



SMSC “Matters”

Spring 2017

SMSC General

Cabinet Office Visit

On Friday 10th March, at the end of National Careers and Apprenticeship Week, eight students from Years 9 to 13 visited Sir Jeremy Heywood, Cabinet Secretary and Head of the Civil Service at the Cabinet Office. We went to learn about the Civil Service, what it is like to work there, the kinds of occupations and opportunities available, and the different routes into the Civil Service. It was also a very unique opportunity to ask a prominent politician questions. We were so impressed with the mature and professional manner in which all students conducted themselves and the insightful questions that they asked. Billy Simson, Year 13 said: “Visiting the Cabinet Office and meeting Sir Jeremy Heywood has been an amazing opportunity and an eye-opening experience. I had considered a career in the Civil Service but, after today, I now have a much better idea of what it would involve.”



Students involved were:

Orsilda Lleshi 10E, John Mikeli 1G, Daniel Barcroft 9B, Radoan Mohamed- Ali 12D, Melody Day 13E, Billy Simson 13E, Armandas Smailys 12C and Abigail Hall 12B

Miss McCormack - Enterprise Coordinator

Alice Campbell 12B



In December, Alice represented Jo Richardson and the Eastern Region of Great Britain at the Cadet Winton Cup Fencing Competition held at Millfield School, Somerset. Fencers from all regions of Great Britain competed in the team event that ran over the weekend with Alice fencing her last round at 9:00pm, this was after a 5:15am start. I am pleased to say that the Eastern Region Ladies Foil Team were the overall winners. Alice helped her team significantly by remaining undefeated over the entire weekend, fencing 26 bouts for her team. In recognition of her outstanding performance she was awarded The Best Individual Woman’s Foil Award and has been asked to captain the Eastern

Region Team in 2017. Alice has also decided to take her Coaching qualifications in order to teach fencing, hopefully within the year.

Congratulations Alice!

Mr Smith - Headteacher

Work The World - Ahlam Ali 10B

Every year we support a Year 10 student to carry out their work experience outside of this country. This is a unique opportunity, which has enabled students over the years to work in America, Bangladesh, Australia, Canada and a number of other countries. This year's winner is Ahlam Ali 10B who has chosen to work in Tanzania for a week in June. Mr Custodero, our International Schools Award Coordinator will be supporting Ahlam and her family with the organisation of this exciting venture. I want to take the opportunity to wish Ahlam the very best of luck and look forward to hearing about her experience on her return.



Ellie-Mae Marshall 10B

On Sunday 5th March, Ellie-Mae took part in a Karate Kumite selection process for Nationals. After a full day of training and two fights Ellie-Mae was selected to try out for the Nationals in a few months time.

Good luck Ellie-Mae!



Well done Michael!

Michael Tittley 8A, was picked to play for Essex Rugby in September last year. He is now training with the Saracens Academy and competing in tournaments against Kent and Hertfordshire Saracens.

Well done Michael and good luck in the tournaments!

Mr Smith - Headteacher



Gold Seagull

One of the most important things any school needs to do is to acknowledge and reward student's achievements. The ACHIEVE agenda at JRCS carries all the values and qualities we aim to support our students in acquiring during their time at the school. Those students who achieve the Gold Seagull have shown a huge commitment to aspiring to be the very best they can.

Therefore, I am delighted to announce that our first Gold Seagull winner of the academic year 2016/17 is Rhianna Mutyaba 7J. I was privileged to present Rhianna with her certificate during the Year 7 assembly.

I know that this will be the first of many Gold Seagulls that will be awarded this year and I look forward to attending many more year group assemblies in order to present them to our winners.



Gold Seagull Winners

Congratulations to Jennifer Dicko 10G and Mehnaz Musthafa 8E who are the first students in their year groups to win the Gold Seagull this academic year.

Well done girls!

Mr Smith - Headteacher



Well done boys!



Congratulations to the Year 10 students pictured here: (Baqiu Odofin 10F, Flavian Yamvwa 10D and Clawnton Wetshi 10D) who have been selected to train with the West Ham FC Academy Team for three weeks resulting in a showcase match against West Ham in front of scouts which could lead to a yearlong youth contract. Also in the picture is Emmanuel Nnadi 11D who is going through the same process but his final result could be an apprenticeship with the club. Mr Richards has

worked closely with the academy to support this unique project, which is called the Wings Football Foundation, and we will make sure that we keep you up to date with the boy's process.

KS3 Reward Trip

On Tuesday 31st January, our Platinum, Gold, Silver and Bronze ranking Key Stage 3 students went to the cinema to see the film "La La Land" as a reward for their achievements.

Well done and congratulations to all those students who were invited.

Mr McInerney
Deputy Headteacher



Letter from the Queen!



You may remember reading about our competition for Queen Elizabeth's birthday last summer with Holly Dicko 9B, receiving first prize for her letter to the Queen.

Holly wrote explaining to the Queen how she has met our ACHIEVE values throughout her reign and also sent her an ACHIEVE polo shirt.

Holly received her reply from Buckingham Palace just before half term thanking her for her letter. The letter reads, 'the Queen was most touched by your message of appreciation for her work throughout her long reign.'

Well done Holly!

Ms Salih - Assistant Headteacher

JRCS Respect / British Values Assemblies

In March, we held a series of special assemblies to emphasise the many ways in which we, as a community, demonstrate the key British values of respect tolerance. The assembly drew inspiration from key public figures and media stories.



We would like to emphasise to all members of the wider JRCS community that we think before we act, we report anything that makes us feel uncomfortable and that our individual liberty is dependent upon being a law-abiding member of society.

Mr McInerney - Deputy Headteacher

Year 10 News



LONDON FIRE BRIGADE

Recently two of our Year 10 students participated in the LIFE course run by the London Fire Brigade. This is a programme was an intensive four day course where young people learn the job of a firefighter. Kacey Tahiri and Jayden Willis took the opportunity to challenge and participated in the four day event. They had the opportunity to learn a range of skills whilst working alongside the Brigade in real life action.

