



LONGCROFT

— SCHOOL AND SIXTH FORM COLLEGE —

NEWS LETTER



A Wonderful Evening of Music

at St Catherine's Church!

On Friday evening we enjoyed a truly wonderful occasion at Leconfield's beautiful *St Catherine's Church*, where our talented young people performed for members of the local community. With a packed audience and an enthusiastic atmosphere, our pupils delivered a simply fabulous show that was enjoyed by all in attendance.

The future of St Catherine's Church, like many village parishes, had been uncertain for some time. However, from May 2024, the church adopted Festival Church status. Whilst this means regular Sunday services are no longer held, the building continues to play an important role in community life, hosting church festivals such as Easter and Christmas, as well as baptisms, weddings and funerals.

Contents

Headteacher's Welcome
Page 3

Lower School
Page 4

Upper School
Page 9

Sixth Form
Page 13

Safeguarding
Page 15

Memory Lane
Page 21

Library News
Page 23



LONGCROFT

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NEWS LETTER

The **Friends of St Catherine's Church**, a dedicated volunteer organisation, work tirelessly to help maintain the building, organise community events and raise vital funds. As part of this programme, Longcroft's outstanding Performing Arts team receives an annual invitation to showcase the talents of our pupils and students, supporting this important local cause whilst strengthening our links with the wider community.

Once again, our performers rose magnificently to the occasion, helping to deliver another impressive event.

Reflecting on the evening, **Scarlett** said: "I enjoy how we get to take part in these opportunities. I love how everyone in the choir joins together to sing and perform."

Leo added: "It was fun – I really enjoyed it. I really liked having the opportunity to perform in the church. It was a really lovely venue and a great experience."

We could not be more proud of our pupils and the dedicated staff who support them. The evening was a joyous celebration of music, community and opportunity, and it marked the first of many events that our talented performers will be taking part in over the coming months.

We look forward to sharing more of their successes with you soon. Well done to everyone involved for representing Longcroft so brilliantly!





Headteacher's Welcome

This week has been a wonderful reminder of the immense joy and pride that come with my privileged role as Headteacher of Longcroft School and Sixth Form. Amid a busy week of learning, events, trips and visits, both in school and beyond, alongside a host of sporting fixtures and achievements, we began by reflecting on a truly special evening last Friday. A packed audience gathered at St Catherine's Church in Leconfield to enjoy performances from a range of talented soloists and ensembles, including our outstanding school choir.

You can read more about the event in our headline article but the performance of our children was simply stunning. Seeing them light up the event to rapturous applause was fabulous, and the quality and maturity on display was thoroughly impressive, with some pupils only weeks into their time at the school. What made the evening even more special was the fact that this was a charitable event, by invitation, to support the Friend's of St Catherine's Church who are a voluntary organisation doing incredible work to keep a beautiful and historic building at the centre of the local community. Their work is not just about the building of course, but what happens within it and the role it has played in supporting and bringing local people together over centuries – work that has never been more important than today.

Volunteering is something we actively encourage at Longcroft and is one way that we can demonstrate our value of Great Heart. Not only does it provide much needed support for others in so many and varied ways, but there is a huge personal benefit too. Giving our time to a cause promotes a sense of contribution, community and mutual care where often we learn a huge amount, including about ourselves, and new friendships and relationships flourish.

Our Sports Leaders are a great example to our community and this week they have facilitated competitions for primary pupils from across the region. These have included the first of our football competitions won by St Mary's and over 150 pupils in the first stage of this year's cross country. Their role in making these events possible is critical and we could not be proud of the contribution they make to our school and to the wider community.

On Wednesday representatives from Longcroft visited Hull City Hall for this year's Women in to Manufacturing and Engineering (WIME) event. This was an opportunity for

girls across the age range to explore opportunities in these important sectors of the national and global economy and be part of a project that commits to improving representation for women. The feedback from the event and about our children was exceptional and we are looking forward to the continued opportunities being part of this programme provides.

On Thursday evening we hosted our Year 10 pupils and their families at our Welcome to GCSE Evening. There were a number of sessions which are highlighted in this week's Upper School article including academic support and preparation as well as managing health and well-being. It was another hugely positive night for our school and I would like to thank all those who attended. We were able to share the evidence we have generated from within our own school, alongside the research that more widely informs our practice, to highlight the strategies, routines and mindset that have led to great success for our children over recent years. Every moment matters, and it was wonderful to see so many of our families committing at this early stage of their GCSE journey to focus on doing the right things consistently well from the outset in order to achieve.

A quick note that as we move further towards the half term break, we will be launching our half termly attendance challenge with a Halloween theme! Do continue to support your children to be in school so that they can benefit from all that their education has to offer, both within the curriculum and beyond. These are hugely exciting times for us all.

Enjoy our Newsletter and the great celebration of our young people it provides.

