

Langley Park School for Girls

Enabling everyone to thrive – acting with kindness, determination and respect.



Headteacher: Mr S Whittle, MA (Cantab), PGCE, NPQH

28 March 2025

Dear Families,

As we approach the end of a busy term, there is no sign of things slowing down with a seemingly record number of activities and trips taking place this week.

Our aspiring medics and veterinary science students in Year 12 visited Selwyn College, Cambridge, where they had the unique opportunity to use the college's new Anatomage table for virtual dissections. They also explored a city museum, met current students and toured the beautiful college campus, gaining valuable insights into university life. Meanwhile, our Year 12 A Level Chemistry students had an exciting opportunity to experience university-level practical work during their recent visit to Super Lab at London Metropolitan University. Working in a state-of-the-art laboratory, they participated in advanced experiments, experiencing the techniques and precision required in higher-level chemistry. Beyond enhancing their practical skills, the visit also helped develop their communication, confidence, and attention to detail—essential qualities for any aspiring scientist.

Students' ambitions were also fuelled this week by the attendance of all Year 12 students at the UCAS Discovery Event at ExCeL London. The event provided the opportunity for our students to speak with university representatives, employers and apprenticeship providers, explore future career options and attend expert-led talks — all helping them take the next steps towards their future ambitions.

With Year 12 students off site on Tuesday, we were able to afford our current Year 11 students the opportunity to have a taste of Sixth Form life at LPGS with our LPGS6 experience. Coming to school in Sixth Form dress, attending lessons in our Sixth Form base and making use of our Sixth Form facilities, we hope that students will have gained a greater insight into the ways in which we support them to develop greater independence as Post 16 learners, while also ensuring they benefit from high quality teaching, pastoral care and support.

As a group of 30 Year 9 and 10 students set off on our return visit to Tenerife, as part of our exchange with Colegio Cisneros Alter, groups of Year 10 Geography students ventured to Herne Bay on Tuesday or Wednesday for their coastal fieldwork. Our Geographers applied their classroom knowledge in a real-world setting as they studied coastal processes and management and demonstrated themselves to be excellent ambassadors for Langley Park School for Girls.

On Wednesday evening, our Year 12 and 13 Drama students enjoyed an inspiring evening at the Theatre Royal Stratford East, watching 'The Women of Llanrumney'. The powerful performance provided plenty of thought-provoking moments and will no doubt spark insightful discussions in their studies.

I am sure that all that were in the audience of last week's Mixtape dance production will attest to the exceptionally high quality of performances by our students across all year groups. The largest number of young people I have ever seen perform on one stage showcased a range of genres, styles and tackled a number of different themes in solo, small group and ensemble performances demonstrating extraordinary skill and creative choreography. All who performed and were involved in the production of this two hour show deserve to feel exceptionally proud. Well done to all involved!

This week has been a true celebration of musical talent across our trust, with students taking part in a fantastic Festival of Music. From the impressive performances at the IMAT Orchestra Concert and IMAT Piano Evening, our musicians have displayed their dedication, creativity, and passion. Students from across our family of schools will this evening be performing in the high-energy Music Festival Rock Nite.

Langley Park School for Girls, Hawksbrook Lane, South Eden Park Road, Beckenham, Kent BR3 3BE

Tel: 020 8639 5200 • info@lpgs.bromley.sch.uk • www.lpgs.bromley.sch.uk

Part of Impact Multi Academy Trust. Registered Office: Langley Park School for Girls, Hawksbrook Lane, South Eden Park Road, Beckenham, Kent BR3 3BE
A company limited by guarantee registered in England and Wales with number 07697400



2022-2025



We are also incredibly proud of the small group of Langley Park School for Girls students who represented us at the Bromley Youth Music Trust (BYMT) Bromley Schools' Prom at Fairfield Halls—an amazing opportunity to perform on a prestigious stage.

Looking ahead, we are excited to see our Year 7 students take to the stage in the second of our music scheme concerts on Monday. We also warmly invite families to join us for our Spring Cabaret Concert on Wednesday evening, where we will continue to celebrate the wonderful musical talent within our school community.

