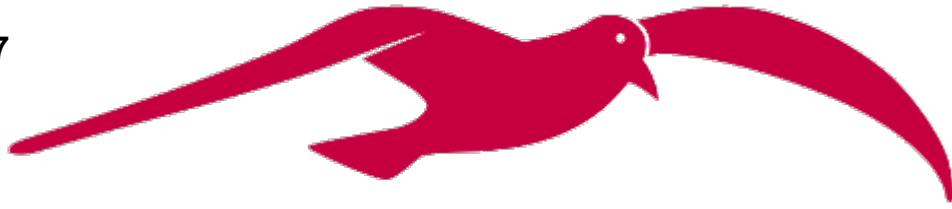


Edition No: 27



SMSC “Matters”

Summer 2022

SMSC General

She Can Be Project



In March I had the pleasure of accompanying ten students, (who had all completed or were currently involved in a DofE award) from Jo Richardson to attend a careers day at a company called Freshfields in the City of London. The purpose of the day was to encourage young women to think about work in the City of London and to encourage young women to think about work in the city as a realistic career option.

We were based at Freshfields on the 22nd floor of a skyscraper right next door to the Gherkin, very different to being at school. We were greeted warmly by Bex Barclay and a team of women from Freshfields which is a global corporate law firm with offices all over the world providing advice, and support with transactions and litigation to corporate clients. We met many women from across the firm including Executive assistants (PA's), those working in human resources, marketing experts, paralegals and lawyers. This showed the huge range of job opportunities at a law firm.

It was also interesting to learn that the women we met came from a wide variety of backgrounds, all went to state comprehensive schools, some were single parents or had been raised by a single parent, and all had, various setbacks in their lives, including being rejected by Oxford University, family illness and complete changes of career direction. What they had in common was hard work and a great deal of self-belief despite everything they had been through.

A great piece of advice was that many people will look at a list of skills needed for a job and think they won't get the job as they only have half the skills needed, so they don't apply, but if you don't

apply for a job you definitely won't get it! It's always worth applying and following your dream because at least then you are in with a chance.

Thank you to the students who attended the day; Sam, Alina, Precious, Summer, Katelyn and Aimee in Year 10 and Skyla, Fatimah, Noorjahan and Adiyat in Year 12.

I was especially impressed by their performance in the negotiating task, a real boardroom atmosphere was achieved and some formidable negotiations between landlords and tenants took place.

It was also inspirational to be re-acquainted with Paula, an ex JRCS student who left in 2015 having taken part in both bronze and silver DofE. Following sixth form at another school she went to Cambridge and is now a trainee solicitor at Freshfields.

Thanks also to Bex Barclay and her brilliant team of colleagues at Freshfields for creating such a really useful and interesting day and for nurturing the aspirations of our students. Last but by no means least my thanks goes to Miss Ross for re-organising her day in order to assist me in accompanying the students on the day.

Ms Montague – DofE Manager

Drama against Conflict Fundraising

In March JRCS came together as a community to support those who have been adversely affected by conflict and displacement due to war.

Over 400 students attended a special showcase organised by the Drama Department to raise funds for the British Red Cross. There was a brilliant atmosphere all round, and an important chance to raise funds and awareness for a vital cause.

Students who received Platinum, Gold and Silver report rankings were invited to attend with their ticket cost covered by the school as a reward for their hard work, along with all Year 7 and Year 8 students with 100% attendance at Saturday school.

Our student action teams have also been involved in wider fundraising work all week to support this cause. Well done to everyone and thank you to our Drama Department and student performers.

Ms Keane
Headteacher

Young Person's Safety Summit

In April we hosted the Young Person's Safety Summit at JRCS. This event is aimed at capturing young people's views, feelings and perceptions of safety around the borough. This information is shared at senior partnership level within Barking and Dagenham to help make the borough a safer place for all. The summit was delivered in partnership with the University of Bedfordshire, who are working closely with the Local Authority on contextual safeguarding. JRCS was represented by our Year Representatives, students selected from a range of our Student Action Teams, and of course Zubin in Year 10 who was recently elected Young Mayor of Barking and Dagenham.

Ms Keane
Headteacher

JRCS Culture Day

In May our Year 11 GCSE Citizenship students went above and beyond to organise JRCS Culture Day. The aim of Culture Day is to champion and celebrate diversity and individuality.

Students pictured above in Year 8 were proud to represent their various cultures. Students were encouraged to come to school dressed in clothing to showcase their cultural heritages, or in other forms of non-uniform which helped them to express who they are as an individual. Year 7 and 8 put on a brilliant fashion show with our Main Street area transformed into a catwalk. We have included a selection of photos to showcase this wonderful event.



Ms Keane
Headteacher

Gold Seagull

Congratulations to the following Gold Seagull winners:

Sophia Year 7
Adrianna Year 7,
Oluwanifemi Year 9
Mmachi Year 7
Zubin Year 10
Dorian Year 7
Bobby Year 7
Jannah Year 8
Maya Year 9
Angeline Year 10
Ella Year 10
Hannah Year 7
Anika Year 9
Lilly Year 9
Natasha Year 9
Kehinde Year 12
Amy Year 10
Clara Year 7
Raymond Year 11
Seanan Year 11
Yasmin Year 11
Emmanuelle Year 8
Lucas Year 7
Kanyinsola Year 7
Kajani Year 7
Elis-Izel Year 7

Vignesh Year 8
Aimee Year 10
Chloe Year 10
Naima Year 10
Samantha Year 10
Theodore Year 10
Alice-Mae Year 11
Christina Year 11
Ella Year 11
Joseph Year 11
Mikey Year 11
Tara Year 11
Eva Year 7
Mahad Year 7
Remiel Year 7
Elois Year 8
Denisa Year 9
Muhammed Year 9
Vilte Year 9
Farhan Year 9
Hamza Year 9
Regan Year 9
Nikhil Year 10
Alina Year 10
Kazi Year 11
Anastasia Year 11

