

# The Seagull



Issue 770 Friday 10<sup>th</sup> May 2024

Next Week is Week 1

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## HEADTEACHER'S NEWS

### Gold Seagull Winners



Congratulations to this week's Gold Seagull winners:

Dhaneen, Marko and Double winner is – Fady in Year 7

Gabriella and the Double winners are – Akanksha, Nazmin and Sabrina in Year 9

It's been a busy week at JRCS with Ofsted visiting us this week to check if our school is outstanding. The report will be published in the next few weeks and once I receive it, I will share it with parents. We were extremely pleased with the feedback. I was so proud of the students over the last few days who spoke eloquently and confidently to inspectors. They were so impressed with the work and conduct of all the young people in the school! The whole school community pulled together to showcase what makes JRCS a very special school. Well done everybody!

It was great to see so many Year 7 parents at Progress Evening on Wednesday. I hope you found the evening informative.

Congratulations to our Jack Petchey winners; you all thoroughly deserved your award. I would like to also congratulate Deborah, Ifeoma and Mikayla for their work on the event "You should have been there" with the Ben Kinsella Trust.

Finally, I would like to thank David Botterill for his work with the school. David has been a Governor at the school for the last seven years. He is an Inclusion Officer for the borough and his expertise has been so important in helping to make JRCS the school it is today. David is stepping down from his Governor role having stayed on to support us through Ofsted. He will be missed!

Ms Keane  
Headteacher

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

Thank you to those who have already made payment. Deposit payments to confirm numbers and book tickets are due by Friday 31<sup>st</sup> May with the full balance due on Friday 28<sup>th</sup> June. 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

## Jack Petchey Awards 2024



On the evening of Wednesday 8<sup>th</sup> May 2024, we celebrated our Jack Petchey 2023 Award winners at the Kenneth Moore Theatre in Ilford.

The celebration was a great mark of their successes with live music, a handshake from the Mayor and some fantastic performances.

Students left with their Jack Petchey medallion in hand and certificate of commendation from Sir Jack himself.



All our students should be so proud of what they have achieved, overcome, or aspired to and we, as a school community are so proud of you too!

Well done 2023 winners!

Beau Year 8
Maatchi Year 9
Elois Year 10
Lacie Year 11
Jennifer Year 11 (Last Year)
Zubin Year 11 (Last Year)
Deivis Year 13 (Last year)
Hany Year 13
Olivia Year 11
Frankie Year 8
Julia Year 13
Lily Year 10

Miss A. Hallas  
Student Aspirations Coordinator

### Year 11 Butterflies



At the start of this term, some Year 11 were gifted some creepy, crawly caterpillars by their form tutor. They have been watching the caterpillars get bigger and stronger, then form chrysalises and,

finally in the last few days, emerge into Painted Lady butterflies.

At the time of writing, 4 out of 5 butterflies had emerged, ready for release next week. It isn't just the form group who have taken an interest in the butterflies, Ms Harland said, "Teachers who have classes in the room have also spoken to me about the caterpillars and butterflies. I've even given an LOC to a Year 10 student, Nkem, who showed care and consideration for a recently emerged caterpillar, cleaning up after it, as they emerge slightly wet and need to be still while their wings dry off."

Ms Harland got the butterflies as a metaphor for the Year 11s: "The caterpillars had to prepare


themselves by taking on energy. They then developed and grew, using that energy and focusing on their task, as well as taking all important rest periods. As they have now completed their transformation and emerged into mature, grown butterflies, ready to be released into the world.



This made me think about my Year 11 form, whom I've seen grow and develop since Year 7. They are working hard now for their GCSE exams and soon I'll have to see them go into the world - full of experience and happy memories."

Ms Harland  
Head of Media Studies

### AWS GetIT – Amazon workshop

 I would like to say a big shout out to the following KS3 students for taking part in the AWS GetIT – Amazon workshop.

