

The Seagull



Issue 692 Friday 11th March 2022

Next week is Week 1

All Enquiries: 020 8270 6222
Email: headteacher@jorichardson.org.uk

Website: www.jorichardson.org.uk
Twitter: @JRCS_School 



Year 8 Netball Team



HEADTEACHER'S NEWS

Sixth Form Progress Evening

Wednesday 16th March
3.45pm-6.45pm

Year 11 Progress Evening

Wednesday 30th March
3.45pm-6.45pm

Year 8 Progress Evening

Wednesday 27th April
3.45pm-6.45pm

National Careers Week 2022

This week is National Careers Week, and our focus in assemblies and tutor time sessions is to help guide students in thinking about

potential future pathways. I have included in this edition of The Seagull a letter to all parents from the Department for Education. This outlines a range of useful resources parents and carers can use to help support their child in conversations about their choices post-16 and post-18. If you have any questions about careers guidance within school, please contact Ms Eastman on NEastman@jorichardson.org.uk

There is also an excellent virtual careers fair online at www.ncw2022.co.uk which all our students can access free of charge. It has lots of exhibits and activities from major national employers such as the NHS, BBC and Civil Service. Please do encourage your son or daughter to log in from home and use this as a valuable opportunity to support them in thinking about potential future careers.

Catch-up tuition

Our first cohort of Year 7 and Year 8 students have now completed their 15 hours of reading tuition on Saturday mornings. This has been a real success, and there is a lovely environment in school with the students working in small groups with their peers and tutors. Special thanks to our staff members who have been coming in to run the sessions on Saturday mornings.

Key Stage 3 parents will shortly be receiving information about the next round of tutoring, which will focus on writing and Maths. I would encourage as many parents as possible to sign up for this offer. It has really helped the students who have taken part so far: they have been overwhelmingly positive about their experiences and the confidence it has given them.

The tutoring is free of charge for JRCS parents but what is on offer next term would cost up to £1,000 per child if you were to pay for private tuition. All sessions are led by our own teachers and support staff. For further information about summer term tuition, please keep an eye out for the letter coming home next week.

Covid measures

We are continuing to encourage mask wearing in communal areas of the school and carrying on with the staggered start and finish times for all students. Please continue to keep your son or daughter home if they test positive and only send them back to school once they have received two negative lateral flow tests from day 5 onwards.

Dates for your diaries

- Sixth Form Progress Evening – Wednesday 16th March- 3.45pm - 6.45pm
- Year 11 Progress Evening -Wednesday 30th March -3.45pm - 6.45pm
- Year 8 Progress Evening Wednesday 27th April- 3.45pm - 6.45pm

Ms Keane
Headteacher



GENERAL NEWS

Year 12 Trip to a UCAS Exhibition Monday 14th March

The trip is a great opportunity for students to find out about university courses and apprenticeships. There are uni ambassadors and employers to talk to and there will be

information to collect. We are leaving school at 1:00pm and expect to return at 3:30pm. The following week we have a guest speaker from Push who will also be focusing on student options after their Sixth Form courses are complete.

Mrs Wren
Lead Teacher of Politics and Post-18 Co-ordinator

World Book Day 2022





Ms Osland
School Librarian



The JRCS Wellbeing Hub






At JRCS we are committed to supporting the positive wellbeing of all members of our community. Success will allow us to foster a learning environment that supports student wellbeing at all stages of their journey. Our culture is caring, supportive and respectful of the wishes of individuals within our community. Our approach to wellbeing hopes to encourage open communication about the topic whilst

respecting individual members' right to maintain privacy.

In our school community, we know that everyone experiences different challenges and will seek to deal with this in a variety of ways. We are determined to ensure that support is in place to allow all members of the community to cope during these challenges. At JRCS positive wellbeing for all is the responsibility of all members of the community.

