The Seagull



Next Week is Week 2

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HEADTEACHER'S NEWS

Gold Seagull



Congratulations to this week's Gold Seagull winners:

Isioma Year 7, Michelle Year 7, Salma Year 8, and Akanksha Year 8

This week our talented musicians performed in our Music sharing event. Well done to all those involved!

Safety on the way to and from school

Please continue to remind students to stay safe on the way to and from school.

Please ensure students go straight home at the end of the school day and avoid Goresbrook park, the alleyway near McDonalds and the shops near Becontree tube station.



Exams

Next week we have Year 10 mock exams and Year 12 VIMAs.

Good luck to all students. It is important that students revise and prepare fully for these exams. Good revision habits that are established now will support students in their final GCSE and A Level exams in Year 11 and 13.

We have included a copy of the mock timetable at the end of the newsletter.

Ms Keane Headteacher



Bleed bag Donation



On 13th September 2016 Ricky Hayden was murdered during an attempted theft of a moped from his home.

In his memory Ricky's mother Susan, dedicates her time to spreading the word about the seriousness of knife crime and donating emergency bleed bags for public use. The bleed bags are registered with the Ambulance service and are accessible to all for medical emergencies that may occur in the vicinity of the school building.

On Tuesday, JRCS was lucky enough to receive one of the bags from Susan and Terry.

Head students, Bobby and Teeyah received the bag on behalf of the school and community centre.

A big JRCS thank you for making a difference.

Lynn O'Keefe Student Services Manager Attendance Lead Safeguarding Team

Year 7: Philosophy for Children (P4C) unit. Year 7 students are currently learning about a child centred approach to learning through the P4C programme.

This unit will encourage students to ask big questions and develop a variety of skills including the four Cs. Critical, Collaborative, Creative and Caring (listening).

Students will look into big topics, mainly streaming around identity and extremism. If you have any questions or queries, please do not hesitate to email/call me.

Miss Hector Head of PDE and Citizenship

Online Safety

Next week we celebrate Safer Internet Day on 7th February. To help parents and carers build on their online safety knowledge and help empower young people to navigate the online world safely, we have the **National Online Safety** platform for parents and carers to access.

The online world can be confusing for adults and without knowledge and confidence we can feel unable to support young people.

Being online has lots of benefits for students, both socially and academically. However, it comes with risks and the parent guides we share each week will equip parents/carers with the tools needed to safeguard students.

This week's guide provides tips for establishing cyber resilience at home.

Miss Boulton
Online Safety Lead

WORLD BOOK DAY 2023



Sign up now for the JRCS READING MARATHON taking place on Friday 3rd March.

A fun camping themed staged area will be set up in Main Street, complete with tents, chairs, grass, and campfire!

Every 15 minutes different students will take turns to read throughout the day.

Anyone can take part, including reading with a friend.

To sign up see Ms Osland in the library to book your time slot. You will need your planner. Students are signing up already to this popular event.

Each student who takes part will receive a certificate and reward.

Posters with information, are around the school. Sign up now to get your timeslot!!!

Ms Osland School Librarian



Year 10 Mocks & 12 VIMA Timetable - February 2023

Date	Start	Duration	Year	Component	
06/02/2023	08:30	135 mins	12	GCE Media Studies (Audio Visual)	
	09:00	60 mins	10	GCSE Computer Science	
		60 mins	10	GCSE Dance	
		90 mins	12	GCE Chemistry	
		120 mins	12	GCE Economics (2 x 1 hour papers)	
		120 mins	12	GCE Sociology	
	11:30	90 mins	12	GCE History (Germany)	
	14:00	45 mins	12	GCE Geography	
07/02/2023	09:00	45 mins	12	GCE Geography	
		60 mins	10	GCSE Biology	
		80 mins	12	GCE Computer Science	
		90 mins	12	Health & Social Care	
		120 mins	12	GCE Biology	
		120 mins	12	GCE Business (2 x 1 hour papers)	
		120 mins	12	GCE English Literature	
	11:30	90 mins	12	GCE History (Italy)	
08/02/2023	09:00	60 mins	10	GCSE Chemistry	
		90 mins	12	GCE Religious Studies	
		90 mins	12	L3 Core Maths	
		120 mins	12	GCE Maths	
		120 mins	12	BTEC Business	
	11:30	60 mins	10	GCSE Media Studies	
		120 mins	12	GCE Psychology	
09/02/2023	09:00	90 mins	12	GCE Physics	
		90 mins	10	GCSE Drama	
		120 mins	12	GCE PE	
		120 mins	12	GCE Politics	
	14:00	90 mins	12	L3 Core Maths	
10/02/2023	09:00	All Day	12	GCE Art	
	11:30	60 mins	10	GCSE Physics	
	14:00	90 mins	12	GCE Physics	

