



SCHOOL NEWS

LONGBENTON HIGH SCHOOL

Anti Bullying

The Respect Day taught me about respecting the protected characteristics and accepting people for who they are and who they want to be. We spent time looking at how we can create a rights respecting school if we are more accepting and understanding.

We also spent time looking at anti-bullying, the difference between banter and bullying and how to be an 'upstander'. As a school community, we all have a role to play in making sure we support each other and to tell someone if something isn't right, or we see someone not being treated well.

Overall I took away from the day the need to look after each other and care for everyone.

Grace L, Year 10



Loti Nambombe

On Respect day, we had a visiting speaker, Loti Nambombe. He expressed his personal experiences, for example, how he had been racially targeted at a train station in Manchester and how he stood up against the discrimination, without violence. He helped to teach us that when respect does not go both ways, in the face of oppression, we should act rationally and respect people no matter what. He also made us consider helping people learn how to respect others - even if they do or say things which are unacceptable - because everyone deserves to be respected and may just need help to learn the meaning of respect and how to show it.

Dylan E, Year 10

RESPECT Day - January

On Respect Day we looked at how respectful we are as a school and what we can do to improve our respect. Respect is not earned - it should be freely given - and we should show this to each other in school every day. This also made everyone think of their actions and the choices they make moving forward in and out of school, as well as how actions can impact other people.

Jay T, Year 10



Speaker
Loti Nambombe

Rights Respecting

On Respect day we had an amazing speaker called Loti. His speech was all about being an 'upstander'. It was brilliant and inspirational. He talked to us about not accepting discrimination in any form and that to make a better community, we should stand up against prejudice and stand up for each other. I hope Loti comes back into school again.

Chloe C, Year 10

UPCOMING EVENTS



- 4/03: Y10 - Girls Network Launch
- 4/03: Y12 - Mock Interviews
- 5/03: Y10 - Parents Evening
- 6/03: **Y11 - Drama Practical Exam**
- 06/03: Y9 - NTLT Careers Zone Workshop
- 10/03: Y9,10 & 11 - Immunisation catch up
- 10/03-19/03: **Y11 - Mock exams**
- 11/03: Y9 & Y10 - Make Life Kind Assembly - Guest Speaker Sosa
- 12/03: Y12 - Northumbria University MFL Immersion Day
- 20/03-28/03: **Y10 - Mock Exams**
- 20/03: Y9 - Parents Evening
- 26/03: Y9 - Option Evening
- 31/03-11/04: **Y12 - Mock Exams**
- 02/04: Spring Music Soloists Concert
- 03/04: Y6 Welcome Evening
- 09/04: Y11 - Inspector Calls Theatre Trip



MATILDA STUDENT REVIEW

We went to see Matilda on the Tuesday night and we were amazed from start to finish. The team worked so well together, particularly in the PE Smells Like Rebellion scene. The timing was brilliant. The singing was also fantastic, Ellen H as Bruce was a favourite but it is hard to pick as they were all so good. We also loved Miracle and Revolting children. The projections were an interesting way of staging the scenes. The performance was thrilling and we can't wait for the next one.

Harrison M & Renee K, Year 9



Being In Matilda was a brilliant experience. We were given a lot of responsibility in running back stage and ensuring we were in the right place at the right time - and everyone rose to the challenge! It was a fantastic team effort and we loved being in the cast. It was an amazing and inspiring thing to be a part of and we would recommend everyone give it a go next time. Get involved no matter what part you are given; a leading role or an important part of the chorus or shaking your hips like Rodolfo!

Jasmine S & Khalid A, Year 9



MATILDA!

A welcomed return of our school musical with the brilliant RSC Musical of Matilda. The cast were amazing. Well done to all involved!

Enrichment & Inspire Activities this Half Term...



'Help a Hedgehog' enrichment: Making bird seed balls.



Students involved with Newcastle United Foundation travelled to St James' Park to take part in workshops. They also developed and delivered a presentation to a panel of judges. Of course, they also had a tour of the iconic stadium!

NUFC Leadership Challenge



French

In one of our French lessons in January we celebrated 'Epiphanie' as they do in France for 'La fête des Rois'. We shared 'une galette', a flat round cake with a lucky charm hidden inside, our youngest student sat under a table and decided who would get each slice of the cake. Those who found the charm (a bean) are blessed with good luck for the year, they were crowned King / Queen and they nominated someone to share their good luck with.



Y13 Practical Chemistry



Year 11 MFL University Visit. Year 11 students took a tour of the University Campus and took part in language taster sessions choosing from Japanese, Chinese, Portuguese as well as French. A brilliant day for all.



