

# The Seagull



Issue 767 Friday 19<sup>th</sup> April 2024

Next Week is Week 2

All Enquiries: 020 8270 6222  
Email: [headteacher@jorichardson.org.uk](mailto:headteacher@jorichardson.org.uk)

Website: [www.jorichardson.org.uk](http://www.jorichardson.org.uk)  
X: @JRCS\_School

## HEADTEACHER'S NEWS

### Gold Seagull Winners



Congratulations to before the Easter holidays and this week's Gold Seagull winners:

Tanzir and Ioana Year 7, Ollie Year 8, Armaan Afreedi Year 9, Luke Year 10 and Double winner Mmachi Year 9 (before Easter)

Teddie, Ariana and Adam Year 7, Melisa Year 10 and Double winner Gloria Year 9 (this week)

This week I have met with all our Year 13 students in their exit interviews. It has been a real pleasure to talk to you all and find out about the exciting plans you have for next year. It was also good to get your feedback on your time at JRCS. One thing that all students have mentioned as a real highlight of their time in school is the opportunities, trips and the ACHIEVE days that we offer. Please ensure you encourage your child to participate in the trips and don't forget to sign up for our ACHIEVE days. May I take this opportunity to wish all our Year 13 students the best of luck this summer.

### Uniform

JRCS students are polite, respectful, fun and hardworking. We have so many visitors who come to school and report that they are impressed by our students. This makes me personally very proud. The final thing we need to address is uniform. We made a pledge when we started this school that we would keep the uniform simple and affordable. We stand by this. However, at times the way the students dress does not reflect how amazing they are; trousers are worn too low, and skirts are worn too high.

In order to address this, we are introducing a JRCS school skirt, which will be part of the compulsory uniform for September 2024. There will be two designs available and each one will have a seagull logo on the hem. The seagull must touch the knee for students to be allowed into lessons. Trousers must be worn around the waist for students to be allowed into lessons. Trousers must be straight legged, tailored trousers and not boot cut, flared trousers or leggings.

This is a change that has been endorsed by the student leadership teams in the school and it has been done in full consultation with the entire student population. We raised it during form times and assemblies, and we also provided a period of consultation.

The skirts will be available through our uniform shop, and they have been price matched to the usual high street stores.

Ms Keane  
Headteacher



## Year 8 Progress Evening

Year 8 Progress Evening will take place on Wednesday 24<sup>th</sup> 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

## Summer ACHIEVE Days - Wednesday 10<sup>th</sup>, Thursday 11<sup>th</sup> and Thursday 18<sup>th</sup> July 2024

Summer ACHIEVE day leaflets were emailed out before the Easter break for all students in Years 7-10. Deposit payments are due by Friday 31<sup>st</sup> May. Please ensure you are able to access MCAS to give consent and make payment for the upcoming events that will be taking place. You will find all information under Trips & Consent – Available trips. If you do not have access to MCAS, please contact the School Office - [office@jorichardson.org.uk](mailto:office@jorichardson.org.uk).

Mrs Garland  
Assistant Office Manager

## Year 9 Globe Trip:



On Monday 25<sup>th</sup> and Wednesday 27<sup>th</sup> March, the English Department lead two days of trips to the Globe Theatre in London. Earlier in the year we had bid for, and successfully obtained, free tickets to see William Shakespeare's Romeo & Juliet! We decided this would be the perfect trip to take our 300 Year 9 pupils on; they behaved exemplarily and engaged extremely positively with the opportunity.

Sponsored by Deutsch Bank, this experience allowed pupils to watch and experience live theatre on one of the most famous stages in the world! The bright costumes, incredible surroundings and lively atmosphere made for two amazing days out that not only enhanced their contextual learning, but it also supported the learning from the previous term when they studied the play as part of the curriculum.

The production was modern, exciting and really tried to marry the realities our children live in with a story written in the Elizabethan times. The use of bike stunts was nail-biting!

The students had a fantastic experience and did the school proud.

