year 9 Sports Leaders.

Miss Boulton
Head of PE



Borough Cross Country Championships 2016



The JRCS Cross Country Team competed in the Borough Cross Country Championships on Friday 4th November at Pages Wood in Havering. Students were selected to represent the school from KS3 lessons, where all students participated in a 3K cross country race. The top six from each year group were then selected to compete against 11 other schools from Barking and Dagenham. There were some outstanding individual performances on the day with Donte Auguste 7E achieving gold in the Year 7 Boys event and Michael Tittley 8A winning bronze in the Year 8/9 boys race. Temi Taiwo 8A also won bronze in the Year 8/9 Girls race and overall the Year 8/9 girls achieved a team Silver and our Year 7 boys won the team Gold. All of the athletes gave 100% despite the adverse weather conditions and we would like to congratulate you all on your performance.

Girls Year 7: Rebekah Waiharo 7C, Charlotte White 7G, Sophie Waiharo 7C and Maisie Elliot 7B.

Boys Year 7: Donte Auguste 7E, Orestas Veoys 7J, Euan Johnstone 7A, Femi Olalade 7I, Dylan Ferreira 7G and Elias Dragoi 7D.

Boys Year 8/9 and Girls Year 8/9: Michael Tittley 8A, Temi Taiwo 8A, Ade Jolaosho 8G, Morgan Romain 8I, Ridwan Miah 9F, Kemi Green-Adebo 8H, Kian Carter-Adamson 9A, Abibat Popoola 8B, Ledion Rama 9D, Emmanuella Adomo 8A, Dilvir Dosanjh 8E and Esther Harvest 9E.

Boys Year 10: Amin Khimoum 10A, Chris Kirk 10E, Ryan Maun 10D, Seth Carter 10B and Adam Brazier 10E.

Miss Boulton
Head of PE

JRCS are Borough U13's Handball Champions

Massive congratulations to our U13's Handball Team who won the Barking and Dagenham U13's competition on Tuesday 22nd November, held at Goresbrook School.

The competition consisted on five school teams in a league format, with the winner of the league being crowned as champions and representing the Borough at the London Youth Games.

Within the league stage the results were:

Vs Eastbury -	2 - 1
Vs All Saints -	2 - 2
Vs Riverside -	4 - 2
Vs Sydney Russell -	6 - 0



So well done to these boys (see picture) and all the best in the London Youth Games. Squad - (Back Row): Ben Adeniyi (8G), Adebisi Olajide (8G), Dimeji Olayinka (8J), Sergui Brataon (8G), Samuel Osikorobia (8E) and Jeremiah Ogunturin (8E), (Front Row) - Olumachi Ukonu (8G), Tyresse Strout (8H), Bailey Maffia (8H) and Adeoye Jolaosho (8G).

Year 7 Netball News

Well done to the Year 7 Netball team who took part in their first fixture against Riverside.

The girls unfortunately lost 7-1 but played fantastically well. Player of the match goes to Justina Folorusho 7C.

Well done girls.



Congratulations to Reece Ward, 8F

Reece won a 'Highly Commended' award at the 2016 Jack Petchey Outstanding Achievement Awards in Panathlon. The awards are for young people with disabilities who have grown, excelled, overcome, and been inspired through sport.

Reece collected his award from Paralympic swimming champion and Panathlon Ambassador, Liz Johnson, in a ceremony on Wednesday 23rd November at the Olympic Suite in John Lewis Stratford City.



Before joining JRCS Reece was unable to participate in PE or sport but now he takes part in PE lessons and regularly attends the school Panathlon Club. He attended the borough trials for the Panathlon team in January and was chosen for wheelchair slalom and relay.

Reece trained at every opportunity and in each round of the competition set personal best times. He carried this through to the London Champions Final at the Copper Box Arena in June where he won a gold medal, achieving yet another personal best and helping Barking and Dagenham to win the overall trophy.

Reece has also competed in boccia and is part of the borough boccia club. He attended a residential week at Trewern in March where he took part in all the activities. His positive attitude to improving his performance led to him gaining the school's annual PE Department Award for the most improved boy in Year 7.

Well done Reece!

Mr Kilminster
Co-educator

Jo Richardson hosts Panathlon Trials



On Tuesday 6th December, Jo Richardson School hosted the trials for the Borough's Panathlon Team for 2017. Students from eight schools across the Borough took part, and there were over 80 students who tried out for a place on the team.

