

# LEALANDS NEWS

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## IN THIS ISSUE...

DATES FOR  
YOUR DIARY

SPORTS  
SUCCESSES!

BLUE PERIS 2023

LEADING PARENT  
PARTNERSHIP  
AWARD

NEWS &  
UPDATES




PLUS MORE...



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High School

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Find us on  |  @Lealandshigh |  @LealandsHigh

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*Excellence*

*Responsibility*

*Respect*



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# INTRODUCTION

FROM HEADTEACHER, MR BURRIDGE



Dear Parent/Carer,

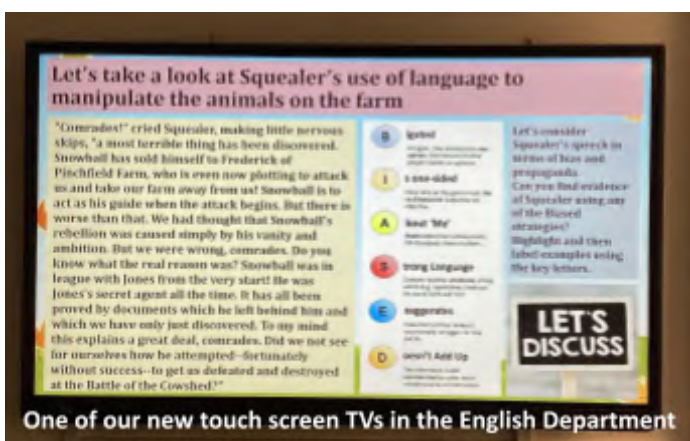
As we come towards the end of 2023, we are reminded of how quickly time passes and making the most of all the opportunities presented to us. It is a joy to see just some of the many opportunities staff provide for our students in this edition of the Newsletter. We have continued to build our extra-curricular work with the aim of being the very best! I encouraged students to get involved and try new things in my assembly at the start of term and it is an absolute pleasure to see the continuous developments in this as well as the growing enthusiasm

from our students.

As we continue to provide excellent opportunities for our students, it has been fantastic to receive delivery recently of a new school mini-bus with full accessibility. Our old bus has served the school well for many years and it is not quite fully 'retired' yet, but students and staff are now proud to have a new and reliable form of school transport.



Our new minibus



One of our new touch screen TVs in the English Department

Additionally, we are continuing to up-grade our classroom resources with new giant touch screen TVs replacing interactive whiteboards. Most of our boards are reaching the end of their lifespan after 12 years in the school and we are taking the opportunity to replace these with the most up-to-date classroom resources which have started in the English and maths departments.

Our fantastic students have all been hard at work this term. We know they work hard in lessons, but it is great to see the results of the online Extended Learning this term which places our students at the top! We continue to work hard to ensure that students and parents recognise the important part that practice at



# INTRODUCTION

FROM HEADTEACHER, MR BURRIDGE (CONT'D)

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home plays in securing knowledge and understanding. We have enjoyed celebrating the many successes of our students in this and their many contributions to school life. This term, it has been particularly pleasing to see the new monthly zero demerit chocolate assemblies. It is fabulous to be able to formally recognise and acknowledge those students who quietly get on and do everything they should.

We are pleased that the school continues to be the school of choice in the area; which is testament to the hard work and dedication of our staff and also our fantastic students. Numbers of applications for next year's Year 7 are higher than ever and we will remain over-subscribed.

You may have been wondering about our application to form a Multi-Academy Trust with Leagrave Primary and other local schools. It has been a very long process and I hope to be in a position to update you soon in the New Year. As a group of schools we have been working closely together and Lealands has contributed particularly with training for primary teachers on Languages and art. We have also spent time looking at the curriculum and how to best continue the learning that takes place in primary schools on transition to secondary. The Headteachers have been working hard on all the background documentation and processes prior to the application being heard by the Department for Education.

We are looking forward to the New Year and all that it will bring as we continue our journey of excellence. Thank you for all your support and encouragement and have a restful Christmas and Happy New Year from all at Lealands High School.

