

SCHOOL NEWSLETTER | MAY 2024

# LEALANDS NEWS

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## IN THIS ISSUE...

DATES FOR  
YOUR DIARY

GREASE YOUNG  
@HEART

SONNY & STORM  
OUR FURRY  
THERAPISTS!

SPORT:  
CELEBRATING  
SUCCESS!

PLUS MORE...






**Lealands**  
High School

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Find us on  |  @Lealandshigh |  @LealandsHigh

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*Excellence*

*Responsibility*

*Respect*

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# INTRODUCTION

FROM HEADTEACHER, MR BURRIDGE

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Dear Parent/Carer,

The Summer term is well and truly here and our Year 11 students are in the midst of their GCSE exams. Their effort and dedication has been fantastic and we hope that this really pays off for them when they receive the results in August. There is still a long way to go with many many exams still to take place so we are hopeful they can maintain their high levels of motivation and energy to the end.

It has been a real joy to host the recent Evenings of Excellence and we are looking forward to more coming soon. These are an opportunity to showcase excellent work and achievements in year groups to parents/carers and hear about all the positive work going on. I hope you are able to join us for one of these if you haven't already – it is a great opportunity to visit the school and experience our excellence!

Lots more trips and activities have been taking place this term. The Newsletter has a great section about Breis (rapper/author/poet) visiting the School and, in addition, we have had visits to the British Library, Whipsnade Zoo, an art trip to 'Frameless' in London, Woburn for the G4D Open golf Championship, a history trip to the Imperial War Museum and various groups rewarded with an afternoon of bowling.

Preparations are now well underway to welcome our new students joining in September. Lealands has again proved a popular choice and we will be embarking on our extensive programme of transition work shortly.

I want to thank all the parents and students who completed the recent annual survey. Your views are really important to us as we always strive for excellence and continually improve. A very large number of parents responded this year which is fantastic and although, as will always be the case, there is some constructive feedback which we will take on board to further improve, the overall levels of parental satisfaction are extremely high. Below are just a few of the very positive response for which we are very grateful and spur us on to continue doing our very best:-

- *'Thank you so much all teachers and headteachers for your hard work and support'*
- *'Keep doing your good work , support children and parents  
THANK you!'*

# INTRODUCTION

FROM HEADTEACHER, MR BURRIDGE (CONT'D)

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- *'Very supportive teachers and SEN'*
- *'Keep the Good work'*
- *'My child has had a great time at Lealands and the teachers have positively influenced her progress.'*
- *'Thanks for everything for taking care of my boy...'*
- *'Am really pleased with the revision classes and they have boosted my child's performance'*
- *'I am very grateful for the help and protection the school offers to my child'*
- *'Very happy with the school.'*
- *'You doing good job keep it up'*
- *'My child is happy in the school.'*
- *'You are working in good way.'*
- *'Thank you'*

Thank you to everyone for your continued support.

Our senior leaders have recently begun working with staff and setting out our goals and plans for the coming academic year. Our key focus will be continuing the journey of excellence, enabling and supporting all students to rise to and achieve excellent standards. There will be an even greater focus on teaching our students what behaviours are and are not helpful to them and their community. As well as helping them all to be happy and successful.

Finally, a reminder about uniform. We always try to keep the costs of uniform as reasonable as possible, allowing most items to be sourced independently of the School's suppliers. We work with some families to support with this and will always do our utmost to ensure no child is disadvantaged in school. As the Summer has begun, we are increasingly seeing some parents allowing their children to attend school in skirts that are not of a suitable style/length for school as well as a few other uniform issues. We want to be fair and consistent with all students and this is not possible to achieve without the support of parents/carers making sure their children follow the uniform policy. Please do make sure your child comes to school dressed appropriately and with the right equipment.

