

LEALANDS *News*

EXCELLENCE RESPONSIBILITY RESPECT



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Discover more on these topics and much, much more news & updates in this issue!

Upcoming Events:

04.04.25 - End of Spring Term

05.05.25 - May Bank Holiday*
*(School Closed)

08.05.25 - Yr 11 GCSE Exams Begin

08.05.25 - Yr 7 Parents Evening (Online)

Visit the '**Key Dates for Your Diary**' page inside for more important upcoming events!

Headteacher's Introduction

John Burridge, Headteacher

Dear Parent/Carer,

As we come to the end of another term, it is a great joy to reflect on all the many successes at Lealands over the past few months, from sporting success to displays of excellent talent to academic achievement and a vast number of very successful events.

This edition of the newsletter is filled with many examples of these. There are so many highlights, but in particular, the performances of *The Wizard of Oz* were just stunning and transported many audiences over the rainbow and into the land of Oz through the talent and professionalism of the cast and the direction and many months of hard work led by our performing arts staff team.



I have very much enjoyed my recent assemblies to all year groups on the meaning of Easter and why this is such an important celebration in the Christian calendar with a particular focus on forgiveness and sacrifice along with what we can all learn from this. All of our students have behaved perfectly throughout and shown deep and great respect. Of course, this time of year is important for both those of the Christian and Islamic faiths. We are mindful of the very rigorous sacrifice made by our Muslim students and staff fasting fully throughout the day and it was lovely to join them for an Iftar evening led by Mr Ali and Mr Choudhury with some fantastic student contributions.

Our week of literacy events was another highlight of the term and we are very grateful to Miss Rezaei for all the preparation and planning that went into another very successful week where we all learnt to appreciate, even more, the value of reading and literacy to enhance our lives and learning.

Rewarding students for all they do so well and encouraging them through acknowledgement and reward is a key part of our ethos and this week we have seen many of our students who demonstrated excellence throughout the term being rewarded with trips to bowling and the Science Museum.

Another recent highlight has been the Lealands' Got Talent afternoon which was organised by our students following the Aspire Curriculum. They planned and ran an excellent event to raise money for Luton Foodbank. It was a really joyful afternoon and Lealands certainly has got talent. Congratulations go to all the brave performers. We were treated to stand-up comedy, singing, dancing and a puzzle cube winning act, demonstrating the ability to solve these tricky puzzles in seconds!

Headteacher's Introduction

John Burridge, Headteacher

All our students work hard in lessons, but Year 11 have had the added pressure of mock exams and extra classes to support them with preparations for their GCSEs which will start in May. We are confident that they have everything they need to achieve great success and look forward to some great celebrations with them in the Summer.

If you have visited the school recently, you will not have missed the massive display of Easter raffle prizes which have been kindly donated by staff and others to support Cancer Research. If you have bought a ticket, I wish you luck! And huge thank you to Mrs Downey, our Receptionist, who puts so much work into these raffles for cancer related charities.

I would like to wish you a happy Easter and hope you get to enjoy some family time along with some lovely Spring weather.



IMPORTANT CONTACT INFORMATION

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

Many thanks.

Key dates for your diary:

Mark your calendars with these key dates - stay informed and never miss an important event!

- GCSE Geography Field Work:** Tuesday 1st, Wednesday 2nd & Thursday 3rd April 2025
- End of Spring Term:** Friday 4th April 2025
- Summer Term Begins:** Tuesday 22nd April 2025
- Bank Holiday (School Closed):** Monday 5th May 2025
- Yr 11 GCSE Summer Exams Begin:** Thursday 8th May 2025
- Yr 7 Parents Evening (online):** Thursday 8th May 2025
- Yr 10 Parents Information Evening:** Thursday 15th May 2025
- Yr 10 Evening of Excellence:** Thursday 15th May 2025
- Yr 8 Parents Evening (online):** Wednesday 21st May 2025
- Year 8 HPV Vaccination:** Friday 23rd May & Friday 6th June 2025

Term Dates:

Spring Term:

Monday 6th January 2025 - Friday 4th April 2025

Summer Term:

Tuesday 22nd April 2025 - Friday 18th July 2025

Half Term:

Monday 26th May 2025 - Friday 30th May 2025

Staff Training Days:

Monday 21st July & Tuesday 22nd July 2025

Full academic term dates for 2024-2025 and 2025-2026 can be found on the school website:
<https://www.lealands.luton.sch.uk/termdates>

Value of the Month

April 2025

Value of the Month

April 2025

"Self Sacrifice"



Great achievement is usually born of great sacrifice and never the result of selfishness.

Sports Successes & Updates

By The PE Department

Football

Our Year 7 girls played their first football league game away to Challney Girls. They played a great match and won 4-0! Goals from Eli x2, Viv and Julianna who was also voted player of the match. Well done girls!



After going undefeated, winning 3 games and drawing 1, the Year 7 girls have reached the district final.

Our Year 8 girls were in the quarter finals of the County Cup! The girls played a very close match against Linslade which was 1-1 AET and then held their nerve to win on penalties. Shout out to Janae who saved all the opposition's penalties!

The girls have also made it to the District League/Cup final which will be played just before the end of term.

The Year 7 boys football team have performed really well in their district league games and shown great resilience in their performances. In the County Cup, Year 7 won their round of 16 matches 3-0 against Leighton Middle, progressing to the quarter finals where they beat Manshead on penalties; despite a dominant performance against them. The Year 7s are looking forward to carrying on their excellent form in the semi final on the last day of term.

As the season draws to a conclusion, the Year 8 Boys A team have had a successful season so far....

They reached the last 32 in the National Cup losing 4-2 to Northampton Boys School. A game which on the day could have gone either way, with the team hitting the bar and post a few times during the game. However a great achievement to get to the last 32 in the Country. So well done boys!

After beating Priory 7-3 in the quarter finals, the Year 8 boys have reached the semi finals of the County Cup. A place in the final will mean defeating the current holders, a challenge the boys are looking forward to as they look to secure the double this year.





In the District League/Cup, the boys put in a solid defence as current holders - topping the table and remaining unbeaten in the league. As a result the boys will contest the District Final after Easter; looking to retain the title they secured in last year's final!

Well done boys! Lets keep going for the final few games , with what will hopefully be a successful end to a brilliant season!

The Year 8 Boys B Team have also had a good first season together with some fantastic performances but also some challenging games.

Just like the A team, they reached the last 32 in the National Cup losing to a very strong Northampton Boys School. Without many games being played previously, they did well to compete with the other schools in the competition who have been established for a longer period of time. So well done boys!

The boys were placed in the top division of the District League/Cup for their first season and they had some challenging games which they never gave up in and showed their resilience to compete with all the schools in the league. A mixture of wins and losses meant the boys have secured their place in the top division again for next season. Well done!

Girls Netball

Our Year 8 and Year 9 netball teams were in the Luton finals recently, both narrowly lost out in close semi finals by only 1 point! Both teams bounced back to win their next game and finish in 3rd place! Well done girls!

Our Year 8 girls came runners up in the county netball finals, narrowly missing out to Goldington Academy due to golden goal after still being level after extra time! Well done girls on a fantastic achievement!

Year 7 / 8 Girls Futsal

Year 7/8 girls futsal team competed in a really competitive county finals recently. Narrowly missing out on medals and finishing in 4th place.





County Sportshall Athletics

It was a successful day at County Sportshall Athletics for our Year 8 teams! After winning the Luton event, the boys continued their success by becoming county champions! The Year 8 girls had come 3rd at the Luton event but improved on their performances to come 2nd in the county, only beaten to first by a strong Henlow team. The competition was against 11 other schools across Bedfordshire so a great success for both teams! Well done Year 8!

Another great day at the County Sportshall Athletics this time with our Year 9 and 10 students. It was a very closely fought competition across 12 schools in Bedfordshire. Our girls did a fantastic job and were crowned County Champions! The boys also showed great performances to come in 3rd place. Well done everyone!

Meet Our Governors

My name is Abdul Basit, and I am proud to serve as a school governor at Lealands High School. Professionally, I am a Global IT Director with extensive experience in technology strategy, infrastructure, and digital transformation across global organisations. My role involves driving operational excellence, enhancing digital workplace experiences, and ensuring secure and efficient IT services.



