

LONGCROFT

-SCHOOL AND SIXTH FORM COLLEGE —

NEWS LETTER



JEVON'S INCREDIBLE WEEK

We were delighted to hear Hull City announce that former Longcroft pupil Jevon Mills had signed his first professional contract with the club.

18 year-old Jevon, who represented Longcroft while also playing for AFC Tickton, has been with Hull City's Academy since Under 13's level. This season he has played for

both Hull City's Under-18s and Under-23s and has been rewarded with a two-year deal, with the club holding an option of another year.

Jevon said, "Signing my pro contract was a surreal moment for me and my family. It's the next step in my footballing career. Now the hard work continues trying to get a place in the first team starting 11."

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In what has been an extraordinary week for Jevon, he was also called up to represent the Republic of Ireland Under-19s. The team played two games against Sweden in Marbella, southern Spain, in preparation for their UEFA Under-19 European Qualifiers in Bulgaria next month. There they will face Bulgaria, Bosnia and Herzegovina, and Montenegro in their group.

While Jevon made his debut from the substitute's bench in Friday's first game which ended in a 2-2 draw, he was named captain for the second match, played on Monday afternoon – a match which also ended in a draw, this time 1-1.

Jevon said, "It was an amazing feeling to captain Ireland in the game against Sweden. We were unlucky to get a draw as we were predominantly on top. But overall it was a great experience and I hope to do it again in the future."





As well as being a long-standing Hull City supporter, Mr Taylor taught Jevon PE and is immensely proud of his former pupil's achievements. He said, "In my 20 years at Longcroft I have seen some wonderful footballers pass through the school such as James Bennett, Josh Clackstone and Sophie Haywood. Some of these players have gone on to play League football and have great careers, but it's always been a desire of mine to see an ex-Longcroft pupil pull on the black and amber shirt in the Football League for the Tigers. It's been brilliant to watch Jevon's progress through the age range teams at the club, getting into the U23s so quickly. He has been rightly rewarded with his first contract and now the honour of captaining his country. I know how highly he is regarded by his coaches. With the skills he displays and the fantastic professional attitude he always had to the game, I'm confident that Jevon will finally be the one that makes an ageing football fan very happy!"

We are all delighted for Jevon, who thoroughly deserves his success, and look forward to following the next stage of his career closely.





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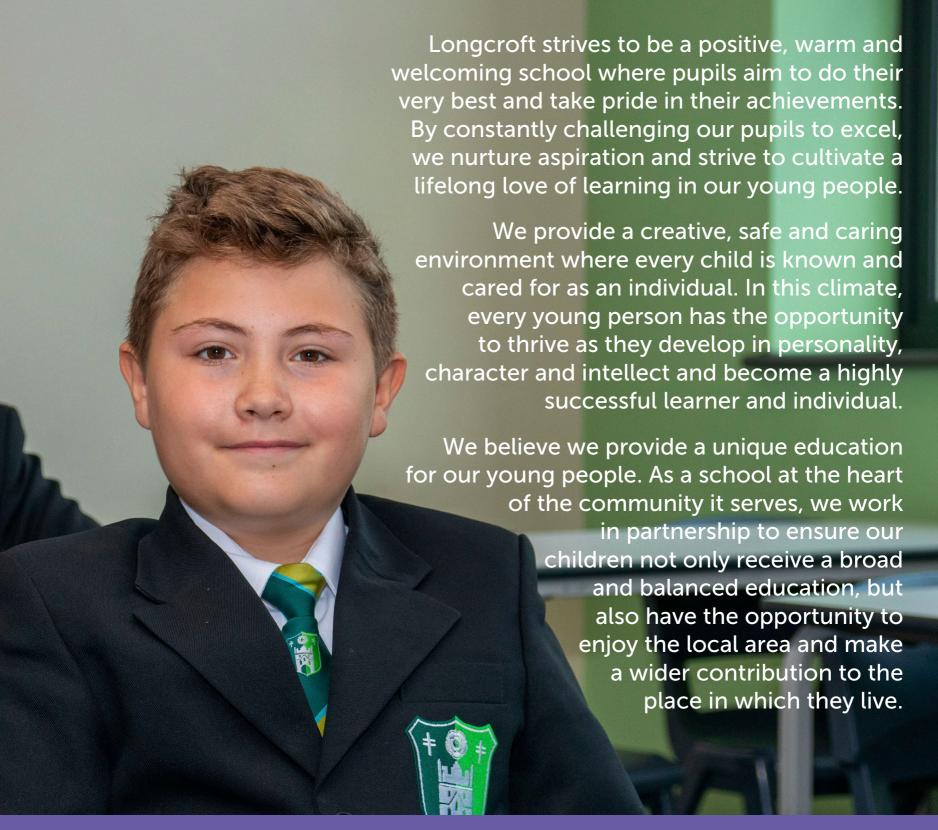
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WELCOME EVENT

Wednesday 20th October | 5pm-8pm

Visit www.longcroftschool.co.uk for more details





JOIN US!



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Burton Road, Beverley, East Yorkshire. HU17 7EJ



Grand Final Success Caps an Extraordinary Year for Rachael!

"I doubt many, if any, other players in any sport can boast such a record."

Mr Baker

Former Longcroft student Rachael Woosey might just be one of the most successful rugby league players of all-time. She can certainly look back on her first season with pride and satisfaction having played a key role as a member of the unbeaten treble-winning St Helens team.

Having lifted the Challenge Cup and League Leaders' Shield earlier in the season, on Sunday Rachael played a key role in her team's 28-0 victory over Leeds Rhinos in the Women's Super League Grand Final. The game, played in front of over 4,000 enthusiastic spectators at Leeds' Emerald Headingley Stadium and broadcast live by Sky Sports, saw Rachael end the season unbeaten having won every trophy she competed for and maintaining the potentially unprecedented record for an elite athlete of never having lost a game at any level in her sport.

While she grew up idolising players in Saints' successful Super League teams and watching from the terraces, Rachael initially played rugby union and earned international honours. It was not until this season that.

at the age of 23, she made her St Helens debut in their Women's Super League season opener against Bradford Bulls.

Rachael said, "I always went to Knowsley Road every home game and had season tickets from when we were really young. It's something I've always been in touch with, but I never thought of crossing over and playing it."

Rachael's first opportunity to play rugby came through her father, who coached in the youth section of the town's West Park club and the formation of a girl's section at Liverpool St Helens gave her the opportunity to continue her development. From there, she progressed rapidly, moving to live at Bishop Burton College

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where she combined the Advanced Apprenticeship in Sporting Excellence with A Levels at Longcroft.