Our Year 11 students have completed Dance Choreography and Drama exams this week and we also held our targeted parents' evening for Years 11 and 13 with excellent support from parents and carers, which we greatly appreciate and do not take for granted. We also held a successful pre-loved uniform sale, organised with fantastic support from our newly formed PTFA. Thank you to everyone who donated, helped and purchased items—your contributions support both sustainability and our school.

Finally, I am delighted to share with you that Langley Park School for Girls has been recognised by SSAT (The Schools, Students and Teachers Network) in this year's Educational Outcomes Awards. The award recognises that our school is among the highest performing secondary schools in the country, based on 2024 performance data and information from Ofsted. Langley Park School for Girls was recognised for being in the top 10% of non-selective schools nationally for student attainment in the 2024 end of KS4 exams.

The SSAT Educational Outcomes database compares all state-funded schools in England. To be recognised with an Educational Outcomes Award is a significant achievement and a testament to the work of the whole school community.



Please note the information in this week's letter on our end of term arrangements, wellbeing strategies for students prepping for exams and information about our Culture Day on Thursday 3 April.

We will, once again be publishing our termly newsletter next week and so I would like to take this opportunity to thank you for your continued support and to wish our students, families and staff a happy Easter.

Yours faithfully,

S J Whittle
Headteacher

MESSAGES FROM STAFF

End of Term Arrangements - Friday 4 April (dismissal from school from 12:35pm)

Normal lessons will be taking place on Friday 4 April during periods 1-3 with Year 7 & 8 achievement assemblies taking place in the morning. Additionally, our Year 11 students will be taking part in a study skills and revision workshop.

After period 3 lessons, students will return to form time where they will be dismissed between between 12.35pm and 12.45pm, according to their year group.

There will be no lunch service and students in receipt of a free school meal can use their meal allowance during the break service.

Culture Day – Thursday 3 April



On Thursday 3 April all students are invited to come to school in dress that represents their culture or nationality.

This can be:

- A full cultural outfit
- A sports top that represents a country or region – worn with normal uniform
- A white top with a country's flag on it – worn with normal uniform
- Traditional head dress
- A uniform that represents a community you are part of such as Cadets, Guides, Scouts

At lunchtime students are invited to have their photo taken in the Art block as part of our celebrations.

We will also be having a celebration in the courtyard (weather dependent) with music and a catwalk.

A poster titled "Culture Day: Dos and Don'ts". It features a table with two columns: "Do" and "Don't". The "Do" column lists four items: "Come to school in cultural dress to join in with celebrating the diversity of our School Community.", "Come to school in dress that represents a community you are part of – such as cadets, scouts or guides.", "Enjoy the day and have your photo taken at lunch time in the Art block", and "Come in wearing a football top with the rest of your uniform". The "Don't" column lists three items: "Don't come to school in non-uniform. If you are unsure how to represent your culture through clothes, wear your school uniform with pride!", "Don't wear jeans or other non-uniform with a football top.", and "Don't use facepaint". In the top left corner, there is an illustration of a couple in traditional Indian attire. In the bottom right corner, there is a red box with the text "#TEAM LPGA".

Do	Don't
<ul style="list-style-type: none">• Come to school in cultural dress to join in with celebrating the diversity of our School Community.	<ul style="list-style-type: none">• Don't come to school in non-uniform. If you are unsure how to represent your culture through clothes, wear your school uniform with pride!
<ul style="list-style-type: none">• Come to school in dress that represents a community you are part of – such as cadets, scouts or guides.	<ul style="list-style-type: none">• Don't wear jeans or other non-uniform with a football top.
<ul style="list-style-type: none">• Enjoy the day and have your photo taken at lunch time in the Art block	<ul style="list-style-type: none">• Don't use facepaint
<ul style="list-style-type: none">• Come in wearing a football top with the rest of your uniform	

ART COMPETITION

#TEAM
LPGS

Culture Day!

Design an A4 artwork or poster celebrating your own culture.

EVERY ENTRY GETS A P-POINT!

The best entries will be displayed around school and shared in the newsletter. There will also be prizes for the best entries!

To enter, hand in your entry to your Visual Arts teacher by Friday 4th April!