As a governor, I bring my expertise in leadership, governance, and strategic planning to support the school in delivering the best possible education for its students. I am passionate about improving digital literacy, fostering innovation in learning, and ensuring that technology is leveraged effectively to enhance both teaching and administration. Most importantly, I am committed to making a positive impact on the school community, ensuring that every student has the opportunity to thrive.

Literacy Week - 3rd March - 7th March 2025

By Ms Rezaei

As you know, we celebrate Literacy Week big here at Lealands High School to really drive the importance of literacy as a lifelong skill.

The aim of this week is for students to get involved, even if they do not identify as a 'big reader'. We hope that they can look back on the activities they took part in with fond memories and to then have great memories regarding reading. The theme this year was on contemplating different book genres, with activities reflecting on this. Thank you all for your support and I'm sure you will agree that students that took part all had a great time!

We started off the week by inviting students who have read over one million words to spend the day reading in the LRC. The LRC was transformed into a reading den and the students taking part were invited to bring in their pajamas and slippers to get cosy for a whole day of reading. We were delighted that when launching this incentive many students wished to take part which shows that Lealands students really do value and enjoy reading.



Every member of staff that walked past the LRC commented how jealous they were of the students' relaxing day!

As is tradition here at Lealands, we held a competition that was running before Literacy Week to see which tutor group can accumulate the most Accelerated Reader points since coming back from the winter break. It was very tense with weekly updates being delivered during tutor time, but I am happy to report 73PW were the winners of year 7, and 85ST were the winners of year 8.

73PW perceived themselves as the 'underdogs' of the competition, as they had the least amount of Accelerated Reader points for a while but managed to not only catch up, but be at the top of the leader board. This is a great example of not giving up and having resilience!





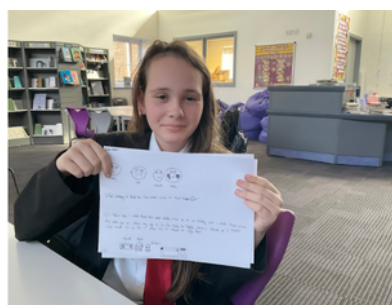
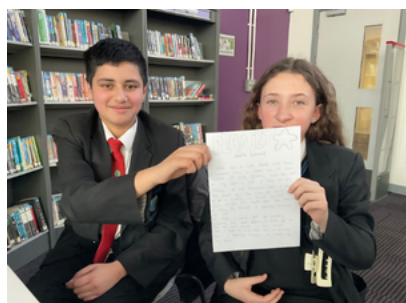
Another competition we hosted was the “Guess the Book Genre” whereby selected staff members wore a lanyard around the school of a book cover. It was a competition for the students to have to guess what book genre staff had on their lanyard. It has to be noted that our winner in year 8, Sami 86SF, was also very polite and cordial approaching staff members with a lanyard and was proactive in striking up a conversation about the book - well done Sami!

On Thursday, World Book Day, classes took part in a “Footy and Booky World Book Day” quiz, delivered live from numerous footballers in the UK. The questions were a mix of book and football related topics to appease a wide range of students.

Another live lesson students took part in was a live writing workshop, whereby students thought creatively on the spot to create their dream library. Some ideas were exceptionally imaginative and involved an underwater library where fishes could swim over your head as you read!

To end the week, staff dressed up as book characters and students got involved by having the very big responsibility of voting for the Best Dressed Member of Staff and Best Dressed Department. Staff members here are very competitive so it was a big task for students to vote!

Miss Keefe took the title of Best Dressed Member of Staff, and Humanities won Best Dressed Department, so well done to them. There were many brilliant costumes and I’m sure students had a hard time voting.



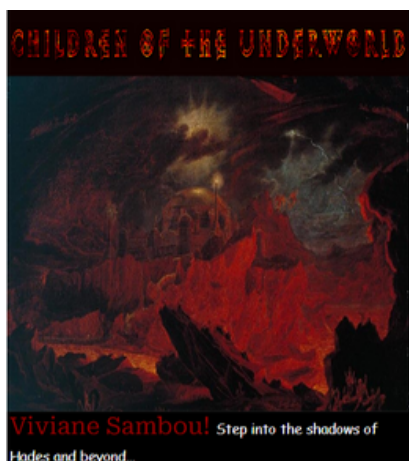


Students worked in tutor groups to decorate their tutor door. It was especially bright and colourful walking around the school and seeing different doors standing out. Like with voting for best dressed member of staff, I'm sure you can agree, it will be especially hard to vote for best door design!



Lealands' Publishing Team Corner

Chapter 1- Extract of stories (Contributors: Viviane Sambou, Minahil Siddique Mushtaq, Jess Harvey).



Chapter 1: A Glimpse into the Past By Viviane Sambou

In the quaint village of Ravenswood, where times seemed to dance to the rhythm of an antique clock, the air was filled with an aura of mystery and elegance. Cobblestone streets intertwined like labyrinths, leading to grand manors adorned with intricate handwork and ivy-clad walls.

At the tender age of 18, Willow possessed an ethereal beauty that mirrored the grace of a willow tree swaying in the breeze. Her emerald eyes sparkled with curiosity, hinting at the secrets she held within. By her side stood Zephyr, her mischievous sibling of 15, whose tousled ebony locks matched his playful spirit. Aurora and Phoenix, the radiant fraternal twins, were a sight to behold. At 16, Aurora's porcelain complexion glowed like the morning sun, while Phoenix's fiery red hair mirrored his passionate nature. Their bond was unbreakable, a testament to the unspoken connection shared between twins.

In the midst of this captivating ensemble Juniper, the enigmatic 20-year-old, possessed an air of wisdom beyond her years. Her piercing gaze seemed to hold the secrets of the universe, leaving those around her in awe. Freya, a spirited soul of 17, was known for her infectious laughter and her unwavering loyalty. Her vibrant spirit brought warmth to even the coldest of days. Seriphina, a woman of 19, emanated an air of elegance and sophistication. Her every movement was a graceful dance, captivating all who had the pleasure of crossing her path. Orion, the eldest at 22, commanded respect with his commanding presence. His deep, resonant voice carried the weight of wisdom, gained through years of experience. Kali, an 18 year old with a fierce determination, possessed a fiery spirit that matched her flaming red hair. Her unwavering resolve made her a force to be reckoned with. And lastly, Maverick, a 21 year old with a rebellious streak, always marched to the beat of his own drum. His untamed spirit and adventurous nature made him the life of every gathering.

As the story unfolds, we will witness the intertwining lives of these extraordinary individuals...



“Shh! Stay behind I hear something” I whispered to my roommate. Scared, I closed my eyes and fell into a deep sleep. But to be woken up by a roaring scream . As I slowly and curiously turned my body to see what the terrifying scream was...my heart skipped a beat. “Ahhh” I screamed at the top of my lungs , as I saw a dark silhouette with a knife. Petrified, I stood back until the screaming stopped.

A few years since then has happened and suddenly, I started getting flashbacks about what happened that night. I started getting migraines. I had to solve out who had killed my friend. I decided to take a break and go grab some coffee from the shop near the hospital . As I walked inside, my asthma got the better of me. It was never that reactive, it felt like someone was grabbing onto my throat and not letting go and then I felt a horrible pull from the side from my head as I saw my hair dangling in mid air as I tried to grab it back. I ran out of the shop and fell to the ground but was woken up in hospital.

By Minahil Siddique Mushtaq 81KS



His orange tail swayed in the wind that blew past him as he ran. The shedding trees release their warm autumn leaves, flowing on the breeze. As he jumped over the edge, his hair boosted upwards, his ears pushed back by the force. This is what freedom meant to him. He landed crouching and pushed off to continue running. A rush of leaves fly by, showing off their creative talents as they mix in the wind. They land in the nearby river, now riding down the stream. Fully at peace. No pain. No punishments. Jumping from rock to rock, slowly crossing the river. He stops on a rock in the middle of the rushing water.

Perching on the rock, the wind plays with his hair and his eyes open wide. The sunrise sure is a beautiful thing... He has always loved watching it. That was until... That doesn't matter. He's free now... He takes a deep breath, the air expanding his chest. Everything... was.. peaceful. Just as he remembered. The sunlight slowly appeared as the crescent sank. The stars became silver, shining the new sunlight into the remaining part of the mirror they call the moon. The curved grey disappeared from the sky, little sparks circling. The nearly bare trees become visible with a soft glow. The embers passing by them, surrounding a figure.