Students from Jo Richardson, Sydney Russell, Robert Clack, Eastbrook, Trinity, Dagenham Park, All Saints and Barking Abbey were put through their paces in activities such as boccia, new age kurling, table cricket,

poly bat, foam javelin, indoor shot putt, standing long jump and precision bean bag. For those who use wheelchairs there was also a wheelchair slalom course to tackle. All of these varied activities were brilliantly led by the 10J Sports Leaders: Semi Adeyeni, Sheikh Ahmed, Ahlam Ali, Esther Aluko, Samuel Clark, Cheltsey East, Ammiel Enaharo, Emily Fawsitt, Daniel Gill, Qasim Shah, Casey Margerison, Mafuza Majid, Liz Mwaura, Yewande Oginni, Vaselina Pencheva and Lauren Simson.

The event organiser Elaine Burgess said of the 10J Sports Leaders in an e-mail to Mr Smith *“they all rose to the challenge and worked hard throughout the day. It is always a pleasure to come to Jo Richardson when you host our primary and secondary events as we can always rely on your well trained leaders to excel.”* Congratulations to all the leaders involved, who all receive an LOC for their care and commitment shown on the day.

Well done also to all the students from Jo Richardson who took part in the trials, and thank you to Mr Kilminster and Miss Parkin for their support. We will find out shortly who has made the team, and these names will be published in The Seagull as soon as they are available.

Ms Montague
PE Teacher

Girls Football News

Congratulations to the under 12's girls football team who came 2nd in the ESFA under 12 indoor competition. All the girls played fantastically well and managed to come top of their table beating Eastbury, Sydney Russell and Goresbrook school. Unfortunately, the girls narrowly lost 1-0 in the final to Eastbrook School. However, all girls played extremely well and all their hard work is paying off.

Miss Pridie
Teacher of PE



SMSC Geography

Going Places with Geography

On 12th October some of the best geographers in Year 9 were selected to attend the “Going Places with Geography” day at the Royal Geographic Society in Kensington. This was to give them an insight into what Geography could offer them at GCSE and beyond.

They had a fantastic time taking part in interactive sessions about careers, sustainable development and glaciers. They wrote raps, plays and got their hands dirty! We hope to take another group for the event next year as they found it so useful.

Mrs Davids
Geography Department



SMSC Sixth Form

Ahoy shipmates!

Year 13 took on the rapids and waves at Stubbers last week. In fact, the lake was calm and tranquil until Year 13 launched their rafts. Some did not even make it back to the water's edge in one piece!

Students had a great day working as a team and many took on challenges and fears that they had been saying all the way there in the coach that they would not, but when the time came they stepped up to the mark.

Abseiling from the tower, stepping up onto a very high pile of crates and conquering the climbing walls resulted in smiles and personal challenges completed by the end of the day.

"I never knew I could do that" – definitely becomes – "what can I do next".

Congratulations to all Year 13, who went, on a great day out.



Animal Farm or Activity Farm?

Year 12 had an early start in their first full week as they embarked on their first trip together, to Blackland Farm in East Sussex. Joining with the other three schools from the consortium they were challenged to overcome a series of problem solving challenges plus possibly their own personal challenges.

How do you get the bucket from the middle when you are not allowed in the large circle around it? Can we really balance four of us on top of the pole – and lean out!

The spider net caught a few out when they used up all the easy holes early on and left the last couple of team-mates with near impossible chances. The day culminated in the Egg Drop, students had to design a carrier to protect a raw egg whilst it is dropped from the top of a high abseil wall – "Smashing".

A tired bunch got back on the coaches, chatting about their challenges, solutions and "how it should have been done!"

Miss Campbell
Deputy Director
of Sixth Form



Winning Tear Far Tower



Winning Team Near Tower

United Nations International Day of the Girl

On Tuesday the 18th October, five Sixth Form girls took the opportunity to go to an event at St Paul's Cathedral in honour of the "United Nations International Day of the Girl". We were able to walk around St Paul's and sit where the choir would sit during a service (conveniently called "The Quire!"). Here we heard an amazing welcome speech from the keynote speaker Roxanna Zea (President and CEO, Rentify), whom we later got the chance to converse with as part of the mentoring programme. A few years prior to this St Paul's had held a similar event which had been centred around how to change and increase the number of women in the workplace.



