

HAVE A GOOD SUMMER!



HEADTEACHER'S NEWS

Dates for your diary:

Below you will find a table containing all the forthcoming dates that need to go into your diary as soon as possible!

Monday 18 th July	Whole School Achieve Day 5-Fun Day
Monday 18 th July	Brighton Trip-6 th Form
Tuesday 19 th July	Last Day of Term School finishes at 12.00pm.
Thursday 18 th August	GCE Results Day
Thursday 25 th August	GCSE Results Day

Summer Fun Day – Monday 18th July

Due to the forecasted extreme temperature on Monday, we have had to make some amendments to our plans for the day. We are no longer able to run the inflatables due to health and safety and the majority of events have now been moved indoors. Year 9 and 10 students have been written to individually about their arrangements for the day. Please see the table below for each year groups' start and finish times:

Year 7	8.35am start P1 & P2 as normal Reduced fete activities (students may wish to bring a small amount of money for stalls and ice cream)
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	Lasagne lunch with tutor, paid for by the school Film in Boothroyd Hall 2.30pm dismissal
Year 8	8.35am start P1 & P2 as normal Film in Boothroyd Hall Reduced fete activities (students may wish to bring a small amount of money for stalls and ice cream) Lasagne lunch with tutor, paid for by the school 2.30pm dismissal
Year 9A-E	10.00am start Bowling trip Return to school for lunch 1.00pm dismissal
Year 9F-J	11.00am start 12.00pm lunch Bowling trip Return to school 2.30pm dismissal
Year 10	10.00am start Cinema trip Return to school 1.30pm dismissal

As the very hot weather is set to continue into next week, please make sure your son/daughter brings plenty of water to drink throughout the day/ a water bottle to refill.

Students should bring a hat and sunglasses and be wearing sun cream with some spare packed in their bag so they can top up throughout the day.

ACHIEVE Days

We had a fantastic time this week on our end of year ACHIEVE days. Our students represented JRCS brilliantly. I've received many comments and emails from visitors who came in to run workshops, interviews, and from the staff at Chatham Docks saying how impressed they were with JRCS students:

'It was a pleasure to meet with the students at JRCS yesterday. We had a great time chatting to them and hearing so much ambition and openness to mental health. You should be very proud, it's a credit to you, your wonderful teachers and staff.'

'I met a number of impressive young adults today; it was a pretty inspiring experience.'

'I found the students I interviewed to be bright, authentic, well-spoken, and articulate, your students really are a credit to you.'

Well done to you all, and a huge thank you to our staff members who have planned and staffed the days.

ACHIEVE days are such a central part of what makes JRCS special, and it is wonderful to be able to return to them this year after the disruptions of Covid.

Final day of term – Tuesday 19th July

This is a non-uniform day. Students will be in normal lessons with an early finish at 12:00pm.

Asda: children eat for £1 over the summer

Asda is running a special offer to help families with the cost-of-living crisis while schools are on the summer break this year.

Any child aged 16 or under can get a hot or cold meal for just £1, seven days a week from July 25th until September 4th. There is no minimum adult spend, and baby food is also available with a free pouch of Ella's Kitchen baby food in the Asda café.



Arrangements for September

Thursday 1st September	Staff Training Day – school closed to students
Friday 2nd September	Year 7 Island Day: students in school 8.30am – 3.00pm
Monday 5th September	Year 7 Unity Day: students in school 8.30am – 3.00pm Year 8 and Year 9: students in school 8.30am-10.30am Year 10: students in school 10.00am-12.00pm Year 11: students in school 12.00pm – 2.30pm Year 13: students in school 12.30pm – 2.30pm
Tuesday 6th September	Years 7 -11: normal timetable starts Year 12: students in school 8.45am – 11.00am
Wednesday 7th September	Year 12 & 13: normal timetable starts

I wish you all a wonderful, restful summer break at the end of what has been a busy, successful year. I look forward to welcoming students and staff back to school in September.

Ms Keane
Headteacher



Lockers and Bikes

A reminder that all lockers need to be emptied before the summer holidays, anything that is left in the lockers will be disposed of. If there are lockers still locked with a padlock they will be cut off and thrown away and the contents of the locker will be thrown away. Bike chains need to be removed also, if any are left on, they will be cut off.

Thank you for your cooperation, wishing you all a lovely summer.

School Office

Year 7 Boys Basketball



These Year 7 boys represented the school at the B&D Borough basketball competition.

