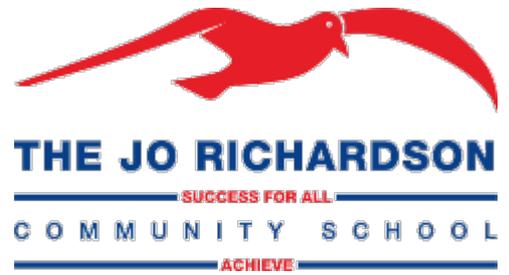


The Seagull



Issue 723 Friday 27th January 2023

Next Week is Week 1

All Enquiries: 020 8270 6222
Email: headteacher@jorichardson.org.uk

Website: www.jorichardson.org.uk
Twitter: @JRCS_School 



Year 7 Netball Team

HEADTEACHER'S NEWS

Student Voice Summit

It has been a busy week at JRCS. We held our Student Voice Summit this week and it was great to hear the views of our action groups.

Year 9 Options Evening

It was good to see so many Year 9 parents/carers for Options Evening on Wednesday. I hope you found the evening useful.

Please take the time to read through the options booklet with your child and talk to them about their choices.

Ofsted

We also had a successful visit from Ofsted. Once the report is published, I will make it available to parents on our website. Thank you to everyone for your support.

Teachers' strike

As many of you will be aware, the NEU are striking on Wednesday 1st February. The strike is happening because of a national dispute

between the unions and the government over pay, and not because of any issues at our school.

Given the numbers of staff that will be striking, we are only able to safely open the school to students in Year 11.

Students in Year 7-10 and Years 12 and 13 should not attend school on Wednesday. As this is a strike day, teachers will not be setting remote education. However, students can access BBC Bitesize (www.bbc.co.uk/bitesize) which has a variety of materials for a number of subjects, Maths Watch and Timetable Rockstars. It would also be great if students could spend some time reading for pleasure on the day.

I am sorry about the potential disruption to you and to your child's education. I understand that this situation may be frustrating and ask that all members of our school community continue to treat each other with respect.

JRCS remains committed to providing a safe and secure environment for our students and delivering high-quality teaching.

Ms Keane
Headteacher



Student Action



On Wednesday 25th January, our Student Action Teams came together for the day in the Sixth Form Common room for our 'Student Voice Summit 2023'. It was a fantastic day full of planning for the future and team building, culminating in our teams being awarded their Student Voice badges to wear proudly!

Our teams: **Social Action, Fundraising, Press & Publicity, Race & Social Justice, Environment, Pride & Allies** and **Wellbeing**, met for the first time and began to forge positive working relationships.

The day began with icebreakers and teambuilding and finished with some brilliant

presentations of the teams' two and five month action plans. Projects ranged from planning for Culture Day 2023, a re-usable bottle campaign, Wellbeing Wednesdays, fundraising for Young Carers, educational plays for different causes and a student Seagull column!

Thank you to all the students who were involved for sharing your creativity and being so committed in putting plans into action for positive change. You are a credit to the school!





Miss Hallas
Student Aspiration Coordinator

Positive shout out for Year 7 Netball Team!!

Year 7 (pictured on the front page) had their first league match against Greatfields. The girls had a mix of both nerves and excitement before the match. They displayed fantastic teamwork and communication throughout the game and beat Greatfields 6-2.

Player of the match was awarded to Kornelija for her fantastic interceptions and shooting. Other players including Esther (7I) and Esther (7C) who both scored and played well in the shooting circle together.

There was also some brilliant play from Hella and Tamara in defence. Bella, Blessing and Mikalyla displayed some strong passes allowing the team to be successful.

A final shout out to Rosemary as the GK who won many rebounds allowing us to attack more often!

Well done girls; you did JRCS proud!

Ms Emeny
Teacher of PE



Sport Fixtures

We are really pleased to be able to offer an increasing number of sport fixtures after school.

Like most schools across the Local Authority, we do not allow students to watch the fixtures. This is on the ground of health and safety and the need to supervise all those on school site.

We do not want to stop running events so please remind your child about our rule. We must also stress that filming and photography is also banned. We are a mobile free school.

Miss Howe
Deputy Headteacher

Return overdue Library books

There are a number of students from each year group who should have returned their library book before now.

Can parents/carers please support by encouraging students to look for and return their library book(s) promptly. Supporting your school library maintains its existence and use by students.

If for any reason a library book cannot be returned, the £5 library fine needs to be paid on ParentPay.

This fee goes towards the cost of a replacement book. and will clear a student's library account of the library book.

Please support your school library.
Thank You

Ms Osland
School Librarian





Friday 24th February 2023

*Meat Feast Pizza
or
Roasted Mediterranean
Vegetable Pasta*

Served with

Italian Salad

Dessert

Zesty Orange Cake

**Meal Deal @ £2.45
Main Meal with Dessert or Water**

Aspens

Weekly Outline of Out of School Hours Learning Activities - Spring 2023

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	12:30pm - 1:00pm	Sports Hall
KS4 Basketball	10 & 11	Miss Pridie	1:30pm - 2:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30pm - 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				
Year 9 Football	Year 9	Mr Bashir	7:45am - 8:30am	Astro
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	12:30pm - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
KS3 Netball	7, 8 & 9	Miss Emeny	12:30pm - 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	SD3 starts 24/1
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
Drama Club	7, 8 & 9	Ms Willis	3:00pm - 3:45pm	DR3
Spanish Club (Week 2 only)	9	Miss Fernandez	3:05pm - 4:00pm	MFL3
Wednesday				
Year 9 Football	Year 9	Mr Bashir/Mr Cully	7:45am - 8:30am	Astro
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
Year 9 Football	9	Mr Bashir	2:00pm - 3:00pm	Astro
Thursday				
Year 9 Football	Year 9	Mr Bashir	7:45am - 8:30am	Astro
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	Sports Hall
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
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 Ms 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
Wellbeing Club	All	Ms Draisey	3:00pm - 4:00pm	Conference room (library)
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	12:30pm - 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
Year 11 Football	11	Mr Cully	3:15pm - 4:15pm	Astro
GCSE Intervention	11	Miss England	3.00pm - 4.30pm	DA1
Silver DofE (starts 27/1)	10	Ms Montague	3:00pm - 4:00pm	SD3

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: Friday 3rd 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.

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

The Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.

Register in advance for this meeting:

Friday 3rd February:

<https://annafreud.zoom.us/meeting/register/tJwqdOitqD0uGdJa3eMje9qQJV6q8ka78WIk>

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: Wednesday 1st 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:

Wednesday 1st 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: Thursday 2nd 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 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.

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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:

Thursday 2nd 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: Tuesday 31st 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:

Tuesday 31st January:

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

Date: Monday 30th January & Monday 6th February

Time: 12-1pm

Venue: Virtual via Zoom

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

The Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.

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 30th January:

<https://annafreud.zoom.us/meeting/register/tJAIfuyhqj8vE9WohsO1dpEM4foBbSIVFBNl>

Monday 6th February:

<https://annafreud.zoom.us/meeting/register/tJAoduqqqDspHtMv1TKCbvKj-YePwfEIQpqO>

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

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

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