After the introduction and keynote speeches, we were taken to the crypt for the mentoring sessions. Each "speed mentoring" session gave us ten minutes to talk to the mentor, who were all incredibly inspirational women and worked in the STEM (Science, Technology, Engineering and Maths) industries. There were 12 mentors that we were able to grill in the allotted time. We were able to ask any questions we wanted, which was incredibly useful. One thing we took from it was that you do not have to have your whole life planned as not one of these women started their education wanting to work in STEM, it just happened to be something they stumbled across on the way and thus, ended up as the successful women they are today. This was an absolutely amazing opportunity and we took a lot away from it. Should the opportunity arise again, we would recommend going.

Anjali Channa & Bethany Knight
Year 13

Year 13 students sculpting their next steps

Year 13 enjoyed a very productive couple of days before half-term as they made serious headway with their post 18 applications. On day one they were given a talk on interview preparation methods to help those who will be interviewed for both university and apprenticeship applications in the near future. There was also a specially designed workshop for those who are considering the world of work/apprenticeships as an alternative to university. Students had their questions answered about this increasingly popular pathway and were able to begin applications to various apprenticeship websites. Across both days there was a fantastic buzz on the music corridor (our temporary home), as students worked on finalising their options for UCAS, writing personal statements and taking part in mock interviews. I was very impressed with the positive attitude of all students involved, well done to all and good luck with your applications. Thank you to the tutors and other staff involved who helped make the two days such a success.

Mr Marks
18+ Transition Coordinator

Investment Banking – A career for the future

We were lucky enough to have a visiting speaker from the Worshipful Company of International Bankers, Michael Llewelyn-Jones, who delivered a presentation last week. Michael has just completed his year as "Master" and prior to this was Chairman and Managing Director of Citibank. He has a wealth of experience within the industry having also been an Account Manager for Citibank looking after clients such as Shell.



Michael came in to speak to Sixth Form students, plus a couple of invited KS4 students, about what Investment banking is, its history and the way it works. He also briefly covered the variety of jobs that can be researched in the banking sector as a whole. During his talk, he explained about how investment bankers work mainly on mergers and acquisitions, Capital Markets or Foreign Exchange Markets. He outlined the difficulties that there have been with the industry and showed

how world events affect their revenue and outcomes. Michael explained the various routes into the sector and gave some top tips about the degree programmes that would help students in their quest for a position (captivating their attention with a starting salary example!). Michael spent quite a lot of time after his actual talk, speaking 1:1 with students answering a whole range of questions.

Jay Batchelor, Year 13, attended the talk and wrote: "I thought that the speaker was very interesting and engaging. It gave me a real insight into what investment banking is actually about and how it works. It helped to give me a better understanding of what I want to do after university and how to do it."

We are very grateful to Michael for giving up his time to come and spend time with JRCS students. We look forward to more outside speakers offering their insight to different sectors of work as the year progresses.

Miss Campbell
Deputy Director of Sixth Form

Little Havens: Making every day count

On 21st of November, Year 12 Health and Social Care students had the opportunity to visit Little Havens Hospice. During our visit we had a tour of the Hospice and an insight into the stories of the young children who have life-limiting conditions.

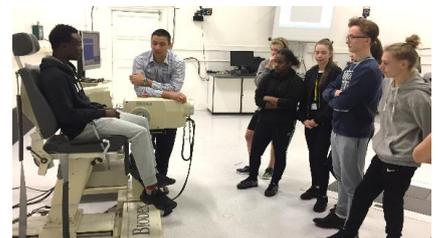
Little Havens cares for babies, children and teenagers, providing respite, symptom control and end of life care as well as support for the whole family. We had the opportunity to visit the multi-sensory room, dining area, messy and soft play areas and also the children's rooms and the rooms for the whole family. We were able to appreciate the little things that we take for granted.

We were surprised how calming, lively and uplifting the atmosphere was and how the Hospice had a significant impact on the way we view end of life care. We presented a cheque of over £300 to the Hospice from money raised at JRCS. We hope to continue to fundraise in the future to support the Hospice in developing their care, technology and facilities.

