

The Seagull



Issue 746 Friday 22nd September 2023

Next Week is Week 2

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HEADTEACHER'S NEWS

It's been a busy week at JRCS. This week we held our Out of School Hours Learning (OSHL) fair and have had trips to Stubbers and Lee Valley White Water Centre. One of the things that our students say makes JRCS stand out from the other schools is the variety of opportunities for clubs and trips that we offer. Over the next two weeks we will be holding our Student Voice elections and students will have the opportunity to find out more about the Student Action Teams we have here at JRCS.



I have included a copy of our weekly OSHL timetable in this week's Seagull. Please encourage your child to join a club and engage with the opportunities available!

As the cold and wet weather draws in, can I encourage parents/carers to ensure students have an appropriate school coat. Please note hoodies and tracksuit tops are not allowed and students should have a school jumper or blazer. Girls' skirts should be knee length; please check your child's skirt is an appropriate length for school. We have a second hand uniform shop and are able to support parents who are struggling with uniform. I have included a flyer at the back of The Seagull.

It was good to welcome Year 11 and Year 12 parents/carers this week for their welcome and information evenings. **Year 9 information evening is on Wednesday 27th September from 5pm and Year 13 on Thursday 28th at 5.30pm.** These nights are important events and an opportunity for us to highlight what is coming up for your child in the forthcoming year and how we can work together to support them. We look forward to welcoming Year 9 and 13 parents/carers next week.

Ms Keane
Headteacher

Year 9 Information Evening Wednesday 27th September 5.00pm

Dear parents/carers we look forward to welcoming you for the Year 9 information evening. Please see the letter on MCAS for more information. We look forward to seeing all parents/carers there.

Mrs Morris
Assistant Headteacher

Year 13 Information Evening Thursday 28th September 5.30pm-6.30 pm

We look forward to welcoming the parents/carers of Year 13 students. Please come along to discover the requirements of Year 13 that will enable your son/daughter to successfully reach their next destination. We will be discussing exam and revision preparation, the UCAS process, apprenticeships, and well-being.

Mrs Evans
Director of Sixth Form

Entry to the School Reception

Can parents/carers please be aware that the doors to reception are now locked at certain

times of the school day. Please press the buzzer and this will contact the school reception. Please note that if the receptionist is on the phone, she may not be able to answer straight away, please be patient.

The Office Team

Stubbers 2023



Year 13 had a great day at Stubbers Adventure Centre last Wednesday. Our trip to Stubbers is an important part of our Sixth Form provision giving students the opportunity to try some new activities, problem solve, work as a team and take themselves out of their comfort zones - all important life skills to take into their future world of work and further education.

Students got the chance to SUP (stand up paddle board), raft build, laser combat, archery, and axe throw. The students threw themselves into the activities and thoroughly enjoyed their time there - some finding some new talents.

Mrs Steadman got the chance to tick a bucket list item off and Mrs Wing was quick to get involved in the laser combat. The students' behaviour and good humour was highly commended by the staff at Stubbers.



Miss Duncan
Deputy Director of Sixth Form
Head of Year 13

OHSL Fair



On Wednesday 20th September we held our annual Out of Hours School Learning (OSHL) Fair under Keane's Canopy. The event showcased all extra-curricular clubs and opportunities on offer to our students ranging from jazz band to Maths Puzzle club with plenty more besides!

There was a lovely atmosphere created by staff and students with an impromptu performance from early auditionees for the upcoming musical Shrek (to be performed in February).

The timetable for all OSHL activities is attached separately.

We look forward to welcoming your child to as many of these as possible. We know that they have a significant impact on developing a range of skills in young people and we are always looking at developing our programme each term with students encouraged to give feedback, watch this space...



Mr Cully
Assistant Headteacher

October ACHIEVE Days

We are now able to confirm this half term's ACHIEVE Days are taking place on Wednesday 18th and Thursday 19th October.

For those parents who are new to the school these are whole school cross curricular/enrichment days where scheduled lessons are replaced with trips or other activities that provide wider learning experiences across a range of subjects.

Timetable is as follows:

Year 7-Trips to Mountfitchet Castle, Spymasters and in school Healthy Body, Healthy Community workshops

Year 8-Trips to The Tate Modern and Colchester Zoo

Year 9-Trips to The Tower of London and Ypres, Belgium and in school Fairtrade workshops

Year 10-In school Careers and Enterprise (Dragons Den) workshops

Year 11-In school core mock exams

More information will be sent out to parents/carers next week. Once parents/carers have received the information, if there are queries, please contact the trip/activity leaders in the first instance.

Mr Cully
Assistant Headteacher

Library Book Information

DON'T FORGET
YOUR LIBRARY
BOOKS !!!!

