

Lealands News

School Newsletter | May 2019



In this issue....



Lealands
High School

...Notices, News & Updates,
Sports Results, Netball Tour, DofE,
Languages Week...

...Plus much more

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Introduction from Headteacher Mr Burridge



Dear Parents and Carers,

I hope you enjoy reading our May edition of the Newsletter. It is full of stories and information about the many activities and opportunities we are able to provide for our students on their journey through the school.

As we move towards the new academic year, we are planning to publish the extra-curricular entitlement for the Lealands journey. We are working on this, this side of the Summer holidays and in September parents and students will be able to view a schedule of trips, visits and experiences from Year 7 all the way through to Year 11.

We hope this development will help parents and students plan and provide a good overview linked to our rationale for the wider curriculum.

I am pleased to see how much more high profile STEM, numeracy and languages have become in the school in recent times and some of the work in these areas is celebrated in this newsletter. Much of this links to our enhanced careers programme which is being very well supported by employers. As well as work experience, students have been hearing from a number of employers and taking part in work preparation activities in school such as mock interviews. We know academic progress is crucial, but without these wider skills, students are unlikely to be successful and so we take the development of character and employability skills very seriously giving them appropriate emphasis within our curriculum.

Another requirement for success is 'self belief' and I really enjoyed giving assemblies to all year groups on this value of the month for May. It is certainly something which our Year 11 students need at this time. The belief that they can perform at their best in exams and knowing that if they do the work and put in the preparation it will pay off. I am pleased with how the exam season has begun and our Year 11 students are now very focused on their examinations.

Since Easter we have introduced a new communication system for our rewards and behaviour management in school. E-Praise allows students and parents to see their current merits and behaviour points online. We are in the process of developing, with our students, enhanced rewards for them to 'spend' these merits on. E-Praise will eventually replace a number of other online platforms the school uses so that we have as much in one place as possible. The introduction of E-Praise has been part of our school development plan for this year which has focused on improving behaviour and outcomes. All of our work in this area has had a substantial impact and every piece of data in the school relating to behaviour has shown marked and rapid improvements. We are never complacent and there is always more we can do and are doing to make it even better. Parents, staff and students have been very supportive in this drive since July last year and it is through this 'team' approach that much has been achieved. We soon hope to be able to enhance our provision even further as we take over the use of the former 'elearning Centre' next to the front of the school which has been unused for a number of years now. This will provide a

Introduction from Headteacher Mr Burridge

complementary curriculum and therapeutic support for students experiencing some of the greatest difficulties and challenges in school and life.

As we head towards the end of the academic year, we are busily making preparations for September. Transition for our new Year 7 students is well underway and we are looking forward to meeting the next group of students who will be starting their 'climb' with us. The new style end of year reports will be issued before the end of term. These have been designed in consultation with parents and we hope that these will provide clear and concise information which will help parents understand the progress their children are making and what next steps they need to take. Our terminology is now very much in-line with our mountain climbing analogy, with 'summit ranges' and 'summit steps'. All grades given on reports are now linked to the new 9-1 GCSE grades so that parents and students can understand where they are on the journey towards their GCSE summit from Year 7 onwards. We are also looking forward to the many Summer term activities, including our international Sports Day, Expedition Day and Experience Days. Let's hope the weather is good for these events!

John Burridge, Headteacher

Dates For Your Diary

Half-Term: Monday 27th May 2019 - Friday 31st May 2019

Morocco Trip: Thursday 6th June - Thursday 13th June 2019

Year 8 Girls' 2nd HPV Jab: Tuesday 11th June 2019

Year 6 Transition Evening: Wednesday 26th June 2019

Sports Day: Thursday 27th June 2019

Year 11 Prom: Thursday 27th June 2019

Year 6 Transition Day: Thursday 4th July 2019

Summer Concert: Thursday 11th July 2019

Experience Day: Wednesday 17th July 2019

End of Summer Term: Friday 19th July 2019

Autumn Term Begins: Wednesday 4th September 2019

Term Dates

Summer Term: Tuesday 23rd April 2019 - Friday 19th July 2019

Half-Term: Monday 27th May 2019 - Friday 31st May 2019

Autumn Term: Wednesday 4th September 2019 - Friday 20th December 2019

Half-Term: Monday 21st October 2019 - Friday 25th October 2019

Staff Training Days

Monday 2nd September 2019

Tuesday 3rd September 2019

Friday 15th November 2019

**Full term dates for 2018 -2019 and 2019 - 2020
are available to download from our website
www.lealands.luton.sch.uk/termdates**

VALUE OF THE MONTH

May 2019

"Self-Belief"



*"With realization of one's own potential
and self-confidence in one's ability,
one can build a better world."*

