



LONGSANDS ACADEMY

PRINCIPAL'S WEEKLY BULLETIN



Monday, 1 November 2021

(Week **A**)

FROM THE PRINCIPAL

I hope this bulletin finds you and your family well as we reach the end of the first half term of this academic year.

Thank you for your continued support with Covid-19 home testing. We know how important it is for students to be able to come into school to access their learning and this is one way that all students can help to keep Longsands as safe as possible. Advice from the Department for Education and the Local Authority is to continue testing over half term and, most importantly for all students to test either on Sunday evening or Monday morning prior to coming back to school on Monday 1st November. All results should be reported, even if the result is negative or void. Students in Years 7-11 were offered new (nasal swab only) test kits in their PE lessons during this week and therefore we hope that all students have enough tests to enable them to keep testing during the holiday. If you do still require more home testing kits to continue testing over half term, you can also order more [online through gov.uk](https://www.gov.uk) or collect from your local pharmacy. Test kits are also available from Admin, Student Services and the Sixth Form Building.

We have been informed by the Department for Education that NHS England will soon be opening an additional offer for 12 to 15 year olds to get their Covid vaccine out of school. Parents/Carers of children aged 12 to 15 will receive a letter from the NHS with more information on the vaccination programme shortly, including information about how to book an appointment.

Finally, existing guidance around face coverings will remain in place after the half term break. Therefore, we will expect all students to be wearing a face covering in communal areas of the Academy site when we return (unless students are exempt). We continue to issue disposable face masks in Student Services if needed (over 200 were handed out this week). To reduce waste and cost, we encourage all students to bring their own face covering to the Academy.

Wishing you all a safe and happy half term and we will look forward to seeing all students back on Monday 1st November, following a negative lateral flow test.

Mr N D Owen
Principal

KEY DATES COMING UP:

1 November
Start of the second half of the Autumn term

25 November
Year 12 parental consultations

9 December
Year 11 parental consultations (early closure)

20 December to 3 January
Christmas break

4 January
Start of the Spring term



IN REMEMBRANCE

Our community has been devastated this week by the tragic news of the death of Jacob Crawshaw. Jacob was a student at Longsands for seven years and completed Year 13 in the summer. During his time at Longsands Jacob was an exceptional student, participating fully in the life of the Academy. He was a keen sportsman and talented musician. Our sincere condolences have been shared with Jacob's family. We have supported a number of students this week who have found this news particularly upsetting. We would encourage students to keep talking to their form tutor or a member of the student services team if they would like support after half term.

I speak for all staff when I remember Jacob as kind, caring and thoughtful young man who will be greatly missed by all who knew him.



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(Week A)

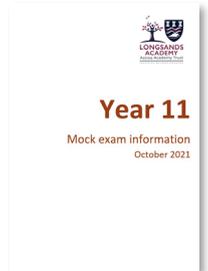
YEAR
11

YEAR 11 MOCK EXAMS AND REVISION

On the 7 October we shared information with

parents/carers regarding the the Year 11 Mock Exam process.

You can click the following link to access the booklet: <https://www.astrea-longsands.org/wp-content/uploads/2021/10/Year-11-Mock-Exams-Revision-Information-October-2021.pdf>



This document contains information about:

- the revision process
- key tips on how best to revise
- information from each subject regarding the exams, the content of each paper and additional revision information relevant for that subject.
- the mock exam timetable.

During lessons and tutor time, students are increasingly turning their attention to revision techniques. A significant proportion of each lesson, as well as homework, is devoted to retrieval practice, reviewing previous learning and thinking about how to apply this knowledge in exam-style questions.

We hope the information in this document is useful for you as parents. Please take some time to discuss the process with your child, particularly encouraging them to plan their revision and to take advantage of the many additional revision opportunities which exist in clinics being offered each day after normal lessons have ended.

