

# The Seagull



Issue 721 Friday 13th January 2023

Next Week is Week 1

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## HEADTEACHER'S NEWS

### Gold Seagull



Congratulations also to our Golden Seagull winners:

Shalom Year 7-first Year 7 Golden Seagull winner., Aleena and Samuel Year 8 (pictured above).

### Happy New Year

I hope you all had a good Christmas and can I take this opportunity to wish you all a Happy New Year!

### Congratulations

Congratulations to Lucas in Year 9 who played his first match for Saracens Rugby team on 20<sup>th</sup> December at Greenland's stadium. A fantastic achievement.



### Year 11

Following the Year 11 mocks before Christmas, we have our second Year 11 Parents' Evening coming up. It is really important that all parents/carers attend so that we can provide you with information about your child's predicted grades and what we can do to support them prior to their GCSEs.

Parents and students will also have the opportunity to meet with senior staff to discuss their next steps and Sixth Form or College applications.

### Strep A and Flu Infections

I wrote to you during the holidays with information about strep A and flu infections that have been circulating within the community. Please be assured that as a school we are taking precautions to limit infections and are following guidance given by public health.

Students should be aware of the need for good hygiene and hand washing. I have included a copy of the fact sheet at the back of The Seagull if you need any further information.

### Keeping students safe

Unfortunately, we have had a number of students mugged for their mobile phones by a group of young men wearing masks. The incidents occurred on the last day of term and during the school holiday. The group seem to be operating around Mayesbrook Park, Goresbrook Park and the alleyway that runs from Goresbrook Road to Goresbrook School and the McDonalds near Cook Road. Students have also been approached in the car park between McDonalds and the Vue cinema.

In order to keep students safe, can I ask parents to speak to their child and ensure at the end of the school day students go straight home. They should not hang around in the

park, outside McDonalds or near the shops at Becontree. If possible, please ask students to avoid walking home through Goresbrook Park or down the alleyway.

In addition to this, could you speak to your child about keeping safe on the way home from school. Students should not have mobile phones and air pods out and on show.

I am currently working with our school's officer, the police and the local authority in order to tackle this issue and to keep students safe. As always, your support is much appreciated.

Ms Keane  
Headteacher



## GENERAL NEWS

### Year 7



Year 7 have had a fantastic start to secondary school, filled with lots of trips, activities, and sporting successes.

Their first term reports were revealed and, on the last Monday of term, the top two ranking students from each form class were rewarded with a McDonalds lunch of their choice.

Congratulations to all our Year 7 students on their great start at JRCS; we look forward to many more reward events taking place in the future.

Miss Thomas  
Head of Year 7

### Online Safety

The new year brings an opportunity to refresh knowledge on internet safety and with many students fortunate enough to receive new devices, it is more important than ever to safeguard young people online.

This week's guide provides useful tips and reminders to students to ensure they are using the web safely and securely as well as promoting their wellbeing.

National Online Safety is a free app available to all parents/carers to keep up with the latest games, apps and tech that children are using, and this platform provides a range of guides and explainer videos to provide training to parents/carers. Search for 'National Online Safety' in the App Store or Google Play.

Miss Boulton  
Online Safety Lead

### Year 13

The Year 13 Sociology trip to the Old Bailey was a memorable and insightful experience. It was fascinating and highly informative to watch an array of trials from the public gallery, including murder and sexual assault trials.

This enabled us to gather a deeper understanding about current day legal proceedings. This trip is a great opportunity to witness the outcome of crimes, and I would especially recommend it to those who wish to pursue careers within the legal field.



Asiya

### Boys Football



On 10<sup>th</sup> January (second day of term) the boys (pictured on the front page) were straight back into a league match against Barking Abbey.

In the last three games the boys have scored 9 goals or more in each game. This time it was a tight battle, Barking Abbey scored first and early in the game, Captain Mario hit back with a beautiful team goal, then a second half winner from Andrei to mark a 2-1 victory.



Four Games four Wins, The Streak Continues.  
Well done boys.

Mr Sengulay-Thomas  
PE Department

### 100 club success

Congratulations to all students that have been part of PE and Dance extracurricular activities over last term.

All students that have 25 stamps have been awarded an LOC for outstanding contribution to extracurricular.

The current top 10 leaders for most extra-curricular clubs are:

1. Ollie Year 7 – 27
2. Dorian Year 8 – 25
3. Charlotte Year 7- 26
4. Kadie Year 7- 25
5. Hella Year 7- 24
6. Luis Year 7– 23
7. Chisom- Year 8-21
8. Rosie Year 8- 20
9. Rohan Year 8- 19
10. Tianna Year 8- 17

Congratulations to these students they are currently in place to win a rewards trip within PE.

Next week (16<sup>th</sup>-20<sup>th</sup> January) PE are offering a chance to earn 2 stamps for every club attended (see poster attached).

If you wish to sign up to the 100 club or have any questions, please speak to a member of the PE department.

