

The Seagull



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Next is Week 2

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HEADTEACHER'S NEWS

Yet again it has been a busy week at JRCS! We had assemblies and performances to promote anti-bullying week. Students raised awareness at break time and made pledges about what they would do to try to combat bullying. We ask parents/carers to continue to encourage students to think about what they post on social media and to monitor their child's social media. Often issues that are brought into school start through students' mobile phone use and comments that are posted on social media apps such as Snapchat. Please speak to your child about their social media use and help us to combat cyber bullying. Please see the flyer at the end of the newsletter on; "How to be kind online."

At JRCS one of our core ACHIEVE values is to value, care for and **Respect** each other. Respect is one of our key character traits. This, alongside the core British value of tolerance, is so important with what is going on around the world at the moment. I am proud to be the Headteacher of a school with such a diverse community, where tolerance and respect are embedded in our culture.

Coming up

Our Year 7 Parent Information Evening is being held on Thursday 30th November. For parents/carers who are attending, please aim to arrive from 5:00pm for a 5:15pm start, we expect to finish at 6:00pm. Your child should attend with you in full school uniform. The evening is to allow the Year 7 team to share important information about how you can best support your child academically, as well as outlining the pastoral care and support we offer at JRCS. On this evening we also aim to

explain the Jo Richardson report system so that you will be able to understand all the information you receive on their first report at the end of the term. We also look forward to celebrating their successes so far with you all. Although this evening will not be an opportunity to meet individual class teachers, a full Parents' Evening will be held later in the year on 8th May 2024 where this will occur.

Year 11 are busy preparing for their mock exams which start on 4th December. If you have a student in Year 11, please talk to your child about how they are preparing for these important exams. Students have been provided with a wide range of revision resources and links for online support such as BBC Bitesize.

Year 10 Oxbridge Insights



We are committed to raising the aspirations of our students and on Monday this week a group of Year 10 students had the opportunity to

participate in an Oxbridge Insights event to learn more about further education at Russell Group universities. The students were able to find out about potential degrees and routes into further study and well as learning about the wider life of university students. There was a guest speaker whose presentation focused on the importance of speaking foreign languages and the advantages this can bring to future employment. We hope these events will encourage more of our students to apply to these institutions in Year 13.

Ms Keane
Headteacher

Anti-Bullying Week - Year 10 Performances



Last week saw 'Anti-Bullying Week' and, as well as lots of exciting and informative opportunities around the school, the Drama Department

hosted a series of 'Anti-Bullying' performances devised by our Year 10 cohort. These were held at lunch times for a Year 7 audience. Performances were devised around the theme of the week 'Speak out' and saw a range of topics covered with audience participation and great feedback all round. Our Year 10 students performed professionally and with great integrity. Thank you to all Year 7s who came and supported and well done to our fantastic Year 10s!

The Drama Department

Year 11 Wellbeing Sessions: Gambling



During this week, our Year 11 students had the great opportunity to hear from a charity called GamCare. During their 'wellbeing' lesson where students are completing either physical exercise or have guest speakers in to school.

This week, GamCare came in to discuss the risks of gambling, whether this be amongst friends or online and, in fact, this may even be during online gaming. Students were informed about 'loot boxes' and the links they have to gambling too. Dan (from GamCare) shared his personal challenging experience with gambling and our students had plenty of questions for him.

We hope that Year 11 enjoyed this session, and we look forward to exploring more issues such as finance with JP Morgan, exam stress

with the Mental Health Support Team and even toxic masculinity!



Ms Draisey
Head of Year 11

Student Voice Winter Summit 2023



On Tuesday 14th November, our Student Action teams came together for the day in Boothroyd Hall for our 'Student Voice Winter Summit 2023'. It was a fantastic day full of planning for the future and team building, culminating in our teams being awarded their Student Voice badges to wear proudly!

