



LONGSANDS ACADEMY

PRINCIPAL'S WEEKLY BULLETIN



Monday, 10 January 2022

(Week **A**)

FROM THE PRINCIPAL

Covid Update

Happy New Year! It has been great to welcome students back to the new school term this week. Students have been excellent during the pandemic adapting to changing guidance, supporting each other and the school to keep students and staff as safe as possible

Thank you to all students who came forward for an initial LFD test prior to starting back at school earlier this week. Given the national picture, we have seen a rise in positive COVID-19 cases this week. We have a total of 35 students currently self-isolating due to positive PCR tests, spread fairly evenly over the year groups, and 4 teachers and support staff. We will keep parents and carers informed of the numbers of positive cases on a weekly basis.

What to do if your child develops symptoms of COVID-19

If your child/ren develop symptoms of COVID-19, we ask that they do not come to school and take a PCR test. Anyone with symptoms should book a PCR test, even if a LFD test result is negative, and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119. If your child/ren develop symptoms in school, we will ask you to collect them as soon as possible and book them a PCR test.

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness

If your child/ren does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child/ren's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

Helping to stop the spread of COVID-19

Since there is continued concern around the 'Omicron' variant at the present time, we will continue to maintain our current approach in school to help stop the spread. We ask for your help in supporting us in keeping these routines in place. This approach includes:

- Twice-weekly testing at home (and reporting of the results via the Academy website and the NHS)
- Operating separate zones for students at break and lunch times.
- Expecting the use of face coverings (unless your child/ren is exempt) when moving around the school site, in communal areas and in lessons – please ensure that your child/ren brings a face mask and a spare to school every day.

continued on page 2...

KEY DATES COMING UP:

26 January
Year 10 parental consultations (early closure)

10 February
Year 13 parental consultations

22 February
Year 9 parental consultations (early closure)

14-18 February
Half-term break

9 March
Year 8 parental consultations (early closure)

24 March
Year 7 parental consultations (early closure)

4-18 April
Half-term break

30 May - 3 June
Half-term break

27 June - 1 July
Year 10 Work Experience





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COVID UPDATES CONTINUED...

- Expecting the use of face coverings in lessons (unless advised by a medical professional not to wear one).
- Washing or sanitising hands regularly.
- Following classroom cleaning routines such as using the wipes provided in relevant lessons and seating plans.

Testing

In addition, please encourage your child/ren to keep up their twice-weekly lateral flow tests, using the tests provided. We will continue to offer test boxes to students via their PE lessons, however, Student Services also have a supply of boxes that they can issue should your child/ren run out. There is evidence to suggest a correlation between the highest infection rates and the lowest testing rates, so we appreciate your co-operation in this matter. Please also log the results (positive and negative) at the appropriate part of gov.uk in addition to logging them with the Academy via our website.

Confirmatory PCR tests to be temporarily suspended for positive lateral flow device (LFD) test results

Confirmatory PCR tests following a positive lateral flow device (LFD) test result are to be temporarily suspended from Tuesday 11 January. This will mean that anyone who receives a positive LFD test result will be required to self-isolate immediately and will not be required to take a confirmatory PCR test.

Information on the vaccination programme for 12- to 15-year-olds

Young people aged 12 to 15 in England are now being offered a second dose of the Pfizer-BioNTech COVID-19 vaccine at a minimum of 12 weeks from the first dose, following advice from the Joint Committee on Vaccination and Immunisation (JCVI). Parents/Carers can book vaccinations for their child/ren, if aged 12 or over, through the NHS booking system. We will be sending out further information about COVID-19 vaccinations in school approximately two weeks before the vaccination team will visit the Academy. We have been given a provisional date of Wednesday 9th February.

Self-isolation

If your child/ren has a positive PCR test they should self-isolate at home for up to 10 days. Day 0 is the day symptoms started or the day the positive PCR test was taken if there are no symptoms. Students must self-isolate from days 1-7. They may take an LFD test daily from day 6 and if they record two negative tests 24 hours apart, they may return to school from day 8 onwards rather than waiting until day 11 after the usual 10 day isolation.