Based in Dagenham Fire Station, Kacey and Jayden take part in a range of activities including casualty rescue techniques and using breathing apparatus equipment.

The scheme was launched in Tower Hamlets in 2002, as a response to antisocial behaviour against our firefighters, the LIFE scheme now operates in all London Boroughs and has engaged with more than 12,000 young people to date.

Mr Morgan - Head of Year 10

Trewern

In March, some students in Year 7 and 8 visited Trewern Outdoor Education Centre in Wales. Unperturbed by the mud, the students conquered mountains, slithered through caves and navigated waterways. Some of the cavers took the extra challenge of the 'the roof' and many awards were given by the staff at Trewern as a result. Walkers caught site of the elegant red kite and took in the glorious views of the Brecon Beacons whilst canoers made good pace down the Monmouthshire/Brecon Canal and even managed to catch a glimpse of the sun. On Wednesday, students headed to the Big Pit Mining Museum and guide Stevie entertained students and staff alike with tales of life in the mine.

The food was a constant source of delight. Tuesday's chicken pie was a culinary triumph, however, the best dinner ever (according to the students) was burger, chips and chocolate pudding!

In the evening, with bellies full students did a variety of activities including orienteering, constructing 'safety homes' for eggs to be dropped from 5 metres and the Trewern talent show during which our adventurers sang, danced and beatboxed the stories of the week.

On the final day the Welsh sun shone on us as we walked into Hay-On-Wye to shop at the weekly market and eat ice cream which was 'much better than England's ice cream!' In the afternoon, activity groups learned the skills of archery and bushcraft finishing with the Muddy Puddle challenge in which seven JRCS students successfully jumped the swampy pond. It has been confirmed that this level of success is indeed a world record!!!! The evening campfire rounded off a fantastic week of activities and challenges with songs and marshmallows to celebrate the week that was.

Ms Lynch - Second in SDD



SMSC PE

JRCS Wolves achieve Gold standard performance



On Friday 9th December, 26 students from Jo Richardson took part in the Cheer and Dance Showcase run by Talent Central at The Excel Centre. This is one of the youngest squads that has taken part in recent years. They trained hard each Wednesday afternoon last term and put on a fantastic performance at the Excel Centre, achieving a Gold standard performance.

The students involved were: Bradline Mingeli 8B, Iye Conteh 8D, Charis Adams 7A, Alyssa West 8I, Mayo Otufowra 7C, Alba Nuhiallari 7C, Chelsea Akposheri-Oweh 7C, Amber Lucas 8J, Greta Petrokaite 9H, Nadia Kdadir 7I, Darcy Page 7H, Bayley Maffia 8H, Ivy Duarte 7A, Sulaiman Diallo 7G, Charlotte White 7G, Megan Brown 7J, Liberty Baxter-Ashworth 7J, Remi Newman 7I, Angela Cokaj 8G, Karis Gregory 8A, Gabija Zundaite 8F, Maisey Thompson 7F, Abdul Kanneh 8F, Arta Sefolli 7F, Leticia Correia Cabral 7C, and Justina Folorunsho 7C.

Ms Montague - OSHL Co-ordinator

Year 8 Indoor Athletics

Congratulations to the Year 8 boys and girls indoor athletics teams who took part in the Borough event on 8th December. Both teams battled through injuries and illness to put in brilliant performances. The girls team finished 4th overall, narrowly missing out on a medal, while the boys went one better and finished 3rd. Congratulations to everyone who took part.

Girls team: Temi Taiwo, Emmanuella Adomo, Faith Johnson, Hannah Tolentino, Ashvini Sukumaran, Iye Conteh, Abibat Popoola and Morgan Romain

Boys team: Samuel Osikorobia, Dimeji Olayinka, Ayo Afolayan-Arosoye, Joshua Adewale, Ade Jolaosho, Anthony Thomas and Oluomachi Ukonu

Mr Howard - Second in PE

PE Trip to University of Essex

On Monday 16th January, 15 Year 10 GCSE PE students went on a trip to the University of Essex. This enabled them to expand their theoretical knowledge within GCSE PE. They were allowed to experience what it would be like to work in different sporting laboratories and training elite athletes. They took part in a sports nutrition and a biomechanics workshop. Students were also able to explore campus and experienced life as a university student.



Well done to those who took part.

Miss Pridie - PE Department

Year 7 Indoor Athletics

Congratulations to the Year 7 boys and girls indoor athletics teams who took part in the Borough event on 19th January at Eastbury School. Both teams gave 100% effort in the event with a couple of outstanding individual performances. The girls' team finished 4th overall, narrowly missing out on a medal, while the boys finished in 6th place. Congratulations to everyone who took part.



Girls team: Ola Osanyintola, Lurline Mantle, Mayo Otufowora, Mariam Ngobo Azeez, Charis Adams, Sophie Waiharo and Abiola Yusuf.

Boys team: Eniola Koleowo, Prince Adenuga, Ehim Okunsebor, Elijah Gyamfi, Philip Adu, Donte Auguste and Aman Lynch-Stewart.

Mr Howard - Second in PE

Barking and Dagenham Indoor Rowing Competition

Massive congratulations to the following students:

Rhianna Mutyaba (1st - Year 7 Girls Race)
Donte Auguste (4th -Year 7 Boys Race)
Jack Weston (5th- Relay)
Emmanuella Adomo (4th- Year 8 girls Race)
George Lawrence (4th- Year 8 Boys Race)
Temi Tiawo (5th- Year 9 Girls Race)
Michael Tittley (6th- Year 9 boys Race)
Luke Craige (4th- Year 10 Boys Race)
Alice Solomon (5th- Year 10 Girls Race)
Ledion Rama (4th- Year 11 Boys Race)
Silvia Martin-Omergie (3rd- Year 11 Girls Race)



All students represented JRCS at the Barking and Dagenham Indoor Rowing Competition. Overall, the students came 5th out of 10 teams. Which is a fantastic achievement considering most of JRCS were rowing in an older age category. Special congratulations to Rhianna in 7J for her fantastic achievement in the Year 7 race and becoming the girls indoor rowing borough champion.