With best wishes,

**Mr Burridge**  
**Headteacher**

## DATES FOR YOUR DIARY

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### SAVE THE DATE:

<b>Half Term Begins:</b>	Monday 27th May 2024
<b>Summer Term 2 Begins:</b>	Monday 3rd June 2024
<b>Valencia - Parental Information Evening</b>	Tuesday 4th June 2024
<b>Year 9 Evening of Excellence:</b>	Wednesday 12th June 2024
<b>Year 7 Evening of Excellence:</b>	Wednesday 19th June 2024
<b>Year 11 Leavers Assembly:</b>	Thursday 20th 2024
<b>Careers Fair:</b>	Friday 21st June 2024
<b>New Year 7 Transition Evening:</b>	Wednesday 26th June 2024
<b>Year 11 Prom:</b>	Thursday 27th June 2024
<b>Valencia Trip Departs:</b>	Sunday 30th June 2024
<b>Year 7 Sports Day:</b>	Monday 1st July 2024
<b>Year 8 Sports Day:</b>	Tuesday 2nd July 2024
<b>Year 9 Sports Day:</b>	Wednesday 3rd July 2024
<b>Year 10 Sports Day:</b>	Thursday 4th July 2024
<b>New Year 7 Transition Day:</b>	Friday 5th July 2024
<b>Experience Day:</b>	Thursday 11th July 2024
<b>End of Summer Term:</b>	Friday 19th July 2024

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### TERM DATES:

<b>Summer Term:</b>	Monday 15th April 2024 - Friday 19th July 2024
<b>Half Term:</b>	Monday 27th May - Friday 31st May 2024
<b>Autumn Term:</b>	Wednesday 4th September - Friday 20th December
<b>Half Term:</b>	Friday 25th October - Friday 1st November 2024

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### STAFF TRAINING DAYS - SCHOOL CLOSED:

Monday 2nd September 2024  
Tuesday 3rd September 2024  
Friday 25th October 2024

Full academic term dates for 2023-2024 and 2024-2025 can be found on the school website: <https://www.lealands.luton.sch.uk/termdates>

## VALUE OF THE MONTH

May 2024

"Equality"



Treating each other equally whatever our similarities or differences is part of showing *respect*.

# GREASE YOUNG@HEART:

LEALANDS' ELECTRIFYING SCHOOL PRODUCTION!



In the week leading up to the Easter break, Lealands proudly presented its school production of 'Grease Young@Heart'!

Months of dedication and rehearsals culminated in unforgettable performances by our incredibly talented cast. From the anticipation building up to show week to the exhilarating moments on stage, each performance captivated audiences with its

energy and charm. With five shows over three days, including special matinées for our local primary schools, our students left audiences wowed with their stellar singing, dancing, and acting. Every member of the cast poured their heart and soul into their roles, showcasing their remarkable talents and leaving us bursting with pride. But above all, what truly shone through was the joy and camaraderie shared by all involved.



A heartfelt thank you goes out to our Performing Arts Department for orchestrating the show, our talented cast, diligent stage hands and technical support team. To everyone who

came to support our show, thank you - we hope you all enjoyed it as much as we did!

For additional photos from the show, simply head over to the [Gallery page](#) of our school website.



## DUKE OF EDINBURGH AWARD



As the expedition season is upon us, our DofE participants will start to learn the vital skills needed to complete a successful walking and camping trip. Navigation, campcraft and cooking will all be covered over the next few weeks in the lead up to our Bronze Expedition at the end of June.

Students may have seen Zoe selling her fantastic homemade cards in the Atrium last week. Zoe was raising money for the Downs Syndrome Association as part of her DofE Award. The cards were beautiful and sold out on the first day, so Zoe had to make a new batch that night ready for day two! Again all her cards were snapped up. A fantastic effort, well done Zoe!

Other participants are doing equally fantastic work as part of their Award. We have a Year 7 basketball event being planned; a student giving maths tuition; another volunteering at a local Food Bank to mention just a few of the things taking place to benefit our school and community.

Miss Walker has been working hard planning the Intro to DofE for Year 8 students. We will be taking students out of school for a day of fun, where we will be explaining more about the Award and explaining how they can take part next year.





# MY DofE JOURNEY

BY ZOE, YEAR9



I am at the beginning of my Duke of Edinburgh journey. As part of my Bronze Award I decided to design and make cards that can then be sold on behalf of a charity.

My first challenge was to design cards that would have a broad appeal for all ages of people and could cater for any occasion. I chose craft appliques that could give the cards a 3D effect, adding depth to the card and a delicate look. Over a period of 12 weeks I would make the cards every weekend for over an hour at a time. I really enjoyed making these cards as I love crafting, I would watch a film and get

immersed into the making.

12 weeks later and I had made 50 cards, I then decided to sell these cards for a charity extremely close to my and my family's heart, the Downs Syndrome Association. I decided on charging £2 for a card and advertised when and where I was going to sell them. The day arrived and I set up my card stall ensuring every card could be visible. I couldn't believe the amount of support I had received from everyone.

