

The Seagull



Issue 735 Friday 12th May 2023

Next Week is Week 1

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HEADTEACHER'S NEWS

Gold Seagull

Congratulations to this week's Gold Seagull winners:



Salwa Year 8, Darius and Naima Year 11
(pictured above).

Award winners

Congratulations to our Gold seagull winners! I also had the opportunity to attend the Jack Petchey and Duke of Edinburgh celebration events. I am so proud of our award winners. Well done for taking up the extra opportunities on offer and showing real resilience and leadership qualities!

Good luck Year 13 and Year 11!

Exam season is well under way. This week our Year 11 students have been busy with their GCSE art exam. I was really impressed with the quality of work when I visited the art department today and I look forward to seeing the finished pieces. Our written papers start next week. Please ensure you check the exam timetable at

the back of The Seagull. May I take this opportunity to wish Year 11 and 13 students the very best of luck. If you require any support during this period, please do speak to any member of the Senior Leadership Team or year group team.

This week I met with our Year 13 students for their exit interviews. It was a real pleasure to meet with you all and learn about the exciting variety of courses and destinations you are going on to. I really appreciate your feedback and wish you all the best for the future.

Culture day

We held our annual Culture Day last week. It was great to see so many students in their cultural dress and well done to all those students who performed in our showcase.

Miss Keane
Headteacher

Jack Petchey Awards Ceremony 2023



On Tuesday 2nd May 2023 the Jack Petchey Awards Ceremony was held at the Barking Broadway Theatre. All awards winners

from last year June – November winners were invited to come along with parents and carers to support them.

Winners walked on stage to collect their Jack Petchey Medallion and shook hands with the Mayor of Barking and Dagenham, Farouk Choudhury.

The event was a fantastic celebration of our winners' successes, filled with music, fantastic

performances and students' nominations read out for all to celebrate.

Students who attended the event were:

Sophia – Year 8

Anton – Year 10

Ayen – Year 10

& Teeyah – Year 11

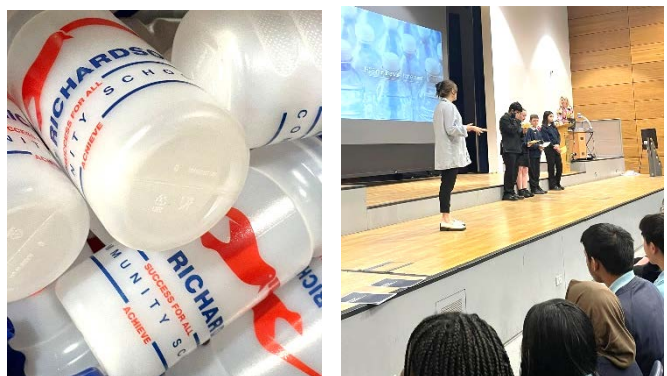


Our Sixth form Leader award winner Mrs Evans was also celebrated at the event. We are so proud of our Jack Petchey Winners from November to June, and I look forward to announcing our June 2023 winners very soon.

Miss Hallas

Student Aspirations Coordinator

Environment Action Team – Bottle Launch



Over the past two months our Student Voice Environment Action Team have been taking to assemblies to promote reusable water bottles and launch JRCS into becoming a more plastic-free school.

In order to promote this, they created an interactive assembly which culminated in every student in Year 7-9 being awarded their very own 'JRCS' re-usable water bottle in the hope that students use and refill these instead of contributing to plastic pollution by buying multiple plastic bottles.

The action team are constantly thinking about new and exciting ways for us to become a greener school and how to reduce our carbon footprint and are excited to see what the future holds for JRCS's greener and more plastic-free journey!

Miss Hallas

Student Aspirations Coordinator

Culture Day 2023 at JRCS!

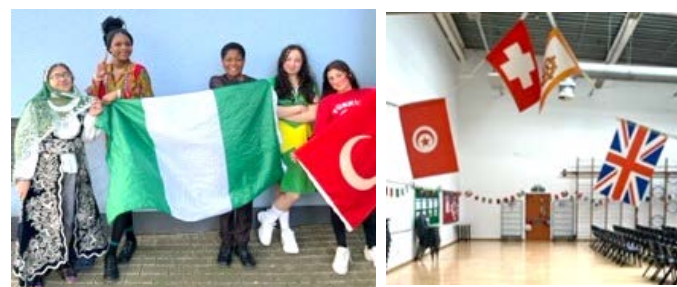


On Friday 5th May 2023, we celebrated Culture Day at JRCS. Students paid £1 to the Red Cross to wear something that represented, reflected and celebrated their culture.

It was an incredibly positive and uplifting day where we recognised the diverse and rich cultures of students and staff alike and were able to learn and be inspired by the wide-ranging cultures around us.

