



# LONGCROFT

— SCHOOL AND SIXTH FORM COLLEGE —

## NEWS LETTER



### Royals Dance Team Shines at UDO World Championships

*"Clare's always been there for me. She pushes me to do my best in everything – not just in dance."*

**During the summer holidays the Royals dance team, who are the current British Champions, represented Beverley's Base Dance Company at the prestigious UDO World Championships in Blackpool.**

The competition, the highlight of the annual Street Dance and Hip Hop Competition Calendar, saw dancers perform at the town's stunning Grade 2 listed Winter Gardens.

Competing against teams from across the world the Royals, who included Ella, Hailey, Ava and Poppy from Longcroft, achieved remarkable success securing an impressive 2nd place in the Under 16 Novice category.

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Poppy is in Year 9 and has been dancing since she was two. She said: "It felt like an accomplishment because last year we were third and we've done even better so all the hard work paid off." She added: "We trained on Monday, Tuesday and Wednesday for the first three weeks of the holiday, working on fitness and also our dances. I did solo, duo and trio dances as well as the team competition. All four of us that go to Longcroft were in the team event."

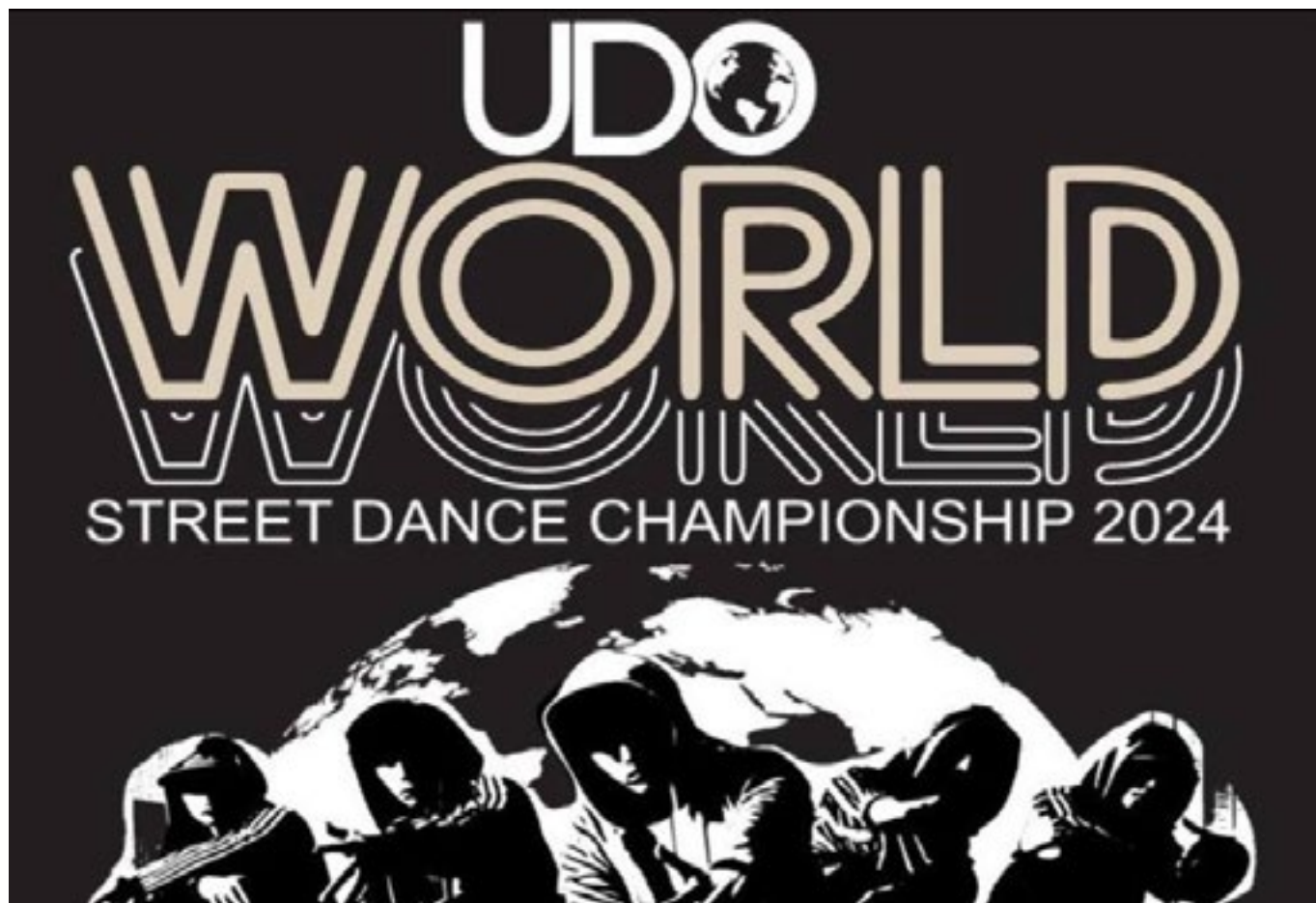
Former Longcroft student Clare Moran, who runs Base Dance Company, is clearly an inspirational role model. Poppy said: "Clare is like my best friend and she's always there for me. She pushes me to do my best in everything – not just in dance. I enjoy dance because the people there are like my family and it takes your mind off everything when you're dancing."

