

The Seagull



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Next Week is Week 1

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

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



Kalvin Phillips

HEADTEACHER'S NEWS

Gold Seagull Winners



Congratulations to this week's Gold Seagull winners:

Zainab, Sayona Sara, Victoria, Esther, Edwin and Zayd-Musa Year 7, Tamara Year 8, Alexia Maria Year 9 and Ema Year 10

Triple Gold Seagull winner – Leonard Year 7

Double Gold Seagull winner – Annelise Year 7

We are rapidly approaching exam season and this week has seen Year 13 students sit their CEFS exam and enjoy their celebration assembly. Year 11 students have performed speaking exams in MFL and practical assessments in GCSE PE. Students in these year groups are demonstrating commitment to their studies and aspiring to be their best both in lessons and during the numerous

intervention sessions that are running before and after school. Previous cohorts have taught us how valuable this time is and we urge parents and carers to ensure that attendance and punctuality to school in the summer term is exemplary, across all year groups.

We are implementing changes to the uniform policy from September 2024 with the introduction of a JRCS seagull logo skirt. This will be compulsory and will be available in two designs where the seagull is embroidered at knee length to ensure appropriate dress to lessons. Trousers must be worn around the waist (with a belt if necessary) with no shorts or underwear visible. 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. It was discussed 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.



We work closely in partnership with the West Ham United Foundation and this week the KS3 Social Action Team students presented their plan at Wembley Stadium to tackle mental health issues. This was part of the National Premier League Inspire event to raise mental health awareness in schools and wider communities. Our students were also fortunate enough to enjoy a player appearance from Calvin Phillips on the Astro this week. He participated in a Year 9 v Year 8 training match (officiated by older students) and answered questions about his career journey and life as a Premier League football player.



Ms Keane
Headteacher

Past students return for Autism Acceptance Week



Past students at JRCS Khai and Sam, came to speak to ARP students about life after JRCS. They spoke about making the most of the opportunities they had at JRCS especially trips and clubs, and the many successes they had.

Both students said that their autism has not been a barrier to their success and that, despite challenges, they have found pathways in life which make them happy i.e. Health and Beauty and Healthcare Support.

It was fabulous to have them back and see how well they had done, but even better that they were generous enough to share their stories with present students to inspire them.

Miss Lynch
Second in SDD

Year 13 Civil Service Trip



Year 13 Business students spent the day at the government offices at Horse Guards Road learning about opportunities within the Civil Service.

Year 13 found out about the different apprenticeship roles that they could apply to and useful interview techniques. Students were given the chance to pitch a policy for the Mayor's low emissions scheme and produce their own ideas on how to reduce carbon emissions in London.

Students had some fantastic ideas and used their business knowledge to achieve and present a workable policy. This activity is something that students do when applying for apprenticeships and when they must attend assessment centres in the final stages of recruitment.

Miss Vincent
Careers & Pathways Co-ordinator

The Inspire US programme



The Inspire US programme is run by the talent foundry and gives Sixth Formers the opportunity to create and run local campaigns to improve community cohesion. These campaigns provide the opportunity to be entered to win a once in a lifetime trip to the USA for the presidential election in Autumn 2024.

Our team of four Year 12 students will create and run local campaigns over the coming months with the support and expertise of a campaigning professional via virtual master classes.

We will keep you posted on how the JRCS team get on in the final rounds and if they manage to secure a place in the finals and ultimately manage to join the election campaign in the USA!

Miss Vincent
Careers & Pathways Co-ordinator

Social Action Project - Premier League Inspires - Wembley Stadium Pitches!



A group of our wonderful KS3 students: Mmachi Year 9, Luqman Year 8, Tanzir, Alisha and Ari 7 were chosen by a panel at West Ham United Football Club to represent the school and West Ham at the national Premier League Inspires finals at Wembley Stadium.

They delivered their Social Action project to schools and clubs from all over the country all based around promoting positive mental health and wellbeing.

The day started with them getting to school bright and early so they could travel to the stadium for a 09:30am meet. Once the event

began, they took part in a 'Wellbeing Workshop' with some of the other teams. Alisha Year 7 said "it was informative and inspiring to see how others viewed mental health and wellbeing, and it gave me an insight to how to tackle mental health in another way".



After that we moved onto lunch, before preparing to go on a stadium tour around the iconic national stadium. Mmachi Year 9 said "it was incredible to experience what it is like to walk in the footsteps of some of the world-famous faces who have been there!"

At the end of the tour it was time to present their project. They got interviewed by some people from the Premier League and really showcased how well they have been doing in preparing their 'Mental Health Week' which will be coming to Jo Richardson Community School later this term. Ari, Year 7 said "it was nerve wracking but really fun to do and see all the other projects".

Today was all about making a difference and highlighting the statement that 'It's okay not to be okay'. To sum it all up, Luqman Year 8 said "it was an inspiring and enjoyable experience to be a part of and I can't wait to see what we can do with this project".

