

The Seagull



Issue 765 Friday 15th 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:

Muhammad Year 7, Victoria Year 8 and Lily Year 9.

I would like to start by thanking you all for your support in ensuring students go straight home after school and do not loiter in the local community. There continues to be safeguarding concerns, specifically around Becontree Station and it has been pleasing to see fewer students in this area after school.



This week students have had the opportunity to gain an insight into the world of work in both the Construction and Medical industries. Selected Year 12

students enjoyed an inspirational presentation from Dr Sharma, who provided information on

career paths to our future Medics. Year 10 students visited the Barking Riverside Innovation in Construction Centre, where they participated in a practical bricklaying workshop and talk with industry experts on potential career opportunities post-16.

The Year 11 and Year 13 mock exam period is now drawing to a close and we have been hugely impressed with the dedication and commitment shown by these students in preparation for the examinations. The library, study centres and Main Street have been a hive of activity before and after school and it is evident that students are showing commitment to their learning and aspiring to be their best.

Next week we have our Year 10 Progress Evening on **Wednesday 20th March** starting at 3:45pm until 6:30pm. This will be a valuable opportunity for parents and carers to meet subject specific staff to discuss student progress and receive key information about the GCSE courses. Students should be making appointments with staff and recording these in planners, so please can you ensure that this is encouraged and checked.

Finally, I would like to congratulate the Year 7 netball team on their first Borough rally performance. They demonstrated excellent resilience and sportsmanship throughout the tournament and, despite not winning overall, they should be proud of their achievements.

Ms Keane
Headteacher

Lost Property

Please note that any items in lost property at the end of term (Thursday 28th March) will be disposed of. If you wish to check through this,

please ask at the school reception at the end of the school day.

Mrs Stone
Office Manager

Year 10 Progress Evening

Year 10 Progress Evening will take place on Wednesday 20th March 3:45pm -6:30pm. This is an invaluable opportunity to discuss your child's progress so far and receive personalised feedback on their performance in the recent mock exams. You will have an opportunity to discuss how they can best prepare for their next set of mock exams in the summer term, with all your child's subject teachers. We are committed to success for every single one of our Year 10 students and look forward to working with you on this common goal.

Best Wishes

Mr Cully, Miss Worlock & Mr Summers
Year 10 Team

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

Social Studies Club

The Social Studies department have just launched a new extra-curricular club, for KS4 and KS5 students. The aim of the club is to create interest in our subjects (psychology, sociology, politics, health & social care and CeFS) and encourage curiosity in all things social studies related.



It is a great opportunity for students currently studying our subjects to explore topics beyond the curriculum or for students interested in pursuing our subjects post-16/post-18 to get an insight into related topics.



The club launched last week, with a focus on psychology. The session was led by Mrs House who

explored the topic of aphantasia, a phenomenon known as being 'mind blind'. Students that attended completed a test to see whether they were aphantasic and then discussed the causes of aphantasia and how it presents in individuals. Students thoroughly enjoyed the activity and had fun exploring a phenomenon they were unaware of prior to attending.

KS4 and KS5 students, please keep an eye out in the notices for future session topics. We look forward to welcoming you.

Miss Tasneem
Head of Social Studies

National Careers Week



We are celebrating National Careers Week this week, and this is a celebration of careers guidance across the UK.

At JRCS careers guidance is offered all year round to students and National Careers Week gives us an opportunity to showcase and highlight some of the activities that are offered in school and to help prepare students at the start of their career journey.

National Careers Week is a great opportunity for parents/carers to be involved and be familiar with routes that your child can take into the workplace.

NCW have made a guide to give you an outline of what is currently available for students and beyond. I have included a link to the parents/carers guide, which includes various free resources for parents/carers about choices after GCSE, Sixth Form and beyond: [NCW \(theparentsguideto.co.uk\)](https://theparentsguideto.co.uk)

Ms Vincent
Careers and Pathways Co-ordinator

International Women's Day 2024



Last Friday 8th March, we celebrated International Women's Day. This year's theme was **#inspireinclusion** which means to

ensure the needs, interests and aspirations of women and girls are valued and included!

Students took part in an art and photography competition where we saw some fantastically creative entries. Well done to all those submitted and look out for an LOC very soon!



During breaks and lunch, students made pledges to show more equality and inclusivity in and around school and took photos with the **#inspireinclusion** heart to show their unity and commitment to International Women's Day 2024.

Miss Hallas
Student Aspirations Coordinator

Year 9 Mock Magistrates' Trial Competition rehearsal



I want to applaud the following students for their continued hard work and dedication to the Mock Magistrates Competition. These students have been attending rehearsals on Saturdays and will enter the competition on Saturday 23rd March at Stratford Magistrates' Court competing against six other neighbouring schools.

The students have analysed the case, learnt their roles, and practised the procedure within a Magistrates' Court- they met a Magistrate

(Stephen Taylor) on Friday 8th March 2024 and were able to ask legal questions and get his firsthand experience advice.

Pavel - Prosecution Lawyer
Nevaeh - Prosecution Lawyer
Ifraz Hussain - Defence Lawyer
Klarisse Defence Lawyer
Salwa - Prosecution witness
Christine - Prosecution witness 2-
Mattia - Defendant
Rubie - Defence Witness
Amna – Legal Advisor
Lilato - Usher
Alesha - Magistrate
Gloria - Magistrate Lead
Alyssa - Magistrate

Again, I want to congratulate you all. I am so excited to see you all in action next week! Good Luck- You will be amazing and brilliant advocates!!

Miss McMillan
Head of PDE

Year 10 Construction Youth Trust Trip

On Wednesday 13th March, the Construction Youth Trust invited some Year 10 students with an interest in the construction industry to Barking Riverside Innovation in Construction Centre (BRIC). We were incredibly fortunate to meet Garry Staines who owns and runs a successful construction business, GSQ, as well as, Charlie Collison, a social media sensation and the 'UK's fastest bricklayer'!

The students had an amazing time being hands on and were taught how to lay bricks by the professionals. Together we built an impressive wall! We were also given an opportunity to ask questions and gain an insight into the industry.





At the end of the trip, we acquired new skills, and knowledge of how the industry operates, as well as pathways into construction after finishing school.

Thank you to all that were involved in the trip, and we look forward to the next construction outing.

Miss Worlock
Head of Year 10

Year 7 Borough Netball Rally

The Year 7 Netball team participated in the Borough Netball Rally at Robert Clack on Monday 11th March. This was their first inter-school tournament and whilst they were very nervous, they soon settled into the competitive, but short matches drawing with Dagenham Park who we played first.



We went on to narrowly lose to Sydney Russell, Robert Clack B and Eastbury who all challenged us to a close, evenly matched game. Riverside and Barking Abbey went through to the semi-finals as the winners & runners up in the pool.

We hope to come back stronger next year and hope the girls continue to train in preparation for next year's league.

Miss Boulton
Assistant Headteacher

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



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 18/03/2024	11	9.00am	Art Practical Day 1
Tues 19/03/2024	11	9.00am	Art Practical Day 2



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.

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.

Schools and Colleges
Early Support Service



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.

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

Schools and Colleges
Early Support Service



Anna Freud

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 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.

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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.

Schools and Colleges
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Anna Freud

Parent and carer webinars: on-demand

Schools and Colleges
Early Support Service



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.

Schools and Colleges
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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