

The Seagull



Issue 586 Friday 5th October 2018

Next week is Week 2

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HEADTEACHER'S NEWS

Update

I am very aware of the high level of concern amongst parents relating to issues that have appeared both in the local press and on social media. I want to confirm that we were informed by Public Health England (PHE) that a member of the JRCS community had been tested positively for TB.

Once we had received this information we immediately informed the appropriate professional services and immediately followed the guidelines laid down to us by PHE. As a result, a number of members of staff and students were screened in line with guidance provided by PHE for infection on Monday of this week and I am glad to inform you that on Wednesday of this week PHE returned to the school and confirmed that there were no active cases of TB.

Those screened were selected because they met the criteria for the high level of contact dictated by the PHE guidelines that is necessary for transmission of TB.

An important part of the PHE guidelines dictates that information relating to the processes should only initially go out those directly involved. However, after consultation I decided to put an open letter to parents on the website to inform them of the procedures taking place in school. All information sharing was done in full consultation with PHE to make sure that there was not undue concern caused to members of the JRCS community. We were assured at all times that we were following the correct procedures.

I fully appreciate the high level of concern amongst parents when information of this

nature becomes public and I am sorry for any distress this may have caused.

Further information can be found on pages 5, 6 and 7 of this edition of The Seagull.

ACHIEVE Days

The week after next, we start our first round of our curriculum ACHIEVE Days. On these days, our Year 9's will be going to the War Graves in Belgium. The Year 8's will travel to Central London to visit the Science Museum and the London Dungeon and our Year 7's will spend the day at the zoo and tackling maths problems at Spymasters. These days are an enormously important part of the learning opportunities that we offer at JRCS. Could you please make sure that your son or daughter returns their permission form immediately so we can make sure that as many students as possible can take part in these exciting activities. Unfortunately, we will not be able to accept any more Year 9 permission slips as the travel arrangements and bookings have already been made.

Please see the tables on pages 8 & 9 for more information.

Parent Governor Vacancies

We will have two vacancies on our Governing Body for Parent Governors, one commencing 9th November 2018 and one commencing 5th March 2019. Nomination forms have been sent home with your child, but please contact the School Office if you need a further copy. If you would like to contribute to the work of your son/daughter's school, please complete and return the form to the School Office **by 4:00pm on Monday 8th October**.

Mr Smith
Headteacher



GENERAL NEWS

Year 10 Bronze students enjoy the autumn sunshine



I had the pleasure of accompanying nine students from Year 10 on their Bronze expedition training weekend at Danbury on Friday and Saturday last week. All the students pitched their tents very efficiently and organised themselves well on the Friday night, cooking a three course meal of soup, pasta, cake and custard on Trangia camping stoves. Later in the evening we lit a campfire and roasted marshmallows. After a chilly night, the students cooked a breakfast of bacon or quorn rolls, and set off on their four hour walk to Little Baddow Church. The sun was shining and everyone took their turn to navigate. They finished the afternoon with an ice-cream at Paper Mill Lock on the River Chelmer.

The students were all very well behaved and tried really hard with all the tasks they were given both around camp and on their walk. All those involved should be very proud of themselves and a well-deserved LOC is awarded to all of them. They are: Ayaan Chida 10B, Gopal Goswami 10D, Ini Philips, Harrison Whyte and Reece Ward all 10F, Josiah Ugowe 10G, Nicola Hicks and Tolu Famulegun 10H, and Devika Ahtty 10I.

Thanks also go to Mr Hill and Ms Davies whose help and support was invaluable on the trip.

Ms Montague – D of E Manager

Cambridge University Visit

On the 19th September, 20 Year 10 students visited Cambridge University to get an experience of what the university is like as well as attend the Physics at Work exhibition in the Cavendish laboratories.



When we arrived we were welcomed at Gonville and Caius College where we were given a tour of the college and a brief talk on university life. This is the college where Stephen Hawking was based.



