



Longdean School
'Rejoice in thy youth'

Longdean Link

Edition 6 30.11.2023

A note from the Headteacher

Dates for your diary

1 Dec—Occasional Day
(school closed)

20 Dec—End of term

04 Jan '24—Term starts

19-23 Feb —Half term

29 Mar—End of term

Dear Parents and Carers,

I am delighted to announce that this week we have formally joined Scholars Education Trust. As a school community we are excited about starting the next chapter in the evolution of our school. My full press release is below:

Longdean School joins outstanding local trust

On December 1st 2023 Longdean School formally joined Scholars' Education Trust a multi academy trust covering Hertfordshire and Bedfordshire. Longdean has been working closely with the trust since September whilst the legal process of joining was completed and approved by the Regional School Commissioner and Department for Education.

Headteacher of Longdean School Graham Cunningham highlighted the exciting opportunities that will be available to students, staff and the wider Longdean Community as a result of joining the trust when he said. 'After a year of due diligence and hard work by all parties we are delighted to formally be a part of this local trust. Scholars' Educational Trust values are very much aligned with those of Longdean and we have already seen the wide range of opportunities and benefits that being in a trust can bring. We are sure that these will continue for the benefit of all students, staff and the wider community.' Mr Cunningham also outlined the value that he felt Longdean could bring to the development of the trust when he outlined "whilst I am certain Scholars' will ensure Longdean continues to improve I am sure that Scholars' also welcomes the expertise and experiences that a large, strong secondary school can bring to their trust."

Claire Robins OBE, Chief Executive Officer for Scholars' Education Trust added "We extend a warm welcome to Longdean School as the latest addition to the Scholars' Education Trust. Under the guidance of Graham Cunningham and his team, we are excited to integrate their valuable expertise within our multi-academy trust. Our collective efforts and close collaboration at all levels will undoubtedly support our students in reaching their full potential."

Scholars' Education Trust, founded in 2012, now provides education for over 7000 students consisting of 8 primary, secondary and all through schools. They have recently been nominated for the Trust of The Year Award. To find out more about either Scholars' Education Trust or Longdean School please follow the links below.

[Scholars' Education Trust](#)

[Home - Longdean School](#)

A note from the Headteacher

In other news the next two weeks will see Year 11 taking their first preliminary examinations in English, Mathematics and Science. Please can I remind all students that they need to attend examinations in full uniform, including blazers. If a student has an examination on the day they have a PE lesson then they can wear full Longdean PE Kit. In addition they will need the following equipment for all examinations. 2 black pens, 2 pencils, protractor, ruler, rubber, compass, calculator. Students might be denied entry to the examination if they do not have the correct equipment.

We also have our school Christmas meal on 13 December. Tickets can be purchased through your iPay account or in person at the finance office. The price has been held at £2.50, the same as it was last year. If your child is eligible for free school meals, they do not need to pay for their dinner but they do need to collect a ticket from the finance office. Tickets are on sale until Friday 8 December.

The 18th & 19th December will also see our school show, High School Musical 2 being performed . Please support this event by purchasing your tickets from school.

Regards

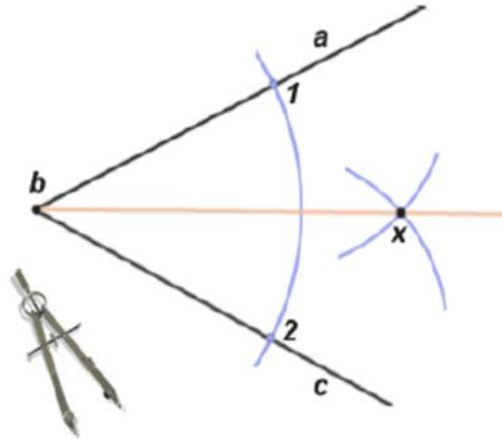
Graham Cunningham

Headteacher

Numeracy Across the Curriculum

ART & DESIGN

Constructions



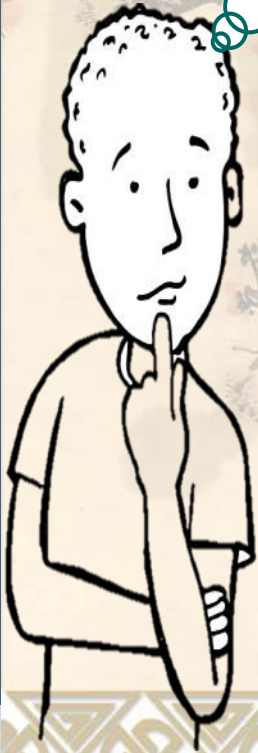
In geometry **constructions** refer to the drawing of various shapes using only a compass and straightedge. No measurement of lengths or angles is allowed.

