

The Seagull



Issue 752 Friday 17th November 2023

Next is Week 1

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HEADTEACHER'S NEWS

Year 11 Progress Evening



Thank you to everyone who attended the Year 11 Progress Evening this week. It provided a fantastic opportunity for students and families to discuss

their progress towards their GCSE's and there were many reflective, encouraging and constructive conversations happening to prepare our students for the mock exams commencing in December. We have been pleased with the commitment shown by the year group in attending intervention sessions and tutoring and we know that this commitment to learning will result in positive student outcomes.

Anti-Bullying week



The theme of this year's Anti-Bullying week is "Make a Noise About Bullying" and JRCS students have embraced this through student led assemblies and by making pledges to stand up against bullying. These pledges will be displayed in Main Street as a reminder of our zero tolerance approach to bullying and we hope that students and staff continue to pledge their support.

Student Voice Summit



Our student leadership team is a real strength at JRCS and this week we hosted the Student Voice Summit which provides an opportunity for

students to present their ideas on key issues and matters that are important to them. The work of the student action team ensures we follow the principle of "nothing about us, without us" and we will continue to work together to improve student educational experiences at JRCS.





LBBB Construction Careers Event



The Year 11 Construction Youth Trust group attended the LBBB Construction Careers Fair on Wednesday this week at the BRIC, Barking. The event was targeted at students considering careers in construction, Green Skills and Sustainability and there were live demonstrations and networking opportunities for our students on the day. They were able to find out about apprenticeships and other training routes into the industry and provided valuable careers education for our students.



Ms Keane
Headteacher

Anna Freud Centre Student Webinar – Exam Stress



Calling all parents/carers to students in Year 11 and Year 13. As we approach more mock exams and, in 2024 their real exams, students can experience exam stress. This is when a student may feel overwhelmed by the task ahead or unable to cope with the competing demands of preparing for your exams. We wish to do all that we can to support our young people with this and therefore, wish to share the following offer.

The Anna Freud Centre is a wonderful organisation who are committed to improving the wellbeing of young people and they have put together a great webinar to help manage the stress exams may bring. Students can sign up to this using the below link:

[Webinar Registration - Zoom](#)

For parents/carers, there are webinars from the Anna Freud Centre shared each week at the back of The Seagull so please keep an eye out for those too.

Best wishes,

Ms Draisey
Head of Year 11 and Senior Mental Health & Wellbeing Lead

Year 7 Football

The Year 7 football team started their borough league campaign this week in successful fashion as the team managed to win 2-0 against Eastbrook School.

It was an excellent performance from the team in only their second match together and I am please they got the positive result their performance deserved. The fixtures come quickly with a game against Riverside School next week, followed by a match against Barking Abbey a couple of weeks later.

Mr Howard
Head of PE

Under 16 Netball



The Under 16 netball team faced Eastbrook in a league match this week. The team was a combination of Year 10 and Year 11 students who continue to train regularly together and have formed a cohesive group. We have been working on defence in training and this was evident in the number of interceptions made during the match. Whilst we unfortunately lost the fixture it was positive to see the improvement that the girls are showing week on week, and we look forward to facing Dagenham Park next week.

Miss Boulton
Assistant Headteacher



Shrek Rehearsal Schedule

Week Commencing: **20th November 2023**

	Monday BRY2 (7.45-8.15)		Tuesday ENG (08.00 – 08.55)		Wednesday JEN (08.00 – 08.55)		Thursday HAL4 (08.00 – 08.55)		Friday		
Before School	Shrek Fiona Donkey	End of Act 1, Scene 9	Advance Dancers Pied Piper Fiona Bluebird	Morning Person	Fiona Bluebird	Morning Person	Donkey Shrek Fiona	Act 2, Scene 1 ‘I think I got you Beat’	NO REHEARSAL		
		Who I’d Be									
		DR3				DA1		MU1			MU1
		Thursday JEN (08.00 – 08.55)									
				ALL ENSEMBLE			Ballad of Farquaad				
			MU1								

	Monday HAL4 (11.00-11.25)		Tuesday	Wednesday HAL4 (10.00-10.25) Yr8, Yr9		Thursday	Friday
Lunch	Farquaad Captain & Thelonus (Chidebem)	Act 2 Scene 2	NO REHEARSAL	8 & 9 Ensemble	Ballad of Farquaad	NO REHEARSAL	NO REHEARSAL
		DR1			DR3		