Two weeks ago was Children's Mental Health Week and as a part of that we launched the brand-new section of our school website: The Wellbeing Hub. The hub is a place for advice, support and useful links to all things relating to wellbeing. You will find a page for students, staff and parents here that we hope will support you at home to drive towards positive wellbeing.

Below is a useful way to start the journey to positive wellbeing by doing some very simple activities:

				
Connect	Be Active	Take Notice	Keep Learning	Give
Send a message, meet for a coffee	Run, walk, wiggle!	Use your senses, listen to the calm	Try something new	Your time, words, skills

Please do get in touch if you know of any useful organisations in our borough or if you have suggestions on how to make improvements to the pages. We are keen to keep adding to the pages.

Ms Draisey
Head of Year 10 & Senior Mental Health Lead
Odraisey@jorichardson.org.uk

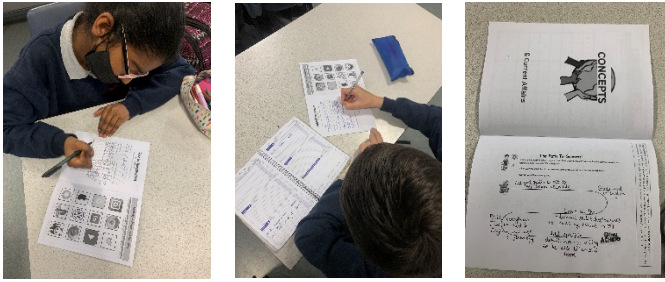
Year 7 Tutor Time - Career Pathways to Success

As part of National Careers Week, Year 7 students have taken part in their own 'Path to Success' activity.

Discussions around what their potential career goals are ranged from accountant and engineer to footballer and author. The students pathed the steps that they can take to get there, focused on their academic grades, work experience and research. Some students felt that the biggest goal for their careers right now would be at the

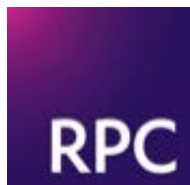


end of Year 11 and getting good GCSE grades that they would be proud of, which they displayed as their current end goals. It was great to hear some of the aspirations that our Year 7s already have!



Ms Martin - Head of Year 7

The JRCS Enterprise Provision



RPC Mentoring Scheme-update

The RPC mentoring will have their first virtual session on the 23rd March and all the 20

successful students will start meeting and getting to know their mentors. In the first virtual session it will introduce the course and meeting the mentors that will be assigned to each person.

We are incredibly grateful for the lawyers, who have an extremely busy schedule, taking time out of their day and meeting with students teaching and supporting them by growing professionally but also physically and as people.

The programme has also been amended and new letters will be sent out outlining the changes of the programme to all JRCS mentees this week. Please make sure the letter is signed if you have not done so already and make sure you have full parental permission as without that you will not be allowed to participate in the RPC mentoring.

We are so proud of all students who applied and were accepted, making the most of opportunities and thinking about how to better themselves in the world of work.

The JRCS Enterprise Zones and Tim Stillwell Partnership- update



As well as this opportunity, applications for the international fair closed on Thursday 10th March. We are excited and looking forward to reviewing all applications sent by students interested in

selling around the school. We will contact successful candidates for the next step of selling.

Accepted candidates will be supported by Tim Stillwell who founded Burrito Kitchen while still being in education. He will support students with the planning and execution of the business in JRCS.



Furthermore, there are two more great opportunities approaching which are in partnership with KPMG, which is the UK provider for professional service which includes advisory, tax, and audit. The company offers a wide range of jobs which include accounting, forensic accounting, assurance, tax, risk management, and financial advisory services. KPMG serves customers worldwide.

This opportunity will be fantastic as it can provide lots of different fields for work and provide new experiences and uncover interests.

The second partnership is with St James's Place, a wealth management company that provides face to face financial advice. They also provide other services like banking and investment planning for families. This is also another fantastic opportunity that can help with decisions on your future aspirations. If you are interested, keep a look out in The Seagull for further updates about this opportunity.