Construction methods in art are organised techniques, systems, logical practices, planning and design in the creation of structure.

There is also a branch of art called Constructivism that originated in Russia in 1919 and saw art as a practice for social purposes.

Typical **constructions** include drawing the perpendicular bisector of a line, creating a 60° angle and bisecting an angle (see diagram above). Could you use geometrical constructions in art lessons to support your designs? What would be the advantages and disadvantages of doing this?

Thought of
the Week



"Blowing out someone else's candle doesn't make yours shine any brighter."

Word of the week



F is for factor

A number's factors divide into it exactly.
For example, the factors of 12 are 1, 2, 3, 4, 6 and 12. All these numbers divide into 12 without leaving a remainder.

5 is a factor of both 15 and 20, so 5 is a common factor of 15 and 20.

In Algebra, $(x - 1)$ and $(x + 4)$ are factors of $(x^2 + 3x - 4)$ where $(x - 1)(x + 4) = (x^2 + 3x - 4)$

Have you got the Maths' factor?

Numeracy Challenge



A little bit of logical thinking needed for this one, I think!

Each letter is worth a number of points. The points are added up to make the total for the word.

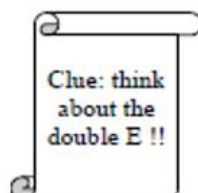
Try to work out the number of points for each letter and then find the value of the last word.

$$\text{TEE} = 4$$

$$\text{TEN} = 6$$

$$\text{NEST} = 10$$

$$\text{TENTS} = ?$$



How many points would TENTS get?



Martin Lewis: Financial education matters...



DID YOU KNOW?

The interest rate you get on your savings is influenced by the Bank of England. They set a base rate, which banks then use to help set the interest rate they offer on their savings accounts.

The Bank of England have an opportunity to change this rate eight times per year. However, unless they have made an explicit promise not to do so, high street banks can vary their

Answers



Puzzle time

Ten tents - answers



Remember the clue: think about the double E !!

Get this and you will crack the answer!

$$TEE = 4$$

$$TEN = 6$$

$$NEST = 10$$

Well the clue should have helped. Let's take a look:

$$TEE = 4$$

T can not be 1 because EE can not add up to 3.

T can not be three because EE can not add up to 1.
So T must be 2.

If T is 2 then E must be 1 to make TEE add up to 4.

If T is 2 and E is 1, then N must be 3. (ten = 6)

This means S must be 4 to make NEST add up to 10.

$$\text{So TENTS} = 2 + 1 + 3 + 2 + 4 = 12$$

Well done everyone who got the correct answer!



First Aid training—Year 7



We are pleased to announce that another group of Year 7 students have recently been trained in First Aid, by Mrs Wilkins, Matron.

Sam A-Z, Rosie B, Kian B, Lily B, Skye C, Ivy D, Ethan G, Lexi G, Lizzy H, Lee H, Fay M, Isabel M, Jocelyn O, Isla M-P, Maaria R, Maisy S and Ella M W were trained in CPR, the recovery position, how to apply slings and bandages and how to use EpiPen's. The students have also been taught how to use a defibrillator, which we have four of on site.

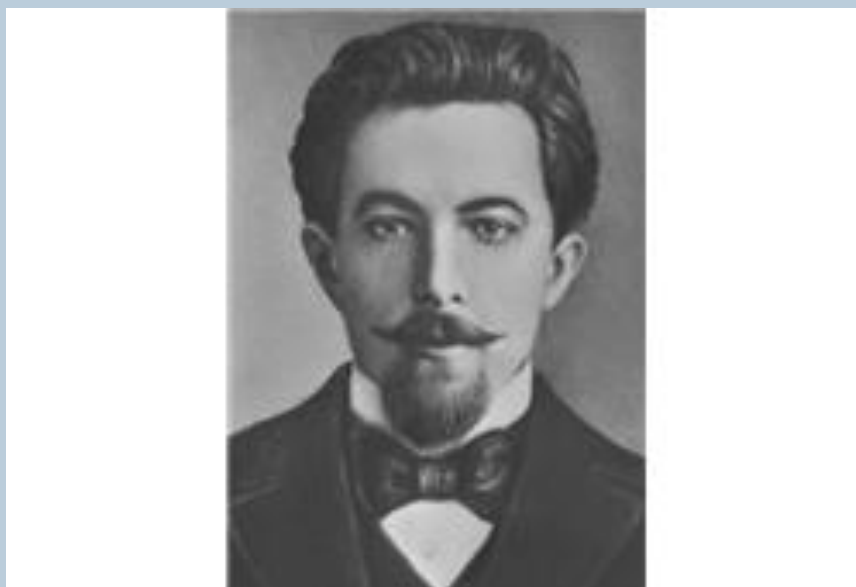
These life saving skills and knowledge will hopefully stay with the students for a lifetime. Well done to you all.