Danny Year 11
Migle Year 7
Titas Year 7
Wania Year 8
Hannah Year 8
Jing Yi Year 9
Zainab Year 10
Frankie Year 11
Dane Year 11.
Armaan Year 7
Klarisse Year 7
Baillie Year 7
Ciprian Year 7
Meherun Year 7
Sofia Year 7
Eloise Year 7
Lily Year 7
Alexandra Year 8
Fareedat Year 8
Leea Year 8
Sienna Year 8
Karina Year 9
Megan Year 9
Ruqayyah Year 9
Salwa Year 7



Double Gold Seagull

Congratulations to the following Double Gold Seagull winners:

Sophia Year 7
Archie Year 7
Keyra Year 9
Zubin Year 10
Ayen Year 9



Ms Keane
Headteacher

Triple Seagull

Congratulations to this week's Triple Seagull winner:

Sophia Year 7

Ms Keane
Headteacher



Jack Petchy

Congratulations to the: Jack Petchy winners

Rebecca and Lara Year 13

Ms Keane
Headteacher



Eid Mubarak!

It is especially important that we recognise and celebrate the diversity that defines our community and is so openly embraced by the school.

Following the end of the special month of Ramadan, in which Muslims express their devotion to Islam notably through fasting and praying, people celebrate the festival of Eid-al-Fitr.

Celebrated worldwide by Muslims, Eid-al-Fitr is characterised by both familial and communal celebrations that include delectable feasts, beautiful garments, exchanging gifts, prayer, and charity.

Given that this year's Ramadan is coming to an end, and the celebrations of Eid are fast approaching we'd like to wish those who will be participating happy Eid Mubarak and we hope you have an enjoyable day.

Wellbeing Student Voice Raffle

Our school community has acknowledged the importance of charitable institutions and has organised several activities throughout the school year to contribute to them. Thus far JRCS has raised an impressive £600 in donations to the British Red Cross.

To further our involvement in the work these charitable organisations do, the wellbeing student action group set up a raffle in the past few weeks, with the intent of raising additional funds for the Red Cross. Such activities highlight the collective supportive spirit that runs throughout the school, and we are thankful to everyone who participated.

Angeline, Simisola, and Barimah

The 5 Rs

In May, a range of students from different year groups took part in a workshop run by our partner organisation Lifeline. The session was designed to help develop critical thinking and risk analysis skills, and to equip our young people with the resilience and character traits that help them thrive in modern day Britain.

At the heart of our character education for all students at JRCS lies our 5 Rs:

Respect
Responsibility

Resourcefulness
Resilience
Reflection

Students hear about these often in assemblies, tutor time sessions and across the curriculum. Please do talk about these character traits and champion them at home too, as part of our ongoing partnership between home and school.

Ms Keane
Headteacher

Year 10 Knife Crime Workshops

On Wednesday 11th May, all of Year 10 attended a full day of workshops designed to raise awareness about knife crime and to educate them on keeping themselves safe. We had external visitors come in and speak to the students, who were mature and thoughtful in response to the sessions. Well done Year 10.

Ms Keane
Headteacher

Thank a Teacher Day – Jubilee street party

Thursday 26th May marked the annual Thank a Teacher Day. We celebrated in school with a wonderful Jubilee-themed Street party organised by our BTEC Business students.

They worked hard to transform our Main Street area into a purple and silver bonanza complete with bunting, balloons and afternoon tea for our staff.

Students also sent hundreds of cards with personal thank you messages written on them to teachers. I would like to take this opportunity to thank our brilliant staff for everything you do to support our students, and to make Jo Richardson a very special school community. Thank you.

Ms Keane
Headteacher



JRCS goes to the West End



A group of students and their parents/carers had a fantastic day on Sunday 19th June, seeing the West End musical Matilda. The performance was of an exceptionally high quality and every one of us enjoyed it immensely.

We were able to go because of funds given by the Sheila Coates Foundation who provided money for schools to spend on some post-COVID fun and relaxation for students and their families.

Ms Lynch
Head of ARP

Celebration Assemblies

In July we held celebration assemblies for all year groups to mark the end of the school year and to announce prize winners for each subject. It's been a delight to take part in these and to celebrate our students' many talents and successes. Well done to students who have performed in the celebration assemblies and thank you to our Heads of Year and Pastoral Assistants who have worked hard to make them such enjoyable events for the students.

Ms Keane
Headteacher

SMSC Sixth Form

Gold Duke of Edinburgh Award Practice Expedition

During the Easter break from 4th- 8th April four members of the JRCS sixth form went to South Wales to complete a practice expedition for their gold Duke of Edinburgh Award.

The students involved were Skyla, Fatimah and Sameer in Year 12 and Reece in Year 13. They stayed in the luxury of the brand new self-catering Lodge at Trewern for the first three nights.

On the first day of activity the group got to grips with the challenges involved in getting a wheelchair over some pretty rough terrain and got to the top of Twumpa. The following day they headed into the Brecon Beacons and honed their navigation skills on the drovers path near Pen-y-fan, the highest peak in South Wales, and later on that day took a walk beside the canal to look at the safety measures that they needed to put in place when sharing a path like this with bike riders and runners.

The last two days were a two day expedition. Unfortunately there was some trouble with the off road wheelchair that we hired, and we had to walk and carry Reece and the chair for 1.5km. The group showed amazing initiative in following emergency procedures and doing their very best to repair the puncture, whilst making sure everyone was OK, however due to a fault with the valve the tyre could not be re-inflated.

The group camped out near the village of Llangorse. It was a beautiful spot overlooking a lake, but the weather was very cold during the night, still the group showed resilience in coping with the cold conditions.

