

The Seagull



Issue 717 Friday 25th November 2022

Next Week is Week 2

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HEADTEACHER'S NEWS

It was great to welcome so many Year 7 parents to school on Tuesday. We hope you found the evening informative. I'm really pleased with the start many of our Year 7 students have made and I look forward to awarding students their first Gold Seagull!

Can I congratulate our Panathlon team who, despite being two members short, were runners up in the Borough Pantathlon challenge. This is a great achievement and I know students really enjoyed the event.



As the weather turns colder it is important that students wear a school jumper and should have a proper winter coat. Students should not be wearing hoodies or tracksuit tops to school. Any parents who need support with uniform, please do contact your child's Head of Year.

Ms Keane
Headteacher



GENERAL NEWS

Another Poetry win for Jo Richardson

Our students have brought home the Poetry in Performance trophy for the second year in a row! Big congratulations to our winning group from year 8: Blessing, Orobosa, Max and Ayda.

As well as winning the group round, we took home the overall win! Huge congratulations to our other solo and group performers: Sophia N, Lexi S, Ria, Daniella, Remiel and Alexia.

Thank you to our amazing comperès, Zubin, Goodness, Bobby and Teeyah. We are so proud of every student's professionalism, commitment and creativity.

The Drama Department

Jack Petchey Winners

Congratulations to our brilliant November Jack Petchey winners! These students have been commended for their excellent achievements within school with a Jack Petchey Award and have been awarded £300 to distribute to an area of the school of their choice.



The students will be invited to attend a celebration event with the Jack Petchey

Foundation where they will be formally awarded. These students are so deserving of this award and should be very proud of themselves! Congratulations to: Johnsway Year 7, Vinnie Year 10, Karl Year 11 and Sorna Year 13.

Miss Hallas
Student Aspirations Coordinator

Children in Need 2022



Friday 18th November marked Children in Need 2022 and it was themed a 'Spooktacular' event!

The Fundraising, Press & Publicity Student Action Team did a wonderful job at organising a polka dot scavenger hunt around school, in return for a raffle ticket and prize.

We had some lovely prize donations from local businesses and students enjoyed completing the hunt for Pudsey around school at break and lunch time.



We raised £71.51 for Children in Need. Well done to the following students for your commitment and creativity: Lexie, Al-Amin, Ria, Alexia, Elois, Valentine, Hannah, Iman, Ayen and Kofo.

Miss Hallas
Student Aspirations Coordinator

A Level Philosophy and Ethics lectures



On Tuesday 22nd November the Year 13 Religious Studies class attended three lectures in Central London on the philosophers Bentham

and Kant, Humanism, Atheism and Secularisation from two amazing speakers who work in Cambridge University. This gave the students a real taste of what university style lectures are like as well as talking about content they need for their A Level exams. The final lecture of the day was with the famous philosopher Richard Swinburne who spoke on the existence of God being more probable than not. He is 87 years old and our students were extremely respectful and asked him some questions afterwards and had their photo taken with him. We were very proud of them.

Mr Kendall and Mrs Wing
Religious Studies Department.

Year 11 Staff Prom Shop

As Year 11 move into the most challenging phase of their education journey, they are trying their best to keep motivated and positive. One of the biggest factors for that is prom!

On Monday 3rd July 2023 our Year 11s will get to celebrate their successful year in style at Orsett Hall. However, we know that times are currently more challenging financially than ever and so we want to make sure prom is accessible to everyone. Not only do we have an in-school store of prom dresses and suits for students to borrow, but our wonderful prom committee are working hard to fundraise. Usually, prom is £40-45 per person, but this year we are determined to reduce the cost to £35. To do so, the Prom Committee need to work hard to get as much fundraising done as possible (on top of their revision). So far, they have been selling snacks, drinks and positive postcards to staff during Wednesday CPD (pictured here hard at work!) and made over £80 in just one day.



Even more wonderful, the committee will split the time with Zubin (Young Mayor of Barking & Dagenham) who is fundraising for Ben Kinsella so that he can reach his £5000 fundraising goal too. Ms Keane has kindly agreed to match what we earn on these weeks for the Prom Committee so that both the charity (Ben Kinsella) and the Year 11s benefit. A huge thank you to Ms Keane for this.

It has been a privilege to work with this dedicated group who are determined to have the best prom JRCS has ever seen. If you have anything you think you can donate to the committee, whether that be snacks to sell, prizes for raffles or services you can provide at prom, please don't hesitate to get in touch with me via email on odraisey@jorichardson.org.uk.

Wish us luck!