Miss Pridie - PE Teacher

Year 8 Netball Results

The Year 8 netball girls have had a busy start to the year playing a number of fixtures as part of the Borough League. Our first match of the year was a friendly against Robert Clack C team who we comfortably beat 18 – 3. This match was a great opportunity to try out students in different positions and practice the skills and tactics we have been working on in training. We then beat Warren 8-2 on Tuesday 24th January, on a freezing cold evening, where the girls demonstrated some excellent attacking and defending skills. We narrowly lost the fixture on Thursday 26th January against a strong Robert Clack B side 7-9 and this was primarily due to making too many changes in the second quarter. However, we learned from our mistakes and this week beat Eastbury 13 – 7. The match was really intense and we were drawing up to the last quarter when the girls turned up the heat and finished the match victorious.



Well done to all the girls involved and I look forward to our fixture against All Saints this Thursday.

Miss Boulton - Head of PE

Essex Schools Cross Country Championships

Congratulations to Michael Tittley and Temi Taiwo 8A who represented JRCS and Barking and Dagenham in the Essex Schools Cross Country Championships at Hilly Fields, Colchester on Saturday 21st January 2017.

The students were both invited to compete after coming 3rd in the Borough cross-country event back in November and they did themselves proud by coming 45th and 54th respectively. It was a great experience for both athletes to complete at that next level and hopefully they will continue to train for further success next year.

Well done!

Miss Boulton - Head of PE

Year 8 Handball

Our Year 8 Handball boys were sadly defeated in the last 16 of the London Youth Games. The handball team just missed out on the chance to reach the finals of the London Youth Games Handball Tournament in a thrilling 10 – 13 defeat by St Edwards School (Havering).

JRCS reached the last 16 by winning their borough group competition and defeating Redbridge in the first round. The Round 2 competition was held at the Copper Box Arena in Stratford where they competed against the best 8 teams from across the London borough's.

The game was a close with both schools' leading at some point in the game. Havering eventually won the game in the final 3rd. The match started at a frantic pace with Havering quickly taking a 0 – 3 lead. JRCS managed to pull the game back during the 2nd third but these were merely a consolation as the score gap increased.

Well done to the boys who took part, they were:

Ben Adeniyi (8G), Adebisi Olajide (8G), Dimeji Olayinka (8J), Sergiu Brataon (8G), Samuel Osikorobia (8E), Olumachi Ukono (8G), Tyresse Stoute (8H), Bayley Maffia (8H) and Adeoye Jolaosho (8G)

Mr Newport - PE Teacher and Head of Year 11

Raising participation in sports clubs in Barking and Dagenham

The JRCS PE Department are working with Sport Inspired and the Borough School Games Managers to try to increase participation of young people in sport across the borough. We offer a wide ranging and inclusive extracurricular sporting programmes to all students at JRCS, however, a number of students and parents have asked about provision within the borough. The PE Department will always try to help young people to find external clubs and we have links to a number of local sports clubs such as Barking RFC and West Ham Utd.

The Sports Inspired directory website (www.sidirectory.org) also has links to all the community clubs that are taking place within the borough and is a great resource to finding out about new sports or taking your own sport to the next level. Please contact the JRCS PE Department if you would like any further information about sports in our area.

Miss Boulton - Head of PE

JRCS rugby girls 'Give it a go' again

Following on from the success of a similar event a year ago, 28 girls in Key Stage 3 attended an event at Barking Rugby Club last Friday, which was run by the LSE Women's Rugby Team. Despite some windy and cold wet weather, especially at the start of the day, the girls got stuck in to the rugby skills workshops which were all run with great enthusiasm by the LSE Women's Team.

Before returning to school there was a question and answer session with the team about life as a female rugby player and life at university. One of those on the question panel was a former Jo Richardson student called Rhonda. She said that when she first got to university she thought that everyone was quite posh, but that just because you are from Dagenham you should not use that as a reason not to go to university. She urged everyone to make the most of all the extra opportunities that are offered to you at school.

Here are some quotations from girls who attended the day: 'Believe to achieve for a brighter tomorrow!' – Sivia, 'If at first you don't succeed, try, try again' – Kiera, 'It was a good experience' – Lexi, 'It's a team effort' – Abibat, 'It was fun and engaging – we got really messy!'

The students involved were:

Bobbie Morgan 8G, Demi Gray 8J, Annabelle Ngala 8J, Victoria Bertrand 9C, Remi Newman 7I, Lily Johnson 9B, Shannon Woodhouse 8J, Keira Thomas 8J, Temitope Taiwo 8A, Jasmin Green 9B, Joana Balla 9E, Katie Timothy 9B, Megan McCabe 7F, Lurline Mantle 7F, Ola Osanyintola 7F, Frankie Hendricks 9C, Silvia Martin-Omergie 9E, Charlie Wetherell 9B, Gerren Ntiri 9G, Amriya Issa 9G, Jayzy Daniel 8H, Abibat Popoola 8B, Emmanuella Adomo 8A, Angela Cokaj 8G, Kelsey Brisley 8I, Lexi Evans 8I, Dagamara Onoszko 9D and Hannah-Queren Mbomba 9B.

They all earn an LOC for establishing resilience, and special congratulations go to Jasmin Green for receiving the award for 'best player' from JRCS and last but not least to Victoria Bertrand who achieved the award for 'most improved player'. Thanks also go to Mr Kersey for supporting the trip and to Ms Boulton for organising the girls to go and for coming along during the day to support the girls.

