

The Seagull



Issue 766 Friday 22nd March 2024

Next Week is Week 2
Week beginning 15th April 2024 is Week 1

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HEADTEACHER'S NEWS

Gold Seagull Winners



Congratulations to this week's Gold Seagull winners:

Fady and Chimaobi Year 7, Louie Year 9,
Vignesh Year 10 (pictured above).


Ruqayyah, Adaeze, Leja, Alfie, Deborah,
Denisa, Divine, Harpreet, Honeymae, Iainmari,
Janis, Keyra, Migle, Shalom, Simona,
Oluwatomiwa, Abir, Adriana, Adriana, Anton,
Elisabeta, Lenny, Maria, Marline, Megan, Philip,
Ryan, Ameenah, Oluwafemi, Ashley-Kay,

Daania, Lexi and Sadiq Year 11 (pictured below)



It was so good to see so many Gold Seagull winners this week. A special mention to our Year 11 students who have been working so hard in their mock exams. Keep up the revision over Easter and don't forget the Easter revision sessions we will be putting on over the holidays, see timetable in this edition of The Seagull. Past students always comment about how helpful these sessions are in preparing them for their GCSEs.

Thank you to those of you that attended Year 10 Progress Evening on Wednesday. Next Wednesday we have our Sixth Form Progress



Evening, and we look forward to seeing parents/carers there. Unfortunately, we have had a number of reports of students being stopped outside of Becontree station and having their mobile phones taken. Please talk to your child about staying safe and not having their phones out at the end of the day as they walk home. We will continue to patrol at the end of the school day. Please remind your child they should go straight home at the end of the day and not hang around the shops and station at Becontree.

May I thank you for your continued support this half term and hope you all enjoy the Easter break. For those of you that are celebrating, Happy Easter and Eid Mubarak.

We look forward to welcoming all students back on Monday 15th April at the usual time of 8.30am.

Ms Keane
Headteacher

Year 12 & Year 13 Progress Evening

There is a Sixth Form Progress Evening on Wednesday 27th March 3.45pm-6.30pm. Students will be making appointments with their subject teachers. Progress Evening is an extremely important event. It is an opportunity to have targeted conversations with staff about your son/daughter's educational progress and for Year 13, this is the final Progress Evening before A level exams begin and vocational qualifications are completed.

We look forward to seeing you.

Mrs Evans
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

Year 8 Progress Evening

Year 8 Progress Evening will take place on Wednesday 24th April, between 3.45pm and 6.30pm. This is an invaluable opportunity to discuss your child's progress so far and receive personalised feedback on their performance. You will have an opportunity to discuss with all your child's subject teachers their behaviour and attainment as well as ways for them to improve. We are committed to the success for every single one of our Year 8 students and look forward to working with you on this common goal.

Miss Thomas
Head of Year 8

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

Summer ACHIEVE Days

Our summer ACHIEVE days will be taking place on Wednesday 10th, Thursday 11th and Thursday 18th July 2024. All information regarding the three days will be sent out via email and added to MCAS by the end of next week, please ensure you are able to access MCAS to give consent and make payment for the upcoming events that will be taking place. If you do not have access, please contact the School Office - office@jorichardson.org.uk

Thank you.

Mrs Garland
Assistant Office Manager

Year 8 students from Ms Franz and Mrs Levene's Art classes

The Green Man clay tiles that students have been making in lessons have now been fired and are ready to be collected.

Any student who wishes to collect their clay tile, please do so at break and lunchtimes before the last day of term (Thursday 28th March) Students may want to bring something with them to help protect their tile and stop any possible damage.

Those students who wish to glaze their Green Man tile should speak to Ms Claydon (Art Technician) and there is a contribution cost of 50p towards the glazes.

For those students who decide to glaze their tiles, these will be ready to collect after the Easter holidays.

Thank you.
Art Department

Year 12 UCAS Exhibition

Sixth Form students visited the EXCEL Centre to discover their future options and what opportunities are available to them when they leave Sixth Form. The UCAS discovery exhibition gave students the opportunity to chat to real people from universities, colleges, conservatoires, apprenticeship providers and employers.