Mr Perry | Headteacher



LOWER SCHOOL



Mr Chapman writes:

Darcy Wins Prize Draw!

It was my pleasure to select the winner of a prize draw organised by Ms Carvill on our Year 6 Open Evening. Ms Carvill visited Hutton Cranswick Primary School on Tuesday to present our winner, Year 6 pupil Darcy, with a copy of the award-winning book Brilliant Black British History. Congratulations Darcy!



Year 8 Boys Win Derby!

Congratulations also to our Year 8 rugby team who enjoyed a convincing victory in the local derby at Beverley Grammar School. Mr Cassidy said, "We were especially dominant in the first half and led 22-6 at the break. Jack and Max defended strongly and Ezekiel and Ollie who are in Year 7 had great games in attack and defence."

Tries came from Louie, Ezekiel, Jack, Ollie and Elliot and the final score was 28-18. Well done to everyone involved!



Lower School – Transition and Our Additional Open Evening

As part of our ongoing transition programme, I am delighted that we are able to offer families an additional opportunity to visit Longcroft and experience the school for themselves.

Our **additional Open Evening will take place on Wednesday 15th October at 4.00pm**. I will give a short presentation, followed by another opportunity for families to look around the school once the school day has finished.

This additional event is particularly useful for families who would like a further opportunity to see the school, perhaps having already attended our main Open Evening, or for those who were unable to join us on that occasion. **All families are very welcome**, but we do ask that you book in advance so that we have a clear idea of numbers and can make the necessary arrangements.

Our recent Open Evening was a tremendous success, with **almost 450 families from 29 primary schools** joining us. It was our most successful Open Evening to date, and we were delighted to welcome so many prospective pupils and their families into the school. The enthusiasm and interest shown on the evening were fantastic.

However, the transition process does not end with an Open Evening. In many ways, that is simply the beginning. We know that choosing the right secondary school is a significant decision for families, and we want to ensure that every family has the opportunity to find out as much as possible about life at Longcroft before making that decision.

Our formal transition period continues until **31st October**, and during this time we will continue to do everything we can to support families and make the move to secondary school as smooth as possible. We recognise that families may have further questions, may want to revisit the school, or may simply benefit from seeing the environment again before making their final decisions.

That is why we are opening our doors whenever we can. We want prospective pupils and their families to feel comfortable, informed and confident about the next stage of their child's education.

The transition from primary to secondary school is an incredibly important process. It is a significant milestone for pupils, and we want every child joining us to feel that they know where they are going, who will be supporting them and what they can expect from secondary school.

Our additional Open Evening on **15th October at 4.00pm** is another opportunity to help make that happen.

If you would like to attend, please see the **attached flyer** for further information and booking arrangements. We look forward to welcoming you to Longcroft and continuing to build on what has already been a hugely successful transition programme.

Longcroft School and Sixth Form



Open Evening Alternative Visit / Tour

Thursday 15th October
4:00pm

- Every child known and valued
- A holistic and enriched school experience
- Exceptional outcomes
- Multiple award winning education
- Over 40 acres of extraordinary grounds
- State-of-the-art facilities
- Transport available from surrounding areas

Book your place and find out more by visiting our specially dedicated website at **www.HeartThoughtVision.co.uk**

or simply scan this QR code for direct access:



Burton Road, Molescroft, Beverley, HU17 7EJ | 01482 862171

Outstanding Examination Outcomes

Headline Measure	Longcroft 2025	East Riding	National Average
Progress 8 Score	+0.49 *	-0.13	-0.03
Average Attainment 8 score	49.9	44.6	45.9
% achieving a grade 5+ in English and Maths	56%	43%	46%
% achieving a grade 4+ in English and Maths	76%	64%	65%
% entering the English Baccalaureate	66%	38%	40%
English Baccalaureate average point score	4.63	3.96	4.07
% success in education or entering employment	98%	94%	93%

* Progress based on comparing GCSEs with nationally standardised KS2 assessments.

‘As a result of the quality curriculum they receive, pupils achieve strong outcomes’ **Ofsted**

Officially the most well attended secondary school in the East Riding!

Department for Education (DfE) 2025

‘Children enjoy coming to school’ and are ‘proud of their many achievements’

Ofsted

Transport available from across Hull and East Riding

Includes a number of routes:

Beverley and surrounding villages North Hull including Kingswood

Please speak to a member of our team at the event or contact:

school@longcroft.eriding.net

Burton Road, Molescroft, Beverley, HU17 7EJ | 01482 862171



Arbor

REWARDS

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

Year 7

Oliver White
Isaac Moon
Austin Shepherd
Jasmine Allen
Monty Dawson
Harper Merrylees
Jade Jacks
Isla Morris
Halle Butterfield
Florence Cockin

Year 8

Faith Nenova
Eddie Addinall
Andorra Atkinson
Edward O'Neill
Seth Grainger
Oscar Hunt
Henry Bartram
Evie Page
Fiona Turner
Millie Anderson

Year 9

Holly Artley Tolson
Freya Leaf
Alisa McKay
Annabel Naylor
Charlotte Wray
Evie Pardoe
Rebecca Stewart
Amy Charge
London-Leigh Baker

Attendance Matters!

