

The Seagull



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Farewell Mr Smith
The JRCS staff, students & community will miss you!



HEADTEACHER'S NEWS

As you will now be aware, today is my final day at JRCS as I am retiring this Summer. It is hard to express how much this school means to me and what a hugely important part of my life it has been and will continue to be in the future. I want to thank you all for your years of support and the many kind words and gifts that you have given me over the past few weeks.

I honestly believe that JRCS is a very special place and will continue to be under Ms Keane's leadership from September. When we set up the school in 2002, we knew we wanted to be different because we were the first brand new school in Barking and Dagenham for over 40 years. We wanted to place inclusion, opportunity and success at the heart of everything we do. We wanted to both challenge and support the young people who came through our gates and produce the highest academic outcomes at both GCSE and

A Level. We also wanted to be a true community school, working with and serving everyone from the local area. I believe that we have achieved many of these goals and the award in 2018 of School of the Year – Making a Difference is testimony to the amazing work of the school staff and the amazing support of our parents.

Deciding to retire after 38 years in teaching is one of the hardest decisions I have ever taken, but I know that I am leaving the school in a strong position and Ms Keane will continue to take it from strength to strength in the future.

I want to take this opportunity to wish all members of the JRCS community a very relaxing holiday and every happiness in the future.

All best wishes.

Mr Smith

Arrangements for first two weeks of new academic year 2021/2022

Please see below the arrangements for the first two weeks of school in September which outlines what dates and times each year group is scheduled to attend. This also takes into account the Government's directive that all students are required to conduct two on-site lateral flow tests at the start of the year.

Wednesday 1st September	Staff training – School is closed to students except for those who will be doing Covid tests	
	11:30am - 1:00pm	Year 12 and Year 13 Covid testing
	4:30pm - 6:30pm	Year 7 Delayed New Intake Evening
Thursday 2nd September	Years 8, 9, 10, 11 and 12 not required to attend	
	8:00am - 3:05pm	Year 7 Island Day / Year 7 Covid Testing
	11:30am - 2:30pm	Year 13 Assembly in Boothroyd Hall Tutor period and photos
Friday 3rd September	Years 8, 9, 10, 11 and 13 not required to attend	
	8:35am - 3:05pm	Year 7 Unity Day
	2:00pm - 3:00pm	Year 12 Guest Assembly
Monday 6th September	Years 10 and 11 not required to attend. Year 13 Covid testing only	
	8:35am - 4:00pm	Year 7 Full timetable
	8:35am - 11:30am	Year 8 Assembly in Boothroyd Hall Tutor period and Covid testing
	1:00pm - 3:30pm	Year 9 Assembly in Boothroyd Hall Tutor period and Covid testing
	10:10am - 1:30pm	Year 12 Covid testing. Assembly in Boothroyd Hall at 11:30am Tutor period and Year 13 2nd round of Covid testing

Tuesday 7th September	Normal school times	Years 7, 8, 9, 12 & 13 in normal lessons
	8:35am – 3:05pm	Year 10 Assembly in Boothroyd Hall Tutor period, Covid testing and normal lessons
	10:30am - 3:05pm	Year 11 Assembly in Boothroyd Hall Tutor period, Covid testing and normal lessons
Wednesday 8th September	Normal school times	Full timetable for all year groups
Thursday 9th September	Normal school times	Full timetable for all year groups. Year 8 and 9 2nd round of Covid testing
Friday 10th September	Normal school times	Full timetable for all year groups. Year 10 and 11 2nd round of Covid testing

Times of the day 2021/22 (Table on page 6)

Please note the new times of the school day for next year which allows for a slightly staggered start, finish, break and lunchtime for Years 7 -8 and Years 9-13.

Open Evening

The JRCS Open Evening for Year 6 parents and students will take place on Thursday 9th September. We are currently finalising the details about timings and how the evening will run, so please keep an eye on our website and twitter feed for further information after the Summer break.