There was a Q&A stage where students could learn from experts and discover a range of courses. Year 12 had the chance to take part in subject tasters and the subject spotlight for the day was Bio Medical Science! This event was great to enable students to think about the future and the world of work.

Ms Vincent
Careers and Pathways Co-Ordinator

Jack Marshall England Rugby call-up



We are delighted to hear that Jack Marshall our most recent School Rugby Captain has received a call up to the England U-17 squad.

He recently joined up for a weekend camp at Bisham Abbey Sports Complex. The England team play twice in May ahead of leaving for a summer tour of South Africa.

This has been a highly successful season for Jack after being made captain of the Saracens Academy U-17 team earlier in the season.

Congratulations to Jack and we wish him well.

Mr Kersey
Pastoral Support Assistant - Year 11

Chess Grand-Master Crowned



Having taken part in the final of the Grand-master Chess tournament held before half-term, Victor & Wa Kwan had to wait for their trophy presentations due to internal exams that they were both sitting.

Monday saw the culmination of the fabulous tournament when they were presented with their Winner (Victor) and Runner-Up (Wa Kwan) trophies.

Each received a personalised trophy, certificate, a monetary prize, and a deluxe travel chess set.

Victor also got his name engraved on the school's Grand-Master Chess Trophy which is presented annually.

Congratulations to all who competed.

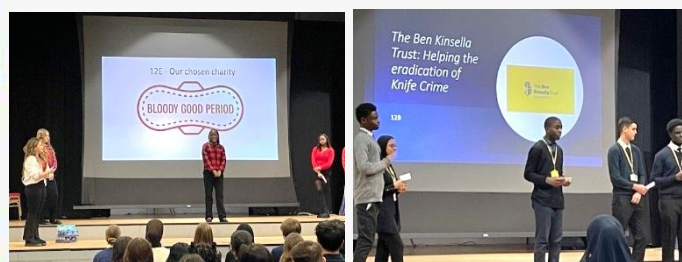
Miss Campbell
Tournament Organiser

JRCS Non-Uniform Day – Thursday 28th March

In a remarkable display of compassion and initiative, the Year 12 students are gearing up to host a fundraising event supporting six noteworthy charities.

On Thursday 28th March there will be a whole-school non-uniform day, where participating students bring in a £1 donation in support of the six charities.

The decision to support these six charities stems from the students' desire to address pressing issues within our community in Barking and Dagenham and beyond. The selected charities are: *Bloody Good Period*, fighting for menstrual equity; *Ben Kinsella Trust*, tackling knife crime; *Mind*, supporting mental health, *V-i-a*, dealing with addiction; *Nia*, helping women who have dealt with domestic abuse; and *Power the Fight*, combatting violence affecting young people.



This event is an attempt at rallying our school community together to make a difference in the lives of others and to shine a light on issues that often go unnoticed.

At breaks and lunchtimes on March 28th Sixth Form students will be available at each charity's designated stall on Main Street, between the Egg and the Study Plus room, providing plenty

of information about the charities being supported for students who want to learn more.

Together, we can make a meaningful difference in the lives of those in need and demonstrate the strength of our school community's commitment to positive change.

Thank you for your support.

Abigail, Katelyn, Olivia and Saahir
Executive Prefect Team

Move It 2024



JRCS dancers loved attending Move It 2024 at the Excel Centre last week.

They were participating in professional classes, talking to industry professionals and watching a huge array of dance performances, including one of our ex students performing on the main stage. Students are excited to see what Move It 2025 has to offer.





Miss England
Head of Dance

Year 12 First Aid Training



This half term, Year 12 Health and Social Care students undertook a first aid training course. The session was run by an expert external provider who is experienced in delivering high quality first aid training covering a range of skills such as how to conduct a primary survey, recovery position, CPR as well as ways to treat burns, wounds, bleeds and shocks.

The course taught students practical skills and expert knowledge so that they can confidently respond to a medical emergency. Students found the course extremely valuable as it will stand them in good stead when undertaking external placements or when pursuing a career in the health and social care field.

Congratulations to all students in receiving their first aid certificates.

Miss Tasneem
Head of Social Studies

Year 10 TFL Trip



On Friday 15th March we took thirty Year 10 students to TFL's modern offices in Stratford.