Scientist of the Month

November

Mikhail Tsvet

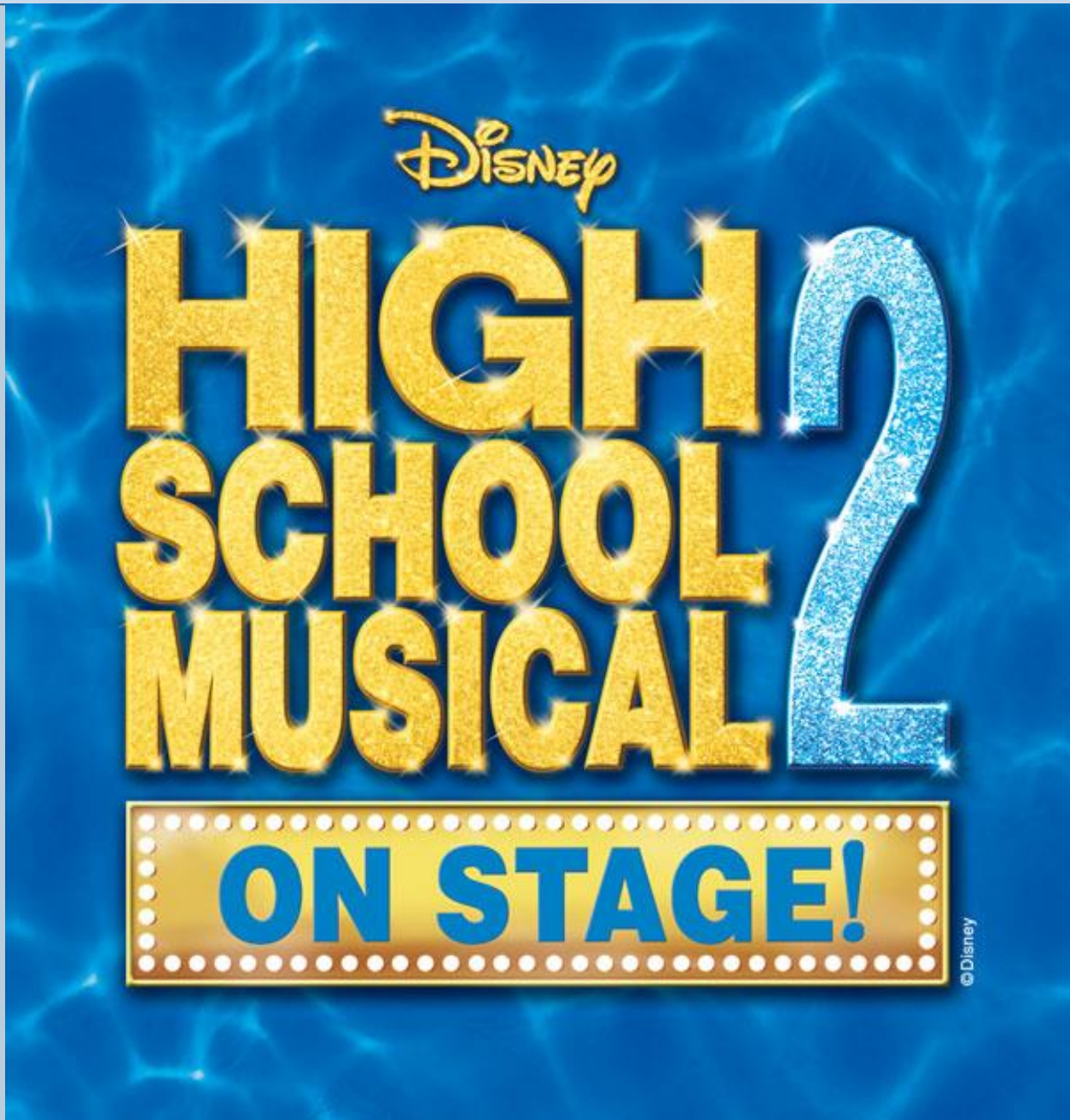
1872-1919



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.

