

# The Seagull

Issue 599 Friday 8<sup>th</sup> February 2019

Next week is Week 1

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Year 10 Netball Team – Well done!



## HEADTEACHER'S NEWS

### Time to Talk Day

This week like many schools across the country we have held events at JRCS that aim to raise awareness about mental health, in the following article you will find more details about everything that we did. On top of these fantastic events we were also visited by the BBC who have made a short film about one particular aspect of the work we do at JRCS. This will soon be available on the BBC website.

Many thanks to everyone involved especially Mrs Quail, Mr Rutland and Mr Kilminster for their invaluable input.

Mr Smith  
Headteacher



## GENERAL NEWS



let's end mental health discrimination

This Thursday marked Time to Talk Day, which is promoted by the Time to Change campaign. The campaign aims to end the stigma and discrimination directed towards those in our communities living with mental health conditions such as anxiety, depression or obsessive-compulsive disorder to name just a few of the most common.

The incredible reality is that 1 in 4 of us will live with a mental health condition at some point in our lives. As life becomes more complicated and pressured, mental health issues are not just more prevalent than we first thought: they're on the rise. The World Health Organisation has sounded repeated warnings that in the next decade, mental health issues will become the number two (if not number one) cause of illness.

Worryingly, just 1 in 8 people who have mental health issues feel that they are able to step forward and speak to someone with a view to receiving the acceptance and support needed to make their condition manageable. Our aim in sharing Time to Talk Day with the school this week is to change this frightening statistic. We want to foster an environment at JRCS where all members of our community, be they staff, students or parents and carers, feel able to have open and honest discussions about conditions that can (and do) affect many of us.

Quite often, it is a lack of understanding of mental health issues that can make them an awkward or even frightening topic to discuss, and yet our message this week has been simple: all our friends, family and colleagues living with mental health issues want is a patient, non-judgemental ear for a few minutes.

To that end, Mrs Quail, myself and two Sixth Formers, Ebony and Kieran, compiled a short video to display in assembly. We shared our own experiences around the topic of mental health, whether discussing loved ones or talking about our experiences living with our own mental health conditions. We all concluded that, while mental health conditions are another way in which life can be made challenging, they should do nothing to lessen the identities of our friends, colleagues and loved ones, or the love and respect that we have for them.

People with mental health issues exist in all areas of our community. It is my hope that, in speaking frankly and openly in assembly, we can continue to be as frank and open as a community and make talking about our mental health as routine as discussing a bad back, nasty cold or a headache!

As well as our assembly, meditation sessions, a joke-telling competition in the

Peace Garden and a mental health pledge wall all formed the centre of the day. We were really humbled to hear from staff and students about discussions they had had or witnessed as a result of these activities, and we hope that this is something that continues every day, not just on Time to Talk Day!

Mr Rutland  
English Department



**CITY UNIVERSITY  
LONDON**

### **Year 9 - City University Taster Weeks**

Back in December, a member of City University came in to see Year 9 and gave them a talk on some of the opportunities available for them at the University during Year 9 and beyond. The students were told about a 'Taster Week' where various professions come together to work on a range of activities with the young people who are accepted. Many students showed an interest in this, which was great to see, however, only 16 took the plunge and applied. The application process was completely independent and involved the students themselves researching the University and opportunities. Students had to complete an online application form at home and send it off to the University. Below are the 16 students:

Sorna Chondhury 9A, Sulliamon Diallo 9G, Adiyat Sharif 9B, Charlotte Davenport 9G, Abiola Yusuf 9H, Vanessa Dapaah 9G, Alexander Adekeye 9A, Abrar Sidkar 9I, Doris Blumel 9G, Rebekah Ogunturin 9G, Zacharia Salim 9G, Bradley Williams 9G, Charis Adams 9A, Sheikha Ali 9A, Philip Adu 9D and Sammi Lai 9G.

I am extremely proud of every student listed here and I am pleased that they have learnt the value of being resourceful and taking opportunities. LOC's are on their way and let's keep our fingers crossed that they all get on to the programme!

Huge thanks for your parental support with this.

Miss Draisey  
Head of Year 9



### Gold Seagulls

Congratulations to this week's Gold Seagull winners (pictured above):

Nikhil Ahtty 7E, Ameera Khatun 7C, Mahhum Saqib 8E, Lubna Ishaque 8G, Oyinkansola Oginni 8G, Hayley Stevens 8G, Mehnaz Musthafa 10E and Bridget Aryee-Brown 10E.

Mr Smith  
Headteacher

### Year 13

We saw Year 13 students and parents at the Progress Evening this week. It was encouraging to see us all working together to support the students in their vital last few months at JRCS.