Contingency Plans

We are able to cover staff absence in the event of teachers not being able to come into school, however, if the number of cases continues to rise and this affects staff absence considerably then we may need to revert back to remote learning. If we find ourselves in this position we will use a variety of approaches to deliver learning to students as live learning may not always be practical if teachers are unwell. We ask for your patience and understanding should we have to implement remote learning, we recommend that students also access Oak National Academy which offers resources to support learning. If your child/ren needs support accessing ICT please contact your child's Head of Year or Student Support Officer so that we can loan a device to them.

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Please keep yourselves safe and healthy. Should you have any questions, please do not hesitate to get in touch via the enquiries@astrea-longsands.org email address.

WEAR A MASK

MY MASK
PROTECTS YOU



YOUR MASK
PROTECTS ME

ONLY TOGETHER CAN WE SAVE LIVES



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Monday, 10 January 2022

(Week **A**)

YEARS
7-11

STUDENTS OF THE WEEK

We are delighted to celebrate our Students of the Week who were awarded the most House points in their Year groups.

Congratulations to all of these students on your hard work, resilience and achievements!

	Austen	Darwin	Hawking	Seacole	Turing
Year 7	Ocean B	Henry M	Lukas F	Elliot R	Alana F
Year 8	Rosie L	Luke H	James O	Holly H	Steven S
Year 9	Luca D	Amy H	Lucas F	Fionn S	Charlie B
Year 10	Freddie B	Madison M	Libby C	Simas I	Louie J
Year 11	Luca S	Anna N	Fraser G	Jade E	Georgia W

YEARS
7, 8
& 9

ST NEOTS FOR THE FUTURE

The Longsands Academy Business Department is delivering an enrichment package for all students in Years 7, 8 and 9. The aim of this enrichment package is to provide students with realistic business challenges, which will help develop skills which employers value, whilst providing students with an understanding of the wider business world and develop an appreciation of the challenges that business leaders might face. Each competition will be supported by a successful local or national business.

The 'St Neots for the Future' competition is optional and is open to all our Year 7 students. The challenge involves students designing a St Neots Town for the future. Students should take into consideration the future needs of our town and incorporate future technologies in their design. All students that enter will gain House points, and there are lots of awesome prizes available for the best entries. The winning student will also win their tutor group a pizza party and get to present their idea to the Mayor of St Neots, Stephen Ferguson (*pictured right*).

All the information for this challenge has been shared via Doodle and through tutors during tutor time. This has included some advice and guidance on what to consider, and a video offering tips and advice from our competition partner, St Neots Town Mayor Stephen Ferguson. **The deadline for entries is Friday 4 February 2022.**

Mr Cook and the Business Department is really looking forward to seeing what creative ideas our Year 7s produce.





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(Week A)

YEARS
7, 8
& 9

SPRING TERM KNOWLEDGE ORGANISERS

We are pleased to inform you that Knowledge Organisers for the Spring Term for Years 7, 8 and 9 have been published on the Academy [website here](#). Printed copies will be given to students in form time next week. Information about how best to use the Knowledge Organisers for self-quizzing and revision can be [found here](#).

The Knowledge Organisers for Years 10 and 11 are as previously published and can be [found here](#).



YEARS
10
& 11

GCSEPOD

Well done to students in **Hawking House** who have watched the most Pods in the last week.



In Year 11 the top form for GCSEPod is RSC and in Year 10 the top form is JSS. Our individual top podders for the week are Suchit C, Yagiz T, Amelia M, Milena H, Jayden B and Kayleigh H in Year 10 and Amelia F, Matthew U, Daisy E, Layla B, Leo M and Rhys T in Year 11, great work everyone!

ALL
YEARS

VOTES FOR SCHOOLS

Before the end of last term, students were engaging in discussion and debate around the topic *'Does the UK waste too much food at Christmas?'* The results are pictured on the right:

This week, students are talking about space, as we thought this would be a welcome reprieve from all things social-distancing, mask-wearing and lateral-flow-testing.

