

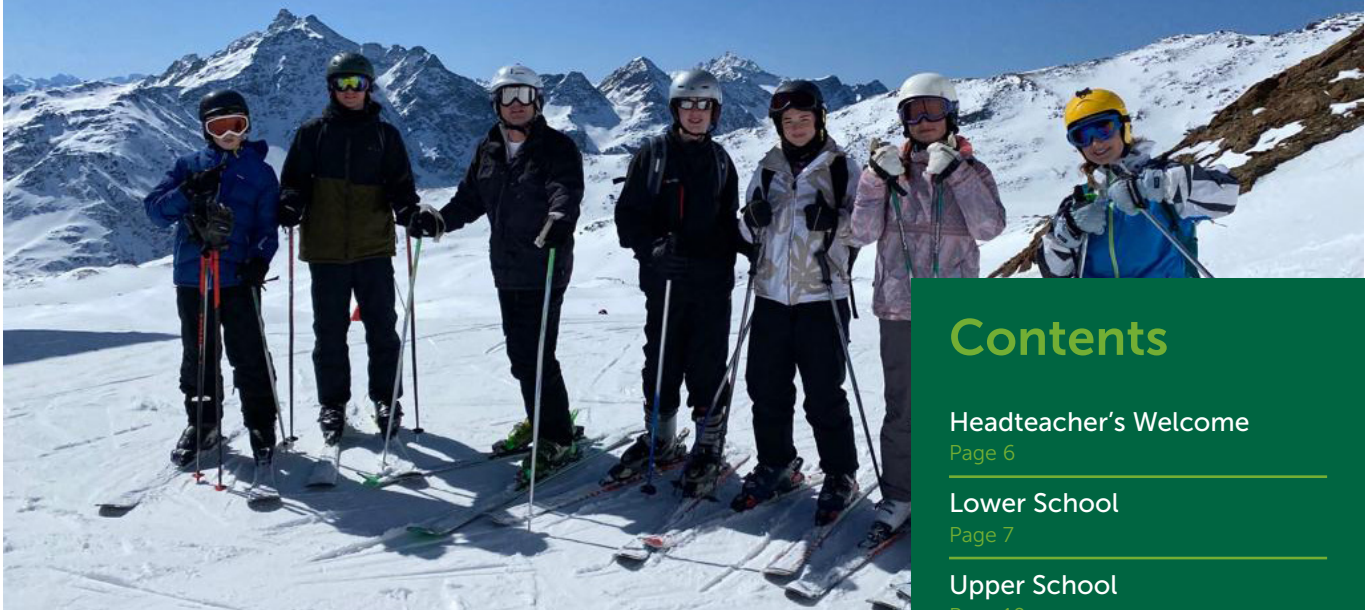


LONGCROFT

— SCHOOL AND SIXTH FORM COLLEGE —

NEWS LETTER

Opportunities create lifelong memories



“We were all having fun as friends – even on the bus!”

Following our Sixth Form students’ unforgettable visit to New York, which Mr Chapman features in his Sixth Form article, over Easter over thirty pupils and Sixth Form students spent a week skiing in the stunning setting of the Italian Alps from their base in Santa Caterina.

Mr Martin, Mr Cassidy and Miss Rushby accompanied the party, most of whom were beginners looking forward to their first experience on the slopes.

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Mr Martin said, "Although the majority of our party were beginners, by the second day everyone had progressed onto the main slopes having picked up the basics brilliantly. By day four everyone had been to the very top of the mountain into Sunny Valley which peaks at around 2,800 metres and progressed to the challenging red intermediate runs."

Away from the slopes, the party enjoyed a visit to Santa Caterina's local pizzeria where they experienced authentic Italian pizza. On the final evening the Ski School instructors held an awards evening and Mr Cassidy led a quiz.

Mr Martin added, "Skiers progressed exceptionally well. On the final full day of skiing we held a downhill slalom competition. I was delighted with everyone's attitude and behaviour throughout the week – they were fantastic!"

Year 10 pupil Libby was one of the few skiers with previous experience and during the week she felt she'd improved. She said, "We were all having fun as friends – even on the bus!" Having already skied in France, she added: "The snow was really nice – I'd recommend Santa Caterina."