The aims of the visit were to provide students with an insight into city planning and the future of London transport considering factors such as green energy and keeping alignment with the mayor's transport strategy.

Students were engaged in workshops led by industry staff and also found out about future career pathways into the company with links to a

range of areas such as engineering, computing and finance/accountancy.

Well done to all!

Mr Cully
Assistant Headteacher



The Old Operating Theatre Museum Trip



On Tuesday 19th March Year 12 and 13 Health and Social Care students had the opportunity to visit 'The Old Operating Theatre Museum'.

Students sat in the layout of a room of an actual operating theatre from the early 18th century; once used for operations that predated anaesthetics and antiseptics.



The old operating theatre is one of the oldest surviving surgical theatres in Europe for female patients. They were amazed by the surgical history (especially the development of surgical instruments) and expressed how lucky we are now due to advanced medical technology.

As the museum was located near Borough Market, students ended the trip with a lovely lunch and explored the market.

Ms Islam
Teacher of Social Studies

Netball Borough Rallies



The U16 and U14 Netball teams participated in the Borough Netball Rallies at Robert Clack on Tuesday 19th March. Both teams have shown excellent commitment to training throughout the season and enjoyed success in the Borough league.

Each team played three games in the pool stages, which proved to be more successful for the U14 team.

The U16s drew against Greatfields but lost to All Saints and Robert Clack, so did not proceed to the finals. The U14 made it through to the semi-final against Riverside and, after a very tense match, ended up losing 2-1 in the closing moments. They played All Saints in the 3rd /4th playoff and were victorious, coming home with the bronze medal.



We have been really impressed with the resilience and determination demonstrated from both teams this season and will be celebrating with a rewards trip to the Copper Box in the coming months.

Miss Boulton & Miss Bevan
PE Staff

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

Easter Revision School - Class of 2024!

	9am - 11am	☺	11:15am - 1:15pm	☺	1:30pm - 3:30pm
Tuesday 2nd April	English literature - session 1 JAI2/HUS5 <u>Boothroyd hall</u>		English literature - session 2 JAI2/HUS5 <u>Boothroyd hall</u>		History - Mr Wright's group WRI2 <u>HU3</u>
Wednesday 3rd April	Science TIZ/GLO <u>Science corridor</u>		Citizenship MCM2/MAM1 <u>PDE1/PDE3</u>		Construction DOR <u>DT2</u>
Thursday 4th April	Drama (group A) BRY2/WIL3 <u>DR1/DR2</u>		Drama (group A/B) - section B BRY2/WIL3/HAL4 <u>DR1/DR2</u>		Drama (group B) - section A BRY2/WIL3/HAL4 <u>DR1/DR2</u>
Friday 5th April	Business GCSE HOW/WRG/STH1 <u>BS1/BS2</u>		Business GCSE - top end masterclass HOW - BS3 Business BTEC- component 3 WRG/HEN1/STH1 <u>BS1/BS2</u>		Citizenship MCM2/MAM1 PDE1/PDE3 Business - component 1 resits HEN1/STH1 <u>BS1/BS2</u>

	9am - 11am	☺	11:15am - 1:15pm	☺	1:30pm - 3:30pm
Monday 8th April	Science TIZ <u>Boothroyd hall</u>		Triple science TIZ <u>Boothroyd hall</u>		Triple science - Chemistry ALI2 <u>SC9</u>
Tuesday 9th April	Dance (practical) <u>ENG</u> DA1 Construction DOR <u>DT2</u> Computer science CAM2 <u>IT1</u>		Dance (theory) <u>ENG</u> <u>PDE1</u> Computer science CAM2 <u>IT1</u>		
Wednesday 10th April	Maths - foundation MOR3, GAU, OBA1, BEG6, MAL2, BLA4 <u>Boothroyd hall</u>		Maths - higher MOR3, GAU, OBA1, BEG6, MAL2, AMI1 <u>Boothroyd hall</u>		
Thursday 11th April	History HIN2 <u>HU1/HU2</u>		RS KEN <u>RS1/RS2</u> Spanish Higher FER3 <u>MFL3</u>		RS KEN <u>RS1/RS2</u> Spanish Foundation DUN <u>MFL3</u>
Friday 12th April	PE GCSE HWD/CUL2 <u>PE1/EN1</u>		PE CNAT HWD <u>PE1</u>		Geography BNE/ROS1/AMM1 <u>HU4/HU5/HU6</u>

The background of the entire image is a photograph of a school playground. In the foreground, there are wooden play structures. In the middle ground, several people are walking across the grass. One person is wearing a red shirt and dark pants, another is in a dark suit, and a third is in a white shirt and dark pants. The background shows a red brick building and green trees under a bright sky.

