

The Seagull



Issue 763 Friday 1st March 2024

Next Week is Week 1

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HEADTEACHER'S NEWS

Gold Seagull Winners

Congratulations to this week's Gold Seagull winners:



Richy Year 7, Emile Year 8 and Valentina Year 10.

Welcome Back!

I hope you had an enjoyable half term. It's been straight back to work at JRCS with Year 10, 11 and 13 mock exams. This is the last opportunity for our Year 11 and 13 students to practise before their actual exams in the Summer. Please encourage your child to revise and prepare for these exams.

Congratulations to Kamsi in Year 10 who has been successfully appointed as an ambassador for the Anne Frank institution. I would like to also congratulate an ex-student from last year's Year 11, Jack Marshall, Saracens U-17's Captain, who got his call up for the England U-17s squad this year. It's lovely to hear about the successes of our current and ex-students!

Can I ask parents/carers to support us in ensuring students arrive on time to school. All students need to be in the building by 8.30am. Please also ensure your child goes straight home at the end of the school day and does not hang around at the shops or in the local park. We have had a number of issues lately and it is important for your child's safety and for the local community that students go straight home at the end of the school day.

Careers Education at Ritchie Studio



Year 9 students had the opportunity to visit Ritchie Studio Architect firm this week to discover the career pathways available in the Architecture and Design industry. Students listened to presentations from professionals about their career journeys as well as the chance to look at current projects

and award-winning designs such as the development of Anfield Stadium. Students were inspired by their conversations and now aspire to work in that industry in the future.

Leisure United - Parsloes Park Sports Hub



JRCS students were invited to the grand opening of the Sports Hub. The Bobby Moore Sports Hub has been funded and will run in partnership with the Premier League, the FA, the Football Foundation, and Barking and Dagenham Council. Students enjoyed meeting football heroes Bobby Zamora and Anton Ferdinand, as well as being interviewed by the BBC and Sky Sports and having pictures taken with the premiership trophy!



Ms Keane
Headteacher

UKMT challenge winners for Year 9



In January a few students from Year 9 completed the Intermediate Mathematical Challenge which is a national competition in the UK. The following students won these certificates:

Silver:

Ifraz and Alexia

Bronze:

Eva, Arijus, Aleena, Pavel, Sienna, Joshua, Lucas, Dorian, Goda and Ria.

Miss Fernandes

KS4 Maths Coordinator

Year 11 - last 50 days

On Thursday 28th March we have a Year 11 Information Evening in Boothroyd Hall at 5.00pm. This marks the last 50 days before the GCSE exams begin so we will be providing lots of important information and resources to support the students in the last few weeks of preparation for these exams.

Mrs Morris

Assistant Headteacher

JRCS Wellbeing Club



Wellbeing Club this week was very creative! We thought we should try something new and get crafting by making bracelets/keyrings. Some students made them for themselves, some for relatives, and some for staff! It was such a lovely hour spent chatting whilst making the bracelets.

Wellbeing Club happens every Tuesday after school at 3.15pm – 4.00pm with Ms Draisey or Ms Richardson. We meet in the library and then decide on the evening activity. We look forward to more of you joining us soon.



Ms Draisey

Senior Mental Health & Wellbeing Lead

GrandMaster is crowned "KING"



This year's Chess Tournament has been full of passion, focus and strategic ingenuity – and the FINAL did not disappoint.

Having made their way through their respective sides of the draw Wa Kwan Year 11 and Victor Year 13 sat down opposite each other for one final battle. The tension was clear from the outset as each player made their opening moves and reacted to how the board started to appear in front of them. Spectators watched intently as the moves took shape and worked out what they would have done in that player's place.

As the final progressed, the games drew in several extra spectators who got caught up in the aura and excitement. The game continued for 40 minutes until eventually Victor cornered Wa Kwan and left the King with nowhere to go. As soon as Wa Kwan accepted the inevitable, there was spontaneous applause from those watching showing appreciation for the skill that had just been demonstrated.



Both players said how their heart rates had increased through the game and that the atmosphere was really something to be part of. My personal thanks to Mrs Steadman who has been a big part in helping to host the games in the Sixth Form Study area.

Congratulations to all who competed, to those who made it through to later stages. Victor for being GRANDMASTER 2024 and Wa Kwan for making the FINAL an enthralling encounter.

Presentations will take place once both the finalists have finished their current internal exams!

GrandMaster Finalists 2024:
Wa Kwan Year 11 v Victor-Petru Year 13

GrandMaster JRCS Chess 2024
Victor-Petru Year 13

Miss Campbell
Tournament Organiser



Shrek the Musical shortlisted for 'Best Production' at the National School Theatre Awards!

Shrek the Musical at JRCS has been shortlisted for 'Best Production' at the National School Theatre Awards. After two judges from the NSTA came to watch our school performance they were incredibly impressed by the talent on show. On top of this, twenty four students have been invited to perform the song 'Freak Flag' on a London stage in front of a paying audience in June before the awards are revealed!

We are so proud to see our school's name up against so many other great schools and could not be prouder of our students.

