

The Seagull



Issue 626 Friday 1st November 2019

Next week is Week 1

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HEADTEACHER'S NEWS

Colin Pond Scholarship Awards Ceremony

On Wednesday 16th October I was delighted to attend The Colin Pond Scholarship Award Ceremony at the Broadway Theatre Barking.

The ceremony celebrates the successes of our highest achieving GCSE students from Summer 2019. Students from across the borough attended this prestigious event, I was very proud to share in the success of the students pictured above, and this award is a testimony to all their hard work and commitment over the past five years.

Congratulations to:
Iretomiwa, Clare, Abigail and Maisie.
Unfortunately Andreia was unable to attend.

Keep up the hard work!

General Data Protection Regulation

Due to the new General Data Protection Regulation (GDPR) we are now unable to print students' surnames or form classes in The Seagull. We will still keep you up to date with news, achievements, progress and activities regarding our students.

Students who have been chosen to be Office Assistants will now be notified via their tutor.

Mr Smith
Headteacher

GENERAL NEWS

Year 11 Progress Evening will take place on Wednesday 6th 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 together with 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

Year 11 Invitation: Parents/Carers and Students all welcome

The Sixth Form Open Evening is on Wednesday 13th November from 4:00pm – 6.30pm. JRCS Sixth Form is among the best locally and in the Borough. Come and see how you can be part of it. Find out about the subjects we offer and meet students and staff. There will be time to ask questions and explore the opportunities available.

At 5:00pm there will be a short formal presentation. Please come before and stay after this in order to talk to teachers and students about the subjects on offer and Sixth Form life.

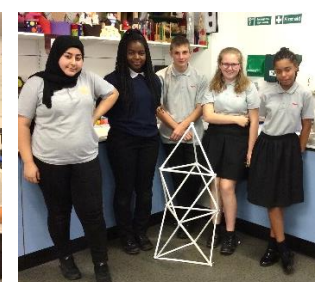
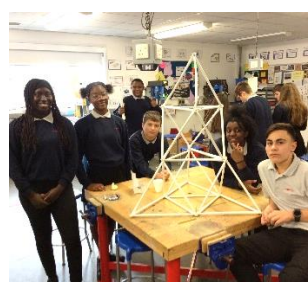
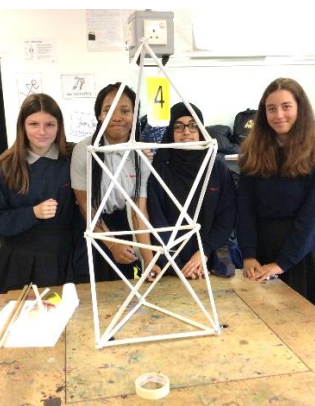
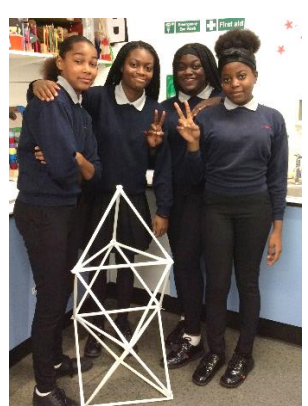
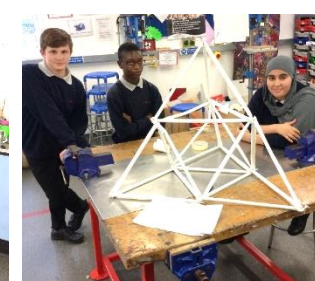
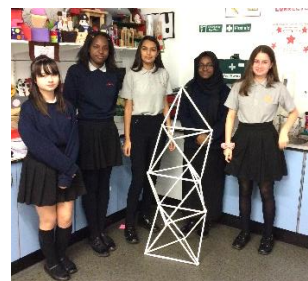
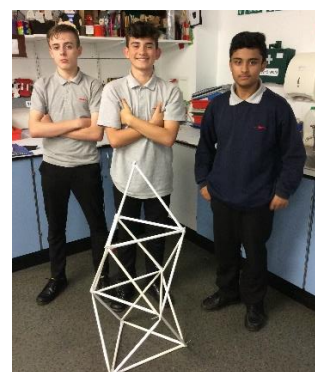
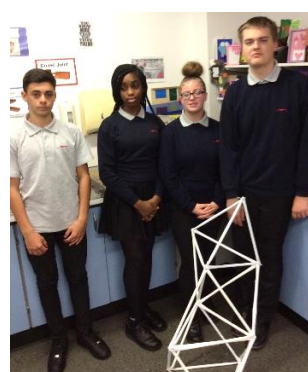
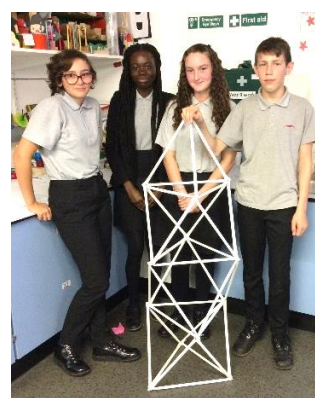
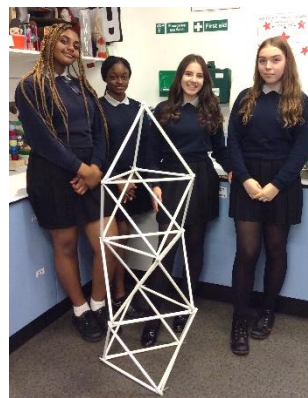
I am looking forward to seeing you there.

