



SMSC “Matters”

Spring 2016

SMSC General



Lexia Success

In January we celebrated the success of students who had made a massive amount of progress so far on improving their literacy skills on the Lexia computer programme.

Congratulations to Kacper Marciniak 7I, Shanique Goodwin 7E, Iyekonnie Conteh 7D, Bridget Aryee-Brown 7E, Jazmine Defreitas 7D and Stephanie James 7E on completing Lexia fully, and to Fortunate Olaleye 7C, Inioluwa Phillips 7F and Oluomachi Ukonu 7G on making the most amount of progress.

They have all been awarded the special Lexia success badge.

Well done!

Miss Hunnisett
Lexia Co-ordinator

Celebrating Year 7 Success

It was lovely to hand out so many certificates in the Year 7 assembly on Wednesday 6th January. We had seven Gold Seagull winners: Rebecca Mikeli 7E, Jessica Soares Paim 7E, Candice Amponsah 7E, Shanique Goodwin 7E, Abibat Popoola 7B, Demi Peake 7B and Emily Butler 7B.

Our cheerleaders were also being celebrated for their competition success and pictured are Stephanie James 7E, Karis Gregory 7A, Lea-Sara Lamaa 7H and Angela Cokaj 7G.

Finally, making excellent progress in Numeracy Ninjas were James Kiely 7A, Ebony Tabury 7G, Libby Jones 7D, Snow E 7D, Del Chance 7G, Ashvini Sukumaran 7G and Tolu Famulegun 7H. Well done to all concerned.

Miss Duncan
Head of Year 7



Breakfast Club



This is our KS3 Breakfast Club, where we provide a variety of breakfasts including tasters each day of the week to selected students.

The students enjoy our relaxing atmosphere of music and informal conversation with staff and Sixth Form volunteers on a varied number of topics. The club aims to set students up for the day in a calm, happy and positive way so that they are ready to learn.

Since starting up in early November 2015, we have noticed the benefits in school with improved behaviour, attendance and student punctuality.

Mrs Eades
Pastoral Assistant



George to represent Great Britain

George Moughton in 7B has been picked to represent Great Britain at the under 13s World Ice Hockey Championships in Canada next month. George plays in goal and we are extremely proud of his achievements and wish him well in the forthcoming tournament.

Mr Smith
Headteacher



Blue Peter Badge Winner!

Daniel Barcroft 8B, has been awarded a Blue Peter badge for helping a homeless man in Dagenham. Daniel saw the man who was cold and hungry sitting in a shop doorway and felt sorry for him as it was very cold. He immediately bought him a drink and some food.

The man was very grateful and Daniel was pleased he could help in some way. Daniel raised the issue of homeless people to the Blue Peter programme and they felt he deserved a prestigious Blue Peter badge for his act of kindness.

Well done Daniel! We are very proud of you.

Mrs McTaggart
Gifted & Talented Mentor



SMSC Maths

Numeracy Ninjas

During our Key Stage 3 Maths lessons we have introduced a new activity called Numeracy Ninjas. It is a programme designed to ensure that constant progress is made to our students' mental arithmetic skills.



The following thirty students made the most progress from the beginning of September until December.

Year 7: Del Chance, Desire Mukasa, James Kiely, Libby Jones, Ashvini Sukumaran, Snow Min-Suet E, Ebony Tabury, Belvine Maketo, Zane McLeod and Toluwalase Akindahunsi.

Year 8: Kotryna Norkute, Jessica Musgrove, Curtis Chandler, Taylor Jefferson, Georgie Storey, Kelly-Marie Trowbridge, Stefania Munteanu, Maisie Hall, Catarina De Jesus and Sara Marques.

Year 9: Roberto Rusu, Keren Mbo, Leon Kurti, Mollie Stubbs, Morgan Harrison, Malachi James, Ciara Jacobson, Heather North, Angel Foster and Max Brown.

Well done all!

Miss Bhandari & Mr Pointon
Maths Department



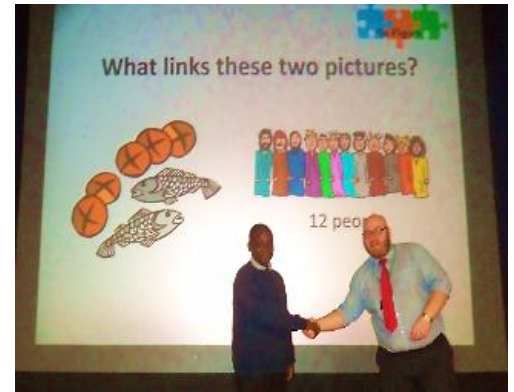
In January we launched a new whole school initiative called Go Figure. It focuses on three skills; reasoning, problem solving and decision making. These essential skills are used in all subjects and are needed for the work place and later life. The Go Figure programme will make these skills explicit in lessons and support students in developing them.