I am very glad to have all the parental support and would be happy to hear from any parents or carers who want to discuss further how to help their sons and daughters get strong results and move on to universities and careers of their choice.

### Year 11

We are currently preparing to send emails to all Year 11's who have applied for the Sixth Form. These should be with you in the next couple of weeks. If any Year 11's are hoping to come to JRCS Sixth Form but have not completed their registration on <https://jorichardson.ulas.co.uk> they should do it as soon as possible. I am happy to help, if required.

Mrs Wren  
Director of Sixth Form

### Cooking Club

This week students learnt how to improve their cooking skills by using the melting method when making chocolate brownies. It was great fun and a great way of improving both cooking and social skills. Year 8 and 9 students were supporting the younger students.

This session also helped with the student's sensory skills. Through tasting, hearing, touching, smelling and seeing, children are exposed to and also can identify different foods. Motor skills are improved by being actively involved with food. Food preparation also enhances eye-hand coordination; it was pleasing to see most of these skills were being carried out in the club and the students got a great deal out of cooking this product.

It was a very hard practical task to master, I was pleased with the progress they made. In addition, we have three Duke of Edinburgh students attending to complete their skill section of the award.



I would like to say a big thank you for both your commitment and dedication and taking a great deal of responsibility towards improving and developing your cooking skills.

Well done!

Mr Hargreaves  
Food and Catering

## World Book Day



Thursday 7<sup>th</sup> March is World Book Day. To acknowledge this day an all-day reading marathon will be held in Main Street. Every 15 minutes throughout the day a different student will read to keep the marathon going. The reading marathon will take place on a staged area set up as a camping theme complete with a tent and (mock) fire. To take part students will need to see Ms Osland in the Library to book a time slot and have it entered in their planner.

This event has been very popular in the past and a lot of fun, so students do need to be prompt to book a time.

Ms Osland  
Library

## A Level PE - University of Essex Visit

On Wednesday 30<sup>th</sup> January we welcomed an outreach Sports Scientist from the School of Sport, Rehabilitation and Exercise Sciences (University of Essex) to lead a session on 'Training at Altitude'.



The practical session involved a student cycling at varied intensities (low, moderate and high intensity) in normal environmental conditions and then after a short rest, at a simulated altitude of -2000m, using a portable hypoxic generator.

Students collected data and analysed this after to discuss the body's response to exercise and the effects altitude has on performance. This was then followed by a

theory presentation covering the various methods of altitude training and the resultant physiological adaptations, which really engaged the students and reinforced the learning that has taken place in the classroom.

The students had the opportunity to ask questions regarding higher education during the university presentation and many were interested to learn about the different courses on offer at the University of Essex and the experiences they could gain there.

We are planning to visit the University in the near future to attend a Biomechanics and Sports Psychology workshop which will further deepen the understanding of our A level cohort.

Miss Boulton  
Head of PE

## Year 10 Netball

The Year 10 netball team (pictured on the front page) played Riverside on 29<sup>th</sup> January in our last Borough League game of the season. The girls have been committed to training and have improved throughout the season in terms of their skills and tactics we have used. We went ahead in the 1<sup>st</sup> quarter and by half time the score was 7 -3. The Game finished 15-5 and it was great to end the season with a win.

Temi and Adunola worked well together in the attacking circle and scored some fantastic goals, whilst Jayze and Maya defended well at the other end rebounding and intercepting many shots. This team displays great team cohesion and I look forward to taking them to the Borough Netball Rally on Monday 4<sup>th</sup> March.

Miss Boulton  
Head of PE



## OFFICE ASSISTANTS

The Office Assistants for next week:

Monday	Jack Taylor 8F
Tuesday	Marvin Abbe 8G
Wednesday	Moses Agostinho 8G
Thursday	Delia Andrei 8G
Friday	Elle Barker 8G

## Year 10 Mock Exams

Below is a copy of the Year 10 mock exam timetables. These are internal exams and students will be required to attend normal lessons. 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 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.

