

The Seagull



Issue 732 Friday 21st April 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

Eid Mubarak

To all our families and friends within the community who are celebrating Eid, may I wish you Eid Mubarak.

Gold Seagull

It was great to see so many Year 7 students achieving the Gold Seagull this week. Well done everyone!



Congratulations to this week's Gold Seagull winners:

Mohammed Year 7, Frankie Year 7, Hana Year 7, Joanna Year 7, Nusrat Year 7, and Nazmin Year 8.

Countdown to exams!

This is a key term for Years 11 and 13. We have spoken to students about all the help and support that is available to them during the next half-term. We will be extending the school day on a Wednesday for Year 11 to ensure that students are fully prepared for their exams. It was great to see so many students at Easter revision school. Please support us by

encouraging your child to attend intervention sessions in the morning and after school. A little extra effort and revision can make a real difference in these last few weeks.

Upcoming NEU strike action

I have sent parents a letter about the upcoming NEU strike action on Thursday 27th April and Tuesday 2nd May. The school will only be open to our Year 11 students and selected Year 12 and 13 students. Students in Years 12 and 13 will be told when to attend by their class teachers. Students in Year 11 should attend as normal in full school uniform on both days.

Unfortunately, we will be closed for Year 7 to 10 students on both days. Apologies for any inconvenience caused.

Upcoming dates

Thursday 27th April: NEU strike day. School open for Year 11 and selected Year 12 & 13 students only.

Monday 1st May: Bank Holiday. School closed.

Tuesday 2nd May: NEU strike day. School open for Year 11 and selected Year 12 & 13 students only.

Monday 8th May: Extra Bank Holiday for the King's coronation. School closed.

Improved security

Those of you who have visited the school recently will have seen we have added doors between the café and the school. This is so that we can improve security at the front of the school whilst still allowing the public access to the café. We will be closing the doors between the café and the school during the school day. The front doors on the school side will also be closed. Parents wishing to enter the school will

need to use the buzzer to alert reception. This will increase security by reducing access to the school site during the school day thus increasing safety for our students.

Ms Keane
Headteacher

GENERAL NEWS

Year 7 Globe Theatre Trip



Just before the Easter holidays, the English Department lead two days of trips to the Globe Theatre in London.

Earlier in the year we had bid for, and successfully obtained, free tickets to see William Shakespeare's *The*

Tempest! We decided this would be the perfect trip to take our 300 Year 7 pupils on; they behaved exemplarily and engaged extremely positively with the opportunity.

Sponsored by Deutsch Bank, this experience allowed pupils to watch and experience live theatre on one of the most famous stages in the world! The bright costumes, incredible surroundings and lively atmosphere made for two amazing days out that not only enhanced their contextual learning, it also supported the learning from the previous term when they studied Shakespeare in their lessons.

The buzz on the train journey before and after encapsulated pupils' excitement and enthusiasm, and all the students and staff had a fantastic time.



Mrs Patel
Year 7 Cohort Manager for English

Imabi Inspire App

To support student safety and wellbeing we would like to remind students to download the Imabi Inspire App using their school login details.

The app has already provided valuable support to our students following the launch last term and allows students to report any concerns they may have around behaviour or wellbeing.

The app also signposts students to support services and relevant external agencies that can provide information on a range of topics.

Please contact the safeguarding team should you have any issues accessing the app.

Miss Boulton
Online Safety Lead

Check ... moving towards Checkmate for the GrandMaster

JRCS Chess tournament has been a buzz all last term and in the week before Easter we gained not only our semi-finalists but also our finalists.

Both the Quarter-Finals and Semi-Finals were tactical affairs with a mix of strategies on display. A few false moves put the pawns in great peril and in some cases led to the ultimate fall of the King in Checkmate. Others managed to skilfully work their way back from their errors and produce a counter that caught their opposition's King's defence napping and stole in for a quick "kill".

Ms Osland & I have been delighted with the interest from the students and the way they have conducted themselves throughout the tournament. A special mention for Nevan Year 9 who kept the KS3 flag flying all the way into the semi-finals and showed that skill can be demonstrated whatever the age you are.

