



Longdean School
'Rejoice in thy youth'

Longdean Link

Edition 13

28.03.2024

A note from the Headteacher

Dear parents and carers

Another busy term draws to a close and there is still so much going on to celebrate. Last week our Dance Teams entered the Local Dacorum School Competition. Our teams presented their pieces very well and won the competition overall. This is a great achievement as for many of the students it was their first experience of representing the school.



In the world of sport Year 8 boys entered a district rugby tournament this week. They played 5 games against other local schools and emerged from this unbeaten recording 5 wins and taking the overall title. I am delighted for all the students involved as this is the second tournament they have won.

Our Duke of Edinburgh Award students have also taken the first steps on the road to completing their awards. Over the last weekend the students undertook their expedition in the areas around Ivinghoe. All the students completed the challenge and enhanced their camping and map reading skills as well as completing the hike with their kit on their backs. Well done to all involved.



Dates for your diary

28 Mar—End of term,
finish at 12.30pm

15 Apr—Inset day

16 Apr—Term starts

06 May—Bank Holiday

27—31 May—Half term

A note from the Headteacher (cont)

This week we received confirmation that the resources we are sending to our link school in Ghana and on the way. We have sent packages of books, ICT equipment and PE resources. These will hopefully arrive in the next few weeks and will benefit the Bedomase Junior High School and the local community around the school.



As part of our ongoing work around Equality a group of students visited Tanners Wood Primary School and gave a presentation on the Civil Rights Movement.. This was well received by the primary students and allowed the Longdean students to demonstrate how important this project is to them.



In my assemblies this week I have been talking to the students about Easter and how the meaning of this festival can be applied to them as Longdean Students. Easter is an opportunity for reflection and a fresh start and understanding the idea that anything that you want to do or achieve requires hard work, dedication and on occasion personal sacrifice. I have discussed with students how this can be applied to examinations, attendance or attitude to learning and how this festival and holiday period reflects our values as a school and our motto 'Rejoice in thy youth.'. I gave all students a quote that highlights this point 'do what you have to do so you can do what you want to do .' I would encourage them all to consider this over the Easter period.

Finally for this week I wish all of you an enjoyable Easter break and I hope you get to spend quality time with your friends and families. If you are celebrating Eid in the break I hope that this also goes well for you. If you are sitting examinations in the Summer Term please use the holiday period to undertake some revision to ensure you are well prepared.

Best wishes and Happy Easter

Graham Cunningham
Headteacher



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.

Well done Caitlin!

Caitlin R in year 7, came 5th out of 39 skaters competing nationally in Sheffield last week at the Young Stars competition with British Ice Skating scoring a new personal best. Due to the timing, her form was able to watch live and cheer her on as she glided effortlessly through her routine!

She is a level one skater – a huge achievement at such a young age. She is hoping to continue competing and will be heading to Blackpool in the Easter Holidays to compete again.



Longdean Leadership Academy News



March 2024



YOUTH
SPORT
TRUST



Lead Specialism
Partner School
Leadership, Coaching and Volunteering

Issue 11.1

Welcome to the Longdean leadership academy newsletter. Another busy term of fantastic work by our academy students. Miss McCawley

Barclays Girls Football Partnership – Biggest Ever Girls Football Event.

On Friday 8th March – International Women’s Day, Longdean female football coaches, and female sports leaders delivered our biggest ever football festival. 600 primary school girls from years 3, 4, 5, & 6 attended the event which was split into skills activities in the morning and games in the afternoon.

The Longdean Leaders delivered 8 different skills activities in the morning having received training from Mrs Hill and Miss McCawley. They were then given a team to manage in the afternoon.

Local referees/coaches/clubs all supported the event, and we had Herts FA come and see the event in action too.

Mrs Hill was instrumental in getting our two female football pro’s – one from Watford and one from Tottenham Hotspur to attend.

A fantastic day which would not have been possible without all of our sports leaders. Thank you all!




“Sweet
Caroline”



Other Girls Football Leadership News



Our current Year 7 Girls Football Leaders know as ‘GAME ON’ leaders were trained by Mrs Hill as part of the Barclays Girls FA training available to all Secondary Schools. The girls took part in a virtual session, and will continue to get resources and support from Mrs Hill for the rest of the year. They are tasked with getting more female footballers involved in the game.

‘Barclays Game Changers’

Longdean School also nominated three girls to be part of our District Game Changers programme – These three girls will be tasked with raising the profile of girl’s football and inspiring the next generation of girls. Well done to Grace, Grace and Lucy for being nominated.



Year 8

The year 8 sports leaders supported with the School Games Primary Year 6 Sportshall Athletics event on Friday 9th February held at Longdean in the Sportshall.

Schools arrived during the afternoon, and leaders were in charge of timekeeping and measuring.

