



LONGCROFT

— SCHOOL AND SIXTH FORM COLLEGE —

NEWS LETTER



Katy's latest book is published

"It's all about using what you've got at hand. It's easy-to-access food."

Katy Beskow, food writer par excellence, visited Longcroft on Tuesday to donate a copy of her new book **Vegan Pantry** to the school Library. It's her twelfth to be published. The former Longcroft student hopes the timing, just before the Christmas book sale rush and Veganuary in the New Year, will make it yet another runaway success.

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Katy explained:

"Each chapter of the book features a pantry essential: oats, pasta, canned tomatoes etc. It's all about using what you've got at hand. It's easy-to-access food."

All the 100 recipes were created by Katy, and every one is illustrated with a fabulous photo.

"It took three weeks to shoot the book," Katy explained.

"I work with a great team and it's quite female-focused. I'm working with a new editor now as Quadrille, my publisher, has merged with Penguin. Everyone is so lovely to work with."

So does Katy have a favourite recipe?

"Well, I've never been a mad fan of mushrooms, but Ginger Braised Mushrooms with Coconut works really well. It's a different way to eat mushrooms and the ginger adds something really special."

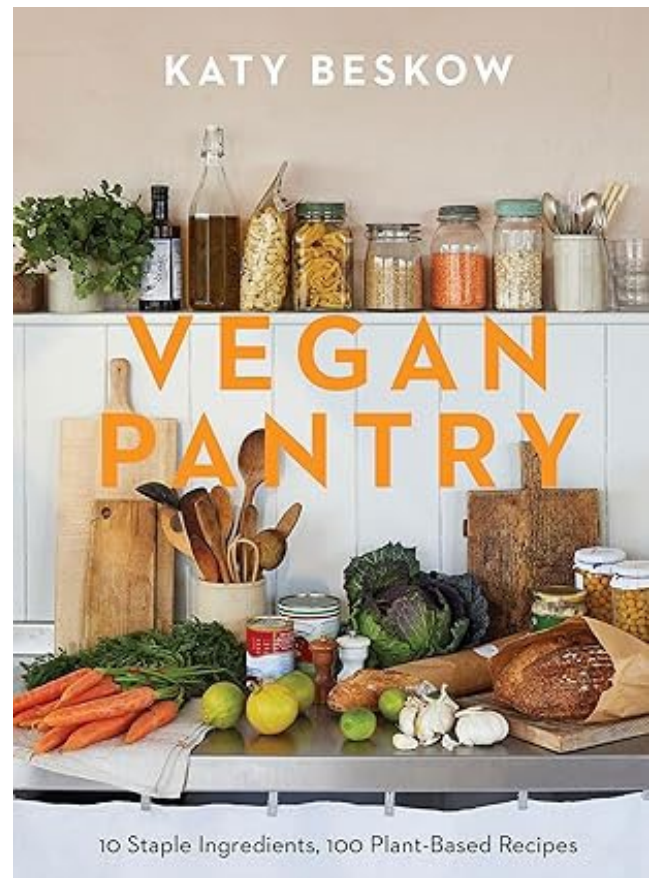
Vegan Pantry is the ultimate guide for plant-based mealtimes.



Divided up into 10 of Katy's favourite store-cupboard ingredients, *Vegan Pantry* provides year-round recipes that will satisfy and delight. With exciting recipes ranging from Quick Grapefruit and Fennel Salad to Date, Chickpea and Lemon Tagine, this book is not only the go-to cookbook for new and established vegans, but also for home cooks looking for effortless ways to bring plant-based meals into their kitchen. With a list of easy-to-source store-cupboard essentials, useful kitchen equipment, and details on common vegan substitutions, you'll be able to produce delicious food, every night of the week.

Katy is an award-winning cook, writer and cookery tutor with a passion for seasonal ingredients, vibrant food and fuss-free home cooking. Once inspired by a bustling and colourful fruit market in South London, she lives locally and cooks from a small yet perfectly functioning kitchen.

A member of the Guild of Food Writers, Katy is the author of *15-Minute Vegan* (2017), *15-Minute Vegan Comfort Food* (2018), *15-Minute Vegan on a Budget* (2019), *Five Ingredient Vegan* (2019), *Vegan Fakeaway* (2020), *Easy Vegan Bible* (2020), *Vegan Roasting Pan* (2021), *Vegan BBQ* (2022), *Easy Speedy Vegan* (2022), *Easy Vegan Christmas* (2023) and *Thrifty Vegan* (2023). This is her twelfth book.