Each week we reflect on the importance of attendance at school by giving 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: Georgia Hopkin

Year 8: Ebony Gill

Year 9: James Swan



UPPER SCHOOL



Mr Worthington writes:

Footballers in Cup Victory!

Congratulations to our Under 15 girls' football team who qualified for the next round of the National Cup with a convincing 10-3 victory over Driffield School. Goal scorers were Frankie, who scored a hat trick, Leah and Rosie who each scored twice, Ellissa, Amy and Imogen!

Charlie Takes on Britain's Best!

Best wishes to Year 11 pupil Charlie who is competing in this weekend's Wera Tools British Kart Championships at Silverstone. The final round of the 2026 championship is where definitive titles and champions will be decided on the venue's dedicated international-grade circuit. Live coverage and streaming details are available via the official British Kart Championships YouTube channel: <https://www.youtube.com/watch?v=eoo9pzi7kyc>





Pupils Taking Steps to Success!

Yesterday evening, Longcroft welcomed Year 10 pupils, parents and carers to our annual Steps to Success Evening, an event designed to help Year 10 families navigate the exciting challenges and opportunities of Key Stage 4. The evening brought together a range of workshops and presentations focused on achievement, wellbeing, attendance, revision and future planning, reinforcing the message that success at GCSE is built through consistent effort, strong habits and effective support at home.

In the welcome presentation, I highlighted the importance of partnership between school and home, sharing evidence that parental engagement has a significant impact on outcomes. Research from Longcroft's recent examination analysis showed that pupils whose families attended study support evenings and engaged with the opportunities offered by school were far more likely to achieve ambitious targets. Pupils were also encouraged to make the most of opportunities such as Period 6 intervention sessions and digital learning platforms, both of which have been shown to contribute positively to GCSE performance.

Families also heard about the importance of maintaining a healthy balance during the GCSE years. The wellbeing session explored practical ways parents can support young people through what can sometimes be a demanding period, including establishing healthy routines, encouraging physical activity, promoting good sleep habits and helping pupils manage stress effectively. The message was clear: academic success and wellbeing go hand in hand.

Attendance was another key focus of the evening. Parents were reminded that every lesson counts and that even small amounts of absence can create gaps in knowledge that become increasingly difficult to bridge as courses progress. The presentation emphasised that strong attendance supports not only academic achievement but also wellbeing, personal development and future success.

Looking ahead, Year 10 families also received information about the work experience programme, with every pupil taking part in a one-week placement next July. The event encouraged pupils to begin thinking carefully about potential career pathways, exploring different sectors and securing placements early to gain valuable experience of the world of work.

The evening concluded with a focus on GCSE Science. Parents were given an overview of the courses studied across Combined and Triple Science, upcoming assessments and the revision approaches that have the greatest impact. Staff shared practical advice about learning key terminology, practising exam questions regularly and using retrieval strategies to strengthen long-term memory.

Our Year 10 scientists have made a strong start to the academic year and are already getting to grips with the demands of GCSE study. Across Biology, Chemistry and Physics lessons, pupils have been working hard to develop their scientific knowledge while also building the practical skills required for success. Many classes are currently undertaking and analysing the required practical activities that form an important foundation for GCSE examinations. These investigations help pupils develop their understanding of scientific methods, data analysis and evaluation, while bringing classroom theory to life. Combined with the excellent attitude and commitment we are seeing from many Year 10 pupils; these experiences are helping to lay strong foundations for future success as they continue their GCSE journey.





Science Assessments

This year in Science, **Year 10 pupils** will sit three cumulative assessments with a Biology, Chemistry and Physics section.

Pupils' first assessment will be on the topics below during the week commencing 12th October – there are revision resources and questions on Arbor and pupils who would like support or need anything printing can speak to Mrs Scott in B7.

Biology: B1 Cell Biology; B2 Organisation

Chemistry: C1 Atomic Structure

Physics: P2 Electricity

Year 11 pupils will sit one cumulative assessment with a Biology, Chemistry and Physics section in addition to their mock exams.

Pupils' first assessment will be on the topics below during the week commencing 12th October – there are revision resources and questions on Arbor and pupils who would like support or need anything printing can speak to Mrs Scott in B7.

Biology: B7 Ecology

Chemistry: C5 Energy Changes

Physics: P3 Particle Model

Pupils must provide evidence of revision – this could be:

- » BBC Bitesize quizzes
- » SENECA questions
- » Exam questions – all of these are on Arbor.

