

# The Seagull



Issue 776 Friday 28<sup>th</sup> June 2024

Next Week is Week 1

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**Year 13 Boat Party**

## HEADTEACHER'S NEWS

We have welcomed many new faces to Jo Richardson this week including Year 6 students and their families who attended our New Intake Evening on Wednesday. Students enjoyed a range of learning opportunities during the Year 6/7 transition days which gave them a taste of life in our school, and we hope they feel confident and prepared for the transition between primary and secondary. We were also fortunate enough to welcome students from

Nigeria as part of a cultural school exchange programme and many of our students embraced the opportunity to learn about education and experiences in another country.

As one cohort joins us, we say goodbye to another as we bid farewell to our Year 13s. They celebrated in style arriving at Embankment on a party bus before boarding a river boat cruise along the Thames. It was a beautiful sunny evening in the capital and students deservedly let their hair down and danced the night away to celebrate the end of

their studies. We wish them well on their future career journeys and look forward to seeing them again on results day in August.

Our extra-curricular programme and commitment to out of hours learning provides students with outstanding opportunities and this week saw students compete in borough/regional sporting fixtures and attend the National Schools Theatre Awards, a prestigious event celebrating the arts. We are proud of every student who embraces these opportunities to grow and learn outside the classroom and hope many of our students will join existing and new clubs in September.

Please keep an eye on upcoming dates for the remainder of the Summer term as we have many events, trips and celebrations in the coming weeks.

### **Some key dates for your diary:**

Tuesday 2<sup>nd</sup> July: Summer Music Night

Monday 8<sup>th</sup> July: Year 11 Prom  
Tuesday 9<sup>th</sup> July: Year 11 Sixth Form Induction Day

Wednesday 10<sup>th</sup> and Thursday 11<sup>th</sup> July:  
ACHIEVE Days 3 & 4

Friday 12<sup>th</sup> July (early finish): Sports Day  
(weather permitting)

Thursday 18<sup>th</sup> July: ACHIEVE Day 5

Friday 19<sup>th</sup> July: End of term - 12.00pm finish!

### **HOT WEATHER**

Please ensure that your child is carrying a refillable water bottle and asthma pumps during the hot weather.

Refillable bottles are better for the environment and can be refilled at the water fountains. Having to buy drinks on lunch money allowance leaves less to spend on goodies!

Welfare Team

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

Thank you to those that have already made payment, full balance is due on Friday 28<sup>th</sup> June, 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

### **New Head and Deputy Head Students**



This week marks the first week our new Head and Deputy Head Students have been in post. In that week they have been instrumental in working with Nigerian Foreign Exchange students hosted at Jo Richardson and making speeches to our upcoming Year 7 students during New Intake Evening. They have worked so hard already and we look forward to them representing Jo Richardson throughout the next year. Congratulations to our Head Students, Anacleto and Roxana, and to our Deputy Head Students, Oskar and Valentina!

Mr Cully, Miss Worlock & Mr Summers  
Year 10 Team

### **Year 13 Boat Party**



On Monday our Year 13 cohort celebrated the end of their time at Jo Richardson in style on the Thames at the boat party. It was a perfect sunny evening to watch the sites of London go by and dance the night away. The Year 13 students have done an amazing job completing their BTEC and CTEC courses and completing their A level exams and thoroughly deserved this send off! I am so proud of what they have achieved and will miss them enormously. I would also like to extend my thanks to the Sixth Form team and the Year 13 tutors for supporting the Year 13 students throughout. Looking forward to seeing the cohort on Thursday 15th August for results day. Wishing everyone a wonderful, restful summer.







Miss Duncan  
Deputy Director of Sixth Form  
Head of Year 13

### Year 12 Health & Social Care Trip



During the past week, the Year 12 Health and Social Care class paid a visit to Cherry Orchard care home. Their purpose was to engage in

creative activities with the residents as part of their coursework. The experience was wholesome and delightful for both the students and the residents, who formed close bonds.



The students and experience were fantastic, activities included colour by numbers, jigsaw puzzles, and play-dough alongside meaningful social interactions. Additionally, they had the pleasure of meeting the residents' friendly chickens! We all had a great time and a good laugh. The care home staff and residents praised the students and expressed a desire for their return soon

Miss Mahmed  
Teacher of Psychology.

### Welling Football Club



Congratulations to our Year 11 student Femi who signed for Welling Football Club this week, what a wonderful way to end Year 11. We are proud of his achievement and

look forward to watching him continue to grow in his football career. Good luck Femi!