Mrs Patel  
Teacher of English

## JRCS – Whole school steps into their “own” to support Charitable cause



On the last day of last term, many students took part in the First Give non-uniform day, leading to our fundraising event being a remarkable success. We were able to raise over £1000, which is a staggering achievement, thanks to all of the kind and generous donations we received.

Throughout the day, we were able to achieve our goal of spreading awareness about our charities by engaging with many students at the stalls we had set up at break and lunch. We had many meaningful discussions with numerous students about the missions of our charities and highlighted their importance.



The Year 12s would like to express their gratitude for everyone who supported us in being able to help our chosen charities and congratulations to everyone who made this event possible.

Abigail, Katelyn, Olivia, Saahir  
Executive Prefect Group

## Mind of the Student Workshops



This week we were fortunate to have the team from Mind of the Student in school to break down the stereotypes around mental health in young people and give practical advice.

Years 7, 8, 9, 10 and 12 all completed the workshop and had the opportunity to share their experiences and personal methods of improving their wellness.

Students were shown the 'bucket' analogy whereby some volunteers added water to a large tube until it almost overflowed, visually representing the things that may add stress to our minds. This included social media, exam stress, relationships and much more. They then explained how self-care can support you to release some of that water and empty the bucket and free up some space.

Students left the session having completed positive affirmations such as 'I'm worthy, I am kind, I am beautiful', and a pocket guide to mental health.

We want to thank Mind of the Student for this great opportunity and thank our students for their positive engagement!

Ms Draisey  
Senior Mental Health & Wellbeing Lead

## Year 12 - HerbertSmith Freehills – Scholarship Scheme Interview Workshop



A group of Year 12 students went up to Herbert Smith Freehills LLP during their Easter break to attend an interview workshop run by the law firm's Recruitment & Human Resources Department.

Viv & Gabi gave the students some valuable insights into how they look at applications and what makes one stand out from the rest. They also went through the best way to ensure your application is put on the "invite" pile.

During the presentation they went through the important elements to approaching interviews and the different ways a company can conduct an interview. The students had the opportunity to hear some of the types of questions they may get asked and the type of responses that would be expected of them.

The students attending are all part of the cohort who are hoping to be successful in gaining one of the Networked Scholarship Scheme places available via Herbert Smith Freehills.

During the next couple of weeks each will have an in-person interview and hopefully progress to the next stage which is likely to be an assessment centre style event. If ultimately successful, the students will join our impressive list of JRCS students on the programme. Each student will get a mock interview in the lead up to their one with HSF.

All the students have done themselves, and me, proud with the way they have conducted themselves in a highly professional environment on the two occasions we have been there. Each is wished good luck as they go for their interview.

Miss Campbell  
Deputy Director of Sixth Form  
Head of Year 12

## RPC Law firm



Tuesday 16<sup>th</sup> April marked the second visit for thirty five students to RPC Law firm's London office in Tower Bridge as part of an annual mentoring scheme.

Students heard from a senior partner, worked individually with their mentor regarding their CV and took part in a 'speed-dating' type activity with different members of the firm to gain an insight into a variety of areas of the business.

Students also heard from one of the recruitment managers about the different career pathways within the law field and options available to them should they wish to pursue this. The next session is on Thursday 2<sup>nd</sup> May where JRCS will be hosting for once!

Mr Cully  
Assistant Headteacher

**Sixth Form Business careers**  
Business students in Sixth Form attended an experience/employability day today at the government offices in Horse Guards Road and learnt about different career pathways and apprenticeships within the Civil Services.



Miss Vincent  
Careers & Pathways Co-ordinator





metpolice\_uk 2 h

WE WILL WORK CLOSELY WITH COMMUNITIES,  
SCHOOLS AND YOUTH PARTNERS REDUCE  
VIOLENCE LEVELS.



28 MARCH 2024

## Knife Crime Report



**“There’s this  
attitude of  
‘I’m not a snitch’,  
which I fully  
understand.  
We are asking  
them to tell on  
their friends”**

**PC Graeme Halleron**

Photographs by  
Lily Bertrand-Webb  
Interviews by  
Emma Loffhagen

@esmagazine

INFORMATION ABOUT KNIFE CRIME  
COULD SAVE SOMEONE’S LIFE.

