

The Seagull



Issue 740 Friday 23rd June 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

Gold Seagull

Congratulations to this week's Gold Seagull winners:



Emily Year 7, Charlotte Year 7, Justin Mema Year 7, Jasmine Year 8, Vadim Year 8, Migle Year 8, Ella Year 9, Sabina Year 9 and Keyra Year 10.

Changes to the timings of the school day

In order that we are in line with other secondary schools and are meeting the government's new requirement of providing 32.5 hours of education a week, we will be making the following changes to the timings of the school day from September:

School will now start at **8.30am every day** instead of 8.35am.

The school day will end slightly later at **4.05pm on a Monday** (from 4.00pm), **3.05pm on a Tuesday, Thursday, and Friday** (from 3.00pm) and at **1.40pm on a Wednesday** (from 1.30pm).

We felt these minor changes enabled us to provide the required 32.5 hours whilst having the least impact on our community.

Key dates for your diary

We have a busy few weeks as we move towards the end of term. On Monday we have the Year 13 Boat party followed by the Year 11 Prom the following week.

We are looking forward to our ACHIEVE days on 12th, 13th and 18th July. You should receive information about the trips on offer for your child via MCAS.

We will also be running Sports day on Friday 14th July. Please ensure students attend school in their PE kit on this day. If it is a hot day, please ensure they bring plenty of water, sunscreen, and a hat. Unfortunately, parents/carers are not permitted to spectate during the event due to safeguarding rules. Please support us by not coming to the stadium during the morning. Students will be released at the end of the event from the stadium. A letter outlining further details will be sent out next week.

Unfortunately, the school will be closed to all students on Wednesday 5th and Friday 7th July due to industrial action. We apologise for any inconvenience caused.

Students finish school for the summer on Wednesday 19th July. Students will be dismissed from school at 12.00pm on this day.



Dates for your diary:

Date	Activity
Monday 26 th June	Year 13 Boat Party
Friday 30 th June	Year 6 Transition Day
Monday 3 rd July	Year 11 Prom
Wednesday 5 th July	Closed due to industrial action
Friday 7 th July	Closed due to industrial action
Wednesday 12 th July	ACHIEVE day 3 (see Individual timings for trips)
Thursday 13 th July	ACHIEVE day 4 (see Individual timings for trips)
Friday 14 th July	Sports day
Tuesday 18 th July	ACHIEVE day 5 (see Individual timings for trips)
Wednesday 19 th July	End of term, school closes 12.00pm

Ms Keane
Headteacher

ParentPay Year 11 and 13

Reminder to all Year 11 and 13 parents/carers and students, ParentPay accounts must be cleared of any debt or credit before leaving JRCS. If debts are not cleared, we cannot guarantee the release of any examination certificates. You may wish to leave some money on their account for the students to use whilst doing their exams, but please ensure this is all used before the end of this academic year.

Please do not hesitate to contact me if you have any concerns or queries.

Mrs Courtney
Admin Assistant

SPARE UNIFORM

Do you have any spare uniform that you no longer need? The Student Services Department would really appreciate donations of usable uniform, especially trousers, blue shirts and medium to large grey shirts.

Thank you.

Mrs O'Keefe
Student Services Manager/Attendance
Manager/DDSL

YEAR 8 REMINDER Year 8 HPV immunisation

Monday 10th & Tuesday 11th July
Year 8 HPV immunisation dose 2 will take place on the above dates.
Please ensure your child is in school on this day to ensure they are fully covered for HPV.

What is HPV?

HPV is the name given to a very common group of viruses. There are many types of HPV, some of which are called "high risk" because they're linked to the development of cancers, such as cervical cancer, anal cancer, genital cancers, and cancers of the head and neck. Other types can cause conditions like [warts or verrucas](#).

High risk types of HPV can be found in more than 99% of cervical cancers.

There is also a significant association between HPV and some of the anal and genital cancers, and cancers of the head and neck.

HPV infections do not usually cause any symptoms, and most people will not know they're infected.