Football - commentary by Mr Mooney

* Y7 returned to league action against John Spence on Monday 10th February. John Spence got us underway and normal service resumed, as both teams frantically tried to create chances, all at 1000mph without much thought. As we managed to get the game under control, we played in their half more often than ours, with the defence sweeping up loose clearances, and the midfield and attack trying to break down Spence's resolute defence. After a few chances, we converted one eventually after Garrick J made a Fabian Schar-esque run through the John Spence midfield to smash home from the edge of the box. One quickly became 2 as Bobby pressed their defence to latch onto a loose ball and convert. Jack M then made it 3-0, after his corner was deflected past the keeper, although it did look goalbound. A sharp counter with a ball into Bobby's feet, a great turn and fantastic through ball saw Sophie in on goal, who converted confidently to make it 4-0 before half time.

The second half started slowly, with us making some positional changes and settling in again as the game went on. We grabbed a 5th goal 10 minutes into the second half as Isabella swept up at the back with great defensive awareness, before setting us on an attack where Josh set up Charlie to convert his first for the team. Ben W then laid Jack Moff for him to rake an absolute world class strike from distance into the far top corner. Garrick then turned provider as he belted a ball into the box, which was deflected into the back of the net for an unfortunate Own Goal. To round the game off, Ben made it 8-0, assisted by Jack to top off a tremendous performance to give us 3 points.



Careers Events

Year 7 Careers Skills Builder session



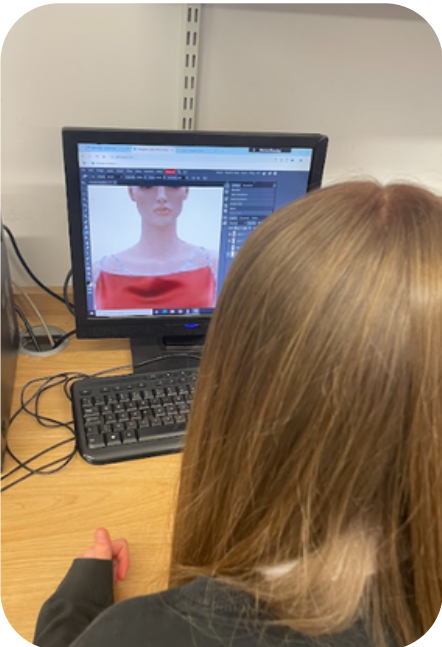
Year 8 Careers Speed dating session



Lego League
Students in KS3 compete in Lego League. This STEM project offers fun, exciting hands-on learning and this season is the nautically themed "submerged" challenge.



This term, in ICT, Year 9 have been developing their image editing skills! They have used images from the internet to dress our mannequins Mannie and Quinnie in some fantastic (and sometimes bizarre!) outfits!





**KNOW YOURSELF,
GROW YOURSELF**

**WE'RE TAKING PART IN
CHILDREN'S MENTAL
HEALTH WEEK**

During Children's Mental Health Week we looked at a range of mental health topics during assemblies. In particular we talked about the damaging impact that smartphone use - and in particular social media - can have on young people's mental health.

I believe in me

Research shows that:

- The average UK child spends 3 hours 48 minutes per day online (that's 26.6 hours per week/58 days per year)
- 1 in 5 young people say they have been bullied online
- 73% of teenagers take their phone to bed with them, with teens on average losing the equivalent of a night's sleep each week to social media use
- Children meeting up with friends daily outside of school has dropped from 44% to 24% since 2005

Holocaust Memorial Day

On 27th January 2025, I was given the chance to go to say a few words at the yearly Holocaust Memorial Day event at Cobalt. Once I arrived and saw all of the primary children preparing themselves to give a speech, I saw just how crucial this event was to touch the lives of everyone, but especially the younger generation, as it will be down to us to prevent any future genocide. The atmosphere was something I have never experienced, despite it being a horrific genocide we are remembering, it was very clear that the message was to inform us on what leads to a genocide. Myself and Lucy Reid, gave a speech about the 5 genocides recognised by the UK government and how we can work to prevent them. There were lots of schools giving speeches and despite them all having the same message, they each told us information in such a unique way which made the event so special. Additionally, the mayor's speech was incredibly moving as she said a few words about the importance of Holocaust Memorial Day.

By Stephanie Donkin, Y13

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**LONGBENTON
HIGH SCHOOL**

Children's Mental Health Week 2025

took place from 3-9 February.

The theme for 2025 was Know Yourself, Grow Yourself, with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them. We want children and young people to discover how getting to know who they are can help them build resilience, grow and develop.

Place2B

I can do this

We have been encouraging our students to try some of the following ideas to connect in person with their friends and consider the impact over-use on devices might have on their mental health:

- Joining a Period 6 club to exercise or socialise
- Going to bed a bit earlier
- Leaving your phone in another room after 9.00pm
- Meeting a friend rather than messaging
- Writing down three things you are grateful for
- Practising 1 minute of breathing slowly and deeply
- Trying a one day social media detox
- Going for a 5 minute walk in nature at lunchtime
- Saying something kind to another person



**HOLOCAUST
MEMORIAL
DAY 27/1**