We had lunch in the impressive lunch hall before walking over to the Cavendish laboratories where students at Cambridge University study Physics. We attended workshops on Antarctic exploration, materials science, computer coding for robotics and Rolls Royce jet engines among others.

The workshops gave a fascinating experience of what it is like to study or use physics in a broad range of applications.

Mr Tizzard
Head of Science

Ryan Smith 9E Jack Petchey Award



I am incredibly proud, along with Ryan's form tutor Mr Rutland, of this wonderful achievement. Ryan took an opportunity to join the fire cadets in Year 8 and clearly has excelled himself whilst taking part. A deserved award, well done Ryan!



Miss Draisey
Head of Year 9

Annual Clubs Fair

On Wednesday and Thursday 26th and 27th September the annual Clubs Fair was held at lunchtime in the Sports Hall. At this event students could create their own personalised extra-curricular programme and talk to staff about the wide variety of clubs and activities available to students outside periods 1 – 5.



Ms Montague
OSHL Co-ordinator

Football News

Last week the under 14s took part in the Essex cup first round. The team was made up of a combination of Years 7, 8 and 9. They took on Langdon Academy, who last year made it through to the latter stages of the competition. Despite an excellent second half team effort and a woman of the match performance by Demi Mitchell the girls unfortunately lost 3-1. However, I am sure the girls will bounce back to winning ways next week when they take on Lammes School at home.

Miss Pridie
PE Department

KS3 Girls Rugby Day

Barking Rugby FC hosted a girls rugby festival on Friday 28th September to introduce more girls to the sport. We took 17 girls from Years 7 and 8 to represent JRCS and for many this was their first taste of the game. The day involved learning the basic skills such as passing, tackling and running with the ball as well developing the students' knowledge of the rules of the game. We ended the day in small sided competitive matches and the teams were a mixture of students from Warren, Barking Abbey, Robert Clack and ourselves. All the girls



Thank you to all the students who came along and collected stickers, and many thanks to all the staff who gave up their lunch break to run stalls promoting their activities. The weekly outline of activities has been published in The Seagull over the last two weeks. This is also available, and will be kept up to date on the school website on the 'Extra-curricular' page. If you have any comments or suggestions about extra-curricular activities please e-mail me lmontague@jorichardson.org.uk.

demonstrated respect and resilience throughout the day and I look forward to watching them compete in the Borough tournament on 15th October at Barking Rugby Club.



Well done to all the girls involved

Miss Boulton & Mr Kersey

Do you love West End and Broadway shows?

If you do...

You might want to come along to our Showtime Showcase drama group and have some fun!!!!

We'll be working towards a cabaret evening where we will perform famous scenes/numbers from the big shows.

We are meeting to plan the event Tuesday lunch time at 1.30pm.

Please come along.

Year 7- if you are interested please come and see Ms Cook at 12.30pm Tuesday lunch time.

Drama Department



OFFICE ASSISTANTS

The Office Assistants for next week:

Monday	Tyara-Kim Ekunola 8B
Tuesday	Ronnie Fletcher 8B
Wednesday	Daniel Gurden 8B
Thursday	Jasmine Hunter St.Louis 8B
Friday	Aatif Issa 8B



ACHIEVE



Public Health England

Protecting and improving the nation's health

PHE London North East and
North Central London Health
Protection Team
Ground Floor, South Wing
Fleetbank House, 2-6 Salisbury
London EC4Y 8JX

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www.gov.uk/phe

Jo Richardson Community School
28 Gale Street
Dagenham
RM9 4UN

Reference: HPZone 199204 Jo Richardson Community School

5th October 2018

Dear parent or carer,

I am writing to update you on the TB screening that took place at the school on Monday 1st October. A risk assessment was undertaken with senior staff at the school and TB screening was organised for those staff and students who were in regular and close contact with the person during the time that they were infectious, to check that they have not contracted TB.

Having reviewed the outcomes of screening, we can confirm that we have not found any cases of active TB. In line with national guidelines, there is therefore no need to extend the screening to others.