Ella, who is in Year 12, summed up the dancers' feelings about Clare: "We've always looked up to her – she's like a mum to us. She's more than a dance teacher. You can talk to her and she gives you confidence."

Ava agreed, saying: "Even though she's our dance teacher Clare's like a part of your family. If you need anything you can always go to her." She added: "She always looks after the younger children – she's really good with kids."

Congratulations to team members Ella, Hailey, Ava and Poppy on their success, which rewarded years of hard work and dedication. In particular, the girls spent the first three weeks of their holidays training rigorously and their commitment clearly paid off. Next summer the team will move up a category so the challenge will be even greater.

**Well done to all the dancers and Clare on these outstanding achievements!**





# Headteacher's Welcome

**It has been such an uplifting start to the academic year. Our pupils and students have returned with a clear sense of purpose and I have witnessed so many brilliant examples of them demonstrating our Longcroft Standard and the values that underpin our school and community.**

This week I have been revisiting our Longcroft identity through assemblies, exploring the virtues that we seek to instil in our young people to pave the way for sustained success and happiness throughout their time in school and beyond. At Longcroft our values form a critical foundation for all that we do and I have been incredibly impressed with the way our pupils and students have reflected their Heart, Thought and Vision since arriving back through our gates last week.

I often welcome visitors to our school and this week our school has again left a fabulous impression. Pupils have shown their care and courtesy for others through holding doors in corridors and welcoming visitors politely with wide smiles. When touring the site with leaders from other visiting schools, they have commented on how amazingly well pupils support each other both in lessons and around the site in many different ways.

As we explored different areas of the school, pupils and students impressed with their commitment to their study and engagement in their learning. We saw Sixth Form students working hard independently in their supervised study periods, lower school pupils using the learning support and library areas to complete homework at break and lunch time, and upper school pupils already staying at the end of the day for Period 6 revision.

We also welcomed 'The Riot Act' theatre company in to school this week, who performed to a packed audience of Year 7 pupils. We received absolutely wonderful feedback about our children, their exemplary behaviour and presentation, and how brilliantly they got involved when invited to ask questions and be part of the performance. You will be able to read more in next week's Newsletter and find out more about this important production.

I am really proud of the way our community has presented itself this week and urge you to read more in our articles. As ever many of our children have lots to celebrate beyond their life in school, and we have some great examples to share in this week's edition too. I look forward to celebrating the many 'Great Acts' to come as we progress through another exciting year for our school.