Considering they have not trained together as a team that long they

did the school proud. They placed 4th overall and played really well!

Their behaviour was impeccable, and it was a pleasure spending the day with them all.

Miss Emeny
Teacher of PE

Year 10 Sports Day



This week Year 10 students took part in their final ever JRCS sports day. It was great to see the

competitive edge the students showed as each form battled against each other over a series of athletics events to be crowned the winners.

After the competition was completed, it was 10C who were determined the winners with 10I in 2nd and 10D in 3rd just behind.

Well done to every student who took part in an event and congratulations to 10C for becoming the champions and lifting the trophy.

Mr Howard
Head of PE

Year 10 Hospitality and Catering Trip



The Hospitality and Catering students went on a trip to Spitalfields market to try a variety of cultural foods and drinks on

the Walk Talk Eat Tour.

It was such a wonderful experience to get a tour around Brick Lane with our tour guide, Eddie, whilst getting the opportunity to try food. He took us to a variety of food places such as a Bangladeshi shop which was full of wonderful treats like samosas and sweet treats. We went to a shop called Beigel Bake, a 24-hour bakery known for traditional Jewish-style filled bagels such as salt beef and smoked salmon. Whilst getting to try the bagels, Eddie gave us a background history of the shop; it was so interesting to know the history behind it all.

We also went to a chocolate shop down Brick Lane called Dark Sugars, a Ghanaian owned, small delightful small shop offering a vast selection of gourmet chocolates, hot drinks, truffles, and gift boxes to take some away with you. The truffles tasted amazing they had a huge choice of flavours, there were tables full of chocolate - it felt like something from Charlie and the Chocolate Factory. Whilst enjoying these treats we got a tour around Brick Lane and learnt about the history of the area.

Lily Year 10

Year 10 Celebration Assembly 2022

This week we had our Year 10 celebration assembly, and can I just say how impressed I was with their resilience, support for others and general attitude in the hall.

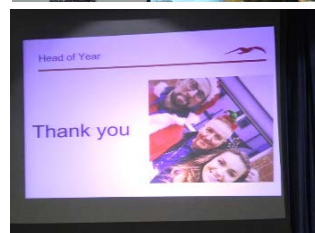
It was very warm but they maintained a high level of support for their peers and it was just a joy to celebrate everyone's success!

Well done to all and a special thanks to our Head Students (Teeyah & Bobby) and Deputy Head Students (Zubin & Summer) who did a fantastic job at thanking Mr Rackstraw for all he has given to the year group in his time here.



Thank you and I look forward to continuing our exciting journey in Year 11.