The next day the group completed a shorter walk than planned using Reece's other wheelchair, and then returned to school tired but happy to be back in a warm bus again.

We wish them all the best in their continuing training and with their qualifying expedition which takes place in the Brecon Beacons early in September.

Finally, I would like to thank Bill Lockton our DofE volunteer, and Ms Ryzak for their invaluable help in supporting the students during the week, and Dave Barber and Justin Bradley of Trewern for their work with the group, and ongoing help and support with finalising a suitable route for the final expedition.

Ms Montague
DofE Manager



Year 12 London Zoo Trip

On the 23rd March, the Psychology department took Year 12 students to visit London Zoo where we had the opportunity to take part in an 'Animal Intelligence' workshop.

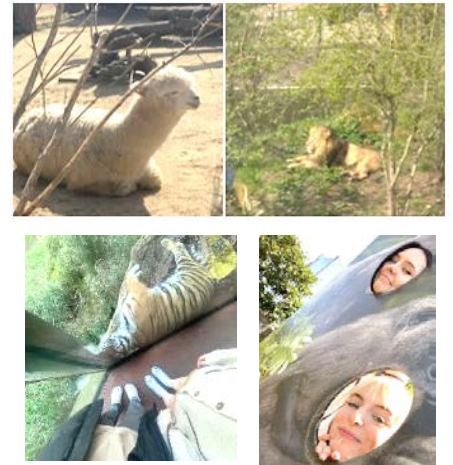
In this workshop we explored how animals learn through the principles of social learning theory, e.g., how some find it much easier to imitate role models than others. We were also shown a few examples of this type of learning by the zookeepers where they had squirrel monkeys mimic

certain shapes and get rewarded with food afterwards which made them more likely to repeat the shape task to continually be rewarded (positive reinforcement).

They also encouraged us to try this with a partner where one of us was an animal (gorilla) and the other a zookeeper and the zookeeper had to create a set of steps in order to encourage the animal to perform a certain behaviour to receive a reward, which in the animal's case was a banana.

This workshop linked well with our approaches in Psychology lessons and was really interesting and informative. Throughout the day we had the chance to walk around the zoo and see many animals which was really fun especially because it was incredibly sunny which made it even more enjoyable. Overall it was a really fun and exciting experience.

Oktawia Year 12



Psychology Egg Baby Project

In psychology, the Year 12 have been studying the topic of attachment.

To help build on their learning, they have had the 'cracking' opportunity to take part in the 'Egg Baby Project' where they have applied the principles of attachment to their eggs for example, maintaining proximity by taking them with them everywhere that they went!

This included to all their lessons, and some even had exciting journeys to Milton Keynes and Manchester, and took part in activities such as shopping, skateboarding, and go-karting. Their aim was to keep the egg 'alive' for the whole week, which had varying levels of success.

Some of the students developed a real attachment to their eggs and were devastated if their egg unfortunately did not survive the week!

We had the very difficult task of choosing winners, but they are as follows:



1st place: Joint Winners- Isobel with Shregg and Cole with Charli Eggs-C-Eggs

2nd place: Oktawia with Yodegg

3rd place: Michael with Egglis



Congratulations to the winners- please come and see me on Friday to collect your prize!

Miss Scrimshaw
Teacher of Psychology & Social Studies

Film and Media Year 12



In May last seven Film and Media students from Year 12 went to a careers event in North East London. They spoke to people from the industry and networked with companies involved in creative careers.

One company in particular, Project Zero, engage young people in positive activities, linking them with career opportunities and mentors in their chosen field. Michael in Year 12 said, "I had a very interesting meeting with Georgina who

works in gaming PR with a company called Swipe Right". Nashawn, who had very engaging conversations with Project Zero, said, "I want to get into corporate law and, even though this was a

creative media event, Project Zero have links with all industries. This was a very useful trip for me."

The students chatted to industry experts before getting an ice-cream and enjoying the sun outside Highams Park Library. Elias in Year 12 said "I had a very good experience". Noorjahan said, "it got me thinking about my future career".

Ms Harland, Head of Media and Film at Jo Richardson, said "this was such a useful event, the students made tangible, important network links with people from all sorts of industries. They were all brilliantly behaved, mature and genuinely interested in the event. They were a credit to the school. Thank you to Mr Rutland for supporting this event."

Ms Harland
Head of Media Studies

Congratulations Year 13

Congratulations to our Year 13 A Level, BTEC and CTEC students for completing their exams and courses. We are very proud of the way our students approached their exams and they have shown dedication and commitment to their learning. It has also been a pleasure to sign off our BTEC and CTEC students at the end of their courses.

Mrs Evans
Director of Sixth Form

SMSC Duke of Edinburgh

Many congratulations to the twelve students from Year 10 and two students from Year 12 who took part in the Bronze Duke of Edinburgh Award practice expedition last weekend.

This was the first time that the students had to work independently and carry all of their kit to a campsite and learn how to undertake a truly self-sufficient expedition.

The two students from Year 12 Fatimah and Skyla, were there to get extra experience in navigation as they are straight entrants to the gold award this year. The group set off from Lea Valley Country Park and found their way to Theobalds Park campsite, however it was the last group to set off that were the first to arrive – I think the others took a more 'scenic' route!

Once at camp the group quickly got to grips with putting up tents and preparing a meal. Then came the biggest challenge of the weekend – staying warm on Friday night. The temperature dropped like a stone after dark and we awoke to a sheet of ice on our tents, however Saturday dawned bright and sunny which everyone was certainly very grateful for.



Both groups were up and away by 9:30am enroute to Cockfosters. As the day went on, lessons about navigation technique began to sink in and the students began to bring together information from their maps, timing, compass and route cards before making a decision about route choices, leading to a perfect last leg for everyone.