<https://www.nhs.uk/conditions/human-papilloma-virus-hpv/>

Mrs O'Keefe
Student Services Manager/Attendance
Manager/DDSL

Drama Department - Year 12 Live Theatre Trip



On Thursday 15th June we took our Year 12 Drama students to watch Shakespeare's A Midsummer Night's Dream at the Globe Theatre. It was a spectacular performance by a truly epic cast.

The students experienced the true style of Elizabethan theatre as we stood in the pit and, despite standing for over two and half hours in the glorious sun, they really valued the experience and took it all in their stride. They really were exceptional ambassadors for the school. The students will now use this live

theatre experience to support them with their own contextualised performance of this play that they will be performing at the end of this academic year.



We wish them luck as they come to the end of their first year of 6th Form and are very proud of their efforts during the start of their course.

Mrs Bryan
Co-Head of Drama

Year 9 History reward trip to the Imperial War Museum

On Friday 16th June, a group of twenty eight Year 9 students visited the Imperial War Museum's newly refurbished Holocaust Exhibition. The visit included a pre seminar led by one of the museum's experts and then a 1.5 hour visit to the Holocaust galleries.

Armed with iPads the students were able to navigate the gallery and highlight certain objects that they found interesting. This was then followed by a 30 minute post seminar which analysed the students' findings.

The staff at the Imperial War Museum commented on the excellent knowledge the students possessed and their enthusiasm for the exhibition.



Mr Hinchliffe
Head of History

Pride Afternoon



To celebrate Pride Month, On Wednesday 21st June many teachers and students came down to DR3 to watch an original play called "All

because he was gay,” written by our very own Joseph in Year 9. The room was decorated with pride flags and students were selling badges and ribbons.

There was massive support from the audience, including Student Voice members from Press and Publicity, and the Pride and Allies club who helped for the afternoon. Together, we raised money for LGBTQ charities through the selling of tickets and merchandise.

“I’ve heard it’s a Work In Progress, but I think it will be a good chance to show off the creativity. It’s a good chance to have these conversations”
– Ms Brookman

It was a great afternoon and celebration of how far we have come as a society.

Miss Hallas & Ayen (Year 10) - Fundraising, Press and Publicity



Year 10 Mock & Year 12 VIMA Exam Timetable June/July 2023

These are internal exams and students will be required to attend normal lessons when not in an 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 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	Time	Year	Exam
Monday 26th June	9am	10 12 12 12	DT Chemistry Paper 1 Economics Paper 1 Sociology
	11.30am	10	Maths (Calc)
	2pm	10 10 12	Food Prep & Nutrition Hospitality & Catering Geography Paper 1
Tuesday 27th June	8.30am	12	English Literature
	9am	12 12 12 12 10	Biology Business Computer Science Geography Paper 2 French & Spanish Writing
	11.30am	12	History (Germany & West Germany 1918-89)
	2pm	10	PE
Wednesday 28th June	8.30am	12	Religious Studies
	9am	12 12	Drama Maths (Pure)
	11.30am	12	Psychology Paper 1
	2pm	12	History (The rise & fall of fascism in Italy 1911-46)
Thursday 29th June	9am	12 12 12 10	PE Paper 1 Physics Paper 1 Politics Music Listening
	11.30am	10	Combined Science (Physics) Physics
	2pm	12	Maths (Applied)
Friday 30th June	9am	10	Art Practical
	9am	12 12	Chemistry Paper 2 Economics Paper 2
	11.30am	12	Psychology Paper 2
	2pm	12 12	PE Paper 2 Physics Paper 2
Monday 3rd July	9am	12	Art Practical
	9am	10 10	Business Business (BTEC)
	11.30am	10	History (Superpower relations & the Cold War)
	2pm	10	Construction
Tuesday 4th July	9am	10	Religious Studies

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

"The industry, as far as we can see as families, are grooming the next generation with a whole set of online games and these are aimed at 7, 8, 9 year olds – that's the next generation who are going to be their income generators" - Liz Ritchie, Gambling With Lives

The digital world that we live in can be a minefield for families and parents/carers. The way in which children 'game' now is completely different to how modern day parents and carers would have experienced. The 'monetization' of gaming is at the forefront of research and there are increasing concerns surrounding online gaming and the subsequent links this has with underage gambling.