The JRCS Enterprise Zones and Tim Stillwell Partnership

Last term, Year 9 students with Miss Montague were selling homemade baked goods in the Enterprise Zone as part of DofE volunteering hours and were collecting money for RSPCA. They also had to learn journalism skills and wrote an article about their experiences of participation in selling. We, as the JRCS Enterprise Provision team, are so proud of the Year 9 students who took part in this and learnt some valuable business skills.

Year 9 Duke of Edinburgh fundraising

We worked as a team to make vanilla and chocolate butterfly cakes and sausage rolls. The vanilla and chocolate butterfly cakes sold the most, but the sausage rolls were extremely popular with the teachers. In our charity fundraising for the RSPCA, we have not just been baking, we have also been selling sweets. The aim is to guess the number of sweets that are in a jar. There are halal and non halal. The closer you get to the number of sweets, the jar is yours. The winners were Ms Hillsden and Lisa in Year 10. Amber said, "I liked getting over my anxiety by pushing myself out of my comfort zone by selling at lunchtime and by speaking in front of the Year 9 assembly."

At first our target was £50 and we went over it so we aimed for £100. We were proud that we went over that, and we now have a total of £128.49 which will be donated to the RSPCA.



Amber, Daisy, Harley, Kalem and Keyaan

PI Day

Monday 14th March is world Pi Day where Maths Departments and Mathematicians across the globe will be celebrating the discovery of the number Pi. Many of you will have used Pi in your maths lessons either this year or in

previous years. To celebrate we are holding a competition to recite Pi correctly to the greatest number of decimal places. In previous years we have students reciting Pi to 25 decimal places!

So, if you fancy yourself as a memory whiz or are a keen Mathematician, come and join us over in Maths on Monday 14th March from 1:30pm to 2:00pm. For those who would like a bit more of a challenge, we are also running a Pi Sudoku competition. Winners of both competitions will receive a prize!

Mr Gaudoin

Director of Learning-Maths and Numeracy

A new age of Leadership

Last week we appointed our Year 12 Executive Prefect Students and Deputy Executive Prefect Students via a demanding application process. After applying for the positions, students were interviewed by Ms Keane, Miss Campbell, Miss Duncan and myself and they did themselves proud! After making some difficult decisions about who to shortlist, the shortlisted candidates then had to plan and deliver a speech to Year 8 students in assembly. All students did an incredible job. It was extremely difficult to decide who to choose and I would like to offer my congratulations to the appointed Executive Prefects.

Executive Prefects

Feba and Liepa

Deputy Executive Prefects

Fatimah and Sammi



We are very excited to work with all four students and develop student leadership in Sixth Form as well as more widely across the school.

Mrs Evans

Director of Sixth Form

Year 8 Netball

Congratulations to the Year 8 girls netball squad (pictured on the front page) getting off to a winning start to the week. They versed a very talented and established Riverside team. In the first two quarters we saw fantastic shooting and game play from Deborah and Joan to put us into a 6-3 lead. In the final two quarters we had great teamwork within the defence to keep Riverside shooters from scoring only 2 goals. The final score was 9-5. Woman of the match goes to Benedicte Year 8. Well done girls!

Miss Pridie
PE Teacher

Drama Notice

The Drama Department commend our Year 11 GCSE students for their hard work and dedication in preparation for their final performance exam. Last week, they showcased their scripted pieces to family and friends, and it was a wonderful event full of talent and professionalism. Over the last few months, students have worked tirelessly to prepare for their final opportunity to achieve their highest performance mark that will count towards 20% of their final grade for the course. This exam required students to learn lines, rehearse and perform an extract from a play.

Across the two exam days there were a total of 27 performances of short extracts taken from 11 different plays all exploring a variety of issues and themes. Each extract had different demands on the students in order for them to achieve their artistic intentions that they have all carefully considered and demonstrated to their full potential during the showcase.