They shine in the fireflies glow. Their grey ears perk up, emerald eyes shine from the light. A scar goes across the left one, stretching down over their mouth. Their tail waving in the wind. Could it be...? The radiance became more intense and their colours began to show. Their sharp teeth are revealed when they take a deep breath, just like his. No, it couldn't be... But... it is... Noah...? Their scars are seen as healed as they walk closer, even the fresh ones. They smile...

He is about to take a step closer, jump onto the next rock, when a noise is heard from behind. Startled, he turns around swiftly to try to find where it came from. A squirrel climbs down the tall tree, gripping the rough bark. Its bushy tail follows behind it as it makes its way to the ground. Its paws push down sections of the grass while it runs away. He turns back around to face the figure, but when he does, the figure is gone. Was... it my imagination...? He stands there, confused from what he had seen, or not seen, wondering what his next move will be.

He takes a moment to collect himself, taking multiple deep breaths to return his heart rate to normal. While trying to understand what had just happened, he decides to keep moving. Jumping over the remaining rocks to cross the river, he thinks about his past, his childhood in this forest. He had been here his whole life but had never explored all of it. He had always been told not to adventure to the edges of the forest as it is dangerous, but they never told him why. This made him wonder why it was dangerous, and he often had thoughts about what was out there, outside of the forest. Some had told him stories while others had told him to stop thinking about it. But he never did stop thinking about it. All he had ever known was the forest. He had always been adventurous and wished to explore all of the world's hidden gems and wonders. I wish I had listened to them...

By Jess Harvey 106VM

Chapter 2 - Poems (Contributors: Amoya C, Andie H, Mikey L, Markayda Al , Aabidah A, Megan L, Emmanuella AN).

My Heritage by Amoya Collins 84NT

In the heart of the caribbean,
Where the sun kisses the sea,
Jamaica blooms with colours, Vibrant and free.
Reggae beats echo through the lush
Green hills,
A rhythm of life that the spirit fulfils,

From the blue Mountains rising, where
The coffee beans grow,
To the sandy shores, where the warm
Trade winds blow,
The laughter of children, the elders
Wise tales,
Each moment a treasure, as history
Prevails.

Spicy jerk on the grill a feast to
Behold,
With patties and festivals, traditions
Retold.
The dance of the djembe the sway of
The hips
In the pulse of the island the soul
Softly skips.

From the reggae legends to the vibrant
Art scene,
Our culture is woven like a beautiful
Dream.
So here' to Jamaica where the spirit
Runs deep,
In the heart of our people, our heritage
We keep.

Winter By Megan Lewis 77IM

Winter, winter
Cold and ice,
A mug of hot chocolate,
Would be nice.

Winter, winter
Long dark nights,
Kids bundle up,
For snowball fights.

Winter, winter
The street cars are
Like frosted cake,
All covered up
With cold snowflakes.

Winter, winter
Comes to an end
New Years just around the corner,
Once again.

Shopping**By Andie Herron 84NT**

Shopping shopping
Oh how I love shopping,
Creating my outfit
Trying it on,
It's full of drip
Because it's not worn,
Looking in the mirror
Sharp as a tile
Oh my gosh
I love my style,
Getting my shoes
It finishes the look
Now I'm dressed
Better than a book,
Leaving the house
I look so fresh,
Even my neighbours dog
Is so impressed,
He's looking at me
With sparkly eyes,
But all I can hear
Is the cars going by,
Their slowing down
To stare at me,
But only if they went on
A shopping spree.

The Gift**By Mikey Lund 82CC**

Snow blankets the earth,
Soft whispers of winter,
As lights twinkle,
Like stars captured in glass.

Families gather,
Sharing laughs and warm food,
The smell of cinnamon dances,
Against a backdrop of joy.

Stockings hang by the fire,
Wishes wrapped in ribbons,
Hope floats in the air,
On this magical night.

Hearts pulse with kindness,
Candles flicker in windows,
Reminding us still,
Love is the gift we give.

Let Your Light Shine By Aabidah Adegbindin 93KM
Dedicated to my fav Grandpa because your light always
shines bright.

Nameless By Markayda Allen 87MA

I speak, but silence weighs me down,
 My voice dissolves into the ground.
 I stand, yet no one turns to see,
 A ghost of who I used to be.

They pass me by with hollow eyes,
 No hand to hold, no soft replies.
 I call, I plead, I break, I bend,
 But echoes never make a friend.

I am the pause between their words,
 The hush before the dawn is heard.
 A name that time refused to save,
 A story carved on no one's grave.

A whisper lost in crowded air,
 A shadow cast but unaware,
 Footsteps fade on empty stone,
 Speaking loud but left alone.

Eyes that flicker, never stay,
 words dissolve, just drift away
 A name unspoken, gone to dust,
 Echoes swallowed, dreams unjust

Hands reach out but grasp the night,
 A fading ember, dimmed of light.
 To be, To breathe, To stand, To feel-
 yet bound beneath a world of steel.

Not forgotten, Not quite know,
 A fleeting voice, a seed unsown.
 Still, the wind may learn my name,
 And someday call it back again.

“To be seen is to be heard”

Let your light shine
 In the darkness when struggling to find a
 way
 Through dark shadows
 Guiding us through secrets
 Let your light shine
 Life's full of obstacles
 Lessons learned as candles burn

Each step taken with grace and direction
 Let your light shine
 Navigating through the good and the bad
 Through the struggles and trials we fight
 Facing our fears head on

Let your light shine
 Through the darkest of days
 Paving our path so brightly
 In the journey of life we weave our
 dreams

Let your light shine
 With the threads of hope and silent
 prayers
 Embracing each achievement with wide
 arms
 Letting go of haunting pasts
 let your light shine

So let light shine in all its glory
 Revealing the depths of life's real story
 Embracing the unseen with seeking
 minds
 As we dance under the light lit skies.

***Me Against the World By Emmanuella
Albert-Nsude***

I lived and died,
I dreamed and snapped,
Sucked back into reality,
Pulled out of the boundless universe,
Dreams, fantasies and endless thinking,
Thoughts overruling the very essence of reality,
I smiled and cried,
A pool of tears washed down my face,
I laughed and yelled,
Played and fell,
Helplessly falling down an endless void of despair,
Trying so hard to crawl out,
I smile,
I dance,
I play,
And I sleep,
But behind all that pretence,
Lies a person tormented by nightmares,
Screams and laughter ringing back and forth,
Sanity becoming more and more like a fading dream
Pretence and valediction,
More deadly than any virus created,
Spreads like wildfire,
Itchy like cotton,
Trying so hard to pull away,
Fighting back all the tears and pain,
Pushing it deep down,
Sealing away all your
fears, hatred, love, betrayal, confusion
Telling yourself everything it's fine,
Pasting on fake smiles,
Pretending to be someone you're not,
And then snap,
You crack,
Like glass you shatter,
Everything falling out,
All the little things that didn't bother you,
Forming mountains of regret and pain,
Hatred and despair,
Everything you once thought you had in check,
Broken,

Your self-control,
Split in pieces,
So enduring,
Yet so fragile,
But what all we must remember,
There is beauty in everything,
Beauty in loss,
Pain and despair,
We are created to live,
We are created
Each and every one of us has the right to live,
To breathe in the very air you breathe,
We aren't perfect,
Perfection is not what the world makes of it,
It is what you create,
Perfection is a unique word,
It has different meanings,
the question is what you make of it,
are you gonna stand by and let the hates of the
world, drag you down, back you into a corner just
because,
you don't work by the rules of the world,
make your own rules,
live by your principles,
keep your head up high,
smile on your face,
Shaking the very grounds of the earth,
leave the world spinning,
walk a straight path,
and then when you reach your peak,
bounds and bounds of treasure awaits you,
loss and pain,
hate and despair,
everything has beauty,
and everything has a reward,
It's me against the world,
and i won't be shaken,
so i say bring it on,
because I won't lose

Duke of Edinburgh

By Mr. Payne and Miss Walker

At the turn of the year we signed up twenty Year 9 students to start working towards achieving their Duke of Edinburgh (DofE) Bronze Award. Miss Walker and I have been amazed at the variety of activities that our students are doing in order to complete the Award. Before participants get to undertake the expedition section, where they walk and camp over a two day period, they must complete three other sections, volunteering, physical and skill. Some of the things taking place are listed below:

- Volunteering - guiding, library assistant, charity shop worker, animal welfare, tutoring, youth work and sports coaching
- Physical - gym and keep fit, karate, netball, couch to 5k, gymnastics, football, swimming and jujitsu
- Skill - knitting, crochet, coding, learning a new language (Korean, Arabic, Spanish and sign language), cooking and violin

I am really enjoying seeing their journeys develop as they share their evidence of what they have been doing.