From ONLINE GAMING to ONLINE GAMBLING

Recognising the Signs



10 Signs for Parents to Look For:

Disordered gambling is sometimes referred to as the 'silent killer'. Unlike drug or alcohol addictions the signs are sometimes harder to spot and if not dealt with at an early age can have a devastating affect on both the gambler and their families later on in life.

- 1 EXCESSIVE USE OF DEVICES**
This can lead to increased isolated behaviour and lying about the amount of time spent online.
- 2 SPENDING MONEY ONLINE WITHOUT PERMISSION**
If a child is willing to spend money online (invariably on a parent's card) without permission then this should act as an early warning sign to parents to ensure that there are some barriers and parental controls in place.
- 3 CHANGES IN BEHAVIOUR**
Children may become moody, aggressive or argumentative particularly during or shortly after periods of online gaming.
- 4 A CHANGE IN ATTITUDE TO SCHOOL**
Children may display an obvious change in attitude to learning and a more negative view of school.
- 5 DISENGAGED WITH FAMILY LIFE**
Children start to prefer spending time alone online rather than engage in normal family activities.
- 6 COMPULSIVE EATING**
This includes both eating the wrong types of food excessively and not eating healthily.
- 7 IMPATIENT**
Not prepared to wait for anything (mirrored in excessive online game play and in app purchases) and nothing is ever good enough.
- 8 'THE LOOK'**
Compulsive gamblers are often said to look zoned out, have a grayness, look ill, experience a loss of weight and stop taking pride in their appearance. The same can be said of those who are starting to develop a gaming addiction.
- 9 OBSESSIVE BEHAVIOUR**
Children who demonstrate obsessive behaviour in everyday life are often reported to be 'at risk' of developing an online gaming disorder.
- 10 DISHONESTY**
This could include starting to tell lies and in the more extreme cases even stealing things.

10 Top Tips for Parents:

If you think that your child may be at risk of developing a gaming addiction then there are a series of measures that you can put in place. This is by no means an exhaustive list but just some strategies that could ensure a potential situation does not escalate.

- 1 BE AWARE**
Do not fall into the trap that it's just what children do – as parents/carers/families be 'on the same page' and do not be allowed to be played off against one another.
- 2 VISIT THE GP**
Although both gaming/gambling addictions are now recognised as a mental disorder, some doctors may not be experts in these areas – families can self-refer to NHS Gaming and Gambling Clinics.
- 3 DO YOUR RESEARCH**
See what help and support is available. Visit www.gamfam.co.uk and become an expert.
- 4 SPEAK TO THE SCHOOL**
Have an open and honest conversation. Schools are investing heavily in mental health and can arrange or direct you to the most appropriate support services.
- 5 TAKE AN ACTIVE INTEREST**
This applies to school work and in creating a learning environment at home. Find activities and hobbies that create a life away from the screen and be part of it.
- 6 BECOME THE EXPERT**
Research the game your child is playing – does the game have loot boxes?
- 7 PUT BARRIERS IN PLACE**
Set up parental controls for all devices (including phones) and set up screen time. Visit the 'Partnership with Parents' section at www.gamfam.co.uk for further details.
- 8 FINANCIAL CONTROLS**
Turn off in-app purchases. Do not link your debit/credit card to your child's device and use a prepaid card instead. For example Monzo, Go Henry, Nimbly or speak to your bank for advice.
- 9 DISCUSS LOOT BOXES AND SKIN BETTING**
Have a conversation about loot boxes and skin betting. Many games can still be played and completed without using loot boxes on the console version but be mindful of the mobile versions.
- 10 DO NOT LEND MONEY FOR GAMBLING**
Or if you think it will be used for online gaming, without your permission.



The above guidance has been produced by