They all did a brilliant job of encouraging the year 6’s to be the best they could be.



Longdean Leadership Academy News



March 2024



Lead Specialism
Partner School
Leadership, Coaching and Volunteering



Issue 11.2

Year 7

Our year 7's supported with two DSSN events this term.

Firstly, on Monday 22nd January at the Year 3 Target Games event held in the School Hall – The leaders were split in half- During the morning half the group led the activities, whilst the other half scored for the schools. In the afternoon the leaders swapped roles. This enabled everyone to get experience of both leading and scoring. The event was a huge success, and the year 7's having been trained on the Friday before were a real credit to the school.



The second event took place on Monday 11th March which was the Year 2 Sportshall Athletics event again held in the main hall. Once again sports leaders shared the roles during both the morning and afternoon slot.

Well done to everyone that supported – It was lovely to see the improvement in confidence and leadership skills of some of the students.



Year 9

On Tuesday 13th February and Thursday 29th February year 9 sports leaders were asked to support DSSN deliver the year 1 sports festival at Hemel Hempstead Everyone Active. The leaders were brought to the centre by Longdean PE staff, and spent both afternoons delivering activities including balance biking, football, cricket, dance, crazy catch, basketball, skittles & trampolining.

On 18th March – DSSN held an Easter Egg Extravaganza for year 3 & 4 pupils at Longdean – Once again the year 9 sports leaders were split into AM and PM slots, and helped deliver the stations and score for the schools.



Inclusion Champions

6 Inclusion Champions from year 9 were selected and received their school training from Miss McCawley and Miss Barry – Those champions were then invited to fill a space at the county training day on 8th February at Herts Sports Village – They were joined by seven other schools from across the county, and took part in activities based around Paralympic sports. They also enjoyed a talk from athlete role model Steve Frew, and two of our Hertfordshire young athlete role models. Miss Barry will now work with the champions to deliver a club/festival for pupils in year 7 during the summer term.

Well done to all of the Champions for all your effort and hard work during both training activities.



Longdean PE extra-curricular timetable summer 2024



	Year 7 girls	Year 7 boys	Year 8 girls	Year 8 boys	Year 9 girls	Year 9 boys	Year 10 girls	Year 10 boys
Monday	Rounders (BHI/SPB/ESH)	Cricket (HDE/OJO)	Rounders (BHI/SPB/ESH)	Cricket (HDE/OJO)	Rounders (BHI/SPB/ESH)	Cricket (HDE/OJO)	Rounders (BHI/SPB/ESH)	Cricket (HDE/OJO)
Tuesday		Boys tennis (DJE/DGI)	Lunchtime football with Chipperfield Corinthians	Boys tennis (DJE/DGI)		Boys tennis (DJE/DGI)		Boys tennis (DJE/DGI)
Wednesday	Girls cricket (SPB/ESH)		Girls cricket (SPB/ESH)		Girls cricket (SPB/ESH)		Girls cricket (SPB/ESH)	
Thursday	Lunchtime football with Chipperfield Corinthians Girls tennis(BHI)	Boys cricket (HDE/OJO)	Girls tennis(BHI)	Boys cricket (HDE/OJO)	Girls tennis(BHI)	Boys cricket (HDE/OJO)	Girls tennis(BHI)	Boys cricket (HDE/OJO)

World Challenge Albania 2025

For age 8-14

Hertfordshire's
Holiday Activity Programme



MIGHTY
Netball



**Daily enrichment and
self regulation activities**

Enjoy a hot meal every day

**Keep children active
through the holidays**

Tues 9th – Thurs 11th April
9am–3pm
Longdean School
Hemel Hempstead
HP3 8JB

**happy holidays,
happy children,
happy term time!**

get the code from your school and book through this link
<https://bit.ly/MightyNetballE24HAPpyCamps>

HUMANITARIAN AID FOR UKRAINIANS

*** JOIN US FOR OUR CHARITY FAIR ***
20 APRIL 2024 | 1:00 PM – 4:00 PM

SOUTH HILL CENTRE
Cemetery Hill, Hemel Hempstead, HP1 1JF

*** ADMISSION IS FREE! ***

EXPLORE UKRAINIAN CULTURE, ART, AND CUISINE!

*** INDULGE IN DELICACIES***

- freshly made oven pancakes
- authentic Ukrainian treats

ACTIVITIES

- Concert
- Theatrical Performance
- Games and competitions

*** PURCHASE HANDMADE NATIONAL DECORATIONS ***

*** CASH ONLY ***

Lets come together in solidarity and support,
and embrace the joys of spring

Association of Ukrainians in Great Britain

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

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



ChatHealth

Dedicated text service, to contact a school nurse

07480 635 050

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



JUST TALK

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

www.justtalkherts.org



Mind Hertfordshire Network CYP

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

www.withyouth.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

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



Hertfordshire Community
NHS Trust

School Nursing

Spring 2024

Public Health Nursing 5-19 Team Newsletter

Welcome!

