

# Langley Park School for Girls

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



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

1<sup>st</sup> May 2026

Dear Families,

Last Friday saw our U16 football team compete in the Bromley Cup final against Darrick Wood School. Two evenly matched teams played with determination and skill, with neither side conceding in the early stages of the game. The match concluded with a closely fought 2–1 victory for Darrick Wood. While disappointment was inevitable, I am immensely proud of our girls for their performance and for an outstanding season overall, particularly their exceptional success in the Kent Cup, where they were crowned champions for the second successive year. Their sporting conduct and resilience exemplify the very best of our school.

We were also delighted to welcome back our Year 9 and 10 students from the Spanish Exchange to Tenerife. Hosted by families from our partner school, students immersed themselves in Spanish culture and everyday life, developing both their language skills and cultural understanding. Highlights included a whale-watching cruise, a cookery workshop and a visit to the island's volcanic landscape. Their enthusiasm and confidence on return was clear, and it seems they may even have brought the hot and sunny weather home with them.

Closer to home, our Year 7 students have shown an impressive commitment to social action this week. In support of their chosen charities, they organised fundraising activities in the courtyard, selling cakes, sweets, second-hand books and other gifts. Their hard work, creativity and generosity have raised important funds for local causes and reflect our strong values of kindness and active citizenship.

On the wider theme of social action, I had the pleasure of attending the founding assembly of Bromley Citizens this week, a people-powered alliance bringing together local communities to identify and address shared local issues. Representing Langley Park School for Girls, I heard how local councillors and candidates in the forthcoming elections are being challenged to respond to concerns such as the cost of living, housing, social cohesion, discrimination, and young people's mental health. It was encouraging to see the power of collective voice and community engagement in action.

Looking ahead, next week is Eco Active Week. Miss Frail has launched a range of competitions for Year 7 and 8 students, alongside initiatives encouraging walking or cycling to school. All students are encouraged to consider sustainable and responsible ways to travel, supporting both their own wellbeing and the protection of our local and global environment.

Our commitment to professional learning was also evident this week as teaching staff came together after school for our 'Langley Ed' TeachMeet. This event provided opportunities to explore such themes as metacognition, assessment, adaptive teaching and the use of AI in education. Sessions were led by our own staff alongside colleagues from neighbouring trust schools, and there was a real buzz of professional dialogue and collaboration long after students had left for the day.

We have also communicated important arrangements regarding public examinations to our Year 11 and Year 13 students, including reminders of awarding body regulations to avoid any instances of suspected malpractice. Parents and carers have also received a letter with information regarding the ongoing arrangements in school when students have (or don't have) an exam and how we are best supporting them in the coming weeks. We thank parents/carers for ensuring their child's sustained attendance in school as we transition into the exams timetable, maintain good habits and adopt new routines.

Congratulations to students who have already completed Media exams this week, as well as GCSE and A-level speaking exams in French, German and Spanish. Year 12 exams will continue after the bank holiday weekend, and Year 8 students will also begin their assessment weeks on Tuesday 5<sup>th</sup> May.

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2022-2025

In this week's Langley Lowdown, I shared the children's story 'Mr Worry' and reminded students that worrying is a natural human experience. Worry can be helpful when it motivates us to prepare, stay safe, or plan solutions—some exam nerves are entirely normal. I encouraged students to reflect on whether their worries are realistic and productive, or unrealistic and unhelpful, and to remember that taking action, sharing worries or seeking support can often be the most effective step forward.

Finally, on behalf of all staff and governors, I wish every student sitting examinations this summer the very best in their preparation and performance. We are proud of you and wish you every success.

**Mr S Whittle**  
Headteacher

## INFORMATION

### Bromley Schools' Collegiate

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**FRI 1ST & SAT 2<sup>ND</sup> MAY 2026  
09:00-19:00**

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## The Wellbeing Hub

The Wellbeing Hub theme for May is Social development and social skills. There are a selection of podcasts and webinars available via their [website](#):

  <p><b>The Wellbeing Hub</b> — from Teen Tips —</p> <p><b>This week's content</b> Week commencing 4<sup>th</sup> May PODCAST: On the outside looking in: Social anxiety in children and teens with Prof. Eleanor Leigh, Clinical Psychologist and MRC Clinician Scientist Fellow at the Department of Experimental Psychology, University of Oxford and Honorary Associate Professor at UCL</p>	 <p><b>The Wellbeing Hub</b> — from Teen Tips —</p> <p><b>Mental Health Awareness Week</b> 11th - 17<sup>th</sup> May 2026 The theme this year is ACTION. Join us in taking action to support good mental health. Even small actions can help us feel hopeful and less powerless. While our individual actions matter, when we come together we are even more powerful.</p>
  <p><b>The Wellbeing Hub</b> — from Teen Tips —</p> <p><b>Join our upcoming webinar</b> Wednesday 13<sup>th</sup> May, 6:30pm (BST) WEBINAR: Adolescent social development with Dr Lucy Foulkes, Author and Academic Psychologist at the University of Oxford</p>	  <p><b>The Wellbeing Hub</b> — from Teen Tips —</p> <p><b>This week's content</b> Week commencing 18<sup>th</sup> May PODCAST: Social-emotional development in the early years with Dr Adele Diamond, Affiliate Investigator (BC Children's Hospital), Canada Research Chair, and Head of the Developmental Cognitive Neuroscience Programme in the Department of Psychiatry, University of British Columbia</p>