Congratulations Year 11 Drama students, you have now completed 60% of the GCSE Drama course! Now, let's continue to work together in the final push towards your written exam on 19th May.

The Drama Department

Young Mayor Election

Last week Zubin came to see me with some amazing news; he had been elected Young Mayor of Barking and Dagenham! He had been up against much older candidates and yet his resilience, eloquent speech and determination to initiate change meant that he was voted into this prestigious position. We are exceptionally proud of Zubin and cannot wait to see the

changes he brings about for our community. Below, is a summary of his steps to achieving this goal:

"Like all great achievements, though I was elected within minutes of my speech, becoming Young Mayor has been a journey over the past year. In November 2020 I put myself forward to become part of the Barking and Dagenham Youth Forum and what a life changing experience that was. Though I didn't know it at the time meeting with likeminded individuals, at first on Zoom, for an hour a week would shape me as a person. Being a new member amongst a group of young people who had years of bonds together was a daunting experience, however, I pushed myself to run for Chair of the Forum. Though I wasn't elected Chair I did receive a Deputy position for coming second place, hours of meetings of online meetings often where I was the only young person on the call was a bore but gave me my greatest opportunity at moving up the ranks.



Throughout my year as Deputy Chair I attended several extra meetings, often I was looked upon by an entire room of my peers and speakers to ask the questions no one wants to. This put me in a position where I gained respect from all members of the forum, and I believe it to be the reason for my success. and yes, that juggling act of schoolwork and a two hour long meeting on a Monday combined with another the next day was a challenge, however running for young Mayor was the next step and one I had always dreamed of. I had to prepare a speech and in it I managed to play to the heartstrings of the forum. My promise was to represent young people in an articulate and persuasive way to build a brighter future. The votes happened minutes after and up against two 17-year-old candidates my nerves were high and confidence a little low. To my surprise I won the election and was deemed Young Mayor of Barking and Dagenham".

A huge well done to Zubin, we are so lucky to have you as a student in Year 10!

Ms Draisey
Head of Year 10 & Senior Mental Health Lead

Year 11 Mocks & Year 13 VIMA Exams

Below is a copy of the timetable for Year 11 Mocks & Year 13 VIMA Exams. These are internal exams and students will be required to attend normal lessons. Please make sure students have a good breakfast and they have the correct equipment with them for each exam, including a calculator (if needed) and a black pen.

If they wish to, they may bring water, but this needs to be in a clear plastic bottle with the label removed. Please remind your child that under no circumstances should mobile phones be taken into exam rooms. If your child is unable to attend any of their exams, please call the attendance line as usual and we will require a letter from your doctor.

Day/Date	Paper	Time
Wednesday 16 th March	Dance Practical - DA1	9.00am-1.00pm
Thursday 17 th and Friday 18 th March	Food Practical - Real Exams - In Food Corridor	All day
Monday 21 st and Tuesday 22 nd March	Art Practical - Art Corridor	All day

The poster is a vertical rectangular graphic with a teal background. At the top, it features the logos for Public Health England, Vaccination UK, and NHS. The main title is 'HAS YOUR CHILD MISSED THEIR DTP & MENINGITIS ACWY VACCINE?'. Below this, there are four numbered points: 1. Both vaccines are offered to boys and girls in Year 9. 2. Both vaccinations are routinely given in Year 9 and are part of the childhood immunisation schedule. 3. The teenage booster, also known as the 3-in-1 or the Td/IPV vaccine, is given to boost protection against 3 separate diseases: tetanus, diphtheria and polio. 4. MenACWY – protects against 4 strains of the meningococcal bacteria – A, C, W, and Y – which cause meningitis and blood poisoning (septicaemia). To the left of the points is a speech bubble that says 'Click here for more information'. To the right of the points are two red circular buttons with white text: 'DTP' and 'ACWY'. Below these buttons is a box titled 'Drop in Clinics:' which lists two locations: Fanshawe Community Centre (RM9 5DX) on Wednesday 6th April 2022 between 10-2pm, and Barking Library (IG11 7NB) on Monday 11th April 2022 between 10-2PM. At the bottom, there is a line of text for enquiries: 'For enquiries, call 0203 432 6143 or email us at Barkinganddagenham@v-uk.co.uk'. The poster is decorated with various medical-themed illustrations: a syringe, a virus particle, a bandage, a pill bottle, and a doctor in a white coat.

