

The Seagull



Issue 635 Friday 24th January 2020

Next week is Week 1

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HEADTEACHER'S NEWS

Year 9 Options Evening

On Wednesday 22nd January we held our annual Year 9 Options Evening in Boothroyd Hall. It was great to see so many young people focusing upon the future courses that they want to follow when they go into Year 10. A huge thank you to all the parents who attended and your support for your sons and daughters through this process is much appreciated. We look forward to seeing you all again on Wednesday 4th March for our Year 9 Progress Evening.

Dates for your diary:

Wednesday 29th January: Year 10 Progress Evening 3:45pm - 6:45pm.

Thursday 27th February: Year 12 Progress Evening 4:00pm - 7:00pm.

Wednesday 4th March: Year 9 Progress Evening 3:45pm - 6:45pm.

Advance Warning

On Wednesday 12th February school will be finished for students at the slightly earlier time of 12:30pm. This is to enable some very

important staff health and safety training to take place at JRCS. Lunch will not be available on this day, however our usual lunch menu will be available at breaktime, also no clubs or activities will run during the afternoon. My apologies for any inconvenience this may cause.

Please do not hesitate to contact me if you have any questions relating to this early closure.

Gold Seagull



Congratulations to this week's Gold Seagull winner: Venessa in Year 10.

Well done Venessa!

Mr Smith
Headteacher



GENERAL NEWS

Year 10 Progress Evening

As I am sure you are all aware from my texts and letters home, the Year 10 Progress Evening will be held on Wednesday 29th January from 3:45pm - 6:45pm. It is vital that all students attend this evening and so, please could you check that your son/daughter is making appointments with their teachers.

Students will receive their latest report and will be able to discuss their progress 1:1 with all of their subject teachers for the first time since starting GCSEs. Hopefully you will now have signed the sticker in students' planners to say you are able to attend. If you are unable to attend, please ensure you provide a note explaining so we can make a plan to provide you with the school report.

We look forward to seeing you on this evening,

Miss Draisey
Head of Year 10

The First Give Final!

On Monday 20th January, Year 12 participated in the First Give Final. Since September, Year 12 form groups have been working hard to fundraise and raise social awareness for different local charities in Barking and Dagenham. This culminated in a year group final which saw five form groups present their social action to a judging panel that included the Councillor of Parsloes Ward, Dorothy Akwaboah.

I was extremely proud of all the presentations we saw and am delighted with the commitment that was shown by the students to the charities they were raising awareness for. Isaac Jones, Head of Programmes at First Give, commented that 'I honestly think this year's final was the best display of social consciousness, passion and energy so far, and the young people were an inspiration.

The sheer scale of the social action they completed was amazing'.

Despite all presentations being of such high quality, there had to be one winner. The winning form group announced were 12E and they won £1000 for their charity Housing for Women. Well done to 12E and to all Year 12 students who showed such commitment and dedication to the First Give programme.



Mrs Evans
Deputy Director of Sixth Form
Head of Year 12

Panathlon Success for JRCS Students

On Wednesday 15th January five JRCS students took part in the first round of the 2020 London Panathlon Competition at the Frenford Club in Ilford. The JRCS students competed as part of the Barking and Dagenham Borough team against three other London Boroughs, Havering, Waltham Forest and Redbridge. The JRCS students performed brilliantly and helped Barking and Dagenham to win overall and qualify for the next round of the competition in March.

Students involved were Matt in Year 8 who won Gold in the Polybat, Sophie in Year 10 who won Gold in table cricket, Porscha in Year 9 who won Gold in the bean bag throwing, Lewis in Year 10 who won Gold in the running relay races, and Reece in Year 11 who won Silver in the power wheelchair slalom and wheelchair races.

Well done to all of them on their success and also for their excellent behaviour on the day.

Mr Kilminster
SDD

Year 7 Football

On Tuesday 21st January the Year 7 football team played against Greatfield School in the Borough League. Thanks to a fantastic performance from the whole team, the Year 7s ran out victorious 7-0, with goals scored by Frankie, Kenzie, Daone, Eidanas and Harry. Congratulations to everyone who took part; the next fixture is on 28th January against Riverside School.

Mr Howard
Head of PE

Netball News

On Friday 17th January the Year 9 and Year 7 girls travelled to Eastbrook School to take on their netball teams.

The Year 7 team got off to a flying start by scoring five goals in the first quarter and some fantastic team play by Ashley, Adriana and Deborah. The girls played with great confidence and worked really well as a team. They managed to double their score by the 3rd quarter and the game finished 13-0. Player of the match goes to Shalewa for her fantastic link up play with Grace.

As for the Year 9 netball team, they got off to a tough start and managed to get through the first quarter 2-2. However, the girls began to step it up in the second quarter which meant Lola and Soraya were able to put four goals past the Eastbrook defence.

