





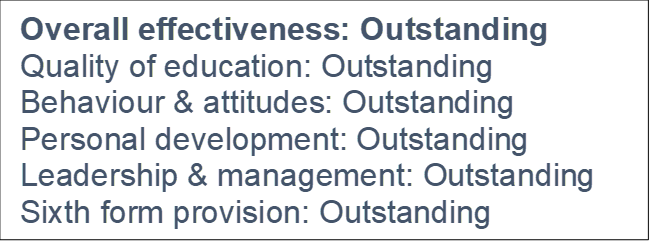
***“The work done by this school in supporting pupils to develop into successful young adults is exceptional” Ofsted 2024***

**JRCS - Open Evening**

***For Year 7 admission to JRCS in September 2026***

**4.30pm – 7.30pm Wednesday 17th September 2025**

**The time to tour the school from 4.30pm until 7.00pm Headteacher’s presentations in Boothroyd Hall at 5.00pm and 6.00pm**



Dear Parent / carer

A very warm welcome to Jo Richardson Community School. In this brochure you will find more details about the school. Choosing the right secondary school for your child is a big decision. We hope this evening you enjoy your visit to the school and get the opportunity to look around the fantastic facilities available here at JRCS. Please speak to staff and students and find out as much about our school as you can, to see if it is the right fit for you and your child. This brochure contains more information about what we have to offer including information about our curriculum offer, pastoral care and our out of school hours learning and enrichment offer.

Our motto “**Success for All**” underpins everything that we do at the school and puts the students’ achievements at the centre of our vision.   We have a commitment to the highest academic standards combined with a wide range of curricular and extra-curricular activities aimed at enhancing the opportunities offered to all our students.

In January 2024, OFSTED said that; *“The work done by this school in supporting pupils to develop into successful young adults is exceptional”* Ofsted 2024. Ofsted found the school to be **outstanding in all categories**.

*“This school is a welcoming and vibrant community where pupils thrive. Positive relationships are at the heart of the school’s ethos, and staff take time to get to know pupils. Pupils are safe and supported at school. There is a culture of high aspiration. Pupils say that this is a school where everyone can succeed*.” Ofsted 2023

JRCS is a community school in the true sense of the word, benefiting from all the sports, social and educational facilities available on Castle Green. As headteacher of JRCS, my aim is to ensure that every one of our students is fully equipped and experienced to face the challenges of their chosen pathway. I am hugely proud of what we have achieved since the school was founded in 2002. We have strong values, ambition, excellent outcomes and an inclusive ethos.

I hope that you enjoy the evening. You can find out more information about the school on our website. If you feel that JRCS is the right school for you and your child we look forward to welcoming you next year!



Ms Keane

Headeacher

**JRCS VISION STATEMENT**

Our school motto is “Success For All”. We want every student to make the very best academic progress and to develop key character traits that will enable all students to be successful. At JRCS we are committed to providing a safe, supportive and happy learning environment for our students. We will support all students in the pursuit of and progress towards their chosen goals by providing the highest standard of teaching and pastoral support.

**‘Success for All’** is underpinned by the ACHIEVE principal which is woven into all aspects of our work within the school.  ACHIEVE focuses upon 7 key qualities and values that the school community aspires to.

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We believe the seven qualities and character traits of ACHIEVE are key in supporting students to develop into successful and responsible young people ready for life in modern Britain.

**CURRICULUM**

Our curriculum is ambitious for all students. Our setting arrangements are fluid as we believe students develop at different rates and that one student may excel in one subject but need support in another. At KS3 students study a curriculum that goes beyond the National Curriculum. Our KS3 curriculum does not narrow too early allowing students to study a range of important topics providing a good foundation for KS4 and just as importantly providing them with a core of knowledge for the future in the option subjects they may not study after Year 9. Raising aspirations and developing cultural capital is important given our local context. Alongside our taught KS3 curriculum, our outstanding Out of School Hours Learning programme, drop down ACHIEVE days and extra-curricular offer help us achieve this.

We recognise the importance of literacy across the curriculum.**Key subject specific vocab** is taught to ensure students can access the curriculum. Students are encouraged to **answer questions in full sentences** using key vocab where appropriate.

We offer a wide range of courses at KS4 and KS5. The breadth of our curriculum offer meets the needs and local context of our school community. Our free but guided option choice in KS4 means students are engaged in courses they enjoy, leading to improved behaviour and outcomes. Our destination data and positive progress data shows that our curriculum is effective.

