

The Seagull



Issue 771 Friday 17th May 2024

Next Week is Week 2

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HEADTEACHER'S NEWS

Gold Seagull Winners



Congratulations to this week's Gold Seagull winners:

Lacie-Leigh, Ezekiel, Soha, Jonah, Mary, Jamal, Miguel, Diego and Olivia in Year 7.

Owen, Abdul, Tia, Aleena (and Gabriella last week's winner) in Year 9.



We are now in the thick of exam season and we have been so impressed with the dedication and commitment shown by our Year 11 and 13

students in preparation for their exams. Main Street is buzzing with anticipation every morning with many students arriving to school early to meet with teachers and friends. Similarly, after school, students are in the study areas or with staff making the most of the final moments, practising past papers and asking for advice and guidance. We pride ourselves on these fantastic relationships between staff and students and, at this time of year, that is never more evident. We are also grateful for the support students are receiving at home as we recognise the impact that this additional pressure can bring. It is so important that students rest, eat and sleep well to reach their full potential and achieve their qualifications.

In the rest of the school, we have seen lots of learning taking place outside of the classroom as well as within, with trips to the Imperial War Museum, City of London Police HQ, Copper Box and Bath University. We have hosted visitors from Nottingham University and the London Ambulance Service, all providing students with valuable hands-on experiences to deepen their knowledge and understanding. The upcoming ACHIEVE days in the Summer term will further develop students' cultural capital and we would like to remind parents and carers that payments are due for these by Friday 28th June, as well as consent for the trips on MCAS.

Finally we would like to congratulate the newly crowned England Boxing National Schools Champion Sam (Year 9) who will now go on to represent England in his weight/age category. Well done Sam!

Ms Keane
Headteacher

Summer **ACHIEVE** Days - Wednesday 10th, Thursday 11th and Thursday 18th July 2024

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

Mrs Garland
Assistant Office Manager

Lost property

Please ask your son/daughter to check the lost property basket for any missing items. All items will be disposed of during the half-term break.

Mrs Stone
Office Manager

Sam Year 9 - England Boxing National Schools Championship



We are incredibly proud of Sam in Year 9 who has won the England Boxing National Schools Championship for his age/weight category.

His hard work, discipline and grace is an amazing example of what can be achieved. We are so pleased to have such a brilliant role model in KS3 and in our community.



Good luck to Sam who has now become an England Boxing National Schools Champion and will be representing England this year!

Ms Matin
Head of Year 9

Year 12 visit to the Imperial War Museum

On Monday 13th May, Year 12 history students visited the newly refurbished Holocaust galleries and the First World War galleries at the Imperial War Museum. The students found

the galleries extremely thought provoking and it has provided them with a different outlook on how these events can be interpreted.



Mr Hinchliffe
Head of History

Year 12 visit to City of London Police Headquarters



Year 12 sociology students were invited to the City of London Police headquarters in Bishopsgate to gain an understanding of the criminal justice system and how it operates.

Students were given talks from expert officers in areas such as cybercrime and forensics, they met

police dogs and handlers, had talks from firearms officers and witnessed taser demonstrations. The trip will broaden students' understanding of the crime and deviance unit they will study in Year 13.



Miss Johnson
Second in Social Studies

Year 8

On Tuesday 14th May JRCS had a visit from members of the London Ambulance Service, who taught our Year 8 students some lifesaving

skills in the way of CPR and how to properly use an AED.

All the kids got involved and showed a true willingness to learn these new skills. In conjunction with the London Lifesavers programme, they all received sufficient training required to be a lifesaver among our community and are now qualified CPR trained with badges to prove it.
Well done Year 8!!

Miss Thomas
Head of Year 8

Year 11 Butterflies



Year 11 released their butterflies on Tuesday under Keane's Canopy. The butterflies took their time to get used to the outdoors and open air. Many of them were comfortable landing on the

students and being passed around before flying off. Ms Harland said "I am very impressed with the interest all of the students have shown in the caterpillars and butterflies. We celebrated the butterflies' freedom together, as a form. "Bobby said, "It was good to see them fly off, the symbolism wasn't lost on any of us."



Year 11 are sitting their exams so they have a busy schedule with revision sessions and preparations. "Taking some time out to wonder at the beauty of nature was a lovely, mindful, calming activity" said Ms Harland, "I am going to miss Year 11, I am so proud of how far they have come." Miss Claydon also took some time out from Art to come and watch the butterflies being released, it was her idea to get the caterpillars. "I told Ms Harland about the butterflies as I'd gotten them for my son when he was younger. They are available for families from the website "Insect Lore". It is so interesting to see the development of these tiny creepy crawlies to beautiful butterflies."