Katy was a huge hit with our Year 10 pupils when she last visited in June. Ms George, our Food and Nutrition teacher, was thrilled to catch up with her again and is looking forward to trying some of the new vegan recipes in the book.

Many thanks to Katy for her kind donation. We wish her every success with *Vegan Pantry* and look forward to her next visit in 2025.

“Cooking is like painting or writing a song. Just as there are only so many notes or colours, there are only so many flavours - it's how you combine them that sets you apart.”—Wolfgang Puck



Headteacher's Welcome

It has been a pleasure to welcome a number of visitors to school this week and I'm always keen to show off Longcroft and our amazing young people whenever the opportunity presents.

Whilst touring the site, I've seen lots of different opportunities for children to express their understanding and 'prove' their learning. From performances in Drama and Music, where every pupil has been actively involved and the standards have been exceptionally high, to explaining complex concepts in Science by constructing models and completing some fabulous practical work - the range of activity has been thoroughly impressive. There has been some great written work too. Poems in English were a highlight for me, as was the confidence and pride displayed by those keen to show me their excellent work.

As we get ever closer to our performing arts events scheduled in the coming weeks, the sounds of rehearsals flowing from the Theatre and performance spaces has been wonderful; if very festive for the middle of November! We can't wait to see our children perform and in addition to our usual end of term concert, this year we will be opening up the opportunity for our KS3 families to join us at St Mary's Church on the last morning before the Christmas break. Look out for further details over the coming weeks. There are lots of exciting things for us to look forward to.

Now only two weeks out from December mocks, things are ramping up for Year 11 and 13. Thank you for all of your support at home as our young people prepare, and a reminder to get in touch if you have any questions, need any support or want to share any concerns. It was a fabulous attendance to parents' consultation evenings across the last two weeks which has placed us in a great position to ensure we are all informed and able to work effectively together during this critical period.

We are also now in the process of launching our work experience programme with Year 10 and Year 12 with further details to follow imminently. It is a significant opportunity for many young people and a milestone in their personal development journey. Parents/carers will be receiving relevant information and I encourage you to start thinking about placements early. If you require any further information or support, please do contact the pastoral team or Miss Sinclair who will be happy to offer their support at every stage of the process.

There are some fabulous articles throughout this week's Newsletter so please enjoy reading all about our wonderful pupils and students as ever!

Have a great week.

Mr D Perry
Headteacher



MOLESCROFT
PRIMARY SCHOOL

Calling all Moles



Ex-Molescroft families we need your help

Recognition of service

You may be aware that Mr Loncaster is retiring at Christmas and we would like to send a special book of memories, pictures and well wishes from pupils and families who have gone on to join our Longcroft community.

Here is how you can help:

Memories of Molescroft

Please send any photos, short memories or well wishes to school@longcroft.eriding.net with the subject 'Mr Loncaster'

Deadline : 6th December!



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

36,416

THOUGHT

165,948

VISION

140,709

GRAND

TOTAL:

343,073





LOWER SCHOOL



Mr Worthington writes:

At Longcroft we create a positive and motivating atmosphere, within which pupils can take pride in their achievements. We believe that through formal recognition of achievement, a positive attitude to learning or community mindedness should be rewarded. Our ClassCharts rewards are designed promote a positive ethos through a culture of praise; we celebrate acts of Great Heart, Great Thought and Great Vision.

Praise and encouragement play an integral part in developing confidence and self-esteem that leads to further personal development. It is very important for us to motivate and encourage pupils by recognising their effort and achievement. ClassCharts is also a live tracking online application to ensure parents are kept informed of their son or daughter's progress and achievements. This can help to prompt conversations about their day, what they learnt and what they achieved.

Everyone likes to have their hard work and effort recognised and rewarded, it helps to build resilience, determination and ambition, and it inspires others to work hard and achieve. We go beyond issuing daily ClassCharts rewards to ensure that outstanding achievements are recognised and rewarded. Pupils with the highest number of Rewards in each year group are celebrated here in our weekly Newsletter, and pupils with the highest number of each type of Reward are also celebrated. Pupils receive certificates each week in recognition of this.

All reward points can be used in our Friday Rewards Shop at the Finance Office. This helps our pupils to equate dedication, determination and hard work with reward, and also encourages them to practise their understanding of saving and budgeting. We are always looking for ways to celebrate and reward our pupils for their efforts and achievements, I look forward to sharing these with you in the future. Our pupils relish in being given the Golden Buzzer award for their achievements during the school week, celebrating with a hot chocolate in the canteen as a big "well done" for their efforts!