### Year 10 Mock Exam Timetable 2019

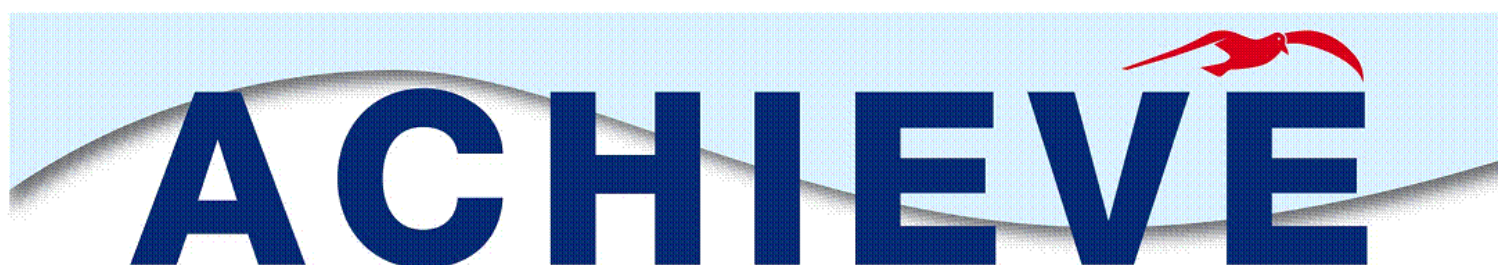
Day/Date	Paper	Length	Time
<b>Monday 11<sup>th</sup> February</b>	History	1 hour 15 mins	9:00am
<b>Monday 11<sup>th</sup> February</b>	Construction Food and Nutrition Hospitality and Catering	1 hour 15 mins 1 hour 45 mins 1 hour 15 mins	11:30am
<b>Monday 11<sup>th</sup> February</b>	BTEC Engineering Band S Practical Media	2 hours 40 mins	2:00pm
<b>Tuesday 12<sup>th</sup> February</b>	Dance RE Music Listening	1 hour 30 mins 1 hour 20 mins 1 hour 30 mins	9:00am
<b>Tuesday 12<sup>th</sup> February</b>	PE	1 hour 30 mins	11:30am
<b>Tuesday 12<sup>th</sup> February</b>	Geography	1 hour	2:00pm
<b>Wednesday 13<sup>th</sup> February</b>	Drama	1 hour 30 mins	9:00am
<b>Wednesday 13<sup>th</sup> February</b>	Citizenship	1 hour 45 mins	11:30am
<b>Thursday 14<sup>th</sup> February</b>	BTEC Engineering Band R Practical French Listening and Reading	2 hours 1 hour 45 mins	9:00am
<b>Thursday 14<sup>th</sup> February</b>	Spanish Listening and Reading	1 hour 45 mins	11:30am
<b>Thursday 14<sup>th</sup> February</b>	Computer Science	1 hour	2:00pm
<b>Friday 15<sup>th</sup> February</b>	GCSE Business Studies	1 hour 30 mins	9:00am
<b>Friday 15<sup>th</sup> February</b>	BTEC Engineering Written Paper DT Written Paper	1 hour 30 mins 2 hours	11:30am
<b>Friday 15<sup>th</sup> February</b>	Spanish Writing French Writing	1 hour 15 mins	2:00pm

## Weekly Outline of Out of School Hours Learning Activities – Spring Term 2019

Club	Year Group	Staff	Time	Venue
<b>Monday</b>				
Choir	All	Mr Jenner	8:15am - 9:00am	MU1
Boxing Fitness Club	7 - 9	Mr Hession	1:30pm - 2:00pm	DA2
SDD Homework Club	8 - 11	Mrs Roult & Miss Chandler	1:30pm - 2:05pm	SD2
IT Work Catch-up	8 - 11	Mr Campbell	1:30pm - 2:05pm	IT1
Girls Basketball Club	All	Ms Emeny	1:30pm - 2:10pm	Sports Hall
Indoor Athletics Club	7 - 9	Ms.Pridie	4:05pm - 5:05pm	Sports Hall
<b>Tuesday</b>				
Fitness / Indoor Rowing	All	Mr Coupland	7:45am - 8:15am	Gym
Wind Band	Invited	Mr Johnston	8:30am - 9:00am	MU1
SDD Homework Club	7	Mrs Prockter & Mr Hession	12:30pm - 1:05pm	SD2
Puzzle Club	7	Ms Moody & Ms Colborne	12:30pm - 1:05pm	Maths Department
Badminton/ Table tennis	KS3	Mr Coupland	1:30pm - 2:05pm	Sports Hall
SDD Homework Club	8 - 11	Ms Newman & Mr Bashir	1:30pm - 2:05pm	SD2
IT Work Catch-up (Week 2)	8 - 11	Mr Campbell	1:30pm - 2:05pm	IT1
PE GCSE Intervention	10 - 11	Ms Boulton / Mr Howard	1:30pm - 2:10pm	PE1
Drama Club	7	Miss Cook	3:05pm - 4:15pm	DR1
Girls Netball	7 - 8	Miss Pridie / Miss Emeny	3:05pm - 4:30pm	Netball Courts
Boys Football	7 - 8	Mr Coupland	3:05pm - 4:30pm	Astro / Field
Y10 Bronze D of E (Week 2)	10	Ms Montague	3:05pm - 4:45pm	SD3
Wings Dance Academy	Invited	Miss Simpson	3:15pm - 4:15pm	DA1
<b>Wednesday</b>				
Fitness / Indoor Rowing	All	Miss Boulton	7:45am - 8:15am	Gym
Boxing Fitness Club	7 - 9	Mr Hession	7:45am - 8:15am	Plumbing Studio
Orchestra	Invited	Mr Jenner	8:15am - 9:00am	MU1
Basketball	12 - 13	Miss Emeny	11:00am - 11:30am	Sports Hall
Times Table Rockstars	7 - 8	Miss Johnson	11:00am - 11:30am	MA12
Gold D of E	Invited	Ms Montague	11:30am - 12:30pm	SD3
Jazz/Big Band	Invited	Mr Clement	1:30pm - 2:00pm	MU2
Dance Club (Mixed styles)	All	Miss England	1:30pm - 2:00pm	DA1
Badminton	10 - 11	Mr Howard	1:30pm - 2:00pm	Sports Hall
Panathlon Club	All	Ms Montague	1:30pm - 2:05pm	Sports Hall
SDD Homework Club	7 - 11	Mrs Roult & Mrs Debono	1:30pm - 3:00pm	SD2
Cheerleading	7 - 9	Coach	2:00pm - 3:00pm	Sports Hall
Peace Garden	All	Mr Kilminster	2:00pm - 3:00pm	Peace Garden
Girls Football	All	Mr Richards	2:00pm - 3:00pm	Astro / Field
Basketball	All	Coach	3:00pm - 4:00pm	Sports Hall

