

Edition No:32



SMSC “Flying High” Winter 2023

Gold Seagull

Congratulations to the following Gold Seagull winners:

Leonard Year 7
Ruby Year 8
Mmachi Year 9
Akanksha Year 9
Fabio Year 7
Yoan Year 7
Gloria



Ms Keane
Headteacher

ACHIEVE days

ACHIEVE days are one of the highlights students cite when they leave JRCS in October it was fantastic to see a full trips programme back in action after the last few years' restrictions. Both student and staff feedback has been wholly positive about their experiences across the two days. Year 7 students enjoyed visits to Mountfitchet Castle and Spymasters as well as sessions run by West Ham Community outreach team. Year 8 students engaged positively with visits to Colchester Zoo and the Tate Modern as shown in the photos in this week's Seagull. We were able to deliver our first overseas trip post-Covid which was valuable for Year 9 students to visit Belgium as part of the History curriculum. Year 9 students also enjoyed an educational visit to the Tower of London and developed their knowledge around Fairtrade in school in sessions led by DT, Geography and English. The Business team delivered an inspiring Dragons' Den Day to bring out entrepreneurial skills in Year 10 and a Careers Education focus on the second day allowed students to start thinking about their career pathways and education routes post-16. Year 11 focused on preparation for their upcoming formal mock exams and Sixth Form students began preparing for university life completing UCAS applications and engaged in visits around our capital city as part of London Culture Day.





Ms Keane
Headteacher

Remembrance Assemblies

In November we held our remembrance assemblies. I would like to thank the history department for their contributions. Poppies will be on sale over the coming days for those students who wish to wear one. The poppy is a well-known and well-established symbol, one that carries a wealth of history and meaning with it. The red poppy is a symbol of both remembrance and hope for a peaceful future. This is more relevant than ever when considering the current humanitarian crises that are occurring across the world. Please speak to your child's form tutor using the email address they provided you with if you think your child may need any additional support at this time. Ms Draisey will also signpost some support for parents/carers later in this edition.

Ms Keane
Headteacher

Wellbeing Club



During wellbeing in October, we explored the factors that might impact on our wellbeing as a follow up to World Mental Health Day on 10th October. During the session we discussed sleep hygiene, how 'full our engine was' and unique things about us. Pictured here is Sukhram, Grayson and Gracie demonstrating their lovely work!

Wellbeing club is a safe space for all students to join, we meet in the library each week and complete a range of activities. Sometimes this might be discussions, play dough creating, art or games! We are always welcoming to new joiners, and you are free to come and go as you please.

A huge well done to those attending every week, it is a pleasure to destress from my week with you.

Ms Draisey
Senior Mental Health and Wellbeing Lead

Future planning

In November Year 10 students attended a workshop at KPMG. This was a widening doors scheme that promoted careers in professional services.

A range of Year 9 students had a brilliant day on Thursday at West Ham Stadium. This looked at their future plans around STEM (Science, Technology, Engineering and Maths) and helped students to meet their Gatsby benchmark. More opportunities will be provided over the coming months to meet employers and find out about career pathways. In addition, work has started on the options process. More details will be provided in future editions - watch this space.

Ms Keane
Headteacher

Staff Mental Health Champion Training



During our staff training day before we broke up for the October half term, eleven members of our school staff were trained as Youth Mental Health Champions (Accredited by Mental Health England).

The day was led by Suus-anna Harskamp who is the co-founder of Ossigeno, which is an organisation passionate about driving improvement in wellbeing provision in schools.

The training is usually expensive, but we are fortunate that Ossigeno are receiving funding from Joe's Buddy Line, you will see Joe's parents are pictured below with a wonderful array of resources they have left for us as a school community.



Joe Lyons was a radio producer for Capital FM, a peer of Roman Kemp; unfortunately he struggled with his mental health in silence and took his own life. His parents have dedicated their time now to ensuring that this tragedy won't happen to other families.

Suus-anna is returning to JRCS in November to deliver the Mental Health 1st Aid training to more of our staff alongside delivering the MH Champion course to parents.