Ms Draisey
Head of Year 10

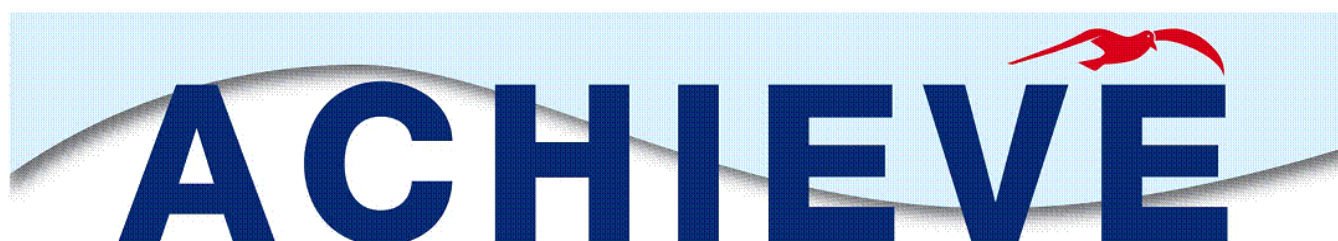


Weekly Outline of Out of School Hours Learning Activities – Summer 2022

Club	Year Group	Staff	Time	Venue
Monday				
Wings Football	7 Boys	Mr Bashir & Mr Richards	7:45am - 8:30am	Astro
SDD Homework	7 & 8	Miss Felton & Miss Marshall	10:00am - 10:30am	SDD/ARP3
Year 7 & 8 Basketball	7 & 8	Miss Emeny	10:00am - 10.30am	Sports Hall
SDD Homework	9, 10 & 11	Miss Newman	1:30pm - 2:00pm	SDD/ARP3
Tuesday				
KS3 Basketball	7, 8 & 9	Mr Howard	7:45am - 8:15am	Sports Hall
Wings Football	7 & 8	Mr Bashir & Mr Richards	7:45am - 8:30am	Astro
Wind Band	All wind and brass players	Mr Way & Miss Ford	8:15am - 9:00am	MU1
SDD Homework	7 & 8	Mrs Roults & Miss Chandler	10:00am - 10:30am	SDD/ARP3
Badminton & Table Tennis	7 & 8	Mr Watts	Lunch - 12:30-1pm	Sports Hall
SDD Homework	9, 10 & 11	Mrs Prockter & Miss Chandler	1:30pm - 2:00pm	SDD/ARP3
Y12 Debate Club	12	Sixth form student	1:30pm – 2:00pm	SF2
Debate Club	9	Rodrigo Cardoso/Miss Emeny	3:05pm - 3:35pm	EN8
Drama Club	7 - 9	Miss Willis	3:05pm - 4:05pm	DR3
Wellbeing Club (see HUN3 to join)	10 & 11	Ms Hunt and Ms Tang	3:05pm - 4:00pm	ARP Kitchen
Bronze D of E	10 till 24/5 9 after that	Ms Montague	3:05pm - 4:35pm	SDD4
Textiles Club	7 - 9	Mrs Mir	3:10pm - 4:10pm	DT2
Screen Printing (Textiles Club)	7 - 9	Ms Mckenzie	3:10pm - 4:10pm	DT3
DT Club	7 - 9	Ms Kamal	3:10pm - 4:10pm	DT6
Year 7 Football	7	Mr Watts	3:15pm - 4:15pm	Astro
Cricket	ALL	Mr Howard/ Mr Coupland	3:15pm - 4:15pm	Field
Rounders	ALL	Miss Pridie/ Miss Emeny	3:15pm - 4:15pm	Field
Tennis	ALL	Mr Watts	3:15pm - 4:15pm	Tennis Courts
Wednesday				
Fitness Club	All	Miss Pridie	7:45am - 8:15am	Fitness Suite
Volleyball Club	All	Mr Coupland	7:45am - 8:15am	Sports Hall
Wings Football	8 Boys	Mr Bashir & Mr Richards	7:45am - 8:30am	Astro
Year 11 Band	Invited	Mr Jenner	8:15am - 9:00am	MU1
SDD Homework	7 & 8	Miss Felton & Miss Hunt	10:00am - 10:30am	SDD/ARP3
SDD Homework	9, 10 & 11	Mrs Debono & Mr Bashir	11:00am - 11:30am	SDD/ARP3
Y12 Chess and Games Club	12	Sixth Form student	11:30am - 1:30pm	Common Room
JRCS Pride	All	Ms Harland	1:30pm - 2:00pm	MS2
Gold Duke of Edinburgh	12 & 13	Ms Montague	2:00pm - 3:00pm	SD3
Peace Garden Club	By invitation	Mr Kilminster	2:05pm - 3:05pm	Peace Garden

Weekly Outline of Out of School Hours Learning Activities – Summer 2022

Club	Year Group	Staff	Time	Venue
Thursday				
Silver D of E	11	Ms Montague	7:30am - 8:30am	SD3
Fitness Club	All	Mr Watts	7:45am - 8:15am	Fitness Suite
Wings Football	8 Boys	Mr Bashir & Mr Richards	7:45am - 8:30am	Astro
Orchestra	All wind, brass and string	Mr Jenner	8:15am - 9:00am	MU1
Panathlon Club	7 & 8	Ms Montague	10:00am - 10:30am	Sports Hall
Debate Club	8	Rodrigo Cardoso/Miss Worlock	10:05am - 10:30am	SC2
Maths Club	7 & 8	Ms Aragroug	12:30pm - 1:00pm	Math Atrium
SDD Homework	9, 10 & 11	Ms Montague & Miss Hunt	1:30pm - 2:00pm	SDD/ARP3
Badminton & Table Tennis	9, 10 & 11	Mr Coupland	1:30pm - 2:00pm	Sports Hall
DNA Production	11	Miss Branch, Miss Hallas & Miss Willis	3:05pm - 4:05pm	DR1/2/3
Electronics Club	7 -9	Ms Mckenzie	3:10pm - 4:10pm	DT3
Food Club	7 -9	Miss Deboo	3:10pm - 4:30pm	FC1
Science Club	7 & 8	Miss Tasnim, Miss Akhtar & Miss Omirinde	3:15pm - 4:15pm	SC7
Athletics	ALL	PE Department	3:15pm - 4:15pm	Field
Year 11 Intervention	11	Mr Howard	3:15pm - 4:15pm	PE1
Photography Club (New)	9 and 10	Ms Franz	3:30pm - 4:30pm	AR2
Musical Theatre Club	All	Miss Hallas	3:10 – 4:10pm	DR3
Friday				
KS4 Basketball	10 & 11	Miss Emeny	7:45am - 8:15am	Sports Hall
SDD Homework	7 & 8	Miss Roult & Miss Newman	10:00am - 10:30am	SDD/ARP3
SDD Homework	9, 10 & 11	Mrs Debono & Mr Bashir	1:30pm - 2:00pm	SDD/ARP3
Badminton & Table Tennis	9, 10 & 11	Mr Coupland	1:30pm - 2:00pm	Sports Hall
Y12 Book Club	12	Sixth Form student	1:30pm - 2:00pm	SF1
Vocal Group	KS4 Singers	Vocal Teacher	3:05pm - 3:30pm	MU2
Wings Football	10	Mr Richards	3:30pm - 4:45pm	Astro



