Every student in a class at Sunshine High School committed to sending a card to every other student in the class with some word of encouragement on it. The students that have a first name beginning with a letter from A to K received a total of 459 cards. The remaining students that have a first name beginning with a letter from L to Z received a total of 297 cards.

How many students are in this class? How many students in the class have a first name beginning with a letter from A to K?