

# The Seagull



Issue 624 Friday 11<sup>th</sup> October 2019

Next week is Week 1

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## HEADTEACHER'S NEWS

### Next Week

Next week is a very busy one at JRCS, we have normal timetable days on Monday and Tuesday followed by our ACHIEVE days on Wednesday and Thursday. Details of all the ACHIEVE Days can be found in this edition of The Seagull. On Friday 18<sup>th</sup> October the school will be closed to students for a teacher training day and we return to school at the normal time on Monday 28<sup>th</sup> October.

There will be one final half term edition of The Seagull which will go out next Thursday.

### Scarlett Harding 7H

Below is a picture of Scarlett Harding holding her fantastic model of different cell types which she made as part of her science project.

Well done Scarlett, excellent work!



Mr Smith  
Headteacher

## GENERAL NEWS

### Year 11 Progress Evening will take place on Wednesday 6<sup>th</sup> November 3:45pm – 6:30pm.

It is extremely important that all parents/carers attend this first Progress Evening in the most important year of your child's schooling to date. You will hear about the progress your child has made in terms of their character, behaviour and attainment. We will also share information on the challenges that lie ahead and how you can support your son/daughter at this crucial stage of their education. You will be given the most current progress data, including feedback from mock exams in English, Maths and Science and information about preparation for the December mock exams. The Sixth Form team will also be there to give students guidance on their next steps. Students must bring their planners with them on the evening.

Please sign the sticker in your child's planner to confirm your attendance.

We look forward to seeing you there.

Miss Duncan  
Head of Year 11

### Whole School ACHIEVE Days 16<sup>th</sup> & 17<sup>th</sup> October 2019

Reply slips should have already been completed and returned to the School Office and payments should have now been made in full via ParentPay.

If you have not yet made payment or returned your completed form please do so as soon as possible. If payment is not received unfortunately, we may not be able to run the trips.

If reply slips are not returned prior to the trip date the student will have to remain at home and this will be an unauthorised absence. Students in Year 9 who are not going to Belgium are expected to be in school at 9:45am.

Mrs Garland  
Trips Administrator

### **Year 8 Student of the Month: September**

Tyler Henderson was nominated as Year 8 Student of the Month for September. He has shown dedication to our ACHIEVE agenda by engaging with all the opportunities presented to him by Miss Simpson and the Year 8 team, and developing his resilience so that he faces all challenges with enthusiasm, something that will stand him in good stead as a goalkeeper. Tyler celebrated this award with a hot chocolate and a donut with Mr Rackstraw this week.

Well done Tyler!

Mr Rackstraw  
Assistant Headteacher

### **Commando Joe's at JRCS**

Last week students from Year 9 took part in a nationwide research project looking into the importance of outdoor and adventurous activities in helping with students achievement. Nik Keast from Commando Joe's was a guest with us all week and led the students through a whole series of personal development challenges which helped to develop the students communication skills, ability to work with others and their ability to develop themselves. The week concluded with each group giving a presentation about the missions they had undertaken. It was lovely to see students, who at the start of the week, were too shy to talk in front of the group then stood in front of the class with Ms Eastman, Ms Rowland and Ms Salih and proudly gave a wonderfully clear presentation.



Congratulations to all of those involved: Ryan Baccarini, Bethanie North, Saad Amar, Harvey Amparheng, Madison Euston, Eden-Rose Follen, Martynas Naimovicus, Mackenzie Davies, Matthew Stevens-Baker, Ioannis Kotopoulos, Ruby Lyons, Tyler Wedge, Charlie Smiley-Sparks, Gift Alatishe, Bradley Carroll, Thomas Meade, Sidnie Day, Chloe Sealey, Reagan Murphy and Finlay Kelly.

All those who completed at least four days of the project received an LOC for establishing resilience. Well done to all, and I really hope that you can draw on some of the lessons learned on your return to the classroom this week.

Finally, many thanks to Miss St Hill-Duhaney who also supported this project throughout the week.

Ms Montague  
OSHL Co-ordinator



## Davaughn's Diary

Who runs the school?

A welcome to new teacher: Mr Rackstraw.

As you all know, every year there are new teachers coming here and someone needs to give them a warm welcome. Mr Rackstraw our new Assistant Headteacher (who also teaches English) is more interesting than he first appears. Hearing about this position from fellow cycling fanatic Mr McInerney, he decided to apply to this school as 'the culture here is really special' and he hopes to be "accepted in the community" of Jo Richardson. From a very young age, he has been influenced and keen in the teaching area as his "mother's a primary school teacher" and he spent time working with his mum helping children with poetry.

This early exposure did not lead him to become a teacher himself as his dream job growing up was to be a car designer. Being interested in Maths and Physics as well as a fascination with cars led him to wanting to design cars such as Lotus. His love for wheels still hasn't died down as one of his hobbies is cross country cycling on vintage bikes, even as far as John O' Groats in the north of Scotland.

Cycling and poetry are not the only hobbies Mr Rackstraw has, he considers himself to be a "good chef" and in his spare time he likes to cook fancy meals or bakes for himself (if he feels like he deserves it), when he needs to relax.

By the end of the year, he hopes to be able to feel that he is accepted in the school and to feel he can make a difference.

Davaughn Smith 13A

### **Return your Library Books Reminder: All library books should be returned before ACHIEVE/Trips days.**

This includes the £5 library fine to be paid if a library book(s) cannot be returned for whatever reason. Fines are to be paid via ParentPay under library fine.