The school nursing team continues to support young people in Hertfordshire mainstream schools.

Ways to contact us

School Nursing Duty line:
0300 123 7572
(Mon-Fri 9am-5pm)

Our referral website, which also has information about our service:



[School nurses in Hertfordshire \(hertsfamilycentres.org\)](https://www.hertsfamilycentres.org)

Social Media



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



Hct SchoolNursing

Measles

Measles infection is caused by a virus, and spreads between people very easily. Around 1 in 15 people with measles can become seriously unwell.

What are the symptoms of measles?

A high temperature, runny or blocked nose, sneezing, a cough, red sore eyes.

Having the MMR vaccine is the best way to prevent measles.

To find out more, check out the National Measles Guidelines:



(UK Health Security Agency, 2024)

Top tips for exam stress

Upcoming exams can cause stress for everyone. Feeling stressed because you can't control the outcome is a normal feeling.

Finding it difficult to concentrate, sleep, feeling irritable and annoyed, feeling run down or unwell and symptoms of anxiety or depression are all signs of exam stress.

Tips to manage exam stress

- **Organisation:** creating a revision timetable and taking regular breaks.
- **Eat well, sleep well.** Avoid energy drinks.
- **Relaxation techniques:** breathing techniques or grounding techniques can help.

Helpful websites

www.healthforteens.co.uk/feelings/exam-stress/exam-stress-just-the-facts/

www.justtalkherts.org

www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787



Special educational needs

The Hertfordshire Local Offer has lots of information about services for you if you have special educational needs and disabilities.

The Hertfordshire SEND Local Offer

SPACE supports young people who are neurodivergent. Whether you think you may be, are going through the diagnostic process, or have already received a diagnosis, SPACE are here to support you.

[SPACE Hertfordshire](https://www.spaceherts.org)



Grounding Skills

This skill helps us to connect to the present and cope with difficult feelings.



Have a go and use your 5 senses

- 5 things you can see (clock, people)
- 4 things you can feel (wind blowing, jumper on skin)
- 3 things you can hear (Birds chirping, traffic, talking)
- 2 things you can smell (perfume, food, coffee)
- 1 thing you can taste (toothpaste, food, drink)

Hygiene

Good hygiene is important to stop the spread of germs and to keep our skin and hair healthy.

Handwashing: After using the toilet or preparing food, as well as when hands are visibly dirty, is important.

Hair washing: Whilst over-washing can cause a dry scalp and dandruff, if hair is greasy during adolescence it will need washing more often.

Bathing: Regular bathing ensures your skin stays healthy. For sensitive or dry skin there are specific products to help.

Areas that start to sweat more, such as underarms and the genital area, begin to cause an odour with the onset of puberty. These areas need daily washing.

Oral Hygiene: Cleaning teeth with a fluoride toothpaste at least twice daily is very important, along with regular dental check ups.





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)

Summer Term Groups



All our programmes provide support, information and resources to parents/carers and adult family members so they can help their children reach their full potential. For more information, please contact Louise on 0204 522 8700/8701 or email services@familylives.org.uk

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

Wednesday 15 May to 26 June 7pm - 9pm

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school. Our programme covers:

- ADHD/ ASD - a whole-family issue
- Understanding your child's behaviour
- Helping your child manage their feelings and outbursts
- Balancing support of siblings
- Learning about structure and routines
- Supporting your child at school

Sorting Out Family Arguments (6 weeks) Online group

Thursday 16 May to 27 June 7pm - 9pm

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family. Our programme covers:

- How parents and children can be affected by conflict
- Strategies in handling and resolving conflict and anger
- Parent's role when there is sibling rivalry and jealousy, fostering cooperation rather than competition
- Effective communication, implementing boundaries and how to negotiate

Less Shouting, More Cooperation (6 weeks) Online group

Monday 3 June to 8 July 9.30am to 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control. Our programme covers:

- Exploring what helpful discipline is
- Recognising the triggers and responding more effectively
- Learning new parenting tools to challenge children's behaviour
- How to negotiate and implement effective boundaries and family agreements
- How to hold boundaries and gain co-operation

Getting on with Your Pre Teen/Teenager (6 weeks) Online group

Tuesday 4 June to 9 July 7pm - 9pm

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise. Our programme covers:

- Learn tools to help teenagers manage difficult emotions and become more emotionally resilient
- How to change parenting styles to meet the developmental needs of your teenager & remain effective
- How to talk to teens so they will talk to you and build strong relationships
- How to set effective boundaries to stop problem behaviour

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

 [cascadecampsuk](#)

[cascadecamps](#) 



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

Swimming

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