

The Seagull



Issue 620 Friday 13th September 2019

Next week is Week 1

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Carol Dwek Conference



HEADTEACHER'S NEWS

Open Evening

It was fantastic to meet so many of our prospective new Year 7's at Open Evening last night. I am delighted that you had the opportunity to experience all that JRCS has to offer and I hope to meet many more of you when you start school in September 2020.

Anyone who was unable to attend the evening can contact the School Office and book a visit for one of the allocated times that we have set aside over the next two weeks.

Carol Dwek Conference

Last Friday Castle Green hosted a conference focusing upon Growth Mindset which was led by the world renowned academic Carol Dwek.

As part of the conference Mehnaz Musthafa (Head Girl), Domas Cesnulevicius (Head Boy) and Jeremiah Ogunturin (Deputy Head

Boy) spoke about their own personal journeys and the resilience they have had to show in the pursuit of their own goals.. They all spoke with great confidence and we are very proud of them!

Mr Smith
Headteacher



GENERAL NEWS

Measles is in the news again

There have been serious outbreaks in Wales and England and the number of children catching measles is rising.

Please see the information on page 5 of this edition of The Seagull. This information is available in various translations via the Student Services Office at the school.

Mrs O'Keefe
Student Services Manager
Attendance/Safeguarding Lead

Important Information for the parents/carers of Year 9 students

As you will be aware all students are required to have a valid Passport and European Health Insurance Card (EHIC) for all European school trips abroad including day trips. As Year 9 will be visiting Ypres on either 16th or 17th October 2019, this notice is to give you advance warning that your son/daughter will need to bring these documents to school for photocopying by Friday 27th September in order to participate in this trip. The EHIC card is free and is valid for five years. If your child does not already have an EHIC card, please apply: On-line www.ehic.org.uk (Please use this website address. We have been advised to inform you not to Google EHIC as the official website may not be the first link to appear and other websites for EHIC may charge for the card!) or by calling 0191 218 1999, or by picking up an application form from the Post Office. In order to apply please ensure, you have the NHS or National Insurance Number, Surname/Family Name, Forenames and Date of Birth of each applicant.

As these important 'core' ACHIEVE days are a compulsory part of the curriculum, Please write promptly to the year team outlining the problem if there is any reason your child is unable to participate.

Vicky Garland
Trips Administrator

**On Friday 20th September
JRCS Sixth Form is
supporting Jeans for Genes
Day.**



Jeans for Genes Day is the annual fundraising campaign for Genetic Disorders UK, the national charity that supports individuals and families affected by a genetic disorder.

Monies raised on Jeans for Genes Day fund the work of the charity and provide grants to organisations for projects that aim to transform the lives of children with genetic disorders.

Sixth Form students will wear their jeans for a £1 donation and buy cakes made by their teachers.

Mrs Wren
Sixth Form Support

A "Scholarship" start to the Year



I had the enormous privilege to go to Herbert Smith Freehills Law firm on Wednesday 4th September to attend the launch of their 2019 Networked Scholarship Scheme.

During the previous year, six of my Year 12 cohort had applied for a place on the scheme. They attended insight days, completed application forms and had interviews, both individual and in the final group interview day. After all the debating and scrutiny, Jennifer Dicks was selected to receive one of the five scholarships that were on offer. This is a significant achievement as she beat off stiff competition from students across London.

At the launch Ian Cox, who is the Executive Partner, UK and EMEA, spoke about the determination of those that had achieved this year's prize and how he hoped the five year scholarship will help them finish their current studies, help guide them on their university route and ultimately help them "network" to get work options when looking for their first employment.

Jennifer is looking forward to the three week internship which will be done after her A level exams next summer – and particularly the opportunity to go to Paris to visit the company's office based there. She will also be part of a group that have to pitch to one of the company's clients.

It was a very proud moment to see Jennifer confidently introduce herself to the reception and show that she was delighted to be part of the Network Scholarship Scheme.

Congratulations!