Physics and Maths Tutor has fantastic summary notes that will save pupils time: <https://www.physicsandmathstutor.com/>

Year 11 Recognition Award

This weekly award rewards and celebrates Year 11 pupils' improvement, proactivity, commitment to their studies and

Last week's winners were Spencer Johnson and Charlotte Sutcliffe – congratulations!

Key dates:

Thursday 15th October: Year 11 pupils considering a more academic post-16 pathway will be invited to attend our EY6 Taster Day.

Tuesday 3rd November: EY6 Sixth Form Open Evening.



Arbor

REWARDS

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

Year 10

Oscar Purchon
Oscar Lawson
Oliver Albrow
Amelia High
Megan Morley-Smith
Daniel Barrow
Harry Hugill
Tymofii Merkulov
Emma Selleck
Henry Konieczko-Hansom

Year 11

Lily Curtis
Devon Bryons
Kamila Canniffe
Charlotte Sutcliffe
Sophia Brown
Sam Cai
Aaron Davies
Muireann Kennedy
Hermoine Read
Brenton McKie

Attendance Matters!

Each week we reflect on the importance of attendance at school by giving 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: Amaia Booth

Year 11: Max Pollard



LONGCROFT
THE EAST YORKSHIRE
SIXTH FORM

Looking Ahead: Why EY6 Could Be the Perfect Next Step

As the autumn term gathers momentum and another successful academic year unfolds, thoughts are already beginning to turn towards the future for our current Year 11 pupils.

Recently I delivered an assembly introducing Year 11 to the exciting opportunities available at East Yorkshire Sixth Form (EY6), highlighting exactly why so many young people choose to continue their educational journey with us. While post-16 education may seem a little way off, it is never too early to start thinking about the next chapter.

I challenged Year 11 to remember the “Magnificent Six” reasons why EY6 stands out from the crowd:

1. Small Class Sizes

At EY6, students benefit from learning in smaller classes where meaningful discussion, individual support and strong academic relationships can flourish. Every student has the opportunity to contribute, ask questions and develop confidence in their subjects.

2. Your Teachers Know You

There is no hiding in the Sixth Form, and that is a good thing! Our students are known as individuals, not just names on a register. Staff take the time to understand each student's strengths, ambitions and aspirations, helping them achieve their very best.

3. Amazing Enrichment Opportunities

Education is about far more than examinations. From leadership programmes and volunteering to educational visits, guest speakers and wider enrichment opportunities, students enjoy experiences that help them grow into confident, well-rounded young adults.

4. A Vibrant and Supportive Community

Stepping into the Sixth Form can feel like a significant transition, but EY6 prides itself on creating a welcoming atmosphere where students support one another and form lasting friendships. There is a genuine sense of belonging that students frequently tell us they value most.



@EYSixthForm



@Longcroft6th

Issue 279 October 2026

Page 13



5. Your Voice Is Heard

At EY6, students play an active role in shaping their own experience. Through student leadership opportunities, feedback forums and involvement in wider sixth form initiatives, young people are encouraged to make their voices count.

6. Academic Choice and Excellence

With a broad range of subjects and pathways available, students can pursue courses that match their interests, talents and future ambitions. Combined with expert teaching and high expectations, this creates an environment where academic excellence thrives.

A Taste of What Is to Come

As recruitment activity begins to ramp up, EY6 staff are already preparing for one of the highlights of the year. On **Thursday 15th October**, Year 11 pupils considering a more academic post-16 pathway will be invited to attend our **EY6 Taster Day**.

The event will provide prospective students with a valuable insight into Sixth Form life, allowing them to experience a range of subjects of their own choosing, meet teachers and current students, and gain a flavour of the independence, challenge and opportunities that await them at EY6. It promises to be an exciting day and a fantastic opportunity for Year 11 to begin imagining themselves as members of the Sixth Form community.

Save the Date: Sixth Form Open Evening

Families are also warmly encouraged to attend our **Sixth Form Open Evening on Tuesday 3rd November**. This is an excellent opportunity for prospective students, parents and carers to explore our facilities, speak to subject specialists and discover more about the exceptional opportunities available through East Yorkshire Sixth Form.

Visitors will be able to find out first-hand what makes EY6 such a special place to study and why, for so many students, **EY6 is the only place to be for post-16 education!**

More Than Just a Sixth Form

The assembly served as a reminder that the Sixth Form is not simply an extension of school; it is a stepping stone towards university, apprenticeships, employment and adult life. EY6 offers students the chance to become more independent, more ambitious and more confident in their own abilities, while still benefiting from the support and guidance that they need.

As we look ahead to another successful recruitment season, we are excited to showcase everything that EY6 has to offer. For now, our message to Year 11 is simple: **work hard, dream big and start thinking about where your next chapter could take you.**

We think EY6 has a lot to offer. Judging by the enthusiasm generated by my assembly, many of our students think so too.

