

LONGCROFT NEWS

Friday 12th
October 2018

Week Commencing Monday 15th
October 2018 is Timetable Week A

World Mental Health Day

Longcroft carried out a range of activities this week to mark World Mental Health Day on Wednesday 10th October. These included themed assemblies focusing on issues connected with mental health and where young people can seek support, to raising funds for the Hull and East Yorkshire branch of Mind.



Students and staff have had the opportunity to purchase pens, wristbands and pin badges to support the charity – these will be available from the Lower School Office, Upper School Reception and Sixth Form Social Area until half term.

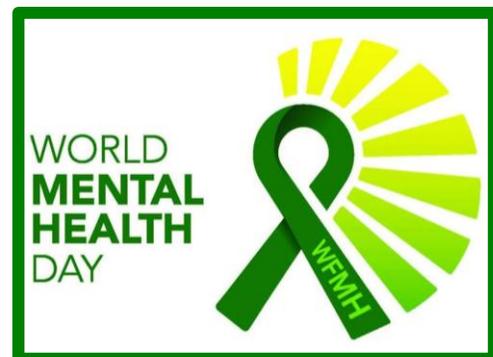


A special well done goes to Mrs Hiron's form, some members of which are pictured here, who baked and brought in buns and cakes, which they sold at break and lunchtime on the 10th, raising £150. Congratulations to all those students involved with this.

Mental health well-being is an incredibly important issue for people of all ages – secondary school aged students are no exception. If any students feel they need support, they are always welcome to speak to their form tutor, year leader or visit the pastoral team.

Below are some useful resources for students, parents and staff, all of which provide information, advice and guidance to help individuals maintain good mental health and support their well-being.

- [Mind – Mental Health Charity](#)
- [NHS Self Help Advice](#)
- [NHS Moodzone](#)
- [Young Minds](#)
- [Mood Juice](#)
- [Open Talk](#)
- [Get Self Help](#)
- Phone App [The Calm Harm App](#)



Primary Transition Sport Kicks Off

Longcroft has hosted a number of primary school sporting opportunities since the beginning of term.



We have played host to two football tournaments, which saw between 70-80 pupils participating in each event. Some great football skills were on display and lots of primary pupils enjoying playing the sport on our all-weather pitch.

A cross-country event took place on a windy evening last week, when over 70 pupils competed – once again, great to see so many young pupils

working so hard, this time against such challenging weather. They all did well with some outstanding running, whilst others showed great determination in finishing their races.

Pupils from Years 3 and 4 in our feeder primary schools had the opportunity to take part in a rugby festival hosted by Beverley Rugby Club, coached by Bishop Burton students.

At all these events, Longcroft students assist as leaders and do a fantastic job officiating the sports. This helps them to develop their leadership skills. Well done to all for giving up their time to be part of these events, more of which from our busy calendar will be reported in the future.

Library News

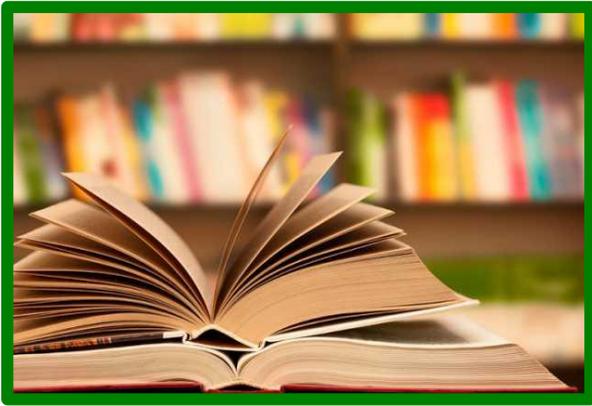
Poetry Competition

Entries for the Library Poetry Competition are due in on Monday 15th October. This year the theme is 'Change'. Students should take their poems to Ms Carvill at the Upper School Library or Mrs Clarke at the Lower School Library. Prizes will be awarded.

Chess in the Library

On Mondays and Fridays Mr Ezra, who teaches chess and is a member of the English Chess Federation, will be supervising a chess club in the Upper School Library at lunchtimes. Research shows that learning and playing chess is a great way to improve concentration, develop thinking skills, and raise exam results. Please encourage your children to participate.





Wellbeing and Reading

As detailed above, on Tuesday the whole school celebrated World Mental Health Day. Reading regularly can have a huge impact on your child's wellbeing. In fact, reading for just ten minutes a day can reduce stress and make them feel happier. Reading can also help students share worries with others. Please remind your children to visit the school libraries as often as they can.

Immunisations

Immunisations will take place for all Year 9 students on Tuesday 23rd October. The session will take place in the Large Social Area at Upper School from 9:15 until roughly 12:15pm.

Please can Year 9 parents help us by ensuring students wear a short-sleeved PE shirt that morning, as this will speed up the immunisation process.

Thank you in advance for your help with this.

Diary Dates

Thursday 18th October – Year 7 Tutor Evening

Tuesday 23rd October – Year 9 Immunisations

Monday 29th October to Friday 2nd November – Half Term