Oliver, Erica, Zachary and Georgia in Year 8

Cara Aires Teixeira, Hala, Vadim, Titas, Alesha, Akanksha, Alexia Maria, and Gloria in Year 9



Students were involved in the design and creation of an app to tackle littering in the local area.

This workshop was supported by an AWS GetIT Ambassador.

Well done!

### What is AWS GetIT?

AWS GetIT is a fully funded education programme designed to inspire all 12-14 year old students, especially girls and other young people from under-represented communities, to consider a future career in **STEM** (Science, Technology, Engineering, Mathematics). The programme introduces students to the cloud, different types of careers in tech, and how cloud-based tech is used to solve real world problems. Schools receive support throughout from AWS GetIT Ambassadors.

Miss Hibbert  
Teacher of Computing

### Healthy relationships workshops

Last week we worked with @tender, an external company working with students on healthy relationships. A selected group of thirty Year 8 and Year 9 students participated in a two day workshop to become Healthy Relationship Ambassadors and finished the day with a presentation on healthy and unhealthy relationships.

Well done to all involved!



Miss Draisey  
Senior Mental Health and Wellbeing Lead

## KS3 Trewern Residential



This week a group of Year 7 & 8 students made the long journey to sunny Wales to enjoy a few days of outdoor education. Students had the opportunity to participate in caving and gorge walking in the beautiful Brecon Beacons National Park and built social skills and confidence in tackling the challenges these presented.

Connecting with nature and raising environmental awareness were also achieved through hikes in the mountains and playing in the green outdoor spaces surrounding the centre. Students demonstrated resilience and adaptability during this residential which, for some, was the first trip away from home.

Many thanks to the team at Trewern for once again providing these new opportunities for our students.



Miss Boulton  
Assistant Headteacher

### Library News:

#### Poetry by Heart and Book Clubs Information

##### POETRY BY HEART TIMES:

Tuesdays from 3.05pm-4.00pm is Poetry by Heart. This is a national competition in which students learn and recite a poem by heart.

Students are also encouraged to write and share their own poetry.

##### BOOK CLUB TIMES:

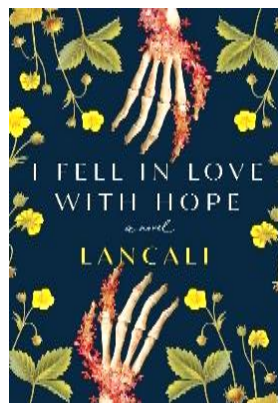
Years 9,10,11 Wednesdays 2.00pm-3.00pm

Year 12 Thursdays NEW! (every fortnight commencing on the 16<sup>th</sup> May)

Years 7 & 8 Fridays 3.05 pm – 4.00pm

Books are provided by the library and students will decide as a group which books they would like to read. Refreshments are also provided.

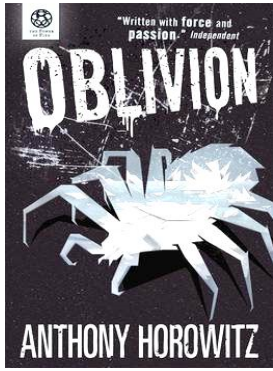
Here are a selection of student reviews:



**TITLE:** I FELL IN LOVE WITH HOPE by LANCALI  
**SYNOPSIS:** Against the unforgiving landscape of a hospital, a group of terminally ill patients embrace the joys within their reach: friendship, freedom, rebellion. Each in their own way is broken; each in their own way is stronger for it.

**REVIEWER:** Wania Year 10

'A tragic, heartfelt story of love which felt very true to life.'

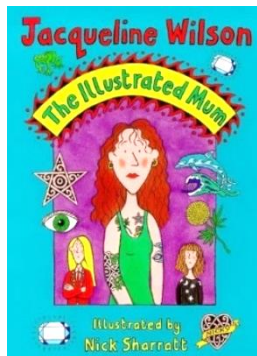


**TITLE:** OBLIVION by Anthony Horowitz  
**SYNOPSIS:** After being separated from the world for ten years, the Gatekeepers and their closest allies finally come back through the mysterious doors. Jamie is the first to appear, in a church called St Botolph's,

somewhere in the northeast of England, located in a strange and seemingly hostile village.

