

# The Seagull



Issue 677 Friday 8<sup>th</sup> October 2021

Next week is Week 1

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## HEADTEACHER'S NEWS

### Seagull Safety Special

This week's Seagull is a special edition dedicated to helping students stay safe both in and outside of school, as well as online.

With community events reopening this winter, including Halloween and Fireworks Night in the coming weeks, it is a fitting time for JRCS staff, parents and carers to once again remind our students about ways of upholding their personal safety and respecting the safety of others. We have included in this week's Seagull some advice from the Metropolitan Police about staying safe at these events.

### Digital Parenting Week

Next week, 11<sup>th</sup> – 15<sup>th</sup> October, is Digital Parenting Week. As both a parent and a Headteacher, I am extremely aware of the importance of educating young people about online safety and equipping our students with the resilience to cope with the challenges of the online world.

This week we are launching our JRCS Digital Resilience programme by including some tips and advice from one of our partner organisations, Parent Zone.

This fantastic organisation provides advice, knowledge and support for families to help us all embrace the online world. Their mission is to improve outcomes for children in a digital world so that young people will be safer online, resilient enough to navigate some of the risks digital technology can pose, and well-educated for a digital future.

I hope you find this information and the suggested home-based activities helpful - watch this space for more information on the

JRCS Digital Resilience programme and how your son or daughter will be involved.

### #HelloYellow

On Friday 8<sup>th</sup> October, JRCS took part in the national #HelloYellow initiative to support young people's mental health and to raise awareness of the Young Minds charity. Our staff and students donned yellow accessories, from neon socks to yellow hats, to remind our young people that we are never alone in mental health struggles. I have included some pictures of our fabulous fashion accessories, which brought a welcome touch of sunshine to JRCS on this autumnal Friday.



### **ACHIEVE Days reminder**

Please make sure you have returned the parental consent forms from your son or daughter's trips leaflet. The deadline for payments on ParentPay is Friday 15<sup>th</sup> October. Please also check the leaflet for any guidance on items students may need to bring with them on ACHIEVE Days. If your son or daughter is going on a trip that involves use of public transport, they will need to bring a face covering with them to wear, in line with Transport for London's Covid policy.

### **Congratulations PC Halleron**

I must take this opportunity to say a huge congratulations to our school's Metropolitan Police Officer, PC Halleron, who this week was honoured as Schools Officer of the Year (London East). PC Halleron, one of just 32 Schools Officers to be honoured out of more than 400 across London, attended a ceremony at the New Scotland Yard where his hard work as part of the Safer Schools Partnership was recognised by the Metropolitan Police Deputy Commissioner. I have included some pictures of PC Halleron in his full uniform at the commendation ceremony, looking very smart indeed. We thank PC Halleron for his continued support of our students and for all the work he does to keep JRCS students safe.



Ms Keane  
Headteacher



### **GENERAL NEWS**

#### **Wednesday 13<sup>th</sup> October Year 10 Progress Evening**

Dear Year 10 parents,  
We are looking forward to welcoming you into school for Progress Evening next week. You should have received a letter this week about this event and have been asked to sign a sticker in your child's planner to confirm your attendance. To support social distancing we have separated the evening into two time slots, see below:

3:45pm - 5:00pm – Forms A, C, E, G, I  
5:15pm - 6:30pm – Forms B, D, F, H, J

In order to ensure everyone's safety please could you take a lateral flow test prior to arrival (these can be picked up from your local chemist or ordered online for free) and wear a mask in school if you are able. We are also asking that you do not bring extended family members to help us to maintain social distancing in school.

This Progress Evening will officially mark the start of this year group's journey in KS4 and I am looking forward to seeing you all there.

Kind regards,

Ms Draisey  
Head of Year 10 & Mental Health Lead

#### **Year 13's Trip to Stubbers**

Last Wednesday Year 13 all went out to Stubbers for a day of team challenges, team



building and problem solving. It would be remiss of me to say that it was an eagerly awaited trip by all as there was definitely some reluctance to heading out of school for the day but the mood quickly changed as students got involved in the plethora of activities available at Stubbers. Stubbers is a local outdoor adventure centre that runs activities for school groups, but families are welcome to use the facilities on the weekend or holidays if time slots are booked in advance. Our sessions included stand up paddle boarding, which was trickier than it looked, and was often more like kneeling paddle boarding; the students said it was quite challenging trying to balance on the boards so there were a few falls into the water.