**Mr D Perry**  
Headteacher



# Reward Totals

So far this term our pupils have been awarded the following rewards for acting with Great Heart, Thought and Vision:



Acts of Great

**HEART**

**3,953**

**THOUGHT**

**15,996**

**VISION**

**17,222**

**GRAND**

**TOTAL:**

**37,171**







## LOWER SCHOOL



### Mr Worthington writes:

**We are excited to be welcoming prospective Longcroft pupils on Wednesday 25th September, as we prepare to invite our community into school for our annual Year 6 Open Evening. <https://www.heartthoughtvision.co.uk>**

We are proud of the wide and challenging curriculum we offer here, alongside the supportive pastoral system where each child is valued as an individual. Parents and their children will be able to get a real taste of this as they make their way around our building, guided by our Lower School pupils.

We recognise here at Longcroft the huge responsibility a parent has in choosing a school for their child and with this in mind I would draw you once again to our Open Evening website <http://www.heartthoughtvision.co.uk> and the range of informative videos that encompass both our ethos and our provision. Please do explore this website for further videos and information.

I have so many hopes and aspirations for our Lower School pupils in the coming year but the biggest one is that every single pupil is able to reflect our values in the way they engage with each other and their learning; to reflect the values of Great Heart, Great Thought and Great Vision that are at the centre of everything we do at Longcroft School. We've had another great week of learning at Longcroft with our pupils not only reaping the rewards of education through their hard work, but also receiving many rewards on ClassCharts.

I believe our core values build individuals who are not only determined to succeed but also acutely aware of the needs around them and the duty they have to the community they are part of. Over the coming months, I look forward to

sharing examples of where our children have demonstrated these and the impact that it has had on our school community.

In terms of pastoral support, our Care & Achievement Coordinators' roles are to support pupils on a day-to-day basis, ensuring they not only have all the practical things needed for learning but that they also have the emotional support required to succeed. These colleagues are very experienced in working alongside pupils and ensuring that they get to know and understand everyone in their care. I know that they will ensure each pupil is cared for and helped to settle back into learning routines over the next few weeks. They are the first point of contact for parents and will respond to parental requests and queries as soon as they are able to; please be mindful of the large periods of time that they spend supporting and interacting directly with our children during the school day which means that phone calls cannot always immediately be made.

As we continue to foster positive learning routines amongst our young community, I am grateful for your continued support as parents in ensuring that pupils have all their equipment and wear correct uniform as detailed in recent correspondence with parents. This will be checked daily by staff as the small things really do matter - they are the building blocks for success.

**Mr Worthington**  
**Head of Lower School**



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



## Year 7

Ava Hutchinson-Chan  
Mia-Grace Phillips  
Jessica Tennyson  
Jamie Lloyd  
Charlotte Wray  
Logan Watkins  
Ava Kirkup  
Harriet Lugg  
Eliza Jameson  
Reuben Todd

## Year 8

Rosie Fitton  
Arnie Carr  
Olivia Radley  
George Hogg  
Oscar Lawson  
Jake Redmond  
Gabrielle Daniels-Robson  
Angel Butler-Shorrocks  
Chloe Turner  
Oscar Purchon

## Year 9

Charlotte Sutcliffe  
Kamila Canniffe  
Eddie Pickering  
James Shiels  
Henrik-Bror Berntsson  
Reagan De Kock  
Holly Clark  
Evie Sugdon  
Neve Meagher  
Max Pollard  
Alfie Robinson  
Jasmine Stephenson

## Attendance Matters!

Each week we reflect on the importance of attendance at school by giving ClassCharts rewards for Great Vision to every pupil with 100% attendance the previous week. These pupils are then entered into a draw and the winner receives a £5 Amazon voucher.

