

# **Longdean Link**

Edition 7 15.12.2023

### A note from the Headteacher

Dear Parents and Carers,

A very busy and lengthy term draws to a close next Wednesday and it is always good to look back on what a positive term it has been. Most recently Year 11 have undergone their first round of prelim examinations and this will place them in a good position moving forward to their summer examinations. Year 13 have also participated in examinations and again these will support their university applications for next year. I would like to commend the excellent attitude and application of the all the students involved.

Away from academic excellence it has been great to see many other student successes. Ruby B won the Tech Girl Competition, a national programme designed to engage female students in STEM careers. The week we have had three further students Harriet L (Gold certificate), Nihal S and Nirav S win awards for the STEM Smart scheme linked to Cambridge University.

It has also been a pleasure to present over 71 Longdean students with their gold and silver Duke of Edinburgh Awards and the hear that a former student who completed their bronze and silver awards whilst at Longdean has gone onto complete their gold award whilst at university. We have also raised a lot of money for various charities, for example Macmillan and next Wednesday we will be holding our annual Christmas Jumper Day to raise money for the Red Cross and Red Crescent, two aid agencies supporting victims of natural disasters in Morocco and Libya as well as those displaced by the recent conflict in Gaza.

A further stand out moment has been joining Scholars Education Trust. This development for the school is already making a difference to staff as centralisation has enabled them to focus more directly on supporting students. We have also taken advantage of numerous training and development opportunities. Students have been heavily involved in our Peer Review and have attended conferences on sustainability and anti-bullying. I am sure that this merger will continue to improve our school in the rest of the academic year and beyond.

I would like to end by wishing all parents, students and the wider community a very Merry Christmas and I look forward to working with you all once again in 2024.

Best wishes.

Graham Cunningham

Headteacher

Dates for your diary 20 Dec at 12.30pm — End of term 04 Jan '24—Term starts 19-23 Feb —Half term 28 Mar—End of term

# **Maths**



**HS**<sup>2</sup>

- · Design a questionnaire to find out people's views about a new product.
- Calculate the percentage of carbohydrate in a product.
- · Use your knowledge of pie charts to design a meal which follows the advice of the 'eatwell plate'.
- · Work with money using a calculator to compare the prices in three different supermarkets.
- Substitute values into a formula to work out your body mass index.
- Understand the ratio of fat to flour in different pastries.
- Calculate the cost per portion for a recipe, rounding your answer to a suitable accuracy.
- Use negative numbers to compare low and high temperature methods of food preservation.
- Use your knowledge of metric units to convert between grams and kilograms when following a recipe.
- · Convert between metric and imperial units of weight and volume when using old recipes.

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

N





We don't want to tell our dreams, we want to show them" -Cristiano Ronaldo

Content provided by Mr El. Amine—ADOL Numeracy Coordinator

## Maths



# Gradien

# G is for gradient

A measure of the slope of a line. To find the gradient of a line, divide the "vertical distance" between two points on the line by the "horizontal distance" between those points"

A line sloping upwards from left to right has a positive gradient A line sloping downwards from left to right has a negative gradient



Noel and Merrie received some Christmas presents.

The number of presents Noel received was a power of 3.

The number of presents Merrie received was a power of 2.

The number of Christmas presents they received were consecutive numbers. How many presents did they receive?

=+>-

## Maths

**Martin lewis:** Financial education

matters ....



## SAVE THE CHANGE

There are now many mobile appz like Chip, Plum, Monzo and Tandem that can be linked to your bank account. They help you to zave by rounding up paymentz made, using the app, to the nearest pound and zaving the extra money for you. Some of them analyse your spending patterns and decide if you have enough left in your account to save. If you do, they move it to a savings account for you. Many of the large banks also now offer auto-saving schemes to customers with current and savings accounts when they make payments using a debit card.

