

The Seagull



Issue 711 Friday 30th September 2022

Next week is Week 1

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Twitter: @JRCS_School 



Under 16s Netball Team



HEADTEACHER'S NEWS

Year 11 Welcome Evening

It was fantastic to see so many Year 11 students and their parents last night.

Students have made such a positive start and I am confident if they follow the advice and guidance provided, they will succeed.

Students should ensure they make the most of every learning opportunity by having good attendance, being on time for school and lessons, completing homework and self-study at home, attending intervention and working hard in lessons.

The year group have their first mock exams approaching during the week beginning 17th October. It is important that students revise for these

exams at home. I have had such positive feedback from teachers about the year group

and I am sure if they continue to remain focused, they will **ACHIEVE** their full potential!

Whole school ACHIEVE Days

Parents will receive today electronic leaflets regarding our ACHIEVE days.

This year they are scheduled to take place on Wednesday 19th and Thursday 20th October 2022. Reply slips should be completed and returned [to office@jorichardson.org.uk](mailto:to_office@jorichardson.org.uk) by Friday 7th October, with payments made in full by Friday 14th October. If you have not received a leaflet, please contact the main School Office.

Parent Governor elections

We have two upcoming vacancies for Parent Governors, one commencing 14th November 2022 and one commencing 6th March 2023. If

you would be interested in nominating yourself for this role, details will be emailed to all parent / carers today. If you would like a hard copy of the information, please contact the School Office. The deadline for receiving completed nomination forms is 4:00pm on Monday 10th October 2022.

This is a vital role in ensuring the continued success of the school. May I take this opportunity to thank Mrs Bedwell and Mrs Butt for their dedicated service in these posts over the last few years.

Staff training: dates for your diaries

Please be reminded that the school is closed to students all day on Friday 21st October 2022 due to a staff training day.

Jeans for Genes Day

Staff and students impressively managed to raise over £300 to help support children and families living with genetic disorders. Well done to all!

Students' forgotten items

Please be reminded that due to the number of students in school, we are unable to accept forgotten items at reception.

While we have exercised flexibility with this for Year 7 students during their first few weeks as they get used to life at secondary school, we are encouraging them to be independent and take responsibility for the items they need to bring in themselves.

As such, we would ask Year 7 parents/carers to now refrain from dropping forgotten items off during the school day, unless of course in an emergency e.g., medical supplies.

Ms Keane
Headteacher



GENERAL NEWS

My Child At School (MCAS) app

Thank you to all of you who have downloaded and begun using the My Child At School (MCAS) app. We will be rolling out new features over the coming months.

Please note that from 31st October, this will be the main form of communication between the school and home, including Letters of Commendation (LOCs).

May I take this opportunity to thank you for supporting us and making MCAS a success.

Mrs Stone
Office Manager

Exciting opportunity to become the JRCS Poet Laureate

We are offering students the chance to become the first ever JRCS Poet Laureate.

Like the national Poet Laureate, students will commemorate notable events in the national and school calendar by producing a piece of poetry.

Together with deputies and staff support, the winner will be guided on how to write and plan their poem, producing one piece of work per half term. Their name will appear on our JRCS Honours board in Boothroyd Hall. We are offering one position for KS3 students and one position for KS4 students.

If you are keen to apply, you need to write a short explanation of 100-200 words outlining why you think you are suitable. If you have any poetry samples, that would be even better! Drop off your application with your name and form to Mrs Gray by 5th October. I look forward to hearing from you.

Mrs Gray
Literacy Co-ordinator

Under 16s Netball Team

Congratulations to the under 16s netball team for their first tournament of this year's netball season.

The girls made a fantastic start to the competition by beating Barking Abbey 3-2. The girls managed to draw against Sydney Russell but were narrowly beaten against a very strong Robert Clack team.

Woman of the tournament goes to Fisayoi Year 10 for fantastic defensive display through the tournament.

Netball training is available for all years on Tuesday lunchtimes/ after school and Thursday after school.

Any questions please contact a member of PE.

Miss Pridie
Second in PE



KS5 & Year 11 Drama Students



On Wednesday 28th September our KS5 Drama students and seven hardworking Year 11 students took part in a highly practical and interactive workshop.

The students worked tirelessly for an hour and a half to explore three different practitioner styles and influences. The practitioners utilised for this experience were Berkoff, Artaud and Brecht.