Here at Jo Richardson reading is an important part of school life. We encourage all students to read for pleasure as we believe this is key to supporting student progress as well as

helping with student wellbeing. We have a fantastic library with a variety of books to suit all reading ages. Please encourage your child to visit our library.

Every student is automatically a member of the school library.

A student will need their planner in the library to borrow or return a book(s).

- A library book can be borrowed for two weeks
- A yellow reminder sticker is placed in the planner on the date to return a library book

Library books can be returned earlier than the two-week loan.

- Library books **must be returned** by the yellow due date sticker in the planner and returned to the library desk.

OVERDUE library books

- Email reminders to return a late library book are sent to a student's school email

The library is a welcoming place for all students to visit and utilise. Students are expected to be respectful and polite when using the library.

Any concerns regarding the library please email library@jorichardson.org.uk

Please support your school library.

Ms Osland
School Librarian

Weekly Outline of Out of School Hours Learning Activities 2023-2024				
Club	Year Group	Staff	Time	Venue
Monday				
Breakfast	All	HIL3	7.45am-8.15am	FC4
Netball	8 & 9	BEV1	12.30pm-1.00pm	Sports Hall
Table Tennis	10 & 11	SEN1	1.30pm-2.00pm	Sports Hall
Shrek Acting	All	BRY, HAL4, WIL3, MAR3	13.30pm-14.00pm	DR1
Netball Year	7	BEV1	1.30pm-2:00pm	Sports Hall
Textiles Club	7,8,9 & 10	MIR2	4.05pm-5.05pm	DT6
Indoor Athletics	7,8 & 9	BEV1	4.00pm-4.30pm	Sports Hall
Tuesday				
Girls only Fitness	7,8,9,10 & 11	PRI1	7.45am-8.00am	Fitness Suite
Breakfast	All	HIL3	7.45am-8.15am	FC4
Rugby	7 & 8	KER	7.45am-8.15am	Field/Sports Hall
Football	9 & 10	BAS1	7.45am-8.30am	Astro
Orchestra	All	KJ	8.20am-8.55am	MU1
Vocal Group	All	MH	8.20am-8.55am	PR11
Yr10 Band	10	JM	8.20am-8.55am	MU2
Yr11 Band	11	JM	8.20am-8.55am	MU2
Wind band	All	LE	8.20am-8.55am	PR13
Handball	7,8 & 10	BEV1	12.30pm-1.00pm	Sports Hall
Christian Lunch	All	TIZ	1.30pm-1.55pm	SC14
Sports Leaders	10	SEN1	1.30pm-2.00pm	Sports Hall/ PE1
Jazz Band	All	JM	13.30pm-13.55pm	MU2
Shrek Acting	All	BRY, HAL4, WIL3, MAR3,	13.30pm-14.00pm	DR1
Netball KS3	7,8 & 9	BEV1 & PRI1	3.00pm-4.00pm	Ball Courts
Football	7	HOW1	3.00pm-4.00pm	Astro
Football	9	SEN1	3.00pm-4.00pm	Astro
DofE	10	LEA2	3.05pm-4.15pm	SD3
KS3 Dance Company	7,8 & 9	ENG & guest teachers	3.15pm-4.15pm	DA1
DT	KS3	MCK2	3.05pm-4.05pm WK1 only	DT3
Food Club	KS3	DAM2	3.05pm-4.05pm WK1 only	FC1
Spanish Club	KS3	FER3/DAM2	3.05pm - 4.00pm	MFL3/FC1
Wellbeing Club	All	DRA & RIC	3.15pm-4.00pm	Meet at the library
Wednesday				
Yoga	All	ENG	7.45am-8.00am	DA1
Basketball KS3	7,8 & 9	BEV1	7.45am-8.15am	Sports Hall
Football	9 & 10	CUL2	7.45am-8.30am	Astro
Football	9 & 10	BAS1	7.45am-8.30am	Astro
Breakfast	All	HIL3	7.45am-8.15am	FC4
Indoor Cricket	10 & 11	HOW1	1.30pm-2.00pm	Sports Hall
Shrek Acting	All	BRY, HAL4, WIL3, MAR3, BRC	13.30pm-14.00pm	DR1
Prideand allies	All	BRO3	1.30pm-14.00pm	
Debate Club	7,8 & 9	SAI3	1.30pm-2.00pm	PDE2
Thursday				
Fitness	7,8,9,10 & 11	SEN1	7.45am-8.15am	Fitness Suite
Breakfast	All	HIL3	7.45am-8.15am	FC4
Rugby	7 & 8	KER	7.45am-8.15am	Field/Sports Hall
Football	9 & 10	BAS1	7.45am-8.30am	Astro
Orchestra	All	KEN	8.15am - 8.50am	MU1
Vocal Group	All	HAR	8.15am - 8.50am	PR11
Wind Band	All	ELL	8.15am - 8.50am	PR12
Yr 11 Band	11	MAT3	8.15am - 8.50am	MU2
Yr10 Band	10	MAT3	8.15 am- 8.50am	MU2
Maths Puzzle Club	7,8 & 9		12.30pm-1.00pm	Maths Atrium
Futsal	8 & 9	SEN1	12.30pm-1.00pm	Sports Hall
Jazz Band	All	MAT3	13.30pm-13.55pm	MU2
Shrek Acting	All	BRY, HAL4, WIL3, MAR3, BRC	13.30pm-14.00pm	DR1
Shrek Acting	All	BRY, HAL4, WIL3, MAR3, BRC	15.10pm-16.10pm	DR1
Animation	8	FRA, HAS, LEV	3.10pm-4.10pm	AR2
Girls football	7,8 & 9	PRI1	3.00pm-4.00pm	Astro
Football	10	CUL2	3.00pm-4.00pm	Astro
Football	8	SEN1	3.00pm-4.00pm	Astro
Netball	10 & 11	BOU1	3.00pm-4.00pm	Sports Hall
Science	KS3	TAS2/HOQ1/IQB1/AGY/ TIZ	3.05pm-3.45pm	SC7
Mock Trial Competition	KS3	MCM2/ MAM1		
Friday				
Football	9 & 10	BAS1	7.45am-8.30am	Astro
Breakfast	All	HIL3	7.45am-8.15am	FC4
Basketball	10 & 11	HOW1	7.45am-8.15am	Sports Hall
Dance Choreography	8 & 9	HAZ&ENG	12.30pm-1.00pm	DA1
Table Tennis	8 & 9	PRI1	12.30pm-1.00pm	Sports Hall
Dance Performance	7	HAZ&ENG	1.30pm-2.00pm	DA1
Shrek Acting	All	BRY, HAL4, WIL3, MAR3, BRC	13.30pm-14.00pm	DR1
UKMT Challenge	KS3	MOR12	15.00pm-16.00pm	Maths Atrium