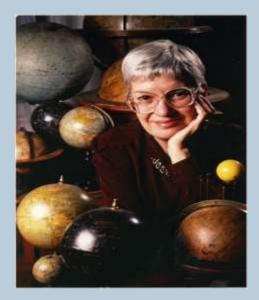
# Answers

# Answers

Here are some possible answers to this problem:

Merrie received 2 presents and Noel received 1 present Merrie received 2 presents and Noel received 3 presents Merrie received 4 presents and Noel received 3 presents and Noel received 8 presents and Noel received 9 presents

# Scientist of the Month December Vera Rubin 1928-2016

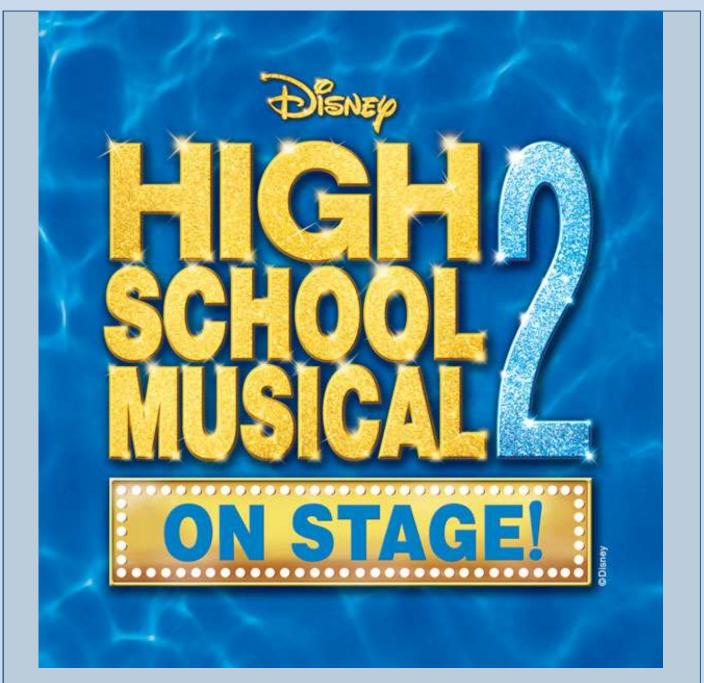


Although her father was dubious about the career opportunities in astronomy, he supported her interest by helping her build her own telescope and going with her to amateur astronomers' meetings. She got a scholarship to the prestigious women's college Vassar, where she graduated as the only astronomy major in 1948. Applying to graduate schools, Rubin was told that "Princeton does not accept women" in the astronomy program. (That policy was not abandoned until 1975.) Undaunted, Rubin applied to Cornell.

After teaching for a few years at Georgetown, she took a research position at the Carnegie Institution in Washington.

Vera Rubin was one of the most outstanding observational astronomers of the modern era. Her meticulous research into the rotation of galaxies did much to convince the astronomical community of the existence of dark matter, which had huge implications for models of the expanding Universe.

# 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 18<sup>th</sup> and 19<sup>th</sup> 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 15<sup>th</sup> December 2023.

If you have any special requirements, such as accessibility, please email <u>finance@longdean.herts.sch.uk</u> 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



### December 2023











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

#### Sports Leaders Celebration Event.

Last year as part of our 'Get Longdean Active' campaign, sports leaders in years 8 & 9 (then) gave up their lunchtimes to deliver clubs and activities. - As a reward for giving up their time Mr Cunningham agreed to fund a fun afternoon, and a £10 Amazon voucher for each leader that completed the 'Get Active' clubs. This took place on Friday 22nd September - The sports leaders had a great time, and got covered in foam!



### Year 7 On Friday 10th November our new year 7's received their leadership training from Miss McCawley in the activity studio.

The team of 34 students all applied and were successful.

Their training included theory around what makes a good leader, and using their communication skills to ensure people know and understand what they are asking. The second part of the session was taking part in personal challenges in order to be able to use their ideas to create their plan for what they are going to deliver to the rest of vear 7 in March. Well done all that attended - I look

forward to using you to support events in the spring term.





DSSN event with Year 8 On 4th October DSSN ran a year 5 Orienteering Competition using Longdean School Year 8 leaders, and facilities. The event was split into two with 5 schools attending in the morning and 5 in the afternoon. The year 8 sports leaders led activities in both sessions, and ensured the year 5's had a great experience.

Both events started with a skills-based carousel of activities, and ended with using the Longdean cross curricular orienteering programme to find markers around the school



# Longdean Leadership











Issue 10.2

On Monday 2<sup>nd</sup> October year 8 sports leaders were given their 2<sup>nd</sup> years academy training, and asked to reflect on what they had learnt from year 1. The task for them this year is to deliver an Inter House event for their own year or year 7 pupils - So far one boys inter house football competition has taken place, and a girls netball shooting competition. - Well done to those who have already delivered - the remaining leaders will deliver in the Spring Term.