**John Burridge**  
**Headteacher**



## DATES FOR YOUR DIARY

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### SAVE THE DATE:

<b>End of Autumn Term:</b>	Friday 15th December 2023 - <b>School will close for KS3 at 12.20pm and KS4 at 12.30pm</b>
<b>Staff Training Day:</b>	Monday 18th December 2023 (School Closed)
<b>Staff Training Day:</b>	Tuesday 19th December 2023 (School Closed)
<b>Spring Term Begins:</b>	Wednesday 3rd January 2024
<b>Year 11 Parents Evening:</b>	Wednesday 10th January 2024 (Online)
<b>Year 10 Parents Evening:</b>	Wednesday 24th January 2024 (Online)
<b>Y9 DTP and Meningitis ACWY:</b>	Thursday 25th and Friday 26th January 2024 (E-Consent form will be sent out near the date)
<b>Year 9 Parents Evening:</b>	Wednesday 7th February 2024 (F2F)
<b>Year 10 Work Experience:</b>	Monday 12th February - Friday 16th February 2024

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### TERM DATES:

<b>Spring Term:</b>	Wednesday 3rd January 2024 - Thursday 28th March 2024
<b>Half-Term:</b>	<i>Monday 19th February - Friday 23rd February 2024</i>
<b>Summer Term:</b>	Monday 15th April 2024 - Friday 19th July 2024
<b>Half Term:</b>	<i>Monday 27th May - Friday 31st May 2024</i>

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### STAFF TRAINING DAYS:

Monday 18th December 2023  
Tuesday 19th December 2023  
Friday 12th April 2024

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**Full term dates can be found on the school website:**  
<https://www.lealands.luton.sch.uk/termdates>

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## VALUE OF THE MONTH

December 2023



## "Responsibility"

You can show **responsibility** for yourself and others.

**Think about how you can demonstrate responsibility during a school day.**



## SPORTS SUCCESSES!

### GIRLS BASKETBALL

Thank you to all the girls who participated in basketball this term. You have all shown excellence and resilience in training and matches.

Congratulations to the year 7 and U16 teams for getting through to the finals.

### BOYS BASKETBALL

The year 7 boys' basketball team have had a fantastic season winning all their games and will now be in the district final next week. The students have trained hard and reaped the benefits in their outstanding performances.



### BOCCIA EVENT

Well done to all the students that represented the school in the recent district Boccia competition. The students had a fantastic time and showed excellence in their performance with both teams finishing 4th in their respective groups. Congratulations on a great achievement!



### YEAR 7 RUGBY



For the first time in many years, Lealands have competed against other schools in rugby! The students have trained hard and learnt lots of new skills which they have successfully applied into their matches. A great start to a new game for many students. Game 1 vs Denbigh was a thriller ending 40-40! A huge 8 tries scored! Game 2 is v Putteridge and will be reported on in the next newsletter. Well done to all the boys - excellence shown throughout.



## SPORTS SUCCESSES!

### GIRLS FOOTBALL

Our Year 7 and 8 girls played in the annual Futsal tournament back in September, where they came out as undefeated champions! These were our Y7 girls' first matches for Lealands.



The team and more Y7 and Y8 girls joined the team to play 9 a side County Cup and National Cup matches and are looking forward to playing in the district competition after Christmas.

### NETBALL

The girls' netball teams have worked incredibly hard this season, they have shown great sportsmanship and have thoroughly enjoyed coming to training. The girls have almost finished their games, with year 9s having one more match to play after Christmas. We are incredibly proud of the girls and cannot wait for next season!





## DUKE OF EDINBURGH AWARD

### ATTENTION ALL YEAR 9 STUDENTS!

We're recruiting for this year's Duke of Edinburgh –  
and it's the perfect way to leave your limits behind.



To sign up, head down to the PE department and speak to Miss Walker or Mr Payne. Those that have already taken an application form, please remember to return it ASAP.

## YEAR 11 HOSPITALITY & CATERING

The Year 11 Hospitality and Catering students have had the opportunity to practise their 2 dishes, ahead of their real exam in January. Students have done very well, and have listened carefully to the feedback given and we are looking forward to some excellent dishes in their final exam.

The skills that have been shown have been developed over the years of cooking.





# SEVERE WEATHER PROCEDURE

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Occasionally during the year, particularly in Winter, we experience spells of very bad weather (e.g. snow). During these times we will always do our very best to keep the school open. However, there may be occasions that we have to make the decision to close based on:

- the safety and wellbeing of students and staff
- the number of teachers who are able to safely travel to school to determine if we have adequate numbers of teachers to take classes
- the severity of the weather, which impacts on whether the school grounds are safe for students, teachers and visitors



In the event that the school has to close, we will always endeavour to give as much notice as possible. The school will follow these procedures to notify parents/carers:

