

# The Seagull



Issue 731 Friday 31<sup>st</sup> March 2023

Week beginning 17.04.2023 is Week 1

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## HEADTEACHER'S NEWS

### Gold Seagull



Congratulations to this week's Gold Seagull winners:

Dean Year 7 Luqman Year 7, Abigael Year 7, Alfie Year 7 Gloria Year 8 (all pictured above) and Olivia Year 11

Fareedat, Last week's winner Year 9 (pictured above).

### Year 11

It was good to see so many of our Year 11 parents/carers at the information evening last night. Students have been working hard preparing for their exams.

Easter intervention is a key aspect of the work we do to support students and ensure they make the very best progress. We look forward to seeing Year 11 at the intervention and revision sessions over the Easter break.

### Year 10

It was also good to welcome Year 10 parents/carers into school for Progress Evening on Wednesday. It is incredible to think that, due to the pandemic, this is only the second Progress Evening for our Year 10 students, so it was great to see so many of you. I hope you found the evening informative.

Year 10 students will have exams at the end of the year, so it is important that students start preparing for these. This will inform our planning and identify gaps in learning for the start of Year 11.

We have been busy raising funds for the Sycamore Trust during Autism Awareness week. The Year 11 students below were resigned to the fact that they would be revising and working hard over the holidays, so they bought the holiday fever to JRCS!



May I take this opportunity to thank you all for your support this term and I hope you enjoy the Easter break. For those families that are observing Ramadan, Ramadan Mubarak!

Ms Keane  
Headteacher

## GENERAL NEWS

### **Autism Acceptance Week Monday 27<sup>th</sup> – Friday 31<sup>st</sup> March**

JRCS has been recognising Autism Acceptance Week this week. ARP staff and students have been busy selling food and raffle tickets every day to raise money for local Autism charity – The Sycamore Trust, as they support many of our students and families.

There is also a non-uniform day on Friday 31<sup>st</sup> March, students are to bring £1 towards this fundraiser.

Many thanks to Ms Felton, Ms Parkin, ARP staff and students for the work they have done to fundraise this week.

Ms Lynch  
Head of ARP

### **Sixth Form Politics**

Sixth Form Politics students attended a trip to Westminster on Monday 13<sup>th</sup> March as part of their A Level course.

Students visited the Supreme Court, where there was a Judicial Review hearing on an incident of lethal force used by a firearms police officer.



The group then were given a personal tour around Parliament by expert guides who were friendly and entertaining while very informative on the political and historical significance and points of interest in Parliament.

The group saw both the House of Lords and Commons in session debating issues and watched Defence Minister Ben Wallace answer questions from MPs.

The trip concluded with a workshop aimed at A Level Politics learning which will be very useful for their exams and a surprise visit from Barking MP Dame Margaret Hodge, who visited the school earlier this school year. Students who didn't have a chance to ask questions at that event were given another great chance to speak to their local MP.

Mr Mercer  
Teacher of English

### **Young Carers Action Day**



On March 17<sup>th</sup> it was Young Carers Action Day. Young Carers Action Day is carried out to raise awareness on who young carers are and why it is important they are identified to get the support they need.

To raise awareness for young carers at school, myself and some of the Social Action Team ran a tombola with a range of prizes donated by teachers and Hobby Craft.

Young carers were involved in making friendship bracelets and keychains that could be won. Overall, we raised £114.72 which has been donated to Barking and Dagenham Young Carers.



Some more information about Young Carers Action Day is that this year the theme was 'Make time for young carers' this highlights how professionals should make time to listen to young carers and to put the right support in



place. Young Carers Action Day can result in young carers not feeling alone, even 10 minutes can make a difference in their lives and improve their health and wellbeing.



There are many resources online that can be found to see how to support young carers.

Finally, Young Carers Action Day leads to better outcomes such as better

support in schools, more breaks and fun activities, better access to counselling and more money for young carers and the services they use.

Catrina Year 13 and the Student Voice Social Action Team

### **Pride and Allies Group**

Please note that this group will be continuing Wednesdays after school 1.30pm – 2.00pm in RS1 with Ms Brookman and Ms Belloni.

Our thanks go to Ms Harland for the fantastic way she started up the club and has led the activity so enthusiastically in recent years.

If you would like to join this club, please see Ms Brookman or Ms Belloni.