Ms Montague - PE Teacher

KS3 Netball Rewards Trip

On Saturday 11th March the PE Department took 23 students to watch live Super League netball at the Copper Box Arena in the Olympic Park Stratford. The students were rewarded for their commitment to extracurricular netball this season and it was a great opportunity for the girls to witness some top quality netball in a fantastic venue. The match was closely fought in the first half, however, Surrey Storm surged ahead in the second half and won the match 67 to Hertfordshire Mavericks 45. We hope our students are now inspired to play netball outside of school and we look forward to seeing our netball teams in action at the borough netball rallies over the next 2 weeks.

Miss Boulton - Head of PE



JRCS Year 8/9's represent Barking and Dagenham at the London Youth Games in Volleyball.

On Thursday 9th March, a London Youth Games Volleyball competition was held at the SportsDock Arena at UEL, and 26 schools, one from each borough represented in the competition for Year 10 and under. The actual competition started with around 150 school teams. Both of our teams were representing Barking and Dagenham to earn points towards the London Youth Games competition.



JRCS girls managed a 13th place finish, which was an excellent achievement and an improvement on their last result in the competition two years previous. They finished 2nd in the opening group and 3rd in the afternoon session group. Their results for the competition was 2 wins against Ealing and Kingston, and 3 losses against Kensington, Hounslow and Bexleyheath.



JRCS boys managed a 19th finish position which was very respectable achievement as it was their first competition. They started in a very challenging group containing the current holders Redbridge and another volleyball school from Kensington. This put them in the lower half of the afternoon competition. Again, like the girls they managed 2 wins against Brent and Richmond, and 3 losses against Chadwell Heath, Kensington and Croydon.

Boys Team - Alan Tu (9H), Jack Slater (9F), Ledion Rama (9D), Harley Dean (9A) and Ahmed Kassa (8A).

Girls Team - Dagmara Onoszko (9D), Laveda-Dione Ogbemor (9D), Joana Balla (9E), Silva Martin-Omergie (9E), Ire Ajala (9F), Emmanuella Adomo (8A) and Temi Taiwo (8A).

Very well done to all the players on a massive achievement as they were playing older students. Roll on next year!

Mr Newport - PE Teacher and Head of Year 11

Year 8 and 9 Borough Netball Rallies

The Year 8 and 9 JRCS netball teams competed in the Borough Netball Rallies at Barking Abbey in March and both teams came away with a medal! The Year 8 A and B teams were both in action and the B team who have only played a few friendlies this season came 6th in the pool stage.

The A team won all of their games in the pool stage beating Eastbury, All Saints B, Robert Clack B and Riverside to win the pool. They then progressed to the semi-final which was an end to end thriller, we unfortunately lost 10 – 9 to All Saints who scored in the closing seconds. JRCS then played against Eastbury in the 3rd/4th playoff and despite beating them convincingly in the pool stage it was a tense match which we narrowly won 3-2. The team deservedly won a Bronze and I am immensely proud of their commitment and achievements this season.



The Year 9 team similarly performed well in the pool stages beating Barking Abbey and Sydney Russell and losing 3 - 2 to Robert Clack B. They progressed to the semi-final as runners up in the pool and met Eastbury who were dominant in the other pool. We were well beaten by an outstanding Eastbury team who scored 8 goals to nil, however, the girls quickly overcame this defeat and went through to play Robert Clack B in the 3rd/4th playoff. The pool game had been extremely close so again this was an edgy match. Joanna Charles scored the winning goal in the last 15 seconds and we become Bronze medallists winning the game 3 - 2.

The Year 9 team have impressed us this season with their dedication to training and I was especially proud of the girls resilience following the semi-final defeat.

Well done to all the girls who participated in netball this season and we look forward to another successful netball season next year.

Miss Boulton - Head of PE

Year 7 Netball

Congratulations to the Year 7 netball squad.

At this year's rally we entered both an A and B team. Both teams made it through to the group stages of the Barking and Dagenham end of season netball rally at Barking Abbey School. The girls played fantastically well against a very high standard of netball. Overall the B team came 4th out of the pool and the Year 7 A team just missed out on a semi-final place by coming 3rd in their pool.

It was a great end to the season.

Well done to all the girls who have been involved this season.

Miss Pridie - PE Teacher



Year 9 gymnastics judges do a fabulous job

Thank you very much to the 10 students in Year 9 who acted as judges at the primary Key Steps Gymnastics Competition which was held here in the JRCS Sports Hall on Tuesday. Elaine Burgess who organised the competition was very impressed with these students when they attended training for this role last week. To quote Elaine's e-mail 'One word describes your young judges – FABULOUS!'. Congratulations to all those involved for working so hard to ensure the success of this event and for doing such a superb job.



The students involved were: Joana Balla 9E, Jack Waihao 9E, Nojus Raudzius 9E, Catarina De Jesus 9H, Connie Hesketh 9F, Jack Slater 9F, Laveda-Dione Ogbebor 9D, Mei-La Daley 9C, Leyla Demetriou 9D and Esther Harvest 9E.

Ms Montague - PE Teacher

Barking and Dagenham Dream Team move on to Copper Box

On Tuesday 21st March, Mr Kilminster and I had the pleasure of accompanying five JRCS students who were part of the Borough Panathlon Team for 2017 (also known as The Dream Team, pictured above) to the second round of the competition which took place at the University of East London SportsDock.



The borough team was competing against three other East London boroughs, Newham, Redbridge, and Hackney. This was a tough competition as only one of these teams would go through to the London Champions Final at the Copper Box. Fortunately, everyone had been training hard, and the JRCS students came away with four gold medals and one silver making a major contribution to the team's success as a whole.



The first gold came courtesy of Reece and Victor, the borough wheelchair slalom team. They both did incredibly well with consistently fast times, Victor even did a personal best of just over 38 seconds. The next gold for JRCS came from Georgina Hart who achieved a near perfect score alongside her partner Reagan in the precision bean bag competition. Tristan was ecstatic with his gold medal which he won as part of the new age kurling team. Sophie came home with a very creditable silver after some very close games in the table top cricket. Victor and Reece also took part in the wheelchair races at the end of the competition and played their part extremely well in some tense relay races.