Alfie said, "I wanted to go because I thought it would be something good to do with my friends. The sledging was the highlight of the week." A beginner at the start of the week, he added: "I progressed well. I felt quite confident by the end of the week."

Sixth Form student Gabby said, "It was cool to learn a new skill from scratch. We were all the same level, so to learn together was good and it was like a team building activity as well." Our skiers made excellent progress over the course of the week. Gabby explained, "On the very last day some people got to do a run around the mountain which gave us a panoramic view – it was really cool."

Louisa, who is also in Year 12, explained, "It was good to be a big group of beginners. When we got to the very top of the mountain it was a really good feeling."

The week certainly brought out the competitive spirit in our party. Millie said, "My highlight was when I beat my brother in the slalom race!" Max, however, pointed out that this was only by one second and added, "I didn't fall over as many times as my sister!"



LONGCROFT

— SCHOOL AND SIXTH FORM COLLEGE —

NEWS LETTER

Maisie said, "There were lots of highlights. Going on the gondolas, the hot chocolate place and the sledging were just three."

Mr Cassidy said, "Pupils' behaviour, conduct and overall company was outstanding. This was mentioned by various people including staff in the restaurants and hotel and the coach drivers."

Thank you to our staff team, led by Mr Martin, who ensured our party enjoyed an unforgettable experience!







Reward Totals

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



ClassCharts

Acts of Great

HEART

65,428

THOUGHT

290,964

VISION

258,301

GRAND

TOTAL:

614,693





Headteacher's Welcome

Welcome to our first newsletter of the Summer Term, one we are very much looking forward to with so much planned and to get excited about. I do hope you have enjoyed time as families and with friends over the Easter holidays.

The last few weeks has seen a host of trips, visits and experiences for pupils and students across the school and this edition of our Newsletter endeavours to capture something of the breadth of opportunities enjoyed. This week I have been talking to pupils and students who have enjoyed making life long memories, having experienced trips to New York and Santa Catarini in Italy. You can read all about their exploits in the various articles. These follow on from our trip to Iceland earlier in the Spring Term and with Paris to come later in the summer, form part of a suite of international trips taking place this year. Closer to home our A-Level Geographers have been at a residential in North Yorkshire and pupils from across Year groups visited Cambridge University for the First Story festival which has been hugely inspiring for those involved.

Looking ahead, we have residential to London as well as Paris still to come, a range of trips and visits scheduled and our young people will be taking part in the final stages of a range of sports competitions and festivals over the coming weeks. We will also be hosting a number of events for the community and particularly primary schools across the region this term. As a community school, our place in service of Beverley and the surrounding villages matters to us, and we look forward to welcoming visitors and ensuring our fabulous facilities are made available in different ways.

In the last week of the Spring Term we enjoyed celebrating huge numbers of pupils who met our attendance challenge – well done to all! We were also treated to an array of sweet treats as part of our Charity Day which saw us raise hundreds of pounds for various charities and send dozens of shoe boxes filled with toys and essentials to the Turkey and Syria earthquake appeal. I was incredibly proud of the response from our community and the Great Heart that all continue to show

We are now just a few short weeks away from the heart of the exam season and pupils and students continue to prepare to represent themselves well. I remain hugely encouraged by the response our young people have demonstrated to this challenging period and to the raft of support the school continues to provide. This has manifested in many ways, including attendance and engagement with intervention, having seen great attendance to the extensive Easter programme; tutoring and support sessions; and the use of GCSE Pod, SENECA and other national online learning platforms. Momentum is key and our focus is to continue to build on all that we have established over this final stage. Please continue to encourage and support at home, and get in touch if you have any questions or concerns. We know this is an acute period emotionally and physically and we are here to help.

At this time of year, we experience much transition for children across the school. Some students will leave us to take their next steps in education, employment or training and others will be preparing to join us for the first time, with significantly increased numbers again in both Year 7 and the sixth form. Every year group will be preparing for a move to the next stage of their journey and we will be working to ensure every young person experiences a smooth progression.

