

# The Seagull



Issue 641 Friday 13<sup>th</sup> March 2020

Next week is Week 1

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## HEADTEACHER'S NEWS

### Coronavirus

As you will be aware, the situation regarding the Coronavirus is changing on a daily basis. Following the government's announcement yesterday it appears that there are no immediate plans to close schools as part of the delay phase. However, we need to be prepared for any changes to these plans at very short notice.

In relation to the precautions that we are taking in school, we are working hard to ensure that all our students understand the importance of washing their hands thoroughly and regularly during the school day. We have installed new hand sanitisers and are making sure that the appropriate washing facilities are available to students at all times.

Following the government's advice if your son or daughter either develops a new and 'continuous cough' or high temperature, they

should be kept off school and if these symptoms persist they should self-isolate for a period of seven days. Please make sure that you refer to NHS guidelines and contact your doctor should you require any further information.

Also following government advice, we have sadly cancelled our Year 13 trip to Berlin which was due to go out on Thursday and our Easter Ski trip to Italy.

We have a number of planned trips over the coming weeks and months and, at the current time, these are all going ahead. However, a decision will be made in relation to each one individually closer to the date of departure and taking into account the government's advice and guidance.

We will be communicating with you via text, email and with regular updates on the school website. If you think we do not have your most up to date mobile phone number or

email address, please contact the School Office immediately. In the event of a closure or the need to send students home, our aim is to give you as much advance warning as possible.

As I have said previously, the situation changes on a daily basis and I will keep you updated as information comes to us. Please do not hesitate to contact me at the school if you have any questions or queries.

### **Gold Seagull**

Congratulations to this week's Gold Seagull winners (pictured on the front page): Jack (Year 7), Charlee and Alizain (Year 8), Lucy and Oyinkansola (Year 9).

Special congratulations to our first Double Gold Seagull winners this year: Oluwanifemi and Keyra (Year 7).

Well done!

Mr Smith  
Headteacher



### **GENERAL NEW**

### **Non-uniform Day Friday 3<sup>rd</sup> April**

This term Jo Richardson students will be supporting Future Youth Zone with money raised from our Non-School Uniform Charity Day organised for the end of term on Friday 3<sup>rd</sup> April. A message from Future Youth Zone follows:

### **The Future is Bright**

On Friday 3<sup>rd</sup> April, Jo Richardson School are holding a "The Future is Bright" day in aid of Future Youth Zone.

Future is a charity that relies on donations to be able to offer local young people somewhere to go, something to do and someone to talk to. Every evening and weekend, Future's friendly team are on hand to inspire and support young people, helping them try over 20 activities a night, and find support for any challenges they face.

On Friday 3<sup>rd</sup> April, we are asking young people to wear their brightest clothes to school and donate £1 and fundraise around the school to support Future to continue giving young people somewhere safe and inspiring to go seven days a week.

Ms Salih  
Assistant Headteacher

### **East London Panathlon Finals**

On Tuesday 10<sup>th</sup> March 2020, five students from Jo Richardson Community School took part in the East London Panathlon Finals at UEL Sports Dock. They all had a fantastic time and their performances were excellent ensuring that the Barking and Dagenham team got through to the London Champions Final at the Copper Box in June.



Reece, a veteran of many Panathlon competitions won a Gold medal in the power wheelchair slalom event he said: 'It was the toughest competition yet'. A further Gold medal was achieved by another of our Panathlon veterans Sophie who was on the winning team in the table cricket. Matt who is enjoying his first year of competition this year won a Bronze medal in the poly-bat event. He said: 'it was really fun and I really enjoyed it'.

Porscha, also in her first year of competition won a Bronze medal after a tough tie break for 2<sup>nd</sup> and 3<sup>rd</sup> place with the Hackney team in the precision bean bag event, she said: 'It was nice to meet Georgina who used to come to this school, she did the same event as me'.



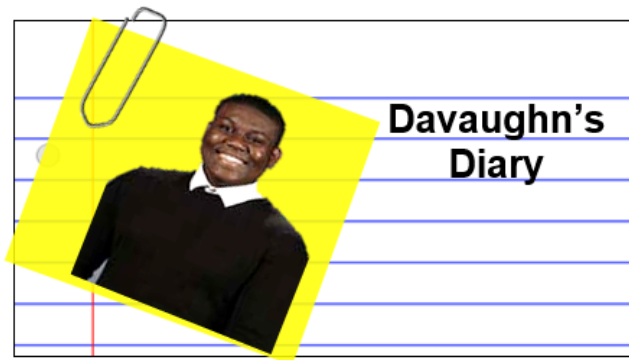
The competition was really close leading up to the final event, the running races. This is where Reece, Porscha and especially Lewis worked really hard in the event that made all the difference as we won the competition!

Thanks to all the competition organisers especially our own Georgina (now 20) who was working at the competition as a Leader. Also a huge thank you to Mr Kilminster who drove the bus and supported the team throughout the whole day. Watch this space



for more news about how the team get on at the Copper Box!