We look forward to sharing more of this great work with you soon!

Ms Draisey
Senior Mental Health & Wellbeing Lead

Student Voice 2023 - Announced!

Congratulations to the following students who were voted in by their peers for this year's Student Voice. I can't wait to see where your fantastic ideas take our action groups. We meet for our Winter Summit next Tuesday 14th November where students will meet their teams and get the ball rolling on ideas and implementing change in and around school life! Well done for your outstanding campaigns!

<p>RACE & SOCIAL JUSTICE</p> <p>Victory 8C Sienna 9C Tegan 9H Naveah 7C Seoniah 9B Jasmine 9B Testimony 7D Gabrielle 10C Nkem 10C Rachel 9I</p>	<p>SOCIAL ACTION</p> <p>Lateefa 8B Tanzir 7B Emmanuelle 10C Sallyann 10F Coenness 10F Tamara 8F Lugman 8H Rea 8E Ria 9F Akanksha 9I</p>															
<p>ENVIRONMENT</p> <p>Ameena 7C Emmanuelle 7E Olivia 7C Oakley 8E Nadwat 8H Victoria 8D Hana 8E Usra 8H Emile 8D Tahira 10D</p>	<p>WELLBEING</p> <p>Alisha 7B Adrian 10F Nevan 10H Amelia 8D Frankie 8E Munachi 9F Sabrina 9I Abi 7A Vanessa 10C Aleena 9F</p>															
<p>FUNDRAISING, PRESS & PUBLICITY</p> <p>Ayokunmi 7D Valentina 10F Sienna 10E Joseph 10B Elois 10B Alexia 9I Clara 9I Lexie 8E Shalom 8H Hella 8C</p>	<p>PRIDE & ALLIES</p> <p>Bobby 7E Jessica 7C Erica 8C Zac 8C Georgia 8C</p>															
<p>SIXTH FORM PREFECTS</p> <table border="1"> <thead> <tr> <th>Social Action</th> <th>Environment</th> <th>Bullying</th> <th>R&S</th> <th>FPF</th> </tr> </thead> <tbody> <tr> <td>Edith Pflaumkelle</td> <td>Kathryn Lewis-Sjord</td> <td>Scott Spymans</td> <td>Theresa Chynkwa</td> <td>David Pugholunnu</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Michael Linn</td> <td>Brigitte Dyer</td> </tr> </tbody> </table>	Social Action	Environment	Bullying	R&S	FPF	Edith Pflaumkelle	Kathryn Lewis-Sjord	Scott Spymans	Theresa Chynkwa	David Pugholunnu				Michael Linn	Brigitte Dyer	
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Miss Hallas
Student Aspirations Co-ordinator

Anti-Bullying week



The theme of this year's Anti-Bullying week is "Make a Noise About Bullying" and JRCS students have embraced this through student led assemblies and by making pledges to stand up against bullying. These pledges will be displayed in Main Street as a reminder of our zero tolerance approach to bullying and we hope that students and staff continue to pledge their support.

Ms Keane
Headteacher

Student Voice Summit



Our student leadership team is a real strength at JRCS in November we hosted the Student Voice Summit which provides an opportunity for students to present their ideas on key issues and matters that are important to them. The work of the student action team ensures we follow the principle of “nothing about us, without us” and we will continue to work together to improve student educational experiences at JRCS.



Ms Keane
Headteacher

LBB Construction Careers Event



The Year 11 Construction Youth Trust group attended the LBB Construction Careers Fair in November at the BRIC, Barking. The event was targeted at students considering careers in construction, Green Skills and Sustainability and there were live demonstrations and networking opportunities for our students on the day. They were able to find out about apprenticeships and other training routes into the industry and provided valuable careers education for our students.

Ms Keane
Headteacher

Year 10 Oxbridge Insights



We are committed to raising the aspirations of our students and in November a group of Year 10 students had the opportunity to participate in an Oxbridge Insights event to learn more about further education at Russell Group universities. The students were able to find out about potential degrees and routes into further study and well as learning about the wider life of university students. There was a guest speaker whose presentation focused on the importance of speaking foreign languages and the advantages this can bring to future

employment. We hope these events will encourage more of our students to apply to these institutions in Year 13.

