

The Seagull



Issue 725 Friday 10th February 2023

Week beginning 20th February 2023 is Week 1

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HEADTEACHER'S NEWS

Year 9 Progress Evening

**Year 9 Progress
Evening
Wednesday 22nd
February**

On Wednesday 22nd February, we will be holding our Year 9 Progress Evening.

It is important that all students attend with their parents/carers as students will be asked to complete their options forms on the night.

Students will have an interview with a member of senior staff in order that any questions or queries can be answered, and the options forms can be checked. Options forms for students who attend the evening will be given priority in their option choices.

These are important decisions and I encourage students to read through the options booklet and discuss their option choices with their parents/carers over half-term.

We have had a successful half-term at Jo Richardson. Our Ofsted report will be published shortly after half-term.

I hope you all have a good rest over half-term and I look forward to seeing students return on Monday 20th February at the normal time.

Ms Keane
Headteacher



GENERAL NEWS

Correct Uniform

Please be aware students will not be allowed into lessons if they are not in the correct uniform or shoes. They will be based in the Standards Room until the issue is corrected.

Miss Howe
Deputy Headteacher

Year 12

Year 12 have had a busy couple of weeks. In addition to sitting their VIMA II exams, they have been participating in a couple of different extra-curricular opportunities.

First Give 2023



Each year our Year 12 students participate in a programme called First Give where each of our forms compete to win £1000 for their chosen charity.

In order to win the £1000 each form must present their research on the charity they have chosen, what work they do and the issue that they represent. They must also include in their presentation the social action that they undertook and any fundraising that they did.

We were lucky to have Cabinet Minister for Children's and Social Care for Barking and Dagenham, Jane Jones joined Mrs Evans and

Sajida and Fatimah (last year's winners) on the judging panel.

It was a toughly fought contest as forms had clearly worked hard to complete a variety of different social actions in support of their local charities – Lifeline, The Children's Literacy Charity, Crisis, Sycamore Trust, Osborne Partnership and the Redbridge Respite Care Association.

In the end it was 12E who won the £1000 for the Osborne Partnership, which was excellently presented by Mikey, Raihan, Julia and Deividas.

Herbert Smith Freehills Careers Day 2023

Last week seven of our Year 12s visited the Herbert Smith Freehills law firm in the city of London for their first Networked Scholarship event.

Kaniz, Jessica, Rahmah, Jake, Daniel O, Temi and Donté experienced a day discovering careers opportunities in the domain of law and business, networked with a variety of professionals from HSF and learned about how they can apply for a prestigious 5 year mentoring scholarship.



They were an absolute credit to JRCS on the visit and we wish them the best of luck with their applications.

Miss Duncan
Deputy Director of Sixth

West Ham Player Appearance



On Wednesday 25th January we were fortunate to host a West Ham player appearance as part of our ongoing relationship with the West Ham Foundation.

We welcomed Divine Mubama, Vladimir Coufal and Conor Coventry to JRCS to speak to a panel

of students. Students prepared questions for the players to learn about their journey and success.



We were incredibly proud of the students who represented the school fantastically throughout this opportunity.

Ms Simpson and Mr Morris

Diana Award Anti-Bullying Ambassadors



This half term we took ten students to a training day in West London to become Anti-Bullying ambassadors. The students were selected following excellent applications and an interview.

The training day was fantastic, and our ambassadors learnt how to run campaigns in the school to further promote inclusivity, equality and wellbeing.

Over the upcoming months, our Anti-Bullying ambassadors will be working together to run campaigns to achieve badges in community action, wellbeing, respect, and online safety.

Well done to Bella, Sienna, Tudor, Jaida and Elif in Year 7, Akanksha and Armaan in Year 8 and to Khadija, Arbenita and Rayya in Year 9.

Well done also to the additional ten students who will be joining the team after half term- watch this space!

Ms Simpson, Miss Boulton and Mrs Richardson
Maths Clubs and Family brain teasers

Exciting times in Maths, we have lots going on during lunchtimes and afterschool! Different ways to gain extra credits and LOCs.

Puzzle club

Thursday lunchtime Maths atrium – for those that want to play some games and try out some puzzles.

UK Maths Challenge club

Thursday lunch and Friday after school in MA9 – for those more committed mathematicians. This is preparation for the UKMT challenge which is a national competition we enter our students for, presently offered for Years 7 and 8 (but Year 9s are welcome).

Every two weeks the maths department will be setting a **maths problem in The Seagull**. Families are welcome to enter in a prize draw. The winner will receive a prize! All entries need to be in by Wednesday, 22nd February 2023.

Winner announced in The Seagull but also in assembly. At the back of The Seagull is this week's problem.

Mrs Morozova
Maths Teacher



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



CARIBBEAN
fusion

Thursday 9th March 2023

*Pineapple & Coconut Chicken
Rundown
or
Macaroni Pie*

Served with

*Rice n Peas
Pineapple Slaw*

Dessert

Jamaican Ginger Cake

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

Aspens
☼☼☼☼☼

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you breach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes, about relationships, about how babies are made, and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of **NOS** (National Online Safety) has almost 20 years' experience delivering professional and education training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the developing content of the NOS curriculum.



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Fortnightly Puzzle #3

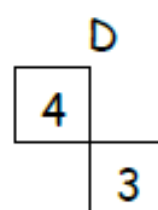
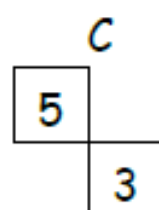
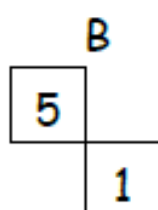
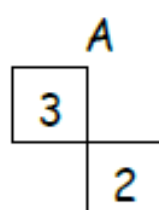


Each square below has several tiles missing.

Choose which pattern (A, B, C or D) should be placed onto the square to maintain the patterns within the square.

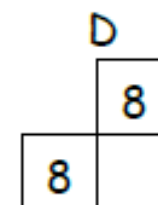
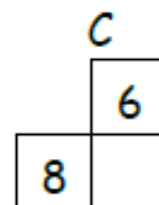
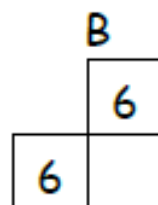
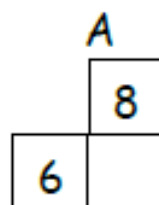
1)

7	6	4
?	4	2
4	?	1



2)

1	2	4
2	4	?
3	?	12



Name: _____

Year and tutor group: _____

All Proceeds will go to the Bramley Fund for JRCS



DONATE



Support The Community



Pre-Loved Quality



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

Please wash before donating


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





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