



LONGCROFT

—SCHOOL AND SIXTH FORM COLLEGE—

NEWS LETTER

Our Community Connects in Children's Mental Health Week

*"Talking about my emotions changed my life.
I've made best friends just by walking and talking."*

—Clare Greaves, founder of Mental Health Mates Beverley.

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Charity Place2Be's annual Children's Mental Health Week holds a significant place in our calendar. The theme this year is 'Let's Connect' and pupils, Sixth Form students and staff have enjoyed a range of events and activities.

A huge thank you to Clare Greaves who visited Longcroft on Tuesday and brought the sunshine with her. Clare, who founded Mental Health Mates in Beverley four years ago, led a walk across our wonderful field on what was the sunniest day we've enjoyed for a long time.

Staff, pupils, and students joined Clare on our annual walk to mark Children's Mental Health Week. The 2023 theme is 'Let's Connect' and it was joyous to see everyone united in their mission to raise awareness about mental health, recognise the importance of physical activity and nature on our mood, and connect with each other. Everyone enjoyed the event.

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Year 10 pupil Summer said, "I enjoyed the walk. It was nice to get some fresh air with my friends."

Clare went on to address pupils in our SMASH group. She spoke about how, as a young person, she felt she had nobody to talk to, no real friends, and how this contributed massively to her anxiety and lack of self-worth.

"When I was young mental health was not discussed. If you had challenges, if you felt unhappy or worthless, you just hid it as much as you could. I was very withdrawn as a child, but nobody seemed to notice, and I felt unable to tell anybody."

It took some years for Clare to express her feelings but once she did, things took a different direction.

"Talking about my emotions changed my life. I moved away from being dependent on things that were harmful to me, or people that were not true friends, and my life began to improve; even more so since starting Mental Health Mates. It has given me people in my life who really listen, understand, and support me. I've made best friends just by walking and talking."

“

"It was fun walking across the field with friends and talking about mental health. Walking in the sun felt so good."

Harry Carlyle-Smith
Year 11





“

“I really enjoyed the walk, and it was great to show we were supporting Children’s Mental Health Week.”

Aimee Clarkson
Year 8



Thanks to Clare, Mental Health Mates now operates across the East Riding, allowing people to walk and talk in the open air without fear of judgement. If you are interested in learning when their next walk will be email mhm@beverley@gmail.com or visit their Facebook page.

At Longcroft we recognise that mental health can be improved in several ways and many of the extra-curricular and enrichment activities we run encourage pupils to exercise their minds and bodies. Playing a team sport or competitive game can help turn your focus away from personal worries. Dance is also a marvellous way to express yourself and keeps you fit. Massive thanks to Mrs Holt, our Deputy Curriculum Leader in PE, who led a fabulous *Just Dance* session on Thursday lunchtime. It was greatly enjoyed by pupils and students, who had lots of fun.

“

“It was good to walk, talk, and enjoy the fresh air.”

Layla Addison
Year 8



Reward Totals

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



HEART 51,904

THOUGHT 234,988

VISION 217,926

GRAND

TOTAL:

504,819

Acts of Great





Headteacher's Welcome

Our final weeks of this half term have been full of activity, with a range of trips and events enjoyed by pupils and students across the school. From GCSE Live! In Sheffield to our UKMT Maths Challenge, and from the culmination of our 'Run With It' programme to the development of our Modeshift campaign, we have tried to capture as much as possible in this edition of our Newsletter.

As you will be aware from previous communications, this week is Children's Mental Health Week. The theme for 2023 is 'Let's Connect' which focuses on the importance of healthy connections with family, friends and others. There is an emphasis on community and being actively engaged, which includes being part of teams, attending clubs and contributing in any number of different ways. This has only served to strengthen our commitment to an enriched school experience, and I would like to thank all the amazing colleagues who make so many opportunities available to our young people at Longcroft each and every day.

As part of our response to Children's Mental Health Week there have been several special events alongside input through form time and assemblies. It was wonderful to see Claire from local charity 'Mental Health Mates' return to lead our annual walk, which makes the very most of our stunning estate to celebrate the benefits of physical exercise, nature and conversation on our health and well-being. Earlier in the week some incredibly moving creative writing flowed from a special workshop with our writer in residence Vicky Foster; and at lunchtime our Theatre has been filled with dancers taking the opportunity to have some fun and get active whilst highlighting the many benefits of doing so. Our commitment at Longcroft remains to educate children holistically; to ensure they are successful academically, but equally to prepare them well for life beyond school and the great challenges and opportunities this will bring. We never underestimate the importance of mental and physical health on well-being and emotional resilience, and will continue to work with our young people to better understand these aspects of our lives and steps we can take to actively improve them.