## Weekly Outline of Out of School Hours Learning Activities – Spring Term 2019

Club	Year Group	Staff	Time	Venue
<b>Thursday</b>				
Silver D of E	11	Ms Montague	7:30am - 8:30am	SD3
Fitness / Indoor Rowing	All	Miss Pridie	7:45am - 8:15am	Gym
Guitar Club	7 - 9	Mr Clement	8:15am - 9:00am	MU2
Piano Ensemble	Invited	Mr Jenner	8:15am - 9:00am	MU1
SDD Homework Club	7	Mrs Debono & Miss Chandler	12:30pm - 1:05pm	SD2
Basketball	7	Miss Emeny	12:30pm - 1:10pm	Sports Hall
Trampolining	7	Ms Boulton	12:30pm - 1:10pm	Sports Hall
Trampolining	All	Mr Howard	1:30pm - 2:05pm	Sports Hall
Panathlon Club	All	Ms Montague / Miss Hall	1:30pm - 2:05pm	Sports Hall
SDD Homework Club	8 - 11	Mrs Prockter & Mr Hession	1:30pm - 2:05pm	SD2
Puzzle Club	8 - 11	Ms Hunt	1:30pm - 2:05pm	MA8
IT Work Catch-up	8 - 11	Mr Campbell	1:30pm - 2:05pm	IT1
Science Club	7 - 9	Miss Iqbal	3:05pm - 4:05pm	SC12
Girls Netball	9 - 10	Ms Boulton / Ms Emeny	3:05pm - 4:30pm	Netball Courts / Sports Hall
Girls Football	All	Miss Pridie	3:05pm - 4:30pm	Astro / Field
Boys Football	9 - 10	Mr Howard / Mr Brierley	3:05pm - 4:30pm	Field
Volleyball / Handball	All	Mr Coupland	3:05pm - 4:30pm	Sports Hall
Boys Rugby	All	Coach	3.05pm - 4.30pm	Field
Photography Club (until February half-term)	9 - 10	Miss Franz	3:10pm - 4:30pm	AR2
Engineering Club	All	Mr Massop	3.15pm - 4.15pm	DT8
Textiles Club (Week 2)	7 - 9	Miss Mir	3:15pm - 4:15pm	DT4
Hip Hop Dance	All	(Guest Teacher) see Miss England	3:15pm - 4:15pm	Miss England
Cooking Club	7 - 9	Mr Hargreaves / Mrs Moffat	3:15pm - 4:45pm	FC4
<b>Friday</b>				
SDD Homework Club	8 - 11	Ms Newman & Mr Bashir	1:30pm - 2:05pm	SD2
IT Work Catch-up	8 - 11	Mr Campbell	1:30pm - 2:05pm	IT1
Futsal	8 - 9	Mr Coupland	1.30pm - 2.05pm	Sports Hall
IT Work Catch-up	11	Mr Campbell	3:10pm - 4:10pm	IT1
Wings Dance Academy	Invited	Miss England	3:15pm - 4:15pm	DA1





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