After 2 days of selling the cards I had raised £96.00, an amazing amount of money for a fantastic charity.



## EXTRA-CURRICULAR CLUBS & ACTIVITIES

Lealands boasts an exciting array of clubs and extracurricular activities. Whether you're interested in sports, arts or academic enrichment, there's something for everyone! For more details and to sign up, please contact the department or staff member running the club.

Department	Club/activity	When?	Where?	Who?
Languages	Extended Learning Support Club	Tuesday	Languages Department	Languages Staff
Student Support	Break & Lunch Club	Every day, every KS3 & KS4 break and lunch times	Student Support	All Student Support Staff
Student Support	Breakfast Club	Every morning, 8-9am	Dining Hall	KS4 LSA's
Student Support	Extended Learning Club	Every tuesday, wednesday & thursday, 3-4pm	LRC	KS3 LSA's
Performing Arts	KS3 Drama Club	Tuesday lunch	PA 3	Mrs Woolmer-Brennan
Performing Arts	Dance Co	Tuesday after school	Dance Studio	Mrs Fellows
Maths	Extended learning club	Tuesday After school	Maths 1	Mrs Leigh
Maths	Further Maths	Friday after school	Maths 6	Mr Mason
Maths	Board Game Club	Thursday after school	Maths 4	Mr Turner / Mr Hussain
PE	Rounders	Tuesday 3-4:20	Field	
	Athletics	Wednesday 3-4:20		
	Cricket	Thursday 3-3:10		
Design Technology	Craft Club	Tuesday 3-4pm	Tech 3 / Tech 4	KS3 students
History	Horrible Histories Club	Tuesday ks3 lunch	Humanities 5	KS3 students
English	Creative Writing Club for KS3	Monday lunchtime	English 8	Miss Bianchi - KS3 Students
Science	Chess club	Thursday 3-4pm	Science 2	Mr Brennan
Art	Art Club	Tues 3-4pm	Art 1	Mrs Ward-Lindsay
Art	KS4 Art Club	Wed 3.20 - 4.30pm	Art 2	Mrs Reason

# INSPIRING MINDS: A DAY WITH AUTHOR, 'BREIS'!

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Following on from Literacy Week, where the theme was poetry, Lealands was very excited to invite poet/rapper/author Breis to deliver an assembly to our year 8 students about his journey to becoming an author. Breis then ran workshops on creative writing with some of our year 7 and 8 students. Breis was also available during break time for students to ask him questions and for any book purchases and signing. It was an extremely successful day and we thank all of those who were involved - you were a credit to our school!

## **BREIS ASSEMBLY, BY ELIJAH AKORA, YEAR 8**



Breis, the rapper who came to our school, told us about how his stage name Breis had many acronyms, like 'Brother Reaching Each Inner Soul' or 'Brilliant Rappers Educate Intelligent Students'. He told us that he grew up in a Nigerian household and was expected to become a doctor or one of the more academic jobs, but Breis felt a passion for making music. He knew his mum wouldn't be very happy, he told her and she took it well, but had very little faith in him, but he continued working on his passion for being a singer and he started making music. He mainly

wanted to pursue a music career because his science teacher said with his current grades he wouldn't pass his GCSEs and I recall Breis saying that it just inspired him even more to prove his teacher wrong. He already had a passion for music but this made him even more inspired and he fully locked into music and gave it all he had.

The assembly with the rapper Breis was very fun and interactive. My favourite part was when all of the year 8s got to sing one of his songs with him, with one side of the hall singing "Think big" and the other half singing "Think big now!"

## **BREIS WORKSHOP, BY MILEY COLE, YEAR 7**

I think it's fun and interesting to meet authors who have made an important career out of what they enjoy most and what they find fulfilling to them. It is also fun to learn how they may have had trouble when they were young, but managed to overcome it and build from what they found difficult. In my opinion it's very inspiring to see how Breis managed to make a career from his difficulties or from what he was good at.

# INSPIRING MINDS: A DAY WITH AUTHOR 'BREIS'!

(CONT'D)

It's refreshing to see how even when Breis started his music and writing career that he also struggled with nervousness and stage fright. Breis told a funny story about how he froze once during a singing competition. It helps me feel like I can be like that and help overcome my anxiety just like he managed to and even more to succeed.



