



**LONGSANDS
ACADEMY**

Astrea Academy Trust

INSPIRING BEYOND MEASURE

LONGSANDS *STUDENT BULLETIN*

1 February 2021



ASTREA SIXTH FORM
ST NEOTS
Astrea Academy Trust
INSPIRING BEYOND MEASURE



The Big Sixty Challenge is a chance for all of our students to get involved, get active and get sponsored to raise money for our charity this year, Prostate Cancer UK.

Students can create their own challenge, be it doing 60 star jumps, 60 squats or 60 minutes of Joe Wicks workouts and they have until Friday 12 February to complete it.

Of course, we want to see them doing their challenges so please email pictures and videos to us at 60thcelebrations@astrea-longsands.org and we want to raise as much money as possible so all sponsorship can be placed on our [Virgin Money Giving page](#).

Full details can be [found here](#).

House System - Student Voice Survey

We always value student voice feedback and during these uncertain times, it is more important than ever. As part of our drive to ensure that we are giving you the best possible remote learning experience, we asked you to respond to a Student Survey covering your experience of remote learning, your wellbeing and if you were staying physically active during lockdown. The results were overwhelmingly positive, with 90% of all students indicating that they had been set all or most of their work on Doodle and 95% of students having attended at least one 'live' lesson on Microsoft Teams in the past week. There were also very positive indications that you are establishing positive remote learning routines and you feel as though they are making progress through the blended remote learning you are experiencing.

Good mental health and positive well-being is of upmost importance to us all. 87% of you knew where to access help and support if you felt you needed it, but as a reminder, if you would like to access this help and support guidance, please follow this link to our website: <https://www.astrea-longsands.org/pupils-too/feeling-worried-or-anxious/>

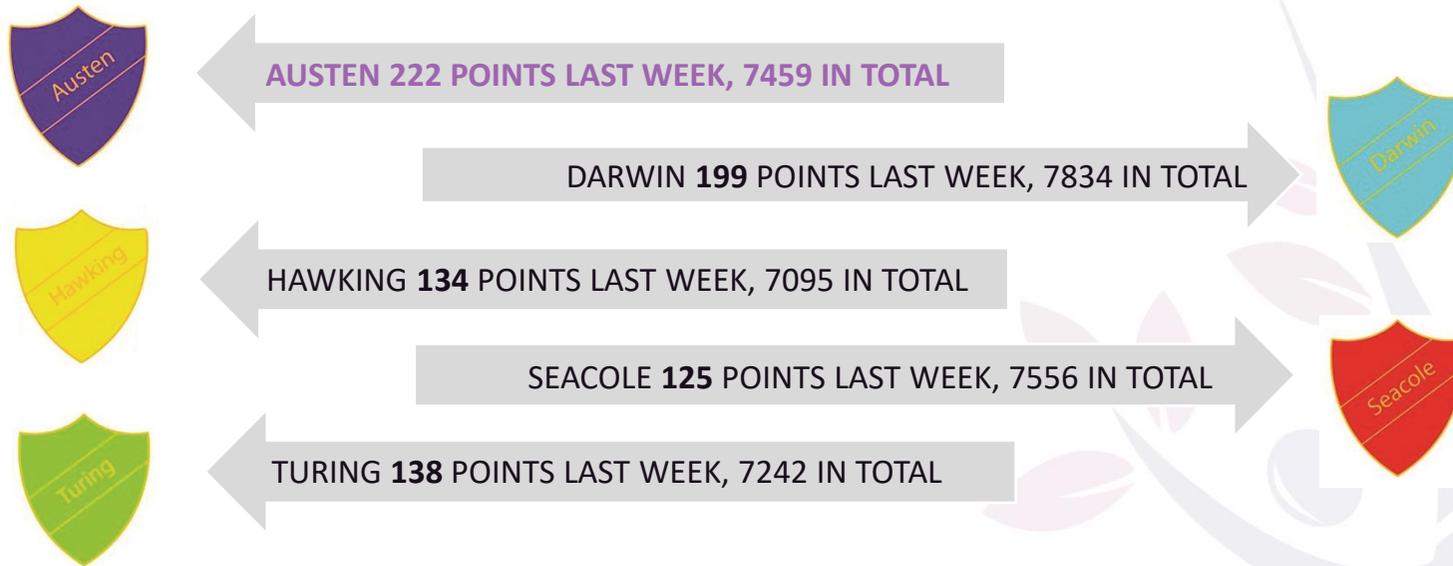
Finally, an incredible 94% of you reported that they were doing some form of physical exercise a day. I know myself the benefits of simply getting out there and going for a walk if nothing else and I would encourage you all to do the same.

Mr Powell

Assistant Principal: Personal Development

HOUSE POINTS

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



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!

Year 9 Preferences

Year 9 students: we are looking forward to launching the Preferences process with you next week. Unfortunately we will not be able to host our usual Year 9 Preferences Evening in person, so instead we are putting together a range of resources to guide you and your parents and carers through the process.

More information will follow in the week beginning 8th February.

Holocaust Memorial Day and the History Society



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AUSCHWITZ
CONCENTRATION
CAMP

MR TAYLOR



On **Holocaust Memorial Day**, the History Society held a lecture entitled '*visiting Auschwitz*'.

Mr Taylor gave us a fascinating insight into what it is like to visit a place like Auschwitz with all of its histories and emotions.

Many thanks to Mr Taylor and all the students that attended.

Year 11 References

Year 11: If you require a reference for your post 16 application, you **must** email the dedicated references inbox – references@astrea-longsands.org.

