



LONGSANDS ACADEMY WEEKLY BULLETIN



Monday, 21 September 2020

(Week B)

FROM THE PRINCIPAL Thank you to the overwhelming majority of students who arrived in school today with a face covering. **Please be reminded that students are expected to wear a face covering** when they enter a building, change classrooms, queue for lunch and any inside communal areas. Students will not be expected to wear a face covering during lessons, whilst eating and drinking at break/lunch time and when outside.

Please do emphasise with your child that in wearing a face covering in these areas they are playing their part to show responsibility towards others.

We have always stated that keeping staff and students safe is our priority. We want everyone in our Academy community to be as protected as possible from illness and from further possible school disruption. If there is a specific reason that your child is not able to wear a face covering please do contact the school via enquiries@astrea-longsands.org.

We are asking for the support of parents and carers to ensure their child has a clean face covering with them and wears it responsibly.



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.

There are several ways in which you can contact us, these include the methods listed below. To enable us to help you as quickly as possible, **please only send one message via one means of communication.**

 email to enquiries@astrea-longsands.org

 call Reception for all general enquiries on **01480 353535**
or to report a student absence, please call 01480 223343 or text 07860 095966

 the **Astrea App** (which you can download for free from your app store)

 by **writing** to Longsands Academy, Longsands Road, St Neots PE19 1LQ



the 'contact us' page of our school website www.astrea-longsands.org

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





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NATIONAL ONLINE SAFETY REMINDERS At the start of the academic year, The National Online Safety group have published a useful guide reminding parents/carers how important it is to monitor, support and talk to children about their online activities.

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 issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.

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1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.
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2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.
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3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.
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4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.
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5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.
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6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.
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7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.
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8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.
- 

9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.
- 

10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

NOS National Online Safety
#WakeUpWednesday

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

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.09.2020



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CHILDREN IN CARE AWARDS - Outstanding Achievement Award A student has nominated **Mrs Tuffs, Teaching Assistant**, in the Cambridgeshire County Council Children in Care Awards. The nomination was made by the student who is supported by Mrs Tuffs in her role as Children in Care Lead. Cambridgeshire County Council wrote *"The wonderful nominations we have received have once again impressed and touched us, reflecting the care, enabling and enriching relationships our children and young people have with those who support them."*

Congratulations to Mrs Tuffs on receiving this nomination and thank you to the wonderful student for wishing to recognise the support they have received.

SCHOOL AND PUBLIC TRANSPORT: Face Coverings

Please can we remind all parents/carers that it is strongly recommended that students aged 11 and older who are able to do so, follow recommended guidelines when it comes to wearing face coverings on school transport and in shops. If a child is unable to wear a face covering for health or disability reasons, please contact **Mrs Greaney**. We thank parents/carers and students for acting responsibly in helping to reduce the spread of the virus in this way.



BARNARDO'S 'SEE, HEAR, RESPOND' SERVICE

'See, Hear, Respond' is a service provided across England by Barnardo's and other national and local community-based organisations in response to the coronavirus (COVID-19) outbreak.

The 'See, Hear, Respond' Partnership has been created specifically to help children and young people in England who are experiencing harm and increased adversity during coronavirus, by providing support to those who are not being seen by schools or other key agencies. There is no minimum threshold for referral. They will support children from pre-birth up to 18 years of age and those with special educational needs under the age of 25.

'See, Hear, Respond' will contact every referral made to them, so no child gets missed. They will then find a partner best placed to support the most isolated and at risk children in the area. They'll get help in one or more of four ways:

- an **online hub** of support and information
- online counselling and therapy
- face-to-face support for those most affected and at risk of some of today's most pertinent issues, such as criminal exploitation, and
- helping children and young people reintegrate back into school.

You can access via the 'See, Hear, Respond' service **self-referral webpage** or by freephone 0800 151 7015.

See, Hear, Respond

Rapid support for children and young people affected by the coronavirus crisis

**Believe in
children**
 **Barnardo's**



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VISITORS TO THE SCHOOL SITE

Please be reminded that we **cannot** currently allow visitors on site due to Covid-19 safety measures.

Therefore, we cannot accept forgotten items for students during the school day.

If there is an emergency item to deliver, **such as a medical item**, please contact reception for advice and permission to drop off.



WE CAN ALL HELP TO PREVENT THE SPREAD OF CORONAVIRUS



In accordance with government guidelines, visitors (including parents/carers) are not permitted to visit the school

If you need to speak to **Reception**, please call **01480 353535**
If you need to speak to the **Site Team**, please call **07917 552338**

If you are here (pre-arranged) to collect a student please call **Reception**
If you are here regarding a **delivery**, please call the **Site Team**

THANK YOU FOR YOUR SUPPORT

WE CAN ALL HELP TO PREVENT THE SPREAD OF CORONAVIRUS BY WORKING TOGETHER TO KEEP EACH OTHER SAFE

ROAD SAFETY This week, in assemblies and via the Student Weekly Bulletin, we are reminding students about the importance of keeping themselves safe on their way to and from the Academy, specifically in relation to road safety.