During the workshop, we had to write

our own poem/rap and perform it to the class. Being at the workshop helped me expand my creativity into making lyrics, poems and stories and learning how to improve it. At the workshop, Breis helped me in expressing myself in a poetic manner about my life and to be able to write about my interests. I found it helpful for when I need to complete creative writing in my

English lessons.

Breis was also very kind and heard everyone's raps and encouraged everyone to overcome their stage fright/nervousness as sometimes opportunities don't come round again. He also listened to everyone's opinions, struggles and drafts and taught us how to overcome that burden that keeps us from reaching our goals. I enjoyed being able to hear everyone, work with my partner to be able to make my rap and support everyone there.

It was cool to see how Breis was able to travel to so many wonderful places just by doing something that he enjoys. When I grow up I want to also be able to do something I enjoy and travel places like how he is able to. The workshop helped me realise that although you might not be perfect at something, practising that certain hobby can help you improve and know more about it.

The workshop was really fun and it was nice to know about Breis and his life choices, career hobbies and his childhood as some children in the workshop may relate to what he had to say and use that to improve. He made it a cosy environment instead of it being boring and it was a great experience.



# INSPIRING MINDS: A DAY WITH AUTHOR 'BREIS'!

(CONT')

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It was scary to be able to read my poem in front of everyone, but I managed to beat that nervousness. Everyone listened and respected each other's poems. The workshop was wonderful and interesting and I'm excited to see what further ideas come to the author workshop and what other authors will come and visit us.

## EXAMPLES OF WORK FROM THE DAY

*When I was six I used to dream  
I dreamed of what I wanted to be  
I would watch a programme on a fearless girl,  
With hair she would like to twirl  
She wore a tiara on her head  
And that's when I decided that's where I'll head*

**By Sophie Robinson, Year 7**

*When I was three I was in Luton full of strife,  
So I moved to Leagrave hoping for a better life,  
Grew up Watching Adventure Time,  
Now trying to rap - collecting rhymes,  
For my future I want to get into palaeontology,  
But for that, I really need to study!*

**By Danny Bains, Year 7**

*I look up to my father, he's my idol  
He's a very busy man, he ain't idle.  
Dad stands above every individual  
He's smart with his words. How he does that is unthinkable.  
On a throne, he gives away kindness and soul  
From his heart, he digs up love like a mole.  
He throws out jokes like cheap muffins  
Covers up his problems like it's nothing  
King of my world, I'd happily be the Prince  
Playing Fortnite all day chasing crown wins.*

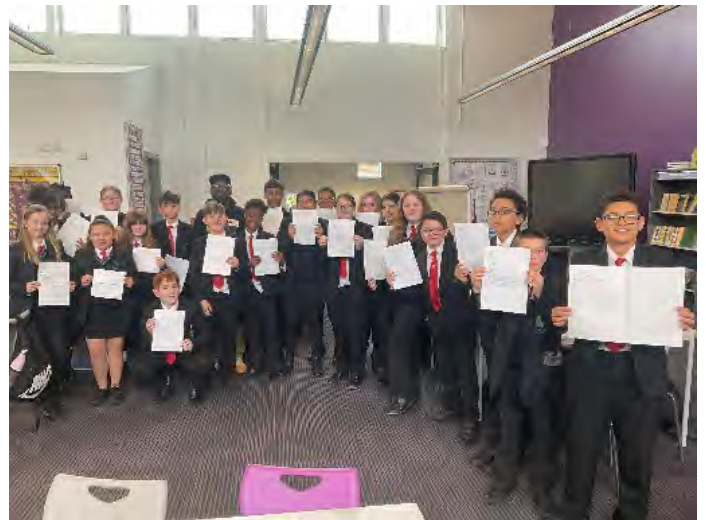
**By Jack Stathers, Year 8**

# INSPIRING MINDS: A DAY WITH AUTHOR 'BREIS'!

(CONT')

*There is one person that is real essential in a world of haters and lovers,  
Could've been a brother, cousin or someone other.  
But my heart and soul saw a goal in my mother.  
In a hell of a world holding a sword.  
The angel of my mother wouldn't stutter and make heaven with a word.  
To a normal one she's just another  
But for the ones that know, can see the world in a way that's other.*

**By Ashan Bangash, Year 8**



## BOOK REMINDERS!

The LRC is currently experiencing depleted stock. To avoid our bookshelves being empty, please can you return all overdue books. There will be no fines (or judgement!). We would appreciate and be thankful for all returns no matter how overdue. We will have an "Anonymous Book Returns" box situated in Matron's office for this. Thank you for your support.