We are delighted to be already asked about when next year's tournament will start! Before that we have the GrandMaster Final at the start of next week, this will be streamed to a room where those who have been involved in the tournament will be able to come along and watch the final live 😊.



Games Played before Easter:

Quarter-Final Games:

Viktoras Year 12	v	Nevan Year 9
Angelos Year 13	v	Nafis Year 10
Hamza Year 10	v	Victor-Petru Year 12
Danny Year 10	v	Filip or Matas

Semi-Final Games:

Angelos Year 13	v	Filip Year 13
Nevan Year 9	v	Victor-Petru Year 12

Chess GrandMaster Finalists:

Angelos Year13 v Victor-Petru Year 12

To be played Monday 24th April 1:30pm

Good luck to the two finalists and well played to all those who participated.

Look out in next week's Seagull for the result and naming of JRCS GrandMaster of Chess 2022/2023.

Miss Campbell & Ms Osland
Tournament Organisers

Intermediate Mathematical Challenge



In February a number of students from Year 10 completed the Intermediate Mathematical Challenge which is a national competition in the UK. The following students won these certificates:

BRONZE:

Khilbat	Ishaaq
Shalom	Sophie
Chloe	Shohom
Ancilla	Deborah
Divine	Adriana
Matas	Emmauella
Densia	Diana
Oliver	Melchizedek
Ameenah	Ruqayyah
Ben	Robyn
Michel	Areeba
Hamza	

SILVER:

Farham	Maria
Adrijana	

Miss Fernandes
Maths KS4 Coordinator



• 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
🌲🌲🌲🌲🌲

Coronation Chicken Pie
Majestic Mash
Regal Salad

Or

Royal Roasted Vegetable Pie
Majestic Mash
King's cook Gravy

Ruby Bromley Apple Pie
Golden Custard
Or
Scones with Jam & Cream

THURSDAY 4th MAY



Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example – making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

BE UNPREDICTABLE

We often choose passwords which are easy to remember, featuring the name of our favourite sports team or favourite film, for instance. These are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like – and they often focus on these during major sporting events or around high-profile movie releases.

AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media – making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords, our security is only as strong as the weakest site where we've used it.

LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format. In case the service suffers a data breach, the strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's really safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Handweh is the Director of IT at a leading boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



Source: <https://www.ncsc.gov.uk/>

CCTV
IN OPERATION

'DOUBLE LOCK' YOUR DATA

It's possible that cyber criminals may eventually discover your username and password. Enabling multi-factor authentication (MFA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'll also require a code which is provided via an app, SMS message or email. MFA isn't infallible, but it does definitely provide extra protection and security.

DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with: the only one you or child will need to remember is the single master password.

GET CREATIVE

The British government's National Cyber Security Centre (NCSC) recommends the 'three random words' technique. This method helps you create a password which is unique, complex and long – yet which is memorable enough to stay in your mind ("FourBlueshoes", for example). The NCSC website, incidentally, also offers plenty of other useful information relating to personal cyber security.

STAY VIGILANT

The best way to protect your accounts and your data is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Staying from a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.

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 or call on 0203 343 2400

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

Date	Time	Venue
Tuesday 28 th February	3:00pm – 5:30pm	Fanshawe Community
Thursday 16 th March	3:00pm – 5:00pm	Barking Library
Wednesday 29 th March	3:00pm – 5:30pm	Fanshawe Community
Wednesday 5 th April	10:00am – 1:00pm	Barking Library
Wednesday 12 th April	10:00am – 1:00pm	Fanshawe Community
Wednesday 26 th April	3:00pm – 5:00pm	Barking Library
Tuesday 9 th May	3:00pm – 5:30pm	Fanshawe Community
Tuesday 23 rd May	3:00pm – 5:00pm	Barking Library
Wednesday 31 st 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 May 2023

Dear Parents/Carers,

We would like to invite you to attend the May 2023 webinar series specially tailored for parents/carers of adolescents, in collaboration with the Schools and Colleges Early Support Service.

