

The Seagull



Issue 747 Friday 29th September 2023

Next Week is Week 1

All Enquiries: 020 8270 6222
Email: headteacher@jorichardson.org.uk

Website: www.jorichardson.org.uk
Twitter: @JRCS_School 

HEADTEACHER'S NEWS

European Day of Languages

This week we celebrated European Day of Languages in our whole school assemblies. Students confidently led the assemblies to celebrate this event with the aim to encourage language learning in Europe. It was a fantastic opportunity to celebrate cultural diversity and the range of languages spoken at JRCS to promote intercultural understanding. Students were encouraged to participate in lifelong language learning both in and outside of school and were made aware of the benefits of being multilingual.



Year 12



Our Year 12 students visited the University of Essex to raise aspirations and give students greater insight into life at university. They had the opportunity to participate in a lecture, tour the campus

grounds and learn about the various undergraduate qualifications on offer. Students were extremely grateful for the opportunity to

visit a university as they start to consider their post 18-options.



Jeans for Genes



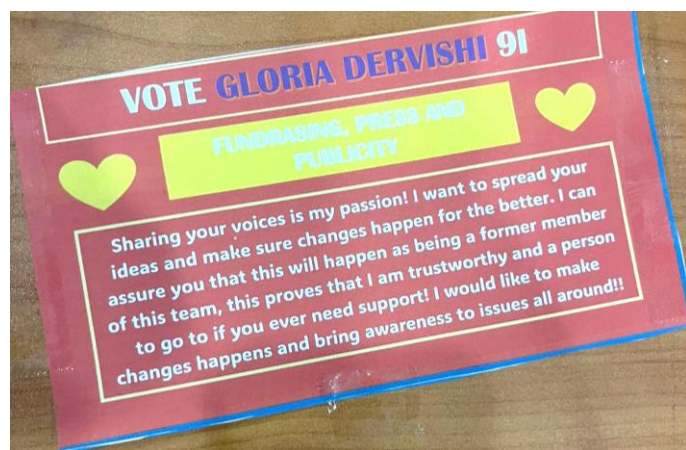
Sixth Form led a fundraising event for "Jeans for Genes" to raise awareness of the daily challenges faced by those living with a genetic condition. Money was raised through an amazing bake sale and Sixth Formers and staff were

allowed to wear jeans to promote this fantastic cause. Siddiqua (ex-JRCS student) made an exceptional cake for the raffle and staff and students contributed by baking their own cakes or buying lots of them to raise £325 for this worthwhile charity.

Democracy Day

Next week we will be hosting Democracy Day which is a chance for students to vote for each of our Student Action groups. Every student will have one vote and individual campaigns have already begun this week with students vying for positions. I look forward to working with the

successful candidates this year as we continue to improve student experiences at JRCS.



Ms Keane
Headteacher

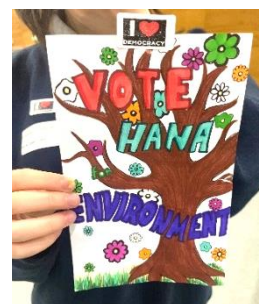
Forgotten items

Can parents/carers please be reminded that we are not able to accept forgotten items at the school reception unless specifically requested by a member of staff.

Thank you for your co-operation.

Mrs Stone
Office Manager

Student Voice



through promotional material and pitches.

Good luck to all our fantastic candidates!

This week marked the beginning of our Student Voice election process, with students from across all year groups starting their campaigns.

During Wednesday and Thursday break times, candidates took to Boothroyd Hall to promote themselves and answer questions from their peers. All students were invited to join and start to work out who they will vote for next week during our voting days.

There was an exciting buzz around and some incredibly creative and thought



Miss Hallas
Student Aspirations Coordinator

Jeans for Genes Day

A fund-raising event took place on Thursday 28th September in Sixth Form. The event raises awareness about genetic disorders, Jeans for Genes Day, and is a brilliant opportunity to raise awareness about different genetic disorders and how they affect people.



Learning about genetic disorders will help our students develop empathy for others. Around 30,000 babies and children are diagnosed with a genetic disorder in the UK.

Students and staff wear jeans for the day and staff baked some amazing cakes that were sold during breaktime. Through the amazing effort and support £325 was raised, which will help change lives for the better. The money raised will have a positive impact on young lives in the UK; donations help fund nurses, specialist equipment, support, and counselling.



Mrs Steadman
Sixth Form Progress Facilitator



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	HWD	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	HWD	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/IBQ1/AGY/TIZ	3.05pm-3.45pm	SC7
Textiles Club	KS3	MIR	Week 1 only 3.00pm-4.00pm	DT6
Electronics	KS3	MIR	Week 1 only 3.00pm-4.00pm	DT3
Cooking	KS3	MIR	Week 1 only 3.00pm-4.00pm	FC1
Mock Trial competition	KS3	MCM2/ MAM1	3.00pm-4.00pm	PDE1
Friday				
Football	9 & 10	BAS1	7.45am-8.30am	Astro
Breakfast	All	HIL3	7.45am-8.15am	FC4
Basketball	10 & 11	HWD	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	1.30pm-2.00pm	DR1
UKMT Challenge	KS3	MOR12	3.00pm-4.00pm	Maths Atrium

What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
16+
In UK and Europe; rest of the world 18+

...MSG ME...

WHAT ARE THE RISKS?

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a 'Forwarded many times' label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

VIEW ONCE CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

Dr Claire Buchanan is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...



National Online Safety®

#WakeUpWednesday

Source: <https://blog.whatsapp.com/en-open-letter> | <https://blog.whatsapp.com/107201843643232> | <https://blog.whatsapp.com/6150189189246?fbclid=IwAR1hZ...>
<https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-kick-making-your-most-important-conversations-more-private>
<https://www.onsa.com/learn/whatsapp-scams>

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

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

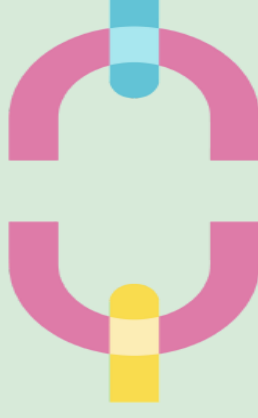
Schools and Colleges
Early Support Service

A partnership of



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

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

Schools and Colleges
Early Support Service

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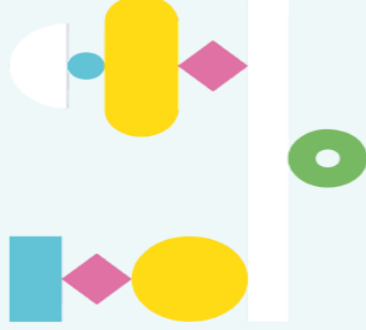
Managing teen behaviour that challenges: tips and tricks

Schools and Colleges
Early Support Service

A partnership of



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

Low mood in adolescence

Schools and Colleges
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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

Schools and Colleges
Early Support Service

A partnership of

Anna Freud 

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

Schools and Colleges
Early Support Service

A partnership of

Anna Freud 

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

Congratulations Shrek Auditionees



Nearly 200 students across the school auditioned to be a part of the school musical. Demonstrating maturity, confidence and bravery throughout the entire process. The Dance, Music and Drama

Departments were blown away by their extraordinary talent. We are excited about working with the students leading up to the show. Cast lists are out and the first set of rehearsals are happening next week!

Good luck performers!