Mr Smith
Headteacher



GENERAL NEWS



**THE DUKE OF
EDINBURGH'S AWARD**

D of E news!

Year 10 and 11 Bronze Qualifying expedition is poetry in motion

On Friday 2nd and Saturday 3rd July 20 students from Years 10, 11 and 12 undertook a trek through Epping Forest to complete the Bronze Qualifying Expedition. 19 of the students were

on assessment and Zahra from Year 12 was doing a practice expedition for her Silver award. The weather had been raining on and off but this did not deter the students – some of whom had been waiting two years to complete their expedition due to Covid. The groups all showed excellent navigation skills and reached Debden campsite in good time to cook an evening meal and enjoy a campfire and roasted marshmallows.

They were all up and away from camp by 9am the following day – very impressive for groups packing up camp for the first time. Some tiredness and sore feet set in on day 2, not helped by some pretty extreme mud. Nevertheless, everyone finished at Queen Elizabeth's Hunting Lodge and gave their presentation of a poem about their experiences on the journey and so completing the expedition section of the award.

Congratulations to all the students who completed their expedition, Luka, Aleina, Treasure, Trisha, Danny, Alessia, Frankie, Ella, Lucy, Tara and Oyin in Year 10, Adiyat, Maisie, Philip, Sameer, Nicky, Chelsea, Noorjahan and Bobby in Year 11, and to Zahra in Year 12 for completing her silver training. Here is one of the poems from Group 2:

'We sit in the coach watching the world drift by
eagerly chattering,
Up hills we're walking with map and compass in
hand we reach the check point.
Then we were chilling till we were ready to
reach the next checkpoint hand in hand.'

Camp was lovely, the tents were comfortable,
And the showers were warm and ready.
As we arrived to our final check point our legs
were begging in agony for us to stop,
But we managed to press on and finally
reached home.'



Thanks go out to all the staff who helped with this weekend, Mr Kilminster, Mr Hill, Miss Deboo, Miss Duncan, Miss Kaur and Bill Lockton (DofE volunteer).

Silver group on the South Downs



The Year 11 and 12 Silver group departed school on the evening of 6th July bound for the South Downs National Park. They stayed in the village of Alfriston and completed a three day trek on foot and by wheelchair across the Downs from just outside Seaford to the village of Jevington. Tuesday evening saw the group getting to grips with managing the wheelchair up and down hills and organising their kit for the following day.

On the Wednesday morning they were dropped off by minibus in the village of Bishopstone, where they met their assessor Russ for the first time. They tackled the walk with great energy at one point wading through a corn field and then being rewarded by a beautiful view over the countryside at lunchtime. Below is a quote from the group's diary for day 2:

'Today we started day 2 of our expedition. Yesterday went fairly smoothly and I hope it is the same for today. We set off slightly later than planned, however we had determination and enough energy to fuel us for our 11km plus trek ahead. The route was tough spanning treacherous terrain littered with plenty of rocks and patches of mud. Come to think of it some of this 'mud' may have been animal droppings!'

Many thanks to Mr Mea this week for standing in as the male member of staff and to Russ the group's assessor from 'Bright Expeditions' who was very supportive and gave the group some very valuable advice throughout the expedition.

Year 9 students progress on to expedition section

Congratulations to all the Year 9 students who have been successfully interviewed and are now moving on to the expedition phase of the award. Our first meeting of the new term will be immediately after school on Tuesday 14th September in ML4. This meeting will finish by 4pm. Our next meeting will be immediately after school in Main Street on Tuesday 21st September and will finish at 4:30pm. At this meeting you will be learning essential skills for the expedition training weekend. The expedition training weekend leaves immediately afterschool on Friday 24th September and returns around 5pm on Saturday 25th September.

The students who are continuing on are as follows: Angel in A, Radvile in B, Reuben Amir and Tiesha in C, Aleksander and Murtaza in D, Chloe, Alina, Precious and Nikhil in E, Zubin, Ife and Gabija in F, Piscilla, Asharni and Abieyuwa in G, Becky and Beatrice in I and Katelyn, Summer, Maya, Ruby, Aimee, Barakat and Corey in J.