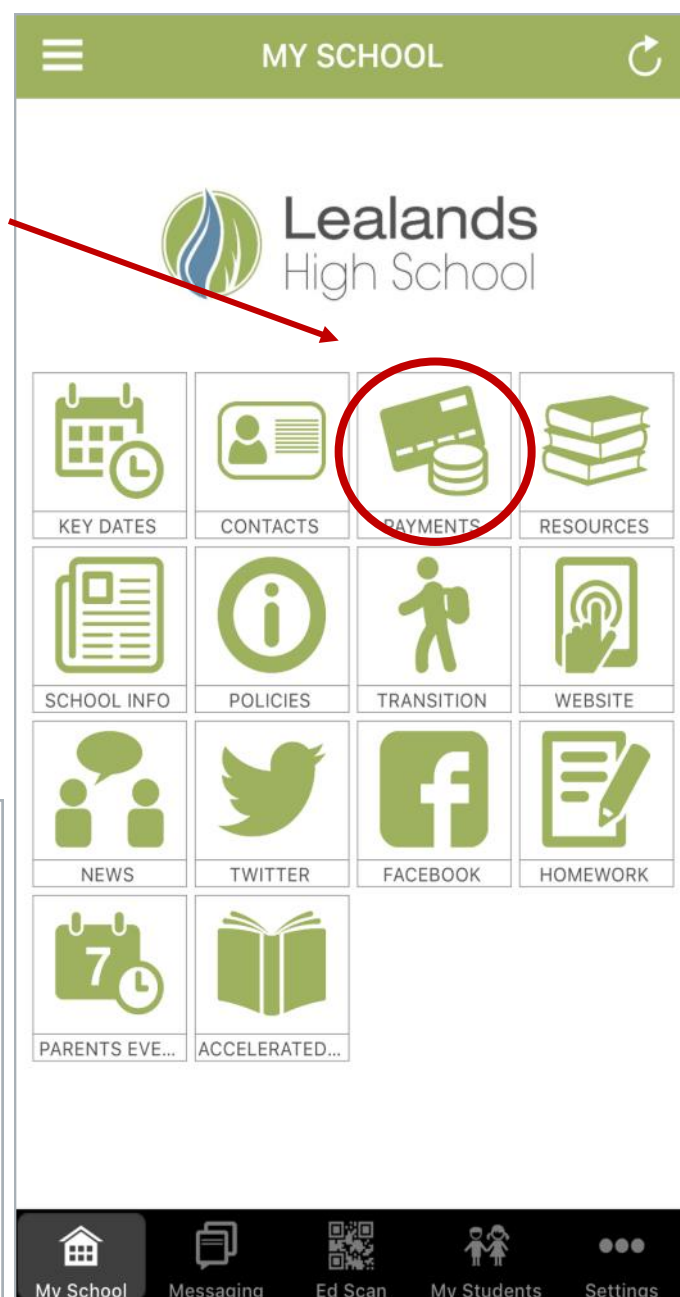
Dalai Lama

£ £ £ Online Payments

You can pay for school dinners, trips, events, music lessons and school ties on our online payments system. This can be accessed by clicking the **PAYMENTS** button on our school app.

The school prefers for all school meals to be paid for online. This gives you the flexibility to top up your child's account at home using a debit or credit card rather than having to use cash or cheque.

Further details and an online payments instruction manual can be found on our website under the **'Parents' Information'** section.



To set up online payments, you will require a link code.

To get yours, contact the school Finance Office on 01582 611600 (option 2).

NO CHANGE GIVEN!

Please can we remind parents and carers that the school is unable to provide change to students for the catering cash terminals.

Wherever possible, please can you ensure you provide your child with the correct change before they come to school.

Ideally all payments should be made online and we discourage strongly students from bringing cash into school.

Important Contact Information

It is extremely important that we have up to date contact information for all students. We may need to contact home at short notice, plus, important information is sent home via these methods and if contact details are incorrect, unfortunately, important information may not get passed on.

If there are any changes to a student's address, parental contact telephone numbers or email addresses, etc. please can you inform Mrs Lawes in the School Office as soon as possible on **01582 611600** or email admin@lealands.luton.sch.uk. Many thanks for your support.

School Reception

The school reception is open between the hours of 8am and 4pm Monday to Friday.

If you need to contact the school outside of these hours, or the reception line is busy when you call, we do have an answerphone service. Alternatively, you can email your query to admin@lealands.luton.sch.uk, or message us through our Parent App. These are checked regularly during school hours and your message will be passed to the relevant member of staff/department and dealt with as soon as possible.

Please remember that staff will telephone to respond and email responses are not usually made other than to acknowledge receipt. This is primarily to support staff workload issues so they can focus on planning and teaching.

Collecting Students

If you are waiting to collect a student after school please ensure these arrangements are set in advance as they will need to wait outside of the school gate for collection.

To ensure students' safety, we politely ask that parents do not park in the visitors' parking area unless previously agreed due to safety/mobility reasons.

Students are not allowed to wait in the school reception before or after school hours due to the variety of visitors that may be in the area at any time. Again, please ensure collection times are arranged in advance for outside of the school's main gates.

There can be a lot of congestion at the start and end of the school day, causing safety issues to pedestrians, residents and other drivers.

We understand that it can be difficult to find safe parking near the school, especially at peak times, but please endeavour to park and drive considerately and with due regard for the safety of others. Your support on this matter is much appreciated.

Summer Medical Information

Coping With Hayfever

- Please ensure your child takes their medication **before** they come to school (e.g. antihistamines, eye drops, nasal sprays, etc).
- Spare medication may be left in the Medical Room for emergencies. All medicines held and dispensed by the medical room **must** be provided in their **original** packaging and must have a parent/carer's written consent.
- Please ensure that your child has ample supplies of tissues. A little pot of Vaseline is also useful – your child can dab a little under his/her nose to provide a lubricating barrier to the constant irritation from blowing and rubbing.



Keep Hydrated

It is very important to ensure that we do not dehydrate. As well as keeping our bodies fit and healthy it will also help keep concentration levels higher and therefore improve performance at school.

Can you please ensure that your son/daughter brings a **bottle of water** with them to school – this can be re-filled at the water fountain. Reusable water bottles can be purchased from the school Finance Office at a cost of £1.30. Plastic cups **will not** be available.