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				
SDD Homework Club KS4 Basketball	7, 8 & 9 10 & 11	SDD staff Miss Pridie	12:30pm - 1:00pm 1:30pm - 2:00pm	SDD Sports Hall				
Year 9 Dance Club	9	Mr Hazelwood	1:30pm - 2:00pm	DA1				
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	7:45am - 8:15am	Sports Hall				
Year 9 Football	Year 9	Mr Bashir	7:45am - 8:30am	Astro				
Vocal Group	7, 8, 9, 10 & 11	Miss Harris	8:15am - 8:55 am	MU2				
GCSE Dance Technique SDD Homework Club	11 7,8 & 9	Miss England SDD staff	11:00am - 11:30am	DA1 SDD				
KS3 Netball	7,8 & 9	Miss Emeny	12:30pm - 1:00pm 12:30pm - 1:00pm	Sports Hall				
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD				
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				
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				
Bronze DofE Expedition KS3 Netball	Year 10 invited 7, 8 & 9	Ms Montague Miss Emeny/Miss Pridie	3:05pm - 4:35pm 3:15pm - 4:15pm	SD3 starts 24/1 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				
3 2		Wednesday						
Fitness Club	All	Mr Thomas	7:45am - 8:15am	Fitness Suite				
Volleyball	All	Miss Pridie	7:45am - 8:15am	Sports Hall				
Year 9 Football	Year 9	Mr Bashir/Mr Cully	7:45am - 8:30am	Astro				
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 Year 7 Dance Club	All 7	Mr Howard Miss England	1:30pm - 2:00pm 1:30pm - 2:00pm	Sports Hall DA1				
Pride and Allies	All	Miss Harland	1:30pm - 2:00pm	MS2				
Year 9 Football	9	Mr Bashir	2:00pm - 3:00pm	Astro				
		Thursday	•					
Fitness Club	All	Mr Watts	7:45am - 8:15am	Fitness Suite				
Year 9 Football	Year 9	Mr Bashir	7:45am - 8:30am	Astro				
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	7, 8 & 9	Mr Watts	12:30pm - 1:00pm	Sports Hall				
Tennis/Badminton			<u> </u>	•				
SDD Homework Club	7,8 & 9	SDD staff	12:30pm - 1:00pm	SDD				
SDD Homework Club GCSE Dance Technique	10 & 11 10	SDD staff Miss England	1:30pm - 2:00pm 1:30pm - 2:00pm	SDD 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				
Wellbeing Club	All	Ms Draisey	3:00pm - 4:00pm	Conference room (library)				
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 7	Miss Boulton	3:15pm - 4:15pm	Netball Courts				
Year 7 Football Year 9 Football	9	Mr Thomas Mr Cully	3:15pm - 4:15pm 3:15 pm - 4:15pm	Astro Astro				
Girls Football	All	Miss Pridie	3:15 pm - 4:15pm	Astro				
Year 8 Rugby	8	Mr Kersey	3:15pm - 4:15pm	Field				
Spanish Club (Week 1 only)	All	Miss Fernandez and Ms	3:15pm - 4:15pm	MFL3				
		Damian Ewidov						
VSA Poskotkali	10 0 11	Friday Miss Emeny	7.45am 0.15	Cuanta II-II				
KS4 Basketball Music Theory Club	10 & 11 10 & 11	Miss Emeny Mr Jenner	7:45am - 8:15am 8:15am - 8:55am	Sports Hall 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 Trampolining	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				
Silver DofE (starts 27/1)	10	Ms Montague	3:00pm - 4:00pm	SD3				
GCSE Intervention	11	Miss England	3.00pm - 4.30pm	DA1				
Year 11 Football	11	Mr Cully	3:15pm - 4:15pm	Astro				







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

12 Top Tips for

WHAT IS 'CYBER RESILIENCE?'

ence focuses on three key areas: reducing the likelihood of a cyber ining access to our accounts, devices or data; reducing the potential a cyber incident; and making the recevery from a cyber attack easier, should we ever fall victim to one.

1. Passwords: Longer and Less Predictable

3. USE A PASSWORD ____

4. BACK UP YOUR DATA

re, Geogle Drive or another je cloud-based storage b. if it's extremely important or e information, you could even to keep more than one p version — by saving it to a lable USB drive or similar device

S. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

6. CHOOSE RECOVERY QUESTIONS WISELY

7. SET UP SECONDARY ACCOUNTS

12. STAY SCEPTICAL

11. KEEP HOME DEVICES UPDATED

10. CHANGE DEFAULT IOT PASSWORDS —

9. CHECK FOR BREACHES

8. KEEP HAVING FUN WITH TECH

Meet Our Expert





RESILIENCE



National -NOS Online Safety #WakeUpWednesday



www.nationalon@nesafety.com











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.

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

Date: Monday 6th 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 change's 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 6th February:

https://annafreud.zoom.us/meeting/register/tJAoduqpqDspHtMv1TKCbvKj-YePwfElQpqO

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





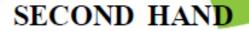


All Proceeds will go to the Bramley Fund for JRCS.

DONATE



Support The Community



Pre-Loved Quality



CLOTHING

Help the Environment



Disclaimer:

We have created a Second-Hand Section which are products that have been pre-owned and donated to help our community. As this is a fundraising resource, all second hand products are non-refundable or exchangeable.

Every effort goes into checking the quality of these products and will do our best to meet the needs of all our customers.

However, it is advised that the items are to be washed before worn

https://castle-green.org.uk/product-category/secondhand/



















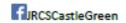


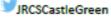


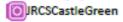


Reception: 020 8724 1500 | Email: uniformshop@castle-green.org.uk

https://castle-green.org.uk/product-category/secondhand/









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