Please do not send emails to individual teachers. If you have received a blank reference form from your provider you will need to forward this on as well. It will then be completed and sent directly to the provider.

Additional questions and queries should ALL be sent to the references email address.



Year 13 – What Now?

In this week's tutorial sessions, Year 13 students have been engaging with video presentations around their post-18 pathways. Students have been watching 'What Now Guides' created by the Sixth Form team around the following the destinations of university, apprenticeships, employment and gap years. The guides give valuable information to allow students to make the most out of their destinations support in achieving their next steps.

University: What Now Guide - <https://web.microsoftstream.com/video/fb0f63bd-5f8a-4798-9e6f-c59fede3e882>

Apprenticeships: What Now Guide - <https://web.microsoftstream.com/video/fdf6c5b2-0d83-4381-95bb-55c56e02c1f0>

Employment: What Now Guide – <https://web.microsoftstream.com/video/6ad8a620-84a3-42ed-8ecc-9532665ed386>

GAP year: What Now Guide – <https://web.microsoftstream.com/video/940854d8-f8f5-4932-97f9-5c86a229f457>



LGBT+ History Month

These posters were produced by Kit Heyam of York LGBT History Month in response to requests from schools in York for resources to help make LGBT history visible in the curriculum. There are some fabulous resources here: <https://lgbtplushistorymonth.co.uk>

HISTORY

Edward Carpenter

(1844-1929)



English poet, philosopher, socialist and gay activist

Emphasised and wrote about long history of gay relationships to promote acceptance

Campaigned for better conditions in industrial Sheffield

Gay man

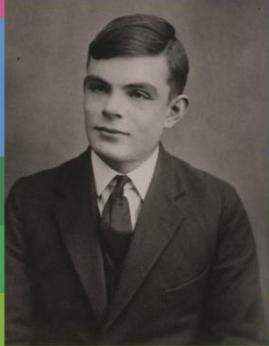
York LGBT History Month | Schools OUT UK | The LGBT Education Charity

© York LGBT History Month and Schools OUT UK 2016

ICT

Alan Turing

(1912-1954)



Pioneering computer scientist

First person to propose idea of a computer program

Led team that created machine to crack German Enigma code, shortening the second world war

Gay man

York LGBT History Month | Schools OUT UK | The LGBT Education Charity

© York LGBT History Month and Schools OUT UK 2016

PE

Nicola Adams

(1982-)



British boxer

First woman to win Olympic boxing title

Champion flyweight boxer at Olympics, World Championships, Commonwealth Games and European Games

Bisexual woman

Photo: Richard Gien

York LGBT History Month | Schools OUT UK | The LGBT Education Charity

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Our Year 7 Design and Technology students are currently learning about structures and forces and, as part of their curriculum, have been applying their knowledge into a unique and innovative bridge design concept. I am proud to share a photograph of one of our prototypes from Adam F (7DVK). I think you will all agree that Adam has demonstrated great ability with this prototype, which he has created at home as part of his remote learning. Congratulations Adam!

Mrs Kirk (Head of Design and Technology)



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Food and Nutrition Tin of Beans Challenge!

Using a tin of beans and two slices of toast, consider how you could use them in a dish and present the food in a creative, appetising and appealing way (think how a posh restaurant would use them)

Email your creation to: polly.redmond@astrea-Longsands.org

Beans are a good source of protein and fibre, low in fat and calories. They contain iron and zinc, and B vits



1st

ENRICHMENT
ACTIVITY

FOOD and NUTRITION

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COMPETITION

Photography with your mobile phone

Take a series of photographs that capture moments of positive wellbeing during lock-down.

This could be: a place; a portrait of someone; an event or activity; an object; a view; or an abstract image; etc.

What brings you joy at the moment?

How can you share this through your photography?

Select your best 3 photos and present onto one powerpoint slide.

Email your work to: gina.sanders@astrea-Longsands.org

Deadline = Mon 22nd Feb

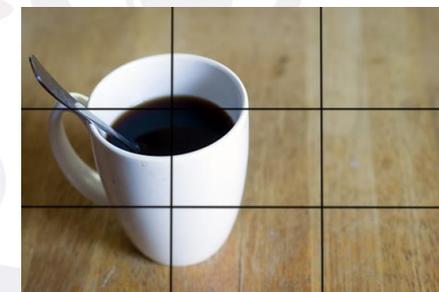
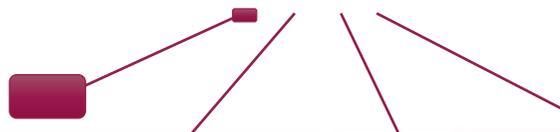
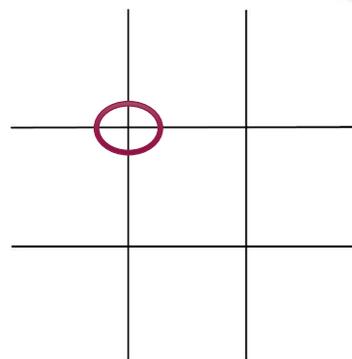
ELEMENTS OF COMPOSITION

Rule of thirds

Area of interest

Leading lines

Perspective





Viewpoint and camera angles

- Bird's Eye View
- High Angle (looking down)
- Eye Level
- Low Angle (looking up)
- Worm's Eye View
- Framed View
- Tilted ('Dutch Angle')
- Close Up
- Back View



Lighting Effects

1. Silhouette & back-lighting
2. Coloured light
3. Low angle lighting (morning or evening sunlight)
4. Out of focus lights (Bokeh)



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VISUAL ARTS

ENRICHMENT
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The Great Big Art Exhibition

Article from: *The Guardian* Thurs 28th Jan 2021



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Great Big Art Exhibition invites locked-down Brits to put creativity on show

People encouraged to make art on themes chosen by famous names and display it in their windows

Some of British art's biggest names, including [Antony Gormley](#), Sonia Boyce and Anish Kapoor, are encouraging Britons to turn their front windows into a gallery as part of a nationwide initiative to create a "magical patchwork of creativity".

