



LONGSANDS ACADEMY

PRINCIPAL'S WEEKLY BULLETIN



Monday, 21 February 2022

(Week **B**)

FROM THE PRINCIPAL

As we approach the end of the first half of the Spring Term, I would like to extend my gratitude to all staff, students and parents/carers for their hard work and support. The pandemic has forced us all to work in different ways and we continue to be proud of our students, staff and parents/carers who have adapted and worked together. Like all schools throughout the country, this half term we have had to manage high levels of staff and student absence and I am particularly grateful and proud of the way that our staff have so readily stepped up to fill gaps, cover for each other, to go the extra mile supporting learning alongside maintaining our extra-curricular programme which is so important to supporting our students to socialise following the lockdown periods.



A particular highlight this week has been our InterHouse competitions organised by our PE Department. InterHouse competitions promote the PE Department's vision of participation and excellence, and it has been great to students demonstrate these characteristics in such a positive atmosphere. This week has been Children's Mental Health Week, and InterHouse reminds us all of the key relationship between physical activity and improved mental well-being.

Thankfully we have continued to see a decline in Covid-19 case numbers at the end of this week with a total of 32 students currently self-isolating due to positive LFD and PCR tests and 4 members of staff.

Thank you to all parents/carers of Year 13 students who attended our Year 13 Parental Consultations this week. At this very important stage of their education, we were keen to discuss how students performed in their recent Mock Exams and how we can work with parents/carers to support students to achieve their full potential in the run up to the summer exams. We look forward to hosting our Year 9 Parental Consultations on Tuesday 22nd February. To accommodate the early start to Year 9 Parental Consultations, please be reminded that the Academy will close after period 3 on this day to facilitate these appointments (with buses departing at 12.30 pm).

Wishing you all a safe and happy half term and we will look forward to seeing all students back on Monday 21 February.

Mr N D Owen
Principal



KEY DATES COMING UP:

14-18 February
Half-term break

22 February
Year 9 parental
consultations
(early closure)

28 February
Deadline for submitting
Year 9 Preferences

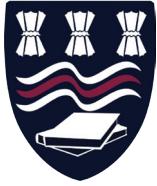
9 March
Year 8 parental
consultations
(early closure)

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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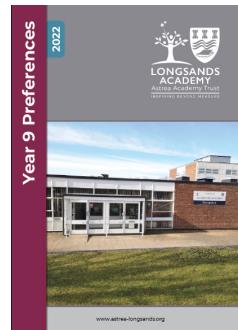
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YEAR 9 PREFERENCES

We launched our Year 9 Preferences process on Thursday 3 February, details of which can be found [on the website here](#). We would like to remind students, parents and carers that the deadline for submitting the Preferences form is Monday 28 February. The link to the form can be found on the letter that was sent to parents and carers on 3 February. The Parental Consultations at the beginning of the next half term will be a good opportunity to ask subject teachers any questions you may have. Please contact your form tutor or Miss Bingham, Head of Year 9, with any further questions.



YEARS
7-11

HEGARTY MATHS: TOP USERS

Well done to all of our Top Users in Hegarty Maths - they've all been awarded a House point! Keep up the good work.

Year 7 – Maisie F, Noel K, Samuel H, Logan B, Darcy O

Year 8 – Jonah, B, Izzie C, Marleigh J, Summer S, Emily L, Kye F

Year 9 – James W, Charis A, Grace M, Maddison G, Heidi J

Year 10 – Max S, Joe G, Honey G, Freddie H, Elan H, Thomas B, Jonathan J

Year 11 – Anna N, Amy J, Lily M, Isaac T, Ella D



ALL
YEARS

VACCINATION UPDATES

Thank you to all parents/carers and students who supported and took part in the vaccination sessions last week. Covid and Flu vaccination sessions in schools have now come to an end, however, please do see the information below if your child still needs a vaccination.

Covid Vaccination

If your child has not yet received their first or second covid vaccination and they are between 12 and 15 years old, please find below a link to book an appointment or find a local walk in centre: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/find-a-walk-in-coronavirus-covid-19-vaccination-site/>

Appointments can be booked for any student registered with a GP who is over the age of 12 here: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

Flu Vaccination

We have now held a catch up for flu vaccinations for students in Years 7 -11, therefore there will be no more sessions in school. If your child still needs a flu vaccination, please contact your GP surgery.

HPV Vaccination

We received notification earlier this week that forthcoming dates for HPV vaccinations are:

June 6th 2022 - Year 8

July 7th 2022 - Year 9

We are expecting further communication about these vaccinations approximately 2 weeks before each date and will send information to parents and carers as soon as we receive it.



