

The Seagull



Issue 724 Friday 3rd February 2023

Next Week is Week 2

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

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

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.

ACHIEVE



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

GENERAL NEWS

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

WORLD BOOK DAY

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	7, 8 & 9	SDD staff	12:30pm - 1:00pm	SDD
KS4 Basketball	10 & 11	Miss Pridie	1:30pm - 2:00pm	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	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
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	Year 10 invited	Ms Montague	3:05pm - 4:35pm	SD3 starts 24/1
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				
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	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				
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 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
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	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
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
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**

Aspens

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

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

1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you're signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, iPassword and Keeper are all excellent password managers.

4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version – by saving it to a removable USB drive or similar device, for example.

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' – such as your birthplace or a pet's name – in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including email, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency – even if they appear to come from someone you know.

11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates – so by ensuring each device is running the latest version, you're making them more secure.

10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure – criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (yes, that spelling is correct!). It's useful if you're worried about a possible attack – or simply as motivation to review your account security.

8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun – so as long as you keep safety and security in mind, don't stop enjoying your tech.

Meet Our Expert

Barry Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With specialist interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



National Online Safety

#WakeUpWednesday

Source: www.nos.gov.uk/collection/top-practices-to-keeping-secure-online/three-random-words | <https://haveibeenpwned.com>



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.01.2023

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 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 6th February:

<https://annafreud.zoom.us/join/9tJfAodugpqDspHtMv1TKCbvKj-YePwfEIQpqO>

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

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.



All Proceeds will go to the Bramley Fund for JRCS.



Support The Community

DONATE

SECOND HAND

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/>



Castle Green | Gale Street | Dagenham | Essex | RM9 4UN

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

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