The students then went on to create a production of 'Metamorphosis' which had been adapted from Kafka's original short story and has been heavily influenced by Berkoff's 'Metamorphosis' in terms of its style and simplicity of design.

Once they had workshopped and created their immersive production, they then performed to our Year 11 GCSE students.

The students worked alongside professionals from the industry to create soundscapes, tableaux and creating scenery using multipurpose props.



All students involved executed their performance with full commitment and flair, doing our department and the school proud. They were great ambassadors for the school and 'Kat Mary Productions' stated they were extremely impressed with the talent our students displayed and that they would come back to JRCS anytime.

Well done to all students involved you did us very proud!

The Drama Department

Tips for Supporting Children in Dealing with Grief

In this week's Seagull we have shared a parent guide on supporting children in dealing with grief, in collaboration with The National College.

It's important that trusted adults feel able to help children and young people cope with grief, particularly at the moment, when we are mourning the loss of a public figure who was cherished by so many.

Children are seeing bereavement and sadness being featured heavily in the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community.

How can we help them in processing grief healthily at this potentially upsetting time? In the guide, you'll find tips such as understanding what grief is, encouraging coping strategies and reaching out for support.

Should you require any additional support in dealing with grief, please contact your pastoral team.

Miss Boulton
Assistant Headteacher

ON TIME!



It is important each student remembers they are responsible for returning their library book on time.

Books can be borrowed for two weeks, after which they need to be returned or renewed at the library desk.

Any issues returning a library book the £5 library fine (payment goes towards the cost of a replacement book) should be paid on ParentPay.

Alternatively, a student should speak with the librarian or their Head of Year.

Until an overdue library book is returned or the library fine paid, the library book will remain on a student's library account. Support your school library.

Thank you.

Mrs Osland
School Librarian

London Mayor's Gamechanger Grant

On Monday 26th September, ten selected students from Year 7 and ten from Year 8 took part in a creative writing workshop for the 'London Mayor's Gamechanger Grant'.



As a school, we were awarded £400 to spend on causes we felt passionate about. Our fantastic students wrote letters to the Mayor, outlining how they would spend the money in light of things they would like to change within our school and local community.

Students had lots of brilliant ideas including staying safe on the streets, reducing our carbon footprint, cleaning up parks and our communal areas, staying safe online, more sporting equipment, more access to out of school activities and aiding with funding, healthier options in the canteen and even investing in light up keyrings for when they may have to walk home in the darker months!

Students were a total credit to the school, with the 'Big Ideas' team saying they would love to work with us in the near future.

Well done to:

Alfie, Danielius, Frankie, Nya, Maxie, Eric, Cilia, Beau, Olga & Rayyan in Year 7.

Lucus, Archie, Salma, Darius, Sakeri, Ria, Chisom, Stevie, Zack & Yolanda in Year 8.

Miss Hallas
Student Aspirations Coordinator

Jeans for Genes Day 2022



Every year JRCS Sixth Form staff and students work together to raise money for the Jeans for Genes campaign.



The charity looks to use the funding they receive in several ways, whether this is by putting money into research, getting young people the support needed when it is needed or supporting the families of those living with a genetic condition.

This year an energetic group of Year 12 and 13 volunteers worked with Mrs Brown to spread the word about the fund-raising event held on Thursday 29th September.

Staff from the Sixth Form team and tutors put on their aprons and baked their best efforts. Something that puts their reputations on the line as the judges are not Prue Leith and her companions but our own students and colleagues.

Offerings were sold at a magnificent rate and by the end of break there was not a crumb left. The only survivor was the show stopping cake that was raffled (baked by Mr Watts). This was won by a Year 12 student – who seemed rather content with her winnings!



At the time of writing this article the final total is not known but the team have raised over £310 for a fabulous cause.

Thank you to all those who baked, bought, and ate!



Miss Campbell
Deputy Director of Sixth Form
Head of Year 13



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 Cully	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 Morozova 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 Cully	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		

Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily in the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.

3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:
116 123

WWW.THEMIX.ORG.UK/GET-SUPPORT
0808 808 4994

WINSTON'S WISH:
08088 020 021

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental well-being within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College



www.thenationalcollege.co.uk



@thenatcollege



/thenationalcollege

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:

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-6MD1Nqqd4tva4cNYQ>

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

Our Patron: **Her Royal Highness The Duchess of Cambridge**

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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

Our Patron: **Her Royal Highness The Duchess of Cambridge**

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