

# The Seagull



Issue 727 Friday 3<sup>rd</sup> March 2023

Next week is Week 1

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**Jodie Chesney memorial bench**

## HEADTEACHER'S NEWS

### Gold Seagull



Congratulations to this week's Gold Seagull winners:

Cilla Year 7, Jennifer (pictured above) .and Monjolaoluwa Year 11.

Enoha Year 10 (pictured above) last week's winner.

### Jodie Chesney memorial bench

On Tuesday we were delighted to welcome Peter Chesney into school to talk to us about Jodie's story. Jodie Chesney was a valued member of our school community from 2012 to 2017.

Unfortunately, Jodie lost her life to knife crime on 1<sup>st</sup> March 2019 shortly after leaving us. As a school we want to remember Jodie's story.

A memorial bench has been placed outside the school's North entrance, there is a QR code on the bench which leads you to a web page which gives more details about who Jodie was, I encourage you to find out more.



Jodie was a fantastic, well respected student who was hard working and engaged in many activities whilst at JRCS. She achieved her silver Duke of Edinburgh award and played the piano.

Her death in 2019 shocked the whole community, the impact of her death affected her friends, family and the whole community.

If students understand the devastating consequences that carrying a knife can have, it is my hope that those who were thinking about it may be deterred.

As a school we want to remember Jodie's story and celebrate her life. I would like to thank Jodie's father for coming in to talk to the students in what was a thought provoking and moving assembly.

Our student voice team for press and publicity have written an article that I have included in The Seagull.

### **JRCS honours Jodie Chesney**

On February 28<sup>th</sup> The Jo Richardson Community School honored former student, Jodie Chesney, through an assembly led by her father Peter Chesney, as well as through an unveiled bench dedicated to her name.

In this assembly Mr Chesney told students about her life and how she lost her life to a silent stabbing on March 1<sup>st</sup> 2019.

Her friends and family described her as wonderfully weird, so much so that the bench that was made in her honour had words engraved on the back that read 'weird, wacky and always wonderful R.I.P'. This added a touch of who Jodie really was to this lovely memorial.

It was a Friday night and Jodie had planned to meet up with her friends and her boyfriend after college at Amy's Park in Harold Hill, Romford. She and her friends were listening to music and joking around until she was unfortunately stabbed by a drug dealer, Svenson Ong-a-Kwie.

This was an upsetting case of mistaken identity as she was thought to be a rival dealer.

At the unveiling of her memorial bench there was our Head Boy Bobby, Head Girl Tia, our Deputy Head Girl Summer the Young Mayor of Barking and Dagenham Zubin, Councillor Kangethe, Mr Wainaina, Executive Director of Youth League UK, Ms Keane, our Headteacher, and the entirety of the Student

Voice Action Team, fundraising, press and publicity. Our newly appointed Executive Prefects Ryan, Julia, Aisha and Kira also attended.

Jodie was a bright outgoing woman who loved and cared for everyone. She brought a smile to everyone's faces with her amazing personality. Her father describes her as a proud geek who took her education seriously, she loved all her subjects but had a passion for photography alongside Psychology and Sociology.

We are honored to have been involved in this lovely way of commemorating Jodie. In doing this we hope we have spread awareness about the severity of knife crime. May Jodie rest in peace.

Article written by JRCS Press and Publicity team.

### **Interview conducted by our Press and Publicity team**

Today on the 28<sup>th</sup> of February 2023 JRCS held a memorial assembly for the passing of Jodie Chesney. Her father came in to speak about her life as well as cut the ribbon for her memorial bench located at North end, as the 1<sup>st</sup> March marks four years of her passing. After the assembly Student Voice came and attended the cutting of the ribbon followed by two students interviewing Peter Chesney, Dr Elizabeth Kangethe and John Wainaina regarding the morning. Here is what they said.

#### **What do you think of the assembly?**

"Got the message across, I think the assembly went perfectly if I do say so myself. Everyone knew we had to remember Jodie and her life but also to remember her, that's why the bench is there. The reason why the bench is so colourful is to show that it's a day of celebration." - Peter Chesney

Dr Elizabeth Kangethe:

"The students were attentive, and it was obvious that it was a special assembly".

