



Longdean School
'Rejoice in thy youth'

Longdean Link

Edition 9

26.01.2024

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

A very busy fortnight with some interesting weather conditions thrown in for good measure!! I am delighted that the strong winds, rain and threats of snow have not detracted us from continuing to offer the great offer to our students. Last week we had a guest speakers in from BBC Bitesize who worked with all year groups on careers ideas and life after school. This work was based on the real life story of the BBC Bitesize employees themselves. It was a really aspirational and inspiring morning for all students who accessed this course. The week we have also had Luke Staton in school working with students around exam preparation and coping with the demands and pressures of the examination period.



This work has been really important as next week sees the beginning of the full round of preliminary examinations for all students in Years 9 – 13. I would like to wish all students good luck with these and remind them of the importance of this examinations series as a stepping stone towards final examinations in the Summer. This week students in Year 11 have been engaged in 'Accelerate Week', an intense week of revision to ensure they are prepared for the examinations ahead. Students should be revising at home and must ensure they arrive on time for all examinations with the correct equipment:

2 black pens, 2 pencil, ruler, protractor, compass, calculator

The outcomes from these examinations will help determine tiers of entry for the Summer and will be used to begin the process of matching students to their Post 16 courses.

Last week we sent all parents outlining the importance of excellent punctuality to school. We are currently seeing too many students arriving late for school. They are not attributing their lateness to roadworks or bus delays but to not waking up on time or leaving the house late. Punctuality is an important life skill and it is crucial that students get into good habits now to prepare for life when they leave us. From last week we have introduced lunchtime detentions for students who are late to school or lessons during the day.

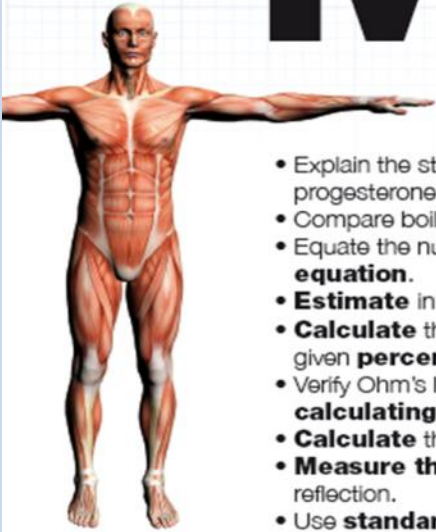
Please can I ask all parents to remind their children of the importance of being on time for school. Whilst we check for roadworks in the area and are aware of issues on certain bus routes this is an issue we need to tackle head on.

Have a good weekend.

Graham Cunningham

Headteacher

MATHS?



Well, you might have to use it in Science...

- Explain the stages of the menstrual cycle by referring to a **graph** of oestrogen and progesterone levels.
- Compare boiling points of gases using your knowledge of **negative numbers**.
- Equate the numbers of atoms of each element when you **balance a chemical equation**.
- **Estimate** in **kilograms** the amount of household waste that a family produces.
- **Calculate** the number of units of alcohol in a certain **volume** of alcoholic drink with a given **percentage** of alcohol.
- Verify Ohm's law by **plotting a graph** of current against voltage and then **calculating the gradient**.
- **Calculate** the efficiency of an energy change and give this as a **percentage**.
- **Measure the angle** of incidence for a ray of light to investigate total internal reflection.
- Use **standard form** when comparing the **masses** of the planets in the solar system.
- **Measure accurately** when recording the **heights** of seedlings.
- **Rearrange formulae** to change the subject and then **substitute** in known values.
- **Convert** between **metric** units of **length** or **volume**.