Finally for this week, I am delighted to see the number of pupils working out before school with Mr Cassidy growing. This really is a positive way for pupils to start their day!

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

Stanley Shaw
Jessica Tennyson
Caleb Harrison
Harriett Lugg
James Groves
Ava Hutchinson-Chan
Eliza Jameson
Archie Peacock
Ava Kirkup
Reuben Todd

Year 8

Jacob Bradley
Dexter Forsyth
Thomas Greensides
Amelia High
Olivia Radley
Max van den Ban
Mia Spruce-Wan
George Hogg
Beth Dawson
Oscar Purchon

Year 9

Charlotte Sutcliffe
Nathan Steele
Bella Stoney
Reagan De Kock
Sarah Shrimpton
Holly Gray
Sophie Battye
Sasha Huzzard
Dorothy Makey
Brenton McKie

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: Hattie Johnson

Year 8: Dylan O'Connell

Year 9: Lila Garniss

UPPER
SCHOOL**Mr Henderson writes:**

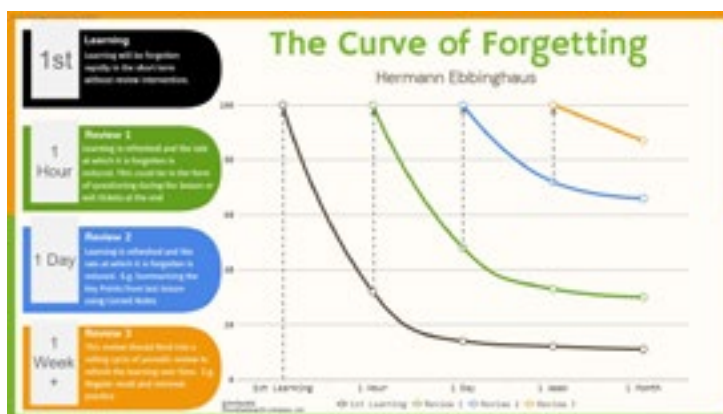
Not many people have ever run a marathon, but when you listen to people who have they talk about the hours and hours of training and preparation they put in to get ready for the big day.

Former Longcroft student Becky Briggs, now one of our country's leading marathon runners who recently featured in our Newsletter after competing in New York, was recently quoted as saying: "Running isn't about instant gratification. It's stacking consistently over time to reap the rewards – you'll only get there if you stay on track with your intentions, training and plans."

In many ways the summer's GCSE examinations are something of a marathon that pupils need to prepare for. In the same way a marathon runner cannot just wake up and run a marathon successfully, pupils cannot arrive at their examinations with minimal preparation. Pupils have been preparing for 11 years for these examinations, building up knowledge and skills along the way. It is now time to focus on the big day, ensuring the final part of their preparation, the last 6 months builds and consolidates, builds on and rewards the effort over such a long time. Mocks can be seen as the time checks - are we still improving and what is still required to be at our best on the big day?

The Ebbinghaus Forgetting Curve is a way of helping pupils to see that some revision each day is far better than cramming the night before. The image best shows the forgetting curve; there is an especially useful article from Mind Tools, for those who have not heard of the forgetting curve.

<https://www.mindtools.com/a9wjrw/ebbinghaus-forgetting-curve>



Which brings me to GCSEPod. As I have said before and make no apologies for repeating, GCSEPod is the best way to revise in addition to all your other revision work. Last year there was a very clear correlation to those meeting and exceeding target grades with continued and regular use of GCSEPod. In Maths, Sparx Maths is the way to achieve the best possible grades. This set weekly for homework and has proven popular and successful.

Mr Henderson
Head of Upper School

CAREER OF THE WEEK: Dietitian

What does a Dietitian do?

Dietitians play a vital role in promoting health and well-being through expert advice and guidance on nutrition and dietary choices. Their primary focus is on using their specialised knowledge of food, nutrition science, and human physiology to help individuals and communities make informed decisions about their diet and lifestyle. Their role revolves around improving health by offering personalised nutrition guidance, managing dietary needs in various settings, and promoting healthy lifestyles. Tasks that a Dietitian could be involved in include the following: assessing and counselling patients in clinical settings, providing nutrition therapy for medical conditions, promoting public health through nutritional education, conducting research on nutrition and health, advising athletes on sports nutrition, addressing paediatric nutrition needs, and assisting with specialised diets and allergies.