Across the school this week I have enjoyed seeing some of the incredible dishes created by our GCSE Food and Nutrition pupils for their final GCSE assessments. The creativity, technical competence and execution on display has been exceptional and I have every confidence that their hard work will be reflected in the outcomes they receive in the subject. Throughout the curriculum I have seen pupils focused and working hard, whether developing vocabulary in French, applying their knowledge of complex compound structures in Science or rehearsing scripted plays in Drama, it has been thoroughly impressive to see children committed to their learning and demonstrating their progress.

Thank you to all for your continued support of the school this half term. It has been great to see over 550!! pupils rewarded today for meeting our 100% attendance challenge, and to congratulate our 'Hot Chocolate Friday' winners and Stars of the Week for their fabulous ClassCharts performances and special nominations. Our pupils and students continue to make us incredibly proud and I hope you enjoy reading more about them in this week's Newsletter.

Mr Perry
Headteacher



LOWER SCHOOL



Mr Worthington writes:

Our School Council consists of pupils elected by their peers to represent their views, emphasising the importance of the democratic process. Being a form representative is a great opportunity on so many levels. Not only can it help to share pupil voice on issues around the school, but it is great for developing pupils' confidence and social skills as well as helping them to actively engage in the democratic process. I look forward to working with our full complement of form reps after half term, helping them to prepare for our Whole School meetings which will ultimately see representatives present to our Senior Leadership Team.

Our School Council provides a meaningful way in which pupils can voice their opinions and have their views taken into account in decision-making. Members of the School Council take part in discussions and also feed back any relevant information to their tutor group. At times they are requested to ask their class for ideas or take class votes relating to discussions by the School Council. Members meet regularly with their Year Leader to discuss ways in which they feel they can influence the school for the better.

Over the past fortnight, the Year Team council meetings have taken place. These meetings are informed by council discussions that have taken place during Form Period. It's clear from talking to our councillors that they understand the importance of their roles within in the school community.

One of our Year 8 councillors Aidan said that it is a really good opportunity for pupils in school to feedback their opinions and perspectives to our staff. He said, "I enjoy being part of the Council, it feels good to be able to get my tutor group's view across and give them feedback and updates." Charlotte and Jack represent Miss Holmes' tutor group and said they are looking forward to doing some fundraising and charity work later in the year. Charlotte said, "It is a fun thing to do and I feel like we're making an impact for our year group." Lily, also in Year 8, explained that she likes the recognition she gets from staff and peers for the work she does related to School Council. At Longcroft we recognise the significant role the School Council plays in bringing pupils and staff together to improve everyone's experience of school.





Competition Time!

To celebrate the Coronation of His Majesty King Charles III, HM Lord-Lieutenant of the East Riding of Yorkshire is inviting all pupils from year groups 7, 8 and 9 across Hull and the East Riding, to design a card that reflects The King's Coronation and our County.

Entries will be judged by HM Lord-Lieutenant and a team of Deputy Lieutenants who will choose the winning card to be printed and sent to The King to congratulate His Majesty on his Coronation. HM Lord-Lieutenant of the East Riding of Yorkshire will visit the school of the winning design to announce the winner and present a framed card.

The winner will be announced on **Friday, 28th April 2023**

How do we enter the Coronation Card Competition?

Longcroft can only submit one card from each of Year Groups 7, 8 and 9 – while we have so many wonderful artists there is a limit of three cards per school. Cards must be able to be reproduced and printed in A4 portrait format and coloured in pencil, pen, or paint (no glitter!)

All entries must be named and handed into reception before April 14th 2023.

Good luck! We know that some pupils will be keen to get started this half-term and this is a fantastic opportunity for our Lower School pupils to demonstrate their creativity!





Congratulations to our Lower School pupils on the number of ClassCharts rewards they are receiving each week. The pupils who earned the most rewards last week are listed below.