Additionally, there was rock climbing, raft building, army assault course style team challenges, thinking skills team challenges, rifle shooting, archery and outdoor laser tag. The activities were all really good fun and ultimately the students really appreciated being out of the school environment, pulling together (or splashing each other depending on what group they were in) and spending some quality time with friends. For me it was great to get back out on a school trip, the first for the Year 13s since the pandemic, and learn away from the classroom. If you read this and look at the pictures and decide that you would like to go, the Year 13 students advise to stretch beforehand!



Miss Duncan  
Deputy Director of Sixth Form – Year 13



## Black History Month

This year to celebrate Black History Month, I would like to share a poem written by one of our very talented students at JRCS. BHM is an opportunity to understand Black histories, racism, and slavery, as well as bring to the spotlight Black achievement. BHM is so important as it allows us all to have a continued engagement with history and reflect. This student has engaged and reflected through writing poetry! Happy reading:

*We came so far,  
A time your grandparents were still young,  
when a black man's freedom was a song not  
yet sung,  
A time when a man's colour spoke 'volumes'  
Anything but white he was silenced...  
We came so far.*

*We follow the steps, our forefathers once trod,  
As they walk on the path they crafted for us.  
Living in a reality, where generations forever  
dreamt of.  
Soon one's colour of their skin is not judged but  
their character,  
Activists, freedom fighters, inventors,  
politicians, who may be gone nameless, but  
whose impact we see today.  
Our thoughts and prayers are with those, who  
sacrificed, who shed blood, tears in pursuit of  
equality.  
It is not wise to dwell on the past but always to  
hold appreciation for the past sacrifices  
We came so far....  
We should not harbour grudges or mistrust  
during Black History Month but pay respects  
and honour.  
A future yet so bright and young.  
Where our children can venture through their  
history,  
The battles have yet to be won but the  
warcrafts have not yet sailed.  
We still have a long way to go.....*

*By Vinna - Year 10*

Ms Raihana  
Teacher of English

## Digital Parenting Week 2021

From adjusting to home schooling, to your son or daughter's return to the classroom, parents and carers have juggled even more than normal in the past year. This Digital Parenting Week (11-15 October 2021), we are supporting you in helping to promote wellbeing and safety, both online and off.

We have included in this edition of the Seagull some ideas for how you might engage as a family around digital wellbeing, including a seven day challenge and an activity sheet, both designed to spark conversations at home around digital use.

These resources have been provided by Parent Zone, a brilliant organisation that offers advice and activities to help parents navigate the challenges of raising children and young people in the digital age.


For more information, advice and further resources please visit [www.parentzone.org.uk](http://www.parentzone.org.uk).

Ms Eastman  
Assistant Headteacher



HELPING YOU CELEBRATE SAFELY

# HALLOWEEN



Halloween can be great fun for children and families but it can also be an intimidating time for some.

If you are taking part in Halloween events, please remember to respect others and have a safe and enjoyable time.