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

We have two **NEW** webinars taking place this term:

Supporting a young person at exam times

Low mood in adolescence

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

Supporting a young person at exam times

Wednesday 3 May 5-6pm AND Thursday 11 May 5-6pm

Venue: Virtual via Zoom

Tests and exams can be a challenging part of school/college life for young people and their parents or carers. Supporting young people through exams is all about reducing stress, optimising wellbeing and putting good study processes in place.

Parents/carers play a vital role in helping their young people maintain a positive outlook in the run-up, during and after exams are over.

This webinar will offer advice around communicating with your young person at exam time, help you to spot the signs of stress and offer you strategies to support your young person in managing exam stress in a healthy way.

Our Patron: **Her Royal Highness The Princess of Wales**

Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.

Register in advance for this meeting:

Wednesday 3 May:

<https://annafreud.zoom.us/meeting/register/tJcude2vqD0qH9N46vVXKpt2l1Xi6hQeuEQV>

Thursday 11 May:

<https://annafreud.zoom.us/meeting/register/tJYlcuqqrjwvE9fKxqQalRRt5tuk5zqslwM4>

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

Low mood in adolescence

Tuesday 16 May 12:30-1:30pm

Venue: Virtual via Zoom

Low mood does not just affect adults. Young people can experience low mood too. Common signs of low mood often include sadness that does not go away, feeling irritable all of the time, not being interested in things that used to be enjoyed, feeling tired and exhausted a lot of the time. Things that might increase low mood include family difficulties, bullying, bereavement, parental separation, friendship issues. Our webinar will offer some insight into spotting the signs and symptoms of low mood, understand why young people are vulnerable to experiencing this and offer evidence-based strategies to support a young person.

Register in advance for this meeting:

Tuesday 16 May:

<https://annafreud.zoom.us/meeting/register/tJAvd-irqDlvE9laTqNms83Y64Ga9ubPGoAf>

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

Anxiety in adolescence: how can parents help?

Tuesday 9 May 5-6pm AND Monday 15 May 12:15-1:15pm

Venue: Virtual via Zoom

It is normal to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things, e.g., talking to new people, going out with friends, or doing their best in exams. The focus of this webinar will be on what parents/carers can do to help their teens who are experiencing anxiety. It will cover when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

Register in advance for this meeting:

Tuesday 9 May:

<https://annafreud.zoom.us/meeting/register/tJwrdOqspzwrHdYVhrsI6hl3yTK1RWwTo83v>

Our Patron: **Her Royal Highness The Princess of Wales**

Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.

Monday 15 May:

<https://annafreud.zoom.us/meeting/register/tJ0pfuysqjlvE9LwkJ5rShm3eToPFzzLfk1->

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

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

Tuesday 2 May 5-6pm

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:

Tuesday 2 May:

<https://annafreud.zoom.us/meeting/register/tJEuduqsjrjssGdG-XSDNq39Cf6pUfmxUHXdl>

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

Wednesday 3 May 12:30-1:30pm

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.

Our Patron: **Her Royal Highness The Princess of Wales**

Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.

Register in advance for this meeting:

Wednesday 3 May:

<https://annafreud.zoom.us/meeting/register/tJAtd-2hqTojGtANnoD4Pvh1RB81i0II4HKs>

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

Thursday 4 May 5-6pm AND Wednesday 10 May 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 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 4 May:

<https://annafreud.zoom.us/meeting/register/tJcqduqgpzkjEt3RR92Qu1Rb1Slf9VXIHenw>

Wednesday 10 May:

https://annafreud.zoom.us/meeting/register/tJAuc-6trDloE9YDK4s_0XzkEFdBriL4r4FK

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

Managing teen behaviour that challenges: tips and tricks

Thursday 11 May 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.

Our Patron: **Her Royal Highness The Princess of Wales**

Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.

Register in advance for this meeting:

Thursday 11 May:

https://annafreud.zoom.us/meeting/register/tJ0kd-qupj0oEtdiAtXV_AhisXUG0iQl8KwJ

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

Our Patron: **Her Royal Highness The Princess of Wales**

Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.