

The Seagull



Issue 738 Friday 9th June 2023

Next Week is Week 2

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HEADTEACHER'S NEWS

Safety on the way to and from school

I wrote to parents/carers before the holiday, and you would have also received a letter from the local authority about ensuring you know where your child is at the end of the school day. Can I ask parents/carers to talk to their child about going straight home at the end of the school day if they are not involved in extra-curricular clubs or activities in school. Students should not be hanging around at the shops near Becontree station or in the local parks in uniform. Unfortunately, there has been an increase in muggings and knife crime in the local area. If your child is the victim of a mugging, please report it to the police. We are working with the Safer Neighbourhood Teams and the police to ensure there is an increased police presence in the local area. When we can, senior staff continue to be on duty outside the school and at the shops. If we see students hanging around, they will be asked to go straight home. It is important that parents/carers support us with this in order that we can keep students safe.

Cyber attack

I wrote to you over the half-term holiday to explain that the school had been the victim of a cyber attack. I would like to reassure parents that we have done all that we can to protect their data. The attack mainly affected our admin drive and did not affect our main student database or ParentPay. We were able to rebuild our network over the half-term break so that we were able to continue to provide high quality lessons and education to all our students. We have been working with the police and all relevant agencies following the attack. May I thank parents/carers for their support

during this difficult time. I can confirm that the phone lines are now working again.

RPC mentoring

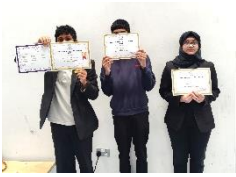


Our Year 10 students had the fantastic opportunity to visit RPC law firm offices in Tower Bridge as part of the mentoring programme we offer Year 10 students. I would like to thank RPC for the continued support they offer, helping us to raise aspirations and show students the opportunities available to them if they work hard and are successful at school.

Miss Keane
Headteacher

UKMT challenge winners for Year 9





In April a few students from Year 9 completed the Junior Mathematical Challenge which is national competition in the UK. The following

students won these certificates:

BRONZE:

Leo	Intisar Afm
Jack	Emilia
Gabrielle	Ayomide
Albert	Nivrita
Abid	Mohammed
Roxana	Endri
Tomas	Valentina
Ramadan	Jannah
Isah	Adonai
Sibgath	Nnadi
Denis	Mohamed
Mahin	Anjolaoluwa
Sophie	Khushbu
Denisa Alexandra	Shanai
Aizeyosabo	Nicole
Marcel	Rayya
Marina	Ife
Tanjim	Sabina
Jimmy	Indra

SILVER:

Zhi	Oskar
Emily	Victor
Marko	Vasilena
Kye	Archie
Muhammed	Tia
Liam	Kiera
Tyler	Adrian
Luka	Arisha
Christina	Ihsan
Solomon	Ema

GOLD:

Sawon-Ahmed	Zoha
Leonard	Ishmam (to the next round!)

Miss Fernandes
Maths KS4 Coordinator)

Year 12 Psychology Egg Baby Project-Winners

Following on from The Seagull article written last half term, I would like to formally announce the winners of the egg baby project!

This was not an easy task; I have been blown away by the sheer amount of effort that has gone into these. So, without further ado...

Third Place: Aisha- with Daenary's Omlette Tareggeyen (DOT)

Second Place: Delia – with Reggina George

First Place: Lucy- with Daniegg Howell

And of course, I cannot forget an honorable mention for Dane and his evil twin with Yorkikaye Kira!

Well done to all, please come and see me to collect your prize.



Miss Scrimshaw

Teacher of Sociology and Social Studies

Year 12 get Creatively Mentored in the Jungle

Seven Year 12 students have seized an outstanding opportunity to get mentored by employees of Jungle Creations – a social media first publisher.

The company specialises in building and promoting brands. The opportunity is sourced via Heena at Peer 2 Peer with Dionne at Jungle Creations.

Students had to apply to gain the mentee ship, attend an online interview and on Tuesday this week went in person to the company office and met their mentor.