**METROPOLITAN  
POLICE**

**TOTAL POLICING**





HELPING YOU CELEBRATE SAFELY

# HALLOWEEN



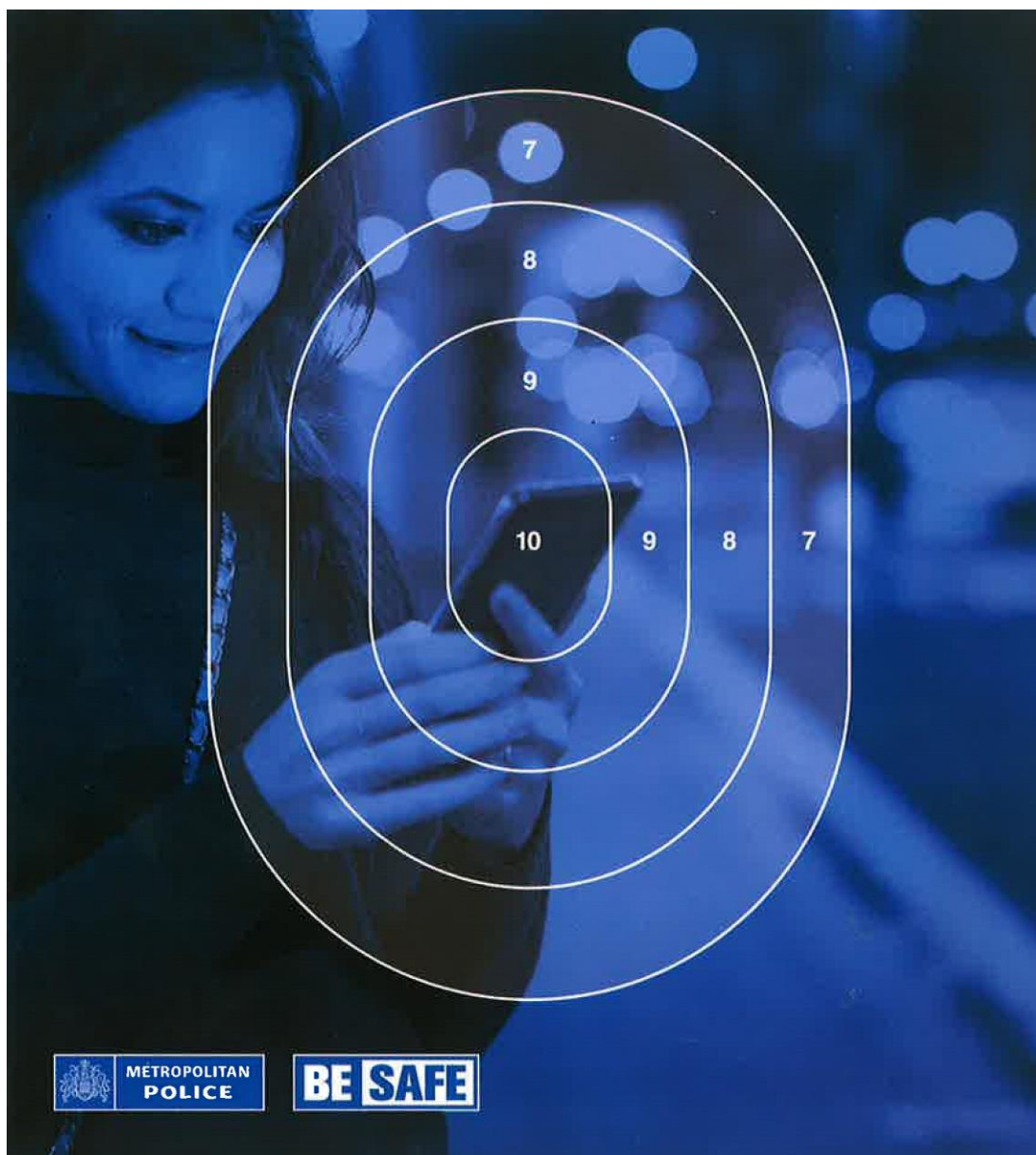
**We are restricting the sales of eggs and flour during the Halloween period to reduce criminal damage and anti-social behaviour.**



**METROPOLITAN  
POLICE**

**TOTAL POLICING**





## **DON'T MAKE YOURSELF A TARGET FOR THIEVES ON BIKES**

**CRIMINALS ARE USING MOPEDS AND BICYCLES TO SNATCH PHONES AND  
VALUABLES IN THIS AREA, ESPECIALLY AROUND POPULAR STREETS AND  
TUBE STATIONS. FOLLOW THESE SIMPLE STEPS TO PROTECT YOUR PROPERTY**

## **DON'T MAKE YOURSELF A TARGET FOR THIEVES ON BIKES**

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Criminals are using mopeds and bicycles to snatch phones and valuables in this area. They often ride up behind the victim and even mount the pavement to grab them. Police are carrying out operations to target these offenders.

