



LONGSANDS ACADEMY WEEKLY BULLETIN



Monday, 7 December 2020

(Week B)

YEARS
7-11

CHRISTMAS LUNCH All of us will be preparing for a Christmas that will feel very different to usual - not least as we begin to plan for our Christmas 'bubbles' - but we are very much looking forward to hosting our annual **Christmas Dinner on Wednesday 9 December**. Final arrangements will be communicated to students and there will also be a 'grab and go' lunch menu available.

YEARS
7-11

VIRTUAL CAROLS On Wednesday 16 December we will be sharing details of our pre-recorded, virtual carol concert with you... More details to follow soon, we hope that you will enjoy listening to it as much as we have enjoyed making it.

YEARS
7-11

FESTIVE JUMPER DAY

On the last day of the Autumn Term (**Friday 18 December**) students in Years 7 to 11 are invited to wear festive jumpers - more information will be given to students in their forthcoming House assemblies.

A donation of £1 is suggested which can be given using the following link:

<https://uk.virginmoneygiving.com/JamesPowell27>

The money will be donated to Prostate Cancer UK in memory of and in tribute to Mr Hynes, a librarian at Longsands Academy for 32 years who sadly passed away earlier this month. Thank you for giving generously to this most worthy of causes.



ALL
YEARS

ST NEOTS FOODBANK St Neots food bank have been in touch with the official weight of the donation they received from the Sixth Form and we are delighted to hear that they raised 162kg which we have been told will make up about 30 Christmas hampers for families in need.

Longsands Academy is also collected for our local foodbank (further details can be seen on page 6 of this bulletin) and we look forward to hearing what our combined total is for the Christmas hampers.



KEY DATES COMING UP:

9 December
Personal Development
session 4

9 December
Christmas Lunch!

9 December
Year 11 Mock Results Day

9 December
Student photographs

10 December
Year 11 'virtual' Parent
Consultations

11 December - 8 January
Year 11 Sixth Form
application window

16 December
Virtual Carol Service

18 December
Festive Jumper Day

18 December
Last day of Autumn term
- early closure (details to
follow)

5 January
First day of Spring term

5 February
Year 11 Sixth Form offer
letters



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ALL
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YOUNG CARERS Longsands Academy is committed to providing help and support for its young carers. In the spring term Mr Mykoo will be running a weekly Young Carers Club after school on Wednesdays.

Young carers are children and young people under 18 years old who provide unpaid care to a family member who is physically or mentally ill, disabled or misuses substances.

At Longsands we are aware that some of our pupils may be caring for a family member at home and may require support to attend and enjoy school in the same way as other students to achieve their potential.

Young carers are encouraged to seek help and support by attending a school based young carers group and by using our effective referral system to access expert advice from the school nurse, the local Young Carers Services, Carers Trust Cambridgeshire and Centre 33.

For further support or information please contact Mr Mykoo via anthony.mykoo@astrea-longsands.org or Centre33.



Young Carers Project
CAMBRIDGESHIRE & PETERBOROUGH

Centre 33
Supporting young people

Do you help to look after someone in your family? Is this because of:

- Disability?
- Mental illness?
- Physical illness?
- Drug or alcohol misuse?

"I feel really supported and able to talk honestly about my worries, meeting with my Centre 33 worker and having a place to be having a weight lifted off my shoulders."

You are a young carer and we are here to help. We work with young carers up to the age of 18.

Our Young Carers Project can help you by:

- Giving you someone to talk to
- Working with you to make sure your voice is heard
- Offering you a young carers needs assessment to understand how caring impacts you
- Helping you to meet other young carers
- Helping you with your move to secondary school
- Offering you a transitions assessment if you are aged 16+

Just get in touch and we will contact you to find out more about you and your family and how we can help.