What can I expect to earn as a dietitian?

The starting salary for newly qualified dietitians in the NHS is usually £29,970 (Band 5). Experienced dietitians in the NHS can earn up to £52,809 (Band 7). Highly experienced dietitians, such as consultant dietitians or those in leadership roles, can earn salaries up to £85,601 (Band 8c), depending on the level of responsibility and the specific role.

Salaries for dietitians working in private practice or in industries such as food manufacturing or consultancy vary. Dietitians with specialised expertise, such as sports nutrition or paediatric nutrition, may command higher salaries due to their specific skills and knowledge.

What subjects should I study to become a dietitian?

You will need to have studied at least one science at A level (biology/chemistry). Other useful subjects include maths, English, food technology/home economics, PE, psychology or sociology.

How can I start my career as a dietitian?

To become a dietitian, you must first successfully complete an approved degree in dietetics. To join a postgraduate course, you will normally be expected to hold an honours degree which contains an acceptable level of human physiology and biochemistry. You could receive at least £5,000 a year from the NHS Learning Support Fund (<https://www.nhsbsa.nhs.uk/nhs-learning-support-fund-lsf>) to help fund your studies while at university, which you do not have to repay. The other option is to apply for a degree apprenticeship. This gives you the chance to earn a living whilst gaining your qualification. Your employer and the government will pay the tuition fees. The title 'dietitian' is protected by law, so you will need to register with the Health & Care Professions Council (HCPC).

Once qualified, dietitians often join the British Dietetic Association. Registered dietitians have to keep their skills and knowledge up to date with annual continuing professional development (CPD). You could choose to specialise in a clinical area, such as cancer or diabetes or work with particular groups, such as the elderly or those with learning difficulties.

To research local education and training opportunities that could lead to a career as a dietitian, visit our partner website www.logonmoveon.co.uk

Other useful websites to find out more about a career as a dietitian:

British Dietetic Association <https://www.bda.uk.com/about-dietetics/what-is-dietitian.html>

NHS Careers <https://www.healthcareers.nhs.uk/explore-roles/allied-health-professionals/roles-allied-health-professions/dietitian>

National Careers Service <https://nationalcareers.service.gov.uk/job-profiles/dietitian>

Health and Care Professions Council www.hcpc-uk.org





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

Poppy Cooper
Thomas Wells
Ben Smedley
Molly Rawson
Aiden Clayton
Charlie Moses
Maisie Monaghan
Emily Gillett
Cody Keenan
Joel Dyason

Year 11

Ellie Forster
Rachel Harris
Anna Bruton
Theo Waterson
Aneena Seby
Ella Curley
Elise Jenkinson
Lily Pepper
Matthew Harris
Abel Sabu

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: Lucy Stewart

Year 11: Katy Hart



Mr Chapman writes:



LONGCROFT
THE EAST YORKSHIRE
SIXTH FORM

Applications Flooding In!

Applications are flooding in from members of Longcroft's Year 11 and pupils currently studying at other schools in the East Riding.

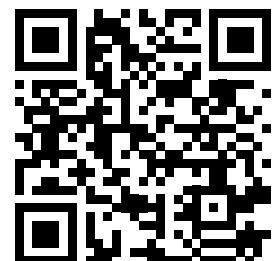
I have been delighted to discuss our Sixth Form with both prospective students and their parents since applications opened – sharing the ways in which our provision is tailored to meet individuals' needs and considering how best my colleagues and I can support decision making.

Prospective students can apply now using this link - <https://forms.office.com/e/DE4wnFzxf4> or this QR code.

The form allows students to fully sign up or just express an interest. Filling in this form early is crucial as our next transition events will focus on those who are fully committed and separately on those who are still undecided, but interested.

Please don't hesitate to contact me should you or your child have any questions regarding our Sixth Form!

Mr Chapman
Head of Sixth Form





Our latest Golden Buzzer winners are:

