



LONGCROFT

— SCHOOL AND SIXTH FORM COLLEGE —

NEWS

LETTER



Megan Wins

Humberside Title!

Congratulations to eight of our pupils who represented the East Riding in the Humberside Cross Country Championships this week in Scunthorpe. Ben and Megan, who are in Year 7, Year 10 pupils Anna and Millie, and Ella, Fin and Max who are all in Year 11 qualified as top 25 finishers in the East Riding Championships back in October.

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Having been crowned East Riding Champion in October, Year 7 pupil Megan won the Year 7 girls' race and is now Humberside Schools' Champion.

Unfortunately Megan will have to wait until next year to compete in the prestigious English Schools' Championships which brings together the best athletes in each of the 46 Counties in England to compete for the honour of being the best in the country - the youngest competitors are in Year 8.

Megan, who competes for Kingston upon Hull AC, said: "It felt good to win, especially as members of my family were there to watch. Next year I'll be aiming for the English Schools' Championships - I'd like to run in that to compete against the best in the country." Megan added: "In March I've got races for my club, and I'll be representing Humberside in the Inter-Counties Championships. I'm looking forward to the track season, although the longest race for my age is 1,200m and my best distances are longer." Head of PE Mr Martin said: "I had the pleasure of taking 8 Longcroft pupils to Central Park, Scunthorpe for the annual Humberside Cross Country Championships. They all ran brilliantly in difficult conditions."

Mr Martin added: "Millie came 13th in the Intermediate Girls' race, a fantastic result considering she was going up against girls in the year above. Ella came 17th in the same race and Anna, who like Millie is in Year 10 and was competing against older runners, followed in 28th. Ben came 46th in the Year 7 boys' race and Max and Fin finished strongly in the Intermediate Boys' race."

Megan and Millie will now represent Humberside in the prestigious English Schools' Championships in Pontefract on 16th March.

Well done to all those who competed – we are proud both of their representing the East Riding and of the commitment each athlete showed in the conditions."





ClassCharts

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

51,671

THOUGHT

273,985

VISION

187,396

GRAND

TOTAL:

583,052





Headteacher's Welcome

Celebrating the achievements of our young people is important to us at Longcroft and we are incredibly proud of our community. You will have noted the staggering numbers of positive acts of Heart, Thought and Vision that are recorded through our ClassCharts Rewards each week with over 500,000 already this academic year! We are on track to meeting the 'Magic 1.2 Million' target that I set back in September.

Recently I have received an increasing number of communications from the local community praising our pupils and students, and celebrating the achievements of the school. One resident this week for example had witnessed a Longcroft pupil who had paused on their way to school after a particularly windy night, to gather recycling waste that was strewn across the floor from an overturned bin. Acts such as these which so powerfully exemplify our values, fill us with huge admiration - but no surprise. We see in many different ways every day our young people demonstrating our Longcroft Standard – seen and unseen - and it is hugely encouraging to know that increasingly the local community are witnessing and sharing that too. In addition, we have received wonderful feedback from venues and organisations that we have visited or have been in to school.

Thank you to the Longcroft student on his way to school this windy morning stopped, collected all the recycling rubbish that had escaped from an overturned bin, wiped his hands on his trousers and continued on his way to school. You will go far with this 'see a job do it attitude'. Be proud parents you've raised a good one



This has been a busy week of events, trips and visits. Year 9 enjoyed the first of our 'well-being walks' programme in partnership with Beverley Racecourse. Those that took part arrived back with broad smiles (and muddy boots), and we are looking forward to affording the rest of the year group their opportunity to be involved over the coming weeks. Year 10 and 11 pupils headed to Sheffield to watch a plethora of world leading scientists present as part of the

GCSE Live 2024 event. I had the privilege of accompanying them and enjoying the exceptional inputs which were hugely informative and thought provoking. Our young people stood apart from other schools in terms of their impressive conduct and engagement throughout the day and we were very proud of each and every one of them.

On Wednesday, our Year 12 and 13 families joined us for a parents' consultation evening and there is much to celebrate with our post 16 students across the curriculum. Following the impressive feedback from Ofsted before Christmas, our Sixth Form offer continues to move from strength to strength. On Thursday, it was the turn of Year 11 pupils and parents to join us for our Exam Preparation Event. This included the launch of our programme for the next 12 school weeks, guidance on research informed revision strategies and subject level advice for all option subjects in preparing for the summer assessments. The event was really well received and it was great to see so many in attendance. Mr Henderson will be circulating the resources to anyone who was unable to be there and if you have any questions or require support of any kind, then please do get in touch.