Follow these steps to protect your property:

### **BE DISCREET:**

Don't openly display valuables **ESPECIALLY PHONES**

Keep handbags fastened to you

### **BE AWARE OF YOUR SURROUNDINGS**

Don't text while walking as you'll be distracted

Make sure the security features on your phone are activated

### **KNOW HOW TO IDENTIFY YOUR PHONE IF ITS STOLEN**

Find your IMEI by using the keypad \*#06#, keep a written note of it

### **NEVER CONFRONT A THIEF OR RISK YOUR SAFETY FOR THE SAKE OF YOUR DEVICE/VALUABLE**



HELPING YOU CELEBRATE SAFELY

# STAY SAFE WHILE YOU CELEBRATE

## MAKE SURE YOUR CELEBRATIONS DON'T END IN TEARS

Every time you leave  
your home to celebrate  
you could be giving  
criminals just the  
opportunity they need.



METROPOLITAN  
POLICE

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## **Free School Meals – Entitlement and how to apply.**

### **How do I apply?**

To apply for Free School Meals (FSM) you need to apply online on the borough website.

<https://www.lbbd.gov.uk/financial-support-for-pupils-and-students>

If applicable, you will need your National Insurance and Child Benefit number to hand when applying for free school meals.

### **What is the criteria for applying?**

Your child may be able to get free school meals if you get any of the following:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

Your child may also get free school meals if you get any of these benefits and your child is both:

- younger than the compulsory age for starting school
- in full-time education

### **How does it work in Jo Richardson Community School?**

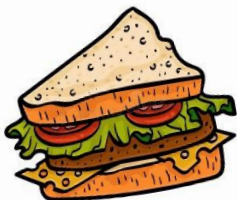
Your information when applying is treated with sensitivity.

We ensure that our students are provided with options of healthy, balanced meals so that they are re-charged to work through the afternoon and able to deliver their best. We have a cashless system with the use of biometrics and a Parent Pay account, which will allow you to see what your child has chosen to eat each day and add additional money should you want to.

Students who are entitled to Free School Meals receive **£2.35 per day**, which they can use **either at break or lunch**. We encourage our students to buy a balanced, nutritious meal and a drink/ bottle of water to help their concentration levels for the rest of the day, therefore recommend the Meal Deal option at lunch time.

**We have a discreet service in which students use their fingerprints at the counter at the canteen.**

**For further information, please see the borough website.**





# Join us in

# celebrating parents

From adjusting to home schooling, to their children's return to the classroom, parents have juggled even more than normal in the last year. This Digital Parenting Week (11-15 October 2021), we are supporting you in helping promote child and parent wellbeing – both online and off.

In your supporter's pack, you have ideas for how you might engage families around digital wellbeing – including a parent engagement event, a 7-day challenge for autumn half-term, and an activity sheet to spark home

conversations around digital use.

Whether you are a school, social organisation or a place of work, you can share these activities with parents to inspire a focus around digital wellbeing.

We're sure you'll have many ideas of your own, too, and we'd love to see them!

Please share your wellbeing activities and ideas on social media using the hashtag #DPW2021

# 1

## The Big Digital Dine-in

Bring your parent-child community together to link up online with others for a virtual meal – shared online between familiar families, friends and colleagues via a video chatting platform.

Groups can arrange a call with another known and trusted group. It could be with the family of another school friend. It could be grandparents, cousins or other relatives. It could even be something for parents and colleagues within a workplace – for a virtual breakfast, lunch or dinner together.

Whether at the dining table, on the sofa or in front of a video link at your desk, the aim is for groups of parents, children and friends to find time to come together and share how they are doing – from parenting, to life in general – over a healthy meal. Just don't forget to unmute!

Of course, not all groups are able to join online. No problem – they can also connect face-to-face over a picnic instead.\*

Wherever you are and whatever group you are part of, you could also encourage a pledge to sponsor the Big Digital Dine-in together – and raise money for a good cause. It could be donating to a preferred charity, a school fund, or even a local food donation scheme.