Tel: 0333 414809 | email: youngcarers@centre33.org.uk
www.centre33.org.uk | [YouTube](#) [Facebook](#) [Twitter](#) [Instagram](#) [LinkedIn](#) @centre33Camb

SCAN ME

YEARS
7-11

FREE SCHOOL MEALS Significant improvements have been made to the online application process for families wishing to check their free school meal (FSM) eligibility, meaning in most cases parent and carers can get an instant results of the outcome of their application. The form is quick and simple to complete. Please visit this link for more information: www.cambridgeshire.gov.uk/freeschoolmeals

It is not necessary for parents/carers of children who currently receive FSM to reapply as this entitlement is protected until the end of March 2022. However, applications do need to be made for younger siblings who are starting school. With recent changes to the benefit system due to the phased roll-out of Universal Credit, families may not necessarily realise that they qualify.

Should you have any questions, the Education Welfare Benefits Team are happy to answer any queries and can be contacted on 01223 703200 or ewb.fsm@cambridgeshire.gov.uk



HELP US TO GET EXTRA FUNDING FOR YOUR SCHOOL!
AND BE IN WITH A CHANCE TO WIN A £50 SUPERMARKET SHOPPING VOUCHER

This extra funding can be up to £2,300 per eligible pupil and is typically spent on:

- Access to after school clubs
- Subsidised educational visits
- Targeted learning Support
- Enhancing the curriculum offer

To be eligible to win this prize, a completed Free School Meal application form must be received at the Academy where your child attends. A prize draw will then take place to determine the winner.

While it is recommended that your child eats a school meal, due to the nutritional value it provides, this is optional – you can register your child's entitlement for the Pupil Premium funding regardless of whether or not your child takes up any entitlement to a Free School Meal.

If you have previously applied this academic year, you will be automatically entered into the draw. If your circumstances have changed since the last application, we would strongly encourage a re-application, as funding may now be eligible.

If you **do not** meet any of the eligibility criteria and none of the statements apply, then please complete the form answering 'no' to all sections so that you can be entered into the draw.

The deadline for entries is 12pm on Tuesday 15th December 2020 with the draw taking place the same afternoon. Winners will be notified by the Academy.

If you require a copy, or help with completion of the form, please contact your child's Academy who will be happy to help.





LONGSANDS ACADEMY WEEKLY BULLETIN



Monday, 7 December 2020

(Week B)

YEAR
11

APPLYING FOR SIXTH FORM Applications for our sixth form open on Friday 11 December, in the same week as mock results day and the day after parent's consultations.

Subject teachers will soon be talking to Year 11 about the exciting Post 16 opportunities available in department areas and we are looking forward to a great response from students.

Applications will be via [Microsoft Forms](#) and full details will be sent in a letter from Mr Taylor, Director of Astrea Sixth Form St Neots.

APPLICATION TIMELINE

Friday 11 December 2020 - 8 January 2021

Apply online - full details will be provided

Now that you have all the information you need, you are ready to apply

by Friday 5 February 2021

Initial offers (including subjects) will be sent home

Congratulations - you've secured a place with us!

Monday 5 July 2021

Transition Day

A chance to try out your new subjects



Enrolling Soon!



YOUR ROUTE TO ACADEMIC SUCCESS

Astrea Sixth Form St Neots is ENROLLING SOON! Applications are invited from Friday 11 December to join this popular and effective Sixth Form



01480 353535

info@astreasixthformstneots.org
www.astreasixthformstneots.org

**VISIT OUR WEBSITE
TO APPLY ONLINE**

Join Us!



From Friday 11 December, we are open for applications for September 2021. Visit our virtual Open Evening via our website, to apply and to learn all about life at Astrea Sixth Form St Neots.

Situated conveniently in the heart of St Neots, and with a wide range of subjects to choose from, we are confident that we can provide an outstanding learning experience that will meet your needs.



Astrea Sixth Form St Neots, Longsands Road, St Neots PE19 1LQ • Director: Mark Taylor



LONGSANDS ACADEMY

WEEKLY BULLETIN



Monday, 7 December 2020

(Week B)

YEAR
11

POST-16 PATHWAYS Evidence shows that as parents, your children will look to you for advice and guidance even if they don't like to admit it. Parents have a key role to play in the decision-making and the general career path your children choose to pursue; but how involved should you be in this decision-making process? Should you adopt a hands-on role? What is the best advice you can give your child at this point?