Ms Montague  
Teacher in SDD



### **My trip to Parliament:**

Apologies for the short hiatus, but without further ado, let's continue.



### **Tuesday 5th February**

The Year 12 Politics class and I took a trip down to Westminster to pay Parliament a little visit. Security there was extremely tight, having to drink any liquid to prevent poisonings as you "wouldn't drink the untestable". I even had to go through without my belt! However, it was all not in vain as this year we got to sit on the seats of the Supreme Court Judges (just to rub it in the faces of the Year 13s as they never got such an opportunity), the same place where they ruled the prorogation of Parliament unlawful. Now that was an experience which seemed almost impossible to reach, the fact that we can visit places of extreme importance like the Supreme Court or Parliament, but I guess that's what it means to live in a democracy.

After dilly-dallying in the SC, we took a little detour to No.10 Downing Street, just before the actual visit to Parliament, to see if we could catch a glimpse of our busy Prime Minister, but being in an enclosed area, we couldn't see anything.

The security process of Parliament was very much the same as for the Supreme Court going through the metal detectors and the rest of it. But the tour of Parliament was really fascinating. One of the highlights was going to watch a small debate in the House of Commons where we got to see David Davis, a Conservative Party politician who served as Secretary of State for Exiting the European Union from July 2016 to July 2018. We also saw Richard Burgon, Labour MP and Tim Farron, former leader of Lib Dems. Also present were newly inaugurated MPs of constituencies like Keighley's new MP Robert Moore following the 2019 general election.

After the tour, we had a little fun and games in a workshop hosted by the staff of Parliament for educational purposes. In this workshop, we were looking at elections and different types of election voting methods and the pros and cons of each as well as what type of government may be formed as a result of these methods. The class was split into teams to demonstrate but also to act in a point system of a game, which my team won of course.

To end it all, we had to say goodbye to our Parliament friends and make our way back home. Everyone was exhausted, but it is undeniable that the trip was very fruitful and educational. I am sure that the Year 12s found the trip insightful and it proved very useful to consolidate my knowledge in politics for my own exams.

Davaughn Year 13

### **Psychology Trip**



On Wednesday 4<sup>th</sup> March, the Psychology Department and Year 12 Psychology students visited London Zoo to take part in a phobias workshop. The session involved learning about the characteristics of common

phobias and the treatment options for it. One of the treatment options we were taught about was clinical hypnotherapy. The class took part in a brief 20-minute hypnotherapy session and post-therapy, we were introduced to the zoo's resident spider, Rosie. Students took turns in holding and touching the spider to see if the hypnotherapy session had worked in eliminating our fears. Samira – "This was quite scary for me but I managed to hold Rosie for a few seconds; this could be down to having the hypnotherapy!"

Throughout the day, we also spent time walking around the zoo observing the animals, we saw giraffes, penguins and lions. Overall, it was a brilliant day out and the trip has helped consolidate our knowledge of the psychopathology topic.

Charlie and Samira – Year 12

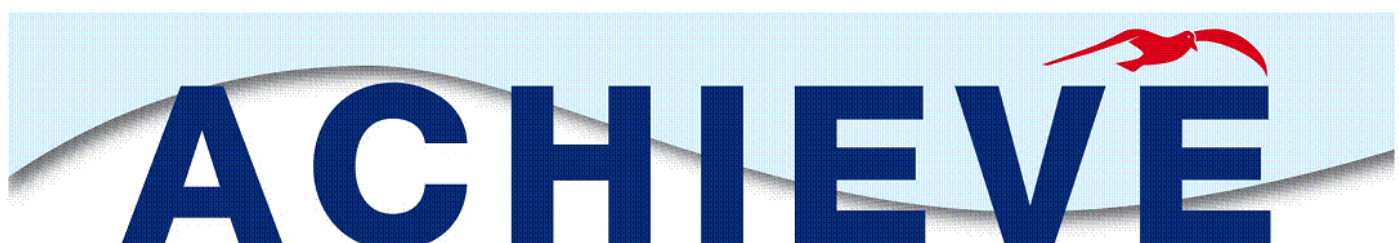
### Resilience Poster Competition



The following girls (pictured above) were selected as the top 10 for their submissions for the Resilience Poster Competition for Year 7. Maya in the middle was chosen as 1<sup>st</sup> place winner with her wonderful creation. All should be very proud to be selected as there were many submissions!

Khiblat, Lacie, Titilope, Sylvie, Katie, Maryam, Adrijana, Maya, Scarlett and Layla.

