### UNIVERSITY ACADEMY LONG SUTTON





**ACADEMY TRUST** 

October 2025 10.10.2025 / Issue 6

### **WEEKLY BULLETIN**



### UNIVERSITY ACADEMY LONG SUTTON

#### **UNIVERSITY ACADEMY LONG SUTTON**

84 Little London, Long Sutton, Spalding. Lincolnshire, PE12 9LF 01406 362 120 / enquiries@uals.org.uk

#### THIS ISSUE

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Year 7 Tutor Evening 06.11.2025
Year 11 Big Push Evening 11.11.2025
Whole School Photo Day
Update

Flu Immunisations 15.10.2025

OAP Xmas Lunch Save the Date



Dear Parents, Carers and Pupils

I hope you've had a great week. It's been another busy and exciting time at school, with plenty of opportunities for our pupils to learn and engage beyond the classroom.

#### KS3 Tower of London Trip - 22nd October 2025

We are delighted to announce an exciting trip for our Key Stage 3 pupils to the Tower of London on Tuesday 22nd October 2025. This promises to be a fantastic day where pupils can explore one of the UK's most iconic historical sites and bring their classroom learning to life. We have 65 pupil spaces available, which will be allocated on a first come, first served basis. ParentPay will open on Monday for bookings, so please secure your child's place early to avoid disappointment.

#### Year 7 Tutor Evening - 6th November 2025

We are pleased to confirm that our Year 7 Tutor Evening will take place on Thursday 6th November 2025 via the SchoolCloud. This evening is a valuable opportunity for parents/carers to meet their child's tutor, discuss how they have settled into secondary school life and talk through any key areas of support or progress.

#### Year 11 Big Push Evening - 11th November 2025

We are delighted to announce the return of our Year 11 Big Push Evening on Tuesday 11th November 2025. This event is designed to help parents/carers support their child through the crucial months ahead as we approach the GCSE examination season. Staff will be on hand to share strategies, revision resources and guidance to help make this final stage of Year 11 as successful as possible. We strongly encourage all Year 11 families to attend.

#### Whole School Photo Day - Update

This week's Whole School Photo Day was a great success. Our pupils represented the school brilliantly, showing pride, maturity and enthusiasm throughout the day. You will receive direct communication from Tempest to order your photographs.

#### Flu Immunisations - 15th October 2025

A reminder that flu immunisations will take place in school on Wednesday 15th October. Please ensure that consent forms have been completed and returned so your child can take part if eligible.

#### **OAP Christmas Lunch - Save the Date!**

We are very pleased to announce the return of our much-loved OAP Christmas Lunch on Wednesday 10th December 2025. This event is always a highlight of our festive calendar and a wonderful opportunity for our pupils to give back to the local community. More details will follow soon, but in the meantime, if you know an older member of our community who would like to attend, please do pass this information on.

Thank you, as always, for your continued support and engagement.

Yours faithfully



Mr L Davé **Principal** 

### UPCOMING KEY DATES

15th October

Flu Immunisations for All Year Groups

20th October

Made Training Session for Year 11

> Year 7 - 11 Reward Assemblies Week

> > 22nd October

KS3 Tower of London Trip

Darts Prom Fundraiser (Year 11 Only) – Tuesday 22nd October at 6:00pm

23rd October
End of Term 1

**3rd November**Start of Term 2



@UALS

If you have any specific questions or queries, please email

enquiries@uals.org.uk

### Rewards at UALS

At UALS, we believe in the power of positive reinforcement to motivate and inspire our pupils. Rewards play a vital role in celebrating their hard work, effort and achievements, whether academic, personal, or extracurricular.

**GOLD SHIELD** 

(1000+ REWARD POINTS)

SILVER SHIELD

(750—999 REWARD POINTS)

**BRONZE SHIELD** 

(500—749 REWARD POINTS)

**GOLD STAR** 

(300—500 REWARD POINTS)

**SILVER STAR** 

(200-300 REWARD POINTS)

4 pupils have

achieved this

**BRONZE STAR** 

100-200 REWARD POINTS)

292 pupils
have
achieved this

	Year 7	Year 8	Year 9	Year 10	Year 11
REWARD POINTS 03/10/2025	15,834	14,454	10,182	13,901	10,454
03/10/2023					

	7KT	8RM	9FG	10FS	11SH
REWARD POINTS TOP FORMS	2,899	2,714	2,200	3,446	2,766



### **Hot Chocolate Friday!**



We are excited to announce Hot Chocolate Friday, a special reward for pupils who have gone above and beyond this week!

