



**LONGSANDS  
ACADEMY**  
Astrea Academy Trust  
INSPIRING BEYOND MEASURE

# **LONGSANDS STUDENT BULLETIN**

23 November 2020



## Great Conversations Talking Points

Things to think about this week:

1. There are many different routes and pathways to choose from
2. What is right for your friend may not be right for you
3. Most people are unsure of their exact career path and may change careers many times during their working life
4. Start to think about different job sectors – do some online careers research
5. Try to avoid *not* making a decision – this will cause anxiety and unnecessary stress

**WORK  
HARD**

**BE  
KIND**

**ACHIEVE  
MORE**

## WHAT PATHWAYS ARE RIGHT FOR ME?

This is the great conversations theme for this week. Students in Year 7 and 8 will be finding out what pathways will be available to them and will be encouraged to research different job sectors. A Personal Development task has been set on Doddle to support and reinforce the themes touched on in the assembly:

<https://youtu.be/geNac2Ix5TE>

Although the lockdown has impacted our employer engagement strategy, we have worked around this to be able to offer students short video clips from local employers. The first in the series has been recorded by Sarah from Laing O'Rourke, Sarah attended Longsands Academy as a student and is now supporting our careers programme.

Students in Years 9-11 have been asked to think more deeply about the correct pathways for them. They have also been encouraged to continue researching careers and job sectors using our careers platforms. Students in Year 11 are already set up on Unifrog and students in Year 10 will be receiving their log in details via email this week. Students in year 9 will continue to use Fast Tomato (a reminder that our access code for this is PCMD). We are also pleased to be continuing our offer of one to one guidance to support students at key transition points.

# COVID-19 UPDATES



Sanitising our hands is now part of daily life. **Please ensure that you are sanitising your hands upon entering and exiting any classroom.** Please also use the hand sanitiser stations and dispensers located around the Academy buildings to ensure that you are keeping yourself and others safe from Covid-19.

**All students are required 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. After eating/drinking masks **must** be worn.

# HOUSE POINTS

CONGRATULATIONS TO THIS WEEK'S WINNING HOUSE, **DARWIN**, WITH **440 HOUSE POINTS IN THE LAST WEEK!**



AUSTEN **318** POINTS LAST WEEK, 5096 IN TOTAL



HAWKING **374** POINTS LAST WEEK, 5019 IN TOTAL



TURING **432** POINTS LAST WEEK, 5112IN TOTAL



**DARWIN 440 POINTS LAST WEEK, 5321 IN TOTAL**



SEACOLE **288** POINTS LAST WEEK, 5606 IN TOTAL

The race to the top has begun! You can see the running total pictured above. Which House will be victorious in this inaugural year of our new House System?

Remember, every House Point counts!

# ANTI-BULLYING WEEK



## ANTI-BULLYING WEEK

As we come to the end of National Anti-Bullying Week, we wanted to thank all of you for taking part and stamping out bullying.

We have had a great week raising awareness in combating bullying this week. We kicked it off with Odd Sock Day on Monday which was a tremendous success. It was fantastic to see so many of you in odd socks of wonderful variety allowing you to express yourselves and celebrate individuality and what makes us all unique.

**Finally, we would like to share this...**

*A British boy bullied for his love of musical theatre has managed to turn trouble into triumph and has launched an anti-bullying campaign to help other kids stand up for themselves. West End stars have joined forces with ten-year-old Anti-Bullying Ambassador Charlie Kristensen to release this charity fundraising single You Will Be Found for National Anti-Bullying Week 2020.*

#CheerUpCharlie

<https://www.youtube.com/watch?v=DOePq9UKgL8>

# NAME YOUR SERVERY

Name your servery competition!



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## NAME IT! DRAW IT!

