

The Seagull



Issue 689 Friday 11th February 2022

Week beginning 21.02.2022 is Week 2

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Website: www.jorichardson.org.uk
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Year 7 Netball Team

HEADTEACHER'S NEWS

Gold Seagull



Congratulations to this week's Gold Seagull winner:

Darius-Petru Year 7

Covid Catch-up: Saturday tutoring

A reminder that the Saturday school is not running for Year 7 and Year 8 over half term. Saturday tutoring will recommence on Saturday, 26th February 2022.

Covid measures

Please be aware that the school will be continuing with the current Covid-19 measures we have in place after half term and up until the Easter holidays. While infection rates remain high, we feel it is vital to continue to protect the school community as far as possible. This means we will continue with:

- Staggered start and finish times for all year groups
- Designated entry points for each year group
- A one-way system to minimise crowding around the school building
- Masks to be worn in communal areas
- Regular sanitising on entry to classrooms
- Twice weekly lateral flow testing at home

Children's Mental Health Week/Wellbeing at JRCS



Championing the Mental Health and Wellbeing of our whole school community is central to our Success for All ethos, and the past few years have certainly challenged us all. This week, we've marked Children's Mental Health Week in school with a number of events during tutor time and at break times. Students have been involved in discussion activities, special challenges, and have made paper chain decorations for our dedicated wellbeing room in the school library.

We have also launched the Wellbeing Hub area of the school website, with information and resources to help support students, staff and parents. You can find this at: jorichardson.org.uk/wellbeing-hub.

With thanks to Ms Draisey, our Mental Health Lead, for all her hard work in setting this up and for coordinating this week's events.

As always, if you are at all concerned about any aspect of your child's wellbeing, please do not hesitate to contact a member of their pastoral Year team.

Safer Internet Day - Tuesday 8th February 2022



Coordinated by the UK Safer Internet Centre

This week also marked Safer Internet Day, providing us with an ever-timely chance to reflect on how to keep ourselves safe online.

The internet can be an incredible resource for learning new things, helping with revision, and keeping in touch with friends and family. However, sadly all schools also see the downside of the internet on a frequent basis. From cyberbullying to sexting to issues around online gaming, eSafety is an issue which impacts hugely on the lives of young people. We have found the resources offered on the UK Safer Internet Centre excellent at encouraging open dialogue and debate around healthy internet use and would recommend this website to parents/carers too. It includes a range of advice and activities you can use at home to support and engage your child. You can find it at: www.saferinternet.org.uk

As part of our ongoing work around digital resilience, JRCS will also be taking part in the Childnet safer internet film competition after half term. This year's theme is 'All fun and games? Exploring Respect and Relationships online.'

Year 11 mock exams

The final mock period for Year 11 begins straight after half term. Students have been given resources and guidance to help them to prepare for these exams. They should now be preparing a clear revision timetable for the coming few weeks which sets out the time they will use to revise each of their subjects and the specific topics they need to cover. These mocks are a key chance to consolidate students' learning ahead of the real exams: the more thoroughly they revise at this stage, the less pressured and overwhelmed they are likely to feel when it comes to the real thing. Students' attendance in school is also absolutely crucial - they are covering vital content and exam strategies in every single lesson at this stage right through to their exams next term.

Ms Keane
Headteacher

GENERAL NEWS

Year 9 Progress Evening

Year 9 Progress Evening is due to take place on Wednesday 23rd February 2022. We are looking forward to welcoming Year 9 parents/carers into school for face to face appointments with teachers to discuss students' progress so far and potential GCSE option choices. To ensure we run this event safely, we have put special measures in place

including a staggered time slot. Students in forms 9A, 9C, 9E, 9G and 9I are invited to book 5 minute appointments with teachers between 3.45pm – 5.00pm. Students in forms 9B, 9D, 9F, 9H and 9J will be invited to book appointments between 5.15pm – 6.30pm.

The event will take place in Boothroyd Hall and Main Street with teaching staff spaced adequately. Please can we ask that you complete a lateral flow test before arrival and we advise the wearing of masks where possible. We also encourage only one parent/carer to attend and ask that siblings do not attend to minimise numbers in the Hall.

Your child will have a sticker in their planners to confirm attendance on 23rd February and please do not hesitate to contact the Year 9 pastoral team should you have any questions about this event.