We would like to reassure you that no further action is required at the school.

Diagnosing TB as soon as possible and providing correct treatment is the most effective way to prevent its spread, as TB can be treated with a full course of special antibiotics. The **common symptoms** of TB include: a persistent cough, coughing up blood, weight loss and/or night sweats. I have included a factsheet covering frequently asked questions about tuberculosis, and further information is available at www.nhs.uk

If you have any further questions or concerns about this letter, please do not hesitate to contact me or one of the Health Protection Team on 020 3837 7084, between 9am and 5pm, Monday to Friday. Please quote the reference at the top of this letter.

Yours sincerely,

Sofia Saeed
Principal Health Protection Practitioner
North East and North Central Health Protection Team



What is Tuberculosis (TB)?

Tuberculosis (TB) is an infectious disease that usually affects the lungs, but it can affect any part of the body. It is caused by bacteria called '*Mycobacterium tuberculosis*'. The bacteria can survive in the body for many years in a dormant or inactive state whereby people are infected but show no signs of TB disease. When the bacteria are awake and dividing people are said to have 'active TB'.

What are the symptoms?

The most common symptoms are persistent cough that does not get better with usual antibiotics; loss of weight, fever, heavy night sweats, tiredness and less commonly coughing up blood and in some cases swollen glands.

How common is it?

With better housing and nutrition and effective treatment TB has become less common in the last century. Although since 1990's the numbers were rising slowly, there has been a year-on-year drop in the number of TB cases in England over the past four years, down to 5,758 cases in 2015 (10.5 per 100,000 population), a reduction of one-third since the peak of 8,280 cases in 2011 (15.6 per 100,000 population). London has higher rates compared to the rest of the UK, but a significant drop was also seen in London, with 2,289 cases in 2015 (26.2 per 100,000 population), down from 3,491 cases in 2011 (42.6 per 100,000 population).

How do you catch it?

TB is not easily caught. Only about 30% of healthy people closely exposed to TB will get infected and of those only 5% -10% will go on to develop active TB (usually in the first 5 years following infection). It is rare for children with TB to pass the infection to others – children get TB from adults with active respiratory TB. Those with TB can become non-infectious soon after beginning of treatment (usually 2 weeks) if they take the proper treatment as it is prescribed.

Who catches TB?

You have to be in close and lengthy contact (for example living in the same household) with someone with infectious TB in their lungs or throat. While anyone can catch TB some people are more at risk.

These include people who:

- Live in the same household as, or have been in close and lengthy contact with someone with infectious TB
- Living in unhealthy or overcrowded conditions, including those who are homeless or sleeping rough
- Have lived, worked or stayed for a long time in a country with a high rate of TB
- May have been exposed to TB in their youth when TB was more common in this country
- Are children of parents whose country of origin has a high rate of TB
- Have been in prison, addicted to drugs or misuse alcohol
- Are unable to fight off infection due to illness (such as HIV), some treatments or poor diet
- Young children and very elderly people

What is the incubation period?

From infection to showing a response to a TB skin test may take 4-12 weeks. From infection some people may never progress to the actual (active) disease. If they do, it happens more commonly in the first 5 years after infection, but the bacteria may remain in the body for the rest of their life and

cause the disease later, especially if the individual's immunity is weakened as a result of other serious infections (such as HIV), other diseases, or some treatments.

What should be done after exposure to someone with TB?

People diagnosed with active TB are assessed for infection risk to others. If the bacteria are found in their sputum, then their close contacts will be invited for TB screening to identify those who have been infected. Casual contacts such as friends, work colleagues and schoolmates, are only investigated if the TB patient is considered to pose a risk to them, for example if they had close and prolonged contact.