JRCS SIXTH FORM PROGRESS EVENING

WEDNESDAY 27th MARCH

3:45pm – 6:30pm

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

Year 12 First Give Programme Presents.....

Whole School

Non-Uniform Day 2024

- Thursday 28th March 2024
- In Aid of 6 Charities
- £1 paid on the day
- More details to follow



v-i-a

What Parents & Educators Need to Know about TEKKEN 8



Thirty years after its debut on the original PlayStation, the Tekken franchise is back with its eighth mainstream instalment. A one-on-one fighting game series in the same vein as Street Fighter and Mortal Kombat, Tekken 8 can be commended for its relative lack of in-game purchases – but there's still plenty to consider in keeping young players safe from potential hazards.

WHAT ARE THE RISKS?

FUTURE SPENDING?

Tekken 8 carries a PEGI 16 rating, with the assessors noting its violence, occasional profanity and in-game purchase options. The latter issue, however, is a little different to what you may expect from a modern game: unlike many high-profile releases, Tekken 8's content is all accessible without spending any extra money. The exceptions are new characters, which will become available to purchase separately in the future.

COPYCAT RISK

With characters flying across the screen using a mixture of authentic and fantastical fighting styles, younger children and impressionable teens may find themselves tempted to copy their favourite characters or act out their epic fights in real life. This could simply amount to harmless fun – but could also easily lead to accidents, injury and distress if young gamers start actually landing blows.

VIOLENT GAMEPLAY

As a fighting game, Tekken 8's gameplay is heavily based on punching, kicking and throwing opponents around – while some characters' attacks occasionally involve weapons. Most of the violence is comparatively cartoonish in its execution and lacking in gore, but the fact remains that the action still revolves entirely around intense combat and inflicting damage on an opponent.

FAMILY CONFLICT

Tekken 8's story mode, 'The Dark Awaken', focuses on two of the series' most important characters – Kazuya and Jin, a father and son who have been warring for years. The sight of two family members physically fighting each other may be hard to understand (and difficult to deal with) for some children – causing confusion and concern over why relatives would want to hurt one another.

RANKED ONLINE PLAY

Tekken 8 features an array of online modes – most notably its 'Ranked' section, where players battle to reach the top spot of a worldwide leaderboard. Many players will dedicate significant amounts of time to practising and – while the challenge can be fun – some of these matches can get extremely competitive. Children could become obsessed with climbing the rankings and dedicate an unhealthy amount of time to the game or grow angry if they wind up on a losing streak.

ONLINE CONTACT

Tekken 8 doesn't offer voice chat by default, but a player's platform ID is visible (such as their PlayStation Network ID, Steam account or Xbox gamertag). Rival players can, therefore, reach out via messages if they wish. Given the game's fiercely competitive nature, these communications can potentially put children at risk of online abuse if their opponent is a particularly sore loser.

Advice for Parents & Educators

TRY IT OUT YOURSELF

As with many popular games, we'd recommend checking it out for yourself in advance if you have any concerns. In the case of Tekken 8, there's a free demo version available (for all platforms) which lets you experience fights with a handful of the characters: a useful way of establishing first-hand whether some children might find the game's violence to be too intense.

EXERCISE YOUR JUDGEMENT

While Tekken 8 features a sort of 'spray' impact effect when attacks land, it's not the kind of game that most observers would describe as gory (unlike, for instance, the Mortal Kombat franchises). Of course, any fighting game worthy of the name will include a significant degree of violence – but the level at which the battles in Tekken are pitched may not be an issue for some children.

MARTIAL ARTS MOTIVATION?