Our Newsletter is a great vehicle for us to celebrate our young people and we are never short of things to share. This week we have sporting success across the school, our ClassCharts champions and our brilliant sports leaders supporting local primary schools in the latest event – zoneball. There is also a look ahead to Children's Mental Health Week in our Library News. Please enjoy finding out more throughout this week's articles.

Mr D Perry
Headteacher



LOWER SCHOOL



Mr Worthington writes:

Year 7 Football

Congratulations to the Year 7 girls' football team who beat Driffild 3-0 in the first round of the Humberside Schools' Cup.

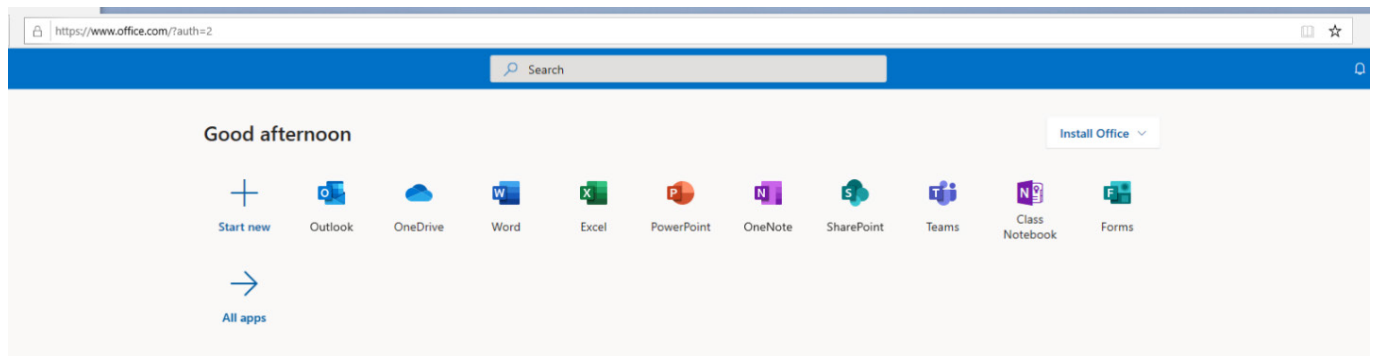
The Year 7 boys' football team played Hornsea in the first round, and unfortunately despite going a goal up in the first half were beaten 3-2.

Well done to both teams, and best wishes to the girls for the next round!

Office365

I would like to take the opportunity to remind all Lower School children and parents about one of the resources available to them online as a Longcroft School pupil. As a school, all pupils have access to Office365 from their Longcroft School account.

To log on, a pupil can simply insert their school e-mail address (username@longcroft.eriding.net) into Office365, followed by their Longcroft School password. Their password is the same as they use to log on to the school network. If a pupil is required to study remotely, through absence or inability to attend school for another reason, pupils can access associated learning activities uploaded to the school's dedicated MyLearning website.



Office365 access from home affords all children the ability to use the online versions of Word, Excel and PowerPoint. If a child requires the Microsoft Teams app there are two options for accessing this.

- » You can click on the Teams icon when logged in to your Microsoft 365 account at office.com (in the same way as you have clicked on to the SharePoint icon for the SMC study page previously).
- » You can download the Microsoft Teams App on any device for free and log in using your school e-mail and password.

In fact, all Microsoft apps can be downloaded and used with a pupil's Office365 log in!

Visiting our school on a Saturday morning, I'm always impressed at the range of sporting clubs that use our facilities outside of school time. Our large, 50-acre school field is a hive of sporting activity all year round. We boast a comprehensive extra-curricular programme, where pupils and Sixth Form students of all abilities can thrive and get involved. Our facilities are second to none with our well-maintained Sports Hall and 3G pitch. It has been wonderful to see that our clubs have been so well attended this year.

As well as our clubs, all pupils enjoy active participation in PE lessons. We take great pride in making it our mission to promote lifelong learning through physical activity, exercise and sports. We nurture student engagement in P.E., ensuring that all students are equipped with the knowledge and skill to approach a variety of activities with confidence. As a department, our PE team foster an inclusive environment, encouraging all pupils to adopt a positive mental attitude. Effort is encouraged and rewarded.