Mr Baker said, "Rachael was clearly an exceptional talent, and I am delighted she has achieved the success she has. It took tremendous maturity to move across the country and away from her family at 16 but the sacrifices she made and her absolute dedication have paid off. She once said to me that she would never play 'that game', referring to rugby league, but I've really enjoyed watching her playing this season and I'm sure Rachael's pleased she changed her mind! She has fitted perfectly into a St Helens team packed with internationals and I hope she sticks with rugby league - especially with next year's World Cup to aim for."

Having represented England in rugby union at age-group level, her displays in the Women's Premiership earned Rachael a part-time contract for the senior team and she represented her country in the Sevens World Series, making her debut in Australia.

A move back to St Helens saw her switch codes as she signed for her hometown team and if a try-scoring debut in Saints' 86-0 victory against Bradford Bulls was a dream start to her rugby league career, a hat-trick in her second match clearly demonstrated Rachael's value to her new team.

From there, the season became one of unparalleled success as Saints won the Challenge Cup and lifted the League Leaders' Shield, entering the end of season playoffs with a 100% record. A 58-0 semi-final victory over Castleford Tigers saw Rachael and her teammates take on Leeds Rhinos at Emerald Headingley Stadium in the Grand Final.

In a match which was a credit to the game, St Helens ran out well-deserved 28-0 winners and lifted their third trophy in an incredible season.

Mr Baker said, "To have been able to watch three former Longcroft students in this year's Women's Super League has been fantastic. As well as Rachael, Carys Marsh has starred for Wigan and represented Wales while Alex Stimpson has had a tremendous first season with York. All three are a great inspiration for our current pupils and Rachael thoroughly deserves her success – both she and the St Helens team have been outstanding this season and the players show amazing commitment and dedication to reach the high standards they do."

He added, "It's an incredible record. Rachael has won every rugby league match she has ever played and alongside her team has won all three trophies available at the highest level of the women's game - I doubt many, if any, other players in any sport can boast such a record."

We are proud to congratulate our former student on her success and wish her well for next season and beyond.





Celebrated Author Yvonne Battle-Felton visits Longcroft's Library



It's a huge treat to welcome an author to our school library; especially one as accomplished

as Yvonne Battle-Felton, whose debut novel 'Remembered' was shortlisted for the Jhalak Prize 2020, an annual prize awarded to British or British resident BAME writers.

On Wednesday Yvonne spoke at length to Sixth Form English and History students about her novel, as BBC Radio Humberside presenter Kofi Smiles interviewed her, beginning by asking her which character she was in her book.

"I am not in that book" she replied, as she detailed her relationship with her characters, and recalled what it felt like to fall into a book as a child, become part of an adventure, put yourself into it, even though all the other characters were white.

"I love my characters, but I didn't birth them. I feel connected. I feel empathy for them."

Yvonne's debut historical novel spans a day but tells a story of decades of racism as a woman relates the story of her escape from slavery to her dying son. It's an intensely painful tale that draws on in depth research. Kofi asked how it felt to research such raw and harrowing material for her novel.

"It was an emotional experience. Reading slave narratives and newspapers was painful. I would cry."



Despite this, Yvonne explained how writing grounds her as a human being, and how she uses her own life experience to root aspects of her fiction. Some of her characters share names with her family and part of the novel is set in Philadelphia, where Yvonne was born, although she lived there only briefly.

"It's a sort of home, I was born there. There's a feeling of ownership of it, but freedom from it too. I can fill in the spaces when I'm writing."

Freedom and home are major themes in the novel, as is a sense of community. Yvonne discussed how fiction and non-fiction writing can build a sense of commonality, and the power of stories to inform and transform.

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She and Kofi asked students about their own writing, and our Sixth Formers shared why writing was important to them and what they liked to write. A number are already working on novels and poems. Yvonne was full of advice about the publishing business and the importance of getting an agent, and how to get your writing out there.

It was fabulous to see our students so engaged. They clearly thoroughly enjoyed listening to Yvonne and Kofi; especially Yvonne's reading from the novel. She read superbly and everyone in the library was moved. Kofi described our Library as "amazing".

Thank you so much to Yvonne Battle-Felton and Kofi Smiles for visiting Longcroft and to Tracey Booth and all the library staff at East Riding Libraries for their support.





FOLS Cash Draw Winners

Thank you once again to our fantastic Friends of Longcroft School for their work in fundraising, supporting school events and increasing the opportunities and experiences we are able to offer our pupils and Sixth Form students.

Congratulations to the winners of the FOLS Monthly Cash Draw:

August Winner – Mrs Bishop

September Winner – Mrs Brown

October Winner – Mr Taylor



Executive Headteacher's Welcome



Our school led by Subject and Curriculum Leaders, under the oversight on Mr O'Brien (Trust Head of Curriculum and Assessment) have over the last academic year been quietly leading transformational change to our curriculum. Individual subject areas, last year and in the year ahead, have and will be making fundamental decisions that will impact upon your child's education. The scale is impressive, as collectively colleagues will be reviewing and re-planning, as required, over one hundred thousand lessons, across all subject disciplines and every topic. Our training day provides an opportunity to review progress and evaluate.

For our children, these changes will ensure that the content your child is taught is broad, challenging and provides within each subject discipline an excellent education. Our work is driven by a desire to ensure that our vision for education, as a school, is further strengthened and ultimately is the very best, providing a depth of study and breath that we believe is now possible. With new A-Level and GCSE examinations, new grading systems and greater academic challenge we aim to ensure our children are well prepared but also leave our school at 18 and progress onto further academic study, an apprenticeship or career.

Over the academic year you will see our website also undergoing development with the intent that by September 2022 you will be able to access all of our curriculum online, to be able to see the lesson content being taught every week, each term and across the academic year for every subject. This will then also link to our My Learning platform, providing an opportunity for children and parents, with the support of lesson videos recorded by colleagues, to access particular key topics. Providing every child in each of their books with a learning journey, so they can see visually the curriculum delivery, the sequencing across the years and how certain topics will be revisited and developed further as children progress from simply remembering, to understanding, then applying knowledge and so on. All linked to systematic assessment, reviews of learning and intervention through our individual and small group tuition programme.

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For parents though, this journey can already be seen in your child's books, even a few weeks into term. I often speak in our Newsletters about the joy of visiting lessons, but part of that joy is seeing the delivery of the curriculum, as all colleagues teaching a particular year group will be delivering the same content, with shared planning and resources, but specifically tailored for their children and personalised for their style of teaching. It is the craft of the classroom and to see colleagues delivering knowledge and developing skills, is truly inspiring. So many approaches, from the dynamic with real flair to the passionate and fastidious – all though bringing a variety to the day of our children and making learning fun and fascinating.

