

The Seagull



Issue 754 Friday 1st December 2023

Next is Week 1

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HEADTEACHER'S NEWS

Gold Seagull Winner



Congratulations to this week's Gold Seagull winner Leonard in Year 7 is our first winner this year, well done!

It was great to welcome our Year 7 parents/carers into school on Thursday and I hope you found the evening informative. Students will be coming home with their reports at the end of this term; please make sure you look out for them and speak to students about their progress in school.

We have lots of exciting events in school over the next couple of weeks. Next Wednesday (6th December) will be our Christmas jumper / non-school uniform day. We encourage students to wear a Christmas jumper or outfit. Please ensure your child is dressed appropriately for school. No crop tops or vest tops / strapless / string straps or short skirts allowed. Students are also not permitted to wear jewellery or any logos that others may find offensive. Students will be asked to donate £1 to charity in order to participate.

Year 11

Mock exams start next week for Year 11. May I take this opportunity to wish you the best of luck in your exams. The exam timetable is available at the back of The Seagull.

Ms Keane
Headteacher

Lost Property

There is a large amount of lost property in school, any not claimed by the end of term will be disposed of. The lost property will be available for parents/carers to look through in the school foyer each day after school for half an hour.

Mrs Stone
Office Manager

Sixth Form Progress Evening

On Wednesday 13th December 3:45pm – 6:30pm we are holding a Sixth Form Progress Evening for all Year 12 and Year 13 students. This is an opportunity to discuss the progress your son/daughter is making in their A Level or vocational courses. Your son/daughter will be making appointment times with their teachers and will communicate this to you.

We look forward to seeing you there.

Best wishes

Mrs Evans
Director of Sixth Form

Class of 2023

As your child has started the next stage of their education, we hope that they have made a really positive start, and they are enjoying their new courses; whether they decided to stay at



Jo Richardson or go to a new college or sixth form.

We would like to invite your son/daughter to collect their GCSE certificates on Monday 29th January 2024 between 5.00pm - 5:30pm in the Castle Green foyer.

Please be aware that students only receive one copy of their original certificates, so we can only release these to the student themselves on this evening. If your son/daughter cannot make this, please let them know they need to come to the school office later to collect these in person; we cannot send them by post due to the importance of these.

Furthermore, there are still a few students who have not yet collected their yearbook and thus, they can collect it during this time.

We look forward to seeing your child then.

Ms Draisey
Head of Year 11 – Class of 2023

Year 13 A Level Business



This week the Year 13 A Level business class decorated and sold Shrek themed cupcakes for Shrek the Musical. It's nice for them to have a little brain break after making some improvements in their recent business VIMAs (milestone

assessments) Miss Wright, the Head of Business and Economics, said "Practical experience in enterprise is certainly the more fun side of business, so it's nice for the students to have this opportunity."

The class have been set a target of raising £150 to help buy props and add some extra sparkle to Shrek the Musical. Thanks to the Drama department for giving us the opportunity to do this. Watch this space - there will be more to follow as Tumi, the CEO of the 'A Team,' has lots of money raising ideas.

Miss Gendoo
Teacher of Business Studies

Mental Health Training



Last week was the completion of two rounds of training for staff and parents/carers in mental health, this was delivered by Ossigeno who are working with JRCS to develop our whole-school approach to mental health and wellbeing.

First, we have now added ten newly qualified Mental Health First Aiders on our staff body and five trained Mental Health Champion parents/carers.

This was a wonderful opportunity to meet many parents/carers who are passionate about understanding the young minds in their homes and we had so many other parents/carers also keen to be involved. During the training they explored various mental health challenges including depression, self-harm, suicide, anxiety and importantly, how to support young people to develop resilience and healthy routines. I want to take this opportunity to thank all of those who attended.



Furthermore, this now means we have, in school, eleven mental health champions and fourteen mental health first aiders. Each member of staff with this qualification will be

wearing a green attachment to their lanyard as pictured. We hope that this will help identify those who have this training and can provide specific support for anyone who is finding things challenging.

I feel proud that we have made such great progress in training so many people in the last few weeks and hope that we continue to drive high standards in wellbeing.

Ms Draisey
Senior Mental Health and Wellbeing Lead

"To find out how we process your personal data, visit the following link: [Privacy Notice for Parents and Pupils](#)"

Year 11 Mock Exams

Below is a copy of the timetable for Year 11 Mock exams in December 2023.