Ms Keane
Headteacher

Student Voice Winter Summit 2023



On Tuesday 14th November, our Student Action teams came together for the day in Boothroyd Hall for our 'Student Voice Winter Summit 2023'. It was a fantastic day full of planning for the future and team building, culminating in our teams being awarded their Student Voice badges to wear proudly!

Our teams: **Social Action, Fundraising, Press & Publicity, Race & Social Justice, Environment, Pride & Allies and Wellbeing**, met for the first time and began to forge positive working relationships.

The day began with icebreakers and teambuilding, moving to interview panel prep and culminated with some brilliant presentations of the teams' two- and five-month action plans. Projects ranged from planning for Culture Day 2024, our re-usable bottle campaign, Wellbeing Wednesdays, fundraising for a number of different charities, educational plays for different causes and a student Seagull column.

Well done to our newly elected Student Voice and watch this space for their next adventures!



Miss Hallas
Student Aspiration Co-ordinator

Mental Health Training



November was the completion of two rounds of training for staff and parents/carers in mental health, this was delivered by Ossigeno who are working with JRCS to develop our whole-school approach to mental health and wellbeing.

First, we have now added ten newly qualified Mental Health First Aiders on our staff body and five trained Mental Health Champion parents/carers.

This was a wonderful opportunity to meet many parents/carers who are passionate about understanding the young minds in their homes and we had so many other parents/carers also

keen to be involved. During the training they explored various mental health challenges including depression, self-harm, suicide, anxiety and importantly, how to support young people to develop resilience and healthy routines. I want to take this opportunity to thank all of those who attended.

Furthermore, this now means we have, in school, eleven mental health champions and fourteen mental health first aiders. Each member of staff with this qualification will be wearing a green attachment to their lanyard as pictured. We hope that this will help identify those who have this training and can provide specific support for anyone who is finding things challenging.

I feel proud that we have made such great progress in training so many people in the last few weeks and hope that we continue to drive high standards in wellbeing.

Ms Draisey
Senior Mental Health and Wellbeing Lead

Christmas Festivities

The festive season has commenced at JRCS in December with 'Christmas Jumper Day' on Wednesday 6th December raising money for 'Save the Children' and 'British Red Cross'. Students embraced the opportunity to wear Christmas jumpers, Christmas pyjamas and non-uniform to support work of these important charities.





Ms Keane
Headteacher

SMSC Year 7

Year 7 Panathlon Trip



We had a lovely day bowling at Namco Funscape. There were several schools who took part in the Panathlon and Ebrima was one of the highest scorers overall! He won a special certificate for his achievement. All our students won a medal which was a lovely reminder of our day.

We enjoyed lunch at McDonalds before returning to school after a fabulous day! "I liked how we all worked as a team" (Demi). "It was lovely to have lunch with my friends" (Caellen). "We had the best time with each other" (Freya).



The students demonstrated fantastic behaviour throughout the day and made our school proud.

Miss Lynch
Second in SDD

SMSC Year 8

Year 8 Transport Museum



The Year 8 Transport Museum trip. On Friday 1st December we went to the London Transport Museum in Covent Garden. The District Line was very frequent and easy to get into London. We saw a bus, some different trains, lots of children, how transport was in the 1800s and went to the gift shop - which was overpriced!

There was a "heavenly" smell of fish and chips which made us want to eat fish and chips. The speakers in the museum told us about the daily life of people from the Windrush era and Caribbean who worked on the buses in the 1950s. We explored London and saw fancy shops and posh drink shops. We saw a Canadian flag on a syrup shop for the public to experience Canadian food.

We had lunch in Trafalgar Square with the birds and the water fountain and the statue. It was a fun, happy, interesting, super amazing, historic and wonderful day.