I would like to thank all the students involved for their commitment and brilliant attitude to the training, as well as the fact that they kept a very neat and tidy camp. The Year 10 students involved were: Zubin, Theo, Daniels, Aimee, Katelyn, Summer, Aline, Chloe, Sam, Precious, Nikhil, and Murtaza.

I would also like to thank the JRCS staff who made this weekend possible and generously passed on their wisdom and support to these students: Mr Kilminster, Ms Hall, Ms Tang and Ms Omirinde. It only remains for me to wish the Year 10s the very best of luck with their qualifying expedition later this month.

Ms Montague
DofE Manager

Duke of Edinburgh Award Celebration Evening

In May we held our annual awards celebration evening. It was lovely to once again be able to celebrate the students' achievements in person, as last year we had to celebrate virtually with displays in school and online due to Covid restrictions.

The students below have achieved a total of twenty awards over the last year. Congratulations to all who have worked so hard and persevered through lockdown to achieve their goals. Those achieving awards this year are as follows: bronze award, Porscha, Enis, Rahim, Justin, Mason, Leon, Ella, Lucy, Frankie, Tara and Danny (all Year 11), Sameer, Adiyat, Philip and Noorjahan (Year 12), and Maisie (ex-student), silver awards go to Zahra and Sameer (Year 12) and Josiah (ex-student) gold was completed by Lauren (ex-student).

Many of these students and ex-students were present in Boothroyd Hall on the night to receive their awards from our Headteacher Ms Keane, who praised the way that the students had applied themselves, especially through lockdown, and learned so many skills for their later lives. She also said she is looking forward to many more bronze, silver and gold awards next year – so it's over to you Years 10, 11 and 12!

Thanks very much to all the students receiving awards for their dedication and to the friends and families present for their support, appreciation, and warm words.

Thanks also to Ms Keane for her support for the award in school and to Ms Simpson (our photographer) and Ms Draisey for also supporting this event.

Ms Montague
DofE Manager



SMSC Design & Technology

Textiles Club

I would like to start by thanking the students who every week come down to DT and give 100% on what they do.

Their dedication and enthusiasm are vital for a club to be successful, and I must say, this year you guys were truly amazing. You took on new techniques and the challenges that came with it, but you didn't give up; week after week, you practised and improved the quality of your product, and also your work ethic.

I am extremely proud of all textiles students; they all aspire to be their best and engage with the opportunities and challenges new techniques may bring, and it's lovely to see how confident and resilient they all have become.

I know some of you will be starting Year 10 next year, and probably will have to take on new challenges, but if you have some spare time, come and help setting up the routes for the new textiles group to follow.

You are a wonderful bunch to be around, always keep up the good work.

Mrs Mir
Teacher of Design Technology

SMSC Enterprise

Business and Enterprise University taster week review

A group of seven Year 10 students attended City University to complete a university taster week in Business and Enterprise. Below is an account from one student which suggests others should definitely take part next year!

"I had a wonderful and informative experience at the City University of London. We took part in many sessions, learning about the world of business and the vital skills you need. We also learnt about the life of a student at university and how much it differs from being at secondary school. It was a great experience and the last three days has convinced me even more that University is definitely for me. If others ever think about taking part in these taster sessions in the future, I would surely recommend it".

Kind regards,
Ameera."

Well done to all students who attended, Leeyah, Skye, George, Ayesha, Ameera, Radvile and Monjola; you are a credit to JRCS!

Ms Draisey
Head of Year 10

SMSC Year 7

Year 7 Travel Writing

Year 7 have been travelling to a plethora of different destinations within the classroom this term! They have completed a travel writing unit in English, learning to improve their writing through the use of emotive language, compound and simple sentences, and to persuade their readers.



Last week saw them travel to France where they were writing about the wonderful activities on offer in Paris. They have produced some fantastic leaflets to showcase their learning.

Well done Year 7

Ms Raihana
English Department

Year 7 Trewern trip

In May, 30 of our Year 7 students have had a brilliant time at Trewern. They have taken part in lots of outdoor activities, team building sessions and workshops designed to help build confidence and resilience

Well done Year 7, and well done parents! My thanks to Mrs Montague, Mr Lungley, Ms Lynch and Mr Kilminster for accompanying the trip.

Ms Keane
Headteacher

Eid Year 7



Year 7 took part in office decorating to celebrate Eid and to show support for their peers during Ramadan.

Students had shown their value and respect for each other by learning about the month of Ramadan, and putting down on a small star a fact, message of celebration/motivation or even a small reflection point since being back this term.

Special mention to Oliver Year 7 who had helped hand pick the best messages and effort to hand out V LOCs for our ACHIEVE agenda!



Ms Matin
Head of Year 7

Propa Happy – Pass the Positivity Campaign



Year 7 students have been involved in an exciting Ant and Dec competition. In class we have been exploring what makes us happy and designed posters to enter the competition.



Students have enjoyed focusing on the positives and really engaging with the competition. It has been an excellent opportunity to change focus from some of the challenges in previous years and really highlight the good.

Good luck Year 7 and I hope a student from JRCS wins! If you would like to know anything else about the competition, please contact me.



Miss Hector
Head of PDE

Year 7 Trip to Trewern 9th - 13th May 2022

The week before last I had the pleasure of accompanying a group of 29 Year 7 students to attend a trip to Trewern Outdoor Education Centre.

The students involved were Armaan, Max, Sophia, Reece, Kian, Phoebe and Shannon (all C), Mmachi, Star and Emily (all F), Abderrahmane, Ishan, Oscar, Chisom,

Rosie and Ryleigh-Ann (all G), Tamisha, Ronnie, Pavel and Sky (all H), Kiera (I), and Bailie, Chelsea, Connor, Vinnie, Lewis, Shanaya, Eloise and Tegan (all J).