Ms R Chorley, Equality, Diversity & Inclusion Champion and Head of Year 13

Spanish Exchange

The Spanish Exchange students travelled to Tenerife on Wednesday. They will be staying with their exchange families for a week, experiencing what Spanish culture is from within. They have already learnt how to cook *mojo picón* and *paella*. Many students claimed it was "the best paella they have ever had"! They have spent the day in our partner school, Colegio Cisneros Alter, seeing how school life feels like in Tenerife and taking part in an array of activities with the host students. They have also had the opportunity to teach some English to primary students! We are very proud of how they've done so far and looking forward to seeing what they can achieve by the end of this trip.



Ms M Mahiques Navarro, Head of Spanish

Fully Booked Quiz

Our excellent Y8 team were runners-up at the Fully Booked Quiz held at Bromley Central Library on Wednesday.

In a tightly contested competition, they successfully answered 7 Rounds of challenging questions on all things to do with literature.

The afternoon ended with the opportunity to meet the author Nathanael Lessore, whose book, King of Nothing, has been shortlisted for the Carnegie Medal this year.

Well done to our team; Sophie P, Kathyayani V, Shakti H, Thea W, Naima M and Maryam A.



Mrs J Hall, Librarian

Safety & Wellbeing

Our information pack on safety and wellbeing support available during the holidays is on our [website](#).

Wellbeing Teen Tips – Wellbeing Hub – Recommended reading

The Hub has written an article for parents/carers and school staff about how we can better support our young people. It can be found [here](#).

The Mental Health Foundation also have an article of advice for parents which can be found [here](#).

This month's webinar link can be found by clicking [here](#). This takes place on Wednesday 2 April at 9:30am (BST).





**— The —
Wellbeing
Hub**
— from Teen Tips —

Coming up this week

Wednesday 2nd April, 09:30am (BST)

WEBINAR: Adolescent issues for autistic teenagers with Prof. Tony Attwood, International best-selling Author and Clinical Psychologist specialising in Autism Spectrum Disorders

Sign up now: club.teentips.co.uk

Message from Bromley Safer Schools Officers

Ahead of the Easter Holidays and warmer months, Bromley Safer Schools Officers would like to share the following advice with students and their families.

Warmer months and longer days often comes with an increase in anti-social behaviour. Please remember that you are representative of not just yourself, but also the school and your family. Think twice before getting carried away with friends and be mindful of those around you.

Schools are seeing an increase in vaping, which is illegal for under-18s to purchase or possess (if containing nicotine) and can be harmful to your health. Worst still, some of these imported products are not sufficiently tested against EU standards. Schools officers are working in partnership with the local authority to prevent the illegal sale of vapes.

Lastly, robberies across Bromley are decreasing in regularity thanks to the proactive and partnership working across the Borough. However, let's not drop our guard. Remember those key principles of; out of sight and out of mind, minimise the amount of valuables you take out in public, be aware of your surroundings, and plan your routes in advance. Mobile phones remain the common denominator of robberies.

Have a great break and stay safe!

Mrs L Brown, Head of Key Stage 4, and Mrs R Mitchell, Safeguarding Officer

New Menus

Innovate are launching a new menu after the holidays, details are available [here](#).

They will also be adding a new range of meals available from the Dalo on Tuesday to Thursday each week. Spud King, Wok Pot and Caribbean Kitchen will allow students to choose a base food and add a topping of their choice, the menu will change weekly and is shown below.



INFORMATION

Exams Support

- Our [Easter Revision](#) offer, attached.
- Subject **Revision Schedules**: for [Year 11](#) and [Year 13](#)
- Our **Firefly Revision page** which contains a wealth of helpful resources for managing revision and approach to examinations: <https://lpgs.fireflycloud.net/revision-hub>

Dealing with Exam Stress



What is stress?

Stress is a normal part of life. The Harvard Center for the Developing Child identifies three main types of stress: positive, tolerable and toxic.

- ◆ **Positive stress:** some degree of stress can be positive for children and young people, helping them learn coping skills and develop resilience.
- ◆ **Tolerable stress:** temporary stress can be tolerated particularly if children and young people have developed resilience and are cushioned by strong adult relationships.
- ◆ **Toxic stress:** involves the prolonged activation of stress responses without the benefit of being protected by strong adult relationships.

