



Longdean School
'Rejoice in thy youth'

Longdean Link

Edition 12

15.03.2024

A note from the Headteacher

Dates for your diary

28 Mar—End of term

15 Apr—Inset day

16 Apr—Term starts

06 May—Bank Holiday

27—31 May—Half term

Dear parents and carers

Another hugely busy week at Longdean involving lots of work with our community links. Last Friday the school hosted a huge female football match when over 600 primary school children came to participate in a football event at Longdean. Longdean School Sports Leaders facilitated this event refereeing and acting as team liaison. This event was followed by a Year 2 multi sports day in the main hall and once again Longdean students led this event well under the watchful eye of Ms McCawley. Both events were hugely successful and our students demonstrated their leadership skills.



On the back of this event we then had a Year 7 Technology event led by Tesco employees. Year 7 students undertook activities in teams linked to product design, marketing a product and considering materials and pricing. Students used this event to demonstrate their teamwork skills and to try technology tasks that took them out of their comfort zone. This event came on the back of the success our STEM students had in the Rotary Club Technology competition. Our team came second on the overall standings but one the award for the best leadership and teamwork. This is a great achievement in a tournament where we consistently perform well.



Our junior and senior dance teams also had a successful week competing in the regional round of the national dance competition we enter every year. In a fierce competition performed at a very high standard our senior team finished third and our junior team finished second and as a result they will participate in the national finals in Cheltenham in July. This is the third year in a row that we have managed to get a team to the national final of this prestigious competition.

I am also delighted to announce this week that the non uniform day we held in February raised £1275 for MIND, a local mental health charity who work with young people. I am always proud of the generosity of our students around these events as many donate more than the £1 expected of them.

A note from the Headteacher (cont)

Away from the school events that we have been engaged in I would like to remind parents of the need to ensure their child arrived on time for school. Every day we have approximately 30 students arrive late for school and they have no valid reason. We will continue to sanction students who are late to school and lessons but please could you reinforce the message at home and ensure that if you travel by car that you need ample time for your journey. We do check locally for roadworks and bus cancellations and make allowances for these but some students are simply not organising themselves to arrive to school punctually. This is an important life skill and will apply to weeks like work experience in Year 10 & 12 and in the world of work when students leave education.

Finally for this week I am delighted to share with you the news that former Longdean student James Isaacs made his debut for England Under 20 rugby team against Ireland in Bath last Friday. Mr Jones, Mr Jennings and I were fortunate enough to get tickets to the game and watch James play 30 minutes in a thrilling 32-32 draw. The strength of this performance has meant he has been selected to start in this week's game away in France. We are all hugely proud to share in the success of our ex student.



I wish you all an enjoyable weekend.



Mr Cunningham



Scientist of the Month



March

Emmy Noether

1882-1935



Emmy Noether was a mathematician who discovered perhaps the most profound idea in contemporary physics. Noether's theorem, which she formulated in 1915, says that symmetries in the universe give rise to mathematical conservation laws. This statement is a crucial underpinning of physical laws, from those that govern the rotation of a wheel or the orbits of planets around stars, to the intricate mathematical frameworks of [general relativity](#), [quantum physics](#) and [particle physics](#).

Noether was born in the small German town of Erlangen, near Nuremberg, in 1882. Despite the fact that her father, Max Noether, was a professor at the University of Erlangen, she was initially forbidden from enrolling there because of her gender. Such discrimination dogged Noether's career. Although she eventually gained both an undergraduate degree and a PhD, no university would hire her for a permanent faculty position. She eventually became one of the world's foremost experts in the fields of abstract algebra, algebraic topology and the mathematics of symmetry, working at the University of Erlangen and subsequently the University of Göttingen. But for over a decade, she was without appointment, pay or formal title, despite the championing of her work by many of the most prominent mathematicians of the age, chief among them David Hilbert and Felix Klein. That only changed in 1919, when the end of the first world war and the replacement of the German Reich by the liberal Weimar Republic brought a sea change in attitudes towards women's education.

