



Longdean School
'Rejoice in thy youth'

Longdean Link

Edition 8 12.01.2024

A note from the Headteacher

Dates for your diary

19-23 Feb —Half term

28 Mar—End of term

15 Apr—Inset day

16 Apr—Term starts

06 May—Bank Holiday

27—31 May—Half term

Dear parents and carers,

Welcome back to a new term and a New Year. I hope you all managed to have a great break and spend time with friends and families over the festive season. At Longdean we will certainly be hitting the ground running and lots is already going on and is on the horizon. Students have returned to school looking very smart and ready to engage in their learning.

Before Christmas all students were given the opportunity to complete their annual student questionnaire. Across the school the completion rate was well over 70% for all year groups and the results will help feed into our School Improvement Work. Students reported that behaviour in lessons and around the school was good, that they are well taught and that a wide range of additional activities and trips are available for students to participate in. Despite these positives, for me the most important responses were around two statements:

- I feel safe in school
- I am happy at school.

Across all the responses these two questions scored 91% and 93% each. There are some things for us to work on in ensuring that all students understand who they can speak to if they have issues in schools they wish to discuss and also in reducing some of the variation between year groups in response to questions about consistency in assessment and feedback. Mr Ratcliffe will be providing a Power Point for all tutors to share with their tutees in the next fortnight so all students receive feedback on the survey. As parents you currently still have time to complete the annual parent survey and we will be analysing the results of this in the weeks ahead.

Students in Years 10 – 13 will undertake a full set of preliminary examinations in this half term and I would like to take this opportunity to remind parents that students need to attend these in full uniform, including blazers and ensure that they have all relevant equipment on them for all examinations. A timetable will be issued soon but students should be revising a little and often at home now in readiness for these important exams.

This term we will also be having a big push on student attendance and punctuality. It is vital that students achieve attendance around or above 95% as this has a direct correlation with performance in examinations and achieving student target grades. Research shows that students with attendance about 95% are three times more likely to exceed their target grades in GCSE and A Level targets. This has an ongoing impact on choices in the next stage of education or employment which in turn impacts on earnings. Linked to this is the importance of punctuality as a life skill. We have noticed an increase in students arriving late for school and we will be taking steps to challenge this in our students.

Note from the Headteacher (continued)

Mr Coot will be writing to parents separately about this but the new ideas will be from Monday next week. Student punctuality is vital so that learning time in lessons is not lost and so that students can receive important messages in registration time. It is also a good discipline to have as students will be expected to be punctual to jobs in the future after they leave school.

Finally for this week I would like to remind parents that reports for all students in all years will be published next week and can be accessed via your Go4Schools login.

Best wishes for the New Year.

Graham Cunningham

Headteacher

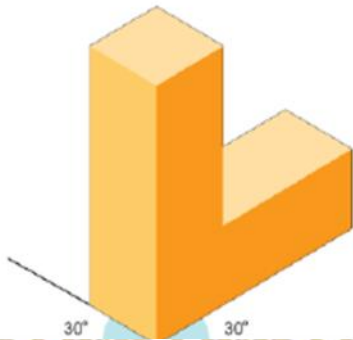
DESIGN & TECHNOLOGY (GRAPHICS)

Isometric Drawings

In D&T a representation of a 3D solid on a 2D surface is called a projection.

Isometric projection uses vertical lines and lines drawn at 30° to horizontal.

Dimensions are shown accurately and in the correct proportion. Isometric projection distorts shapes to keep all upright lines vertical.



In **maths** isometric drawings are also used to represent 3D shapes on a 2D surface.

Isometric drawings are drawn on **isometric paper** which uses dots to indicate where lines should go. Upright lines are always drawn vertically, as they are in D&T, with other lines drawn using the diagonal lines between dots.

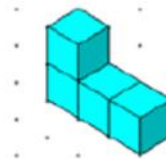


Figure 1



Figure 2

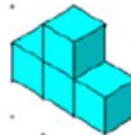
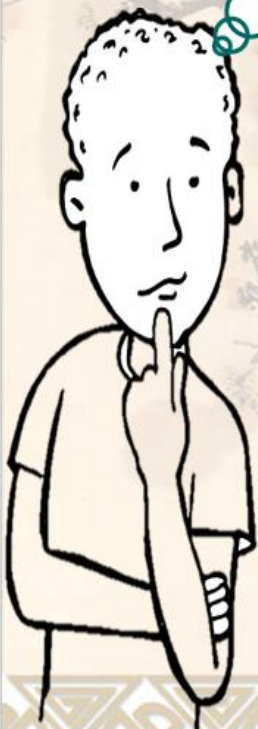


Figure 3



Figure 4

Thought of the Week

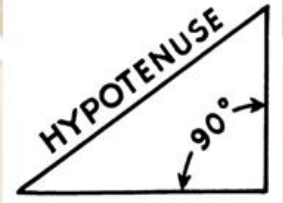


“WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.”
— WINSTON CHURCHILL

Word of the week

H for hypotenuse

The longest side, opposite the right angle of a triangle



How do you find the length of the hypotenuse given 2 sides?