Miss Pridie  
PE Teacher



# Friday 20 January 2023

*Chinese Chicken*

**Or**

*Kung Po Chicken Style ( Vegetarian )*

***Served with***

*Vegetable Noodles*

**Or**

*Special Fried Rice*

***Sides***

*Sweet Chilli Broccoli*

*Asian Cucumber Salad*

***Dessert***

**Meal Deal @ £2.45**

**Main Meal with Dessert or Water**

# TRUE ADVENTURE

## eSwatini Adventure in 2024



eSwatini boasts a huge checklist for visitors, The rare opportunity to go on safari, trek through remote African bush and truly experience a culture whilst on project are what makes this such a once in a lifetime opportunity.

Students who take part in one of our adventures gain some vital life skills throughout the experience. They gain skills such as teamwork, empathy, resilience and confidence.



This once in a lifetime opportunity will give the students travelling an experience like no other. Allowing them to get a taste for the wonders of travel and gain a little insight into what this world has to offer.

Please use the QR code to find out more information or follow the link below.

<https://true-adventure.co.uk/trip/jorich-2024/>



Please contact:

Miss Campbell, eSwatini Expedition Leader, Deputy Director of Sixth Form if you have any questions about the expedition.

# PE and Dance



## 100 Club

2 for 1 stamp offer

Monday 16<sup>th</sup> January - Friday 20<sup>th</sup> January  
2023



# STAY SAFE ON NEW DEVICES

Whether you're an internet newbie or a pro at surfing the web, it's always important to keep online safety in mind. We've pulled together a list of top tips to make it easier for you to protect yourself and your devices in the digital world – helping you steer clear of hazards like misleading information and vicious viruses. There's never a bad time to refresh your internet safety knowledge, but it's an especially smart thing to do before you start using any shiny new devices!



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## London Health Protection Team: Invasive Group A Streptococcal infection (iGAS)

### What is Group A Streptococcus?

Group A streptococcus (GAS) or *Streptococcus pyogenes* is a bacterium often found in the throat and on the skin. People may carry Group A streptococci in the throat or on the skin and have no symptoms of illness.

### How are GAS spread?

Streptococci survive in throats and on hands for long enough to allow easy spread between people through sneezing, kissing and skin contact. People may carry group A streptococci in the throat or on the skin and have no symptoms of illness. This is sometimes known as being colonised.

### What kinds of illnesses are caused by Group A streptococci?

Most GAS infections are relatively mild illnesses such as "strep throat," scarlet fever or a skin infection such as impetigo. On rare occasions, these bacteria can cause other severe and even life-threatening diseases.

### What is invasive group A streptococcal disease (iGAS)?

Sometimes life-threatening GAS disease may occur when bacteria get into parts of the body where bacteria usually are not found, such as the blood, muscle, or the lungs. These infections are termed invasive Group A Streptococcal disease.

Two of the most severe, but rare, forms of invasive GAS disease are necrotising fasciitis and Streptococcal Toxic Shock Syndrome. Necrotising fasciitis destroys muscles, fat, and skin tissue. Streptococcal toxic shock syndrome (STSS), causes blood pressure to drop rapidly and organs (e.g., kidney, liver, lungs) to fail.

### Why does invasive group A streptococcal disease occur?

Invasive GAS infections occur when the bacteria get past the defences of the person who is infected. This may occur when a person has sores or other breaks in the skin that allow the bacteria to get into the tissue, or when the person's ability to fight off the infection is decreased because of chronic illness or an illness that affects the immune system.

Although healthy people can get invasive GAS disease, people with chronic illnesses (such as cancer, diabetes, heart disease etc.), those who use medications such as steroids and injecting drug users have a higher risk.

Also, some strains of GAS are thought to be more likely to cause severe disease than others.



### How common is iGAS?

Invasive Group A streptococcal disease is very rare. There are 2-4 cases per 100,000 population annually.

### Am I at risk of getting invasive group A streptococcal disease from close contact with a relative or household contact?

Most people who come into contact with GAS remain well and symptom-free, or develop mild throat or skin infections. Healthy people can get invasive GAS disease from a relative or a member of their household, but it is very rare.

### What do I need to be aware of?

The most important thing to be aware of are the early signs and symptoms of invasive disease which are shown in the box below.

#### **Early signs and symptoms of invasive group A streptococcal disease**

- High Fever
- Severe muscle aches
- Localised muscle tenderness
- Redness at the site of a wound

### What should I do if I develop any of these symptoms?

If you develop any of these symptoms contact your GP or seek medical advice immediately. Tell your GP that you have been in contact with someone recently diagnosed with invasive group A streptococcal disease and that you have developed some symptoms that you are worried about. It is very likely that your GP will ask you to come into the surgery so he/she can examine you.

### Do contacts of a case require treatment?

Usually contacts of case do not require any treatment and secondary cases and clusters are rare. However, if a household contact experiences any symptoms of a streptococcal infection such as sore throat, skin infection or fever within 30 days of the first case, they should contact their GP and may require antibiotics.