Longdean School & DSSN

On Friday 8th March Longdean School hosted the #letgirlsplay biggest girls football session ran by DSSN, as part of the Barclays girls football school partnership. 600 girls attended from local primary schools, who enjoyed a day full of football. Local clubs volunteered to support the event including JP Pro, Chipperfield Corinthians, Hertfordshire FA, HealthyUgym and Impact Sports coaching. We also had 50 female sports leaders, including our Barclays go lead ambassadors and our 2 girls game changers. We also welcomed back former student Belle Taylor -Makepeace who is playing at Tottenham to meet the girls, along with Alli Murphy from Watford ladies. It was a fun filled day, with girls enjoying skill sessions in the morning and friendly games in the afternoon. Thank you to all who supported the event and a massive thank you to all the sport leaders. Extra curricular girls football session run after school on Monday (year 7&8) and Wednesday (year 9&10).



PE EXTRA CURRICULAR AUTUMN/ WINTER

	7		8		9		10		11		Sixth Form
Monday	Boys Basketball (MJ)	Girls Football (BH)	Boys Rugby (DJ/SPB)	Girls Football (BH)	Boys Football (OJ)	Girls Netball (ES)	Boys Rugby (HD)	Girls Netball (ES)	Boys	Girls	
Tuesday	Football (DG)	Step Aerobics (AC) Basketball (MJ)		Step Aerobics (AC) Basketball (MJ)		Step Aerobics (AC)	Football (OJ)	Step Aerobics (AC)		Step Aerobics (AC)	Step Aerobics (AC)
Wednesday	Rugby (DJ) Trampolining	Netball (SPB) Body Conditioning (AC)	Basketball (MJ) Trampolining	Netball (ES) Body Conditioning (AC)	Rugby (HD) Trampolining	Football (BH) Body Conditioning (AC)		Football (BH) Body Conditioning (AC)	Football (DG)	Body Conditioning (AC)	Body Conditioning (AC)
Thursday		Rugby (SPB) Dance Fit (AC)	Football (HD) Trampolining	Rugby (SPB) Dance Fit (AC)	Basketball (MJ) Trampolining	Dance Fit (AC)	Basketball (MJ)	Dance Fit (AC)	Rugby (DJ)	Netball (ES) Dance Fit	Rugby (DJ) Netball (ES) Dance Fit (AC)
Friday	Boxing	Boxing	Boxing	Boxing					Boxing	Boxing	Boxing

CATCH UP FOR CNAT, GCSE, CTEC

English Literature masterclasses

2024 AQA GCSE ENGLISH LITERATURE REMOTE REVISION MASTERCLASSES.



SUPPORT YOUR CHILD'S REVISION WITH OUR SUBJECT EXPERTS

Designed to motivate and challenge students in an engaging and focused learning environment, our remote revision masterclasses will help boost students' skills and confidence.

These popular remote Saturday revision sessions return for the third year.

Our online masterclasses are led by highly experienced subject specialists and will focus on:

- supporting your child to feel 'exam ready'
- providing students with tried and tested exam strategies and revision techniques
- sharing high quality responses and model answers to support their learning
- directly responding to any text/exam related questions that students may have.

Each session lasts two hours and students will be able to interact with the subject teachers delivering the session. A time-limited recording of each session will also be made available in the week following

the session. If your child/student is unable to attend the session(s) in person, please book using the links below to have access to the recording and resources used in the session.

To find out more and to book places on sessions, please click on the courses below or visit the [HFL Education Hub](#) for more information. Places may be booked directly by parents/carers or by schools on their students' behalf.

Once places have been booked, students will need their school e-mail address to access the sessions.

£20
per student
(including VAT)
Price remains the
same as 2022

REVISION TEXT	2024 SATURDAY SESSION DATES/TIMES		BOOK NOW
Macbeth	10th February	9.30-11.30am	Click or scan this QR code to book. 
Romeo and Juliet	10th February	1.30-3.30pm	
A Christmas Carol	17th February	9.30-11.30am	
An Inspector Calls	2nd March	9.30-11.30am	
Power and Conflict Poetry	9th March	9.30-11.30am	
Love and Relationships Poetry	9th March	1.30-3.30pm	
Unseen Poetry	16th March	9.30-11.30am	

For more information regarding these masterclasses, please contact: training@hfleducation.org or call 01438 544477.

