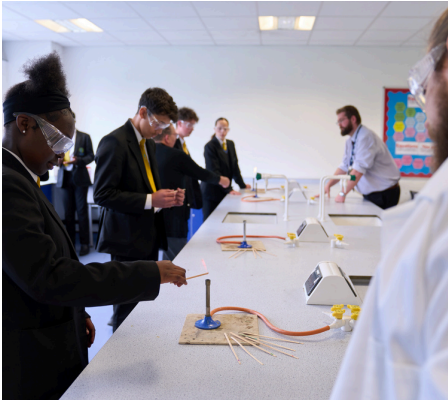




Lealands  
High School

# Welcome To Lealands



A guide for students and parents new to Lealands

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# Welcome to Lealands High School

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I am delighted that you will be joining our highly successful school and we are looking forward to welcoming you to Lealands. We hope that you are looking forward to five rewarding years with us. We have extremely high expectations of students at Lealands and they will be expected to work hard during their time at the school both in class and at home.

Students are encouraged to take full advantage of the many opportunities given including the extensive extra-curricular activities on offer from September.

We hope that parents/carers and students will join us in creating the partnership between home and school, which is essential for successful education. Above all, we hope that your time at Lealands is an enjoyable, rewarding and fulfilling experience.

If there are any problems or questions, please talk to the Tutor, Pastoral Support Manager, Head of Year or Director of Subject. They will do their best to help you.

I look forward to meeting you on many occasions in the future and please do not hesitate to contact me should you require any further help or information.

***Mr J Burridge***

*Headteacher*

# Lealands' Year 7 School Day

(Please note timings are subject to change and other year groups may be different)

<b>8.00-8.20am</b>	Breakfast Club in Dining Room
<b>8.30am</b>	<b>Start of school day</b>
<b>8.35-8.55am</b>	Tutor Time
<b>9.00-10.00am</b>	Period 1
<b>10.00-10.20am</b>	<b>BREAK</b>
<b>10.25-11.25am</b>	Period 2
<b>11.25-12.25pm</b>	Period 3
<b>12.25-12.55pm</b>	<b>LUNCH</b>
<b>1.00-2.00pm</b>	Period 4
<b>2.00-3.00pm</b>	Period 5
<b>3.00pm</b>	<b>End of school day</b>
<b>3.00-4.00pm</b>	Extra Curricular Activities/Extended Learning Club

# School Uniform Requirements

<b>School Blazer</b>	Classic black blazer (with school logo)				
<b>Trousers/ Skirt</b>	Black tailored trousers or black skirt. Trousers should be of standard school type and should not reflect fashion trends or materials. Leggings and jeans are not allowed. Skirts should be no more than 10cm/4ins above or below the knee, no slits and again should be of standard school type and material.				
<b>Shirt</b>	Plain white tailored shirt, short or long sleeve with collar (no patterns or colours). Shirts should be worn tucked in at all times.				
<b>Tie</b>	Clip-on school tie with school logo. (September 2026 Year Group colours)				
	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>	<b>Year 11</b>
	Orange	Blue	Yellow	Red	Green
<b>Shoes</b>	Sensible plain black leather shoes. No coloured flashes, stripes, stitching or laces. They should not be high heeled or fashion shoes that are unsuitable for school wear. Boots, trainers, canvas shoes, plimsolls and sandals are not allowed. (Further guidance is available on the school website)				
<b>Socks</b>	Plain black or grey socks.				
<b>School Jumper</b>	School jumpers are optional and may only be worn under a blazer <b>(not instead of).</b>				
<b>Piercings &amp; Hairstyles</b>	Students may wear one pair of silver, gold or white studs (one of the pair in each earlobe). Nose studs or other facial piercings (i.e. No other facial piercings (i.e. tongues, eyebrows, tragus, etc.) are not allowed. No other jewellery or makeup should be worn. Hairstyles should not reflect any extremes of fashion in either style or colour. Patterns in hair or eyebrows are not allowed.				
<b>Headscarves</b>	Headscarves may be worn as long as they are lightweight and plain black. They should be folded under the chin, taken around to the back of the neck and the ends tucked in. They should not be fastened with a pin. Headscarves should be worn so the collar and tie can be seen.				