I would like to congratulate all the students who took part for their excellent behaviour and sportsmanship on the day, here are a few words from them expressing their feelings about the Panathlon competition:

'Hard work pays off' – Victor

'I really enjoyed it, seeing my friends again from other schools' – Georgina

We are excited and nervous about going to the Copper Box in June' – Victor

'I am speechless' – Sophie

'I'm proud of us all' – Reece

'I'm happy about winning because this is my first gold medal' – Tristan



A big thank you also to Mr Kilminster for his support and help with organising the team. Wish us luck at the Copper Box on 15th June!

Ms Montague - PE Teacher

SMSC Student Voice

Support for our local community

On Tuesday 24th January, I took some students from Fundraising Team 1 to one of our local food banks to drop off the non-perishable food we have been collecting for a couple of weeks. The students from the team have been amazing, taking the responsibility for collecting food and doing assemblies to promote our fantastic programme of support for our local community.



The students: Arthur Garner 7I, Lauren Young 9H, Lewis Golby 9E, Henry Deeble 7I, Lydia Wren 8C, Megan McCabe 7F, Remi Newman 7I, Suhana Shaili 8A, Summer Cox 7I, Amy Smith 7I, Jessica Musgrove 9H and Shanise Garner 9H.

Ms Boller - Student Communication Manager

Community Team News

On 16th January 2017, the Community Team invited the residents of an elderly home to visit The Jo Richardson Community School. Prior to this day everyone had been working extremely hard to make sure everything was organised and prepared. Honestly, it was not easy, we did have a few setbacks but as a committed team we pushed through.

It came to the day and everyone was buzzing with excitement especially our lovely dedicated adult leader Miss McMillan. We set up all the games and were very kindly provided with tea and coffee by the school canteen. We also made our own contribution and brought in biscuits.



Iye (one of the members on the Community Team) introduced everyone and explained that we wanted to learn from them and get advice to impact on our lives. At first everyone, including me was very nervous and didn't really know how to approach our guests. It took a while but eventually we mustered up the courage to approach two of our guests; Jackie and Doug. The conversation took off to a great start as they both told us about their childhood; we were quite surprised to hear about the sad things they had to go through and we soon started to realise how lucky we really are! It was not all sad stories though we heard some really hilarious stories too. Jackie and Doug asked us about our school and generally how we get on. It came to the end of the day (even though no one wanted it to) so sadly we had to say goodbye to our visitors.

All in all, it was a great day and hopefully we will get to see them again.

By Adunola Olayiwola 8F



On Wednesday 22nd March 2017, we went to Wembley Arena to take part in WE Day, the amazing free concert. WE Day is a celebration of young people making a difference in their local and global communities. The tickets are hard to come by and have to be earned through being part of our Student Voice Action Teams. Through these teams we aim to nurture

compassion in our young people and give them the tools to create transformational social change. We provide them with the inspiration to take social action, empower others and transform lives, including their own.



The students were lucky enough to see Jessie J, Fleur East and The Vamps perform live and hear inspiring talks from Kate Winslet and Richard Branson. The day was amazing and we danced all day. What a wonderful day out for an amazing group of young superstars.

“The day was amazing, it gave us an incredible insight into what young people can do. We felt part of something huge.”

“Jessie J was incredible and Kate Winslet talked about being bullied and discouraged from achieving her dreams. She talked about how she overcame challenges and inspired us to not listen to those who are unkind or negative. Follow your dreams and think big”.

Thank you to the staff who gave up their time and the students who did the school proud.

Ms Boller - Student Communication Manager

SMSC Sixth Form

Year 12 Scholarships @ HSF LLP

Monday 30th January saw Year 12 students attend a workshop at Herbert Smith Freehills LLP Law Firm in London. Five students were selected to attend, to find out information about a scholarship opportunity that the firm offers selected London students. The workshop gave the students the chance to see the different departments that operate in a city law firm (business side as well as legal side), they had a tour of the amazing offices based at Liverpool Street and an insight into what their application needs to consist of in order to be successful.

Students will have the opportunity to gain a five year scholarship which will see them gain an individual mentor, attend a summer internship at the end of Year 13 and also receive financial support whilst at university.



HERBERT
SMITH
FREEHILLS



Once they have applied, students will be invited back for an interview workshop and then an individual interview to win the scholarship. It is a very competitive opportunity so our best wishes go to our selected students.

Photo shows Joe Chilton-Booth; Daniel Tranter; Sueda Oktay and Kelechi Ogbonna (Mahtab Kailey is also part of the group but not pictured). Pictured with the students is Honey Sanusi, Citizenship Coordinator, Herbert Smith Freehills LLP.

Miss Campbell - Deputy Director of Sixth Form

Sixth Form Football Team Reach Cup Final



Massive congratulations go out to our Sixth Form Football Team as they have reached the Barking and Dagenham Borough Cup Final.

Their journey began with a hard fought 3-1 home victory against Eastbury. Two early goals from Juwon Oniwonlu and a fine finish from Kevin Bejti gave JRCS an early lead. Skipper Billy Simson led the back line imperiously to defend a second-half onslaught from our visitors. There were impressive debuts from Lennox Mwaura at fullback and Marien Balla in the No.10 position.

JRCS certainly did not lower their performance levels in the semi-final against Eastbrook, romping to an impressive 5-1 away victory. The side welcomed back talisman Jay Batchelor, fresh from representing Broxbourne Borough in the FA Youth Cup 4th round match vs. Aston Villa. Indeed, it was Jay who opened up the scoring. Goals from Daniel John, Kevin Bejti, Calum McClusky and Charlie Beaumont saw JRCS reach their first Borough Cup Final since 2007.

Date and venue of the final against Robert Clack are to be confirmed, but we are sure you will be there to support the team!

Well done to all players involved.

