

The Seagull



Issue 749 Friday 13th October 2023

Next Week is Week 1
Week beginning 30th October is Week 2

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HEADTEACHER'S NEWS

Congratulations

Congratulations to Alexander in 8G who received an award and prize from ExpertEd for all the extra Maths homework he has been doing! I have also issued a number of awards for students who have been doing extra homework on Seneca. Seneca is an online homework platform that the school has purchased to support students in their homework and independent study. Students who engage in learning at home as well as in school perform significantly better in exams at the end of Year 11 and Year 13. I am pleased to say that JRCS is the top performing school in the borough in terms of student engagement with Seneca. Keep it up JRCS!

ACHIEVE Days

A reminder that next week is our in school ACHIEVE programme. Please see details included in this week's edition of The Seagull about the different activities and trips that will be taking place next week. Please ensure you are aware of the timings and equipment required for your child's year group for **Wednesday 18th and Thursday 19th October.** These are important educational visits that enhance learning outside the curriculum. Students always talk positively about their experiences during these enrichment activities. It is important that all students attend school on these days. Students who do not attend the ACHIEVE day trips in October and July may not be allowed on reward trips at the end of the year.

Year 11 National Tutoring Programme

The Year 11 Online Tutoring cohort commenced 1:1 online tutoring this week with our tutoring provider Pearson. We have kindly received ICT equipment from Capita and funding as part of the Government's National Tutoring programme to enable some students the opportunity to access private Maths and English tuition. Engagement from the Year 11s who attended was excellent and many commented on the benefits of 1:1 tuition and were grateful for the expertise that was offered. We have some limited availability for these sessions so please contact Miss Boulton (Assistant Head Year 11) for further information.



Year 10 Info Evening

Thank you to all parents/carers who attended the Year 10 information evening on Wednesday 11th October. We hope that you found the session insightful and now feel fully prepared to support your child in their GCSEs. Should there be any questions or concerns about your child's progress, please contact the year team.



Shrek Rehearsals



Rehearsals for our 2024 production are well underway and it is fantastic to see so many students involved in the performing arts, whether that is dancing, singing, or acting. Staff leading the production have

been pleased with the commitment from all students and we hope this continues in the run up to opening night!

INSET Day

Friday 20th October is a staff INSET day and the school is closed to all students. I hope you all have an enjoyable and safe half term, and we look forward to welcoming students back on Monday 30th October.

Ms Keane
Headteacher

Whole School Achieve Days -Wednesday 18th October & Thursday 19th October

Please continue to make payment and give consent for students in Year 7 – 10. You can do this via MCAS, Trips & Consent, available trips. If you are having trouble logging into MCAS or need a barcode to make payment at the shop, please email office@jorichardson.org.uk

Belgium Trip – Wednesday 18th October

Students attending this trip will receive all information next week in an assembly, please ensure they have their passport & GHIC card with them for the trip, and they arrive to school at 5.15am on Wednesday 18th October. Students attending this trip will be in school on Thursday 19th October at the normal time of 8.30am to take part in the Fairtrade/DT activities.

Mrs Garland
Assistant Office Manager

SCHOOL TRIPS – Important information Asthma Pumps and medication

Parents/carers are reminded that students must be provided with all the medication that they may require while off site for the school trips. Medication should be clearly labelled with the student's name.

If you have reported to the school that your child has asthma, they must be carrying an asthma pump. Failure to do so may prevent your child taking part in the offsite activity. Epipens must be collected by the students from the Student Services department the day of departure.

If your child brings home their school medication, it is parent/carers/students' responsibility to return all medications to school after the trips.

If you have any queries or concerns, please call us at the Student Services department any day after 12 noon.

Mrs O'Keefe
Student Services Manager & Attendance /
Safeguarding Lead

Year 7 Mountfitchet Trip 18th and 19th October:

A reminder that students will need to be in their full school uniform for their visit to Mountfitchet Castle. Students need to ensure they have weather appropriate clothing and need to bring a change of shoes as the conditions are often muddy. Students with asthma will need to make sure they have their asthma pump with them.

Mrs Green
KS3 History Co-Ordinator

World Mental Health Day

On Tuesday 10th October we celebrated World Mental Health Day at JRCS. We did this in a few ways:

1.Assemblies – We had Key Stage assemblies devoted to the topic of mental health awareness including a personal story shared with KS4 and KS5 by myself and Mrs House sharing her psychology knowledge with KS3.

2.Tutor time programme – Every year group has completed an activity relating to caring for their own wellbeing during tutor time.

3.Hello Yellow – Finally, we asked staff to wear as much yellow as they could and students to add a splash of yellow to their uniform (socks/bows/bobbles/scarves). Here you can see some amazing staff commitment to the cause!

