

# The Seagull

Issue 594 Friday 14<sup>th</sup> December 2018

Next week is Week 1  
Week commencing 07/01/19 is Week 2

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## HEADTEACHER'S NEWS

### Happy Christmas!

At the end of an excellent year at JRCS I wanted to take the opportunity to wish every member of our school community a very Merry Christmas and a Happy New Year. I hope you enjoy a peaceful and relaxing Christmas break and I look forward to seeing everyone back in school in 2019.

### This week's Gold Seagull Winners

Congratulations to Mikayla Culling 7B, Nikolay Petrov 7B and Alba Nuhiallari 9C who were all awarded with The Gold Seagull this week.



### Well Done Doyin!

In September a BBC TV film crew came into school to make a short film about our nomination for School of The Year. For a whole day they were supported by two of our fantastic Sixth Form students, as a follow up to this visit one of these students Doyinsola Ekuntuyi 13D was invited along to do a days work experience filming the BBC show, Young Dancer at the Sadlers Wells Theatre,

London. Doyin had a fantastic day and thoroughly enjoyed the experience.



Congratulations Doyin!

### Dates for your diary:

**Tuesday 18<sup>th</sup> December:** Student Christmas Lunch

**Tuesday 18<sup>th</sup> December:** Lower School Disco 5:30pm – 7:30pm

**Thursday 20<sup>th</sup> December:** Staff No Talent Show: Late start at 11:00am (Students should not arrive to school before 10:30am) – Early finish 1:15pm approximately after the Staff No Talent Show (non-uniform/Christmas Jumper day £1 donation). Please be aware there will be no food service on this day.

**Monday 7<sup>th</sup> January:** Return to school (normal time).

Mr Smith  
Headteacher





## GENERAL NEWS

### Christmas Lunch

On Tuesday the 18<sup>th</sup> of December, JRCS will be celebrating the festive season with a full Christmas dinner for students. As a result, normal food service will be modified.

**Breakfast service:** There will be a normal breakfast offer on this day.

**Break time service:** There will **no** Year 7 food service at break on this day due to preparations for the Christmas lunch. There will be limited services for Year 8-13 students at the sandwich and pasta bar only.

**Year 7:** To celebrate the completion of the first full term at JRCS, the Year 7's will be enjoying a sit-down Christmas meal. If you wish your child to partake in this meal please ensure they have funds on their ParentPay account in advance of the day (£2.30). If you do not wish for them to have the Christmas meal, please ensure they have a packed lunch as we will not be serving any alternative meals on this day, *but they will be expected to sit with members of their form class to share in this experience regardless of whether they are having the Christmas meal or not.*

**Year 8 - 13:** For Year 8 to 13's we will be serving a full Christmas lunch through the day, starting at 12:30pm through till the end of normal lunch time. If you do not wish for them to have the Christmas meal, please be aware that there will be a limited selection of other item on sale via the secondary food service locations at break and lunch or students may wish to bring a packed lunch.

Mr Donovan  
Assistant Headteacher



### Reminder to all students

Please ensure all lockers are emptied of any food items before the Christmas break.

### Lost Property

Can all parents please be reminded to ask students to check the lost property basket before the end of term as any items left will be disposed of. Also, any confiscated items can be collected by students from the School Office at the end of the day on Thursday 19<sup>th</sup> December.

### Student's Forgotten Items

Please be reminded that due to the number of students in the school we are unable to accept their forgotten items at reception.

Mrs Stone  
Office Manager

### Year 11 – Sixth Form Registration

Students who have not started or not completed their registration for JRCS Sixth Form should do this as soon as possible. The direct link [jorichardson.ulas.co.uk](http://jorichardson.ulas.co.uk) will take you to the registration form. On January 16<sup>th</sup> at the Progress Evening all Year 11 students will meet a senior member of staff to discuss their plans for September 2019.

We look forward to meeting you there. In the meantime, Happy Christmas from the JRCS Sixth Form.

Mrs Wren  
Director of Sixth Form



**CHRISTMAS JUMPER DAY**  
**THURSDAY 20<sup>TH</sup> DECEMBER**  
**£1 DONATION**





### **Instrumental Lessons and Music Clubs**

All music clubs and lessons will resume straight away from the first day of the Spring Term. If you are taking lessons and have not yet received a new timetable, please see Miss Ford. If you are in a club, please make sure you remember to attend in the first week as we will be working on material for the Winter Concert.

Thank you.

Music Department

### **Celebration Evening**

On Wednesday 19<sup>th</sup> December we are delighted to welcome back last year's Year 13 students who are now either at university or at work. They are coming to celebrate their achievements and collect their certificates. It will be lovely to see them and to catch up with their news.

Mrs Wren  
Director of Sixth Form

### **Year 13 Sociologists in Court!**

Last week, our Year 13 Sociology class visited the Old Bailey, where we gathered an insightful viewing of three murder trials. We were able to see the events of the courtroom, and the intricate details and evidence that is accumulated into reaching a verdict.