Miss Boulton
Year 9 Assistant Headteacher

Year 9 Options Booklets

Year 9 options information booklets will be sent home with Year 9 students on Friday 11th February. This will include important information about the options process and the range of qualifications Year 9 students can choose from for their KS4 studies. Students have been provided additional information throughout our assembly and tutor time programme and we would like parents/carers to discuss the students' option choices with them over half term.

Year 9 Progress Evening

Wednesday 23rd February

The Year 9 Progress Evening on Wednesday 23rd February will provide an invaluable opportunity to talk to subject specific staff about the content and assessment for each qualification and this will be followed up with interviews with SLT next half term to finalise option choices. The booklet will contain all relevant information. However, should you wish to speak to a member of the Year 9 pastoral team about this process, then please contact the school.

Miss Boulton
Year 9 Assistant Headteacher

Immunisation Updates

Year 9 DTP/ MEN C

Wednesday 2nd and Thursday 3rd March
You would have received a link by email if the school has an email for you.

Link below:

Year 9 ONLY DTP/ MEN C

<https://london.schoolvaccination.uk/dtp/2021/barkinganddagenham>

COVID immunisations Tuesday 8th March

There is an opportunity for students aged 12-15 to have a COVID immunisation. There will be a link sent to parent phones shortly or alternatively use the below link.

The link will state "Second dose" but we have checked with Vaccination UK and they have confirmed that all students are welcome whether it is 1st, 2nd or booster that is required.

COVID IMMUNISATION OPEN TO STUDENTS AGED 12-15

[Vaccination UK Immunisation \(schoolvaccination.uk\)](https://schoolvaccination.uk)

Mrs O'Keefe
Student Services Manager Attendance Lead
Safeguarding Team

Year 7 Netball

On Wednesday the Year 7 netball team (pictured on the front page) played Goresbrook School for their first league fixture of the year. All girls played exceptionally well. It was a very close game with great attacking play from Faye, Alesha and Tegan. Unfortunately, the game ended 1-0 to Goresbrook. Player of the match goes to Naveah (7F) for her fantastic efforts as a goal attack.

Miss Pridie
PE Teacher

Time to Talk 2022

Last Thursday (3rd February) we celebrated Time to Talk Day here at JRCS with staff and with our Sixth Form students. For staff, everyone got a biscuit, teabag and big question in their pigeonhole with a view to spend some time with someone else today – talking. Our questions included favourite film or book and where to travel. In the staff room we also held our JRCS Great Time 2 Talk Bake Off 2022! Here you can see the great selection of home baked and shop brought treats:



This week has been Children's Mental Health Week and we have been celebrating in school with posters, tutor time activities and by creating a huge paper chain of positivity on Main Street!

If you have any concerns or questions about wellbeing or mental health then please visit our school website. If you go to the 'Information' tab you will find the link to pages for students, staff and parents/carers to get support, advice and links to helpful organisations.

A huge thank you to everyone involved in the bake off, tea and biscuits and paper chain making! A special thanks to our student Wellbeing Team for running some of these events.

Ms Draisey
Senior Mental Health Lead



Our very own Mary Berry (Ms Keane) was our judge and she thoroughly enjoyed her role as chief taste tester! After much deliberation, she decided to award the star baker cake stand to Ms Meehan and Mr Watts. I am sure you will agree that they look exceptionally happy with their prize here!

Additionally, during breaktime in the Sixth Form Common Room they offered out tea and biscuits for all students and encouraged them to engage in conversation. This turned out to be a wonderful event and gave everyone a great opportunity to take a pause.



KS4 Wellbeing Club



Lots of people turn to baking to reduce stress and have fun, and Wellbeing Club did just that just when we baked cookies. Giving what you bake to other people is an act of kindness which will make you feel great, but eating them yourself will also make you feel good!



We meet after school on a Tuesday and would love you to join us. Please speak to Ms Hunt to sign up.



Year 13s prepare for their next step

Over the past 4 weeks Year 13 students have had the opportunity to participate in a range of apprenticeship workshops and sessions. Many of these sessions were provided by the Construction Youth Trust and focused on group interviews, success at assessment centres and the application process.

