

# Langley news

Edition 13 Summer 2018  



With exams soon upon us, I decided to bring this half term's issue forward slightly, so that pupils and parents would have updated access to the advice and links below concerning revision and reducing examination stress. In addition, with so much having already happened over the Easter break and first week back, we already have enough news to fill this issue. I am also delighted to announce the fantastic outcome of our Artsmark Gold Award, something the whole school has been working towards over the last two years.

## Stressed about Exams?

It is very common to feel stressed around exam time. These fears and concerns are completely natural – your friends are probably feeling exactly the same, whether or not they let on. But are you getting too stressed about exams? Symptoms of stress can be physical as well as mental; there is much information on the Web that can help you identify these - for example difficulty getting to sleep/waking up too early in the morning, irritability, a lack of appetite and constant fatigue or forgetfulness. The Mix (an online site supporting the under twenty-fives) is particularly helpful. Please visit the site for more details and some useful stress reducing tips: <http://www.themix.org.uk/work-and-study/study-and-exam-tips/exam-stress-1241.html>. The school also has both a listening and a counselling service. Please talk to your tutor, Head of Year or any other member of staff if you are concerned.

## Psychology Trip

Students had the opportunity to visit Sigmund Freud's residence which has since been turned into a museum. With

experts available, students were able to discuss the impact



Freud had on psychology and psychoanalysis. Following this visit, students went on a Jack the Ripper tour in London's East End and learned about how the police and newspapers dealt with the horrific crimes of that time. On the second day, students attended a conference with world renowned psychologist Philip Zimbardo, known for his work on the Stanford Prison Experiment. It was a fantastic opportunity for current and prospective Psychology students to fully immerse themselves and to extend their understanding and knowledge.

## Artsmark Gold Award



Artsmark  
Gold Award  
Awarded by Arts  
Council England

In recognition of the vast range of activities, progression routes

and projects blossoming across departments in the school, we are very proud to announce that Langley has been awarded an Artsmark Gold Award. We are one of only 30 schools in the country and just three in the eastern region. The panel made the following observations: *"Langley has strong arts leadership that now crosses the whole school, and has consolidated the arts offer across the senior and prep schools, with a broad range of curricular and extra-curricular activities ... Your children and young people have equal opportunity to plan, experience, participate in, and evaluate a diverse range of high quality arts and cultural activities and you recognise the importance of development opportunities delivered by specialists for your staff in these areas. You engage with a range of arts and cultural organisations and can evidence the positive impact of these partnerships ... Congratulations on your Artsmark Gold Award!"*

If you would like to get involved with the arts at Langley, please do not hesitate to contact the school.

## UEA Bespoke Lectures

On the 25th April, Year 12 and 13 English students attended the UEA for bespoke lectures delivered to just Langley pupils, by experts on The Gothic and Shakespeare, to prepare them for their upcoming exams. The aim of the event was to boost the students' academic insight into their exam texts and to give them a taste of university life at the same time. The students should be commended for engaging maturely with their UEA lecturers and asking a variety of perceptive questions. The event is the result of Langley's exciting new partnership with UEA's School of Literature, Drama and Creative Writing and we look forward to announcing similar events in the future.

# Alumni: Ollie Neale

As you may remember from Edition 8, Autumn Edition, Icenian Ollie Neale attained a scholarship as a Chorister at Truro Cathedral last year. He will be performing on Radio Three in July: <http://www.trurocathedral.org.uk/whats-on/truro-cathedral-choir-concert>. Also, he managed to get into the *Genesis Sixteen* programme, which is a choir of the sixteen best 'up and coming' singers. There are four places for each role (Soprano, Alto, Tenor, Baritone) and a thousand applicants. So it is an amazing achievement: <https://thesixteen.com/education/genesis-sixteen/>.



## Quiz Results

Langley began its opening rounds of the regional stages of the National Junior Challenge Quiz away at Farlingaye High School in Woodbridge. In the opening match, Farlingaye A lost to Langley A by 240 points to 380. Langley B snatched victory from the jaws of defeat in extra-time beating Farlingaye B by 210 to 200. Langley A went on to beat Langley B 400 to 170 and progress in the competition to meet Reepham High School in early May, Reepham having eliminated Gresham's and Sheringham High on their way to the regional semi-final. The teams which represented the school were:

**Langley A:** Will Colman (capt), Michael Stone, Suzie Porter and Justin Harper

**Langley B:** Ella Spear (capt), Talitha Key, Asa Cohen and Lucas Innis.



## National Recognition!

Langley have been awarded a commendation for their whole school 'debating culture'. This award is a recognition of the hard work by the Debating Society and Model UN team in championing oracy throughout the school. A chance for students to engage in debating will be available on 3rd May after school. To find out more, email Mr Kempton on: [jkempton@langleyschool.co.uk](mailto:jkempton@langleyschool.co.uk).

## Biology Challenge

We have now received the results for the Biology Challenge completed by Year 10 Biologists during British Science Week (9-18 March 2018). The competition consisted of two, twenty-five minute multiple choice papers taken online. Questions were set on the school curriculum, but the competition also rewards those students whose knowledge of the subject has been increased by reading books and magazines, watching natural history programmes, taking notice of the news for items of biological interest, and are generally aware of our natural flora and fauna. Top scores were from Eddie Inyang and Will Smithurst (109 out of 139) who gained a Silver award (they were only one mark off the Gold award). Also gaining Silver was Jessica Stone. Other awards include 11 Bronze, 10 Highly Commended and 15 Commended students. Certificates for Silver and Bronze winners will be received at the end of May.

## UK Chemistry Olympiad

The Chemistry Olympiad is the leading chemistry competition for students in secondary education across the UK. It runs annually and is an opportunity for teachers to challenge their Chemistry students, helping them to develop problem solving-skills and applying familiar knowledge in new and interesting contexts. In January, Maria Tymanska and Megan Howard took the written test based on real-world chemistry problems. The questions often stimulate a lot of debate, raising awareness of what chemistry is all about. It is a great opportunity for students to develop and showcase some of the skills they'll need at university and beyond. Congratulations go to Maria for achieving Silver and Megan for a Bronze certificate.

## Model UN

Students gave up the last two days of their holiday to represent Uganda and Russia at the event. Billy



Lund and Emma Lees both received Highly Commended Awards and Toby Emerson a commended award. Thanks to Billy and Toby for their involvement in this growth activity at



Langley School. They go on to study Philosophy at Leiden and Politics at Warwick University respectively.



LANGLEY SCHOOL

There is so much going on at Langley this term, we don't want you to miss anything. Please visit our website for the latest news and results from around the school: [langleyschool.co.uk](http://langleyschool.co.uk)