Through taking this opportunity, we were able to relate what we observed to our studies of crime and deviance and our understanding of convictions, prosecutions and trials in particular. Being able to reflect on what we have read in our textbooks and the media's representation of the criminal justice system, it was highly beneficial to witness a trial as we gained real life understanding of the process.

The trip was highly valuable as we gained a deeper knowledge of the consequences of crime and the repercussions it has on our society.

Year 13 Sociology Class

### **Library Book Reminder**

Students should return all library books to the library by Monday 17<sup>th</sup> December.

Any student who has lost a library book or a book cannot be returned for any reason the £5 library fine should be paid, via ParentPay, straight away, you do not need to wait for a letter to be sent home.

Thank you to everyone for supporting the school library.

Have a wonderful Christmas break.

Ms Osland  
School Librarian



### **OFFICE ASSISTANTS**

The Office Assistants for next week:

Monday	Tiarna Skepple-Morgan 8D
Tuesday	Charlie Smiley-Sparks 8D
Wednesday	Justin Tuna 8D

The Office Assistants for week beginning 7<sup>th</sup> January are:

Monday	Millie Adams 8E
Tuesday	Kira Bath 8E
Wednesday	Milly Emery 8E
Thursday	Daniel Harris 8E
Friday	Jessica Kane 8E

Little  
Havens  
Children's Hospice

**CHRISTMAS JUMPER DAY**  
**THURSDAY 20<sup>TH</sup> DECEMBER**  
**£1 DONATION**



# JRCS WINTER FAIR

SANTA & HIS REINDEERS  
UNDER THE CANOPY

AT BREAK & LUNCH

12TH DECEMBER - 17TH DECEMBER

MANY GAMES & ACTIVITIES

BRING SOME CASH TO SPLASH



# SANTA'S SNOWBALL



No dress code



Location -  
Boothroyd Hall



Price - £2




Food and drink  
on sale



Date - Tuesday  
18<sup>th</sup> December



Time - 5:30pm -  
7:30pm



NORTH POLE





Public Health  
England

# Winter newsletter for parents and carers

Welcome to the winter newsletter from Public Health England London, providing key information on:

- Influenza and the annual immunisation programme
- Norovirus and steps to help reduce the risk of spreading infection

## **INFLUENZA (Flu) - What is influenza?**

Influenza or 'flu' is a viral infection that mainly affects the nose, throat and the lungs.

Flu is worse than a common cold. Symptoms of flu can include a sudden onset of fever which can last for three to four days, shivering, headache, cough, sore throat, feeling lethargic, aching muscles and joints. Some children may also feel sick (nausea), or have diarrhoea. Tiredness can last two to three weeks.

The symptoms are different from a cold as a cold is often limited to a runny nose, sneezing, watery eyes and throat irritation. The symptoms usually occur gradually and do not cause a fever or body aches. Usually what people call "gastric flu" is a gastrointestinal infection with another virus – usually norovirus or rotavirus.

## **Who catches flu?**

Anyone can catch flu. The highest rate of infection is usually in school age children and mostly occurs during the winter months.

Many children and young people with special educational needs and disabilities (SEND) have one or more conditions which place them at increased risk of severe flu infection. They may require prevention (through seasonal flu vaccination) & prompt treatment if they become unwell – as outlined in more detail below.

The amount of illness occurring each year varies, depending on the particular strain that is circulating. Some flu viruses cause more severe illness than others. This is why in some winters people may be more unwell with flu than in other years.

## **How do you catch flu?**

Flu is very infectious and can spread rapidly from person to person. It is mostly caught by breathing in air containing the virus when an infected person coughs/sneezes or by touching a contaminated surface and then touching your mouth or nose.

## **How serious is flu?**

Most people recover completely from flu in a matter of days or a week. Vulnerable groups for example older people, pregnant women, children and young people with SEND, as well as those with other illnesses (such as chest or heart disease, neurological condition, or diabetes) and new born babies and those with learning disabilities are at greater risk of having serious flu illness.

Serious illness from flu can range from the virus itself causing a severe viral pneumonia, to a secondary bacterial infection causing bronchitis and pneumonia or to a worsening of any underlying chronic medical condition such as heart disease. Serious infections are likely to end up in hospital admission.

## **Can you prevent flu?**

Flu immunisation is one of the most effective interventions we can provide to reduce harm from flu and pressures on health and social care services during the winter. The vaccine is very safe and side effects are uncommon and usually mild. The vaccine is not recommended for everyone, but it is advisable for those with serious medical conditions who may be more likely to be seriously affected by flu and it is also recommended for all pregnant women.