Selected pupils will have the opportunity to spend tutor time with the Principal, enjoying a well-deserved treat of hot chocolate and recognition for their hard work, kindness, or exceptional contributions.

This is our way of celebrating the amazing things you do every day and encouraging everyone to continue striving for excellence.

Please see below picture of this week's star!





### **KS3 TOWER OF LONDON TRIP**

Date: Wednesday 22nd October 2025

Cost: £6 (includes travel, entrance & workshop)

Payment & Consent: Via ParentPay (opens on Monday)
We're offering 65 pupils the chance to explore the Tower of
London as part of the KS3 History curriculum. This visit will
support their studies and build a strong foundation for
future GCSE History.

### **Key Details:**

Meet: 7:54am in the canteen

Depart: 8:00am (before school buses)

Return: Around 5:30-6:00pm

Lunch: Bring your own food and snacks

Dress Code: Non-uniform, but smart and practical — coat

and comfy shoes required

### **Highlights:**

Guided "Who Matters?" workshop Explore historic sites and artefacts



## YEAR 7



Parents' evenings, simplified

## TUTOR

## EVENING

# Thursday 6th November 2025 4:30pm - 7:00pm Online via SchoolCloud

An opportunity for you to meet your child's Form Tutor, hear how they are settling in, and ask any questions about how you can best support them. https://universityacademyls.greenhousecms.co.uk/docs/Letters/Parents\_Evening\_Year\_7\_Tutor\_Appointments\_06\_11\_2025.pdf





**UNIVERSITY ACADEMY LONG SUTTON** 

84 Little London, Long Sutton, Spalding. Lincolnshire,

**PE12 9LF** 

01406 362 120



## YEAR 11 BIG PUSH EVENING

We are excited to announce that the Year 11 Big Push Evening will take place on Tuesday 11th November 2025, from 5:30pm to 7:30pm, held on site in the Main Hall.

UNIVERSITY OF LINCOLN

ACADEMY TRUST

This important event is designed to support parents and carers in helping their child prepare for the upcoming GCSE exams.

You will receive valuable information, guidance and practical strategies to support your child in achieving their best possible results.

We strongly encourage all parents and carers of Year 11 pupils to attend.

# ACTIVATE YOUR IMMUNITY - IT

ONLY TAKES

TWO

### MINUTES

Wednesday
15th October
2025

All children secondary school years 7, 8, 9, 10 and 11 are being offered an annual flu vaccination as part of a government programme to extend flu immunisation to children.

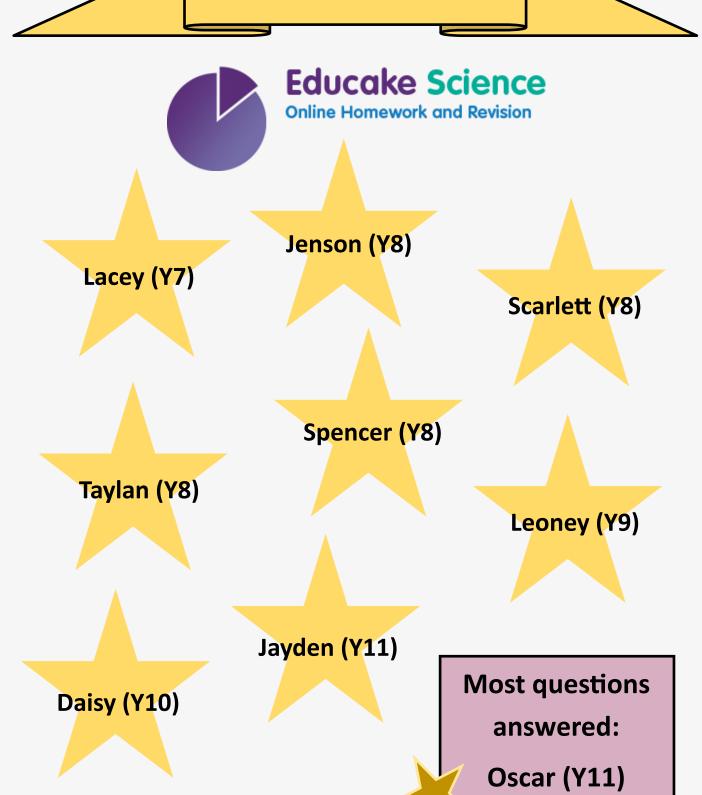
Flu can be an unpleasant illness and sometimes causes serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of flu.