The Great Big [Art](#) Exhibition was launched on Thursday by Gormley, who is the first artist to choose a theme for people at home to be inspired by as they create work to contribute to what organisers are calling the nation's largest ever exhibition.

Gormley chose the theme of animals for participants to riff on, and people are encouraged to make their artworks out of what they have at hand. The results – be they paintings, sculptures or something less traditional – are to be placed on a front porch, balcony or window.

Go to the website for your Art Pack <https://firstsite.uk/>



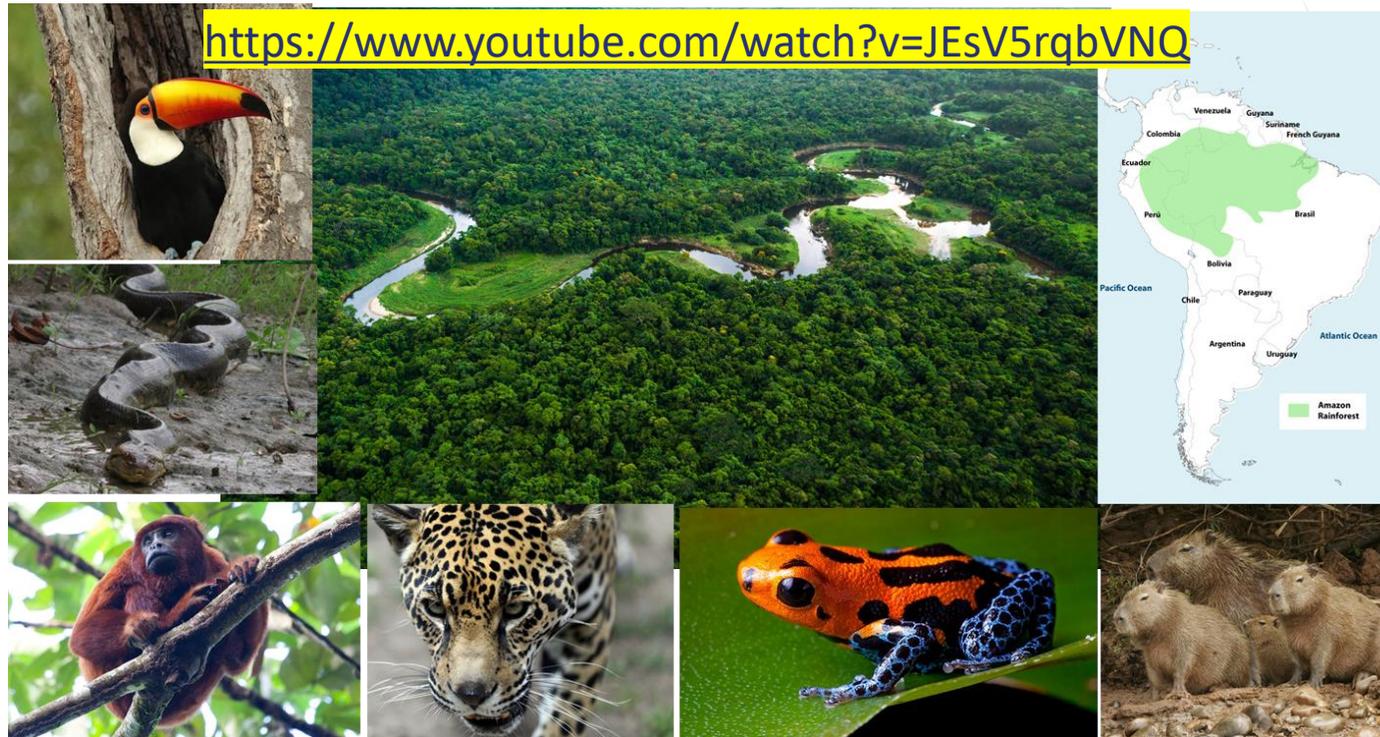
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VISUAL ARTS

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Explore the Amazon Rainforest with this virtual fieldtrip

THEN, create a fact file or poster on what you have learnt on your virtual tour and send to freya.mcallister@astrea-longsands.org



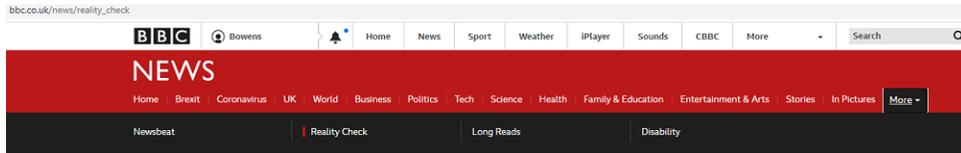
ALSO, this is a good general **geography quiz** for an afternoon activity

<https://www.cambridge-news.co.uk/news/uk-world-news/50-general-knowledge-geography-quiz-19125202>

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GEOGRAPHY

ENRICHMENT
ACTIVITY



The **Safer Internet Day Competitions for 2021** are now open for entries from all students across Years 7-13.

What is Safer Internet Day? For some of our older students you will have experienced Safer Internet Day before, for our younger and newer students this competition may be completely new. Safer Internet Day is a yearly event to raise awareness through young people of the problems that surround the use of the Internet and every year we promote the event via competitions and lessons.