With characters utilising real-world fighting styles such as Jiu-Jitsu, boxing and kickboxing, Tekken could represent an opportunity to channel a child's fondness for the game into a beneficial interest in real-world martial arts. Classes can help to build young people's confidence and physical fitness, as well as providing avenues for making new friends.

CONTROL COMMUNICATIONS

If a child plays Tekken online with anyone apart from their friends, then parents and carers could consider restricting communications – such as shutting off the facility to be messaged by other players (although the child's profile name will still be displayed) – to reduce the chance of contact from strangers. This can be done via the console's account settings or through the child's Steam account (if playing on PC).

Meet Our Expert

Editor in Chief of gaming and experts site @Rascan, Uwey Coombes has worked in the games media industry for five years. He's played every Tekken title since the series began and, as a parent, also values the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



Source: <https://pegi.info/en/search/page/tekken8?pg=1&sk=&year=2023>



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THE JO RICHARDSON COMMUNITY SCHOOL

ATTENDANCE MATTERS

An Information Booklet
for Parents/Carers and Students

SUCCESS
FOR ALL

Attendance at School

Introduction:

Research has shown that regular and punctual attendance is an essential prerequisite to effective learning. Therefore, there is a direct link between regular attendance and high achievement.

When children are not in school, they are deprived of the educational opportunities and they are at much greater risk of becoming socially excluded and disadvantaged. If they are not in school, children may be at risk of becoming either the perpetrators, or the victims, of crime.

This booklet has been prepared to provide parents and students with information and guidance on the school's attendance procedures.

We hope the information contained in this booklet will effectively support your child's attendance at The Jo Richardson Community school.

If you ever have any concerns or queries, please do not hesitate to contact our Welfare and Attendance team on 0208 270 6222 - option 1.

Structure of the School Day

Students must be in school by 8:25am every day.

Please note that students are not allowed to go home for lunch or leave the school site until the end of the school day.

Assembly Days 8:35am	Assembly Days				
	Year 7 WEDS / TUE	Year 8 FRIDAY/TUE	Year 9 THURS/TUE	Year 10 WED/MON	Year 11 THURS/MON
Registration/Assembly 8:35am					
9:00 am	1A	1A	1A	1A	1A
9:30 am	1B	1B	1B	1B	1B
10:00 am	2A	<i>Break</i>	<i>Break</i>	2A	2A
10:30 am	2B	2B	2B	2B	2B
11:00 am	<i>Break</i>	3A	3A	<i>Break</i>	<i>Break</i>
11:30 am	3B	3B	3B	3B	3B
12:00 pm	4A	4A	4A	4A	4A
12:30 pm	4B	<i>LUNCH</i>	<i>LUNCH</i>	4B	4B
1:00 pm	5A	5A	5A	5A	5A
1:30 pm	<i>LUNCH</i>	5B	5B	<i>LUNCH</i>	<i>LUNCH</i>
2:00 pm	6A	6A	6A	6A	6A
2:30 pm	6B	6B	6B	6B	6B
Mondays only 3:00 pm	7A	7A	7A	7A	7A
Mondays only 3:30 pm	7B	7B	7B	7B	7B
SCHOOL ON A WEDNESDAY FINISHES AT 1:40PM - LAST LESSON 5A					

Information for Students

If you do not attend every day, this is what happens:

- "...You don't know how to complete the work."
- "...You feel a bit left out."
- "...You get left behind."
- "...You have to make friends again."
- "...You lose touch."

Remember.....

1 morning off school	= 10% of the week
1 afternoon off school	= 10% of the week
A day off school	= 20% of the week

Days absent from school soon add up.

Missing lessons makes it hard to catch up and you will have to work harder when you return to school.

Punctuality

- Arriving late to school or for a lesson puts you, the student, at a disadvantage.
- If a student arrives late to school, after the register has been taken, they will be issued a 20-minute detention with their Pastoral Assistant on the same day.
- Being late means a student will miss important information, notices and activities during Form time.
- When a student is late it means lessons will be interrupted affecting the learning of fellow students.

Missed lessons = missed opportunities = unfulfilled potential

Being on time shows you are reliable.

It shows you are organised.

It shows you know that school matters.

