

# The Seagull



Issue 716 Friday 18<sup>th</sup> November 2022

Next Week is Week 1

All Enquiries: 020 8270 6222  
Email: [headteacher@jorichardson.org.uk](mailto:headteacher@jorichardson.org.uk)

Website: [www.jorichardson.org.uk](http://www.jorichardson.org.uk)  
Twitter: @JRCS\_School 



**Year 7 Football Team**

## HEADTEACHER'S NEWS

### Anti Bullying Week

This week we have been promoting antibullying week. Our student mentors led whole school assemblies and Year 10 drama students showcased performances they had developed on bullying in order to raise awareness. Monteagle and James Cambell Primary Schools visited to watch the showcase. Congratulations to all those involved.

### Tree Planting



Yesterday the environment group, students from SDD, Luke, Oliver, Daniels, John and volunteers from Bouygues planted over 120 trees oak trees around the school playing field.

The trees were donated as part of the Queen's Canopy project. The Queen's Green Canopy (QGC) is a unique UK-wide tree planting initiative created to mark Her Majesty's Platinum Jubilee in 2022, by inviting people to "Plant a Tree for the Jubilee."

Throughout her reign, The Queen planted more than 1,500 trees all over the world and has spoken alongside Sir David Attenborough of the importance of trees in the Earth's future.







Many thanks to Bouygues, our PFI partners, for organising the project. As the trees grow, they will make a positive impact on the environment in the school.

### **Year 11**

It was good to welcome so many Year 11 parents/carers on Wednesday for the Year 11 Progress Evening.

The next two weeks are really important for students as they revise and prepare for their mock exams. These exams are important as they will inform our predictions for students report cards that will be used for interviews for sixth form and college applications.

They will also provide us with details of the gaps and topics that need to be addressed before the summer. Please ensure your child is revising and preparing for these exams over the next two weeks.

### **Collin Pond Awards**



It was fantastic to celebrate the achievements of some of our high performing Year 11 students from last year at the Collin Pond awards celebration at Broadway Theatre last night.

Congratulations to Julia, Arturs, Victor, Victory and Ryan who were our Collin Pond scholars. I was immensely proud of the hard work and resilience you showed in order to obtain excellent grades in your GCSEs. You were worthy winners of the Collin Pond scholarship fund.



Each year schools in the borough are invited to nominate five students who have achieved academic excellence for the scholarship fund. Students receive a donation to help fund further studies. I hope these students act as an inspiration for our current Year 11.

Ms Keane  
Headteacher

### **Year 7 Parent Information Evening- Tuesday 22<sup>nd</sup> November 5:30-6:30pm**

Dear parents/carers, I would like to thank you for your support with your child's transition to JRCS.

We have been impressed with the start they have made to secondary school and look forward to seeing them continue to flourish. We appreciate that the transition to secondary school is a significant milestone for your child and would therefore like to invite you to a Year 7 Parent Information Evening on Tuesday 22<sup>nd</sup> November. Please arrive from 5:30pm for a 5:45pm start, we expect to finish at 6:30pm.

The evening allows us to share important information about how you can best support your child academically as well as outlining the pastoral care and support we offer at JRCS. We also look forward to celebrating their successes so far with you.

Please could you sign your child's sticker in their planner to confirm your attendance. This will be checked by their tutor to ensure you have received this information.

Miss Simpson  
Assistant Headteacher attached to Year 7

### **Collecting students for appointments**

If your child has an appointment, please make sure they come to the office the day before when possible, with a note in their Student Planner stating what time they are being collected so we can give them an exit mark which will allow them to leave lesson at the allotted time.

We also ask for proof of appointment. either by email or to be shown at the office. We appreciate sometimes appointments can't be made until the day, but please give the school as much notice as possible, it's easier for everyone if the student is ready and waiting to be collected at the appropriate time.

Thank you  
School Office

### **Readathon collection for Year 7**

If your child is in Year 7, we have taken part in a sponsored Readathon for charity 'Read for Good'. The charity raises funds to buy new books for children in hospitals all over the UK.

Please ask your child about their sponsorship card and if you can, please sponsor them any amount you can, even £1 per student would be £300 for a brilliant cause.

You can donate via ParentPay, or your child can bring their donations to their English teacher. Our donation deadline is 23/11/22

Kind regards,

Mrs Gray  
Literacy Co-ordinator

### **Date for your diaries: Support your child through KS4 exams**

We are inviting parents/carers of Year 10 and Year 11 students to attend our session focused on supporting your child through the academic reading challenges of KS4.