Ms Montague – OSHL Co-ordinator

### **Careers-IBM Visit**



On Wednesday 22<sup>nd</sup> March all Year 12 students received a presentation about an opportunity with the International Business Machines Corporation (IBM) next term.

Students will now prepare presentations with the top 15 students visiting their central London Head Offices in May.

Students also received an insight into university life from Sam Andrews-Criminology Lecturer at Lincoln University. Students were commended

for asking some very thoughtful questions. Well done to all.

Mr Cully and Mr Brew

### **Careers-Financial Times Insights Webinar**



On Monday 27<sup>th</sup> March, fifty Year 9-13 students listened to a webinar lead by a diversity and inclusion partner at the Financial Times, Jacqui Dobson.

They were provided with a wider overview of how the business side of the corporation operates alongside the more well-established journalistic side. Information was also given regarding the types of jobs and career paths on offer within the FT itself which may hopefully inspire some of them to pursue this as a viable option in the future!

Mr Cully and Mr Brew

### **Textiles Club**



I would like to start by thanking the students who every week come down to DT and give 100% on what they do.

Their dedication and enthusiasm are vital for a club to be successful, and I must say, this term you guys were truly amazing.

You took on new techniques and the challenges that came with it, but you didn't give up. Week after week, you practised and improved the quality of your product as well as your work ethic.

I am extremely proud of all textile's students; they all aspire to be their best and engage with the opportunities and challenges new techniques may bring, and it's lovely to see how confident and resilient they all have become.

You are a wonderful bunch to be around. The students did really well this term. Always keep up the good work 😊



Mrs Mir  
Teacher of Design Technology

**ACHIEVE**



## Year 11 Easter Revision Timetable

	9.00am – 11.00am		11:15am - 1:15pm		1:30pm - 3:30pm
<b>Monday 3rd April</b>	<b>English Language paper 1</b> JAI2 (Boothroyd)		<b>English Language paper 2</b> JAI2 (Boothroyd)		<b>PE CNAT PRI1 (IT1)</b> <b>Food GCSE DAM2 (FC1)</b>
<b>Tuesday 4th April</b>	<b>Science</b> TIZ, GLO, TAS2, SHH, IQB1, AGY, RAH5, CHO2 (science department)		<b>Science</b> ALI2, TAS2 (science department) <b>Geography</b> BNE/ROS1 (HU2/HU5)		<b>Geography</b> BNE/ROS1 (HU2/HU5)
<b>Wednesday 5th April</b>	<b>Science</b> WOR1 group <b>Construction</b> DOR (DT2) <b>DT</b> MIR2 (DT4) <b>Drama</b> BRY2 (DR1) <b>Maths higher</b> 9.45 (selected students, maths block)		<b>Maths foundation</b> GAU/FER4/MAL2/MOR3/ LUN1 (maths block) <b>Maths higher</b> MOO/OBA1/TMS/BEG6 (Boothroyd)		<b>PDE</b> HEC/MAM1 (PDE1, PDE2) <b>Drama</b> BRY2 (DR1)
<b>Thursday 6th April</b>	<b>Business GCSE</b> HOW/WRG/GEN1 (BS1, BS2)		<b>Business GCSE</b> HOW/WRG/GEN1 (BS1/BS2)		
<b>Friday 7th April</b>	BANK HOLIDAY				
<b>Monday 10th April</b>	BANK HOLIDAY				
<b>Tuesday 11th April</b>	<b>Engineering</b> MCK2 (DT3) <b>DT</b> (DT6) KAM2 <b>PE GCSE</b> CUL2 (selected students, PE1)		<b>Engineering</b> (DT3) <b>DT</b> (DT6) KAM2		
<b>Wednesday 12th April</b>	<b>RS</b> BRO4/KEN (RS1/RS2) <b>Dance</b> ENG (DA1)		<b>RS</b> BRO4/KEN (RS1/RS2) <b>Dance</b> ENG (DA1)		<b>Spanish</b> DUN/FER3 (ML3/ML4)
<b>Thursday 13th April</b>	<b>History</b> HIN2/WR12/GRE4 (HU1, HU3, HU4)		<b>Science IMO1 group</b> (SC10)		
<b>Friday 14th April</b>	<b>Computer science</b> CAM2 (IT1)		<b>Computer science</b> CAM2 (IT1)		<b>Computer science</b> CAM2 (IT1)

