

The Seagull



Issue 649 Friday 16th October 2020

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HEADTEACHER'S NEWS

Head Boy and Head Girl



Amongst all the challenges that we are currently facing, I am delighted this week to be able to share with you some really positive news. Over the past week Miss Draisey and I interviewed 44 fantastic Year 11 students who had applied to be Head Boy or Head Girl at JRCS for 2020/2021. This is by far the highest number of applicants we have ever interviewed since the school was established in 2002. Both Miss Draisey and I were quite overwhelmed by the qualities and commitment all the students brought to the interview. It was a very difficult decision to make but I am pleased to announce that our new Head Girl is Rachel and the Head Boy is John.

They will be ably supported by Deputy

Head Girl Maisie and Deputy Head Boy Muhammed.

Mr Smith
Headteacher

GENERAL NEWS



Help us to keep JRCS open

We are pleased to report that we have not had any new cases of COVID-19 for over two weeks at JRCS. This is great news for everyone and testament to both the work we are doing in school and that you are doing at home. Our students need to be in school with us so they can continue to develop both academically and emotionally. We are striving to do as much as is safely possible for them to ensure they don't miss out on anything. We regularly check the guidance issued by the Government and we are delighted to confirm that we are now able to bring back a range of extra-curricular activities to enrich our taught curriculum. Students will receive more details about this through the assembly programme. Also, detentions will restart again next week. This will be communicated, as usual, via the student planner. Please check this on a daily basis.

The changes that we have made this week have only been possible due to the number of cases of COVID-19 moving in the right direction. We need to ask for your continued support with the following things that we have asked students to do:

- Follow the rule of 6 on the way to and from school
- Be aware of their own social distance at all times
- Activities after school. Following guidance from the Local Authority, we are asking students to go straight home after school as we are very concerned about students mixing in high volume in indoor areas. These include places such as Hollywood Bowl, McDonalds etc and we are asking that students do not visit such places in school uniform. Please speak to your son or daughter and explain the reasons for this is to ensure that we are able to keep our school open to as many students as possible.
- Please also bear in mind the Tier 2 restrictions that will come into effect this weekend.

Also, please do not come to school without an appointment. We need to plan all interactions with parents to ensure social distancing. Rooms are not always available

Thank you for your continued support and efforts at this difficult and ever changing time.

Ms Howe
Deputy Headteacher

ACHIEVE Day for Year 13

On Wednesday 21st October the Sixth Form Team will be working with Year 13 students. We will be making progress with university applications and apprenticeship research. Year 13s need to be at JRCS for an 8:30am start (unless they have a lesson at another school).

I am very pleased with the approach that our Year 13 students have taken to preparing for life after the Sixth Form. There are many opportunities on offer and plenty of support available. Students should watch out for emails from Ms Seeds and get involved with virtual workshops and open days. Any parents with questions about university applications can get in touch with me mwren@jorichardson.org.uk

Mrs Wren
Lead Teacher of Politics and Post 18
Coordinator

Year 12 Parent Information Video

In order for parents to gain an insight into JRCS Sixth Form, and to gain an understanding of the expectations and structure of the Sixth Form, we would usually hold an Information Evening for Year 12 parents. Unfortunately, due to the current climate this is unable to happen. There is a video on the school website that gives an insight into life in our Sixth Form. We hope you find it useful.

Mrs Evans
Director of Sixth Form

World Mental Health Day



On Friday 9th October, we supported the Young Minds **#HelloYellow** campaign to mark World Mental Health Day. Young Minds' mission statement is to "make sure all young people get the best possible mental health support and have the resilience to overcome life's challenges."

On Friday 9th October, staff and Sixth Formers supported the campaign by wearing yellow – it was a bright and happy day in school! As well as wearing yellow on Friday, students from all year groups had discussions and taught input about mental health through their tutor sessions, assemblies and in some lessons.

As a school, we are committed to keeping the conversations about mental health open to help bring about a change where stigma surrounding mental ill health is reduced and no young person is in a position where they feel alone with mental health struggles. We have invested in training a number of Youth Mental Health First Aiders who can support students in times of crisis. We also continually remind students of the fact that

everyone has mental health, and we can all do things to protect and improve it.

Mrs Quail and the Wellbeing Team

New English Website

English have a new website up and running for all students to use, covering key texts across KS3, KS4 and KS5. Please use it to help with homework, challenges, extra reading and guidance on exams.

www.sites.google.com/view/jrcsenglish/home

Miss Smith
English KS4 Co-ordinator

Celebrating Black History Month

On Monday 19th October there will be a themed menu for the day to celebrate Black History month.

**Celebrating
Black History Month**

Menu

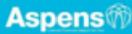
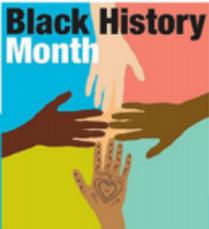
Jamaican Style Jerk Chicken
Served with Rice & Peas
Or
Nigerian Beef Stew
Served with Jollof Rice

Vegetarian Menu

Ethiopian Misiri Wat Lentil Stew
Served with Jollof Rice
Or
Baked Mac 'N' Cheese

Dessert Menu

Rice Pudding with Caramelised Pineapple
Or
Warm Banana Cake



Mrs Morris
Assistant Headteacher

JRCS Library and Year 7's



Can Year 7s log on to the school's library Reading Cloud at www.readingcloud.net and familiarise themselves with the website.

Log in details (username/password) will be the same as a student's school log in details. Once logged onto the Reading Cloud students can view books stocked by the library, book availability, reserve books, see author information, 'what book next?', write reviews and lots more. Students will be able to see their own library account activity which will list books on loan, returned, etc. Any issues regarding log in access, students should inform their Head of Year.