### NAME YOUR SERVERY COMPETITION

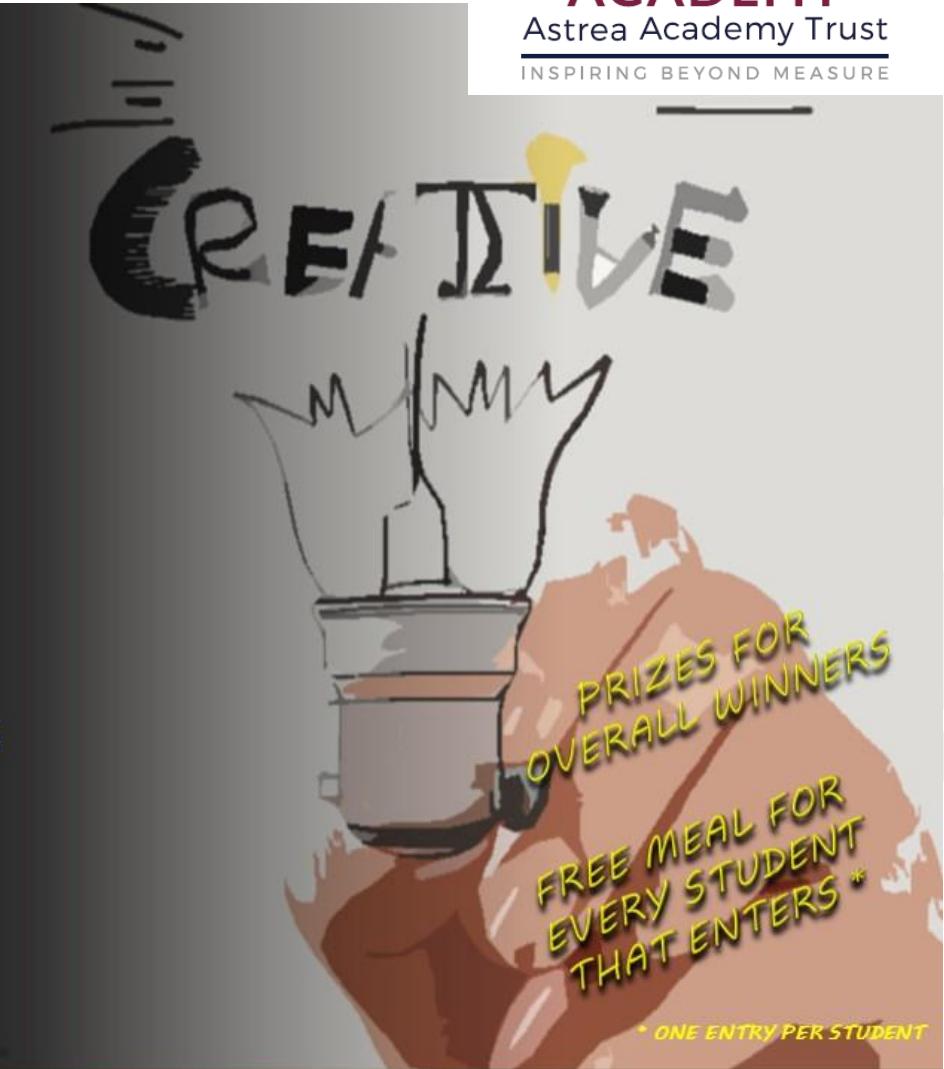
WE WANT YOUR FRESH THINKING AND FAB IDEAS  
TO CREATE A NAMES AND LOGO FOR THE  
LONGSANDS FOOD SERVERIES

GET A FREE MEAL AND BE IN WITH A CHANCE TO  
WIN ONE OF OUR SUPER PRIZES

ENTRIES WILL BE SHORTLISTED DOWN TO THREE FOR  
EACH SERVERY AND KEY STAGES WILL VOTE FOR THEIR  
FAVOURITES

YEARS 7 TO 9 | MAIN SERVERY (Ritchie Hall)  
YEARS 10 & 11 | THE STREET (New Hall)  
6<sup>TH</sup> FORM | THE SNACK BOX (6<sup>TH</sup> Form)

ENTRIES TO [NamingCompetition@astrea-Longsands.org](mailto:NamingCompetition@astrea-Longsands.org)  
CLOSING DATE - 30<sup>TH</sup> NOVEMBER 2020



Email your entries to [namingcompetition@astrea-longsands.org](mailto:namingcompetition@astrea-longsands.org)  
by the closing date of 30 November 2020



# ATTENDANCE

## ATTENDANCE BY HOUSE

	Austen	Darwin	Hawking	Seacole	Turing
<b>Total (excl Sixth Form)</b>	95.75%	95.93%	94.80%	96.19%	96.17%
<b>Total (whole school)</b>	94.84%	95.38%	93.55%	95.80%	95.69%
<b>Year 7</b>	95.93%	93.73%	95.08%	98.45%	95.47%
<b>Year 8</b>	94.91%	99.28%	96.42%	98.74%	94.71%
<b>Year 9</b>	93.38%	95.60%	91.51%	98.27%	98.33%
<b>Year 10</b>	97.37%	96.07%	96.60%	89.54%	94.24%
<b>Year 11</b>	97.07%	95.15%	94.36%	95.09%	98.21%
<b>Year 12</b>	88.54%	90.22%	90.48%	93.70%	88.72%
<b>Year 13</b>	88.96%	92.73%	71.94%	90.11%	92.81%



## Did you know?

Computers have many positive effects on people's lives, but they also place a large strain on the environment. Approximately 1.3 billion people worldwide own personal computers and this puts an enormous strain on the electrical grid. The average PC uses more power than the average refrigerator and the amount of electricity needed to power computers contributes to the tons of greenhouse gases that are emitted into the atmosphere each year.