Sadly, danger from traffic is a major cause of injury and death among young people, with the risk rising as children reach secondary school age.

Reports from local residents this academic year have raised concerns regarding a lack of helmets and poor awareness of traffic. The safety of our students is of the utmost importance to us. We want to do everything in our power to educate students about road safety to reduce the risk of an incident which could cause injury, or worse.

This week, the **key advice** we have shared with students is as follows:

Wear a helmet if you ride a scooter or bike

- wearing a helmet could save your life

Cross the road safely

- use a crossing where possible
- if you are riding a scooter or bike, dismount
- try not to cross between parked cars - moving cars cannot see you

Avoid distractions like phones and headphones

- pay attention, look both ways before crossing the road, then look again



If your son/daughter is seen on their way to or from the Academy on a bike or scooter without a helmet, or if they are behaving in a way in which we feel puts them in unnecessary danger, their Student Support Officer will have a conversation with them and we will also write to you for your awareness of our concern about their safety.

Please help us to explain the importance of this message by discussing this issue with your son/daughter at home.





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LANGUAGE LEADERS We have been hugely proud of our Language Leaders (2019-2020) who have now successfully completed their Language Leader Award programme.

Throughout the last year, our Language Leaders displayed a high level of professionalism and organised several events which gave them a valuable purpose and context for their language skills. In groups, the students created such things as student verses teacher quizzes, podcasts for our KS3 learners and delivered highly motivating lessons to our students such as one in the style of "The Chase".

Many of them were also part of our Padlet project which continued during lockdown in which they sent messages to the "European Class" at Lycée Jean XXIII of Yvetot in Normandy.

We are confident that our Language Leaders, now in Year 11, will continue to promote the fun of languages across the academy and will wear their Language Leaders badges with pride.

We would like to thank them for their enthusiasm, dedication and creativity and look forward to presenting them with their certificates and badges soon.

This week, we also welcomed all 35 of our Language Leaders (2020-2021) for this year. They have already impressed us with their positive attitude and we look forward to working on some exciting projects with them.



ATTENDANCE An Attendance booklet containing lots of information will be sent to all Parents/Carers next week. Please take the time to read through this important information. If you have any questions or queries relating to your child's attendance, please contact the Attendance Team at absence@astrea-longsands.org or kelly.baker@astrea-longsands.org

Our whole school attendance is currently 95.9%

Year 7 – 98.1% our top form is 7ERM with 99.5%

Year 8 – 97.1% our top forms are 8RLT with 99.62%

Year 9 – 95.8% our top form is 9CLG with 98.59%

Year 10 – 94.9% our top form is 10LSG with 98.02%

Year 11 – 93.3% our top form is 11RMO with 98.75%

Well done to all of our top tutor groups.



CHARITY DONATIONS You may be aware of two recent fires in refugee camps on the islands of Lesvos and Samos in Greece. This has left around 21,000 already vulnerable people without basic supplies. The refugee charity Choose Love is asking for donations of toothpaste, deodorant, shampoo, shower gel, soap and nappies, and so alongside the House launch this week, we will be launching this charity collection. **There will be House Points awarded for each item donated** to encourage generosity and remind us all of the importance of being kind. We are asking students to drop off their items in boxes at the school gates on the mornings of the 28th, 29th and 30th September and they will be transported to a collection point the following weekend. We would appreciate any donations you might wish to give and no donation is too small. Own brand toiletries or old Christmas gifts would be great!





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COVID-19 ADVICE FOR PARENTS Further to our communication last week, please find another copy of the COVID-19 advice below. We hope that you find this helpful but if you have any further questions, we would be very happy to hear from you at enquiries@astrea-longsands.org

What should I do if ...?	Action needed ...
<p>My child is feeling ill with Covid-19 symptoms of:</p> <ul style="list-style-type: none"> • a high temperature – this means your child feels hot to touch on their chest or back • a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours • a loss or change to your sense of smell or taste – this means your child cannot smell or taste anything, or things smell or taste different to normal. <p>Most children with Covid-19 have at least one of these symptoms.</p>	<p>DO NOT SEND YOUR CHILD TO SCHOOL.</p> <p>The whole household must self-isolate. Your child will need to isolate for 10 days from the start of symptoms; the rest of the household should isolate for 14 days.</p> <p>You should book a test for your child using this link here, or by phoning 119.</p> <p>Please note - <u>only</u> the person with symptoms should be tested and there is no need for others in the household to have a test, unless they also have any of the symptoms mentioned.</p> <p>Make sure you tell the school immediately about the result of the test.</p>
<p>My child is feeling ill with other symptoms such as a sore throat, runny nose or a headache.</p>	<p>You should act in the same way as you would have done before the pandemic. This may involve sending your child to school or keeping them at home, depending on the nature and severity of symptoms. Of course you should seek medical advice via your GP or NHS direct on 111 if you would normally do so.</p> <p>Please note – if your child has sickness or diarrhoea they should not return to school until 48 hours after the last bout of this, as is normal policy.</p>
<p>Someone in my household has Covid-19 symptoms</p>	<p>DO NOT SEND YOUR CHILD TO SCHOOL.</p> <p>The whole household must self-isolate and the person with symptoms should book a test using this link here, or by phoning 119.</p>
<p>Someone in my household tests positive for Covid-19</p>	<p>DO NOT SEND YOUR CHILD TO SCHOOL.</p> <p>The whole household should isolate for 14 days. The person who has tested positive must isolate for 10 days from the start of symptoms, and until there is no fever for 48 hours.</p>
<p>Someone in my household with symptoms tests negative for Covid-19</p>	<p>Your child can return to school, assuming they are well, and no one in the household or support bubble has any further Covid-19 symptoms.</p>
<p>My child tests positive for Covid-19</p>	<p>DO NOT SEND YOUR CHILD TO SCHOOL.</p> <p>Your child must isolate for 10 days from the start of symptoms, and until there is no fever for 48 hours. The rest of the household should isolate for 14 days.</p>