**REVIEWER:** Ola Year 9

'I recommend this book because it has an excellent storyline. I really loved all the scientific references and learned a lot from these.'



**TITLE:** THE ILLUSTRATED MUM by Jacqueline Wilson  
**SYNOPSIS:** Marigold, the 'illustrated mum' of the title, has elaborate tattoos covering her body from head to toe. Narrated by Dolphin, the youngest of her two daughters, this is a moving, yet unsentimental

account of two children coming to terms with their mother's depression, mental instability and alcohol problem.

**REVIEWER:** Chloe Year 7

'I enjoyed this novel because it had so much suspense throughout. My favourite character was Dolphin because she is so relatable I love how Wilson conveys the characters' feelings and personalities. The ending was great with an unexpected twist.'

Miss Sumsion  
Teacher of English



### GCE & GCSE Exams

Below is the exam timetable for the remainder of the GCE & GCSE exams. These are official exams and students will be required to attend normal lessons when they do not have a scheduled exam. Please make sure students have a good breakfast and they have the correct equipment with them for each exam, including a calculator (if needed) and a black pen. If they wish to, they may bring water, but this needs to be in a clear plastic bottle with the label removed. Please remind your child that under no circumstances should mobile phones or smart watches be taken into exam rooms. If your child is unable to attend any of their exams, please call the attendance line as usual and we will require a letter from your doctor.

Date	Start	Exam Level	Year Group	Time Allowed	Board	Unit Code / Component
13/05/2024	09:00AM	GCSE	11	105 mins	AQA	8702/1: English Literature Paper 1
13/05/2024	14:00PM	CNAT	11	75 mins	OCR	R184/01: Sport Studies: Cntmpry Issues Sprt (Sport Studies:cntmpry Issue Sprt Wtn)
		GCE	13	100 mins	EDEXCEL	8FM0C (8FM0 01): Further Mathematics Option C (Core Pure Mathematics)
		GCSE	11	90 mins	EDUQAS	C680QS (C680U10-1): Media Studies Comp1 Exploring Media