Computers also contribute to energy waste. Energy waste could be avoided if businesses and households simply shut down their computers and turned off their monitors when they are not in use. This energy waste translates into greenhouse excess gases that contribute to pollution and global climate change.

The manufacture of computers is also a major environmental issue. Large amounts of fossil fuels and chemicals are needed in the construction process and although computers continue to decrease in size, they still require 10 times their weight in chemicals and pollutants during manufacturing.

Across the world an estimated 50 million tons of electronic waste is discarded each year. Most of these discarded computers and computer components are sent to landfills overseas in Africa, China, India, Vietnam, and the Philippines. There are entire regions within these countries that are polluted due to computer waste. Computers contain heavy metals like lead and toxic chemicals that pollute the soil and contaminate groundwater when they are dumped into landfills. Runoff from these landfills can contaminate water used for drinking and bathing, exposing people to dangerous chemicals and long-term illness.

## Things we can do to help...

- Turn off computers overnight instead of leaving them on standby
- Buy environmentally friendly electronics
- Re-evaluate your needs- do you really need a new computer or could the old one be upgraded?
- Donate electronics to social programs- there is still 18% of the UK population who do not have access to a computer and 5 million people in the UK who still do not or cannot access the internet.
- Look after what you have got...clean equipment, buy a protective cover, avoid overcharging the battery and help extend the life of your electronic goods.

## THE DANGERS OF SMOKING

The younger you start smoking, the more damage your body will suffer when you get older. Here are some important reasons to quit:

- You'll be healthier and less out of breath – smoking decreases your lung capacity.
- You'll save yourself a lot of money.
- You'll look better. Chemicals in cigarettes restrict blood flow to your skin. Smokers have more wrinkled and saggy faces by the time they're in their mid-20s.
- Quitting helps save the planet. Deforestation because of tobacco production accounts for nearly 5% of overall deforestation in the developing world.
- Someone who starts smoking at 15 is 3 times more likely to die from cancer than someone who starts smoking in their mid-20s.
- The younger you start smoking, the more damage there'll be to your body as an adult.

**Do you need help with how to quit? Here is some advice:**

### Enlist your friends

Make a deal with good friends to quit. You may find they want to quit as well.

### Talk to your GP

It's very hard to give up by willpower alone. Get all the help you can find: using stop smoking medicines can really increase your chances of success. As these are available on prescription, they'll be free for 12- to 18-year-olds. Ask your GP for help stopping smoking. They won't be shocked that you're a smoker.

### Prepare excuses

Smokers often hate other people quitting, so be prepared for a few put-downs. It's a good idea to have something ready to say when you're offered a cigarette.

### Here are a few reasons

- "Smoking costs me £xxx a year. I'm giving up so I can buy myself a new phone/driving lessons/a holiday."
- "I can't smoke in my new weekend job, so I want to give up."
- "My boyfriend/girlfriend doesn't like kissing a smoker." It's true: two-thirds of teenagers say smoking reduces sexual attractiveness.
- "I'm taking my sport seriously and I need to give up if I want to be an athlete."



**Well done to all of you who have been using GCSE Pod. This week's 'Top Podders' are:**

**Year 10 top users (top forms CLA, RSC, BPP)**

Isabella F, Amelia F, Jack L

**Year 11 top users (top forms REM, WJW, AFI)**

Chardonnay A, Olivia H, Annie G

**Pod Usage by House – Congratulations Turing House!**



**Austen: 169**



**Darwin: 233**



**Hawking: 139**



**Seacole: 259**



**Turing: 290**

If you have any issues with your GCSEPod login, please follow this link

**<https://members.gcsepod.com/login>**



**Well done to all of these students who have collected the most coins in the last week!**

## **YEAR 7**

Ronny W **28,312** Coins  
Aleksander S **14,766** Coins  
Lucas G **14,570** Coins  
Jaiden H **14,020** Coins  
Alexa H **10,570** Coins

## **YEAR 8**

Esmé R **12,070** Coins  
Carys M **9,900** Coins  
Aaron F **9,300** Coins  
Daniel S **6,920** Coins  
Louis H **6,470** Coins



# ROTARY CLUB COMPETITION



Dr Cullen is pleased to be able to finally announce the winners of last year's Rotary Club of St Neots St Mary's Creative Arts competition. The competition winners were due to be announced May/June 2020, but this was not possible due to various issues related to coronavirus.