Ms Draisey & The Year 11 Team



### Carnegie Centre of Education Mental Health Award

A year ago we made a commitment to achieve the

best possible outcome in the Carnegie Centre of Education Mental Health Award. The award is given to schools who show evidence of excellence in the following areas:

1. Leadership & Strategy
2. Organisational structure and culture – staff
3. Organisational structure and culture – pupils
4. Support for staff
5. Professional development and learning
6. Support for pupils
7. Working with parents and carers
8. Working with external services

To achieve Bronze, we needed to show strong evidence in all of the above areas which we did successfully do. However, we were not content with just bronze and wanted to ACHIEVE the best possible outcome. To do this, we had to show that we were sharing our positive practice on a local and national scale. As a result, we

have; published papers in the Leeds Beckett University/Carnegie Centre for Education publications on school mental health, started the LBB Mental Health Leads network and spoken at the London Violence Reduction Unit conference that was attended by the London Mayor.

Last week we had the final call with the team at Carnegie to share our progress and decide on an outcome. We are delighted to announce that we were rated as Gold and achieved the highest score in all the above eight areas. We are really pleased with this result but will also continue to drive forwards in our approach to supporting wellbeing at JRCS.

Ms Draisey  
Senior Mental Health & Wellbeing Lead

### JRCS Apprentice Task 2: Develop a revision resource & pitch to a specific department.

This week saw the candidates take on a pitching challenge! The focus was to work as a team to create a revision resource with a specific department in mind, create the prototype and promotion alongside it and then pitch it to the expert teachers within that department. Guest judges included Miss Gendoo, Miss Thomas and Mr Sengulay-Thomas.

The project manager, Luke, from Team Fundz, carried his team to victory as they created Bizopoloy (as seen on the right) a business revision game take on the famous boardgame. Luke's team even went as far as conducting a focus group to check the games 'playability'. Team Elite created PowerPack, the PE Edition (as seen below). They came second this week in an exciting final and it was noticed how well they worked as a team.



Ope, project manager said that some of the girls in the team had worked really hard on the creation of their game idea and a working prototype. Leaving the losing Team Saint's. whose idea named,

'Locked in' which is an app that helps revision. Tairelle had actually made a working version of this app, which impressed the judges. Project manager Goodness brought Jackson and Ramadan back into the boardroom with him. He felt they had done the least to contribute this week and Lord Lungley agreed, making a shock double firing.



Saints lost two of their team players, Ramadan and Jackson. Jackson said, "It's time to go." as he left down the stairs flicking his hair. "It seems like the fan favourite has been fired, unfortunately, I have to go." Said Ramadan. At the start of the process, Ramadan was quoted saying, he was going to get this series on Netflix. Sadly, it doesn't look like that is on the cards for Lord Lungley now.

Special thanks goes out to Miss Gendoo, Miss Thomas and Mr Sengulay-Thomas for being guest judges this week. The latest episodes will be available for you to watch in form time.

Miss Henry  
Teacher of Business Studies

### National School Theatre Awards



Back in January, a group of judges from the National School Theatre Awards visited our school production of Shrek. They felt that our young cast had enough talent to be shortlisted for several awards, including Best Musical and they asked us to perform on the night. This was a huge achievement in itself, as we were up

against some of the best schools and sixth forms in the country. Including, Epsom College, St Edwards and The Kings School.

We were asked to perform at the awards ceremony and had six weeks to prepare. It was fabulous getting the fairytale characters back together in the rehearsal space. Many of our Year 11 students came back to school and everyone's commitment to our shared goal of winning was clear. Teaching staff across school, pulled together to share any props and accessories they had to glam up the pupils costumes as we could not rehire the wonderful but very expensive costumes that we had for our original show nights. We would like to personally thank Ms Boulton and Ms Draisey for their wacky donations, we can always rely on you to source the obscure things we need down in Drama.

On Monday, we headed to The Shaw Theatre in London to rehearse with some of the other shortlisted schools. Our pupils were professional in our tech run, and the show director was blown away by the energy and enthusiasm of our piece. These kind words boosted the moral of all our nervous students and was the best lift he could have given them before the big show.



The cast got changed into their black tie outfits to walk the red carpet with other stars such as David Bradley Zoe Boyle, Monica Dolan and Abbie Budden. Everybody had the best time taking selfies and TikTok's in their best clothes. Every student looked impeccably dressed and had to rise to the occasion with exceptional behaviour and theatre etiquette.



Then it was our time to perform. As we were standing in the wings of the stage feeling equal measure of nerves and excitement, we heard the fabulous news that Maya in Year 12 had won the award for Best Female Solo. The cast that I had kept silent for 20 minutes erupted as we cheered on our fellow cast mate to collect her well-deserved award. We were all exceptionally proud of her but it was time to go on stage so our proper celebrations had to wait until we were back in the dressing room.

