



Longdean School
'Rejoice in thy youth'

Longdean Link

Edition 14 26.04.2024

A note from the Headteacher

Dear parents and carers

Welcome back to the Summer Term at Longdean. I hope that you all had an enjoyable break and to those of you who celebrated Eid a belated Eid Mubarak. This week also sees the beginning of another important ceremony that is celebrated by some of our students as it is Passover. This is the Jewish festival that celebrates the Exodus of the Jewish people from slavery in Egypt. It is celebrated through celebratory meals and special services. Best wishes to all of those who are celebrating this important event.

It has been a busy week to the term especially for Year 11. They are now only three weeks from the start of examinations and last week was spent engaged in Accelerate Week, a week long programme of revision focussing on English and Mathematics. The attendance and application from all the students was excellent and will undoubtedly support the students in their final examinations. I would encourage all students to use this week as a springboard to continue their revision in the lead up to the GCSE examinations. Year 12 were also supported with their next steps last week as we had speakers in from Oxford University to speak to students from across Dacorum who are considering applying to either Oxford or Cambridge university. The talk and advice were well received by all involved.

Dates for your diary

06 May: Bank Holiday

27–31 May: Half term

19 July: Last day of term



We have also been doing a lot of work already this term supporting all students around sensible choices, being self-aware and coping with the everyday trials and tribulations that can be thrown at you. Last week we welcomed back Dan Sarginson who ran some small group sessions for students in Years 8 – 10. These focused on understanding yourself better and how you can use your self-awareness to guide your decision making and respond appropriately when faced with difficult situations. This was the first of five sessions that Dan will be running for these groups and if they go well we will expand the project to include more students. Over the next fortnight we will also welcome representatives from MIND into our school to deliver inset to students on well-being. This is important especially at this time of year in the build up to examinations, option choices and decisions about next steps in education.

A note from the Headteacher (cont)

As the new term begins a couple of reminders around some of the basic requirements for school. If a student does not have the correct items of uniform or PE kit they need to provide a note so we can process this appropriately. Last week we had a number of girls arrive in the wrong school PE Kit, mainly leggings, but without a note or email from home. This means we have to keep students out of lessons until we have checked that the reasons are legitimate. Also a reminder that to avoid being marked late to school students need to be in their form bases at 8.30 not simply on site. Parental support on both these aspects of school would be much appreciated.

Finally for this week I would like to congratulate two Year 11 students on their sporting achievements. Harry W yesterday represented Scotland Under 16 at Rugby League winning 56 – 32 against a North of England side. Well done also to Raul V who having already played football for England at Under 16 level this week is playing for Romania in an international tournament. Well done to both boys.

I wish you all the best for the term ahead.

Graham Cunningham

Headteacher



Scientist of the Month



April

Patricia Bath

1942-2019



Patricia Bath was the first female African American to complete a residency in ophthalmology and the first African American female doctor to receive a medical patent. She invented the Laserphaco Probe for cataract treatment in 1986. Dr Patricia Bath was an ophthalmology surgeon, inventor and activist for patients' rights. She was born in Harlem, New York, in 1942.

At Harlem Hospital, where there were many African American patients, nearly half were blind or visually impaired. But at Columbia Eye Clinic, the blindness rate was markedly lower. She conducted a study documenting her observations that blindness among African Americans was nearly double the rate of blindness among whites. She concluded that this was largely due to many African Americans lack of access to ophthalmic care. With these findings Bath established a new discipline know as Community Ophthalmology, now studies and practiced worldwide. She also helped bring eye surgery services to Harlem Hospital, which has since helped to treat and cure thousands of patients.

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)

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



JUST TALK

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

www.justtalkherts.org



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://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



ChatHealth

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

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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Information

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[cascadecamps](#) 



For Children Aged
3-14 years old


Ofsted
raising standards
improving lives

Multi Activity Camps

LONGDEAN SCHOOL

(Hemel Hempstead)

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Performing Arts

Zorbs

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Course

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Cascade Cubs
3-4 year olds

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Activity

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Wrap Around Care Options from 8am to 6pm.

www.cascadecamps.com

07395 087250

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