I have to say that this was one of the best Year 7 groups that I have ever accompanied to Trewern. They were extremely helpful around the house and always showed up on time and stayed to the end of their duties. They also looked after each other and themselves in their rooms and kept their rooms tidy. Congratulations to Ishan, Oscar and Abderrahmane for winning the best kept room award.

We engaged in a variety of activities including gorge walking, canoeing, caving, archery, orienteering and bushcraft. It was also lovely to have use of the centre's extensive grounds in the evenings. Particularly special was enjoying a campfire and the popcorn cooked on it on the final night.

Thanks to all the students who came along for their excellent behaviour and willingness to have a go at everything on offer – a great deal of resilience established by everyone, and a great deal of value, care and respect shown for each other. LOCs are being awarded accordingly!



Finally, I have to thank the staff who accompanied the trip for their energy and tireless dedication to caring for our students throughout the week. Poor Mr Kilminster even got a broken leg for his trouble but was very heartened by the concern of all the students and the way that they helped him out where they could. Huge thanks also go to Ms Lynch and Mr Lungley.

I shall be arranging a celebration evening for this trip after half term. Please watch this space for the date – I will also send out an invite to each of the students involved.

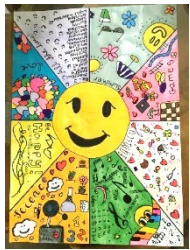
Ms Montague
Teacher in SDD

Propa Happy: Pass the Positivity

A huge well done to Sophia in Year 7 who has been named overall winner in Ant & Dec's Propa Happy: Pass the Positivity competition. Sophia's entry has won an impressive bundle of 92 new books for the school library!

Ms Keane
Headteacher

PDE department: Pass the Positivity Ant and Dec competition (NSPCC)



Following on from Ms Keane's announcement, we now have access to the outstanding poster that won the competition; well done again to Sophia Year 7. 92 books have now been delivered to the school for all KS3 students to benefit from.

Miss Hector
Head of PDE and Citizenship

SMSC Year 8

World Karate Championship



A huge congratulations to Lucas in Year 8 who won the World Grand Champion karate competition in Belfast!

JRCS are extremely proud! Well done!

Ms Keane
Headteacher

Refuge workshops

In June, Year 8 took part in a day of workshops run by the organisation Refuge. These sessions helped students to understand what healthy relationships look like, learn important ways to look after their well-being, and included an eSafety element.

Ms Keane
Headteacher

SMSC PE

University of Essex Visit

On Tuesday 10th May a group of selected Year 10 GCSE PE students and Year 12 A Level students were given a unique opportunity to visit the University of Essex.

All students took part in two workshops designed to enhance their knowledge of exercise physiology and biomechanics. Within these workshops students were given the opportunity to use state of the art technology which is used in a professional sporting lab.



Students were also able to explore the campus and work alongside university students. Both the Year 10 and Year 12 conducted themselves amazingly throughout the day and were a credit to the school.

Well done to all!

Mr Howard & Miss Pridie
PE Department

JRCS Borough athletics success

On Tuesday 17th May and Thursday 19th May the Year 7, 8, 9 & 10 athletics team represented JRCS at this year's borough competition.

All students trained extremely hard at lunchtimes and after school and went into the competition with lots of confidence. A special mention to the Year 7 squad as this was their first time competing in a big event.

The JRCS students should be very proud of their achievements on the day. There will be further athletics competitions this term so please keep training hard.

Special mention to the following students for coming in the top 3 for their event:

Intisar, Luka , Curtis and Ife Year 8, Rebeca Year 9, and Elyse, Ella, Mayo and Christian Year 10.



Overall, our combined score meant that JRCS finished overall 4th out of 12 schools in the borough.

Well done to all the students selected to represent the JRCS athletics team and congratulations to Lewis and Farhad in Year 10, Intisar and Joan Year 8 who will go on to represent Barking and Dagenham schools at the Essex Schools Championships next month.

PE Team

5-a-side Football tournament



Before the June half-term Mr Thomas and Mr Bashir took a group of Key Stage 4 students to Future Youth Zone to participate in a 5-a-side Football tournament. The team won two of their three games to take top spot and win the tournament.

All members of the squad displayed admirable team spirit and should be thoroughly proud of their efforts. The boys conducted themselves in a professional manner throughout and were a credit to the school.

Mr Thomas and Mr Bashir

Year 8 Boys Futsal Tournament



On Wednesday 8th June, the Year 8 Boys won the indoor Futsal Tournament which was hosted at JRCS.

The boys did magnificently well to stay unbeaten for the whole of the tournament and not concede a single goal.

The final was decided on penalties, with JRCS winning 4-3. Congratulations to the squad for a fantastic achievement.

Mr Thomas and Mr Bashir

Year 7 and 8 Girls Futsal Tournament



On Wednesday 25th May, the Year 7 and 8 girls took part in an indoor Futsal Tournament which was held in the Sports Hall.

The girls put in impressive displays which culminated in both teams reaching the final. It was the Year 7s who prevailed in the final, winning 1-0 to end the tournament.

Congratulations to both year groups for their excellent performances.

A huge thank you to the PE Department for their help in setting up the tournament and being so accommodating.

Mr Thomas and Mr Bashir

Borough Athletics



On Saturday 11th June the following students represented Barking and Dagenham at this year's 2022 borough athletics competition in Chelmsford.

This is an amazing achievement as it means they are the best students within the borough at their event. All 4 students showed a lot of determination in their event and had some extremely tough competition as they were competing against some Great Britain athletes.

Final scores-

Junior girls - Joan – 4th 100m (13.02 secs)

Junior Boys- Intisar- 4th 100m (11.90 secs)

Intermediate boys Lewis –6th 400m (49.50 secs) and Fahad- 8th Discus (19.6m).

Once again this is an amazing achievement, and all students should be extremely proud. Well done!