Mrs Wren
Acting Director of Sixth Form

Year 9 ACHIEVE Day

The DT Department set up a very challenging task for the Year 9 students for their ACHIEVE day. Their task was to complete a structure of at least one metre tall using only 24 sheets of A3 paper along with ten nuts and bolts. The students took to the task with great enthusiasm and determination. Teamwork was the key to succeed in this challenge which was evident across all teams

that participated. The students developed some problem solving skills along with an understanding of how to effectively work as a team. Overall the challenge proved to be a very positive experience for all involved.





Well done!

Miss Dormer & Mr Massop
DT Department

PDE KS3

On Tuesday 12th November during Period 1 Paul Hannaford will be talking to KS3 students about drugs education. This talk will highlight through personal experience the dangers of illegal drugs and is part of the KS3 PDE curriculum. All KS3 students will be in Boothroyd Hall for this talk. Any queries or concerns, please feel free to contact me.

Miss Hector
Head of PDE



The Wellbeing Room

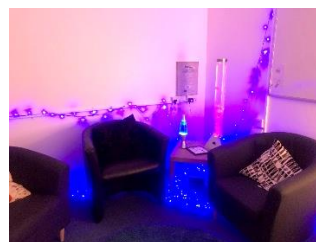


Last academic year I had the great honour of winning the Jack Petchey Leadership Award and I was incredibly excited to see what kind

of work I could do with the £750 that I received from the foundation. After weeks of planning, months of spending and a few hours of putting it all together... I am pleased to announce that JRCS now has its very own Wellbeing Room.

This room is designed to be used by all as a way of escaping the rush of the day and taking some time to be well. The room contains hot drink making facilities, lights galore, a zen garden, board games, colouring and craft materials, fidget aids, yoga mats, books, play dough and more. All of these activities are there to help us to prepare better for the challenges we face in our mental health.

It is important to remember that we all have mental health, just as we have physical health, it can be good and bad. Using time to focus on how to look after our mental health is equally as important as eating five pieces of fruit and veg a day. So, if you're paying a visit to JRCS, please don't forget to take a look!



Miss Draisey
Head of Year 10

Year 8 Student of the Month: October



Lillie has been nominated as Year 8 Student of the Month for October. She has shown dedication to the ACHIEVE agenda by engaging with the opportunity of the Dance arm to the Wings Academy. Lillie has dedicated herself

to improving her skills in dance, and this week she introduced a dance piece in assembly that she had co-devised. Lillie celebrated this award with a hot chocolate and donut with Mr Rackstraw this week. Well done Lillie!

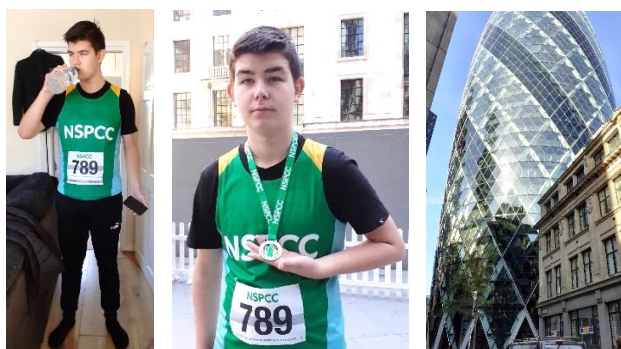
Mr Rackstraw
Assistant Headteacher

Pathways to Oxford and Cambridge

The week before half term, I and 11 other students were given an opportunity to go to the Barking Learning Centre and broaden our knowledge on the Russell group universities we could potentially attend. This group consists of great universities such as Cambridge and Oxford. During the trip three lecturers spoke to us (two of which were former students from Oxford and Cambridge, and a student currently studying history at Cambridge). We were informed about all the university courses available to us, as well as: what A-levels and GCSEs are appropriate to enter specific fields in the universities and which ones would keep our options open; extracurricular activities which would prove to be very helpful in our personal statements; advice on our personal statements and the financial aspects of university. Personally, I found this experience beneficial and informative and something that would be most helpful in the near future.