Year 7

Lily Curtis
Alex Matta
Reagan de Kock
Scarlett Wood
Holly Ruston
Amy Thornton
Isaac Waterson
Ben Jagger
Charlotte Sutcliffe
Daniel Kemp

Year 8

Joel Dyason
Lana Sheikh Debes
Mason David
Lexie Burke
Leon Hardy
Phoebe Haw
Aidan Clayton
Ellie Fordham
Ben Carlyle-Smith
Isabelle Roberts

Year 9

Emilia Fisher
Grace Murden
Caitlan Skinner
Freya Dolan
Lydia Spratt
Jasmine Lambert
Anika Matta
Lily Pepper
Callum Tuke
Oliver Sysum
Evelyn Drinkall
Emily Stevens

Every Monday, a pupil who attended every single day in the previous week is chosen at random to receive a £5 receive an Amazon voucher.

Last week's winners were:

Year 7: Grace Helyard
Year 8: Keira Lamb
Year 9: Millie Berry

Finally, congratulations to the Year 9 pupils who took on the Intermediate UK Mathematics Trust Challenge last week. Several of these pupils experienced success in the Junior Challenge when they were in Years 7 and 8 and I am very much looking forward to seeing their results this time.

Mr Worthington
Head of Lower School

UPPER
SCHOOL**Mr Henderson writes:**

Year 10 have been working hard organising their work experience for later in the year. This affords the pupils the chance to find out what inspires them, come up with career ideas and try them out, discover their strengths, values, motivations and interests, meet new people and build a network of contacts. So far, we have amazing opportunities already planned such as a football academy, graphic design companies, primary schools, the Army, veterinary clinics, architects and many more. If you are able to offer any placements in your line of work, please contact Mr Coupe via reception.

With half term rapidly approaching, our Year 11 pupils are getting ever closer to their final exams. Before this though, they have Parents' Evenings and the final set of mocks in English, Maths and Science. We are now at a point, with question level analysis of exam papers, to be able, as a teacher and pupil team to be able to start pinpointing areas of learning that need to be revisited and revised. To get ready for the half term break, Year 11 have been completing a subject revision booklet with their teachers which highlights the main targets they need to be working on. It also outlines the ways and resources to make their revision effective as well as targeted. This level of analysis is also used to plan for the Period 6 timetable of lessons each week in which pupils know the topic to be covered in each of the sessions.

I have also this week had conversations with pupils in lessons about their learning. Charlie stated, "It makes it clear how I can improve," when talking about a literature question paper exercise on Aberfan in Mrs Foster's class. In Mr Deer's class, Harrison was explaining to me that the work showed him how to improve a question for the next time these skills were assessed. Penny and Poppy were

discussing the different ways in which this tragedy would have affected the community and how they could get this across in their writing. It is fantastic to see how many of our pupils are able to work and think independently, a fantastic skill to take forward in their next educational steps.

A new initiative introduced to reward pupils this week has been Hot Chocolate Friday. On Friday at 9am, pupils were invited to the canteen to enjoy a drink of hot chocolate.

These included those pupils with the most ClassCharts points and those nominated by teachers for doing something extra —or as we now call it, going over and above!

Mr Pearson – Izzy Woolfitt – great attitude

Mr Charlesworth – Jake Curtis – impressive analysis (QI)

Mrs Shepherd – Mary Anderson for being helpful

Well done everybody – I look forward to seeing many more in the canteen next Friday.



Top ClassCharts Rewards

Congratulations to the following Year 10 pupils who earned the most rewards in their year group last week:

Lydia Curley
Alissia d'Andilly
Heidi Jackson
Samantha Thorpe
Mia Bayliss
Imogen Capes
Max Berry
Seth Harley
James Gresswell
Rossi Moulson

Congratulations to the following Year 11 pupils who earned the most rewards in their year group last week:

Amelia Irvine
Will Seddon
Sally Foster
Harrison Adams
Sam Drew
Emily Winter
Edward Brown
Emma McDowall
Harry Carlyle Smith
Lucy Bishop

This week's Year 11 winner was Alex Lawton – congratulations Alex!

Congratulations to pupils in Years 10 and 11 who took part in the Intermediate UK Mathematics Trust Challenge. I look forward to seeing their results.

Congratulations to Jasmine Brown for being awarded an impressive second place in the Cottingham Music Festival last week.

Jasmine competed in the 15-18 years Woodwind Solo class and was accompanied by Margaret Bolton, her flute teacher, on the piano. We are really proud of Jasmine's efforts and achievement!

Mr Henderson
Head of Upper School

Every Monday, a pupil who attended every single day in the previous week is chosen at random to receive a £5 Amazon voucher.



