

The Seagull



Issue 797 Wednesday 20th October 2026

Week beginning 2nd November 2026 is Week 1

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HEADTEACHER'S NEWS

Gold Seagull Winners

Congratulations to the first Gold Seagull winners this year:



Ari, Isabella, Liyaanah and Testimony in Year 10 (pictured above).

Leo Year 7 – Royal Ballet's Nutcracker



We would like to congratulate Leo (pictured on the left) who will be performing as part of the Royal Ballet's performance in the Nutcracker this Christmas at the Royal Opera House. What an achievement!

As we reach the end of another busy and productive half-term, I would like to congratulate our Year 7 students on the excellent way they have settled into secondary school life. Transitioning to a new school can be challenging, but our newest students have adapted quickly, embraced our routines and expectations, and made a very positive start to their journey with us.

The next half-term is a particularly important one for our KS4 and KS5 students, who will be undertaking mock examinations and sixth form milestone assessments (VIMA). These assessments provide a valuable opportunity to demonstrate learning, identify strengths, and prepare for future examinations. We encourage all students to approach this period with determination, resilience, and a commitment to giving their very best effort. Please note the following dates for your diary:

- Year 11 Progress Evening Wednesday 18th November 2026
- Year 12/13 Progress Evening Wednesday 9th December 2026

The half term has also concluded with a range of exciting ACHIEVE Day activities and educational visits. These experiences enrich our curriculum, broaden students' horizons, and create lasting memories. I would like to extend my sincere thanks to the staff who consistently go above and beyond to organise and lead these opportunities. Their dedication ensures

that our students benefit from a wide range of positive experiences beyond the classroom.

As we look ahead, our focus remains firmly on learning. Success is built not only on ability, but on effort, commitment, and strong work habits. Every lesson matters, and regular attendance, punctuality, and full engagement in learning are essential ingredients for achievement. We encourage all students to maintain high standards, avoid unnecessary absence from lessons, and continue to develop the work ethic that will support them both in school and beyond.

Thank you for your continued support, and we wish all members of our school community a restful and enjoyable half-term break.

Ms Keane
Headteacher

Lost property

Please remind students to check lost property for any missing items, this is available at the start and end of every school day and during social times. All lost property will be disposed of from 4.00pm on Thursday 22nd October

Mrs Garland
Office Manager

Our New Head Students!!



This term our new Head and Deputy Head Students have been in post. After a rigorous three part interview process including running KS3 assemblies at the end of Year 10, they were appointed into their roles. They have hit the ground running with speeches and events already, including Open Evening and the arrival of the new Year 7 Cohort. We are proud of their achievements and look forward to them

representing Jo Richardson throughout this academic year.

Congratulations to our Head Students, Andrei and Bella, and to our Deputy Head Students, Al Amin and Emma!

Miss Thomas
Head of Year 11

Belgium Trip, 22nd October 2026

Some reminders for students attending the Belgium trip. You will need to arrive at school for 4.45am, in full school uniform and you must have the following with you:

- your passport
- enough food and water to last you through the day
- a spare change of school trousers/skirt
- a pair of shoes that can get muddy and a carrier bag for them to go in
- a coat
- If you want to purchase something from the chocolate shop, around €20
- Any required medication: asthmas pumps, EpiPens etc.

Mrs Green
Teacher of History

Anti Bullying Week

To mark Anti Bullying Week (on 8th October) and to celebrate the wonderful work of Lilly and Suha in Year 7, they created this poem and performed it as part of their audition for the Poetry in Performance Competition.

They also performed this in Year 7 assembly in September to promote the importance of showing kindness within their year group.

Behind The Scenes: Skindeep

Imagine being in someone's shoes,
While they're down in the blues

Imagine feeling someone's pain,
While they stumble in the rain

Imagine feeling someone's hurt,
As they dry their tear-drenched shirt

Imagine while reading this verse, someone in the universe,
Is feeling deeper pain, that we could never explain.