### Last week's winners were:

Year 7: Natalia Armstrong

Year 8: Frankie Gray

Year 9: Sophia Brown



# UPPER SCHOOL



*Mr Henderson writes:*

## Establishing Routines – Starting as mean to go on!

**Our Upper School pupils have made a great start to the year in their classrooms, and it's important to establish really good routines around work outside school too. As the pupils get older, more is expected in terms of homework (independent learning) each week. We will be helping our pupils to make this transition and maintain their approach throughout their time in Year 10 and 11, and if you have any questions at any stage or need support please get in contact.**

It might seem early to be talking about revision, but we as we understand more about cognitive science and maximising knowledge retention, we can better advise and support our pupils to learn and achieve well in their examinations. It is critical to regularly revisit and retrieve information we have learned, to securely build our long-term memory and be able to access all of that important stuff that's stored away when we need it. Therefore, we will be launching various tools and initiatives that are proven to help in this regard over the coming weeks.

## GCSEPod

In recent years Longcroft School and Sixth Form has been amongst the highest performers in the North of England on the GCSEPod league table. It is no coincidence that over the same period, pupils have achieved record results in their GCSE examinations for the school with some truly extraordinary outcomes. It is a fabulous platform that we have invested in as a school for pupils to use unlimited and for free.





Year 11 pupils will already be familiar with how GCSEpod works and we will be launching it with Year 10 after half term. Pupils might want to consider listening on the way to school or the way home. They could pick topics from earlier in their courses that they haven't considered for a while, or perhaps something they need to revisit to support some new learning. Staff will on occasions set homework using the service, but there is an expectation that pupils will log in and make use of it regularly and independently. We monitor use and will prompt any pupils failing to engage but it has been hugely encouraging to see so many Year 11 pupils continuing to use the platform throughout the summer holiday!

### Passport to the Prom (Year 11)

Coinciding with the GCSEPod re-launch is the introduction of this year's Prom Passport. In order to earn access to the Prom, our passport holds our minimum expectations of Year 11 pupils with respect engagement in learning (including number of hours completed with GCSEpod), attendance and behaviour. Expectations will be clearly laid out through assemblies and the Pupil Bulletin.

**Mr Henderson**  
**Head of Upper School**







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



## Year 10

Emelia D'Andilly  
Abigail Broadhead  
Luci Stewart  
Xavier Jenney  
Molly Rawson  
Evie Woad  
Isabelle Birch  
Sadie Colclough  
Harry Cuthbert  
Jack Simson

## Year 11

Jasmine Lambert  
Amelia Purchon  
Poppy Robinson  
Toby Robertson  
Rachel Harris  
Dan Parkinson  
Becca Lewin  
Oliver Sysum  
Emilia Fisher  
Grace Crook

## Attendance Matters!

Each week we reflect on the importance of attendance at school by giving ClassCharts rewards for Great Vision to every pupil with 100% attendance the previous week. These pupils are then entered into a draw and the winner receives a £5 Amazon voucher.

### Last week's winner was:

Year 10: Amy Docherty

Year 11: Bria Mills



*Mr Chapman writes:*



LONGCROFT  
THE EAST YORKSHIRE  
SIXTH FORM

## Year 12 land smoothly into the Sixth Form

**Our new Year 12 students have now completed one week of their all-new timetables, subjects and teachers and the feedback is hugely positive.**

Year 12s have attended the first few lessons of their A Level studies and are feeling their way around the expectations required in the Sixth Form. They have nominated their study periods and I have seen many study groups appearing in the Sixth Form area after lessons. This approach is a well rehearsed strategy for deepening learning and understanding and consequently improve outcomes.

They look smart, they feel like Sixth Formers already and they seem like a super bunch of well motivated, polite and hardworking young adults.

This week I have also presented to their parents, welcoming them into the Sixth Form too on Thursday evening. We will take this journey together.

## Year 13 begin accelerating

Year 13 have been really impressive this week. They have come back into the Sixth Form on full power!