After the Easter holidays, we will begin to plan for the expedition section and all that entails.

In our next newsletter, I look forward to sharing lots of photos of our fantastic students loving life out in the countryside (possibly not their natural environment!) and not too many pictures of blisters, bugs and 'broken' backs!



Well done and keep up the good work guys:

Aabidah, Abbie, Emmanuella, Naeem, Hania, Nitya, Sophie, Kailyn, Kayra, Syeda, Madison, Aasiyah, Sabrina, Iyinoluwa, Amelia, Eduard, Frank, Alex, Aiyanna and Kaya

Languages - Active Learn

By The Languages Department

The Languages Department would like to congratulate the following students for their great effort on Active Learn during February. There are also several students who achieved Epraise badges this month for their overall progress. A total of 1302 badges have been given since the start of the year. Well done to everyone mentioned!

Remember, students can get badges at the following points:

- 25% - Bronze Badge - 5 extra STEPs
- 50% - Silver Badge - 10 extra STEPs
- 75% - Gold Badge - 15 extra STEPs
- 100% - Platinum Badge - 20 extra STEPs
- Extra tasks - Extra Badge - 25 extra STEPs.

Languages teachers have given everyone 1 STEP for every 2% completed and Mr McCracken has added the badges already.

“Outstanding effort in Languages! Keep pushing for your next badge and earn those extra STEPs!”

Active Learn Epraise badges awarded during February 2025 Year 7

ActiveLearn E-Praise Badges Awarded During February					
Bronze - 25%		Silver - 50%		Gold - 75%	
Year 7					
Aazwir A	Ahmad K	David J	Maheen M	Abel P	Erika R
Andreea-Alessia I	Amelia P	Elijah D	Megan C	Adiba I	Ethan E
Archie M	Amina D	Elize G	Mia G	Amilia M	Imanah A
Ella R	Angel S	Ella K	Muizz S	Anaya M	Jessica B
Filip M	Anisha M	Ella R	Mya S	Antoni G	Lisa O
Isiah C	Annaje T	Elliot C	Myiesha H	Awais H	Louis M
James P	Ariana I	Elouise C	Nabiha C	Ayana M	Myiesha H
Jean A	Armin J	Erika R	Nazirah I	Bevirlyn O	Nabiha C
Julianna P	Ava H	Famia U	Noel F	Caitlyn B	Russana S
Khloe S	Ava P	Filip M	Olivia C	Caleb A	Teddie H
Kyhrae L	Ayoub M	Haroon K	Phoebe T	Cian J	Tyler B
Logan M	Bradley B	Inioluwa T	Tayibah K	Drita D	Ubaydullah A
Mahmud S	Calisee H	Jasdeep S	Tijani P	Eimaan A	Zuzanna B
Maleek T	Danika L	Kailo S	Tyler S		
Max O	David B	Kobi W	Valentina B		
Megan L	David C	Louie S	Viviane S		
Mikael B				Platinum - 100%	
Preston F				Caitlyn B	Sara Isabel D
Rehan K				Maximilian V	Seyon V
Remeriah M				Nemat A	Vienna M
Se'Raie-Marie S				Rishikesh R	
Upkeerat R				Extra Tasks	
				Amanda B	

Active Learn Epraise badges awarded during February 2025 Year 8

ActiveLearn E-Praise Badges Awarded During February			
Bronze - 25%	Silver - 50%	Gold - 75%	Platinum - 100%
Year 8			
Amani C Arische S Harley G Jacob A Jenson M Lenny B Nemaih S Nyah L	Ainsley H Albert K Anwar K Azriel R Bianca H Brooke D Connor G Franchesca D Humayra R Janae F Leah C Marcel P Rahima B Robyn H Sara M Sneh M Sumayyah F Thomas P	Amani C Ammarah H Andie H Azriel P Daniel G Deya F Dilshan S Erin M Keioni S Lexie A Maia G Malachy J Nael A Qismat B Riad B Sami R Sarah S Sophie R	Brendan C Daniel G Dawid M Faheem D Fisnik D Harleen K Oreofeoluwa O Rebeca S Sami R Zane M Extra Tasks Aimee F Angel B Cara K Evie W Juanita S Maham S

ActiveLearn Epraise badges awarded during February 2025 Years 9, 10 & 11

ActiveLearn E-Praise Badges Awarded During February							
Bronze - 25%		Silver - 50%		Gold - 75%		Platinum - 100%	
Year 9							
Alexa S Amina M Ciena B Edith T Edward B Govind J Grace J Hania A Jack S Jamie Z Jayden A	Jessica B Kayla F Kodie A Lucy C Maci-Lea C Mia S Olivia K Princess A Roberta R Zohaib I Zyan M	Abbie A Amiyah I Anabia K Filip M Gabriel M Gracie-Anne W Kayra B Mariya M Ruth P Sabrina O Sophie B Tyler B	Eduard S	Lithushan C			
Year 10							
Morrell S		Khashan M Rayan E	Chloe J Daria N Darius-Samuel P Kieran S Morgan L Nicolas T	Rishikan S Shazia M Sonni M Treasure O Zoe D			
Year 11							
			Faith T	Zainab S	Suhana C		

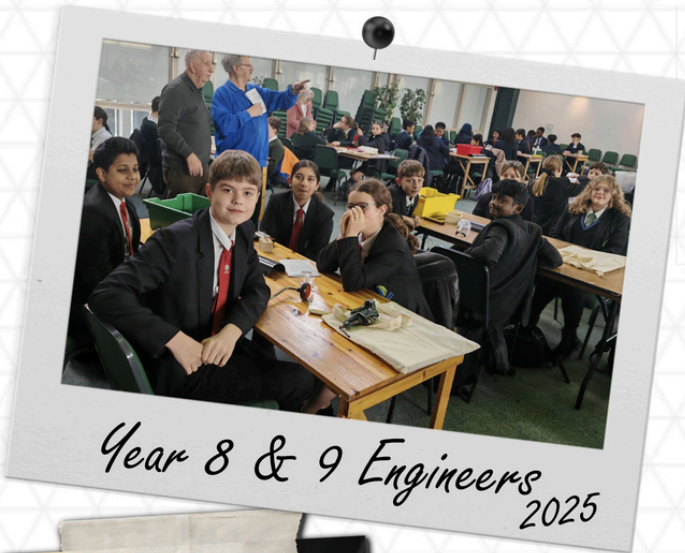


Rotary Great Britain & Ireland

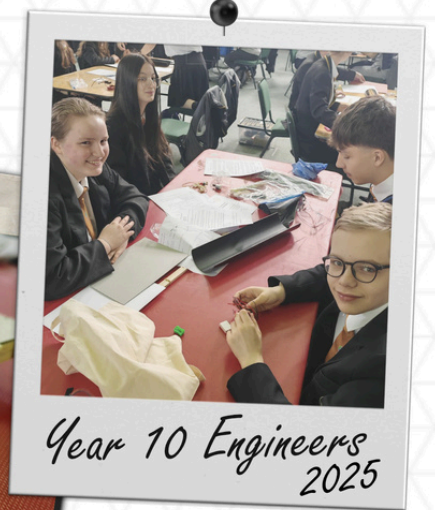
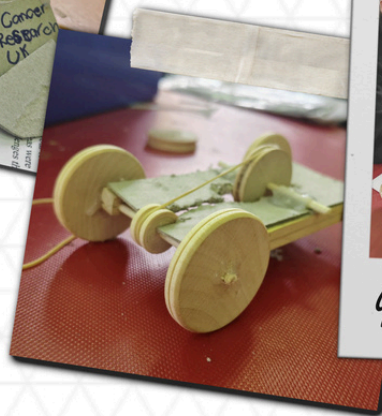
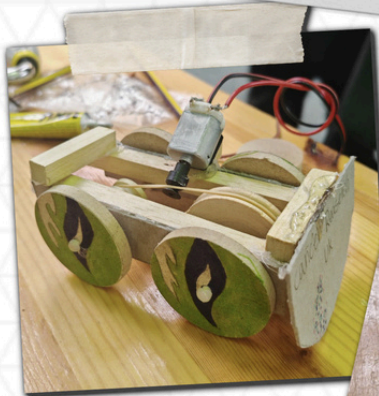
March 2025

Each year students in teams of four are required to design and build a working model only from materials supplied. Neither the students nor their teachers are aware of the project until the day. Tasks in previous years have ranged from lifting bridges to gas pipe inspection vehicles made using, sometimes, electric motors or elastic bands to operate the design.