Year 12 Health and Social Care class

Year 12 A level PE Biomechanics trip to UEL

The Year 12 A level PE cohort visited UEL Stratford campus on Tuesday 22nd November, to meet a Biomechanist and participate in biomechanical analysis. The 10 students have been studying force and its effects on sports performance as well as looking at new technologies being used to analyse movement efficiency and sporting technique. The students had an opportunity to try out the force plates in the lab to see the effects of force on motion and used a dynamometer to test muscular strength in the legs, which was important to evaluate training programmes and recovery from injury. We learnt about limb kinematics and looked at the technology used to study human movement before finally discussing the possible career paths following a degree in Sports Science. This was a great opportunity for the students to see how the biomechanical principles work in a practical setting and hopefully their knowledge has been extended further.



Many thanks to UEL for hosting us

Miss Boulton - Head of PE

Year 12 EPQ Students' Trip to Westminster University, Regent Campus

On 30th November, the Year 12 EPQ students took a trip to the Regent Campus of Westminster University in London. After suffering an hour and half on the tube, we arrived, to be greeted by four ambassadors who aided us throughout the afternoon, and our supervisor, Jim. After a brief introduction we were given full reign of the literary resources of Westminster University; some of us took to the computers, downloading PDFs to memory sticks and phones. Some of us looked at hard copies of academic journals and books that could support our projects. We were given permission to photocopy any resources that we required to look at once at home and which many people took advantage of.

As the afternoon drew to a close, we were given the opportunity to use one of the lecture halls for a Q&A with the ambassadors on university life, and they gave us a lot of information on what university life is all about.

Overall, the trip helped us in many ways, giving us a general knowledge of how to use a university library, giving us access to resources that will supplement our EPQ course and also giving us information on life at university. It was an incredibly profitable experience.

Sueda Otkay 12B



JRCS Sixth Form "Go Down to the Alley"



Year 12 students went Bowling on Wednesday evening with the rest of the Southern Consortium. Piling up the "Splits"/ "Strikes" and "Double Baggers" was a matter of course and some even realised the object was not to use the bumpers quite so much.

It was not until the last frame of the last game that Hassan stepped up and threw in the Christmas "Turkey" (3 strikes in a row!!).

Excellent fun was had by all, biceps are recovering and a few blisters are appearing on the fingers!

Merry Christmas from JRCS Sixth Form

SMSC OSHL

Third year running for JRCS Clubs Fair

Our third annual Clubs Fair was held on Tuesday 27th and Thursday 29th September at lunchtime in Boothroyd Hall.

Students were able to browse the club stalls at their leisure and find out about Cooking and Cake Clubs, Maths Puzzle Club, Creative Writing Club, Year 9 Enterprise Club, Drama Performance Clubs, Dance Clubs and a whole host of PE clubs.



There was a fun atmosphere, with staff and students busily chatting about the great activities on offer. Many thanks to the staff and students who gave up their lunchtimes to run the stalls. Thank you also to all the students who showed an interest in extra-curricular activities, don't forget that any student attending an extra-curricular activity should receive one credit per session.

Up to date details of the weekly activities on offer can be found on the school website. From the home page go to information - school life - extra-curricular.

Ms Montague
OSHL Co-ordinator

98% satisfaction rate among parents following out of school hours learning survey

Many thanks to all the 662 parents and carers who took part in the out of school hours learning (OSHL) survey that was carried out as part of SPRD day earlier this term. A 98% satisfaction rate was recorded with 86% of those surveyed rating the information about activities and the activities themselves as good or excellent. It was lovely to get some positive comments back from parents, such as 'the activities provided are run to a very high standard and we are always provided with sufficient and relevant information' and 'well done and thank you to all the teachers who lead the activities'.

Where parents raised concerns about our OSHL offer they will be receiving a letter from me, which will hopefully answer their questions. If anyone has any further questions or concerns please e-mail me lmontague@jorichardson.org.uk. A few concerns were raised about the changes to the school day, however the vast majority of families seemed to feel that this change is working well. There are also a variety of clubs and activities on offer from 2 – 3pm on Wednesdays for all ages and interests, should you prefer your son/daughter to remain at school on Wednesday afternoons.