Ms Osland
School Librarian

Music News

We are so pleased to have welcomed back students in Years 7, 8 and 9 this term to our classroom curriculum in Music. Students in Years 10 and 11 continue to study GCSE Music and instrumental lessons are running for all returning students who learnt an instrument last year, as well as those joining us in Year 7.



Music continues to be taught across the school and although there have been some changes since September, we are participating in the Music Mark National Campaign, to ensure that students know that we #CanDoMusic.



Whilst we are unable to currently sing in large groups or to share instruments in classroom music lessons, students from Years 7 to 9 have covered a range of topics, including Modern Samba, Developing Rhythm, Music Theory and identifying features of music through listening. Students in the lower school have really impressed us with their

rhythmic ability, accurate use of musical terms and knowledge of music theory.

Instrumental Lessons

Since September, up to 60 students have benefitted from one to one or paired instrumental lessons with our team of instrumental teachers, each week. All students have been assigned their own individual instrument to use for the year and vocalists have been making use of the school's Recording Studio, allowing them to communicate with vocal teacher, Miss Herel, from the Control Room.



Year 9 Bands

We are excited to begin our Year 9 Band Rehearsals on Wednesday and Thursday mornings, in the coming weeks. Students will be working with Mr Jenner to develop their ensemble skills, performing pop and rock tunes, allowing us to keep up our long-held tradition of practical music making at JRCS.

Careers in the Music Industry

After the half term break, JRCS instrumental teachers will be sharing information with our students about their careers in the music industry. Using pre-recorded video footage, teachers will give insider information about how they developed their musical ability over many years, the amazing artists that they have worked with in the music industry, and UK and global tours that they have participated in.



Music Notices

Students invited to participate in the Year 9 Bands will receive a letter with more details, next week.

Please check for emails from Miss Ford, Music Administrator, if you participate in instrumental lessons.

Students should please email Miss Ford if they need a replacement instrumental lessons timetable, have any questions, or have missed an instrumental lesson.

Miss Hurst
Head of Music

ACHIEVE 

Weekly Outline of Out of School Hours Learning Activities – 2020-2021

Club	Year Group	Staff	Time	Venue
Monday				
Year 8 Wings	8	Mr Kersey	3:45pm - 4:30pm	Astro
Tuesday				
Year 7 Fitness	7	Miss Emeny	7:45am - 8:15am	Sports Hall and Astro
Year 7 Wings	7	Mr Richards	7:45am - 8:15am	Sports Hall and Astro
Year 8 Football	8	Mr Howard/Mr Coupland	3:15pm - 4:15pm	Astro
Year 8 Netball	8	Miss Emeny & Miss Jones	3:15pm - 4:15pm	Netball Courts
Year 7 Wings	7	Mr Richards	3:15pm - 4:15pm	Rugby Club
Wednesday				
Year 8 Fitness	8	Miss Jones	8:00am - 8:30am	Sports Hall and Astro
Year 8 Wings	8	Mr Seeds	8:00am - 8:30am	Sports Hall and Astro
Thursday				
Year 9 Fitness	9	Mr Coupland	8:15am - 8:45am	Sports hall and Astro
Year 9 Wings	9	Mr Kersey	8:15am - 8:45am	Sports Hall and Astro
Year 7 Football	7	Mr Coupland/Mr Howard	3:15pm - 4:15pm	Astro
Year 7 Netball	7	Miss Pridie/Miss Emeny	3:15pm - 4:15pm	Netball Courts
Year 9 Wings	9	Mr Kersey	3:15pm - 4:15pm	Rugby Club
Year 11 Intervention	11	Mr Howard	3:15pm - 4:15pm	PE1
Friday				
Year 10 Fitness	10	Mr Howard	8:15am - 8:45am	Sports Hall and Astro
Year 10 Wings	10	Mr Richards/Mr Seeds	8:15am - 8:45am	Sports Hall and Astro
Year 9 Football	9	Mr Coupland/Mr Howard	3:15pm - 4:15pm	Astro
Year 9 Netball	9	Miss Pridie/Miss Jones	3:15pm - 4:15pm	Netball Courts
Year 10 Wings	10	Mr Richards/Mr Seeds	3:15pm - 4:15pm	Rugby Club

Clubs will return after the October half term break.

Clubs will be open to half a year group each week on a rotational basis.

J Side (forms A-E) – 2nd November

R Side (forms F-I) – 9th November

WORD OF THE WEEK

19th-23rd October 2020

JRCS 200 word challenge



Read It

Catharsis

Define It

The release of an emotional tension, especially through the arts i.e. Literature or Music. 2. An extreme change in emotion, resulting in feeling refreshed and renewed.

Digging Deeper:

Books, movies and our favourite shows often place us in an uncomfortable situation. Perhaps we feel pity for a character and want to see them helped, or fearful that the criminals or malevolent characters will be successful in their misdeeds. The feeling of catharsis, is that wonderful relief we feel when justice is achieved in the end. We long for these feelings in real life; catharsis can be achieved by facing a task you have been avoiding i.e. ridding myself of clutter was cathartic and now I feel emotionally lighter!

Draw It

On the whiteboard/paper/ mini whiteboards

Deconstruct It

From Greek *kátharsis* a cleansing, equivalent to *kathar* to cleanse and be pure. This word is used when speaking about emotion and has become a popular metaphor, not used for washing and cleaning!

Link It

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

Use It

1. My catharsis has been writing and talking with my friend; now I feel refreshed and free.
2. I'm sure, a certain **catharsis** is achieved when we share a secret or a stress with someone we greatly trust.