14/05/2024	09:00AM	GCE	13	120 mins	EDEXCEL	9BS0 01: Business (Market,people & Global Bu)
		GCSE	11	35 mins 45 mins	AQA	8658F (8658/LF): French Tier F (French Listening Test Tier F) 8658F (8658/RF): French Tier F (French Reading Test Tier F)
		GCSE	11	45 mins 60 mins	AQA	8658H (8658/LH): French Tier H (French Listening Test Tier H) 8658H (8658/RH): French Tier H (French Reading Test Tier H)
14/05/2024	14:00PM	GCSE	11	105 mins	EDEXCEL	1BS0 01: Business (Investigating Small Bus.)
15/05/2024	09:00AM	GCE	13	120 mins	EDEXCEL	9EC0 01: Economics A (Markets & Bus.behaviour)
		GCSE	11	75 mins	EDEXCEL	1HI0FN (1HI0 11): History Option Fn (Medicine In Britain)
		L3	12	90 mins	AQA	1350A (1350/1): Mathematical Studies Option A (Mathematical Studies Paper 1)
15/05/2024	14:00PM	GCSE	11	90 mins	OCR	J277/01: Computer Science (Comp Sci: Computer Systems Wrtn)
16/05/2024	09:00AM	GCE	13	150 mins	AQA	7037/1: Geography Adv Paper 1
		GCSE	11	90 mins	EDEXCEL	1MA1F (1MA1 1F): Mathematics Option F (Non Calculator (f))
		GCSE	11	90 mins	EDEXCEL	1MA1H (1MA1 1H): Mathematics Option H (Non Calculator (h))
16/05/2024	14:00PM	BTEC	12 / 13	120 mins	EDEXCEL	31463H01: Personal And Business Finance
		GCSE	11	105 mins	AQA	8062MA (8062/2A): Religious Studies A Option Ma (Religious Studies A P2a Excl Text)
17/05/2024	09:00AM	GCE	13	120 mins	AQA	7182/1: Psychology Adv Paper 1
		GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 1CF): Combined Science Option F (Paper Two:chemistry(f))
		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 1CH): Combined Science Option H (Paper Two:chemistry(h))
		GCSE	11	105 mins	EDEXCEL	1CH0F (1CH0 1F): Chemistry Option F (Paper One(f))
		GCSE	11	105 mins	EDEXCEL	1CH0H (1CH0 1H): Chemistry Option H (Paper One(h))
17/05/2024	14:00PM	GCE	13	100 mins	EDEXCEL	8FM0C (8FM0 21): Further Mathematics Option C (Further Pure Mathematics1) 8FM0C (8FM0 25): Further Mathematics Option C (Further Mechanics 1)
		GCSE	11	90 mins	AQA	8035/1: Geography Paper 1
20/05/2024	09:00AM	GCE	13	120 mins	AQA	7192/1: Sociology Adv Paper 1