#### **What is your take on knife crime in the area?**

"No one is happy, and everyone is doing the best they can, but we must take responsibility to tackle it, a lot has been said so everyone just needs to take action." CLLR Dr Elizabeth Kangethe Cabinet member education attainment & schools' improvement LBB

"The difference between right and wrong starts at home, we need to make sure family issues



aren't affecting other people. The difference between right and wrong starts at home we as a community need to make sure that family is strong. "John Wainaina executive director – youth league – UK:

### **How do you think we can reduce knife crime?**

"It's a tough question – it's a joint responsibility. It's sad it's a question, Jodie had so many years but due to mistaken identity her life was taken why would you carry a knife knowing you're putting people at risk?" CLLR Dr Elizabeth Kangethe Cabinet member education attainment & schools' improvement LBBD

"We need to be proactive, there was never a culture of knife crime when I was in school, if you carried a knife, you would be frowned upon, and people saw you as a threat to society. However nowadays it's not frowned upon, people say 'I carry a knife for protection' but that's not an excuse because normally it would be used against you. Peter Chesney

"If you carry a knife, you open a life to all sorts of trouble, people shouldn't be carrying it around at all. "John Wainaina executive director – youth league – UK "

The assembly was thought provoking and JRCS are honoured to have had Peter Chesney come in and help us remember Jodie's story".

### **Betty Boothroyd**

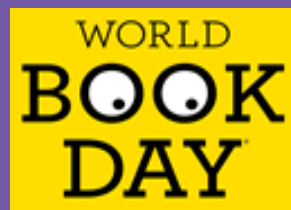


This week we received the sad news about Betty Boothroyd's death. Betty Boothroyd was great friends with Jo Richardson, the Barking MP who the school was named after.

She opened the school in 2002 and was our patron. Our main hall, Boothroyd Hall, is named after her. She was the first female speaker in the House of Commons.

Students will be learning more about her achievements in lessons this week. Our thoughts are with her family at this difficult time.

### **World Book Day**



Today we celebrated World Book Day. Students participated in a readathon in Main Street.

Reading for pleasure is so important for young people. It can help to improve well-being, encourages reading in later life and is known to improve all-round academic success. So please encourage your child to read today!

### **Year 11 Drama performances and mock exams**

I had the pleasure of watching the Year 11 GCSE drama showcase this week. I was blown away with the quality of the performances.

Well done to everyone who performed, may I wish you all the best of luck in your real GCSE exam next Friday.

Both Year 11 and Year 13 students are currently sitting their mock exams. This is the last time they will get to practise their exam technique in the hall prior to the real exams in May.

Please encourage your child to revise and prepare thoroughly for these important mock exams.

Ms Keane  
Headteacher



### **GENERAL NEWS**

#### **Year 10 Work Experience 20<sup>th</sup> March - 24<sup>th</sup> March 2023**

We strongly advise students find their own work placement. All placement details are to be logged onto Grofar. Any issues please contact a member of the Year 10 team.

#### **Year 10 Progress Evening**

On Wednesday 29<sup>th</sup> March we will be holding our Year 10 Progress Evening

This is a fantastic opportunity for you to speak face to face with your child's subject teachers about their progress in their GCSE course. We are operating a no appointment system and all parent / carers are welcome to speak with all their child's teachers.

Miss Boulton  
Assistant Headteacher

## JRCS Reading Marathon

On Friday the JRCS Reading Marathon was held to acknowledge World Book Day and actively encourage students to read for pleasure.

Over 50 students took part in this popular event, each reading for 15 minutes to keep the reading marathon going throughout the day.

The reading marathon took place in Main Street on a staged area set up as a camping theme with tents, chairs, campfire etc.



Students chose their own book to read on the day which ranged from Harry Potter, Rick Riordan to David Walliams.

Students are able to download a WBD £1 book token by either scanning the QR code from the poster in this edition of the Seagull or click this link:

[WBD23-digital-1-book-token\\_UK\\_secondary.pdf](https://worldbookclone.wpenginepowered.com/WBD23-digital-1-book-token_UK_secondary.pdf)  
(worldbookclone.wpenginepowered.com)

The token can be scanned from your phone/tablet screen or printed out and shown in-store. *T&Cs apply.*

The World Book Day website

[www.worldbookday.com](http://www.worldbookday.com) has an abundance of things on offer from author and illustrator recommendations, audio books, competitions, reading websites, through to activities. Thank you to everyone involved on the day.