We know their face,
But do we know their story?

We know how they look,
But do we know how they feel?

We've heard their voice,
But have we heard them laugh?

We've seen them frown,
But do we know why?

No, we don't,
We assume they're shy

We see them now,
Not their battles through the years

We know where they're going,
Not where they've been

Make space for other people's emotions
A space as big as our oceans

Lilly & Suha in Year 7

Mental Health Awareness Week

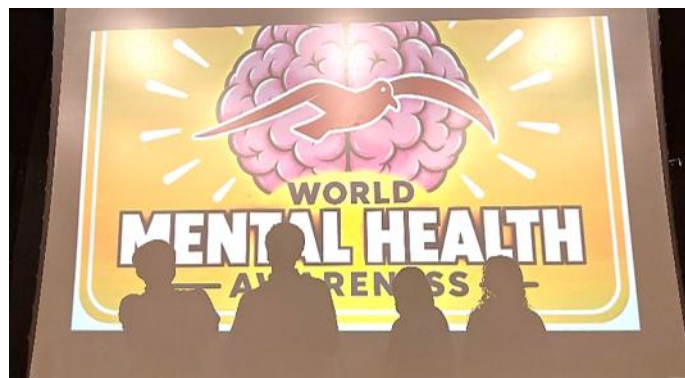


Miss Willis would like to extend sincere thanks to all students and staff for their fantastic engagement during our recent Mental Health Awareness Week.

Throughout the week, our school community embraced opportunities to learn, reflect and talk openly about mental health and wellbeing. From tutor time discussions and awareness activities to whole school assemblies and service-led information stalls, it was inspiring to see so many people getting involved and

helping to create a supportive and inclusive environment.

A special thank you goes to our Head Students who started off the Hello Yellow campaign in assemblies. Not only did they support the cause but also practised a life skill of public speaking and teamwork. Our students, whose maturity and enthusiasm to engage in important conversations demonstrated the strength of our school community and willingness to stand united during the tough times. We are equally grateful to our staff for championing the week's events and reinforcing the message that mental health matters every day of the year.



By working together to challenge stigma, raise awareness and encourage support-seeking, we continue to build a culture where everyone feels valued and understood which is the foundation on the pathway to success. Let's keep the conversation going and continue looking after ourselves and one another to ensure that we all **ACHIEVE**.



Miss Willis
Senior Mental Health & Wellbeing Lead

Year 7 Football



Our Year 7 boys have started their campaign with two thrilling and entertaining games. Losing in extra time in the Essex cup only gave them the fire to do well and more belief in what they are capable of doing if they stick together and show resilience. This was shown in the second fixture against Barking Abbey; the boys praised, supported and uplifted each other throughout the game and walked out at the final whistle with a 2-0 victory.

The PE department are really impressed with their commitment and enthusiasm towards sports, and we are excited to see them continue their sporting journeys.

Well done boys!

Mr Sengulay-Thomas
Teacher of PE

To find out how we process your personal data, visit the following link: [Privacy Notice for Parents and Pupils](#)



**BOOK CLUB
&
CREATIVE WRITING CLUB**

**TUESDAY (WEEK 1)
YEARS 7 & 8**

Book Club / Creative Writing Club

**THURSDAY (WEEK 2)
YEARS 9, 10 & 11**

Book Club / Creative Writing Club

**LIBRARY
3:10 PM**

**LOVE READING?
LOVE WRITING?
COME AND JOIN US!**

See Mrs Sumson for more information or just turn up!

POSITIVE AFFIRMATIONS



EXTRA THINGS YOU CAN DO FOR YOUR WELLBEING

- **EXERCISE**
- **DO ACTIVITIES YOU ENJOY**
- **CONNECT WITH OTHERS**
- **MAKE SURE TO TAKE BREAKS AND REST!**
- **TALK TO SOMEONE YOU TRUST**

FOR MORE INFO OR SUPPORT...