High School Musical 2: 18 & 19 December



We are pleased to announce that tickets have gone on sale for our annual production which this year is High School Musical 2.

Performances will be on the evenings of 18th and 19th December and will start at 7pm, in our main school hall.

Tickets are priced at **£5** each, with **£4** for concessions (FSM). Payments can be made on your iPay account (our preferred method), in cash or by cheque to the Finance office. Please make cheques payable to Longdean School and closing date is 15th December 2023.

If you have any special requirements, such as accessibility, please email finance@longdean.herts.sch.uk at the time of sale of tickets and we can organise seating accordingly.

Thank you for your ongoing support.

We are very much looking forward to seeing you there,

Miss Cheney, Mr Nair, Miss Plumb, Miss Streule, Mr Rahman-Blake and all the students in the HSM2 cast of 2023



Dacorum Local Plan 2024 to 2040

Revised Strategy for Growth Consultation



The consultation opens at:

Midday on 30 October 2023
and closes at 11.59pm on 11 December 2023

To take part in the consultation online,
and for more information, please go to:
letstalk.dacorum.gov.uk

Email: strategic.planning@dacorum.gov.uk

Phone: 01442 228000 and ask for Strategic Planning



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

The latest 'DSPL8 Parent/Carer Newsletter: Autumn Term' & 'Dacorum Parent/Carers courses and support' newsletters are available to download from our website via the following link:

<https://dacorumspl.org.uk/online-resources-for-parents-and-carers/>

This fortnights newsletter includes:

- Update DSPL8 Communications
- Job opportunities to develop whole family SEND work in Hertfordshire
- DSPL8 Dacorum Families SEND Information Fayre: 07.12.2023
- ADD-vance Drop-in Consultations: 10.01.2024
- SEND Surgery: 23.01.2024
- DSPL7 & DSPL8 Emotional Based School Avoidance coffee mornings. For parents and carers with children (Year 7 - 11): 25.01.2024
- DSPL8 EBSA Coffee Morning: 30.01.2024
- Anxiety Unravelling Course by Bounce Forward: 28.02.2024-13.03.2024
- Spring Term DSPL8 Parent/Carer Support

Dacorum Parent/Carer courses and support from various local providers:

- Parenting Courses and Support in Dacorum Spring Term 2024
- HAPpy Camps
- SPACE Hertfordshire: December Activities
- Potential Kids: December Activities
- New Herts Haven Café for young people's emotional wellbeing opens in Hemel Hempstead
- Relationship Support for parents
- Neurodiversity Support Hub
- SEND Drop-in sessions

Please also follow our social media pages for the most recent updates:

Facebook: <https://www.facebook.com/dspldacorum>

Instagram: https://www.instagram.com/dspl_dacorum/

Kind Regards,

DSPL 8 Team –Ruth Mason & Ashley Fabray

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

CATCH UP FOR CNAT, GCSE, CTEC

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



JUSTTALK

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



Hertfordshire
Family Centre
Service

NHS
Hertfordshire Community
NHS Trust

School Nursing

Autumn 2023

Public Health Nursing 5-19 Team Newsletter

Welcome back!

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

How to Contact Us:

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

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

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

<http://ow.ly/U01750KHYQk>

HEALTHTEENS

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

www.healthforteens.co.uk

Chat Health

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

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

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

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



Sleep

Sleep is especially important and helps our development.

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

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

Top tips to support you:

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

Have a look at our websites for more great advice:

www.healthforteens.co.uk



Meet The Team

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



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

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

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

Mental Health Toolkit

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

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

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

You can put whatever you like in your toolkit.

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

Did you know?

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

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

Follow us!



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



o.Hct SchoolNursing



Hertfordshire
**Family Centre
Service**



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

Check out our platforms:



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

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



07480 635 050

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



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

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

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

Follow
us

f @facebook



 @twitter

 @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

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

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