



Longdean School
'Rejoice in thy youth'

Longdean Link

Edition 5 17.11.2023

A note from the Headteacher

Dates for your diary

01 Dec— Occasional day

20 Dec—End of term

04 Jan '24—Term starts

19-23 Feb —Half term

29 Mar—End of term

Dear Parents and Carers,

This week we held our first School Forum. This event provides students from all forms in all years to ask me questions about any aspect of school life and to discuss any topical issues in school or society in a structured and safe environment. This week I received questions about our hair policy, supporting victims of disasters around the world through fundraising and how we can make our school even more inclusive and make sure everyone feels represented. We also took the opportunity to discuss the different perspectives on the events in Gaza. The debates were very healthily and fully discussed with all parties expressing their right to an opinion whilst respecting the views of others by exercising this right in a responsible manner. A summary of the discussions will now be fed back via form reps in Year assemblies. I look forward to the next forum in the new half term.



This week Year 11 have also undertaken their first language oral in either Spanish or French. Where appropriate students have also taken their oral examinations in their home languages. The student work ethic and effort has been exemplary and the standard of work has provided a good base line for students to work from as they move towards their preliminary examinations in December and February. Modern Languages staff will now be feeding back to students in their lessons.

A note from the Headteacher

Year 8 & Year 11 have also undergone a series of careers events in the last fortnight. Year 11 engaged in mock interviews to help ensure they are ready for Sixth Form, College or Apprenticeship interviews when the time comes. Year 8 participated in a next steps events aimed at helping them prepare for their futures in relation to Enrichment and Option choices at the end of this year and in Year 9.



As the weather turns colder I would like to remind parents about our uniform expectations. Students must be in full uniform or full Longdean PE Kit. Hoodies are not permitted on site at all and must be removed at the front gate. A school hoodies can only be worn on PE days and must never be worn in place of a blazer. If a student is missing an item of uniform all we ask is for parents to send the student in with a note so we can issue a uniform card. If we do not receive note from home students run the risk of being sanctioned for incorrect uniform and not having a pass issued.

Furthermore, as the weather turns there is more traffic on the road and more students being dropped off or collected from school. There are also lots of roadworks in the local area. Please can I remind all parents to park responsibly and legally on Rumballs Road and Winchdells, to not park on corners of roads or on the zig zag lines outside of school. Families may also want to consider leaving slightly earlier and allow extra time for the journey to school to avoid their child being late. As with uniform if a student is late due to traffic a parent must contact the school via email to explain.

Regards

Graham Cunningham

Headteacher

M MATHS?

Well, you might have to use it in Business Studies...

- Choose a **sampling method** and design a **questionnaire** to test consumers' views of a new soft drink.
- Calculate the **percentage change** in number of employees between two given years.
- Work out the amount of **money** received by workers with **hourly rates** who also work overtime.
- Analyse data from a **line graph** showing the changing **percentage** of households with internet access.
- **Substitute** values into a **formula** to calculate **average** cost.
- Know how to **draw** and **analyse** a break-even graph.
- Use financial information to **calculate** gross profit, net profit and the profit margin.
- **Calculate** missing figures in a cash-flow forecast.
- Analyse a **pie chart** showing market share.
- **Calculate** the **interest** paid on a loan with a given **rate of interest**.
- Use **exchange rates** to **convert** between currencies inside and outside the Eurozone.



Maths has lots of applications and is a vital asset in many degrees and careers. To find out more about where maths is used and maths-related careers visit: www.mathscareers.org.uk

*Thought of
the Week*



**YOU DON'T HAVE TO BE GREAT TO
START, BUT YOU HAVE TO START TO
BE GREAT.**

— ZIG ZIGLAR

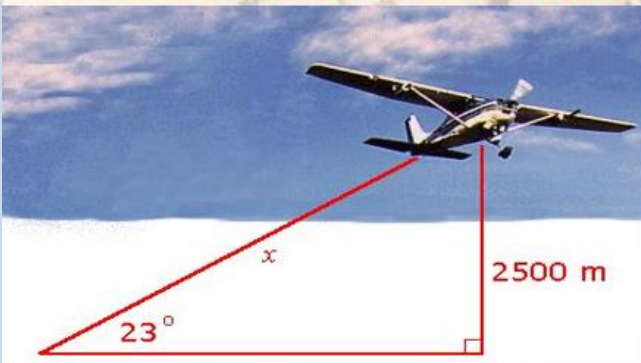


Word of the week

E is for elevation

The vertical height of a point above a base.

The angle of elevation from one point A to another point B is the angle between the line AB and the horizontal line through A.



What's the opposite word for angle of elevation?

Numeracy Challenge

Each member of a football team has 2 different colour shirts, red and blue, and 3 different pairs of shorts, black, white and green.

Here is one possible kit combination: red shirt, black shorts.

How many combinations are there altogether?



Ext How many combinations would there be if there was also a choice of yellow, purple or grey socks (each pair of socks must match).

Martin Lewis:

Financial education matters...



Banks pay interest as a way of attracting people to save with them. While they have your money, they are able to make use of it. For example, it can be lent to borrowers. When a bank lends money to borrowers it will do so at a higher interest rate than it pays to its savers.

This is why it is better to save than borrow, because in effect you get paid to save whereas you have to pay to borrow.

If you have borrowed money from a bank, you should try to pay this off before you start saving. This is because it costs you more to borrow than save.

Answers

Answer:

There are 3 different combinations for each colour of shirt. This is just changing the shorts.

Therefore, there are 6 combinations altogether.