A group of people sitting in a room

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**KS3**

At JRCS we have a three-year KS3. We believe this is important to ensure students gain a broad education covering a variety of subjects which promotes cultural capital and social mobility.

We have a good balance of subjects as detailed in the table below:

|  |  |  |  |
| --- | --- | --- | --- |
| Subject | Hours per fortnight | | |
|  | Year 7 | Year 8 | Year 9 |
| English | 9 | 9 | 10 |
| Maths | 8 | 8 | 8 |
| Science | 6 | 6 | 6 |
| Art | 2 | 2 | 2 |
| DT and Food | 2 | 2 | 2 |
| Drama | 2 | 2 | 2 |
| Geography | 3 | 2 | 2 |
| History | 2 | 3 | 2 |
| ICT | 2 | 2 | 2 |
| MFL | 4 | 4 | 4 |
| Music | 2 | 2 | 2 |
| PDE | 2 | 2 | 2 |
| PE and Dance | 4 | 4 | 4 |
| RS | 2 | 2 | 2 |

**KS4**

At KS4 all students study English, Maths, Science, PE (non- exam) and PSHE. Students must then take one option from the following subjects: French, Geography, History. Students then have three further guided option choices from the wide range of courses that are listed below.  The timetable and option blocks are then constructed around student choices which allows us to have a number of pathways for our students’ ensuring students are on courses that interest them and promote engagement.

|  |  |  |
| --- | --- | --- |
|  | Hours per fortnight | |
|  | Year 10 | Year 11 |
| English Language and English Literature GCSE | 8 | 10 |
| Maths GCSE | 8 | 8 |
| Dual or Triple Science GCSE | 8 | 8 |
| PE (non-exam) | 2 | 2 |
| PSHE/RS (non-exam) | 2 | 0 |
| Option subjects x 4 | 5 per subject | 5 per subject |

**OPTION SUBJECTS**

**GCSE:** Art, Business Studies, Computer Science, DT Product Design, Dance, Drama, Food Science, French, Geography, History, Media Studies, Music, PE, RS, Spanish, Triple Science.

**Vocational:** Business and Enterprise, Construction, Engineering, Food and Catering and Sport.

**KS5**

At KS5 we work with four other schools in order to strengthen the breadth of our curriculum offer. The formal curriculum and extra-curricular opportunities of the Five School Partnership is intended to have a positive impact on students’ personal development, behaviour and welfare.

There is a wide range of subjects and study programmes offered, these include Level 3 academic and vocational programmes as well as Level 1 vocational programmes.  The Level 3 programme of study is intended to enable aspirational progression to higher education or higher-level apprenticeships.  The Level 1 programme of study is intended to enable students to progress onto appropriate employment or Level 2 studies, with emphasis on life skills and preparing students beyond education.

The enrichment curriculum develops leaders of the future through its varied programme of extra-curricular and pastoral activities. It gives ample opportunity for students to develop their own sense of character and breeds a positive culture of philanthropy through connection with social issues around them. It also has a focus on health, both physical and mental, providing students with the skills of resilience and empathy preparing them for life in the 21st century.

The curriculum structure facilitates students to be able to follow a range of future career pathways including medicine, law, architecture and the creative industries.  Information, advice and guidance is provided to students through specific programmes within the curriculum that enhance employability skills and ambitious advancement.  Our KS5 offer can be seen on our Sixth Form webpage.

A group of people walking in a hallway

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**KS4 Results 2023 - 2025**

We are proud to inform you that at JRCS we consistently provide exceptional outcomes for our students each year. This is due to the careful guidance students receive to help them select the right courses, a strong curriculum that equips them with crucial knowledge and the outstanding quality of teaching and learning in all our classrooms. Alongside this our students receive exceptional pastoral care that supports and challenges them to exceed their potential.