Ms Draisey & the Year 11 Prom Committee

UK Parliament Week

As part of UK Parliament Week, on Friday a collection of KS4 and KS5 students were fortunate enough to receive a visit from Dame Margaret Hodge, MP for Barking since 1994. This provided students with an exciting insight into politics and how it has changed over time. Dame Margaret explained her current role as well as outlining previous experience in councils and, excitingly, the cabinet. To get our students thinking, she asked various challenging questions such as "should an MP have to live in the area they represent?" This allowed senior students to factor in their study of A-Level politics into real world examples that hopefully they will remember nearer their exams. One student said it was "a great opportunity to engage in our local political links" (Maisey Year 13 student).

Overall, it was a great opportunity allowing students to connect the dots on their learning and hopefully inspiring some KS4 students to make impactful change like Dame Margaret has by potentially studying politics at A-Level.



Megan Year 13

Readathon collection for Year 7: Final chance to donate

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.

You can donate via ParentPay to pledge £1, or your child can bring their donations to their English teacher. We are closing donations next week, so this is our last opportunity to donate to this cause.

Mrs Gray
Literacy Co-ordinator

Year 7 NSPCC & Lidl World Mental Health Competition

To mark World Mental Health Day (10th October 2022) Lidl teamed up with NSPCC to launch a competition.

The task for Year 7 was to create some artwork that demonstrated something that made them happy, this could be an object, place, memory, idea and much more. Our wonderful Year 7s rose to the challenge and created some beautiful pieces (pictured below).



All their artwork has now been sent off to Lidl who will be sifting through the country's entries and selecting a few to go on a billboard near you.

Fingers crossed we can have a winner!

Well done to Rea, Luqman, Ryan and Isra who created these lovely pieces.

Good luck!

Ms Draisey
Senior Mental Health & Wellbeing Lead

World Skills National Careers Event

On Wednesday 16th November a small group of Year 9 students visited nearby Barking and Dagenham College to attend a World Skills National Careers Event. Throughout the morning they were able to gain a greater insight into potential career paths that are open to them ranging from those in STEM (Science, Technology, Engineering, and Maths) subjects to catering and apprenticeships at international

companies such as Amazon and Fujitsu. The students were very well behaved and showed a great enthusiasm for finding out more about different industries.



Mr Cully and Ms Matin

Under 13s Girls Football

Massive congratulations to the under 13s girls football team who came 3rd in this month's football tournament.



The squad played extremely well against some tough competition. Girl of the tournament goes to top goal scorer Charlotte in Year 7.

The girls' next game is on Tuesday 6th December at Goals Dagenham.

Training is every Thursday after school and all KS3 & KS4 students are welcome.

Year 8 and 9 Netball

On Thursday 17th November the Year 8s and 9s had their fourth netball match against All Saints.

All girls showed lovely sportsmanship and played really well considering this was their first netball match since October.

The girls were triumphant due to excellent shooting from Danae and Tegan. Well done to everyone involved. Anyone who would like to join the netball team is welcome every Tuesday 3:00pm-4:00pm.

Borough Cross Country Championships

On Friday 18th November a group of KS3 and KS4 students represented the school at the Barking and Dagenham Cross Country Championships at Pages Woods, Upminster.

The students were selected from the cross country trials we completed during lesson time this half term and the students were able to compete against the best runners from all the other schools in the borough.



The JRCS students should be very proud of their achievements on the day, with special mention going to the Year 7 boys and girls team who came 3rd overall.



Congratulations to all students involved.

Miss Pridie
PE Teacher

Year 7 Boys Football

On the 23rd November, the Year 7 Boys Football team had their first league game against neighbours Goresbrook. Just like their game against Eastbury, the game started off slow until we scored our first goal and then the goals flooded in for our Seagulls winning 10 - 2.



The boys are in good spirits and are very excited for their next league game against Greatfields School

Well done Boys!

Mr Sengulay-Thomas
PE Department

Year 10 & 11 Mocks Exams

Below is a copy of the timetable for Year 10 & Year 11 Mock exams for December 2022 (all exams below are for Year 11 unless stated otherwise). 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 or watches 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	Start
Friday 2nd December	Step Up To English (Silver)	9:00am
	Year 10 Combined Science (No exam for Triple Science students)	11:30am
	Year 10 English Literature	2:00pm
Monday 5th December	English Language Paper 1	9:00am
	History Paper 2	11:30am
	Maths Paper 1	2:00pm
Tuesday 6th December	RE Paper 1	9:00am
	Engineering Dance Hospitality & Catering Food	11:30am
	Geography Paper 1	2:00pm
Wednesday 7th December	English Language Paper 2	9:00am
	GCSE PE Paper 1 CNAT Sport Music (Listening)	11:30am
Thursday 8th December	French Listening & Reading	9:00am
	Combined Science Biology Separate Science Biology	11:30am
	Computer Science Paper 1 Spanish Writing	2:00pm
Friday 9th December	Maths Paper 2	9:00am
	Spanish Listening & Reading	11:30am
	French Writing	2:00pm
Monday 12th December	GCSE Business Studies BTEC Business	9:00am
	Media Paper 1	11:30am
	Combined Science Chemistry Separate Science Chemistry	2:00pm
Tuesday 13th December	Citizenship	9:00am
	DT	11:30am
	History Paper 3	2:00pm
Wednesday 14th December	Geography Paper 2	9:00am
	Computer Science Paper 2 Drama	11:30am
Thursday 15th December	Media Paper 2 (Audio/Visual)	9:00am
	Combined Science Physics Separate Science Physics	11:30am
	PE - Paper 2	2:00pm
Friday 16th December	Maths Paper 3	9:00am
	Construction	11:30am
	Dance (Practical)	11:30am
	RE Paper 2	2:00pm
Monday 19th December	Art (Practical)	All Day
Tuesday 20th December	Art (Practical)	All Day