I had the pleasure of spending some time discussing the week ahead with some pupils in Year 7 and it is clear from their feedback that pupils at Longcroft School enjoy their PE lessons. Taking part in sport can help children to maintain an active and healthy lifestyle. As well as our sporting clubs, a range of different opportunities take place including Orchestra, Drama and Dungeons and Dragons club. There really is a lot on offer at Longcroft School and Sixth Form!

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

Jake Redmond
Owen Harper
Sonny Marriott
Leonid Vaskov
Oscar Purchon
Toby Buckle
Elliot Bennett
Tymofii Merkulov
Elias Chapman
Lily Smedley

Year 8

Evie Sugdon
Madilyn Duff
Jacob Fergusson
Lila Garniss
Alfie Robinson
Henrik-Bror Berntsson
Jake Hara
Charlie Woolfitt
Curtis Gordon
Jasmine Stephenson

Year 9

Emilia D'Andilly
Mason David
Sam Al-Budri
Primrose Kilgannon
Lily Logan
Alicia Hicks
Ben Carlyle-Smith
Ava Moore
Charlie Wyeth
Ben Smedley

Attendance Matters!

Each week we reflect on the importance of attendance at school by giving ClassCharts rewards for Great Vision to every pupil with 100% attendance the previous week. These pupils are then entered into a draw and the winner receives a £5 Amazon voucher.

Last week's winners were:

Year 7: Lily Conman

Year 8: Mia Robinson

Year 9: Gracie Ferne

UPPER
SCHOOL**Mr Henderson writes:****Congratulations Netballers!**

Firstly, a huge congratulations to the Year 10 netball team on an amazing victory against Driffild School in the girls' first friendly match of 2024. The result was an incredible 72-4 win!

Looking Ahead – Year 10 Work Experience

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; to come up with career ideas and try them out; to discover their strengths, values, motivations and interests; to meet new people and to 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 or are still yet to organise, please contact Mr Coupe via reception.

**Year 11 Continue to Prepare**

The last week has seen Year 11 pupils receive their 'Subject Revision Target Booklet'. Pupils complete the booklet throughout the week, writing two specific targets based on gaps in their learning in each subject. These learning gaps have been found through their mocks, class assessments and teacher feedback. These booklets will also play a part in the revision conference pack ready for the trip to the University of Hull for Year 11 – details of which will follow in a letter to parents.

With half-term rapidly approaching, our Year 11 pupils are getting ever closer to their final exams. Before this though, they have their final set of mocks in English, Maths, Science and History. 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 and targeted. This level of analysis is also used to plan for the Period 6 timetable of lessons each



week in which pupils are aware of the topic being focused on in each of the sessions.

We were delighted to see so many parents at the 'Exam Preparation Evening' on Thursday 1st February. The evening explained how the school and parents will be able to help secure the progress and success we and our pupils strive for. It outlined the ways in which research has shown how it is best for pupils to revise and the environment required for this.

GCSEPod stars of the month

Alex, Lydia, Kripa and Connor - well done!

Period 6 / Lunchtime Revision – Spring Half Term 1

Day	Tuesday		Wednesday	Thursday	Others
Subject Room Time	Maths (Foundation) Mrs Wilson Room 16 3.15-4pm	Art Mrs Holmes After school	Maths (Foundation) Mrs Wilson Room 16 / 3.15-4pm	History Mr Pearson Room C1 3.15-4pm	PD Mr Dyson Afterschool - individual help
	Geography Mr Davies Room C5 3.15-4pm	RE Mr Fox Room C3 See Mr Fox for dates	Science Room B7 3.15-4pm		Music/Drama See teachers on an individual basis
	French Mrs Barry Room A4 Lunchtime		Spanish Mrs Shepherd Room A2 Lunchtime		PD Lunchtimes — see Mr Dyson.
			Art Lunchtimes - see Mrs Holmes for other days		

Mr Henderson
Head of Upper 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 10

Cal Skinner
Lydia Spratt
Emilia Fisher
Grace Murden
Charlotte Skilbeck
Matthew Harris
Grace Crook
Amelia Purchon
George Tatton
Harriet Carden-Howe

Year 11

Imogen Capes
Natasha Sharpe
Tristan Carlo Pineda
Lydia Curley
Samantha Thorpe
Connor Baker
Samantha Meir
Erin Fell
Freddie Robinson

Attendance Matters!