Here at JRCS we are passionate about ensuring every young person and staff member

in our school community feels valued and with a voice. We hope that they know they can reach for to support at any time by using the Imabi App to report concerns, speaking to a trusted adult in school or by following any of the links on our school website '[Wellbeing Hub](#)'.



Next week, a further 10 staff members across the school will be training in being a Mental Health Champion with further training for Mental Health First Aid in November. Furthermore, we are hoping to have training for parents/carers in being a Mental Health Champion and welcome expressions of interest via the Head of Year for your child.

Our theme this week has been kindness. We are a great school community and we achieve this by simply being kind. So, remember when asking if someone is okay, ask twice to be sure!

Ms Draisey
Senior Mental Health & Wellbeing Lead

Year 7 Boys Football

The Year 7 football team started off their season with an opening fixture against Sanders Drapers School in the first round of the Essex Cup.

The boys put in a brilliant performance considering it was the first time the students had played together before in a competitive fixture and they managed to find an equaliser with only a couple of minutes of normal time remaining to force extra time. The game went all the way to a penalty shootout and unfortunately the boys lost what was a very tight encounter. Despite the defeat, there were plenty of positive signs for the season ahead as we look to start our borough league campaign.

Mr Howard
Head of PE

U16 Netball

The U16 netball team played their first fixture of the season against Robert Clack on Monday 9th

October. Commitment to training has been excellent from the start of the year and the girls' skill level and discipline has improved in the last 6 weeks. We played Robert Clack A team in the first match and, despite losing, demonstrated some excellent passing and defending at times. The match against the B team was a more closely contested game and we were unlucky to lose in the closing moments by 2 goals. Well done to the Year 10 students who played up a year in this fixture and keep up the commitment in training as we will soon see the results!

Miss Boulton
Assistant Headteacher



Wednesday 18th October											
Visit/Event	Date	Year	Forms	Student arrival	Dep time or start of activity	Approx. return time	Where to register for Years 7 & 8 Rooms needed all day for Years 9, 10, 11, 12 & 13	Equipment	Lunch arrangements	Spending money	School uniform?
Spymasters/ Mountfitchet Castle	18/10/2023	7	ABCDE	7A 7.00am 7B/7C/7D/7E 8.30am	7A 7.15am 7B/7C/7D/7E 9am	7A 3.10pm 7B/7C/7D/7E 4.10pm	A= MA1 B= MA1 C= MA2 D= MA3 E= MA4	Weatherproof clothing, change of footwear	Packed lunch + water	max £5	Yes
West Ham Workshops	18/10/2023	7	FGHIJ	8.30am	9.00am	3.00pm	F = MA5 G = MA6 H - MA7 I = MA8 J = MA9	Standard school equipment (pen, pencil, calculator etc.) & planner, bring PE Kit	Normal lunch arrangements	n/a	Yes
Tate Modern	18/10/2023	8	FGHIJ	8F/8G/8H 8.30am 8I/8J 10.30am	8F/8G/8H 8.50am 8I//8J 10.50am	8F/8G/8H 1.00-1.30pm 8I/8J 3.15-3.45pm	F= SC1 G= SC2 H= SC3 I= SC4 J=SC5	Weatherproof clothing	Packed lunch + water	n/a	Yes
Colchester Zoo	18/10/2023	8	ABCDE	8.30am	9.00am	3.30pm	A= SC6 B= SC7 C= SC8 D= SC9 E= SC10	Weatherproof clothing	Packed lunch + water	max £5	Yes
Tower of London	18/10/2023	9	FGHIJ	8.30am	9F/9G/half 9H 9.15 half 9H/9I/9J 9.45	9F/9G/half 9H 3.15pm half 9H/9I/9J 4.15pm	F=EN1 G= EN2 H=EN3 I=EN4 J=EN5	Weatherproof clothing	Packed lunch + water	max £10	Yes
Ypres, Belgium	18/10/2023	9	selected students should be aware	5.15am	5.30am	9.30pm approx		Waterproof clothing, something firm to lean on, pen& pencil	Packed lunch + water, extra lunch for breakfast and dinner	Euros up to £10 worth	Yes
Fair Trade/DT/Food	18/10/2023	9	ABCDE	8.30am	8.40am	3.00pm	A= GE1 B= GE2 C= GE3 D= HU2 E= HU3	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Careers	18/10/2023	10	ABCDE	9.00am	9.30am	3.00pm	A=PDE1, B=PDE2, C=PDE3 D=RE1, E=RE2,	Standard school equipment (pen, pencil, calculator etc.) & planner, bring PE Kit	Normal lunch arrangements	n/a	Yes
Dragons Den	18/10/2023	10	FGHIJ	9.15am	9.30am	3.00pm	F=SF1, G =SF2, H=SF3, I=SF4, J=SF4CR	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Maths, English & Science Exams	18/10/2023	11	ALL	8.45am	9.00am	2.30pm	Assembly Lines	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
KS5 Study Strategies	18/10/2023	12	ALL	8.50am	9.00am	2.00pm	SS1, SS2	n/a	Normal lunch arrangements	n/a	n/a
Post 18 Day	18/10/2023	13	ALL	8.30am	9.00am	3.00pm	SFCR	n/a	Normal lunch arrangements	n/a	n/a

