

The Seagull



Issue 764 Friday 8th March 2024

Next Week is Week 2

All Enquiries: 020 8270 6222
Email: headteacher@jorichardson.org.uk

Website: www.jorichardson.org.uk
X: @JRCS_School



Word Book Day

HEADTEACHER'S NEWS

Gold Seagull Winners



Congratulations to this week's Gold Seagull winners:

Atene, Oluwanimilo, Isabella, Annelise and Lacey in Year 7 and Amanroop in Year 8.

World Book Day



It was fantastic to see so many students participating in our readathon for World Book Day. Thank you to the staff who dressed up as characters from their favourite children's

book!

We have a number of book clubs running in school and it's great to see so many young people reading for pleasure. Encouraging your child to read is so important for developing your child's vocabulary, general knowledge as well as helping to promote wellbeing and empathy.

We have lots of books for students to borrow from the library, so please encourage your child to come and choose a reading book.

Safety on the journey to and from school

Unfortunately, we have been made aware of a number of incidents where students have been robbed of their mobile phone on the way home from school by people who are not part of the school community.

Thank you for your support in ensuring students go straight home at the end of the school day and do not hang around in the park or around the shops at Becontree station. We will continue to patrol at the shops when we can, but it is important that parents/carers talk to their child about not hanging around in these places at the end of the day in order to ensure everyone's safety. Please also talk to your child about not having their mobile phone on display when walking home. If your child is the victim of crime on their way to or from school, please do inform us about it, and can I encourage parents/carers to report the incident to the police. The police will use this information to determine "hot spots" when determining their patrols.

International Women's Day 2024



Congratulations to the Race and Social Justice Team who displayed the

art and photography entries which are centred around this year's theme **#inspireinclusion**. This has been promoted during tutor time and assembly.

Students were making pledges today to promote inclusivity and equality within the school as part of International Women's Day.



Ms Keane
Headteacher

University Application Information evening

On Wednesday 13th March we are holding a parent/carer and student university finance talk to discuss the application process for applying for finance for university. Not all schools/Sixth Form centres offer this guidance and advice, but as a school we feel it is vital to alleviate anxieties about this process and support our parents/carers and students through this process. The session will be led by Miss Campbell who has a wealth of experience about the application process.

The session will be in the Sixth Form Common Room 6.00pm-7.00pm. We look forward to seeing you there.

Mrs Evans
Assistant Headteacher - Director of Sixth Form

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

Anne Frank Trust

Kamsi in Year 10 has been made an Ambassador for the Anne Frank Trust. This is an amazing achievement as she had to apply directly to the organisation and send in a project she worked on. She has been chosen nationally to now be one of their Young Ambassadors working to challenge prejudice and discrimination.

Mrs Wing
Teacher of Religious Studies

Watch this space...

Non-uniform day!

Year 12 are hosting a school non-uniform day for all year groups to support their First Give Programme charities. Students will be asked to contribute £1 on Thursday 28th March.

More details to follow in next week's Seagull and in form group notices.



Miss Cambell
Deputy Director of Sixth Form

Year 10 Rugby Squad



On Wednesday 6th March the Year 10 Rugby Squad attended the Essex Schools U-15 Seven's Shield Tournament at Barking Rugby Club.

After two draws 14-14 against Sandon and then 7-7 against King Edward's we beat Orsett Heath 14-0 after extra time to qualify for the final.

We again played Sandon who were last year's winners. Despite our squad playing some fantastic attacking rugby coupled with fierce, organised defence, Sandon came out on top 12-5 in a very tight game that could have again gone to extra time.

The squad should be proud of their achievements of being Essex Runners Up. They were notified late of the entry and had just two sessions to prepare, they did themselves and the school proud.

My special thanks go to the lads who attended training but due to only squad sizes of twelve allowed, they didn't make the squad on the day but helped those selected in training to prepare.

Congratulations to you all!

Mr Kersey
Pastoral Support Assistant - Year 11



World Book Day



Thursday 7th March was World Book Day and across the school we celebrated reading for pleasure. Teachers shared their favourite books with their classes, plus many members of staff dressed up as literary characters with students guessing who they were. From 9.00am -3.00pm eighty four students participated in a reading marathon on Main Street.