**If students arrive at school in non-uniform clothing, they may expect to be sent home to get changed or, if this is not possible, they will work in the appropriate Student Support area.**

All uniform items can be purchased from: Prestige Design & Workwear Ltd Design & Workwear Ltd., Unit 2, Barton Industrial Estate, Faldo Road, Barton le Clay, Beds, MK45 4RP - Tel: 01582 883222, Email: [sales@prestigedesignww.co.uk](mailto:sales@prestigedesignww.co.uk), Online: [www.prestigedesignww.co.uk](http://www.prestigedesignww.co.uk).

J S Sports and Schoolwear, 22 Neville Road, Luton, LU3 2JQ - Tel: 01582 494401,

Email: jssports@btconnect.com, Online: www.myuniformshop.co.uk

**The school stocks ties, which are available for students to purchase replacements online via scopay and collected from the Finance Office.**



Lealands  
High School

## Lealands High School Uniform List



Lealands  
High School



Boys Black Lealands  
High School Blazer.  
Compulsory.



Girls Black Lealands  
High School Blazer.  
Compulsory.



Unisex Lealands  
High School Jumper. Optional.  
**Must be worn with a blazer,  
not instead of.**



Boys Long or Short Sleeve Shirt  
Girls Long or Short Sleeve Top Button Blouse.

Clip On Lealands School Tie 16"  
Clip On Lealands School Tie 19"  
Clip On Student Leaders Tie, Purple 19"



Boys Tailored Trousers  
Girls Tailored Trousers  
Girls Tailored Luton Skirt

**Prestige**  
Design & Workwear Ltd

Unit 2, Barton Ind Est, Faldo Road  
Barton Le Clay, Beds. MK45 4RP.  
T: 01582 883222. F: 01582 883622

JS Sport and  
School Wear



# Lealands' PE Kit Requirements

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## Compulsory

- Lealands Polo (unisex or girls)
- Lealands Shorts/Skort **OR**
- Lealands Training Pants

**Optional (one of the optional items will need to be purchased for outdoor lessons, though this is a student/parental choice)**

- Lealands Fleece ¼ zip
- Lealands Sweatshirt

**Only items displaying the Lealands Logo will be acceptable for PE lessons.**

Students will also need appropriate footwear - outdoor trainers or boots (only traditional moulded studs can be used on the astro turf – blades and screw in studs cannot be used) and indoor trainers (preferably white). All laces must be properly tied up for lessons.

- If students have long hair they must tie it back or wear a swimming cap
- For swimming lessons, students will need a towel and a swimming costume/trunks. We also advise students to bring in swimming goggles.
- We advise the wearing of mouth guards for certain activities such as rugby.
- No jewellery to be worn during PE lessons.

**Students should have the correct PE kit for lessons, including those excused for medical reasons.** These students can coach, referee or help other students analyse and evaluate their work, which is a valuable part of the National Curriculum in PE. It will also make sure students do not get their uniform wet or muddy when outside. Students who do not have the correct kit must have a note from their parent/carer or Pastoral Support Manager.

**Students failing to follow the above will be given a detention or appropriate sanction where a learning conversation with the student's teacher will take place.**

# PE Kit Design

**Dri**

Moisture Management fabrics. Specially treated to keep moisture from the skin.



**Sol**

Sol-It provides a 40+ UPF protection from harmful rays and UVB transmission of less than 5%. Tested and certified to BS EN 13758-1:2002+ A1:2004.



**Endu**

Durable and long lasting. Fabric's Endu-It fabrics are designed and rigorously tested to withstand daily wear and tear maintaining colour and technical performance.