The session will run at school on Wednesday 23<sup>rd</sup> November between 5:00pm-6:00pm.

### **What will you gain from the evening?**

Academic questions you can ask your child while they are working so you can feel empowered in supporting them.

Ways to support pupils navigating exam papers.

Ways to break down the types of questions students will be asked, so you can support at home.

Easy ways to support with challenging exam reading so your child feels confident to read the large amounts of texts required at KS4.

Simple paragraph and essay structures so you can support with extended writing.

Please register your interest by emailing [hgray@jorichardson.org.uk](mailto:hgray@jorichardson.org.uk)

Mrs Gray  
Literacy Co-ordinator

### **Online Safety**

The theme of this week's National Anti-Bullying Week has been to "Reach Out" and this parent guide encourages students to do just this when they experience cyber-bullying or know someone who is being bullied online.

Please can we ask that you read the guide and encourage students to report any incidents of online bullying to a trusted adult or their pastoral teams.

It has been encouraging to see more parents and carers sign up to the National Online Safety platform and we hope you continue to engage with the videos and guides to safeguard our students online. The link below should be used to register on the platform:

<https://nationalonlinesafety.com/enrol/jo-richardson-community-school>

Miss Boulton  
Online Safety Lead



OFF THE BEATEN PATH  
**Hlane National Park**  
ESWATINI



**eSwatini 2024 - Parent Information Evening**  
**Tuesday 22<sup>nd</sup> November**  
**6:00pm – 7:30pm**  
**Sixth Form Common Room**  
**Expedition - Open to students in current Years 9-12**

Jo Richardson has had an excellent history of taking our students to places beyond many of their imaginations. Previous expeditions have been to Malaysia, Nicaragua and the most recent to Borneo which saw our young students learn to Scuba Dive.

Covid meant that the planned trip to Vietnam never occurred, and we have been keeping an eye on the world and when it might open up to travel. We

are confident that now is the time to relaunch our expeditions with the company True Adventure and are heading to eSwatini in Africa.

We are fully aware of the financial struggles that many face but feel with the payment plan and the fact we are looking to travel in the summer of 2024 it is something that is feasible. We also support our explorers in their own fund-raising so that parents do not bear the whole burden.

Students had a presentation from myself and the company on Wednesday during assembly and may have brought home a letter explaining the trip. Attached to the letter is a reply slip if you would like to attend and see if this is a feasible option. Even if your child did not bring a letter home, please feel free to attend the

parent/carers information evening to find out more.

It is an exciting time to push boundaries and reach out around the world.

Miss S Campbell  
Expedition Leader  
Deputy Director of Sixth Form

### **Anne Frank Trust**

The Religious Studies department have had the privilege of working with the Anne Frank Trust again this week.

The entire Year 9 cohort took part in a workshop learning about the life of Anne Frank and reflecting on how she felt and what we can learn from this and use in today's society.

They have explored areas of prejudice and discrimination in today's world and reflected on how they feel about that.

Mrs Wing  
Teacher of Religious Studies.

### **Inter-Faith Week**

This week schools around the country are celebrating inter-faith week. We are an incredibly diverse community at Jo Richardson School and this is something to celebrate and be proud of.

To mark this week the Religious Studies department are running a competition entitled 'Can kindness change the world?' Students are invited to creatively answer this question in any way they see fit which may include art, poetry or music or any other creative task they can think of.

We look forward to seeing as many entries as possible and more information including the closing date is detailed in the poster in this week's Seagull.

Mr Kendall  
Head of Religious Studies

### **Barking and Dagenham Indoor Athletics**



On Thursday 10<sup>th</sup> and Friday 11<sup>th</sup> November a group of Year 7 and Year 8 students represented the school

at the Barking and Dagenham Indoor Athletics competition at Sydney Russell school.

All students trained extremely hard at lunchtimes and after school and went into the competition with lots of confidence.

A special mention to the Year 7 squad as this was their first time competing in a big event.



The JRCS students should be very proud of their achievements on the day. There will be further athletics competitions this term, so please keep training hard.

### **Results**

Year 7 boys- 6<sup>th</sup> Place

Year 7 Girls- 4<sup>th</sup> Place

Year 8 Boys – 6<sup>th</sup> Place

Year 8 Girls –6<sup>th</sup> Place

Well done to all squads!