Thank you to all the participants and hopefully they will enjoy the reading the book they selected as a thank you for taking part.

Winners of the reading competition – who can read the most books - are Olivia in Year 8, Jason in Year 8 and Sabrina in Year 9. They will each receive a £10 Amazon Voucher.





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 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



Managing Stress

Stress is an uncomfortable experience of pressure or worry caused by problems in your life. Stress can cause many different symptoms and may affect how we feel physically, mentally, how we behave and make choices. It is not always easy to recognise when stress is the reason you are feeling or acting differently.

This guide will give you some top tips so that you can take action to reduce the symptoms of stress in your life.

1. WARNING SIGNS, PART 1



Warning signs of stress include emotional symptoms such as anxiety, fear or loss of confidence and cognitive symptoms such as poor concentration, poor memory or repetitive thoughts.

2. WARNING SIGNS, PART 2



Warning signs also include physical symptoms such as excessive sweating, racing heart rate, headaches and muscle tension. Behavioural symptoms might include, poor sleep, irritability, drinking excessive amounts of coffee or alcohol or losing your temper.

3. UNDERSTAND YOUR TRIGGERS

Take time to reflect on situations which may be causing stress. Once you know what they are, you can begin to reduce your exposure to the stressors and/or manage the causes.



10. PRIORITISE WELLBEING

As a way of preventing stress, you should prioritise your wellbeing and be consistent about it. A one-off activity will have some impact, but it won't help you manage stress or maintain wellbeing in the long term.

9. MANAGE YOUR TIME

Prioritising tasks, including emails and wellbeing activities, will be a crucial first step to change and taking control. Get someone to help you to keep on track with the change.



8. CHANGE YOUR PERSPECTIVE

Amend your thinking and expectations of what is possible or doable. Reduce the pressure on yourself by reframing the problem or accepting that not everything will be finished or perfect. Most of the time, good enough is ok.



7. USE YOUR SOCIAL NETWORK

Plan opportunities for fun and enjoyment with people you care about and who care about you. This could be sharing a new experience or an activity you enjoy doing together. Share and talk about your feelings too, sometimes that is all that is needed to cope.

4. TAKE CONTROL

Often stress symptoms are caused by feeling out of control. Not doing anything about the stress triggers or symptoms will make things worse, so start by understanding what you can and what you can't control.

5. MAKE HEALTHY CHOICES

Plan regular, healthy activities which will reduce stress symptoms. These will be a non-negotiable part of your week and a regular antidote to stress.

6. INDUCE CALM

Activities known to help induce calm range from deep breathing, meditation and mindfulness to walking, outdoor exercise or gardening.



The National College

This guide is part of The National College staffroom poster series. A collection of information posters for your school staffroom.



Meet the Expert: Anna Bateman

Anna Bateman, subject matter expert on mental health & wellbeing and school improvement adviser

The National College | Remote video CPD to empower school leaders & teachers

www.thenationalcollege.co.uk Email: support@thenationalcollege.co.uk Twitter: @TheNatCollege Facebook: @thenationalcollegeuk

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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.

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.

Schools and Colleges
Early Support Service



Anna Freud

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.

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.

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Anna Freud

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

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

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 **Anna Freud**

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

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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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Early Support Service



Anna Freud

This Easter

Get involved in **healthy**
and **fun** activities

From **food** and **football** to
arts and crafts, there is
something for everyone!

Open to children and young people
aged **5 to 16 – FREE**
if they are eligible*

EACH ACTIVITY INCLUDES
A HEALTHY LUNCH

To find out more and to book a place,
visit lbbd.gov.uk/free-holiday-activities

#HAF2024

*This provision is free for children and young people who live or go to school in Barking and Dagenham and are eligible for benefits related free school meals. Paid places are also available.