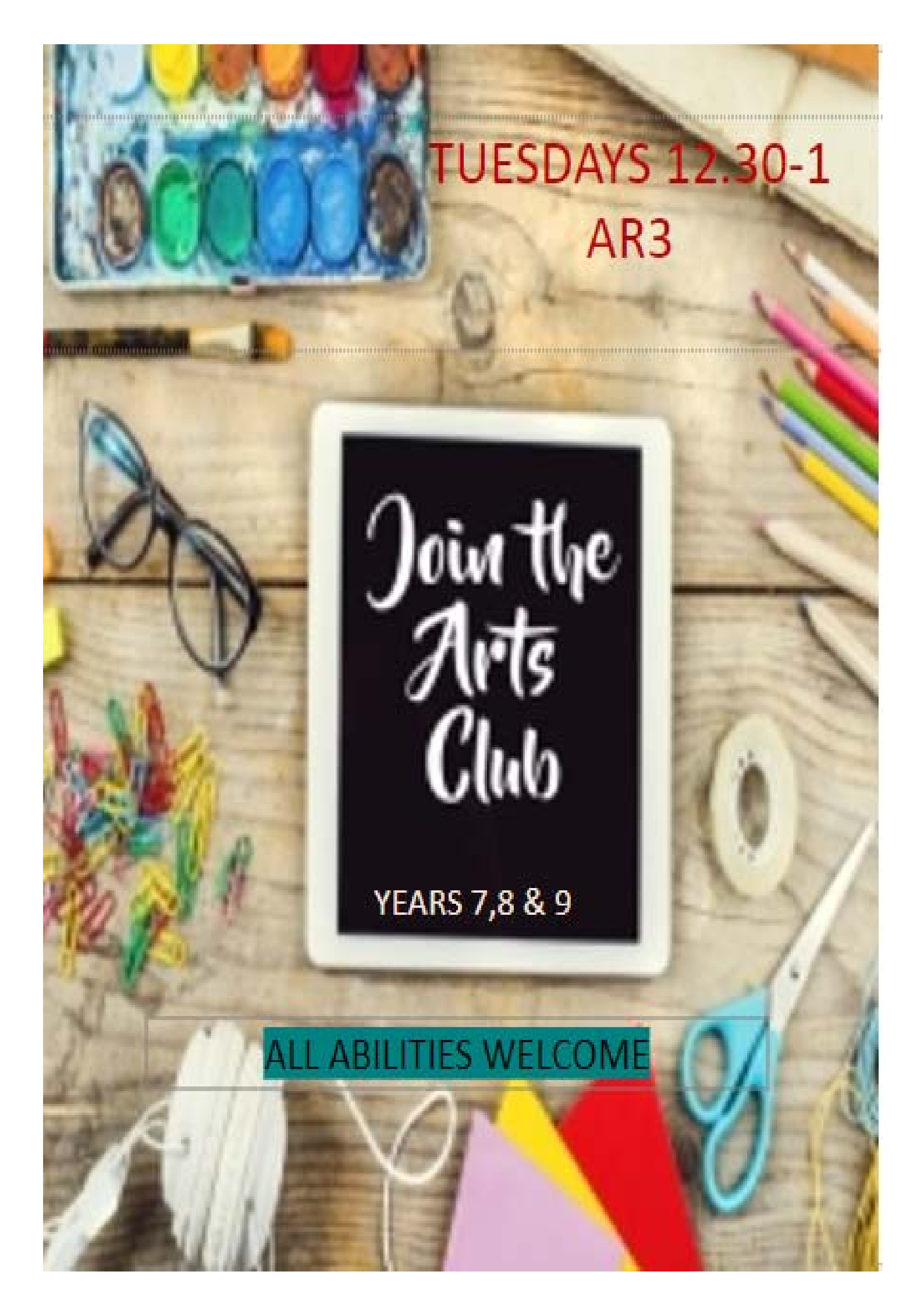


## Year 13 Easter Revision Timetable

	9.00am – 11.00am		11:15am - 1:15pm		1:30pm - 3:30pm
<b>Monday 3rd April</b>	Sociology JOH4/ISL3 (SS1/SS2)		Sociology EVS (SS1) Geography ROS1 (HU5)		Geography ROS1 (HU5)
<b>Tuesday 4th April</b>	Health and social care (Y12) WOR1 (SF1) Geography BNE (HU2)		Sociology ISL3 (SS1) Economics WRG/LUN1 (BS1/BS2)		Economics WRG/LUN1 (BS1/BS2)
<b>Wednesday 5th April</b>	Psychology SCR1 (SFCR)		Psychology TAS1 (SFCR) English OSB (EN1)		Maths GAU (MA1) English WAT2 (EN1)
<b>Thursday 6th April</b>	Biology SHH/ALI4/AGY (SC1/SC2)		Biology SHH/ALI4/AGY (SC1/SC2) Business GEN1/STH1 (BS3/FC3)		Psychology DRA1 (SFCR) Business WRG/BRE2 (BS3/FC3)
<b>Friday 7th April</b>	BANK HOLIDAY				
<b>Monday 10th April</b>	BANK HOLIDAY				
<b>Tuesday 11th April</b>					
<b>Wednesday 12th April</b>					
<b>Thursday 13th April</b>	Politics MER1 (SS1)		History HIN2 (HU1)		
<b>Friday 14th April</b>	History WRI2 (HU3)				



Weekly Outline of Out of School Hours Learning Activities - Spring 2023				
Club	Year Group	Staff	Time	Venue
<b>Monday</b>				
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
<b>Tuesday</b>				
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
<b>Wednesday</b>				
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
<b>Thursday</b>				
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
<b>Friday</b>				
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

A top-down view of a wooden table covered with various arts and crafts supplies. In the top left is a watercolor palette with colors like yellow, orange, red, and blue. To its right is a stack of papers. Below the palette are a pair of black-rimmed glasses and a paintbrush. To the right of the glasses are several colored pencils in pink, green, blue, and yellow. In the bottom left are colorful paper clips. In the bottom center is a roll of white tape. In the bottom right are a pair of blue-handled scissors and some colorful paper scraps. A central tablet displays the text for the Arts Club.

TUESDAYS 12.30-1  
AR3

Join the  
Arts  
Club

YEARS 7,8 & 9

ALL ABILITIES WELCOME





• MEZZE •

**Tuesday 25th April  
2023**

*Lemon Chicken Tagine  
or  
Smoky Aubergine & Apricot Tagine*

***Served with***

*Sabzi Polow  
(Persian Green Rice)  
Mezze Salad*

***Dessert***  
*Lemon Cookie*