Year 8

#### Year 9

Lead Specialism

Partner School

On Monday 2<sup>nd</sup> October year 9 sports leaders received their third years' worth of leadership training, and were set the task of running inter house competitions during week of 16th October. These events have now been calendared into the school diary.

Due to lunchtime clashes – events could only take place during this week.

On Monday Basketball, Tuesday Netball, Dodgeball & Football, Thursday, Dodgeball, Table Tennis and Football and Friday Dodgeball and Football.

Well done to the sports leaders for organising their days, and activities, and for promoting them with the other form groups. House points have now been awarded to those that took part, and the sports leaders have had time to reflect on what went well, and even better if!

DSSN Events – Year 9 Sports Leaders Supported at the cross-country event held on Monday 16th October. During the morning session which was for years 3 & 4 half the leaders helped out with marshalling and running in front of the competitors. The afternoon was for year 5 & 6 with the remaining year 9 sports leaders helping out. A huge thank you to those who ran, and especially Alex Guppy who ran 3 races!



Miss McCawley is in the process of developing a mentoring programme for KS4 leaders who wish to continue their Longdean leadership pathway. We recognise that KS4 pupils cannot come out of class to volunteer as much as KS3 pupils, so want to give them a different challenge to support their Leadership Coaching and Volunteering potential.

#### Inclusion Champs

The county programme has now moved onto another school in Dacorum, but Miss McCawley and Miss Barry will be working on a programme to continue this initiative at Longdean School – Our Inclusion Champions have always been fantastic role models, and we want to continue this over the next two years.

Hertfordshire County Leadership Academy. Congratulations to Miles Nouch and Conner-Ray Stewart for their successful applications to be part of the HYCA - Training will take place in February.

Barclays Girls FA The new year 7's have been picked and will get their training in the new year. Our current year 8's and 9's are supporting Miss McCawley with raising the profile of girls football, and will be part of our Girls Biggest Ever Football event on 8th March 2023

DSSN Events - Slam Jam A huge thank you to Miles Nouch in year 10 for helping at our year 5 and year 6 Slam Jam Basketball competitions - These took place after school on 10/10 and 12/10. Miles used the qualifications that he gained last year paid for by our Longdean Leadership programme to referee the games with great success Thank you again

### KS4

### **Dacorum Local Plan 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 <u>admissions@longdean.herts.sch.uk</u> 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://dacorumdspl.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 Unravelled 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: <u>https://www.facebook.com/dspldacorum</u> Instagram: <u>https://www.instagram.com/dspl\_dacorum/</u>

Kind Regards, DSPL 8 Team –Ruth Mason & Ashley Fabray

# PE department: extra curricular activities timetable 23/24

PE EXTRA CURRICULAR AUTUMN/ WINTER

		7	w	8	6		10		11	1	Sixth Form
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	
Monday	Basketball (MJ)	Football (BH)	Rugby (DJ/SPB)	Football (BH)	Football (OJ)	Netball (ES)	Rugby (HD)	Netball (ES)			
Tuesdav	Football	Step Aerobics (AC)		Step Aerobics (AC)		Step Aerobics (AC)	Football (OJ)	Step Aerobics (AC)		Step Aerobics (AC)	Step Aerobics (AC)
	(DG)	Basketball (MJ)		Basketball (MJ)		Basketball (MJ)	U	CATCH UP FOR CNAT, GCSE, CTEC	OR CNAT, (	GCSE, CTEC	
		Netball (SPB)		Netball (ES)		Football (BH)		Football (BH)		Football (BH)	
Wednesday	Rugby (DJ)	Body Conditioning (AC)	Basketball (MJ)	Body Conditioning (AC)	Rugby (HD)	Body Conditioning (AC)		Body Conditioning (AC)	Football (DG)	Body Conditioning (AC)	Body Conditioning (AC)
	Trampolining	Trampolining	Trampolining	Trampolining	Trampolining	Trampolining	Trampolining	Trampolining	Trampolining	Trampolining	Trampolining
Thursday		Rugby (SPB) Dance Fit	Footbail (HD)	Rugby (SPB) Dance Fit	Basketball (MJ)	Dance Fit (AC)	Basketball (MJ)	Dance Fit (AC)	Rugby (DJ)	Netball (ES) Dance Fit	Rugby (DJ) Netbail (ES) Dance Fit (AC)
		(AC)		(AC)	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing
Friday	Boxing	Boxing	Boxing	Boxing							