Don't forget to return your consent form to the Lincolnshire Community Health Services:

https://www.lincolnshireimmunisations.co.uk/Forms/Flu

### SEPTEMBER

### **LEADERBOARD**









2025

Your Guidance, Their Success – Be Part of the Journey."

We invite all Year 7-11 parents/carers to our careers fair



Wednesday 12<sup>th</sup> November 2025



From Your Workplace to Their Future – Join Us at the Careers Fair. If you or your company would like a stand at the careers fair please email Jacqui Gilman

Careers Adviser at gilmanj@uolat.co.uk



University Academy Long Sutton Leisure Centre



### SAVE THE DATE

### LUNCH

**DECEMBER** 

WEDNESDAY 10 AT 12 PM

UNIVERSITY ACADEMY LONG SUTTON, 84 LITTLE LONDON, LONG SUTTON, SPALDING, LINCOLNSHIRE, PE12 9LF



### **Darts**



Wednesday 22<sup>nd</sup> of October 4 - 6pm. Drinks and a bit of chill time to end off our term.

### UALS fundraiser for our prom 2026

£5 to participate, free for spectators (Year 11 only)
Drinks -50p
Rocky bar (chocolate) 20p
Crisps -50p



Music will be played to set a chilled, relaxing atmosphere. Teams to be drawn on the evening making it exciting not knowing who your partner will be !!





All money to **Mr Jay** where your name will be ticked off to say you have paid (if no reply slip you will not be allowed to stay).

Spectators are allowed to stay for free but still need a reply slip.







## THIS ROOM IS

### **University Academy Long Sutton**

Once you choose hope, anything is possible. Sending smiles, hugs, and positive energy

### With thanks from The Sick Children's Trust

We're delighted to share this photo of the room our school community has sponsored at The Sick Children's Trust. The plaque is now proudly displayed, representing the care and generosity of our families.







#### LONG SUTTON PARISH COUNCIL.

K Treacher. Parish Clerk, The Parish Council Office, Former Reform Church, London Road, Long Sutton, Spalding, Lincs PE12 9EA, Email: longsuttonpclincs@gmail.com Tel:01406 364780

### INVITATION TO ATTEND THE REMEMBRANCE DAY SERVICE 09 NOVEMBER 2025 ST MARY'S CHURCH, LONG SUTTON



The Annual Remembrance Sunday Procession and Church Service will be held at St Mary's Church, Long Sutton on Sunday 09 November 2025.

The assembly point is in the Royal British Legion Social Club at 13.30 hrs. The parade will move off at 14.00 hrs to the War Memorial followed by the Church service commencing at 14.30 hrs. The procession will be dismissed at the War Memorial.

For those wishing to purchase wreaths they will be available to purchase at the Royal British Legion Social Club at 13.10 hrs at a cost of £20.00 (cash/cheque only).

It is hoped your organization will be able to attend this years' service. A rehearsal for the Standard Bearer and Group Leaders is to be held in the church at 16.00 hrs on the 08 November 2025.

Please confirm your attendance by email: <a href="mailto:longsuttonpclincs@gmail.com">longsuttonpclincs@gmail.com</a> or telephone 01406 362780

Kind Regards

CLLR E.J. CLAREY

CHAIRMAN.

LONG SUTTON PARISH COUNCIL

### UALS Social Media Agreement Consent Form 2025 - 2026

### Our Facebook Page is Now Live!

At UALS, we're excited to share our pupils' achievements and activities with the wider community on our new Facebook page.

We may use photos and videos (with no full names) to celebrate their successes.

- In line with Academy Policy, we must have annual permission from parents/carers to use images or videos of pupils on our social media platforms and school website.
- We will only use appropriate images and will never include personal details.

Parents/carers of pupils in Years 8 to 11 are asked to complete the Google Form (link below) to give their annual permission.