Ms Osland  
School Librarian



Ifraz (pictured above) has read over 430 books last year in Year 7!

Well done!!  
Sophie, Iyana, Egle

## NBC Work Experience visit



Edisona and I have just completed a visit to the NBC London office. We will be arranging another shadowing event to see how a live interview takes place in the near future.

Our intentions coming into this event were to learn more about the journalism world as we both had very limited knowledge about the careers available within journalism. Thanks to this work experience opportunity we have learnt about and met people from different career sectors all in the same office that contribute to just one story.

We have also understood the impact of taking the initiative; if we hadn't reached out and asked for Ms Fester's contact information, we would not have this amazing opportunity to learn about our future career options! We would like to thank Josh at Inspire for organising her visit to our school!



In the future, although still unsure as to whether journalism is for us, we hope to learn more so that we can truly find the right career path for both of us. If it turns out that this is not journalism, that's okay! We have learnt a lot about the intense process of how news is delivered to the world.

Kiko from NBC has also set us 'homework': creating a 45-60 second news report on Nicola Sturgeon's resignation so that she can give us feedback and decide whether we would be good for the editorial team. This will help with future work experience, and we are grateful for her to have encouraged this and given us this task to stimulate our development for knowledge and growth surrounding politics within the UK.

Almas Year 12

### Year 7 Bowling



Congratulations to our Year 7 students who received a medal for their participation in Panathlon bowling today.

They were brilliant participants and bowled fabulously.

Ms Lynch  
Head of ARP  
**Eastbrook Studios**



On 23<sup>rd</sup> February selected students went to the new Eastbrook Studios in Dagenham East to learn about careers in the film industry.

They heard from professionals such as lighting designers, producers, camera operators and people who create virtual sets.

Bailey in Year 10 said "I really enjoyed seeing how they layered the images and filters to create a virtual set" and Enoha in Year 10 said "I liked the camera operators; I'd love to go into that job role".

The trip was organised by Mr Brew, the Careers and Enterprise Co Ordinator to help KS3 and KS4 experience and learn about a career in the industry.



With the studios opening nearby, a career in the film industry is a legitimate and real opportunity for many of our students. Ms Harland, Head of Media and Film said "I want to thank Mr Brew for organising this trip. The students learned about production processes and careers in the film industry".

The speakers told us about how to get into the industry as well as potential wages. There were speakers from across the production process,

such as makeup artists, casting agents, editors, directors and visual effects.

As the development of the studios progresses, JRCS will be forging stronger links which will benefit JRCS students.

Ms Jo Harland  
Head of Media and Film

### Religious Studies Competition



The Religious Studies department recently ran a KS3 competition titled 'Can kindness change the world?' Students were asked to creatively respond to this question, and we had some wonderful entries ranging from posters and pictures to poems and essays.

There were six winners picked from the entries. Pictured are Victoria, Ryder and Chloe all in Year 7 with their fantastic entries. The other three winners were Rayann in Year 7 and Mmachi and Ameilia in Year 8.

Well done to all those who entered. It was great to see you getting involved in all aspects of school life.

Mr Kendall  
Head of Religious Studies.



### Poet Laureate

Our poet Laureates were tasked to write poetry focused on LGBTQ+ History Month. The below is written by our KS4 Laureate, Ameenah in Year 10.

From skin to skin  
Our souls intertwine.  
No matter who we like, or who we are  
We're like a constellation of stars

We are all different  
With different sexualities and genders  
Our love for one another conceals the hate  
Whether we're gay, bisexual or straight  
If you ever put someone down  
Or spread negativity  
Telling people how to live their lives  
Is an embarrassing activity

Everyone deserves respect  
No matter who they are  
What other people do doesn't affect you  
It's better to embrace yourself  
And love everyone, no matter who they may be

Miss Uddin  
Teacher of English





## Year 11 Mock & Year 13 VIMA Exam Timetable February/March 2023

Below is a copy of the timetable for Year 11 Mocks & Year 13 VIMA Exams. These are internal exams and students will be required to attend normal lessons. Please make sure students have a good breakfast and they have the correct equipment with them for each exam, including a calculator (if needed) and a black pen.