The best thing you can instil is a mature and sensible mind-set, giving your children the tools to make their own informed decisions.

In terms of career choice, you should try to:

- Aid, but not dictate, the decision-making process
- Support your child's decisions
- Give your children freedom and time to discover their skills
- Provide motivation to develop and achieve
- Provide encouragement to pursue interests and ambitions
- Try to instil a responsible attitude and mature outlook
- Take the pressure off by letting them know it's okay if they aren't sure what they want to do, the important thing is to be proactive in finding their way.

What should you consider when helping your child with education choices?

Everyone has a unique set of skills and aptitudes. Each child is individual in their own way, and so may possess different skills and abilities to their parents. With this in mind, adopting a similar career role to either parent may not be the right course of action.

Remind yourself that we all need space and time to discover what we truly want to pursue. University, for example, isn't for everyone – and engaging in relevant work experience and/or undertaking an apprenticeship can be just as valuable in finding a suitable vocation in which a person can thrive.

Here is a reminder of the most common pathways

Option areas	Examples	Key points
A-Levels/ BTECs	English A-Level Health and Social Care BTEC	Strong route to university or other Higher Education Institution. Keeps your options open – you can apply for many courses in Higher Education.
Vocational i.e. practical-based qualifications.	Plumbing Childcare	Gets you started in a particular sector. Can be a stepping stone to more advanced level qualifications.
Apprenticeship (post-16)	Logistics (Tesco) Customer Service (Boots)	Lets you work on a placement and learn at the same time. At post-16, most of options are at intermediate level. You will need to apply in a competitive process Being offered a place is not guaranteed.
Traineeship	Working with children Travel & Tourism	Normally a six month course. Helps you to prepare for an apprenticeship.

You may also find the parent's guide below helpful in supporting you to help your son/daughter with their decision making: <https://www.astrea-longsands.org/wp-content/uploads/2020/08/Combined-Pathways-Guide-PC.pdf>



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Monday, 7 December 2020

(Week B)

YEARS
7-11

ATTENDANCE There has recently been a rise in the number of students arriving late to school. Please try to ensure that your child arrives at school so that they are present for registration; this is done during Period 1 at 8.45 am each day. Please contact absence@astrea-longsands.org or kelly.baker@astrea-longsands.org with any questions or concerns relating to attendance.

Our whole school attendance is currently 94.8%

Our weekly attendance is:

Year 7 – 96.6% our top form is 7MLH with 99.33%

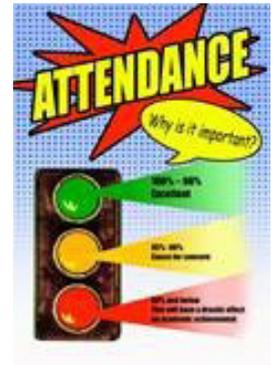
Year 8 – 95.7% our top forms are 8GXG with 99.29%

Year 9 – 94.5% our top form is 9MTL with 98.13%

Year 10 – 93.2% our top form is 10KMA with 97.67%

Year 11 – 93.6% our top form is 11FKM with 99.63%

Well done to all those tutor groups.



ALL
YEARS

CARING FOR OUR ENVIRONMENT We are noticing an increasing amount of litter around the Academy site and would be most grateful if you could help us by encouraging your child to always use the facilities available.

To help us all take pride in our surroundings we are investing in additional waste bins around the school site for everyone to use and help us to keep our site litter free.



YEARS
7-11

PE AT LONGSANDS It has been another fantastic week at Longsands Academy in the PE department. So many students continue to work hard and participate in their health-related fitness lessons. Year 7 have been learning different skeletal structures and components of fitness, Year 8 developing their knowledge on training methods and Year 9 applying principles of training to circuit training. It has been superb to see so many students develop their 'healthy ME' in PE knowledge in preparation for their mid-year tests. Please encourage your son/daughter to regular test their knowledge using the knowledge organisers. We have also added a visual knowledge organiser for each year group to Doodle.

