



LONGSANDS ACADEMY PRINCIPAL'S WEEKLY BULLETIN



Monday, 28 March 2022

(Week A)

FROM THE PRINCIPAL

Dear Parents and Carers

It's been lovely to enjoy the spring weather this week. This improvement in weather has enabled more students to enjoy their outside spaces for break and lunchtimes. A reminder that with this warmer weather, some students may benefit from having sunscreen if they choose to sit out in the sun during break and lunchtimes. The warmer weather has also given us the opportunity to look at standards of uniform more clearly, now the big winter coats are no longer needed. We are really pleased to see that the vast majority of students have impeccable uniform, in line with policy and we thank parents and carers for their continued support with this.



Staffing the school has remained challenging this week. We currently have 4 teachers and 4 members of support staff with Covid-19. Thankfully we have managed to cover lessons with a combination of internal and external supply teaching, avoiding the need to move some year groups to online learning so far. Student Covid-19 numbers are at 39 as the week draws to a close. While routine asymptomatic/close contact testing and mask wearing is no longer expected, families are welcome to continue with these measures through personal choice. We continue to reinforce the importance of thorough, regular hand washing with soap and water or using hand sanitiser.

Thank you to all parents/carers of Year 7 students who attended our Year 7 Parent Consultations this week. That draws our parent consultation season to an end for this academic year. We continue to receive much positive feedback about the remote platform used. Please feel free to contact us at – enquiries@astrea-longsands.org – if you have any other feedback about your parent consultation experiences.

As always, thank you for your ongoing support of our Longsands community.

Mr N D Owen
Principal

KEY DATES COMING UP:

- 28/29 March
Year 9/10 Vaccinations
- 1 April
Non-uniform day
Fundraiser for Hope4Malawi
- 4-18 April
Easter break
- 27 April
All Out '80s
- 30 May - 3 June
Half-term break
- 27 June - 1 July
Year 10 Work Experience
- 11 - 15 July
Year 7, 8, 9 Activities Week



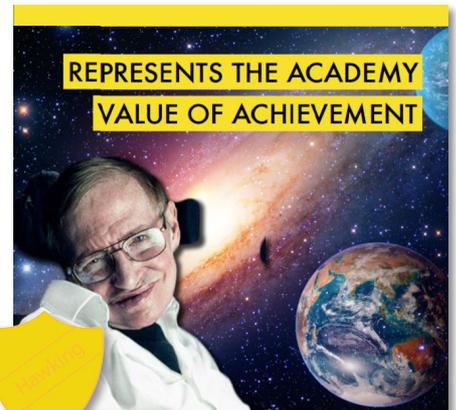
HOUSE POINTS

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 so far, having amassed 7,714!

Next is **TURING** who have 7,540, followed by **AUSTEN** who have 7,158, very closely followed by **DARWIN** with 7,098 and then **SEACOLE** with 7,066.

Which House will be in the lead next week?



YEARS
7-11



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YEARS
7-11

NON-UNIFORM DAY FUNDRAISER FOR HOPE4MALAWI

We are celebrating the end of this term with a Non-Uniform Day to fundraise for Hope4Malawi, a charity based in the UK that helps children attend secondary school in Malawi that we are supporting. Currently only about 10% of children in Malawi have the opportunity to attend secondary school. However, a good secondary education significantly changes their livelihoods and enables them to escape the poverty trap by providing them with skills to secure well paid jobs which will then impact their families and their communities. Most of the children who are at Hope are from poor families who struggle to provide school fees, uniform, exercise books and stationery. In fact, many students work as well as attend school to help provide for their families.

We are supporting 5 students through their four year Secondary school career, 1 student per House. Sponsorship for these students is £20 a month and we are already 30% towards our annual £1500 target total. You can donate Non-Uniform Day payments via **ParentPay** which will open on Monday 28 February or alternatively your child can bring in their suggested cash donation of £1 on Friday 1 April and Form Tutors which Form Tutors will be collecting.