Each week we reflect on the importance of attendance at school by giving ClassCharts rewards for Great Vision to every pupil with 100% attendance the previous week. These pupils are then entered into a draw and the winner receives a £5 Amazon voucher.

Last week's winners were:

Year 10: Honey Denton

Year 11: Chantal Levey



Mr Chapman writes:



LONGCROFT
THE EAST YORKSHIRE
SIXTH FORM

We're looking forward to Year 11 coming to join us in the Sixth Form for their EYSF Taster Day experience. This will be taking place next Thursday 8th February and students have been given a QR code to sign up for the lessons that they would like to trial.

Year 11 pupils will register with their tutors as normal and then come to the Sixth Form area for the day. School uniform will not be required, although we will expect them to be dressed appropriately for college life. As part of the experience they will have some unstructured time in the social space and a talk on Sixth Form Life. They will also have access over break and lunch time to the canteen facilities and wealth of IT resources and spaces so that they can get a real sense of the difference between the EYSF College @ Longcroft and their current upper school experience.

Our canteen does offer refreshments all day, with coffee shop style drinks and snacks available should they wish to take advantage. All transactions are made through Parent Pay in the usual way and we will make sure everyone has access to experience the offer.

This is an incredibly exciting time for our Sixth Form and we can't wait to welcome our pupils to the space next week. You will have seen Ofsted's glowing conclusions about the post 16 offer and recognition of our unique selling points including how well we know every student, their personalised experience and small class sizes. The level of care and support is unparalleled in the region and we are tremendously proud of our young people, and what we are able to provide for them at Longcroft. Please get in touch anytime if you'd like to come and meet us, have a tour or just take a call and ask some questions. We are always here to help!

Mr Chapman
Head of Sixth Form





SAFEGUARDING



Mr Rogers writes:

Celebrating Allies Week: Embracing Diversity and Inclusion at Longcroft

In an era where diversity and inclusivity are more crucial than ever, Longcroft is proud to announce our participation in Allies Week, organised by the incredible non-profit organisation 'Just Like Us'. This event embodies our commitment to creating a safe, welcoming, and inclusive environment for all pupils and Sixth Form students, regardless of their gender identity or sexual orientation.

Allies Week is a nationwide campaign that aims to raise awareness about the challenges faced by LGBTQ+ young people in schools and promote the importance of being a supportive ally. It is a time for us to come together as a school community and celebrate the value of diversity in all its forms.

This year, Allies Week at Longcroft promises to be a week filled with meaningful activities, discussions, and assemblies designed to foster understanding, empathy, and support for LGBTQ+ members of our community.

By participating in Allies Week, we aim to foster an atmosphere of respect, kindness, and acceptance for all pupils and Sixth Form students at Longcroft. We believe that each member of our community should feel safe and valued for who they are, and Allies Week is a crucial step towards achieving this goal.

We invite all parents to join us in celebrating Allies Week and to engage in conversations with their children about the importance of being an ally. Together, we can create a more inclusive and compassionate world for all.

Let's make Allies Week at Longcroft a memorable and impactful event that sets a positive example for our entire community. Thank you for your support in creating a school where diversity is celebrated, and every child feels seen, heard, and loved.

Mr Rogers
Deputy Headteacher
Head of Care and Achievement



Extra-curricular Opportunities

We are proud to offer an extensive range of extra-curricular opportunities, a selection of which are listed here.

In addition, our **Homework Club** in A7 is open to all pupils each morning (8.15 – 8.40am) and after school until 4.15pm.

Monday

Film Society – Year 11 pupils and Sixth Form students meet to watch, discuss and explore different genres of film.

Tuesday

Dungeons & Dragons – an opportunity for pupils of all ages, Sixth Form students and staff to enjoy this fantasy table-top role-playing game.

Rugby – all year groups

Orchestra – open to all instrumentalists of all abilities

Wednesday

Netball – all year groups

Choir – an opportunity to prepare for Christmas performances.

Drama Club – in Room 65

Thursday

Girls' Football – all year groups

Hockey – all year groups

Friday

Badminton – all year groups

Table Tennis – all year groups





Zoneball Event a Success

Longcroft hosted a zoneball event for local primary schools on Tuesday evening — a 'Develop and Engage' event for Year 4/5 pupils who may not usually represent their school in sport.