YEAR 11 STAR OF THE WEEK

Each week a Year 11 pupil will be named as the Year 11 Star of the Week. This is an opportunity to recognise the hard work and efforts of a member of the year group – an Upper School pupil who makes a significant contribution to school life and through their endeavours provides an exceptional role model for both their peers and younger pupils.



This week the award went to Neveah Hamilton.

Mr Thomson said, "Neveah is hard working and is doing particularly well in Geography, English and Science. Neveah is a supportive friend and popular member of the year group. She has a clear plan for the future – she would like to be a midwife. I've enjoyed conversations with Neveah about how she will use her mocks to plan how to earn the grades she wants in the summer and I wish her well."

Mrs Ellis said, "Neveah is a popular pupil in Year 11. She has grown in confidence this year and has shown resilience when at times it would have been an easy option to give up. Neveah is on the Year 11 Prom committee so she is making a contribution that everyone will recognise and appreciate as we're all looking forward to a wonderful evening to end Year 11."

Congratulations Neveah!





PERSONAL DEVELOPMENT



Mr Coupe writes:

Welcome to this week's update about Personal Development here at Longcroft. This week, we have been focusing on Apprenticeships as it is National Apprenticeship Week across the UK. In addition to the Careers Corner Presentations that all year groups have had this week, we were very happy to welcome Cheryl Owens from the Apprenticeship Support & Knowledge for schools and colleges programme – the ASK Apprenticeships Programme. This initiative is funded by the Department for Education and aims to support schools and colleges in England to increase awareness of apprenticeships, traineeships and T Levels.

Apprenticeships are one of the routes that pupils can take after their GCSEs. They offer an attractive alternative to the more traditional routes of sixth form and further education college. Since the law changed in 2015, every young person has to remain in education until 18 years of age, meaning that they are not able to move into full-time employment as previously. However, the modern apprenticeship system is designed to allow people to begin their working life at 16 whilst simultaneously ensuring that they continue in education.

There are four levels of apprenticeship ranging from Intermediate Apprenticeships (Equivalent to 5 GCSE passes at Grade 4), up to Degree Apprenticeships (which are either equivalent to a Graduate Degree or Master's Degree, or actually include a degree qualification). Whilst an Intermediate Apprenticeship or an Advanced Apprenticeship (equivalent to 3 A-Levels) can be studied from 16 years old, Higher & Degree Apprenticeships can be started once young people have attained a Level 3 qualification (such as 3 A-Levels or an Advanced Apprenticeship).

Regardless of the level at which an apprenticeship is undertaken, the key element is that they combine real, paid employment with education and training. An apprentice will earn at least the minimum wage, and will typically work about 30 hours a week in paid employment. In addition, an apprentice will undertake the equivalent of six hours per week of off-the-job training, most usually at a further education college or training centre. Most apprenticeships last between one and four years and apprentices do not pay for their training, including when undertaking a Degree Apprenticeship linked to a university.

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There are now apprenticeships available in thousands of different job types and industries. Long gone are the days when they were limited to practical or vocational sectors. Apprenticeships can lead to careers in finance, healthcare, law, digital, hair & beauty, education, engineering & design, marketing and construction amongst many others. In fact, there are over 1500 apprenticeship job roles available and over 2.2 million people have started an apprenticeship since 2015. Success and retention rates are also high for apprentices, with 93% of apprentices remaining employed after they complete their apprenticeship.

The post-16 landscape is now more complex than ever before, with A-Levels, T-Levels, Apprenticeships and BTECs all offering their own particular attractions to young people. It is therefore vital that pupils research their options and make any decisions about their future in a fully-informed manner. It is also never too early to begin that planning process, especially as having a clear vision of one's next steps can be a great motivator. Therefore, this National Apprenticeship Week, I would encourage you to find out more about the potential of this route. If you wish to do so, more detail can be found at <https://amazingapprenticeships.com/> and <https://www.ukcas.com/apprenticeships/apprenticeships-england> In addition, current apprenticeship vacancies can be found here <https://www.gov.uk/apply-apprenticeship>

Mr A Coupe

Head of PSHE and Careers Education



TEACHING AND
LEARNING**Mr Taylor writes:**

As we move into the half-term holiday we reach a critical period in the revision process for Years 11 and 13. The week gives an excellent opportunity for a large amount of structured, personal revision in a distraction free environment. Do not underestimate the effect that even this period could have on final grades and outcomes. Below are some key tips to help make the most of the holiday period:

Making the most of half-term. Revision tips.