Thank you for your support of this most worthy cause. Global issues and plights have never been so prominent in our minds and it is testimony to the generosity of our Academy community that we are able to help those less fortunate than ourselves.

We look forward to providing further updates throughout the year. In the meantime, if you would like to support the Longsands fundraising for Hope4Malawi, you can do so here: <https://www.justgiving.com/campaign/Longsandssponsorship>

Hope4Malawi

their future starts today





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YEAR
12

INSPIRING SCIENTIST PROGRAMME

During February half term three of our Year 12 students were selected to take part in a work experience week with the Cambridge Institute for Medical Research. With only 12 spots available we were over the moon to see so many filled by Longsands students. They were able to experience some cutting-edge research, as well as talks from leading professors in their respective fields. We are, as always, incredibly proud of our amazing students and they have detailed their experiences below:



Ella C: Over the half term, I took part in the inspiring scientist programme at CIMR. The lab I was assigned to is looking at the human cytomegalovirus, a strain of herpes virus, and how the viral proteins interact with host cells. Not only was I able to shadow the scientists, but I was able to carry out my own research on viral proteins. We had seminars from professors and consultants about new medical advancements, including handheld potassium monitors, genome sequencing and mutations leading to pain insensitivity. At St. Catharines college, we had one to one mentoring and workshops on personal statements, helping our applications and giving me a great insight into what studying medicine at Cambridge would me like. The programme has inspired me to do research alongside my career as a doctor!

Abi H: Over the half term I attended the CIMR inspiring scientists programme, in which I got to attend lecture style talks about current medical research and diagnostic technology. I was also able to conduct research in a lab setting, use the equipment and present my investigation at the end as well as listen to all the other labs investigations.

Ayca K: During the CIMR inspiring scientists programme I got a chance to work with Professor Margaret Robinson in her lab at CIMR, where we performed Transfection and PCR. The Robinson Lab's main interest is to learn how membrane proteins are packaged into tiny vesicles to deliver their cargo to different organelles. It was fascinating to be there and to see what they do in their lab environment on a day to day basis. I can wholeheartedly say that I enjoyed the week a lot and that I've learnt something new every single day. And, I personally think that it was an amazing and highly useful experience, as the week was filled with a range of different activities, such as the seminars and core facility tours, as well as shadowing in labs.

If you would like further information, here is a link to an article from University of Cambridge:

<https://www.cam.ac.uk/stories/cambridge-widening-participation-programme-inspiring-scientists>

ALL
YEARS

NEW PARENT APP

The Astrea Parent App is going to be phased out and we will be moving over to a new system called MCAS (My Child At School) during the Easter holiday when we are changing data management system to a new provider.



The MCAS app is available free of charge from your app store and will allow us to easily communicate with parents. Whether it's sharing information such as attendance, achievement and behaviours that have been awarded, key dates or viewing the latest progress report, all of the information is easily accessible from the convenience of your phone, tablet or PC.

Please look out for future communications with your unique login details nearer the time.



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(Week A)

YEARS
7

YEAR 7 FOOTBALL SUCCESS

Well done to all students who

have participated in the Year 7 football team this season! It has been superb to see so many students at football training participating and developing their performance. The season concluded with a fixture v St Ivo on Thursday 17th March. Having lost only once, hopefully we will be successful in reaching the District final on 31st March.



YEARS
9 +
10

GAME ON: FOOTBALL ACTIVATORS

This week our Barclays Game On Football Activators took to their second workshop, their aim to improve and provide further opportunities for girls in football. Our group of seven Year 10 students and five Year 9 students worked with members of the Hunts FA to educate themselves in the world of football and sport. Our activators learnt how to make, plan, deliver and review coaching session as well as engaging with theoretical work around women's football. Mr Hudson said that the students worked incredibly well throughout and look forward to their third session.



YEARS
9 +
10

STRETCH & CHALLENGE

Last week in PE saw the boys group from our

Year 9 and 10 stretch and challenge students making their way to the University of Bedfordshire.