It is at times of transition that our values and associated expectations provide constancy and reassurance. They will remain a focus of all we are and do at Longcroft for the young people we serve. Thank you in anticipation of your continued support in partnership with the school and our community.

Mr Perry
Headteacher



LOWER SCHOOL



Mr Worthington writes:

Ensuring Pupils Have Their Voice

We get to know and value each and every member of our school community and ensure that all have a say in shaping our school and the activities that take place within. All pupils have an opportunity to take an active role at Longcroft. Form representatives comprise our School Council to represent pupil voice in the school and work with the Senior Leadership Team and other stakeholders. 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.

Our School Council members are elected by their respective year groups to represent the views of all pupils, and to bring ideas and suggestions about school life. Recently, at our Senior Leadership Team meeting, we had the pleasure of meeting with our School Council representatives to discuss their ideas about their school. From articulating view points around fundraising activities, to reflections on activities in the summer term, it was really good to hear our Lower School representatives speak with such confidence and passion. We look forward to discussing how we can further shape our school with their input in future meetings, culminating in an end of term presentation.

Boxers put on a great show!

I was delighted to hear that four Lower School pupils participated in Track Fitness and Boxing Club's latest show at Beverley Leisure Centre on Saturday evening. Luci, Max, Oscar and Rosie were all proud to discuss the event with Mr Baker.

Max said, "It was my first show and I was second on so I was a bit nervous. I started boxing when I was five or six but I stopped. I went back because Oscar kept telling me to go and I liked it so I kept going. Last year I got carded so I could head spar and my first sparring session was in January against Copperbox." He added, "I enjoyed my bout very much. I was a bit nervous in the first round but I was fine for the other two. I enjoy going to the club because you get fit." Looking to the future, Max said: "Next I'm looking forward to being in an away show to see different people and box them."



Luci, who is in Year 8 and was competing in her fourth show, said: "It was good. I think I did well and some of the judges complimented me on how I fought. I think I've improved a lot since my first bout. The atmosphere was really good – there were so many people there. Rosie was really good as well. In the future I'd really like to get into the Olympics." Coaches Jolly and Jordan Thorne are both former Longcroft pupils and all the boxers speak highly of them. Luci said, "Jolly got me into it and I've loved it ever since."

Rosie started boxing last year. She said, "It was my first show and I enjoyed it. People were cheering me on and my coaches said I'd done well. The coaches really build your confidence up."

Oscar has been boxing for five years and has taken part in several shows. He said, "I enjoyed the show. I'm looking forward to improving, becoming more confident and developing my skills." Oscar added, "If it wasn't for the coaches we probably wouldn't be boxing now. They really help us become more mature and confident."

Mr Baker said, "I always enjoy talking to our pupils about their boxing. I'm proud that former Longcroft pupils Jordan and Jolly are doing such a fantastic job as role models, inspiring young people and giving them something positive to do with their time outside school. The club is amazing and does so much for the community."

Pupils 'Run With It'

Mrs Newsam has enjoyed taking the latest group of Lower School pupils to work with charity 'Run With It' at Flemingate each Thursday. Pupils have worked with staff from award-winning Art & Soul to design and produce a greeting card. A treasure



trove of unique, hand-made, contemporary art, gifts and local produce, Art & Soul showcases the work of over 100 artists. Our pupils' finished cards are for sale in Art & Soul, Flemingate, with funds raised going to support the 'Run With It' charity.

Run With It works to raise levels of literacy and numeracy using stimulating learning environments while developing employability skills and we are delighted to work in partnership with the charity. Pupils certainly get a great deal out of the partnership.

Celebrating Attendance

In the run up to Easter, we celebrated with students who have achieved high attendance during the Spring Term. As well as those who have achieved the long-term goal of 100% attendance for the year, we rewarded children who attended consecutively for the final week. We acknowledge that it is not always possible for a child to achieve 100% for various different reasons, but we are keen to encourage that the children attend every day possible.