		GCSE	11	135 mins	AQA	8702/2: English Literature Paper 2
20/05/2024	14:00PM	CTEC	13	120 mins	OCR	587104: Ed3hs:u4 Anatomy & Physiology (Ed3hsc:u4 Anatomy & Physiology)
		GCE	13	120 mins	EDEXCEL	9EC0 02: Economics A (National & Global Economy)
		GCSE	11	75 mins	AQA	8633H (8633/WH): Italian Tier H (Italian Writing Test Tier H)
		GCE	13	135 mins	EDUQAS	A680QS (A680U10-1): Media Studies A Level (Media Studies Comp 1 Media Products)
		GCSE	11	90 mins	EDUQAS	C680QS (C680U20-1): Media Studies (Med studies Comp2 Understanding Media)
21/05/2024	09:00AM	GCE	13	120 mins	EDEXCEL	9BS0 02: Business (Activs,decision & Strats.)
		GCSE	11	75 mins	AQA	8668H (8668/WH): German Tier H (German Writing Test Tier H)
		GCSE	11	105 mins	EDEXCEL	1CS0 01: Citizenship Studies (Paper One)
21/05/2024	14:00PM	GCE	13	120 mins	AQA	7152/1: Politics Adv Paper 1
		GCSE	11	90 mins	OCR	J277/02: Computer Science (Comp Sci:comp Thnk Algrthm Prgrm Wtn)
22/05/2024	09:00AM	GCE	13	120 mins	AQA	7182/2: Psychology Adv Paper 2
		GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 1PF): Combined Science Option F (Paper Three:physics(f))
		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 1PH): Combined Science Option H (Paper Three:physics(h))
		GCSE	11	105 mins	EDEXCEL	1PH0F (1PH0 1F): Physics Option F (Paper One(f))
		GCSE	11	105 mins	EDEXCEL	1PH0H (1PH0 1H): Physics Option H (Paper One(h))
22/05/2024	14:00PM	GCSE	11	60 mins	OCR	J587A (J587/01): Physical Education Mod Upld (Pe: Physcl Fctr Affctng Perf Wtn)
23/05/2024	09:00AM	GCSE	11	105 mins	AQA	8700/1: English Language Paper 1
		L3	12	90 mins	AQA	1350A (1350/2A): Mathematical Studies Option A (Mathematical Studies Paper 2 Opt A)
		GCE	13	135 mins	EDEXCEL	9HI0G6 (9HI0 1G): History Option G6 (Germany 1918-89)
23/05/2024	14:00PM	CTEC	13	90 mins	OCR	587106: Ed3hs:u6 Personal&pers Centre Approa (Ed3hsc:u6 Personal&pers Centre Appro)
24/05/2024	09:00AM	GCE	13	120 mins	OCR	H555A (H555/01): Physical Education Mod Pstl (Pe: Physlglcl Fctr Afct Perf Wtn)
		GCE	13	135 mins	OCR	H556A (H556/01): Physics A: Modelling Physics Wtn
		GCE	13	150 mins	OCR	H472B (H472/01): English Literature - Mod Pstl (Eng Lit: Drama & Poetry Pre-1900 Wtn)
		GCSE	11	60 mins	AQA	8658F (8658/WF): French Tier F (French Writing Test Tier F)
		GCSE	11	75 mins	AQA	8658H (8658/WH): French Tier H (French Writing Test Tier H)
03/06/2024	09:00AM	GCE	13	150 mins	AQA	7037/2: Geography Adv Paper 2
		GCSE	11	90 mins	EDEXCEL	1MA1F (1MA1 2F): Mathematics Option F (Calculator (f))
		GCSE	11	90 mins	EDEXCEL	1MA1H (1MA1 2H): Mathematics Option H (Calculator (h))
03/06/2024	14:00PM	GCSE	11	45 mins	EDEXCEL	1RU0H (1RU0 1H): Russian Option H (Listening (h))
		GCSE	11	65 mins	EDEXCEL	1RU0H (1RU0 3H): Russian Option H (Reading (h))
		GCE	13	120 mins	AQA	7182/3: Psychology Adv Paper 3
		GCSE	11	60 mins	OCR	J587A (J587/02): Physical Education Mod Upld (Pe: Socio-ctrl Issues Sprt Psych Wtn)
		GCSE	11	105 mins	EDEXCEL	1CS0 02: Citizenship Studies (Paper Two)