- **Update the school website** - a message will appear in red running across the top of the home screen, this should be your first point of reference.
- **App Message\*** - parents/carers who have downloaded our MyED Parent App will receive a message directly to the app. *\*Please ensure you have your notifications turned on so you are notified as soon as the message comes through.*
- **Text Message\*** - parents/carers who have not downloaded our MyED Parent App, will receive a text message. *\*Please ensure you inform us if any of your contact details change so we always have the most up to date information for you. Failure to do so may result in messages not being received.*
- **Social Media Updates** - keep an eye on our Facebook, Instagram and Twitter pages for updates.
- **Inform Local Authority** - The school will inform Luton Borough Council, who have a page dedicated to school closures. This can be found on their website at <http://www.luton.gov.uk/schoolclosures>
- **Local radio** stations **no longer** update live lists on their websites (although they will read out lists on air).



## LEADING PARENT PARTNERSHIP AWARD

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### Leading Parent Partnership Award

We are now in the first year of our new three year plan:

The priorities for the next three years are:

- Redesign the school website
- Ensure that all parents have the opportunity to visit the school site each year
- Continue to consult with parents and the wider community
- Joint activities for parents and students
- Induction evening for Year 7 parents
- Improve parental understanding of KS4 transition process
- Increase the level of extended learning support and guidance
- Increase parent evening attendance

If you have any ideas or would like to be involved in helping the school to support parents in the next three years please contact the school and leave your name and contact details and a member of the LPPA award team will get back to you.



#### **Year 7 Parental induction evening**

The first ever Year 7 parental induction evening was held on the 10th October. Mr Cullum and Mrs Rust welcomed the new parents to the school and talked about the essential role that parents play in the success of their child at school.

The talk covered how to communicate effectively with the school and their child and how to deal with some of the common issues that students face when moving to a new school. The evening ended with an overview of the Extended Learning expectations and where



# LEADING PARENT PARTNERSHIP AWARD

(CONT'D)

these can be found on the school website. Parents also had the opportunity to ask questions about the school and their own individual child. Overall, we believe that this was a really useful evening and welcomed addition to the transition process for both parents and students.

## Year 11 GCSE preparation evening

The 5th of December was an opportunity for parents to come and listen to Mr Mason and



Mrs Rust discuss the recent mock results and upcoming February mock exams and how their child can best prepare for these. Revision tips and advice were given and clarification about the college application process that is currently being undertaken by all Year 11 students.

### Parental quotes from the evening

*"Lovely to hear such enthusiastic members of staff talking about helping our daughter to achieve well."*

*"It was very helpful, and we hope our son will take all the help that is offered."*

*"It was a shock to hear there are only 15 school weeks left until the GCSE exams start."*

## Extended Learning update

We are extremely pleased with the engagement of the majority of students with their Extended Learning so far this year. Parents are able to check their child's allocations via the schedules on the school website. [Extended Learning at Lealands](#)

Some highlights from the month of November and the term so far include:

Our monthly SENECA report shows that 1034 hours of study time has been logged with the average score being 81%. (SENECA is used by the Science, Geography, History, Technology and PE departments for their extended learning)







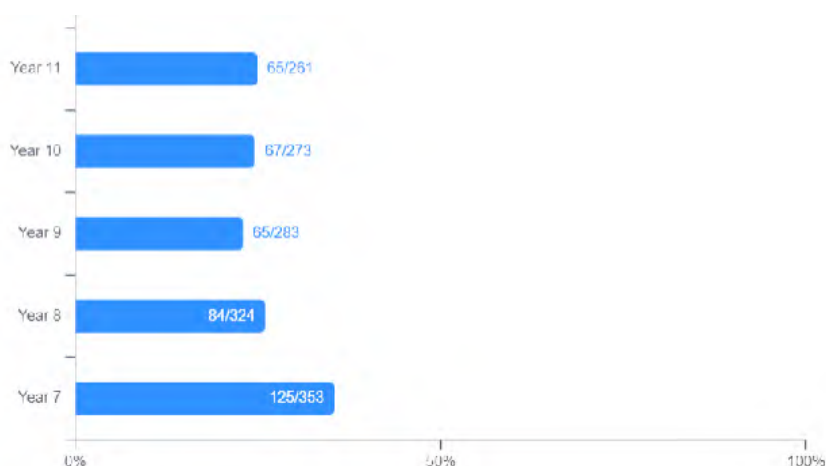
# LEADING PARENT PARTNERSHIP AWARD

(CONT'D)

We are currently in first place in the Luton Seneca school league with just four days of this term's league left to run.