(Year 7 parents/carers have already given this permission during the recent admissions process.)



If you have any questions, please contact the Academy.

https://forms.gle/6ypbQ5mmZgYHCgmj6

## UALS CLUBS & EXTRA CURRICULAR

Our club offerings are subject to change throughout the academic year.

#### **MONDAY**

Library break and lunchtime - Quiet reading, quizzing, book changes, returns or renewals, homework, revision or colouring.

Drama Club with Miss Sharples @ Lunchtime - Main Hall
Year 11 Geography Club @ Lunchtime - HU2 and HU3
Badminton Club KS4 with Mrs Leeper @ Lunchtime - Leisure Centre

English Intervention for Year 11 - Afterschool

### **TUESDAY**

Library break and lunchtime - Quiet reading, quizzing, book changes, returns or renewals, homework, revision or colouring.

KS4 Statistics Revision with Mrs Buckle @ Lunchtime - Maths Dept
Years 7/8 Science Club with Mrs Stone @ Lunchtime - LAB5
KS4 Geography Homework Club @ Lunchtime - HU2 and HU3
Years 8/9 Translation Bee Club @ Lunchtime - FR1
Year 11 Art Intervention @ Lunchtime - ART
KS4 Netball Club with Mrs Green @ Lunchtime - Sports Hall

Science Intervention for Year 11 - Afterschool Years 7/8 Netball Club with Mrs Frost - Afterschool

## UALS CLUBS & EXTRA CURRICULAR

Our club offerings are subject to change throughout the academic year.

#### WEDNESDAY

Library break and lunchtime - Quiet reading, quizzing, book changes, returns or renewals, homework, revision or colouring.

Careers Drop in with Mrs Gilman @ Lunchtime - Library
UNO Club all year groups with Mrs Swain @ Lunchtime - HU1
Musical Singing Club all year groups with Mrs English @ Lunchtime - Music
Year 9 Language Leaders Club @ Lunchtime - FR2
KS4 NEA/DT Club with Miss Pickworth/Mrs Moate @ Lunchtime - DT1
Year 1 Art Intervention @ Lunchtime - ART
Basketball Club all year groups with Mr Stewart @ Lunchtime - Leisure Centre

Maths Intervention for Year 11 - Afterschool

### **THURSDAY**

Library break and lunchtime - Quiet reading, quizzing, book changes, returns or renewals, homework, revision or colouring.

Chess Club all year groups with Mrs Cotton @ Lunchtime - Library

KS4 French Clinic @ Lunchtime - FR2

KS3 Lego Club with Mr Edwards/Miss Pickworth @ Lunchtime - DT1
Year 7 Puzzle Club with Mrs Harper @ Lunchtime - LAB3
Badminton Club KS3 with Mrs Leeper @ Lunchtime - Leisure Centre

History Intervention for Year 11 - Afterschool

## UALS CLUBS & EXTRA CURRICULAR

Our club offerings are subject to change throughout the academic year.

**FRIDAY** 

Library break and lunchtime - Quiet reading, quizzing, book changes, returns or renewals, homework, revision or colouring.

KS4 Football Club with Mr Smith @ Lunchtime - Leisure Centre

KS3 Maths Club with Miss Thompson - MA3

Lego Builders with Miss Pelka - HU3

Art Intervention for Year 11 - Afterschool

We are proud to offer a wide range of clubs and extra-curricular activities for all pupils, designed to support their interests, develop new skills, and help them reach their full potential. From sports and creative arts to academic support and special interest groups, there's something for everyone to enjoy.