The Senior Category winner was Katie W for her story on the topic The Future of Britain

The Senior Category runner up was Harriett T for her artwork on the topic of Isolation

The Junior Category winner was Jack W for his artwork on the topic of Plastic

The Junior Category runner up was Rebecca M for her poem on the topic of plastic

Congratulations to all of the winners and thank you to all of those students who entered the competition.



ASTREA SIXTH FORM  
**ST NEOTS**  
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# ASFSN FOODBANK



The Sixth Form are collecting donations for the St Neots Food Bank (part of the Trussell Trust) throughout the rest of November.

This year many more families find themselves in a difficult financial position and with Christmas arriving soon we would like to do our bit to help the local community enjoy the holidays. Below is a list of the items that St Neots Food Bank are collecting in the run up to Christmas.

Each Sixth Form tutor group will be collecting at least one of each item and we will be asking student to volunteer to donate an item from the list. This is always a successful charity event for the Sixth Form, and we would like to thank all of the students and parents in advance for the items donated. We will be weighing the donations from each tutor group and we will be awarding House points to each House in a similar proportion. Photos of our progress will be shared throughout the event. Students can also win house points for the best decorated box. Please direct any questions to Dr Cullen, Head of Year 12, ([douglas.cullen@astrea-longsands.org](mailto:douglas.cullen@astrea-longsands.org)).

**List of items:** (please could the items all have a use by date that is beyond Christmas 2020):

Tinned ham, tinned salmon, long life fruit juice, jam, Christmas cakes, Christmas puddings, biscuits, custard, chocolates, selection boxes, hot chocolate, tube crisps, pickles, crackers, mince pies, shower gel, and liquid hand soap.



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# YEAR 11 SUBJECT CLINICS



## Year 11 Subject Clinic and Support Sessions Timetable

	Lunchtime	After School
Monday	<b>Child Development:</b> Mrs Bartrick in D3.2 <b>German:</b> 1.15-1.35, by invitation in G6 begins 21/09/2020 <b>Product Design:</b> C3	<b>Child Development:</b> Mrs Bartrick in D32 <b>English:</b> Clinic in N1.1 all welcome <b>History:</b> Clinic in H3.1 <b>Product Design:</b> C3
Tuesday		
Wednesday		<b>Business Support:</b> F2.2 <b>Child Development:</b> Ms Jackson in D12 <b>Computer Science:</b> B10 <b>Geography:</b> N2.4 <b>Geology:</b> N1.2 <b>Maths:</b> F1 and F2 <b>PE:</b> GCSE Clinic in G17
Thursday	<b>Construction:</b> C2 <b>French:</b> 1.15-1.35, by invitation only in G6 begins 21/09/2020	<b>Biology:</b> G10 & G6 <b>BTEC Sport:</b> F3.1 <b>Chemistry:</b> G13 & J2 <b>Music:</b> K4 <b>Physics:</b> G7 & G17
Friday		<b>Music:</b> K4
All Week	<b>Child Development:</b> Support sessions by arrangement any lunchtime with Mrs Bartrick in D3.2 <b>Food:</b> Every lunchtime in D2.2 <b>Media:</b> Support sessions available everyday by prior arrangement	

# CHRISTMAS CARD COMPETITION

## CHRISTMAS CARD COMPETITION 2020

- Open to students from all Key Stages
- You may submit your design using any techniques, including photography
- A5 size (half A4 page)



Examples of previous winning and shortlisted entries

Colour pencil



Acrylic paint



Oil pastel



- Win house points for participating
- Win house points and a prize for being shortlisted
- Win house points and a prize for 1<sup>st</sup> place as well as having your card shared with all of our stakeholders

Submit your design to  
Miss Sakkani in E1 or email  
by Wednesday 25<sup>th</sup>  
November 2020

Name, Tutor group and  
House in pencil  
on the back please



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Digital drawing

# HOUSE POINT COMPETITION



## The Great Christmas Bake Off!

Wow the judges with your creativity and make an edible Christmas creation



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The product can be sweet or savoury and must be made by you. There will be a winner for each house (prize of 5 House points) and the overall winner shall be rewarded with a chocolatey treat.

