

The Seagull



Issue 757 Friday 12th January 2024

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

Gold Seagull Winners

Congratulations to this week's Gold Seagull winners:



Ari and Jaydee Year 7, Paul Year 8 and Sophia and Nazim Year 9.

Welcome back, I hope you all had a restful break! As the weather turns colder, can I please ask parents/carers to ensure students have a school jumper and a proper coat. A reminder that hoodies and tracksuit tops are not allowed in school.

A reminder that we have Year 11 Progress Evening coming up next week on Wednesday 17th January. This is an important evening and the last parent/carers evening for this year group prior to their exams in May. Students will be receiving their mock exam grades and subject staff will be providing advice about next steps and how to close the gap and make improvements before the real GCSE exams!

I have included some of the photos from the events we had at the end of last term. I would like to thank you all for your generosity and donations for the hampers; they were very much appreciated by Riverside Church.

JRCS Christmas Hamper competition



Incredible generosity was shown by our school community in last year's JRCS Hamper Competition. There were some incredible designs and a huge amount of food bank donations that were gratefully received by families in our local community over the Christmas holidays.

The hampers were delivered to the London Riverside Church on 20th December by our Head Students and Miss Hallas.

Thank you to every one of you who contributed last year.

Frosty Fantasy Disco



Year 7 & 8 students enjoyed an evening of fun and festivities at the Frosty Fantasy Disco on Tuesday 19th December.

The disco was organised by our fantastic BTEC Business students who also worked amazingly

hard to put on the Winter Fair and this event over the last week of the Autumn term.

Students danced the night away to banging tunes and were able to enjoy games and festive treats from the many stalls on offer.



Christmas Family Dining Lunch



The school canteen prepared and served over 800 Christmas dinners to students and staff on Tuesday 19th December.

Year 7 and 8 students enjoyed a family dining style lunch with their tutors and friends and the atmosphere in Boothroyd Hall was one of celebration and cheer.



There was lots of singing to Christmas

music and students were very complimentary about the delicious Christmas dinner that was on offer.

Thank you to our catering team for all the hard work that went into preparing the feast.



Goodbye Ms Osland!



It is with much sadness that we bid farewell to our Librarian Ms Osland who has been with us for the past fifteen years.

She was much loved by her library regulars who threw her a surprise farewell party at the end of the Autumn Term much to her surprise and delight. She is off to retire in France and we wish her the very best.

Taking over from Ms Osland is English teacher Ms Sumsion who has been part of the school since its very early days. As well as taking over the duties of Librarian, she is also our Reading Champion and will be promoting literacy and the benefits of reading via book clubs, workshops for reluctant readers and their parents/carers, author visits, encouraging all students to borrow books regularly from the library and generally making sure everyone understands the value and delight that comes with reading for pleasure.

There will be regular updates, information about events and recommendations from Ms Sumsion in The Seagull.

Ms Keane
Headteacher

A big thank you to JRCS staff from Reverend Faye Bailey



Every term staff donate food to the food bank which is shared with the church food bank at

the end of each half term. The food bank is in the local vicinity of the school and is called The Shed.

The Shed is run by Reverend Faye Bailey at St Alban's Church on Vincent Rd.

This helps so many families in the local community.

Well done staff!

Mrs O'Keefe
Student Services Manager

Christmas Hampers



Last Christmas we once again teamed up with London Riverside Church to donate Christmas hampers filled with food bank donations to go to our local community. They were blown away with the generosity and creativity from the students at JRCS. This year we had some incredible entries including snowmen, advent calendars, sleighs, and a moveable Coca-Cola truck!

Students donated dried goods, games, handmade knitwear, books, Christmas decorations and toiletries and wrote heartfelt cards.

Riverside Church said: *'I wanted to send enormous thanks for the donations of hampers delivered before the Christmas break. This generous donation has allowed us to help a number of individuals and families in Barking and Dagenham who are experiencing hardship. It is because of contributions such as yours that we are able to keep our food bank going. Grants to food banks are increasingly limited so we are dependent on the generous donations of people in the community who are willing to help.'*

On behalf of LRC, thank you to the children and families that donated. Also, please pass on our appreciation to the pupils for the huge effort that they put into their hamper designs - they were amazing!

The competition was especially hard to judge but form winners will be announced in assembly by Heads of Year in the coming

week! Well done to all those involved for your creativity and commitment.

Miss Hallas
Student Aspirations Coordinator

Year 11 – Exciting Progress!

It has been a very busy return to school in 2024 and we are busy now in Year 11 preparing for what this year has in store. As part of this, Year 11 have all completed an Exam Stress Workshop with our Mental Health Support Team this week to help them prepare for when their GCSEs start in just 18 weeks.

During the session students learned about managing expectations, controlling anxiety, overcoming the barriers to good revision and how to prepare better to avoid exam stress.

Every student left with a booklet of useful information and further links to support. We will have copies of this available at Progress Evening to give to any interested parents/carers too!

Ms Draisey
Head of Year 11

Year 11 Progress Evening

Dear Year 11 parents/carers, it is now only 18 weeks to the beginning of the GCSE exams! My, how time has flown already in Year 11, but it has been a pleasure to see them settle so well into the academic year.

On Wednesday 17th January we have the second Year 11 Progress Evening. This night will run as a 'mock results day', where students will get to experience receiving their results in an envelope (just like they will in August). The results in the envelopes are based on those achieved during the December mock series and will also include the predictions many students will use on their applications to Sixth Form/college.

Your child should now be making appointments with their teachers for this so please ensure that they are doing so.

During the evening, students will also be having a 1:1 interview with a member of Senior Leadership or the Sixth Form team. During this conversation, the staff member will look at results and aspirations and support you and your child to make informed decisions about their next steps. This is a crucial element of the

evening to support your child with the next stage of their journey.