# **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

**ChatHealth** 

Dedicated text service, to contact a shool nurse

07480 635 050



advice and information about mental health

fighting for young people's mental health www.youngminds.org.uk

# Student



Form tutor, pastoral manager, head of year counselling worry management just talk ambassadors mentors



Free 24/7 messaging support to talk about your feelings text YM to 85258

# 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

# Wellbeing

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

www.withyouth.org



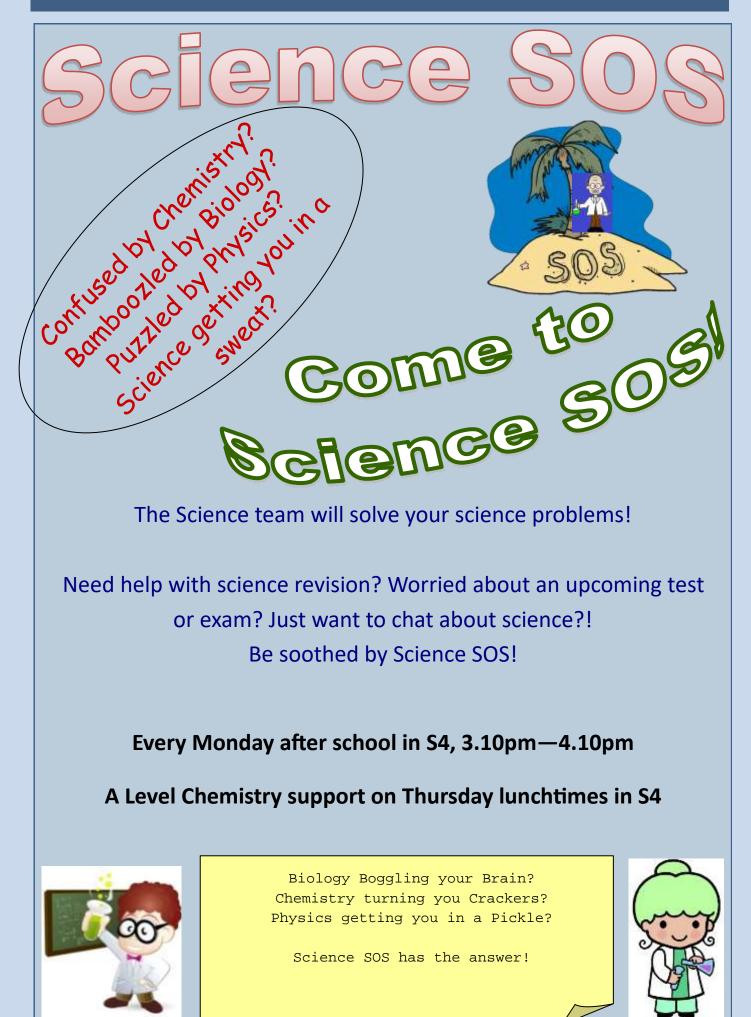
emotional wellbeing information, and sign posting for young people in herts www.justtalkherts.org

Signpost We're here for young people

free confidential counselling for children in herts

www.signpostcouncelling.co.uk

## Science



### **BOARD GAME CLUB**

DiXit

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 Community

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.lv/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 you 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





**GHet SchoolNursing** 





# 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#

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



QHct 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.

> We're collecting your preloved sports shoes to give to adults and children who need a little extra help

ww.limpossiblething.com G @1impossiblething 🔘 @oneimpossiblething



### 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 O

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.

Year 7:	01442 205703
Year 8:	01442 205760
Year 9:	01442 205758
Year 10:	01442 205707
Year 11:	01442 205706
Sixth Form:	01442 205720

## **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: <u>talktous@arriva.co.uk</u>

\*Our tickets do not cover Arriva London/TFL routes





ONGDEAN













# Information





# **Opening Times**

From everyone at Stevensons, we're sending you our best wishes and a little note to say that we are closing our stores over the Christmas holidays so staff can spend time with their family and friends.

We're closed from 18th December until 1st January.

We re-open on the 2nd of January

You can still order for home delivery or Click and Collect once the store re-opens.