Attendance is exceptionally high, as is motivation and commitment. They know that in just over nine months they will be sitting probably the hardest exams that they have ever faced and to succeed they will need to work continually, from now. Every moment counts. The rewards are A Level grades that will set them up for the rest of their life and most certainly will open doors.

Great start Year 13 - well done.

## ...and finally.

As our outcomes from last year are being benchmarked to those from all 17-18 year olds across the country, we are delighted to note that our Drama and Theatre Studies A Level results achieved in the summer of 2024 are in the top 1% of all drama departments, teachers and students in England and Wales.

Mr Thomson's diligence, hard work and commitment to support and stretch the Year 13 class of 2024 has paid off in a very rare and special way. Several other subjects have been recognised amongst the top performing in the country including Art, Biology, Geography and Maths.

This truly is a stunning achievement from all concerned! Huge congratulations to one and all.

**Mr Chapman | Head of Sixth Form**



@EYSixthForm



@Longcroft6th

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# ONLINE CONTENT

## 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



### 1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



### 2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



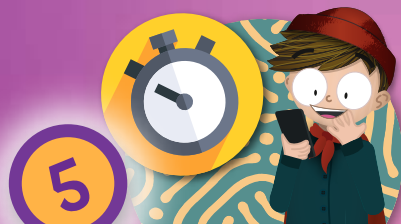
### 3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



### 4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



### 5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



### 6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



### 7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



### 8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



### 9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



### 10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.







# IN FOCUS

## ART

This week we feature work from two of our fantastic A Level artists – Katy Brown and Jack Davy. Katy and Jack are in Year 13 – the work is from their Year 12 mock exams, completed in July.

Mrs Holmes said: "I am delighted with the standard of work Katy and Jack are producing – they are both making excellent progress." A piece of Katy's work inspired the cover of our latest Anthology, published in July.





# Memory Lane

This week we take a trip back to 1967/68 and feature two Second Year, or Year 8, tutor groups. 2AN and 2BN are pictured their Form Tutors Mr Jones and Mr Wynn.







# Sophie is Top of the Toon!

**After two seasons with Sheffield United, professional footballer and former Longcroft pupil, Sophie Haywood, signed for Newcastle United Women in the summer and will continue her career in the Barclays Women's Championship.**

Striker Sophie, who is 28, spent time in her early career with then Women's Super League team Notts County ahead of three years in America. Sophie completed her Freshman and Sophomore years at the University of South Alabama before transferring to Texas A&M Commerce to finish her studies and play for the Lions.

She returned to English football in 2018 with Aston Villa, helping Villa earn promotion from the Championship in 2020 before going on to play two seasons in the Women's Super League.

Sophie signed for Sheffield United in 2022 and, after two successful years in South Yorkshire, has now completed her move to the Magpies. Sophie said: "I'm really proud to become part of this great club. The ambition and support around the team is clear to see and I'm really excited to get started."

Manager Becky Langley said: "We're delighted to welcome Sophie to our squad for the upcoming season. Sophie is a player I have previously worked with in Nottingham. She is a confident character and is sure to add depth and quality to our attacking options." She added: "Her experience of helping Aston Villa gain promotion from the Championship to the WSL has given her valuable experiences. She is a driven player and she mirrors the ambitions we have on and off the field."



Sophie replaced goal-scorer Shannia Hayles after 62 minutes of Sunday's opening Championship fixture at London City Lionesses which saw United return to the North-East with a creditable 1-1 draw. She will undoubtedly be looking forward to the Magpies' next game, which sees her former club Sheffield United visit Kingston Park.

Mr Baker said: "Sophie overcame a nasty injury and returned to great form while at Sheffield United, scoring one of the goals of the season. She's always full of enthusiasm and is an inspirational role model. I'm looking forward to seeing her playing for Newcastle United and she'll be facing some top opposition including Southampton and local rivals Sunderland in the Championship as well as teams such as Liverpool, Manchester United and Everton in the League Cup."