# ACTIVE LEARN BADGES

The Languages Department would like to congratulate the following students for great effort on ActiveLearn during March. Despite it being a short half term, there are also 104 students who achieved E-Praise badges this month for their overall progress, with a total of 940 badges given since the start of the year. Well done to everyone mentioned!

ActiveLearn E-Praise Badges Awarded During March			ActiveLearn E-Praise Badges Awarded During March		
Bronze - 25%	Silver - 50%	Gold - 75%	Bronze - 25%	Silver - 50%	Gold - 75%
<b>Year 7</b>			<b>Year 8</b>		
Aaron G Acilay A Aleesha A Anwar K Ellis M Hendrix W Loki M Noah Y	Aditya A Amani C Amoya C Angel H Aswin R Bernadette N Cara K Chloe G Daniel G Elizabeta P Erin M Eva D Faris M Jaden W Jayden T Lexie A Naeem A Riley G Sneh M Sumayyah F Zainab M Zane M	Ammarah H Ilary S Kristina D Maham S Natasha P Noor I Ramani S Zane M  Platinum - 100% Faheem D  Extra Tasks Golden G	Adam R Bartosz K Christina P Jaylen G Layla M Markus O Peter R Ramani S	Aasiyah K Aiyanna W Alfie S Alina A Aliya T Ashan B Cole O Daniel W Ewan L Grace M Jai S Jayden A Lilly-Ray C Lucas N Luke A Maryanne I Renee S Senen T Sonia K Syeda F Zenat N	Abbie A Keron M Gabriel M Maha Iman A Ramani S Ewan L Eduard S  Platinum - 100% Samiha B  Extra Tasks Lithushan C

ActiveLearn E-Praise Badges Awarded During March		
Bronze - 25%	Silver - 50%	Gold - 75%
<b>Year 9</b>		
Fatima M Grace W Jahmario P Keeley B Millie S Ruby G	Aamir H Chloe J Chloe W Daria N Emma S Justin S Kiera S Kieran S Nicolas T Sonni M Wiktorija K	Rhys B Zoe D
<b>Year 10</b>		
		Carleigh M Faith T Fareed B Suhana C Tahlia G Tianna M

## SONNY & STORM OUR FURRY THERAPISTS!

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As previously communicated, Sonny and Storm joined Lealands in April. We initially decided to have 'school therapy rabbits' to pilot interventions focusing on the following areas:

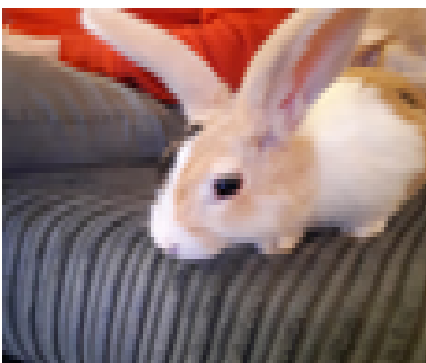
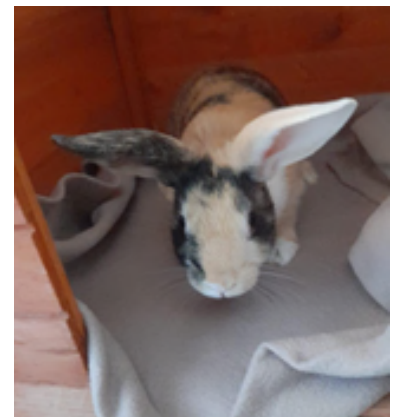
- Working on social skills and building positive relationships within nurture group sessions
- Providing a calming presence with pupils in 1:1 and small group sessions
- Providing motivation for pupils improving in literacy

Sonny and storm are based within the Student Support Department, where they work with a high number of students. We were predicting that Sonny and Storm would be popular members of the team but the whole department has been fascinated at just how much of a positive impact they have had.



Sonny and Storm will be a great support when someone is feeling down or anxious and just a cuddle from them will help to pick everyone up. Like all rabbits, they love playtime and they encourage students to get involved and participate with group activities. The Sonny and Storm club will be a very popular place to be at lunchtime and they will manage to engage even the quietest and shyest students to get involved and make new friends.