Written by Callum, Johnsway, Mariam, Luke and Ines



SMSC Year 10

Year 10 ACHIEVE Day



Year 10 took part in a Dragons' Den style enterprise activity on their ACHIEVE days before half term. The students had to work together to pitch a unique business idea to the Dragons in order to be crowned the winning team of each day. Pictured below are the winners from Wednesday's competition called AWT Coats who came up with an innovatively designed product, worked perfectly as a team all day and gave a strong business pitch. The team were Kavya, Vanessa, Aaron, Adonai, Albert, Archie, Bobby and Charlie.

A special mention should go out to Ryan (pictured on the right) for his wonderful and enthusiastic demonstration of his team's 'Tech mattress'. Other firm favourites on the day included 'Becky the Bin' and 'Ultimate Bar.'



The winners of Thursday's session were 'Hydrogen' a team who were passionate about the environment and creating a green alternative method to power cars. Congratulations to Luke, Opemipo, Petrut, Rachel, Sara, Sibghatullah and Frankie.

I would also like to give a special mention to Marcel and Anacleto who both delivered excellent presentations for their teams.

The students learned how to work in teams, as well as the role of leadership. They also had the chance to develop resilience and were challenged to push themselves out of their comfort zone in order to ACHIEVE.

Well done to all who got involved and a huge thank you to Miss Gendoo, Miss Henry and Miss St Hill Duhaney, aka Team Business, who worked hard to make this event happen.

Miss Wright
Head of Business and Economics

SMSC Year 11

Year 11 Wellbeing Sessions: Gambling



In November, our Year 11 students had the great opportunity to hear from a charity called GamCare. During their 'wellbeing' lesson where students are completing either physical exercise or have guest speakers in to school.

This week, GamCare came in to discuss the risks of gambling, whether this be amongst friends or online and, in fact, this may even be during online gaming. Students were informed about 'loot boxes' and the links they have to gambling too. Dan (from GamCare) shared his personal challenging experience with gambling and our students had plenty of questions for him.

We hope that Year 11 enjoyed this session, and we look forward to exploring more issues such as finance with JP Morgan, exam stress with the Mental Health Support Team and even toxic masculinity!

Ms Draisey
Head of Year 11

SMSC Sixth Form

Year 13 A Level Business



In November the Year 13 A Level business class decorated and sold Shrek themed cupcakes for Shrek the Musical. It's nice for them to have a little brain break after making some improvements in their recent business VIMAs (milestone assessments) Miss Wright, the Head of Business and Economics, said "Practical experience in enterprise is certainly the more fun side of business, so it's nice for the students to have this opportunity."

The class have been set a target of raising £150 to help buy props and add some extra sparkle to Shrek the Musical. Thanks to the Drama department for giving us the opportunity to do this. Watch this space - there will be more to follow as Tumi, the CEO of the 'A Team,' has lots of money raising ideas.

Miss Gendoo
Teacher of Business Studies

Year 13



On Wednesday 6th December, Year 13 sociology students had the opportunity to attend court hearings at central criminal court (Old Bailey). The Old Bailey is known for its high-profile cases.

As part of the sociology A-level specification, it is necessary for students to understand the criminal justice system and how it operates. The students were grateful for this fantastic opportunity and described it as 'it's just like what you see in the movies' – An unreal experience!

Ms Islam
Sociology Teacher

Year 12 and Year 13

On Monday 4th December, Politics students in Year 12 and 13 joined thousands of students nationwide in attending a conference of various high-profile politicians held at a brilliant venue in the heart of Westminster.

Speakers at the event were comprised of politicians from various parties across the political spectrum. Labour's Chris Bryant was a popular speaker among students, highlighting the importance of rights and engaged the audience with charisma and humour. Lord Dubs provided a surprising criticism of the House of Lords, in which he sits, and received massive applause when he argued for a humanitarian ceasefire in the war in Gaza. Former Conservative Minister Jacob

Rees-Mogg was welcomed with applause and audible booing, to which he walked on with a smile and thanked the booers for their "free speech", a Year 13 JRCS student articulated a pointed question on homelessness. Jeremy Corbyn was welcomed enthusiastically and then faced very challenging questions from students. Other speakers included Leader of the Liberal Democrats, representatives of the SNP and Greens, former minister Sajid Javid and Emily Thornberry.