Luisa Year 10

Taylor climbs the Gherkin!



On Sunday 27th October 2019 Taylor in Year 10 took on the challenge of climbing the 1037 steps to the top of the Gherkin in central London. Taylor completed the challenge with his mum to raise money for the NSPCC and, whilst he was incredibly nervous about making it beforehand, he got to the top successfully. Taylor and his mum raised a heart-warming £250 for the NSPCC who are fighting to end child abuse in the UK. We are incredibly proud of Taylor and we know that he will take the resilience he has shown during the climb into his academic studies too.

Well done Taylor!

Miss Draisey
Head of Year 10

Annual JRCS Clubs Fair 2019

On Tuesday 29th October the school held its annual Clubs Fair from 12:30 – 2pm in Boothroyd Hall. This gave students the opportunity to come and find out about all of the exciting clubs and extra-curricular opportunities that are available at JRCS. Stalls were set up about the new JRCS Pride Club (organised by Ms Harland) and the new Science Club (organised by Ms Ali). Staff and students were also on hand from the Maths Department and students were able to sample activities on offer at the Maths Puzzle Club and Times Tables Rockstars Club. Other stalls advertised the Cooking and Cake Club, Boxing Club, Panathlon Club, Textiles Club and a huge variety of PE Clubs.



Thanks very much indeed to all the staff who, as well as running the clubs, took time out of their lunch hour to talk to students about these great activities, they were: Ms Mir, Ms Moody, Ms Colbourne, Miss Pridie, Ms Robinson, Mr Toyuab, Mr Hession, Ms Ali, Mr Hargreaves and Ms Hunt. Thanks also to all the students who took an interest and came along to the fair. I really hope you were all inspired to join one or two of the regular activities on offer. If you do there could well be an LOC in it for you as you will be 'Engaging in Opportunities', and certainly 'Committing to your Learning'.

Ms Montague
OSHL Co-ordinator

RugbyX Competition

On Tuesday 29th October the Year 11 boys of our Dallaglio Rugby Works programme took part in the initial RugbyX competition at the O2 Arena.



RugbyX is a new, unique concept 5-a-side competition that is fast paced and played on a half size pitch, this inaugural event being held at such an iconic venue. It was televised live on ITV4 that night.

Playing in front of a large crowd that was arriving for the Main International event, which was growing larger by the minute, did not daunt them. Ten schools and educational establishments took part and there were three matches each. All of our lads, to their credit, took the opportunity to play an extra game as part of a Barbarians team (mixed with other schools) that was set up.

We won two matches and unluckily drew the third. This meant that we were runners up and missed out on the main trophy by just one point!

Accompanied by Mr Kersey and Mr Richards, all the boys who took part deserve full praise for the way they conducted themselves throughout the day, the skill and intensity they played with and the respect they gave to the officials and our host the Dallaglio Foundation.

Congratulations to Mike, Posi, Jack, Gabriel, Alfie, George, Tyresse and Paulo.



Mr Kersey
Pastoral Support Assistant

Girls' Football Success

On Monday 14th October the Year 7 girls' football team took on their first fixture against the Year 6 district side. This fixture is always a tough fixture.

The game got off to a fantastic start by Robyn scoring a debut goal. The girls played brilliantly together and managed a 2-2 draw. Woman of the Match goes to Robyn (Year 7). The Year 7s' next fixture is against Sydney Russell in two weeks' time.



On Tuesday 15th October the under 14 girls took on a newly established Eastbrook team. The girls have been on superb form recently and have been training hard together. The girls managed to keep their unbeaten streak going by winning 2-1. Goals from Lola (Year 9) and Ebony (Year 9). Woman of the Match goes to Alice (Year 9).



Girls' football training continues on Wednesday (2-3pm) and Thursday (3.15-4.15pm).

Miss Pridie
PE Department

WORD OF THE WEEK

28th October – 1st November 2019

JRCS 200 word challenge



Read It

meticulous

Define It

1. To show great attention to even very small details;
2. Very careful and precise.



Digging Deeper:

It may surprise you to learn that *meticulous* is derived from the Latin word for "fearful" – this is an example of how word's meanings can change over time. Although *meticulous* currently has no "fearful" meanings, it was originally used as a synonym of *frightened* and *timid*. This sense had fallen into disuse by 1700, and in the 19th century *meticulous* acquired a new meaning of "overly and timidly careful" (probably influenced by the French word *méticuleux*). This in turn led to the current meaning of "painstakingly careful," with no connotations of fear at all.