Miss Pridie
PE Teacher

Girls Panathlon Football event

On Wednesday 15th June I had the pleasure along with Ms Felton of accompanying eight young women from Jo Richardson who were attending a football event run by the Panathlon organisation and based at Barking Abbey School. The students involved were Mmachi and Shanaya in Year 7, Lily in Year 8, Chloe, Phoebe, Tasha and Hanya in Year 9 and Lisa in Year 10.



The morning consisted of several different activities where the students were taught various football drills and exercises. After lunch, the students were put into various teams alongside the students who had been running the workshops in the morning.

Lisa, Chloe and Natasha put up a great performance both in goal and on the field. Shanaya on the purple team managed to get involved and scored a goal or two, as did Hanya. The joint prize for most goals and most enthusiastic play has to go to Lily, Mmachi and Phoebe who threw themselves into each and every game with gusto.



The students all received medals for taking part and will be receiving certificates in assembly for their involvement. Thanks to all the students for their good humour and enthusiasm on such a hot day and to Ms Felton for her enthusiasm and support.

Ms Montague – Teacher in SDD

Athletics Competition

On Monday 20th June JRCS held their first primary school athletics competition of the year. We hosted James Cambell Primary School; this allowed our Year 7 students to showcase the best of their talents against some eager Year 6 students.

The event also enabled a select group of Year 8s and 10s to take a leadership role and run multiple events. Without these students the event would not have been possible: Sienna, Elois, Diva, Denisa, Valentina, and Sallyann).

Overall, the day was a great success and all students involved were a credit to the school.

JRCS will be hosting more primary events throughout the year so if you would like to get involved, either as a participant or leader, please contact the PE department.



Miss Pridie
PE Teacher

Year 7 Cricket Team



The Year 7 cricket team played their first tournament over at May & Baker on Tuesday, performing very well against some strong opposition.

Mr Coupland
PE Teacher

Year 8 Cricket Team



Congratulations to the Year 8 cricket team who came 3rd in the borough competition this week. The students were able to practise the skills they have developed in both lessons and extra-curricular clubs against high quality opposition and were able to come away with two wins and only one defeat from the tournament.

I look forward to next season when hopefully the boys can go one step further and make it to the final.

Mr Howard
Head of PE

Year 9 Cricket Team



Congratulations to the Year 9 cricket team who took part in the borough 6-a-side cricket tournament this week.

The boys got off to a great start by winning their first game against Sydney Russell but unfortunately lost their next two matches against Warren and Barking Abbey to miss out on the chance of making the final.

Everyone in the team should be very pleased with the effort and determination they showed in the tournament.

Mr Howard
Head of PE

Year 7 and 8 West Ham Foundation

In June, Ms Matin, Mr Bashir, and Mr Thomas took a group of Year 7 and 8 students to the West Ham Foundation in Beckton. The students took part in a tournament designed to celebrate the advancement of women's Football, as well as the UEFA Women's Euros, which gets under way next month in England.

Our students were given the opportunity to referee and officiate a 6-a-side football tournament involving Year 3 and 4 girls from across the borough. The JRCS girls also proved skilful mentors to the younger students. Our students fully embraced this opportunity, and we are extremely proud of their efforts.



Mr Bashir

Co-educator

Year 7 and 8 Interform



In June we saw the final of both the Year 7 and 8 interform handball tournament.

7I came out as winners after a tough match against 7B and went all the way to penalties, with both goalkeepers making some great saves.

The Year 8 final saw a back-and-forth game end in 8F beating 8B 3-2, this was due to some great attacking plays and clinical finishing from their team.

Overall, the tournament was a great success and there was a lot of talent on show from every form group. We look forward to hosting more interform competitions in the future and congratulations to 7I and 8F.



PE Team

Year 10 Cricket



Massive congratulations to the Year 10 cricket team who won the borough 6-a-side cricket tournament in July

The team combined excellent fielding and bowling skills with destructive batting to win all of their matches in the group stages and then to go on and win the final.

It is an excellent achievement by the team who have demonstrated superb enthusiasm towards cricket over the past four years and I am delighted the students have managed to win their final cricket tournament together as a team.

Mr Howard
Head of PE

100 club celebrations

Over the past year KS3 have shown fantastic commitment to PE extracurricular clubs

In PE we have had a highly successful year with both Year 8 & 9 boys reaching the final of the borough football, all netball squads making it to the knockout stages of the borough rallies and 7-10 athletics teams all reaching the top 4 schools in the borough.

This week in KS3 assemblies we have awarded the following students for their commitment to our clubs:



50 Clubs – LOCs

Barimah 9C, Cjay 9H, Megan 9C, Frankie 9C
Caleb 9E, Ayden 9C, Isaac 9A, Khilbat 9D
Emma 9D, Adriana 9J, Deborah 9J
Victoria 9J, Adaeze 9I, Fisayio 9E, Janis 9F
Shalewa 9C, Jack 9E, Rebeca 9E, Fatamata 9E, Michael 9F, George
9D, Phillip 9G and Wa Kwan 9A.



75 Clubs – Rewards trip Year 7

Rashane , Ethan, Jean Paul, Charlie,
Charlie-Jac, Ady, Lenny, Jayden, Lucas
Said, Kaan, Jayden, Faye, Rosie, Alesha,
Semiah, Tegan, Nevaeh, Klarisse, Danae and Chisom.



75 Clubs – Rewards trip Year 8

Goodness, Curtis, Imran, Imran, Dennis, Jackson, Ehizele, Ehijoze, Eldar, Intisar, Mahin, Michael,
Nathan, Pinky, Zach, Zahib, Valentina, Sally ann, Deborah, Luka, Shanai, Nana and
Rhemson.

100 Clubs – T-shirt Year 8



Danil, Ryan, Nkem, Ife, Benedicte, Ope, Joan, Diva, Denisa, Elois, Hannah,
Liliany and Charlie.

