



Longhill High School

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Longhill News

February 2017

Hello from the Headteacher



I'm sure you will all be pleased to have reached the half term break of what is often the hardest term of the year. Hopefully the long, dark winter days are behind us now as we head towards a fantastic spring, full of opportunities.

There has been good work, as always, going on at Longhill this half term. One of the highlights so far was the hard-hitting and well-received video produced by our own current and ex-students for the 'I Am Whole' campaign. This national campaign, with the help of various high-profile celebrities, aims to raise awareness of the stigma that can affect our young people with mental health issues.

Our students are covering a whole range of general health and emotional wellbeing topics this term, which we feel sure will make them better able to take care of themselves and each other, both physically and emotionally.

Students have also enjoyed trips to Drusilla's Park, as part of their Business Studies course and to a fabulous Stargazing event at Sussex University. An increasing number of students, both boys and girls, are participating in our wide range of sporting activities, including netball, football, rugby and cross-country to name a few; our 'Inspire' dancers are gearing up for another fantastic performance at Brighton Dome on 23rd March – that will definitely be one not to be missed!

I wish everyone an enjoyable half term break and look forward to an exciting second half of the Spring term!

Kate Williams
Headteacher



House News



THE KING'S MESSENGER

Faith is taking the first step, even when you don't see the whole staircase.
-Martin Luther King Jr

HAPPY NEW YEAR! I hope I shouted it loud enough for you, as I feel 2017 is going to be a fantastic year!

We are already off to a fantastic start with King Day, which happened on 13th January; we celebrated Martin Luther King's birthday in style by raising money for the 'Right Here' project.

I would like to say a massive 'thank you' to everyone who came along and made King House Day such a fantastic one. I would like to thank Mrs Poulton in particular for the beautiful cakes that were made for King Day - they were very well received by all! We are still collecting money, so I will update you on how much was raised in the next King's Messenger.

We have more to come with the inter-house competitions, quizzes and sporting events. As most Houses have had their House Days, we are now preparing for Rainbow day in July, where all the Houses come together and raise money for a chosen charity.

I hope you all have a lovely half term, both staff and students, and a well-deserved rest.

Ms Rhodes, King House Co-ordinator



Mandela House News

It always seems impossible until it's done! Nelson Mandela

The start of the new term has been reasonably quiet for Mandela House. Last term was extremely busy with our House Day and dodgeball tournaments.

We continue with our weekly JLT (Junior Leadership Team) meetings, as well as students branching off into sub-committees discussing things such as our environment, behaviour, buses and events.

A big thank you needs to go to Ms Rhodes and the students who are involved in the 'I AM WHOLE' campaign. They delivered an extremely moving assembly to all students and the main focus was to raise people's awareness about the stigma faced by young people experiencing mental health difficulties.



All the Houses have a strong identity at Longhill and there is healthy competition between them. Mandela students are looking forward to the next few months where we will enjoy further inter-house competitions and getting involved in the local community.



I would like to thank all Mandela students and staff for their continued support.

Mrs Noble, Mandela House Co-ordinator



Spencer House

Everyone needs to be valued



Firstly, I would like to wish you all a very Happy New Year, although a little belated!

All Houses have been awarded a plaque in recognition of outstanding work in the community for last year. We are really proud of this and it highlights and recognises how wonderful our Houses at Longhill are. Spencer House is currently third on the House board so we are gently edging our way up the ranks!

Our third Inter-House Quiz has just finished. The questions were based on 'mental health' which is our whole-school initiative. King House took over all the House assemblies this term and promoted the 'I am Whole' campaign; their presentation was fantastic and chilling. The clip can be found on YouTube. It is worth looking up. Well done and thank you to Miss Rhodes and her team.

All Houses have now split into student voice committees and will be meeting once every three weeks. By having these committees our students are given the opportunity to voice their opinions on their own personal school experiences. These suggestions may well be acted upon, which should enhance our students' school life.

These opportunities enrich students' experiences through supporting them in taking responsibility and contributing to decision-making in order to enhance their own and others expectations; this in turn increases progression and enjoyment of learning.

We are still thinking of fundraising ideas to raise funds for the Rockinghorse Appeal, so if anyone has any thoughts please let me know.

As always, thank you for your continued support.