 REPORT AN INCIDENT ANONYMOUSLY

# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping; from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

## WHAT ARE THE RISKS?

### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

## WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

### POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

## Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.bbc.co.uk/news/health-66808924>



# Parent Support Group

For parents/carers of young people (11-25 years)  
struggling with their mental health

“ A welcoming and safe space to share  
your story and connect with others



Havering, Barking  
and Dagenham

# Parent Support Group

A six-week programme for parents/carers of young people (11-25 years) struggling with their mental health.

Like-minded parents/carers are listened to and reassured whilst receiving tips and techniques for supporting their young people.

This interactive online group comprises two-hour sessions on mental health signposting, effective two-way communication, dealing with anxiety, increasing resilience, parenting styles and self care.

We help parents/carers to empower each other through information and support.

Sessions are delivered in an engaging way with lots of opportunities for small group discussions, all in a safe and non-judgemental space.

If you, or someone you know, would like to speak with one of the Parents' Team, please get in touch.

**The sessions take place on:  
Wednesday Evenings  
Online on Zoom  
Between 6 - 8pm**



**I know that I am not alone, having met some wonderful parents going through similar things**



## For more information:

01708 457040

parents@haveringmind.org.uk

[www.haveringmind.org.uk](http://www.haveringmind.org.uk)



HaveringMindCharity

 mind Havering, Barking and Dagenham

Charity No: 1108470



# 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
- Building resilience, staying connected and nurturing your relationship with your teen
- 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
- Transitioning to secondary school
- Supporting young people who experience panic

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** [Click here](#) to register

**Wednesday 19 June 12:00-13:00** [Click here](#) to register

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.

## 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** [Click here](#) to register

**Monday 24 June 17:00-18:00** [Click here](#) to register

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.

## Transitioning to secondary school

**Wednesday 24 April 12:00-13:00** [Click here](#) to register

**Monday 20 May 12:00-13:00** [Click here](#) to register

**Tuesday 2 July 17:00-18.00** [Click here](#) to register

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.

## 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** [Click here](#) to register

**Wednesday 12 June 12:00-13:00** [Click here](#) to register

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.

## Supporting your young person through exam time

**Tuesday 30 April 17:00-18:00** [Click here](#) to register

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.

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

**Tuesday 7 May 17:00-18:00** [Click here](#) to register

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.

### **Anxiety in adolescence: how can parents and carers help?**

**Wednesday 8 May 12:00-13:00** [Click here](#) to register

**Wednesday 17 June 17:00-18:00** [Click here](#) to register

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.

### **How to support your young person with low mood**

**Tuesday 14 May 17:00-18:00** [Click here](#) to register

**Thursday 4 July 12:00-13:00** [Click here](#) to register

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.

### **Supporting young people who experience panic**

**Thursday 16 May 12:00-13:00** [Click here](#) to register

**Wednesday 26 June 17:00-18:00** [Click here](#) to register

Many young people can experience panic at different points in their life. The causes for panic can vary for each person such as exam stress, friendship difficulties, fear of social situations. However, we know it can be common for a young person to experience a panic/anxiety attack during the school/college day. This can seem unexpected for both young people and staff. In this bitesize recording we will focus on understanding panic, learning about the brain's response, what keeps panic going as well as ways exploring ways to manage and reduce symptoms of panic.

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** [Click here](#) to register

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.

**Supporting your young person with anxiety before they get their exam results**

**Monday 8 July 17:00-18:00** [Click here](#) to register

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.

## Parent and carer webinars: on-demand

Schools and Colleges  
Early Support Service



Anna Freud

### How to support your young person with low mood

This webinar will offer some insight into spotting the signs and symptoms of low mood, understand why young people are vulnerable to experiencing this and offer evidence-based strategies to support a young person.



Passcode:  
5FMJ\$.5Q



Passcode:  
c+P7K=%3

### 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.



Passcode:  
^#81sxNP



Passcode:  
C0Y4bVF@

### 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.