This year we have achieved our best results ever in some of the key areas you can see below. More students than ever before passed English and Maths this summer, allowing them to go on and study Level 3 courses this year.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **2023** | **2024** | **2025** |
| Attainment 8 | 4.9 | 4.7 | 5.0 |
| % students achieving English and Maths at grade 9-4 | 64 | 67 | 69 |
| % students achieving English and Maths at grade 9-5 | 49 | 50 | 48 |
| % students achieving English at grade 9-4 | 80 | 76 | 79 |
| % students achieving English at grade 9-5 | 61 | 63 | 69 |
| % students achieving Maths at grade 9-4 | 68 | 72 | 74 |
| % students achieving Maths at grade 9-5 | 54 | 54 | 52 |
| % students achieving two Sciences at grade 9-4 | 65 | 62 | 67 |
| % students achieving two Sciences at grade 9-5 | 47 | 42 | 50 |

**KEY STAGE 5 RESULTS 2023 – 2025**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **2023** | **2024** | **2025** |
| **Year 13 A Level Attainment** | | | |
| **A level % A\*- A** | 20% | 19% | 25% |
| **A Level % A\*-B** | 51% | 58% | 64% |
| **A level % A\*- C** | 83% | 87% | 84% |
| **A level % A\*- E** | 100% | 100% | 99% |

|  |  |
| --- | --- |
| **Year 13 BTEC/CTEC Attainment** | **%** |
| D\*D\*D\* - DDD | 88 |
| D\*D\*D\* - MMM | 100 |
| D\*D\*D\* - PPP | 100 |

Jo Richardson Community School are delighted to announce another year of excellent achievements in A Level and vocational qualifications. The dedication, resilience and hard work of our students have resulted in superb academic success and these results are a testament to the commitment of our students and staff and their unwavering determination to succeed.

Many of our students have achieved A\* and A grades in the subjects they studied, including Maya (Art, History and Sociology), Luisa (Biology, Chemistry and Psychology) and Darius (Biology, Chemistry and Maths). Hollie and Lexi achieved the highest possible grade of D\*D\*D\* in their CTEC Health and Social Care course and Sian exceeded her target grade in every A Level subject she studied.

There are many students who have been offered places at prestigious universities, we are overjoyed that Bobby has secured a place at Warwick University to study Politics and International Relations and Imtiaz is studying Aeronautical Engineering at Loughborough University. In addition to this, Mikayla is looking forward to studying Veterinary Nursing with the Royal Veterinary College and Sandra and Alina are attending King’s College London to study nursing.

Our students have chosen to continue their educational journey by studying a range of subjects at universities across the United Kingdom. We have students studying Law, Maths, Accounting and Finance, Animation and Psychology. Students are travelling to Edinburgh, Exeter and Birmingham and many students are choosing to study at London universities.

We are very proud of our students who have successfully achieved apprenticeships. After a long process of applications, interviews and test centres, Georgiett is starting her Claims trainee apprenticeship with Ardonagh Specialty and Abigail is embarking on a teaching assistant apprenticeship with Hunter’s Hall Primary School. Angeline has secured an accountancy apprenticeship with Nottingham University on the PWC Flying Start Programme which is an amazing achievement.

**STUDENT SUCCESS AT JRCS**

At JRCS we are committed to supporting our students to achieve the very best outcomes. The knowledge and skills required for this are built across the entire journey from the day they start in Year 7.

A person and person standing in front of a sign

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This is Maya and Luisa. Maya studied Art, EPQ, History and Sociology, and Luisa studied Biology, Chemistry, EPQ and Psychology in Year 13 at JRCS Sixth Form last year. Both students achieved three A\*s and an A.

Maya is off to Manchester Met to study animation whilst Luisa has decided to take a gap year and will apply to universities for the following year.

A group of people standing in front of a door

AI-generated content may be incorrect.

This is Osawe and Oskar with Ms Keane on results day this summer. Both students worked extremely hard in Year 11 last year. Oskar achieved nine straight grade 9s and Osawe achieved eight top grades and one grade 8. We are incredibly proud of their achievements.

As well as Maya and Luisa, many of our Year 13 students also managed to achieve a collection of really impressive grades in their A-Level studies.