The final score was 13-3 to JRCS. Player of the match goes to Koryn for her fantastic role in the centre position.



On Tuesday 21st January the Year 7 team were back in action as they took on a very talented Barking Abbey team. This saw debut performances from Blessing and Olamedi. The girls played extremely well and the shooters played with confidence. The girls managed to get 16 goals past Barking Abbey and won 16-3. Player of the match goes to Adriana for her nonstop running and commitment for the team.



Well done!

Miss Pridie
Head of Year 7



Weekly Outline of Out of School Hours Learning Activities – Spring Term 2020

Club	Year Group	Staff	Time	Venue
Monday				
SDD Homework Club	7	Mrs Prockter	12:30pm - 1:05pm	SD2
Bench Ball	7	Miss Pridie	12:30pm - 1:10pm	Sports Hall
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
Wings Dance Conditioning	Selected	Miss England	7:45am - 8:15am	DA1
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 Block
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
Music Theory Club	All	Ms Hurst	3:05pm - 4:00pm	MU2
Bronze D of E (Week 2)	10	Mr Hargreaves & Miss Deboo	3:05pm - 4:45pm	FC4
Science Club (Week 2)	7 - 9	Miss Ali / Miss Tasnim	3:10pm - 4:00pm	SC1 / SC7
Electronics Club	All	Mr Massop	3:10pm - 4:05pm	DT8
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 Training	Selected	Miss Simpson	3:15pm - 4:15pm	DA1
Wednesday				
Fitness	All	Mr Coupland	7:45am - 8:15am	Fitness Suite
Orchestra	Invited	Mr Jenner	8:15am - 9:00am	MU1
Yoga	All	Miss England	11:00am - 11:20am	DA1
Debate Club	7 - 9	Ms Meehan & Mr Watts	1:30pm - 2:00pm	EN11
Zumba / Dance	7 - 9	Miss Jones	1:30pm - 2:00pm	DA1
Panathlon Club	All	Ms Montague	1:30pm - 2:00pm	Sports Hall
JRCS Pride & Allies	All	Ms Harland	1:30pm - 2:00pm	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

Weekly Outline of Out of School Hours Learning Activities – Spring Term 2020

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
Times Table Rockstars	All	Miss Johnson	11:00am - 11:30am	MA12
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 Block
Jazz Band	Invited	Ms Hurst & Mr Barquilla	3:05pm - 4:00pm	MU2 / MU3
Football	9 - 10	Mr Howard & Mr Brierley	3:15pm - 4:15pm	Field
Netball	9 - 10	Miss Boulton & Miss Jones	3:15pm - 4:15pm	Netball Courts
Basketball	8 - 13	Mr Coupland	3:15pm - 4:15pm	Sports Hall
Girls Football	7 - 9	Miss Pridie	3:15pm - 4:15pm	Field
Hip Hop Dance	All	Miss England	3:15pm - 4:30pm	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 - 4:20pm	DT4
Friday				
Boxing Club	7 - 9	Mr Hession	7:45am - 8:15am	Sports Hall
Woodwind Group	Invited	Ms Hurst	8:00am - 8:30am	MU2
Piano Ensemble	Invited	Mr Jenner	8.30am - 9.00am	MU1
Basketball	All	Mr Coupland	1.30pm - 2.00pm	Sports Hall
Gospel Choir	All	Ms Hurst	1.30pm - 2.00pm	MU2
SDD Homework Club	8 - 11	Ms Newman & Miss Chandler	1:30pm - 2:05pm	SD2
Wings Dance Training	Selected	Miss England	3:15pm - 4:15pm	DA1
Cricket	All	Coach	3:15pm - 4:15pm	Sports Hall



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 - Lead Inclusion Practitioner / Safeguarding
or a member of the Year Team.**

All contact will be treated in the strictest confidence.



WORD OF THE WEEK

20th – 24th January 2020

JRCS 200 word challenge



Read It

optimism

Define It

A hopefulness about the future, confidence that something will be successful.

Digging Deeper:

Optimism is defined as expecting the best possible outcome in any given situation. Synonyms include hopefulness, positivity, cheerfulness. The word 'optimist' can be used to describe a person who tends to take this positive kind of outlook on life. The opposite of an optimist is a pessimist, while the opposite noun to optimism is pessimism. A common idiom used to test a person's outlook on life and which end of the optimism/pessimism scale they fall on is 'is the glass half full or half empty?'. Optimists would tend to see the glass as half full, whereas a pessimist would likely see it as half empty.

Draw It

On the whiteboard/paper/ mini whiteboards

Deconstruct It

Originally stems from the Latin root word *Optimus* meaning 'best'. The component parts of the word are:

- opt = choose, wish
- ism = belief, system, practice

Link It

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

Use It

1. His GCSE results gave him great **optimism** for the future.
2. e.



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