*\*Social distancing guidelines permitting*

# 2

## The Digital Wellbeing 7-Day Challenge

A simple and adaptable week of activities for you to share with families, friends and colleagues, all with a focus on digital family wellbeing – to be completed around Digital Parenting Week.



**Day #1: The Positivity Playlist.** What music makes you feel good and boosts your mood? Create a playlist of everyone's favourite happy tunes – and play them when you need a boost.

**Day #2: Share & Like.** Make time to discover what each member of the group/family/household likes doing online. Spend some time exploring each person's favourite online platform – whether it's a game, someone's favourite streamers, or something else.

**Day #3: Breathe & Relax.** Find some online activities that support relaxation and focus – such as guided breathing exercises or yoga classes. Could you make this part of your family's daily routine? Younger children might enjoy calming videos from Ollee [[watch here](#)]. You can find out more about Ollee, the virtual online friend for children aged 7-11, [here](#).

**Day #4: Digital Charades.** Write down your favourite apps and games on pieces of paper and each person chooses one for the family to guess. You can then talk about why you like these platforms.

**Day #5: Squad Sweat-off.** Look up a free online workout (it can be Joe Wicks – or something even more challenging) and get those endorphins going round your bodies. Maybe each family/group member could pick a new workout each week – and keep each other motivated to keep it up?

**Day #6: How does digital make us feel?** Try activity 3 from the supporters pack to consider how, individually and as a family or group, your daily online activities affect your emotions. Complete the discussion points together – and see if there are things you would like to change. For younger children, there is a printable sheet [included in your supporter's pack] to help map out which parts of your digital lives are working well for you.

**Day #7: Our Wellbeing Plan.** Agree some household/group expectations for digital wellbeing. This could be where you use your devices, and places off-limits. It could be to agree where you charge them. And it could be things you will change to make sure your digital wellbeing is better supported.

**If you have older children in your group or household, could they write a blog post about their digital wellbeing and what they do to manage it?**

And would they want a chance to be published on [VoiceBox](#) – an international content platform led by young people for young people?

Email [dpw@parentzone.org.uk](mailto:dpw@parentzone.org.uk) to submit a blog or to find out more.

3

## How does digital make us feel?

Digital can take us through many different emotions in a day – sometimes several at once.

Gaming might make someone feel excited but also – particularly after a long session – tired. Work can be stressful, but also satisfying. A video call might bring happiness, or spark anxiety. Schoolwork? Ask children and “bored” might well come into the conversation...

Whatever we do online, we all have unique associated emotions and feelings. Understanding how our digital lives make us feel can help us consider how it might be affecting our wellbeing – both positively and negatively.

Try, as a family or group, making a list of all the things you do online – and describe the emotions that you associate with each thing.

Then, you can discuss these following questions:

- Why do these things make you to add to the list?
- What things would you feel like this? like
- What could you do more of plan to change it?
- How could you make as a family/group? a
- What would you like to change?

For younger children, you can support this conversation by using the ‘How does digital make us feel?’ **activity sheet** [included in your supporter’s pack]. Print and fill in – either using words or emojis to express the emotions.

Are you planning your own event or activity to celebrate Digital Parenting Week? Let us know by contacting [dpw@parentzone.org.uk](mailto:dpw@parentzone.org.uk) or tagging us on social media, using the hashtag **#DPW2021**



# How does digital make you feel?

**Tip:** you can add more activities underneath

**Fill out** the table to describe how different digital things make you feel.

What do you do online?	Name	Name	Name	Name	Name
Work or school work online	(Add feelings or emojis here)				
Watching videos					
Gaming					
Social media					
Chatting to friends or family					
How does it make you feel?	Happy 😊	Sad 😞	Angry 😡	Tired 😴	Something else? 😊

## TALK IT OUT

Why do these things make you feel like this?

What could you do more of as a family?

What would you like to change?

What things would you like to add to the list?

How could you make a plan to change it?

**Tip:** you can use more than one emotion or emoji for each activity.

Digital Parenting Week 2021

## WORD OF THE WEEK

### 11th-15th October 2021