Part of the assembly saw students actually solving a problem

and explaining their reasons. Congratulations to Temi Oluwole in 9C (pictured) and Stevie Norfolk in 12E who gave excellent reasons and won a prize of £5 each.

During the assembly students were shown a game called Little Alchemy that combines 'elements' to make new 'elements' and requires a lot of problem solving and creative thinking.

Mr Pointon and Miss Bhandari
Maths Department



Go Figure Challenge

Following our successful launch of the Go Figure initiative where students will be developing their problem solving, decision making and reasoning skills, we have been inundated with entries for the challenge set in last week's Seagull. The students below were the first five to show us the three required elements they had created in the game 'Little Alchemy'. Well done to you all; LOCs are on their way to you.

Daniel Gill 9A, Charlie Brown 7E, Matthew Gordon 7E, Abibat Popoola 7B and Samuel Serbaneci 7F.

This week's challenge is one which will use your reasoning skills. Choose one element you have created in the 'Little Alchemy' game and write a paragraph to explain how you have created and why each step works. The best five entries will receive an LOC. Entries need to be handed to or emailed (using your school email address only please) to Mr Pointon by Wednesday 27th January 9am to be in with a chance of being awarded one of the LOCs.

Email entries to apointon@jorichardson.org.uk Little Alchemy game is at <https://littlealchemy.com/>

Good luck and enjoy 'Go Figuring'!

Mr Pointon and Miss Bhandari
Maths Department

Key Stage 3 NSPCC Number Day – Friday 5th February 2016

The Maths Department are getting involved in raising money for charity. Why don't you join us?!

On Friday 5th February during Year 7, 8 and 9 lessons you will have the chance to be involved in a sponsored Maths quiz. You can raise money for each question you get right.

If you are interested, then ask your Maths teacher for a sponsor form and start raising some money!!!



Miss Bhandari
Maths Department

SMSC History

Martin Luther King Day

Martin Luther King Day was commemorated on Monday 18th January in an assembly for students in KS4 and KS5.

The assembly focussed on the role of Stevie Wonder in campaigning for a Martin Luther King Day to be introduced (to commemorate his impact on the Civil Rights Movement), before exploring the impact of Martin Luther King on Civil Rights in America through the key values of: vision, collaboration, focus and resilience. Students were then asked to reflect on these core values and think about how they can develop these to achieve their individual goals for the year ahead.



Mr Hayes
History Department

Castle Competition

Students in Year 7 have been creating Motte and Bailey Castles as part of a unit of study on William the Conqueror and Norman England. There were some fantastic entries to the competition and the judging process was very difficult. However, the winner was a Motte and Bailey Castle made from Cake! It was produced to a standard that the Great British Bake Off could only dream of!

Congratulations Demi Peake and Rhiannon Lees, in 7B, for their efforts and creative interpretation of the brief!



Mr Hayes
History Department

SMSC PDE/Citizenship

Letter to the Prime Minister

Below is an amazing letter from a student which displays real active citizenship, as this has now been posted to the Prime Minister:

Dear Mr Cameron,

Before we start, I'd like to remind you of something that you tweeted back in September. After Jeremy Corbyn was elected as the new Labour Leader, you tweeted that 'the Labour Party is now

a threat to our national security, our economic security and your family's security.' Now, it seems, the tables have turned.

You started your tweet by talking about 'national security'. As I'm sure you've heard many times, air strikes such as the ones the UK are now carrying out are the perfect way to ensure more radicalisation. These strikes prove the point that Daesh are trying to make, that the West is 'at war' with the East and that people must join their ranks to fight back. But if you will not take this reasoning from me, why not take it from yourself? In October, you condemned Russia for their airstrikes, saying 'it will lead to further radicalisation and increased terrorism'. You have since proven yourself right, as only a few days ago a man was arrested in Leytonstone for attacking people with a knife, reportedly shouting 'This is for Syria' beforehand. This event was horrendous, and the motivation behind it is obvious: it has been deemed an act of terror by police. The defiant response to this attack, #YouAintNoMuslimBruv, has said exactly what we all believe, and has done it better than you. I believe that the unity of the people is a vital and amazing part of society, but when the people do a better job of acting against terrorism than the government, there is a serious problem.