Thursday 19th October											
Visit/Event	Date	Year	Forms	Student arrival	Dep time or start of activity	Approx. return time	Where to register for Years 7 & 8 Rooms needed all day for Years 9, 10, 11, 12 & 13	Equipment	Lunch arrangements	Spending money	School uniform?
Spymasters/ Mountfitchet Castle	19/10/2023	7	FGHIJ	7F 7.00am 7G/7H/7I/7J 8.30am	7F 7.15am 7G/7H/7I/7J 9am	7F 3.10pm 7G/H/7I/7J 4.10pm	F= MA1 G= MA1 H= MA2 I= MA3 J= MA4	Weatherproof clothing, change of footwear	Packed lunch + water	max £5	Yes
West Ham Workshops	19/10/2023	7	ABCDE	8.30am	9.00am	3.00pm	A = MA5 B = MA6 C - MA7 D = MA8 E = MA9	Standard school equipment (pen, pencil, calculator etc.) & planner bring PE kit	Normal lunch arrangements	n/a	Yes
Tate modern	19/10/2023	8	ABCDE	8A/8B/8C 8.30am 8D/8E 10.30am	8A/8B/8C 8.50am 8D/8E 10.50am	8A/8B/8C 1.00 - 1.30pm 8D/8E 3.15 - 3.45pm	A= SC1 B= SC2 C= SC3 D= SC4 E= SC5	Weatherproof clothing	Packed lunch + water	n/a	Yes
Colchester Zoo	19/10/2023	8	FGHIJ	8.30am	9.00am	3.30pm	F= SC6 G= SC7 H= SC8 I= SC9 J= SC10	Weatherproof clothing	Packed lunch + water	max £5	Yes
Tower of London	19/10/2023	9	ABCDE	8.30am	9A/9B/half 9C 9.15am half 9C/9D/9E 9.45am	9A/9B/half 9C 3.15pm half 9C/9D/9E 4.15pm	A=EN1 B= EN2 C=EN3 D=EN4 E=EN5	Weatherproof clothing	Packed lunch + water	max £10	Yes
Fair Trade/DT/Food	19/10/2023	9	FGHIJ plus students in A- E that went Belgium	8.30am	8.40am	3.00pm	F= GE1 G= GE2 H= GE3 I= HI2 J= HI3	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Careers	19/10/2023	10	FGHIJ	9.00am	9.30am	3.00pm	F=Lit Lab, G =BS2, H=MFL1, I=MFL2, J=MFL3	Standard school equipment (pen, pencil, calculator etc.) & planner, bring PE Kit	Normal lunch arrangements	n/a	Yes
Dragons Den	19/10/2023	10	ABCDE	9.15am	9.30am	3.00pm	A=SF1, B=SF2, C=SF3 D=SF4, E=SF4R	Standard school equipment (pen, pencil, calculator etc.) & planner.	Normal lunch arrangements	n/a	Yes
Maths & Science Exams	19/10/2023	11	ALL	9.45am	10.00am	2.00pm	Assembly Lines	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
London Culture	19/10/2023	12	ALL	9.30am	-	4.00pm	Becontree Station	n/a	Packed Lunch or money to buy food	money to buy lunch if required	n/a
Post 18 Transition Day	19/10/2023	13	ALL	8.30am	n/a	3.00pm	SFCR	n/a	Normal lunch arrangements	n/a	n/a

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	PR11	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 & PR11	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	PR11	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	PR11	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

JO RICHARDSON SIXTH FORM OPEN EVENING

Wednesday 1st November 3:45pm - 6:00pm
External students should attend 5:00pm - 6:00pm



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

What Parents & Carers Need to Know about DATA BACKUPS AND STORAGE

Making backup copies of files and other content is very useful for avoiding issues (such as hardware failure, software problems or accidental deletion) that could cause the loss of important information or treasured images and videos. While backing up files is considered good practice, it's also essential for adults and children alike to stay aware of the risks which can potentially result from saving these extra copies of your info – particularly if your additional backup versions use cloud storage services.