Any fizzy drinks or energy drinks WILL BE CONFISCATED.

Students will not be permitted to leave lessons to visit the medical room to get a drink.

Asthma Inhalers

Inhalers for the relief of asthma must be immediately available and pupils with asthma are encouraged to carry their inhaler with them at all times. It is also very important that the school is provided with a spare inhaler in case the pupil's own inhaler runs out, is lost or forgotten. All inhalers must be labelled with the child's name and should be left in the medical room in case of emergency.



Many thanks, Miss A Maczugowska – Medical Officer

Slip on protective clothing



Slap on a hat



Stay Safe In The **SUN**

Slop on the sunscreen and reapply it all day
(SPF 30 or higher)



Seek shade



Slide on sunglasses



REHYDRATE

Drink water regularly throughout the day



April/May Sports Results

1st April	Year 9	Boys Football County Cup Final v Redbourne	Lost 2-0
2nd April	Year 10	Boys Football County Cup Final v Van Dyke	Lost 4-2
4th May	Under 14	Gymnastics Mixed Pair Acro Nationals	4th Place
7th May	Year 9	Rounders v Cardinal Newman	Won 9½ - 5½



Outstanding Achievement

Millie in Year 9, recently competed for Dunstable Swimming Club against the clubs from all over the East Region.

Millie was entered into a variety of events over the 3 day bank holiday at the beginning of May, including; 50m freestyle, backstroke and breaststroke and 100m and 50m butterfly.

She was against some very tough competition from the whole region. She placed within the top 17 swimmers for the majority of her strokes and an impressive 12th place for her 100m butterfly.

Well Done Millie, that's an outstanding achievement!



Lealands Netball On Tour

On Friday 26th April 2019, 17 girls from Years 7 and 8 travelled to Conover Hall in Shropshire to spend the weekend representing Lealands at the JCA Junior Netball Tournament.

My Amazing Trip To Conover Hall!

We set off on our trip to Conover Hall on Friday 26th April. When we arrived we had a brief tour of our home for the weekend, then we went to our dorms to pick out our bunk beds.

Once we had settled and unpacked, we started exploring the area. The first thing we noticed was the climbing area which had many different high-up activities to choose from. These included; abseiling, rock climbing, leap of faith/trapeze, high obstacle course and the obstacle competition.

Another thing that caught our eyes was the epic laser tag! We entered an enormous inflatable maze and were put into two teams; red or blue. Each team had a set of laser guns and we had to shoot the members of the opposing team to gain points.



Lealands Netball On Tour

Netball Matches

Over the weekend we also took part in a netball tournament and had to play many matches in the cold and rainy weather. It was very slippery, but both of our teams did terrifically.

Our Year 7 team came 4th and the Year 8 team came 2nd.

By Lara, Year 7



Gymnastics National Finals

On Saturday 4th May, Enhakkorre and Danielle, both in Year 8, represented Lealands in the Schools Acrobatic Gymnastics National Finals in Stoke-on-Trent.

After months of hard training, they performed a beautiful routine. In a tough round of competition they placed an incredible fourth place with a score of 7.46.

What an achievement!



'An Inspector Calls' for Year 11s

On Tuesday 30th April, our Year 11s were treated to a live performance of 'An Inspector Calls', performed by The Globe Players Theatre Company.

The Globe Players presented key scenes from the play and examined the willingness, or otherwise, of the various members of the family to take responsibility for the death of Eva Smith.

Performed 'in the round', students were captivated by the live performance. The actors brought the characters to life enabling our Year 11 students to visualise a set text studied at the beginning of Year 10. The actors took time out of the performance to remind students of key social and historical events integral to their revision of Priestley's drama.

Students thoroughly enjoyed the experience of live theatre and more importantly, the opportunity to watch and revise a key text for their GCSE English Literature examination.

Such was the success, the Globe Players will be back next academic year to perform 'An Inspector Calls' for our next Year 11 cohort.

The English Department



Bake Sale For Cancer Research UK



There was a lovely selection of cakes, muffins and biscuits at the Bake Sale for Cancer Research UK on Friday 17th May.

A total of £157 was raised for the charity. Thank you to all our students and staff who came and bought and contributed to the total.

Lealands' Languages Week

Monday 1st April to Friday 5th April was Languages Week at Lealands. It was a week where students and staff had the opportunity to celebrate different languages and cultures from around the world.

There were daily activities for students and staff to take part in, including; quizzes, spelling bees, treasure hunts, movies, sports competitions, food tasting and more...

On the morning of Thursday 4th April, there was an Easter themed rewards party. The top languages performers from each year group were invited to attend. They were selected in recognition for their outstanding work, effort and engagement in their language lessons this half-term. Each student was presented with a certificate and joined in games which included decorating eggs and an egg and spoon race on the school field. There were also lots of nice treats for the students to enjoy while they were there.

At lunchtime during Languages Week, there was a delicious specialised menu to experience, with food available from different parts of the world.



What is STEM?

Science, Technology, Engineering and Mathematics (STEM), is a term used to group together these academic subjects. During the course of this academic year there will be opportunities to attend STEM related trips, gain STEM awards, attend STEM clubs, workshops and talks.

Before half-term, Years 7 to 10 each had an assembly on numeracy and its importance. At the start of the assembly students had a task to do which involved estimating how many sweets were in a jar. This got all of them thinking and intrigued for the upcoming presentation.