The group listened to Heena outline the programme, expectations of the students and what she hoped they would get out of the time. Dionne explained about the company and introduced each of the mentors and got them to explain to the students the role they have at the company and how it works. This identified the wide range of opportunities that are present in this career area.

After a few ice breakers the students were paired with their mentors. This had been decided based upon the application form and interview in order to make the partnership as helpful as possible.

Just before the group broke away, the CEO of Jungle Creations, Melissa Chapman, came and introduced herself – showing how the company is really behind the scheme. Mentor and mentee then had about 50 minutes together getting to know each other, outlining what they want to achieve and having preliminary discussions in some cases about what their presentation might be for the competition at the end! By the end, all had planned for their next week's session.

The programme is a 10-week programme; at the end of it one of the students will also be lucky enough to get a two-week paid work placement in the firm.

Having been at the launch on Tuesday and spoken with Heena & Dionne I have no doubt that JRCS students will gain enormously from this experience, not only benefiting during the 10 weeks, but also in their ability to take new skills and confidence into their careers and futures.

More to come in future updates – how do the projects go... who gets the 2-week work experience???



Jungle Mentees: Almas; Amidat; Anastasia; Ellie; Jessica; Ronnie; Yasmin pictured with their mentors: Connor; Mariam; Nads; Patri; Steph; Tom; Trish.

Miss Campbell
Deputy Director of Sixth Form
Head of Year 13

Year 10 RPC Mentoring Programme
Year 10 students had the opportunity to participate in a professional mentoring programme with RPC Law firm.

This involved 1:1 mentoring sessions which helped the students to network with a variety of professionals and gain a greater insight into the working world. There were sessions on career pathways, self-branding, CV writing and interview skills all of which will benefit the students as they progress through their career journeys.

They have enjoyed trips to the London office situated at Tower Bridge and have been inspired by the professionals they have met as part of the programme.





Miss Boulton
Assistant Headteacher

Year 10 Construction Youth Trust

The Construction Youth Trust Year 10 group had the opportunity to visit L&Q The Hive Construction Site at Barking Riverside to gain a greater insight to the construction industry.

They had an opportunity to meet the project manager who described the career possibilities in construction and talked through the massive 2.2bn regeneration project that is taking shape at the site.

Students were taken on a tour of the working site to observe a range of trades in action such as bricklayers, quantity surveyors and project managers and students were inspired by the talks given around career pathways.



Miss Boulton
Assistant Headteacher



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
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 Sprrt
		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

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	12:30 - 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	3:15 – 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
NEW KS3 Drama Club	7,8,& 9	Ms Willis	10:00 – 10:30pm	DR2
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30 - 2:00pm	SDD
NEW – Art Club	7, 8 & 9	Ms Levene	12:30 - 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	3:05 – 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	2:00 – 3:00pm	Astro
Basketball Training	KS4	RDF Coaches	3:15pm – 4:15pm	Sports Hall
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	12:30 - 1:00pm	MA4
KS3 Volleyball	7,8,9	Miss Jones	12:30pm – 1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30 - 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	3:00 – 4:00pm	Conference rm (library)
NEW – Photography Club	9 & 10	Ms Franz	3:10 – 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	12:30 - 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	12:30 - 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	3:00 – 4:00pm	SD3
NEW - Computing Intervention	10&11	Mr Cambell and Miss Hibbert	3:10 – 4pm	IT1
Basketball Training	KS3	RDF Coaches	3:15pm – 4:15pm	Sports Hall

What Parents & Carers Need to Know about INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

WHAT ARE THE RISKS?

HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising; this can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge brand empires around their large, impressionable following.

THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

PRIVACY CONCERNS

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.

Advice for Parents & Carers

KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.

SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including time limits and privacy settings (the two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.

SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, relatable material which acknowledges their imperfections and struggles as well.

PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.

Meet Our Expert

A former director of digital learning and currently a deputy headteacher and Ofsted inspector, David's experience and expertise gives him a clear insight into how modern digital systems impact the experiences of children, staff and parents – and where strategic help is needed to ensure that the online world remains a useful educational tool rather than a minefield of risks.



NOS National Online Safety
#WakeUpWednesday



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*