Mr Worthington
Head of Lower School



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

Ava Curley
Daisy Stokes
James Shiels
Max Lister
Sophie Battye
Lola Roberts
Brenton McKie
Zara Sowerby
Lily Curtis

Year 8

Harry Cuthbert
Ava Moore
Ben Carlyle-Smith
Mason David
Charlie Moses
Lewis Pemberton
Sam Al-Budri
Levi Petherbridge
Ava Bryce
Sadie Colclough
Xavier Jenney

Year 9

Freya Kelly
Grace Murden
Charlotte Skilbeck
Lydia Spratt
Caitlan Skinner
Emilia Fisher
Nyara Ceesay
Mathilda Smith
Sophie Dines
Annie Mason

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: Dorothy Makey
Year 8: Mason David
Year 9: Emile Curd



UPPER SCHOOL



Mr Henderson writes:

Walking Talking Mock - English, Maths and Science

On Wednesday the subjects in focus were English, Maths and Science. The evening gave both pupils and parents an in-depth look at exam materials, exam technique and areas in each discipline that we have identified to really focus and develop in the run up to the exams. There was also time made available at the end of structured sessions for parents to ask any specific questions or seek advice from relevant members of our team.

On Wednesday 26th April we turn our attention to the other subjects with examinations this summer. Places are still available, so please check your school messages and ClassCharts for the link to book places.

Easter Revision a Success

School was buzzing over the Easter holiday, with nearly all subjects having Easter revision and coursework sessions. I was able to greet the pupils on many of the days and they were all eager and ready to push themselves in the final run up to the exams.

Evie said, "I was really pleased that so many teachers were able to come in and provide support for us during the holidays whilst we were revising. I was able to go to Food Tech, Science, English, Maths and Geography. I really enjoyed English because it was extremely helpful in understanding Macbeth. It was also great to be able to finish my Food NEA2 as I am now able to focus on revising for my exams. It has been great to have a structured timetable to help me revise and do more interesting activities."

Angus and Ash said, "It was much easier and more useful to revise in school. We got given lots of helpful resources. We came in for English, Further Maths, Art, Biology, Geography and Spanish."

Mrs Clegg enjoyed returning to school to work with Year 11. She said, "It was an exciting opportunity to re-connect with Year 11 students I had not seen for some months. I was not disappointed. 80 students attended the four revision sessions, two on "Macbeth" and two on "A Christmas Carol", both set texts for Literature Paper 1."

She added, "Students were focused and diligent, asking intelligent questions and making meaningful contributions to



discussions which deepened their learning. Challenging concepts such as the Jacobean belief in the Goddess Fortuna, the Great Chain of Being and Divine Right of Kings were revised and applied to "Macbeth". For "A Christmas Carol", Malthusian Theory and Sabbatarianism were taught and discussed. Here, students showed a mature knowledge and understanding of Charles Dickens' social activism. Many students clearly have an excellent aptitude for A level English Literature, which bodes well for the future."

"Particular mention must go to Amelia, Emma, Dan, Luke, Harrison, May and Erin, Harry, Neveah, Kelsey, Tyler, Nathaniel, Maddie, Layla, Kate, Karla, James and many more who found the confidence to speak up, ask searching questions and listen carefully to the teaching. Soleman, Batool, Faye, Layla-Jade, Toby and Sam seemed to gain confidence and insight, while Kirsten was nominated by her friends in the final session for the extra jaffa cake, for making excellent contributions."

"Angus, Harvey, Freya, Katie, Jack, Phoebe, Lucy and Charlotte volunteered answers and took risks in trying to fathom difficult areas of text. Their talents are without doubt; smaller group sessions enabled them to shine."

Mrs Clegg concluded, "Longcroft Year 11 students are very special young people who deserve great outcomes in August. It was a pleasure to spend 10 hours in their company."

Mr Charlesworth led a History session. He said, "Emma was out the blocks like a rocket for the 'run-around' session recalling and cross-referencing factors and issues across the four 'Health' time periods (this was a lead that was to be maintained to the finish flag), and had only gone and paired up with Batool for a dream-team scenario (Batool actually may even have taken top spot for the session had there not been an early withdrawal necessitated by an important piano class). They were pushed close by several other teams however, with the dry wit of Harrison (an eventual joint runner-up) a partial foil and the silent assassin Edward also racking up the points. Pleasingly, all pairs were able to add detail even following three other teams having made their jottings on the topic sheets spaced around the room."