1	H			
2	He			
3	Li	4	Be	
5	B	6	C	7
8	O	9	F	Ne
11	Na	12	Mg	
13	Al	14	Si	15
16	S	17	Cl	18
19	K	20	Ca	21
22	Ti	23	V	24
25	Mn	26	Fe	27
28	Ni	29	Cu	30
31	Ga	32	Ge	33
34	Se	35	Br	36
37	Rb	38	Sr	39
40	Y	41	Zr	42
43	Nb	44	Mo	45
46	Cd	47	In	48
49	Tl	50	Pb	51
52	Hg	53	Sn	54
55	Cs	56	Ba	57
58	La	59	Ce	60
61	Pr	62	Nd	63
64	Pm	65	Sm	66
67	Eu	68	Gd	69
70	Tm	71	Yb	72
73	Lu	74	Hf	75
76	Ta	77	W	78
79	Hg	80	Ir	81
82	Pt	83	Au	84
85	Hg	86	Rn	87
88	Ra	89	Ac	90
91	Th	92	Pa	93
94	U	95	Np	96
97	Bk	98	Cf	99
100	Lr	101	Rf	102
103	Uu	104	Uu	105
106	Uu	107	Uu	108
109	Uu	110	Uu	111
112	Uu	113	Uu	114
115	Uu	116	Uu	117
118	Uu	119	Uu	120

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



"PEOPLE MAY NOT remember exactly WHAT YOU said, BUT THEY WILL never forget HOW YOU MADE THEM feel."

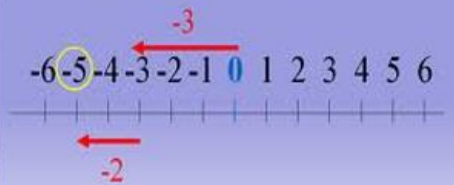
Word of the week

I for Integer

Any of the positive or negative whole numbers. Example: ...-2, -1, 0, +1, +2 ...

