

The Seagull



Issue 710 Friday 23rd September 2022

Next week is Week 2

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HEADTEACHER'S NEWS

Year 11, Year 12 & 13 Welcome Evenings

It was lovely to see the Year 12 parents/carers this week and we look forward to working with you and your child.

I am delighted to be able to say that the number of students who have joined us in Year 12 is one of the highest we have had in many years.

These numbers not only reflect the excellent exam results achieved by our Year 11 students this summer, but also the success we have had with our Year 13 students.

I would like to wish our new Year 12 students, both from JRCS and other schools in the Partnership, the very best of luck with their studies over the coming two years. I am sure they will achieve great things and make a very positive contribution to the school during their time in Sixth Form.

We will be holding a welcome event for Year 13 parents/carers next week on Tuesday 27th September. and Year 11 parents on Thursday 29th September. Both year groups have come back and made an impressive start, and I am sure if they continue in this way, they will fulfil their potential. We look forward to working with you and your child in this important year.

ACHIEVE Days

We are pleased to announce that we will be able to hold our ACHIEVE days on Wednesday 19th October and Thursday 20th October.

Each year we suspend our curriculum for five days and take our students on educational visits or run in-house enrichment activities. These are an important part of our curriculum, enhancing students' enjoyment, raising aspirations, and bringing learning to life.

At the time of booking the trips, vaccination certificates were still in place for France and Belgium. Therefore we will not be travelling abroad this half term but have organised a range of local experiences for our students.

We hope to return to our overseas trips later in the year. Booklets detailing the trips for each year group and payment details will be circulated shortly.

Coats

As the weather starts to turn cooler, can I remind parents/carers that students should have a proper school coat on the way to and from school. Students should not wear hoodies or tracksuit tops on the journey to school or when in school. Students should only wear a proper JRCS school jumper if required.

Ms Keane
Headteacher



GENERAL NEWS

Year 13 Parent Information Evening

We would like to invite parents/carers of Year 13 students to an information evening on Tuesday 27th September 5.30pm-6.30pm in Boothroyd Hall.

The evening will focus on key dates that are upcoming, information about the university application process, guidance about apprenticeships and advice about supporting your son/daughter with study skills and exam preparation.

We look forward to seeing you there.

Mrs Evans
Director of Sixth Form



KS3 Lunch

We are aware that the lunch queues have been busy this year, particularly for KS3 lunch. These are always busiest at the start of term whilst our Year 7s get used to the new queuing systems. We are monitoring this daily and will be making some small amendments to the queue system soon to ensure they move more quickly.

Year 11 Welcome Evening

We look forward to welcoming all Year 11 parents/carers in for an information evening on Thursday 29th September. The time for this event is 5:30pm in Boothroyd Hall, slightly later than the original advertised time, to ensure all parents can make it. Students can attend this event with their parents, and there will be lots of information given about the important year ahead.

Mrs Morris
Assistant Headteacher

Year 13 Get Wet, Take Aim and Run Riot!



What happens when you let a bunch of 17 and 18 year olds out of the classroom – carnage!

Year 13 spent the day getting ready for their final year of A Level and Vocational courses by challenging themselves and pushing through invisible boundaries, be it mentally or physically!

Throughout the day students took to the water using a variety of flotation methods – the safe and stable open canoes (yet Daniel & Philip managed to capsize), the leg muscle energy sapping paddleboards – where nearly everyone found the water at some point and the you-built-it so you sit on it “design your own raft”.

Paddle boarding increased the bonding between the students as alliances were made to tip others into the lake (in some cases students didn't need the help of others and managed by themselves to fall in). Even Miss Campbell was not safe from ambush!

Thankfully the weather was sunny enough to make the water not seem too horrendous and helped dry the clothes between sessions.

When not on the water the two dry side activities required concentration and precision. In the archery hut students learnt to draw the bow and hit the target, after a little adjustment after firing over and then into the ground near their feet. The competitive spirit increased as the confidence did, and individual/ group challenges and duels played out as arrows flew towards the bullseye.

The most competitive part of the day was in the lazer combat zone. Red Team v Blue Team played out several scenarios and in all 6 sessions there was a lot of finger wagging about how the ambushes were not fair. Taking a vantage point from the tower and keeping out of sight certainly created the win for one group as John & Jeremy tried to sneak around the edge and outflank them!!

Year 13 were great company and got to know others in Year 13 better. Some of them found they had talents they did not know and strength to conquer things that at first seemed daunting.

Well done to all students that took part – now take that determination into your studies!!