**Sian**

|  |  |
| --- | --- |
| EPQ | B |
| Politics | A |
| Psychology | A |
| Sociology | A |

**Darius**

|  |  |
| --- | --- |
| Biology | A |
| Chemistry | A |
| Maths | A |
| Financial Studies | A\* |

**Joel**

|  |  |
| --- | --- |
| Chemistry | A |
| EPQ | B |
| Maths | A\* |
| Physics | A |

**Katelyn**

|  |  |
| --- | --- |
| EPQ | B |
| Geography | A |
| Politics | A |
| Psychology | A\* |

**Imran**

|  |  |
| --- | --- |
| Economics | A\* |
| Financial Studies | A |
| History | A |
| Psychology | B |

In addition to our A-Level courses, we also offer a vocational pathway in our Sixth Form which our students are equally successful in.

|  |  |  |
| --- | --- | --- |
| Hollie | Health and Social Care | D\*D\*D\* - equivalent to 3 A\*s |
| Lexi | Health and Social Care | D\*D\*D\* - equivalent to 3 A\*s |
| Ronan | Btec Business | D\*D\*D – equivalent to 2 A\*s and 1 A |
| Slavi | Btec Business | D\*D\*D – equivalent to 2 A\*s and 1 A |
| Lamin | Btec Business | D\*D\*D – equivalent to 2 A\*s and 1 A |
| Mason | Btec Business | D\*D\*D – equivalent to 2 A\*s and 1 A |

We are extremely proud of our hard-working students, and we are really excited about their next steps.

Please see below for a list of destinations where these, and some of our other students, will be continuing their studies at university.

|  |  |  |
| --- | --- | --- |
| Michael | University of Kent | Law |
| Sian | Queen Marys University | Psychology |
| Elio | Trinity Laban | Music performance |
| Imitaz | Loughborough | Aeronautical engineering |
| Bradley | Greenwich | Computer science – cyber security |
| Simi | London Southbank | Business management |
| Hisham | City | Economics and accounting |
| Kristupus | Nottingham | Mechanical engineering |
| Blyss | Reading | Biochemistry |

Not all of our students are heading off to University. Ayesha, Georgiett, Abigail and Angeline are all taking up degree apprenticeships all over the country in a range of different fields from teaching to accountancy.

A group of women holding papers

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Alongside our fantastically hard working and successful A-Level students last year, we also had an incredibly impressive cohort of Year 11 students working towards their GCSE qualifications. At JRCS we celebrate the success of all our students. Not all students can achieve the very highest grades and many of them overcome challenges with real determination to achieve way beyond their potential. Please see below many of their success stories.

Oskar – Nine grade 9s at GCSE (equivalent of 9 A\*\*s) – A grade 9 in every subject he studied.

Osawe – Eight grade 9s and one grade 8.

Luka – Seven grade 9s and two grade 8s.

Jannah – Seven grade 9s and two grade 8s.

A group of men holding papers

AI-generated content may be incorrect.Two women looking at papers

AI-generated content may be incorrect.

Two women holding papers in front of a wood wall

AI-generated content may be incorrect.

A person hugging a child

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**REWARDS SYSTEM**

The following pages outline the rewards system at school via achievement points. It aims to recognise and reward students’ achievements and places them onto our bespoke ‘rewards pathway’.

Members of staff will award achievement points when they feel that a student has made a real effort in any aspect of their work or personal development at JRCS in line with what they are ranked against on their termly report. Namely positive effort, positive behaviour and good homework. Students can also receive an achievement point by demonstrating exemplary attendance and punctuality to school each week. The member of staff will record the achievement point on the school's internal data system. The number of achievement points each student holds on their record will be checked each month by the form tutor and the correct number will be signed off. This will also be accessible to parents via MCAS and students via the Student Portal application.

Achievement points are awarded when a student attempts something which they find challenging.

Examples of this can be:

* Improvement in standard of work or behaviour
* Display of personal responsibility
* Organisation and presentation
* Effort and achievement
* Improvement in levels of academic achievement
* Good homework or independent research
* Support for other students
* Meeting a specific target agreed between student and teacher
* Out of School Hours Learning (OSHL) attendance

When students reach a certain milestone in regard to the number of achievement points earned, further rewards are given.

|  |  |  |
| --- | --- | --- |
| **Points Thresholds** | **Reward given** | **Additional benefit** |
| 50 | 50 point badge and certificate awarded by Head of Year in assembly with ASPIRE LOC | Entry into year group end of term prize draw to win a £50 voucher |
| 100 | 100 point badge and certificate awarded by Senior Leader in assembly with COMMIT LOC | Entry into year group end of term prize draw to win a £100 voucher |
| 200 | 200 point badge and certificate awarded by Deputy Headteacher in assembly with HOLD LOC | Entry into key stage end of term prize draw to win a £200 voucher |
| 300+ | 300 point badge and certificate awarded by Headteacher in assembly with ESTABLISH LOC, £50 voucher | Entry into whole school end of term prize draw to win a £250 voucher to be donated to a charity or department of your choice |

Students are able to work towards reaching these thresholds throughout the academic year with their points tallies accumulating over time opposed to there being any form of ‘reset.’