**“The future belongs to those who prepare for it today.”
At EY6, we’re ready to help our students do exactly that.**



SAFEGUARDING



Mr Rogers writes:

Longcroft has the highest representation of service children amongst similar schools in the local area and is committed to ensuring that every service child feels valued, supported and able to thrive.

Thank you to Mrs Thwaites, our Service Students Champion, who offered this insight into the challenges faced by a service child and our work at Longcroft to support our service children.

Recognising the unique challenges associated with military life, including parental deployment, family separation and school transitions, the school provides tailored pastoral support through a dedicated Service Students Champion, regular wellbeing check-ins and opportunities for pupils to connect with peers who share similar experiences.

As part of its commitment to continually improving provision, Longcroft joined the Festival of Friends project to strengthen support for service pupils and raise awareness of the lived experiences of military families amongst staff and peers. Through consultation with service pupils, a significant achievement of the project was the creation of a dedicated weekly safe space where pupils can come together for support, friendship and a sense of belonging. Working alongside Lynette Nelson from the Army Welfare Service, the pupils chose to name this group The Dandelions, inspired by the dandelion flower, which is widely recognised as a symbol of service children and their resilience in adapting and thriving wherever life takes them.

The school has also been represented at events such as Armed Forces Day, where I have strengthened relationships with service families and developed valuable partnerships with the Army Welfare Service. Through initiatives such as The Dandelions, Purple Up Day and ongoing collaboration with military support organisations, Longcroft continues to ensure that service children feel connected, understood and supported throughout their educational journey.

Moving forward, our aim is to continue developing this provision, further raise awareness of the unique experiences of service families, and provide tailored support that meets the needs of our pupils. We welcome feedback from pupils, Sixth Form students, parents, staff and the wider community as we strive to strengthen our commitment to ensuring that every service child feels understood, valued and supported throughout their time at Longcroft.



Golden Buzzer Winners!

At Longcroft, recognising pupils' hard work, positive choices and kindness is an important part of our school culture. We want our young people to know that their effort matters and that the positive contribution they make to our community is noticed.

Each week, every member of staff can award a Golden Buzzer to a pupil who has stood out for a special reason. This might be for:

- » producing exceptional work;
- » demonstrating outstanding effort or resilience;
- » making significant progress;
- » showing kindness or supporting another person;
- » displaying excellent conduct and leadership; or
- » consistently demonstrating our school values.



Golden Buzzers are not reserved solely for the highest academic achievement. They recognise the different ways in which pupils contribute positively to school life and show **Great Heart, Great Thought and Great Vision**.

Every winner is invited to our popular **Hot Chocolate Friday**, held during tutor time. This provides an opportunity for pupils to celebrate their success with others in a relaxed and positive setting. It remains one of the highlights of our weekly rewards programme and is always a pleasure for staff to share with pupils.

A huge congratulations to our latest Golden Buzzer winners!

Memet Akkus 8JHL

Mattheos Al-Ahmed 7MHE

Jasmine Allen 7GTA

Lottie Anderson 9RTE

Lola Appleby 8JHL

Holly Artley Tolson 9JDY

London Baker 9JDY

William Battye 9ESH

Sophia Brown 11NST

Devon Bryans 11NST

Monty Dawson 7GTA

Seth Donnelly 9EIN

Evelyn Drinkall 13JHR/CEI

Lexi Fairbrother 11NST

Ruben Gabell 11RLO

Amelia High 10NFO

Luke Horsley 9JDY

Isaac Howson 7JWI

Archie Hughes 7MHE

Pippa Huitt 11NST

Tyler-James Lee 7PDV

Ryan Lucas 10ACR

Anika Matta 13JHR/CEI

Harper Merrylees 7GTA

Isaac Moon 7SGE

Faith Nenova 8SJU

Skye Norton 11ASC

Ruby Phillips 7PDV

Oscar Purchon 10LWO

Hudson Quail-Sanders 7MHE

Niamh Raw 11RLO

Evelyn Rumford 9RTE

Austin Shepherd 7SGE

Ethan Smith 11PDR

Ezekiel Sue 7PDV

Amy Thornton 11RLO

Lily Thornton 11RLO

Ruby Travis 7GTA

Olivia Walker 11NST

Oliver White 7SGE

Delilah Williams 9RTE

Scarlett Wood 11RLO

What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective', and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmashing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online 'incel' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "fem" (a misogynistic term for a woman), and "moggling" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestermaxxing" (using humour to attract women) and "starvmaxxing" (extreme dieting).

CHECK THE SOCIAL MEDIA

Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



#WakeUpWednesday

The National College



LONGCROFT CAREERS EXPO 2026



When

October 21st, 2026

4.15pm to 7.00pm

Who

Years 9-13

NB All pupils are invited from Year 7 and 8 should they wish to attend and the event is not exclusive to Longcroft pupils/students. Primary age children are also very welcome.

What to expect

A wide range of exhibitors from all sectors of education and employment, available to share routes into their profession and insights into day-to-day work experiences, as well as any training pathways and study opportunities.