This year's theme looks at the range of information and opportunities online, and its potential to inform, connect and inspire us, whilst also looking at how young people can separate fact from fiction.

The campaign this year focuses on how we can decide what to trust online, supporting young people to question, challenge and change the online world for the better. It will explore how influence, persuasion and manipulation can impact young people's decisions, opinions and what they share online.

If you are unsure where to start finding the information you need to help with your competition entry here are a few sources, you could start with:

The BBC website takes current myths around the latest news and aims to debunk any misconceptions-hence the name reality check. You can find reality check here <https://www.bbc.co.uk/news/realitycheck>

Mindtools - Videos and good information on how to spot and identify fake news articles and social media posts
<https://www.mindtools.com/pages/article/fake-news.htm>

Full Fact - offers the user a range simple practical tools that anyone can use to identify bad information and gives a comprehensive set of links to web pages to help with fact checking <https://fullfact.org/toolkit/>

The British Council - offers the user practical skills on spotting fake news and even helps with English skills and understanding.
<https://learnenglish.britishcouncil.org/skills/reading/intermediate-b1/how-to-spot-fake-news>

The Safer Internet Day competition is your chance to get involved and to perhaps focus on something other than schoolwork that may be of interest to you. The competition is a real chance to investigate a topic that is clearly of relevance during this period of time we are experiencing at the moment, especially with all the different views around vaccines. It is also your chance to show that you know why inaccurate content exists, where it comes from and what young people can do in response.

We look forward to seeing all your entries and picking the eventual winners. Good luck!



We are supporting
Safer Internet Day 2021!



Safer
Internet
Day 2021 | Tuesday
9 February

saferinternetday.org.uk



All students in Years 7, 8 and 9 it is competition time!

This Year's Safer Internet day is on the 9th February 2021 and will be celebrated in the UK with the theme: **An internet we trust: Exploring reliability in the online world**

You have all been assigned a Poster on Doodle that you can download and print and add your ideas about what makes information online reliable in the magnifying glass and decorate it however you like. We will award 3 house points to the best design from each house and every student that enters will get a house point too.

Please upload images of your posters to this link <https://forms.office.com/Pages/ResponsePage.aspx?id=gGfPFvBL70-q-gtugufqCqXTbeFMZrIOPVCvpiVRYI1UNFRKOTNWW0FGS1EMVc3QktRQVJIRTZIVy4u> stating your name, year group and the house you are in at the top to by Friday 5th February.

Our #SaferInternetDay Top Tips

Take positive action

By working together, we can make the internet a better, more respectful and more trustworthy place!



saferinternetday.org.uk

#AnInternetWeTrust



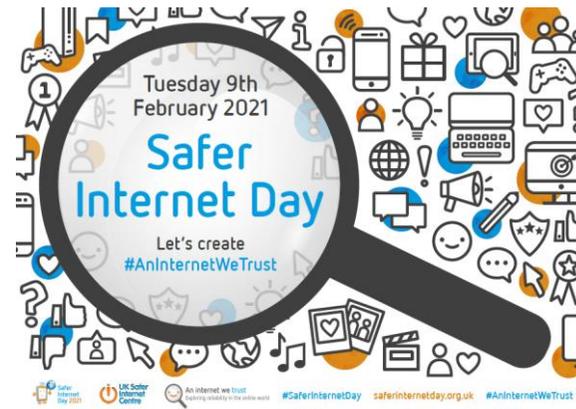
All students in Years 10-13 it is competition time!

This Year's Safer Internet day is on the 9th February 2021 and will be celebrated in the UK with the theme: **An internet we trust: Exploring reliability in the online world**

We would like you to write an article to go in the Student Bulletin w/c 8th February to mark Safer Internet Day. Your article can be about any of the following big questions.

Entries need uploaded via this link <https://forms.office.com/Pages/ResponsePage.aspx?id=gGfPFvBL70-q-gtugufqCqXTbeFMZrOpVCvpiVRYI1UMFFSU0hLVFJFR0w2VIEzSUw2T0dWTDVTRS4u> by Tuesday 2nd February.

We will award 3 house points to the best article from each house as well as seeing them published in the weekly bulletins and every student that enters will get a house point too.



Big Questions

1

Should all information that goes online be fact checked first?

Quick questions to help you along the way...

- Would you check all information that appears online? How long might that take?
- Who would you trust to do the fact checking? Why?

Big Questions

2

Do influencers have a responsibility to only advertise things that are appropriate for their target audience?

Quick questions to help you along the way...

- How do you feel about influencers advertising things?
- Have you ever seen influencers advertising items that didn't seem like they genuinely used or liked them? What were they?

Big Questions

3

Should video creators have to post how many times it took to get the perfect take? (e.g. for trick shot videos or dance videos?)

Quick questions to help you along the way...

- Does it matter if it took a long time to get it right? Why?
- Does it matter if the video is fake or heavily edited? Why?

Big Questions

4

Which do you trust the most, people online or the information that you see online?

Quick questions to help you along the way...

- Why might you not trust someone online?
- How often do you find information online that you don't trust?

Big Questions

5

In 5 years' time, do you think the information online will be more or less reliable? Why?

Quick questions to help you along the way...

- How often do you see information online that you don't trust?
- Is the internet too big to tackle this?
- Do you see changes being made to stop things like fake news? What are they?



Essay writing competition for Year 9 Cambridgeshire students

An exciting essay writing competition has been launched to Year 9 Cambridgeshire students by the Perse school.

