



Longdean School
'Rejoice in thy youth'

Longdean Link

Edition 14 10.05.2024

Dates for your diary

27—31 May: Half term

19 July: Last day of term

A note from the Headteacher

Dear parents and carers

In the last ten days we have bid a fond farewell to our current Year 11 and Year 13 students as they go off on study leave. These two leavers day are highlights in the school calendar as they allow us to reflect and celebrate the achievements of two year groups over their time as part of our school community. Both Year 11 and Year 13 have been a credit to themselves and have achieved some wonderful things in their time with us. Highlights for me include dance finals in Cheltenham, Duke of Edinburgh expeditions, school shows, sporting finals and I have also had the pleasure of accompanying students from both year groups on skiing trips. As a school we wish them well in their examinations and look forward to celebrating with them at their leavers events.



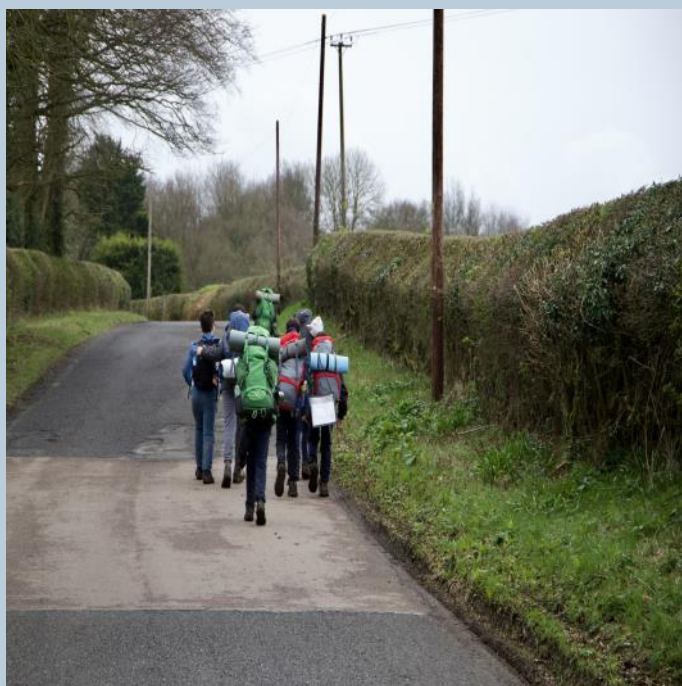
Summer examinations have started in earnest this week and I would like to take this opportunity to remind parents of the expectations around equipment and uniform for the exam period. Students must in full uniform and with their blazer to sit the examinations. For students in Year 10 if they have PE on the day of an examination they may sit the exam in school PE kit. Post 16 students must adhere to the Post 16 dress code for their examinations. In addition students must have the following equipment for all examinations:

- 2 black pens
- 2 pencils
- Protractor
- Ruler
- Compass
- Calculator

A note from the Headteacher (continued)

Some examinations also require specialist equipment and this must be brought in if needed. Water bottles are permitted in the examination hall but they must be plain and free of labels. Watches, phones, headphones and other technology are not permitted in the examination hall. Students need to arrive in good time for the start of the examination rather than rushing at the end. Please share this message with your child at home to help ensure examinations run smoothly.

Recently we have also had students participate in their Duke of Edinburgh expeditions. The silver and bronze practices have been run and all students successfully completed these. The final expeditions for the awards take place later in the summer term. These awards are central to our Personal Development Programme and the number of students taking part is very high. I look forward to presenting the awards in assemblies soon.



The events above certainly show that the summer term is in full swing and hopefully the improved weather will remain with us for the remainder of it. Best regards

Mr Graham Cunningham
Headteacher



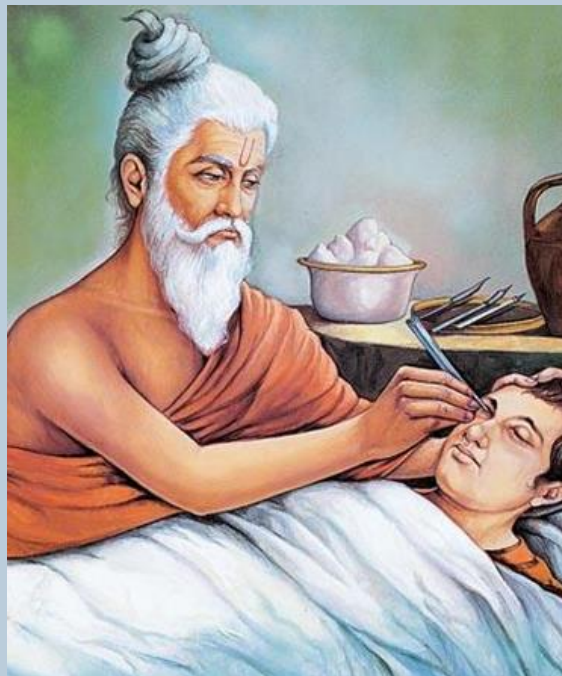
Scientist of the Month



May

Sushruta

800BC-700BC



Sushruta, also spelled **Suśruta**, (flourished c. 6th century BCE), ancient Indian surgeon known for his pioneering operations and techniques and for his influential treatise *Sushruta-samhita*, the main source of knowledge about surgery in ancient India.