If they wish to, they may bring water, but this needs to be in a clear plastic bottle with the label removed. Please remind your child that under no circumstances should mobile phones be taken into exam rooms. If your child is unable to attend any of their exams, please call the attendance line as usual and we will require a letter from your doctor.

Day/Date	Year	Paper	Start
Monday 6 <sup>th</sup> March	13	L3 Core Maths Paper 2A (Mathematical Studies)	9:00am
		GCE Maths Paper 2 (Core)	
	11	GCSE Citizenship	
	11	GCSE French Listening & Reading	11.30am
		GCSE Maths Paper 1 (Non-Calc)	2:00pm
Tuesday 7 <sup>th</sup> March	11	GCSE English Language Paper 2	9:00am
	13	GCE Geography Paper 2	11.30am
		GCE English Lit Paper 2	
		GCE Business Studies Paper 2	
		GCE Biology Paper 2	
	11	GCSE Geography Paper 1	
	11	GCSE Dance GCSE Food Prep & Nutrition Voc L1/2 Hospitality & Catering	2:00pm
Wednesday 8 <sup>th</sup> March	13	GCE History (British Experience of Warfare)	9:00am
	11	GCSE Music (Listening)	11.30am
		GCSE Media Paper 1	
Thursday 9 <sup>th</sup> March	13	GCE Psychology Paper 2	9:00am
	11	GCSE Religious Studies	
	13	GCE PE Paper 2	11.30am
		GCE Physics Paper 2	
	11	GCSE DT	2:00pm
		GCSE French Writing	
Friday 10 <sup>th</sup> March	13	GCE Sociology Paper 2	11.30am
		GCE Economics Paper 2	
		GCE Chemistry Paper 2	
		GCE Media Paper 2	
Monday 13 <sup>th</sup> March	11	GCSE Spanish Listening & Reading	9:00am
		GCSE Media Paper 2 (audio/visual)	11.30am
	11	GCSE PE Paper 2	2:00pm
Tuesday 14 <sup>th</sup> March	11	GCSE History (Weimar & Nazi Germany)	9:00am
	11	GCSE Business (Theme 2)	11.30am
	11	GCSE Geography Paper 2	2:00pm
Wednesday 15 <sup>th</sup> March	11	GCSE Maths Paper 2 (Calc)	9:00am
	11	GCSE Combined Science (Biology) GCSE Biology	11.30am
Thursday 16 <sup>th</sup> March	11	GCSE Maths Paper 3 (Calc)	9:00am
	11	GCSE Combined Science (Physics) GCSE Physics	11.30am
Friday 17 <sup>th</sup> March	11	Step Up To English (Silver)	9:00am

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

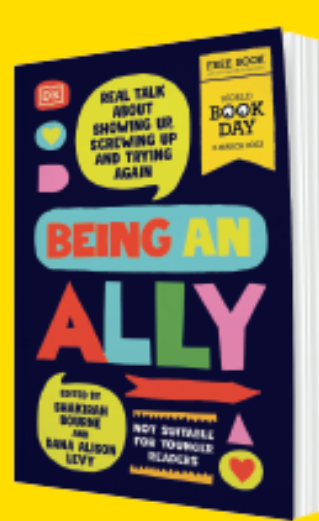
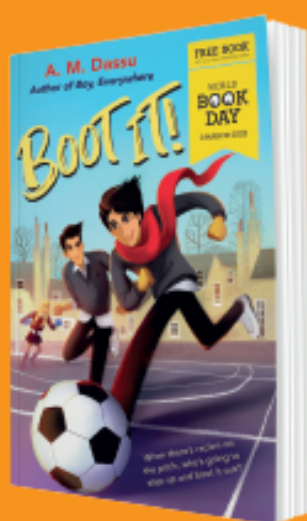


WORLD  
**BOOK  
DAY**  
2 MARCH 2023

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## What Parents & Carers Need to Know about

# SPOTIFY

Spotify is a digital music, podcast and video service which gives users access to millions of songs and other content from creators all over the world. Since launching in 2008, Spotify has revolutionised the way music is listened to: it now offers the ability to manage and share more than 100 million tracks and five million podcast series, plus personalised recommendations, new release updates and the option to create collaborative playlists. As of February 2023, it is the world's most popular audio streaming subscription service with 489 million users globally.