With only a matter of a few months to go until the GCSE, BTEC and A Level exams, the half-term holiday is a vital time for revision.

Here are a few things that should be planned or considered:

1. Print the specification to check the level of detail and skills you need to know for each topic. Use this like a check list to ensure you have revised everything.
2. Create a timetable to make sure you are doing AT LEAST 5 hours revision each day on average. This means if you know you can't work on a particular day then you need to plan in when you will pick up these hours on another day. Use the timetable as well to make sure you balance your time between each subject.
3. No distractions. Revise with no phone, TV, radio and internet browsing! TikTok and Instagram will still be there when you finish your work.
4. Timetable in breaks. Most people can only focus for one hour, after this your mind will wander. Make sure you plan in frequent mini breaks. In these 5 minutes maybe get a drink, eat something, move and allow yourself to check your phone if you have to.
5. Revise effectively. It is said that if you only read your notes and textbook you limit yourself to a Grade 4 (understanding the theory). To get higher grades you have to be able to apply knowledge, calculate, analyse and evaluate... you can improve these through past paper questions. This should be the main focus.
6. Gathering resources. There are many past paper questions and activities on Exam Board websites. GCSEPod is an excellent summary of each subject and topic, and emphasizes the keywords.

Mr Taylor

Head of Teaching and Practitioner Development



Memory Lane

This week we take a trip back to 2002 and feature

Ms Elmes' Year 7 tutor group – 7R.



Back row:

Milly Holgate; Rebecca Lee; Robert Harrison; Bebe Backhouse.

Second row:

Alan McKenzie; Lee Atkinson; Emily Baldwin; Kim Raw; Nathan Rowe; James Waldron; Daniel Withell; Thomas Snowden; Ms Elmes.

Third row:

Daniel Waslin; Jerome Greenfield; Tamara Clayton; Tara Whiteley; Andrew Reid; Lewis Draper; Ruth Middleton.

Front row:

Beverley Waller; Cheryl Germain; Samantha Rollison; Toni Duffill; Robbie Yearnshire; Liam Feetham; Daniel Gibson.



Pupils Take the Challenge!



**United Kingdom
Mathematics Trust**

We were pleased to offer over 100 pupils in Years 9, 10 and 11 the opportunity to challenge their mathematical skills in the UKMT Intermediate Challenge last week.

The UK Mathematics Trust was founded in 1996 with the charitable aim of advancing the education of young people in mathematics. The Trust works with hundreds of volunteers across the UK to organise competitions promoting problem solving and team work and other mathematical enrichment activities. The Junior, Intermediate and Senior Mathematical Challenges have over 700,000 entries each year and are the UK's most popular school Mathematical Challenges.

The Intermediate Mathematical Challenge is a 60-minute, multiple-choice Challenge. It encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems.

The problems on the Intermediate Mathematical Challenge are designed to make candidates think. Most are accessible, yet still challenge those with more experience.

Pupils faced 25 questions.

- » 5 marks are awarded for each correct answer to questions 1 – 15
- » 6 marks are awarded for each correct answer to questions 16 – 25
- » Each incorrect answer to questions 16 – 20 loses 1 mark
- » Each incorrect answer to questions 21 – 25 loses 2 marks
- » Answers left blank are marked as 0

This adds a decision-making aspect to the challenge as pupils have to decide whether to demonstrate confidence in their answer or to risk losing marks.

Maths teacher Mrs Powell, who organised this opportunity for our pupils, said: "The pupils were fantastic! The Challenge offers pupils an opportunity to test themselves against the best mathematicians in the country and further afield and I'm looking forward to finding out their results."

Mr Baker said,

"The UKMT Challenges are an important part of our enrichment programme and I am grateful to Mrs Powell for the work she puts in to ensure so many of our pupils and Sixth Form students have the opportunity to test themselves. A number of Sixth Form students took the Senior Challenge earlier this year, and pupils in Years 7 and 8 will be entered for the Junior Challenge. The UKMT does a great job and we look forward to their challenges each year."