YEAR
11

PD: MAKING A SUCCESSFUL POST 16 TRANSITION

To support your son/ daughter in their transition onto a post 16 pathway, please find **HERE** a virtual presentation aimed at parents/carers. The presentation covers general advice and guidance about all options, including college and apprenticeships, specific guidance regarding MyChoice16, as well as some FAQs.

Students have been issued with their own copy of the MyChoice16 user guide in last week's PD session and will receive further information on different post 16 routes during the next PD session on Wednesday 17th November.

ALL
YEARS

VOTES FOR SCHOOLS

Students have been voting on 'Are protests necessary for change?' with the results compared to the local and national averages. When we return from the half term break, the focus is going to be on UK Parliament Week. The UK Parliament & the Electoral Commission are very keen to hear what young people (age 14-25) have to say about democracy and the work they do.

They are running a virtual session on Tuesday 2nd November from 5-7pm featuring short activities and guest speakers.





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Monday, 1 November 2021

(Week A)

ALL
YEARS

ANTI-BULLYING WEBINAR

We are proud to share with you our first in a series of

webinars (made by Flore Training & Coaching) for parents and carers on a variety of different issues and topics: <https://youtu.be/0IOh1S572ZU>. After the huge success of the live virtual event 'Wellbeing and Support in a Post-COVID World' last academic year, we asked the attendees to give us feedback on other areas they would like information on, so we have listened and responded with a suite of webinars this year, beginning with this half terms webinar on Bullying.



Our Principal Neil Owen and the House Captain Team signing our Anti-bullying Charter this week.

As a community, we work to dispel bullying and any other intolerant behaviours so that everybody can have a space where they are able to work and learn in peace and safety. This will ensure that Longsands provides an environment where every child can feel:

- safe
- healthy
- able to enjoy and achieve
- able to contribute to future economic wellbeing
- able to make a positive contribution

We pride ourselves on being a 'Telling School'. This means that students should immediately report any instances (or suspicions) of concerning or intolerant behaviours that they experience or witness, in one of the following ways:

- to Student Services
- to any member of staff
- by using the 'Tell Us' boxes located around the Academy site
- by using the tellus@astea-longsands.org email address

We are here to help and support you all and we hope that you find this webinar useful and supportive.

YEAR
9

YEAR 9 PREFERENCES

Later on in the academic year, students in Year 9 will have the opportunity to consider which subjects they would like to study in Years 10 and 11. Our core curriculum offer remains broad and balanced – including maths, English language, English literature, science, a language, history or geography, core PE and personal development – in order to help students understand and make meaning of the world around them, and to take them beyond their everyday knowledge and experiences.

The vast majority of students will study eight or nine GCSEs, depending on which programme of study they follow for science: either Trilogy (leading to two GCSE qualifications) or separate sciences (three GCSE qualifications). In addition to the core curriculum, students will be asked to indicate their preference from a wide range of courses, from subjects they currently study such as RE and music to new subjects such as business studies and media.

Students will be offered guidance and support throughout the process to help them make informed decisions about their subject preferences.

The timeline for the Year 9 Preferences process is as follows:

Thursday 3rd February: Year 9 Preferences Launch Event

Tuesday 22nd February: Year 9 Parent Consultations

Early March: Deadline for submitting subject preferences

Summer term: Preferences will be confirmed ready for study in September 2022



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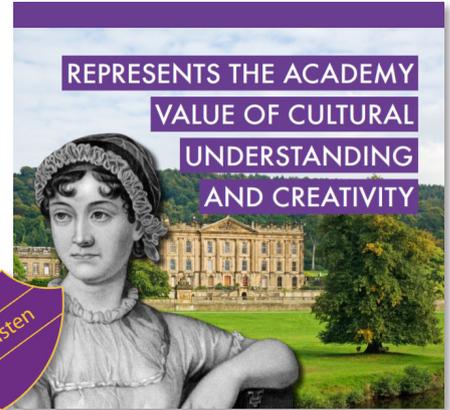
YEARS
7-11

HOUSE POINTS

Students have made a wonderful start to the academic year and already been awarded House Points for Working Hard, Being Kind and Achieving More!