Please remember that the weekly outline of activities is available via the school website. From the Home page go to - information – extra-curricular, where the weekly outline of activities can be downloaded. If you do not have access to the internet at home, students can print off a copy of the outline in school. The outline is also posted up in all form rooms and on the OSHL notice board opposite the canteen. The new outline for January 2017 will be published during the second week of term, both in the Seagull, online and on notice boards around school.

Ms Montague
Out of School Hours learning Co-ordinator

SMSC Student Voice

Young Peoples Safety Group Conference

On Friday 30th November, we held the tri annual Young Peoples Safety Group Conference here at Jo Richardson. 80 young people from six of our Borough schools attended to discuss the issues surrounding gangs and gang violence in our local community. The focus was on how the community can support each other and how we can spot early warning signs in young people who might become involved. The discussions were honest and often hard to hear but as a young group of people keen to see these types of issues removed from our own community, we were glad to have the opportunity to speak out and speak up. We offered our thoughts on how to tackle this problem facing so many of our young people today.

Students involved: Sergiu Brataon 8G, David Agoha 9E, Jonjoe Mould 8G, Rojus Bendikas 8C, Mehnaz Musthafa 8E, Stephanie James 8E, Morgan Smith 9C, Molly McCarthy 9C and Alice Solomon 9C.

Ms Boller
Student Communication Manager

Student Voice Elections 2016

Despite a delay in the election day, the event was well supported with representatives from all years in every Action Team.

Staff support and student election fever meant that our students once again understood the importance of getting up, getting out and voting in their own elections.



All successful candidates will begin their time in office after a half day training this Wednesday and will represent their peers in ensuring that their voices are heard across a wide range of social and school issues.

A huge well done to those who ran successful campaigns. Now the hard work begins!

Ms Boller
Student Communication Manager

SMSC Food & Catering

THE COOKING CLUB

Cooking club has had a great start this year, Thursday night we had a great turn out.

Students all had great fun, learned some new skills and made some new friends.

I would like to thank my trusty helper Mrs Debono.

Mr Hargreaves
Food and Catering



Cake Club

The Food and Catering Department have started the first stage of the preparation for Cake Club 2016, by icing the cake board and putting the marzipan onto the fruit cake. It was a real pleasure to see the fun and enthusiasm the students were showing. The club had a great turn out again this year.

I would like to thank Mrs Gande and Mrs Moffatt for their help and support. The following students turned up for the first session:

Deanna Allman 10D, Snow E 8D, Jazmine Defreitas 8D, Honey Farah 8E, Shaikha Seif 8E, Mehnaz Musthafa 8E, Bridget Aryee-Brown 8E, Valeria Gavazyuk 7H, Karis Gregory 8A, Evelyn Omotosho 8E, Stella Obareti 8J, Elizabeth Aforts 8I, Devika Ahtty 8I, Arthur Garner 7I and Lauren Simson 10D

Mr Hargreaves
Food and Catering Department



Cake Club

We have completed four weeks of Cooking Club and it has been a great success. The students have covered their cakes with marzipan and icing. They have decided on a church scene at night and have used edible paints to create a great design.

I would like to thank the students for their hard work and commitment to the club. I would also like to thank Ms Moffatt and Ms Gande for their support.

Mr Hargreaves
Food & Catering Department



SMSC Dance

Epidemik and Illuminate

We have been really impressed with the start of the extra-curricular dance clubs this term. Both the girls and boys dance companies, Epidemik and Illuminate as well as the KS3 street lunchtime dance club have had a fantastic turn out of both new and existing company members who have all shown fantastic dedication and commitment. We look forward to lots of exciting performance opportunities in the near future!



Class work

The Dance Department would like to introduce a 'Dance Student of the Week' special mention for Ethan Nsiah in 7C. Ethan has been working extremely hard in his lessons and performed a fantastic assessment dance based on technology as well as continuing to be a valuable asset to our boys dance company.



The Dance Department

KDA Performance

On Friday 21st October students from JRCS worked with the 'Keeping Dance Alive' dance company to help create a piece based on Shakespeare/Bollywood. They worked collaboratively with a professional choreographer to produce some excellent work. This piece when completed will be filmed and put on a DVD so that thousands of students in and around Essex can learn and perform the dance at a number of mass dance events around the country. The company praised our students saying that they represented JRCS with creativity, maturity and professionalism.