**Unisex Polo Shirt. Navy/Sky Embroidered**



**Girls Polo Shirt. Navy/Sky Embroidered**



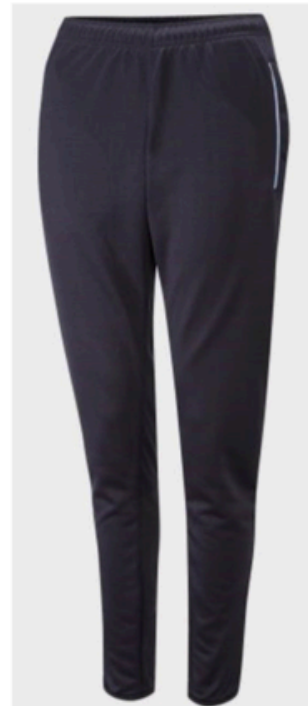
**Unisex 1/4 Zip Top. Navy/Sky Embroidered**



**Unisex Short. Navy/Sky**



**Girls Skort. Navy/Sky**



**Unisex Slimfit Training Pant. Navy/Sky**



# Other Useful Information

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## Equipment needed for school

It is extremely important that students arrive in school ready and prepared for the school day. This means that they need to bring the appropriate equipment into school for learning.

Students will need a strong, suitable bag to carry books and equipment around the school, and to and from home. They must make sure that they have with them all their books, equipment and extended learning for the morning and afternoon lessons.

It is an expectation for every student in Year 7 to have a Chromebook when they start school in September. The school's one to one device partners are Freedom Tech (Portal and device management and device procurement). We are extremely pleased to have these two well respected companies supporting us on what will be an exciting development in the Teaching and Learning at Lealands High School.



Students will be told what they need for each subject but they should make sure that they have the following with them every day:

Essential:

- Fully charged Chromebook
- Black or blue pen, green pen, pencil
- Ruler
- Calculator (Casio Fx-83GT PLUS) or newer model



Preferred:

- Coloured pencils
- Yellow highlighter
- Eraser
- Whiteboard Marker



## Lost Property

We hope that students do not lose any of their possessions. Please ensure you mark their name on all their clothing and belongings. Students should try not to leave things lying around.

If students do lose something, they should report it to the subject teacher and tutor as soon as possible.

If a student should find anyone else's property, they must hand it in to the Medical Room or a member of staff immediately.

We cannot accept liability for the loss of any property. Large sums of money and valuable items should not be brought to school. If for any reason a student has to bring something valuable to school, they must hand it to their tutor for safekeeping.

**Mobile phones, headphones and items such as smartwatches, MP3 players, IPODs, etc., are not allowed to be used in school. If students are found using such items, or they are seen, they will be confiscated by staff. The item will be returned to the student at the end of the school day. A note will be made on the student's behaviour record.**

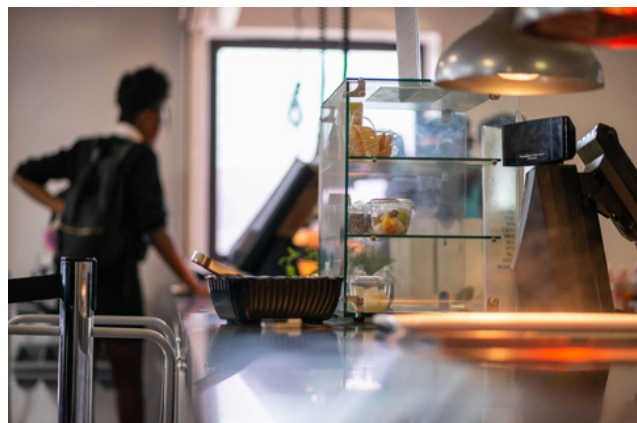
## Lunchtime

During the lunch break, students may use their allocated eating area which may be the Dining Area, School Atrium or bring a packed lunch. Students are not allowed home at lunchtime

The social space offers a variety of foods at different prices at break and lunch time. Students will be told where and when to line up for their meal and will

be expected to show good manners in the social space. Menus are published on the school website and are alternated weekly.