## Seneca School League 🏆

Regional				0 4 : 1 0 : 3 9 : 2 0			
				DAYS	HOURS	MINUTES	SECONDS
School name		School synced		XP ⓘ			
1	 Lealands High School Luton, Luton	School synced		282,516			
2	 Challney High School for Girls Luton, Luton	School synced		207,723			
3	 Queen Elizabeth School Luton, Luton	School synced		163,744			
4	 The Chalk Hills Academy Luton, Luton	School synced		142,388			



A significant number of parents have signed up to the SENECA app. This allows parents to monitor their child's progress and completion rates. If you haven't signed up, please follow the link below or look out for an email from SENECA in the next couple of days.

[SENECA parent sign up link](#)

Well done to the Year 7 parents who are leading the way with sign ups.

The figures for SPARX maths are just as impressive and a testament to the hard work of the students and parents who are ensuring that their child completes their maths Extended Learning.

**362,511**  
questions answered correctly in Sparx Maths so far this year

Students in your school have completed

**8,822 hours**

of personalised learning on Sparx Maths this year!





## BLUE PERIS 2023

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On Sunday 19th November, 36 Year 9 students and 5 Lealands staff hopped on board a coach headed to Snowdonia, North Wales. The Blue Peris trip was finally here!

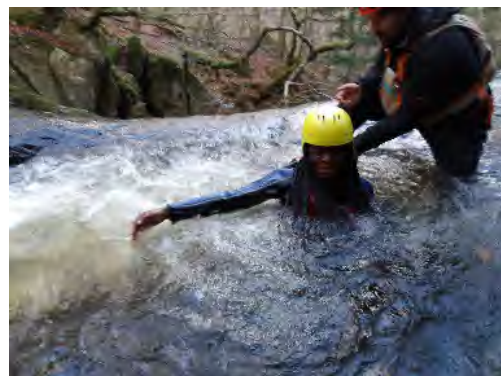
On arrival, the students were encouraged to make their beds and unpack their cases. Then all the specialist equipment was issued. Everyone received a pair of wellies and a balaclava. After dinner there was a night walk up to Electric Mountain with the rain and the wind making their first appearance but by no means their last!



A long first night with excited adventurers struggling to get to sleep eventually came to an end just after midnight. The next day arrived, 6:30am and the silence was broken with the iconic wake up tune being played at volume setting eleven. Get up, stand up! Lots of bleary eyes headed for the showers and then on to a hearty breakfast. This was the routine every day and even though they said they hated that song, most were singing it across the week.

Every student had the opportunity to climb a real mountain AND go underground at the deepest mine in

the UK. They all visited the same gorge and waded through the icy water or jumped into the freezing plunge pool after crawling through the Elephant's Bum, yes it is really called that (well something quite close). Last but not least they went Sea Level Traversing on the beautiful island of Anglesey.



Then it was time to clean the house and minibuses, hand in all the equipment and say a fond farewell to Blue Peris.



## BLUE PERIS 2023

I am sure all present will have made life long memories and hopefully, proved to themselves that they are capable of achieving great things if they just believe in themselves and never give up!



## LEALANDS REMEMBERS



At 11am on Friday 10th November, everyone at Lealands High School came together to honour the sacrifices of those who have lost their lives in conflict.

A solemn two-minute silence marked the beginning, followed by a poignant 'Poem for Remembrance' beautifully recited by Head Girl Cienna and Head Boy Demir.

Mr. Burridge laid a poppy wreath and representatives from each tutor group planted poppy crosses in our memorial garden. This reflective service allowed our school community to unite, commemorating and honouring those who served. Every student and staff member showed tremendous respect and dignity.





## ACCELERATED READER: UPDATES

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In September, students had read an impressive 252 books, which added up to a whopping 2,364,738 words.

We didn't think it was possible to be more pleased, but then we looked at our November statistics...



A big difference - congratulations to everyone in year 7 and 8 who contributed to this amazing result. We are especially delighted as the government recommends all students read 20 minutes a day to see an improved reading age. On average, our students have gone beyond this and are reading 35 minutes a day.

We have been looking at creating the perfect reading environment for students; quiet area, soft furnishings and a calm atmosphere, so all year 7s and 8s can experience the perfect reading environment to get the full enjoyment out of reading, so please expect to see changes in the LRC!

To also create the ideal reading atmosphere at home, perhaps you can model reading yourself, as this can help inspire your family to pick up a book. Especially with these cold frosty days, it sounds like an ideal day to stay in and cosy up with an old favourite book.