# Extra-curricular Opportunities

**The following opportunities take place after school.**

## **Tuesday**

Football – Mr Martin (3G)

Orchestra – Mrs Harris (Room 64)

Dungeons & Dragons Club – Miss Sinclair (Library)

## **Wednesday**

Rugby (Years 7 – 9) – Mr Cassidy (3G)

Choir – Mrs Harris (Room 64)

Netball – Mrs Holt

## **Thursday**

Girls' Football – Mrs Henderson

Musical Theatre – Mrs Harris and Mr Thomson (Theatre)

## **Friday**

Table Tennis – Mr Fox and Mr Henderson (Gym)

Badminton – Mr Cassidy (Sports Hall)





# AFC TICKTON COMETS GIRLS U14

RECRUITING PLAYERS FOR THE UPCOMING '24/25 SEASON:  
(SCHOOL YEAR 8 & 9 IN SEPTEMBER 2024)

PLAYING IN THE EAST RIDING GIRLS LEAGUE (ERGL)  
TRAINING: FRIDAYS / MATCH DAYS: SATURDAYS

TRAINING / MATCHES:  
EAST RIDING LEISURE CENTRE, BEVERLEY

TO REGISTER YOUR INTEREST - SCAN THE QR CODE







## LIBRARY NEWS



**Ms Carvill writes:**

### Library Induction Time For Year 7s

This week it's been lovely to welcome our new Year 7s for their library inductions. Mrs Clarke and I have greatly enjoyed explaining the value of reading, its impact, how the library is organised, and the Accelerated Reader reading scheme to our budding readers.

Pupils enjoyed exploring the library by doing a fun quiz to test their skills and understand more about its resources.

“Nothing is pleasanter than exploring a library.”  
—Voltaire



Libraries are not just buildings where people read, but ones where all aspects of literacy are explored: reading, writing, listening and talking. We value our pupils' vocal contributions, their opinions and questions, and want to encourage them to be confident speakers, listeners, and writers, as well as enthusiastic readers.

Since their library inductions a number of pupils are now visiting the library regularly, getting to know their way around with confidence, asking questions, and taking out lots of books.

Next week we'll be introducing them to their free Bookbuzz books. We featured eight of the Bookbuzz books in the Newsletter last week. Below are the remaining eight. Bookbuzz will start in the library on Monday 16th. We can't wait.





### Quiet Storm by Kimberly Whittam

Storm does not like to stand out. She's shy and lacks confidence, but since she started Year 7 everyone seems to want her to speak up and even read out aloud in class!

When Storm breaks a school record and becomes the fastest sprinter in Year 7, suddenly the spotlight is on her. Unfortunately, her home life and friendships are not healthy at all. Can Storm find the strength to speak up, follow her dreams, and be her true self?

An empowering read. Inspiring.

### Monday Into The Cave Of Thieves by Ralph Lazar and Lisa Swerling

Dash is not your ordinary kid. Indeed even before he's finished his breakfast the Wrestle Scallywags and the two-tailed Devil-Cat are out to get him. Despite the relatable school setting Dash's adventures are totally surreal, zany and madcap.

This book is packed with amusing illustrations and has a large user-friendly font. Great for reluctant readers. Very quirky.



### Nic Blake And The Remarkables by Angie Thomas

This action-packed fantasy adventure has got some amazing reviews. Hardly surprising, Angie Thomas is one of the best children's writers currently on the scene, fantastic at creating a narrative voice, and able to write in a range of genres.

Nic Blake lives with her dad in Mississippi, and they have magical powers. They can see werewolves, vampires, and all manner of Remarkables. Things go horribly wrong when Nic and her friends are pursued by the Manifestor police, and her dad is thrown in jail, and they are forced to embark on a thrilling quest. Fast-paced, exciting, and fun. Superb.

### Horrible Histories – Ghosts by Terry Deary, illustrated by Martin Brown

Prepare to be spooked. This amusing book is packed with historical and scientific facts, written in an accessible, fun style, and awash with ghastly ghouls, ancient curses, and fascinating mysteries.