THIS SUMMER

Get involved in
**healthy, fun
activities!**

From **swimming** and **street dance** to **football**
and **filmmaking** there's something for everyone!
Each activity includes a healthy lunch.

Activities and
lunches are
FREE to children
and young people
who are eligible.
There are paid
places available
too, so everyone
can get involved.

For free
activities in the
borough for all
families visit
**lbdd.gov.uk/
whats-on**

Visit **lbdd.gov.uk/free-holiday-activities**
to find out more and book a place.

This provision is free for children and young people who live or go to school in
Barking and Dagenham and are eligible for benefits-related free school meals.
#HAF2022


Department
for Education

**Barking &
Dagenham**

Help the Council respond to the Mayor of London's proposals to improve poor air quality and win a laptop!

The Mayor of London, Sadiq Khan, is currently seeking views on an expansion of the Ultra-Low Emission Zone (ULEZ) to outer London, including our Borough next year. The aims of the scheme are to:

- Reduce air pollution (the mayor himself is asthmatic, and a passionate campaigner)
- Tackle the climate emergency and promote zero -carbon travel (encourage more electric vehicles and encourage more cycling and walking)
- Reduce road congestion (think of all the congestion on the A13!)
- Improve health (over 4,000 Londoners die prematurely every year due to living and working in poor air).

Under the Mayor's plans ULEZ will come into force in August 2030, including through Barking and Dagenham.

Did you know your travel habits have an impact on the environment and climate change?

- Did you know flying to the USA or eating 278 burgers both produce the same amount of greenhouse gasses
- If you walked one mile to and from school every day, you would save 500 pounds of carbon dioxide in a year. You would need 25 trees growing for one year to offset (put right) this damage

Your brief & questions

We want schools to help the council respond to the mayor. We want you to tell us what you think should be done to help LBBD tackle poor air quality and climate change:

Some Questions to think about:

What do you think of the ULEZ Plans?

- Do you think expanding the ULEZ zone is the right way to deal with air quality and climate change in our Borough?
- If ULEZ was introduced and the roads were quieter and had cleaner air, would you like to walk, scoot or cycle to school?
- What else would make you more likely to walk, scoot or cycle to school

If you were London Mayor, what would you do to tackle climate change and poor air?

- Why is this important to you?
- What would you do differently about cars to tackle air pollution?
- How would you get people to walk and cycle more?

What would be your number one proposal to tackle climate change in the Borough?

- What do you think we should do to become a Zero Carbon borough we are all proud of?

How to respond

- Please provide a PowerPoint presentation (max 10 slides) or short video (max 5 mins) to tim.thomas@befirst.london by 29 July.

Prize

- Students submitting the three best suggestions will be invited to the Council to meet the Leader and discuss their ideas.
- The winning student will receive a laptop.

Useful information

- TfL ULEZ proposals - see attached
- London Borough of Barking Draft Local Plan - (read chapters 1,2, 8, 9 & 10)

<https://yourcall.befirst.london/13753/widgets/39553/documents/21416>

Any questions while you are preparing your presentation, please contact my colleague Tim Thomas, Head of Transport, Infrastructure and Policy Planning at Be First: tim.thomas@befirst.london who will be pleased to help

Good Luck!!!