The tournament is designed for students in three categories: Foundation students aged 7-9 years, Intermediate students aged 10-11 years and Advanced students aged from 12 years up to 18.

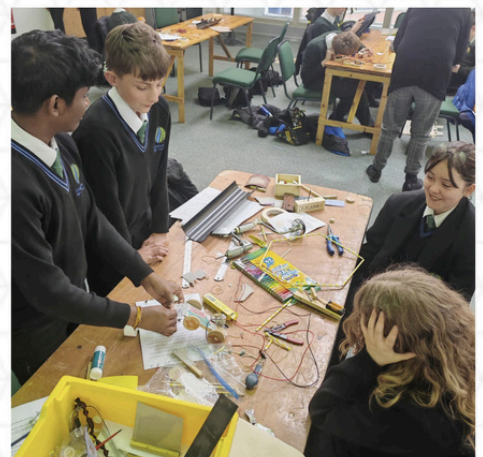
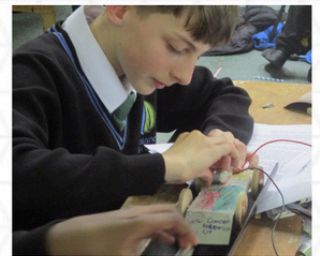
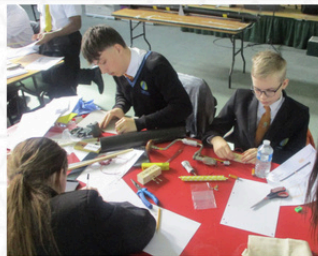


*Year 8 & 9 Engineers
2025*



*Year 10 Engineers
2025*

Mr Butterfield our Assistant Director of Design Technology said: **"Congratulations to our Year 8 and Year 9 Engineering students for achieving joint 4th place in the Foundation Tier competition. Competing against 21 other teams from across Luton and Bedfordshire, they demonstrated remarkable skill and dedication. Well done on this fantastic achievement!"**



Pancake Fundraiser

By Student Support

Our recent Shrove Tuesday pancake fundraiser was a delicious success! Thanks to the incredible efforts of Mordecai in Year 10, who made over 100 pancakes, we raised an impressive £101. This amount will contribute towards caring for our beloved school therapy rabbits.

The pancake sale was a hit among students and staff alike. Initially planned for break time, the pancakes were so popular that we extended the sale into lunch time.

Thank you to everyone who participated and supported this event. Your contributions are making a positive impact on the wellbeing of our school community!



School Therapy Rabbits : Meet Our New Arrivals!

By Student Support

We have some exciting news...our family of therapy rabbits has grown!

We recently welcomed three adorable baby bunnies to join our two adult rabbits, bringing joy and excitement to our school community.

Our rabbits are incredibly affectionate, providing comfort and support to students who need a moment of calm. The soothing presence of these gentle animals has proven to be beneficial, especially during challenging times.

Thanks to the generous support of our school community, we have raised £100 to provide for our rabbits' needs. This has been key in ensuring their wellbeing and maintaining their role as therapeutic companions.

Caring for our rabbits, including bathing and brushing them, has become a fun and rewarding activity for both students and staff. The new arrivals have offered even more opportunities to learn about responsibility and empathy.

We look forward to seeing the continued positive impact of our furry friends on our students' wellbeing. Thank you to everyone who has supported this wonderful initiative!



Helping Your Child Revise: Effective Strategies for GCSE Success



As the end-of-year GCSE examinations approach, your child may feel the pressure of revision. Understanding how memory works and how students learn can help you support them in making the most of their study time.

In this newsletter, we'll explore practical strategies such as retrieval practice, flashcards, and elaboration to help your child revise effectively.

How Memory Works

The brain processes and stores information in different ways. When students learn something new, it first enters their short-term memory. To ensure it moves into long-term memory—where it can be recalled later—students need to engage with the material regularly and in meaningful ways.

Simply reading notes or highlighting text is not enough. These techniques are passive, meaning they do not challenge the brain to retrieve information, making it less likely that knowledge will be retained for the exam. While highlighting can help identify key points, it does not reinforce understanding. Instead, students should focus on active revision methods like self-testing, explaining concepts aloud, and practicing exam questions.



How You Can Support Your Child's Revision

1. Encourage Retrieval Practice: Testing Knowledge

Retrieval practice involves recalling information from memory without looking at notes. This strengthens the ability to remember information in exams.

How to support your child:

Encourage them to close their books and try to recall key points from memory.

Help by asking them past paper questions or creating quizzes.

Discuss topics together, asking them to explain concepts to you.

2. Use Flashcards: Spaced Repetition

Flashcards are an excellent way to reinforce learning, especially when used with the spaced repetition technique. This involves reviewing information at increasing intervals to strengthen memory retention.

How to support your child:

Suggest they write questions on one side of the card and answers on the other.

Help them sort flashcards into “known” and “unknown” piles, focusing more on challenging topics.

Introduce digital apps like Anki or Quizlet to automate spaced repetition.

Examples of Effective vs. Ineffective Flashcards:

How to create effective Flashcards:

✓ Good Flashcard Example:

Front: What is the formula for calculating acceleration? Back: Acceleration = Change in velocity ÷ Time taken ($a = \Delta v/t$)

✓ Good Flashcard Example:

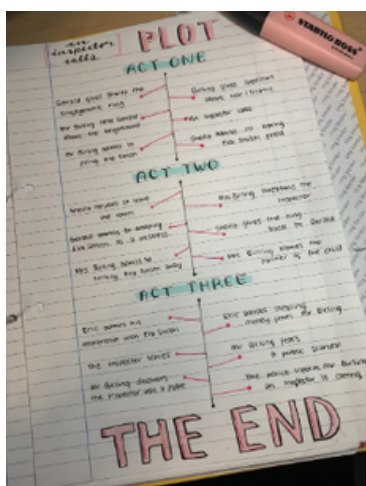
Front: Explain the key differences between mitosis and meiosis. Back: Mitosis: Produces two identical daughter cells, for growth/repair. Meiosis: Produces four genetically unique cells, for reproduction.

✗ Bad Flashcard Example:

Front: Acceleration Back: The rate of change of velocity. (Too vague, lacks depth for recall.)

✗ Bad Flashcard Example:

Front: Mitosis and meiosis are different. Back: Yes, they are. (Not useful for understanding.)



3. Promote Elaboration: Making Connections

Elaboration involves explaining concepts in detail and making connections between different ideas, which helps deepen understanding and improve recall.

How to support your child:

Ask them to explain topics aloud as if they were teaching you.
Encourage them to relate new information to things they already know.
Use 'why' and 'how' questions to help them explore topics in depth.

Examples of Elaboration Across Subjects:

Examples of Elaboration Across Subjects:

✓ Science Example:

Topic: The structure of the heart

Elaboration: "The left ventricle has a thicker wall than the right because it needs to pump blood all around the body, while the right ventricle only pumps blood to the lungs. This links to the function of arteries, which have thick muscular walls to withstand high pressure."

✓ Maths Example:

Topic: Pythagoras' Theorem

Elaboration: "Pythagoras' Theorem applies only to right-angled triangles, which means if I see a question about a sloped roof or a ladder against a wall, I should check if it's a right-angled triangle before using the formula."

✔ English Literature Example:

Topic: Themes in 'Macbeth'

Elaboration: "The theme of ambition is central to Macbeth's downfall. Shakespeare shows this through his changing relationship with Lady Macbeth. At first, she pushes him to commit murder, but later, guilt consumes them both. This links to the idea of fate and free will in the play."

✔ History Example:

Topic: Causes of World War I

Elaboration: "Militarism was a key cause of WWI because it led to an arms race between Britain and Germany. This links to the alliances formed before the war, where countries built up their armies to protect their allies, increasing tensions."