The presentation started out by introducing the real meaning of numeracy - the ability to use numbers and solve problems in real life. It means having the confidence and skill to use numbers and mathematical approaches in all aspects of life, followed by real life examples of where numeracy skills are vital. During this section students were asked to contribute their ideas of where numeracy is used in everyday life and school life.

To end the presentation, students were given ways to become an expert in numeracy; take part in the numeracy tutor time activities, complete puzzles, use a brain training app, have a go at the numbers round on countdown, add up the cost of shopping before paying for it or recite the times tables.

This is what our students thought:

‘I enjoyed counting up the amount of sweets because it was an interesting chance to use my numeracy skills.’

‘My favourite part was trying to calculate how many sweets were in the jar.’

‘I liked that you engaged with the audience and asked questions.’

‘I think the assembly was different and interesting because when we walked in there was paper on each chair and we all had something to do.’

Miss Cole

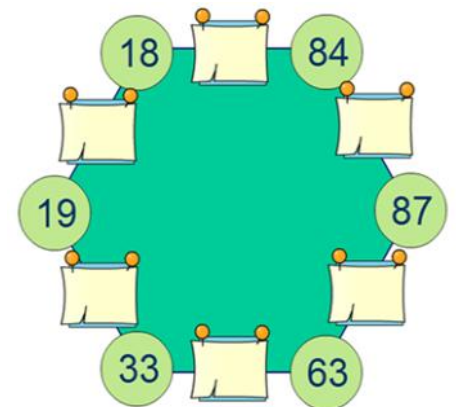
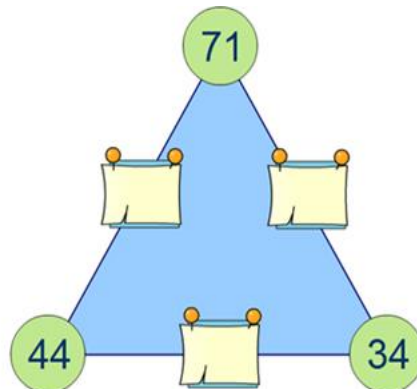
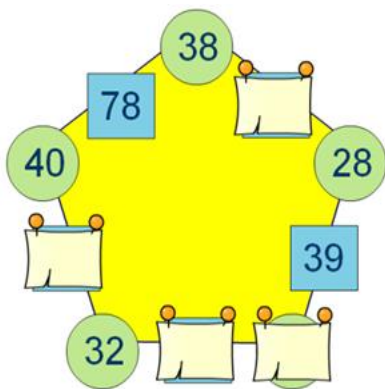
STEM Coordinator

Have A Go At Our Numeracy Activity

During tutor time students have been using their numeracy skills to complete different tasks. Here are a few for you to have a go at too.

How old are you? Can you work this out in different units?

Fill in the blanks on the shapes below:



STEM Careers


STEM Careers


Some STEM careers that you might not have thought about. Research them to find out what they involve. If you show the research to Miss Cole you can earn a STEM point and work towards achieving a STEM award:

- Civil engineer
- Environmental scientist
- Dietician
- Energy engineer
- Geoscientist
- Microbiologist
- Survey researcher

Accelerated Reader Update

Congratulations to the students listed, who are currently top 5 in their year group for Accelerated Reader. These students have gone above and beyond with their reading target, and we applaud their dedication to Accelerated Reader.

 <u>Top 5 Readers of Year 7 This Half Term!</u>			
	Name	Form	Percentage Over Target
1.	Ellie Doherty	77MB	639%
2.	Zain Mohammed	75SW	448%
3.	Salman Khan	75SW	406%
4.	Grace West	71KA	310%
5.	David Ojuederie	74HK	304%

 <u>Top 5 Readers of Year 8 This Half Term!</u>			
Rank	Name	Form	Percentage Over Target
1.	Shelby Fairbanks	83CT	1197%
2.	Kimathi Agyeman- Prempeh	82NK	822%
3.	Andrei Tudosescu	88SE	762%
4.	Anwaya Sivaprem	85KH	465%
5.	Cristina Schiopu	74HK	304%

Additionally, we have more celebrations - recently, we had our Year 7 and Year 8 students retake their STAR test to see if their reading age has improved since September and we had impressive results. One student's reading age has even improved by 4 years and 11 months in the space of nine months! This is a huge achievement and it is a result of reading more than what is expected of them and we are glad that this student's hard work has paid off.

The celebrations continue as we were very lucky to have author Penny Joelson visiting the school. Penny (author of 'I Have No Secrets' and 'Girl in the Window') delivered an assembly to the Year 7s and later a masterclass to a small group of students. We understand how beneficial it is having authors come to visit the school, as it not only brings books to life, it inspires students to think about their aspiration and think about what they might want to do once they leave Lealands. We will also round off the year for Accelerated Reader with the bi-annual Pizza Party, inviting the top 20 students from Year 7 and 8 to enjoy pizza for lunch and to enjoy a film during Period 5.

Thank you all for your support with your child's reading, which can range from reading/

Accelerated Reader Update

supervising with your child, signing learning diaries, or discussing what your child is reading. This programme not only helps your child progress in other subjects, but research also shows that reading for pleasure can also boost self-esteem.