Department
for Education

**Barking &
Dagenham**

Take part in a **Easter activity** to remember in Barking and Dagenham

Location	Venue	Dates	Age Group
RM8 2FL	Artbash Camp Buzz @ Manor Longbridge	2 to 5 April	5 to 12 years
IG11 8JA	Ballerz Holiday Club @ Northbury Primary School, Northbury Close, Barking	2 to 5 April and 8 to 12 April	5 to 12 years
RM8 3AR	Ballerz Holiday Club @ Valence Primary School, Bonham Road, Dagenham	2 to 5 April and 8 to 12 April	5 to 12 years
IG11 9SN	Bow Arts Trust @ Eastbury Manor House	2 to 5 April	5 to 12 years
IG11 7JA	Box Up Easter Camp @ Gascoigne Primary School, The Shaftesbury's, Barking	2 April, 4 April 9 April, 11 April	7 to 12 years
IG11 7JA	Box Up Easter Camp @ Gascoigne Primary School, The Shaftesbury's, Barking	3 April, 5 April 10 April, 12 April	12 to 16 years
IG11 8HE	Food for the Soul @ Make It Barking, Factory 15 Ground Floor, 15 Linton Rd, Barking	2 to 5 April and 8 to 12 April	12 to 16 years
RM10 7YP	DABD @ Pembroke Gardens, Dagenham (SEND Provision)	2 to 5 April	5 to 16 years
RM9 5TB	Dagenham Eagles 2024 N.E.W.S.T.A.R.T. Extravaganza Easter Holiday Camp @ Five Elms Primary School, 294 Wood Lane	9 to 10 April	5 to 12 years
RM10 9QH	DNA Holiday Programme @ Dagenham Park School, School Rd, Dagenham	2 to 5 April	5 to 12 years
RM10 7FH	Everyone Active @ Becontree Leisure Centre	8 to 11 April	Under 8s and Over 8s
IG11 7HW	Everyone Active @ Abbey Leisure Centre	2 to 5 April	Over 8s
RM9 5YX	Future Youth Zone Holiday Club @ Future Youth Zone, 201-225 Porters Avenue, Dagenham	2 to 5 April and 8 to 12 April	5 to 12 years
RM9 6UU	Inspire Minds Through Sport @ St Peter's RC Primary School, Goresbrook Road, Dagenham	2 to 5 April 8 to 11 April	5 to 12 years
RM10 9JS	Inspire Minds Through Sport @ William Ford C of E Junior School, Ford Road, Dagenham	8 to 12 April	5 to 12 years
RM10 9JS	Kick Easter Football Camp @ William Ford C of E Junior School, Ford Road, Dagenham	2 to 5 April	5 to 16 years
RM10 8UR	Learning Hive Easter Camp @ John Perry Primary School	2 to 5 April	5 to 12 years
RM8 2QR	Learning Hive Easter Camp @ Becontree School	2 to 5 April	5 to 12 years
RM9 6NH	Malearn Easter Holiday Club @ Thomas Arnold Primary School, Rowdowns Road, Dagenham	2 to 5 April	5 to 12 years
RM9 4BL	Premier Education @ Roding Primary School, Cannington Road, Dagenham	2 to 5 April	5 to 12 years
RM10 9NJ	Premier Education @ Marsh Green Primary School, South Close, Dagenham	2 to 5 April	5 to 12 years
RM6 5NR	Premier Education @ Rose Lane Primary School, 187 Rose Lane, Romford	2 to 5 April	5 to 12 years
IG11 9AG	Premier Education @ Manor Junior School, Sandringham Road	2 to 5 April	5 to 12 years
IG11 0FJ	Performing Arts with Pullums Dance Academy @ George Carey Primary School, Rivergate Centre	2 to 5 April	5 to 16 years
RM10 9YR	Sportsworks The Ley's Primary School	8 to 12 April	5 to 12 years
RM10 7HX	The Ultimate Sports & Football Camps @ William Bellamy Primary School	8 to 12 April	5 to 12 years
IG11 7JA	The Ultimate Sports & Football Camps @ Gascoigne Primary School	8 to 12 April	5 to 12 years
RM8 3EX	The Ultimate Sports & Football Camps @ Grafton Primary School	2 to 5 April	5 to 12 years
IG11 7FP	The Ultimate Sports & Football Camps @ Ripple Primary School	8 to 12 April	5 to 12 years
RM9 6XW	The Ultimate Sports & Football Camps @ Goresbrook School	2 to 5 April	5 to 12 years