Mr Marks - Sixth Form Football Coach

Goals a plenty for the Gulls in Consortium Cup Dagenham Park 0 – 4 JRCS

The Sixth Form football team began a purposeful defence of their Consortium Cup title as they beat a resolute Dagenham Park side four goals to nil at School Road on Monday 6th March. DP had most of the possession in the first half but failed to break through a sturdy JRCS back line.

Our forwards were clinical, ensuring three out of the five first-half shots on target rippled the DP net. The pick of the bunch was an emphatic strike into the roof of the net from Juwon Oniwonlu following a pin-point through ball from Charlie Beaumont. JRCS asserted themselves in the second half and a wonderful solo effort from Marien Balla sealed all three points.

JRCS 5 – 4 Eastbury

The team followed up this victory with an extraordinary win over Eastbury at Castle Green on Wednesday evening. A depleted JRCS side came up against a staunch and skilful Eastbury team who raced to a one nil lead after only two minutes. The first half ended two all, with Eastbury enjoying most of the possession. A frantic second half ensued. Eastbury again came out of the blocks firing and scored early to take the lead. With only fifteen minutes to go, Eastbury scored a fourth leaving JRCS staring in the face of what would be their first defeat of the season. The players dug deep, a Jay Batchelor penalty and Daniel John header saw us claw it back to four each with five minutes to play. Then, with only two minutes left on the clock, Daniel calmly looped a bouncing through-ball over the on-rushing keeper to score his fourth goal and seal an unlikely victory for the Gulls.

Well done boys!

Mr Marks - Sixth Form Football Coach

First Give Programme

The Year 12s have been engaging with the excellent 'First Give' programme, which encourages students to identify social issues in their area and engage with local charities that address them.

The young people have been developing their presentations through skills workshops in preparation for the final, which was held on 1st February. Through this programme, the students had the opportunity to compete for £1,500 of grant money for the charity of their choice. The teams competed in a school competition and the 35 young people presented some outstanding videos, power points and drama pieces to raise awareness of their chosen cause.

The charities which our students chose represent were Mind, Rethink Mental Health, Marie Curie, Barnados, Gangland Exit and Redbridge Mental Health Concern. While every student should be immensely proud of their efforts, the three winning teams were:

£1000 - For Mind - Sueda Oktay, Niranjana Unni, Georgia Wyatt, Chase Dodd, Teresa Tu and Aniza Siddaqua.

£250 – Barnados: Enida Mazreku, Ifeoluwa Obaremo, Ibukun Aluko, Rahma Salum and Ori Jacdonmi.

£250 - Rethink Mental Health: Abigail Chrysanthou, Sarah Thomas, Sarah Singleton and Maddie Ramsey.

Thank you to all of the students who participated and to those who came to support.

Ms Boller - Student Communication Manager



Looking to the Future with CII & Discover Fortune

Students in the Sixth Form got a feel for real world finance at a recent interactive event about financial planning, organised with the Chartered Insurance Institute (CII).

The students sampled the CII's 'Discover Fortunes' game activity (some having previously sampled the "Discover Risk" game) which aims to demonstrate the importance of money management in a challenging economy and how a financial planner can help people secure a successful financial future.

In teams, students explored the different investment options of five characters with varying attitudes to financial risk. The scenarios facing the would-be advisers include a Paralympian medallist with a 'can-do' attitude, a risk-averse war correspondent and an affluent retired couple looking for the next challenge.



Students developed both their financial understanding and their abilities to analyse information from written and oral sources. They also fine-tuned their soft skills in discussion/debate with their team mates when making the final decisions. (Especially on which round to play the joker!)

The event has now become an annual one, which helps to bring the world of insurance and finance into reality. Great thanks to Mariona and Caspar, from CII and advisor Jamie who all gave up their time to provide specialist assistance!

Miss Campbell – Deputy Director of Sixth Form

Health and Social Care

On Wednesday 15th March, the Year 12 Health and Social Care group along with Ms Ma'ani and Miss Smith participated in a first aid training course by DGN Training.

Throughout the day, we were taught how to position casualties into the recovery position and perform CPR with and without the AED machine. Furthermore, we had training on how to assist someone if they were to choke, how to control excessive bleeding and how to use bandages and dressings effectively. We benefited from the training as we were able to learn the lifelong skills we would need in a medical emergency and we all found the course really enjoyable.



Year 12 Health and Social Care Class

Year 13 Psychology – Brain Day 2017!

A-level Psychology students were asked to attend “Brain Day” at the beginning of March, an interactive and extremely interesting insight into the workings of the brain and how it interlinks with our psychology specification. We arrived at Eastbury Community School and were greeted by Dr Guy Sutton. He is a lecturer at the University of Nottingham, who works with various mental health patients and is also the director of the Medical Biology Interactive. He was very experienced and confident in his field of work and kindly gave a presentation on neurotransmitters and the brain’s functions.



Following this insightful presentation, we were fortunate enough to observe him conducting a dissection on a brain (sheep’s brain obviously). Some particularly brave students were given the opportunity to hold the brain.



One student told me that it felt like a soggy chicken fillet, which was a very disturbing image for me.

After a short break, we were asked to visit websites such as “Mouse Party”, showing the effect of recreational drugs on mice and “Lick Your Rats”, an interactive animation describing how a mother’s contact can cause an infant rat to be less stressed in later life. The final part of the day involved Dr Sutton telling us about some tremendously violent crimes and how the criminal’s brain activity can explain why they conducted them. They were pretty graphic so I’ll spare you the intimate details. I am very grateful to Dr Sutton and the staff of Eastbury for making us feel so welcome and giving us such a great day. As a Psychology student, it really made me aware of how important the biological explanations for behaviour are, and I am sure that the information Dr Sutton taught me will be very beneficial in the exam.