New to the Epraise shop will be 'Sonny and Storm time'. Students who have saved up enough Step points can use their points to spend at a tutor period with Sonny and Storm, either in a playful environment; the school field (weather permitting), the school garden or they can have some quiet time to relax and unwind.



Whatever students choose to do, it comes with a cake and a drink! Having school rabbits has had such a positive impact on the Student Support Department, the students that visit, and staff... we all need a bit of well-being sometimes!



# STAY SAFE AROUND WATER



**Bedfordshire**  
Fire & Rescue Service

 [bedsfire.gov.uk](http://bedsfire.gov.uk)  
 Southfields Road  
Kempston, Bedford  
MK42 7NR  
 [bedsfirealert.co.uk](http://bedsfirealert.co.uk)  
 @bedsfire

## Water Safety

Dear Parents and Guardians

As we are approaching the summer months following a particularly wet winter, I would like to provide some information and support in relation to water safety. Bedfordshire Fire & Rescue Service along with our partners including the Police and Local Authorities are regularly contacted by residents who are concerned for the safety of young people who are accessing water sites for leisure activities.

Popular areas for leisure activities include but not limited to;

Priory Marina – Bedford  
Wixams Lakes – Wixams  
Kempston Mill - Kempston  
Blue Lagoon – Arlesey  
River Ivel - Shefford  
Stewartby Lake – Forest of Marston Vale  
The Old Mill - Sandy  
The Riddy – Sandy

Unfortunately, accidental drownings happen all too frequently and even the strongest swimmers can find themselves in difficulties. There are also concerns for young and vulnerable people who may not be aware of the danger and risks that water poses.

As well as changes in water current and weather conditions, outdoor water can contain hazards such as entrapments, weeds, rubbish, drains, broken bottles and pollution. It is also difficult to judge the depth of water; shallow water can change to deep water quickly and jumping into shallow water could result in serious injury. In addition, cold water shock can also occur when jumping into a river or lake on a hot day.

Advice on water safety can be found on our website [www.bedsfire.gov.uk](http://www.bedsfire.gov.uk), in addition there is also a link to the Royal National Lifeboat Institution website which gives further advice on how to keep safe in water.

The fire service are unable to stop people swimming outside or in open water, but if you have concerns of anti-social behavior please report this to the Police non-emergency number on 101.

If someone is in trouble in the water and needs help in an emergency, please call 999.

Have a safe and enjoyable summer.

Kind Regards

Lauren McEvoy  
Community Safety Officer  
Bedfordshire Fire and Rescue Service



 EVERY CONTACT COUNTS

 WE'VE GOT YOUR BACK

 WE DARE TO BE DIFFERENT

 WE ARE ACCOUNTABLE

# CELEBRATING EXCELLENCE

## UPDATES ON OUR MOST ABLE STUDENTS

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Lealands Most Able Students continue to make the most of the opportunities that are presented to them, and it has once again been a busy half term.

Firstly, well done to all the Year 7 and 8 students who took part in the UKMT Junior Maths Challenge (report below).

Our Year 10 maths students took part in their own Maths Challenge, with two teams of 4 competing in the 'AMSP 2024 Maths Fest' against a host of other schools from Beds, Bucks and Herts schools. The students did exceptionally well, and although they did not place in the top teams, their superb team work was recognised.



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On 25 April, the Maths Department hosted the Junior Maths Challenge. This is a 60 minute, 25 multiple choice challenge. It encourages mathematical reasoning, precision of thought and fluency to make students think. The problems on the Junior Maths Challenge are designed to make students think, most are accessible, yet still challenge those with more experience.

Prior to the event, we ran a maths club, the purpose of which was to give as much exposure to the types of questions that will be in the challenge. We looked at many past questions and looked at reasoning and how using their very excellent knowledge of maths to help make the problems more accessible. The problems are very challenging and require a great level of depth in their understanding and resilience.

We are proud of what our students have achieved. We entered 20 from Year 7 and 19 from Year 8. From this we had 4 students awarded a gold medal, 6 awarded a silver, 11 bronze and 18 getting a participation award. The results are fantastic and a great reflection of some of the brilliant mathematical minds we have at Lealands.

A special well done to Sami who has managed to progress onto the kangaroo challenge, which is the next stage up.