Last week, we looked at helping to organise our learning, well this week I'd suggest simply taking an hour to look through your child's books and talk to them about what they are learning. I know as a parent myself that starting these conversations is not always the easiest, but in ensuring books do not just reside in a bag, the bedroom or on a work table, that we highlight their importance to us and by default to our child, whatever their age. They are an essential record and most importantly a live resource – a library that contains a wealth of knowledge.

Do have a great weekend.

Mr J Britton
Executive Headteacher



Reward Totals

So far this term our pupils have been awarded the following rewards for acting with Great Heart, Thought and Vision:

Acts of Great

HEART

13,392

THOUGHT

64,887

VISION

52,846

ClassCharts

GRAND TOTAL:131,125



Head of School's Welcome



This week has been an opportunity to catch up with parents and pupils in Year 7, to reflect on how well they have settled in to life as part of our community. On Wednesday, families spoke with their Form Tutor, Mrs Brady and Mr Worthington through our 'Meet the Tutor' event. It was so pleasing to hear the feedback about how settled our Year 7s feel and the aspects of life in school that they are enjoying most. Our aim is to make sure every child is welcomed and cared for here, in order that learning can be at its most effective.

Many pupils commented on how easily they had managed to find their way around the school site and how they had quickly adapted to new routines for home learning and organisation. We know that whilst many find it exciting, the step from primary to secondary school can seem daunting for some children, and it is good to hear that the support of Mrs Brady, our Year 7 Care and Achievement Coordinator, and the Form Tutors who spend time with their tutor groups every morning, has been successful in making so many feel confident and at home.

I also took the opportunity over lunchtimes this week to talk to pupils about their experiences during these first weeks. Some initially focused on the size of the school compared to their small primaries but emphasised, 'I found making new friends very easy as the school is so friendly' and 'I only got lost once and an older student helped show me the way'. In a comment that was echoed many times, another pupil told me, 'From Day 1, I made new friends from lots of different schools' and 'every pupil and teacher is so nice'. When asked for their experience of learning, I was told that 'The work is challenging, but not impossible' and 'It's fun and gives me lots to think about'. All appreciated the role of their teachers in this, 'Teachers support you and listen and explain things to make sure you get it.' There was far less consensus about favourite subjects, however! For some it is Maths, whilst others argued for Music, Art, Science, History or English.

It was also heartening to hear of the many clubs and activities that they are already getting involved in, from the musical production 'Oliver', to sports teams, to textiles club, to planting daffodils in our gardens with Mrs Nichols.

Well done to Year 7 for all that they are doing to grow as part of our community and for demonstrating our school values in their deeds and actions.

Have a good weekend,

Ms I Grant Head of School





This week, we have hosted our first Parents' Evening of the academic year; our Year 7 'Meet the Tutor' evening.

As a school, we enjoy celebrating our children's achievements and discussing progress with parents. The evenings do present a great opportunity for discussing where a pupil is already progressing well and, also, where a pupil may be missing opportunities and discussing strategies to aid improvement. Tutors have enjoyed discussing our pupils' interests with parents, the learning and activities in the children's subjects, as well as how day-to-day life is going at school. The evening represented the first of our Parents' Evenings for Year 7 - there will be a follow up evening later in the school year where parents and children can meet with subject teachers.

Our Year 7 pupils have settled into life at Longcroft School remarkably well, and are upbeat and happy in their lessons and around school. Mrs Brady, Year 7 Care and Achievement Co-ordinator, and I enjoy spending time getting to know the pupils as individuals, throughout the school week in many different settings. We see the children thriving, from lesson to lesson, navigating around our school site in a confident way.

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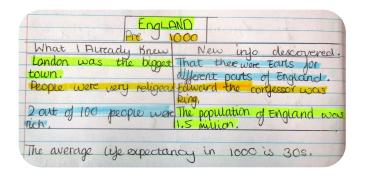
Our Year 7 pupils will also play a vital role in helping show our Year 6 children and parents around on tours at our Open Evening on Wednesday 20th October. I have been impressed with the amount of pupil volunteers we have had sign up for the evening, eager to share their positive experiences from their start at Longcroft School.

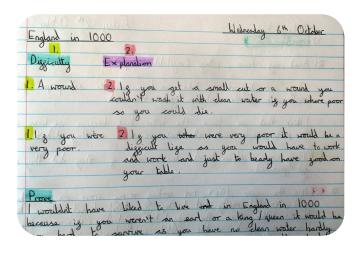
As always, it is a pleasure to spend time in Lower School lessons, speaking to pupils about their work and reading their books. In History, Year 7 pupils have been learning about life in medieval England, comparing villages and towns and considering the impact of Roman and Anglo-Saxon rule. Emma Croshaw of 7DPE wrote, ""I believe that the Romans had the biggest influence on Britain because they made the first roads to main cities and towns. A further reason I believe this is because they also built things like aqueducts which were good for getting fresh water." Evie Wood, who is also in 7DPE, agreed and referred to the roads we still use today. Evie added, "A further reason I believe this is due to them bringing stone houses and buildings decorated with mosaics." She described this as being, "very influential". A third pupil from 7DPE, Ava Bryce, considered the possibility of living in the medieval era. "I wouldn't have liked to live in England in 1000 because if you weren't an Earl or a King/Queen it would be very hard to survive as you had no clean water, hardly any food and no medical services. Therefore I would not like to live how they did back then. Also I would have to work at a young age, and the food was horrible and bland. I would also not shower or brush my teeth."

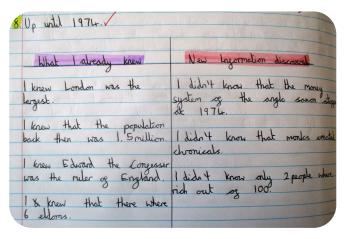
As a school, we've enjoying talking about the successes of the first half-term, and we're looking forward to many more to come.

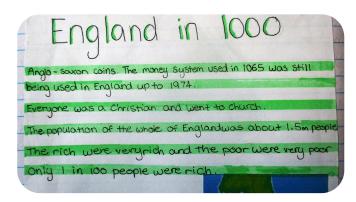
Take care,

Mr Worthington Head of Lower School



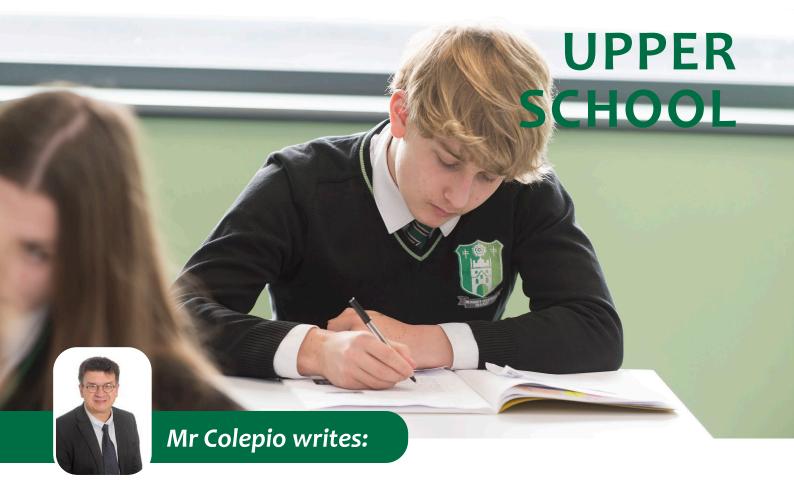






England in	1000 6.10.21
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Health	No medical care
Money	Most people were very poor
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in the winter it was ver central heating. To jurth was very bad and you wound. The food was ha	rible.