Please email your entries, stating your house and a description of how you made your product to:  
[polly.redmond@astrea-  
Longsands.org](mailto:polly.redmond@astrea-Longsands.org)

**Entry deadline is Monday 14 December 2020**

# LUNCH MENUS

## LUNCH MENUS



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**THE HUB**

**WEEK ONE MENU**

MONDAY	Pasta Bolognese Vegetable Paella Pepperoni pizza baguette
TUESDAY	Chicken curry with rice Vegetable curry with Rice Chicken fajita
WEDNESDAY	Roast of the Day Vegetable Chow Mein Cheese panini
THURSDAY	Bangers and mash Macaroni cheese Chicken tikka wrap
FRIDAY	Fish and chips Vegetable burger and chips Beef burger

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

**THE HUB**

**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



## DODDLE

Please remember to check Doddle daily to ensure that you are fully up to date with all of the homework for your subjects.

Thank you to those of you who have completed the summer and transition work, please ensure you bring this to your first lessons with the relevant subject teacher.

**To log in to Doddle you will need your admission number and password.  
For example:**

**Login: 012345**

**Password: longsands**

If you have any issues with your Doddle login, please follow this link  
<https://www.doddlelearn.co.uk/app/login>

# TIMINGS OF THE DAY



## TIMINGS OF THE SCHOOL DAY

8:45 - 9:45	<b>Lesson 1</b> (including AM registration)
9:45 - 10:45	<b>Lesson 2</b>
10:45 - 11:10	Supervised break (in zones)
11:10 - 12:10	<b>Lesson 3</b>
12:10 - 13:10	<b>Lesson 4</b> (Year 7 - 12:10 - 12:55)
13:10 - 14:10	Lunch and form time (split per year group as noted below)
13:10 - 13:30	Tutor time and <b>13:30 – 14:10</b> Lunch for Years 9, 11, 12 and 13
13:10 - 13:50	Lunch ( <b>12:55 – 13:50</b> Year 7) and <b>13:50 – 14:10</b> Tutor time for Years 7, 8, and 10
14:10 - 15:10	<b>Lesson 5</b>



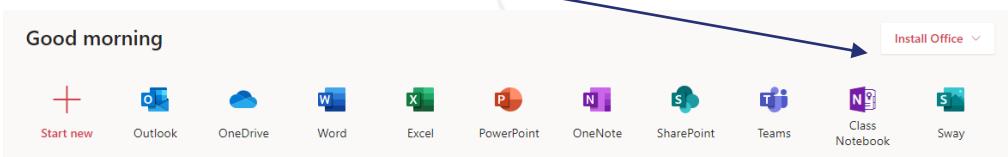
## OFFICE 365

As a Longsands Academy student you are entitled to **FREE Office 365** – see opposite for details!

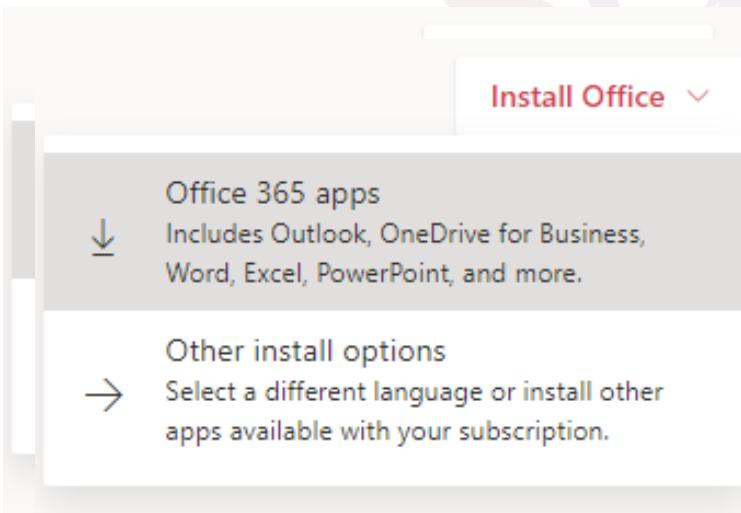
Forgot your email password?  
Please ask your form tutor, class teacher or a member of student services.

Here is some guidance on [email etiquette](#).

Log into office 365 by going to: [www.office.com](http://www.office.com)  
Log in with your Academy email address (i.e. [7042@astrea-longsands.org](mailto:7042@astrea-longsands.org))



Finally, when the box is expanded, select 'Office 365 Apps'



Y

good to go!

# ONE WAY SYSTEM

## SITE MAP WITH ONE WAY SYSTEM