Tales from Ancient Egypt, Assyria, Victorian and Georgian England and more recent times leap from the pages, accompanied by humorous illustrations. Amusing, educative, and a truly fun read.





### Glow Up Lara Bloom by Dee Benson

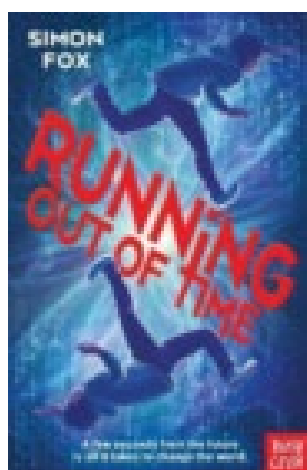
Lara Bloom is a superb football player with an eye for new boy Caiden. But will he be interested in her? Well, she has a 'girly' side too.

This heart-warming, amusing book, written in a teen diary format, is set in Liverpool, and full of slapstick moments. Friendship and bullying are strong themes, as is self-celebration and having the confidence to accept and know yourself.

### The Lizzie And Belle Mysteries – Drama and Danger by J.T. Williams and Simone Douglas

This thrilling mystery, set in 18th century London, was shortlisted for the Waterstone's 2023 Children's Book Prize, and won the Diverse Book Award for Children's Book of the Year.

Twelve-year-olds Dido Belle and Lizzie Sancho are from completely different backgrounds, but share a passion for solving mysteries. When both of them attend the Drury Lane theatre one night, the girls see something distinctly suspicious on stage. It's a meeting of eyes and minds. Soon they are best friends and determined to follow a mysterious trail. Will they prevent a ghastly murder? Great fun.



### Running Out Of Time by Simon Fox

Alex and his dad must flee their home to escape a tyrannical government; so begins their terrifying journey across Europe. Unfortunately, before they can arrive safely in Britain they are separated, and young Alex is alone. Only his extraordinary gift will protect him. Alex can steal time, as much as fifteen seconds.

This debut novel is action-packed and has an incredible twist in its tale. Totally thrilling. It will appeal to fans of Alex Rider, Inception, and Artemis Fowl.



## Steady For This by Nathaniel Lessore

This hilarious teen read won the Branford Rose Award 2024 and was shortlisted for the Yoto Carnegie Medal.

Shaun (aka MC Growls) is a crazy rapper, desperate to win the Raptology Competition at School, but when a livestream featuring his dirty underwear goes viral he becomes a joke! Equally bad, the council want to evict him and his family from their flat.

When a new girl arrives who might just be the friend he needs things begin to shift. It's time for a comeback for our ill-fated rapper; time to step up to that mic!

Shaun is a fabulous character. Highly entertaining.



“

“Show me a family of readers, and I will show you the people who move the world.”

Napoléon Bonaparte (French military and political leader)







## What is Prime Video LTA Youth Girls?

Prime Video LTA Youth Girls is our girls only beginner's tennis course, encouraging the next generation of girls to start their journey playing and loving our sport.

Delivered by trained LTA coaches, the six-week introductory course is packed with games and exercises to build confidence and skills on court, all whilst having fun with friends.

The course costs £35 for six sessions of coaching, as well as a t-shirt, tennis racket and tennis balls so they can keep practicing at home or at your local courts.

We want girls across Britain to pick up a racket and start playing tennis on their terms, with Prime Video LTA Youth Girls.

In partnership with Prime Video, this girls only beginner tennis course is packed with games and activities that will help build skills on court, as well as new friendships and confidence in everyday life.

We're here to make tennis more fun, social and engaging for girls, inspiring them to get on court with friends and family – enjoying the many benefits our sport has to offer.