Congratulations to everyone involved this year and remember there is still
time to join clubs and practise for sports day.

Any questions please speak to a member of the PE department

Miss Pridie
Teacher of PE

SMSC Drama

Drama Against Conflict

Students across KS3 participated in the Drama Against Conflict performance to raise money for the Red Cross, a charity selected by the student body to best support countries who are experiencing conflict right now.

The Drama department would like to thank all those students who bought tickets in support of the event and the exceptionally brave and talented performers who went above and beyond to prepare their pieces to perform to our school community. The event was a huge success, raising £576.72 for this worthy cause.

We would also like to congratulate the 400 students who achieved Platinum, Gold and Silver rankings in their Autumn report, who were treated to a donated ticket and snacks at the show.

It is a fantastic achievement to achieve a report score which falls within these rankings as this shows excellent behaviour and a growth mindset across their lessons.

Congratulations to all of these students, keep up the brilliant work!



Miss Branch
Co-Head of Drama

Theatre in Education Event – Tuesday 5th July 2022

On Tuesday 5th July 2022 the Drama Department held a Theatre in Education event for the whole of Year 7.

A select group of Year 9 students from across all forms performed pieces devised, directed and designed by themselves based around appropriate social topics for a Year 7 audience. There was a real positive buzz in the air with fantastic participation and theatre etiquette and some brilliant audience feedback!



We are so proud of the Year 9s that took part in creating an insightful, educational and engaging afternoon for our Year 7s and look forward to more opportunities like this in the future.

Miss Hallas and the Drama Department

SMSC Year 9

Year 9 Duke of Edinburgh Bronze Expedition

On Wednesday 22nd June we started our bronze DofE walk at Epping Forest. It was a two-day hike which we navigated using maps and a compass and we camped overnight.

Four people from Year 9 went and we have all have now completed our bronze DofE.

The best moments of the DofE expedition included the food that we cooked on Trangias, which are camping stoves. We all agreed that we should make pasta for the main course and for dessert we agreed to have chocolate pudding with hot custard. It was also funny when some of us tripped over during the walk, but they wanted to keep themselves anonymous.

The worst moments of the DofE expedition were when two of us found it hard to sleep, next time we would like to do glamping (but we all know Ms Montague won't let us). The hills on the second day were very challenging for some but we pushed through, and all made it over very steep hills. At the end one of the other worst moments was the gift shop because you had to pay by card or pay the right amount in change otherwise you couldn't buy anything there.

On a Thursday we learned what a fox screaming sounds like, and that birds are very annoying in the morning. We completed our expedition aim to make and light a fire without a lighter or a match. We used the fire to toast marshmallows and to roast a banana.

Amber, Daisy, Kalem & Keyaan



SMSC Year 10

Young Mayor of Barking and Dagenham



Congratulations to Zubin Year 10 who has been elected Young Mayor of Barking and Dagenham. Zubin has written an article in this Seagull to introduce the work he will be doing during the coming year.

We are extremely proud of his achievements so far and we are sure he will do a fantastic job as Young Mayor.

Ms Keane
Headteacher

Year 10 – Propa Happy

As part of Ant and Dec's campaign to find happiness in children and young people, whilst promoting their new book, they set a competition. The competition asked that students in schools created an image or poem that represented 'What makes you happy?'

Year 10 did not disappoint. We have sent some incredible entries, including some using the sewing machine, fantastic pieces of art and poems fit for the next anthology.

A huge well done to everyone involved, you can see some of these entries photographed above and read our poems too.

Poem entries:

Nathan, Amy, Gabija and Hamna Year 10

Artwork: Maya Year 10

Sewing: Anastasia, Teeyah, Naima, Derek and Elio Year 10

Well done Year 10 – fingers crossed we win!



Ms Draisey
Head of Year 10

What Makes me Happy, you Ask?
Poem written by: Hamna
What makes me happy, you ask?
Witnessing celestial beauty.
When the moon refuses to leave the sun's company, shimmering side by side.
Even though she has an entire starry midnight sky.
The moon knows the sun's copycat tricks to never leave her
c
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What makes me happy, you ask?
Witnessing the world's softest lands.
When the ocean is
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put themselves a
y
w
y
from the where.
Only to c
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a
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against if none more.
Mother earth had always kept a rendezvous for them.
What makes me happy, you ask?
Is the floating kindness and a fluttering smile of a
C
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What makes me happy, you ask?
Knowing that I made your soul happy
And placed a smile upon your heart,
Just like the radiating sun and the gleaming moon

Hamna Year 10

Propa happy poem
The blossoms are blooming, it's a wonderful day, I can't wait to tell you some things I got to
do.
You may not know me but I know you, just so you know these words speak the truth.
And one day this is for you just for you know, I've always wanted you this way so and every day
it's not just me but we're making it.
You'll tell you some things that like, I know, I'm a celebrity when I stand on the first
night.
Or when you make your own game shows, for people to see you when I dreamed of it all home.
Now I know who is nice, giving golden fingers left and right, going back to those he was, and a
smile to his Christmas tree.
Now I know with a beautiful voice, and of course an amazing, playful, funny, always chosen to
be on stage for laugh tracks or a song game.
Now I know with a great smile always makes the world so warm with her sweetest smile, her
hair, her eyes, her personality, she's someone full of joyfulness.
Oh David, what can I say well you make me laugh every time I see your face, you are an
amazing being with jokes in your hands, like drawing like the queen or almost dragging in from
of here.
Now it's my turn my time to show by telling you about the things I like that are mine, I love
Sonic the Hedgehog, and I'm sure other people do too.
I hope you enjoyed this little poem that I wrote, I don't need it I don't win so long as a bit of
time is spent.
My name is Amy and I'm a normal girl who has wishes to do good, I hope I have made you
happy just in a good poem.