- ✓ Employers
- ✓ Apprenticeships
- ✓ Colleges
- ✓ Universities



Booking

Book your place by scanning the QR code or clicking on this link:

BOOK NOW ➔



We are committed to...

... enabling our young people to engage with more providers, professionals and potential future opportunities than ever before.



Pupil engagement..

... is important to us. We will provide structured introductory sessions for Year 9 and 10 during the afternoon so that they are well prepared to make the most of the main event.



The future is bright..

... for our amazing young people. This is a great opportunity to establish potential career / training pathways for all in our community and invest in their incredible potential.



Burton Road
Beverley
East Riding of Yorkshire
HU17 7EJ



longcroftschoo.co.uk



careers.leader@longcroft.eriding.net



GREAT HEART, THOUGHT AND VISION



Primary Schools Enjoy

Sport at Longcroft!

Large Schools' Football Competition

Longcroft hosted three schools in the 'Large Schools' football competition - St Mary's, Molescroft and St Nicholas. Mrs Henderson said, "The teams all played a good standard of football with very close competitive play. St Mary's were able to hold the other two teams to take the winning slot."

Mrs Henderson added, "St Mary's will now represent the Beverley Cluster at the SSP final. Thank you to Longcroft pupils for giving up their time to referee."



Primary Schools' Cross Country

Longcroft hosted the annual primary cross country event on a beautiful Tuesday evening, and for the first time we hosted a Key Stage 1 race which amazing! Mrs Henderson explained, "Five primary schools attended - St Mary's, Molescroft, Cherry Burton, Leconfield and Lockington. Over 150 pupils competed in the competition. All schools had some pupils qualify for the East Riding cross country final later this month."

Mrs Henderson added, "Well done to the five Longcroft pupils acted as 'hares' on the evening, warmed the pupils up before the races and then ran all the races with the pupils - an amazing effort. There was also a large group of Longcroft Leaders who acted as marshalls around the course on the evening and officiated at the end of the races. We could not run such an event without these young people volunteering their time."

Congratulations to everyone involved!





Chess Club

Wednesday Lunchtime – The Library



Do you enjoy playing chess?

Sessions are held in the library every Wednesday lunchtime, led by chess expert Mrs Alexakis.

Come along and develop your thinking skills and make new friends.

"When you see a good move, look for a better one." - Emanuel Lasker

After School Clubs

TUESDAY

Choir (all year groups)

Dungeons & Dragons (all year groups)

Boys' Football (all year groups)

Netball (all year groups)

WEDNESDAY

Girls' Football (Years 7-9)

Orchestra (all year groups)
– starting 7th October

Rugby (Years 7-9)

THURSDAY

Girls' Football (Years 7-9)

Musical Theatre (all year groups)

Table Tennis (all year groups)

FRIDAY

Badminton (all year groups)



Memory Lane

This week we take a trip back to 2010 and feature two Year 11 tutor groups. Members of 11R and 11T are pictured with their tutors Mr Fulleylove and Mr Homer.



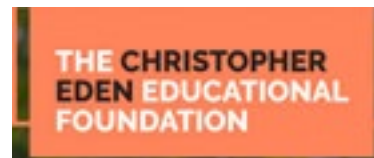


The Friends' Corner



fols@longcroft.eriding.net

Charity Reg No. 515674



The FOLS have had a very positive week!

We found out our application for a Community Grant from Beverley Town Council had been successful! The grant will help fund the First Story Project, which benefits so many children. We extend our thanks for the Beverley Town Council!!

We were also part of the celebrations for the new rugby kit. The FOLS were able to assist with its purchase thanks to a grant from the Christopher Eden Trust. We extend our thanks to the Christopher Eden Trust.

And we had the pleasure of selling refreshments at the Open Evening on Wednesday night. There was a lovely atmosphere in the school and we managed to raise nearly £100 selling refreshments.

The money raised will be reinvested into the school, especially as we have a few new projects starting to develop (watch this space).

If you want to be part of this success and join the team behind it, please e mail us on fols@longcroft.eriding.net!!! We are a small bunch of parents who run events in a friendly and relaxed manor, all we ask is that you help as and when you can. If you are interested, please just email us.



LIBRARY NEWS



Ms Carvill writes:

Marking World Mental Health Day 2026

Lived experiences heard: real voices, real change is the theme for World Mental Health Day 2026, which takes place on Saturday 10th October. The message is simple: It's good to talk; it's even better to be heard.

"We think we listen, but very rarely do we listen with real understanding, true empathy. Yet listening, of this very special kind, is one of the most potent forces for change that I know."