### WHAT ARE THE RISKS?

#### EXPLICIT LYRICS

As per Spotify's terms and conditions, people need to be at least 13 to use it. That said, the platform doesn't censor lyrics unless instructed to do so in the settings – so it's worth noting that young teenagers could still be exposed to age-inappropriate songs which contain explicit references to sexual behaviour, violence, discriminatory language and swearing.

#### GROOMING TACTICS

Although Spotify doesn't come with dedicated chat functionality, concerns were raised in January 2023 after reports of an 11-year-old girl being coerced into sharing explicit pictures of herself on the platform. The case highlighted predators' tactics of sharing empty playlists with other users: their messages were being exchanged undetected through edited song titles and descriptions, bypassing security measures.

#### OVERSHARING

Spotify provides a perfect way to play music, with the ability to connect to another device, such as a Bluetooth speaker or an in-car stereo. While this is a useful feature, it's also easy to forget your surroundings and inadvertently play content which isn't appropriate for all listeners (especially those under the age of 18), potentially causing alarm or distress.

PARENTAL  
ADVISORY  
EXPLICIT CONTENT

#### AGE-INAPPROPRIATE PODCASTS

Spotify's podcast community has grown exponentially and it's become a popular base for millions of users to listen to shows, stories, interviews and more – with content covering an array of topics. This includes some material which isn't suitable for minors, including audio which is obviously adult-themed, but can be just as easily accessed as everything else.

#### ACCESS TO SPOTIFY LIVE

If your child has a Spotify account, they'll also be able to access the platform's audio-only chat service: Spotify Live. While it's a separate stand-alone app, Spotify Live allows people to listen to live discussions on the main Spotify platform and, more notably, lets users enter virtual rooms to chat with other users, opening up direct conversations with strangers and individuals who might not necessarily be there for the right reasons.

## Advice for Parents & Carers

#### SWAP TO SPOTIFY KIDS

If you're concerned about what your child might hear while streaming music, Spotify Kids is a separate, ad-free service specifically designed for children aged 12 and under. It allows younger users to enjoy human-curated, child-friendly content (such as music and audiobooks) and is available to users with a Spotify Premium Family subscription – meaning that parents can view and manage the content their child listens to.

#### CENSOR EXPLICIT CONTENT

Regardless of what type of account your child uses to access Spotify, there is an option to turn off explicit content in the settings – greying out all songs marked with an 'E' tag. If your child has their own individual account, it's easier for them to turn it back on – whereas with a family plan, you're in control and your child can't alter the setting without knowing the password.

18  
CENSORED

#### TALK ABOUT THE RISKS

As with any platform, it's good practice to talk to your child about what they should be aware of when using Spotify. For instance, it's important they're aware never to share any personal information with strangers, and what they should do if they're exposed to inappropriate content. Encourage them to think critically about what they see and hear so that they feel comfortable raising any concerns with you.

#### KEEP AN EYE OUT

If you're concerned that your child is spending too much time on Spotify or you've noticed they're being particularly secretive about how they're using it, encourage them to talk about what they're listening to. It's always prudent to show an interest in their online habits from the outset – so you're confident they're using apps and services in the right way, for the right reasons, and they're not being drawn into anything they shouldn't be.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



**NOS** National  
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#WakeUpWednesday

Spotify Kids: <https://open.spotify.com/company/info> | <https://www.spotify.com/privacy/parental-guidance.pdf> | <https://www.spotify.com/us/live/>  
<https://www.marshfieldreportingnews.co.uk/news/greater-manchester-features/pakistan-conflict-music-listening-outraged-after-25668000>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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Children and young people attending a Barking & Dagenham school will automatically be contacted through their schools with a link to consent when they are due for vaccinations for in-school offer. If your child has missed the school session and you would like to attend a clinic, please either email us at [appointments@v-uk.co.uk](mailto:appointments@v-uk.co.uk) or call on 0203 343 2400