All of the children were amazing and all brilliant representatives of West Ham United and Jo Richardson Community School.

Well done!

Miss Hallas & Mr Pepper

Dance

JRCS students had the great opportunity to work alongside the fabulous dance company @glasshousedance as Dance Captains for @dancenetworkassociation. Our students worked extremely hard learning a whole seven minute choreography and filming this for a dance educational resource pack in just one day!



Well done!

Miss England
Head of Dance

Mini London Marathon

Students from JRCS took part in the mini-London Marathon on Sunday. In order to qualify for the event, each student had to run in a local parkrun to obtain a qualifying time and they were then selected to represent the borough.

The race took place on the final section of the marathon course and students were able to experience the final run past Buckingham Palace and up The Mall.

Congratulations to Fabio and Leonard in Year 7 and Thomas in Year 8 for this fantastic achievement.



Mr Howard
Head of PE



"This school is a welcoming and vibrant community where pupils thrive" *Ofsted*



What Parents & Educators Need to Know about

TOWNSHIP

AGE RESTRICTION
4+

(on the App Store
Everyone on Google Play)

Despite launching in 2011, Township remains popular with children and adults alike. A city-building game with farming elements, it tasks players with developing their settlement and unlocking new features along the way. Aimed at the more casual gamer, it's mostly child friendly – but there are still some related risks to be mindful of.

WHAT ARE THE RISKS?

MISLEADING PUBLICITY

Township's developers have previously faced criticism for advertising the game on social media by using clips of gameplay which can't actually be found in the final product. This may well lead to a child or young person downloading the game with severely misplaced expectations of what they'll be playing.

IN-GAME ADVERTS

While it's common for mobile games to feature in-game advertisements for other products and services, Township employs a particularly egregious strategy seen in several similar products. It offers users in-game currency in exchange for watching such adverts, which can obviously encourage young people to willingly expose themselves to marketing material.

IN-GAME PURCHASES

The game's core concept of building up a settlement to increase its population and income can feel slow paced at first – and players are incentivised to spend real-world money to move things along more quickly. That can mean handing over anything from £1.99 to £18.99 for these in-game boosts: amounts that can rapidly add up to a considerable sum if left unchecked.

TIME-CONSUMING GAMEPLAY

Township's gameplay loop of acquiring resources and reinvesting them into your little community is a fun one – but this rewarding sense of making progress can lead to players spending far more hours staring at the screen than they realise. There are also special in-game events which run for a limited time, designed to entice players into even longer gaming sessions.

ONLINE MULTIPLAYER MODE

After reaching level 18, players in Township can form a '18++' and unlock the option to exchange goods with up to 18 other users. Online multiplayer modes are nothing new, of course – but neither are the potential risks they pose to children and young people. Chances are, youngsters will be interacting with complete (and possibly much older) strangers within the game environment.

Advice for Parents & Educators

DISCUSS THE GAME IN ADVANCE

While older children may notice and understand that Township might be marketed in a potentially misleading way, it could be worth explaining to prospective younger players how and why the game differs from what's been advertised. This will help them to manage their expectations and avoid any possible disappointment if they do decide to download and play it.

MONITOR SPENDING AND SCREEN TIME

More modestly priced in-app bundles can be a welcome treat for a child wanting to speed up their progress in Township, but it's wise not to leave a linked payment method active in case a youngster gets carried away. Likewise, to prevent Township from causing an increase in screen time, parental controls on most devices allow limits to be placed on how long a game can be played each day.

BE WARY OF EXTERNAL SITES

Township's makers state that all in-game ads are age-appropriate: children won't be shown adverts recommending more violent titles, for instance. Even so, clicking on these adverts can take players out of the game and onto external sites that have nothing to do with Township or its developers: this raises the risk of children encountering inappropriate content or being tempted by online purchases.

TALK ABOUT ONLINE STRANGERS

Township's online multiplayer mode (as with any game which includes that functionality), is an avenue through which a child could be contacted by people who they don't actually know. It's worth reminding young Township fans, therefore, not to give out any personal information to strangers online – whether that's within the game itself or in the social networks associated with it.

Meet Our Expert

Editor in Chief of gaming and esports site @99Recon, Lloyd Coombes has worked in the games media industry for five years. A regular visitor to the App Store to try out new games and tools, he's also a parent who prioritises online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



The National College

Source: <https://www.wakeupwednesday.com/2019/11/13/what-are-the-risks-of-playing-township-on-a-tablet/> | <https://play.google.com/store/apps/details?id=com.supercell.township>

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Schools and Colleges Early Support Service: Parent and Carer Webinars



Dear Parents and Carers,

We would like to invite you to attend the **Summer Term** webinar series specially tailored for parents and carers of adolescents, in collaboration with the Schools and Colleges Early Support Service.

The topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars will cover the following topics:

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

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

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

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



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.