Times of the Day 2023/24



THE JO RICHARDSON

SUCCESS FOR ALL

C O M M U N I T Y S C H O O L

ACHIEVE

YEARS 8-9	Start 8.30 am	8.35 am	P1a 9.00 am	P1b 9.30 am	P2a 10.00 am	P2b 10.30 am	P3a 11.00 am	P3b 11.30 am	P4a 12.00 pm	P4b 12.30 pm	P5a 1.00 pm	P5b 1.30 pm	P6a 2.00 pm	P6b 2.30 pm	P7a 3.05 pm	P7b 3.35 pm	4.05 pm
Monday	8.20am earliest arrival at school unless involved in pre-school activity/ club	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	P7a	P7b	End of day
Tuesday		Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		
Wednesday		Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	P4b	P5a	1.40pm end of day. Lunch available until 2.00pm followed by optional school activities					
Thursday		Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		
Friday		Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		

YEAR 7 & YEARS 10-13	Start 8.30 am	8.35 am	P1a 9.00 am	P1b 9.30 am	P2a 10.00 am	P2b 10.30 am	P3a 11.00 am	P3b 11.30 am	P4a 12.00 pm	P4b 12.30 pm	P5a 1.00 pm	P5b 1.30 pm	P6a 2.00 pm	P6b 2.30 pm	P7a 3.05 pm	P7b 3.35 pm	4.05 pm
Monday	8.20am earliest arrival at school unless involved in pre-school activity/ club	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	P7a	P7b	End of day
Tuesday		Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		
Wednesday		Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	1.40pm end of day. Lunch available until 2.00pm followed by optional school activities					
Thursday		Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		
Friday		Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		

TARIFF SEPTEMBER 2023

DRINKS	PRICE	BREAKFAST	PRICE
Water 330ml	80p	Breakfast Roll	£2.05
Fruit Slush – Med/Lrg	90p/£1.45	Small Breakfast Baguette	£1.40
Capri Sun	£1.30	3 Piece Breakfast Pot	£2.00
Dalston Cans	£1.40	Toast with Butter or Jam	35p
Radnor 200ml Carton	£1.10	Pancake with Topping	£1.25
Milk / Flavoured Carton	£1.00	Waffle with Topping	£1.55
HOMEBAKES		Pastries & Croissants	£1.55
Muffins	£1.30	Cereals + Milk	90p
Mini Cakes	From 40p	Porridge for Staff	Free/ £1.05
Cookies	£1.15	Porridge for Students	Free
Chocolate / Cheese Straw	£1.15	Porridge Toppings	40p Each
HOT GRAB & GO		COLD GRAB & GO	
Ciabatta	£3.20	Roll	£1.00
Panini	£2.60	Sub	£2.05
Toastie	£2.15	Wrap	£2.60
Loaded Nachos	£2.25	Street Vibes & Naturally	From £2.85
Garlic Dough Balls	£1.40	Baguette	£2.65
Burrito	£2.65	Cold Pasta Pot – Med/Lrg	£1.00/£2.50
Chicken Wings	£2.15	Sml Self-Serve Salad Bar	£1.80
Shawarma	£2.65	Houmous Pot	£1.20
Pizza Slice	£1.50	Edamame Beans	£1.60
Street Vibes	£2.60	Sushi	£3.00
Naturally (V / Ve)	From £2.65	Yoghurt/Jelly/Fruit Pots	£1.00
Hot Pasta Pot – Med/lrg	£2.15/£2.50	Whole Fruit	55p
Jacket Potato – 1 Topping	£2.05		