For Sushruta, the concept of *shalya tantra* (surgical science) was all-encompassing. Examples of some of his ground breaking operations include rhinoplasty (the repairing or remaking of a nose), removal of a dead foetus, and lithotomy (surgical incision into hollow organs such as the urinary bladder to remove stones, or calculi). He also developed many unique and practical techniques to dissect the human body and study its structure.

The *Sushruta-samhita* also provides details on toxicology, paediatrics, pharmacology, and other branches of the traditional system of Indian medicine known as Ayurveda.

Celebrating International Biodiversity Day 22 May 2024



United Nations



KS3 Competition

You need to create a poster which includes the following information:

- What is Biodiversity?
- What is happening to the amount of Biodiversity?
- What is causing this to happen?
- Build back – What are we doing to try and increase the amount of Biodiversity.

Submission – Please either hand in a hard copy or email it to Miss Pennington

Deadline: 24th May

KS4 Competition

You need to create a leaflet or PowerPoint which includes the following information:

- What is Biodiversity?
- What is happening to the amount of Biodiversity?
- What is causing this to happen?
- Build back – What are we doing to try and increase the amount of Biodiversity.

Submission – Please either hand in a hard copy or email it to Miss Pennington

Deadline: 24th May

Year 11 Study leave lessons

20th May - 24th May

Date	Day	Period	Staff	Room	Subject
21st May	Tuesday	4	FNE	S9	Biology
21st May	Tuesday	4	JTI	S20	Physics
21st May	Tuesday	4	MWA	S2	Physics
21st May	Tuesday	5	LHO	S8	Physics
21st May	Tuesday	5	MOL	S4	Physics
21st May	Tuesday	5	CPE	S10	Chemistry
22nd May	Wednesday	Physics Exam Paper 1 - AM			
22nd May	Wednesday	3	CPE	S10	Biology
22nd May	Wednesday	3	JTI	S20	Chemistry
22nd May	Wednesday	3	MOL	S4	Physics
22nd May	Wednesday	5	LHA	S3	Biology
22nd May	Wednesday	5	MOL	S4	Chemistry
22nd May	Wednesday	5	RMU	S22	Physics
23rd May	Thursday	3	LHA	S3	Biology
23rd May	Thursday	3	NMU	S9	Chemistry
23rd May	Thursday	3	LBR	S10	Physics
24th May	Friday	1	EHO	S21	Biology
24th May	Friday	1	CPE	S10	Chemistry
24th May	Friday	1	MWA	S2	Physics

10th June - 14th June

Date	Day	Period	Staff	Room	Subject
11th June	Tuesday	Chemistry Exam Paper 2 - AM			
11th June	Tuesday	4	FNE	S9	Physics
11th June	Tuesday	4	MWA	S2	Physics
11th June	Tuesday	4	LHO	S8	Physics
11th June	Tuesday	5	NMU	S9	Physics
11th June	Tuesday	5	JTI	S20	Physics
11th June	Tuesday	5	CPE	S10	Physics
12th June	Wednesday	3	MWA	S2	Physics
12th June	Wednesday	3	MOL	S4	Physics
12th June	Wednesday	3	CPE	S10	Physics
12th June	Wednesday	5	LHA	S3	Physics
12th June	Wednesday	5	LHO	S8	Physics
12th June	Wednesday	5	JTI	S20	Physics
13th June	Thursday	3	LBR	S1	Physics
13th June	Thursday	3	LHA	S3	Physics
13th June	Thursday	3	LHO	S8	Physics
14th June	Friday	1	EHO	S21	Physics
14th June	Friday	1	LBR	S1	Physics
14th June	Friday	1	MWA	S2	Physics
14th June	Friday	Physics Exam Paper 2 - PM			

3rd June - 7th June

Date	Day	Period	Staff	Room	Subject
3rd June	Monday	5	CPE	S10	Biology
3rd June	Monday	5	NMU	S9	Chemistry
3rd June	Monday	5	MOL	S4	Physics
4th June	Tuesday	3	EHO	S21	Biology
4th June	Tuesday	3	MOL	S4	Chemistry
4th June	Tuesday	3	LHO	S8	Physics
5th June	Wednesday	1	FNE	S5	Biology
5th June	Wednesday	1	MOL	S4	Chemistry
5th June	Wednesday	1	RMU	S22	Physics
5th June	Wednesday	2	CPE	S10	Biology
5th June	Wednesday	2	MOL	S4	Chemistry
5th June	Wednesday	2	MW	S2	Physics
6th June	Thursday	2	No Session due to Exam		
6th June	Thursday	4	CPE	S10	Biology
6th June	Thursday	4	MOL	S4	Chemistry
6th June	Thursday	5	LHO	S8	Biology
6th June	Thursday	5	JTI	S20	Physics
7th June	Friday	Biology Exam Paper 2 - AM			
7th June	Friday	2	No Session due to Exam		

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



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://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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us

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 @instagram



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

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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