	Monday HAL4/WIL3 (16.05-17:00)		Tuesday JEN (15.05 – 16.00)		Wednesday (Teacher)	Thursday All Staff (15.05 – 16.00)		Friday HAL4 (15.05-16:00)	
After School	ALL ENSEMBLE	Ballad of Farquaad	Fiona Shrek	I think I got you Beat	NO REHEARSAL.	Whole Cast	p. 65-79 Revise all	Shrek Donkey Fiona	Act 2, Scene 3
				MU1					
	Farquaad	Boothroyd Hall/DR3	Tuesday ENG (15.05 – 16.00)				Boothroyd Hall		
			Advance Dancers Pied Piper Bluebird	Morning Person					
				DA1					

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 MICROTRANSACTIONS

Microtransactions (often abbreviated as "MTX") are digital purchases made within an app or game to unlock extra features or additional content such as new levels. A popular sub-set of these are loot boxes, which contain a selection (usually random) of virtual items: from character skins to game-changing equipment like better weapons. Microtransactions (and loot boxes in particular) are now widespread in apps and games, but concerns persist that they normalise gambling and can foster addictive behaviours – especially among younger players.

WHAT ARE THE RISKS?

GATEWAY TO GAMBLING?

Microtransactions have been criticised for promoting gambling-adjacent behaviour in children. Research has also suggested that exposure to the loot box system could affect the likelihood of a young person suffering gambling harms later in life. Children who purchased or used loot boxes in the last 12 months were found to be more likely to have gambled during the same period, as well.

ADDICTIVE NATURE

Microtransactions (and loot boxes especially) could lead to young people displaying compulsive behaviours. Loot boxes are designed to be addictive, and the sought-after prizes they contain are dispensed at random. This means that young gamers might not get what they want straight away, causing them to spend more money as well as additional time gaming.

PAYING TO WIN

In many popular games (the FIFA series being a notable example), microtransactions make it far easier to succeed – which is a concern because children can often find it difficult to keep track of their spending. Once a child starts making in-game purchases, they may continue buying to keep up with their friends and other players – sometimes without recognising the mounting real-world cost.

EXCLUSIVE CONTENT

DATA COLLECTION

To allow a young person to complete microtransactions, many app and game developers collect personal data such as their name, address, email, geolocation information, photos, payment details and so on. Even if this data remains secure (which is by no means guaranteed), there's always the chance that it will be used – and possibly sold on to third parties – for marketing purposes.

AFFECTING DAILY ROUTINE

Online games tend to revolve around repeated loops of activity that can affect purchasing decisions and potentially influence children's spending patterns. This could lead to your child not only handing over more money but also adjusting their daily routine to match the game's schedule – potentially impacting more important elements of their day, such as homework and family time.

SATELLITE SPENDING

If you've linked a payment method like a debit card or a PayPal account to your child's game or app, it's wise to keep a close eye on their microtransactions to ensure they aren't racking up a large bill. Letting a child have access to your card (if they're still too young to have their own) or other means of payment could also lead to them spending beyond the apps and games they normally use.

Advice for Parents & Carers

DO YOUR RESEARCH

It's important to have a serviceable idea of whether the games your child plays use the loot box system (even if it goes by a different name) or include the option of buying items, equipment and so forth. If so, it's crucial to help your child understand that this costs actual money, and that they shouldn't feel pressured into making any purchases.

CHAT ABOUT 'CHANCE'

It may help to explain to your child that many microtransactions involve an element of chance: they could pay money and still not get what they want in return. Emphasise that – while not usually costing much individually – these in-app and in-game purchases can soon add up. Talk to your child about how spending their money in a game or app means they have less to use in the real world.

(GIFT) CARDS ON THE TABLE

Investing in an in-game currency gift card can be a useful way of helping your child get to grips with budgeting. If you buy, say, a £10 V-bucks Fortnite gift card, monitor how long it takes them to spend it. When they come to you asking for more, you could make it the starting point for a conversation about how quickly that money went and how they could earn their next gift card.

STOP SPENDING AT SOURCE

You might decide that the wisest strategy is to remove the potential for spending money on microtransactions. If so, most games, apps and devices have options in their settings to help you manage what your child can spend – or to disable that function altogether, preventing them from buying additional items for their games or boosted functionality for certain apps.

WATCH FOR THE SIGNS

If you're worried that your child's passion for a particular game or app may tempt them into habitual spending on microtransactions, it's important to remember the indicators of addictive behaviour. Irritability, a lack of concentration and prioritising recreational screen time ahead of homework or mealtimes could all be signs that you need to have a conversation about a more balanced routine.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor at tech tabloid The Independent, Carly is now a freelance technology journalist, editor and consultant.



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Schools and Colleges Early Support Service Webinars for Young People

Information for parents and carers



Dear parents and carers,

We would like to share with you a webinar series specially tailored for young people.

The topics have been chosen to reflect common difficulties young people may experience. These webinars provide useful advice for young people to support them in looking after their own mental health.

Young people can register to view these webinars using the links below. Once registered, these webinars can be viewed more than once and at any time, for up to 30 days.