The DofE staff team and I look forward very much to working with you all more closely on developing your expedition skills next academic year.

Ms Montague
DofE Manager

Jack Petchey Leader Awards



Huge congratulations to Mr Smith and Mr Kersey for winning the Jack Petchey Leader Award, both well deserving winners!

Miss Deboo
Jack Petchey Co-ordinator

History Hero Award

Through the Jack Petchey Foundation, a student from each key stage has been awarded a year's membership to the British Museum. The membership will enable these students to visit some excellent exhibitions and view some of the most important historical artefacts in the world.

The students who have won this special award are:

Nifemi in Year 8
Mohammed in Year 10
Shannon in Year 12 (no photo)

Congratulations to these students for their hard work and passion for history this year. We look forward to hearing about what you've seen at the British Museum over the coming year!



Mr Hinchliffe
Head of History

Year 9 Wellbeing Club

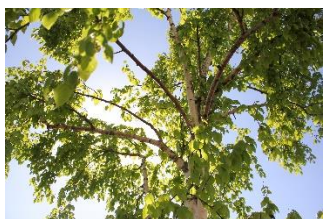
Last week in Year 9 Wellbeing Club we used tie dye to customise our own canvas bags. This week we have made our own stress balls using rice, lentils and balloons. We have also experimented using water and cornflour to make Oobleck! Great fun and worth the mess.

Our crafty sessions have been fun, relaxing and have given us all a boost to our wellbeing. Being creative is a great way to have some self-care time and to encourage positive mental health over the summer holidays. If you want to be part of our group in September, please look out for the OSHL timetable next term.



Ms Hunt and Ms Dino

Photography Club



These are just some of the amazing pictures taken by this year's Photography Club. This year the club ran with tasks online on Teams and practical lessons in school since last November. All students involved have learnt how to work a professional SLR camera to take pictures looking at close-ups, angles, lighting, and lots more for their DofE certificate. I am so proud of their achievements and hope that they will carry on using their new skill for lots of different applications, even future Art GCSE folders. Well done, Alina, Precious, Jennifer, Gabija and Ruby in Year 9!

PS: also, a big thank you for all those gardeners keeping our peace garden looking so lovely!

Ms Franz
Art Department



Times of the Day 2021/22



YEARS 7&8	7.45 -8.30 am	8.35 am	P1a 9.00 am	P1b 9.30 am	P2a 10.00 am	P2b 10.30 am	P3a 11.00 am	P3b 11.30 am	P4a 12.00 pm	P4b 12.30 pm	P5a 1.00 pm	P5b 1.30 pm	P6a 2.00 pm	P6b 2.30 pm	P7a 3.00 pm	P7b 3.30 pm	4.00 pm
Monday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	P7a	P7b	End of day
Tuesday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		
Wednesday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	P4b	P5a	End of day/ Lunch	Optional school activities				
Thursday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		
Friday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		

YEARS 9-13	7.45 -8.30 am	8.40 am	P1a 9.00 am	P1b 9.30 am	P2a 10.00 am	P2b 10.30 am	P3a 11.00 am	P3b 11.30 am	P4a 12.00 pm	P4b 12.30 pm	P5a 1.00 pm	P5b 1.30 pm	P6a 2.00 pm	P6b 2.30 pm	P7a 3.00 pm	P7b 3.30 pm	4.00 pm
Monday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	P7a	P7b	End of day 4.05pm
Tuesday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day 3.05pm		
Wednesday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	End of day/ Lunch	Optional school activities				
Thursday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day 3.05pm		
Friday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day 3.05pm		

Barking and Dagenham Safeguarding Children Partnership have asked us to share this:

The Law and how it applies to you as a parent or carer

UK law protects any child from cruel and abusive treatment by their parents or carers up to 18 years of age.