Identifying the signs

Signs of academic stress can sometimes be difficult to identify. Children and young people may not want to talk about stress they are experiencing.

Children and young people who are affected by anxiety and stress about tests and school work may:

- ◆ Complain of physical health problems (e.g. stomach aches, headaches etc.).
- ◆ Not be sleeping or eating properly.
- ◆ Have mood changes, such as being tearful, angry or withdrawn.
- ◆ Be reluctant to attend school or talk about tests and exams.
- ◆ Spend too much time on their work or alternatively avoid schoolwork.
- ◆ Be overly self-critical of themselves and of any mistakes they make.
- ◆ Become obsessive in the way they work – unwilling or unable to break off.



The following information has been published by Student Minds

Exam stress

Working towards exams can create feelings of worry and being under pressure, especially at university where you're aiming for a degree. However there are a range of things that you can do to help deal with the stress that you might be feeling...

Find out more about what we mean by the term stress and stress response [here](#).





1. Keep it in perspective

- Lots of people will tell you this, because it's true - exams aren't everything. Whatever happens in your exams, you can still be successful in life afterwards. So if you don't do as well as you'd hoped, try to keep things in perspective.
- Employers don't just look at your exam scores. They're just as interested in your attitude, your transferable skills and how well you'll get on with other people.
- Exam success doesn't define you as a person. Everyone copes differently in different situations and there's so much more to your personality than how well you respond to an exam.
- Think about how far you've come already. You've already done incredibly well to get to university, and stopping at this point isn't 'throwing away' your past success.

- Once you've done an exam, try to forget about it. There's nothing you can do about it, and worrying won't change your mark.

2. Get that organised feeling

- Picture your exams as a time-bound project. Are the exams 60 days away? That's your 60-day challenge. Best of all, there's a definite end point.
- Work out the basics: which exams you have, how the marks are allocated, and how much you have to learn for each one. Don't expect to learn everything; but having in mind where you'll get the marks can help you prioritise.
- Break your revision down into small chunks, and form a plan. Once you've got a plan, you won't have any more dilemmas at the start of the day about what to work on.
- Schedule in plenty of free time to unwind, and protect this time. Nobody can work all day every day. If you give yourself plenty of rest you can do the same amount of work in half the time or less.
- Equally, don't panic if you go slightly off schedule - tomorrow is another day.

3. Get into some good habits

- These habits will help you concentrate as well as reducing stress:
- Take frequent breaks. Psychologists say we can only concentrate properly for 30-45 minutes. You could use a technique like Pomodoro, that helps you to take regular breaks. When you do take a break make sure you don't stay at your desk, you could go for a walk or even just make a cup of tea!
- Keep a good blood sugar level to avoid highs and lows of energy, by eating slow-release foods like sourdough or multi-grain bread, oat porridge, nuts (and nut butters) and vegetables. Find out more [here](#).
- Drink lots of water. People often underestimate how much hydration helps!
- Think about when and where you work best. Not everyone is a morning person, and some people don't find the library a productive place to work. There's no one best place or time to work - it's about what works for you.
- Keep active. Even a short walk will do. Exercising is one of the quickest and most effective ways to de-stress. Fresh air will clear your head and perk you up.
- Try to get about 8 hours' sleep a night. If you're stressed about not being able to sleep, there are lots of ways to aid a good night's sleep.
- Find activities that help you relax. Maybe it's a hot bath, watching a TV show, or a creative activity. Schedule this down-time into your timetable.