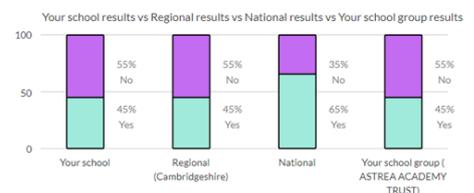
Following the much-contested "Billionaire Space Race" of last year, voters will have the chance to explore the realities of space travel and what is currently being spent on it.

They also make some predictions about what the future may hold, before deciding: *'Is spending on space worthwhile?'*

Results for your school & the UK
Does the UK waste too much food at Christmas?
Results in your school



How your results compare...



Continue the conversation at home...

Is spending on space worthwhile?

What would you **most like** scientists to find out about space and why?

Do you think **space tourism** will be possible for everyone in your lifetime?

Is space travel the **best use** of **'billionaires'** money? What else could they fund?

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(Week A)

YEAR
10

YEAR 10 WORK EXPERIENCE

A reminder that Year 10 Work Experience is taking place 27th June – 1st July 2022. If you have not yet viewed the parent presentation, please click [here](#). Students have been given support and guidance on how to find a placement in both form time and Personal Development lessons. Once students have secured a placement, we ask that the parent/guardian completes the online placement form – the link for this can be found in the **letter** sent home last term. The deadline for the placement form is 30th March 2022.

YEARS
8 + 9

MID-YEAR ASSESSMENTS

Mid-year tests Year 9

Year 9 students have been working hard in lessons this week, preparing for next week's mid-year tests. These begin on Tuesday 11th January. Parents are reminded of revision resources and test timetables on [the website](#).

Mid-year tests Year 8

Year 8 students will be using lessons next week to prepare for their mid-year tests which begin on Monday 17th January. Resources and timetables can be found on the website [HERE](#).

We wish all students involved in these tests the very best over the coming weeks.

Julian Merson, Assistant Principal: Assessment and Moderation

YEAR
10

YEAR 10 CONSTRUCTION

Mrs Boston's Year 10 Construction class were busy in the run up to the Christmas break making bird boxes.

As well as creating a beautiful, useful and environmentally friendly gift, making the bird boxes helps towards the skills that Construction students need for their practical assessment piece this year.

Mrs Boston said that the class worked very hard to complete them ready to be used for Christmas presents and we are sure the recipients will have been delighted with them.



ALL
YEARS

BOOK AMNESTY

If your son/daughter has any overdue Longsands Library books at home, please can they drop them back to the designated area in the school Library.

We understand that due to lockdown and recent circumstances, many students may have borrowed books and been unable to return them.

There will be no questions asked and no late fees applied.

Thank you in advance.





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(Week A)

YEAR
9

YEAR 9 BUSINESS CHALLENGE SUCCESS!

Year 9 tutor groups got into the entrepreneurial spirit as they battled to become winners of the Business Challenge. Each group was given an initial £10 loan and tried to make as much profit as possible. All the proceeds going towards Cancer Research UK.

Mr Cook, Teacher of Business and Enterprise, said *'I was really impressed with how all the students embraced the challenge, and worked so hard at promoting and running their business. The competition helped students develop crucial life skills such as money management, personal selling, time management and teamwork. It was nice to be able to facilitate this through the competition. The feedback from students and staff has been positive and I can't wait to run this competition again in the future.'*



Overall, the competition raised £470.20 with the winning tutor group being 9SXH who raised an impressive £120.43 towards the total. They also won a pizza party as a reward for this achievement.

YEAR
11

CRICKET SUCCESS FOR LUKE

Our congratulations to Luke A who has been invited to go on tour to Sri Lanka with the Leicestershire County Cricket Academy and emerging players programme.

This is a great opportunity for Luke to showcase his talent and experience a high standard of cricket.

We wish him all the best for the tour and the preparations towards it.