04/06/2024	09:00AM	GCE	13	120 mins	AQA	7192/2: Sociology Adv Paper 2
		GCSE	11	35 mins	AQA	8698F (8698/LF): Spanish Tier F (Spanish Listening Test Tier F)
		GCSE	11	45 mins	AQA	8698H (8698/LH): Spanish Tier H (Spanish Listening Test Tier H)
		GCSE	11	45 mins	AQA	8698F (8698/RF): Spanish Tier F (Spanish Reading Test Tier F)
		GCSE	11	60 mins	AQA	8698H (8698/RH): Spanish Tier H (Spanish Reading Test Tier H)
04/06/2024	14:00PM	GCE	13	120 mins	EDEXCEL	9MA0 01: Pure Mathematics 1
		GCE	13	150 mins	EDUQAS	A680QS (A680U20-1): Media Studies A Level (Media Studies Comp 2 Media Forms)
		GCSE	11	105 mins	EDEXCEL	1HI0FN (1HI0 B1): History Option Fn (Anglo-saxon And Norman) 1HI0FN (1HI0 P4): History Option Fn (Superpower Relations)
05/06/2024	09:00AM	GCE	13	60 mins	OCR	H555A (H555/02): Physical Education Mod Pstl (Pe: Psychlgcl Fctr Afct Perf Wtn)
		GCE	13	150 mins	OCR	H472B (H472/02): English Literature - Mod Pstl (Eng Lit: Cmprtve & Cntxtl Stdy Wtn)
		GCSE	11	90 mins	AQA	8035/2: Geography Paper 2
05/06/2024	14:00PM	GCE	13	120 mins	AQA	7152/2: Politics Adv Paper 2
		GCE	13	120 mins	AQA	7402/1: Biology Adv Paper 1
		GCSE	11	105 mins	EDEXCEL	1BS0 02: Building A Business
06/06/2024	09:00AM	GCE	13	120 mins	EDEXCEL	9BS0 03: Investigating Business
		GCE	13	135 mins	OCR	H556A (H556/02): Physics A: Exploring Physics Wtn
		GCE	13	150 mins	EDEXCEL	9DR0 03: Drama And Theatre (Theatre Makers In Prac.)
		GCSE	11	105 mins	AQA	8700/2: English Language Paper 2
07/06/2024	09:00AM	GCE	13	120 mins	EDEXCEL	9EC0 03: Economics A (Micro & Macro Economics)
07/06/2024	14:00PM	GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 2BF): Combined Science Option F (Paper Four:biology(f))
		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 2BH): Combined Science Option H (Paper Four:biology(h))
		GCSE	11	105 mins	EDEXCEL	1BI0F (1BI0 2F): Biology Option F (Paper Two(f))
		GCSE	11	105 mins	EDEXCEL	1BI0H (1BI0 2H): Biology Option H (Paper Two(h))
		GCE	13	90 mins	EDEXCEL	9HI0G6 (9HI0 2G): History Option G6 (Italy & Spain)
10/06/2024	09:00AM	GCE	13	135 mins	OCR	H432A (H432/01): Chemistry A (Chem A: Prdc Tble Elmnt Phy Chm Wtn)
		GCE	13	180 mins	AQA	7062B (7062/1): Religious Studies Adv Option B (Religious Studies Adv Paper 1)
		GCSE	11	90 mins	EDEXCEL	1MA1F (1MA1 3F): Mathematics Option F (Calculator (f))
		GCSE	11	90 mins	EDEXCEL	1MA1H (1MA1 3H): Mathematics Option H (Calculator (h))
10/06/2024	14:00PM	GCE	13	150 mins	OCR	H446A (H446/01): Computer Science Mod Upd (Comp Sci: Computer Systems Wrtn)
		GCSE	11	60 mins	AQA	8698F (8698/WF): Spanish Tier F (Spanish Writing Test Tier F)
		GCSE	11	75 mins	AQA	8698H (8698/WH): Spanish Tier H (Spanish Writing Test Tier H)
11/06/2024	09:00AM	CeFS	12	45 mins	LiBF	CeFS Unit 2 (FCML) Part A MCQ paper exam - Resit opportunity
		GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 2CF): Combined Science Option F (Paper Five:chemistry(f))
		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 2CH): Combined Science Option H (Paper Five:chemistry(h))
		GCSE	11	105 mins	EDEXCEL	1CH0F (1CH0 2F): Chemistry Option F (Paper Two(f))
		GCSE	11	105 mins	EDEXCEL	1CH0H (1CH0 2H): Chemistry Option H (Paper Two(h))
		GCE	13	135 mins	EDEXCEL	9HI0G6 (9HI0 36): History Option G6 (Britain & Ireland)