The news was revealed to the students at an after show gathering where cake and memories were shared and the cast had an opportunity to watch the backstage documentary created by media student, Amidat in Year 13.



Exciting times lie ahead for our Shrek cast; watch this space for more information on tickets.

The Drama Department

Library News

Next Thursday 7th March is World Book Day. At Jo Richardson we will be celebrating the event with a Reading Marathon from 9.00am to 3.00pm and many thanks to all the students who have signed up for this event!

The Reading Marathon will take place on Main Street in our 'campsite', complete with tents and deckchairs. Students will read for 15 minutes. The aim is that there are constantly two students reading at a time for the six hours.

Some members of staff will be dressing up as a literary character plus staff will be sharing their favourite reads with their classes. There will also be prizes for the students who have read the most books leading up to World Book Day.

World Book Day is a charity whose *'mission is to promote reading for pleasure, offering every child and young person the opportunity to have a book of their own. Reading for pleasure is the single biggest indicator of a child's future success – more than their family circumstances, their parents' educational background or their income. We want to see more children, particularly those from disadvantaged backgrounds, with a life-long habit of reading for pleasure and the improved life chances this brings them.*

World Book Day was created by UNESCO on 23rd April 1995 as a worldwide celebration of books and reading. World Book Day is marked in over 100 countries around the globe. The first World Book Day in the UK and Ireland took place in 1997 to encourage young people to discover the pleasure of reading. As World Book Day founder, Baroness Gail Rebus, recalls "We wanted to do something to reposition reading and our message is the same today as it was then – that reading is fun, relevant, accessible, exciting, and has the power to transform lives."

BOOK CLUB TIMES:

Years 9,10,11 Wednesdays 2.00pm - 3.00pm

Years 7 & 8 Fridays 3.05 pm – 4.00pm

Books are provided by the library and students will decide as a group which book they would like to start with. From March we will be reading texts from the Carnegie shortlist.

POETRY BY HEART TIMES:

Tuesdays from 3.05 pm - 4.00pm is Poetry by Heart Club. This is based around a national competition in which students learn and recite a poem by heart as well as writing and sharing their own poetry.

Mrs Sumsion

School Librarian & Reading Champion

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Year 10 Mock, Year 13 VIMA2 & Year 11 Mock Exam Timetable (26th February - 19th March)

Below is a copy of the mock exam timetable for Years 10, 11 & 13 Exams in March.
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.

Date	Year Group	Start	Exam
Mon 04/03/2024	13	8.30am	Religious Studies
	10	9.00am	BTEC Enterprise Component 1 Assessment
	11 13 13	9.00am	History (Medicine in Britain and The Western Front) Drama Maths Paper 1
	11	11.30am	English Language (Paper 2)
	11	2.00pm	Maths Paper 2 (Calc)
Tues 05/03/2024	11	9.00am	Combined Science: Biology Triple Science: Biology
	11 11 13 13 13 13	11.30am	Religious Studies DT Computer Science Paper 1 Geography Paper 1 Business Paper 1 Biology Paper 1 English Lit Paper 1 (Drama & Poetry)
	11	2.00pm	PE Paper 1 Sport Studies Spanish Listening & Reading (F) Spanish Listening & Reading (H)
	11 11 13	9.00am	Computer Science Paper 1 Dance History Paper 3 (Britain: Protest, Agitation & Parliamentary Reform)
Thurs 07/03/2024	13	8.30am	English Lit Paper 2 (The Gothic)
	11 11 13 13 13 13	9.00am	Engineering Citizenship Computer Science Paper 2 Geography Paper 2 Business Paper 2 Biology Paper 2
	11 11 11 13 13 13	11.30am	Business (Paper 2) BTEC Enterprise PE Paper 2 Politics Paper 2 Physics Paper 2
	11 13	2.00pm	Media (Component 1) Psychology Paper 2
	11 13	9.00am	History (Weimar & Nazi Germany) Maths Paper 2
Fri 08/03/2024	11 13	9.00am	History (Weimar & Nazi Germany) Maths Paper 2

	11 13 13 13 13	11.30am	PE (Paper 2) Chemistry Paper 2 Economics Paper 2 Sociology Paper 2 Media Paper 2
	11	2.00pm	Combined Science: Chemistry Triple Science: Chemistry
Mon 11/03/2024	13	9.00am	Art Practical
	11	9.00am	English Literature
	11	2.00pm	Maths Paper 3 (Calc)
Tues 12/03/2024	11	9.00am	Geography (Paper 1: Physical Geography)
	11	11.30am	Music Listening
	11	2.00pm	Computer Science Paper 2
Weds 13/03/2024	11	9.00am	Combined Science: Physics Triple Science: Physics
	11	11.30am	History (Superpower Relations and The Cold War and Anglo-Saxon Norman England)
Thurs 14/03/2024	11	9.00am	Food Hospitality & Catering (onscreen)
	11	11.30am	Construction (onscreen)
	11	2.00pm	Spanish Writing (F) Spanish Writing (H) French Writing (H)
Fri 15/03/2024	11	9.00am	Geography (Paper 3: Fieldwork)
	11	11.30am	Media (Component 2)
Mon 18/03/2024	11	9.00am	Art Practical Day 1
Tues 19/03/2024	11	9.00am	Art Practical Day 2



SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



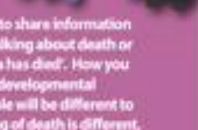
8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.