Miss Muhidin  
Pastoral Support Assistant





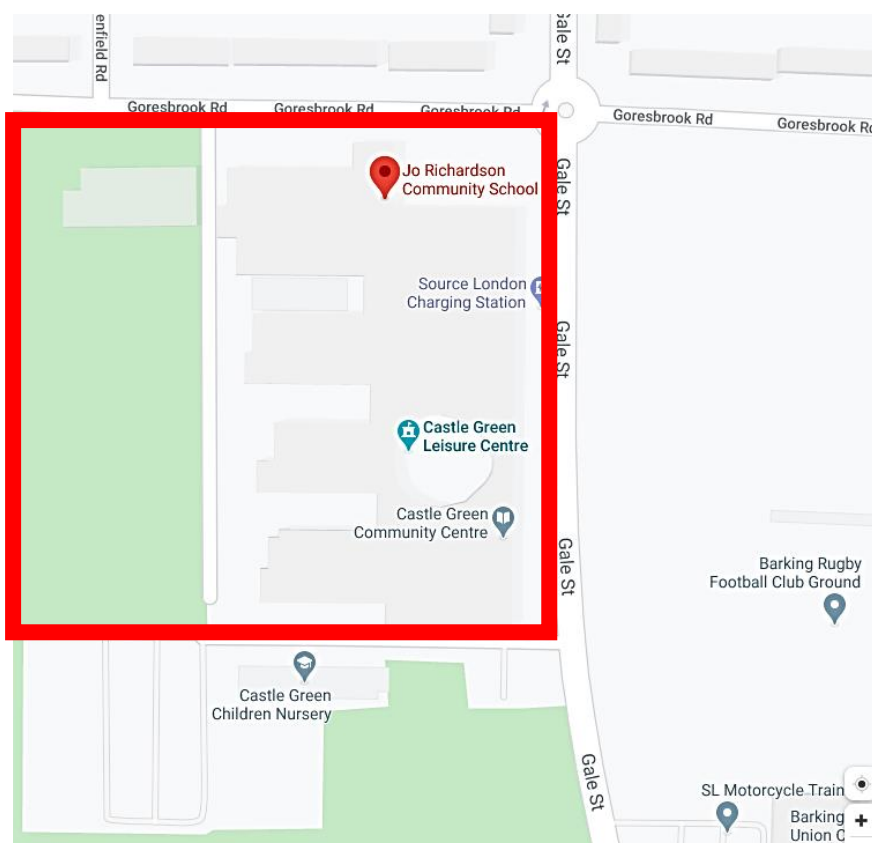
## Cycling to School

At Jo Richardson Community School we encourage students to improve their health and well-being by cycling to school, offering safe places within the school grounds to securely lock their bikes. To promote the health and well-being of all students we want to ensure that student cyclists follow some simple guidelines written below. This is in response to concerns raised by members of the local community, staff and students who walk outside of our school.

### Guidelines for cycling whilst attending Jo Richardson Community School

1. Students must register their bike with their Head of Year by collecting a letter from their form tutor and having the reply slip signed by them and their parent/carer.
2. Students not to ride their bike whilst inside the school grounds.
3. Students to lock their bike inside the school grounds.
4. Students not to ride their bikes in the area directly outside of school.
5. These areas are indicated in red as a 'no cycle zone'. Students to push their bike over one of the zebra crossings on Gale Street or Goresbrook Road before being able to cycle.

**The guidelines will apply to our students at all times.**



Students failing to comply with the simple guidelines should expect to receive the following tiered response.

1<sup>st</sup> Offence – 1 hour HOY detention and banned from bringing their bike for one week.

2<sup>nd</sup> Offence – 2 hour SLT detention and banned from bringing their bike for a half term.

3<sup>rd</sup> Offence – Student placed in LSU and banned from bringing their bike for the rest of the year.

N.B. Further offences would be dealt with accordingly.

We thank you for your support with the simple measures above to address the safety of students and the positive reputation of the school.

Mr Brierley

Designated Safeguarding Lead for Jo Richardson Community School

## WORD OF THE WEEK

9<sup>th</sup> – 13<sup>th</sup> March 2020



### JRCS 200 word challenge

#### Read It

## perspective

#### Define It

1. A point of view;
2. In Art, a technique used for giving the impression of three dimensions on a flat surface.

#### Digging Deeper:

When we are preparing for a speech, presentation or piece of writing, it is important to not only consider our own **perspective** on the topic, but also that of our audience. By doing so, we can adapt the content and delivery to ensure that we address our audience appropriately and effectively, thus achieving our purpose. In graphics, **perspective** is a technique for creating images on a two dimensional page to appear as they do in real life, in three dimensions.

#### Draw It

*On the whiteboard/paper/ mini whiteboards*

#### Use It

1. He has a positive **perspective** on life, even in challenging times.
2. Their homework was to draw any object from an unusual **perspective**.

#### Link It

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

#### Deconstruct It

Stems from the Latin root words:

- *perspectus* – meaning clearly perceived



# SPINNING

EVERY WEDNESDAY AT 6.15PM  
BOOK YOUR SPACE ONLINE OR CALL  
02087241500



£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  
or book online!  
(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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## 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](mailto:enquiries@castle-green.org.uk)



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



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