## **Flu vaccination for children**

Having the vaccine will help protect your child from what can be a very nasty illness in children. Children under the age of five have the highest rate of hospital admissions due to flu. It will reduce the chance of others in your family, who could be at greater risk from flu, such as grandparents or those with long term health conditions, getting flu from your child. It can help you avoid having to take time off work or other activities because you are ill or need to look after your sick child. The flu vaccine is recommended for all children aged two to nine (but not ten years or older) on 31 August 2018. Preschool children aged 2 and 3 years old are provided for at GP Practices. School aged children (in reception class & years 1 to 5) are usually provided for by health professionals at school. Children from 6 months to 18 years and upwards in risk groups – vaccination is usually provided at school and can also be obtained from GP practice if parents prefer.

## **Flu immunisation for people with learning disabilities**

Flu and the importance of flu immunisation for people with learning disabilities (LD) are:

- Those with LD are more likely to become seriously ill if they get flu.
- People with LD and those who care for them are entitled to a free flu vaccination
- There's a need to increase awareness of the risks to those in this group and to increase the uptake of the flu vaccination for people with LD and their carers.

### **How will the vaccine be given?**

Most children at school will be given a nasal spray. The nasal spray contains viruses that have been weakened to prevent them from causing flu but will help your child to build up immunity. When your child comes into contact with flu viruses they will be better able to fight off the infection. The vaccine is absorbed quickly in the nose so, even if your child sneezes immediately after having had the spray, there's no need to worry that it hasn't worked.

### **Can the vaccine cause flu?**

No, the vaccine cannot cause flu because the viruses in it have been weakened to prevent this from happening.

This vaccine is recommended for:

- Those aged 65 years and over
- Pregnant women
- Children aged 2-4 and all school aged children in years 1-5
- Frontline health care workers, including those who work in care homes
- People of any age with chronic heart, lung, neurological, metabolic disorders (including severe asthma and diabetes), kidney problems or a lowered immune system due to treatment or disease
- Those who are very obese
- Those in long stay residential care accommodation where influenza, once introduced, may spread rapidly
- It is recommended that immunisations be offered to health and social care workers involved in direct care of and/or support to patients and also anyone caring for a person in the at risk groups
- Fit adults under the age of 65 years who are not in one of the groups mentioned above are not offered the vaccine as part of the national programme. This list is not exhaustive and if you are unsure if you should have the seasonal influenza immunisation then please discuss this with your pharmacist or GP

### **How can you reduce the risk of flu transmission in schools?**

- Staff and children with flu should be kept away from school until they are symptom free.
- Wash hands frequently with soap and water and dry thoroughly
- Avoid touching surfaces (such as door handles) and then the face
- Cover your mouth and nose with a tissue when coughing or sneezing and dispose of used/dirty tissues in a bin – "Catch it, Bin it, Kill it"

### **How soon should a child be back at school after influenza?**

Flu is most infectious when symptoms start until about three to five days later. There are no recommended times of exclusion for an infected child: a child should return once they are well enough.

### **What is the treatment for flu?**

Most people with the flu need no special treatment. Flu is caused by a virus so antibiotics do not help unless there is a complication. Occasionally a special 'antiviral' medicine is given to people who have underlying medical conditions, which means they are at risk of having serious flu infection or whose illness is getting worse. Someone who is ill with flu should keep warm, rest and drink lots of fluids to prevent dehydration. It is best to stay at home while feeling ill with flu as this reduces the chance of spreading the infection to others. Medication can be given to reduce fever, ask your pharmacist or GP for advice.

More information: Stay Well This Winter campaign: <https://www.nhs.uk/staywell/#OZuZe6r3 8EZIDlbq.97>

## **NOROVIRUS**

Norovirus, also called the 'winter vomiting bug' because it usually occurs during the winter months, is the most frequent cause of infectious gastro-enteritis in England and Wales and affects 600,000 to two million people in the United Kingdom every year. Cases usually start to appear during the autumn, peaking during January.

### **How does norovirus spread?**

The virus is very infectious and is easily spread from one person to another. It can be spread by contact with an infected person, by consuming contaminated food or water or by touching surfaces or objects which have become contaminated with the virus.

### **What can be done to prevent infection?**

It is impossible to prevent norovirus. However, taking good hygiene measures such as frequent hand washing around someone who is infected is important. Other measures include the implementation of basic hygiene, food handling measures, prompt disinfection of contaminated areas, and staying at home for 48 hours after the symptoms have stopped.

### **If I'm suffering from norovirus, how can I prevent others from becoming infected?**

Good hygiene is important in preventing others from becoming infected – this includes thorough hand washing with warm water and soap after using the toilet, touching pets and playing outside. Food preparation should also be avoided until 48 hours after the symptoms have subsided.

### **How is norovirus treated?**

There is no specific treatment for norovirus apart from letting the illness run its course. It is important to drink plenty of fluids to help prevent dehydration.

### **Are there any long term effects?**

No, there are no long term effects from norovirus.



# JANUARY GYM OFFERS!



**NO JOINING FEE &  
FIRST MONTH FREE\***

\*Must pay following month upfront. Adult £15.00 / Concession £10.00

**EXISTING MEMBERS**

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\*Adult £100.00 / Concession £80.00




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