Fancy a gripping thriller? Why not check out these titles by Penny Joelson in the library



Book Review

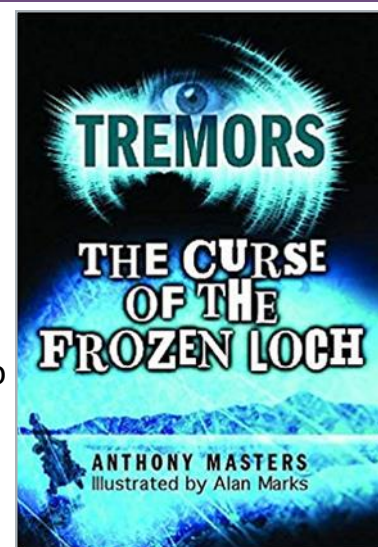
Tremors: The Curse of the Frozen Loch

The story starts with the main characters, Sarah and Will, hearing a strong wind and they automatically knew there was something wrong. They looked out the window and they saw their Great Aunt Fiona outside on the frozen loch. They saw someone else skating and found out it was the ghost of a local villager who drowned. Sarah and Will need to break the curse for everything to go back to normal.

There are four main characters in this book, which include Will, Sarah, Fiona and Morag (the ghost). Will and Sarah are both caring and brave as they stick up for their friend, and try to prove to everyone that Morag is not evil. Although Morag was portrayed as the villain, she was my favourite character in the story. She was a very complex character, and it was nice to see her develop throughout the book.

I don't want to give the ending away, but if I was the author I would have changed the ending by also including another ghost in the story so it would have been harder for Sarah and Will to break the curse.

I would recommend this book to anyone who likes mystery books, and as it's quite fast paced, also people who like to read action books. It is a quick read, so if you want a short story that will grab your attention then this will be a good one for you. You won't find this one boring!



By Maddison Edwards 88SE

Duke of Edinburgh Bronze Award

Qualifying Expedition – Thursday 9th – Friday 10th May 2019

Leslie Sell Activity Centre – Bromham

Congratulations to the following Year 10 students, who all successfully completed the Expedition Section of their Duke of Edinburgh Bronze Award: Zain, Dawud, Thomas, Max, Danny, Angel-Louise, Phoebe, Morgan and Zoe.

The group remained in high spirits across both days despite testing conditions (it rained a lot!). Great teamwork and lots of superb leadership qualities were exhibited by all participants. The Thursday evening presentations will remain in the minds of staff for a long, long time to come.

A great effort from everyone ensured that this proved to be a very enjoyable experience for all the staff that supported the delivery of the expedition.

I would hope that you will consider moving on to the Silver Award (once your feet have stopped hurting and your clothes have dried out!)

Well done and congratulations.

Mr Payne, Mr Morris and Miss Watson.



Alternative Provision May Update

Over the last few weeks we have been working with a much larger cohort of students across the wider school population. This work has taken many forms including; group sessions; 1:1 mentoring sessions and we have also targeted some students to help develop their self-esteem.

We have been very lucky to have fostered a fantastic link with the Fire Service, which has resulted in a group of Year 7 and 8 students working on their teamwork and communication skills at Luton Fire Station. These sessions are both educational and inspirational with students getting to learn about fire safety from the Fire Fighters themselves. There have been practical sessions utilising the training

equipment used by the Fire Fighters and our students will get the chance to use the actual fire fighting equipment themselves soon.

In other news, students within the Alternative Provision will be raising money for Relay For Life for Cancer Research UK by supporting Popcorn Fridays. Students get to watch movies during their breaks and can

purchase popcorn with all the money going to the charity. They also hosted a Bake Sale on Friday 17th of May for staff and students. If anyone would like to donate to this fantastic cause please ask to speak with Miss Feane or Miss Watson who are part of the Relay for Life Team.

Finally, on July 15th we will be visited by the Royal Navy. Selected students from all year groups who have worked with the AP will get the opportunity to work with our guests. There will be a full report in next term's newsletter so watch this space!



Successful Ex-student Inspires Current Cohort

On Friday 10th May, we had a guest speaker in school to talk to students about their journey within their chosen career path.

Peter studied at Lealands between 2001-2006 and went on to create a multi-million pound IT business based in London.



This is what Year 10 student, Saruna thought about the session:

On Friday 10th May, a few students were invited to listen to a guest speaker; a familiar face to the school! Peter Wood spoke about his journey from being at Sundon Park Juniors and Lealands High School to owning his own business and being very successful in his path. He gave us a key message that I think many of us will remember. Peter said 'I went from being 4th smartest in my year to being 120th but that never stopped me. Now look how far I've come'.

I really enjoyed the talk and has maybe even inspired me to start a business of my own!

Saruna, 101LS

Job Centre Plus Help With Interview Technique

On Monday 13th May, staff from Job Centre Plus came in to Lealands to conduct mock interviews with our Year 10 students.

The students had prepared their CVs and were asked very testing questions which they would likely face in a real interview.

At the end of the interview, they were given feedback on how they performed and possible areas that could be improved. Many of the students were nervous but enjoyed it and found it a really beneficial experience.



Molly-Jane in Year 10 was one of the students who took part:

Having a mock interview gave me more confidence to be able to have interviews in the future. We discussed my strengths and weaknesses and we looked at my CV and ways that I could improve it for the future.

Molly-Jane, Year 10

16 x 16 Skills Project

A group of Year 10s recently explored their personality profiles in a workshop, run by Clarity4D. They were set a task to look at which personality traits best reflected them to help build a personality profile. This would help them explore their own potential strengths and weaknesses which would benefit them going forward into the work place.