If you want to attend the ‘Mouse Party’ or even ‘Lick a Rat’, then please follow the links below:

<http://learn.genetics.utah.edu/content/addiction/mouse/>
<http://learn.genetics.utah.edu/content/epigenetics/rats/>

Mel Day - Year 13 Psychology Student

SMSC Science

Women in Physics Trip

On the 28th March, 10 physics students from Year 10 attended a Women in Physics workshop at Imperial College. Students engaged with inspirational talks from leading researchers on topics including the search for dark matter, working in industry and studying planet formation at PhD level. Along with intriguing experimental demonstrations, students were encouraged to ask the big question about how the universe works and to take the challenge of studying physics at higher levels. Find out more at <http://www3.imperial.ac.uk/events-listing/physics>



Mrs Brook - Teacher of Science

SMSC Food & Catering

Cooking Club January/February

Over recent weeks, students have started to produce a selection of dishes. They have shown creativity and had some excellent ideas. They have used a wide range of skills and both Mrs Debono and I have been very impressed with the effort and the commitment they have shown in coming to this year's Cooking Club sessions. We have had 15 students taking part, which is very encouraging. I would like to thank Mrs Debono for the continuous support she has given to me over the past weeks.



Cooking Club March 2017

Students from Cooking Club put a great deal of effort into making a very Cornish dish, strawberry cream scones. They really turned out well. The students continued to learn new skills, such as piping and cutting skills, shaping and the rubbing in method. The result was really impressive.



Cooking Club 2017

Students have completed a really interesting practical that was broken down into two stages. First, they made the spicy filling and then they shaped pastry to make a meat type Patty. The students really enjoyed the challenge in this week's practical and could not wait to get home to show their parents.



Well done to the students that have committed and that are taking part in this year's cooking club.

Mr Hargreaves - Food and Catering

SMSC Design & Technology

Year 8/9 Teentech Trip – Science Engineering and Technology Reward Trip

Every year, we take students who have a keen interest in Science and Technology on an amazing trip to interact with professionals in the Technology, Engineering and Science fields as well as with other students from different Boroughs across London. During this trip, we had some fantastic results from some of the challenges we completed. 1st place in the Hewlett Packard Enterprise challenge; the prize was the latest Raspberry Pi Starter kit for programming, 2nd place in the Maplin Challenge where we won another Raspberry Pi 3. Dagmara Onoszko had the fastest time in the Cummins challenge and she won a Cummins speaker.

We are really pleased with all the students who attended the trip.

Bridget Aryee-Brown 8E, Ayaan Chida 8B, Candice Amponsah 8E, Chelsea Tahiri 8A, Modestas Greblikas 9A, Denis Alia 9D, Alan Tu 9H, Yasmine Large 9D, Felix Lozano 8A, Rebecca Marku 9E, Joanna Balla 9E and Dagmara Onoszko 9D.

Miss Banjo - Head of DT

SMSC English

Lexia

Every fortnight the Literacy programme 'Lexia' is reviewed to award students who have had success using it. We have had lots of students working hard and passing levels. In addition, students who are logging on at home have the opportunity to make it into the 'Lexia top 5' and win interform points for their form group.

Congratulations to the following top five students who have spent the most amount of time on the programme in the past two weeks:

Daniel Kuntaev, Abiola Yusuf, Eduard Pintilli, Agnes Hondi and Dennis Ionita. These students have shown fantastic commitment to their progress at JRCS, well done!

Miss Simpson - Lexia Co-ordinator



World Book Day: Thursday, 2nd March

On the 20th anniversary since World Book Day began, in time-honoured tradition, JRCS held our annual Readathon on Main Street, with a range of students from different year groups volunteering to take part.

Each year, our Librarian Mrs Osland comes up with a new creative theme for the school's World Book Day celebrations. In the past we've had Main Street transformed into a WW1 trench, a campsite, a gym, and 'Dagee Island' beach. This year, it seemed fitting to throw World Book Day a birthday party. The English Department created a special reading area for the day complete with balloons, banners, presents, party hats and giant beanbags for students to sit on and read. Special thanks to the Art Department who created a giant birthday cake centrepiece, the caretakers who helped us to set up the reading area, and thank you especially to Abigail Hall in 12B who wrapped the presents and blew up all the balloons!

Key Stage 3 students also took part in World Book Day lessons in English on Thursday. Students were introduced to their English teachers' favourite books and some classes completed 'just a minute' elevator pitches, which involved giving one minute speeches on their own favourite book to the rest of the class.

Budding illustrators in Years 7-11 still have the opportunity to enter a national design competition being run by the organisers of World Book Day. The competition involves coming up with an original design to be printed on the National Book Token cards, which are sold in bookshops nationwide. If you are interested in entering this competition, you should ask either their form tutor or their English teacher for more information. The closing date for entries is Friday 17th March 2017.





Ms Eastman - Director of Learning for English & Literacy

Lexia

Congratulations to our recent top five Lexia students: Deniel Kuntaev (7A), Charis Adams (7A), Sophie Sawyer (7I), Michael Rafferty (7F) and Eduard Pintilli (7B) all showed their commitment to the programme by logging on and using the programme at home. It is fantastic to see so many students doing this to improve their skills in literacy. We now have 48 students who have finished the programme, which is an excellent achievement, with a lot more students regularly passing levels.



Keep up the great work!

Miss Simpson - Lexia Coordinator

KS3 Spelling Bee Grand Finale

Form classes have been working on literacy skills in preparation for our yearly 'JRCS Spelling Bee' championships. Competition was fierce from the outset this year as students in Years 7-9 fought to become their class champion and progress on to the year-group finals.

On Friday 31st March at lunchtime, each form champion competed until we had a winner from each year group who would move on to the live final. Najeeb Ahmed (Year 9) was heading for a hat trick this year (after spelling his way to the top in the previous two years' championships), and his strength in spelling was clear from the get-go.



The live final, in front of the whole of KS3 in assembly on Tuesday 4th April, was a tense affair. Iteli Mulumba Ntambwa (Year 7), Shannon Woodhouse (Year 8) and Najeeb Ahmed (Year 9) faced the crowd with confidence but, alas, Najeeb's knowledge of phonetics was too strong.

Well done Najeeb, three-in-a-row!

Who will take the c-r-o-w-n next year?