Mrs Barnard, Spencer House Co-ordinator

Year 11 Update

Currently the overall attendance of Year 11 students stands at 93.3%, this is a fantastic achievement and we hope to build upon this during the next half term. Having good attendance will put students in a very strong position for their upcoming examinations. The link between attendance and attainment in school is clear; the more a pupil is in school the more they increase their opportunity to fulfil their potential. Please encourage your son/daughter to have 100% attendance this half-term, as each mentor group will be competing for best attendance to win the bunny race!

Please remind the students to continue with revision and to attend 'booster' sessions that are being offered to them in after school sessions. There has been excellent attendance to booster sessions, especially Maths, with a record 68 students in one evening. Students attending booster sessions are awarded points for attending.

Ms Rees has selected a group of Year 11 students who will be working very hard to produce the Year of 2017 Yearbook. The whole of Year 11 looked incredibly smart for their Year 11 group and individual photographs last week and I can't wait to see the photograph in print in the Year book!

A warm welcome to our February, and my final, Pankhurst House newsletter. I feel incredibly privileged to have led Pankhurst House since 2015 and I am hugely proud of what we have achieved together. We have supported the homeless communities through winter with our hot water bottle appeal, fund-raised for the Clock Tower Sanctuary, collected donations for the Whitehawk Food Bank, donated Easter Eggs to children in hospital, supported the LGBT communities and Allsorts charity, held a music festival, a Ninja Warrior obstacle course and a colour run just to name a few!

Next half term will see a new champion at the helm, leading us towards Pankhurst day 2017 and beyond and I am excited to see what is ahead for our wonderful, supportive, inclusive House.

I am hugely proud of all of our students, but in particular our incredible JLT students, Senior Leaders, Deputy and House Captains; I would like to thank them for the hard work, dedication and inspiration that they have given Pankhurst.

Thank you Pankhurst for the wonderful memories you have built with me. Have a lovely and well-earned half term and please carry on with the amazing work you do for our school and our communities.

Mrs Jones
Pankhurst House Co-ordinator

Peer Mentoring in Record Numbers!

Jill Robson Peer Mentor Coordinator

I have a huge sense of pride for all the young people who contribute to the peer support work here at Longhill and this year's year eight new recruits are now well into their training. As usual I am more than a little impressed with the emotional intelligence that they have already displayed and the level of consideration and sensitivity to others from these students is already evident and I feel really privileged to work alongside them. A record number of recruits this year are hoping to complete their training, which means a record number of year six students will be helped through their transition to Longhill and beyond. Abi Jackson is enjoying training so far, she said, "So far in peer mentor training we have learnt and discussed the qualities needed to make a good peer mentor. We have talked about why our peers might need us and how we could best support them and help them to solve any problems they may have. I am looking forward to what is yet to come."



Students Enjoy Out of this World Experience!

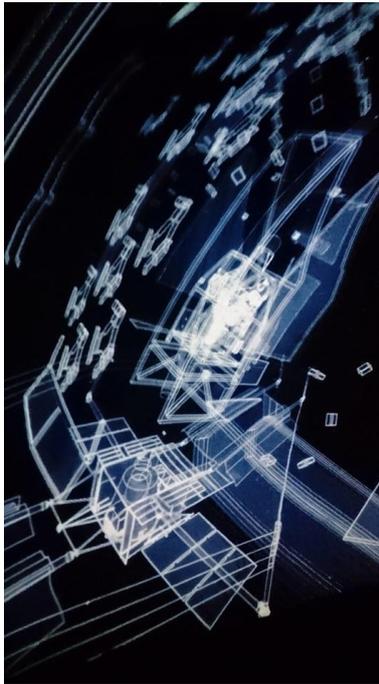


The University of Sussex held its annual 'Stargazing' event recently and a group of Longhill students were lucky enough to spend the day there enjoying an outing to the stars, amongst other exciting activities. The event, hosted by the Department of Physics and Astronomy, showed students that a physicist's job is to understand nature from the largest to the smallest possible scale; they looked deep inside the structure of an atom as well as observing the entire universe – quite a lot to take in on a day out!



Year 8 student, Leah Barry, told us about her day: "We were welcomed to the university and were taken to the 500-seater Jubilee auditorium where we learnt what we would be doing during the visit. First we went to a big lecture room to learn about atoms and we created different ones out of Lego; we created hydrogen, oxygen, carbon and lots of other different atoms. Then we had a session where we looked at lights through special glasses; the lights had different chemicals in them and different colours. From this we had to guess what the gases were. If you guessed correctly, you were given the magic glasses.