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

**Aspens**  
aspens

# STREET SAFETY

Travel to school alone?  
With friends? Hang  
out in the park after  
school? Go into town?  
imabi. In your hands 24/7

Whatever you're  
doing, imabi is there  
to help you go from  
A to B, safer.



Designed to keep you safer and better informed

**imabi**



# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to these situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cathy Jenner is a registered counsellor with the Health Professions Council of South Africa, working to provide services to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mental health app focusing on mental health awareness with the goal of providing resources and solutions to schools. [we@nola.co](mailto:we@nola.co)



**NOS** National Online Safety®  
#WakeUpWednesday



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



# This Easter

Each activity includes a healthy lunch

Get involved in **healthy** and **fun** activities

From sports and dancing to arts and crafts and Easter egg hunts there is something for everyone!

Open to children and young people aged **5 to 16 – FREE** if they are eligible

Booking is essential on all activities, so book early to avoid disappointment.  
To find out more and to book a place, visit [lbld.gov.uk/free-holiday-activities](https://lbld.gov.uk/free-holiday-activities)

#HAF2023

Parents and carers may be eligible for tax-free childcare with some providers. This provision is free for children and young people who live or go to school in Barking and Dagenham and are eligible for benefits related free school meals.



Department  
for Education

**Barking &  
Dagenham**





# EASTER FOOTBALL CAMPS

DATES

3 APRIL TO 6 APRIL  
11 APRIL TO 14 APRIL

For boys & girls  
ages 12 to 16

## Camp Venue

**Robert Clack Leisure Centre**

Gosfield Road, Dagenham, RM8 1DN

## How to book

Visit [ultimatevisionsports.co.uk](http://ultimatevisionsports.co.uk)

Or if your child is eligible for  
benefit-related Free School Meals please  
visit <https://bookwhen.com/uvsports>

## Prices

Starting from £15.00 per day or  
**FREE** to those eligible for  
benefit-related free school meals

For more info call 07960 232873 or email [info@ultimatevisionsports.co.uk](mailto:info@ultimatevisionsports.co.uk)