He added, "By the second hour Josh was running hot on recall of the key concepts and cause-consequence links on the 'USA' course. Lillie was almost 100% on the quick-fire quiz that finished the day. And Max and Ryan were by then fully warmed up and showing some valuable input following a delayed start due to transport/sausage-roll issues... Lucy had consistently recalled quality material for each and every topic, as had Soleman who was coming up on the rails to seize the joint silver medal for the session. Well done to all participants."

Mrs Shepherd said, "It was great to see so many students attend the Higher Spanish session. We focused on the writing paper, discussing all 3 elements and looking through examples of grade 8+ answers. Pupils were able to identify various tenses and time frames and see higher level, more sophisticated language in action. We also looked at time management in the exam and how to make best use of the 75 minutes in the exam. Angus stood out as the main contributor to the session, closely followed by Harry, Erin and May, Layla and Georgia."

On Wednesday morning 19 Further Mathematicians arrived to learn all about matrices and transformations for the Further Maths Level 2 Certificate. The students were all focused and keen to learn. Matrix multiplication was found to be a bit tricky to start with for some students but everyone left confident that they could now identify a matrix transformation.

On Wednesday afternoon 16 pupils came for GCSE Higher Maths revision of which Zoe, Alex and Robert had already attended the Further Maths session that morning. Mrs Low said, "We revised Functions including Inverse and Composite. I then gave the group a 20-question mixed revision relay race as a competition. Alex and Ben were firing through the questions and looked like they were going to win but then Layla and Zoe beat them. Robert and Campbell came third."

Mr Henderson
Head of Upper School



Congratulations to our Upper 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 10

Lydia Curley	Mia Bayliss
Chantal Levey	Maisie Turner
Samantha Meir	Casey Clarkson
Heidi Jackson	Summer Mulvana
Rhys Attwood	Tristan Carlo Pineda

Year 11

Harry Carlyle-Smith	Holly Pritchard
Phoebe Flanagan	Danielle Harris
Alex Skinner	Lucy Bishop
Katie Harling	Charlotte Godber
Sam Drew	Sally Foster

Congratulations to Harry Carlyle-Smith who managed to top the ClassChart points this week in Year 11.

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

This week's Year 10 winner is Liam Roberts – congratulations Liam!

This week's Year 11 winner is Morgan l'Anson-Bradley – congratulations Morgan!

Year 10 Over and Above Celebrations

Finlay Addinall	Katie Myles
Evie Barwick	George Penny
Max Berry	Liam Roberts
Alfie Brennan	Natasha Sharpe
Travis Clark	Rosie Sissons
Erin Fell	Ella Thornton
Eleanor Foster	Samantha Thorpe
Rhys Hodgson	Maisie Turner
Grace Hook	Libby Wood
Eloise McNamara	Hannah Woodhouse
Tilly Midgley	

This week Mr Cassidy has invited the Year 10 pupils who went on the ski trip to join him for Hot Chocolate Friday! He said, "Pupils' behaviour, conduct and overall company was outstanding. This was mentioned by various people including staff in the restaurants and hotel and the coach drivers."

Well done to all of you!



SIXTH FORM



Mr Chapman writes:

This week has been another busy one as Year 12 finalise preparations for next week's Mock Examinations. The results will provide valuable evidence of students' progress since they joined us in September – of their transition to A Level study including their use of independent study time and their ability to apply their knowledge and understanding to answer questions in an examination setting. I am looking forward to analysing their results and ensuring we provide support as necessary, while of course celebrating positive news.

Several Year 12 students enjoyed the ski trip to Santa Caterina during the Easter holiday and I enjoyed hearing about what was a wonderful opportunity. I was delighted to hear that younger pupils enjoyed spending time and working with Year 12 students, who proved excellent role models. A number of our Sixth Form students are mentors and work most days with pupils in Lower School. Many support reading intervention, while Gabby and Owen in particular support our PE team by coaching and officiating. Students in Years 12 and 13 really do embrace the opportunity to act as role models!

The last week of the Spring Term saw twelve of our Year 12 students, accompanied by Miss Taylor and Mr Coupe, enjoyed an unforgettable week in New York.