Mrs Henderson explained, "Zoneball develops throwing and catching skills alongside more tactical defending skills and teamwork decisions. We had eight teams participating from six different primary schools and it was great to see up to 80 children enjoying an evening of activity."

Mrs Henderson, who combines her role as a PE teacher at Longcroft with that of School Sports Co-ordinator which sees her working with local primary schools and their pupils, added: "It was a really enjoyable evening with an engaging atmosphere. The pupils thoroughly enjoyed the event and were suitably tired after playing seven games each. Well done to all who participated and to the Longcroft Leaders for assisting and ensuring the event ran smoothly."





Memory Lane

This week we return to 1976/77 and feature our 3rd and 4th Year netball teams..

The 3rd Year (Year 9) team are pictured with Mrs Hood, while the 4th Year team are pictured with Mrs Freear.





LIBRARY NEWS

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK5-11
FEB
2024

Ms Carvill writes:

Every year Longcroft marks Children's Mental Health Week, to raise awareness about mental health and empower our young people. This year the theme selected by leading children's charity Place2Be is 'My Voice Matters'.

Sometimes, young people can find it difficult to articulate their emotions. They may be shy, lack self-esteem, be anxious, or mistrustful. Hurt and confusion may manifest as anger or challenging behaviour.

In a report published by the NHS in 2023, 18% of children aged 7 to 16 years and 22% of young people aged 17 to 24 years had a probable mental health disorder. 61% of 11 to 16-year-olds with a probable disorder were less likely to feel safe at school, enjoy learning, or have a friend to support them.

Taking care of our mental health in the same way we would our physical health is imperative; especially for young people who can experience challenges at school. Next week we will be marking CMHW 2024 with a series of events, including our annual Mental Health Mates Walk with Clare Greaves, talks, creative writing workshops, dance and gymnastics sessions, assemblies, and form activities. Exercising, enjoying nature, and being creative can all help to lift mood, reduce stress and anxiety, and divert negative thoughts. More news to follow in next week's edition of the Newsletter.

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary."

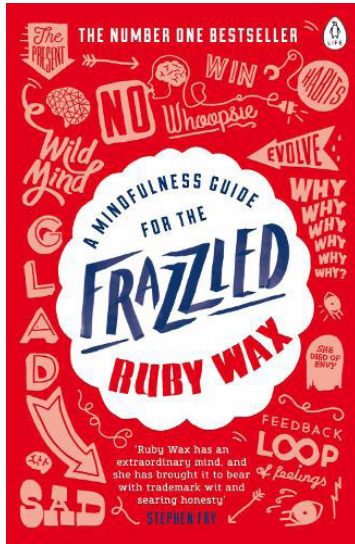
—Fred Rogers





In the meantime, a huge thank you to East Riding Libraries for once again donating a large selection of new books for our Children's Mental Health section of the library. Please encourage your children to visit the display which also features leaflets and brochures, including recommending reading and digital resources, to help young people understand their feelings and boost their confidence.

Below are a small selection of books in the display. Copies can be loaned straightaway.



KS5 (Years 12 & 13)

A Mindfulness Guide for the Frazzled by Ruby Wax

This humorous little book is a practical, straightforward guide that encourages you to make space and time for yourself in a fast-paced world.

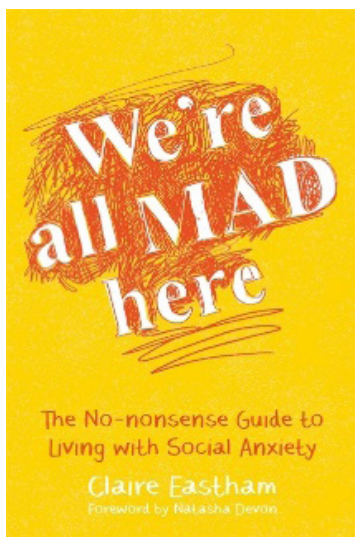
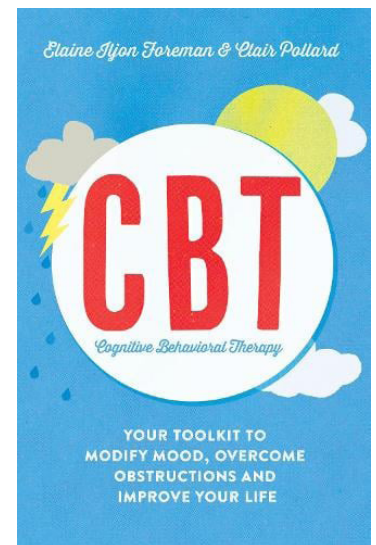
Television personality and mental health campaigner Ruby Wax provides a witty and unique insight into mindfulness and how to make realistic changes to improve life by taking time to breathe, reflect, and live in the moment.