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STUDENT SERVICES Students may need to access our Student Services, for support, first aid and to sign in or out. Whilst the school is arranged in year group bubbles, Student Support Officers are located for each year group in the following locations:

Year 7: Mrs Gavigan
New Build English Office

Year 8: Mrs Alder/Mrs Stockwell
New Build Maths Office

Year 9: Miss Beveridge
F block

Year 10: Mrs Cavilla
Student Services

Year 11: Mr Breakspear
Student Services

EPQ Dr Cullen, Head of Year 12 has launched the Extended Project Qualification (EPQ) with students and it is pleasing to see that 22 students have shown an interest so far. The EPQ is an opportunity to engage in a detailed academic study, similar to Undergraduate level and develops the essential learning and presentation skills necessary for success at A level and beyond.

SIXTH FORM UPDATES All Sixth Form students were inducted into the new House System this week and have received their lanyards in the house colours. We are looking forward to seeing the Sixth Form play a prominent role in making this inaugural year a successful one. Finally a reminder that it is compulsory for Sixth Formers to wear their lanyards at all times whilst on site.

From Monday 21st September, there will be clear limits on the maximum number of students that can occupy the study rooms in the Sixth Form. In addition, we would expect all sixth formers to wear a face covering whilst in their zones at break and lunch, as well as when moving to and from lessons. These measures will clearly help to slow the spread of infection amongst older students and staff.

A reminder that any student whose household is receiving Universal Credit or some other benefits may qualify for the 16-19 Bursary, which could provide funding to support them in their academic studies. Please see this link for further details <https://www.astreasixthformstneots.org/16-19-bursary-scheme/>

The dedicated Sixth Form wi-fi network is now up and running and will aid those students who are bringing in their own devices to complete work. The details are as follows

Please use the WiFi "Longsands Academy"

Log in details are the same as those for logging into your computer account



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YEAR 13 - POST 18 DESTINATIONS Year 13 early entry students (Oxford, Cambridge, Medicine Dentistry and Veterinary Science) have had further support from Miss Bell our most able champion in the Sixth Form. Many are well on the way to completing their applications in time for our internal deadline of 2nd October. All early applications must be sent off to UCAS by 15th October.



In a similar vein, prospective medical students enjoyed a fascinating and helpful zoom meeting with Dr Rakesh Mhodi MBBS MA (cantab) MRCGP MRCP DCH DRCOG MPH. In his 2 hour session he gave some practical tips to give our students a cutting edge when applying in this highly competitive field. Dr Mhodi has also kindly agreed to return in November to give a more general talk to Science and Psychology students about the functions of the brain. Thanks to Mr Ivett for his ongoing work in organising such high quality support for our Medics.

Year 13 History students will be enjoying one to one virtual tutorials with Dr Robin Bunce of Homerton College, Cambridge who will be giving them feedback on their research projects. Dr Bunce is a successful political and historical author and we are grateful to have his expertise.

Year 13 students have all been working hard on preparing their final Post 18 destination choices under the guidance of Mr Walker, Head of Year 13 and their form tutors. Using the Unifrog platform students are encouraged to have finished their personal statement by the end of October.

NEW CATERERS We are delighted to introduce Taylor Shaw as our new caterers at Longsands, the menu for this week (Week **B**) is:

 WEEK TWO MENU	
MONDAY	Meatballs and pasta Vegetable chilli con carne Margarita pizza baguette
TUESDAY	Beef chilli and rice Pasta in tomato sauce Chicken burger
WEDNESDAY	Roast of the Day Thai vegetable curry and rice Ham panini
THURSDAY	Sweet and sour chicken Veggie dog and wedges Beef burrito
FRIDAY	Fish and chips Vegetable curry and rice Popcorn chicken wrap

AVAILABLE DAILY:
Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps Fresh Salads, Fresh Fruit Salad, Hot & Cold Drinks