Public Health England
Vaccination UK
NHS

HAS YOUR CHILD MISSED THEIR DTP & MENINGITIS ACWY VACCINE?

- 1 Both vaccines are offered to boys and girls in Year 9
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- 3 The teenage booster, also known as the 3-in-1 or the Td/IPV vaccine, is given to boost protection against 3 separate diseases: tetanus, diphtheria and polio.
- 4 MenACWY – protects against 4 strains of the meningococcal bacteria – A, C, W, and Y – which cause meningitis and blood poisoning (septicaemia)

Click here for more information

DTP

ACWY

Drop in Clinics:
Fanshawe Community Centre (RM9 5DX) Wednesday 6th April 2022 BETWEEN 10-2pm
Barking Library (IG11 7NB) Monday 11th April 2022 BETWEEN 10-2PM

For enquiries, call 0203 432 6143 or email us at Barkinganddagenham@v-uk.co.uk



Department
for Education



National Careers Week

Dear parents, carers and guardians,

This week is National Careers Week: <https://nationalcareersweek.com/> and as the Minister for Higher and Further Education, I am writing to let you know about the many high-quality education and training options there are available to your child after they finish their GCSEs and once they turn 18. This follows a recent letter: https://amazingapprenticeships.com/app/uploads/2022/02/AA_Parents_Skills-Minister-Letter_ParentsCarers.pdf you may have received from the Minister for Skills about all of the great apprenticeship opportunities there are available.

In my role as a Minister, I have been able to speak to a lot of young people who have all taken different paths after school or college to their chosen job or career. What so many of them had in common was **good, early careers advice** - providing an insight into the different careers there are out there – from construction and engineering to digital technology and childcare - and helping with those important decisions on what step to take next.

There are now so many **exciting, high-quality education and training options** available to young people. From T Levels that have been designed with employers to high quality apprenticeships in hundreds of occupations, traineeships and innovative new Higher Technical Qualifications, alongside A levels and university.

I know that navigating what is out there in terms of education and training options for your child and taking that next step can seem overwhelming, which is where great careers advice comes in.

Here are some other useful resources that may help:

- You can get tips on how to have a career conversations with your child on the Talking Futures website: <https://www.talkingfutures.org.uk/> It is designed to give you the information you need to have informed conversations with your child about what they want to do in the future.
- All the different training pathways are set out on the 'Get The Jump' Skills for Life section: https://nationalcareers.service.gov.uk/explore-your-education-and-training-choices?utm_source=md_letter&utm_medium=letter&utm_campaign=gtj_launch of the National Careers Service website, which has been designed for young people to help them work out their next move. This has information about all the different education and training pathways and shows how they compare and where they can lead to.
- You can also see over 800 job profiles: <https://nationalcareers.service.gov.uk/explore-careers> on the National Careers Service website, with important information on things like salary levels, typical responsibilities and the best route into each job or career.
- Every school and college has a Careers Leader who will be able to support the conversations you are having with your child.

It is my priority to ensure that young people know about all the opportunities available to them so they can make an informed choice about their future. I hope your child gets some time to consider their future during National Careers Week and that these resources will be useful to you too.