Miss Campbell
Head of 13 - Deputy Director of Sixth Form

D of E dates for your diary for Year 9-11

Tuesday 17th September: Year 11 Silver group first meeting in SD3 1:40 – 2:pm

Tuesday 17th September: Year 10 interested in Silver D of E for 2019-2021 SD3 3:05 – 3:40pm

Friday 20th September: Year 9 Bronze group recruitment Boothroyd Hall 1:40 – 2:00pm

Tuesday 24th September: Year 10 Bronze group Expedition training 3:05 – 4:45pm FC4 with Mr Hargreaves

If you have any questions about the Duke of Edinburgh Award, please see me in SD3 Tuesday – Friday.

Ms Montague
D of E Manager

Did you make a figure last year in art?

If so and you wish to keep it, can you please come and collect your figure during break or lunchtime before next Friday (20th September) as we are unable to store them.

If you intend to take your figure home but are unable to collect it before the deadline date, please speak to a member of the Art Department as soon as possible.

Miss Claydon
Art Technician

Library News

Some information for new Year 7's, and a reminder for other year groups. Students are automatically a member of the school library when they join the school.

Students are able to borrow two library books for two weeks. The date to return a library book(s) is stamped in the front of the book and a yellow reminder sticker is placed in the student's planner on the same date books are to be returned.

All library books must be returned on time. Library books must be given in at the library desk so the books can be removed from a student's library account. Where students have overdue library book(s), emails home are automatically sent every Tuesday morning. Letters home could be sent as well. If a library book cannot be returned the £5 library fine should be paid via ParentPay even without receiving a letter home.

Heads of Year receive a report each week with the names of all students with overdue

library books. Any enquiries regarding the library please contact Ms Osland.

Ms Osland
School Librarian



OFFICE ASSISTANTS

The Office Assistants for next week are:

Monday	Calum Hesketh 8A
Tuesday	Alexia Ivey 8A
Wednesday	Luca Jones 8A
Thursday	Sadia Khoyer 8A
Friday	Monika Lisauskas 8A



Instrumental Lesson Timetables

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Ms Rook</u> 9:00am-3:30pm String Lessons PR12	<u>Mr Johnston</u> 8:30am-11:30am Brass Lessons PR12	<u>Mr Polley</u> 9:00am-3:00pm Guitar & Bass Lessons Band Room	<u>Miss Herel</u> 9:00am-3:00pm Vocal Lessons MU3	<u>Mr Roman</u> 8:30am-9:30am Woodwind Lessons PR10
	<u>Mr Smithson</u> 9:00am-3:00pm Drum Lessons MU3		<u>Mr Barquilla</u> 9:30am-3:00pm Guitar Lessons Band Room	
			<u>Ms Gauci</u> 9:00am-3:00pm Piano Lessons PR11	

*** Lessons begin week commencing 9th September. Timetables are on the board as you enter the Music Department so please check your time there if you do not yet have your own timetable ***

MEASLES

Don't let your child catch it

– get them vaccinated with the MMR vaccine

- Measles is in the news again. There have been serious outbreaks in Wales and England and the number of children catching measles is rising.
- Measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill.
- Your child is at risk of measles if he or she hasn't had the MMR vaccination.
- Two doses of MMR vaccine are needed to get the best protection.
- If your child is due to have had two doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible.*
- If you can't remember if your child has had any, one or two doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP.
- If you don't know how many doses your child has had, it's better to have two doses of MMR vaccine now rather than risk leaving them unprotected.

*In response to a local outbreak then the two doses can be given one month apart from the age of 18 months.



Answers to some common questions about measles and the MMR vaccine

Why are we seeing these outbreaks of measles?

Measles is a highly infectious disease, spreading quickly from person to person, especially in schools. A child with measles will infect almost all unprotected children they have contact with. Since the end of 2017 there has been an increase in measles globally which has affected the UK. This has resulted in some spread into wider communities, in particular in undervaccinated groups.

When are the MMR vaccinations usually given?