These are internal exams and students will be required to attend normal lessons when not in an exam.

Please make sure students have a good breakfast and they have the correct equipment with them for each exam, including a calculator (if needed) and a black pen.

If they wish to, they may bring water, but this needs to be in a clear plastic bottle with the label removed.

Please remind your child that under no circumstances should mobile phones, earphones or watches be taken into exam rooms. If your child is unable to attend any of their exams, please call the attendance line as usual and we will require a letter from your doctor.

Date	Start	Component
Monday 4th	9.00am	English Language
	11.30am	PE Paper 1 (GCSE students only)
	2.00pm	Maths Paper 1 (Non Calc)
Tuesday 5th	9.00am	Religious Studies Paper 1 DT
	11.30am	Media Paper 1
	2.00pm	Geography Paper 1 Community Languages: Urdu, Italian, German Writing Paper (H) Community Languages: Portuguese, Russian, Turkish, Persian, Greek Writing Paper (H)
Wednesday 6th	9.00am	Combined Science Biology Paper 1 Biology Paper 1
	11.30am	Maths Paper 2 (Calc)
Thursday 7th	9.00am	History Paper 1 (Medicine in Britain & the Western Front)
	11.30am	Citizenship
	2.00pm	Drama
Friday 8th	9.00am	Combined Science Chemistry Paper 1 Chemistry Paper 1
	11.30am	French Listening & Reading (H) Spanish Listening & Reading (H & F)
	2.00pm	Construction (On-screen)
Monday 11th	9.00am	Business
	11.30am	Computer Science Dance
	2.00pm	Maths Paper 3 (Calc)
Tuesday 12th	9.00am	Geography Paper 2 All Community Language Listening & Reading Papers
	11.30am	Media Paper 2 (Audio Visual)
	2.00pm	Engineering (CNAT)
Wednesday 13th	9.00am	Combined Science Physics Paper 1 Physics Paper 1
	11.30am	History Paper 3 (Weimar & Nazi Germany)
Thursday 14th	9.00am	Religious Studies Paper 2
	11.30am	Food Hospitality & Catering (on screen)
	2.00pm	PE Paper 2 French Writing (clash student)
Friday 15th	9.00am	Dance Practical DT Practical
		French Writing Spanish Writing
	11.30am	Music (Listening)
Monday 18th	9.00am	Art Practical (Day 1)
Tuesday 19th	9.00am	Art Practical (Day 2)
Wednesday 20th	9.00am	Construction Practical

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

Week Commencing: 4th December

	Monday BRY2 (7.45-8.15)		Tuesday ENG (7:45-8:15)		Wednesday MAT3/JEN (08.15 – 08.55)		Thursday MAT3/JEN (08.15 – 08.55)		Friday HAL4 (08.15 – 08.55)	
Before School	Shrek Fiona Donkey	Pg 82-92	Advance Dancers	Morning Person	Principle Fairytale Characters	Freak Flag	ALL ENSEMBLE & Principle Fairytale Characters	Freak Flag	Shrek Donkey	Act 2, Scene 8
		DR3	Fiona Pied Piper Blue Bird	DA1	Shrek	Build a Wall		MU1		
						MU1	HAL4 Shrek Farquaad Fiona Bishop	Act 2, Scene 9 DR3		DR3

	Monday HAL4 (11.00-11.25) Yr7, KS4, KS5		Tuesday	Wednesday WIL3 (10.00-10.25) Yr8, Yr9		Thursday	Friday HAL4 (11.00-11.25) Yr7, KS4, KS5			
Lunch	No Rehearsal		NO REHEARSAL	NO REHEARSAL		NO REHEARSAL	NO REHEARSAL			
	Monday BRY (12.30-12.55) Yr8, Yr9			Wednesday BRY2 (11.00-11.25) Yr7, KS4, KS5						
Lunch	No Rehearsal			Shrek Fiona Donkey	Act 2, Scene 2					
					DR3					

