



LONGSANDS ACADEMY WEEKLY BULLETIN



Monday, 22 June 2020

(Week B)

FROM THE PRINCIPAL I would like to thank all of the Year 10 and 12 students and their families who participated in the academic review meetings which were held last week. The meetings have proved hugely beneficial, and will have hopefully allayed any fears these students had about returning for on site provision and helped set them up for a productive next few weeks.

We have had the first 'quartile' of Year 10 and 12 students back in school today for English, maths. and Science study support sessions (Personal Development sessions for Year 12). Attendance was very good and students were really motivated to be back in a classroom again. My thanks to all staff who have supported this process of wider opening to facilitate this face to face on site provision.

The national landscape for reopening schools changes almost on an a daily basis and often I will get to find out news at the same time as you do; the catch up funding announcement on Friday is one such example. I fully appreciate that this is a very worrying time for you as parents/carers; I share those concerns and hope that we can get students back to learning in school in the very near future. Clearly this can only happen when it is considered safe to do so. The health and safety of staff and students remains our number one priority. I anticipate that the government's plans for September will be released soon; I will write to you as soon as I have more information.

NATIONAL SCHOOL SPORT WEEK The annual National School Sport Week campaign takes place in the last week of June every year to celebrate the important role of Physical Education and school sport in enhancing young people's wellbeing.

This year, the Youth Sport Trust has teamed up with Sky Sports to run a national campaign which will aim to unite the country - families, schools, sport and businesses - in a celebration of the power of sport to bring people together, even during isolation.

The UK-wide campaign will challenge people to take on their families, friends and neighbours in virtual sporting challenges – helping them to connect in an unprecedented period of school closures and social distancing.

At Longsands we are encouraging all students, staff, parents, friends and families to take part whether at home or in school as part of our weekly PE challenge (see the student bulletin for further details). With over 50 different challenges to choose from, students can compete against others, beat their personal best, and share success using #NSSWtogether on social media.

To get involved [view the parent guide](#) for additional information.



OXFORD UNIVERSITY FRENCH FLASH FICTION COMPETITION We were delighted to receive a letter from the University of Oxford faculty of Medieval and Modern languages informing us that Isaac T's entry to their annual French flash fiction competition has been highly commended.

This is the second year running that a student from Longsands has been recognised in this way in this prestigious competition.

Congratulations to Isaac for his superb effort!



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FREE SCHOOL MEALS Last week we saw Marcus Rashford successfully lead a campaign for the Government to ensure free school meal vouchers continue to be provided during the summer holidays for families entitled to them. It is a one-off deal for the unprecedented pressure caused by the coronavirus. What really touched me was how a highly successful young man has not forgotten his upbringing and used his influence in such a positive way that well over a million children will benefit.



Any family whose financial situation may have recently changed due to the events caused by the COVID-19 outbreak, please contact the school and we can provide you with support in applying for Free School Meals. Alternatively, please check the the information on this website: <https://www.cambridgeshire.gov.uk/residents/children-and-families/schools-learning/help-with-school-learning-costs/pupil-premium>

YEAR 10 PREFECT APPLICATIONS UPDATE We were delighted to receive so many letters of application from our students in Year 10 prior to the half-term holiday. These letters demonstrated the maturity of our students and thoughtfulness of their applications, representing a wide range of reasons for wanting to become a Prefect and make a greater contribution to Academy life. It will certainly be a hard decision choosing our final Prefect team!

The next stage of the Prefect application process is the interview stage which will be taking place remotely w/b 29th June. All applicants will receive a letter this week inviting them to interview and they will be interviewed by two members of staff. At the end of the interviews there will be opportunity to express interest in the role of Head Boy and Head Girl which will then be decided upon by a staff vote.

With the announcement of the new House System, this is an especially exciting time to become a Prefect because, alongside their many other roles, Prefects will be an integral part of the student leadership of the Houses.

We look forward to announcing the new Head Boy, Head Girl and Prefect team before the Summer holidays.