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SEND ONLINE LIVE EVENT

SEND 'Virtual' Live Event – Helping to Develop Your Child/ren's Literacy

You are warmly invited to attend a 'virtual' live event hosted by our SENDCO Mrs Martin and our literacy teacher Miss Sandever. With the session, you will be updated with the current interventions aimed at supporting your child/ren and be provided with a number of strategies for you to use with your child/ren to help them to extend, develop and advance with their literacy skills.

The event will take place on Tuesday 1 March between 5:00-6:00 pm.

Further information will follow after the half-term break.



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COATS AND UNIFORM REMINDER

As the weather will be starting to warm up in the second half of the Spring Term we will be reverting back to our usual Academy rule of no coats being worn in the building. Students may still bring a coat to school, particularly in wet weather, but this must be removed as they enter a building and coats will no longer be permitted to be worn in classrooms.

We would like to thank all parents/carers and students for their support of our focus on ensuring uniform standards remain high in the Academy. Just a reminder that hoodies and non-school uniform jumpers are not permitted to be worn in the Academy and will be confiscated until the end of the school day if they are seen, and that blazers and ties must be worn at all times.

YEARS
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& **11**

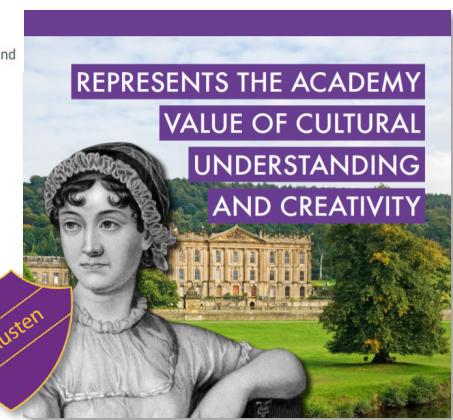
GCSEPOD

Congratulations to students in **AUSTEN House** who 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 **GAH**.

Our individual top podders for the week in Year 11 are – Amelia F, Izzy B and Bella G. In Year 10 are – Elan K, Joshua N and Dmitrii I.

Well done everyone, keep on podding!





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ARISTOTELIAN AWARD: RESEARCH ESSAY COMPETITION

This is a final reminder that there is an exciting opportunity for Year 9 students to participate in a Research Essay Competition.

The aim of the competition, run by The Perse School, Cambridge, is to promote independent research skills. Students can choose from five essay titles across the arts/humanities or sciences, on topics such as the spread of zoonotic diseases (such as Covid 19), achieving net zero carbon emissions, the role of slang and dialect in 'standard English', and the most influential artist since 1900.

The deadline to submit the 1500 word essay is Monday 21 February 2022. Further details, including the full essay titles and competition guidelines, can be [found here](#).

We would like to encourage Year 9 students to consider taking part in this excellent opportunity. Please share any submissions with Ms Gordon too to ensure students are recognised and rewarded for their efforts.

1500 word essay.
Choose between 5 essay titles in each category:
Arts/Humanities or Sciences

- The winner of each category will be awarded £70.
- Four Distinctions in each category will be awarded £20.

SUBMISSIONS
Please email researchessay@perse.co.uk with any questions or queries regarding this competition.

The deadline for submission is
17:00 GMT on Monday 21st February 2022.
Winners will be announced by the end of
March 2022.

Further information on
submission, essay titles and
rules are available from
www.perse.co.uk/upper/academic/independent-research

PerseResearch

ALL
YEARS

SPORTING CLUBS

Our PE Department are pleased to share details of our extra-curricular activities timetable for clubs and fixtures running in the Spring Term starting 21st February 2022. Please visit our website to view the full enrichment programme that is currently available to our students: www.astrea-longsands.org/enrichment/

MON	*13.25 – 14.05* <u>FITNESS SUITE – FED</u> – Y12/Y13 – PAVILLION CHANGING ROOMS <u>HOCKEY CLUB – KJD/KAB</u> Y7/Y10 – PAVILLION CHANGING ROOMS <u>BOYS FOOTBALL CLUB – SSH/JSH/TWW</u> Y7/Y8/Y9 – PAVILLION CHANGING ROOMS <u>GIRLS INDOOR FOOTBALL CLUB – KES</u> Y8/Y9/Y10 – SPORTSHALL ROOMS
TUE	<u>GIRLS RUGBY CLUB – ST NEOTS RUGBY</u> Y7/Y8/Y9/Y10 – PAVILLION CHANGING ROOMS
WED	*8AM – 8.30AM* <u>BOXING CLUB – JSH/KID</u> – Y7/Y8 – SPORTSHALL CHANGING ROOMS *13.25 – 14.05* <u>FITNESS SUITE – FED</u> – Y12/Y13 – PAVILLION CHANGING ROOMS <u>FUTSAL – JJB</u> Y8/Y9 – SPORTSHALL CHANGING ROOMS <u>BADMINTON CLUB – GG</u> Y7/Y8 – SPORTSHALL CHANGING ROOMS
THU	<u>NETBALL CLUB – SAH/VJP</u> Y8/Y9 – SPORTS HALL CHANGING ROOMS
FRI	*13.25 – 14.05* <u>FITNESS SUITE – FED</u> – Y12/Y13 – PAVILLION CHANGING ROOMS <u>FITNESS SUITE CLUB – FIRST 30 STUDENTS ONLY</u> Y7/Y8/Y9/Y10/Y11 – PAVILLION CHANGING ROOMS <u>TRAMPOLINING CLUB – KJD</u> Y10/Y11 – PA CHANGING ROOMS <u>BTEC SPORT SUPPORT – JJB</u> Y10/Y11/Y12/Y13–A11 <u>DANCE CLUB – FED</u> Y7/Y8/Y9/10/Y11 – SPORTS HALL