Miss Campbell
Deputy Director of Sixth Form

AT JO RICHARDSON WE

Aspire to be our best
Commit to our learning
Hold high standards in everything we do
Involve ourselves in our communities
Engage with all opportunities
Value, care for and respect each other
Establish resilience

SUCCESS FOR ALL

THE JO RICHARDSON
SUCCESS FOR ALL
COMMUNITY SCHOOL
ACHIEVE

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SUCCESS FOR ALL

Weekly Outline of Out of School Hours Learning Activities - Autumn 2022				
Club	Year Group	Staff	Time	Venue
Monday				
Orchestra	7, 8, 9,10 & 11	Mr Jenner	8:15am - 8:50 am	MU1
KS3 Handball/Basketball	7, 8 & 9	Mr Watts	12:30 - 1:00pm	Sports Hall
KS4 Basketball	10 & 11	Miss Pridie	1:30pm - 2:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
Indoor Athletics	All	Miss Pridie	3:00pm - 4:30pm	Sports Hall
Year 9 Dance Club	9	Mr Hazelwood	1:30pm - 2:00pm	DA1
Tuesday				
KS3 Basketball	7, 8 & 9	Mr Thomas/Mr Watts	7:44am - 8:15am	Sports Hall
Vocal Group	7, 8, 9, 10 & 11	Miss Harris	8:15am - 8:55 am	MU2
GCSE Dance Technique	11	Miss England	11:00am - 11:30am	DA1
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30 - 2:00pm	SDD
KS3 Netball	7, 8 & 9	Miss Emeny	12:30 - 1:00pm	Sports Hall
KS3 Netball	7, 8 & 9	Miss Emeny/Miss Pridie	3:15pm - 4:15pm	Netball Courts
Year 8 Football	8	Mr Watts	3:15pm - 4:15pm	Astro
Year 10 & 11 Football	10 & 11	Mr Howard	3:15pm - 4:15pm	Astro
Year 7 Rugby	7	Mr Kersey	3:15pm - 4:15pm	Field
Bronze DofE Expedition	Year 10 invited	Ms Montague	3:05pm - 4:35pm	SD4 starts 27/9
Textiles club	KS3	Ms Mir	3:05pm - 4:05 pm	DT4
DT Club	KS3	Ms Kamal/ Ms Dorma	3:05pm - 4:05 pm	DT6
Food Club	KS3	Ms Damian/ Ms Hinds	3:05pm - 4:05 pm	FC1
Wednesday				
Silver DofE Expedition	11	Ms Montague	7:30am - 8:30am	SD3 starts 28/9
Fitness Club	All	Mr Thomas	7:45am - 8:15am	Fitness Suite
Year 10 Band	10	Mr Jenner	8:15am - 8:50am	MU1
Jazz Band	7, 8, 9, 10 & 11	Miss Hurst	8:15am - 8:55am	MU2
Volleyball	All	Miss Pridie	7:45am - 8:15am	Sports Hall
Indoor Cricket	All	Mr Howard	1:30pm - 2:00pm	Sports Hall
Year 7 Dance Club	7	Miss England	1:30pm - 2:00pm	DA1
Pride and Allies	All	Miss Harland	1:30pm - 2:00pm	MS2
Thursday				
Fitness Club	All	Mr Watts	7:45am - 8:15am	Fitness Suite
Wind Band	7,8, 9, 10 &11	L Ellis	8:15am - 8:55am	MU2
Panathlon Club	7, 8 & 9 invited	Ms Montague	10:00am - 10:30am	S Hall from 29/9
Junior maths challenge club	7 & 8	Ms Aragroug and Ms Moody	12:30 - 1:00pm	MA4
KS3 Table Tennis/Badminton	7, 8 & 9	Mr Watts	12:30 - 1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30 - 2:00pm	SDD
GCSE Dance Technique	10	Miss England	1:30pm - 2:00pm	DA1
Year 13 Debate Club	13	M Ribbons and F Jabbar	1:30pm - 2:00pm	SF2
KS3 Dance Company	Audition 7,8 & 9	Miss England	3:00pm - 4:30pm	DA1
KS4 Netball	10 & 11	Miss Boulton	3:15pm - 4:15pm	Netball Courts
Year 7 Football	7	Mr Thomas	3:15pm - 4:15pm	Astro
Year 9 Football	9	Mr Culley	3:15 pm - 4:15pm	Astro
Girls Football	All	Miss Pridie	3:15pm - 4:15pm	Astro
Year 8 Rugby	8	Mr Kersey	3:15pm - 4:15pm	Field
Spanish Club (Week 1 only)	All	Miss Fernandez and Selene Damian	3:15pm - 4:15pm	MFL3
Electronics Club	KS3	Ms McKenzie	3:05pm - 4:05 pm	DT3
Computing Intervention	10 & 11	Mr Cambell	3:05pm - 4:05 pm	IT1
Friday				
KS4 Basketball	10 & 11	Miss Emeny	7:45am - 8:15am	Sports Hall
Music Theory Club	10 & 11	Mr Jenner	8:15am - 8:55am	MU1
Year 8 Dance Club	8	Miss England	10:00am -10.30am	DA1
KS3 Maths puzzle club	7,8 & 9	Ms Morris and Ms Malik	12:30 - 1:00pm	Maths atrium
KS3 Trampolining	7, 8 & 9	Miss Pridie	12:30 -1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
Year 11 Football	11	Mr Culley	3:15pm - 4:15pm	Astro
GCSE Intervention	11	Miss England	3.00pm - 4.30pm	DA1