RAISING ASPIRATIONS - UNIVERSITIES This summer, many universities are putting their open days online, making them particularly accessible this year. Several are open to younger years and their parents. Two of these are listed below but there are many others that can be found by searching online for virtual open days. The University of Oxford's **online open days** on 1st and 2nd July are open to Year 10, 11 and 12 students and their parents/carers. It could be a great opportunity for students and parents to find out more about what studying at Oxford would be like. The **Cambridge University equivalent** on 2nd and 3rd July is only for Year 12 students, but Jesus College, Cambridge, with whom our sixth form has a strong relationship, have specifically invited Year 10 and Year 11, as well as Year 12 to attend their **Q&A session on 2nd and 3rd July**. Many of our most able Year 12 students have begun a mentoring programme to help them improve their personal statements. The programme is funded by Wadham College, Oxford. The first webinar helped our students consider how to turn their personal statement into a reflective academic statement. They will now be paired with expert subject mentors to give personalised advice on competitive applications.

Four of this year's year 13 received offers from Oxford and Cambridge, and three more have offers for medical school. Last week, Jack Brightwell was one of very few students in the country to still have exams when he sat STEP, a gruelling maths entrance exam, part of his offer to study maths at Cambridge. Doing an extremely hard 3 hour paper, invigilated online, when everyone else's exams were cancelled can't have been easy – well done Jack!



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GCSEPod This resource is most relevant for students in Year 10, and is beginning to be used also by some subjects for students in Year 9 as they transfer to GCSE courses for September. Please encourage your children in these year groups to access this site and begin to explore all that it has to offer.

Premier partner



ASCL Association of School and College Leaders



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- 1) Go to www.gcsepod.com and click LOGIN
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- 3) Enter your child's details and confirm the name of the school they attend
- 4) Create a username and password


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0191 338 7830





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NATIONAL ONLINE SAFETY The National Online Safety group have published another guideline for parents/carers and students. This week they are sharing information and advice on ways to escape devices' addictiveness and look after students' wellbeing. In particular, their key advice is to 'be present' and to avoid 'logging out' of the real world!



At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

A GUIDE ON HOW NOT TO BE A SCREEN ZOMBIE

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie.'

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible - there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Pete Beahm is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.





www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

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FAMILY MEAL PLANNER

Here are ten, two-course, budget meal ideas to feed a family of four. The aim is for this to come under the equivalent value of the Free School Meal voucher of £30.

The recipes are intended to be simple and include a balanced, healthy, variety. Although we have indicated approximate nutritional values, please do check individual packaging for specific details.

A suggested shopping list is shown below and prices are based on supermarket own brands. We will include one recipe per week, we hope you enjoying making 'cheese and broccoli pasta with garlic bread' last week - for this week try 'vegetable curry and rice'.

Please also keep an eye on our [Facebook page](#) where we have been sharing photographs of cooking and baking sent in by students.

Happy cooking!

MEALS

Day 1: Five bean chilli and rice - Choc ices

Day 2: Bangers, mash & veg- Raspberry ripple mousse

Day 3: Pasta and tomato sauce - Fruit yoghurts

Day 4: Fish fingers, chips and mushy peas - Apple crumble and custard

Day 5: Jacket potatoes, cheese 'n' beans - Choc ices

Day 6: Hotdogs, chips 'n' beans - Müller choc mousse

Day 7: Minced beef in onion gravy, mixed veg & mash - Jelly

Day 8: Cheese and broccoli pasta with garlic bread - Fruit yoghurt & raspberry ripple mousse

Day 9: Vegetable curry and rice - Vienetta

Day 10: Chicken pasta and tomato sauce - Rice pudding

Food tastes better when you eat it with your family.