With the Spring term fast approaching, the PE department have been planning to ensure students can maximise their learning and participation safely following national guidance. **Please note extra-curricular clubs will commence on January 5th with a new timetable to be advertised very soon.** Please also note that students in Years 7, 8 & 9 will require specific personal protective equipment (PPE) from January. Girls in Key Stage 3 will require football boots (studs) for football lessons. This will take place on the field. Boys will require gum shields for rugby. PPE are National Governing Body regulations for each sport. Please encourage your son/daughter to wear a hat, gloves and thermal clothing during PE lessons. If you have any queries, please do not hesitate to contact us. You can continue to see evidence of performance via the PE twitter account [@LongsandsPE](https://twitter.com/LongsandsPE).



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Monday, 7 December 2020

(Week B)

YEARS
7- 11

CHRISTMAS HAMPERS Christmas is supposed to be a time for joy and celebration – but for too many people it's increasingly difficult, with more people than ever needing to use a food bank during this year's festive period.

Students have been shown a presentation created by our Prefect Team and each Tutor group has been allocated a different item to collect.

The best decorated Christmas Hamper in each house will win a prize! The lists are shown below - thank you all for your support of this worthy local cause.

CHRISTMAS HAMPERS

REMINDER: please keep donations in their packaging, every donation counts!

(YEAR 7) Form	Allocated food item	(YEAR 8) Form	Allocated food item
AJF	Cakes	SSH	Mince pies
ERM	Christmas pudding	JAB	Gravy granules
MLH	Custard	JVL	Chocolates
AJR	Crackers	DPH	Cakes
EAT	Liquid soap	HJL	Christmas pudding
RBB	Pickles	RLT	Custard
CMK	Tube crisps	CSO	Stuffing
DVK	Stuffing	NJD	Crackers
EMS	Chocolates	SXH	Liquid soap
RJE	Hot chocolate	GXG	Shower gel

(YEAR 9) Form	Allocated food item	(YEAR 10) Form	Allocated food item	(YEAR 11) Form	Allocated food item
GAH	Christmas pudding	PRJ	Cakes	ACK	Hot chocolate
JJB	Cakes	BMM	Custard	JJW	Mince pies
NJS	Custard	KMA	Pickles	WJW	Stuffing
JTM	Gravy granules	RSC	Mince pies	AFI	Crackers
KJD	Tube crisps	PRR	Gravy granules	DAN	Pickles
NDZ	Chocolates	CLA	Liquid soap	FKM	Shower gel
CKK	Shower gel	BJD	Shower gel	JSB	Gravy granules
IMB	Stuffing	BPP	Tube crisps	REM	Liquid soap
JSH	Mince pies	LJC	Crackers	RMO	Chocolates
MLT	Hot chocolate	LSG	Hot chocolate	HJJ	Tube crisps

YEARS
7- 11

STUDENT PHOTOGRAPHS We are pleased to say that Vancols, our school photographers, will be in school on Wednesday 9 December to take individual photographs of students who were absent in September when our initial session took place. Photographs will be taken in the Sports Hall. Please ask to be excused from class at the following times:

Year 7 – Register at the start of period 1 and then go immediately to the Sports Hall

Year 8 – 9.10 am

Year 9 – 9.30 am

Year 10 – Register at the start of period 2 and then go immediately to the Sports Hall

Year 11 – 10.10 am

Please may we ask that students promptly at their allocated times to enable this session to run smoothly. If you should require any additional information, please speak to a member of Student Services.



LONGSANDS ACADEMY WEEKLY BULLETIN



Monday, 7 December 2020

(Week B)

YEAR
12
& 13

YEAR 12 & 13 - CHRISTMAS JUMPER DAY

The Sixth Form are raising money for Save the Children with the Christmas Jumper day. **On the 18 December the Sixth Formers will be taking part in a Christmas Quiz and wearing something festive.** Donations can be made through the justgiving link below.



Save the Children
CHRISTMAS JUMPER DAY

The KS5 team have been challenged to wear Christmas Onesies on the 18th and they will be donning their festive outfits, if enough money is raised before the day. Follow the link for more details on how to get Mr Walker, Dr Cullen and Mr Taylor into those onesies.