Ms Harland
Head of Media Studies

Last Call for Year 8 Art Students

Just a quick reminder that any students wishing to collect their green man clay tile, please do before Friday 24th May at break, lunch or after school on Wednesday as unfortunately we are unable to keep them.

Just to note, Mr Hassan's Year 8 students' clay tiles have now been fired and are also ready to be collected.
Thank you.

Art Department

PDE Department Relationships and Sex Education programme (RSE)

Throughout the next term Year 7, 8 and 9 will learn more about health education including sex education. In Year 7 students will focus on areas like personal hygiene, puberty, and positive relationships with themselves and their peers. Year 8 & 9 will be educated around relationships, consent, sexting, decision making, body image and reproduction. Year 9 students will also learn about how to recognise and manage risk, contraception and STIs. If you have any questions, please feel free to contact Miss McMillan (Head of PDE).

Miss McMillan
Head of PDE



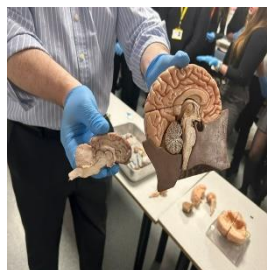
Year 12 A-level Psychology and Biology students



This year our Year 12 A-level Psychology and Biology students had the pleasure of experiencing a lecture and brain dissection lead by Dr Guy Sutton who is a Director at Medical Biology Interactive. Students learnt about the different areas of the brain and their functions, they also looked at case studies where brain areas were damaged and how this impacted the individual.



The brain dissection involved comparing a sheep's brain to a human brain which were surprisingly similar! Students finished the lecture exploring big questions in the world of science such as: Is telepathy already possible and is criminality born with? Overall, a fun and informative session.



Mrs Guven
Social Studies and PDE Teacher

Netball Trip at the Copper Box



Thirty Year 8-11 girls had an amazing opportunity to visit the Copper Box to watch Surrey Storm vs London Pulse at a sold-out game. This was to celebrate their fantastic dedication and achievements in netball this year. The girls were a pleasure to take and

positively represented the school with outstanding behaviour.

The girls fully immersed themselves in the atmosphere of the game and were cheering London Pulse, the home team, on for the win. It was a great experience for the girls to see high level netball and they were all very appreciative.



Miss Bevan
Teacher of PE and OSHL Co-ordinator



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
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: Physicl 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 Upd (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 Sty 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 Tchnqs 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 & Prgming 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)

JRCS SIXTH FORM

Strive for our best learning and outcomes through commitment and aspiration

Involve ourselves in our communities, value, caring and respecting each other

eXhibit resilience

Take enrichment opportunities

Hold high standards in everything we do

 **SUCCESS FOR ALL**

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	BRO4	First Wednesday of each month 1.30-2.00pm	RS01	RS
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

What Children & Young People Need to Know about **FREE VS HATE SPEECH**

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's not the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to others. Whether online or offline, communication attacking or discriminating against groups or individuals (because of protected characteristics like race or religion) is hate speech, not free speech.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's ideas were incredibly offensive to many at the time, while not everyone agrees with Darwin's theory today. Freely exchanging ideas promotes progress.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote or decent working conditions – couldn't have been achieved without it.

Freedom of expression includes the right not to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal.

Hate speech refers to any communication – like talking, texting or posting online – which displays prejudice against someone's identity. Derogatory, demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes ...

Targeting people or groups because of who they are – including but not limited to aspects such as race, sexuality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on these same attributes: referring to them as if they were animals, objects or other non-human entities, for example.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way.

Making up or repeating insults about a person or group because something about their identity is different to the person who's posting.

Promoting the segregation of certain groups, or discrimination against them, because of who they are.

Meet Our Expert

The Global Equality Collective is an online community for homes, schools and businesses, a collective of hundreds of subject matter experts in diversity, equality and inclusion, and the organisation behind the DEC app, the world's first app for diversity, equality and inclusion.

GLOBAL
EQUALITY
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National
College

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Online
Safety

#WakeUpWednesday

Source: <https://www.legislation.gov.uk/ukpga/2010/18/section/10>
<https://www.legislation.gov.uk/ukpga/2010/18/section/10>



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@nationalonlinesafety



@national_online_safety

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

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

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.