Miss Pridie  
PE Teacher

### **Year 7 Football**

On the 15<sup>th</sup> November, our Year 7 Jo Richardson boys (pictured on the front page) took on Eastbury School in a friendly match. Due to the high intake of students involved in the Year 7 Football Club, we arranged a double header, two JRCS teams against two Eastbury teams.

For many of the boys it was their first game in secondary school and representing JRCS so both games started off nervy, however once the deadlock was broken, goals came flooding in for our boys. The Reds won a whopping 9-2 and the Blues won a gigantic 9-0.

Very proud of the boys and happy they got two wins in one night!

Well done boys!  
Mr Sengulay-Thomas  
PE Teacher





Weekly Outline of Out of School Hours Learning Activities - Autumn 2022				
Club	Year Group	Staff	Time	Venue
<b>Monday</b>				
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
Boys Dance Company	KS£	Mr Hazelwood	12:30pm - 1:00pm	DA1
<b>Tuesday</b>				
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
<b>Wednesday</b>				
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
KS3 Dance rehearsals	KS£	Miss England	1:30pm - 2:00pm	DA1
Pride and Allies	All	Miss Harland	1:30pm - 2:00pm	MS2
<b>Thursday</b>				
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
<b>Friday</b>				
KS4 Basketball	10 & 11	Miss Emeny	7:45am - 8:15am	Sports Hall
Music Theory Club	10 & 11	Mr Jenner	8:15am - 8:55am	MU1
KS3 Dance rehearsals	KS3	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

## Schools and Colleges Early Support Service

### Information regarding Webinars for Parents/Carers November 2022

Dear Parents/Carers,

We would like to invite you to attend the November 2022 webinar series specially tailored for parents/carers of adolescents, in collaboration with the Schools and Colleges Early Support Service.

Five 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:

- Adolescent self-harm: how to make sense of it and when to seek support
- Managing teen behaviour that challenges: tips and tricks
- Anxiety in adolescence: how can parents help?
- Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone
- Building resilience, staying connected and nurturing your relationship with your teen

Further details on each webinar are below. To register please click on the relevant Zoom link.

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

Date: Monday 28<sup>th</sup> November

Time: 5-6pm

Venue: Virtual via Zoom

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/tJAIfu2hrjsrHNL8A2RMhbU6PrBGZfZAevPO>

*After registering, you will receive a confirmation email containing information about joining the meeting.*



**World Cup Day**

**Monday 21 November**



# World Cup Day Monday 21st November

## Stadium Menu

Grab & Play Halal Hot Dog  
Vegetarian Hot Dog  
Crispy Onion  
French Mustard  
Pizza & Chips  
Champions Burgers  
Halal Beef or Veggie  
A classic Coleslaw  
Round Ball Wedges  
Chocolate Chip  
Cookies  
Ice Cold Slush



**Aspens**



# 2022





# Noodle Bar

**Date - 29/11/2022**

Slurp your way  
to 5 a day with  
our brand new  
Noodle Bar

**Aspens**





# Noodle Bar

## Menu

### **Choose your Noodle:**

Egg Noodle

Or

Special Fried Rice

### **Choose your Protein**

Chinese Chicken

Or

Kung Po Chicken Style

### **Choose your Side**

Prawn Crackers

Sweet Chilli Broccoli

Asian Cucumber Salad

Kimchi

Homemade Lychee Iced Tea

**Aspens**  
SINCE 1988







# Noodle Bar

## Meal Deal

Noodle Pot

With

1 Side or Water

£2.45

Aspens  
aspens



# Inter Faith Week 2022

## Can kindness change the world?

Karma is the idea that if you act well, things will be good, and if you act badly, things will be bad. **Do you agree with this?** Is it good to be kind all the time to everyone? What do you think would happen if everyone did this? Think about how kindness makes you feel. Is it more important to be kind to yourself or to others, or is it of equal importance? Think about the effect of kindness and unkindness on the world.



*Create a response to the question: 'Can kindness change the world?'*

- Your entry must be all your own work.
- Entries can be any form you like: a model, a poem, artwork, music, an essay or even a video.
- Send your response to your RE teacher or Mr Kendall by Friday 9<sup>th</sup> December to be included.
- PRIZES include LOC's, book vouchers and the lucky sweet dip!

**Inter Faith  
Week**



13th-20th November 2022



# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**NOS** National Online Safety®  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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@nationalonlinesafety



# **TRUE ADVENTURE**



## **Jo Richardson School eSwatini 2024**



Find out more  
information about your  
adventure by using the  
QR code. This will give  
you access to your  
landing page.