Student wellbeing



Access to CBT therapy and one on one support from therapist, online or by texts/ call

7-10 monday to friday
10-10 saturday to sunday



Dedicated text service, to contact a school nurse

07480 635 050

advice and information about mental health

YOUNGMINDS

fighting for young people's mental health

www.youngminds.org.uk



LONGDEAN SCHOOL

Form tutor, pastoral manager, head of year counselling worry management just talk ambassadors mentors

shout

85258

here for you 24/7

Free 24/7 messaging support to talk about your feelings
text YM to **85258**

Student

Wellbeing

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

free and private service to talk about anything you need over the phone

www.childline.org.uk
0800 111



Mind Hertfordshire Network CYP

Digital wellbeing service
2-10 pm helpline and messaging service for advice and help

www.withyouth.org



JUSTTALK

emotional wellbeing information, and sign posting for young people in herts

www.justtalkherts.org

Signpost

We're here for **young people**

free confidential counselling for children in herts

www.signpostcounselling.co.uk

Science SOS

Confused by Chemistry?
Bamboozled by Biology?
Puzzled by Physics?
Science getting you in a
sweat?



Come to Science SOS!

The Science team will solve your science problems!

Need help with science revision? Worried about an upcoming test or exam? Just want to chat about science?!

Be soothed by Science SOS!

Every Monday after school in S4, 3.10pm—4.10pm

A Level Chemistry support on Thursday lunchtimes in S4



Biology Boggling your Brain?
Chemistry turning you Crackers?
Physics getting you in a Pickle?

Science SOS has the answer!





BOARD GAME CLUB

Every week in LG8

KS3: Friday Week A Lunchtime

KS4: Friday Week B Lunchtime

All years: Thursday Afterschool

Variety of games available.

Be Prompt, Be Respectful

Clubs



Dungeons & Dragons club will be running again in the new slot of Thursday lunchtime and the new location of LG8 for KS4 students



Newbies, experienced dungeon masters, everyone is welcome to come and help us slay all manner of goblins, dire wolves and kobolds! I will also be looking to recruit students as Dungeon Masters to run regular sessions, so if your child is keen to get involved, please get them to come and see me.

If your child can't make Thursdays but would still like information, they can come and find me in S9 or the Science group area opposite S4 at break or lunch.

Please note, KS3 is still being confirmed.

Neil Munday

Dungeon Master Extraordinaire



Within my Reach

An online programme for parents of neurodiverse children who are living together or apart

This programme is designed specifically for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment.

Who should attend?

- Parents who are experiencing conflicts and challenges due to the neurodiversity of their child
- Parents who want to improve communication and build stronger partnership in parenting and co-parenting their neurodiverse child.
- Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.



These 2 courses will be delivered by MS Teams, over 8 sessions, on the following dates/times:

- Tuesdays & Thursdays from 27th February to 21 March 2024, 7.00pm to 9.00pm
- Wednesdays & Saturdays from 28th February to 23 March 2024, (Wednesday 7.00pm to 9.00pm & Saturday 10am -12pm)

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

SCAN ME



We build better family lives together

www.familylives.org.uk



@FamilyLivesHertsandBeds



Parenting SEN children when separated online programme



A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.



Three courses will be delivered by MS Teams, from 7pm to 9pm, over 6 sessions, on the following dates:

- Thursdays: 11, 18 & 25 January and 1, 8 & 15 February 2024
- Mondays: 29 January, 5, 12 & 26 February and 4 & 11 March 2024
- Mondays & Wednesday: 29, 31 January & 5, 7, 12, 14 February 2024

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

SCAN ME



We build better family lives together

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Get the right help at the right time



early help, brighter futures

Need advice and support for your family?