BACKUP BASICS

Consider how valuable different types of files are – and what the impact would be if they were lost. Family photos and videos might be irreplaceable, for example, whereas emails to friends tend to be less important. This thought process can help you decide what to back up.

For your most indispensable files, follow 'the 3-2-1 rule': keep 3 backups of your data (your original plus two copies) using 2 different media (such as a USB flash, cloud storage or a hard disk drive) with 1 copy held in a physically separate location. This reduces the chance of a single event meaning that your files aren't recoverable from any of these backups.

WHAT ARE THE RISKS?

DISAGREEABLE DUPLICATES

Because we tend to back files up in groups rather than individually, it's very easy for some content to get inadvertently swept up in the saving process, creating a duplicate that we aren't aware exists. If this were to include the unintentional backup of malware files, it would mean when we recover our data from the backup, we're also restoring the harmful malware to our computer, phone or tablet.

HIDDEN IN THE CLOUD

It's not unknown for children and young people to make use of cloud backup services to effectively 'hide' content that they know their parents and carers wouldn't approve of (such as something age inappropriate, for example). They can then delete the content from their device, safe in the knowledge that they can easily retrieve it from the cloud at a more convenient moment.

THE WEAKEST LINK

If any of our backups are insecure, then – in the event of a breach – the entirety of our data might become accessible to cyber criminals or other malicious individuals. Cyber criminals are aware that, by default, backups tend to contain important or valuable files that people want to keep safe – which makes them a popular (and potentially lucrative) target for cyber-attacks.

RANDOM RECOVERIES

When restoring data from one of our backups, we may find that some data is recovered which we hadn't even realised had been backed up. This doesn't necessarily sound like a huge drawback – but it could potentially cause a problem if the files were sensitive or personal in nature, and then (without us realising) suddenly become available on our devices, where others might see them.

Advice for Parents & Carers

BE ORGANISED

Try to keep on top of what backups you and your children have in place – including where your files are saved (to the cloud or an external storage device, for instance) and how they can be accessed. It can also be helpful to stay aware of what data isn't being backed up, which could save you the time and the stress of looking for something in your backup that was never actually there.

PRACTICE MAKES PERFECT

Find out how to recover files and information from backups until you're fully confident with the process. You could help your child practice with their own (or less essential) files, so they're able to restore items to their device if they need to. It's intensely frustrating knowing that your (or your child's) important files or cherished photo albums are there somewhere, but you can't get to them.

KEEP THINGS TIDY

Where possible, curate your backups by learning how to add or remove content selectively. The former will save you from having to carry out a complete backup on every occasion (which can be time consuming), while being able to prune individual files can be extremely useful if a small number of unwanted – or possibly sensitive – items have been copied over and saved accidentally.

SCRUTINISE YOUR SECURITY

It sounds like obvious advice, but it's absolutely vital: ensure that your backups are secure. This includes appropriate technical measures – like encryption, strong passwords and multifactor authentication – and, where possible, physical security to prevent the media being stolen. If you're backing up to a hard drive or an external storage device, you should ideally use password protection.

Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



NOS National Online Safety
#WakeUpWednesday



@nationalonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

**THE
BIG
HOUSE**

**ARE YOU
BETWEEN THE AGE
12 AND 16?**

FREE WORKSHOPS

THE BIG HOUSE

THE BIG NOISE

ACTING

MOVEMENT

SPOKEN WORD

MUSIC

**BARKING RUGBY CLUB, RM9 4TX
EVERY TUESDAY @ 4PM - 6:30PM
26 SEP 2023- 31 OCT 2023**



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

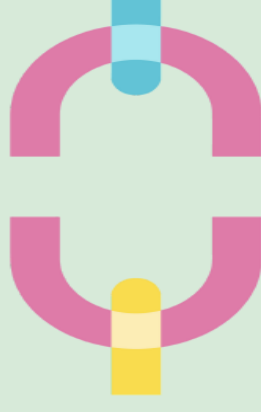
17:00-18:15



[Click here to](#)
register

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

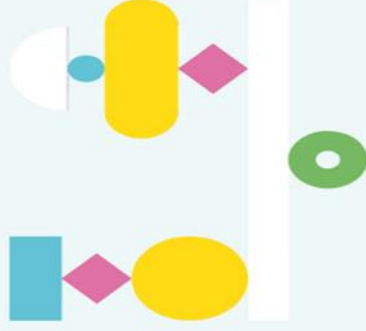
Managing teen behaviour that challenges: tips and tricks

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



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Low mood in adolescence

Schools and Colleges
Early Support Service

A partnership of



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



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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



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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



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