The list of subject based questions is extensive and designed to encourage research and sharing of ideas. Longsands' Year 9 students are urged to have a look at the questions and see if any of the topics piques their interest. There are prizes to be won also!

Please follow this link for full entry details:

<https://www.perse.co.uk/wp-content/uploads/2020/12/Perse-Research-Essay-Competition-Rules-Sheet.pdf>

Closing date is 5pm on Monday 22 February 2021



YOUNG SONGWRITER 2021

Now in its 11th year, the leading international songwriting competition for 8-18 year olds



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Aged 8-18? Written your own original songs? Fancy writing your first song?

The Song Academy Young Songwriter 2021 competition #SAYS21 is open for entries until the 31st March 2021.

Win great prizes (including a recording studio session and Yamaha equipment worth £1,000), have opportunities to be heard & connect to young songwriters worldwide.

With judges including Fraser T Smith, Tom Odell, Miranda Cooper, Calum Scott & Tom Grennan this year is set to be bigger than ever!

Check out songacademy.co.uk/SAYS21 for inspiration, tips on songwriting and how to enter #SAYS21.

ENTRY REQUIREMENTS

In its 11th year The Young Songwriter 2021 (SAYS21) competition is the leading songwriting competition for young people to express themselves and be heard. SAYS21 is open to young people aged 8-18 years old (for 8 year olds to under 19 year olds).

Entries can be submitted by individuals or groups/bands. Songs must be under 4.5 minutes. Songs can be on any topic and in any genre of music. All lyrics and music must be the entrant's own original work. The accompaniment/music must be masterminded by the entrant/s, however can be played by family or friends if the entrant is unable to do so. Entrants can use songwriting apps such as GarageBand & Soundtrap and their available sounds. Each entrant may submit up to 5 songs and 5 additional joint entries. Entry costs £10 per song to cover administration & judging costs. Entrants don't need a professional recording as they will be judged on their originality, lyrics, melody, composition and potential to be a smash hit! However, a good recording can most certainly help to enhance the impact of your song.

You'll need to submit audio recordings (mp3 format) and lyrics.



Self-expression is about communicating your individuality. This can be through words, clothing and hairstyle, or through art forms such as writing, drawing, music and dance. Self-expression can help you to showcase your true self – your story, your thoughts, feelings and emotions. But this can also make us feel vulnerable, so you might want to take things one step at a time. We often get told by our family, friends, school, communities and through social media how we ‘should’ look, think, speak, and act. These constant messages about what we ought to do, and who we ought to be, can make it difficult to let go of expectations and express our true selves.

Self-expression is a great way to relieve yourself of stress and free your mind. Self-expression can help you to reflect on your life, actions, decisions, relationships, beliefs, and thoughts — rather than keep them buried deep down.

Learn more: childrensmentalhealthweek.org.uk



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Learn more: childrensmentalhealthweek.org.uk

#ChildrensMentalHealthWeek

Express yourself



Monday - Have a go at defining yourself

Make sure that your definitions aren't overly narrow or limiting. Keep yourself open to new experiences, talents, interests, passions, and opportunities. Being an adolescent is all about creating our own identity and expressing it!

Tuesday - Pick a quotation that means something to you

Today I would like you to choose a quotation about self-expression that resonates with you. This could have been said by a famous person, or selected from a song or book etc.

Some examples include:

Brenda Ueland: "Everybody is talented because everybody who is human has something to express."

Fay Weldon: "The desire for self-expression afflicts people when they feel there is something of themselves which is not getting through to the outside world."

Deeyah Khan: "Self-expression should not be a challenge that demands extraordinary talent but should be a right accessible to all."

Wednesday - Make a photo montage or short video that expresses WHO you are as a person

Have a go at making a short video or photo montage about yourself. This could include your current likes and dislikes, strengths, interests, dreams and passions.

Thursday - Write a daily journal

Writing can be a fantastic way to express yourself. Today try to keep a daily journal in which you write about whatever comes to mind. It maybe help to carry around an ideas book with you. Creating vision boards about your future dreams and aspirations can also help to motivate and inspire you.

Friday -The importance of talking about your feelings

Today as the last day of children's mental health week I would like to consider the importance of talking about your feelings. Watch the following video and reflect on how important it is to talk about your feelings.

[We All Have Mental Health - YouTube](#)



The dangers of too much alcohol

Too much alcohol can have a negative impact on your health. It can affect your sleep, skin condition, weight, and drinking too much also increases the risk of several serious health conditions such as pancreatitis and liver disease.

How alcohol can affect sleep:

Regular drinking can affect the quality of your sleep making you feel tired and sluggish. This is because drinking disrupts your sleep cycle. Several sleepless nights have an impact on our day-to-day mental health, for example, on our mood, concentration and decision-making.

Regularly drinking alcohol can disrupt sleep. For example, a heavy drinking session of more than six units in an evening, can make us spend more time in deep sleep and less time than usual in the important Rapid Eye Movement (REM) stage of sleep, which is an important restorative stage of sleep our bodies need. This can leave us feeling tired the next day - no matter how long we stay in bed.

How alcohol can affect your body:

Alcohol dehydrates our bodies, including the skin - this happens every time we drink. Drinking alcohol can also cause our faces to look bloated and puffy. We might find that it bloats our stomach too. This is caused by the dehydrating effects of alcohol.

Calories from alcohol are 'empty calories', meaning they have no nutritional value. They don't benefit your body in any way. Different alcoholic drinks have different calorie content and many are high in sugar. A pint of lager can contain the same amount of calories as a slice of pizza, or a large glass of wine the same as an ice cream sundae.