For people under 65 years old the screening will usually consist of a skin test (Mantoux) and/or a blood test. Mantoux test can be interpreted after 2-3 days. If the skin shows a strong reaction, it means that there has been previous exposure to tuberculosis bacteria. This might be due to a previous BCG vaccination, exposure to similar bacteria that does not cause TB, or a current tuberculosis infection. It is normal for most people to have a small reaction to the test – it does not mean that you are ill or that you are infectious to other people. The test will be done by experienced specialist nurses who will explain to you what the result may mean when you come back to have it read. Some illnesses and medications may affect the skin reaction, which is why you are asked about these at the time of the test.

People over 65 years old are usually screened by having a chest x-ray but may also be offered further tests.

Those who have a positive skin test, or a positive blood test or an abnormal chest X-ray or who are unwell will be further investigated by the specialist TB team and may be treated with a course of antibiotics.

Do I still need to be tested for TB if I have had BCG vaccination in the past?

Yes. BCG vaccine works best to prevent the most serious forms of TB in children but it does not prevent TB in all cases, particularly respiratory TB in adults. It does not provide 100% protection and it is thought that over time its effectiveness decreases.

Is there any treatment for TB?

TB infection with or without symptoms can be treated with special antibiotics. Treatment for the active form lasts at least 6 months. It is vitally important to complete the whole course of antibiotics as prescribed. If not, TB may return in a form that is resistant to some of the drugs and be much more difficult to treat. If TB is not treated properly, it may lead to serious illness and even death.

How can you protect yourself against TB?

The most effective way to prevent the spread of TB is by diagnosing people as soon as possible and make sure they have a full course of correct treatment.

BCG vaccine is offered to infants and children who are at higher risk of catching TB, for example infants born in areas with a high incidence of TB or those whose parents or grandparents were born in a country with a high TB incidence.

Further information can be obtained from your family doctor or NHS Direct on 111.

Whole School ACHIEVE Day trips Wednesday 17th October 2018

Colchester Zoo	Date	Year	Forms	Student arrival	Dep time or start of activity	Approx. return time/finish time	Where to register	Equipment	Lunch arrangements	Spending money	School uniform?
Spymasters / Mountfitchet Castle	17/10/2018	7	ABCDE	7B/7C 7:00am 7A/7D/7E 8:30am	7B/7C 7:15am 7A/7D/7E 9:00am	7B/7C 3:10pm 7A/7D/7E 4:10pm	A= MA1 B= MA2 C= MA3 D= MA4 E= MA5	Something firm to lean on, such as a clipboard, pen and pencil.	Packed lunch + water	max £5	Yes
Colchester Zoo	17/10/2018	7	FGHIJ	8:30am	9:00am	3:30pm	F= PDE1 G= PDE2 H= PDE3 I= RS1 J= RS2	Weatherproof clothing	Packed lunch + water	max £5	Yes
London Dungeon / The Globe	17/10/2018	8	ABCDE	8:30am	9:10am	5:00pm – 5:30pm	A= SC1 B= SC2 C= SC3 D= SC4 E= SC5	Something firm to lean on, such as a clipboard, pen and pencil. Weatherproof clothing	Packed lunch + water	n/a	Yes
Science Museum	17/10/2018	8	FGHIJ	8:30am	9:15am	4:00pm	F= SC7 G= SC8 H= SC9 I= SC10 J= SC11	Pen and pencil. Weatherproof clothing.	Packed lunch + water	n/a	Yes
Ypres	17/10/2018	9	ABCDE	5:15am	5:45am	9:30pm – 10:00pm	Boothroyd Hall	Passport, EHIC, something firm to lean on, such as a clipboard, pen and pencil, optional cheap disposable camera and change of footwear/clothing	Packed lunch inc. sufficient water for the day + extra food for return journey (or money to buy food in Ypres)	max £10 equivalent in Euros	Yes
Fair Trade / DT / Food	17/10/2018	9	FGHIJ	8:30am	8:40am	3:40pm	F= GE1 G= GE2 H= GE3 I= HI2 J= HI3	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Financial Management / Career Planning	17/10/2018	10	ABCDE	9:45am	10:00am	2:30pm	ICT Corridor	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Business Enterprise	17/10/2018	10	FGHIJ	8:30am	9:00am	3:10pm	F= EN1 G= EN2 H= EN3 I= EN4 J= EN5	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
English Exams	17/10/2018	11	ALL	8:45am	9:00am	3:10pm	Assembly Lines	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Positively Mad	17/10/2018	12	ALL	9:30am	9:30am	1:30pm	Sports Hall	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	n/a
Post 18 Transition Day	17/10/2018	13	ALL	9:00am	9:00am	3:15pm	DA2	n/a	Normal lunch arrangements	n/a	n/a