4. Avoid bad habits

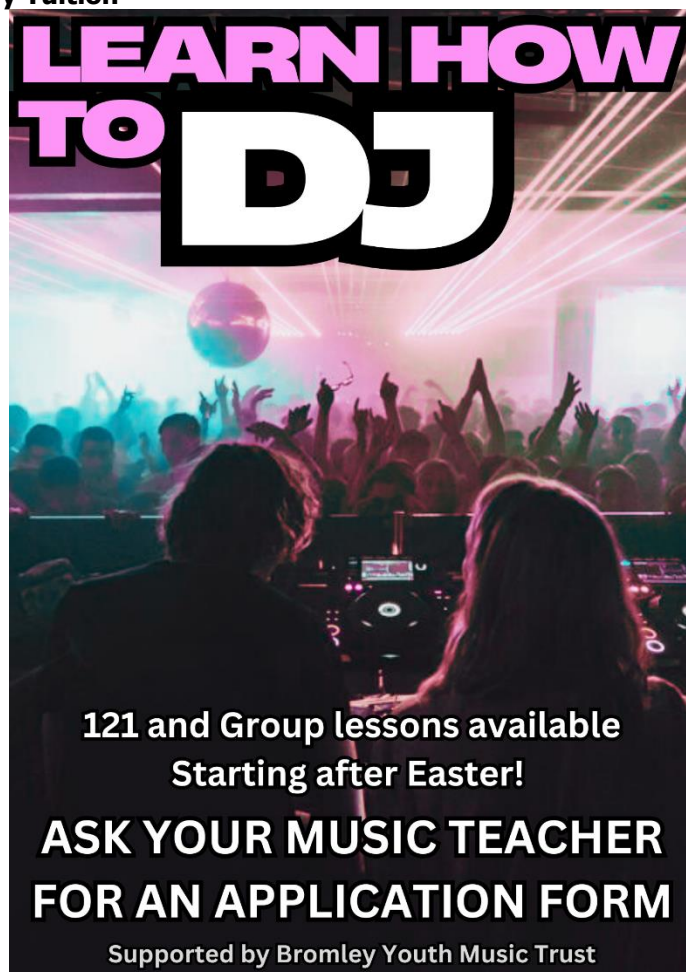
Check out this brilliant [article](#) on how NOT to cope with exam stress. Here are some highlights:

- Don't set yourself ridiculous goals. Nobody can revise 10 topics in a day! Avoid setting the day up to be a disappointment.
- Don't cut out all the enjoyment from your life. It's tempting to decide you'll just knuckle down to work and "focus", but this is counterproductive - it's impossible to focus without giving your brain rest by doing other activities.
- Avoid stimulants. Caffeine, alcohol and drugs impede your energy and concentration in the long term. It'll also make it more difficult to get that much-needed sleep.

5. Get support from friends and family

- Don't be put off by friends saying that they are doing huge amounts of revision. As already mentioned, that's probably not actually a productive or efficient way of working long term. One of the key reasons people feel exam stress is due to comparing themselves to other people.
- If you can, discuss with your parents what they are expecting you to achieve. Parents with steep or unrealistic expectations will just add unnecessary pressure. It's helpful to let them know what you think you have the capacity to achieve, and to insist that the best way to get there is to have support from your parents, not pressure.
- If you're feeling really worried or anxious, chat to a good friend, family member, or tutor. It helps to get it out of your system, and they may well be able to help think about practical strategies to deal with exam stress.

DJ & Music Technology Tuition



Bromley Household Support Fund

Bromley Council will be issuing the Household Support Fund food vouchers in the coming week which will cover both the Easter holiday and May 2025 half term period. Whilst we have received confirmation that the Government grant will continue for the 25/26 Financial year, the total grant has been reduced by 11%.

For further information on the Holiday Activities and Food Programme, please visit the HAF website [here](#).

UPCOMING EVENTS

Monday 31 March
Wednesday 2 April
Wednesday 2 April
Thursday 3 April
Friday 4 April
Saturday 5 & Sunday 6 April
Monday 7 – Thursday 10 April
Tuesday 22 April
Wednesday 23 April
Thursday 24 April
Thursday 1 May
Thursday 15 May
Monday 12 – Friday 23 May
Monday 19 – Friday 23 May

Y7 Music Scheme Concert
Y12 Destinations Event for Parents/Carers (online)
Spring Cabaret Concert
Culture Day
End of Term
Duke of Edinburgh Bronze Award Expedition
Y11 & 13 Easter Revision Sessions
Return to School
Y8 HPV vaccinations
Y11 & 13 Exam Compliance Parent Information Meeting
Year 12 Parents' Evening
Year 10 Parents' Evening
KS3 Assessment Week
Y10 Work Experience

Details of sports fixtures can be found on [Firefly](#)