Year 11 information Evenings

It was wonderful to have parents and pupils back into school again for the second and third week consecutively. Following the Careers Fair, many Year 11 parents joined us in school for our Maths, English and Science Information Evenings. Staff, parent and pupil feedback tells us these were well-received events with practical guidance on how to achieve certain grades in exams.

These events continue to build on existing relationships with our community and after so long actually meet staff and parents. Thank you to all who attended and we will look to build on these events in the near future to further support parents and pupils. The events were organised with safety in mind also and we hope parents felt this was achieved successfully. It will always be our primary concern.

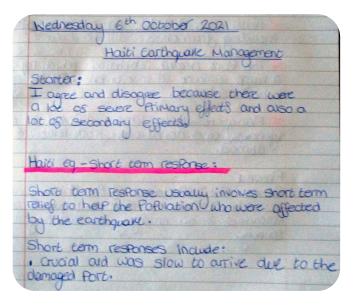
Year 11 Mock Revision Booklet

Just as we did for the Year 10 Mock Examinations, we will be looking to produce a guided and structured revision booklet for the December series of exams for Year 11. More to follow but I know many pupils found this extremely useful when considering how best to approach their examinations. The specific week by week references to topics and suggested revision resources and strategies give pupils and parents a clear direction of travel and purpose when preparing for these important milestones in assessment.

Over the coming weeks I shall be continuing to give tips and suggestions around revision with the help of our wonderful colleagues.

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Pupils' Work

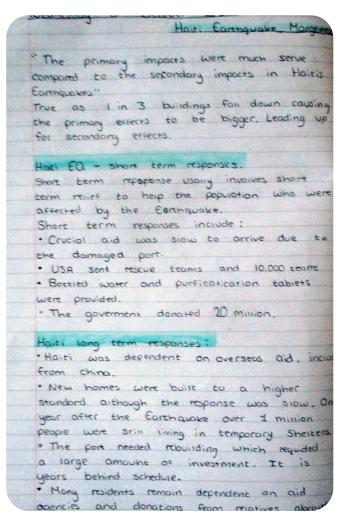
This week I am delighted to celebrate the work of two pupils from Miss Brown's Year 10 Geography class. Penny-Lane and Faye have been learning about the impact of natural disasters focusing on earthquakes. After initially studying Haiti pupils are applying their knowledge using the case study of Japan. Their work shows an understanding of both short and long-term impacts and measures taken.

Year 11 pupil Alanah has done some exceptional work in both Art and Textiles, demonstrating skill and creativity. Her impressive design work is featured here.

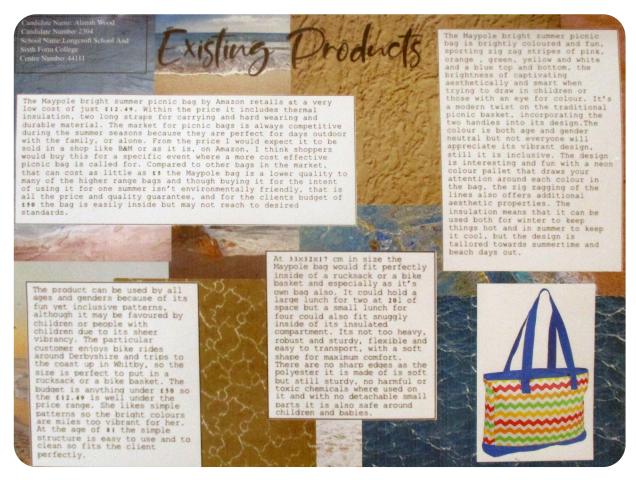
These examples represent the commitment, creativity and talent shown across Upper School lessons on a daily basis by our pupils and their teachers, and I look forward to sharing more with you in forthcoming weeks.

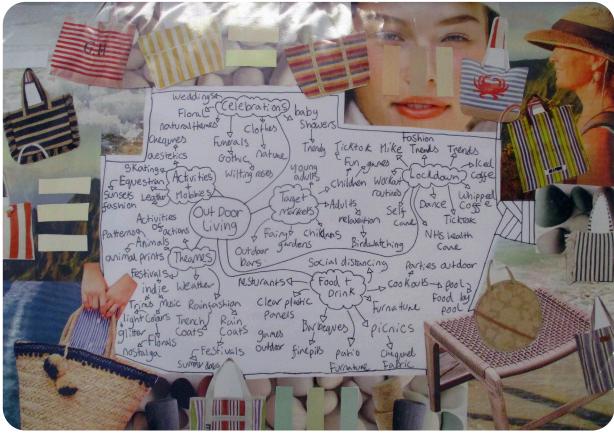
Have a great weekend everyone.

Mr Colepio **Head of Upper School** Haiti Eg - Long born Responses Long term responses help People Consider the Yong term Planning of the country for hazards, things, such as Preperation and Prediction of disasters. * Haiti was defendent on overseas oid, including from Ohina. The Port needed rebuilding which require a large amount of investment. It is year behind schedule. * Many residents remain defendent on aid agencies) and donations from relatives abroad Prove: Assess the Importance of the Primary and secondary Imports of their earthquares or voicenous in on emerging or developing Country.













Here in the Sixth Form, we believe it is more important than ever to provide pupils with choices for the future. We have been reviewing our curriculum and we are delighted that in September 2022 we will be offering a wider range of courses than ever before, in collaboration with our Woldgate centre, Our Sixth Form website is accessible though the school website, then curriculum, then Sixth Form Portal. Students have direct access with their school logins, while registration is required for others.

The highlight of my week has been spending time in the Year 11 canteen having conversations with pupils about their futures and it is fantastic to hear that so many are choosing the East Yorkshire Sixth Form. I have also been into forms to discuss further with pupils the importance of giving their choices careful consideration to ensure they can access their ambitious futures. Below are a set of questions to consider when looking at course options.

How do I make the right decisions for post-16 qualifications?