4. Practice with Past Exam Papers

Practicing past papers is one of the best ways to prepare for exams. It helps students familiarize themselves with question formats, time management, and the types of answers expected.

Where to Find Past Papers:

BBC Bitesize (www.bbc.co.uk/bitesize) – Provides past paper questions with explanations.

Exam Board Websites:

- AQA (www.aqa.org.uk)
- Edexcel (qualifications.pearson.com)
- OCR (www.ocr.org.uk)

Revision Websites:

- Physics & Maths Tutor (www.physicsandmathstutor.com) – Offers free past papers for various subjects.
- Save My Exams (www.savemyexams.com) – Includes worked solutions and revision notes.

Final Tips for Supporting Your Child

Help them plan their revision: (Include an image of a well-structured revision timetable.) Assist in creating a realistic timetable, ensuring all subjects are covered.

Encourage a balanced routine: Remind them to take breaks, exercise, and get enough sleep to maintain focus.

Simulate exam conditions: Set up practice sessions under timed conditions to build their confidence and reduce anxiety.

By using these strategies, you can support your child in strengthening their learning, boosting their confidence, and achieving their best possible results in their GCSE exams. Your encouragement and involvement can make a significant difference. Good luck to your child!

GCSE Summer Timetable 2025

DATE	AM/PM	DURATION	BOARD	PAPER	TITLE
08/05/2025	AM	1hr 30	Edexcel	BSP03	BTEC Sport
08/05/2025	AM	1h 30m	WJEC	C690U30-1	Drama Written Paper
09/05/2025	AM	1h 45m	AQA	8192/1	Sociology Paper 1
09/05/2025	PM	1h 45m	AQA	8132/1	Business Paper 1
12/05/2025	AM	1h 45m	AQA	8702/1	English Literature Paper 1: Shakespeare & the 19th century novel
12/05/2025	PM	1h 30m	OCR	J277/01	Computer Science Paper 1
13/05/2025	AM	1h 15m	OCR	R038/01	Engineering Written Paper
13/05/2025	PM	1h 45m	AQA	8461/1F	Biology Paper 1 - Foundation
13/05/2025	PM	1h 45m	AQA	8461/1H	Biology Paper 1 - Higher
13/05/2025	PM	1h 15m	AQA	8464/B/1F	Combined Science Paper 1 Biology - Foundation
13/05/2025	PM	1h 15m	AQA	8464/B/1H	Combined Science Paper 1 Biology - Higher
14/05/2025	AM	1h 30m	AQA	8035/1	Geography Paper 1
15/05/2025	AM	1h 30m	Edexcel	1MA1/1F	Mathematics 1 : Non Calculator - Foundation
15/05/2025	AM	1h 30m	Edexcel	1MA1/1H	Mathematics 1 : Non Calculator - Higher
16/05/2025	AM	1h 20m	Edexcel	1H10 1.1	History: Medicine in Britain
16/05/2025	PM	1h 45m	AQA	8132/2	Business Paper 2
19/05/2025	AM	1h 45m	AQA	8462/1F	Chemistry Paper 1 - Foundation
19/05/2025	AM	1h 45m	AQA	8462/1H	Chemistry Paper 1 - Higher
19/05/2025	AM	1h 15m	AQA	8464/C/1F	Combined Science Paper 1 Chemistry - Foundation
19/05/2025	AM	1h 15m	AQA	8464/C/1H	Combined Science Paper 1 Chemistry - Higher
19/05/2025	PM	1h 15m	AQA	8582/1	PE Paper 1
19/05/2025	PM	1hr	OCR	J587/01	PE Paper 1: Physical Factors Affecting Performance
19/05/2025	PM	45m	AQA	8648/LH	Urdu Listening - Higher
19/05/2025	PM	1h	AQA	8648/RH	Urdu Reading - Higher
20/05/2025	AM	2h 15m	AQA	8702/2	English Literature Paper 2: Modern Texts And Poetry
20/05/2025	PM	1h 15m	OCR	R057/01	Child Development: Health and well-being for child development.
20/05/2025	PM	1h 30m	OCR	J277/02	Computer Science Paper 2
20/05/2025	PM	1h 45m	AQA	8192/2	Sociology Paper 2
21/05/2025	AM	35m	AQA	8658/LF	French Listening - Foundation
21/05/2025	AM	45m	AQA	8658/LH	French Listening - Higher
21/05/2025	AM	45m	AQA	8658/RF	French Reading - Foundation
21/05/2025	AM	1h	AQA	8658/RH	French Reading - Higher
21/05/2025	PM	1h 15m	OCR	R067/01	Enterprise & Marketing Concepts
22/05/2025	AM	1h 45m	AQA	8463/1/F	Physics Paper 1 - Foundation
22/05/2025	AM	1h 45m	AQA	8463/1/H	Physics Paper 1 - Higher
22/05/2025	AM	1h 15m	AQA	8464/P/1F	Combined Science Paper 1 Physics - Foundation
22/05/2025	AM	1h 15m	AQA	8464/P/1H	Combined Science Paper 1 Physics - Higher
22/05/2025	PM	45m	Edexcel	1AA0 1H	Arabic Listening - Higher
22/05/2025	PM	1h 05m	Edexcel	1AA0 3H	Arabic Reading - Higher
23/05/2025	AM	1h 45m	AQA	8700/1	English Language Unit 1: Explorations In Creative Reading And Writing
02/06/2025	AM	45m	AQA	8633/LH	Italian Listening - Higher
02/06/2025	AM	1h	AQA	8633/RH	Italian Reading - Higher
02/06/2025	AM	1h 15m	AQA	8648/WH	Urdu Writing - Higher
02/06/2025	PM	45m	Edexcel	1JA0 1H	Japanese Listening - Higher
02/06/2025	PM	1h 05m	Edexcel	1JA0 3H	Japanese Reading - Higher
03/06/2025	AM	1h 25m	Edexcel	1AA0 4H	Arabic Writing - Higher
03/06/2025	AM	45m	Edexcel	1PG0 1H	Portuguese Listening - Higher
03/06/2025	AM	1h	Edexcel	1PG0 3H	Portuguese Reading - Higher
03/06/2025	AM	45m	Edexcel	1RU0 1H	Russian Listening - Higher
03/06/2025	AM	1h 05m	Edexcel	1RU0 3H	Russian Reading - Higher
03/06/2025	PM	45m	AQA	8638/LH	Bengali Listening - Higher
03/06/2025	PM	1h	AQA	8638/RH	Bengali Reading - Higher
03/06/2025	PM	45m	AQA	8683/LH	Punjabi Listening - Higher
03/06/2025	PM	1h	AQA	8683/RH	Punjabi Reading - Higher
03/06/2025	PM	45m	AQA	8688/LH	Polish Listening - Higher
03/06/2025	PM	1h	AQA	8688/RH	Polish Reading - Higher
04/06/2025	AM	1h 30m	Edexcel	1MA1/2F	Mathematics 2 : Calculator - Foundation