The school runs a cashless system for all students who will use facial recognition system to pay for food and drinks. Parents add credit to the account using our online system (scopay). It is advisable that you do not put too much money on your child's account at one time. Individual price of a set meal is £2.75 (subject to change).



If students choose to bring a packed lunch, they can eat at the inside allocated spaces or outside areas.

### Sample of a week’s lunchtime menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Slow Cooked Jerk Chicken with Rice and Peas	Beef Lasagne	Roast Chicken with Stuffing with Roast Potatoes and Pan Gravy	Korean Stir Fry Chicken with Rice	Fish and Chips
Veggie	Super Green Thai Veggie Curry Noodles	Vegetable Paella	Cheese and Potato Pie	Sweet Potato and Lentil Dhal with Naan	BBQ Vegan Sausage Dog with Chips
Guest Dish	Mexican Beef Burrito	Meatball Sub	Chicken and Stuffing Slice	Chicken Naandoori	Salmon Fishcake with Sweet Chilli Sauce
3rd Option	Pasta Bar with Various Fillings	Jacket Potato with various fillings	Pasta Bar with Various Fillings	Jacket Potato with various fillings	Jacket Potato with various fillings
Veg	Broccoli Cauliflower	Sag Aloo Green Beans	Roasted Root Vegetables	Carrots Sweetcorn	Peas Baked Beans
Dessert	Fruit Flapjack	Fruit Crumble with Custard	Tropical Fruit Sponge	Chocolate Shortbread	Berry Crumble Slice
Available Daily: Assorted sandwiches, baguettes and rolls, assorted salad shaker pots, flatbreads, subs, a selection of dessert pots, fresh fruit compilations and assorted tray bakes. Allergy information available on request					

### Breakfast Provision

Research tells us that breakfast is the most important meal of the day. A good breakfast provides the nutrients that people need to start their day. Studies show that children who eat a good breakfast do better in school than children who do not.

Children who eat a good breakfast have better attendance and decreased hyperactivity. Children who don’t eat breakfast tend to not perform as well, and also tend to have behaviour problems.

The Lealands’ Breakfast Provision will provide a **FREE** nutritious meal for students eligible for Free School Meals who might otherwise not eat breakfast (up to the value of £1.60 (subject to change)). A breakfast is available for all other students at a subsidised price.

The aims of Lealands’ Breakfast Club are:

- to provide the energy and nutrition required by the mind and body for active learning
- to improve attendance, concentration and learning in the classroom

- to provide positive examples of healthy eating to create a foundation for lifelong healthy eating habits
- to enable children to socialise, listen and talk in a relaxed atmosphere
- encourage good social skills development with a focus on literacy

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### **Example Breakfast Menu - Available Daily**

Danish Pastry	Sausage in a roll
Bacon Roll	Breakfast wrap

3 Breakfast Items

(Bacon, Sausage, Hash Brown, Beans or Egg)

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If your child has any food allergies please request and return the alternative menu form (available on the school website) Please ensure all allergies are included on the medical information form.

### **Bicycles**

If students bring a bicycle to school they must follow the Lealands High School Cycling Protocols. Students should always lock their bicycle in the designated area provided and are responsible for its safety and security. At the end of the day, students on bicycles must walk their bicycles off the school site.

### **Extended Learning**

Students will be set extended learning tasks by their subject teachers which they should complete in their own time. Teachers will explain the requirements and the deadlines that students need to keep.

The majority of your child's extended learning tasks will be retrieval practice or self quizzing consolidating work completed in lessons.

Students should try to find a quiet room to complete the extended learning. They will almost certainly work better away from the television and other noisy distractions.

Students should set aside a regular time to complete extended learning each evening. Many people like to tackle their extended learning as soon as they get home from school, whereas others prefer to start later when they've had a rest.

If students find that the work set is too difficult or takes an unreasonable amount of time to complete, they should discuss the problem with the relevant subject teacher and tutor. Support for extended learning is available at our extended learning club on Tuesday, Wednesday and Thursday from 3.00pm to 4.00pm in the Learning Resource Centre.