How do you find it, given a side and an angle?

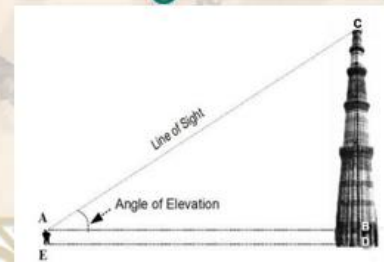


Fig 6

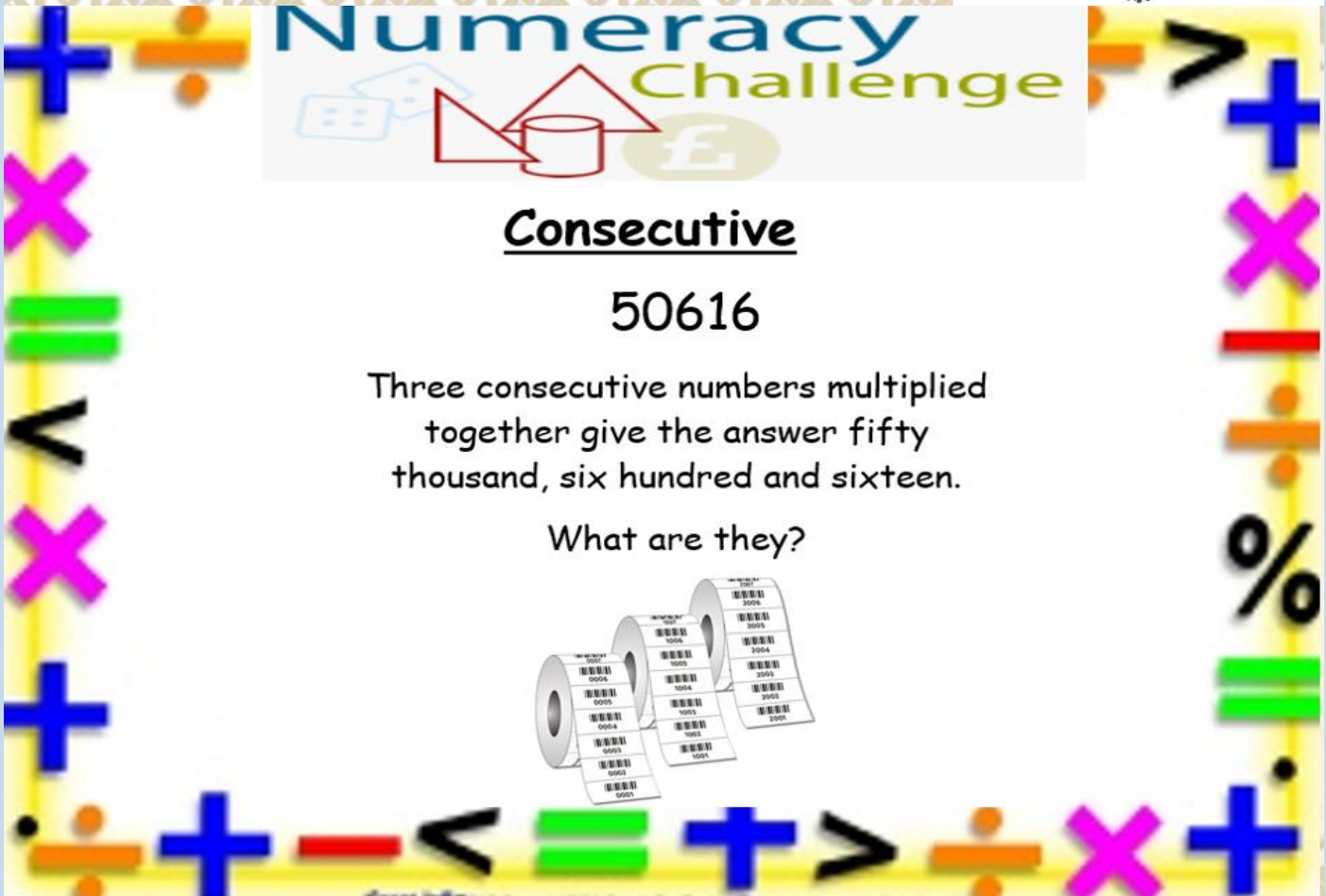


Consecutive

50616

Three consecutive numbers multiplied together give the answer fifty thousand, six hundred and sixteen.

What are they?



Martin Lewis:

Financial education matters...



DID YOU KNOW?

It is important to remember that interest on savings are a form of income and are subject to tax (except ISAs - we will look at these later on). There are limits as to how much interest you can earn before it becomes taxed. These are set out in the Personal Savings Allowance (PSA), but for most people they would have to earn over £1,000 interest a year before paying any tax.