11/06/2024	14:00PM	GCE	13	120 mins	AQA	7192/3: Sociology Adv Paper 3
		GCE	13	120 mins	EDEXCEL	9MA0 02: Pure Mathematics 2
		GCSE	11	80 mins	EDEXCEL	1HI0FN (1HI0 31): History Option Fn (Weimar & Nazi Germany)
12/06/2024	09:00AM	GCSE	11	90 mins	AQA	8236/W: Dance Written Paper
			10	90 mins	EDUQAS	Year 10 Drama Component 1 Written Evaluation Exam
12/06/2024	14:00PM	VOC L1/2	11	90 mins	EDUQAS	Construction: Intro To Built Environment New (Built Environment Unit1 Onscreen New)
		GCSE	11	45 mins	EDEXCEL	1PG0H (1PG0 1H): Portuguese Option H (Listening (h))
		GCSE	11	45 mins	EDEXCEL	1PN0H (1PN0 1H): Persian Option H (Listening (h))
		GCSE	11	60 mins	EDEXCEL	1PG0H (1PG0 3H): Portuguese Option H (Reading (h))
		GCSE	11	65 mins	EDEXCEL	1PN0H (1PN0 3H): Persian Option H (Reading (h))
14/06/2024	09:00AM	GCE	13	120 mins	AQA	7152/3: Politics Adv Paper 3
		GCE	13	120 mins	AQA	7402/2: Biology Adv Paper 2
		GCSE	11	90 mins	AQA	8035/3: Geography Paper 3
14/06/2024	14:00PM	GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 2PF): Combined Science Option F (Paper Six:physics(f))
		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 2PH): Combined Science Option H (Paper Six:physics(h))
		GCSE	11	105 mins	EDEXCEL	1PH0F (1PH0 2F): Physics Option F (Paper Two(f))
		GCSE	11	105 mins	EDEXCEL	1PH0H (1PH0 2H): Physics Option H (Paper Two(h))
17/06/2024	09:00AM	GCE	13	90 mins	OCR	H556A (H556/03): Physics A: Unified Physics Wtn
		GCSE	11	85 mins	EDEXCEL	1RU0H (1RU0 4H): Russian Option H (Writing (h))
17/06/2024	14:00PM	GCE	13	180 mins	AQA	7062B (7062/2B): Religious Studies Adv Option B (Religious Studies Adv Paper 2b)
		GCSE	11	90 mins	OCR	J536B (J536/05): Music - Moderated Postal (Music:listening And Appraising - Wtn)
18/06/2024	09:00AM	CeFS	12	105 mins	LiBF	Unit 2 (FCML) Part B written paper exam - Resit opportunity
		GCE	13	60 mins	OCR	H555A (H555/03): Physical Education Mod Pstl (Pe: Socio-cltrl Physl Actv Sprt Wtn)
		GCE	13	135 mins	OCR	H432A (H432/02): Chemistry A (Chem A: Synths & Anlytcl Tchngs Wtn)
		GCSE	11	120 mins	EDUQAS	C600QS (C600U10-1): Design And Technology (D&t Comp 1 D&t In The 21st Century)
18/06/2024	14:00PM	GCE	13	150 mins	OCR	H446A (H446/02): Computer Science Mod Upd (Comp Sci: Algrthms & Prgmrng Wrtn)
		GCSE	11	80 mins	EDEXCEL	1PG0H (1PG0 4H): Portuguese Option H (Writing (h))
		GCSE	11	85 mins	EDEXCEL	1PN0H (1PN0 4H): Persian Option H (Writing (h))
19/06/2024	09:00AM	GCE	13	120 mins	AQA	7402/3: Biology Adv Paper 3
		GCSE	11	105 mins	EDUQAS	C560P1 (C560UA0-1): Food Prep And Nutrition - Written (Food prp & ntrition Comp1 Written Princ)
20/06/2024	09:00AM	VOC L1/2	11	80 mins	EDUQAS	5409UA0-1: Hosp & catering Industry Onscreen New (Hosp & catering Unit1: Onscreen New)
20/06/2024	14:00PM	GCE	13	120 mins	EDEXCEL	9MA0 31: Mathematics (Statistics) 9MA0 32: Mathematics (Mechanics)
21/06/2024	09:00PM	GCE	13	90 mins	OCR	H432A (H432/03): Chemistry A (Chem A: Unified Chemistry Wtn)