Categories of Attendance - The following is a guide to our expectations.

Classed as	%	Action
Excellent attendance	98-100%	Letter home and a certificate issued by the Pastoral Deputy
Average attendance	95-97%	Tutors start to monitor
Attendance of concern	91-94%	Heads of Year monitor
Unsatisfactory attendance	90% and below	School Attendance Meeting (SAM) process activates (see Appendix A). This is an escalating series of meetings with parents when no improvement is maintained. Parents may be cautioned with warning of legal action.
		If attendance continues to drop, legal action will be taken by the LA and the Governing Body will play an active role in meetings with the Headteacher.

What Happens if I am Absent from School

At Jo Richardson Community School, our priority is the well-being and holistic development of our students. While our attendance policy emphasises regular attendance for educational and personal success, we understand that certain medical conditions or individual circumstances may significantly impact a student's ability to attend school. Jo Richardson aims to be inclusive and accommodating, recognising situations that may be beyond the control of the student or their parents.

Jo Richardson strongly encourages open communication between parents and the school regarding any medical needs or circumstances that might affect attendance. Providing documented proof of diagnosed **medical** conditions helps us to better understand and effectively support the students needs.

It is important to note that, at Jo Richardson, we strive not to penalise students whose attendance is affected by diagnosed medical needs. Our Welfare and Pastoral Teams are dedicated to working with our families to provide necessary support, ensuring that circumstances beyond their control do not hinder their child/ren's educational progress.

Jo Richardson acknowledges and celebrates all improvements made to a students' attendance, aiming to recognise these achievements whenever possible. The welfare of our students is paramount, and our commitment to inclusivity remains integral to our approach in supporting every individual within our school community.

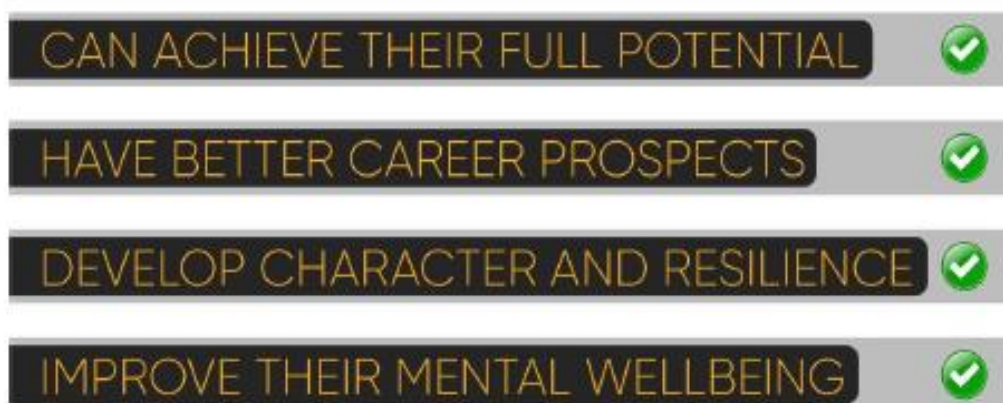
<p>Expected - Aspirational Attendance Target (95-100% attendance)</p> <p><i>Maximises chances to make more than significant academic progress.</i></p>
<p>Emerging Attendance Concerns (90%-94% attendance)</p> <p><i>Absence begins to have a negative effect on progress. Students are at risk of becoming a Persistent Attendance concern.</i></p>
<p>Sustained attendance concerns (Below 90% attendance)</p> <p><i>Absence is having a negative effect on progress, attainment, and wellbeing.</i></p>
<p>Significant attendance concerns (Below 80% attendance)</p> <p><i>Absence negatively affects progress, attainment, and wellbeing. Students are now repeatedly missing lessons and find it very difficult to keep up with the demands of the curriculum.</i></p>
<p>Serious attendance concerns (Below 75% attendance)</p> <p><i>Absence is persistent and having a sustained negative effect on progress, attainment, and wellbeing.</i></p>
<p>Severe attendance concerns (Below 50% attendance)</p> <p><i>Absence at this level now constitutes Educational neglect and causes significant risk and harm to the progress, attainment and wellbeing of the young person.</i></p>

Lost Days of Learning

- A calendar year has 365 days, or 52 weeks or 12 months.
- A school year has 195 days, or 39 weeks, 6 half-terms, 3 terms.
- INSET School Training Days total 5 in each year.
- Students are expected to attend 190 days.
- School day is divided into two sessions. Therefore, students should have 380 sessions a year.