Abi Gbago
Strategic Director Inclusive Growth

World KITCHEN.

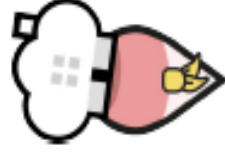
WEEK 1



AMERICAN
Diner



• **MEZZE** •
MIX IT UP!



Home
STYLE



CARIBBEAN
Fusion



John Dory

STREET	American Mustard & Crispy Onion Hot Dog Wedges	Chicken Shawarma & Pickled Red Cabbage	Roast Silverside Beef Carvery with Gravy	Jamaican Jerk Chicken Wings	Hand Battered Fish
	Jalapeno Loaded Mac N Cheese	Harissa Roasted Cauliflower & Chickpea Salad	Cheese & Onion Slice	Curried Chickpea & Kale Chana	Homemade Cajun Bean Burger
	BBQ Beans	Tabbouleh Cumin Roasted Carrots with Lemon & Honey	Roasties Roasted Roots	Wholegrain Rice & Peas Fry Bodi (Caribbean Green Beans)	Chips Peas

All meat used in these dishes is Halal Meal Deal £2.45(still water or cake)

Aspens

Autumn Winter 2022/23 5/9, 26/9, 17/10, 7/11, 28/11, 19/12, 9/1, 30/1

World KITCHEN.

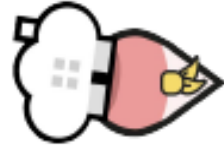
WEEK 2



INCREDIBLE
INDIA



Plant
POWER



Home
STYLE



PHN
ASIAN



John Dory

	INCREDIBLE INDIA	Plant POWER	Home STYLE	PHN ASIAN	John Dory
STREET	Chicken Tikka Masala	Sweet Potato Burrito Bowls	Roast Chicken & Stuffing Bap with Gravy	Chicken Rendang Fried Rice	Hand Battered Fish
VEGGIE	Butternut & Chickpea Passanda	Veg Chilli Nachos Homemade Salsa	Quorn Roast & Stuffing Bap with Gravy	Korean Spicy Rice Bowl with Fried Egg	Veggie Finger & Cheese Wrap
SIDES	Wholegrain Rice Gajar Matar (Indian Spiced Carrots & Peas)	Garlic & Herb Wedges Rainbow Slaw	Smokey Roasties Fresh Vegetables	Beggar's Noodles Sweet Chilli Slaw	Chips Peas

All meat used in these dishes is Halal **Meal Deal £2.45** (still water or cake)

Autumn Winter 2022/23 12/9, 3/10, 24/10, 14/11, 5/12, 26/12, 16/1, 6/2

Aspens

World KITCHEN.

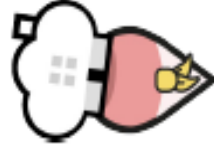
WEEK 3



INCREDIBLE
INDIA



AMERICAN
Diner



Home
STYLE



PHN
ASIAN



John Dory

	INcredible INDIA	AMERICAN Diner	Home STYLE	PHN ASIAN	John Dory
STREET	Chicken Kathi Roll	All American Cheeseburger with Burger Sauce	Marmalade Glazed Chicken Bangers	Breaded Chicken Katsu	Hand Battered Fish
VEGGIE	Chana Saag (Spinach & Chickpea Curry)	Deep South Tomato Pie	Somerset Stew with Cheddar & Parsley Mash	Veggie Thai Green Curry	Veggie Mince & Pea Slice
SIDES	Wholegrain Rice Cabbage Thoran (Sauteed Coconut Cabbage)	Paprika Wedges Ranch Slaw	Mash Roasted Carrots	Lime & Coriander Rice Sesame & Garlic Green Beans	Chips Peas

All meat used in these dishes is Halal **Meal Deal £2.45**(still water or cake)

Autumn Winter 2022/23 19/9, 10/10, 31/10, 21/11, 12/12, 2/1, 23/1, 13/2

Aspens



DESSERT	Peach Cobbler	Lemon Drizzle Cake	Chocolate Brownie	Apple Sponge Cake	Sticky Toffee Pudding
DESSERT	Marble Cake	Carrot Cake	Apple & Cinnamon Strudel	Rice Pudding & Jam	Golden Syrup & Apple Sponge
DESSERT	Pineapple Upside Down	Chocolate Oat Cake	Banana Loaf	Vanilla Sprinkle Sponge	Apple Crumble