# LEARNING RESOURCE CENTRE

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## LRC BOOK RETURNS

We are currently experiencing depleted stock in the LRC. If you have any overdue LRC books, please can they be returned promptly. If you would like to do this anonymously, books can also be handed to our school Matron.

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## BOOK REVIEW – THE WILD ROBOT PROTECTS BY PETER BROWN.

REVIEWED BY ALEX URZICA, YEAR 8

*The book, The Wild Robot Protects, has many intriguing chapters and a wide variety of characters and things that happen. In this book Roz, the main character, finds out that the island she lives on has been infested with poisonous ocean tide which kills everything in its path. Dead fish appear on the coast, greenery and plants die, animals have nothing to eat, and most importantly the sea animals are stranded on land. They try to improvise by using holes to capture rainwater, but this doesn't work out because of the arguing and fighting over who is and who is not allowed in or to drink from it.*

*The next night a storm reaches the island and lightning strikes a tree causing a great fire, which then diminished from the rain after a couple of hours Roz the robot is now fed up, and sets off on a journey to try stop the poison tide by exploring the oceans to find the ancient shark who is said to live far in the north. On her way she encounters a variety of animals with the saddest being an octopus mother who will have to sacrifice her life for her babies to live. She passes through villages, underwater civilisations, a sunken town and even through the far and cold north. When Roz finds the shark, she finds out that it starts from a mining station in the middle of the ocean called the juggernaut. Roz's plan is to try to negotiate with them but the sharks plan is to gather an army of animals and strike. They then decide to stick with Roz's plan but if it fails they will proceed with the sharks. So Roz sets off to the station and when she arrives she gets imprisoned by the robot guards. When the station manager arrives to see what the problem is, Roz negotiates and says that they are making a big mistake due to the fact that their mining process is infecting the ocean. The manager then said if it is as she says she will stop, but because Roz was taking too long, the animals thought her plan failed which led to them striking.*

*Whales, sharks, fish, birds, octopus, squid and even plankton team up to stop the tides for once and all. They then sink the station whilst Ros saves the people on board and brings them to safety. The thing I didn't tell you is that the juggernaut itself isn't doing the mining, but a massive underwater robot crab. The animals then lift the juggernaut and crash it in the robot whilst Roz*



# BOOK REVIEW

CONT'D

*swims away. The mining is then stopped, the poison tides stops and they then live happily ever after.*

*I would change the ending by sinking the humans too due to the humans not feeling any remorse for what they have done.*

*I would recommend this book to people who like adventure and action.*

*My favourite character is Roz - she inspires me to always keep going and never stop.*

If you would like to read this book, please see Ms Rezaei in the LRC to reserve your copy.

## ACTIVE LEARN

The Languages Department would like to congratulate the following students for great effort on ActiveLearn during November. There are also 175 students who achieved Epraise badges this month for their overall progress, with a total of 343 badges given since the start of the year. Well done to everyone mentioned!

ActiveLearn E-Praise Badges Awarded During November				
Bronze - 25%			Silver - 50%	Gold - 75%
Year 7				
Aiden C	Elisa-Miriam T	Lailuma K	Aaliyah W	Aimee F
Albert K	Erin H	Markayda A	Abigail O	Ashvin S
Amani C	Evie W	Mikaeel U	Aimee F	Mikey L
Amoya C	Faheem D	Milana A	Angel B	Sama K
Andie H	Fernanda V	Minahil S	Ashvin S	
Ashvin S	Gabriel I	Natasha P	Evie W	Platinum - 100%
Aya M	Gabriela S	Nicolae S	Ihsan-Yusuf H	Mikey L
Aziel P	Golden G	Noah P	Kayla V	
Cara K	Harleen K	Noor I	Mikey L	
Chloe G	Hasan A	Oreofoluwa O	Minahil S	
Chloe S	Humayra R	Ramani S	Sama K	Extra Tasks
Connor G	Ibrahim A	Riad B	Theo M	
Damien B	Ihsan-Yusuf H	Robyn H		
Daniel G	Ilary S	Sama K		
Danny B	Inayah I	Sarah S		
Dawid M	Isabelle H	Sumayyah A		
Desire M	Kalel B	Thomas P		
Dillian B	Kayla V	William D		
Dilshan S	Keya M	Zane M		
Elisa I	Kristina D			



# ACTIVE LEARN

(CONT'D)