JRCS Dance TAP Club

JRCS Dance will be launching our first tap dancing club on a Monday lunch time in DA1 – this is open to all students.

JRCS Sixth Form Company

JRCS Sixth Form Dance Company meet every Wednesday 11.30am - 1.30pm, come and join us in time for the start of our next piece

Miss England
Head of Dance



JRCS Dance News

Dance Laban Trip – The second week in December was a very busy and successful week for JRCS Dance. GCSE Dance students who went to see an excellent professional Dance Performance at Trinity Laban to watch a local choreographer Botis Seva and his Company 'Far from the Norm' perform 'Woman of Sun'. Botis is an amazing role model for our students and is an example of where dance can take them, he has done fantastically well and is taking the professional dance world by storm.



Far from The Norm Dance Workshop - Following this, the students in Year 10 GCSE Dance and some Year 9 students took part in a professional workshop with a dancer from Far from the Norm, learning repertoire from the piece and taking on the original style of contemporary/hip hop fusion.



Keeping Dance Alive (KDA) live filming for the mass participation DVD- This year JRCS were chosen to film a DVD resource for a mass participation dance performance. The students worked extremely hard all day last Wednesday and were an asset to the school. They learnt a large amount of choreography in one day, filmed it and performed it beautifully to a professional standard.



We are so proud of their work and that they are representing this project which will be taught to thousands of students in Essex and Barking and Dagenham.



JRCS Dance Winter Showcase 2016 -

The week ended with our most successful show to date. Students from all year groups performed as well as our Primary School Company (Upsurge), Boys Company (Illuminate) and Girls Company (Epidemik). The Year 11s GCSE dancers created some stunning choreographies and the Year 10 class did exceptionally well in their first live performance as a class.



Merry Christmas from the Dance Department

Thank you to our dance students for your commitment and hard work this year and to parents/carers for your generosity and support with picking students up late from rehearsals/shows and attending the Dance Showcase. We raised an amazing £320 which will go to the following charities:



Miss England and the Dance Department

SMSC Design & Technology

Design Technology Year 9 Structures Day 2016

Just before half-term, we completed our annual ACHIEVE structures day with Year 9 students. Most students present enjoyed building and working together to assemble structures that could hold up to 4 kg and were taller than a metre. Most students present were able to understand the basic skills and forces required to build a strong structure.

The winning groups will be going on a reward trip in the Summer Term. The trip will be to the Emirates Cable Car in North Greenwich. We will inform parents/carers closer to the date.



Winners:

Dominik Svacina 9F, Ibukunoluwa Silva-Ope 9F, Ridwan Miah 9F, Samira Begum 9E, Moshopefoluwa Johnson 9F, Zoe Cooper 9E, Sukhdeep Kailey 9E, Rebecca Brown 9F, Paige Clarke 9G, Luke Craigie 9H, Amriya Issa 9G, Ngoya Mulumba Ntambwa 9H, Ardit Begu 9F, Tahir Rahim 9E, Adam Lahmami 9E, Jack Waiharo 9E, Elizabeth Ogunyanwo 9G, Gerren Ntiri 9G, Catarina De Jesus 9H, Billie Hackett 9H, Rebecca Marku 9E, Joana Balla 9E, Joshua Thompson 9F, Connor Richmond 9F, Millie Hoskin 9G, Vanessa De Gouveia 9A, Darja Puskareva 9A, Gabija Kondrotaitė 9A, Anna Thankam Vargis 9A, Morgan Smith 9C, Denis Alia 9D, Klaidas Runele 9D, Javid Heydari 9B, Oreoluwa Salami 9B, Nathan Dowridge 9A, Dario Shabani 9A, Andreia Loios 9C, Laveda-Dione Ogbemor 9D, Jayden Allen 9D, Eloise Westbrook 9C, Raymond Borg 9A, Shahriya Islam 9B, Modestas Greblikas 9A, Reece Rayner 9B, Mei-La Daley 9C, Frankie Hendricks 9C, Abu Berete 9D and Khai Sesay 9D.

Miss Banjo
Head of DT

SMSC Maths

Student of the month – MATHS

Starting in October, the Maths Department have been nominating one student in each class to be 'student of the month'. There is some great work going on in Maths lessons and we want to celebrate the success of our students. This could be for a positive attitude, great classwork or homework or extra-curricular contributions. A winner from each year group was chosen at random and is listed below. Well done to all students nominated, and a particular well done to the overall winners below. Good luck to everyone for the November student of the month!