A guide to the amount of time required for each subject is provided on the school website. For further information and support, please see the Extended Learning at Lealands information on the school website which can be found under the 'Our School' tab.



### **Learning Resource Centre (LRC) for Study Support**

The LRC is open Monday to Friday (8.10am to 8.30am) before school and for students to read quietly or to complete extended learning.

Extended learning clubs are run by the Learning Support Assistants after school on Tuesday, Wednesday and Thursday from 3.00pm to 4.00pm in the LRC.

The LRC:

- provides a quiet environment for study
- provides access to books, electronic information and the media
- helps students to develop study skills and create a basis for lifelong learning
- complements, extends and enriches classroom learning
- encourages students to achieve success and thereby raise self-esteem

Students are encouraged to attend and make use of this facility to work with others and gain extra help with extended learning and coursework.

### **Extra Curricular Activities**

We would like all students to engage with a journey of extra curricular activities in their time at Lealands. Departments will promote activities in the student bulletin.

Extra curricular activities are able to:-

- Improve academic performance
- Enable students to explore interests and create broader perspectives
- Gain higher self esteem
- Social opportunities
- Essential life skills

## **Student Leaders**

Some students have applied, been interviewed and chosen as Student Leaders. They have responsibilities and duties around the school including being responsible for elements of Student Voice and can be identified by their purple ties. Student Leaders also help younger students during tutorial time and represent Lealands' students on formal occasions such as Presentation and Open Evenings. It is an honour and privilege to be chosen as a Student Leader.

## **Student Voice**

Student Voice is led and organised by the Senior Student Leadership Team (SSLT), alongside Miss Wenham. Each tutor group has a representative and they meet with members of the SSLT at least monthly. Agenda items are shared with the Student Voice representative and they are asked to discuss this during their tutor time and bring back ideas, opinions and suggestions to the SSLT.

In addition to Student Voice, there are several opportunities for students to be further involved in activities to shape the school community. Each tutor group has the opportunity to put forward a representative to share ideas to the SLT who take responsibility for anti-bullying, equality and diversity, charities, recycling and environment and well-being throughout the school.

departments have their own leaders, who support with extra-curricular initiatives for example: sports leaders and language leaders.



We are always looking for ways to improve our Student Voice and leadership opportunities in the school. Ideas and suggestions can be fed back to the SLT who work alongside the wider student body, to implement change and improvement. All such opportunities are advertised through tutor time, assemblies, lesson time and via notice boards.

All Year 7 tutor groups will have a member of the Student Leadership Team assigned to them, and they will visit them regularly in the first term of school to support and answer questions. They may also encourage you to get involved in some tutor time competitions and events. You can recognise our Student Leaders in Year 10 and Year 11 as they will be wearing the prestigious 'purple tie'. Their pictures, alongside the Senior Student Leadership Team, are on a prominent notice board by the doors to the Central Courtyard, so you can always check who they are. We encourage all of our students to get fully involved in improving our school community and we hope to see as many Year 7 students signed up and shaping the future of our school.

### **Rewards and Achievement**

At Lealands High School we are proud of the successes of our school and the individuals within the school and believe in celebrating and rewarding achievement and success.

Rewards assemblies take place each term where students may receive subject commendations and other rewards for excellent effort, attainment, attitudes and contributions.

There is a formal annual Presentation Evening for students demonstrating consistent excellence to which parents are invited. Rewards and celebrations are key for us in emphasising the positive and ensuring excellent behaviour and effort.