At the end of each term we celebrate the achievement of the individuals in each year group via an assembly. These recognise all the great work that students have shown during the term.

**Attendance rewards**

The school has a key role in promoting good attendance and punctuality.

We will:

* Publish lists of those students with a good record in the weekly newsletter 'The Seagull
* Award a weekly attendance shield to the highest performing tutor group in each year group
* Students that record 100% attendance and punctuality to school in a week will record an achievement point on the last working day of that week.
* Issue termly certificates for those students achieving 100% attendance and punctuality.
* Students who achieve 100% attendance across two consecutive terms will receive an LOC in the 'Resilience' category.
* Students who achieve 100% attendance and punctuality for a full school year will participate in a year group reward visit.

A group of students posing for a photo

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**UNIFORM**

Uniform is an important part of belonging to JRCS and we have high expectations of all our students. Our uniform promotes a positive image and supports the ethos of the school, whilst reflecting the practical needs of the students. Students should remember that correct uniform must be worn to and from school as well as whilst in school. For opening times of the uniform shop sited in the Castle Green foyer, please call 020 8724 1500.

If students come to school wearing incorrect uniform they will be placed in the standards room until the issue is addressed. Parents will be called as soon as possible. If the uniform procedure is not followed then we regret we will **confiscate** incorrect items, whatever the weather. Confiscated items will be available for collection from the Office by students at the end of the school day. **All items of uniform must be clearly marked with students’ names.**

**Key Stage 3 school uniform requirements**

* Grey polo shirt with silver JRCS logo
* **Plain** **black** **tailored** school trousers, these must not be ‘low riding’ and must be fitted around the students waist. Jean style trousers and leggings are not allowed, trousers should be straight legged school trousers.
* P**lain** black **pleated knee length JRCS Logo** school skirt. These are available from the Castle Green uniform shop and must be purchased from here. Skirt length should be close to the knee. The school will decide whether skirts are an appropriate length and students wearing skirts that are not the appropriate length may be placed in the standards room or sent home.
* In the summer term students may wear **plain** black **knee length** tailored shorts or shorter trousers (no PE shorts).
* **Plain,** smart, black low-heeled shoes (or low-heeled boots **only if** worn with trousers). Trainers, Creative Recreations, Converse, Vans, Uggs, board style, deck style, canvas pumps, shoes with a white/coloured band around the sole or plimsolls are not acceptable and must not be worn either at school or to and from school. Shoes must be suitable for school wear with **laces or a strap.** Loafers are acceptable.
* Sweatshirt, blazer, cardigan or v-necked jumper, all with red JRCS logo (all these items are optional).
* Students may wear any coat, scarf or gloves on the way to and from school. Students must not wear hoodies to school.
* Students who wish to wear a hijab should ensure it is **plain** black or navy blue.
* Girls’ headbands must be single width, **plain** black, navy blue or grey.
* Belts should be **plain** black, single width, with no large buckles.
* Girls’ socks must be **plain** black or white and below the knee (no logos or sports socks). Tights must be **plain** black (not patterned).

**Students should have a waterproof coat and not wear tops with hoods to school. Hoodies are banned in JRCS, students are only allowed to wear the school sweatshirt, cardigan or V neck jumper.**

**TIMES OF THE DAY – YEAR 7**

|  |  |  |
| --- | --- | --- |
| 8.00am | **Free breakfast club (Students will only be supervised in main street)** | |
| 8.20am | **Earliest arrival at school unless involved in a pre-school activity or breakfast club** | |
| 8.30am | School day begins |  |
| 8.35am | Registration – Tutor Period / Assembly |  |
| 11.00am | Break |  |
| 1.30pm | Lunch | **Except for Wednesday** |
| 1.40pm | School ends – Lunch available | **Wednesday only** |
| 3.05pm | School ends | **Tuesday, Thursday, Friday** |
| 4.05pm | School ends | **Monday only** |

The school site is open from 7.45am for students taking part in a school activity or attending breakfast club. Students taking part in an activity should either have a sticker in their planner to allow them entry into school or they should wait in the foyer until collected by a member of staff. Please be aware that a free breakfast club operates from the canteen every day from 8.00am, all students are welcome.