Mrs Dickson - English Department

SMSC Maths

Student of the Month

Every month, Maths teachers nominate their student of the month from each class. Students receive a certificate and then a randomly selected overall winner from each year group wins a prize. Listed below are the overall winners:

December 2016

Sixth Form – Nathaniel Atuejide
Year 11 – Jazmin Dager
Year 10 – Thomas Paris
Year 9 – Clare Morgan
Year 8 – Daniel Sanusi
Year 7 – Charlotte Davenport

January 2017

Sixth Form – Elorm Tsetse
Year 11 – Mariam Berete
Year 10 – Keren Mbo
Year 9 – Joanna Charles-Akpan
Year 8 – George Omolu
Year 7 – Summer Cox

February 2017

Sixth Form – Jay Batchelor
Year 11 – Lillie Fox
Year 10 – George Smith
Year 9 – Roy Archer
Year 8 – Jessica Soares-Paim
Year 7 – Noorjahan Ahmed

March 2017

Sixth Form – Magdalena Derlukiewicz
Year 11 – Semanur Duyar
Year 10 – Evita Ahmed Hussain
Year 9 – Catarina De Jesus
Year 8 – Jimmy Hunt
Year 7 – Mia Ribbons

Well done to all nominated students, and a particular well done to the overall winners above!

Mrs Morris - Director of Learning - Maths

UKMT – Maths Challenge

Back in early February, selected students in Year 9, 10 and 11 sat the intermediate National Mathematics Challenge. We had a number of certificate winners listed below. Big congratulations to all students, particularly to our 'best in school' winner, Charlie Mould. Charlie scored so high, he is now through to the next round of the competition where he will be up against students from over 60 other countries. He will be sitting this on Thursday 16th March and we wish him all the best!

Gold certificates:

Charlie Mould – best in Year 11, best in school, qualification for next round
Aryan Aftab – best in Year 10

Silver certificates:

Alfie Patching, Camilo Mosquera, Charlotte Pearson, Bilal Shaikh, Dimitrios Lawani, Daniel Gill and George Smith.

Bronze certificates:

Joana Balla – best in Year 9
Bjorn Limani, Emi Lou Rivett, Demilade Ogunti, Kany Kiakia, Simran Sangha, Kane Legate, Lucy Whyte, Wiktoria Zachcial, Grace Tayo, Eniz Phillips, Jyotika Ahtty, Jamie Adekeye, Megha Alam, Shannon Still, Danielle Searle, Owen Percival-Jack, Temi Oluwole, Gerson Vieira, Tahir Rahim and Klaidas Runele.

Mrs Morris - Director of Learning – Maths and Numeracy

Year 10 Maths Ambassadors



The Year 10 Maths Ambassadors are continuing to do amazing work with our Year 7 students every Friday morning. It is inspiring to watch them teach our Year 7's so well and the effort they put in so early in the morning is great. Hopefully, the photo captures some of the positive intensity they bring to it. Thanks Deli, Harry, Ahlam, Lily, Robert, Denise, Matthew, Clawnton, Reece, Connor, Billy, Bonita, Casey, Erin and Nathan. Thanks also to our Year 7's especially our 100% attenders: Brandon Slater, Alfie Welch, Zion Piedade, Lottie-Mae Benjamin-Swale, Charlotte White, Lukas Lapkauskas, Adeife Adefila. If anyone

would like their Year 7 child to be considered for this programme please ask your child to come and see me or get in touch at amood@jorichardson.org.uk.

Ms Moody - Leader in Maths

SMSC Dance

Dance Department News:

February was a very eventful month for JRCS Dance. A number of dancers performed on the mornings of Monday 6th and Tuesday 7th February, showcasing some excellent work. These included; Year 11 GCSE choreographies; a Year 10 group performance piece; the girls' dance company, "Epidemick"; and a performance from a combined group of students from "Epidemick" and our male dance company, "Illuminate". The students performed with the upmost professionalism and focus. Well done!

On Tuesday 7th, our SDD Dance Company performed a beautiful Bollywood piece that they had been working on over a few weeks. Well done Shayna, Nathan, Khai and Emily!



In addition, our GCSE students and their dancers performed in an exam performance on the evening of Tuesday 7th February in Boothroyd Hall. The students worked hard to enhance their unit 4b GCSE choreographies.

JRCS Dance were also lucky enough to host an exceptional professional dance workshop by James Cousins Dance Company. The students focused on contact work and their knowledge and confidence in taking and giving weight has largely developed.



Miss England - Head of Dance

Dance- London Youth Games

Well done to the fantastic Key Stage 3 students who represented the Borough in the London Youth Dance Competition on Wednesday 8th March at the Copper Box arena.

Ethan Nsiah, Cullum Mehegan, Dylan Ferreira, Zion Piedade, Nashawn Gibbons, Chelsea Ediri, Faith Johnson, Hannah Tolentino, Stevie Brown, Aaliyah Nurse and Oktawia Lopaczewska were selected to represent Barking and Dagenham in the competition due to their commitment, hard work and talent in Dance.



On the day, the students performed fantastically in front of 17 other Boroughs from across London and received positive feedback from the judges for their performance based on the story of Macbeth. Well done to all of those involved! It was an excellent experience and the students did us proud.



Dance Department

SMSC Music

Music Recital Evening – 7th March

Well done to all students who took part in our Recital Evening on Tuesday 7th March. It was a lovely hour of music played by a range of talented students from Year 7 through to Year 11. Every student gave a performance they should be very proud of. It was also fantastic to see so many friends and family in the audience.

Students involved were as follows:

Alexander Adekeye 7A, Rebekah Ogunturin 7G, Filip Zajdler 7H, Rebecca Portbury 8D, Charlie Brown 8E, Jonjoe Mould 8G, Shanise Garner 9H, Arsel Aliaj 9H, Lauren Young 9H, Sid Summers 9H, Sade Akinyemi 11B and Reggie Ryan 11C



Thank you

Music Department