You've nothing to lose but your stress. A gem.

Cognitive Behavioural Therapy (CBT): Your Toolkit to Modify Mood, Overcome Obstructions and Improve Your Life - Practical Guide Series by Clair Pollard and Elaine Iljon

Sometimes thoughts and behaviours can hold us back and change can seem like an impossibility. This encouraging book provides a clear framework and is full of practical activities, exercises, stories and experiments to explore and guide you.

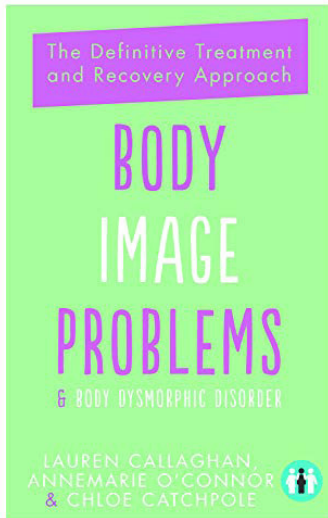
An instructive and practical little read. Excellent.



We're all Mad here the Non-Nonsense Guide to Living With Social Anxiety by Claire Eastham

Beating social anxiety at school, university and work, surviving social media, and the pitfalls of parties and dates are all covered here.

What is social anxiety? Why does it happen? How can we cope with it? The answers can all be found in this humorous little book, complete with honest insights by its author, blogger Claire Eastham. Fun and educative.



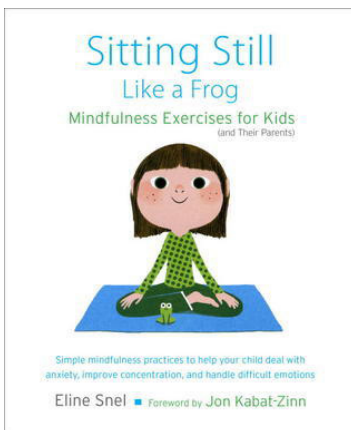
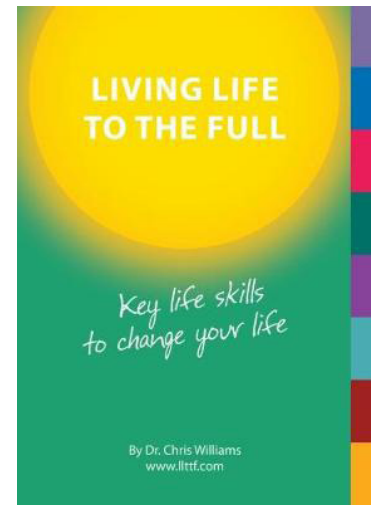
Body Image Problems & Body Dysmorphic Disorder by Lauren Callaghan Annemarie O'Connor & Chloe Catchpole

A fabulous self-help book for anyone suffering from body image concerns. Expert insight from two leading psychiatrists and their patient, as well as practical strategies and recovery tools to challenge and overcome behaviours. A unique self-help book.

Living Life to the Full: Key life skills to change your life by Dr. Chris Williams

This book uses an accessible format to help build a library of skills for positive mental health, and includes course materials in its chapters and linked free online modules, shown to lessen anxiety and improve low mood.

A superb overview that helps you look at things differently, deal with anger, build inner confidence, and gives practical tips on how to make you feel happier straightaway.

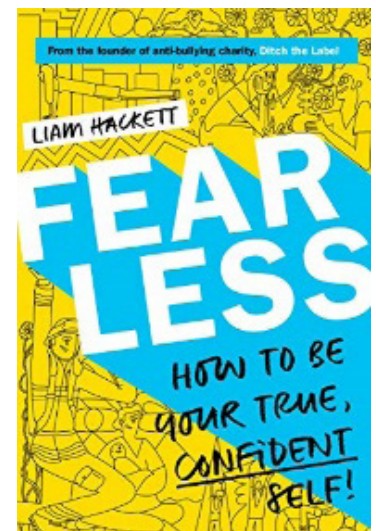


KS3 & KS4 (Years 7, 8, 9, 10 & 11)

Sitting Still Like a Frog: Mindfulness Exercises for Kids by Eline Snel

This small book is a brilliant introduction to mindfulness meditation for children and their parents and demonstrates how mindful-based practices can help children become more focused, calmer, manage anger, and become more patient and aware.