This was part of the 16x16 skills project - the Luton Investment Framework Skills Programme, which helps them prepare for the world of work.



Epraise – New Behaviour & Rewards Communication System

We would like to inform you about a new behaviour and rewards management system we have recently introduced at the school called E Praise, which allows you to track your child's progress and achievement data via an electronic device.

E Praise takes behaviour and achievement data logged by staff and presents it in a user friendly way so that it can be viewed and tracked easily. It is web based and can be accessed at any time via any internet enabled device, including smart phones using a free downloadable app.

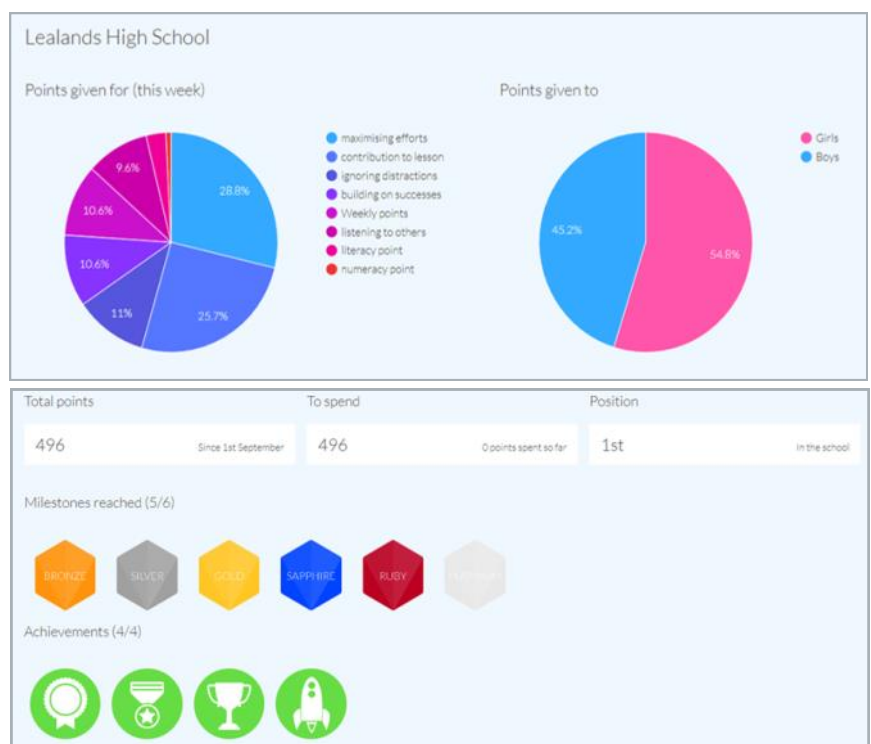
E Praise has now been launched to students and they can log in using their school G Mail accounts. If your child has forgotten their login details, they have been given instructions about how to reset them.

Already the feedback has been positive, especially as students will now be able to 'spend' their points (achievement points minus behaviour points) in an online 'shop'. I am consulting with Student Voice Representatives to put in place rewards that are meaningful and desirable.

To log in to the system, you will need to use the email address that you have supplied to the school. If you have not done this yet, please email the admin team (admin@lealands.luton.sch.uk) to update our records. The next steps and further details on how to use the system can be found on the document on the next page. Please note that we will continue to use Show My Homework instead of E Praise to set and manage home learning.

We believe E Praise offers a really positive way to motivate our students in school and ensure they are rewarded properly for their efforts. We believe a key part of this is to improve the link between school and parents and so we ask for your support by engaging with E Praise regularly.

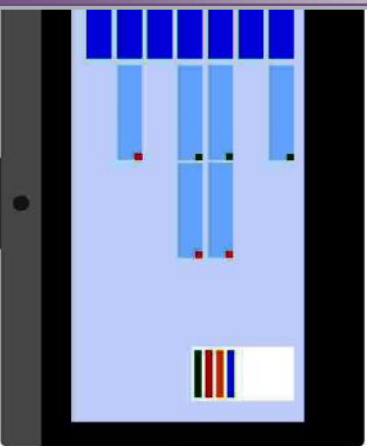
If you have any questions please do not hesitate to contact your child's Head of Year or Pastoral Support Manager in the first instance.



E-Praise Help Sheet

ABOUT US

We're an online rewards and homework system based in the South West of England working with schools around the world. Our system keeps track of all the great things that students do in and out of school so you can recognise and celebrate their achievements at home.



GETTING STARTED...

You can log in to epraise on a laptop, tablet or smart phone.

1. Go to epraise.co.uk and click **Login**.
2. Search for your school on the list.
3. Make sure you're on the **Parents** tab.
4. Enter the email address that you've given the school.
5. Click the **Login/Register** button.

6. Check your email. You should have an email from us with a secure link in.

7. Click on the link and create your password.

FORGOTTEN PASSWORD

It's really easy to reset your password just follow the above steps from 1-5 and you'll be sent a link to reset your password.

CHANGE PASSWORD & NOTIFICATIONS

You can edit your notification settings and reset your password under **Me > Settings**.

"You have empowered me with information about my child's progress and now I can have a positive impact on my child's education."

OUR FEATURES

Each school sets up epraise differently, which means that you may not be able to see all of the features listed below:

POINTS

Go to the *My children* tab and select either *View all* or their name. On their profile you can see an overview of their achievements and points and then you can use the tabs along the right to see a more detailed view.

DIGITAL BADGES

Most schools have a series of point based milestones

that every student automatically gets if they hit different point targets. You can see all the badges that your child has on the *Overview* page on their profile.