Any issues regarding library books contact Ms Osland in the library.

Thank you for supporting your school library.

Ms Osland  
JRCS Librarian

### **Netball News**

Congratulations to the Year 9 girls netball squad getting off to a winning start to their netball season on Tuesday. They played a very talented and established Barking Abbey side. In the first two quarters we saw fantastic shooting and game play from Lola Oloyedi 9F and Koryn Archer 9A which put us into a 6-3 lead.

In the final two quarters we had great team work within the defence (Tekairah Smith 9A, Margaret Mante 9H and Victory Ndibe-Onwuka 9A) which only allowed Barking Abbeys shooters to score 2 goals. The final score was 13-5. 'Woman of the match' goes to Soraya Kaptiene 9B.

Well done girls.

Miss Pridie  
PE Department



### **OFFICE ASSISTANTS**

The Office Assistants for next week are:

Monday	Kristupas Liaugaudas 8B
Tuesday	Lily-May Lotter 8B
Wednesday	Maggie Nicholas 8B
Thursday	Jack Marshall 8B
Friday	Laila Miceli 8B



## Whole School ACHIEVE Day Trips Wednesday 16<sup>th</sup> October 2019

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	16/10/2019	7	ABCDE	7A / 7B 7.00am  7C / 7D / 7E 8.30am	7A / 7B 7.15am  7C / 7D / 7E 9.00am	7A / 7B 3.10pm  7C / 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. Weatherproof clothing	Packed lunch + water	max £5	Yes
Colchester Zoo	16/10/2019	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	16/10/2019	8	ABCDE	8.30am	9.10am	5.00 - 5.30pm	A= SC1 B= SC2 C= SC3 D= SC4 E= SC5	Weatherproof clothing	Packed lunch + water	n/a	Yes
Science Museum	16/10/2019	8	FGHIJ	8.30am	9.15am	3.45pm	F= SC7 G= SC8 H= SC9 I= SC10 J= SC11	Pen and pencil. Weatherproof clothing.	Packed lunch + water	max £5	Yes
Ypres	16/10/2019	9	ABCDE	5.15am	5.45am	9.30 - 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	16/10/2019	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
Work Experience Choices & Finance	16/10/2019	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	16/10/2019	10	FGHIJ	8.30am	9.00am	3.00pm	F= EN1 G= EN2 H= EN3 I= EN4 J= EN5	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Maths & Science Exams	16/10/2019	11	ALL	9.45am	10.00am	2.00pm	Assembly Lines	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Positively Mad	16/10/2019	12	ALL	8.45am	9.00am	2.00pm	Sports Hall	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	n/a
Post 18 Transition Day	16/10/2019	13	ALL	9.00am	9.00am	3.00pm	DA2	n/a	Normal lunch arrangements	n/a	n/a

## Whole School ACHIEVE Day Trips Thursday 17<sup>th</sup> October 2019

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	17/10/2019	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. Weatherproof clothing	Packed lunch + water	max £5	Yes
Colchester Zoo	17/10/2019	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	17/10/2019	8	FGHIJ	8.30am	9.10am	5.00 - 5.30pm	F= SC1 G= SC2 H= SC3 I= SC4 J=SC5	Weatherproof clothing	Packed lunch + water	n/a	Yes
Science Museum	17/10/2019	8	ABCDE	8.30am	9.15am	3.45pm	A= SC7 B= SC8 C= SC9 D= SC10 E=SC11	Pen and pencil. Weatherproof clothing	Packed lunch + water	max £5	Yes
Ypres	17/10/2019	9	FGHIJ	5.15am	5.45am	9.30 – 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	17/10/2019	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
Work Experience Choices & Finance	17/10/2019	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	17/10/2019	10	ABCDE	8.30am	9.00am	3.00pm	A= EN1 B= EN2 C= EN3 D= EN4 E= EN5	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Maths & Science Exams	17/10/2019	11	ALL	9.45am	10.00am	2.00pm	Assembly Lines	Standard school equipment (pen, pencil, calculator etc.) & planner	n/a	n/a	Yes
London Culture	17/10/2019	12	ALL	9.45am	-	4.30pm	Becontree Station	n/a	Packed Lunch or money to buy food	n/a	n/a
Post 18 Transition Day	17/10/2019	13	ALL	9.00am	n/a	3.00pm	DA2	n/a	Normal lunch arrangements	n/a	n/a



# SPINNING

EVERY WEDNESDAY AT 6.15PM IN THE  
THE DANCE STUDIO WITH WALTER  
BOOK YOUR SPACE NOW...



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per class

£4.00\*  
concession

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BIKES!

Please call  
020 8724 1500  
to book a  
space!  
(Payment required at  
time of booking)

\*Concessionary rate applies to those that are unemployed or over the age of 60 or if you work for the London Borough of Barking and Dagenham. You will need to provide ID and evidence.

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# YOGGA

EVERY THURSDAY IN DANCE STUDIO 1

STAFF\* 5PM - 6:15PM | PUBLIC 6:30PM-7:45PM

••• £5.00 PER SESSION | £4.00\* CONCESSION •••

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\*Concessionary rate applies to those that are unemployed or over the age of 60 or if you work for the London Borough of Barking and Dagenham. You will need to provide ID and evidence.



# 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  
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