YEARS
7-11

CATERING MENUS

The delicious menus offered by our talented catering team can be seen below - you can see further information [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
Minted Peas, Mixed Vegetables Baked Beans, Garden Salad

FRIDAY
Crispy Fish Finger Bap
Veggie Meatball Sub with Arrabbiata 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 Tonkatsu Vegetables, Edamame Beans & Noodles
Sweetcorn, Roasted Vegetables, Baked Beans, Garden Salad

FRIDAY
Crispy Fish Burger with Lemon Mayonnaise
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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(Week A)

ALL
YEARS

STEM OPPORTUNITIES

Happy New Year! I would like to take this opportunity to introduce myself and explain my role within the Academy. My name is Mrs Rose, I am a teacher of Design and Technology and I am also the STEM coordinator (STEM stands for: Science, Technology, Engineering and Maths). My role involves organising and facilitating wider curriculum opportunities for our students and also liaising with outside agencies and employers to highlight jobs within the STEM industry. My aim is to help students understand how the different STEM subjects link together to lead to different career pathways.

I will be sending regular updates of different opportunities students can be accessing from home and school, for example: apprentice opportunities, competitions and clubs. Extra-curricular STEM activities will help students to broaden their experiences and their own knowledge of types of jobs/ careers that are available.

Please keep an eye out for regular updates and feel free to email me if you have any questions. Finally, if you or the company you work for can support our STEM offer, please do get in touch with me at the Academy by emailing hannah.rose@astrea-longsands.org.

Mrs H Rose, STEM Coordinator

STEM Opportunity	Year Group(s)	Web Link	Relevant Dates
Insight into clinical engineering – looking into a world of design and maintenance for medical machinery which is key for our NHS to work with	10, 11, 12, 13	CLICK HERE	Event date 12 January (need to apply asap)
Insight into clinical neuroscience – listen to Dr Rodger Barker the Professor of Clinical Neuroscience at University of Cambridge and consultant Neurologist at Addenbrooke's hospital	10, 11, 12, 13	CLICK HERE	Event date 13 January (need to apply asap)
BAE systems apprentice programme – focusing on a range of engineering and business disciplines	10, 11, 12, 13	CLICK HERE	
Tomorrows engineers quiz – find out more about engineering future careers.	7, 8, 9, 10, 11, 12, 13	CLICK HERE	
Tomorrows engineers and Neon – a selection of case studies to watch and read based on real life jobs and STEM career paths	7, 8, 9, 10, 11, 12, 13	CLICK HERE	
EDT and Industrial Cadets - If students are enjoying STEM subjects these courses could help them explore possible future pathways and where they could lead to	9, 10	CLICK HERE CLICK HERE	Next workshop is February
	11, 12	CLICK HERE CLICK HERE	
	7, 8, 9, 10, 11, 12	CLICK HERE	

[Youth STEMM Award Newsletter \(mailchi.mp\)](#) This link is full of resources to read and activities to get involved with too.