<https://www.justgiving.com/fundraising/astreasixthformstneotssavethechildren>

YEAR
9-11

NATIONAL SATURDAY CLUB

We have been made aware of a fantastic opportunity to take part in two Saturday Clubs organised by Anglia Ruskin University is open to Longsands students.

There are two Saturday clubs to choose from:

Anglia Ruskin University Writing & Talking Saturday Club
Anglia Ruskin University Art & Design Saturday Club

This opportunity is open to all students aged 14-16 (Years 9, 10 & 11) for the 2020/21 academic year, in particular those who may face additional barriers to success. Each year, the programme gives 1,500 young people the unique opportunity to study subjects they love for free on Saturday mornings.

The National Saturday Club is a UK-wide network, supported by Arts Council England and the Department for Education. This is a unique programme open to all abilities and will help to build skills and confidence as well as demonstrate pathways to further study and careers.

In 2019/20, the programme adapted to Covid-19 by launching National Saturday Club Online, with weekly Club sessions and Masterclasses with industry experts delivered virtually. The National Saturday Club is committed to supporting the network's delivery of the programme throughout the forthcoming academic year with the health and welfare of the network as its first priority.

Each Club has a limited number of places and some Clubs prioritise young people from certain backgrounds.

For more information and to get involved please see the attached flyers and apply via this link: <https://saturday-club.org/aru-application/>

JOIN THE NATIONAL SATURDAY CLUB
IT'S FREE AND OPEN TO 13-16 YEAR OLDS OF ALL ABILITIES
CLICK HERE TO JOIN THE CLUB

ART&DESIGN

- The Art&Design Saturday Club is the perfect space for you to explore your creativity and learn an array of practical skills
- Take part in an inspiring range of activities and workshops, such as animation, architecture, photography, illustration, graphics and fine art
- Experiment freely and think imaginatively whilst broadening your understanding of career opportunities in the creative industries and beyond

5 REASONS TO JOIN THE CLUB

- Discover your talents and learn new skills
- Explore a subject you are interested in with no exams
- Gain an insight into future careers and meet industry experts
- Grow in confidence, meet new people and form friendships
- Visit new places, go on trips and exhibit your work all for free!

“The Saturday Club is great way to meet new people and do art at the same time. There is always something really fun and creative to do and I always really look forward to going each week.” - Club member

ABOUT NATIONAL SATURDAY CLUB

Across the UK, the National Saturday Club gives 13-16 year olds the opportunity to study subjects they love for free, at their local university, college or cultural institution. Club members attend local classes every Saturday, for up to 30 weeks of the year, where professional tutors put together an inspirational programme of weekly Saturday classes. Clubs also take part in national network events including Masterclasses with leading industry professionals, inspirational visits, trips and tours, and the opportunity to exhibit work in a major public exhibition.

Supported using public funding by:
ARTS COUNCIL ENGLAND
Paul Hamlyn Foundation

CLICK HERE TO JOIN THE CLUB

JOIN THE NATIONAL SATURDAY CLUB
IT'S FREE AND OPEN TO 13-16 YEAR OLDS OF ALL ABILITIES
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WRITING&TALKING

- The Writing&Talking Saturday Club is the perfect space for you to experiment with words and express yourself
- You will develop versatile communication skills, build your confidence and be introduced to a vast range of careers such as creative writing, advertising, publishing, filmmaking, journalism and marketing
- We can't wait to hear what you have to say!

5 REASONS TO JOIN THE CLUB

- Discover your talents and learn new skills
- Explore a subject you are interested in with no exams
- Gain an insight into future careers and meet industry experts
- Grow in confidence, meet new people and form friendships
- Visit new places, go on trips and exhibit your work all for free!

“To meet like minded and talented people, collaborate with them and see our writing published has been incredible.” - Club member

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Monday, 7 December 2020

(Week B)

ALL
YEARS

CATERING MENUS

The menu for this week (Week B) is:

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 Salads, Hot & Cold Drinks

ALL
YEARS

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 353535 or **text 07581 990899**

 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.