Please follow the link below to book your place

<https://clubspark.lta.org.uk/AdvantageCoaching/PrimeVideoGirl>

# Young Person's Wellbeing Update

## Autumn Term



### SCHOOL NURSE

### DROP-IN

Aged between 11 and 19? You can access confidential NHS advice about your health and emotional wellbeing.

To find out when your school drop-in is, speak to student support or take a look here

[School Nurse Drop-in | Humber ISPHN](#)

Our website contains lots of reliable health and wellbeing information you may find useful, take a look

[Key Topics for ages 12 - 19 | Humber ISPHN](#)

### Friendships and Connections

Making and keeping friends is important for everyone's health and wellbeing. When you're a teenager, friendships are especially important, for the good times and not so good times.

### Nurturing Friendships

-Treat others the way you would like to be treated and be kind.

-Connect face to face, not just through social media



### CHAT HEALTH

**TEXT 07507 332891**

A confidential texting service to support young people in the East Riding with their health needs, and to discuss issues that may be impacting on them emotionally.

This provides young people with quick, accessible and confidential support from our School Nursing Team.

Young people can remain anonymous if they choose to, but can also access face-to-face support and/or be signposted to local services if they choose to share their details.





- support and listen to each other
- trust and be trustworthy
- have a sense of humour
- include each other
- be sensitive to each others feelings
- be patient

[Healthy Friendships and Relationships \[Student Wellbeing\] \(youtube.com\)](https://www.youtube.com/watch?v=...)

### **How to spot unhealthy friendships**

Occasional arguments are a normal part of friendships. However, here are signs when a friendship is unhealthy. These include:

- pressured to do something you don't want to do.
- constant arguing
- when jokes become hurtful
- boundaries not being respected
- made to feel guilty, uncomfortable, bullied and/or isolated from others

### **Boundaries**

Each friendship will be different. Boundaries set clear expectations of what behaviours and personal limits are acceptable. They help protect the friendship and yourself.

### **Setting positive boundaries**

- Use clear communication and listen to each other.
- Say how much you value the friendship.
- State your boundaries simply and clearly.
- Explain your needs, wants and limits.
- Don't feel the need to apologise or make excuses.
- Its okay to be firm, but also kind.
- Finish with a reminder that you care about your friend and you will respect their boundaries, too.

### **OTHER WAYS WE CAN HELP OURSELVES**

[Friendship | What Is Friendship? | Friendship Hub | The Mix](#)

[Loneliness and isolation | Childline](#)

[Key Topics for ages 12 - 19 | Humber ISPHN](#)

[Key Topics for ages 12 - 19 | Humber ISPHN](#)

### **Useful Links & Numbers**

[Home - Thirteen Me](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

CAMHS Crisis 01482 301701—24/7

Text SHOUT to 85258—24/7



[Healthy vs Unhealthy Relationships \(youtube.com\)](https://www.youtube.com/watch?v=...)

**REMEMBER- BE YOUR OWN BEST FRIEND FIRST!**



## Care and Achievement Co-ordinators

Our Care and Achievement Co-ordinators work with specific year groups to ensure the welfare and progress of pupils and are the first point of contact for parents.

They support children to achieve academically by establishing a positive learning environment, visiting and working in lessons and supervising and supporting individuals and groups of pupils.

Our team, and their work mobile phone number which parents can use to contact them, are pictured below.



**Year 7**

**Miss Fox**

**07342 342858**

[vicky.fox@longcroft.eriding.net](mailto:vicky.fox@longcroft.eriding.net)



**Year 8**

**Miss Harsley**

**07810 416081**

[katie.harsley@longcroft.eriding.net](mailto:katie.harsley@longcroft.eriding.net)



**Years 9 and 10**

**Mrs Newsam**

**07827 587483**

[zoe.newsam@longcroft.eriding.net](mailto:zoe.newsam@longcroft.eriding.net)



**Year 11**

**Mrs Ellis**

**07900 394085**

[annette.ellis@longcroft.eriding.net](mailto:annette.ellis@longcroft.eriding.net)