



# LONGSANDS ACADEMY WEEKLY BULLETIN



Monday, 7 September 2020

(Week B)

**FROM THE PRINCIPAL** A big welcome or welcome back to the students who have already joined us and are settling into the new systems so well; it is great to see so many happy and resilient young people enjoying their learning and their social time together sensibly. Although the normal structure of the school day has changed to encompass all of the necessary health and safety requirements it has been incredibly pleasing to see such a positive attitude from students across the year groups. We are very much looking forward to Year 10, 9 and 8 joining us today.

It was wonderful to welcome our new Year 7 students to Longsands last week. I am fully aware that this must have been such a difficult transition for our newest students. I am sure we all remember that moving to secondary school can be a daunting time and so to do it in the current circumstances, without a full transition programme, showed great bravery from Year 7. Please join me in saying well done to all of them; we are very proud of the start they have made.

Students in school are looking extremely smart and are well equipped for their lessons - thank you for your support with this, it makes such a difference.

**HOUSE SYSTEM** It is with great anticipation that we are launching our new House system this September at Longsands. All students and staff are proudly going to be part of one of five houses, the names of which were voted for last Summer term. The house names are: **Austen**, **Darwin**, **Hawking**, **Seacole** and **Turing**. All year 7 - 11 students will have a house badge that they will wear on their blazer pocket and staff and Sixth Form students will all have lanyards denoting their house. There will be many different events organised this year through the house system encompassing all aspects of our core values and we all look forward to seeing our students engaging and enjoying this new dimension to our Academy.



**MOBILE PHONES** Our mobile phone policy remains unchanged in that these should not be used, seen or heard on the school site. Now that we have the fence in place, students should not use or look at their phone at any time within the fence line, they must wait until they are outside the gates – this also applies as students are leaving the site at the end of the school day. If students choose to get their phone out then they must be prepared to hand it over and collect it at the end of the following day. If a student takes part in an extra-curricular activity then they may use their phone anywhere on the site after 4pm in order to contact parents if necessary. This policy applies to all students across Years 7 – 13 and we would ask parents / carers to remind their children of the expectation around mobile phones.





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### How to support your child using GCSEPod



#### What is GCSEPod?

GCSEPod is an award-winning expert in Subject Knowledge. We provide 3-5 minute bursts of audio-visual, teacher written learning which can help to reinforce and consolidate key GCSE topics covered in lessons.

Experts read and explain everything clearly including all the right facts, quotes, keywords, dates and diagrams on screen.

#### Tips & Tricks

- **Watch online or offline!** Ask your child to download some Pods to their mobile device, this way they are free to expand their knowledge wherever they go.
- **Create Playlists!** Use the My Playlist area to create bespoke playlists on topics that they may find challenging. Having a personalised playlist means your child has fast access to Pods that will help to fill in knowledge gaps.
- **Use Favourites!** Challenge your child to a favourite 10 Pods on topics they find difficult/challenging. Watch the Pods together and use one of our other suggested learning techniques to help simplify what it is they're struggling with.
- **Memory Cards!** Watch the Pods and then together write key facts, dates, diagrams and quotes. Then test their knowledge to see how much they remember.  
Top Tip\* Turn it into a competition and reward your child for correctly answered questions. If you're stuck on what questions to ask your child then head over to our 'Quiz your Child' document.
- **Support Homework!** GCSEPod isn't just for revision, it's to help expand your child's subject knowledge. If your child is struggling with a piece of homework, you can search for the topic on GCSEPod and use the Pods as an additional resource.

#### Does your child know they have access to GCSEPod?

If your son or daughter have already activated their account, they simply need to log in with the username and password they've created.

If they've not yet activated their GCSEPod account, simply follow these simple instructions:

1. Go to [www.gcsepod.com](http://www.gcsepod.com)
2. Click **Login**
3. Click **New Here? Getting Started**
4. Ensure they've selected they are a **Pupil**
5. Enter their personal details as requested
6. Create a Username and Password



GCSEPOD.COM



INFO@GCSEPOD.COM



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**GCSEPOD** GCSEPod is available at Longsands for students in Year 10 and Year 11! We have subscribed to the award-winning service to give your child access to thousands of hours of professionally produced, audio-visual content which will benefit them throughout the coming year. GCSEPod has over 5,000 teacher-written, audio-visual pods which have been produced specifically for learning, homework and revision. The Pods contain all the right facts, quotes, keywords, dates and annotated diagrams that your child needs for GCSE success. They won't need to use GCSEPod for long to see the impact; in fact, consistent use of just 10-minute chunks is proven to support achievement whatever your child's target grade is.