Extension answer:

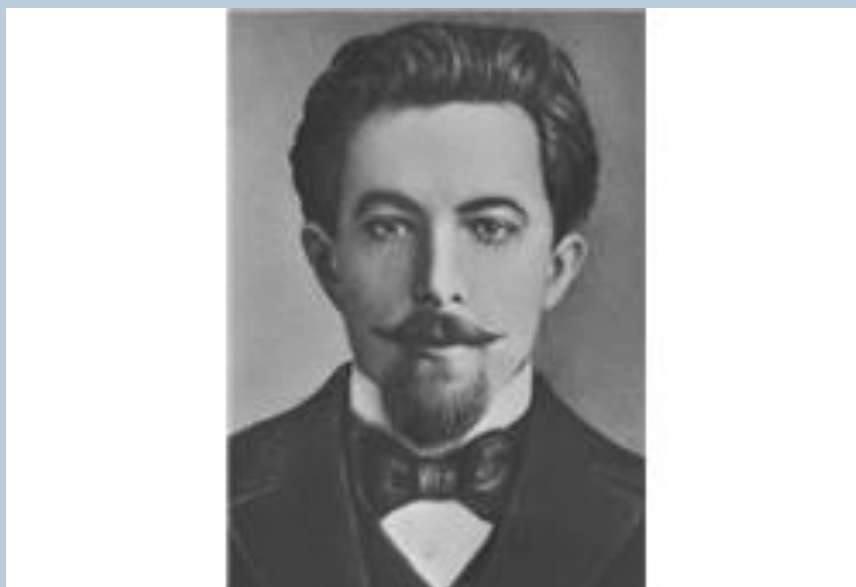
There would be $2 \times 3 \times 3 = 18$ combinations altogether.

Scientist of the Month

November

Mikhail Tsvet

1872-1919



Mikhail Semenovich Tsvet invented chromatography in 1906, and it took decades before it, and its derivatives became widely used. For twentieth-century chemistry, two such methodological advances can be singled out as having extraordinary impact on research. One is X-ray crystallography and the other is chromatography. For X-ray crystallography, its pioneers were recognized for their milestone discoveries from the very beginning, virtually from the moment of their discoveries. Tsvet's discovery remained unrecognized even though he lived for more than a decade after his discovery. Only later were Nobel Prizes awarded for the discovery of derivatives of chromatography and for discoveries by employing chromatography.

Tsvet was a botanist, and the invention of chromatography happened while he was working in Warsaw, Poland, which was at the time part of the Russian Empire. Chromatography has become a most common technique in the laboratory, so common that Tsvet is hardly ever being referred to in its applications.

Admissions

Proposed Admissions Consultation 2025

The Longdean Trustees have recently agreed to propose a change to our admissions criteria for 2025.

From the 2025 admission year onwards, in addition to the requirement that staff must have been employed for a minimum of two years, the children of staff rule will include **"or where the member of staff is recruited to fill a vacant post for which there is a demonstrable skill shortage."**

In accordance with the 2021 School Admissions Code guidance the school is consulting on the proposed changes. The consultation period will run from 30 October until the 11 December.

We would welcome written comments from our parents and/or any interested parties in the local community. Please post responses to the address below, or you are welcome to email responses to admissions@longdean.herts.sch.uk by the closing date of the consultation period at 9am on 11 December 2023.

Admissions
Longdean School
Rumballs Road
Hemel Hempstead
Hertfordshire
HP3 8JB

The full proposed criteria is available on our school website.

OUR VISION

Rejoice in thy youth.

We see childhood as a time for opportunity. At Longdean we want to support and challenge all students to achieve their best in order to leave with control and choice over their future.

Christmas Fundraiser



Dear Parents/Carers

I am taking part in a fund raiser over this Christmas period, to raise money for the royal national institute of the blind. RNIB are raising money to help thousands more children with vision impairment feel included this Christmas by helping to send accessible Letters from Santa. I am nearly a week in to my 5k everyday from now until Christmas eve to raise money for such a worth while charity. Link is below for anyone who can show support.

<https://www.gofundme.com/f/supporting-blind-and-visually-impaired-children>

Thank you,

Hollie

Miss Hollie Plumb

Head of year 7

Teacher of Performing Arts

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	Boxing	Boxing	Boxing

CATCH UP FOR CNAT, GCSE, CTEC



Longdean School
'Rejoice in thy youth'

Do you want to be part of the Longdean Leadership Academy?

- **Would you like to help out at festivals organised for primary school pupils?**
 - **Would you like to support the School Teams**
 - **Would you like to be the media rep/reporter, photographer or statistician!**
 - **Gain qualifications and awards for the work that you do**

If all of the above sounds like something you would be interested in collect an application form from PE



Longdean School

Boxing Club

delivered by Coaches from
Warriors Boxing Club



Starting Week Commencing 11th
September

There are only 15 spaces per
session – first come first served

Sessions will be coached by
Warriors Boxing Club and will take
place in the Dance Studio in the
Sports Hall

Girls and Boys welcome
Thursday Years 9,10,11 & 6th Form
Friday Years 7 & 8

Longdean School

Fitness Clubs

Delivered by Amanda from
Proud as a Peacock Fitness



Tuesday – Step Aerobics –

Dance Studio in the Sportshall

3:20-4:00 – All years



Wednesday – Body Conditioning –

Dance Studio in the Sportshall

3:20-4:00 – All years



Thursday – Dance Fit –

Activity Studio in the Main building

3:20-4:00 – All years



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



Hertfordshire
Family Centre
Service



Hertfordshire Community
NHS Trust

Autumn 2023

School Nursing

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>

HEALTH/TEENS

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)

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

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[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

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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