

# The Seagull



Issue 734 Friday 5<sup>th</sup> May 2023

Next Week is Week 2

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## HEADTEACHER'S NEWS

### Gold Seagull

Congratulations to this week's Gold Seagull winners:



Shalom Year 7 – Double winner  
Gloria Year 8 – Double winner  
Kacie-Ann Year 8  
Klarisse Year 8  
Ria Year 8  
Samuel Year 8  
Chelsea Year 8

### Upcoming dates

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

Wednesday 10<sup>th</sup> May: Year 7 Progress Evening 3.45pm to 6.30pm.

It was wonderful to see so many students in their cultural dress today. Well done to all those students that performed in our showcase.

We also held a coronation picnic for our students who were awarded gold or platinum on their report rankings. An amazing achievement. We hope you enjoyed your afternoon, well done!

### Keeping students safe

Can I ask parents/carers to ensure that students go straight home at the end of the school day so that we can keep students safe. Please ensure your child does not hang around in the parks or at the shops. We have unfortunately seen a recent increase in serious youth violence. It is important that you know where your child is at the end of the school day and encourage them to come straight home after school.

Don't forget that Monday is an extra bank holiday, and we look forward to welcoming students back on Tuesday 9<sup>th</sup> May.

Miss Keane  
Headteacher

### Year 10 and 12



Before the half term spring break, a selected number of Year 10 and 12 students from our Citizenship and Politics classes, attended the Halcyon London International School.

The students were given the opportunity to take part in a student led conference, where they participated in three interactive workshops which focussed on controversial issues; as well as having a guest speaker, Eva Thorne, who came along to speak about Equity v Equality.

I am so proud of how our students were able to come out of their shells and participate in all discussions. They all absolutely represented our school really well. They were sensible and well behaved on the commute there and back and did the school proud in terms of manners and behaviour during our time at the Halcyon London International School. We too hope to be able to organise and run a similar workshop here at JRCS to host our Halcyon colleagues.

Congratulations to:

**Year 10 students:**

Charley, Emmanuel, Joshua, Keyra, Donel, Rougi, Lara and Mazey

**Year 12 students:**

Edisona, Elvinas, Donte and Dylan

Miss Mambuini  
Teacher of PDE

**Media**



On Thursday 27<sup>th</sup> April, Ms Harland visited an ex-JRCS student at their university. Ellie left JRCS two years ago to study Television Production at Ravensbourne University.

Ellie and her peers had an assessment for their course and had created a live production called "Wingmum". The concept is that "mum knows best" and chooses a date for their child. Ms Harland was asked to be "mum" for the production.

Each Ravensbourne student had a different role, from camera operator (which is the field Ellie would like to enter), to director, floor manager, producer, even presenter.

Ellie's role for this production was lighting designer, so she set up the rig and sourced the hot pink and blue lights on set. JRCS has a long history of supporting alumni students.

If you would like to watch the recording of the live the show, click on this link (skip the title screen) <https://www.youtube.com/live/tbPHfYOLFd4?feature=share>