Miss Taylor said, "While on the trip the students saw all the amazing sights of New York including the Empire State Building and the Statue of Liberty. They took the ferry out to Liberty Island to learn more about the history of immigration



in America and the enormous difference immigrants can make to a country. They visited famous museums including the Museum of Modern Art (home to Van Gogh's "Starry Night") and the 9/11 Memorial Exhibit at the World Trade Centre, where the foundations of the original Twin Towers



stood. A trip to Broadway took them to see the amazing Harry Potter and the Cursed Child, with some brilliant theatre magic, as well as lots of opportunities to explore Times Square and shop on 5th Avenue. Before coming home, they managed a trip to the iconic Central Park where so many famous films and TV shows have been filmed."

Frankie said, "The highlight for me was the Empire State Building. New York was chaotic, but a good chaotic!" Holly also enjoyed visiting the Empire State Building, highlighting the views. Having visited the 9/11 Memorial she added, "There was definitely an atmosphere – you can feel the depth of what happened."

Callum said, "My highlight was the Statue of Liberty – it was really sunny with clear skies. It's so popular and I had particularly looked forward to seeing it." He added, "I'd recommend going to New York." Callum also found the 9/11 Memorial moving, saying: "It was fascinating to see the fire engines that had melted."

Eve said, "My highlight was visiting the Empire State Building at night – it was so quiet. It was a lot better than I'd expected – pictures don't do it justice." Eve added, "It was nice to be in New York with our friends." McKenzie also chose the Empire State Building as the highlight of the trip.

Andrew chose the city tour as his highlight. He said, "Times Square was really good and the tour guide described New York well – he was very informative." Kade also highlighted the visit to Times Square as being particularly memorable.

Miss Taylor concluded, "The students had a brilliant time and have come home with great memories and strong friendships."

Opportunities such as these are important aspects of our students' Sixth Form experience, broadening horizons and exposing them to a range of cultures as they become increasingly independent. We are already putting together an exciting range of opportunities for the forthcoming academic year and I very much look forward to publicising these to both our Sixth Formers and the current Year 11 in due course!

Mr Chapman
Head of Sixth Form





NEW YORK 2024!

Following the success of this year's trip to New York, we look forward to offering students in next year's Year 12 the opportunity to experience the city that never sleeps!

Imagine yourselves here!







Mr Rogers writes:

Stress Awareness Month

Stress and poor mental health are among the biggest public health challenges that we're facing in our society. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues and immune system challenges to more serious mental health disorders such as anxiety and depression.

Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals.

During form time during this month we will be looking at ways to manage stress and inviting pupils and staff to share thoughts and ideas.

Mr Rogers
Deputy Headteacher
Head of Care and Achievement

INTERNATIONAL STRESS AWARENESS WEEK THE STRESS MANAGEMENT SOCIETY

HOW TO STRESS LESS



LOOK AFTER YOUR SOCIAL WELLBEING

- Connect with people – check in with your support network; are they ok, are you ok? Pick up the phone and find out!
- Ask for help if you need it – it's OK not to be OK.
- Perform a random act of kindness – it's nice to be nice.



MAKE TIME FOR SELF-CARE

- Learn a new breathing technique; box breathing, the 7/11, baby breath – find one that works for you and add it to your toolbox.
- Be kind to yourself, take time out for self-care and exercise – it's like the oxygen mask on the plane; put yours on first and you'll be in a better position to help others.



EXPRESS GRATITUDE

- Write a gratitude letter. What are you grateful for? What did you take for granted and really appreciate? Even just writing down 3 positive experiences that have happened to you every day.
- Write down your strengths: what are some of the things people have said about you that have made you feel good, strong and elated?



GET ENOUGH SLEEP

- Get your sleep hygiene sorted: have a bath, wind down, minimise screen time, talk about how you feel, eat good food regularly.
- Digital Detox – Could you make your bedroom a 'tech-free zone'? Make sure before bed to do something that doesn't involve a screen to allow you to disconnect from the 'always on' world we're currently living in.