GCSE Summer Timetable 2025

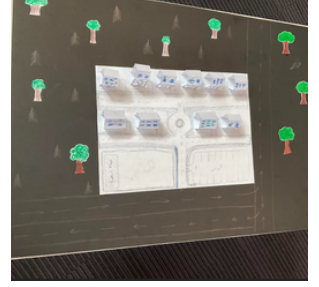
04/06/2025	AM	1h 30m	Edexcel	1MA1/2H	Mathematics 2 : Calculator - Higher
04/06/2025	PM	1h 15m	OCR	R032/01	Health & Social Care: Essential values of care for use with individuals in care settings
05/06/2025	AM	1h 50m	Edexcel	1H10 2J	History: American West, Anglo-Saxon and Norman England
05/06/2025	PM	1h	AQA	8658/WF	French Writing - Foundation
05/06/2025	PM	1h 15m	AQA	8658/WH	French Writing - Higher
06/06/2025	AM	1h 45m	AQA	8700/2	English Language Unit 2: Writers' Viewpoints And Perspectives
06/06/2025	PM	1h 30m	AQA	8035/2	Geography Paper 2
09/06/2025	AM	1h 45m	AQA	8461/2F	Biology Paper 2 - Foundation
09/06/2025	AM	1h 45m	AQA	8461/2H	Biology Paper 2 - Higher
09/06/2025	AM	1h 15m	AQA	8464/B/2F	Combined Science Paper 2 Biology - Foundation
09/06/2025	AM	1h 15m	AQA	8464/B/2H	Combined Science Paper 2 Biology - Higher
09/06/2025	PM	1h 15m	AQA	8633/WH	Italian Writing - Higher
09/06/2025	PM	1h 15m	AQA	8582/2	PE Paper 2
09/06/2025	PM	1h	OCR	J587/02	PE Paper 2: Socia-Cultural Issues & Sports Psychology
10/06/2025	AM	1h 25m	Edexcel	1JAO 4H	Japanese Writing - Higher
10/06/2025	AM	35m	AQA	8698/LF	Spanish Listening - Foundation
10/06/2025	AM	45m	AQA	8698/LH	Spanish Listening - Higher
10/06/2025	AM	45m	AQA	8698/RF	Spanish Reading - Foundation
10/06/2025	AM	1h	AQA	8698/RH	Spanish Reading - Higher
10/06/2025	PM	1h 30m	Edexcel	1H10 3I	History: Weimar and Nazi Germany
11/06/2025	AM	1h 30m	Edexcel	1MA1/3F	Mathematics 3 : Calculator - Foundation
11/06/2025	AM	1h 30m	Edexcel	1MA1/3H	Mathematics 3 : Calculator - Higher
11/06/2025	PM				Contingency Afternoon
12/06/2025	AM	1h 15m	AQA	8638/WH	Bengali Writing - Higher
12/06/2025	AM	1h 30m	AQA	8035/3	Geography Paper 3
12/06/2025	PM	1h 45m	AQA	8365/1	Further Maths 1
12/06/2025	PM	1hr 15m	AQA	8683/WH	Punjabi Writing - Higher
12/06/2025	PM	1h 20m	WJEC	5409UB0-1	Hospitality & Catering Written Paper
12/06/2025	PM	1h 25m	Edexcel	1RU0 4H	Russian Writing - Higher
13/06/2025	AM	1h 45m	AQA	8462/2F	Chemistry Paper 2 - Foundation
13/06/2025	AM	1h 45m	AQA	8462/2H	Chemistry Paper 2 - Higher
13/06/2025	AM	1h 15m	AQA	8464/C/2F	Combined Science Paper 2 Chemistry - Foundation
13/06/2025	AM	1h 15m	AQA	8464/C/2H	Combined Science Paper 2 Chemistry - Higher
13/06/2025	PM	1h 15m	AQA	8688/WH	Polish Writing - Higher
13/06/2025	PM	1h 20m	Edexcel	1PG0 4H	Portuguese Writing - Higher
16/06/2025	AM	1h 15m	AQA	8464/P/2F	Combined Science Paper 2 Physics - Foundation
16/06/2025	AM	1h 15m	AQA	8464/P/2H	Combined Science Paper 2 Physics - Higher
16/06/2025	AM	1h 45m	AQA	8463/2/F	Physics Paper 2- Foundation
16/06/2025	AM	1h 45m	AQA	8463/2/H	Physics Paper 2 - Higher
16/06/2025	PM	1h 15m	WJEC	C66OU30-1	Music: Component 3
17/06/2025	AM	1h	AQA	8698/WF	Spanish Writing - Foundation
17/06/2025	AM	1h 15m	AQA	8698/WH	Spanish Writing - Higher
18/06/2025	PM	1h 45m	AQA	8365/2	Further Maths 2
25/06/2025	AM				Contingency Day
25/06/2025	PM				Contingency Day

More information regarding exams can be found on our website:
<https://www.lealands.luton.sch.uk/exams>

Year 10 Explore Construction Industry with Wates

By Ms Griffiths

Wates construction company came in to work with our Year 10 students, providing them with a first-hand insight into what it's like to work for their company in a range of job roles, whilst building students' confidence to apply key employability skills that they will need for a successful future. The work experience workshop included practical activities based on real life scenarios and challenges that Wates faces today.



DID YOU KNOW?

Weekly individual tuition is available from an experienced tutor on the following instruments at **LEALANDS HIGH SCHOOL**



If you are interested and would like your child to be considered for one of the limited tuition slots available, please send an email to receive further details:

gccmusic1@gmail.com

Exploring the World of Work: Year 10 Work Experience

In February, our Year 10 students embarked on an exciting journey into the world of work, participating in a week-long work experience program. This opportunity allowed them to step out of the classroom and into diverse professional environments, providing valuable insights into potential career paths and the skills required in various fields.

Throughout the week, our students gained firsthand experience, from understanding workplace dynamics to enhancing their communication and teamwork skills. Their individual testimonials reflect the unique and enriching experiences they encountered, highlighting both the challenges and triumphs they faced in their respective placements.

We are incredibly proud of our students' enthusiasm and dedication, and we invite you to read their personal stories to discover the impact this experience has had on their future aspirations.

"We wanted to work with cars and found a placement as a mechanic's assistant for Clutch Master and Jamoy Autoworks on Sundon Park Road.

We worked on a variety of cars replacing clutches, brake pads, discs, and tyres. We also had the chance to observe mechanics and answer telephone queries on potential car problems.

We really enjoyed our work experience and both garages were really friendly and helpful giving us advice on how to pursue a career in mechanics".

By Tyler & Alexis - Clutch Master, Jamoy Autoworks



"I worked at Currys as I wanted to work in retail with technology.

It was really interesting and I learnt lots of new skills, including the importance of customer service. I helped put out stock on the shop floor, I also installed TV's and computers.

I would recommend Curry's to anyone who wants to learn about working in retail and sales".

By Muhammad S. - Currys



"I had the opportunity to work at Tiptop Fashion which specialises in selling trainers, sport wear and designer clothes.

I really enjoyed my experience as I learnt so much about how a business operates and how to deal with customers confidently. I also helped with stock taking and I would love to do this again".

By Darius P. - Tip Top Fashion



"I worked at Keech Hospice as I wanted to know how a charity runs and operates.

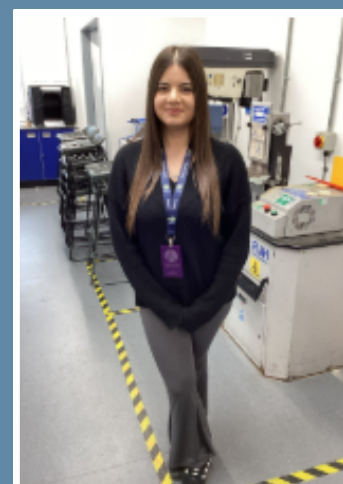
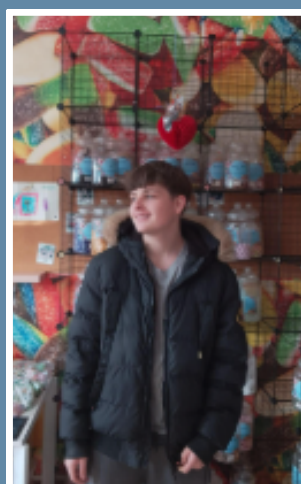
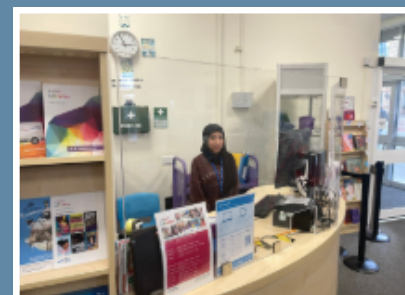
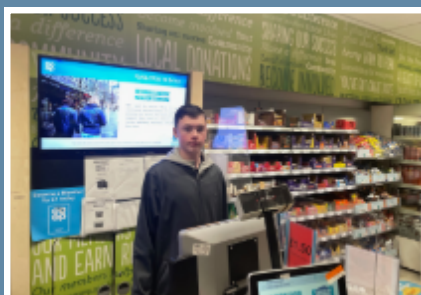
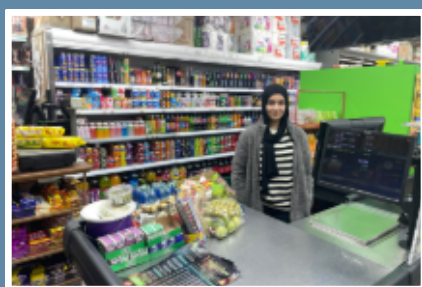
I learnt so many new skills such as handling goods, pricing and dealing with customer queries. I also had the chance to be trained to use their tills and update their stocks.