Miss Harland  
Head of Media Studies



Weekly Outline of Out of School Hours Learning Activities - Summer 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 Badminton/Table Tennis	7, 8 & 9	Mr Watts	12:30pm – 1:00pm	Sports Hall
KS4 Badminton/Table Tennis	10 & 11	Miss Pridie	1:30pm – 2:00pm	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
Year 9 Dance Club	9	Mr Hazelwood	1:30pm - 2:00pm	DA1
Year 9 Football	9	Mr Cully	3:15pm – 4:15pm	Astro
<b>Tuesday</b>				
Year 9 Football	Year 9	Mr Bashir	7:45am - 8:30am	Astro
KS3 Basketball	7, 8 & 9	Mr Thomas/Mr Watts	7:44am - 8:15am	Sports Hall
Vocal Group	7, 8, 9, 10 & 11	Miss Harris	8:15am - 8:55 am	MU1
Drama Club starts 15/5	7, 8, & 9	Ms Willis	12:30pm – 1:00pm	DR2
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
NEW – Art Club	7, 8 & 9	Ms Levene	12:30pm - 1:00pm	AR3
KS3 Rounders	7, 8 & 9	Miss Pridie	3:00pm – 4:00pm	Field
Cricket	All	Mr Howard	3:00pm – 4:00pm	Field
KS3 Rounders	7, 8 & 9	Miss Pridie	3:00pm – 4:00pm	Field
Year 7 Rugby	7	Mr Kersey	3:15pm - 4:15pm	Field
Bronze DofE Expedition	Year 10 invited	Ms Montague	3:05pm - 4:35pm	SD3 starts 24/1
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
Spanish Club (Week 2 only)	9	Miss Fernandez	3:05pm – 4:00pm	MFL3
<b>Wednesday</b>				
Year 9 Football	Year 9	Mr Bashir/Mr Cully	7:45am - 8:30am	Astro
Fitness Club	All (Girls Only)	Miss Pridie	7:45am – 8:15am	Fitness Suite
Year 10 Band	10	Mr Jenner	8:15am - 8:50am	MU1
Volleyball	All	Miss Pridie	7:45am - 8:15am	Sports Hall
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	Ms Brookman and Ms Belloni	1:30pm - 2:00pm	RS1
Year 9 Football	9	Mr Bashir	2:00pm – 3:00pm	Astro
<b>Thursday</b>				
Year 9 Football	Year 9	Mr Bashir	7:45am - 8:30am	Astro
Fitness Club	All	Mr Thomas	7:45am – 8:15am	Fitness Suite
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 Volleyball	7, 8 & 9	Miss Jones	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
Athletics	All	All PE Staff	3:05pm – 4:30pm	Field
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
Electronics Club	KS3	Ms McKenzie	3:05pm - 4:05 pm	DT3
Computing Intervention	10 & 11	Mr Cambell	3:05pm - 4:05 pm	IT1
Textiles Club	7, 8 & 9	Miss Mir	3:05pm - 4:05 pm	DT4
Wellbeing Club	All	Ms Draisey	3:00pm – 4:00pm	Conference rm (library)
NEW – Photography Club	9 & 10	Ms Franz	3:10pm – 4:15pm	AR2
<b>Friday</b>				
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 Girls Football	7, 8 & 9	Miss Pridie	1:30pm – 2:00pm	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
Year 11 Football	11	Mr Cully/Mr Bashir	3:15pm - 4:15pm	Astro
GCSE Intervention	11	Miss England	3.00pm - 4.30pm	DA1
Silver DofE	10	Ms Montague	3:00pm – 4:00pm	SD3
NEW - Computing Intervention	10 & 11	Mr Cambell and Miss Hibbert	3:10pm – 4:00pm	IT1





# Thank a Teacher Day!



**Wednesday 21<sup>st</sup> June 2023**



Thank a Teacher Day is an opportunity for you to thank a member of staff whom you feel has helped you in some way.



Please take the postcard provided and fill in all the information on the card including the reason you have nominated this person whether it be a teacher, or member of support staff.



Cards will be given out at registration time Week beginning 15<sup>th</sup> May 2023 and extra ones are available from the Reprographics Office.



All cards need to be returned to Reprographics office by Tuesday 13<sup>th</sup> June 2023.



*Teaching* IS THE PROFESSION  
THAT CREATES *all others*



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

COMING SOON Speak with Mr Morris if you're interested.

Street Football  
With LEVEL UP

LEVEL:UP | SOCCER

4 vs 4 Street Tournament

LEVEL:UP | SOCCER

Coming  
Soon!

In association with  
Barking Rugby Club



Open Day Free taster mini  
street tournament  
Hosted by UEFA B Coach

1st June 2023

11am-2pm

Barking Rugby Club ,  
Gale st. Goresbrook, Dagenham, RM94TX

Unique street  
football tournament

Fast quick football

A pitch you've never  
played on

FIFA Street  
experience

Prizes for the  
winner

# 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

**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:***

**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/tJwrdOqspzwrHdYVhrsI6hI3yTK1RWwTo83v>

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## **Monday 15 May:**

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

*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**

**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:***

**Wednesday 10 May:**

[https://annafreud.zoom.us/meeting/register/tJAuc-6trDloE9YDK4s\\_0XzkEFdBriL4r4FK](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.

***Register in advance for this meeting:***

**Thursday 11 May:**

[https://annafreud.zoom.us/meeting/register/tJ0kd-qupj0oEtdiAtXV\\_AhisXUG0iQl8KwJ](https://annafreud.zoom.us/meeting/register/tJ0kd-qupj0oEtdiAtXV_AhisXUG0iQl8KwJ)

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