On stage, the atmosphere was electric! Every student went above and beyond to perfect every movement and aspect of the song making it the best performance the cast had ever done. The audience laughed at Samuel's comical characterisation as Pinocchio and they cheered when Nana raised the roof with his soulful solo section. We had goosebumps and all the staff agreed that we felt blessed to work with such talented young people.



I would like to personally thank Ms Hallas, our director for recapturing the magic that she

created the first time around. Ms Willis, for her exceptional commitment ensuring our students go on stage looking their best with fantastic costumes and props. Finally, Mrs Richardson, for her commitment and support to the Drama Department. Particularly, every school production we have done since the school opened. It was lovely to squeeze in one final trip with you before you retire!



We hope that each one of the cast, looks back at the other school performances that they saw and thinks about where they could be with continued

commitment and hard work within the performance arts subjects offered at Jo Richardson. We cannot wait to work with you all again for next musical.

Congratulations and well done to each of you.

Ms Branch and the Drama Department.

### **Barking and Dagenham Borough Athletics Competition**



JRCS attended the Barking and Dagenham Borough Athletics Competition on Wednesday and Thursday last week and won a total of 35 five medals. The student's effort and dedication has been exceptional both at athletics training and on the day of the event. For both days student behaviour was amazing and watching all the students cheer each other on made us a very proud department. We managed to reach 18 finals for 100m, 200m and relay races, with multiple students placing top three.

#### **Year 7 winners**

Ali 100m 2<sup>nd</sup>  
Joshua 200m 3<sup>rd</sup>  
Chidabum 1500m 2<sup>nd</sup>  
Rihanna 800m 3<sup>rd</sup>  
Atene 1500m 1<sup>st</sup>  
Precious shotput 3<sup>rd</sup>  
Neveah Javelin 3<sup>rd</sup>  
Naleeyah, Aisha, Tilly and Precious Relay 2<sup>nd</sup> place

#### **Year 8 winners**

Lyndon 200m 3<sup>rd</sup>  
Mario 800m 3<sup>rd</sup>  
Teddy 1500m 1<sup>st</sup>  
Tomas Shot put 2<sup>nd</sup>  
Lyndon Javelin 3<sup>rd</sup>  
Kornelija Javelin 2<sup>nd</sup>  
Lyndon, Teddy, Mario and Tomas Slovack Relay 3<sup>rd</sup>

#### **Year 9 winners**

Noah 100m 1<sup>st</sup>  
Carn Discus 2<sup>nd</sup>  
Blessing Shotput 3<sup>rd</sup>  
Yolanda, Marcell, Blessing and Venisha Relay 2<sup>nd</sup>

#### **Year 10 winners**

Anacleto 1500m 1<sup>st</sup>  
Juhayna 1500m 2<sup>nd</sup>  
Joan 100m 3<sup>rd</sup>  
Joan, Ife, Lilianny and Opemipo relay 2<sup>nd</sup>

Four Year 7 students have been selected to represent Barking and Dagenham in the Essex Athletics Championships this Wednesday. Ali, Chidabum, Rihanna and Atene. This is a massive achievement and we are extremely proud of all students involved.







PE Department

## 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
Volleyball	All	HWD	7.45-8.15am	Sports hall	PE
Choir	All		8.15-8.55am	MU1	Music
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
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
Wellbeing Club	All	DRA1	3.15-4.00pm	Meet at the library	Wellbeing
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
Science	KS3	TAS2/HOQ1/IQB1/AGY/ TIZ	3.05-3.45pm	SC7	Science
Photography/Film	8	FRA2	3.10-4.10pm	AR2	Art
Athletics	All	PE	3.15-4.15pm	Field	PE
Dance	KS3	ENG	3.10-4.10pm	Dance Studio	Dance
<b>Friday</b>					
<b>Club</b>	<b>Year Group</b>	<b>Staff</b>	<b>Time</b>	<b>Venue</b>	<b>Department</b>
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



# Uniform Shop

## Summer Opening Times

### Uniform Shop

30<sup>th</sup> July 2024 – 5<sup>th</sup> September 2024

Tuesday, Wednesday and Thursday 10am - 6pm

Saturdays 10am - 2pm - All year round

### Order and Collect/Delivery

Order online, by phone or at reception

Online - [www.castle-green.org.uk](http://www.castle-green.org.uk)—Click and collect or delivery.

By Phone - Call reception on 020 8724 1500

In Person - Hand your completed order form to reception

### Collection Times

Orders can be collected from Reception during the following hours

Monday - Friday 9am - 9pm

Saturday & Sunday 9am - 4pm

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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.

## Transitioning to secondary school

**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.

## 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 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.



Passcode:  
^#81sxNP



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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.