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SUPPORT STAFF VACANCY

The role of Student Support Officer at Longsands is a rare opportunity to make a real difference to the lives of young people in St Neots. You will have opportunity to work in a collaborative team of Student Support Officers with students in all year groups to support them in their education and help them develop life skills to become valued members of the community. If you have good communication skills, enjoy working with people then we would love to hear from you. Further information [CLICK HERE](#).

ALL
YEARS

RE-FILLABLE WATER BOTTLES

All students should bring a re-fillable water bottle (fizzy/energy drink are not permitted) with them to school so that they may remain hydrated throughout the school day.



ALL
YEARS

MILES4MALAWI

Huge thanks to all students who have started on their Miles4Malawi so that each of our five school Houses can sponsor a Malawian student.

Hope4Malawi's vision is to give future generations of school children in rural Southern Malawi a sustainable way of breaking the cycle of poverty, providing them with hope of a better future through access to education. Community and charity are close to everyone's heart here at Longsands Academy. This fundraising campaign is the perfect embodiment of our school motto to '*Work Hard, Be Kind, Achieve More*' and we couldn't be more proud of our students for taking part.

Students are encouraged to be creative with their ideas for how to clock up your Miles4Malawi and to make it something meaningful to them. If you are struggling for ideas, here are a few that we have come up with:

Miles4 Malawi Activities students can do during half term!

1. Walk/jog/run 5kms during half term
2. Walk the dog every day during half term
3. Do 10 squats a day during half term
4. Swim 5kms during half term
5. Go to the gym three times during half term
6. Do a home workout three times during half term
7. Do 50 'keepie uppies' during half term
8. Do 50 star jumps a day during half term
9. Do 10 sit ups/press ups a day during half term
10. Read 100 pages of your book during half term



Family members can sponsor students using [THIS LINK](#) - please remember to remind them to tag the right school House #TeamAUSTEN #TeamDARWIN #TeamHAWKING #TeamSEACOLE #TeamTURING in the comments!



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TUTOR TIME READING FEBRUARY UPDATE

Our weekly tutor time reading programme is now a well-established routine for students in Years 7-10. The aim of the session is for students to improve their reading fluency and to establish good reading habits.

We have had positive feedback from students about the books they are reading, and it has been wonderful to see students reading aloud to the class with increasing confidence and expression.

We encourage you to discuss the book your child is reading in class and what they think of the story so far. If they have enjoyed the book, you could also encourage them to search for a book of a similar genre in our school library where staff will be happy to provide guidance.

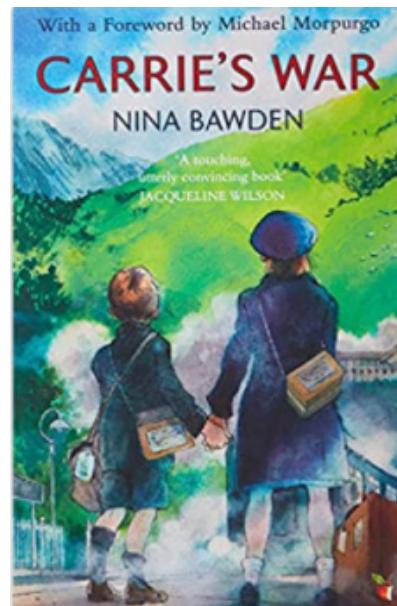
A reminder of the books being read:

Year 7: Carrie's War

Year 8: Northern Lights or Chinglish

Year 9: Noughts and Crosses or The Boxer

Year 10: Never Let Me Go or The Beekeeper of Aleppo



Some possible questions for discussion at home:

Who is the main character of the book and what are they like?

Where and when is the story set?