ActiveLearn E-Praise Badges Awarded During November					
Bronze - 25%		Silver - 50%		Gold - 75%	Platinum - 75%
Year 9					
Aamir H	Kieran S				
Aleesa A	Mazen A				
Amelia I	Mishal A				
Chloe J	Morgan L				
Emma L	Nicolas T				
George A	Priyatharsy V				
Giulia D	Saarah V				
Justin S	Zoe D				
Kiera S					
Year 10					
Chloe M	Millie S	Ayah M	Ismail M	Camelia C	
Delia P	Taaibah A	David O	James S	Rida A	
		Harry P	Victoria N	Tafheem M	
Year 11					
Ashlynn O	Kiervey D	Liaba B	Sophia S	Esther O	Ishrat A
Bartosz B	Kyle A	Shayan K	Zain H		
Charlie F	Sara I				
Esha J					

ActiveLearn E-Praise Badges Awarded During November				
Bronze - 25%		Silver - 50%	Gold - 75%	Platinum - 100%
Year 8				
Aasiyah K	Lachantae G	Abbie A	Husna K	Husna K
Abbie A	Maha Iman A	Husna K	Mariya M	
Aida-Iulia J	Mariya M	Lithushan C		Extra Tasks
Alarice M	Maryanne I	Mariya M		Husna K
Alekh L	Neresa D	Nitya B		
Amiyah I	Nitya B	Suhana A		
Aria L	Paula E			
Clarissa G	Paula-Valentina M			
Erion B	Samiha B			
Gabriel M	Serene-Zuriel A			
Husna K	Sophie B			
Ismael I	Suhana A			
Kayra B				



## LUTON LIBRARIES NATURE COMPETITION



# NATURE IN WINTER ART COMPETITION

You're invited to show off your artistic flair by capturing the magic and beauty of nature in winter through a piece of artwork.

There will be 3 prizes, one for each age group:

- 5 - 10 years
- 11 - 16 years
- 17 and over

**WIN! £15  
Amazon Voucher  
T&Cs apply.**

 **Saturday 1st December to  
Sunday 4th February**

 **Drop your artwork to  
any Luton library**

 **Find out more:  
[Linda.howell@lutonlibraries.co.uk](mailto:Linda.howell@lutonlibraries.co.uk)**

**Design criteria:**  
Artwork may be submitted as a collage, drawing, painting, print, etc in A3/ A4 size. Artwork must be submitted with your name, age and email or phone number clearly labelled on the back of your entry.



**Luton  
Libraries** **act5ve  
LUTON**



## ARTIST IN RESIDENCE: UPDATE



Tuesday  
3-4pm

Art club is going from strength to strength with sessions full every week with students ranging from year 7 to year 10!

Students are able to come to art club relax and work on their own creations or start something new and exciting. Some students have even helped create a canvas for the school.



**Staff Art Club**



In November we hosted our first Staff Art Club which was a great success and focused on clay. This gave teachers from all subjects the opportunity to come along and be creative in a tranquil and meditative environment.



Thank you to all those who entered, well done!



## Christmas Art Competitions



*Winter Season Art Competition*  
**ROCKIN' RED ROBIN PARADE**



The Art Department are celebrating the winter season by creating the 'Rockin' Red Robin Parade' which will proudly stand in the school reception. All students are invited to be as imaginative as they can be creating a 300 Red Robin for the parade using materials and techniques of their choice.

The only rules are that your Rockin' Red Robin needs to use 3D and be able to stand up in the Porcini.

Please bring your Robins to Mrs. Ward-Lindsay in the Art Department before 30th November, good luck! A prize for the best robin, plus certificates and prizes for all that enter.



Ideas for materials & techniques

Paper	Gold	Paper Insects	Origami	Modelling Clay	Clean Old Socks	Eye Cleaners
Wool	Fabric	Knitting	Crochet	Any Clean Recycled Material		



Winner to be announced this week!



# ARTIST IN RESIDENCE UPDATE

(CONT'D)



**Lealands Christmas Card Competition**

*'Tis the season to be...making the official Lealands Christmas Card!  
To all you budding artists out there, it's competition time!*

We are looking for a design for our school christmas card and what better than to ask our students to design it. If you would like to be in with a chance to win a prize and for your Christmas card design to represent the school then get designing!

Please bring your cards to Mrs Ward-Lindsay in the Art Department before 11am on 30th November. The designs will then be judged by Mr Burridge and the winner announced on the 1st December. Good luck!