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### GCSEPOD: Helping your child develop good habits as they return to school

#### Three things to know:

- Healthy habits are essential to living a long and happy life, and they are important to instil in children from a young age. If you help them form these habits now, you will be giving them the tools to navigate any obstacles they may face as they grow into adulthood.
- Research highlights that the late teenage years have been identified as the peak age for exposure to health risks with lifelong implications. The report, by the Association for Young People's Health (AYPH), revealed teenagers eat eight times the recommended sugar allowance and almost half have tooth decay. This worrying research also found out that most smokers start by the age of 25.
- Research reveals that there is a strong link between healthy habits and pupil achievement. Poor health habits add up to poor grades, and research suggests that healthy habits and good health-related decisions can lead to improved academic performance. For instance, research has shown that students who eat breakfast exhibit improved concentration when compared to their peers who skip it.

#### Three things to do:

- Cultivate healthy habits by being a role model to your child. Try to exhibit good habits, offer health advice and build enjoyable healthy activities into your family life. Examples include being active as a family, having evening and sleep routines, providing a water bottle to encourage hydration, or making family meals together.
- Good nutrition can help improve concentration, so pay attention to the food you buy for your family. Provide a healthy balanced diet of meals which include fresh vegetables, fruit, proteins, good fats and whole grains. Encourage your child to snack on low sugar foods and drinks, which you could make together.
- Help and encourage your child to get enough sleep, live a physically active life and feel good about themselves. Work with them to map out their week to include healthy habits such as exercise, relaxation and seeing friends. Set some healthy lifestyle goals together, and keep each other motivated to stay on track.

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### CAMBRIDGESHIRE COUNTY COUNCIL - parent/carer information

Cambridgeshire County Council have produced a helpful guide to support parents/carers and young people as they transition back into formal education. In it they have given clear information on some of the common things parents/carers ask them about every year, such as transport, attendance, free school meals, etc. We have attached the booklet with this email and hope you find it useful.

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**WHAT TO DO IF A CASE OF COVID IS CONFIRMED AT HOME** We ask that you only send your child into school if they are well. If they have any of the Covid symptoms (a high temperature, a new, continuous, cough or a loss of taste or smell) then they should not come into school and you should arrange for them to be tested. Anyone coming into contact with someone with COVID should self-isolate for 14 days.

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**YEAR 7 - CANTEEN PURCHASES** A quick reminder that from today we are no longer able to accept cash in our canteen, therefore students must use their Parentpay account for all food purchases. Students who have free school meals will have their account automatically credited each morning, though parents/carers are free to top this amount up if they wish. If parents/carers are having any problems with Parentpay, please contact our finance team at [finance@astrea-longsands.org](mailto:finance@astrea-longsands.org)



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**KNOWLEDGE ORGANISERS FOR YEAR 7, 8 AND 9** At Longsands Academy, we believe that students are entitled to be immersed in 'the best that has been thought and said', which is best achieved through a broad and balanced, knowledge-rich curriculum. We are building a seven-year revision strategy that supports students to remember the core and powerful knowledge that is required to be successful in each subject.

The Ebbinghaus Forgetting Curve demonstrates that knowledge is lost over time if it is not revisited. A simple model for memory involves working memory and long-term memory; working memory is limited, and can very easily become overloaded, whereas long-term memory is effectively limitless. The limited working memory can be supported by storing key facts and processes in the long-term memory. Research evidence indicates that regular recall activities, known as retrieval practice, are an effective way of ensuring that knowledge is committed to long-term memory.

At the start of each term, students in Years 7, 8 and 9 will receive a knowledge organiser booklet that contains content for all subject areas, including facts, dates, characters, quotes, precise definitions, and important vocabulary. Students will use these knowledge organisers in lessons, in tutor time, and during homework tasks. An important aspect of students' revision for mid- and end-of-year examinations will be to use the knowledge organisers for self-quizzing. If this core knowledge is secured, students will be in a strong position to use and apply this knowledge in a range of contexts.

Knowledge organisers have their limitations. It is not possible to include absolutely everything students need to know in a booklet like this. In addition to self-quizzing from these knowledge organisers, students will need to use a range of other revision strategies to support their learning, such as practising longer questions and solving problems.