## Expectations of Students



Lealands  
High School

***Excellence***  
***Responsibility***  
***Respect***

At Lealands we **CLIMB** the mountain to success

**C** ***Contribute*** positively to school life

**L** ***Listen*** when others are speaking

**I** ***Ignore*** distractions to learning

**M** ***Maximise*** our efforts at all times

**B** ***Build*** on successes and learn from failures

## Lealands High School Classroom Behaviour Ladder (2026 - 27)



- Positive behaviour for learning is rewarded and celebrated
- Disruptive behaviour is challenged and followed up with clear consequences

Stage	Behaviour	Consequences
CHANCE	Disruption to learning in the classroom	<p><b>CHANCE</b>  <b>FORMAL WARNING GIVEN</b>                      Teacher will record student name for:</p> <ul style="list-style-type: none"> <li>● Not listening in class</li> <li>● Refusing to sit in the correct seat</li> <li>● Moving seat without permission</li> <li>● Low level disruption</li> <li>● Failing to follow basic classroom expectations, standards or rules</li> <li>● Putting head on desk.</li> </ul> <p>Teachers must make it clear to students that they have received their first formal warning.</p>
CHOICE	<p>The student continues to disrupt learning as above, with no improvement of behaviour after the warning is given.</p> <p><b>*If the issue compromises student safety, they will not be returned to class and the issue will be escalated, parents will be contacted and the issue will be dealt with in a different way.</b></p>	<p><b>CHOICE</b>  <b>5 MINUTES OUT OF CLASS</b>                      Teacher will ask the student to stand outside the room for a maximum of 5 minutes and will speak to the student about their behaviour and the clear expectations.</p> <ul style="list-style-type: none"> <li>● The teacher will have a brief <b>restorative conversation</b> with the student to address any issues/concerns. Classroom expectations clearly outlined before they enter the classroom again.*</li> <li>● The student's name should be recorded by the teacher</li> <li>● A demerit will be issued by the teacher</li> </ul> <p>If the student displays a positive attitude then they are readmitted with no further action.</p>
CONSEQUENCE	<p>The student continues to significantly disrupt the learning of others or a one off significant incident occurs.</p> <p><b>*If the issue compromises student safety, they will not be returned to class and the issue will be escalated, parents will be contacted and the issue will be dealt with in a different way.</b></p>	<p><b>CONSEQUENCE</b>  <b>SUPPORT DUTY CONTACTED BY EMAIL</b></p> <ul style="list-style-type: none"> <li>● The student will be removed from the lesson and will remain away from the lesson for the remainder of the lesson in the appropriate reflection room.</li> <li>● Work will need to be provided by the teacher for the student to complete in the reflection room.</li> <li>● The classroom teacher sets a 30 minute detention for the end of the day. The teacher will visit the detention for a Restorative learning conversation.</li> <li>● A demerit will be issued by the teacher</li> <li>● There may also be the need for the Director of Subject to be involved in a Restorative Justice (RJ) conversation at this point.</li> </ul>
	A student becomes defiant or persistently refuses to follow instructions of support staff despite the procedures above.	<ul style="list-style-type: none"> <li>● If a student demonstrates persistent defiance despite being given opportunities to comply by different members of staff, a decision will be made regarding further actions. This will include contacting parents and may include internal or external exclusion.</li> </ul>

## Classroom Code of Conduct

Insistence on a good attitude to learning is extremely important in the school in order to ensure that all students make the most of their opportunities and succeed in their learning. If students follow the Student Classroom Code of Conduct and all the advice in this booklet, they should not get into trouble. If behaviour or effort are inappropriate then students should expect to receive an appropriate sanction. The school has a clear Classroom Code of Conduct which explains our expectations.



## Student Classroom Code of Conduct

1. Arrive on time for the lesson/line up.
2. Ensure that you are fully equipped for every lesson.
3. Follow the instructions given by the teacher, first time of asking.
4. Treat others in the classroom with respect, giving them the courtesy and consideration that you would want to receive from others.
5. Respect the rights of other students to learn and achieve their best.
6. Try your best to achieve during the lesson, completing work to the best of your ability.
7. Be proud of your successes in class and supportive of the successes of others.

*(Written by students, for students)*

***“Excellence, Responsibility, Respect”***

# Connect With Us On Social Media

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## Follow Lealands High School on Facebook, Twitter and Instagram.

Lealands' social media pages were introduced a few years ago and have successfully grown in followers over that period. They continue to be an excellent resource to engage with our community; sharing positive news stories, achievements, information, updates and photographs.