VAT on hot food and beverages will be charged at the current rate for all staff members

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

18
CENSORED

FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert

David Upson is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and Vindex, he has reviewed more than 50 games and products over the past year.



National
Online
Safety

#WakeUpWednesday

Source: <https://npsl.org/about/npsl/en.html>

@nationalonline-safety

/NationalOnlineSafety

@nationalonline-safety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.03.2023

MUSIC ENSEMBLE TIMETABLE

AM	Monday	Tuesday	Wednesday	Thursday
8.15 – 08.55	Orchestra MU2 KJ	Vocal Group MU2 MH	Yr10 Band MU2 JM	Wind Band PR12 Miss Ellis
8.15 – 08.55		Shrek soloists rehearsal MU1 KJ		Yr11 Band MU2 JM
PM				
13.30 – 13.55			Jazz band MU2 JM	
15.05 – 16.05		Selected Shrek rehearsals MU1 KJ		

Low mood in adolescence

This webinar offers insight into spotting the signs and symptoms of low mood, understanding why young people are vulnerable to experiencing this and offering evidence-based strategies to supporting a young person.



Monday 20 November
12:15-13:15



[Click here to](#)
register

Anxiety in adolescence: how can parents help?

This webinar looks at when anxiety is normal vs. problematic, common anxieties during adolescence, 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.



Thursday 23 November
12:00-13:00



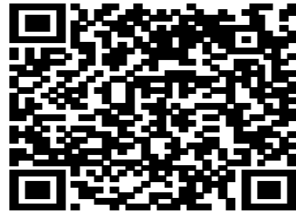
[Click here to](#)
register

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

This webinar provides an overview of the risk factors and methods of self-harm. It explores the various reasons why young people may self-harm and offers ideas on how parents can talk to and support their young people. It will discuss instances of self-harmful behaviour that may require professional support.

Tuesday 7 November

17:00-18:15



[Click here to](#)
register

Schools and Colleges
Early Support Service

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Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone

This webinar provides 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 offers ideas of how to support teenager and what is best to avoid. We discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support.

Tuesday 21 November

12:30-13:30



[Click here to](#)
register

Building resilience, staying connected and nurturing your relationship with your teen

Schools and Colleges
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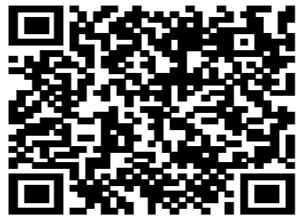
A partnership of



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.



Monday 13 November
17:00-18:00



[Click here to](#)
register

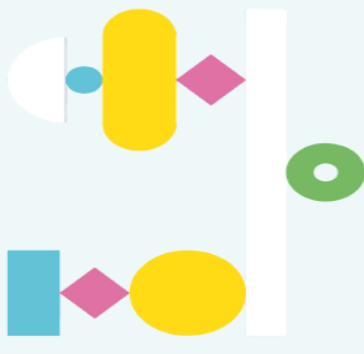
Managing teen behaviour that challenges: tips and tricks

Schools and Colleges
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This webinar provides an overview of adolescent development and the brain, including common challenging behaviours during adolescence. It will discuss different parenting styles and offers tips for parents and carers on how to approach and discuss challenging behaviour with teens, and how to set boundaries.



Tuesday 14 November
12:30-13:30



[Click here to](#)
register



All Proceeds will go to the Bramley Fund for JRCS.



Support The Community

DONATE



Pre-Loved Quality



Help the Environment



Disclaimer:

- We have created a Second-Hand Section which are products that have been pre-owned and donated to help our community. As this is a fundraising resource, all second hand products are non-refundable or exchangeable.
- Every effort goes into checking the quality of these products and will do our best to meet the needs of all our customers.
- However, it is advised that the items are to be washed before worn
- Please wash before donating

<https://castle-green.org.uk/product-category/secondhand/>



Castle Green | Gale Street | Dagenham | Essex | RM9 4UN

Reception: 020 8724 1500 | Email: uniformshop@castle-green.org.uk

<https://castle-green.org.uk/product-category/secondhand/>

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