## Weekly Outline of Out of School Hours Learning Activities 2023-2024

### Monday

Club	Year Group	Staff	Time	Venue	Department
Breakfast	All	HIL3	7.45-8.15am	FC4	
Orchestra	All	JEN	8.15 - 8.50am	MU1	Music
Netball Year 8 and 9	8 & 9	BEV1	12.30-1.00pm	Sports Hall	PE
Netball Year 7	7	BEV1	1.30-2.00pm	Sports Hall	PE
Table Tennis	7, 10 & 11	SEN1	1.30-2.00pm	Sports Hall	PE
Football	10	CUL2	4.15-5.20pm	Astro	PE

### Tuesday

Club	Year Group	Staff	Time	Venue	Department
Breakfast	All	HIL3	7.45-8.15am		
Girls only Fitness	7, 8, 9, 10 & 11	SEN1	7.45-8.00am	Fitness Suite	PE
Choir	All		8.15-8.55am	MU1	Music
Volleyball	All	HWD	7.45-8.15am	Sports hall	PE
Christian Lunch	All	TIZ	1.30-1.55pm	SC14	
Sports Leaders	10	SEN1	1.30-2.00pm	Sports Hall/ PE1	PE
DofE	10	LEA2	3.05-4.15pm	SD3	DofE
Wellbeing Club	All	DRA1	3.15-4.00pm	Meet at the library	Wellbeing
Spanish Club	KS3	FER3/DAM2	3.05-4.00pm	MFL3/FC1	MFL/DT
Textiles Club	7,8,9 & 10	MIR2	3.05-4.05pm	DT6	DT
Tennis	All	SEN1	3.15-4.15pm	Ball Courts	PE
Cricket	All	HWD	3.15-4.15pm	Sportshall	PE
KS3 Dance Company	7, 8 & 9	ENG	3.15-4.15pm	DA1	Dance
Rounders	All	BEV1/EME1	3.15-4.15pm	Field	PE

### Wednesday

Club	Year Group	Staff	Time	Venue	Department
Football	9 & 10	CUL2	7.45-8.30am	Astro	PE
Basketball KS3	7, 8 & 9		7.45-8.15am	Sports hall	PE
Breakfast	All	HIL3	7.45-8.15am	FC4	
Yoga	All	ENG	7.45-8.00am	DA1	Dance
Year 10 Band	10	MAT3	8.20-8.55am	MU2	Music
Christian Lunch	All	ROS1	1.30-2.00pm	HU5	
Debate Club	7,8 & 9	SAI3	1.30-2.00pm	PDE2	PDE
Jazz Band	All	MAT3	1.30-1.55pm	MU2	Music
Pride and allies	All		1.30-2.00pm	Media	
KS3 Dance Company	7, 8 & 9	ENG	1.30-2.30pm	DA1	Dance
Rugby	7 & 8	External Coach	1.30-3.00pm	Astro	PE

### Thursday

Club	Year Group	Staff	Time	Venue	Department
Breakfast	All	HIL3	7.45-8.15am	FC4	
Netball morning club	All	BEV1	7.45-8.15am	Sports Hall	PE
Fitness	7, 8, 9, 10 & 11	EME1	7.45-8.15am	Fitness Suite	PE
Orchestra	All	JEN	8.15-8.50am	MU1	Music
Vocal Group	All	M.Harris	8.15-8.50am	PR11	Music
Wind Band	All	L.Ellis	8.15-8.50am	PR12	Music
Year 11 Band	11	MAT3	8.15-8.50am	MU2	Music
Year 10 Band	10	MAT3	8.15-8.50am	MU2	Music
Futsal	8 & 9	SEN1	12.30-1.00pm	Sports Hall	PE
Jazz Band	All	MAT3	1.30-1.55pm	MU2	Music
Photography/Film	8	FRA2	3.10-4.10pm	AR2	Art
Science	KS3	TAS2/HOQ1/IQB1/AGY/ TIZ	3.05-3.45pm (Starting after Oct half term)	SC7	Science
Athletics	All	PE	3.15-4.15pm	Field	PE
Dance	KS3	ENG	3.10-4.10pm	Dance Studio	Dance

### Friday

Club	Year Group	Staff	Time	Venue	Department
Breakfast	All	HIL3	7.45-8.15am	FC4	
Futsal	All	HWD	7.45-8.15am	Sports Hall	PE
Table Tennis	8 & 9	JON4	12.30-1.00pm	Sports Hall	PE
Jazz Band	All	JM	1.30-1.55pm	MU2	Music
Football girls	All	RIJ	3.00-4.00pm	Astro	PE
UKMT	KS3	MOR12	3.05-4.05pm	MA9	Maths
Basketball KS3	KS3	External Coach	3.00-4.00pm	Sports Hall	PE

# 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.

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

**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.