Congratulations to the winner..  
**Ash Sajeevan 82JW**



## Mindful Art Sessions

Over the last few weeks I have delivered several Mindful Art sessions for students from years 7 and 8. These provide a calm and therapeutic environment which promotes a sense of wellbeing and enables students to focus and be creative. We have been creating street art themed t-shirt designs and also have been scrapbooking which students have enjoyed immensely.



## Exhibitions

Over the last few months, I have been very busy creating and exhibiting and was lucky enough to have had a painting selected for the Letchworth Open Exhibition 2023. This was displayed at the Broadway Gallery which is in Letchworth, Herts.



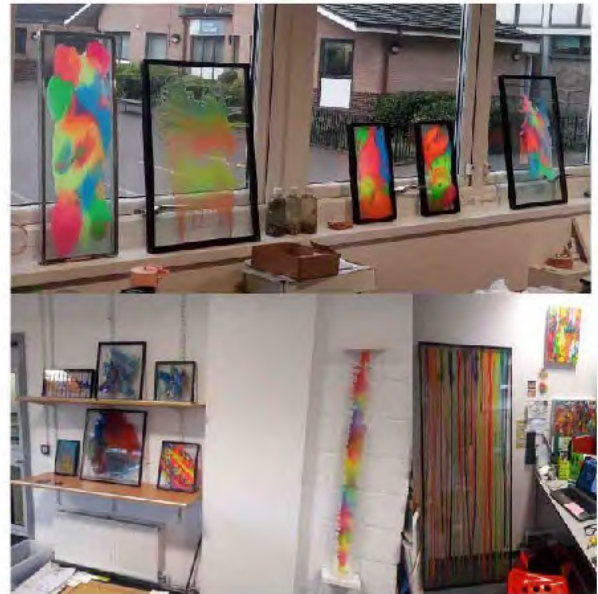


# ARTIST IN RESIDENCE UPDATE

(CONT'D)

## Artist in Residence Studio

I have started to put together a studio in the art department where I can be creative and display work for students to come and view. This is also a space where the students participate in small art workshops and provides an environment where we aim to inspire and instill creativity.



Mrs. Ward-Lindsay  
Artist in Residence



## IMPORTANT CONTACT INFORMATION

If you have changed your address, mobile number or email address during the last year and think that you may not have informed us, please email the new details to [admin@lealands.luton.sch.uk](mailto:admin@lealands.luton.sch.uk) as soon as possible in order for us to ensure that you receive all necessary information. Many thanks.



designed by freepik.com



## STANDING UP AGAINST BULLYING



In November, our Year 7 and 8 students actively engaged in an impactful anti-bullying assembly. The aim of the assembly was to effectively show the detrimental effects of bullying and the harmful consequences of spreading rumours.

Some of our students shared their insights following the assembly:

*In our anti-bullying assembly, I remember learning about the effects of spreading rumours.*

*For example, if someone said they like someone's hair but someone misheard it, they could have told someone else and it could have kept going. In the end it would be that they said that they hated them or something that could affect the person's self esteem as they didn't like them, but it started with a person just giving them a compliment. It is important that we don't listen to or spread rumours. **Jayden (83KM)***

*Bullying is a serious issue and should not be allowed in any school. In our school there are serious punishments for anyone who is bullying and support for those who are bullied. We recently had an assembly about bullying where we demonstrated the effects of rumours. We each passed on a phrase and by the end it was not the same, which can be a form of bullying. **Marcell (84JM)***

*From the assembly I remember talking about spreading rumours and how it can change from something that wasn't even said. I believe we can make a poster that we can put up around the school to highlight the importance of not bullying and taking action when it happens. **Ruby (85JS)***







DEC  
16  
2023



Christmas

*Friends of*  
**Leagrave Park**

## **COMMUNITY LITTERPICK**



Come and join  
the monthly  
litterpick. All  
welcome and  
equipment  
provided

10.30 am start

Meet in the Car Park by the old bowling green

**Supported by**

Goodgym Luton & ABCD-in-Luton

We'll be collecting donations for local voluntary group Breakfast Battery Boxes - Items welcomed are Cereal, Beans, Cordial, Jam and Long Life milk



## EXPLORING EXTRACURRICULAR OPPORTUNITIES:

### KS3 CLUBS FAIR



On Tuesday 5th December our Key Stage 3 students were given an exciting opportunity to discover and gather information about various clubs in Luton that extend beyond the school gates.