Drinking alcohol will add to the overall calories we consume each day from the food we eat. Consuming extra calories through drinking can lead to weight gain.

Drinking alcohol also reduces the amount of fat our bodies burn for energy. While we can store nutrients, protein, carbohydrates, and fat in our bodies, we can't store alcohol, so our systems want to get rid of it, and this takes priority. All other processes that should be taking place (including absorbing nutrients and burning fat) are interrupted.

How alcohol can affect your health:

Drinking too much alcohol increases the risk of several serious illnesses.

Pancreatitis is when the pancreas becomes inflamed and its cells are damaged and it can be caused by heavy drinking. However, if you drink within the low risk drinking guidelines and avoid binge drinking you're much less likely to develop pancreatitis.

There are two main types of pancreatitis: acute and chronic. Although alcohol is not the only cause of pancreatitis, both chronic and acute pancreatitis can be caused by heavy drinking.

Drinking alcohol can also increase your risk of developing liver disease and cause irreparable damage to this very important part of your body. In fact, alcohol is a major cause of the 25% increase in deaths from liver disease in England over the last decade (from 9,231 in 2001 to 11,575 in 2009).

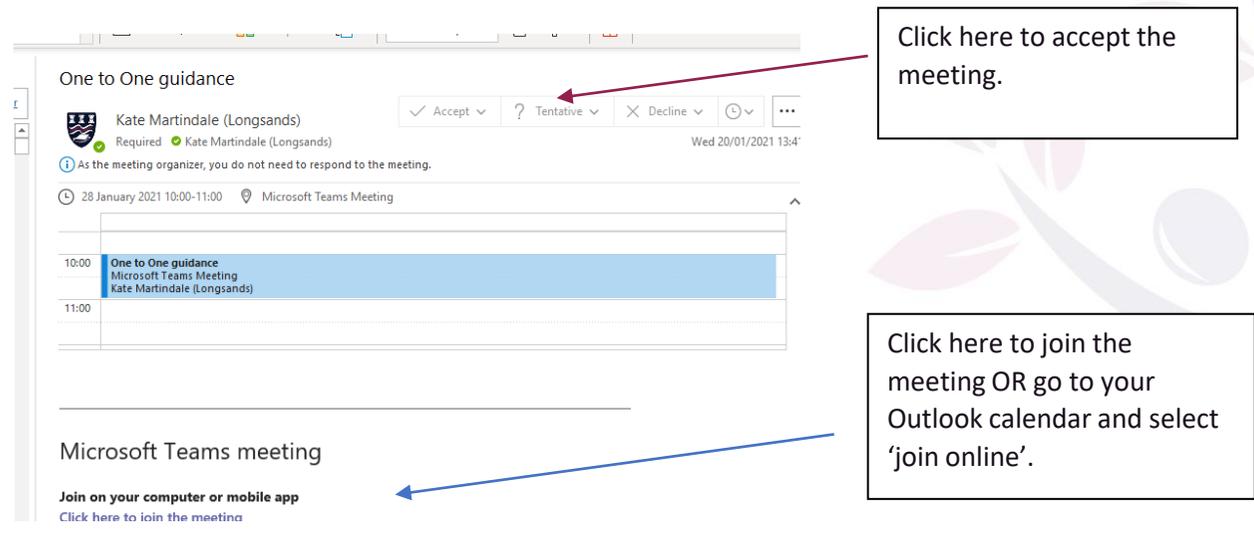
Overall, alcohol-related liver disease accounts for well over a third (37%) of liver disease deaths. And figures show victims of liver disease are getting younger - more than one in 10 of deaths of people in their 40s are from liver disease, most of them from alcohol-related liver disease.

For more information and advice, go to www.drinkaware.co.uk

YEAR 11 – Personal Development – One-to-one guidance

Year 11: Thank you for completing the Post 16 Destinations Form.

Mrs Martindale will now begin arranging guidance sessions for those of you that indicated you would like further advice. You will be notified via Doodle if a guidance interview has been arranged for you. You will then need to accept the Teams invite email (see below). Once you accept the meeting, it will save to your Outlook calendar and you will get a reminder just before the session starts. After the session, your action plan will be uploaded to Doodle.



The screenshot shows a Microsoft Teams meeting invitation. At the top, it says "One to One guidance" and lists the organizer as "Kate Martindale (Longsands)". There are buttons for "Accept", "Tentative", and "Decline". A red arrow points to the "Accept" button with a callout box that says "Click here to accept the meeting." Below the buttons, there is a calendar view showing a meeting slot from 10:00 to 11:00 on 28 January 2021. At the bottom, there is a section titled "Microsoft Teams meeting" with a link that says "Join on your computer or mobile app" and "Click here to join the meeting". A blue arrow points to this link with a callout box that says "Click here to join the meeting OR go to your Outlook calendar and select 'join online'."

Additional guidance sessions, for those interested in applying for an **apprenticeship**, will be taking place on Wednesdays, starting next week. Please email Mrs Martindale directly if you would like to be placed on the waiting list for one of these sessions.

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PHYSICAL EDUCATION

If you have completed your allocated PE work, please see some additional challenges for you and your family to attempt. Good luck!

Please remember to keep hydrated and attempt in a safe environment.

CHALLENGE 1 Create your own workout (1 February 2021)
Include a minimum of 8 exercises. You can decide how many reps of each exercise you complete and how many rounds of the workout should be completed.