The Year 9 students participated in some gymnastics at the university led by one of the sport lecturers from the university. They learnt shapes, flight and routines during their time at the stretch and challenge session (a video and more pictures can be found on the PE department twitter page @LongsandsPE). Year 10 students spent time in the laboratories and experienced fitness testing and analysis, along with how to measure tidal volume, take heart rate, and blood pressure.



Mr Hudson said the students were a credit to Longsands, and we have been delighted to receive some excellent feedback from the university. We look forward to working collaboratively with the university in future sessions.

YEARS
9 +
10

INTRODUCTION TO REFEREEING

Congratulations and well done to all students involved in the *Induction to Refereeing in Football*

course with Hunts FA and Hunts SSP. We had over 40 students participate in the course, with the expectation that some of these young people may go on to become referees, and take their referee qualifications. Our students learnt the use of signals, different tones on whistle to use and analysed different scenarios on when a red, yellow or no card would be shown. We look forward to seeing some of these young people working and refereeing within the community over the coming years.



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YEAR
7

CONFIDENCE BUILDING WORKSHOP WITH MATT GIGGS & CO

We are delighted to have been able to invite Matt Giggs and Gemma Noonan back into Longsands Academy once again to meet with students.

On Monday 21st March, a select number of students worked with both Matt and Gemma exploring key topics such as confidence, self-belief and developing coping strategies. The students enjoyed this one-hour session and benefited from the conversations and discussions held.

We are very much looking forward to holding a further session after the Easter holidays. Huge thanks to Matt and Gemma.

YEARS
7-10

SKI TRIP 2023

To express an interest in the 2023 ski trip, your son/daughter should attend a meeting on Tuesday 29 March at 10.45 am in the Sports Hall or see Miss Dixon or email her via kate.dixon@astrea-longsands.org

LONGSANDS PE DEPARTMENT PRESENTS...



LONGSANDS ACADEMY SKI TRIP 2023

WHEN: February half-term 10-17 February 2023

WHERE: Austria (residential trip)

HOW: Coach

WHO: Years 7, 8, 9, 10

NEVER BEEN SKIING? It does not matter, beginners are welcome!

NEXT STEPS

To express an interest, please attend a meeting
Tuesday 29th March at 10.45am in the **SPORTS HALL** or see/
email **Miss Dixon** for a letter (kate.dixon@astrea-longsands.org)



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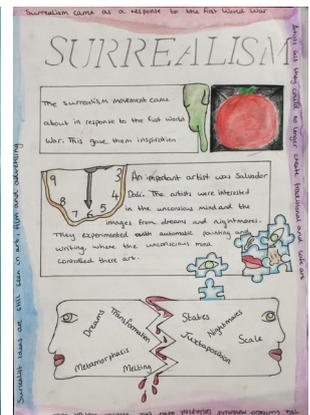
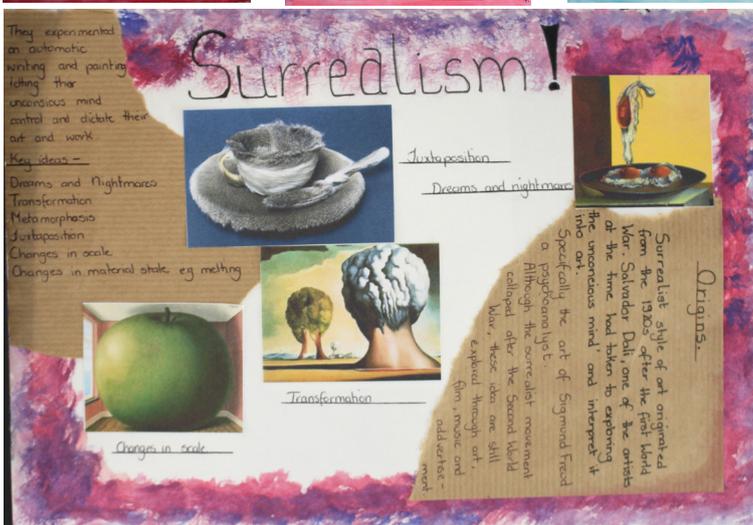
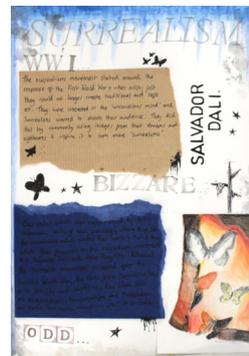
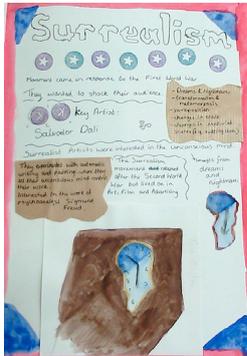
(Week A)