Add Integers Using a Number Line

$$-3 + -2 = -5 \quad \checkmark$$



Numeracy Challenge



Puzzle time

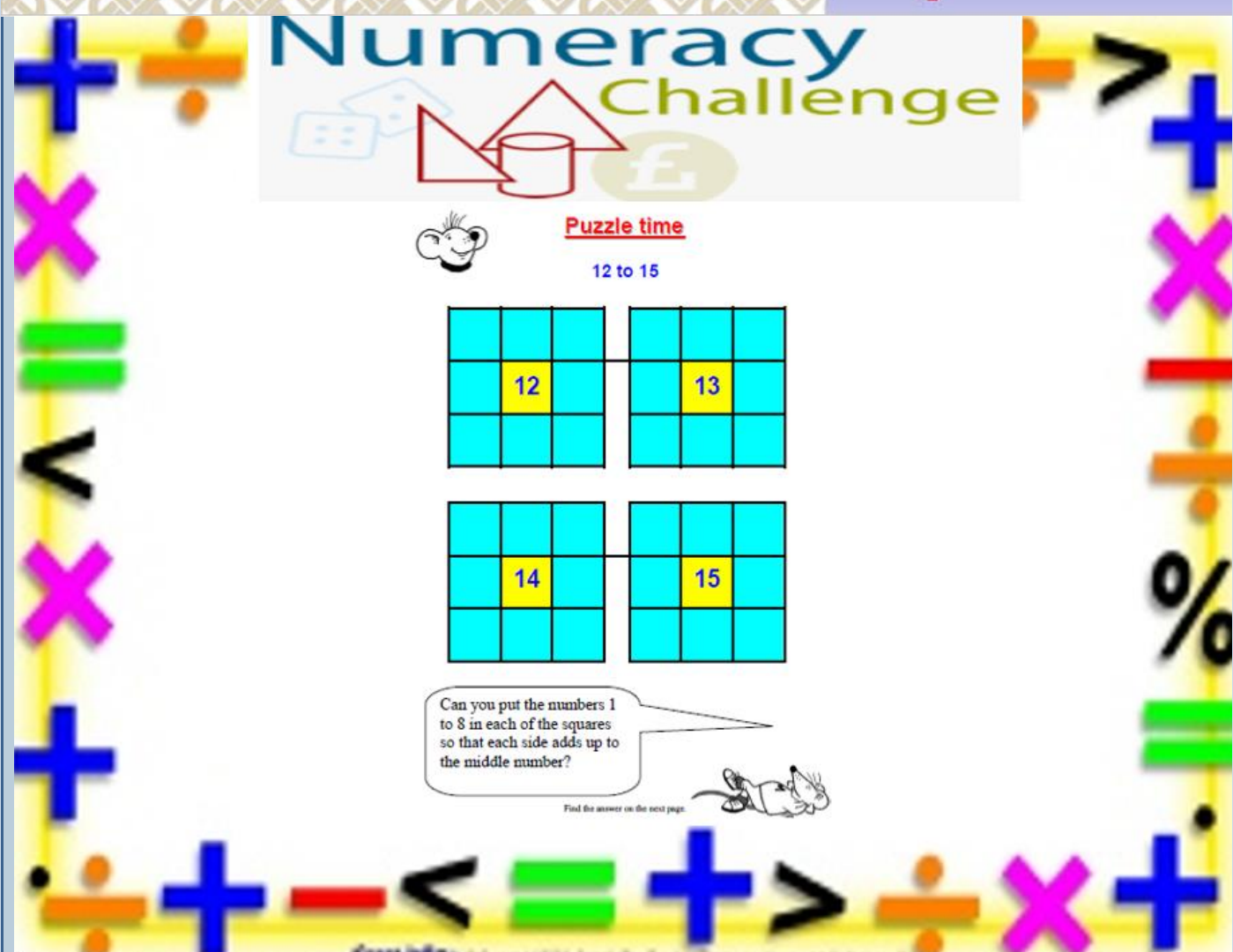
12 to 15

	12		13

	14		15

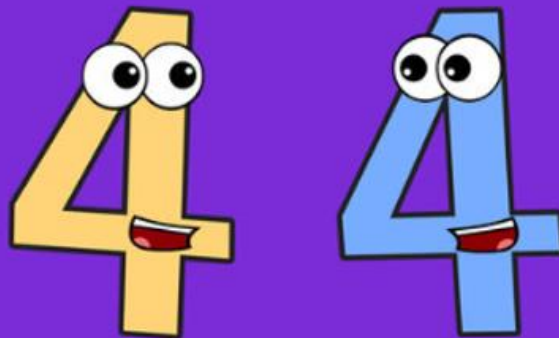
Can you put the numbers 1 to 8 in each of the squares so that each side adds up to the middle number?

Find the answer on the next page.




**YOU
MAKE ME
SMILE**

Why did the two fours skip a meal?



Because they already eight!



12 to 15 - answers

Answers

Four questions in one for this puzzle.
There are lots of ways of doing this but
here is one answer for each square.



1	8	3
5	12	7
6	4	2

8	4	1
3	13	7
2	6	5

7	3	4
6	14	2
1	5	8

6	1	8
2	15	4
7	5	3

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.

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

This guide is intended to share with you a brief overview of what Generative AI is, how it can be used to support learning and what responsible use is.

AI Isn't new:

Mr Muskett's first experience of AI was in the late '70s and early '80s when Blinky, Pinky, Inky, and Clyde 'knew' how to chase down Pacman and the Space Invaders 'knew' to shoot where the base ship would be, costing another 10p in the arcade!

In recent times, Artificial intelligence (AI) is more commonly used to solve problems and make decisions using computers. It's already a part of everyday life – you've probably already come across it in the form of personalised suggestions on video streaming sites, social media, shopping sites or route-planning apps. The technology is developing rapidly and throwing up many new applications and challenges for education.

What generative AI is:

Generative AI takes a written prompt and runs it through an algorithm to generate new, 'natural'-seeming content. You might be familiar with some of the tools including Chatbots such as ChatGPT, Google Bard and Grammarly Go, and text-to-image programs like DALL-E and Midjourney, which create images.

AI use in education:

AI tools are now widespread and easy to access, and has many uses to help pupils learn, but also lends itself to cheating and plagiarism! Students may use AI tools as part of their research to find out about topics and ideas, and to simplify explaining complex ideas in a simple form, or as part of researching AI use in IT or creative subjects. Any use of AI must be acknowledged with a reference as you would any other source such as a website or a book.

AI must not be used during internal or external assessments and coursework, to write homework or complete class assignments if the work is presented as the student's own, or as an alternative to engaging in practical learning.

Any work not created by a student, but presented as their own, including that generated by AI is plagiarism and will be treated like any other copied work as per exam and other guidelines. AI use without referencing is not allowed in exams, coursework or any work that's internally assessed to count towards a qualification.

Reliability:

AI tools are only as accurate as the information they are trained on. They may generate responses that are incorrect, biased, deep-faked or inappropriate! They can't accurately give answers on information that has changed after the system was trained, such as current events. Much of the data current systems are trained on are from American data sources which shows up in answers given! Do check what AI systems output against other sources such as books or the web as you would any information, and don't put personal information into the system as it may share that in it's output to the world!