—Carl Rogers, psychologist

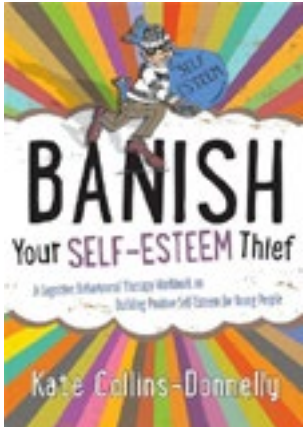
Talking is something that comes easily to some people, but not others. Lack of self-esteem, fear of judgement and stigma, or feeling uncomfortable in an environment are just a few of the reasons some people can find it hard to open up about their feelings; especially if they need support, and are dealing with a mental health issue.

A report by the Children's Commissioner, published in 2026, revealed that over one million children had active mental health referrals, almost double that of 2018-2019. Among the top five reasons for referral, anxiety was the highest. A large backlog and long waiting lists only intensify a sense of not being heard for both adults and children. Recently, **Mind** launched a campaign '**See Me Now**' as a direct response to such obstacles, and are advocating a same-day open access model to provide the support people need. You can find out more at the link below.

Listening is perhaps the most underrated of all the four core literacy skills. It's not only about taking the time to hear someone share their experience, but being wholly present, and non-judgemental. Active listening and the ability to fully hear, observe body language and speak less is something our wonderful pastoral team and Mental Health First Aiders at Longcroft are familiar with.

The ability to talk and listen well greatly enhance self-esteem and confidence, but if these are lacking our mental health can plummet. Below are a few book suggestions for children and adults focusing on self-esteem and encouraging dialogue:

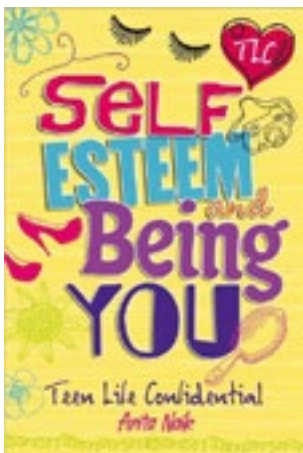
<https://www.mind.org.uk/news-campaigns/see-me-now/>



FOR PUPILS & STUDENTS

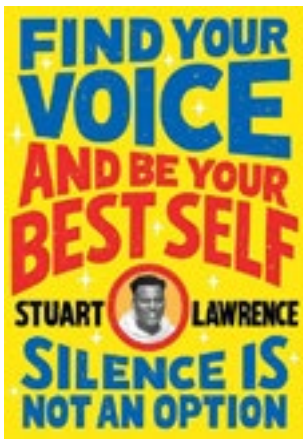
BANISH Your Self-Esteem Thief by Kate Collins-Donnelly

This easy to read, imaginative workbook is part of the Reading Well scheme, designed to provide 13 to 18 year olds with high-quality support, information and advice about common mental health issues. It's packed with real-life stories that show you what self-esteem is, how it develops, the impact it can have and how all this applies to your own self-esteem. A great book to work through on your own or with the help of a parent or practitioner. So positive!



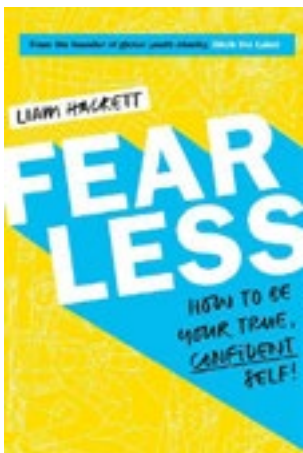
Self Esteem and Being You – Teen Life Confidential by Anita Naik

This essential teen guide is designed to encourage our young to leave self-doubt behind; boost self-esteem and not be afraid to be who they are. An accessible layout, fun illustrations, and lots of practical tips.



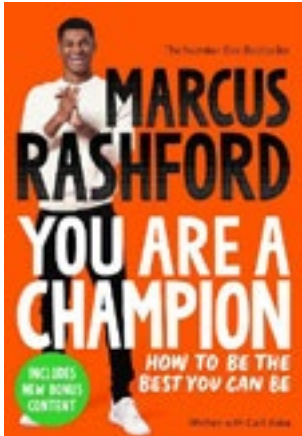
Find Your Voice and Be Your Best Self – Silence is not an Option by Stuart Lawrence

Written by the younger brother of Stephen Lawrence, this life changing book encourages our young to see the good in themselves and the world around them. It's all about positivity and having the confidence to find your own voice, and not be afraid of who you are, or your right to shape a better society. Empowering!



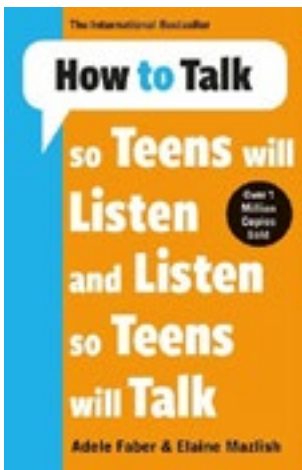
Fearless by Liam Hackett

Written by Liam Hackett, founder of the anti-bullying charity Ditch the Label, this confidence building book shows how we can all break free of stereotypes and labels and achieve our potential. Inspiring quotes, great interviews, and colourful illustrations.