The diverse array of showcased clubs captured the interests and passions of our students. From the energetic fields of netball, hockey and Gaelic football to the artistic realms of dance, performing arts and film making, there was something for everyone.



Not only did students explore sports and creative outlets, but they also connected with local Scout and youth groups, fostering community engagement and a sense of belonging beyond the school environment. The Clubs Fair proved to be an enriching experience, broadening the horizons of our students and encouraging them to explore new interests beyond the classroom.



## LEAP: A FESTIVE FEAST!

On Thursday 7th December, the LEAP students cooked a delicious vegetarian Christmas dinner. It consisted of brie and cranberry parcels, star anise carrots and garlic and rosemary roasted potatoes. Check out the photo for a glimpse of their festive feast!







# Bedfordshire Fire & Rescue Service

[bedsfire.gov.uk](http://bedsfire.gov.uk)  
 Southfields Road  
 Kempston, Bedford  
 MK42 7NR  
[bedsfirealert.co.uk](tel:01235 555555)  
 @bedsfire

## THE DANGERS OF FROZEN WATER

Every year children are at risk when they are tempted to play on the ice formed on open waters and adults find themselves at risk as they attempt to save them. Over 50 % of ice related drowning involved an attempted rescue of another person or a dog.

Areas with frozen waters can be beautiful to look at but they are also extremely dangerous. Here are some useful tips to help you enjoy these areas safely.

### TOP TIPS TO STAY SAFE

#### NEVER GO ON THE ICE UNDER ANY CIRCUMSTANCES

This includes attempting to rescue another person or animal who may have fallen through the ice.

#### ONLY USE WELL LIT AREAS

Try to take walks in the daylight but if you must walk in the evening, only use well lit areas and avoid anywhere with water.

#### KEEP AWAY FROM THE EDGE OF THE WATER

Never go close to the edge or lean over to touch the ice. You may overbalance or trip and fall in.

#### ALWAYS WALK WITH AN ADULT OR A GROUP OF FRIENDS

Look out for each other and if someone does fall through the ice there will be others around to raise the alarm and get help.



### WHAT TO DO IF YOU FALL THROUGH THE ICE

Keep calm and shout 'help'.

Spread your arms across the surface of the ice in front of you.

Try to kick your legs and pull yourself out of the water and on to the ice.

Lie flat, spreading your weight across the surface and pull yourself to the bank, you may find it easier to roll.

If you cannot climb out, wait for help and keep as still as possible. Keep your head above the water, press your arms by your side and keep your legs together.

Once you are safe, it is important that you go to hospital immediately for a check up.

### WHAT TO DO IF YOU SEE SOMEONE FALL THROUGH THE ICE

Shout for 'HELP' and dial **999** or **112** if you can.

**DO NOT** walk on to the ice to attempt a rescue.

Shout to the person to 'KEEP STILL' and offer reassurance.

If they are close enough, **LIE DOWN TO AVOID OVERBALANCING** and falling onto the ice, and try to reach them with a tree branch, clothing tied together or anything else which can extend your reach.

If you cannot reach them, **SLIDE SOMETHING** which floats across the ice, such as a plastic bottle or a football, so that they can hold on to it to stay afloat whilst help is on the way.

If they are too far away, **WAIT FOR THE EMERGENCY SERVICES** and reassure the casualty from the safety of the bank.

StayWise

EVERY CONTACT COUNTS

WE'VE GOT YOUR BACK

WE DARE TO BE DIFFERENT

WE ARE ACCOUNTABLE





# BREAKFAST BATTERY BOXES

## CHRISTMAS HOLIDAYS 2023



We provide healthy, hearty breakfast boxes to support local families during school holidays, items include **Cereal, Long-Life Milk, Bread/Bagels, Jam/Spreads, Fruit Juice/Squash, Baked Beans, Eggs, Pancake Mix/Flour, Fresh Fruit, Christmas Treats**

Visit our hub at Sundon Park Baptist Church, 244 Sundon Park Road, Luton, LU3 3AL if you need support.

**We are open to receive donations on:** 16th December, 10:30am-12noon.

### **COLLECTION DATES & TIMES:**

**Wed. 20<sup>TH</sup> & Fri. 22<sup>ND</sup>, Wed. 27<sup>TH</sup> & Fri 29<sup>TH</sup>**  
**From: 9:30am-11am**



**Please bring your own bags.**



Contact us on 07402118379/07754791982  
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Email: [breakfastbatteryboxes@gmail.com](mailto:breakfastbatteryboxes@gmail.com)