Yours faithfully,

The Rt Hon Michelle Donelan MP

Minister of State for Higher and Further Education



Department
for Education



**It's okay for your child
not to know where they
are heading in the future.**

**But you can help them to get
going by supporting them with
their next step.**

**To explore all the education
and training choices available
to them visit [Get the Jump](#)**

Speak to an adviser

If your child needs help or
advice about their education
and training choices they can
contact the National Careers
Service on 0800 100 900
(8am-8pm Monday-Friday,
10am-5pm Saturday)
or [use webchat](#).

**Jannah (20):
Software
Engineering
Apprentice at
KPMG**



"My apprenticeship allows me to
combine my skills and passion for
creativity in the digital sector and I
get to earn whilst I learn on the job."



**Joshua (17):
T Level Student
Studying Digital
Business
Services**

"I really enjoy practical work and getting
hands-on experience, so when I heard
the T Level included an extended work
placement, I knew it was the right
course for me."

**Nellie (20): Former
Trainee, now an
Apprentice at
Specsavers**



"The 2 month traineeship
was really good. It helped to build my
confidence, prepare my CV and
helped with my communication. The
traineeship made me realise that this
was what I wanted to do as a career."

Still need to get your vaccine or booster? It's quick and easy!

Pop down to the next vaccine pop-up clinic in your area.

12+
YEAR OLDS
WELCOME

Visit the walk-in clinic:

Saturday 12 March, 11am to 4pm.
Chadwell Heath Library, High Road,
Chadwell Heath, RM6 6AS.

Activities on the day include:

- Cupcake decoration workshop
- Candle henna art workshop
- Arts & craft workshop
- Virtual reality experience
- Xbox competition



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

Have any questions or want to talk to someone about having the jab? Pop along and talk to a member of the medical team for advice and answers to your questions.



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



**Barking &
Dagenham**

Schools Out Get Active East Programme

Bookings open Monday 14 March at 9am

Week 1 – 4 to 8 April 2022

Activity: Street Dance - Pullums Dance

This 3 day street dance workshop will include learning different techniques and street dance styles. You will be learning choreography and get a chance to perform a dance routine at the end of the course to friends and family. Come along to try something new, strengthen your dance skills and make new friends this Easter.

Venue: Riverside Campus, Riverside Bridge School, Renwick Road, Barking, IG11 0FU

Time: 1pm to 4pm

Age group: 5 to 17 years

Dates: Monday 4 to Wednesday 6 April

Cost for Camp: FREE to children that live or go to school in Barking & Dagenham

Book here for 5 to 7 years <https://www.eventbrite.co.uk/e/street-dance-camp-with-pullums-dance-academy-for-5-to-7-year-olds-tickets-292592511077>

Book here for 8 to 15 years <https://www.eventbrite.co.uk/e/soga-street-dance-camp-with-pullums-dance-for-8-to-15-year-olds-tickets-292579482107>

Activity: Multi Sports – Premier Sport

The camp covers a wide range of sports including team games and racket sports. The programme is accessible across all ages between 5 and 13 years and all abilities. It ensures children have fun with friends, at the same time learning the importance of living a healthy and active lifestyle. The programme helps children improve their communication skills, build their self-confidence, and develop valuable social skills.

Venue: Becontree Primary School, Stevens Road, Dagenham RM8 2QR

Age: 5 to 13 years

Dates: Monday 4 to Thursday 7 April 2022

Time: 10am to 2pm

Cost for Camp: FREE to children that live or go to school in Barking & Dagenham

Book here for 5 to 7 years <https://www.eventbrite.co.uk/e/soga-multi-sports-camp-with-premier-sports-for-5-to-7-year-olds-tickets-292624466657>

Book here for 8 to 13 years <https://www.eventbrite.co.uk/e/soga-football-camp-with-finesse-sport-for-8-to-17-year-olds-tickets-292647084307>

Activity: Basketball Camp - Right Development Foundation

Whether it's your first time touching a basketball, or you have been to the camps previously there will be something for you. Receive coaching from our expert coaches and learn the fundamental skills of basketball and have the chance to improve your skills.