You are a Champion – How to be the best you can by Marcus Rashford

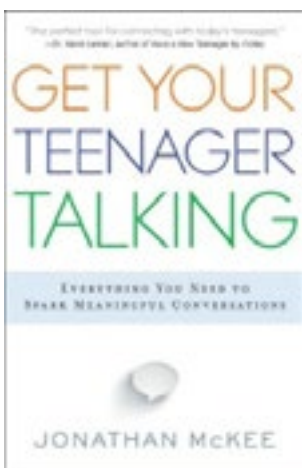
Winner of The British Book Awards 2022 Book of the Year & Children's Non-Fiction Book of the Year, You Are A Champion is an inspiring and practical guide that shows you that success is all about mindset. Excellent advice on how to achieve your potential with great illustrations and infographics.



FOR PARENTS & GUARDIANS

How to Talk so Teens will Listen & Listen so Teens will Talk by Adele Faber & Elaine Mazlish

This user-friendly guide, part of the internationally bestselling How to Talk... parenting series, is all about building understanding, finding solutions, and meeting the challenges of life with teenagers. Great tips and insights on how to improve communication and avoid conflict.



Get Your Teenager Talking -Everything You Need to Spark Meaningful Conversations by Jonathan McKee

Jonathan McKee is an expert on youth culture and has authored several books. Here he shares creative discussion starters to help teens open up about issues that matter, designed to encourage even the most reluctant teen to talk about friends, school, values, struggles, and much more.

"I like to listen. I have learned a great deal from listening carefully.
Most people never listen."

—Ernest Hemingway



Beverley Open Studios — October 10th & 11th 2026

Beverley Open Studios, an annual celebration of contemporary art, runs this weekend in Beverley and surrounding villages. It's a fabulous opportunity to wander the picturesque streets and drop into artists' studios and galleries and connect with new work where it is created.

There are over 40 venues to visit with an array of different media and styles including: painting, printmaking, ceramics, sculpture, collage, embroidery, and jewellery making.

Art enthusiasts and GCSE and A level art students can meet the artists, discover how work is created, and also purchase art directly from the makers or just browse and enjoy.



You can find out more information, including a map of where the artists are located, at <https://www.beverleyopenstudios.co.uk/map>

Leaflets are available in the library.

Winnie The Pooh Writing Competition

Celebrating 100 years since the publication of A.A. Milne's original classic book in 1926

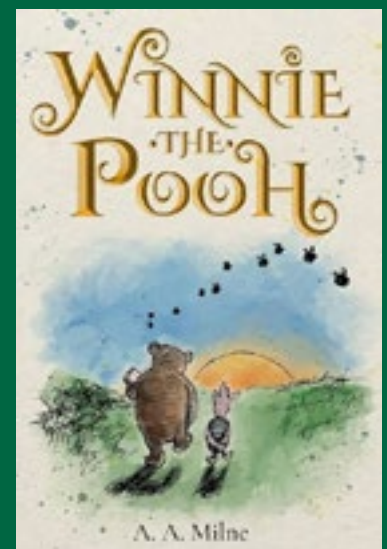
Can you write a story or poem based on the adventures of Winnie the Pooh? You can change the characters; even include yourself in the story; locate it on Westwood, or in Longcroft's fabulous grounds, instead of Hundred Acre Wood.

To mark the 100th birthday of the publication of Winnie the Pooh, Beverley Town Council are inviting all Longcroft pupils and Sixth Form students to enter the competition. Winning stories will be published online on the Beverley Town Council website, and special prizes will be presented by Beverley Mayor Cheryl Giles.

For further details and the chance to take part in a creative writing workshop based on the competition please visit the library.

The Rules:

- » Stories must not exceed 1000 words.
- » Stories must be inspired by the Winnie the Pooh stories but can use different names for characters and settings.
- » Stories must be original and not use AI.
- » The deadline for submission is Monday 2nd November 2026





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



Year 8

Miss Harsley

07444 847881

katie.harsley@longcroft.eriding.net



Years 9 and 10

Mrs Newsam

07827 587483

zoe.newsam@longcroft.eriding.net



Year 11

Mrs Ellis

07900 394085

annette.ellis@longcroft.eriding.net

TRACK FITNESS & BOXING CLUB
PRESENTS

HALLOWEEN FIGHT NIGHT

AN EVENING OF AMATEUR BOXING



FRIDAY
OCT 30
DOORS OPEN 6PM



**BEVERLEY
LEISURE CENTRE**



£200 TABLE OF 10
(ADVANCE BOOKING ONLY)
£15 GENERAL TICKET
£5 UNDER 16s

SHOW PROUDLY SPONSORED BY