**(Full results over the page).**

## CELEBRATING EXCELLENCE:

UPDATES ON OUR MOST ABLE STUDENTS - JUNIOR MATHS CHALLENGE RESULTS

### Junior Maths Challenge

Gold Award	Silver Award	Bronze Award
Jayden A Sami R Noah H Iyinoluwa O	Ashan B Morgan P Alex U Abigail O Gabriela S Noah P	Naeem A Kieron M Zyan M Daniel W Aiyanna W Sarah S Azriel P Zainab M Husayn A Summayah A Brendan C
Participation Award		
Nitya B Sophie B Syeda F Aida-Lulia J Aasiyah K Gabriel M Ayanfeoluwa O Ash S Amellia S	Autumn S Ramani S Juanita S Aimee F Ethan C Ashvin S Aya M Theo M Dilshan S	

## SPORTS: CELEBRATING SUCCESS!

Our Year 7 Boys are District Football Champions! An amazing season for their first year at Lealands saw the boys go undefeated and finish off the final with a comprehensive win! Amazing work boys!



# SPORTS: CELEBRATING OUR RECENT SUCCESSES!

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## INDOOR ATHLETICS

On Wednesday 8th May, Year 9 and 10 students competed in the county indoor athletics championships and achieved excellence! All students ran, jumped and threw to the highest standard giving real competition to the other schools in the county.

A fantastic achievement from all.

**Girls team 1st place!**

**Boys team 3rd place!**



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## ROUNDERS SEASON!



Our Year 7 and 8 rounders teams had their first matches of the league season against Challney Girls. Both coming out with the win, excellent start girls! 🏏

Scores:

Year 7: **23 1/2** - 7

Year 8: **18 1/2** - 3

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## INTERMEDIATE ATHLETICS

Our Year 10 and Year 11 Intermediate Athletics team competed at the District Athletics Cup on Thursday 9th May. This was many of our Year 11's last chance to compete and qualify for the county competition.

Both the Year 10 and Year 11 students did an amazing job, with the boys achieving six 1st places and three 2nd places. The girls also achieved six 1st place and five 2nd places. All of these 20 students will go on to represent Luton at the county competition.

Overall, Lealands were crowned Intermediate champions! The boys achieved 118 points, winning by 24 points. The girls achieved 137 points, winning by 31 points!

Amazing job by all the students involved.

# LEALANDS WINS SCHOOL GAMES GOLD AWARD!

FOR SECOND CONSECUTIVE YEAR

We are delighted to announce that we at Lealands have once again achieved the School Games GOLD Mark Award for the 2023/24 academic year. The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our continued success.



With a high number of students at Lealands competing in local inter-school competitions this year, we are extremely proud of our pupils for their dedication to all aspects of school sport, including those young volunteers, leaders and officials who made our competitions possible. As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs, and we are pleased that the hard work of everyone at our school has been rewarded again this year!

As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs, and we are pleased that the hard work of everyone at our school has been rewarded again this year!



# MANAGING HAY FEVER & HYDRATION AT SCHOOL

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## HAY FEVER SEASON IS HERE

If you suffer from hay fever, please ensure you are taking your medication regularly, not just on the days when you feel bad. If you take them throughout the hay fever season, they work much better and will help relieve a runny nose, sneezing, an itchy throat and itchy, watery eyes.

Taking your 24-hour allergy medications before going to bed means that you'll get the maximum effect when you need it the most. **Taking your allergy medication at night assures that it will be circulating in your bloodstream when you most need it, early the next morning.**

## KEEPING HYDRATED

Please ensure you have a water bottle with you every day. You can top this up at break and lunch time.

Lack of fluid intake throughout the day can lead to dehydration, especially during warmer weather. This in turn can lead to the following symptoms:

- Headaches
- Reduced energy levels
- Tiredness
- Reduced concentration levels
- Increased irritability
- Loss of appetite

Students should not be allowed to leave lessons to refill their water bottle or be sent down to Matron to get a cup. It is your responsibility to ensure you have your water bottle with you each day.