Next, I'll look at 'economic security'. Just last month, the Autumn Statement was released. In the Statement, it was revealed that caps have been placed on social housing, saving £225m a year by 2020. It is also believed by the Institute of Fiscal Studies that 2.6 billion working age families will lose an average of £1600 by the end of this Parliament (source: theweek.co.uk). I make that a total of £4.16 billion by the end of this Parliament. If we need to make these kinds of savings, how can we afford to carry out these airstrikes? It doesn't seem economically sound in my opinion, or in the opinion of anyone else I've spoken to.

Finally, let us consider the threat to 'your family's security'. Not to mention the increased likelihood of terror attacks as discussed earlier, these air strikes and the attitude to Daesh so many have shown put particular families at risk. These families make up a huge amount of our population; they are Muslim families. Yours and many other politicians' refusal to disassociate Daesh with Islam, by calling them 'Islamic State', 'ISIS', and 'ISIL', coupled with media bias, have led to an increase in Islamophobia. According to the Guardian, Islamophobic incidents in London have tripled, now at 76 incidents per week. Some of these incidents include arson and murder. I know you don't believe that Muslims have committed these terror attacks, but the threat, and your contribution to it, still stands. As a high profile figure, your words influence the public. By calling Daesh a name that defines them as 'Islamic', you are not only giving them what they want by maintaining the association, but contributing to the risk posed to Muslim families. These families may not be your own, Mr Cameron, or, given the difficulties with diversity in Parliament, your colleagues', but they are British families and your rhetoric endangers them. People will remove their hijabs; children will be bullied; people will be scared, even ashamed to call themselves Muslim. It will continue until this toxic Islamophobia is stopped in its tracks, and it overwhelmed by our compassion. However, this will not happen while sacrilegious terrorists are called 'Islamic'. As this nation's leader, these children are your children; their parents are your brothers and sisters; their elders are your elders. Each and every one of them is your responsibility, and your actions are doing the exact opposite of 'protecting' them, like you say these airstrikes will do. Now, I'd like to ask you one question, Mr Cameron: would you agree that the Conservative Party are now a threat to our national security, our economic security and our family's security?

Yours sincerely,

Abigail Hall,

As well as numerous other 15 year olds with better solutions to this crisis.

PDE/Citizenship Department

A response to Abigail's letter from 10 Downing Street



10 DOWNING STREET
LONDON SW1A 2AA
www.gov.uk/Number10

Dear Abigail,

Thank you for your letter to the Prime Minister of 11 December about the Government's plans to launch air strikes against Daesh in Syria.

Syria is currently experiencing a devastating civil war. Hundreds of thousands of people have died, even more have been made homeless and many have taken dangerous journeys in order to find safety in other countries. The decision to extend air strikes against Daesh into Syria was an extremely difficult one for MPs to make, but the Prime Minister remains sure that it was the right thing to do. While no course of action is without risk, he strongly believes that the risk of inaction against the growing threat of Daesh is greater.

This is why the UK is playing a leading role in a Global Coalition of over 65 countries and international organisations united to defeat Daesh. We are taking political, diplomatic and humanitarian action, in addition to our military efforts, to make sure that we have the greatest impact.

Ending the war is, of course, of vital importance. Over recent months, a group of countries and organisations called the International Syria Support Group have made significant progress on bringing about a peaceful resolution to the conflict. The UK is playing a leading role in this, and supports efforts to create a Government in Syria that meets the needs of all of its people.

The UK Government also continues to provide humanitarian assistance to those in the region who have been affected by this conflict. We have already donated £1.12 billion – by far the largest commitment of any European country and second only to the United States. This aid has helped people access clean food and water, provided shelter to those fleeing the war and given children the chance to go to school and get an education. In addition, the Government has set out its commitment to spend up to £1 billion on rebuilding Syria after the war ends.

The UK will continue to do all that we can to ensure that a long-term, lasting solution is found to resolve the current crisis in Syria. And in the meantime, we will maintain all efforts to help those people affected by it.

Thank you once again, for sharing your views on this important issue.

Yours sincerely



Correspondence Officer

Mr Smith
Headteacher

SMSC Psychology

Year 10 Psychology Spring School

Year 10 students were invited to apply for a place on City University's Psychology Spring School. This is a week long experience where students travel to and from City University each day to take part in taster sessions and introductory classes about psychology. This is a great opportunity for students who may be considering studying psychology in the future. Students who have attended previously have thoroughly enjoyed the week.