Whole School ACHIEVE Day trips Thursday 18th October 2018

Visit/Event	Date	Year	Forms	Student arrival	Dep time or start of activity	Approx. return time	Where to register for Years 7 & 8 Rooms needed all day for Years 9, 10, 11, 12 & 13	Equipment	Lunch arrangements	Spending money	School uniform?
Spymasters / Mountfitchet Castle	18/10/2018	7	FGHIJ	7F/7G 7:00am 7H/7I/7J 8:30am	7F/7G 7:15am 7H/7I/7J 9:00am	7F/7G 3:10pm 7H/7I/7J 4:10pm	F= MA1 G= MA2 H= MA3 I= MA4 J= MA5	Something firm to lean on, such as a clipboard, pen and pencil.	Packed lunch + water	max £5	Yes
Colchester Zoo	18/10/2018	7	ABCDE	8:30am	9:00am	3:30pm	A= PDE1 B= PDE2 C= PDE3 D= RS1 E= RS2	Weatherproof clothing	Packed lunch + water	max £5	Yes
London Dungeon / The Globe	18/10/2018	8	FGHIJ	8:30am	9:10am	5:00pm	F= SC1 G= SC2 H= SC3 I= SC4 J= SC5	Something firm to lean on, such as a clipboard, pen and pencil. Weatherproof clothing	Packed lunch + water	n/a	Yes
Science Museum	18/10/2018	8	ABCDE	8:30am	9:15am	4:00pm	A= SC7 B= SC8 C= SC9 D= SC10 E= SC11	Pen and pencil. Weatherproof clothing	Packed lunch + water	n/a	Yes
Ypres	18/10/2018	9	FGHIJ	5:15am	5:45am	10:00pm	Boothroyd Hall	Passport, EHIC, something firm to lean on, such as a clipboard, pen and pencil, optional cheap disposable camera and change of footwear/clothing	Packed lunch inc. sufficient water for the day + extra food for return journey (or money to buy food in Ypres)	max £10 equivalent in Euros	Yes
Fair Trade / DT / Food	18/10/2018	9	ABCDE	8:30am	8:40am	3:40pm	A= GE1 B= GE2 C= GE3 D= HI2 E= HI3	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Financial Management / Career Planning	18/10/2018	10	FGHIJ	9:45am	10:00am	2:30pm	ICT Corridor	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Business Enterprise	18/10/2018	10	ABCDE	8:30am	9:00am	3:10pm	A= EN1 B= EN2 C= EN3 D= EN4 E= EN5	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
English Exams	18/10/2018	11	ALL	8:45am	9:00am	11:00am	Assembly Lines	Standard school equipment (pen, pencil, calculator etc.) & planner	n/a	n/a	Yes
London Culture	18/10/2018	12	ALL	9:45am	n/a	3:30pm	Becontree Station	n/a	Packed Lunch or money to buy food	n/a	n/a
Post 18 Transition Day	18/10/2018	13	ALL	10:00am	n/a	3:15pm	DA2	n/a	Normal lunch arrangements	n/a	n/a

Jo Richardson Community
School is committed to
supporting its students and
enabling them to meet their
full potential.

This includes:
YOUNG CARERS
Who are valued members of
the School Community.

If you need help or support
please see **Mrs Staggs**

Additional Support