Draw It

On the whiteboard/paper/ mini whiteboards

Use It

1. Many hours of meticulous research had gone into his holiday homework.
2. The classroom displays had been meticulously prepared.

Deconstruct It

Taken from the Latin word *meticulosus*, meaning 'fearful'.

Link It

Report back next week: how did you find ways to link this word to your learning in different subjects?

Young Carers

A Young Carer is a child under 18 who regularly helps to look after a family member or friend who is disabled, ill, has a mental health condition or addiction problem.

Children may engage in:

- Practical tasks (cooking, housework and shopping)
- Physical care (lifting or helping someone use the stairs)
- Personal care (dressing, washing, helping with toilet needs)
- Managing the family budget (collecting benefits and prescriptions)
- Managing medication
- Looking after younger siblings
- Helping someone communicate

Jo Richardson Community School can support young carers.

If you, or a family member, needs support please contact

Mrs. Staggs

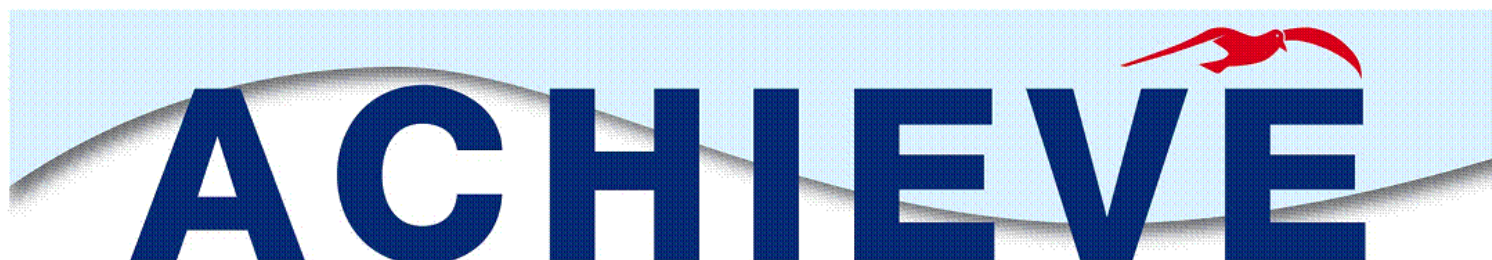
All contact will be treated in the strictest confidence

Weekly Outline of Out of School Hours Learning Activities – Autumn Term 2019

| Club | Year Group | Staff | Time | Venue |
|---|------------|------------------------------------|-------------------|------------------|
| Monday | | | | |
| Times Table Rockstars | All | Miss Johnson | 11:00am - 11:30am | MA12 |
| SDD Homework Club | 7 | Mrs Prockter | 12:30pm - 1:05pm | SD2 |
| Netball | 8 - 10 | Miss Pridie | 1:30pm - 2:00pm | Sports Hall |
| Yoga | All | Miss England | 1:30pm - 2:00pm | DA1 |
| SDD Homework Club | 8 - 11 | Mr Bashir & Mr Hession | 1:30pm - 2:05pm | SD2 |
| Indoor Athletics | 7 - 9 | Miss.Pridie | 4:15pm - 4:50pm | Sports Hall |
| Tuesday | | | | |
| Fitness | All | Mr Coupland | 7:45am - 8:15am | Fitness Suite |
| Wind Band | Invited | Mr Johnston | 8:30am - 9:00am | MU1 |
| SDD Homework Club | 7 | Miss Newman | 12:30pm - 1:05pm | SD2 |
| Maths Games Club | 7 | Ms Colborne | 12:30pm - 1:05pm | Maths Department |
| Table Tennis & Badminton | 8 - 9 | Miss Jones | 1:30pm - 2:00pm | Sports Hall |
| SDD Homework Club | 8 - 11 | Mrs Roult & Mrs Debono & Mr Bashir | 1:30pm - 2:05pm | SD2 |
| Bronze D of E (Week 2) Starts 24/09/19 | 10 | Mr Hargreaves | 3:05pm - 4:45pm | FC4 |
| Netball | 7 - 8 | Miss Pridie & Miss Jones | 3:15pm - 4:15pm | Netball Courts |
| Football | 7 - 8 | Mr Howard & Mr Coupland | 3:15pm - 4:15pm | Field |
| Wings Dance Academy | Invited | Miss Simpson | 3:15pm - 4:15pm | DA1 |
| Science Club (Week 2) Starts 12/11/19 | 7 - 9 | Miss Ali / Miss Tasnim | 3:20pm - 4:00pm | SC12 |
| Wednesday | | | | |
| Fitness | All | Mr Coupland | 7:45am - 8:15am | Fitness Suite |
| Orchestra | Invited | Mr Jenner | 8:15am - 9:00am | MU1 |
| Jazz Band | Invited | Mr Hurst & Mr Jenner | 1:30pm - 2:00pm | MU2 |
| Zumba / Dance | All | Miss Jones & Miss England | 1:30pm - 2:00pm | DA1 |
| Panathlon Club | All | Ms Montague | 1:30pm - 2:00pm | Sports Hall |
| Carnegie Shadowing Reading Club | 7 - 10 | Mrs Colangelo-Lillis | 1:30pm - 2:05pm | EN3 |
| JRCS Pride | All | Ms Harland | 1:30pm - 2:05pm | MS2 |
| 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 – Autumn Term 2019