Exercises you may want to include:

- Star Jumps
- Burpees
- Sit Ups
- Press Ups
- Lunges
- Jogging on the spot
- Press Ups
- Russian Twist
- Mountain Climbers
- High Knees
- Heel Flicks
- Walking Lunges
- Squats

PE CORE VALUES at Longsands Academy



Personal Excellence



Resilience



Teamwork and Respect



Desire



Enjoyment

Reps = Number of times a single exercise is completed.
E.g. 10 x Star Jumps.

Remember to write your workout plan down!
CHALLENGE – Can you complete your own workout 3 times this week?



@LongsandsPE

ENRICHMENT
ACTIVITY



BY BELLA, LUCY, LOUISE
YEAR 10 LANGUAGE LEADERS



French News this week:

- STRUGGLING FRENCH STUDENTS, PROTEST UNI CLOSURES.
- FRANCE LOST 30% OF VACCINE DOSES.

Did you know?
THESE COUNTRIES
SPEAK FRENCH:

BELGIUM CHAD
FRANCE TOGO
NIGER
QUEBEC

French words we use in English;
CRÈME
AVANT-GARDE
RAISON
ET VOILÀ
EXCELLENCE
EAU DE TOILETTE
GAUCHE

FACTS:

- FRENCH WAS THE OFFICIAL LANGUAGE IN THE UK FOR AROUND 300 YEARS
- FRANCE PRODUCES THE MOST EXPENSIVE BOTTLE OF WINE IN THE WORLD.
- THE FRENCH EAT AROUND 30,000 TONS OF SNAILS EACH YEAR.
- TURNING A BAGUETTE UPSIDE DOWN IN FRANCE CAN BE BAD LUCK.

French phrases you should know

C'EST QUOI?	WHAT IS IT?
ÇA N'EST PAS GRAVE	NO PROBLEM
JE NE SAIS PAS	I DON'T KNOW
JE SUIS DÉSOLÉ	I AM SORRY
JE SUIS PERDU	I'M LOST
POURQUOI PAS?	WHY NOT?
QUI EST-CE?	WHO IS IT?
QUOI DE NEUF?	WHAT'S NEW?
VA-T'EN!	GO AWAY!
PUIS-JE FAIRE ÇA?	CAN I DO THAT?



Suzie Imber

Home Mountaineering Space Research Speaking Astronauts

Space Scientist, Mountaineer, Explorer



Our Year 7 students (and Year 6 students from some of our local primary schools) enjoyed an excellent online talk from Dr Suzie Imber on Monday. Suzie introduced herself to us all and provided us with a link to a fantastic talk she delivered to Teentech with Dallas Campbell, a Science TV presenter. After watching the 50 minute talk, students asked Suzie LOADS of interesting questions. Well done to everyone for joining the call and participating so well.

If you would like to see more of these talks please sign up to teentech, it is strongly recommended. The talks are fun, engaging and really interesting;
<https://www.teentech.com/live/sessions>



**LONGSANDS
ACADEMY**

Astrea Academy Trust

INSPIRING BEYOND MEASURE

ENRICHMENT
ACTIVITY

TEEN TECH

ENRICHMENT
ACTIVITY

TeenTech: Free, fun and engaging talks every week!

Suitable for students of all ages! Please click the link to sign up to these talks on a range of interesting STEM topics.

Please let Mr Martin and your science teacher if you sign up and/or if you have any problems registering.

<https://www.teentech.com/live/sessions/>



ENRICHMENT
ACTIVITY

TEEN TECH

ENRICHMENT
ACTIVITY

ENRICHMENT
ACTIVITY

LEARNING EXPERIENCES



- Events and activities
- Gallery activities
- Temporary Exhibitions

Events and activities

This year because of Covid-19 we are putting our activities online. With activities and games there is plenty to keep you entertained at the [Univ Cambridge Museums](#) website



Gravel Hunters
You don't need to go far to find fossils. Ch



Additional Learning Experiences

The Cambridge Museums, Botanic Gardens, Departments and non-school institutions have put together an array of online resources that you can access to enhance your remote learning. From Science and Nature to Mathematics and Geology, there is a whole wealth of extra activities and ideas to inspire learning and creativity.

Enjoy! <https://www.alumni.cam.ac.uk/news/online-resources-for-families>

ENRICHMENT
ACTIVITY



KS3 Continue to build your wider digital skills at home by logging on to iDEA and completing some more badges.

You can complete as many as you like! Whenever you like and earn the digital equivalent of the Duke of Edinburgh award.

You could even earn your Bronze award and go on to your Silver!

Go to: <https://idea.org.uk/login>

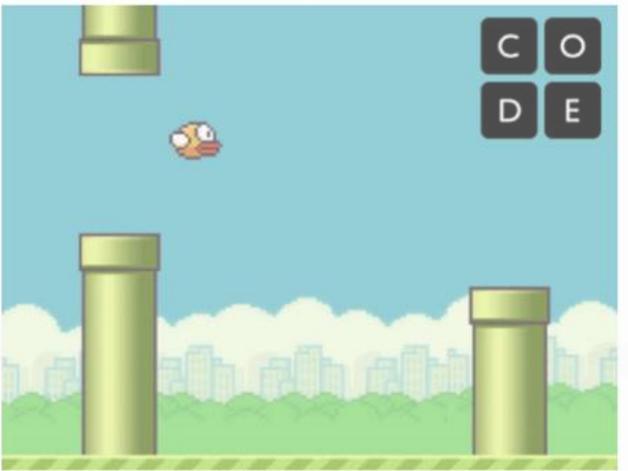
Username: Your school email address (e.g. 12345@astrea-longsands.org)

Password: Longsands1!