Venue: Goresbrook School, Cook Road, Dagenham RM9 6XW

Time: 9am to 2pm

Age group: 6 to 15 years

Dates: Monday 4 to Wednesday 6 April 2022

Cost for Camp: FREE to children that live or go to school in Barking & Dagenham

Book here for 5 to 7 years <https://www.eventbrite.co.uk/e/soga-basketball-camp-with-right-development-foundation-for-5-to-7-year-olds-tickets-292629561897>

Book here for 8 to 15 years <https://www.eventbrite.co.uk/e/soga-basketball-camp-with-right-development-foundation-for-8-to-17-years-tickets-292634927947>

Activity: Football – Finesse Sport

The football camp will consist of multi skill functions designed within fun, small, sided games. Each participant will have the opportunity to try new skills, learn about the body in action and work as a team member. Developing fundamental skills of balance, co-ordination, speed and communication will help improve the participant's confidence and self-esteem. This is all wrapped up in a fun and exciting environment that will be safe, supportive and respectful for all.

Venue: Old Dagenham Park, Vicarage Road, Dagenham RM10 9SD

Time: 10am to 2pm

Age group: 5 to 17 years

Dates: Tuesday 5 to Friday 8 April 2022

Cost for Camp: FREE to children that live or go to school in Barking & Dagenham

Book here for 5 to 7 years <https://www.eventbrite.co.uk/e/soga-football-camp-with-finesse-sport-for-5-to-7-years-tickets-292642340117>

Book here for 8 to 17 years <https://www.eventbrite.co.uk/e/soga-football-camp-with-finesse-sport-for-8-to-17-year-olds-tickets-292647084307>

Activity: Athletics – Be Fit Today Track Academy

The academy is a multi-event athletics development programme, which introduces the fundamental skills of athletics to young people. It focuses not only on how fast someone runs, jumps or throws but more importantly, on developing the technical skills required to perform at full potential and move like a champion. Participants will be placed in groups depending on their ability and will learn athletic disciplines through fun games with a competition at the end of the programme.

Venue: Jim Peters Stadium, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

Time: 10am to 3pm

Age group: 6 to 17 years

Date: Wednesday 6 to Friday 8 April

Cost for Camp: FREE to children that live or go to school in Barking & Dagenham

Book here for 6 to 7 years <https://www.eventbrite.co.uk/e/soga-athletics-camp-with-be-fit-today-track-academy-for-5-to-7-years-tickets-291166586097>

Book here for 8 to 17 years <https://www.eventbrite.co.uk/e/soga-athletics-camp-with-be-fit-today-track-academy-for-8-to-17-years-tickets-291163557037>

Week 2 – 11 to 14 April 2022

Activity: West End Workshop - Pullums Dance

Come along this Easter to get an insight into the life of a west end performer. Learn about vocal and physical warm ups, learning choreography, staging a routine and getting to perform it to family and friends at the end of the course. We want to welcome you to Pullums to enjoy dance, try something new and make new friends. You will also get the chance to have a Q&A with professional dancers from the West End to ask any burning questions.

Venue: Riverside Campus, Riverside Bridge School, Renwick Road, Barking, IG11 0FU

Time: 10am to 1pm

Age group: 5 to 17 years

Dates: Monday 11 to Wednesday 13 April 2022

Cost for Camp: FREE to children that live or go to school in Barking & Dagenham

Book here for 5 to 7 years <https://www.eventbrite.co.uk/e/soga-west-end-workshop-with-pullums-dance-academy-for-5-to-7-year-olds-tickets-292671316787>

Book here for 8 to 17 years <https://www.eventbrite.co.uk/e/soga-west-end-workshop-with-pullums-dance-academy-for-8-to-17-year-olds-tickets-292673423087>

Activity: Cricket Camp - Ekota Cricket Academy

We will be holding a fun cricket camp. The focus will be on 100% fun-based activities concentrating on Learning the basic cricket skills in batting, bowling, and fielding. All abilities welcome.