The webinars cover the following topics:

How to manage low mood

We all experience low mood in different ways. It can not only impact upon how we feel but it can also affect how we live our lives day to day, including our relationships, eating and sleeping patterns, concentration and school/college work. It can lead to feelings of hopelessness and stop us from enjoying the things we normally would. This webinar will help your young people to understand what low mood is, help them to spot the signs of low mood and support them to look after themselves by using self-care strategies.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: 8u*8j+Nl

How to manage anxiety

Anxiety is a normal part of life and can affect anyone. A bit of anxiety from time to time is normal, it can help with motivation at school/college, sport or work. However, if anxious feelings don't go away, they can interfere with our ability to concentrate, socialise with friends and generally enjoy life. This webinar will help your young people to recognise the signs of anxiety and understand how anxiety impacts on their thoughts, feelings and behaviours. The webinar will also support them to reduce and manage anxious feelings by using self-care strategies.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: CWuA+2#2

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How to manage peer pressure

Peer pressure means feeling like you have to do something because people around you want you to or expect you to. We know this is common in adolescence. The Schools and Colleges Early Support Service's Young Person's Panel has co-produced a webinar to support other young people around peer pressure. Delivered by the SCESS team, this exciting new webinar supports young people to understand peer pressure and recognise situations where they might experience this. Ways in which peer pressure affects young people are explored along with helpful strategies to manage this.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: .9H^J\$#k

How to manage exam stress

Stress levels can be higher than usual around exam time. A bit of stress can help us to stay motivated but too much can be unhelpful. This webinar will help your young people to find the best ways to manage their stress levels and stay calm before, during and after their exams.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: N7dqw!=C

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Low mood in adolescence

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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

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

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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

Anxiety in adolescence: how can parents help?

Schools and Colleges
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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

Schools and Colleges Early Support Service: Parent and Carer Webinars



Dear Parents and Carers,

We would like to invite you to attend the **Autumn Term** webinar series specially tailored for parents/carers of adolescents, in collaboration with the Schools and Colleges Early Support Service.

The topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars will cover the following topics:

- Low mood in adolescence
- Anxiety in adolescence: how can parents help?
- Adolescent self-harm: how to make sense of it and when to seek support
- Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone
- Building resilience, staying connected and nurturing your relationship with your teen
- Managing teen behaviour that challenges: tips and tricks

Further details on each webinar are below. To register please click on the relevant Zoom link. After registering, you will receive a confirmation email containing information about joining the meeting.

Low mood in adolescence

Monday 20 November 12:15-13:15

Low mood does not just affect adults. Young people can experience low mood too. Common signs of low mood often include sadness that does not go away, feeling irritable all of the time, not being interested in things that used to be enjoyed, feeling tired and exhausted a lot of the time. Things that might increase low mood include family difficulties, bullying, bereavement, parental separation, friendship issues.

Our webinar will offer some insight into spotting the signs and symptoms of low mood, understand why young people are vulnerable to experiencing this and offer evidence-based strategies to support a young person.

[Click here](#) to register.

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Anxiety in adolescence: how can parents and carers help?

Thursday 23 November 12:00-13:00

It is normal to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things, e.g., talking to new people, going out with friends, or doing their best in exams. The focus of this webinar will be on what parents/carers can do to help their teens who are experiencing anxiety.

It will cover when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), 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.

[Click here](#) to register.

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

Tuesday 21 November 12:30-13:30

Adolescence inherently consists of many storms that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Teenagers grapple with their own identity, their social relationships, and their need for autonomy, and in turn parents face the challenge of being left out, managing their own reactions to strong teen emotions, and finding different ways of connecting with their teens.

This webinar will provide 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 will offer ideas on how to support teenager with their strong feelings and what to best avoid.

Lastly, the webinar will discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

[Click here](#) to register.

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Parent and carer webinars: on-demand

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Anna Freud



Low mood in adolescence

This webinar will offer some insight into spotting the signs and symptoms of low mood, understand why young people are vulnerable to experiencing this and offer evidence-based strategies to support a young person.



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How to support your young person when they get their exam results

This webinar will explore ways in which you can support your young person with feelings of anxiety around results day. We will offer top tips from our Young Champions and healthy strategies that you can use to support both yours and your young person's mental wellbeing.

Transition to secondary school: supporting your year 7 child with the ending and new beginning

This webinar will explore ways that you can support your child during this period of change. Top tips will be shared to help you to consider challenges and opportunities that may arise during transition, spotting when your child may be struggling, strategies to help you to support your child and exploring your own wellbeing. Resources will be shared on how you/they might seek further support if needed.



Passcode:
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How to support your young person with anxiety

This webinar explores when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), 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.

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