9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Meet our expert

This guide has been written by Anna Bateman. 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 of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>



Schools and Colleges Early Support Service: Parent and Carer Webinars



Dear Parents and Carers,

We would like to invite you to attend the **Summer Term** webinar series specially tailored for parents and 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:

- How to support your young person with low mood
- Anxiety in adolescence: how can parents and carers help?
- Understanding the impact of bullying on a young person's mental health: practical strategies to help you support your young person to get through their experience and feel okay again
- Managing teen behaviour that challenges: tips and tricks
- Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone
- Understanding the adolescent brain: strategies to help you understand and support young people's mental health and wellbeing
- Supporting your young person through exam time

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.

Anxiety in adolescence: how can parents and carers help?

Tuesday 5 March 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.

Schools and Colleges
Early Support Service



Adolescent self-harm: how to make sense of it and when to seek support

Wednesday 13 March 17:00-18:00

Adolescence brings about many challenges, including insecurity, self-consciousness, anxiety about one's own body, and peer pressure. It is not uncommon for teenagers to engage in some self-harmful behaviour for a period of time, for instance cutting, hair pulling or scratching. Understandably, these behaviours can be very concerning, distressing, and confusing for parents.

This webinar will provide an overview of the risk factors and methods of self-harm. It will explore the various reasons why young people may self-harm and offer ideas on how parents can talk to and support their teens. Lastly, it will discuss instances of self-harmful behaviour that may require professional 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.

Building resilience, staying connected and nurturing your relationship with your teen

Tuesday 19 March 12:00-13:00

Adolescence is a time of insecurity, strong feelings and growing autonomy which naturally affects the parent-child relationship and requires parents to find new ways of connecting with their teenagers. Parents may feel left out and worried, and they may experience a sense of loss over the relationship they used to have with their children when they were younger.

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. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

[Click here](#) to register.

Understanding the impact of bullying on a young person's mental health: practical strategies to help you support your young person to get through their experience and feel OK again

Thursday 21 March 12:00-13:00

While lots of young people experience bullying, it is an incredibly difficult thing to go through and can have a huge effect on your child's mental health and wellbeing. As a parent/carer, it can also feel very challenging and worrying.

This webinar will outline the different ways in which young people are bullied and discuss how this might impact them day to day. There will also be useful practical strategies to help you support your young person to get through their experience and feel ok again.

[Click here](#) to register.

Schools and Colleges
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Managing teen behaviour that challenges: tips and tricks

Wednesday 17 April 12:00-13:00

Most adolescents will at some stage in their development engage in behaviour that parents find challenging and worrying, for instance, substance misuse, being overly argumentative and rejecting, oppositional behaviour and excessive social media use. It can become difficult for parents to find ways of discussing their concerns with their teens who may increasingly not want to hear any advice their parents have to offer. This webinar will provide an overview of adolescent development and the brain, including common challenging behaviours during adolescence. It will discuss different parenting styles and offer tips for parents on how to approach and discuss challenging behaviour with teens, and how to set boundaries. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

[Click here](#) to register.

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

Tuesday 23 April 12:00-13:00

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.

Understanding the adolescent brain: strategies to help you understand and support young people's mental health and wellbeing

Thursday 25 April 17:00-18.00 and 12 June 12:00-13:00

Scientists have discovered that our brains physically change in response to our experiences throughout our lives. The teenage years are a time of significant brain change when young people are learning to adapt to the world around them.

This webinar will provide an insight into the stages of brain development through early childhood, adolescence and into adulthood. We will consider how changes in the brain affect the emotions and behaviour of your young person whilst providing evidence-based strategies to help you understand and support their mental wellbeing.

[Click here](#) to register for 25 April.

[Click here](#) to register for 12 June.

Supporting your young person through exam time

Tuesday 30 April 17:00-18:00

Schools and Colleges
Early Support Service

 **Anna Freud**

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 you to support your young people in finding the best ways to manage their stress levels and stay calm before, during and after their exams.

[Click here](#) to register.

How to support your young person with low mood

Tuesday 14 May 17:00-18:00

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.

Understanding the impact of bullying on a young person's mental health: practical strategies to help you support your young person to get through their experience and feel OK again

Wednesday 22 May 17:00-18:00

While lots of young people experience bullying, it is an incredibly difficult thing to go through and can have a huge effect on your child's mental health and wellbeing. As a parent/carer, it can also feel very challenging and worrying.

This webinar will outline the different ways in which young people are bullied and discuss how this might impact them day to day. There will also be useful practical strategies to help you support your young person to get through their experience and feel ok again.

[Click here](#) to register.

Anxiety in adolescence: how can parents and carers help?

Monday 17 June 17:00-18:00

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.

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Parent and carer webinars: on-demand

Schools and Colleges
Early Support Service



Anna Freud

How to support your young person with low mood

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.



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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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Anna Freud