Reminder – Students are only permitted to attend with a responsible adult.

Could I also take this opportunity to remind you of a few other upcoming events:

- Deadline for applying to JRCS Sixth Form is Friday 19th January.
- Prom and Yearbook payments are now live – please complete payments when you can.
- Final set of mock exams – WB 4th March

We can't wait to see you again next week!

Ms Draisey, Ms Boulton & Ms Muhidin

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

MCAS

Following on from the information you received at the end of term, I am delighted to announce that from next Monday 15th January after an upgrade to our system and whole staff training this week, we will be communicating via MCAS and email about your child's achievement and behaviour whenever a positive or negative

event is recorded inside or outside the classroom.

The aim is to provide you as parents/carers with information about your child's behaviour, mindset, and homework on a regular basis, especially to catch them doing positive things!

We anticipate this being a progressive and exciting step forward for students, parents/carers and staff whereby we continue to build excellent relationships around the child in order to provide them with the best support to succeed.

If you have any queries, please do let me know. As ever, thank you for your continuing support.

Mr Cully
Assistant Headteacher

Year 8

On Tuesday 9th January thirty Year 8 students had the opportunity to attend a speed dating style STEM event where students had the opportunity to talk to professionals such as dentists, finance, engineers, and technology employers about their industry and what it takes to get into these careers.

Students engaged with the speakers and really took on board the advice that they were given to assist them in being successful on these pathways should they decide to study STEM subjects.

Ms Vincent
Careers and Pathways Coordinator

Music department. Keyboard sales

The music department will be holding a limited sale of some of our older keyboard stock to students from 13.30pm – 14.00pm on Wednesday 17th January in MU2.

Keyboards must be purchased with cash with payment not available online at this time. There are a variety of keyboards for sale which vary in price and are listed below, selling on a first come, first served basis. Once they are gone, they are gone. Unfortunately, keyboards cannot be reserved for purchase at a later stage.

Keyboards are sold without the 12v adapter. These can be purchased online or from any electrical store for around £5 - £8.

All keyboards are in a good working order at time of sale. Jo Richardson Community school cannot take responsibility for any loss or damage to the product once purchased. A record of purchase will be held for accounting purposes.

Any students interested in purchasing a keyboard must do so at the above-mentioned time, date, and location.

For any questions, please speak with Mr Matthews.

Keyboard / controller	Price	Number available
E-evolution keys 49/56 controller (computer operated only)	£10	14
Gear4Music Mk1000 (can be battery powered)	£8	15
Yamaha PSR295	£10	5
Yamaha PSR282	£12	5
Yamaha PSR450	£15	5

Mr Matthews
Head of Music

Football Club

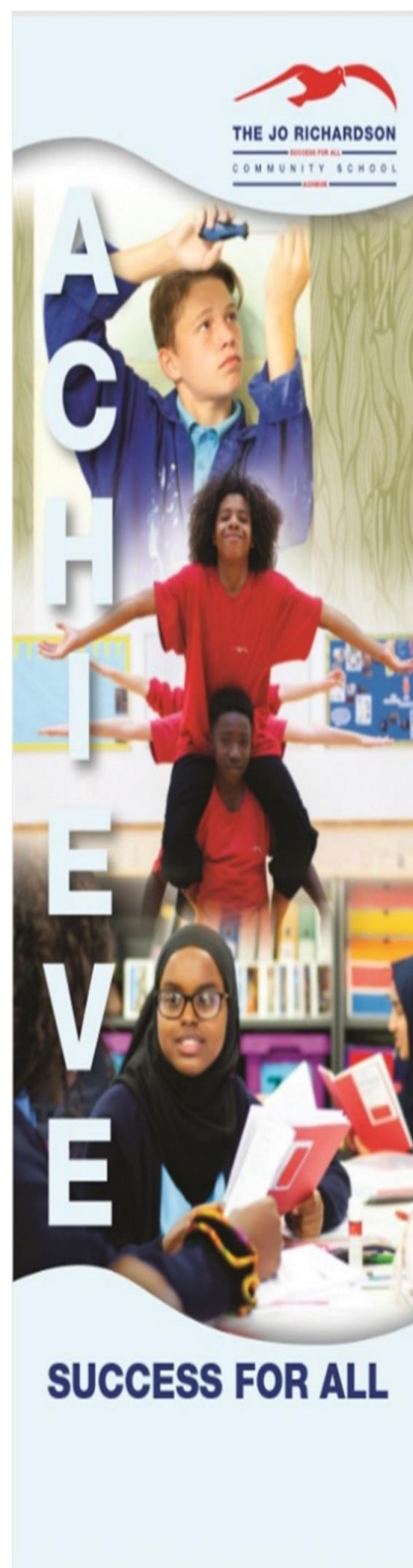


Great to see so many of Year 7,8 & 9 girls involved in football club going into the new year, despite the weather. Lots of fixtures upcoming in 2024.

Girls' football continues every Thursday 3.00pm-4.00pm on the Astro.

Miss Pridie
Second in PE

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



Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Made Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday



@natonline-safety



/NationalOnlineSafety



@nationalonline-safety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.01.2023



THIS GIRL'S ABILITY FC

A fun football session for girls/young women with disabilities aged 8 to 25-years-old

WHEN: Saturday

TIME: 3 pm – 4 pm



WHERE: Castle Green
Jo Richardson Community School
(3G Pitch)
Gale Street,
Dagenham, RM9 4UN

A female friend or
adult family
member/guardian/
support worker is
welcome to
accompany the
joining participant



Contact: Nikki Fairbairn
Phone: 07518 671812

Email: contact@thisgirlsability.co.uk