Students must be in school at least 5 minutes before registration but **should not arrive any earlier than 8.20am as the doors do not open to allow them in before this time**.

**Students on school site before and after school**

Parents should be aware; students are not supervised in any of the outdoor areas until 8.20am and after the end of the school day unless involved in an organised club. If students play sports on any of the courts they do so at their own risk.

Students who arrive to school after registration begins will be issued with a 20-minute late detention. Students who are late should report immediately to the School Office, via the community entrance, in order to have a ‘Late Sticker’ added to their planner.

The school also reserves the right to keep students for up to 20 minutes at the end of the day without prior notice. For reasons relating to security and safety, written parental permission will be required for students to go home for lunch. This will only be granted in exceptional circumstances and will need to be renewed at the start of each new term. The school reserves the right to withdraw this privilege. Parents should apply in writing to the Headteacher stating the reason for the request. If agreed, authorisation will be written into the student’s planner. This will then **only** allow students to go directly **home** for lunch.

On Wednesday’s students will be dismissed from school at 1.40pm. Students should eat at the breaktime service on this day. From 2:00 pm to 3:00 pm there will be a planned programme of sport, intervention, educational activities and homework clubs, details of which will be circulated via the Seagull and school website.

**OUR PASTORAL SYSTEM**

The School takes its responsibilities towards all the children in its care very seriously. Therefore, we have developed an effective and well defined system of pastoral care.

We recognise that all students have a range of social, emotional and personal needs that may need to be supported. Ensuring that students have access to this support will inevitably go a long way to ensuring that they are able to make real progress in all areas of their school lives.

**Support for students**

This support can take a variety of forms, ranging from providing students with the opportunity to discuss a problem, all the way to more structured individual counselling or the involvement of agencies outside the school.

At the centre of our pastoral system is the form tutor. All students are members of a tutor group. Their form tutor will become the key member of staff who ensures that the needs of the students in his or her tutor group are met to ensure they are happy at School and achieving their best. Students in Years 7-9 are members of Key Stage 3 tutor groups. Those in Year 10 and 11 are in Key Stage 4. Each year group is further supported by Head of Year, a Pastoral Assistant and a designated Assistant Headteacher. Finally, there is a Deputy Headteacher allocated to lead pastoral provision across the whole school.

**Form Tutors should be the first port of call for parents/carers when they need to contact School. This communication can occur via this planner, phone or email.**

**Physical contact between students**

To make sure students do not become involved in potentially difficult situations, we have a clear policy which does not allow for inappropriate physical contact between students, both in School and on School trips. All staff have been asked to informally monitor students to make sure this policy is followed.

**Behaviour support**

At JRCS we believe that students should accept responsibility when they fail to meet our high standards, but we also believe we should take steps to ensure that potential problems for the future are dealt with early on and support is provided where appropriate, this may mean a student will be withdrawn from mainstream lessons. The Learning Support Unit manages the daily delivery of this provision. During the period of withdrawal, lessons will be adapted and teaching will take place in the Learning Support Unit.

The LSU Manager leads the daily delivery of the programme.

The key to this system is communication, if you have a concern please contact us, if you hear concerning information please inform us, we can only act upon information if we know about it. The Home School Agreement is central to this.

**WELLBEING AT JRCS**

**What does ‘Wellbeing’ mean?**

Wellbeing is about so much more than physical things we do to stay well. Wellbeing encompasses everything that we experience in our day to day lives and it is very easy to forget to look after our whole self. Having positive wellbeing will ensure that you feel happier, more connected, able to deal with challenging situations and ensures that you are more successful in your day-to-day life. At JRCS having positive wellbeing is at the forefront of all that we do and all decisions that we make, so important in fact, that we now have many Wellbeing spaces across the school to support you to keep in check of your emotions.

**How to keep yourself well at school.**

In the rush of school, we can forget the small things we can do to ensure our positive wellbeing, see below for some useful tips on what you can do in school or at home:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **Connect** | **Be Active** | **Take Notice** | **Keep Learning** | **Give** |
| Seek out a friend you have not spoken to in a while and chat. Perhaps even plan to meet up! | Go for a walk alone or with a friend or family member. You could also join a OHSL sports club after school or take up running. | Rather than speed walking home why not leisurely stroll, take time to notice the smells, sights and sounds on the route. | We learn everyday but what about all the other things we want to know, charity work, climate change? | Never underestimate the power of giving. Try offering someone chocolate or write them a positive note. |

**Where to go for support with your wellbeing.**

At JRCS we have lots of support on offer to ensure positive wellbeing and this starts with you. If you, or a friend of yours, needs support with your wellbeing then the first person to talk to would be your form tutor, year team (including Head of Year and Pastoral Assistant) or any member of staff in school.