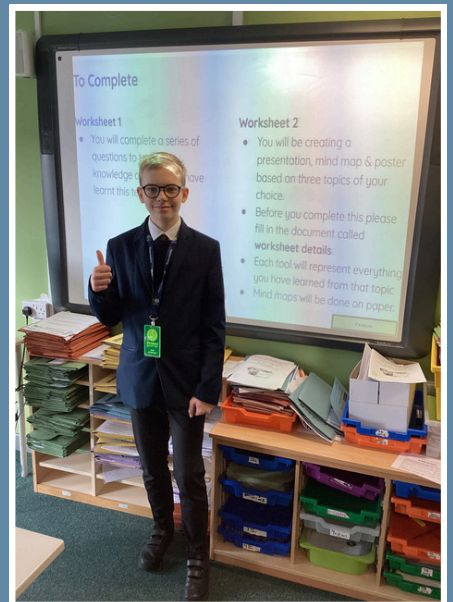
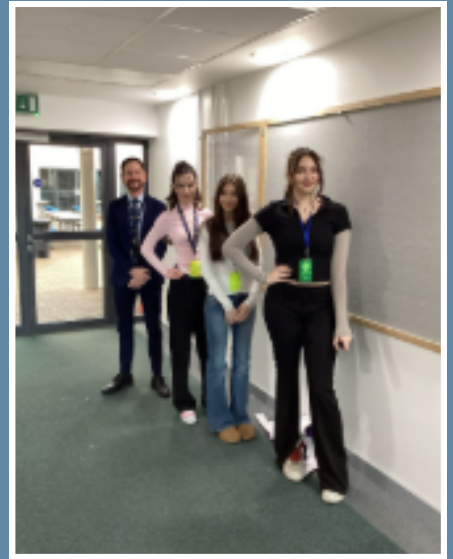
I really enjoyed working at Keech and supporting my local charity".

By Kiera S. - Keech Hospice



Take a glimpse into the work experience week through more photos of our Year 10s actively engaging in their placements!





To Complete

Worksheet 1

- You will complete a series of questions to test your knowledge of what you have learnt this term.

Worksheet 2

- You will be creating a presentation, mind map & poster based on three topics of your choice.
- Before you complete this please fill in the document called worksheet details
- Each tool will represent everything you have learned from that topic.
- Mind maps will be done on paper.

Medical Advice

Drinking Water

It is very important to ensure that we do not dehydrate. As well as keeping our bodies fit and healthy, it will also help keep concentration levels higher and therefore improve performance at school.

Can you please ensure that your son/daughter brings a bottle of water with them to school – this can be refilled at the water fountain. Any fizzy drinks or energy drinks WILL BE CONFISCATED.

Spare cups are not available from the medical room.



Medicines in School

Prescription medicines MUST be supplied to the Medical Room in a container labelled by the pharmacist.

All other medicines must be provided in their original packaging.

All medicines held and dispensed by the Medical Room must have a parent's/carer's written consent.

Medication prescribed for 1 / 2 / 3 doses a day should not normally require administration during the school day, unless times specifically stated by GP. The medication should generally be taken at the following times:

1) before school 2) on arrival home from school 3) before bedtime

Coping with Hay Fever

Please ensure your child takes their medication before they come to school (e.g. antihistamines, eye drops, nasal sprays, etc).

Spare medication may be left in the Medical Room for emergencies. All medicines held and dispensed by the medical room, must be provided in their original packaging and must have a parent/carer's written consent.

Please ensure that your child has ample supplies of tissues. A little pot of Vaseline is also useful – your child can dab a little under his/her nose to provide a lubricating barrier to the constant irritation from blowing and rubbing.

Paracetamol

Paracetamol can only be given to students who have returned their permission slip. Tablets will only be given at break, lunch time and at change of lesson, unless the student suffers with a migraine or is on the Medical List.

Students are discouraged from carrying pain relief tablets. If students are caught carrying medication in school, the tablets will be confiscated and the Senior Leadership Team will be informed.

Enterprise and marketing trip

By Mr Trotter, Teacher of Enterprise & Marketing

"Students explored cutting-edge technology and honed essential digital skills at BT Group, preparing them for the future workplace."

The Business Department took a group of enterprise and marketing students to the BT Group offices in Aldgate, London. As part of the BT Work Ready Programme, students engaged in a range of fun activities helping them understand their existing skill set and identify the skills they'd like to develop. They got to know some of their peers and understand the importance of teamwork, before exploring the BT Group offices and some of the latest tech innovations that are changing lives every day.

They also had a chance to hear about the BT staff's own education pathways. Students then learnt about a range of different careers and explored how they are already developing digital and personal skills, which are essential in the modern workplace.

Finally, students got a taste of innovative technology at the heart of BT Group, as they watched a virtual tour of BT Aurora Future Zone that contained some of the cutting-edge technology that will shape the future world. Students then put their digital skills into action and come up with their own product ideas before presenting them to their peers. The students did an amazing job of presenting back to the other schools who were involved in the day.



A Magical Journey: Lealands High School's Production of The Wizard of Oz!

Lealands High School recently delighted audiences with its annual production, which this year was *The Wizard of Oz*. The show spanned three evenings and included two special matinee performances for our local primary schools.

Our talented cast and crew dedicated countless hours to bring this well loved classic to life. From the vibrant costumes and set design to the captivating performances, every element contributed to an unforgettable experience. The audience was whisked away on Dorothy's (Shayla) magical journey, following the Yellow Brick Road alongside her loyal companions – the Scarecrow (Jessica), Tin Man (Jahzel), and Cowardly Lion (Kalel) – as they encountered the wonders and challenges of the Land of Oz.

The matinee shows provided a special treat for local primary school children, who were captivated by the adventure and inspired by the performances of their older peers.

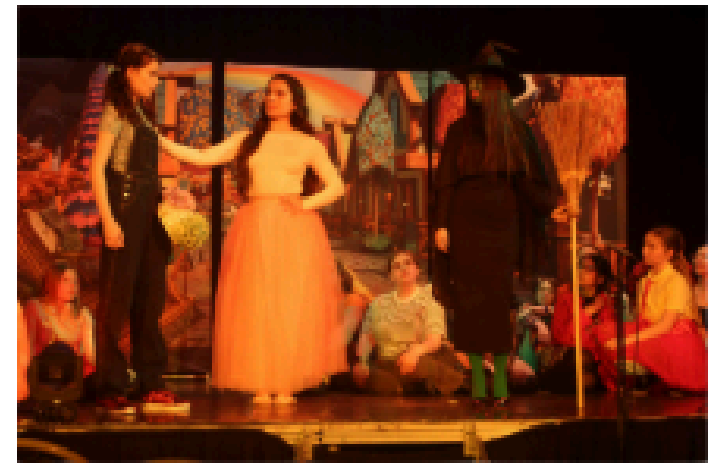
A special thanks to our dedicated performing arts staff whose support and hard work behind the scenes made this production possible. Their commitment to fostering creativity and enthusiasm in our students is truly invaluable.

Congratulations to our amazing cast and crew for their outstanding performances and to everyone involved in making *The Wizard of Oz* a resounding success. We are incredibly proud of our students' accomplishments and look forward to seeing where their passion for the arts will take them next!

We extend our sincere thanks to everyone who came to watch and support our production. Your presence and encouragement are invaluable to our students and play a significant role in the success of our events. We hope to see you again soon!

For more photos from our fabulous show, please visit the [Gallery Page](#) of our school website.





BREAKFAST BATTERY BOXES



Looking for a
healthy, hearty
breakfast during the
holidays?



Easter 2024 HOLIDAYS COLLECTION DATES:

Tuesday 7th and Thursday 9th April 2025 9:30am-11:00am

Monday 14th and Wednesday 16th April 2025 9:30am-11:00am

If you need support visit our hub at:

Sundon Park Baptist Church, 244 Sundon Park Road,

Luton, LU3 3AL

#FIGHTINGHOLIDAYHUNGER

If you wish to donate

ITEMS WE NEED: Cereal, Long-Life Milk, Bread/Bagels,
Jam/Spreads, Fruit Juice/Squash, Baked Beans, Eggs,
Pancake Mix/Flour, Fresh Fruit, Treats

Thank You



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breakfastbatteryboxes@gmail.com

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