The best way to use these knowledge organisers is to follow this simple guidance:

1. Look at a specific aspect of the knowledge organiser
2. Cover up the information
3. Write out the information from memory
4. Check and correct any errors, missing information or spelling mistakes

**Links to the knowledge organisers can be found on the Academy website here:**

<https://www.astrea-longsands.org/knowledge-organisers/>



LOOK



COVER



WRITE



CHECK



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**FACE COVERINGS** As shared in the 'Welcome Back' information booklet sent last week, to further complement all other protective measures in place to reduce the risk of transmitting the infection, and to provide additional reassurance to staff and students, it is strongly recommended that students wear face coverings in communal areas where social distancing cannot be adequately maintained.

Face coverings in lessons are not currently advised by the DfE, therefore, if your child has a medical condition or other need to wear a covering within lessons, we will need to contact you to carry out a risk assessment. Your child's Head of Year will be in touch if we notice your child wearing a face covering in lessons. Also, a reminder to please reinforce with your children the need to wear a face covering in shops and an public transport to ensure that they are doing their best to protect themselves and others.

Students may find the following guidance useful.

### **A face covering should:**

- cover your nose and mouth while allowing you to breathe comfortably
- fit comfortably but securely against the side of the face
- be secured to the head with ties or ear loops
- be made of a material that you find to be comfortable and breathable, such as cotton
- ideally include at least two layers of fabric (the World Health Organisation recommends three depending on the fabric used)
- unless disposable, it should be able to be washed with other items of laundry according to fabric washing instructions and dried without causing the face covering to be damaged

### **When wearing a face covering you should:**

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before putting a face covering on
- avoid wearing on your neck or forehead
- avoid touching the part of the face covering in contact with your mouth and nose, as it could be contaminated with the virus
- change the face covering if it becomes damp or if you've touched it

### **When removing a face covering:**

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before removing
- only handle the straps, ties or clips
- do not give it to someone else to use
- if single-use, dispose of it carefully in a residual waste bin and do not recycle
- if reusable, wash it in line with manufacturer's instructions at the highest temperature appropriate for the fabric
- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser once removed
- if the material is washable, wash in line with manufacturer's instructions. If it's not washable, dispose of it carefully in your usual waste
- when wearing a face covering, avoid touching your face or face covering, as you could contaminate them with germs from your hands
- change your face covering if it becomes damp or if you've touched it.





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**WELCOME BACK TO THE SIXTH FORM FROM MR TAYLOR** It was great to see our new Year 12 students and our returning Year 13s back with us on Friday. There was a buzz of excitement as learners received timetables and met up with friends and were able to have face to face lessons for the first time in many months.

I am looking forward to seeing the resumption of those learning routines that are essential for both the academic progress and general well being of all students. As part of our zoning in relation to government guidelines, Year 12 are based in the Sixth Form block and Year 13 are in the Learning Resource Centre as well as having access to a computer suite in A11. It is essential that students stick to these locations at break and lunch, as well as during any study periods that they might have.

In order to minimise the numbers of students in one place at a time, both Year 12 and Year 13 students are able to work from home **if they don't have a lesson**. If they are leaving the site then they must sign out: Year 13 in Student Services and Year 12 outside Mrs Walton's office in the Sixth Form block. If they are coming onto the site for a lesson that starts after period 1 then they don't need to sign in as their attendance will be picked up by the subject teacher. Of course, if they then left the site they would need to sign out.

All students are equally welcome to stay in school and use the study facilities and for many this will be the most efficient use of time, but it is important that we do what we can to minimise the risk of infection and that is why the temporary measures allowing students to work from home have been brought in. There will be a virtual "Welcome Back" presentation for parents of both Year 12 and Year 13 during the week of 28th September and further details about this will follow.

**DODDLE** Further to our message towards the end of last week, we are pleased to confirm that Doodle is now working again and ready for use.

Students use Doodle to view homework assigned to them by their teachers and parents are able to use 'Doodle Parent' to keep a check on the work being assigned.

Please use this link to view a video showing parents/carers how to create a parent account and link it to their child's account.  
<https://www.doddelearn.co.uk/support/parent-log-in-video/>

Or, to see how to view and track homework set for your child:

<https://www.doddelearn.co.uk/support/parent-homework-video/>

Information concerning the homework policy is available on the website.

If you should have any queries concerning Doodle, please contact Mr Merson via [julian.merson@astrea-longsands.org](mailto:julian.merson@astrea-longsands.org)

### DODDLE Guide for Parents: Homework

**Doodle Parent: Homework**

Doodle Parent has been created for the people who care most about their children's education – you!