The best times are between 12 and 13 months of age and again at three years and four months, with one dose on each occasion. But, if your child wasn't vaccinated then, they can be vaccinated at any age with two doses one month apart.

Will there be any side effects to the vaccination?

Your child may get the symptoms of measles, mumps and rubella for up to six weeks after the vaccination but in a very much milder form. This proves that the vaccine is working and your child is building up resistance to future contact with the viruses that cause the three diseases. Not all children show these symptoms but that doesn't mean the vaccine isn't working.

Should parents in outbreak areas get vaccinated against measles?

As with many diseases, once you have had measles, you don't catch it again because you have built up a natural resistance to it. So, if you've had measles two doses of MMR vaccine you do not need to get vaccinated now.

For more information about measles and MMR go to
www.nhs.uk/conditions/measles/



KS3 Hip Hop Dance

Friday 3.15 – 4.15pm

DA1

Starts 27th September!



KS3 Zumba/Dance Club

Wednesday 1.30 - 2.00pm in DA1



Change in Dance changing rooms and meet in DA1

Yoga Club

Monday

1.30 – 2.00pm

DA1



BENEFITS OF YOGA

FOR BODY

INCREASED CORE STRENGTH
LOWERS BLOOD PRESSURE
WEIGHT MANAGEMENT
IMPROVED DIGESTION
IMPROVED CIRCULATION
BODY DETOXIFICATION
PAIN AND TENSION RELIEF
INCREASED FLEXIBILITY
IMPROVED POSTURE
INCREASED IMMUNITY

FOR MIND

IMPROVED INTUITION
INCREASED SELF-ACCEPTANCE
IMPROVED CONCENTRATION
NEUTRALIZED STRESS
IMPROVED MEMORY
INCREASES MENTAL AWARENESS
FOCUS ON THE PRESENT
INCREASED CONFIDENCE
UNLOCKED ENERGY FLOW
BALANCED BRAIN HEMISPHERES

YOGA MAKES YOU HAPPY!

WINGS

Dance Academy
Audition



WINGS Dance Academy Auditions

Friday 20th September 3.30 – 4.30pm DA1

WHAT YOU NEED TO DO BEFORE THE AUDITION....

Prepare a 30-second solo or duet to perform in front of the panel.
Results will be available on Monday 23rd September outside DA1 at Break





Junior Gym

Ages 11-15



WEEKDAYS
4PM - 6PM

WEEKENDS
8:30AM - 5PM

JRCS HOLIDAYS
8:30AM - 6PM

*Must be supervised by an
Adult Member

**NO JOINING
FEE!**

ONLY £2
PER SESSION

MONTHLY
£7.50!

**SATURDAY
BOOTCAMP**
3 - 4pm

Lead by a qualified
Castle Green
Instructor

Terms and Conditions apply. These can be obtained at reception or online at www.castle-green.org.uk

CASTLE GREEN | GALE STREET | DAGENHAM | ESSEX | RM9 4UN

020 8724 1500 | ENQUIRIES@CASTLE-GREEN.ORG.UK

WWW.CASTLE-GREEN.ORG.UK



JRCS CASTLE GREEN



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JRCS CASTLE GREEN

Castle Green Uniform Shop at Jo Richardson Community School

We sell uniform for Jo Richardson Community School and a number of local primary schools. We offer a range of items such as polo shirts, sweatshirts, fleeces, knitwear, skirts, jogging bottoms, plimsolls, caps, hats, PE kits and book bags.

How to Order

In Person:

Shop opening times are every Saturday 10am - 2pm.

Order and Collect:

You can place your order at Castle Green Reception,
Monday to Friday 4pm - 9pm /
Saturday and Sunday 9am - 4pm.

Order by phone on 020 8724 1500,
Monday to Friday 4pm - 9pm /
Saturday and Sunday 9am - 4pm.

Click and Collect:

You can order and pay online by visiting:
<https://castle-green.org.uk/uniform-shop/>

We accept payment by cash or debit/credit card.



020 8724 1500



enquiries@castle-green.org.uk



<http://castle-green.org.uk/>



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