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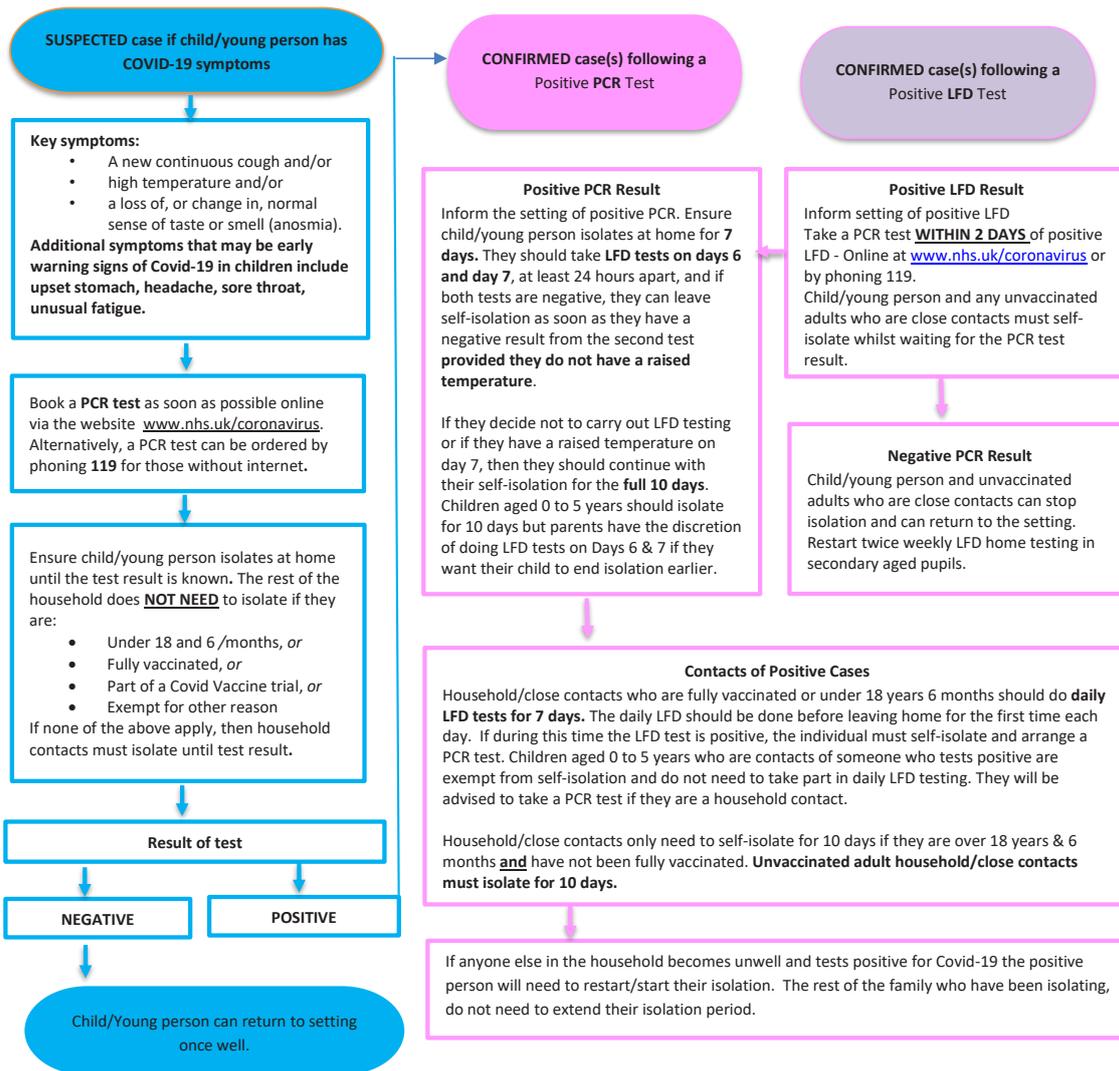
(Week A)



COVID-19 Guidance for Parents/Carers from 23rd December 2021



For any **SUSPECTED** or **CONFIRMED** case of COVID-19 in a child/young person please follow the flow chart below



- With the emergence of the highly transmissible Omicron Variant, we continue to ask families/children to wash hands regularly, keep spaces well ventilated, wear face coverings (if aged 11 and over) in crowded public indoor areas, maintain distance, get vaccinated and take LFD tests prior to meeting people outside your household.
- Face coverings are to be worn by everyone over the age of 11yrs unless exempt on transport to and from educational settings.
- LFD test = Lateral Flow Device tests are rapid tests that can be used at home and the result is available within 30 minutes.
- PCR test = polymerase chain reaction test that can be booked online and is sent to a lab for the result.
- If you have previously received a positive Covid-19 PCR test result within the last 90 days and you are identified as a contact of someone with Covid-19 you should not take a PCR test. You should only take a PCR test if you develop any NEW symptoms of Covid-19 or if you have a positive LFD test result, or if you are required to take a PCR test upon entry into the UK.
- LFD tests are used for identifying Covid-19 infection where there are no symptoms. If you have symptoms always book a PCR test.
- LFD tests are safe to use in pregnancy. They are not recommended for children under 5 years of age but can be used at parent/guardian discretion.
- If you have had a Covid-19 vaccination you should still take part in the LFD testing as you may still transmit the virus.
- If you have had a recent nosebleed, or have a nose piercing, use the other nostril to swab for the LFD test. Always follow the instructions on the pack as there are different types of LFD tests.