There are a lot of considerations to take into account when selecting post-16 qualifications and it should be a decision you put careful thought and time into. Ask questions, particularly of people who know you and have experience of the courses you are considering, and do so in good time so your decision making is as well-informed as possible.

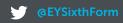
What type of qualification should I choose?

It is important to consider what type of qualification will suit you best. BTEC and Cambridge Technical qualifications are vocational, which means they are more directly linked to specific careers and industries. These qualifications include assessment through coursework which you complete as you learn, alongside some exams. A level qualifications are more theoretical and enable an in-depth study of a particular subject. One of the fantastic things about our Sixth Form is that you can study either all A level or all BTEC qualifications, or you can study a combination of BTECs and A levels, giving you enormous flexibility in your choices.

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What subjects should I choose?

The first thing you should think about is whether you have a specific idea of the career path or degree you wish to progress onto after the Sixth Form. For certain careers, such as medicine or engineering, there are particular subjects you will need to study to enable you to train in that profession. If you are unsure at this stage what career or degree you might be choose, which is the case for most of our young people, then we would advise you to select subjects you find most interesting, that you enjoy and are good at, while aiming to keep some breadth in your subject choices to keep your options open longer term. We will be offering regular appointments to Year 11 pupils throughout this year to make sure they receive independent advice and guidance about their post-16 qualifications.

What else should I be thinking about?

What else do you want to get out of your time in the Sixth Form during the next two years? Of course you will want to leave with fantastic qualifications, but you will also want to have plenty of other opportunities for development. We offer a huge range of enrichment opportunities, including our incredible expedition abroad which is a life-changing experience for our young people. You will also be given leadership, sporting, enterprise and super-curricular opportunities, such as becoming one of our Sixth Form student leaders or competing in the UK Maths Challenge. These opportunities are about you growing as an individual, but also giving you the edge as you move on from the Sixth Form to your chosen career or degree.

Please contact us

The Sixth Form Team are available for discussions on courses and futures, and we encourage any prospective students

and their parents to get in touch. The new Prospectus will be available for the Sixth Form taster day on 9th of November and the East Yorkshire Sixth Open Evening on 10th of November. Once we have our Prospectus printed, all Year 11 pupils will receive a copy.

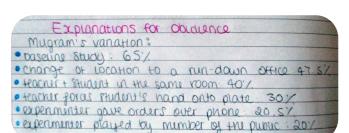
It was also lovely to welcome one of our Key Stage 5 Governors, Mrs Williams, into school this week. We were able to meet and talk to members of the senior student team and visit A level English Literature and Maths Lessons. Mrs Williams stated "I can't tell you how much I enjoyed my visit and the staff and students are simply inspirational."

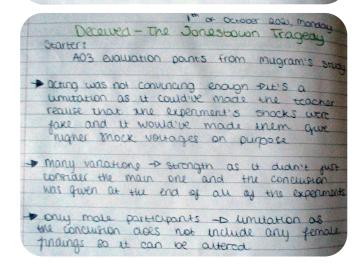
Students have been working hard in Psychology. Year 12 are studying obedience and the impact of perceived authority, and Iulia's work featured here demonstrates her ability to recall facts about key studied such as Zimbardo's infamous Stanford Prison Experiment but also to apply her knowledge and evaluate.

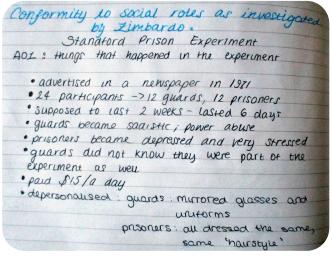
Mr Henderson Head of Sixth Form















Can a Digital Detox Improve Pupils' Mental Health?

If there are two things that are undisputed in the present day it's that technology is an all-consuming factor in almost everyone's lives and more and more people are suffering from mental health illnesses.

Some researchers opine that the rise in technology usage has a direct link to the increase in mental health problems, in short causing such issues. However, the complexity of mental health illnesses and the amount of factors that contribute to them would be undermined by this statement. Although this is not to suggest that mental illness is not linked to or impacted by the use of technology and social media.

Pupils and technology

Today's Gen Z pupils are the first generation to have been brought up in a fully technology immersed surrounding. Studies have been conducted which help to paint a picture of just how dependent the youth of today are on technology, alongside the rest of the nation.

Studies found that in 2015, 94.8% of 15 year olds use social media before or after school. Research shows that UK children spend on average 6 $\frac{1}{2}$ hours a day on screens, with 95% of teenagers using a phone and almost half (45%) claiming that they are online constantly.

However, it's not just teenagers who are growing increasingly dependent on technology with the average Brit checking their phone 28 times a day.

What are the implications of technology on mental health?

The ever-growing dependency we appear to be developing is speculated, and in some cases, proven to have a negative impact on our mental health, in particular, pupils'. The rise of mental health issues in pupils is a growing concern in schools around the UK and is demanding attention from the Government.

This was addressed when Chancellor Philip Hammond allocated £2bn for mental health services which included ensuring that schools have better links to services and trained professionals to help deal with such issues.

Part of the beauty of technology today is the ability to connect with people in an instant without barriers - however, this can have its determinants. For adults, it's commonly seen that there is a blur between work and home because notifications from work emails are popping up on our screen, and for pupils, constant notifications and messages create a sense of always being 'on' and prevents them from relaxing.

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Almost half of 18-34 year olds admitted that their social media feeds made them feel unattractive.

Social media sites are said to be linked with poor body image, low self-esteem and even eating disorders - the ability for users to photoshop, edit and use selective photographs that depict an unrealistic sense of beauty and lifestyle, can cause users of such sites to feel as though they're not good enough or to obsess over such lifestyles which can lead to these issues.

In fact, almost half of 18-34 year olds admitted that their social media feeds made them feel unattractive. In addition to this, the idea of sharing photos for 'likes' and 'comments' adds to us constantly seeking validation from others, leading us to believe our self-worth is based upon how other people view us.

Mobile phones and tablets have also been linked to poor sleep which has a serious detriment to our health, mental and physical - the blue light that our screen gives off imitates light from the sun which regulates our sleep cycle and as such the light prevents the release of melatonin, the hormone which allows the body to prepare and wind down for sleep.

The rise in the use of technology is also reputed to have links with anxiety and depression with a study finding a link between depressive symptoms and heavy Facebook use as well as nomophobia, the fear of losing or not having your phone on your at any given time, now being proposed as an actual form of anxiety.

Longcroft has taken action to reduce the risks that social media and technology imposes on young people, including online safety being covered in PSHE as a part of the curriculum. These lessons cover body image, cyberbullying and appropriate use amongst other topics. In addition to this, we have obligations in place to ensure pupils and Sixth Form students are kept safe when using the internet in school. Digital detoxes are also at times encouraged in schools to help reduce pupils' dependence technology and to also have a positive impact on wellbeing.