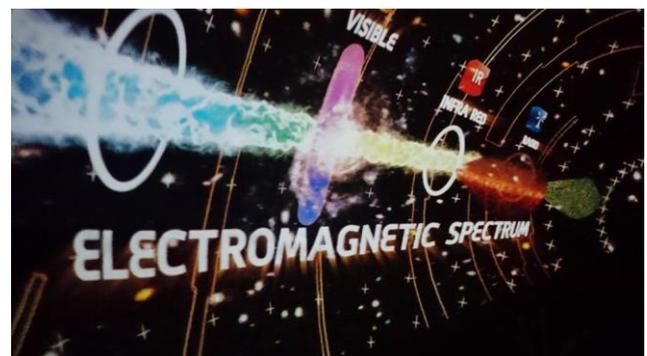
We were given a tour of the university and shown what's there and where things are. It seems like a cool place - the university library is shaped like a book!



After lunch we went into the blow-up planetarium, which was an inflatable dome – really cool. Projectors projected lights onto the ceiling of the dome; it was a light show with a stargazing theme about what is an astronaut and to get people to get involved in stargazing. We saw stars and planets on the ceiling – the whole galaxy – and we could identify different stars and galaxies. We also did research on planets; apparently we have another planet in our solar system (well just outside it) and we learnt that around each star there are other planets, which was pretty cool.

My favourite bit was the planetarium. You could sit or lie down – I lay down and it was like really being there among the stars – so cool. I'd recommend that kind of trip to anyone."

Thanks to Leah for her interesting report – we're glad you enjoyed your day!



LONGHILL EXTRA-CURRICULAR SPORTS NEWS

TEAM LH

- **Mr Fallick**
- **Ms Keating**
- **Mr Rolf**
- **Miss Buxton**
- **Miss Clark**
- **Mrs Jones**
- **Mr Grier**
- **Mr Kelly**

Sky Sports Living for Sport Programme

This year Longhill are taking part in the Sky Sports Leadership Programme. We have a group of 15 students who meet on a Tuesday mentor time to develop their leadership skills such as communication, teamwork and responsibility. This group will work together over the coming months and will lead an event for the local primary schools.

Their first leadership activity will be supporting the primary cross country which takes place at Longhill on Wednesday 8th March.

Miss Buxton

**Follow LONGHILL
PE Dept on twitter
to keep up with our
fixtures and
results!**



Welcome back!

The PE department would like to welcome you back after a well-needed break. We aim to bring you all of the latest top news stories each issue and fill you in with some of the excellent sporting achievements of our students. We will celebrate successes and want to encourage even more students to attend our huge range of clubs, inter-tutor competitions and fixtures. Be part of the sporting family here at Longhill.

Featuring in this edition is information about our new initiatives in PE to get more students involved in leadership and girls into sport. We have updates from our teams and lots of stories of success. If you are in Year 8 and thinking of choosing GCSE PE/BTEC as an option, make sure you come and speak to one of the team at Options Evening on the 9th of February.

Mr Fallick (Head of PE)

GLAM SQUAD @ Longhill

A select group of Year 9 girls have been meeting once a week during lunchtimes, working together to address the specific individual needs our school faces with regards to girls' participation in sport. Our main objective is to help the females within the school (both teachers and students) to identify and understand what motivates them to take part in PE and sport. Collectively we're developing an action plan based on their feedback to aid the promotion of sport and level of participation in PE. Our first step is focused around establishing a structure of physical activities and games that girls enjoy and want to participate in during their lunchtimes. Additionally, we are going to work towards our GLAM's running and leading this group/club for their peers and act as role models for the younger students.

Miss Clark

Rugby @ Longhill

All our students should be enormously proud of their commitment and effort in Rugby this year; they are training very well on Wednesdays and Fridays. Years 7 and 8 have performed really well at Rugby festivals at Brighton Rugby Club and Hove Rugby Club. The year 7 and 8 teams play with focus and commitment. In the future we look forward to our trip to Twickenham to watch the universities final and all squads, girls and boys, will be involved in planning a charity run to support the Royal Sussex Hospital.

Mr Rolf

Girls Rugby @ Longhill

On Wednesday 25th January 2017, nine year 7 girls attended a rugby festival at Hove Rugby Club. It included a wide variety of activities which many girls from schools around Brighton and hove took part in. These activities included rugby, tag and a few warm up games. There were many Hove rugby coaches helping to bring out the best in our team. Everyone there was very nice and cheered whatever the team. Some of the girls got to interact with different teams so we could meet new people (and run into our friends) - it was like we were all one team. One of the girls, Daisy Lawlor, said "It was really a wonderful opportunity to get into the feeling of a competition. I loved the fact that I wasn't just against people I knew. I would love to do it again and I recommend it!"