Do discuss the use of Generative AI with your child – if you aren't familiar with it, ask them to show you how it works – you may find it useful if you don't already use it!

Useful Links:

[JCQ \(Joint group of exam boards\) AI Use in Assessments: Protecting the Integrity of Qualifications](#)
[BBC: A simple guide to help you understand AI](#)

STEM Masterclass



Name - Martin Collinson

Academic Qualification - Master of Arts in War Studies.

Professions-

Commercial Hot Air Balloon Pilot

Military Logistician

Ski Mountaineering Leader

Spare time - gym and taking my kids on adventures.

There has been a masterclass organised for Year7 STEM stream group on 29th Jan 2024, 3:10-4:00pm. Longdean STEM masterclass speaker is an adventurer with a true love for the outdoors. He has flown all over the world, and is always keen to explore new places. We are looking forward to learn from his experience and adventure.

STEM CLUB – KS4

KS4 group has been working really hard and enjoying with the Lego project. You can see from the following photos how enthusiastic and diverse is the group. They have been utilising all the technology available to them to solve problems and present solution. There are number of students in that group who are applying for CREST award – Silver, which would be a great achievement and build their portfolio.



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

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

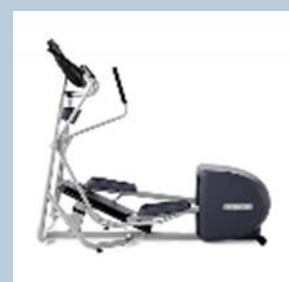
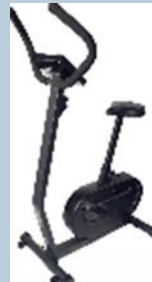
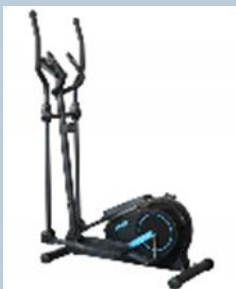
3:30-4:30 – Year 8 Girls

Fitness Suite

Starting 16 January

Induction will be required to use the equipment

Only 15 spaces available – first come first served



English Literature masterclasses

2024 AQA GCSE ENGLISH LITERATURE REMOTE REVISION MASTERCLASSES.



SUPPORT YOUR CHILD'S REVISION WITH OUR SUBJECT EXPERTS

Designed to motivate and challenge students in an engaging and focused learning environment, our remote revision masterclasses will help boost students' skills and confidence.

These popular remote Saturday revision sessions return for the third year.

Our online masterclasses are led by highly experienced subject specialists and will focus on:

- supporting your child to feel 'exam ready'
- providing students with tried and tested exam strategies and revision techniques
- sharing high quality responses and model answers to support their learning
- directly responding to any text/exam related questions that students may have.


Each session lasts two hours and students will be able to interact with the subject teachers delivering the session. A time-limited recording of each session will also be made available in the week following

the session. If your child/student is unable to attend the session(s) in person, please book using the links below to have access to the recording and resources used in the session.

To find out more and to book places on sessions, please click on the courses below or visit the [HFL Education Hub](#) for more information. Places may be booked directly by parents/carers or by schools on their students' behalf.

Once places have been booked, students will need their school e-mail address to access the sessions.

£20
per student
(including VAT)
Price remains the
same as 2022

REVISION TEXT	2024 SATURDAY SESSION DATES/TIMES		BOOK NOW
Macbeth	10th February	9.30-11.30am	Click or scan this QR code to book. 
Romeo and Juliet	10th February	1.30-3.30pm	
A Christmas Carol	17th February	9.30-11.30am	
An Inspector Calls	2nd March	9.30-11.30am	
Power and Conflict Poetry	9th March	9.30-11.30am	
Love and Relationships Poetry	9th March	1.30-3.30pm	
Unseen Poetry	16th March	9.30-11.30am	

For more information regarding these masterclasses, please contact: training@hfleducation.org or call 01438 544477.

Student wellbeing



Access to CBT therapy and one on one support from therapist, online or by texts/ call

7-10 monday to friday
10-10 saturday to sunday

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

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



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**





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SCHOOL

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