EAT HEALTHY

- Reduce your sugar consumption to avoid energy crashes.
- Stimulants like nicotine and caffeine should be avoided
- Keep hydrated. Drink plenty of water throughout the day, and avoid that vicious cycle; thirsty because you're stressed and stressed because you're thirsty.



PRIORITISE AND ORGANISE

- Be strict with your boundaries; work is work and life is life – make sure to schedule time for doing things for yourself.
- Prioritise your most important tasks and projects earlier in the day.
- Delegate the things you do not have to do yourself.



Stress Management Society
from distress to de-stress



International
Wellbeing Insights
People, Culture & Wellbeing

www.stress.org.uk / info@stress.org.uk



TEACHING AND LEARNING



Mr Taylor writes:

Hello again. We now approach the critical few weeks in the run up to the start of the exam season. If your child is heading into exams, levels of tension are likely to rise.

It starts with sleep deprivation - theirs and yours. A study of over 1,000 parents and students has shown that 80% of teens lose between 2-4 hours of sleep each night, it's no wonder parents may struggle to manage the stress fall-out.

Exam time can impact the whole household. Parents worry about how well their child will do, how much or little they're studying and the impacts their performance may have on their future.

Thankfully, there are strategies that can help the entire household through this challenging time. Please find below information from psychologist Jordan Foster from ySafe — her top tips for helping teens (and parents) turn exam stress into exam success.

1. Help them avoid study distractions

Our research shows that during exam periods 3 out of 5 students increase their screen time with up to 30% of their extra time spent on social media. 'Call it self-medicating with screens. Social media is a constant distraction to student's learning time, and this is particularly problematic during study periods. I recommend setting boundaries around screen time to help eliminate added distractions' says Jordan.

2. Ensure they're getting enough sleep

'Getting enough sleep is fundamental to performing well at school and especially during exams', notes Jordan. Our research shows that 9 out of 10 children take their devices to bed with them during exam times. 'When teens spend most of their evening studying, they'll usually want to catch up on social media before bed and this can cut hours from their sleep time - resulting in them being excessively tired right before their exams. I recommend either banning devices in bedrooms during exam times or even cutting off the internet at bedtime'.



3. Know their exam timetable

'This is something easy parents can do to help relieve their child's stress', says Jordan. 'Knowing what exam they've got next so you can help make sure they get there on time and also offer to help them revise. It's an extra element of support. Parents can even add the exam timetable to their calendar'.

4. Install parental controls on their devices

Our research shows that 42% of teens report that their digital devices are a distraction during exam time. 'If ever there was a perfect time to install parental controls without argument, it's right now when they're studying for exams' says Jordan. 'Parental controls enable parents to block apps and websites that serve as a distraction for students, so they can use their devices as intended - to study'.

5. Remain calm

'Or if you can't be calm, learn to fake it. If you stress out, they'll stress out even more - it really is that simple' says Jordan. 'So, it is very important to try your best to hold your stress inside and discuss with your partner or a fellow parent going through the same thing, if need be. It's also helpful to remind your child even if they don't go as well as they hope there are still other pathways into their chosen course or career.'

Mr Taylor

Head of Teaching and Practitioner Development





Memory Lane

This week we take a trip back to 1996 and feature our team of
English and Drama teachers.



Back row:

Miss Bethell; Mr Cowley;
Mr Gardham; Miss Dovey.

Front row:

Mrs Rogerson; Mrs Viant; Mrs Owen; Mr
Smith; Mrs Greenlaw; Mr Hope; Mr Poore.



Follow us on Twitter to
see more pictures from
Memory Lane
[@SchoolLongcroft](https://twitter.com/SchoolLongcroft)



Find us on Facebook
Longcroft School &
Sixth Form College



Charity Day

We were delighted with the response to our Charity Day, which saw a mountain of boxes collected for the East Yorkshire to East Turkey Emergency Earthquake Appeal and over £250 raised through a wonderful bake sale for Teenage Cancer Trust!

Thank you to everyone involved!





LIBRARY NEWS



Ms Carvill writes:

Longcroft Pupils Visit Cambridge University for Young Writers Festival 2023

Extraordinary, eye-opening, and an out of this world experience were just some of the comments made by our pupils after their visit to Cambridge University just before Easter.

