



LONGSANDS ACADEMY STUDENT BULLETIN



Monday, 10 January 2022

(Week A)

Happy New Year!

It is wonderful to see students back in school for the new academic year and we wish you and your families all the very Happy New Year 2022 and all the very best for the year head.

YEARS
7-11

HOUSE POINTS

Students have been hard at work earning House points already this term! These are awarded for a variety of reasons so far this academic year - all of which are in recognition of our core values of *Working Hard, Being Kind* and *Achieving More!*

Congratulations to everyone in **HAWKING HOUSE** who have the most House points overall so far, with **786 this term** and **4,838 this academic year!**

Next is **TURING** who have 741, very closely followed by **DARWIN** with 737, and **AUSTEN** with 666, then **SEACOLE** with 564.

Which House will be in the lead next week?



YEARS
10
& 11

GCSEPOD More congratulations to to students in **Hawking House** who have also 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!



KEY DATES COMING UP:

26 January
Year 10 parental consultations (early closure)

22 February
Year 9 parental consultations (early closure)

14-18 February
Half-term break

27 June - 1 July
Year 10 Work Experience



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YEARS
7, 8
& 9

SPRING TERM KNOWLEDGE ORGANISERS

Knowledge Organisers for the Spring Term for Years 7, 8 and 9 have been published on the Academy [website here](#). You will receive a printed copy from your form tutor in due course. 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](#). Please continue to make good use of your Knowledge Organiser by self-quizzing to help you remember the core knowledge that is required for each subject.



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





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ALL
YEARS

STEM OPPORTUNITIES

Happy New Year! For those of you who don't already know me, 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 aim is to help you to 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. The table below shows some of the current opportunities you can do at home to boost your extra curriculum efforts in preparation for college or sixth form applications.

Please keep an eye out for regular updates and feel free to contact me if you have any questions 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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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.



YEAR
10

YEAR 10 CONSTRUCTION

Well done to the students in Mrs Boston's Year 10

Construction class who 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.



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 found a placement, please begin the process of searching for a placement as explained in the Work Experience assembly. Once you have secured a placement, please remind your parent/guardian to complete 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.

ALL
YEARS

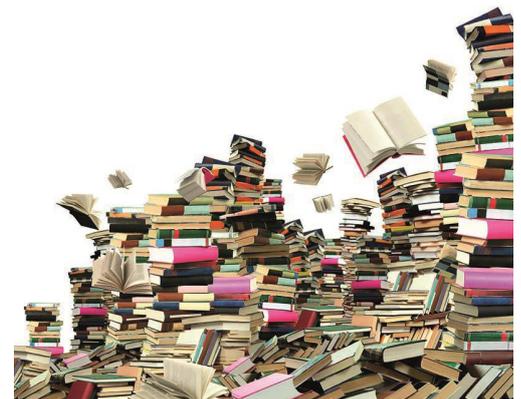
BOOK AMNESTY

If you have any overdue Longsands Library books sitting around at home, please can you drop them back to the designated area in the Library.

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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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.



ALL
YEARS

WELLBEING TRANSLATION CHALLENGE

In MFL, we are excited to launch our very first wellbeing translation competition. Simply have a go at translating some uplifting wellbeing quotes from French or German into English.

Look out for the competition details on Doodle this week! Entry deadline: 19 February 2022.

Please email your translations by 19 February 2022 to:

Laura.Fengler@astrea-Longsands.org (for German entries)

Caroline.cann@astrea-Longsands.org (for French entries)

Please include your full name and tutor group (and the name of your French/German teacher).

1 House Point for each entry submitted

2 House Points for second place in each year group

3 House Points for the overall winner of each year group

There will also be a small prize for the top entry in each year group!

Happy translating!





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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.

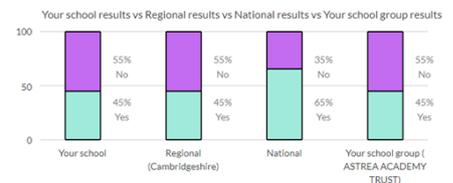
They also make some predictions about what the future may hold, before deciding: 'Is spending on space worthwhile?'

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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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

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 Chili 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

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 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

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 Tomatoes Vegetables, Edamame Beans & Noodles
Sweetcorn, Roasted Vegetables, Baked Beans, Garden Salad

FRIDAY
Crispy Fish Burger with Lemon Mayo/aioli
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



PD: HEALTH AND WELLBEING - HEALTHY EATING

With the new year, many of us decide to focus on

improving our health and improving the diet is a good place to start.

The key to a healthy diet is to eat the right amount of calories for how active you are so you balance the energy you consume with the energy you use. If you eat or drink more than your body needs, you'll put on weight because the energy you do not use is stored as fat. If you eat and drink too little, you'll lose weight.

You should also eat a wide range of foods to make sure you're getting a balanced diet and your body is receiving all the nutrients it needs. It's recommended that men have around 2,500 calories a day (10,500 kilojoules). Women should have around 2,000 calories a day (8,400 kilojoules).

Here are some tips on eating healthily:

1. Base your meals on higher fibre starchy carbohydrates

Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals. Choose higher fibre or wholegrain varieties, such as wholewheat pasta and brown rice as they contain more fibre than white or refined starchy carbohydrates and can help you feel full for longer.

2. Eat lots of fruit and veg

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

3. Eat more fish, including a portion of oily fish

Fish is a good source of protein and contains many vitamins and minerals. Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish. Oily fish are high in omega-3 fats, which may help prevent heart disease.

4. Cut down on saturated fat and sugar

Saturated fat: You need some fat in your diet, but it's important to pay attention to the amount and type of fat you're eating. There are 2 main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease. Try to cut down on your saturated fat intake and choose foods that contain unsaturated fats instead, such as vegetable oils and spreads, oily fish and avocados.

Sugar: Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay. Sugary foods and drinks are often high in energy (measured in kilojoules or calories), and if consumed too often can contribute to weight gain. They can also cause tooth decay, especially if eaten between meals.

5. Eat less salt: no more than 6g a day for adults

Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke. Even if you do not add salt to your food, you may still be eating too much. About three-quarters of the salt you eat is already in the food when you buy it, so use food labels to help you cut down. More than 1.5g of salt per 100g means the food is high in salt.

Further information

The Eatwell Guide can help you get the right balance of the 5 main food groups. The guide shows you how much of what you eat should come from each food group.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>