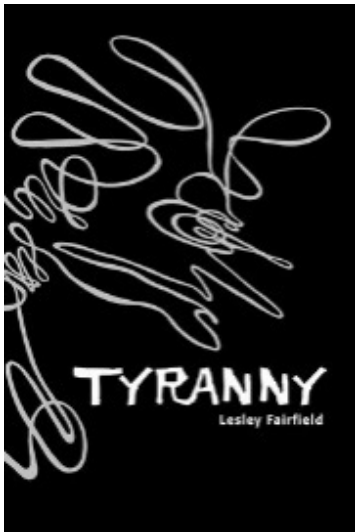
Simple, accessible, and wise.



Fearless! How to be your true, confident self by Liam Hackett

This vibrantly illustrated book reveals how by breaking free of labels and stereotypes we can build a new generation of happy and healthy individuals.

Fear of being a failure, fear of being judged, and fear of expressing oneself are among the themes explored. There are also interviews with some inspirational people to get you thinking out of the box. Superbly positive and liberating.



Tyranny by Lesley Fairfield

This graphic novel based on fact is a must-read for anyone wishing to develop a better understanding of eating disorders and how anorexia can take over your life.

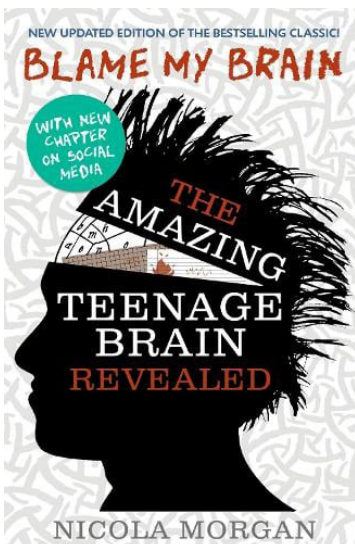
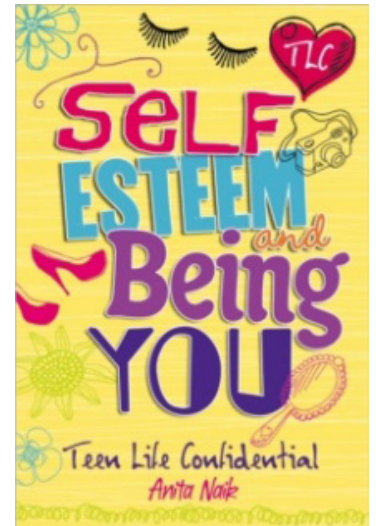
Anna feels pressurised by everyone and everything from the media to fashion trends and appears caught in a cycle of unending misery and despair. Tyranny is her own personal demon. Can she vanquish it?

This is a story of achievement and hope. Wonderfully illustrated.

Self Esteem and Being You by Anita Maik

Are you concerned about what people think of you? Do you worry about getting their approval? Do you hate your appearance?

This little book is full of tips to help you gain a positive mindset and develop confidence in who YOU are and just how valuable YOU are. An empowering read.



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

Forget the bad press, this fabulous guide to the teenage brain comes out in full support of teenagers. The book explores the radical changes the teenage brain undergoes and explains its ups and downs with empathy.

Author Nicola Morgan can educate and entertain and knows how to make science fun. Excellent and informative. A must for parents too.

“Promise me you’ll always remember — you’re braver than you believe,
and stronger than you seem, and smarter than you think.”

—Christopher Robin from Winnie the Pooh



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.



Year 7

Miss Fox

07342 342858

vicky.fox@longcroft.eriding.net



Years 8 and 9

Mrs Newsam

07827 587483

zoe.newsam@longcroft.eriding.net



Year 10

Mrs Ellis

07900 394085

annette.ellis@longcroft.eriding.net



Year 11

Miss Harsley

07810 416081

katie.harsley@longcroft.eriding.net



Sixth Form

Miss Taylor

07423 261292

emily.taylor@longcroft.eriding.net