-  Relationship support
-  Parenting Advice & Courses
-  Emotional & Mental Health
-  Staying healthy
-  School attendance/anxiety
-  Money advice
-  Services for Young People
-  SEND Local Offer
-  Search local services
-  and much more



Visit Hertfordshire's Families First website:-
www.hertfordshire.gov.uk/familiesfirst



Hertfordshire
Family Centre
Service

NHS
Hertfordshire Community
NHS Trust

School Nursing

Autumn 2023

Public Health Nursing 5-19 Team Newsletter

Welcome back!

We are looking forward to supporting lots of young people throughout the new school term.

How to Contact Us:

0300 123 7572 (Mon-Fri 9am-5pm)

www.hct.nhs.uk/our-services/school-nursing

Free workshops available for parents and young people to attend, regarding emotional health, returning to school & more:

<http://ow.ly/U01750KHYQk>

HEALTHTEENS

A great website, with information and advice for young people aged 11-19.

www.healthforteens.co.uk

Chat Health

Chat Health is an anonymous text messaging service for young people aged 11-19 years that runs between 9am-5pm, Monday to Friday. Young people can use this to contact a School Nurse for support and advice.

Young people can ask for help and advice on a range of issues such as:

- Weight and exercise
- Healthy eating
- Stress and anxiety
- Relationships and sexual health

A friendly school nurse will be on hand to support with anything you would like to talk about.



Sleep

Sleep is especially important and helps our development.

Lack of sleep can lead to reduced concentration, increased behaviour difficulties and irritability.

Did you know that young people need around 8.5 - 9 hours sleep at night?

Top tips to support you:

- Plenty of fresh air and exercise during the day
- Avoid electronics and devices at least one hour before bed
- A relaxing activity before bed, such as reading and listening to calming music
- Have a good routine at bedtime and keep regular sleep and wake times

Have a look at our websites for more great advice:

www.healthforteens.co.uk



Meet The Team

Hello, I'm Shannon, a Children's Wellbeing Practitioner in the school nursing team.



We provide guided self-help support for 11-19 year olds.

Our interventions offer support to empower young people with tools for their emotional health.

You can access our services by using the school nurse referral form.

Mental Health Toolkit

Just like we have tools to do certain jobs, a mental health toolkit can support us when we're feeling anxious, low, or sad. It can be filled with the things that help us to feel calm. A small box that you can decorate or with a pattern/picture you like is great.

Some examples of things you might like in your tool kit:

- **Headphones:** lots of people find music a good way to relax
- **Journal/sketchpad:** to write down thoughts and feelings or draw/sketch how you feel.
- **Essential oils** to relax you such as lavender or orange to calm you and help lift your mood.
- **A favourite stuffed toy/animal**
- **Fidget toys** including spinners or cubes.
- **A photograph** of your favourite place.

You can put whatever you like in your toolkit.

Remember that we are here for you via our chat health service.

Did you know?

School Nursing is also on Instagram, Facebook and X/Twitter!

We post up to date information, support and advice for young people and parents.

Follow us!



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



o.Hct SchoolNursing



Hertfordshire
**Family Centre
Service**



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



[https://www.hertsfamilycentres.org/info-and-advice/
parents-and-mums-to-be/school-nurses.aspx#](https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#)

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team
for 11-19 year olds. Text in any health and wellbeing concerns



@**hct_schoolnursing**

@**teenhealth.hct**



@**HCT_SchoolNurse**



🔍 **Hct SchoolNursing**



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am – 5pm Monday to Friday
(excluding bank holidays)

F25 MRS RABJOHNS ROOM



WELLBEING CLUB



WEDNESDAY KS4 LUNCH



Come and chat, colour
and learn techniques to
help you cope with
everyday life

KS4 Lunch times
on a wednesday
in F25



Mental health
ambassadors are here
to talk to about anything
on your mind

Come and join us

Sports Shoes Donations

We are supporting One Impossible Thing, a charity that provides nearly new astro boots, blades and trainers to children. If you have any donations you feel are suitable, please drop them off to Reception.



ONE IMPOSSIBLE THING
SPORTS SHOE NETWORK

What we do

We collect pre-loved and outgrown sports shoes and redistribute them for free to those who need a little extra help.