**What kind of support might you receive?**

We have all sorts of options for you both in school and in our local community. This could include peer mentoring, having a key worker, school counselling, our Mental Health Support Team, external mental health services and much more.

**Senior Mental Health & Wellbeing Lead:** Ms Draisey – you can find her office on the top floor History corridor

**WELLBEING AT JRCS**

**Your JRCS Wellbeing Team**

To ensure positive wellbeing for all we have a team of experts who are Mental Health First Aid trained. Let’s meet them here:

|  |  |  |
| --- | --- | --- |
| **Name** | **Job Title** | **Where to find them** |
| Ms Draisey | Senior mental health & wellbeing lead | Top floor History corridor office |
| Year Team | Any Head of Year or Pastoral Assistants | Year group office |
| Green Lanyard Attachments | Any member of staff with a green ‘Wellbeing @ JRCS’ attachment on their lanyard | All over! |

**Quick Tips to help when you feel that your wellbeing is low or advice you can give to someone who is struggling with their wellbeing:**

**Talk** – The first thing you should do is talk to someone, perhaps one of the above or someone else you trust. A problem shared is a problem halved, so, seek out someone who you think will listen and explain what your feelings are.

**Breath** – When panicking about the way we feel, we ignore the easy things we can do. Find a quiet space, sit down, close your eyes, and take deep breaths in and out. Count to 10 each way to really fill your lungs and imagine breathing in fresh new air and breathing out the things worrying you.

**Write** – Sometimes talking just seems like a step too far, why not sit down and write about your feelings. You might feel better having just gotten rid of those thoughts from your mind and if not, you then have something to give to someone you trust to read and give you advice from.

**Avoid Social Media** – Social media can seem like a great place to get lost in videos and photos, but it can also be a toxic place. We can get transfixed on the online personas of others that seem better than our own. When really, they are all putting on a show. Put the phone down and do something else!

**Where can I go?**

As previously mentioned, JRCS has dedicated space for you to use to support positive wellbeing. First, the Wellbeing Garden where you can take a seat under the palm tree or listen to the water flowing in the sensory garden. Secondly, the Wellbeing Room where you can ask to go with a member of staff and use the range of activities in there, including writing our feelings on the ‘Feelings Wall’.

Remember, the most important thing you can do is tell someone if you’re not feeling quite yourself or if you are worried about a friend. **We are a community at JRCS, and you are a huge part of it.**

**BULLYING**

*“There is a culture of mutual respect between pupils and staff. Pupils say bullying is rare, and they trust staff to deal with it effectively. This contributes to the calm and orderly environment around the school. Behaviour rarely disrupts learning.”*

*Ofsted 2023*

One of our core values is that we **value, care for and respect each other**. This is woven into all aspects of our school life. It is promoted in our rewards systems and talked about in assemblies and tutor time.

No headteacher will tell you they don’t have bullying in their school however we will take it seriously at JRCS, it has highest priority. We can only deal with it if we know about it. We create a climate of trust where students know staff will listen to them. We use CCTV and clear recording of incidents. We will put interventions into place and peer mediation to try and resolve issues between students but if it continues, we will exclude.

Here are just some of the things the school does to combat bullying:

* Zero tolerance – highest priority
* Create a climate of trust / staff will listen
* Use of cameras
* Clear recording systems
* Intervention system
* Anti-prejudice programme
* Peer Mediation programme
* Antibullying ambassadors
* Antibullying education in tutor time
* Students encouraged to report bullying “see something, say something”
* Student excluded if bullying continues
* Mobile free school

**MOBILE PHONE FREE SCHOOL**

In line with all the schools in the borough we are a mobile phone free school. Students are not permitted to bring phones into school, if they are seen during the school day they will be confiscated and parents will be asked to collect them. This borough-wide policy was introduced to support learning, reduce distractions, promote positive social time interactions and reduce incidents of cyber bullying.