Year 11 pupil Angus was so keen to participate that he took the challenge on the way to his visit to GCSE Science Live! in Sheffield. He said,

■ *"I thought it went well and I found the Challenge easier than last year."*

INTERMEDIATE MATHEMATICAL CHALLENGE

Wednesday 1 February 2023

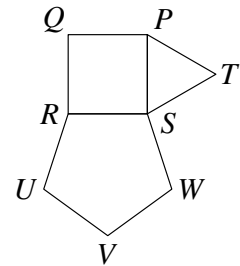
11. Jill was given a large jar of jam. She gave one sixth of the jam to Jan. Jill then gave one thirteenth of the remaining jam to Jas. Jill was left with 1 kg of jam.
What was the weight, in kg, of the jam in Jill's jar at the start?

A 1.2 B 1.3 C 1.4 D 1.6 E 1.9

12. In the diagram, $PQRS$ is a square, PST is an equilateral triangle and $SRUVW$ is a regular pentagon.

What is the size of angle WTS ?

A 35° B 36° C 37° D 38° E 39°



13. The mean of p and q is 13; the mean of q and r is 16; the mean of r and p is 7.
What is the mean of p , q and r ?

A 12 B 13 C 14 D 15 E 16

14. A regular octagon $PQRSTUWV$ has sides of length 2 cm. When I shade the rectangles $PQTU$ and $RSVW$, four small triangles inside the octagon remain unshaded. What is the total area, in cm^2 , of these four triangles?

A 1 B 2 C 4 D 6 E 8

15. How many of the following polygons could exist?

A triangle with all three sides the same length, but three different interior angles.

A quadrilateral with all four sides the same length, but four different interior angles.

A pentagon with all five sides the same length, but five different interior angles.

- | | |
|--------------------------------------|--------------------------|
| A only the pentagon | B only the quadrilateral |
| C the quadrilateral and the pentagon | D all three |
| E none of them | |

16. The sum of the lengths of the three sides of a right-angled triangle is 16 cm. The sum of the squares of the lengths of the three sides of the triangle is 98 cm^2 .
What is the area, in cm^2 , of the triangle?

A 8 B 10 C 12 D 14 E 16



GCSE Science Live!

On Thursday a group of Year 11 pupils and Sixth Form students joined Miss Rushby, who led and organised the trip, Mrs Firth, Miss Sinclair and Mr Worthington on a visit to Sheffield City Hall for GCSE Science Live!

While our own Science team are experienced and inspirational in their own right, the visit afforded the chance to see and hear five of Britain's top scientists, all working at the cutting edge of their specialisms.

Each pupil received a booklet with details about each scientist, the lectures and some general articles about studying science and working as scientists – as well as a number of pieces from an experienced chief examiner on success with Science GCSE.



Possibly the best-known presenter was Professor Lord Robert Winston. As well as being Professor of Science and Society and Emeritus Professor of Fertility Studies at Imperial College, he is a well-known television presenter and best-selling author. In addition he is also a politician who sits on the Labour Party benches in the House of Lords.

Other presenters included Dr Kate Lancaster, who is based at the University of York and is in the thick of exciting developments in nuclear fusion which is a long-term solution to the problem of finding an abundant, clean source of energy.

All the pupils, Sixth Form students and staff enjoyed the day. Freya Vidal said, "My favourite presenter was Robert Wilson because he interacted with the audience a lot and I understood what he was saying. Professor Ryan had worked in a refugee camp which was interesting and I learned a lot."

Adam Hancock said, "My favourite speaker was Professor Tony Ryan because I enjoyed seeing how complex science could be simplified to help



those in refugee camps." James Suggitt particularly enjoyed Professor Winston's presentation, saying: "His understanding of genetically modifying our cells to provide different characteristics was very interesting and fascinating. It helped me gain an insight of the future of biological science."

Edward Smedley said, "Professor Lord Robert Winston was someone whom I would have been very disappointed not to have seen. I feel privileged to have heard him on stage and feel a sense of enlightenment with how much I now know is out there in the fields of science. The biology that Prof. Lord Robert Winston talked about was very interesting and his work in the field of IVF and genetics is inspiring."

Jasmine Brown added, "My favourite speaker was Professor Lord Robert Winston. This is because he talked to us about his fertility studies which were very interesting and learning more about Biology as it is my favourite science. Then where certain degrees can take you."

Kayla Robinson agreed. "I really enjoyed Professor Lord Robert Winston who shared his research and interests in how life starts and the details of how and why it happens. He talked through his many years of research and has inspired me to work hard and become successful in the field of science. His explanations were very informative and have boosted my interest in studying biology at a higher level. Overall, all of the scientists shared very interesting topics, but I enjoyed Winston's the most."