What is a digital detox?

A digital detox, also referred to as a tech cleanse, is a period of time where we refrain from using our technical devices. This cleanse is intended to promote better wellbeing, improve sleep quality and encourage real social interactions.

Amongst pupils, digital detoxes can have a positive outcome on their mental health and can hopefully help them (as well as other age groups) to become less dependent on technology.

Potential benefits of digital detoxes

- Better quality of sleep
- Fewer distractions at school and work
- Reduced stress level through the ability to switch off
- More real life, social interactions with loved ones
- More time to spend on forgotten hobbies
- Reduced anxiety especially when it comes to FOMO (fear of missing out)
- More time for exercise and preparing meals

Technology is such a prominent part of our lives it's almost impossible and arguably detrimental to lead a life without it. And for pupils who have grown up in a world where technology is at the very core, it's even more challenging to lead a life without it.

However, with all the power and benefits that technology provides us, it isn't without its negatives as outlined in this article, which is why taking a break from technology and shutting off once in a while can help you to regain perspective and lower stress levels. It's even more important for our students and young people to do this, when they are at an age where they're impressionable and social media sites can impact their wellbeing and mental health negatively.

Mr Rogers
Deputy Headteacher
Head of Care and Achievement



Hello again, within school we are really starting to accelerate our plans to improve reading. The Accelerated Reading Programme is now established, with children beginning to choose books to read based on their reading ages. They are then tested on these to check for comprehension etc.

As our children get older, with lots of other activities competing for their time, how can you encourage them to make time for reading?

Here are some ideas:

- Read yourself! It doesn't matter what it is pick up a newspaper or magazine, take a look at a cookery book, read a computer manual, enjoy some poetry or dive into a romance or detective novel. And get your children to join in – if you're cooking, could they read the recipe? If you're watching TV, can they read out the listings?
- Give books as presents. And encourage your children and their friends to swap books with each other – it'll give them a chance to read new stories, and get them all talking about what they're reading.
- Visit the local library together. It's always fun choosing new books to read, and keep an eye out for special author events at the library or local bookshops

 children love meeting their favourite authors.
 Jacqueline Wilson and Anthony Horowitz always have signing queues that are miles long!

- Encourage children to carry a book at all times. That way, they'll never be bored (this is something you can do, too!)
- Have a family bookshelf. If you can, have bookshelves in your children's bedrooms, too.
- Keep reading together. Just because your children are older, it doesn't mean you have to stop sharing stories
 perhaps you could try the Harry Potter series or A Series of Unfortunate Events.

Don't panic if your child reads the same book over and over again. Let's be honest - we've all done it!

Any reading your child can do at home is going to be of benefit. Encourage them to be ambitious in their reading, to read texts that will challenge them.

Have a good weekend.

Mr Taylor

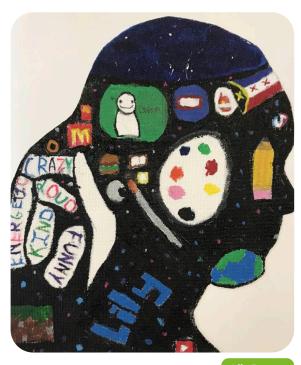
Head of Teaching and Practitioner Development

It's 'All About Me' for Year 8 Artists!

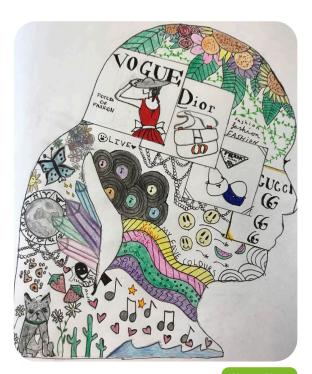
Year 8 pupils have been creating self-portraits by drawing things about their life. This work gives them a great opportunity to express who they are and their interests, and Mrs Holmes has enjoyed learning more about the pupils in her classes.

Pupils are working within a portrait silhouette which they flood with images representing "all about me". Ideas have included interests and hobbies, pets, family, their favourite colour or food, places they have visited and books they like to read. Some pupils have included images of an artist's work they particularly like.

We are sure you will agree pupils' work is impressive and Mrs Holmes was delighted with the quality.





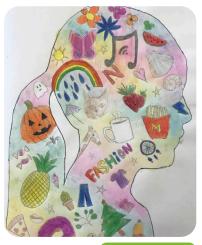


Nancy Hunt









Abigail Mavindidze

Amber Sempers







Elise Forster



Freya Kelly



Gracie Mae Jan



Rosalie Lorch

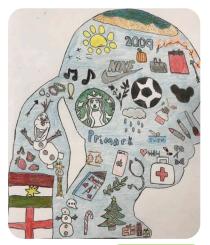


Hollie Calder



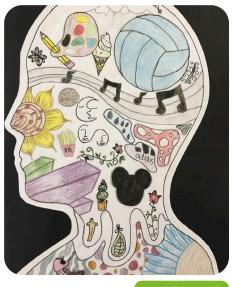






Libby Muralee

Lily Mohamad







Rachel Harris



Rosalie Martin



Thomas Marriott



Tilly Dobbs

IN FOCUS

This week we are delighted to feature the impressive work and fantastic progress made by pupils in their study of Modern Foreign Languages. Pupils study either French or Spanish from Year 7 to Year 9 before many take the opportunity to continue their studies to GCSE and A Level.

In Year 7 pupils learn the basics of either the French or Spanish language through the topic 'Identity and Culture'. Pupils then consider the things they do in their free time, their school and school subjects, family and relationships, their town and holidays.

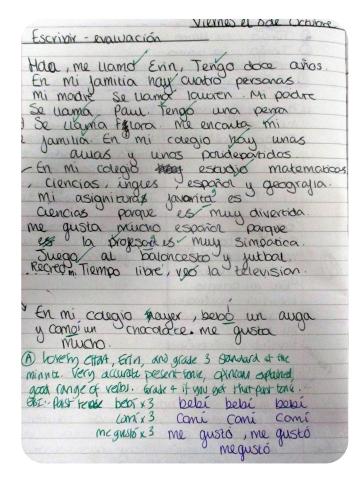
Year 8 pupils develop their skills and knowledge through the study of leisure then food and celebrations before returning to the theme of identity and culture where they focus on local, national, international and global areas of interest.

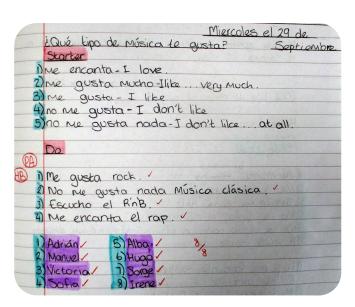
'Me, my family and friends' is the initial topic covered in Year 9. Pupils then study their home town, neighbourhood and region, their studies and free time including music, cinema, TV, sport, food and eating out. Year 9 concludes with further study of festivals and customs, giving pupils who choose to continue their studies an excellent base on which to build towards GCSE and A Level success.