Shopping List	
Product	Cost
Asda Mexican beans (x2)	£1.30
Onions (includes 3)	£0.30
Chopped tinned tomatoes	£0.28
Smart price long grain rice	£0.49
Sausages (includes 8)	£2.00
2kg Potatoes	£1.25
Chilli mix sachet	£0.21
Pasta (x2 bags)	£1.00
x2 Tomato pasta sauce (various flavours)	£1.18
x1 box of fish fingers (includes 10)	£1.36
x2 Asda Mushy peas	£0.54
1.5kg straight cut chips	£1.25
Frozen mixed vegetables	£0.94
Jacket potatoes (includes 4)	£0.76
250g Grated cheddar	£1.75
Baked beans (x2)	£0.98
Hotdogs (includes 8)	£0.50
6 white finger rolls	£0.53
500g Minced beef	£1.59
Gravy	£1.00
Cheese and broccoli pasta (x3 packets)	£1.23
Garlic bread (x2 baguettes)	£0.80
Frozen broccoli, carrots and cauliflower	£0.99
Tikka Masala curry sauce	£0.64
Battered crispy chicken (includes 2)	£1.00
Choc ices (includes 8)	£0.70
Raspberry ripple mousse (includes 6)	£0.68
Yoghurts (includes 6)	£0.90
Apple crumble	£0.90
x2 Tins of custard	£0.50
Müller lite chocolate mousse (includes 4)	£1.00
Vienetta	£1.00
Jelly (various flavours)	£0.38
x2 Tins of rice pudding	£0.40
TOTAL	£29.93

Day 9: Vegetable curry and rice - Vienetta

Ingredients

- x1 jar of tikka masala sauce
- x1 onion
- 500g rice
- Frozen broccoli, carrots and cauliflower

Method

- Boil a desired amount of vegetables for around 10 minutes.
- Chop the onion and fry until golden brown.
- Meanwhile, cook the rice according to packet instructions (usually takes approximately 15 minutes).
- Warm through the jar of tikka masala sauce.
- Drain the cooked vegetables and add to the tikka masala sauce. Stir through until mixed together.

Nutritional value per serving

Calories: 750
 Fat: 27g
 Carbohydrates: 97.5g
 Protein: 13.5g



Dessert
 Vienetta (250 calories)



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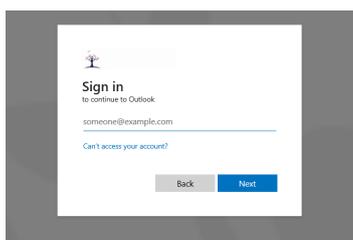
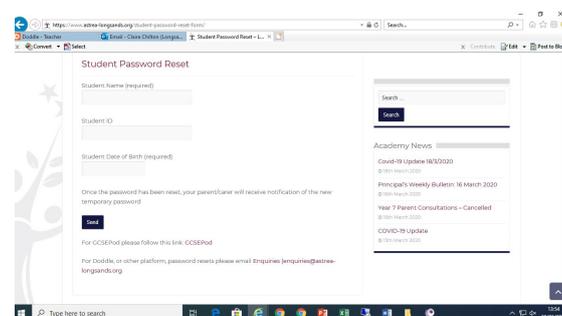
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WHAT TO DO IF YOUR CHILD HAS FORGOTTEN THEIR SCHOOL EMAIL PASSWORD?

If your child needs a password change, for example their email, doddle or GCSEpod, go to the Academy website <https://www.astrea-longsands.org/student-password-reset-form/> or find it using the instructions below:

1. Go to the Students menu and select 'Log ins', then Student Password Reset.
2. To reset your child's email password complete the form as described below. For GCSEpod, Doddle and all other resources use the information at the bottom of the webpage.
 - The student will need to fill in the form with their details.
 - Their Student ID is their login number for school.
 - Once sent, the IT team will make a new temporary password that will be emailed to the registered email address of their parent/carer.
 - They will then need to change this password and we would recommend they make a note of it in a safe place or write down clues to help them remember.



Once they log in, your child will be taken to this screen to enter their password.

Please can we ask that your child takes care when they are composing an email, we have put together some 'email etiquette guidance' that we recommend students read before sending an email:

<https://www.astrea-longsands.org/wp-content/uploads/2020/03/Longsands-Student-Email-Guidance.pdf>

COMMUNICATION WITH THE SCHOOL In addition to this weekly bulletin, there are a variety of ways in which we will contact you, including by telephone, by letter, via the Astrea App, via Doddle, in writing, in newsletters, on social media and via our website.

If during this time you should need to make contact with us, please email enquiries@astrea-longsands.org in the first instance - your message will then either be dealt with or passed on to the most appropriate member of Academy staff.

We will aim to respond to any enquiry within 2-3 working days.