All students found it an enriching and exciting experience and the teachers already look forward to the next conference.

Mr Mercer
Teacher of English

Art and Design in Action Emmanuel Centre



The school's Sixth Form Art students had the pleasure of attending a conference where they learned from four world renowned artists, these included Martin Parr and his engaging talk on his humorous approach to photography, Rebecca Wright and her informative discussion on the life-saving uses of graphic design, Hugo

Dalton and his presentation on the importance of collaboration in the creative sphere, and finally Sir Grayson Perry and his inspirational lecture on how to be creative and follow one's artistic vision, which hilariously ended in a song.

The wide range of mediums explored by these influential artists meant that every student gained knowledge that will certainly inform their own creative practices, and it was ultimately a highly enjoyable and educational experience for us all.

Yasmin Year 13
Art Prefect

SMSC Religious Studies

Anne Frank Society



The Religious Studies department have had the privilege of working with the Anne Frank Trust.

Sixteen of our GCSE Year 10 RS students have been taking part in a two day workshop learning about the life of Anne Frank and reflecting on how she felt and what we can learn from this and use in today's society.

They have explored all areas of prejudice and discrimination in our world today and have worked on presentations to take back to their lessons and show their peers.

Mrs Wing
Religious Studies Teacher

SMSC Drama

Year 13 Frantic Assembly's performance of Metamorphosis



The Drama department took Year 13 to watch Frantic Assembly's Performance of Metamorphosis at The Mercury Theatre in Colchester.

We were joined by a small group of Year 11 students as part of a Reward Trip for working exceptionally hard in class. The trip was a huge success, and it was fantastic to hear all of their critique on the journey home.

Well done!

The Drama Department

Anti-Bullying Week - Year 10 Performances

November saw 'Anti-Bullying Week' and, as well as lots of exciting and informative opportunities around the school, the Drama Department hosted a series of 'Anti-Bullying' performances devised by our Year 10 cohort. These were held at lunch times for a Year 7 audience. Performances were devised around the theme of the week 'Speak out' and saw a range of topics covered with audience participation and great feedback all round. Our Year 10 students performed professionally and with great integrity. Thank you to all Year 7s who came and supported and well done to our fantastic Year 10s!



The Drama Department

SMSC PDE

GCSE Citizenship Theme E Action Success



Congratulations to Hallie, Layla, Shalewa, Lacey and Hanna on meeting and interviewing Margaret Hodge (Barking MP) as part of their GCSE Citizenship Theme E Action.

These students independently emailed Margaret Hodge and arranged a slot to interview her about their concerns on youth crime in Barking and Dagenham and concerns on human trafficking in the UK. They confidently interviewed and justified their concerns regarding their topic and

expressed ways to improve or deal with these issues.

They challenged and explored the Labour party's perspective on these issues and had a real opportunity to explore the role of an MP and raise any other local concerns.

Well done- You all did yourself, the PDE department and JRCS proud.

Miss McMillan
Head of PDE

SMSC Dof E

DofE Bronze training weekend



Well done to the Year 10 who attended the DofE trip before half term. We showed great resilience given the wet, windy and cold weather since the temperature drop. The students showed great enthusiasm putting up their tents and cooking their meals and continued to stay positive throughout making JRCS proud.

The campsite even congratulated the students on how great they were! For some of our students it was the first time that they had been away from home, but they dealt well with having to be responsible for themselves.

On the Saturday the rain had cleared, we had birthday cake before they set off on their walk as well as a hearty breakfast) and although it was slightly chilly, the sun was out all day and in groups of 5 with some slight help from their teachers, they found their way back to the campsite in record time!

Regarding the trip, some of the students have said:

" My trip was very good as I enjoyed exploring new life skills."

"Although there were limited food options, I enjoyed working with others."

"I cherished the moments where we all worked together and cooked good food."

Miss Lea, Mr Wright, Ms Brookman, Ms Dormer and Ms Matin were all incredibly pleased with the progress that the students had made this weekend, gaining memories that they will take with them into adulthood. Well done!