Any problems logging in contact your Computing Teacher



Minecraft Hour of Code
Grades 2+ | Blocks



Make a Flappy game
Grades 2+ | Blocks



Dance Party
Grades 2+ | Blocks

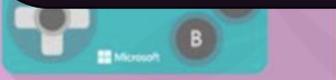


Ozaria: Your Journey Begins

Love coding?

Why not try an Hour of Code tutorial?

Head to <https://code.org/learn>



Code Retro



Tale of Two Villages

Or fancy something more advanced? Head to [Code Academy](#) and try a free Python course

TIMES TABLES ROCKSTARS

Well done to all of these students who have collected the most coins in the last week and earned themselves a House Point!

YEAR 7

Ian L 69,798
Jaiden H 18,821
Henry C 16,768
Alex O 5,378
Harry D 5,137

YEAR 8

Zak O 90,390
Summer B 22,210
Lewis F 16,455
Lucas F 7,416
Cayden G 3,357

Remote learning

Well done for all your efforts to continue learning remotely. Please do let us know if you need any help or support.

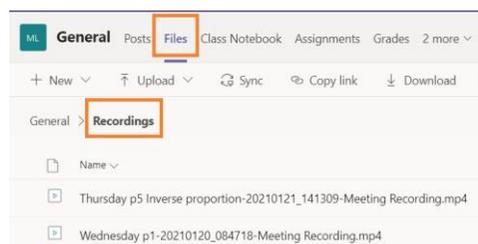
Recordings

All live lessons on Teams are being recorded. This is really useful if you would like to play back part of a lesson, or if you were unable to attend the live lesson at the time.

There has been a slight change to how recordings are accessed on Teams. Recordings will still appear in the Posts section on the class Team, but it is no longer necessary to download the recording before watching it.

Recordings will also be stored in a folder within the Team, which can be accessed by following these steps:

1. Go to the class Team for the subject
2. Click the **Files** tab at the top
3. Then click on the folder called **Recordings**
4. Select the recording you would like to watch.



Assignments

Some of your teachers might use the Assignments function on Teams to ask you to submit work. Mrs Chilton has kindly put together a short video to show you how to do this:

Link to video: <https://youtu.be/dnSHWqA3feE>

Instructions for remote lessons will continue to be set on Doodle.

Please check Doodle at 8.45am each day for the work for the day.

10 Tips for Students for Remote Learning

We are pleased to share with you our

[10 Tips for Students for Remote Learning.](#)



This guide may be helpful in supporting you with your work. If you have any additional tips, please share them with your teacher or form tutor who can let the rest of the class know. We ask students to **Word Hard, Be Kind, Achieve More**. As we navigate this new way of teaching and learning, do your best and be **kind to yourself**. If you need help of any kind, let us know, we are still here for you.

1. Resources



- Make sure you have your pencil case close at hand. You are likely to need normal school equipment, i.e. pen, pencils, colours, ruler, rubber, calculator, geometry set, green pen.
- You will need your exercise books or paper to write your work on. Certain subjects provide workbooks or vocabulary books. Make sure you have them to hand. You should also have your Knowledge Organiser available.
- Sit at a desk or table to work if you can. Try to make a separation between 'school' and home spaces, for example by tidying away your school resources after you have finished.

2. Remove distractions



- Find a quiet space to work where possible.
- If you have a mobile phone that you are not using for learning, try leaving it away from your workspace. You manage to last a day in school without it!
- It is a good idea to switch off notifications from social media and only check these

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>

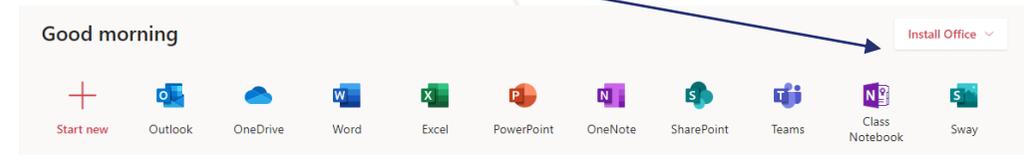
OFFICE 365

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

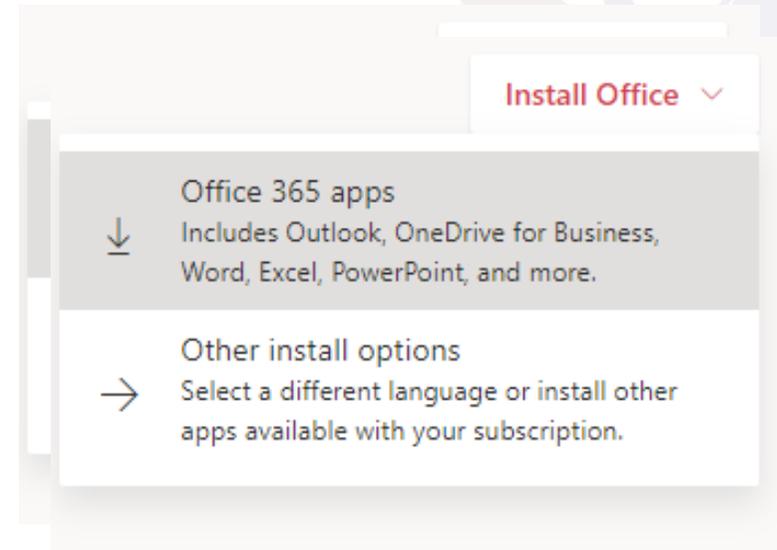
Forgot your email password?
Please ask your form tutor, class teacher or a member of student services.

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

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



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



You should then get a download box pop up, and you should be good to go!