Our final session designed for aspiring apprentices was led by a former JRCS student Lauren and her colleague Noah; Lauren left Jo Richardson Sixth Form in 2019. She worked hard and secured an apprenticeship at Standard Chartered Bank as a Financial Markets apprentice. Lauren discussed what her role was and gave our Year 13 students some excellent guidance and advice about what apprenticeship employers are looking for in prospective candidates.



Students found the four sessions they had useful and thought provoking. We wish them lots of luck with their apprenticeship applications.

Mrs Evans
Director of Sixth Form

WORLD BOOK DAY Thursday, 3rd March READING MARATHON

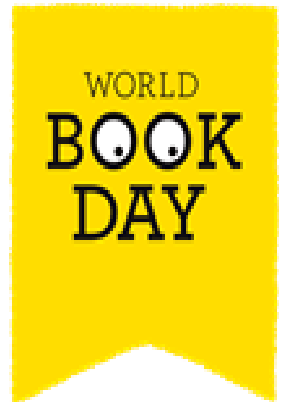
Book your 15-minute time slot to take part in the reading marathon on WBD.

Two people can take part at the same time. Students who take part will receive a reward and certificate.

Students do enjoy this event which acknowledges WBD.

A staged area will be set up in Main Street representing a camping theme.

See Ms Osland in the library to book your 15 minutes, or for more details.



Ms Osland
Librarian



To Parents/Carers in Secondary Schools and College

Our address:
Town Hall
1 Town Square
Barking
IG11 7LU

Website: www.lbbd.gov.uk

Ref: EdComm/Schools/Letters

February 2022

Dear Parents / Carers,

Letter to Parents/Carers in Secondary Schools and College

I am writing to you as your local Director of Public Health to thank you for your continued support through these difficult times, and to let you know how you can stay safe and help us to stop the spread of Covid-19.

The number of Covid-19 cases locally remains high and I expect this to continue until Easter at least.

we must all work together to stop the spread of the virus. You can help us by:

- keeping a sensible distance from others
- avoiding gathering at the gates
- encouraging your family to keep their hands clean
- [testing regularly](#) as a family
- taking up the offer of the [vaccine](#), or booster
- following [self-isolation rules](#).

It's very important that your child takes a test before returning to school after half term.

By taking these steps, you'll be supporting our schools to stay open and keep as many children attending as possible. And you'll be making sure that you're doing everything you can to protect your own family and friends.

Yours faithfully,



Matthew Cole
Director of Public Health

YR 7 & YR 8 HIP HOP DANCE CLUB

**LED BY A PROFESSIONAL HIP HOP DANCE ARTIST
EVERY TUESDAY (STARTING AFTER HALF TERM)**

DA1

3.15-4.15PM

**IF INTERESTED SEE MISS ENGLAND IN THE PE/DANCE OFFICE
TO PUT YOUR NAME DOWN**



Get your COVID-19 vaccine or booster at a local walk-in site

12 TO 15
YEAR OLDS
WELCOME

It's quick and easy, no appointment needed, and you don't need to show proof of address, immigration status or your NHS number - just turn up!

Visit the walk-in clinic:

Sunday 20 February, 10am to 4pm.

Saturday 26 February, 10am to 4pm.

**Dagenham and Redbridge Football Club
Victoria Road, Dagenham.**



Anyone who comes on the day will be entered into a prize draw to win FREE football tickets for a home game at Dagenham and Redbridge or tickets for FREE entry at Better Trampoline Park



Anyone aged 12+ is welcome to have their vaccination (first, second or booster depending on what you are due).

Do you want to talk to someone about having the jab?
Come along to talk to a member of the team for advice and answers to your questions.



For more information about local vaccine clinics go to:
lbdd.gov.uk/covid-vaccine



**Barking &
Dagenham**

MC9025 JAN22



**LET'S
TALK**

TALKING YOUR WAY TO
BETTER MENTAL HEALTH



FREE ONLINE WEBINAR IN PARTNERSHIP WITH THE NHS

TOPIC

MINDFULNESS FOR STRESS REDUCTION

DATE

THURSDAY 10TH FEBRUARY 2022

TIME

18:10-19:10



**For more information and how to access the webinar, please
email nhsworkshop@farsophone.org.uk or call 0208 937 7248**



**LET'S
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MANAGING STRESS AND BUILDING RESILIENCE

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