Ms Ma'ani
Psychology Department

SMSC Science

Year 7 Science vs Year 10 PDE "Saving the day" battle

Attention Year 7 and Year 10 students! You are invited to take part in an epic battle! Together with the Transformation Trust, we are giving you a chance to play a hidden object game. It mainly focuses on making lifestyle choices which will have an impact on the game's characters. Your decisions will affect their time, happiness, wealth and health. This term in Science Year 7 students will be learning about a healthy diet. The game also touches on these aspects of life. As part of the PSHE curriculum, Year 10 will be completing a unit on financial capability – where by the end, they will learn the skills needed to make better personal financial choices. As part of the drugs education and sex and relationships unit, they will also learn about the risks associated with drugs and will be informed on how to make better decisions.



As a bonus, you can will have a chance to win Amazon vouchers. Go to the JRCS Science Ambassadors' website:

<http://scienceambassadorsjrscs.blogspot.co.uk>
to get all the details.

Miss Ochwat
Science Department

Miss Akinbode
PDE Department



Bob's Nursery

(Official opening of Bob's Nursery).

In our recent science lessons, we have been studying plant reproduction. Whilst studying, we thought that by growing Mexican hat plants (systematic name *Bryophyllum daigremontianum*) it would help us to understand the process of asexual reproduction better. We have named the project 'Bob's Nursery' to honour the original plant.

We look forward to seeing whose plant grows successfully!

You can see our project in Miss Ochwat's room (SC3).

Bob's Nursery godfathers

(aka Lewis Golby 8E and Sid Summers 8H)



SMSC Student Voice

Barking & Dagenham Youth Forum

After a hard fought election for the Barking and Dagenham Youth Forum the following students were successfully elected to represent the young people at JRCS.

Ameer Hamza, Jack Egalton, Jay Connolly, Ammiel Enahoro, Cyntia Almeida and Goda Baublyte.

As members of the forum, they will be expected to regularly attend sessions at the Vibe Youth Centre and occasionally at other locations such as the Barking Town Hall and the Civic Centre in Dagenham. The students will also be going on various trips with the other council members to create a team ethos and will represent the views of young people in our Borough. Congratulations to you all.

Ms Boller

Student Communication Manager

Student Voice



It is always wonderful when our school is recognised for the incredible work we do here. We have long been recognised as a centre of excellence for our Student Voice and this has led to many opportunities, both nationally and internationally, to share our model. On 21st January Abigail Hall, Sueda Oktay (Year 11) and myself were invited by Teach First to Burnley in Lancashire to train three schools who wanted to know more about our student leadership programme.

The two days were tiring, both in terms of the long journey and the challenge of working with three schools and delivering workshops and lectures. However, the trip was a huge success with Abigail and Sueda leading activities for the students in leadership and how to run meetings. The

girls were praised by the organisers and even asked if they might be available to lead this conference in Finland!

Well done girls and thank you.

Ms Boller
Student Communication Manager

SMSC English

JRCS Spelling Bee Grand Final!

On Friday 15th January, 26 spelling champions from Years 7 - 9 took part in the semi-final of the JRCS Spelling Bee.

The idea of a Spelling Bee is to test competitors' ability to spell tough words aloud. Competitors were challenged with the most common misspellings in different subject areas, along with other difficult spellings. To make it to this stage, contestants had already beaten off competition from their entire form group in the first round of the Bee.



The following winners made it to the semi-finals:

Year 7

7A Fanyl Ntumba, 7B Abibat Popoola, 7C Samiul Salam, 7D Sasha Liley, 7E Samuel Osikorobia, 7F Kanya Archer, 7G Faith Johnson, 7H Tyler Imamzade, 7I Kacper Marciniak, 7J Stella Obareti

Year 8

8A Emily Harris, 8B Sophie Cooper, 8C Molly McCarthy, 8D Dennis Alia, 8E Samira Begum, 8F Najeeb Ahmed, 8G Gerren Ntiri, 8H Charlotte Arch

Year 9

9A Ammiel Enahoro, 9B Ahlam Ali, 9C Edward Stemarthe, 9D Brandon Batchelor, 9E Ameer Hamza, 9F Davaughn Smith, 9G Guste Rudsinskaiste, 9H Sean Mwangi

The finalists from this round who beat off all opposition to represent their year group were:
Year 7: Stella Obareti (7J), Year 8: Najeeb Ahmed (8F), Year 9: Brandon Batchelor (9D)



They bravely battled it out in Tuesday's assembly, spelling words from the English and DT round with Najeeb Ahmed being crowned JRCS KS3 Spelling Bee 2016 champion.