Congratulations to **AUSTEN HOUSE** who have the most House points overall at the moment with 2,396!

Congratulations to the students noted below who are the top students in each House:



Alexander W, Zachary W, Kieran W, Bogumil S, Ben P, Imogen C-M, Ethan B, Travis T and Joe G.



Rebeca T, Riley C, Lacey H, Freya S, Kian W, Yasmin I, Millie F, Tash G, Thea H and Zuzanna K.



Houda M, Poppy G, Neve L, Thomas M, Marleigh J-W, Morgan C, Luke M, Connor G, Isabel O, Louis H and Enis I.



Elliot R, Oliver A, Samuel F, Maisie G, Isabelle H, Reuban H, Fionn S, Abrielle G, Saoirse C and Jake B.



Jodie J, Autumn F, Muhammad-Ammaar M, Harry M, Evie T, Heidi J, Alfie B, Charlie M, Oliver K and Eleanor L-S.

YEARS
11-13

OXBRIDGE UPDATE

Congratulations to our brilliant Oxford and Cambridge candidates in Year 13 who submitted their UCAS applications and are already receiving offers from some of their universities! Their excellent applications are the result of a huge amount of work by these students, who should be very proud of everything they have achieved. Sarah A is applying for Medicine, James C for Mathematics, Aidan H for Biology, Samaria L for Clinical Psychology, Emily S for English Literature, Olivia DN and Ella B for Biochemistry, Maisie H for Natural Sciences. Mr Owen and Ms Bell congratulated students on their applications and we wish them best of luck for their admissions tests and interviews later this term.



If any parents have expertise in any of these subjects and would be willing to help out with the upcoming mock interviews for Oxford and Cambridge, we would be very grateful for the assistance.

Please email Ms Bell at kate.bell@astrea-longsands.org if you can help.



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Monday, 1 November 2021

(Week A)

ALL
YEARS

PD: GENDER AND EQUALITY

In the PD curriculum we look at topics such as equality and gender. While women make up around 51% of the population, it is much more likely that they will earn less, on average, than men. The most recent figures on the gender pay gap in the UK highlight a difference of 18%. While this is not measured on a like-for-like basis (it is illegal for people to be paid more than others for the same job based on their gender), it does highlight that women are far more likely to have lower income jobs or to work less hours than most men. This can be due to career breaks for children or taking longer to receive promotions than male counterparts.

This measure of the gender pay gap completely ignores pay issues for non-binary (someone who does not conform to 'male' and 'female' norms) and transgender (someone whose sex assigned at birth does not align with their gender) people as no data is collected to show the incomes of these groups. This could be concealing a further inequality in terms of pay - that of cisgender (someone whose sex assigned at birth aligns with their gender) and transgender or non-binary.

The government has legislation in place to limit gender inequalities in the work place, which go some way in bridging the gap. These include introducing shared parental leave and commissioning a review to investigate barriers to women in career progression. At Longsands, many of our positions of responsibility are filled by women, and we are working with the Kite Trust to try to ensure that we are inclusive of all genders.

YEARS
7-11

CATERING MENUS

The delicious menus offered by our talented catering team are being updated after the October half-term - you can see further information [on our website](#).

Please note that owing to small price increases across the menu choices, we will be increasing the daily student spend allowance limit to £5.00 per day. This is a limit rather than an anticipated spend amount and there will be a selection of items available to students in the same way that there is currently as we work closely with our catering staff to ensure food is healthy, nutritious and complies with the government's Healthy Eating initiative.

The updated menus are available on [our website](#).