Thank you to Daisy Lawlor, Jasmine Saks, Alicia Glover, Leah Kelly, Adella Jay, Carly York, Emily Brown, Gracie Stokes and Lois Martin.

Written By Daisy Lawlor Year 7.

Ms Keating



Netball @ Longhill

We've kick-started our netball club here at Longhill, almost trebling in numbers since the first club started after Christmas. It's a great opportunity for the girls to come along and have fun, interact with students from different year groups and share a mutual enjoyment of netball. We have an upcoming fixture against Brighton Aldridge Community Academy on the 7th of February, giving the girls a chance to put their hard work into practice. We're also constantly on the lookout for more players (**any age or ability**), so if you feel like putting yourself out there and trying something new, we have Netball Club every Tuesday after school in the Sports Hall. With a mixture of different games, activities, drills and matches, there is fun to be had by everyone, so come and be a part of something great!

Miss Clark

Cross Country @ Longhill

Longhill took a team of 12 to the Brighton Schools' championships, held at Waterhall on a bright Wednesday afternoon in January. The afternoon kicked off with the year 7 girls; Lois Martin had a great run to finish 23rd. In the year 8 and 9 boys we had a strong team with 5 runners. Despite an injury, Callum Underhill managed to finish 21st, leading the team home with Alfie Edmeads and Luca Paiano closely behind. Josh Tyler Dibley, who also had a niggles, and Matt Marshall did extremely well considering they are year 8. The team finished 5th. Kacey Burstow was the only representative in the year 8 and 9 girls' race and finished a credible 30th. Our finest moment came in the last race when Sam Wilkinson ran a superb race, coming in second! Well done to all the runners – there is one event left.

Miss Buxton

Year 8 Football @ Longhill

Unfortunately, bad weather has forced us to postpone two league games and re arrange a cup match vs Kings. Regrettably the team lost out to a good Bedes side in the County Cup quarter finals 6-1; we were a little slow out of the blocks and couldn't recover from being 3-0 down in 8 minutes. So, next up for the team is the Brighton Cup Quarter Final vs Kings.

Mr Wilson & Mr Harris

Year 7 Football @ Longhill

It has been a tough season so far for the boys. They have played against hard opposition throughout the season. However, the boys continue to make excellent improvements in training and are progressing well. All boys must be committed to training, as we still have matches to be won.

Mr Fallick

Sports Leadership @ Longhill

I would like to take this opportunity to thank all our sports leaders in Years 9 and 11 for volunteering their time and commitment to promoting sport in our primary schools on a Friday afternoon and supporting sporting events at Longhill. Their dedication and hard work is very much appreciated. Taking part in the sports leadership courses encourages the development of leadership, organisation and communication skills, improving self-resilience and recognising the benefits of working as a team. These types of course are very valuable in developing skills for life and they provide a great opportunity to develop student potential. We have been so proud of our leaders and their contribution to teaching sport in our primary schools; they have been outstanding and very supportive in developing partnerships in our local community. Helping at a major Athletics primary school competition at Longhill in January organised by Mr Hambrook was first rate. Over a hundred students experienced competitive Athletics, which was fantastic. Future events this year to be held at Longhill will include Hockey and a Cross country event.

Mr Rolf

LONGHILL EXTRA-CURRICULAR DANCE NEWS

Inspire @ Longhill

In 2016 we launched the Inspire Dance Company with one aim, to give our young people at Longhill the opportunity to train, rehearse, perform and share their passion for dance. Our first performance last year was at the incredible 'Let's Dance' gala at the Dome Theatre, with a small but mighty team of 14 dancers...

Fast forward to 2017 and this year we are taking an army of 35 dancers across all 5 year groups and, with 7 weeks to go until show-time, Inspire are looking ready to rock the stage again this year! The students have given up hours of their time after school, week after week, to be ready for the performance and I couldn't be more proud of them. They showcase just how inclusive and fantastic dance is; how a love of the arts and performing can bring young people together from all ages, all abilities and all walks of life to share something incredible together.

The showcase takes place on Monday 20th March at the Dome Theatre in Brighton and it would be wonderful to have lots of Longhill support in the audience. Tickets are available from Monday 20th February from the Dome Box Office.