Soleman Ranjous said, "My favourite scientist is Professor Tony Ryan, his work in the refugee camps in Syria using polymers from mattresses was very informative. His information on the culture was also fun and amusing."

Andrew Woodhouse concluded, "I thought it was a great experience and was really beneficial in understanding some really life benefits of all sciences. My favourite was Professor Tony Ryan as his presentation gave lots of insight into a sustainable future, and the real-life benefits of this technology. The venue was great and busy! Overall a great trip."

Harrison Jones said his favourite presenter was Dr Kate Lancaster. "She gave a great insight into the future of clean and reliable energy -through nuclear fusion- that could vastly change the world in the future."

Miss Sinclair said, "The students were a credit to the school."

This is our third visit to GCSE Science Live! We certainly plan to make this inspiring event an annual feature of our enrichment programme as while the pupils undoubtedly benefit from tips from senior examiners about revision and examination technique it is both fascinating and inspiring to hear experts in their field discuss such exciting and thought-provoking topics.

Thank you to Miss Rushby for organising such a fantastic opportunity.





Primary Sports Event a Success

Longcroft recently hosted both Zoneball and Boccia events focused on engaging pupils and developing fundamental skills.

The events were delivered in a non-competitive environment focusing on fun and progression of skills through self-evaluation. Both events were well attended by our primary schools and enjoyed by all.

Mrs Henderson, who combines her role as a PE teacher at Longcroft with that of School Sports Co-ordinator, said: "It was great to see the progression of skills through the evening and pupils deploying tactics to beat their opponent. Well done to all involved and to the Longcroft Leaders who do an amazing job and volunteered to assist and officiate on the evening."



LIBRARY NEWS

**Ms Carvill writes:**

Thank you to Vicky Foster, our writer in residence, for providing an additional creative writing workshop to mark Children's Mental Health Week. Vicky's workshop was themed around the challenges we face as individuals, as a community, and living in the world in 2023. It was moving to hear pupils discuss their concerns so openly and transfer them into strong verse. Below you can read examples of some of their work.

War

The piano plays high notes for war.
 Red, black, blue, green, yellow,
 Thunder, rain, gloom.
 Suits in blue,
 Black ripped clothes
 Red spots all over
 No side is 'good'.
 It's nothing personal.
 Just war.
 By Dasindu Kulatunge

The Drum

It's an angry drum,
 Black and red,
 Shaking.
 The drum is playing,
 Not knowing what sound it's making.
 Thunder,
 Like tight clothes trying to choke
 You to death.
 The drum is playing.
 By Lana Sheikh Debes

Bad Dreams

Black coloured walls
 A massive empty room with
 A piano in the middle and
 A ghost playing it.
 Lightening with rain.
 It feels like you are in a scary film.
 Waking up with sounds in your ears
 Lightening lights your room.
 By Miran Botan Imamoglu

Congratulations to these Year 8 pupils on the wonderful poetry they created during their workshop with Vicky.



Reading For Mental Health Week 2023

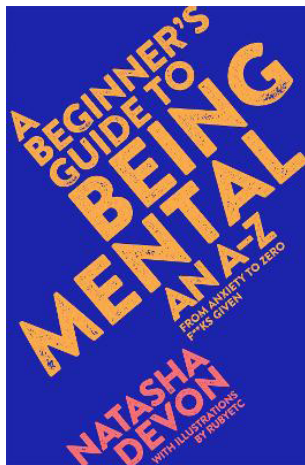
“Reading is to the mind, what exercise is to the body.”

—Richard Steele

Sadly, statistics from 2021 reveal that one in six children, aged 6 to 16, had a probable mental health condition. The figures have risen sharply since the pandemic, but there are actions we can take individually to help improve things. In the battle against mental health, reading is a powerful weapon. Books help us relax, reduce stress, and alleviate feelings of isolation.

Fiction can temporarily help us escape our own world and become transported to an imagined one. A sun-soaked setting, powerful prose, and a plot that pulls you in can all combat seasonal disorder. Understanding what motivates characters and learning about their life experiences develops our empathy, helps us identify with others in similar circumstances, and generally feel less alone.

For teenagers books can provide an insight into the adult world, how to understand a complicated transition, and explore self-identity. Self-help books can teach them coping strategies that improve their mental health and signpost them to additional services. Non-fiction books can increase their knowledge about the world, and foster lifelong hobbies and interests that sustain them in troublesome times. Below is a selection of non-fiction books on the theme of mental health. A further display can be found in the Library. Do encourage your child to read them.