Venue: Goodmayes Park, Aberdour Road, Ilford IG3 9RA

Time: 10am to 2pm

Age group: 5 to 17 years

Dates: Monday 11 to Thursday 14 April 2022

Cost for Camp: FREE to children that live or go to school in Barking & Dagenham

Book here for 5 to 7 years <https://www.eventbrite.co.uk/e/soga-cricket-camp-with-ekota-cricket-academy-for-5-to-7-years-tickets-292655188547>

Book here for 8 to 17 years <https://www.eventbrite.co.uk/e/soga-cricket-camp-with-ekota-cricket-academy-for-8-to-17-years-tickets-292653433297>

Activity: Cheerleading – Finesse Sport

Cheerleading camp coaches offer expert instruction for children and young people to learn and master a stunt or pirouette or as a group becomes a more cohesive team member. Children and young people will master the fundamentals and team building skills, learn game planning, transitions, pyramids, safety training and spotting, partner stunts, dances and more

Venue: Monteagle Primary School, 221 Stamford Road, Dagenham RM9 4EL

Time: 10am to 2pm

Age group: 6 to 17 years

Dates: Monday 4 to Wednesday 6 April

Cost for Camp: FREE to children that live or go to school in Barking & Dagenham

Book here for 6 to 7 years <https://www.eventbrite.co.uk/e/cheerleading-camp-for-5-to-7-years-with-finesse-sports-limited-tickets-292661778257>

Book here for 8 to 17 years <https://www.eventbrite.co.uk/e/cheerleading-for-8-to-17-years-olds-with-finesse-sports-limited-tickets-292666472297>

Activity: Multi Sports – First Kicks

The multi sports holiday camp will encourage children to take part in a number of different sporting activities throughout the week. This will include attendance from a street dance coach who will teach the participants different routines during the week for a performance that will be shown to parents/carers on the last day of the camp. Our aim is to encourage confidence and help children build on their basic skills of running, jumping, throwing and co-ordination. These key skills will be incorporated over the week in a number of different multi-sport games.

Venue: Old Dagenham Park, Vicarage Road, Dagenham RM10 9SD

Dates: Monday 11 to Thursday 14 April 2022

Time: 9am to 3.30pm

Age group: 5 to 17 years

Cost for Camp: FREE to children that live or go to school in Barking & Dagenham

Book here for 5 to 7 years <https://www.eventbrite.co.uk/e/soga-multi-sports-camp-with-first-kicks-for-5-to-7-year-olds-tickets-292657615807>

Book here for 8 to 17 years <https://www.eventbrite.co.uk/e/soga-multi-sports-camp-with-first-kicks-for-8-to-17-year-olds-tickets-292659651897>

Activity: Cooking – Grains of Knowledge

The cooking sessions will teach young people how to make their favourite fast-food meals, in a healthy way. This encourages children to learn what is in their food and equips them with the skills at an early age to be able to prepare their own nutritious meals. Young people are empowered to use cooking equipment safely and be a part of the decision making around what they eat. Participants learn the make up of their meals and gain a better understanding of what is in their food and how to get the most out of a meal. Making healthy eating interesting and exciting.

Venue: Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LH

Time: 10am to 2pm

Age group: 5 to 7 year - Monday 11 April

8 to 17 years - Tuesday 12 April

Cost for Camp: FREE to children that live or go to school in Barking & Dagenham

Book here for 5 to 7 years <https://www.eventbrite.co.uk/e/copy-of-soga-cooking-session-with-grains-of-knowledge-for-5-to-7-year-olds-tickets-292551688977>

Book here for 8 to 17 years <https://www.eventbrite.co.uk/e/copy-of-soga-cooking-session-with-grains-of-knowledge-for-8-to-17-years-tickets-292565871397>