Times of the Day

2022/23



THE JO RICHARDSON

SUCCESS FOR ALL

C O M M U N I T Y S C H O O L

ACHIEVE

YEARS 7-9	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 10-13	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	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	P7a	P7b	End of Day
Tuesday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		
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		
Friday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		

**A taste from home
September 30th**

**Roast Silverside Beef
With
Gravy**

Cheese & Onion Slice

Roasties Roasted Roots

Golden Roasted Potatoes

**Dessert
Apple Crumble & Custard**

Schools and Colleges Early Support Service

Dear Parents/Carers,

We would like to invite you to attend the September/October 2022 webinar series specially tailored for parents/carers of adolescents, in collaboration with the Schools and Colleges Early Support Service. All sessions are via Zoom and can be signed up to below.

Topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars will cover the following topics:

Building resilience, staying connected and nurturing your relationship with your teen

Date: Monday 26th September

Time: 5-6pm

Adolescence is a time of insecurity, strong feelings and growing autonomy which naturally affects the parent-child relationship and requires parents to find new ways of connecting with their teenagers. Parents may feel left out and worried, and they may experience a sense of loss over the relationship they used to have with their children when they were younger. This webinar offers ideas on how to maintain and build trust with teenagers, how to stay connected and how to nurture the relationship with their teen. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

https://annafreud.zoom.us/meeting/register/tJcvcOGspzsiGtUXi2VmxqeFo8ArImy_2-r4

Managing teen behaviour that challenges: tips and tricks

Date: Friday 30th September

Time: 12-1pm

Most adolescents will at some stage in their development engage in behaviour that parents find challenging and worrying, for instance, substance misuse, being overly argumentative and rejecting, oppositional behaviour and excessive social media use. It can become difficult for parents to find ways of discussing their concerns with their teens who may increasingly not want to hear any advice their parents have to offer. This webinar will provide an overview of adolescent development and the brain, including common challenging behaviours during adolescence. It will discuss different parenting styles and offer tips for parents on how to approach and discuss challenging behaviour with teens, and how to set boundaries. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJckdumpqDkrHdR4zx-6MD1Nqgd4tva4cNYQ>

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Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone

Date: Monday 3rd October

Time: 12.30-1.30pm

Adolescence inherently consists of many storms that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Teenagers grapple with their own identity, their social relationships, and their need for autonomy, and in turn parents face the challenge of being left out, managing their own reactions to strong teen emotions, and finding different ways of connecting with their teens. This webinar will provide an overview of the changes adolescents go through, why teenagers experience such strong emotional fluctuations and how these are linked to processes in the brain. It will offer ideas on how to support teenager with their strong feelings and what to best avoid. Lastly, the webinar will discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

https://annafreud.zoom.us/meeting/register/tJ0rdumppjMrHtwUFcsHZBXs2kH_bar48IJW

Anxiety in adolescence: how can parents help?

Date: Tuesday 11th October

Time: 5-6pm

It is normal to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things, e.g., talking to new people, going out with friends, or doing their best in exams. The focus of this webinar will be on what parents/carers can do to help their teens who are experiencing anxiety. It will cover when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJwvf-Cgpz0oGNefKgyHfqM4-dH2UXN06yN8>

If you attend a session and have any feedback that might support the future sessions, please do send me an email at odraisey@jorichardson.org.uk.

Kind regards,

Ms Draisey

Senior Mental Health & Wellbeing Lead

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