	Monday HAL4 (16.05-17:00)		Tuesday MAT3/JEN (15.05 – 16.00)		Wednesday	Thursday All Staff (15.05 – 16.00)		Friday BRC/HAL4 (15.05-16:00)			
After School	WHOLE CAST Shrek Fiona Donkey Farquaad (Act 1, Scene 1-Scene 6)	Freak Flag	Donkey 3 Blind Mice Singers	Make a Move	NO REHEARSAL	WHOLE CAST	Continue Running	Principle Fairytale Characters Bishop Fiona Shrek Dwarf Donkey	Stop the Wedding		
			Shrek	When Words Fail							
				MU1							
		Boothroyd	Tuesday ENG (15.05 – 16.00)						Boothroyd Hall		DR3
			Advanced Dancers Fiona Morning Person				DA1				
	HAL4 Principle Fairytale Characters Act 1, Scene 7 BOOTHROYD										



JRCS SIXTH FORM PROGRESS EVENING

WEDNESDAY 13th DECEMBER

3:45pm – 6:30pm

**Parents of all Year 12 & 13 students are
invited to attend**



Students must not wear crop tops/strap tops, jewellery, shorts or a skirt that are too short.



**National
Online
Safety**

#WakeUpWednesday

12 Social Media Online Safety Tips FOR CHILDREN WITH NEW DEVICES

With Christmas only a few weeks away, many of you will be using social media to share your excitement with friends and family. Being active on social media is a great way to show others how much fun you're having, but it's important that you know how to use these apps safely and securely so that bad things don't happen. By following our safety tips below, you can make sure that your personal information stays private, your postings are positive and that your social media use overall is responsible, healthy and most of all enjoyable.

1 DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS

Make sure that you set your profile to private so that people you don't know can't find you online. Always tell a trusted adult if a stranger or somebody you don't know sends you a message or a friend request.



2 NEVER SHARE YOUR PERSONAL INFORMATION WITH PEOPLE YOU DON'T KNOW

Keep your personal information personal. Sometimes people online aren't always who they say they are and might ask you to share things that you don't feel comfortable sharing.

3 DON'T SHARE EMBARRASSING PHOTOS OR VIDEOS OF OTHERS ONLINE

This could really upset them and could get you into a lot of trouble. Always think twice before posting anything on social media and treat people online as you would in real-life.



4 NEVER SEND NAKED PICTURES OF YOURSELF TO OTHERS

This is illegal if you are under 18 and you could get into trouble with the Police. If you are being pressured by someone, always say no and tell a trusted adult. Even if you think it is innocent fun, the photo could be shared with other people and you won't be able to control who else sees it.



5 CREATE A POSITIVE ONLINE REPUTATION

Always be kind and polite when posting comments on social media and only upload pictures and videos of things you are proud of. This forms part of your digital footprint. Everything you do online can be tracked and monitored and could affect what people think of you in real-life if it is negative.



6 LIMIT YOUR SCREEN TIME

Social media can be addictive, and it is easy to keep checking newsfeeds or your notifications every 5 minutes which can affect your behaviour and stop you from doing other things. Remember to only use your phone at certain times of the day, turn notifications off at bedtime and go out and have as fun as much as possible. This will keep you fit and healthy and make you appreciate there's more to life than just what's on social media.



7 BLOCK ONLINE BULLIES

Sometimes people might say nasty things to you online or post offensive comments on your pictures or videos. If this happens, always tell a trusted adult who will help you block them from your profile and support you in taking further action.



8 REPORT INAPPROPRIATE CONTENT

If you see something on social media that you don't like, offends you or upsets you, you should always report it to a trusted adult. You should also report it to the social media app who will be able to remove the content if it is against their user policy and can block the person who posted it.



9 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE

Before downloading any new social media app, always check the age-rating. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain content that isn't safe for you to see.



10 ALWAYS SECURE ALL YOUR SOCIAL MEDIA PROFILES WITH A PASSWORD

This will help to keep your private information safe and won't allow others to access your profiles without your permission. Make sure your passwords are memorable and personal to you but something which other people can't guess, and always share them with your parents just in case you forget them.



11 ASK PARENTS TO SET-UP 'PARENTAL CONTROLS' FOR SOCIAL MEDIA

When you download a social media app, you should always ask a trusted adult to help you set it up for the first time. This will help you control who sees what you post, who can contact you and make sure you are able to enjoy using the app safely and securely.



12 ALWAYS TALK TO YOUR TRUSTED ADULT IF SOCIAL MEDIA IS MAKING YOU UNHAPPY

Sometimes, social media can make us feel bad about ourselves or sad that we aren't the same as someone else or doing the same things as someone else. Remember, if you ever feel this way, it's really important to talk to your trusted adult(s) like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and discuss your feelings with you to help make you feel better.