Mrs Jones

Forget Cash – Remember sQuid



What is sQuid and why should you be using it?

sQuid is a secure online payment system that eliminates the need for your son or daughter to bring cash into school. It can be used to pay for school trips, lunches and any other expenses that may be incurred at school.

International payment network

sQuid is a pre-paid online account with cleared funds; where you never get in to debt. sQuid is a pre-pay network where funds are pre-loaded on to a secure online account and then spent via the sQuid network using a contactless smart card, an online account or unique biometric identifier, enabling digital stored value to be securely transferred

eMoney

As such sQuid is electronic money (or eMoney) a new kind of cash that can be used to pay for the little things in life: coffees, school dinners, snacks, all the things you keep cash for.

+More than just a payment partner

sQuid is used across many different sectors and is already widely used across the UK as well as internationally. sQuid work with local Councils, Transit operators, Schools, Colleges, Universities, and International Aid agencies. Uniquely offering a multi-wallet account, sQuid also offer cashless payments with integrated loyalty.

Where will I find sQuid?

On the front page of the Longhill High School website
<http://www.longhill.org.uk/>
You can easily set up your account – just follow the instructions. If you already have an account, but have forgotten your login details, please email
studentservicesstaff@longhill.org.uk
and we will help you get back into your account.

We would like to encourage you to use sQuid whenever possible – it is easy, safe and avoids the need to bring cash to school.





TERM DATES 2016-2017

SPRING TERM 2017

Tuesday 3rd January to Friday 7th April

Tuesday 3rd January – INSET Day

Monday 30th January – INSET Day

Half Term

Monday 13th to Friday 17th February

Monday 20th February – INSET Day

SUMMER TERM 2017

Monday 24th April to Tuesday 25th July

Half Term

Monday 29th May to Friday 2nd June

TERM DATES 2017-2018

AUTUMN TERM 2017

1st September to 20th December

Half Term

16th October to 27th October

SPRING TERM 2018

2nd January to 29th March

Half Term

12th February to 16th February

SUMMER TERM 2018

12th April to 24th July

Half Term

28th May to 1st June

DIARY DATES

Year 7

15th June Parents' Evening

Year 8

9th February Options Evening

9th March Parents' Evening

Year 9

18th May Parents' Evening

Year 10

23rd February Parents' Evening

13th July Parents' Evening

Year 11

5th July Prom

**The Christmas Raffle for
Safety Net, run by Mrs Draper,
raised £530**

This has since been match funded

**This will enable some students
from Longhill, to benefit from the
supportive work Safety Net
provide**

**Thank you to all who brought
tickets or donated prizes**



Holiday Activities Club

FEBRUARY 2017
Monday 13th – Friday 17th

**EVERYDAY IS FILLED WITH
FUN GAMES, INDOOR SPORTS,
ACTIVITIES, ARTS & CRAFTS.**

“The Best Way To Keep Your Kids Active”

The **ACTIVITY TIMETABLE** Will Be On Our Website Soon!

PRICE LIST: For ages 5-12yrs, 8am - 3.30pm (Extra hours till 6pm - £6.50)
Full Day £22.50 (8am-3.30pm), Half Day £12.50 8am-12pm or 12pm-4pm
Sibling Saver - TWO Family members for a Full Day for just **£38**

BOOK NOW! Tel: 01273 391 683

longhillsportscentrestaff@longhill.org.uk
www.longhillsportscentre.co.uk



STUDIO CLASSES

9TH JANUARY - 25TH MAY 2017			
CLASS	TIME	INSTRUCTOR	PRICE
MONDAY			
SUPER SENIORS	9.30 - 10.30am	NICOLA	£5
BODY SCULPT	6 - 7pm	KAREN	£6
FITNESS PILATES	7 - 8pm	KAREN	£6
TUESDAY			
CARDIO FUNK	7 - 8pm	ANNELI	£6
WEDNESDAY			
BOOTCAMP CIRCUITS	7.05 - 8.05pm	KAREN	£6
THURSDAY			
SUPER SENIORS	10 - 11am	NICOLA	£5
NEW BOXFIT	6 - 7pm	SAMMY	£1 FOR THE FIRST TWO WEEKS
FITNESS PILATES	7.05 - 8.05pm	NICOLA	£6



Booking a place onto our classes is essential. This can only be done from **10am** of the **Sunday** before the week of the classes.

Please contact us on 01273 391 683
www.longhillsportscentre.co.uk