| Club | Year Group | Staff | Time | Venue |
|--------------------------|------------|------------------------------------|------------------|------------------|
| Thursday | | | | |
| Fitness | All | Mr Coupland | 7:45am - 8:15am | Fitness Suite |
| Choir | All | Miss Herel & Mr Jenner | 8:15am - 9:00am | MU1 |
| Table Tennis & Badminton | 10 - 11 | Miss Jones | 1:30pm - 2:00pm | Sports Hall |
| Panathlon Club | All | Ms Montague | 1:30pm - 2:00pm | Sports Hall |
| SDD Homework Club | 8 - 11 | Miss Chandler & Mr Hession | 1:30pm - 2:05pm | SD2 |
| Maths Games Club | 8 - 9 | Ms Moody | 1:30pm - 2:05pm | Maths Department |
| Jazz Band | Invited | Ms Hurst & Mr Barquilla | 3:15pm - 4:00pm | MU2 |
| Football | 9 - 10 | Mr Howard & Mr Brierley | 3:15pm - 4:15pm | Field |
| Netball | 7 - 8 | Miss Boulton & Miss Jones | 3:15pm - 4:15pm | Netball Courts |
| Basketball | 7 - 9 | Mr Coupland | 3:15pm - 4:15pm | Sports Hall |
| Girls Football | 7 - 9 | Miss Pridie | 3:15pm - 4:15pm | Field |
| Wings Dance Academy | Invited | Miss England | 3:15pm - 4:15pm | DA1 |
| Cooking Club | 7 - 9 | Mr Hargreaves/Ms Moffat/Miss Deboo | 3:15pm - 4:45pm | FC4 |
| Textiles Club (Week 1) | 7 - 9 | Miss Mir | 3:20pm - 4:15pm | DT4 |
| Friday | | | | |
| Boxing Club | 7 - 9 | Mr Hession | 7:45am - 8:15am | Sports Hall |
| Piano Ensemble | Invited | Mr Jenner | 8.30am - 9.00am | MU1 |
| Drama Club | 7 | Miss Cook | 12:30pm - 1:05pm | DR1 |
| Basketball | 10 - 11 | Mr Coupland | 1.30pm - 2.00pm | Sports Hall |
| Drama Club | 8 - 9 | Miss Cook | 1:30pm - 2:05pm | DR1 |
| SDD Homework Club | 8 - 11 | Ms Newman & Miss Chandler | 1:30pm - 2:05pm | SD2 |
| Photography Club | 9 - 10 | Ms Franz | 3:10pm - 4:15pm | AR2 |
| Hip Hop Dance | 7 - 9 | Coach | 3:15pm - 4:15pm | DA1 |





SPINNING

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



£5.00
per class

£4.00*
concession

KEEP FIT
AND HEALTHY
WITH OUR HIGH
PERFORMANCE
SCHWINN
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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Pilates

This class will improve your flexibility, build strength and develop control of the entire body. The instructor will guide you through alignment, breathing and development of a strong core.

Ideal for beginners, more experienced welcome

Venue: Castle Green Leisure Centre,
Gale Street, Dagenham,
RM9 4UN

Day: Tuesdays

Time: 6:30pm to 7:15pm

Cost: Free to LBBD Weight Management Programme clients
£5.00 per class
£4.00* concession

*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.

Have fun, make friends, and move more!

For more information please contact:

Email: marilyn.morgan@lbdd.gov.uk

Mobile: 07980 946341

Call 020 8724 1500 to book or book online!





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

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