MARKSHEETS

You will be able to see any grades that have been shared with your child under the *Assessment* tab on their profile. You can click on each class to see a more detailed view of their results.

HOMEWORK ADD-ON

Listed under the *My children* tab you'll see an option called *Planner* and a tab on their profile called *Classnotes*. You can see when homework has been set, when it's due and download any attachments.



CLUBS & ACTIVITIES

Our *Get involved* feature is under the *Community* tab. You'll be able to see any clubs or activities that are on offer to your child. If you are able to sign your child up to an event you will see a blue button with their name on that you need to click.

NEED HELP?

Your first point of contact will always be the school as they can verify your identity. They will let us know if there is any issue we need to deal with.

epraise.co.uk

The award winning school reward system

Year 11 Drama Trip

As part of their GCSE course, our drama students have the opportunity to experience a live theatre performance.

In April, our Year 11 drama students visited the Theatre Royal Stratford East, to see a performance of Noughts and Crosses. The students were an absolute credit to the school and thoroughly enjoyed the show.



County Lines Performance

On Friday 26th April, theatre group Alter Ego Creative Solutions, visited our Year 9 students during their assembly to deliver a powerful performance, around the theme of County Lines.

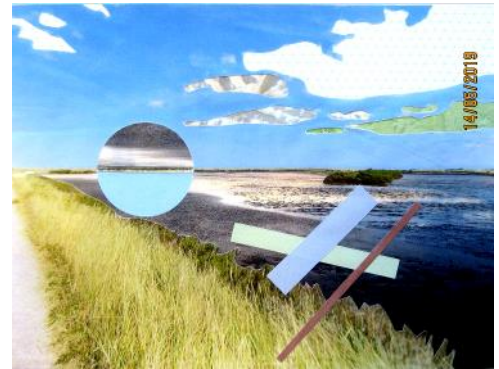
The play is aimed at raising awareness of County Lines and how it can affect young people, the grooming process involved and Child Criminal Exploitation (CCE) and Child Sexual Exploitation (CSE). The students were also given details of where they could go for any help and advice.

GCSE Art Exam Success!

Congratulations to all Year 11 GCSE Art students who recently completed their 10 hour final exam.

They had chosen their exam question back in January and had been preparing in lessons since then.

The exam is worth 40% of their final GCSE grade along with a substantial portfolio worth 60% which they have been working on since Year 10



Jamie Hall Photography, collage digital manipulation, photomontage



Jameka Brown Painting, mixed media, 3D object

The Art Department would like to wish all the Art students every success for the future



Joshua Curl Mixed media



Viktoria Brazauskaite
Detail from painting



Thomas Dean Brown Stencil print

Managing Stress

We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies.

Here's some **self-care tips** to help **protect against stress**:

#ADDRESS YOUR STRESS

Try

Get moving! Physical and mental health are connected – so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.



Setting aside time to have fun or indulge yourself – positive emotions can help build a buffer against stress.

Learning a new skill – whether painting, playing guitar or a new language.



Sharing how you're feeling – it's OK to ask for help and support.



Switching off from distractions – make time for yourself as a regular part of your routine. Schedule a reminder if you need to.



Avoid

Overdoing it on sugar, caffeine or alcohol – they're a quick fix which can increase stress in the long term.



Overworking and checking your emails out of hours – we all need time to unwind.



Spending **too much of your free time** in front of a screen – phone included. Don't feel pressured to always be 'doing' something.

Chasing perfection – it can create unrealistic expectations. Accept that mistakes will happen.



Bottling up your feelings and assuming they will go away – this can make things worse in the long run.



There are simple steps you can take to **#AddressYourStress**. Check out our resources at mhfaengland.org