Mr Baker said, "It is always a pleasure to visit Languages lessons, and in particular to see the progress pupils make throughout the year and their years studying. The difference between the work of pupils in Lower School and Years 10 and 11 is clear and we have seen many outstanding linguists progress into the Sixth Form and on to universities including Oxford and Cambridge. Several now live and work abroad, utilising the knowledge and skills they first developed in lessons with teachers such as Mrs Lear, Mrs Shepherd, Mr Colepio, Mrs Drew and Mrs Barry. The opportunity pupils have to learn and develop such a valuable life-skill is tremendous and from their books and my visits to lessons they are clearly making the most of it."

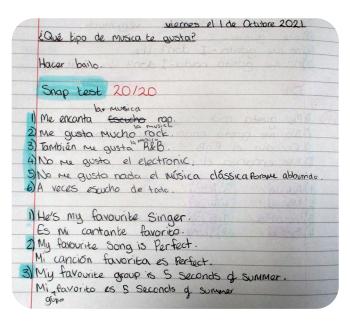
Here we feature examples of work from pupils in Years 7, 8 and 11 and their progress as linguists is clear.

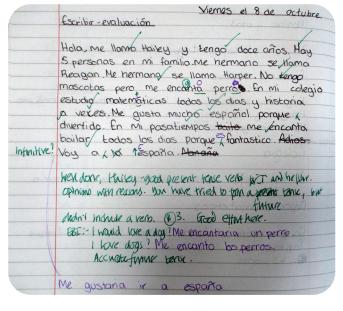
MODERN FOREIGN LANGUAGES

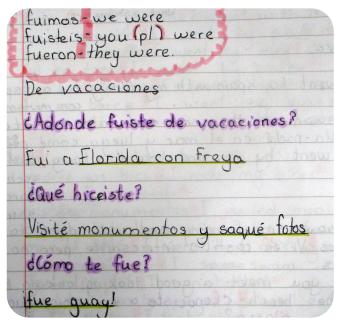


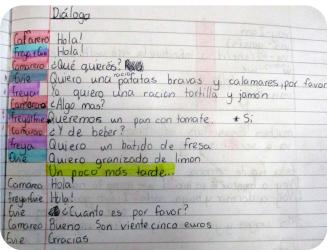








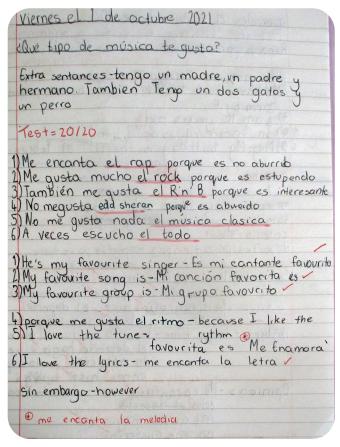




¿ Qué tipo de persona eres? lunes el , 27 Sep Me llamo David y vivo Barcalona. 21 Soy serio y también sincero. Mi pasióna la música. Mi héroes Elvis Presley. Es Jenemenal. V Nombre: Ana carácter: Sineria, Generosa, divertida Pasión: Musicía Heroe: Rihamer The hero is fenemonal.

Met Me Llamo Evie & y tengo doce años. En mi familia hao & personas Ingo dos gatos y un perro se llamax Buck. En mi colegio hay una biblioteca. En mi colegio estadio música, español y mate maticas. En mis pasatiempos vero las películas porque es interesante. Innover futbol porque es divertido. without help from sheet Fantastic! (A) brave ettal. 2/3 without help from the board Well done for working from memory. Accurate present lank The see and opinions with reasons. EBI: Write me a future and a past sentance. * En mi tiempo libre voy a jugar fútbol estro escuché música





lura en mue 2001
¿Tienes hemanos?
a) Tengo un hermano
a) Tengo un restricted /
b) Tengo una hermano I have a Sister
of rengo un hermounostro
d) Tengo una hermanastra I have a half sister/stepsisters /
e) Tengo dos hermanos
1 20 4 00 5 12 1100 00
and Dillines will
a) in Time harmaines sou hill a three will
I have no Siblings, lam an only child.
h) no tengo hermanos. Soy hiji única. I have no siblings, I am an only child.
I have no sibility of a constant
PARE WAS CONST
1) Oscar lives in Ecuador /
2) Com camen lives in Santiago
3) Hugo is twelve years old. Y
4) Carmen has two brothers and one sister
5) Hugo has no brothers or sisters.
6) óscar has two sisters and one brother
Ósa
Óscar
My name is oscar and I live in Quinto, in Ecua

¿ Chateas con tus amigos?
Sí, todos los dias chates con ruis arrigas. Me encanta porque es directado, interesante y
¿ Compantes this videos favoritos?
Sí, de vez en guando comparto mis videos favoritos. Me gusta porque es muy muy divertodo
No, nunca ved videos o películas paque es may nun aburrido y no es dirextido
My nun aburido y no es divertido
This is an autotanding piece of work, Charlette! All government answered in trul sentences, every answer developed with a time phrase and any opinion.
BEET SI has an accent to mean god. Si means if !
Great class and homework fruitn.

Junes el 27 3 eptembre ¿ Que tipo de persona eres? Me llano Pavid y vivo en Parcelona. Say secio y también sincero. Mu pasión es la Musica. Mi hároe es Elvis Presley es genomenal. My name is Pavid and I live in Borcelona. I am serious and also straces. My possion is Music. My Hero is Elvis Prestey he is , yenomen at. Nombre: Ana Nombre: Ana Nombre: Ana Nombre: Ana Nombre: Ana Start to your Spanish studies af Longerst Coming, Well don!
Héroe: Miana

1.	. 1 21 1
1	Hernes el 24 de septiembre 2021
r	nivida, mi mobil
	Evie Drinkall
	the prinkall
	Spanish HW
H	lola: Chates con tus amigos?
S	lola i Chateos con tus amigos?
L	Jula 5 totos:
	Saco fotos todos los dias
Ç	Ves videos o peliculas? Si veo videos o peliculas a veces
	Di veo videos o películas a veces
	Lees tus SMS?
-	Leo mis SMS
	Descarge melodias o aplicaciones?
I	No descargo melidias o aplicaciones.
1	Adios
To the last	WWW!- Questians with answers developed
	with a time phrase.
	EBSC: SI
	Check guestion verbs (5)
Sec.	Include an opinion.





Memory Lane

This week we again return to 1979/80 and feature two Year 7 tutor groups. Mrs Atkinson is pictured with 1AE.