Amy Year 10

Young Mayor of Barking and Dagenham.

My name is Zubin and I'm in Year 10. For those of you that don't know, I have recently been elected Young Mayor of Barking and Dagenham.



An integral part of this role over the next year, is to raise money for a charity which will benefit young people in Barking and Dagenham. After shortlisting 3 charities and

sending them to the youth vote, I can announce that the charity WE will be supporting this year is the Ben Kinsella Trust.

With the ongoing 'Knife Crime Epidemic' and the recent murder of Tyler, a teenager stabbed on a bus, now more than ever it's time to act. And I say "WE will be supporting" because reaching a target of £5000 is not a task I can do on my own. Your support is imperative. The idiom "it takes a village to raise a child" has not rung louder. If we want to raise generations in safe environments, then together we will be today's change.

On a lighter note, today marks the first 'Young Mayor's Column' (yes, I will allow the "Ugh he thinks he's a writer as well!" comments). Each month our school community will be updated on the progress made towards reaching our fundraising target of £5000 for the Ben Kinsella Trust <https://benkinsella.org.uk/>, as well as what the Barking and Dagenham Youth Forum have been doing in the community.

This month, the Barking and Dagenham Youth Forum decided to take action to address the increase we are seeing in litter around our area. After careful consideration, we decided to run a litter pick at Abbey Green where we glamorously attempted to fill a bag each. This resulted in a rather undignified competition, with many members of the public perplexed as they observed a group of teenagers excitedly run for flying plastic bags.

Whatever the task, we truly are willing to be the change we want to see.

Zubin Year 10

Knife Crime Workshop

Year 10 were fortunate enough to have a visit from several people including the ambulance service, police and someone personally affected by knife crime.

They spent all day in the hall learning about knife crime risks, how to help and gaining an understanding of how far reaching the impact can be on a victim's family.

Year 10 were exceptional in the hall and were a real credit to themselves and me as their Head of Year. They were not afraid to ask questions, get involved on stage and most importantly, they all stood at the end to recognise just how special they all are!

Well done Year 10 on being so engaged in this emotional but important day.

Ms Draisey
Head of Year 10

Year 10 Bronze Candidates Qualify!



In May saw the Year 10 bronze qualifying expedition. We left school on Friday morning in the pouring rain with everyone wrapped up against the showers in their waterproofs. Mercifully the sun came out in the afternoon and dried things up a little, but not before the intrepid Year 10s had discovered some of the muddiest bits of path in Epping Forest!



They trekked on turning up as expected at each checkpoint and then the two groups arrived at exactly the same time but from opposite directions at the campsite in High Beech.

They demonstrated brilliant campo craft skills and quickly got their tents up and started on cooking their evening meal. There were soon smells of delicious pasta and chorizo and even garlic bread wafting around the campsite. Then, as if they had not had enough exercise during the day, the group played a game of 'Rolling down the hill' and 'Hide and seek', till it was totally dark.



Despite their nocturnal activities, the group was up and out early the next morning and both groups had departed the campsite by 9:00am. There was a keen sense of competition between the groups as to who should reach the finish first, despite my reminding both groups that DofE is not a race! Still, this meant that both groups kept up a keen pace, although towards the end of the afternoon the previous night's vigorous games of hide and seek were taking their toll on some of the students (but not Sam of course).



Both groups got to the finish point by 4:00pm, tired but happy to have completed the adventure that they had been planning since last September.



Thanks to all of the students for their excellent behaviour and care for the environment (I did not have to remind anyone about picking up litter), many thanks also to the dedicated staff who helped out with the weekend and ensured its success, Miss Hall, Mr Hill, Miss Ryzak and Bill Lockton (DofE volunteer).

Ms Montague
DofE Manager

RPC Mentoring visit

Well done to the Year 10 students who are involved in RPC's Mentoring programme. Just before the June half term, they attended a day at the RPC offices in central London to work with their mentors. The students did JRCS proud by representing the school with confidence and professionalism, and they speak very highly of this opportunity. Thanks to Ms Ryzak for organising the trip and overseeing the mentoring provision with RPC.

Ms Keane
Headteacher

Year 10 Hit The Film & Media Production Line



A group of Year 10 media students took an excellent opportunity to network and learn from professionals in the film making industry.

Ms Harland watched on with pride as they spoke with confidence about their aspirations and future career plans. Sienna spoke about how it's amazing to have such a facility on our doorstep. Summer, Deputy Head-student who was interviewed and appeared on the BBC News said how the opportunity to attend the event was really beneficial.



During the event students were able to see a live run-through of a set to get a real-life experience of how the industry rolls. After this the students had the opportunity to speak with production companies, wardrobe and make-up departments, lighting and camera organisations and also get an idea about the range of post-production jobs that are available.



The ability to know company names associated with this industry is a key piece of knowledge for future job hunting!

An amazing chance to get information and close up in a niche and exciting industry.

Ms Harland
Head of Media Studies

Year 11

Year 11 Celebration Assembly

On Friday 17th June, we held our end of Year 11 celebration assembly. Form tutors gave talks reflecting on students' time at JRCS, and students marked the occasion with the release of bubbles. I would like to take this opportunity to wish all our Year 11s all the best for the future, whether you are joining us in Sixth Form or moving on to other ventures. Well done and good luck.

Ms Keane
Headteacher

Year 11 Prom Monday 4th July 2022



On Monday 4th July we had 183 of our Year 11 students celebrate the end of their GCSEs with a prom at Orsett Hall.

The students looked absolutely incredible, and several Orsett Hall staff commented how polite they were and described them as a credit to us.

Staff and students had a brilliant time and enjoyed welcome drinks, dinner, dancing, a photobooth and sweet table.

Thank you to everyone for coming and making it such a brilliant evening.



Mrs Rowland
Head of Year 11