YEAR
9

YEAR 9 SURREALISM

Year 9 students are currently studying Surrealism, an artistic and literary movement founded in 1924. As part of their introduction to this art movement, students created a title page to their project that lists key words and background information. Salvador Dali is perhaps the most well-known Surrealist artist and so students also created a careful watercolour study of a section of one of his art works. Great attention to detail and presentation Year 9!

To find out more about Salvador Dali, and to view his art, please visit the Dali Museum website (thedali.org) or the Tate gallery website (tate.org.uk).





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CATERING MENUS

The delicious menus offered by our talented catering team are being updated after the Easter break and can be seen below - you can see further information [on our website](#).

Lunch Menu Week One

THE HUB

GREEN EARTH MONDAY
Meatball Marinara Sub Roll
Vegetable Chilli with Spicy Rice
Garden Peas, Baked Beans, Garden Salad

TUESDAY
Chicken Korma Served with Rice
Mediterranean Vegetable Lasagne
Jacket Wedges, Sweetcorn, Green Beans, Baked Beans Garden Salad

WEDNESDAY
Roast of the Day served with Traditional Accompaniments
Cauliflower Cheese Bake
Roast Potatoes, Carrots, Broccoli, Baked Beans, Garden Salad

THURSDAY
Korean Sticky Chicken & Noodles
A Selection of Freshly Made Assorted Pizza Slices
Mixed Peas, Mixed Vegetables, Baked Beans, Garden Salad

FRIDAY
Deep Fried Fish with Tartar Sauce
Spicy Butternut & Lentil Patty filled Pitta with Piri Piri Sauce
Chipped Potatoes, Washy Peas, Baked Beans, Garden Salad

AVAILABLE DAILY
Dessert of the Day, Cakes, Biscuits, Fresh Fruit
Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches,
Rolls & Wraps, Fresh Salads

Lunch Menu Week Two

THE HUB

GREEN EARTH MONDAY
Oven Baked Vegetable Quesadillas
Mozzarella, Tomato & Roasted Vegetable Pasta Bake
Jacket Wedges, Broccoli, Sweetcorn, Garden Salad

TUESDAY
Home Made Turkey, Leek & Mushroom Pie
Mac & Cheese with garlic bread
New Potatoes, Carrots, Mixed Greens or Garden Salad

WEDNESDAY
Roast of the Day served with Traditional Accompaniments
Oven Baked Butternut, Chickpeas & Lentil Leaf with Herb Gravy
Roast Potatoes, Cabbage, Sliced Carrots or Garden Salad

THURSDAY
Butchers Sausage with Caramelised Onion Gravy
Quorn Hot Dog
Cajun Wedges, Baked Beans, Cauliflower or Garden Salad

FRIDAY
Deep Fried Fish with Tartar Sauce
A Selection of Freshly Made Burritos
Chipped Potatoes, Washy Peas, Baked Beans, Garden Salad

AVAILABLE DAILY
Dessert of the Day, Cakes, Biscuits, Fresh Fruit
Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches,
Rolls & Wraps, Fresh Salads

Lunch Menu Week Three

THE HUB

Green Earth Monday
Classic Pasta & Veggie Mince Bolognese
Vegetables Balti with Mixed Rice
Jacket Wedges, Garden Peas, Carrots or Garden Salad

TUESDAY
Lamb Shepherd's Pie topped with Colcannon Mash
Chinese Chip Shop Curry Vegetables Served with Mixed Rice
Green Beans, Cumin Roast Cauliflower or Garden Salad