Back Row:

Ian Robinson; Steven Moore and Ian Bysh.

Third Row:

Middleton; Richard Warcup; Adrian Gray; Timothy Brown and Nicola Culkin.

Second Row:

Sarah Pinder; Yvonne Bird; Helen Field; Deborah Bennett; Sarah Lamb; Fiona Parkes; Gillian Smith and Linda Hugill.

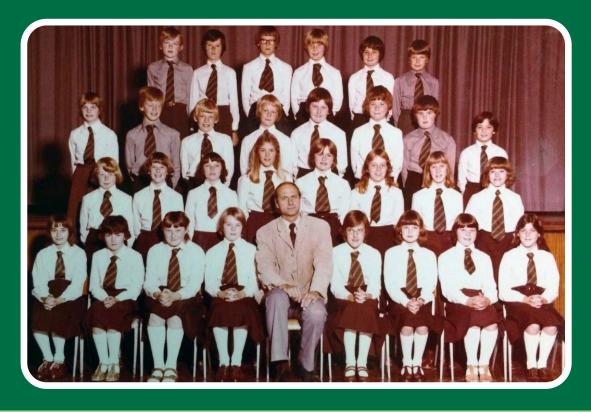
Front Row:

Fiona Kilpatrick; Kerry Rodgers; Charlotte Wilmer; Lynn O'Sullivan; Mrs Atkinson; Hester Sowerby; Jacqueline Hewitt; Elspeth Berry and Kathy Hughes.





Mr Amor is pictured with 1AN.



Back Row:

Michael Latchford; Peter Shingles; Graham Roantree; Patrick Broadhurst; David Butt and Michael Crockett.

Third Row:

Marie Chapman; James Brown; Richard Porter; Simon Ross; Andrew Kenney; Tim Rose; Martin Tuffnell and Deborah Hodgson.

Second Row:

Fiona Doyle-Davidson; Adele Boyd; Linda Overton; Joanna Cawkswell; **Bridie Harold**; Karen Crystal and Amanda Dornan.

Front Row:

Catherine Mustard; Angela Sellers; Mr Amor; Dianna Griffin; Elizabeth Allen; Sara Gibson and Karen Nichol.



Follow us on Twitter to see more pictures from **Memory Lane**

@SchoolLongcroft



Find us on Facebook

Longcroft School & Sixth Form College



Longcroft Sport

Extra-Curricular Programme

While Longcroft has a tradition of sporting excellence and success, with current and former pupils competing nationally and internationally as both amateurs and professionals in a range of sports from football, ice hockey and rugby league to athletics, boxing, badminton and swimming, participation and enjoyment are equally valued and every week a range of enrichment opportunities prove popular.

At Longcroft we run an Extracurricular Rewards Scheme. This involves pupils receiving a point on their loyalty card for each extracurricular club they attend or fixture they play in.

Pupils are able to win prizes once they have completed their bronze loyalty card, which consists of 10 points, before progressing onto their silver card.

Attending an extracurricular club is a fantastic way to become involved with life at Longcroft and it is even better as you are rewarded for attending. Please see the extracurricular timetable and find a club you can get involved with. Could you be the first person to complete their bronze card?

	Name	Curricuk yalty Ca	rd	1
1	2	3	4	5
		8	9	10

	Lunchtime	After School : 15:10–16:10	
Monday		Year 7 & 8 Netball Mrs Henderson	
Tuesday	KS4 Badminton Mr Martin	Rugby Mr Cassidy and Mr Martin	Girls Football – All years Miss Calam
Wednesday	KS3 Badminton Mr Martin	Football Mr Martin	Year 9, 10 and 11 Netball Miss Calam
Thursday	KS3 Badminton Mr Cassidy	Badminton Mr Martin	Hockey – All years Miss Rushby





Tallulah Aiming for National Title

We send our best wishes to Year 11 pupil Tallulah Pulling who will be boxing in the National Championships on Sunday at the Harvey Hadden Sports Village, Nottingham. Boxing in the Class A **Development Category, Tallulah trains** at Beverley's Track Fitness and Boxing Club.

The England Boxing National Junior Championships has been running since the 1930s and is a breeding ground for the country's future boxing stars. Many well-known boxers became a junior champion before going on to enjoy success at senior level and this is an exciting period in Tallulah's development.

The event will be streamed live and we are sure Tallulah will be supported by a strong following.



England Boxing National Junior Development Championships 2021

Female Development Class A				
Millie Shorts	Final	Emily Anderson		
Priory Park (MC)	F (40 - 42kg)	Peterborough Police (EC)		
Abigail Ingram	Final	Fay Brown		
Rumbles (SC)	F (44 - 46kg)	Cambois Miners (TTW)		
Millie Firfax	Final	Beth Moon		
Titans (Yorks)	F (46 - 48kg)	Wearmouth (TTW)		
Georgina Ellery	SF1	Ruth Huntley		
Stratford Upon Avon (MC)	F (50 - 52kg)	Rainham (LON)		
Sarah-Jane Sadler	SF2	Many Putter		
		Macy Butler		
Brookland (MC)	F (50 - 52kg)	Knowsley Vale (M&C)		
Evie Smith	SF1	Bye		
FKB (M&C)	F (52 - 54kg)	Dye		
TRB (MdC)	. (02 - 04kg)			
Rihanna Begley	SF2	Martina Hodgson		
No Limits (M&C)	F (52 - 54kg)	Stratford Upon Avon (MC)		
	_			
Maisa Rahim	SF1	Bye		
Stratford Upon Avon (MC)	F (54 - 57kg)			
Leah Thakur	SF2	Geneva Jones		
Black Country (MC)	F (54 - 57kg)	Phoenix (EM)		
T-11-1-1-12-11		Control District		
Tallulah Pulling	Final	Sandra Piekarska		
Track & Fitness (Yorks)	F (60 - 63kg)	Mikeys (MC)		



Care and Achievement Co-ordinators

Our Care and Achievement Co-ordinators work with a specific year group to ensure the welfare and progress of pupils and are the first point of contact for parents.

They work to care and support children to achieve academically by establishing a positive learning environment by visiting and working in lessons and supervising and supporting individuals and groups of pupils.

Our team, and their work mobile phone number which parents can use to contact them, are pictured below.



Year 7
Mrs Brady
07388 722751

kay.brady@longcroft.eriding.net



Year 8

Mr Devall

07827 587483

john.devall@longcroft.eriding.net



Year 9 Mr Tong 07810 416081

graham.tong@longcroft.eriding.net



Year 10 Mrs Ellis 07900 394085

annette.ellis@longcroft.eriding.net



Year 11

Mrs Winter

07423 568558

joanne.winter@longcroft.eriding.net