Good infection control measures such as effective hand hygiene, good general cleaning and waste handling reduce the risk of cross infection.

**Most people who come into contact with GAS remain well and symptom-free, or develop mild throat or skin infections. Contracting invasive GAS disease from a relative or household member is very rare.**

More information can be obtained from your GP or NHS 111

Severe streptococcal infection and necrotising fasciitis support group can be contacted on <http://www.nfsuk.org.uk/>

## Support Service

### Information regarding Webinars for Parents and Carers January/February 2023

Dear Parents/Carers,

We would like to invite you to attend the January/February 2023 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:

Managing teen behaviour that challenges: tips and tricks

Adolescent self-harm: how to make sense of it and when to seek support

Anxiety in adolescence: how can parents help?

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

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

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

#### **Managing teen behaviour that challenges: tips and tricks**

Date: Tuesday 24<sup>th</sup> January & Friday 3<sup>rd</sup> February

Time: 12:30-1:30pm & 12-1pm

Venue: Virtual via Zoom

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:***

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## **Tuesday 24<sup>th</sup> January:**

[https://annafreud.zoom.us/meeting/register/tJUuc-igrz0sHdxOHhCm36VnDmRpHxy\\_P4w](https://annafreud.zoom.us/meeting/register/tJUuc-igrz0sHdxOHhCm36VnDmRpHxy_P4w)

## **Friday 3<sup>rd</sup> February:**

<https://annafreud.zoom.us/meeting/register/tJwqdOitqD0uGdJa3eMje9qQJV6q8ka78W1k>

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

## **Adolescent self-harm: how to make sense of it and when to seek support**

Date: Tuesday 24<sup>th</sup> January & Wednesday 1<sup>st</sup> February

Time: 5-6.15pm

Venue: Virtual via Zoom

Adolescence brings about many challenges, including insecurity, self-consciousness, anxiety about one's own body, and peer pressure. It is not uncommon for teenagers to engage in some self-harmful behaviour for a period of time, for instance cutting, hair pulling or scratching. Understandably, these behaviours can be very concerning, distressing, and confusing for parents. This webinar will provide an overview of the risk factors and methods of self-harm. It will explore the various reasons why young people may self-harm and offer ideas on how parents can talk to and support their teens. Lastly, it will discuss instances of self-harmful behaviour that may require professional 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:***

## **Tuesday 24<sup>th</sup> January:**

[https://annafreud.zoom.us/meeting/register/tJckdOGsqj4uH9b\\_ZxaxvUGFJX64luBUxAYI](https://annafreud.zoom.us/meeting/register/tJckdOGsqj4uH9b_ZxaxvUGFJX64luBUxAYI)

## **Wednesday 1<sup>st</sup> February:**

<https://annafreud.zoom.us/meeting/register/tJwpdOGhqT0pGN1qMjYWYDC3YdQNKPhmMg3s>

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

## **Anxiety in adolescence: how can parents help?**

Date: Wednesday 25<sup>th</sup> January & Thursday 2<sup>nd</sup> February

Time: 5-6pm

Venue: Virtual via Zoom

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

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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:***

**Wednesday 25<sup>th</sup> January:**

[https://annafreud.zoom.us/meeting/register/tJ0qcuGppz4jHt0cpSxMsJ1kRdFh28N\\_b5\\_c](https://annafreud.zoom.us/meeting/register/tJ0qcuGppz4jHt0cpSxMsJ1kRdFh28N_b5_c)

**Thursday 2<sup>nd</sup> February:**

<https://annafreud.zoom.us/meeting/register/tJwud-mvrz8qHNAXAqRsoKpN-InGCaGcUr3Y>

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

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

Date: Thursday 26<sup>th</sup> January & Tuesday 31<sup>st</sup> January

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:***

**Thursday 26<sup>th</sup> January:**

[https://annafreud.zoom.us/meeting/register/tJwqceutrDwiHNa\\_etTEda6nes70j\\_8f6hMm](https://annafreud.zoom.us/meeting/register/tJwqceutrDwiHNa_etTEda6nes70j_8f6hMm)

**Tuesday 31<sup>st</sup> January:**

[https://annafreud.zoom.us/meeting/register/tJYlf--qpzguEtz29voB3UY5vy\\_6X\\_zD1Nlr](https://annafreud.zoom.us/meeting/register/tJYlf--qpzguEtz29voB3UY5vy_6X_zD1Nlr)

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

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

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Date: Monday 30<sup>th</sup> January & Monday 6<sup>th</sup> February

Time: 12-1pm

Venue: Virtual via Zoom

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:***

**Monday 30<sup>th</sup> January:**

<https://annafreud.zoom.us/meeting/register/tJAlfuyhqj8vE9WohsO1dpEM4foBbSIVFBNI>

**Monday 6<sup>th</sup> February:**

<https://annafreud.zoom.us/meeting/register/tJAoduqqpDspHtMv1TKCbvKj-YePwfEIQpqO>

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

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