At break and lunch times, we held a 'Social Time Showcase' with varying acts celebrating multiple cultures' these ranged from songs, dance, spoken word and music.

I am so proud of the students who put themselves forward to perform and represent their culture. It took real courage, and your hard work and commitment really paid off.





Well done to all students involved, it was a really positive event where everyone felt celebrated, respected and seen.

Miss Hallas
Student Aspirations Coordinator

Soggy seven experience success!



Seven students from Year 10 took part in their bronze practice expedition for the Duke of Edinburgh Award last weekend.



They braved the wet weather conditions and thundery showers and showed a great deal of resilience despite the very wet conditions.



The expedition took place in the London Borough of Enfield and, even though the participants didn't watch the coronation they did see the fly past fly over their route just as they reached the minibus.



Congratulations to all involved: Enoha, Ishaq, Majid, Shalewa, Marline, Ameenah and Harpreet. I would also like to wish

these students all the best with their qualifying expedition on 19th and 20th May.

Many thanks also to the staff who gave up their weekend and helped out: Ms Lea, Mr Kilminster and Bill, your support is very much appreciated.

Ms Montague
DofE Manager



GCE & GCSE Exams

Below is the exam timetable for GCE & GCSE exams which start on Monday 15th May. These are official exams and students will be required to attend normal lessons when they do not have a scheduled exam. 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 or smart watches 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.

Date	Start	Exam Level	Component
15/05/2023	9:00AM	GCSE	Religious Studies (P1-3 Christ & P1-5 Islam)
		CNAT	Engineering: Engineering:des Specs User Req
	2:00PM	GCSE	Italian Listening Test Tier H
		GCSE	Italian Reading Test Tier H
		GCSE	Drama Comp 3 Interpretin Theatre
		GCSE	Citizenship Studies
16/05/2023	9:00AM	GCSE	Combined Science - Biology P1
		GCSE	Biology P1
		GCSE	Drama Comp 3 Interpretin Theatre
	2:00PM	CAMX	H&S Care - Equality Diversity & Rights
		GCSE	Media Studies Comp 1 Exploring Media
		GCSE	Urdu Listening Test Tier H
		GCSE	Urdu Reading Test Tier H
17/05/2023	9:00AM	GCE	Geography Paper 1
		L3	Mathematical Studies Option A Paper 1
		GCSE	English Literature Paper 1
	2:00PM	GCSE	Turkish Listening Test Tier H
			Turkish Reading Test Tier H
		GCSE	Physical Education Affecting Perf
18/05/2023	9:00AM	BTNG	Personal And Business Finance
		GCE	Economics A - Markets & Bus. behaviour
		GCSE	History - Medicine In Britain
	2:00PM	GCSE	Mandarin Listening Test Tier H
			Mandarin Reading Test Tier H
		BTEC	Construction Technology
		GCSE	Business - Investigating Small Bus.
19/05/2023	9:00AM	GCE	Psychology Paper 1
		GCSE	Mathematics Paper 1 (Non-Calc)
	2:00PM	GCSE	Computer Science - Computer Systems
22/05/2023	9:00AM	GCE	Sociology Adv Paper 1
		GCSE	Combined Science Chemistry P1
		GCSE	Chemistry P1
	2:00PM	GCE	Economics - National & Global Economy
		GCSE	Geography Paper 1
		BTEC	Promotion And Finance For Enterprise
		GCE	Media Studies Comp 1 - Media Products
23/05/2023	9:00AM	GCE	Business - Market, people & Global Bus
		BTEC	Promotion And Finance For Enterprise
		GCSE	French Listening Test
		GCSE	French Listening Test
	2:00PM	CAMX	H&S Care - Anatomy & Physiology
		GCE	Politics Adv Paper 1