Luchon Austin 11RLO

Gracie Barber 7ESH

Emelia D'Andilly 10JHL

Elizabeth Dale 8NFO

Issac Daniel 9GTA

Beth Dawson 8EFX

Megan Drage 11EFO

Jaymie-Leigh French 8CMT

Lily Garland 8ACR

Holly Gray 9SGE

Caitlin Groves 9RTO

Kripa Gurung 12JHR

Lucas Hall 7ESH

Rachel Harris 11SWL

Amelia High 8NFO

Jasmine Hind 8NFO

Leona James 8NFO

Oscar Jowsey 7JPO

Alex Matta 9RTO

Carly-Louise Mist 7JPO

Hollie Monaghan 7EDN

Maisie Monaghan 10ARU

Kieran Parker 11EFO

Stanley Parks 7JPO

Cameron Pierce 10ARU

Elliott Pierce 8LWO

Oscar Purchon 8LWO

Owen Rowse 8CMT

Abel Sabu 11RLO

Aneena Seby 11EFO

Noah Smith 11RLO

Emily Stevens 11PDR

Reuben Todd 7GRU

Tommy Watts 10ARU

Phoebe Wilson 13JCA





IN FOCUS

SCIENCE

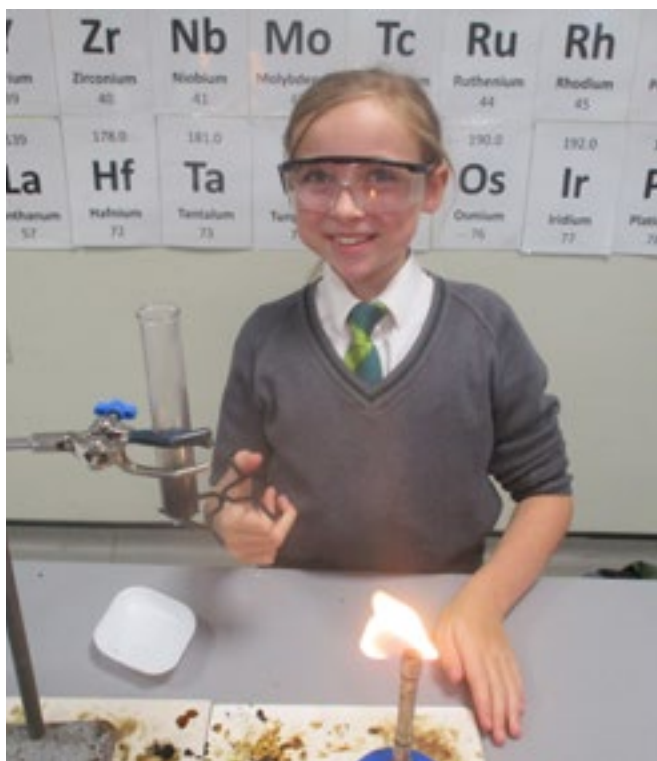
This week we feature Year 7 pupils working in Science. Mrs Woodhead explained: "Pupils are studying 'Energy in Food'. They use the energy in food to heat up water and calculate the amount of energy in the food. Pupils then use their results to conclude which foods are the healthiest."





IN FOCUS

SCIENCE





Memory Lane

This week's picture shows our Year 13 students who completed their studies at Longcroft in 2022.





Extra-curricular Opportunities

The following opportunities take place after school.

Tuesday

Football – Mr Martin (3G)

Orchestra – Mrs Harris (Room 64)

Dance – Mrs Holt

Dungeons & Dragons Club – Miss Sinclair (Library)

Wednesday

Rugby (Years 7 – 9) – Mr Cassidy (3G)

Choir – Mrs Harris (Room 64)

Netball – Mrs Holt

History Club – Mr Russell (C8)

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)





Success for the Girls' Football Teams

Longcroft took on Holderness Academy in 7-a-side girls' football matches.

The Year 7 team put on a positive display of teamwork. Hollie created a solid defensive line, feeding the ball through for players to attack while Imogen drove forward with the ball and linked well with team mates. It was a real team effort which was displayed in full with Carly stepping in at the last minute to play goalkeeper. She did an amazing job, and communicated tactical play with her defence. The whole team showed good individual skills and the ability to link together as a team, winning the game by 4 goals. Well done on a successful night.



Year 8 produced another outstanding display and enjoyed a comfortable victory.

Goal scorers were Frankie, Leah and Angel.

As always thank you to the Longcroft pupils who gave up their time to referee and assist with coaching.





Intra Sport

Each half term pupils participate in an intra sport competition in their PE lessons—they are allocated teams and the sports change throughout the year. The competition enhances the work pupils enjoy in their PE lessons, developing team work and tactical competitive play while increasing their knowledge and understanding of the application of rules. Matches are enjoyed by the pupils.