Lunch Menu Week One

THE HUB

GREEN EARTH MONDAY
Herb Crumb Baked Mac N Cheese
Mexican Smoky Bean Enchilada
Garden Peas, Jacket Wedges Baked Beans, Garden Salad

TUESDAY
Chicken Mughlai Korma Curry Served with Mixed Rice
Zingy Chilli Sin Carne Loaded Jacket with a side of Mixed Rice
Sweetcorn, Green Beans, Baked Beans, Garden Salad

WEDNESDAY
Roast of the Day served with Traditional Accompaniments
Fresh Tomato and Basil Pasta Bake
Roast Potatoes, Carrots, Broccoli, Baked Beans, Garden Salad

THURSDAY
Creamy Fish Pie with Cheddar Mash
Aubergine Courgette & Spinach Mughlai Korma with Mixed Rice
Mimmed Peas, Mixed Vegetables, Baked Beans, Garden Salad

FRIDAY
Crispy Fish Finger Bap
Veggie Meatball Sub with Arrabiata Sauce
Chipped Potatoes, Mushy Garden Peas, Baked Beans, Garden Salad

AVAILABLE DAILY
Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads

Lunch Menu Week Two

THE HUB

GREEN EARTH MONDAY
Sweet Potato, Spinach & Lentil Frittata
Mozzarella, Tomato & Roasted Vegetable Macaroni
Broccoli, Jacket Wedges, Baked Beans, Garden Salad

TUESDAY
Oven Baked Butchers Sausages & Onion Gravy
Butternut Squash, Aubergine & Feta Lasagne
Mashed Potatoes, Sweetcorn, Mixed Greens, Baked Beans, Garden Salad

WEDNESDAY
Roast of the Day served with Traditional Accompaniments
Roasted Root Vegetable Casserole
Roasted Carrots, Cabbage, Baked Beans, Garden Salad

THURSDAY
Piri Piri Chicken
Thai Green Vegetable Curry and Rice
Jacket Wedges, Broccoli, Baked Beans, Garden Salad

FRIDAY
Deep Fried MSC Pollock with Tartar Sauce
Freshly Made Margherita Pizza Slices, Chipped Potatoes,
Mushy Peas, Baked Beans, Garden Salad

AVAILABLE DAILY
Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads

Lunch Menu Week Three

THE HUB

GREEN EARTH MONDAY
Classic Spaghetti & Veggie Mince Bolognese
Butternut Squash, Chickpea & Lentil Dhal with Mixed Rice
Garden Peas, Carrots, Baked Beans and Garden Salad

TUESDAY
Lamb Shepherd's Pie topped with Potato Mash
Italian Gnocchi with a Spinach & Mushroom Cream Sauce
Green Beans, Sweetcorn, Baked Beans, Garden Salad

WEDNESDAY
Roast of the Day Served with Traditional Accompaniments
Cumin Roasted Chickpea & Lentil Loaf
Roast Potatoes, Cabbage, Carrot & Swede, Baked Beans, Garden Salad

THURSDAY
Sticky Chinese Hoisin Chicken Mixed Rice
Wok Bashed Tomkatsu Vegetables, Edamame Beans & Noodles
Sweetcorn, Roasted Vegetables, Baked Beans, Garden Salad

FRIDAY
Crispy Fish Burger with Lemon Mayo
Homemade Onion Bhaji Burger with Mango Chutney
Chipped Potatoes, Mushy Peas, Baked Beans, Garden Salad

AVAILABLE DAILY
Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads



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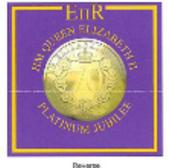
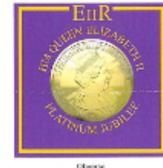
ALL
YEARS

PLATINUM JUBILEE COMMEMORATIVE MEDAL

On February 6 2022, Her Majesty the Queen will have reigned for a record-breaking 70 years. This will be her Platinum Jubilee, an event that has never been seen before in British or world history and is unlikely to be seen again.

To commemorate this historic royal event Tower Mint have produced a Platinum Jubilee commemorative issue exclusively for schools and councils.

If you would like to purchase one of these commemorative coins at the special price of just £2.99, please make your payment via ParentPay.



WEAR A MASK

MY MASK PROTECTS YOU



YOUR MASK PROTECTS ME

ONLY TOGETHER CAN WE SAVE LIVES