- For urgent support -
Mental Health Direct: 0800 995 1000
(24/7)
- If you're already under Barking &
Dagenham CAMHS call: 0300 555 1035
(Mon-Fri 9-5)
- Attend A&E or call 999
- Papyrus Hopeline UK: Call: 0800 068 41 41
(support for young people struggling with
suicidal thoughts)
- Childline: Call: 0800 11 11
- Samaritans: Call: 116 123
- Shout: text 'shout' on 85258



@bdwise_nelft

SCAN TO VISIT
OUR WEBSITE!



COPING STRATEGIES



5 SENSES GROUNDING TECHNIQUE

5 Things You Can See



4 Things You Can Touch



3 Things You Can Hear



2 Things You Can Smell



1 Thing You Can Taste



PROGRESSIVE MUSCLE RELAXATION

Muscle Relaxation Exercises/Techniques



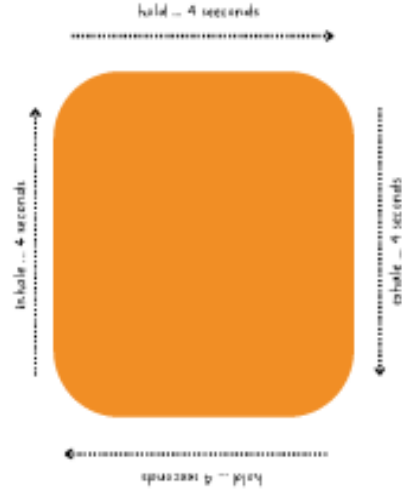
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BREATHING TECHNIQUES

5 FINGER BREATHING



BOX BREATHING



DISTRACTION MIND GAMES

1. COUNT BACKWARDS FROM 60
IN 3'S

2. SPELL YOUR FULL NAME
BACKWARDS

3. THINK OF AN ANIMAL FOR
EVERY LETTER IN THE
ALPHABET

4. CHOOSE A COLOUR AND TRY
TO COUNT EVERYTHING IN THE
ROOM WHICH IS IN THAT COLOUR



B&D WISE TEAM

(BARKING AND DAGENHAM WELLBEING IN SCHOOLS AND EDUCATION)

NELFT **NHS**
NHS Foundation Trust

SHPRESA



HANA

FRANCESCA



WHO ARE WE?

WE ARE MENTAL HEALTH PRACTITIONERS WHO OFFER EARLY INTERVENTION FOR MILD TO MODERATE DIFFICULTIES. WE WORK TOGETHER WITH YOUNG PEOPLE, PARENTS, AND SCHOOL STAFF TO THINK ABOUT WAYS TO IMPROVE MENTAL WELL-BEING WITHIN THE SCHOOL ENVIRONMENT

WHO DO WE WORK WITH?

WE WORK WITH YOUNG PEOPLE AGED 11-18 YEARS OLD WHO ARE:

- FEELING LOW: E.G. SAD, FRUSTRATED, UNMOTIVATED, LOW SELF-ESTEEM
- ANXIOUS OR WORRIED: E.G. FEARS, PHOBIAS, FEELING PANICKY

WE ALSO OFFER GROUP INTERVENTIONS, WORKSHOPS, AND ASSEMBLIES.

OUR AIMS:

- PROVIDE EARLY PSYCHOLOGICAL SUPPORT
- SUPPORT THE SCHOOL'S WHOLE SCHOOL APPROACH TO WELLBEING
- SIGNPOSTING TO SPECIALIST SERVICES

HOW DO I GET IN CONTACT?

IF YOU WOULD LIKE MORE INFORMATION OR KNOW OF A PUPIL WHO COULD BENEFIT FROM OUR SUPPORT, PLEASE SPEAK TO YOUR SCHOOL'S MENTAL HEALTH LEAD (MS WILLIS)

SCAN TO VISIT
OUR WEBSITE!



@BD_WISE