WEDNESDAY
Roast of the Day served with Traditional Accompaniments
Vegetable Wellington
Roast Potatoes, Broccoli, Fresh Carrots or Garden Salad

THURSDAY
Fresh Pulled Pork or Chicken Bap
Creamy Italian Pasta Primavera
Spicy Potatoes, Sweetcorn, Mixed Vegetables or Garden Salad

FRIDAY
Deep Fried Fish/Fish Fingers with Tartar Sauce
Homemade Onion Bhaji Burger with Chilli Sauce
Chipped Potatoes, Washy Peas, Baked Beans, Garden Salad

AVAILABLE DAILY
Dessert of the Day, Cakes, Biscuits, Fresh Fruit
Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches,
Rolls & Wraps, Fresh Salads

STAGWORKS COLLEGE

Access to the Arts Experience & Audition Day 5th April 2022

Stageworks is passionate about creating quality affordable training routes for careers in Performing Arts.

Come along and you can experience life at the College, take part in some classes, meet current students and staff.

Auditions on this day are free of charge

We have **5 Scholarships to be awarded** where you could receive a fully funded 2 years of 25 hours exceptional training per week and achieve a Level 3 qualification (subject to conditions).

Our staff will be on hand to discuss assistance with housing fees and other available support.

Send us an email admissions@stageworksstudio.co.uk
Or visit www.stageworksstudio.co.uk/college

TO FIND OUT MORE OR TO BOOK A PLACE ON THIS EXCITING DAY



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ALL
YEARS

STAFF VACANCIES

All of our staff vacancies are shared **HERE**, please do take a look and sign up to receive new job alerts if you would like to. All staff share a commitment to safeguarding and staff in regulated activity will be subject to an Enhanced DBS Check and a barred list check. Other checks may be requested if applicable.

Exam invigilators

We are looking to expand our team of Exam Invigilators who assist with both internal and external examinations throughout the academic year. We are looking for confident, flexible individuals with effective verbal and written communication skills, who will be able to offer a reassuring presence to students in exam rooms.

Duties include setting up the examination room, distributing and collecting scripts, supervising students during examinations, whilst working in accordance with set procedures at all times.

Full training will be provided. No experience is necessary, however invigilators should:

- Have effective communication skills
- Be able to relate to academic staff and students
- Be able to work under pressure and to tight deadlines
- Have a flexible approach to work
- Have accuracy and attention to detail

These positions are on a casual, as and when required basis, throughout the academic year with the main examination season in May and June. However, we also have mock exams in November and February and invigilators are required for these as well. Hours worked will usually be between 8.30am and 4pm with an 8.30am or 1.00/1.15pm start.

If you are, or you know of someone who might be interested please email Margaret Carpenter, Exams Manager on margaret.carpenter@astrea-longsands.org for further information.

Lettings Supervisor

We an exciting opportunity for a Lettings Supervisor to join our team! Hiring out our facilities here at Longsands Academy enables us to both support our local community and generate additional income for the school. The role of Lettings Supervisor is vital to enable our weekend lettings commitments to be fulfilled.

The hours of work will generally be 9/9.30 am to 5.30/6pm on Saturday and 9/9.30am to 3pm Sunday. Whilst lettings are underway you will be expected to carry out some aspects of site maintenance as directed by the Site Manager.

For further information and to apply: **CLICK HERE**

Site Officer

We have an exciting opportunity for a Site Officer to join our team! Providing an essential service, you will work as part of a team carrying out a full range of caretaking and maintenance activities; including general repairs to property, site cleanliness, fixtures and fittings and setting up for assemblies, exams and events. The role holder will have responsibility for maintaining a safe and secure environment for all.

The hours are worked on a rolling 3-week shirt basis. We are looking for individuals who have:

- Experience of working in an environment generating both planned and unplanned demands
- Experience of managing workload and working to tight deadlines
- Good knowledge of DIY/general maintenance

For further information and to apply: **CLICK HERE**