NETBALL

	Red	Yellow	Blue	Green
Year 7	2nd	1st	3rd	4th
Year 8	4th	2nd	3rd	1st
Year 9	2nd	3rd	1st	4th
Year 10	4th	2nd	1st	3rd

FOOTBALL - BOYS

	Red	Yellow	Blue	Green
Year 7	3rd=	2nd	1st	3rd=
Year 8	4th	3rd	2nd	1st
Year 9	2nd	1st	3rd	4th
Year 10	2nd=	1st	4th	2nd=



Primary Sports Hall Athletics

Longcroft hosted a sports hall athletics competition last week.

Mrs Henderson said: "It was such a competitive and exciting event with pupils competing in track and field events throughout the evening and all results contributing to their team's points. All the pupils thoroughly enjoy the evening, especially the track relays. Well done to the schools who competed - Cherry Burton, Molescroft and St Mary's. Congratulations to Molescroft on a convincing win - they now go through to the East Riding final next year to represent the Longcroft cluster. As always, a big thank you to the Longcroft Leaders - it is an intense evening recording results and all our leaders did a great job as always."





LIBRARY NEWS



Ms Carvill writes:

Reciprocal Reading Is Launched

Last week the English team and Library staff launched a new reading initiative for pupils in Years 7, 8 and 9 called Reciprocal Reading. It's designed to encourage pupils to be more proactive in their approach to reading, actively improve their comprehension skills, consider their own thought processes, and be more confident about questioning and discussing what they're reading.

“Reading is a discount ticket to everywhere.”

—Mary Schmich

In the first session pupils were introduced to four roles: predicting, questioning, clarifying, and summarising. Year 8, who are reading *The Bone Sparrow*, began by looking at different editions of the book to see what they could predict from four different cover interpretations. They considered the title, font, image, palette etc. in a bid to glean clues about the novel's content; they then checked some of their findings by reading the blurb. It was encouraging to see just how perceptive many of them were, and how well they responded to the visual language the illustrators used. After reading a few paragraphs the Predictors were able to inspect their findings further.



Reciprocal reading is all about teamwork and developing confidence. Pupils work in small groups and roles are rotated so pupils can explore different skills. The job of the Questioner is to ask a variety of questions about the text, both literal and inferential. They might question the author's use of language, what they are saying and what is only implied etc. The Clarifier's role is to make everything clear and check everyone understands what they've read and if words or phrases are unknown to check them in a dictionary.



Their job is to clarify anything confusing and re-read as necessary. The job of the Summariser is to sum up the key points of the text and report them back to their peers.

Currently, Year 7 pupils are reading an abridged version of *Frankenstein*, which they're really enjoying. Staff explained that Mary Shelley, the original author, began writing it when she was just eighteen and spoke about her influence on literature. Year 8 are reading *The Bone Sparrow*, a Carnegie shortlisted novel, set in an immigration centre in Australia, by Zana Fraillon. Year 9 pupils are reading *Noughts & Crosses* by former Children's Laureate Malorie Blackman and also *CALM* by Sue Baker, who visited Longcroft a few weeks ago. It's a fabulous selection of books and we look forward to more engaging weekly sessions with our budding KS3 readers.

The Booker Prize Winner 2024 Is Announced!

Orbital by Samantha Harvey has just been announced as the winner of the Booker Prize 2024.

The novel, which takes place over a single day, is the first Booker Prize-winning book ever to be set in space. It explores the life of six astronauts and cosmonauts on an International Space Station. Described by the Chair of the Judges, Edmund de Waal, as 'a book about the wounded world', *Orbital* invites the reader to observe Earth's wonders and the value of human life, both individual and collective. At only 136 pages, it was the most compact of the books shortlisted.



Harvey's prize is a trophy and £50,000. She is the first woman to win this highly coveted literary prize since 2019. Copies will be available in the library shortly.

The 6 Word Story 2024/2025

Can you write a story in just 6 words?

First Story's 6 Word Story Competition is now open.

EXAMPLES

Alexa, where have my parents gone?

It was dark inside the wolf.

For sale: Baby Shoes. Never worn.

The key to writing a 6 word story is leaving something out for your reader to work out, but to try and make it clear what that something should be.

Submit your entry/entries to your English teacher or Ms Carvill and Mrs Clarke in the Library.

The deadline is Friday 6th December.

In-house Prizes include books, sweets, ClassCharts, and a Golden Buzzer. Winners of the First Story Prize will have their story published online and receive a goodie bag.



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



Year 8

Miss Harsley

07810 416081

katie.harsley@longcroft.eriding.net



Years 9 and 10

Mrs Newsam

07827 587483

zoe.newsam@longcroft.eriding.net



Year 11

Mrs Ellis

07900 394085

annette.ellis@longcroft.eriding.net