Well done to everyone who took part, particularly those students who also competed last year.

Miss Dulwich
English KS3 Co-ordinator



SMSC Sixth Form

Christmas Jumpers for Little Havens

Sixth Form Students, and many of the staff, put on their best Christmas Jumpers on the last Thursday of term to support Little Havens Children's Hospice.

The variety of design on display incorporated nearly all the Christmas images imaginable.

Students from the Year 12 Health and Social Care organised the day and collected the contributions.

A great deal of fun was had by all and all for a great cause. Next year's designs are already being knitted!

Miss Campbell
Deputy Director of Sixth Form



SMSC PE

JRCS Cheerleaders going for gold!



At the end of last term I had the pleasure of accompanying 24 girls from JRCS when they represented the school at the Autumn Term Cheer and Dance Showcase at London's Excel

Centre. They had been working hard all term, and it was the first time eight Year 7 students had done any cheerleading.

Everyone was extremely well behaved and represented JRCS brilliantly. The squad known as 'JRCS Wolves' came away with a gold certificate following a very sound performance of their routine. The students involved were: Stephanie James, Kelsey Brisley, Karis Gregory, Bradline Mingley, Angela Cokaj, Geneva Maketo, Alyssa West, Lea-Sara Lamaa (all Year 7), Leyla Demetriou, Charlotte Turner, Sally Turner, Greta Petrokaite, Esther Harvest, Rhian Davis, Medi Tietie, Laveda Ogbemor, Elizabeth Ogunyanwo, Emily Harris, Hannah-Queren Mbomba, Jasmine Mustafa (all Year 8), and Lillie Fox, Emma Davison, Nambuwa Akafumba and Jyotika Ahtty (all Year 10).

They are to be congratulated for their effort and enthusiasm throughout the term, as well as their impressive showcase performance.

Thanks also goes to Miss Saunderson who also helped with the trip and accompanied the squad to the Excel Centre on the day.

If you are interested in Cheerleading and have the energy and commitment to turn up every Thursday after school in the Sports Hall to work hard and have fun learning some amazing routines and stunts, the squad has up to six vacant spots currently. Please come along on Thursday 14th January when Cheerleading starts again for the spring term and you could well be part of the spring term showcase. Please note that this opportunity is open to both boys and girls.

Ms Montague
OSHL Co-ordinator

Sporting success at JRCS



In January we celebrated the success of both our current sporting superstars as well as an ex-student superstar!

Alice Campbell in 11B has been selected for the GB Cadet Women's Foil Team for an international match taking place in Pisa, Italy later this month. She also recently received the prestigious Sue Wojciechowska Award for being the most improved cadet women's foilist in GBR 2015.

In the same week an ex-JRCS student, Benik Afobe, made his premier league debut playing for Bournemouth against West Ham United. Unfortunately, Benik ended up on the losing side but they couldn't have been beaten by a better team!



Finally, some of our fantastic students represented the Borough in round 1 of the 2016 Panathlon (pictured above). They came home with an array of medals and further detail of their achievements can be found in this week's edition of The Seagull.

Mr Smith
Headteacher

Round 1 Panathlon success!

On Wednesday 13th January Round 1 of the 2016 Panathlon took place at Frenford Clubs in Ilford. The Panathlon is a pan disability competition which takes place each year and JRCS has been privileged to have many of our students representing the school as part of the borough team. This year we have 12 students taking part: Reece Ward, Jordan



McCarthy and Louie Filbert in Year 7, Sam Deriouch, Jake Pengelly, Khai Sesay, and Enrique Del Rio and in Year 8, Harry Ely in Year 9, and Nathan Batt, Arnit Gashi, Abigail Jacobs and Georgina Hart in Year 10. Unfortunately, Enrique, after having been off school sick for a week, tried to join us, but became unwell on his way to school. We hope you get better soon Enrique and can join us at the next round.

At this round we were competing against three other London Boroughs: Waltham Forest, Redbridge and Havering. The first medals came in the power wheelchair slalom, where Reece and Abigail gained a silver medal, and then in the precision bean bag where Georgina achieved gold alongside her partner Reagan from Trinity School. There was then victory in the new age kurling, where Jake Pengelly played some excellent shots, which helped the team achieve a gold medal. The table cricket was a hard fought contest, and Khai, Sam, Arnit, Jordan and Louie played alongside students from Barking Abbey and Sydney Russell Schools and achieved a silver medal. There was all to play for in the wheelchair and running races at the end. Abigail and Reece won their power wheelchair race, and Harry and Nathan put in brilliant performances in their races. Overall the B and D team won five out of the six races.