It is against the law for a parent to use physical punishment on their child that causes bruising, either by hitting or using an implement to inflict injury.

It is against the law for anyone other than the child's parent to use ANY form of physical punishment.

Diversity

Many different ideas exist about how to be a 'good' parent and these can often vary within families, ethnic groups and communities. British society acknowledges and affirms cultural diversity but children, whatever their cultural background, always have a right to be protected. Anything that causes harm to a child, whether part of a cultural or faith tradition, is never acceptable. Some practices that may be culturally acceptable in some countries are banned by law in the United Kingdom, and indeed in many other countries.

For more information and support

In the first instance you can talk to your School's Designated Safeguarding Lead (DSL) who will be able to give you advice and support regarding any questions you may have about the contents of this leaflet.

If you are worried that a child is at risk of significant harm you **must** contact our **Multi-Agency Safeguarding Hub (MASH)** on 020 8227 3811 or out of hours 020 8594 8356.

For details on early help and what support is available please contact 020 8227 5600 or visit www.lbdd.gov.uk/where-to-go-for-early-help-and-support-for-families

Please visit www.lbdd.gov.uk/holiday-activities for details of children's, activities, programmes and sport. This page also has a link to information on getting support and advice regarding money worries, accessing foodbanks, finding a childcare provider and details on the provision for children with disabilities and additional needs.

National resources

www.nspcc.org.uk/what-is-child-abuse/
www.nspcc.org.uk/keeping-children-safe/
<https://afruca.org/manual/>

Disciplining your Children

Alternatives to Physical Punishment
July 2021



The aim of this leaflet is to support parents and carers to feel confident in managing their children's behaviour and to seek advice if they are having difficulties.

What is Physical Punishment?

Physical punishment, physical chastisement or corporal punishment is using any physical force to punish a child for wrongdoing.

Effects of Physical Punishment on Children

Physical punishment may influence behaviour in the short-term. However, physical methods of discipline are associated with increased child aggression, antisocial behaviour, increased violent and criminal behaviour in adulthood, lower intellectual achievement, poorer quality of parent-child relationships, mental health problems (such as depression), and diminished moral internalisation.

Discipline

Discipline should not be seen the same as punishment. It includes being a positive role model and setting good examples for your child.

It also includes negotiation and compromise, instruction, providing boundaries, guidance, advice, and helping your child set realistic goals. There are lots of different ways of disciplining a child and if you restrict yourself to simply reacting against behaviour you don't like, you will be missing lots of opportunities to bring positive, loving discipline into their life.

Introducing sanctions or punishing your child is only a part of the process and should only be done in ways that are fair – never abusive.

Above everything else, children need to know they are loved unconditionally, even when they are behaving badly. This will help in developing a healthy self-esteem which is very important for your child's emotional wellbeing.

Make sure you also praise your child's good behaviour. Praising a good behaviour is called positive reinforcement and leads to more of that behaviour.

Boundaries

We all know that children test limits at some time or another, pushing boundaries is an important part of growing up and becoming more independent, and one day, thinking for themselves and making good choices.

We set 'boundaries' about what we expect of our children and family. If these boundaries are too loose then children have little direction and the balance of power shifts towards the child. If they are too harsh then children do not develop their own sense of responsibility. Think about the rules in your house and explain these to your children. Tell them about why you think these are important. Give them a chance to discuss the rules and to know when things might be changeable. For instance, during school days you expect a fixed time for bedtime but at weekends this could be later. Clear limit setting provides children with a sense of safety, stability, predictability, and security.

Consistency

It is important that children have routine and predictability. They need to know that there are consequences for how they behave. Rewarding positive behaviour is, generally, more effective than punishing challenging behaviour. Praise and encouragement are powerful tools for developing good habits. However challenging your child's behaviour is, it is important to be as consistent and fair as possible. Managing your child's behaviour works best when you let your child know in advance what you expect of them.