We believe a lack of sports shoes shouldn't be an impediment to children and adults taking part in sport. Especially as sport can help people build confidence, self esteem and lead healthy lives.

We work in West Herts and Luton to redistribute the shoes through youth groups, schools, refugee groups and charitable organisations.

How you can help

We are running a Shoe Drive at school, so collect all your discarded and outgrown sports shoes lurking in the back of your wardrobe.

Football boots, astro boots, trainers and running shoes are all accepted.

Don't forget to follow us on Facebook or Instagram and help spread the word about what we do.

 @1impossiblething

 @oneimpossiblething

e: contact@1impossiblething.com

Information

Independent Learning and Homework at Longdean

Please remember to discuss your child's Independent Learning and Homework set on Show My Homework using the app or the website:

<https://longdean.showmyhomework.co.uk/school/homeworks/calendar>

Here you can find the entire school's homework and filter by subject, teacher or class without logging in. For specific details about your child's homework, please log in to this website or the app. We recommend half an hour a night, Monday through Thursday, on sites such as GCSE Pod, BBC Bitesize, Mathswatch, Tassomai, Educake, MyMaths and others, as advised by the departments.

www.mymaths.co.uk — students have an individual username and password from their Maths Teacher.



Link Dates The Longdean Link is published every two weeks, via the in touch e-mail system to all those for whom we have an e-mail address.

Reporting Absences from School - Contact Numbers

If, for any reason, your child is absent from school or needs to be collected for an appointment, please contact one of the following numbers as soon as possible. Any messages will be picked up at the beginning of the school day.

Please call each day your child will be absent.

<i>Year 7:</i>	<i>01442 205703</i>
<i>Year 8:</i>	<i>01442 205760</i>
<i>Year 9:</i>	<i>01442 205758</i>
<i>Year 10:</i>	<i>01442 205707</i>
<i>Year 11:</i>	<i>01442 205706</i>
<i>Sixth Form:</i>	<i>01442 205720</i>

Student travel



Do you or your child travel to University, College or School by bus? If so, we've got the perfect solution!

Arriva Student and Child Saver tickets are valid for anyone in full time education and, is a cost effective and flexible way of paying for travel costs.

Unlimited Travel - You'll get unlimited access to travel on any Arriva bus, at any time, across all routes in your chosen area.

No Restrictions - The Saver tickets will cover your travel to and from University, School or College, evenings, weekends and throughout the holidays too at any time of the day.

Flexible Payments - Arriva's Direct Debit scheme allows you to spread the cost of your ticket over affordable monthly payments. It's an easy way to pay for travel and there's no contract involved, making it an ideal way to get reduced bus travel for the whole Academic year, without paying upfront.

Sign up in advance – Either set your direct debit a future date for when you need the ticket or, you can start your ticket now to get used to the local bus routes

Plan your journey – Please use our 'Plan a journey' tool on our website to work out which bus you require

It's a simple process to apply, to arrange your Direct Debit please visit the website below and, select the region the school, college or university is in

www.arrivabus.co.uk/monthlytickets

Once registered you can select either to receive your monthly pass by post or sent to your mobile phone, so you won't have to worry about paying every time you board the bus.

This ticket will rollover every month for as long as the direct debit remains active.

For any queries regarding the scheme, please email: talktous@arriva.co.uk

***Our tickets do not cover Arriva London/TFL routes**





LONGDEAN
SCHOOL

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us

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Information

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For Children Aged
3-14 years old


Ofsted
raising standards
improving lives

Multi Activity Camps

LONGDEAN SCHOOL

(Hemel Hempstead)

Where the FUN never stops!



Performing Arts

Zorbs

Giant Inflatables

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Assault
Course

Football

Cascade Cubs
3-4 year olds

Slip N Slide

Dance

Theatre
Workshop

Archery Tag

Multi
Activity

Artists
Studio

Tax Free Childcare & Childcare Vouchers accepted!
Wrap Around Care Options from 8am to 6pm.

www.cascadecamps.com

07395 087250

info@cascadecamps.com