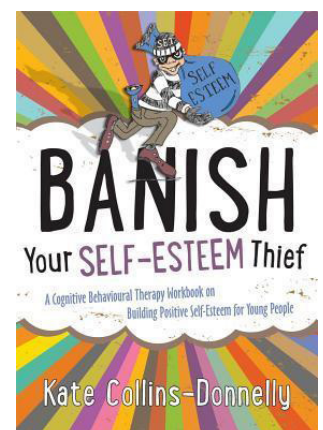


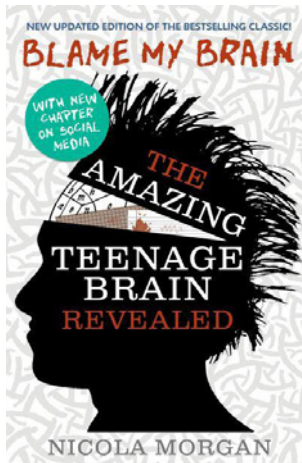
A Beginner's Guide to Being Mental: An A-Z by Natasha Devon

If you've ever wondered if you are normal, or why you have anxiety this book will answer your questions. Frank and witty it calls upon experts in neuroscience, psychology, and anthropology to demystify many of the complex issues across the full spectrum of mental health and reduce the stigma surrounding it.

Banish Your Self-Esteem Thief by Kate Collins-Donnelly

This fun and effective workbook for young people is packed with activities and real-life stories designed to leave negative feelings behind. It explains what self-esteem is, how it develops, and the impact it can have. This is a book about positive change that gives you the principles and techniques to be you!



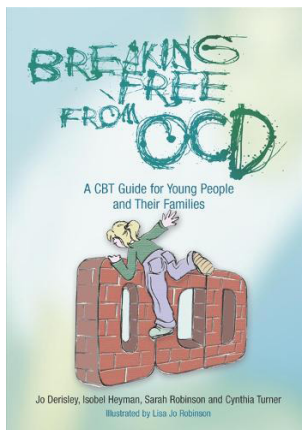
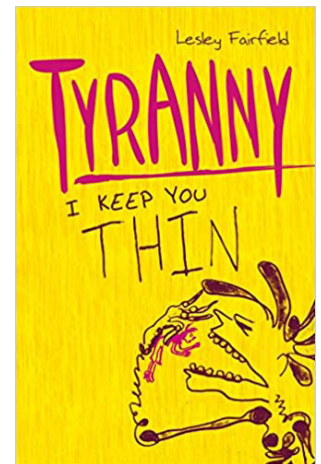


Blame My Brain – The Amazing Teenage Brain Revealed by Nicola Morgan

This witty examination of the teenage brain, with all its ups and downs, is accessible and certainly makes science fun. Contrary to popular belief, teenagers are not the lazy louts they're frequently accused of being but are undergoing massive changes in their brains. A fascinating, fun, and instructive read.

Tyranny I Keep You Thin by Lesley Fairfield

This brutally honest illustrated book deals with a young woman's struggles with anorexia. Lesley Fairfield draws on her own experiences of living with this disease to portray a story of survival and hope. Powerful.

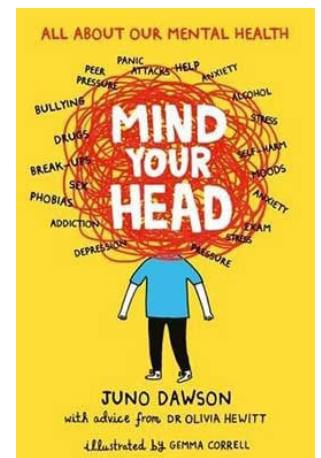


Breaking Free from OCD – A CBY Guide for Young People and Their Families

This step-by-step guide is written for adolescents with OCD and their families, to be used in home treatment or for self-help. It's packed with valuable advice, including worksheets, and structured plans. An excellent resource for sufferers, their families, carers, teachers, and health professionals.

Mind Your Head by Juno Dawson

Juno Dawson's frank, factual, and fun guide to mental health features true stories from around the world and fabulous illustrations. It covers a wealth of topics, including self-harm, addiction, personality disorder, anxiety, and depression. Extremely accessible and supportive, a must read.





Care and Achievement Co-ordinators

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

They support children to achieve academically by establishing a positive learning environment, 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.



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Miss Fox

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Mrs Ellis

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Sixth Form

Miss Taylor

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