Everyone gathered round in anticipation for the announcement of the final result; we knew that we had done well as a team but how well? Actually we had done brilliantly scoring 58 out of a maximum 60 points, so we are through to the cup competition at University of East London Sports Dock on Friday 18th March. Many congratulations to all the students involved who put in such excellent performances to achieve this result. Thanks also go to the staff who accompanied the trip and gave such wonderful support to the team, namely Miss O'Keefe and Mr Kilminster.



Here's looking forward to Round 2 in March! All those who took part should remember to come along every Friday lunchtime to Panathlon Club at 1:30pm in the Sports Hall to practise your events as we are sure to come up against fresh competition in the next round.

Ms Montague
School Games Co-ordinator

Year 8 Football team beat Barking Abbey School

On Tuesday 12th January, the Year 8 boys' football team put in an exceptional performance to beat Barking Abbey School 2-1. After a hard fought first half the boys were losing 1-0. However, in the second half they showed great determination and desire to win and eventually goals by Ifeanyi Ogbonna (8G) and Josh Volkwyn (8B) helped the team record an impressive 2-1 win!

Well done Year 8 football team!

Mr Robson
PE Department

Netball News

The Year 7 Netball team has had another success. The girls played extremely well against Eastbrook School on Monday 18th January and won 12-0. Keep up the good work girls.

Miss Wright
PE Department

Georgina Hart

Georgina Hart (15) from Dagenham has been crowned 'Achiever of the Year' by the Panathlon Challenge, – a 'mini Paralympics' for children. Georgina won Panathlon's top individual honour, the prestigious Jack Petchey Outstanding Achievement Award, in the Olympic Gallery at John Lewis Stratford City in November. The Jo Richardson School student, who has cerebral palsy, collected her award from Paralympic Champion, Liz Johnson, having been selected from thousands of young people to take part in the Panathlon Challenge this year.

Inspired by Panathlon since joining Jo Richardson School in 2012, Georgina is also a member of a local cycling club, drama group and young people's group – where she is creating a website to showcase activities available to local young disabled people – and has recently begun the challenge of completing her bronze Duke of Edinburgh's Award.

Able Magazine caught up with her after she had received her award for a few words...

Congratulations on your award. How do you feel about it?

I feel amazed; it's just brilliant that I've won.

How did you get involved with Panathlon?

When I went up to my secondary school we did a lot of going to the Panathlon and since then I've done lots of events like 'Time To Shine' and I get to make lots of friends and meet new people.

Can you tell people a bit more about the events you take part in at Panathlon?

Well I do something called bean bag throwing which is where competitors get a mat marked with numbers from one to 12 and I have to try to throw my bean bag to land on one of the higher numbers to score points. I also do a bit of running.

I also did a relay race at the Olympic Park to open up the Panathlon Games; that was really good. The atmosphere was amazing and the people were really nice.

Can you tell people a bit about what being involved in Panathlon means to you?

It has given me so much confidence. Before Panathlon I wouldn't go away without my mum and dad, but Panathlon has given me that confidence to stay away from home. I love doing it.

You're own Barking & Dagenham team has been in the London final for the past few years. How important is having a good team around you?

It's really important because we're all really close. Some of the people go to my local youth club and we've all got each other's backs.

Away from sport, you're also aiming to complete your Duke of Edinburgh's bronze award. Can you tell me a little bit about that?

Well, we did a practice trial a few weeks ago where we had to walk for the whole day and made camp fires and we met some new people. It was really good except I didn't get any sleep because a certain boy was doing impressions and telling jokes all night!

What would you say to disabled people to encourage them to get more active?

Just because you have a disability, don't let it hold you back. Just believe in yourself!

More:

Panathlon provides sporting opportunities for over 7,500 disabled young people each year. Over 450 schools took part in Panathlon's 'mini Paralympic' competitions in 2014/15, with 50,000 active hours of sport provided to disabled children. Panathlon events feature a range of sports which use specialist adaptive equipment, allowing children with a range of impairments to take part, including severe physical disabilities and learning difficulties.

www.panathlon.com



“Just believe in yourself!”

www.ablemagazine.co.uk

SMSC Music

SMSC Food & Catering

SMSC SDD