MHFA England

Summer 2019 GCSE Exam Timetable

DATE	AM/PM	DURATION	BOARD	PAPER	TITLE
03-Jun	AM	1h	WJEC	C100UB0-1	History Component 1B - Elizabethan 1558-1603
03-Jun	AM	1h	WJEC	C100UG0-1	History Component 1G - Germany 1919-1939
03-Jun	PM	1h 20m	Edexcel	1IN0/4H	Italian Writing - Higher
04-Jun	AM	1h 45m	AQA	8700/1	English Lang Unit 1: Explorations In Creative Reading And Writing
04-Jun	PM	1h 45m	AQA	8132/2	Business Unit 2
04-Jun	PM	1h 30m	OCR	J536/5	Music: Listening & Appraising
04-Jun	PM	1h	OCR	A833/01	Portuguese Reading
05-Jun	AM	1h	AQA	8698/WF	Spanish Writing - Foundation
05-Jun	AM	1hr 15	AQA	8698/WH	Spanish Writing - Higher
05-Jun	PM	1h 30m	AQA	8035/2	Geography Paper 2
06-Jun	AM	1h 30m	Edexcel	1MA1/2F	Mathematics 2 : Calculator - Foundation
06-Jun	AM	1h 30m	Edexcel	1MA1/2H	Mathematics 2 : Calculator - Higher
06-Jun	PM	45m	WJEC	C100U30-1	History Component 2C - USSR, 1924-1991
06-Jun	PM	1hr 15m	WJEC	C100U50-1	History Component 2E - Crime & Punishment
07-Jun	AM	1h 45m	AQA	8700/2	English Language Unit 2: Writers' Viewpoints And Perspectives
07-Jun	PM	1hr 10m	OCR	J250/2	Combined Science A Paper 2 (Biology) - Foundation
07-Jun	PM	1hr 10m	OCR	J250/8	Combined Science A Paper 8 (Biology) - Higher
10-Jun	AM	1h 45m	WJEC	C560UA0-1	Food Preparation & Nutrition
11-Jun	AM	1h 30m	Edexcel	1MA1/3F	Mathematics 3 : Calculator - Foundation
11-Jun	AM	1h 30m	Edexcel	1MA1/3H	Mathematics 3 : Calculator - Higher
12-Jun	AM	1h 10m	OCR	J250/4	Combined Science A Paper 4 (Chemistry) - Foundation
12-Jun	AM	1h 10m	OCR	J250/10	Combined Science A Paper 10 (Chemistry) - Higher
12-Jun	PM	1h 45m	Edexcel	1CS01	Citizenship Studies Paper 1
12-Jun	PM	45m	AQA	8688/LH	Polish Listening - Higher
12-Jun	PM	1h	AQA	8688/RH	Polish Reading - Higher
13-Jun	AM	1h 15m	AQA	8035/3	Geography Paper 3
13-Jun	PM	1h 30m	AQA	8236/W	Dance
14-Jun	AM	1h 10m	OCR	J250/6	Combined Science A Paper 6 (Physics) - Foundation
14-Jun	AM	1h 10m	OCR	J250/12	Combined Science A Paper 12 (Physics) - Higher
17-Jun	AM	1h 45m	Edexcel	1CS02	Citizenship Studies Paper 2
19-Jun	AM	1hr 15m	AQA	8688/WH	Polish Writing - Higher
26-Jun	AM				Contingency Day
26-Jun	PM				Contingency Day

Extra-Curricular Clubs & Activities

Category	Activity	When	Contact	Location or Room
Art	Key Stage 4 GCSE Art Club	Wednesday PM	Ms Reason Mrs Hale	Art 1/2
Business Studies	Business Success Club (Year 11)	Tuesday PM Thursday PM	Miss Samudzimu Mr Little	ICT 2
English	BBC Young Reporter	Wednesday PM	Miss Boreham	E7
	Public Speaking Club (Years 7-10)	Thursday Lunch		
Humanities	Environmental Ambassadors	Tuesday PM	Miss Murtagh	Hum 5
	GCSE Geography Drop-In (Year 10)	Wednesday PM	Mr Davis	Hum 4
	GCSE Sociology Drop-In	Thursday PM		
Homework	Homework Club	Tuesday PM Wednesday PM Thursday PM	Learning Support	LRC
Languages	Language Leaders Year 8	Tuesday PM	Mr Marie	MFL 2
	Languages Club Year 7	Tuesday PM	Miss Maldonado	MFL 1
	Chess & Board Games Club - Years 7-10	Wednesday Lunch	Mr Taplin	Vo1
	Languages Homework Club	Wednesday PM	Mr McCracken	MFL 2
	Year 11 Languages Help Club	Tuesday Lunch Thursday Lunch	MFL Staff	MFL 2
	German Club	Friday Break Time	Mr Taplin	Vo1
Maths	Maths Club (Years 7 & 8)	Monday Lunch	Mrs Jones	Maths 7
Science	Science Club (Years 7 and 8)	Wednesday PM	Miss Tomlinson	Science

Extra-Curricular Clubs & Activities

Category	Activity	When	Contact	Location or Room
Performing Arts	Year 11 Dance: Aim Higher	Monday Lunch	Miss Heaslip	Dance Studio
	Year 11 Dance: Aim Higher	Tuesday Lunch	Mrs Heaslip	Dance Studio
	Drama Club (KS3)	Tuesday Lunch	Mrs Woolmer-Brennan	Drama Studio
	Lealands Dance Company	Tuesday PM	Miss Heaslip	Dance Studio
	Dance Club	Wednesday Lunch	Miss Heaslip	Dance Studio
	Year 8 Into GCSE Music	Wednesday PM	Mr Knight Mrs Shipp	PA4
	Year 11 Music: Aim Higher	Thursday Lunch	Mrs Shipp	PA4
	Year 11 Drama: Aim Higher		Mrs Woolmer-Brennan	
	Year 11 Dance: Aim Higher	Friday Lunch	Miss Heaslip	Dance Studio
	Sing Out	Friday Lunch	Mrs Shipp Mrs Woolmer-Brennan	PA4
PE & Sports	Year 7, 8 and 9 Cricket	Tuesday PM	Mr Purdy	PE
	Rounders (All years)		Female PE Staff	
	Athletics (All years)	Wednesday PM	All PE Staff	
	Rounders Fixtures (All years)	Thursday PM	Female PE Staff	
	Fitness Friday	Friday PM	PE Staff Rotation	
Duke of Edinburgh	Duke of Edinburgh Awards	When requested	Mr Payne Mr Morris	



Facilities For Hire

From £12.50 Per Hour

Ideal For Birthday Parties!



Lealands High School

Swimming Pool, Sports Hall, Dance/Activity Studios, 3G Astro, Netball Courts, Community Function Rooms and School Hall.

For more details, visit: www.lealands.luton.sch.uk/facilities



Lealands High School

**BOOK YOUR
BIRTHDAY
PARTY
AT LEALANDS**



For details please visit www.lealands.luton.sch.uk/parties.

*Our party facilities are available as a venue only. Children will be the responsibility of accompanying adults. Any food required is the responsibility of the party host.