# SUMMER GCSE EXAM TIMETABLE

(AFTER HALF-TERM)

DATE	AM/PM	DURATION	BOARD	PAPER	TITLE
03/06/2024	AM	1h 30m	Edexcel	1MA1/2F	Mathematics 2 : Calculator - Foundation
03/06/2024	AM	1h 30m	Edexcel	1MA1/2H	Mathematics 2 : Calculator - Higher
03/06/2024	PM	1h	OCR	J587/02	Physical Education Paper 2: Socia-Cultural Issues & Sports Psychology
04/06/2024	AM	1h 30m	NCFE	Unit 1	Health & Fitness: Introduction to Body Systems
04/06/2024	AM	35m	AQA	8698/LF	Spanish Listening - Foundation
04/06/2024	AM	45m	AQA	8698/LH	Spanish Listening - Higher
04/06/2024	AM	45m	AQA	8698/RF	Spanish Reading - Foundation
04/06/2024	AM	1h	AQA	8698/RH	Spanish Reading - Higher
04/06/2024	PM	1h 45m	Edexcel	1H10 2J	American West, Anglo-Saxon and Norman England
05/06/2024	AM	1h 30m	AQA	8035/2	Geography Paper 2
05/06/2024	PM	1h 15m	OCR	R032/01	Health & Social Care: Essential values of care for use with individuals in care settings
06/06/2024	AM	1h 45m	AQA	8700/2	English Language Unit 2: Writers' Viewpoints And Perspectives
06/06/2024	PM				Contingency Afternoon
07/06/2024	PM	1h 45m	AQA	8461/2F	Biology Paper 2 - Foundation
07/06/2024	PM	1h 45m	AQA	8461/2H	Biology Paper 2 - Higher
07/06/2024	PM	1h 15m	AQA	8464/B/2F	Combined Science Paper 2 Biology - Foundation
07/06/2024	PM	1h 15m	AQA	8464/B/2H	Combined Science Paper 2 Biology - Higher
10/06/2024	AM	1h 30m	Edexcel	1MA1/3F	Mathematics 3 : Calculator - Foundation
10/06/2024	AM	1h 30m	Edexcel	1MA1/3H	Mathematics 3 : Calculator - Higher
10/06/2024	PM	1h	AQA	8698/WF	Spanish Writing - Foundation
10/06/2024	PM	1h 15m	AQA	8698/WH	Spanish Writing - Higher
11/06/2024	AM	1h 45m	AQA	8462/2F	Chemistry Paper 2 - Foundation
11/06/2024	AM	1h 45m	AQA	8462/2H	Chemistry Paper 2 - Higher
11/06/2024	AM	1h 15m	AQA	8464/C/2F	Combined Science Paper 2 Chemistry - Foundation
11/06/2024	AM	1h 15m	AQA	8464/C/2H	Combined Science Paper 2 Chemistry - Higher
11/06/2024	PM	1h 45m	AQA	8365/1	Further Maths 1
11/06/2024	PM	1h 20m	Edexcel	1H10 31	Weimar and Nazi Germany
12/06/2024	PM	35m	AQA	8688/LF	Polish Listening - Foundation
12/06/2024	PM	45m	AQA	8688/LH	Polish Listening - Higher
12/06/2024	PM	45m	AQA	8688/RF	Polish Reading - Foundation
12/06/2024	PM	1h	AQA	8688/RH	Polish Reading - Higher
13/06/2024	PM				Contingency Afternoon
14/06/2024	AM	1h 30m	AQA	8035/3	Geography Paper 3
14/06/2024	PM	1h 15m	AQA	8464/P/2F	Combined Science Paper 2 Physics - Foundation
14/06/2024	PM	1h 15m	AQA	8464/P/2H	Combined Science Paper 2 Physics - Higher
14/06/2024	PM	1h 45m	AQA	8463/2/F	Physics Paper 2- Foundation
14/06/2024	PM	1h 45m	AQA	8463/2/H	Physics Paper 2 - Higher
17/06/2024	PM	1h 15m	WJEC	C66OU30-1	Music: Component 3
18/06/2024	AM	2h	AQA	8552/W	Design and Technology
18/06/2024	PM	1h	AQA	8688/WF	Polish Writing - Foundation
18/06/2024	PM	1h 15m	AQA	8688/WH	Polish Writing - Higher
19/06/2024	AM	1h 45m	AQA	8365/2	Further Maths 2
20/06/2024	AM	1h 20m	WJEC	5569UB0-1	The Hospitality and Catering Industry - written paper
26/06/2024	AM				Contingency Day
26/06/2024	PM				Contingency Day

# BREAKFAST BATTERY BOXES



Looking for a  
healthy, hearty  
breakfast during the  
holidays?



## MAY HALF TERM HOLIDAYS COLLECTION DATES:

Tuesday 28<sup>th</sup> and Thursday 30<sup>th</sup> May 2024 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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