## Local Football Trials



**THE WARREN JUNIOR FOOTBALL CLUB**

**PLAYERS WANTED**

**UNDER 13 LIONESSES**  
RECRUITING FOR NEXT SEASON U14 LIONESSES



COME ALONG AND JOIN US FOR A TASTER SESSION ON THE 2<sup>nd</sup> MAY

For more information and to register interest:  
warrenjfc@gmail.com  
www.thewarrenjfc.com



**GIRLS FOOTBALL**

HOME GROUND:  
THE WARREN METROPOLITAN POLICE SPORTS CLUB, BROMLEY, BR2 7AL



**GIRLS FOOTBALL TRIALS**  
JOIN BECKENHAM TOWN JUNIOR FC!



**LOOKING FOR PLAYERS CURRENT YEAR 4 TO YEAR 8**

**TRIALS: 25TH APRIL & 2ND MAY CANCELLED**  
**NEW TRIAL DATE: 9TH MAY**

**10:30 – 12:00**

**CLUB LANGLEY**  
2 Hawksbrook Ln  
Beckenham BR3 3SR

PLEASE REGISTER YOUR INTEREST BY CONTACTING  
**DINO: 07931 594452**  
(Include your child's age)

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#GirlsFootball #FootballTrials  
#Beckenham #GrassrootsFootball

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# What's on Crystal Palace Park

MAY



Photo Credit: Historic England

## > Family fun

**Fossils day**  
Geological Court | Drop-in | Free  
Thursday 28 May, 10:00 - 12:30

**Fossils day workshop**  
Geological Court | Ticketed | Free  
Thursday 28 May, 13:30 - 14:30

**DinoMania tour**  
Geological Court | Ticketed | Free  
Saturday 30 May, 11:00 - 15:00

## > Good times

**Sunday Market**  
Grand Centre Walk | Free  
Every Sunday, from 10:00

**Boating Lake**  
Tidal Lakes | Paid  
Saturday 28 March - Sunday 12 April, 10:30 - 17:00

**Stand-up at the Subway**  
Subway | Ticketed | Paid  
Thursday 21 - Sunday 24 May various timings

**Sunday Sounds**  
Concert Platform | Free  
Sunday 17, 24, 31 May  
14:00-16:00

## > Wellbeing

**ParkBathe**  
Park wide | Ticketed | Free  
Saturday 2 May, 14:00 - 15:30

**ParkRun**  
Park wide | Drop-in | Free  
Every Saturday, from 09:00

**Junior ParkRun**  
Park wide | Ticketed | Free  
Every Sunday, from 09:00

**Crystal Palace Crits**  
Park wide | Ticketed | Paid  
Tuesdays 5 May - 9 June  
17:00 - 20:00

**Crystal Palace Triathlon**  
Park wide | Ticketed | Paid  
Sunday 10 May, 8:30 - 15:00

**Pilates class**  
Concert Platform | Ticketed | Paid  
Saturday 2, 16, 23 May  
9:00 - 10:00

## > Discover

**Subway open day**  
Subway | Ticketed | Free  
Saturday 9 May, 10:00 - 13:00

**Tree walk**  
Geological Court | Ticketed | Free  
Saturday 16 May, 11:00 - 13:00

**Handmade Palace Art & Craft Market**  
Subway | Paid  
Saturday 18 & Sunday 19 May  
10:00 - 13:00



Photo Credit: Lix Jales Photography

**CRYSTAL  
PALACE  
PARK  
TRUST**



Find and book tickets:

[www.crystalpalaceparktrust.org](http://www.crystalpalaceparktrust.org)



## CALENDAR

w/c 4 <sup>th</sup> May	Y12 Trial Exams
w/c 4 <sup>th</sup> May 7 & w/c 11 <sup>th</sup> May	Y8 Assessment Weeks
7 <sup>th</sup> May	Y10 Parents' Evening (online)
w/c 11 <sup>th</sup> May	Y10 Work Experience
14 <sup>th</sup> May	Y8 HPV Vaccinations
15 <sup>th</sup> – 18 <sup>th</sup> May	Science Trip to Euro Space Center
w/c 18 <sup>th</sup> May	Y9 Assessment Weeks
21 <sup>st</sup> -24 <sup>th</sup> May	Sports Tour
22 <sup>nd</sup> May	Y13 Prom
23 <sup>rd</sup> & 24 <sup>th</sup> May	Y9 Bronze Duke of Edinburgh Award Expedition
25 <sup>th</sup> – 29 <sup>th</sup> May	Half Term
27 <sup>th</sup> – 29 <sup>th</sup> May	Gold Duke of Edinburgh Award Expedition
30 <sup>th</sup> -31 <sup>st</sup> May	Silver Duke of Edinburgh Award Expedition
1 <sup>st</sup> June	Return to School
w/c 1 <sup>st</sup> June	Y7 Assessment Week
11 <sup>th</sup> June	Y12 Parents' Evening (online)
w/c 15 <sup>th</sup> & 22 <sup>nd</sup> June	Y10 Trial Exams
25 <sup>th</sup> June	Y8 Parents' Evening (online)

Our school calendar, including sports fixtures and extra-curricular activities, can be viewed [here](#).