Answers

Answer

36,37,38

Scientist of the Month

January

Rachel Carson

1907-1964



A marine Biologist and nature writer, Rachel Carson catalysed the global environmental movement with her 1962 book *Silent Springs*. Outlining the dangers of the chemical pesticides, the book led to a nationwide ban on DDT and other pesticides and sparked the movement that ultimately led to the creation of the US environmental Protection Agency (EPA).

After outscoring all other applicants on the civil service exam, in 1936 Carson became the second woman hired by the US Bureau of Fisheries. She remained there for 15 years, writing brochures and other materials for the public. She was promoted to Editor-in-Chief of all publications for the US Fish and Wildlife Service.

After a niece died in early 1957, Carson adopted her son and relocated to Silver Springs, Maryland, to care for her aging mother. A letter from a friend in Duxbury, Massachusetts about the loss of bird life after pesticides spraying inspired Carson to write *Silent Springs*. The book primarily focuses on pesticides effects on ecosystems, but four chapters detail their impact on humans, including cancer. She also accused the chemical industry of spreading misinformation and public officials of accepting industry claims uncritically.



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



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) Trampolining	Basketball (MJ)	Dance Fit (AC) Trampolining	Rugby (DJ)	Netball (ES) Dance Fit	Rugby (DJ) Netball (ES) Dance Fit (AC)
Friday	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing

CATCH UP FOR CNAT, GCSE, CTEC



Longdean School Trampolining Club

If you would like to attend the new trampolining club run by coach Jordan from Ministry of Air, please use the link below to book the session you would like to attend.

Starting Wednesday 10th January 2024

There are only 15 spaces per session –

Dates

10/1, 17/1, 24/1, No club on these dates in red 31/1, 7/2, 14/2, 28/2 6/3, 13/3 20/3 27/3

Cost is £18.00 for 8 weeks

Pre-booking using the below links is compulsory

Wednesday's 3:30-4:30pm	https://www.eventbrite.com/e/780684848397?aff=oddttdtcreator	
Wednesday's 4:45-5:45pm	https://www.eventbrite.com/e/780688328807?aff=oddttdtcreator	
Wednesday's 6:00-7:00pm	https://www.eventbrite.com/e/780689532407?aff=oddttdtcreator	

Longdean School

Boxing Club

delivered by Coaches
from Warriors Boxing
Club



Starting 12 January

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

Friday Years 7 8 & 9

Longdean School

Fitness Club

Delivered by Amanda from
Proud as a Peacock Fitness

Tuesday

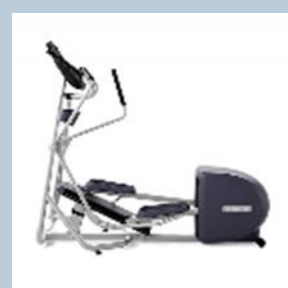
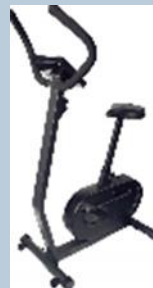
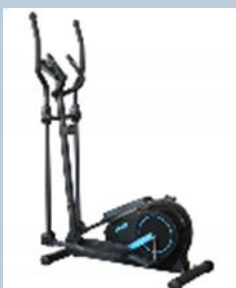
3:30-4:30 – Year 8 Girls

Fitness Suite

Starting 16 January

Induction will be required to use the equipment

Only 15 spaces available – first come first served



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



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



Within my Reach

An online programme for parents of neurodiverse children who are living together or apart

This programme is designed specifically for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment.

Who should attend?

- Parents who are experiencing conflicts and challenges due to the neurodiversity of their child
- Parents who want to improve communication and build stronger partnership in parenting and co-parenting their neurodiverse child.
- Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.



These 2 courses will be delivered by MS Teams, over 8 sessions, on the following dates/times:

- Tuesdays & Thursdays from 27th February to 21 March 2024, 7.00pm to 9.00pm
- Wednesdays & Saturdays from 28th February to 23 March 2024, (Wednesday 7.00pm to 9.00pm & Saturday 10am -12pm)

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

SCAN ME



We build better family lives together

www.familylives.org.uk



@FamilyLivesHertsandBeds



Parenting SEN children when separated online programme



A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.



Three courses will be delivered by MS Teams, from 7pm to 9pm, over 6 sessions, on the following dates:

- Thursdays: 11, 18 & 25 January and 1, 8 & 15 February 2024
- Mondays: 29 January, 5, 12 & 26 February and 4 & 11 March 2024
- Mondays & Wednesday: 29, 31 January & 5, 7, 12, 14 February 2024

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

SCAN ME



We build better family lives together

www.familylives.org.uk

@FamilyLivesHertsandBeds



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

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



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)

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

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



STEVENSONS

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.

Festive. 