Doodle Parent lets you see the homework your child has been set in different subjects. You can see the homework that is **due** now, and any **overdue** homework. You can also see all the homework your child has **submitted** on Doodle throughout the year, and the **marks** they have achieved for the quizzes they have taken.

You'll have the full picture of what your child needs to do at home, and you can access this on the go, as Doodle Parent is available on your mobile or tablet.



**How can I use Doodle Parent to support my child?**

- See all the homeworks your child has, now and in the coming weeks, to help them manage their time and meet deadlines.
- Look at the homework tasks and resources so you can talk with your child about what they have to do and any support they need.
- Get a better understanding of how they are doing with homework by looking at submitted work and quiz scores.



**How do I log in?**

It's easy! Your school will provide you with a 16-digit number – your parent **'key'** – and you'll need access to your email account to register your account. Watch our 2 minute video on how to do this at [www.doddelearn.co.uk/support/parent](https://www.doddelearn.co.uk/support/parent)

To log in to Doodle Parent, visit [www.doddelearn.co.uk](https://www.doddelearn.co.uk), click on Log in, and select the Doodle Parent button.

If you already have a Doodle Parent login, click **Switch to Homework** in the top-right to change to the Homework view.



**Having trouble?**

If you need a reminder of your parent key, or you have questions about your child's curriculum or progress, please **contact your school**.

For technical queries relating to Doodle Parent, **contact Doodle**.  
Visit: [www.doddelearn.co.uk](https://www.doddelearn.co.uk) Email: [hello@doddelearn.co.uk](mailto:hello@doddelearn.co.uk) Call: 01865 208 440



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**ATTENDANCE** As you are aware the department for Education has announced that all schools will re-open for all pupils from the beginning of September 2020. In addition, the Government has made it clear that attendance will be mandatory for all pupils from the start of the new term. As Covid-19 infection rates continue to fall, and Longsands reopens it is of vital importance that all students return to school. This is so we can minimise as far as possible, the longer-term impact of the pandemic on students education, wellbeing and wider development. Regularly attending school is the foundation of educational success, and your support in this matter is appreciated.

**Should you need to report your child absent please contact our Attendance Officer on 01480 223343 before 8.45am or email [absence@astrea-longsands.org](mailto:absence@astrea-longsands.org) and clearly state the following:**

Student's Name  
Tutor Group  
Clear reason for absence

If the absence is COVID-19 related ensure this is communicated to the school as a matter of urgency and provide details of the outcome of the test.

An attendance information booklet with further guidance will follow shortly. If you have any questions please do not hesitate to email our Attendance Manager [Kelly.baker@astrea-longsands.org](mailto:Kelly.baker@astrea-longsands.org)

## STUDENT EMAIL PASSWORDS

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

1. Go to the website and select 'Staff/Student Login' from the top menu, as pictured opposite.
  2. Then select and complete the form for the login required. 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 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>





# LONGSANDS ACADEMY

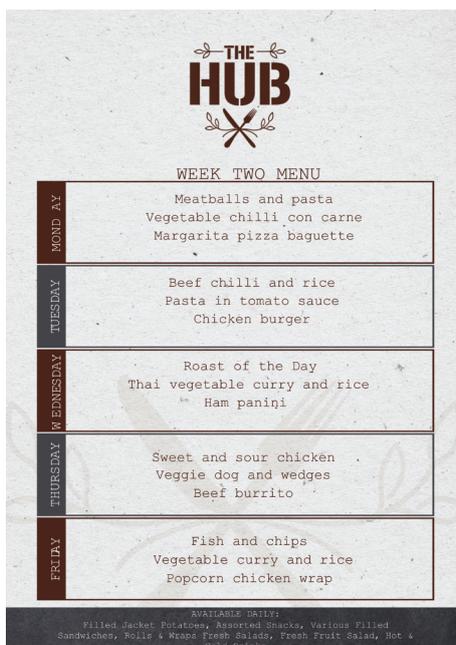
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**NEW CATERERS** We are delighted to introduce Taylor Shaw as our new caterers at Longsands, the menu for this week is:



## 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 Doodle, in writing, in newsletters, on social media and via our website.

There are several ways in which you can contact us, these include:



email to [enquiries@astrea-longsands.org](mailto: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)



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



the 'contact us' page of our school website [www.astrea-longsands.org](http://www.astrea-longsands.org)

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