- HPV: Year 8
- DTP & Meningitis ACWY: Year 9
- MMR: Rec – Year 13

Date	Time	Venue
Tuesday 28 <sup>th</sup> February	3:00pm – 5:30pm	Fanshawe Community
Thursday 16 <sup>th</sup> March	3:00pm – 5:00pm	Barking Library
Wednesday 29 <sup>th</sup> March	3:00pm – 5:30pm	Fanshawe Community
Wednesday 5 <sup>th</sup> April	10:00am – 1:00pm	Barking Library
Wednesday 12 <sup>th</sup> April	10:00am – 1:00pm	Fanshawe Community
Wednesday 26 <sup>th</sup> April	3:00pm – 5:00pm	Barking Library
Tuesday 9 <sup>th</sup> May	3:00pm – 5:30pm	Fanshawe Community
Tuesday 23 <sup>rd</sup> May	3:00pm – 5:00pm	Barking Library
Wednesday 31 <sup>st</sup> May	10:00am – 1:00pm	Fanshawe Community

**Barking Library**  
2 Town Square  
Barking  
IG11 7NB

**Fanshawe Community Centre**  
Barnmead Road  
Dagenham  
RM9 5DX

# Schools and Colleges Early Support Service

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

Dear Parents/Carers,

We would like to invite you to attend the February/March 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:

Anxiety in adolescence: how can parents help?

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

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

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

Managing teen behaviour that challenges: tips and tricks

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

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

Date: Monday 6 March

Time: 5.00-6.00pm & 12.30-1.30pm

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:***



## **Monday 6 March:**

<https://annafreud.zoom.us/meeting/register/tJ0pceCtqjwuHdcq-Ogifxv2OgvIOeA2mQf8>

*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: Wednesday 1 March & Tuesday 14 March

Time: 11.45am-12.45pm & 5-6pm

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:***

#### **Wednesday 1 March:**

<https://annafreud.zoom.us/meeting/register/tJclF-2ppjgrHdMGlyHGQLoq9MVM3vwCb6BA>

#### **Tuesday 14 March:**

<https://annafreud.zoom.us/meeting/register/tJMsf-mtpzMjH9Po9rKYPVqNbMmH0fLC1VWX>

*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 2 March & Wednesday 8 March

Time: 5.00-6.00pm & 12.30-1.30pm

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

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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 2 March:**

<https://annafreud.zoom.us/join/tJwPd-vqjIrGda71JUNCJHH15L4HiaVjr7A>

**Wednesday 8 March:**

<https://annafreud.zoom.us/join/tJYqceuppz0sHdfw4ApswKgKhRMorU4ZTXIY>

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

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

Date: Friday 3 March & Thursday 9 March

Time: 12.00-1pm & 12.30-1.30pm

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:***

**Friday 3 March:**

[https://annafreud.zoom.us/join/tJlIcumhpzkrGtAn9eq2s7MyJ-8NH\\_-RWL31](https://annafreud.zoom.us/join/tJlIcumhpzkrGtAn9eq2s7MyJ-8NH_-RWL31)

**Thursday 9 March:**

[https://annafreud.zoom.us/join/tJMld-2rqz8vGNCH\\_lkTVsC3oI2Dkb4Y5mWj](https://annafreud.zoom.us/join/tJMld-2rqz8vGNCH_lkTVsC3oI2Dkb4Y5mWj)

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

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The first part of the paper discusses the importance of the research and the objectives of the study. It then presents a literature review of the existing research on the topic. The second part of the paper describes the methodology used in the study, including the data collection and analysis techniques. The third part of the paper presents the results of the study, and the fourth part discusses the conclusions and implications of the findings.

The study was conducted using a quantitative research design. Data was collected from a sample of 100 participants using a survey questionnaire. The data was then analyzed using statistical software to identify patterns and trends. The results of the study indicate that there is a significant relationship between the variables being studied.

The findings of the study have several implications for practice and policy. First, the results suggest that the current approach to the issue is not effective. Second, the study highlights the need for further research in this area. Finally, the findings provide valuable insights into the underlying factors that influence the outcome.

In conclusion, the study has provided a comprehensive analysis of the research topic. The results of the study are consistent with the hypotheses and provide a clear understanding of the relationship between the variables. The study also identifies areas for further research and provides practical implications for the field.