Jo Richardson School Attendance Target is 96%

WHEN PUPILS ATTEND, THEY...



Poor school attendance results in lost days of learning



Research has proved that children who have poor school attendance when in Year 7 are more likely to truant when in Year 10 and Year 11.

Information for Parents and Students

Here are some useful tips to help parents and students ensure good attendance.

As a student you should:

- Establish a regular bedtime routine.
- Have your own alarm clock or set an alarm on your phone.
- Get a friend to call for you on the way to school.
- Establish a routine by getting your school bag ready the night before.
- Ensure you get at the same time every day.
- Ensure you have regular study times.

As a parent it will also benefit if:

- You were to take an interest in your child/ren's school work.
- You work with the school by communicating via your child/ren's Student Planner.
- You praise your child/ren's efforts.
- You monitor your child/ren's use of mobile devices at night.

What the Law Says

If your child is aged between 5 and 16, you must make sure they attend school regularly and stay in School - this is the law.

You can be taken to court for breaking this law. (Section 444 (1) of the Education Act 1996).

The Department of Education (January 2004) policy states: "Parents should ensure their children arrive at school on time, properly dressed and in a condition to learn."

Parents should ensure their child/ren arrive to school on time, dressed in the correct uniform, with the correct equipment and ready to learn."

This means students should arrived dressed in the correct school uniform, students must have the correct books and equipment for learning and should not be too tired, worried or hungry. Parents must also make sure that:

".... students complete ALL homework on time and keep to school rules surrounding learning and behavior."

The school's Behaviour and Attendance policies are available on our website.

Absence Notes

Parents and carers are responsible for explaining their child/ren's absences but are not responsible for authorising them.

It is the school's decision whether explanations provided for your child/ren's absences are acceptable and should be authorised.

Since 1st September 2013, the law gives no entitlement to parents to take their child/ren on holiday during term time. Any application for leave of absence must only be made in exceptional circumstances and will be at the discretion of the Headteacher.

Checklist For Parents

Your child/ren **MAY** only receive an authorised absence if:

1. Your child/ren are too unwell to go to school and you report your child/ren absent via the student absence line or by emailing the student absence email address; medical evidence **MAY** be required if your child's attendance is under 90% or where poor attendance is a pattern.
2. It is a special day for religious observance; supporting evidence **MAY** be required.
3. If your child/ren requires **URGENT** medical or dental treatment. Please try to arrange **ALL** appointments for after school or during the school holidays; appointments taken during the school day will require supporting medical evidence.

The school will not grant permission for any other reason.

All absences require a note from the parent or carer stating the reason for their child/ren's absence. Your child should hand this note to their form tutor or take it to the Student Welfare office.

If your child/ren have been absent for three or more days, then medical evidence **WILL** be required.

Holidays during school time will **NOT** be authorised, unless there is an exceptional circumstance. All holidays should be taken during the designated school holiday dates.

Any extended unauthorised absence **MAY** result in your child losing their place at the school.

Authorised & Unauthorised Absence

Authorised absences are mornings or afternoons away from school for a good reason such as illness, Unavoidable emergency medical/dental appointments or other unavoidable causes. For an absence to be authorised, it is key that the school is informed (via the absence number or prior to the absence) and a note is provided.

Unauthorised absences are those which the school does not consider reasonable and for which no authorisation has been granted. This includes:

- Holidays during term time
- Shopping / visiting family member
- Excessive medical illness without a doctor's note
- Taking siblings to school or other caring duties
- Parents providing inappropriate reasons for the absence
- Failure to attend alternative provisions
- Significant lateness once the register has closed
- Birthdays
- Truancy

SUCCESS FOR ALL

www.jorichardson.org.uk
0208 270 6222

*Jo Richardson Community School
Castle Green
Gale Street
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RM9 4UN*

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.

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.

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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

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

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 Anna Freud

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

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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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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	Perfoming 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