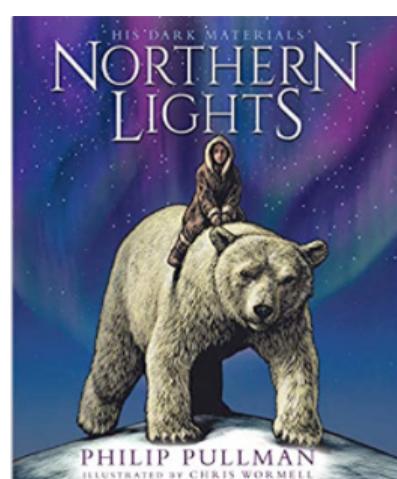
What has happened in the story so far? What do you predict will happen next?

How does the story make you feel and why?

Does it remind you of any other books you've read and in what way?

Here are some tips from Miss Sandever our Teacher of Reading as to how you can support your child at home with their reading:

1. Don't put pressure on your child to read, encouragement is a much better route to take.
2. Let your child see you as a reader .
3. Make books a part of family life – Always have books around at home. That way you and your children are ready to get reading, even if it's only for ten minutes.
4. Talk about the joy of reading whenever you can. Your child is on an amazing journey to becoming a reader.
5. When you've finished reading, talk about what happened. Talk about the things that happened in the story or describing the big idea of a chapter.





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VOTES FOR SCHOOLS

Last week, students were engaging in discussion and debate around the topic '*Is the internet driving us apart?*'. The results are pictured on the right.

This week students are getting philosophical! They will be introduced to some of the great thinkers of our time and will explore questions: why we ask them, what types of questions do we ask and what do we get out of them.

Continue the debate at home. The VoteTopic question this week is: '*Should a question be easy to answer?*'.

Results for your school & the UK
Is the internet driving us apart?

Results in your school



Continue the conversation at home...

Should a question be easy to answer?

Should questions be quick and easy to answer, or should they provoke thought?

Is it always necessary to reach an answer? Is there value in the journey?

Are the answers more important than the questions? Why or why not?

©VotesforSchools2022

YEAR
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CYBERFIRST

We would like to congratulate our Year 8 Cyber First Team 'Longsands Lemons' for their outstanding achievement in securing a place in this year's Cyber First Girls East of England final.

The team of three Grace, Phoebe and Celine were selected after their strong efforts in the preliminary round, where more than 7,000 girls competed.

In their own time, on Saturday 5 February, the 'Longsands Lemons' attended the final which took place at the **BT Adastral Building** in Ipswich and under fierce competition on the day the girls worked hard and truly made the Academy proud. They were treated like true VIPs and even took a tour of the building and got to play around with some great tech gadgets.



The students missed out on winning the final, but the achievement of reaching the final and the experience and memories made are, in Mrs Chilton's opinion, the most important thing. Well done girls! What a fantastic achievement.

You can find out more about the competition by visiting <https://www.ncsc.gov.uk/news/schoolgirls-across-the-uk-crowned-winners-at-cyber-competition-finals>

YEARS
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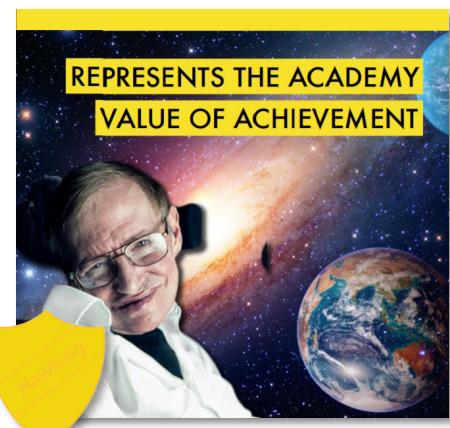
HOUSE POINTS

Congratulations to all students who have earned House points. These are awarded for a variety of reasons - 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 earned the most House points, having amassed **6,424!**

Next is **TURING** who have 6,182, followed by **AUSTEN** who have 5,944, very closely followed by **DARWIN** with 5,833, and then **SEACOLE** with 5,823.

Which House will be in the lead next week?



Astrea Academy Trust

INSPIRING BEYOND MEASURE



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CHILDREN'S MENTAL HEALTH WEEK

As we draw towards the end of Children's Mental Health Week, this infographic is a stark reminder of the situation so many of our young people find themselves in.

Please remember the support that can be found on our website www.astrea-longsands.org/pupils-too/anti-bullying/ and that as a Telling School, students can access support by talking with any member of staff, emailing 'tellus@astrea-longsands.org' or leaving a note in one of the 12 post boxes located around the Academy site.



Mental Health in Children in the UK

THE ALARMING FACTS

1 in 6 children aged 6-16

were identified as having a probable mental health problem in 2020. That's 5 children in every classroom of 30 [1]. This is a rise from 1 in 10 in 2004.



The number of A&E attendances by young people aged 18 or under with a recorded diagnosis of

a psychiatric condition increase by more than 300% between 2010 and 2018-19 [3]