Our teams: **Social Action, Fundraising, Press & Publicity, Race & Social Justice, Environment, Pride & Allies and Wellbeing**, met for the first time and began to forge positive working relationships.

The day began with icebreakers and teambuilding, moving to interview panel prep and culminated with some brilliant presentations of the teams' two- and five-month action plans. Projects ranged from planning for Culture Day 2024, our re-usable bottle campaign, Wellbeing Wednesdays, fundraising for a number of different charities, educational plays for different causes and a student Seagull column.

Well done to our newly elected Student Voice and watch this space for their next adventures!



Miss Hallas
Student Aspiration Co-ordinator

Year 10 Football

The Year 10 football team were victorious in their borough league fixture against Goresbrook on Thursday playing under the floodlights on the astro. The local derby was a closely contested battle which we narrowly won by 1-0. Mr Cully has been impressed by the commitment shown by the boys to training both before and after school and the team are continuing to improve as we move through the season.

KS3 Enrichment visit for Chelsea FC

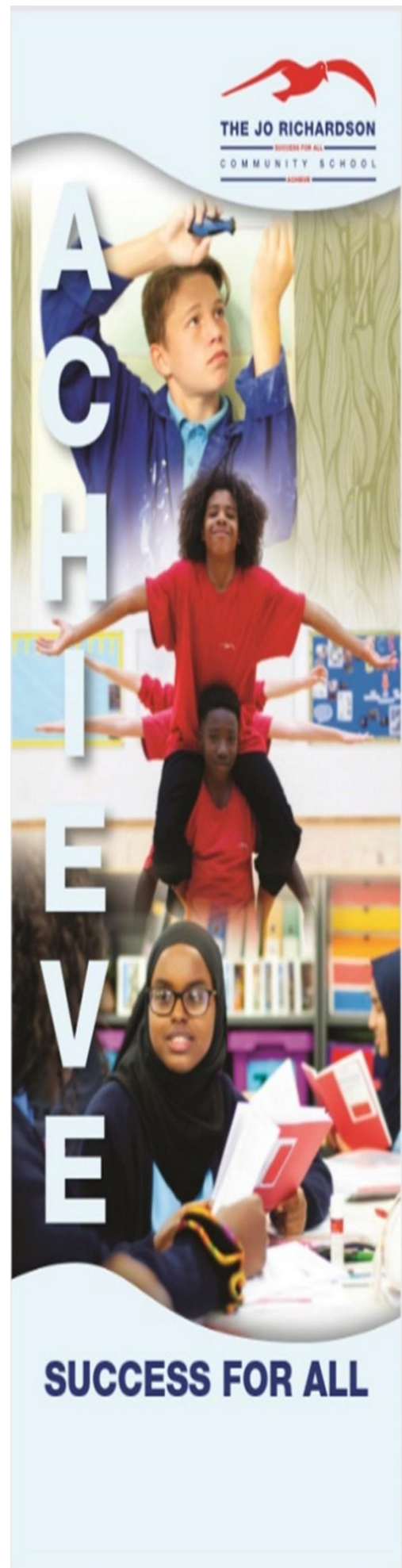


We work in partnership with Barking Sports 4 Change who are an organisation who believe in the power of sports and physical activity to bring about

change in our local community. As part of this project, a group of KS3 students were invited to Chelsea FC to tour the ground as part of an enrichment activity and learn about the positive impact that high quality sports programmes and have on the young people in Barking and Dagenham. The students even managed to come back to school with some signed merchandise which will help with future fundraising efforts at JRCS.

Miss Boulton
Assistant Headteacher

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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

LITTLE REMINDERS OF HOW TO BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



FEEL SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.



★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY. I'M HERE FOR YOU'.



TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO **LOWER** THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



ACTIONS WORDS
UNDERSTAND THE **IMPACT** OF YOUR **WORDS**
COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.



DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

#BEKIND



**National
Online
Safety**

#WAKEUPWEDNESDAY

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATHAM-ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

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