The First Story Young Writers Festival is always a thrilling event, but this year was exceptional, not least because it was located on the glorious Downing College site. The campus is set amidst 20 acres of magnificent grounds in the heart of the city. Our pupils were clearly impressed, as James Shiels stated:

"It was my first time in Cambridge. It was beautiful. The university is amazing. I'd love to study there."

The day was packed full of activities and experiences, beginning with a performance by Longcroft Writer in Residence Vicky Foster and the experimental Hull-based artists Broken Orchestra. As well as attending creative writing workshops with top writers, pupils met award winning author Manjeet Mann, had a tour of the Downing College campus, lunch in a Georgian dining hall, and attended an "expo" featuring book stalls and exciting writing and career-based activities. At the end of the day several of our





pupils also performed on stage in the Student Showcase led by spoken word poet John Berkavitch.

This year's festival was headlined by Manjeet Mann, the multi-award winning children's author, actress, playwright, screenwriter and founder of Run the World, a project that uses sport and theatre to empower women and girls. Manjeet spoke at length about her journey to become a successful writer, something she had to fight hard to achieve. Expectations were very low at Manjeet's school; especially for a girl like her. She grew up on a council estate in the Black Country in the 1990s and comes from a disadvantaged background.

■ *"My parents were illiterate; they didn't work. I came from nothing."*

Manjeet's desire to follow a career in the arts was met with horror by her family who still disapprove of her choices.

"My Mum would much prefer it if I worked in a supermarket and was married with a big family. When she goes to the temple, she's embarrassed to say what I do."

Despite parental opposition Manjeet was determined to follow her dreams:

■ *"You have one life and sometimes you have to fight for what you want to do."*

After her talk and answering questions from students, Manjeet attended the "expo" to speak to pupils individually. Mathilda Smith was very impressed:

"I loved the fact you could buy fabulous books for a donation of only a £1. I got to talk to the author face to face and Manjeet signed my book. She was so inspiring. I'm so pleased I met her."

Longcroft pupils were very fortunate to have their creative writing workshops in the Master's House, the private home of the head of the college. The elegant drawing and dining rooms, complete with sumptuous sofas, antiques, art works, and floor to ceiling Georgian sash windows flooding the rooms with sunlight were certainly inspiring. It was heartening to see pupils engage so fully with the writers, something Anika Matta really appreciated:

■ *"The workshop leaders were really passionate about getting you involved."*



Lucy Coombe was equally impressed:

"The workshops were really fun, and I learnt so much about poetry and how to structure a poem."

"I really enjoyed the workshops and working with the writers" said Brenton McKie.

After lunch, pupils were treated to a tour of Downing College grounds. Downing was founded in 1800 during the reign of George III and is set amongst a spacious landscape of lawns and gardens. Its first buildings were designed by William Wilkins who travelled in the Middle East and was greatly influenced by Greek architecture. Sam Smedley was moved by the aesthetics of the site:

"I loved the opportunity to admire the architecture and discover how the university is incorporated into the layout of the grounds."

Lana Sheikh Debes particularly enjoyed the tour too:

"The buildings are so beautiful. I have never seen anything like it before. There is so much space."

After the tour, Bonnie Lander-Johnson, a Fellow in English at the College, announced a competition and spoke about the University of Cambridge experience and how accessible and achievable Downing College is. Several of our pupils appeared very interested in applying in the future.

The final treat of the day was the Students Showcase. Pupils performed pieces they had written during the workshops. A number of Longcroft pupils confidently took to the stage, including Joe Dawson, who stood up in front of hundreds of people to recite his work.

"I performed in the Showcase at the end. I was a bit nervous before, but once I was up there it was great fun."

Mrs Foster, our Curriculum Leader in English, was delighted.

"I felt super proud of our students and their performances."

A huge thank you to the Festival Producer, Jessica Fear, and the First Story team for organising a most memorable and unique day, and to FOLS, who have supported Longcroft's partnership with First Story so wholeheartedly.

Thank you also to our amazing pupils, for their engagement and exemplary behaviour. They were a credit to Longcroft's values and their families.



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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