		GCSE	Religious Studies P2a Excl Text
24/05/2023	9:00AM	GCE	History - Germany 1918-89
		GCSE	English Literature Paper 2
	2:00PM	GCE	Physical Education - Fctr Afct Perf
		GCE	Physics A - Modelling Physics
		GCE	English Literature - Drama & Poetry Pre-1900
		GCSE	Italian Writing Test Tier H
		GCSE	Turkish Writing Test Tier H
		GCSE	Citizenship Studies
		L3	Mathematical Studies Paper 2
		GCSE	Media Studies - Comp 2 Understanding Media
25/05/2023	9:00AM	GCSE	Combined Science Physc P1
		GCSE	Physics Paper 1
	2:00PM	GCE	Psychology Adv Paper 2
		GCSE	Urdu Writing Test Tier H
		GCSE	Computer Science - Comp Thnk Algrthm Prgrm
26/05/2023	2:00PM	GCSE	Mandarin Writing Test Tier H
05/06/2023	9:00AM	GCE	Economics - Micro & Macro Economics
		GCSE	English Language Paper 1
	2:00PM	GCE	Psychology Adv Paper 3
		GCSE	French Writing Test
06/06/2023	9:00AM	GCE	Geography Adv Paper 2
		GCSE	Spanish Listening Test
			Spanish Reading Test
	2:00PM	GCE	Pure Mathematics 1
		GCE	Media Studies Comp 2 Media Forms
07/06/2023	9:00AM	GCE	Business - Activs, decision & Strats.
		GCSE	Mathematics Paper 2 (Calc)
	2:00PM	GCE	Politics Adv Paper 2
		GCE	Biology Adv Paper 1
		GCE	Drama And Theatre - Theatre Makers In Prac.
		GCSE	History - Superpower Relations History -Superpower, saxon, norman
08/06/2023	9:00AM	GCE	Physical Education - Psychlgcl Fctr Afct Perf
		GCE	English Literature - Cmprtve & Cntxtl StdY
		GCSE	Physical Education - Socio-ctrl Issues Sprt Psych
		GCSE	Russian Listening Test
			Russian Reading Test
09/06/2023	9:00AM	GCE	Sociology Adv Paper 2
		GCE	Physics - Exploring Physics
		GCSE	Geography Paper 2
	2:00PM	GCE	History - Italy & Spain
		GCSE	Combined Science Biology P2
		GCSE	Biology P2
12/06/2023	9:00AM	GCE	Chemistry - Prdc Tble Elmnt Phy Chm
		GCE	Religious Studies Paper 1
		GCSE	English Language Paper 2
	2:00PM	GCSE	Building A Business
13/06/2023	9:00AM	GCE	History - Britain:empire & Warfare
		GCSE	Combined Science Chemistry P2
		GCSE	Chemistry P2

	2:00PM	GCE	Pure Mathematics 2
		GCSE	Spanish Writing Test
14/06/2023	9:00AM	GCE	Investigating Business
		GCSE	Mathematics Paper 3(Calc)
	2:00PM	GCE	Sociology Adv Paper 3
		GCSE	Polish Listening Test
			Polish Reading Test
		GCSE	Music - Listening And Appraising
15/06/2023	9:00AM	GCE	Physics - Unified Physics
		GCSE	History - Weimar & Nazi Germany
16/06/2023	9:00AM	GCE	Politics Adv Paper 3
		GCE	Biology Adv Paper 2
		GCSE	Combined Science Physics P2
		GCSE	Physics Paper 2
	2:00PM	GCSE	Geography Paper 3
19/06/2023	9:00AM	GCSE	Russian Writing Test
		GCSE	Design And Technology Written Paper
	2:00PM	GCE	Chemistry - Synths & Anlytcl Tchnqs
		GCE	Religious Studies Paper 2b
20/06/2023	9:00AM	GCE	Physical Education - Socio-cltrl Physl Actv Sprr
		GCSE	Dance Written Paper
		GCSE	Food Prep And Nutrition
	2:00PM	GCE	Mathematics (Statistics) Mathematics (Mechanics)
21/06/2023	9:00AM	GCE	Biology Adv Paper 3
		GCSE	Polish Writing Test
		VOC L1/L2	Hosp & Catering Industry Unit 1
23/06/2023	9:00AM	GCE	Chemistry - Unified Chemistry



AT JO RICHARDSON WE

Aspire to be our best
Commit to our learning
Hold high standards in everything we do
Involve ourselves in our communities
Engage with all opportunities
Value, care for and respect each other
Establish resilience

 **SUCCESS FOR ALL**

Weekly Outline of Out of School Hours Learning Activities - Summer 2023				
Club	Year Group	Staff	Time	Venue
Monday				
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
Tuesday				
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
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
Wednesday				
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
Thursday				
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
Friday				
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 21st 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 15th May 2023 and extra ones are available from the Reprographics Office.



All cards need to be returned to Reprographics office by Tuesday 13th 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 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

**Thursday 18th May
2023**

Cumin Beef & Beans Chilli
or

Sweet Potato & Lentil Stew

Served with

Firecracker Rice
Sweet Corn

Dessert

Mexican Chocolate Cake

FLAVOUR
OF THE
MONTH



HACIENDA MEXICANA

Absolutely
Spec - Taco - lar!

Enjoy a feast of fajitas, tacos and burritos with a choice of tasty fillings, toppers and sides.

*Come and choose a
Burrito-ful meal!*

Aspens
winning

Thursday 18th May 2023

ABSOLUTELY SPEC- TACO-LAR!

**SPICE UP YOUR DAY WITH A
FIESTA OF FLAVOURS FROM
ASPENS' HACIENDA MEXICANA.**

**THERE'S SOMETHING FOR
EVERYONE TO ENJOY!**

Aspens
winning

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.

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.

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:

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?

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:

Monday 15 May:

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

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

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

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