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 - 8:50am	MU1
KS3 Handball/Basketball	7, 8 & 9	Mr Watts	12:30pm - 1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30pm - 1:00pm	SDD
Boys Dance Company	KS3	Mr Hazelwood	12:30pm - 1:00pm	DA1
KS4 Basketball	10 & 11	Miss Pridie	1:30pm - 2:00pm	Sports Hall
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
Indoor Athletics	All	Miss Pridie	3:00pm - 4:30pm	Sports Hall
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 - 8:55am	MU2
GCSE Dance Technique	11	Miss England	11:00am - 11:30am	DA1
SDD Homework Club	7, 8 & 9	SDD staff	12:30pm - 1:00pm	SDD
KS3 Netball	7, 8 & 9	Miss Emeny	12:30pm - 1:00pm	Sports Hall
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
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
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
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
Volleyball	All	Miss Pridie	7:45am - 8:15am	Sports Hall
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
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
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	12:30pm - 1:00pm	MA4
KS3 Table Tennis/Badminton	7, 8 & 9	Mr Watts	12:30pm - 1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30pm - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 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
Electronics Club	KS3	Ms McKenzie	3:05pm - 4:05 pm	DT3
Computing Intervention	10 & 11	Mr Cambell	3:05pm - 4:05 pm	IT1
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	3:15pm - 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
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
KS3 Dance rehearsals	KS3	Miss England	10:00am -10.30am	DA1
KS3 Maths puzzle club	7,8 & 9	Ms Morozova and Ms Malik	12:30pm - 1:00pm	Maths atrium
KS3 Trampolineing	7, 8 & 9	Miss Pridie	12:30pm -1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30pm - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
GCSE Intervention	11	Miss England	3.00pm - 4.30pm	DA1
Year 11 Football	11	Mr Cully	3:15pm - 4:15pm	Astro

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 28th 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/tJAIfu2hrjsrHNL8A2RMhbU6PrBGZfZAevP0>

After registering, you will receive a confirmation email containing information about joining the mee



Noodle Bar

Date - 29/11/2022

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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

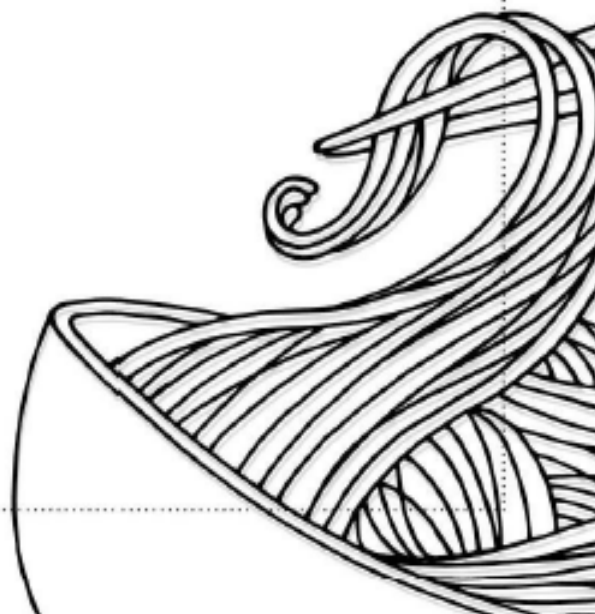
Sweet Chilli Broccoli

Asian Cucumber Salad

Kimchi

Homemade Lychee Iced Tea

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Meal Deal

Noodle Pot

With

1 Side or Water

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Times of the Day 2022/23



THE JO RICHARDSON

SUCCESS FOR ALL

COMMUNITY SCHOOL

ACHIEVE

YEARS 7-9	8.25-8.35 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	8.25am earliest arrival at school unless involved in pre-school activity/ club	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	P7a	P7b	End of day
Tuesday		Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		
Wednesday		Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	P4b	P5a	End of day/ Lunch	Optional school activities				
Thursday		Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		
Friday		Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		

YEARS 10-13	8.25-8.35 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	8.25am earliest arrival at school unless involved in pre-school activity/ club	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	P7a	P7b	End of Day
Tuesday		Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		
Wednesday		Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	End of day/ Lunch	Optional school activities				
Thursday		Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		
Friday		Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		