Year 7 – Liepa Blandyte
Year 8 – Ebony Tabury
Year 9 – Emmanuel Oduniyi

Year 10 – Edward Stemarthe
Year 11 – Diamand Sefolli
Sixth Form – Daniel Tranter

Mrs Morris
Director of Learning - Maths

Year 10 Maths Ambassadors



November saw the launch of our ambassador programme with eleven Year 10s giving up their time to work with some of our Year 7 students on their numeracy skills. It was amazing to overhear some fantastic explanations and how enthusiastic everyone was about the Maths.

Thanks to our 20 Year 7 students, in particular to our Maths ambassadors: Deli Bajrami, Harry Keating, Firdaus Lahmani, George Smith, Ahlam Ali, Lily Jones, Robert Lluka, Denise Muyumba, Kathleen Sheehy, Matthew Thorndike and Clawnton Wetshi.

Ms Moody
Leader in Maths

UKMT Team Maths Challenge

On Wednesday 16th November, four of our Sixth Form students took part in the UKMT Senior Maths Team Challenge. The competition invites teams from across London to compete in the Senior Maths Challenge. Our students achieved 11th place overall out of 39 which is an amazing achievement and shows an improvement on previous years.

Students involved were Elorm Tsetse, Thomas Clarke, Jordan Wauchope and Tolu Oluwolen. Well done lads!

Mr Gaudoin
Leader in Maths

Student of the month – November

Every month our Maths teachers nominate a student of the month from each class. Students receive a certificate and then a randomly selected overall winner from each year group wins a prize. The overall winners this month are:

Year 7 – Agnes Hondi

Year 8 – Lucy Burgum

Year 9 – Obianuju Ihezuo-Nnadi

Year 10 – Guste Rudzinskaite

Year 11 – Oliwia Lopaczewska

Sixth Form – Radaon Mohamed-Ali

Well done to all nominated students, and a particular well done to the overall winners above!

Mrs Morris
Director of Learning - Maths

SMSC History

JRCS Debates in the House of Lords

On Friday 25th November eight students from Years 8, 9 and 10 went to a Youth Democracy debate in the House of Lords hosted by the English Speaking Union. The debate was chaired by the Speaker of the House, Lord Faulkner and the rules and protocols of Parliament were followed. The debate was televised on Parliament TV and students were commended for their behaviour and contributions.

"Last week I found out that I had the chance to go to the House of Lords and watch a debate where the question was: "Should there be limits to Free Speech in Britain?". The debate was set up excellently by the English Speaking Union. I enjoyed the debate as many people put forward their opinion to let everybody else hear the opinion. However, despite me liking a fully open debate where you are not prepared with a script beforehand, this system is interesting as well. I also think it was a crucial debate as it concerns the future of each country, and I was interested in what the other people in the chamber had to say. I only hoped that I would get chosen to say my view in the floor debate". - Silviu Ionescu (9A)



"Last week, I was given the opportunity to attend and participate in a youth debate held in the House of Lords. The question proposed was whether 'free speech' should be limited in the UK. No matter what opinion the tens of people, including myself, harboured before walking into the House of Lords, we all walked out astonished by the power of words and the results of growing up with free speech. I had the privilege to hear young people from all over the United Kingdom speak out about their rights and responsibilities. It was a very enlightening evening". – Anmona Siddaqua 10H

"Last Monday I was fortunate enough to go to the House of Lords to watch a debate. This was about free speech and the question was "Should there be limits on free speech in Britain". It was run by the English Speaking Union. The debate was quite long, especially the floor debate, as it was over an hour. During this time, it was fun to listen to other people's arguments because it helped us to understand the debate more. There were three sides of the argument: Freedom of speech should have no limits, freedom of speech should be monitored, and freedom of speech should be censored. I started off thinking that speech should be monitored, however, I now believe that it should have no limits because Britain is known for its democracy, and although some views may be hurtful, humans have a right of freedom of expression. My favourite speaker in the debate was the opening speaker for proposition 2. I had fun because it was good to witness a formal debate and it was a good experience for us to learn about what a debate in the House of Lords is like". - Bridget Aryee-Brown 8E