Our Facebook page can be found at [www.facebook.com/lealandshighschool](https://www.facebook.com/lealandshighschool), our X and Instagram name is **@LealandsHigh**. Our PE Department also has a X page **@LealandsPE** which is regularly used to post fixtures, results, curriculum information and extra-curricular activities.

We would encourage parents and students to 'Like' our Facebook page and 'Follow' us on X and Instagram. We regularly use them as a tool for communication; sometimes sending urgent alerts at short notice such as school closures due to snow.

For our pages to continue to run successfully, we require the support of all users. We ask that the pages are not used to voice any concerns or grievances. If an occasion does arise during your child's time at Lealands where you wish to make a complaint, or raise a concern, you are advised to follow the school's complaints procedure which can be found on the 'School Policies' page of our website. We recommend that all parents and carers refrain from using our social networking sites to discuss sensitive issues about the school or its community.

Posts which are deemed to be unsuitable for our pages will be deleted, the perpetrators will be blocked and where necessary appropriate action will be taken.

We thank you for your continued support and hope you find our pages helpful and informative.



Lealands  
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# Term Dates For School Year 2026-2027

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<b>Autumn Term Begins:</b>	Thursday 3 <sup>rd</sup> September 2026
<b>Training Day</b>	Friday 2 <sup>nd</sup> October 2026 (School Closed) Friday 23 <sup>rd</sup> October 2026 (School Closed)
<b>Half - Term:</b>	Friday 23 <sup>rd</sup> October - Friday 30 <sup>th</sup> October 2026
<b>Autumn Term Ends:</b>	Friday 18 <sup>th</sup> December 2026
<b>Spring Term Begins:</b>	Monday 4 <sup>th</sup> January 2027
<b>Half - Term:</b>	Monday 15 <sup>th</sup> February - Friday 19 <sup>th</sup> February 2027
<b>Spring Term Ends:</b>	Thursday 25 <sup>th</sup> March 2027
<b>Summer Term Begins:</b>	Monday 12 <sup>th</sup> April 2027
<b>Bank Holiday:</b>	Monday 3 <sup>rd</sup> May 2027
<b>Half - Term:</b>	Monday 31 <sup>st</sup> May - Friday 4 <sup>th</sup> June 2027
<b>Summer Term Ends:</b>	Tuesday 20 <sup>th</sup> July 2027
<b>Training Days:</b>	Tuesday 1 <sup>st</sup> September 2026 Wednesday 2 <sup>nd</sup> September 2026 Friday 2 <sup>nd</sup> October 2026 Friday 23 <sup>rd</sup> October 2026 Wednesday 21 <sup>st</sup> July 2027

# What's Great About Lealands?

By Year 7 Students

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*"There are lots of different things to try such as drama, dance and sports."*

*"The staff are a great help."*

*"The camp out was a time to spend with new people and learning new skills"*

*"I found it easy to make friends, it's fun and the teachers are great!"*

*"Lealands is like one big family. Everyone cares for you and most lessons are amazing."*

*"I enjoyed the camping because it was my first time doing something like that and it was really fun!"*



# What's Great About Lealands?

By Parents

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*"My child is very happy at Lealands and is achieving and progressing well."*

*"The school is very good and I can see my children improving. I thank all the members of the school for their hard work. Thank you."*

*"Thank you for a great school year and for your dedication to students and always going the extra mile."*

*"Thanks to all staff and community partners. My children feel very settled and happy at Lealands."*





# Lealands High School

Sundon Park Road Luton, LU3 3AL

Tel: 01582 611600

Email: [admin@lealands.luton.sch.uk](mailto:admin@lealands.luton.sch.uk)

Website: [www.lealands.luton.sch.uk](http://www.lealands.luton.sch.uk)

Find us on:

Facebook: [www.facebook.com/lealandshighschool](http://www.facebook.com/lealandshighschool)

Twitter: [@LealandsHigh](https://twitter.com/LealandsHigh)

Instagram: [@LealandsHigh](https://www.instagram.com/LealandsHigh)



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