Miss Lea
SEN Teacher

SMSC PE

Under 16 Netball Team



The Under 16 netball team travelled to Riverside on Friday 13th October to face one of our closest rivals in a borough league fixture. This was the first competitive game of the season for the Year 11s and the girls have worked hard in training to improve their passing and keeping possession of the ball.

We conceded a few early goals which made it difficult to equalise. However, the girls remained resilient and by the final quarter we had become more confident, scoring a late flurry of goals. Unfortunately, it was not enough to win the fixture; however, we will meet them again in the borough rally!

Miss Boulton
Assistant Headteacher

U13s Girls football team

Congratulations to the under 13s girls football team who beat Greatfields 5-3 at the end of last half term. Goals from Charlotte, Kornelija and Bella in Year 8 and Jaydee in Year 7.

Player of the Match goes to Nevaeh in Year 7 for her fantastic performance as centre back. The U13s will play Barking Abbey after October half term.

Miss Pridie
Second in PE

U16 Basketball



The U16 Basketball team had their first ever fixture in a friendly against Greatfields on Friday 3rd November. Whilst some of the students play for clubs outside of school, they have had limited opportunity to practise as a squad and it took some time to find momentum in the first quarter.

Accuracy of passing and shooting improved significantly in the second quarter and we went ahead 16-15 at half time after two excellent 3 pointers were scored by Emmanuel.

The boys fought hard to stay in the game but were unfortunately beaten in the end by a well drilled Greatfields side.

We look forward to the rematch in January and hope students take the opportunity to train for basketball on Wednesdays and Fridays with the RDF foundation in the sports hall.

Miss Boulton
Assistant Headteacher

Year 7 Football

The Year 7 football team started their borough league campaign in November in successful fashion as the team managed to win 2-0 against Eastbrook School.

It was an excellent performance from the team in only their second match together and I am please they got the positive result their performance deserved. The fixtures come quickly with a game against Riverside School next week, followed by a match against Barking Abbey a couple of weeks later.

Mr Howard
Head of PE

Under 16 Netball



The Under 16 netball team faced Eastbrook in a league match in November. The team was a combination of Year 10 and Year 11 students who continue to train regularly together and have formed a cohesive group. We have been working on defence in training and this was evident in the number of interceptions made during the match. Whilst we unfortunately lost the fixture it was positive to see the improvement that the girls are showing week on week, and we look forward to facing Dagenham Park next week.

Miss Boulton
Assistant Headteacher

Year 10 Football

The Year 10 football team were victorious in their borough league fixture against Goresbrook in November playing under the floodlights on the astro. The local derby was a closely contested battle which we narrowly won by 1-0. Mr Cully has been impressed by the commitment shown by the boys to training both before and after school and the team are continuing to improve as we move through the season.

Miss Boulton
Assistant Headteacher

KS3 Enrichment visit for Chelsea FC



We work in partnership with Barking Sports 4 Change who are an organisation who believe in the power of sports and physical activity to bring about change in our local community. As part of this project, a group of KS3 students were invited to Chelsea FC to tour the ground as part of an enrichment activity and learn about the positive impact that high quality sports programmes and have on the young people in Barking and Dagenham. The students even managed to come back to school with some signed merchandise which will help with future fundraising efforts at JRCS.

Miss Boulton
Assistant Headteacher

Under 16 netball team



The Under 16 netball team participated in a borough league fixture against Goresbrook School in December. This was the first time the Year 10 girls had faced an all Year 11 team, and they played competitively throughout the match with some solid defending and accurate shooting.

Unfortunately, the opponents' experience shone through, and we ended up losing the game 13-4. However, it was a great challenge for the Year 10's and they showed resilience and determination until the end.

Next Thursday will be the last training session before Christmas, so we hope to see all the U16 team at training ready for fixtures in the new year.

Miss Boulton
Assistant Headteacher

AT JO RICHARDSON WE

Aspire to be our best
Commit to our learning
Hold high standards in everything we do
Involve ourselves in our communities
Engage with all opportunities
Value, care for and respect each other
Establish resilience


SUCCESS FOR ALL