### Lunch Menu w/c 13th October

Slow-Release Energy Foods



















V - Vegetarian VE - Vegan

				w - vegett	man ve vegan
-	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
ST*R DISH	Spring Harvest Quesadilla with Cheese, Potato, Spring Onion and Tomato Salsa (V)	Chilli BBQ Beef & Bean Ragu with Penne (Plus Halal Option)	Roast Chicken with Gravy & Roasties  (Plus Halal Option) Grilled Chicken Sausages, with Gravy & Roasties or with Mash (H)	Chicken, Tomato & Co- conut Dhal with Steamed Mixed Rice  (Plus Halal Option)	Sustainably Sourced Battered Fish & Chips Grilled Sausage & Chips
MEAY FREE	Crispy Onion Mac & Cheese (V)	Falafel Power Bowl with Hummus, Grains, Rice & Sal- ad (Ve)	Roast Quorn with Gravy & Roasties	Roasted Coriander Sweet Potato & Chick- pea with Tomato & Co- conut Dhal with Steamed Mixed Rice (Ve)	Cheese & Tomato Pizza  **********************************
ÖR AB & CO+	Vegan Sausage Roll (Ve) ार्डुक	Shawarma Power Bowl with Chicken, Chickpeas, Grains, Rice & Salad (Plus Halal Option)  Oven-Baked Onion Bhaji Burger & Wedges	Roasted Vegetable & Hummus Panini	Loaded Wedges with BBQ Pork, Beans & Roasted Sweetcorn	Pepperoni Pizza
PET 'N' TASTY	Tomato & Basil Pasta बहुँक	Chicken Tikka & Steamed Rice	Avocado Pulse Buddha Bowl	Sweet & Sour Chicken & Rice	Pasta Arrabbiata बर्द्री
SIDES → (III)	Broccoli, Baked Beans , Mixed Salad, Crisp Garlic Bread	Fajita Roasted Sweetcorn & Pep- pers, Persian Slaw, Baked Beans ************************************	Country Mixed Veg- etables, Baked Beans ************************************	Baked Beans , Garden Salad, Sri Lankan Veg- etable Salad, Wedges	Peas, Baked Beans Peas, Mixed Salad
T DAY'S DESSERTS	Marble Cake	Iced Sponge	Ginger Cake & Custard	Giant Chocolate Cookie	Apple Crumble & Custard

### Literacy Focus w/c 13.10.2025 Comma Splicing

As part of our whole-school drive on literacy, our focus this week will be on avoiding comma splices. Pupils will be revisiting how to correctly join two main clauses, exploring the use of conjunctions, semicolons, and full stops to prevent run-on sentences. This will help them develop greater accuracy and clarity in their writing, ensuring that each idea is expressed with proper grammatical control.



Staff will be encouraging pupils to identify and correct comma splices in their work, supporting progression towards more polished, effective, and confident writing across all subjects.



### KS3 Homework Timetables

Autumn Term 1 - Year 7						
15/09/25 22/09/25 29/09/25 06/10/25 13/10/25 20/10/25						
English	English	English	English	English	English	
Maths	Maths	Maths	Maths	Maths	Maths	
Science	Science	Science	Science	Science	Science	

Autumn Term 1 - Year 8						
15/09/25	22/09/25	29/09/25	06/10/25	13/10/25	20/10/25	
English	English	English	English	English	English	
Maths	Maths	Maths	Maths	Maths	Maths	
Science	Science	Science	Science	Science	Science	
French	Music	Art	French	Music	Art	
Geography	DT	History	Geography	DT	History	

Autumn Term 1 - Year 9						
15/09/25	22/09/25	29/09/25	06/10/25	13/10/25	20/10/25	
English	English	English	English	English	English	
Maths	Maths	Maths	Maths	Maths	Maths	
Science	Science	Science	Science	Science	Science	
French	Music	Art	French	Music	Art	
Geography	DT	History	Geography	DT	History	

## 10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain.
Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

### USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

### TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okey" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

### 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

### 10 BE PATIENT - HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

#### Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



WakeUp Nednesday

The National College

AND STREET

### School Rebuilding Programme

We are thrilled to share the exciting news that the much-anticipated building works for our school have now officially started and are progressing with remarkable speed!

This marks an incredible step forward for our community, as we work towards creating enhanced facilities that will benefit our pupils, staff and families for years to come.

Below is the link to our Facebook page. Here, you will be able to see a short video of how our new building is developing.

https://www.facebook.com/profile.php?id=61574125806882







## School Rebuilding Programme (this week's photos)





### Introducing





Please contact
enquiries@uals.org.uk
if you need support
with login details



View your child's homework and lesson notes



View your child's attendance, positives and negatives points









UALS is pleased to announce that we will be offering two additional tours for prospective Year 5 and 6 pupils 14th October and 9th December, both starting at 5:30pm. If you would like to attend, please contact us using the information below to book your place.

We look forward to welcoming you.





### Reporting Absence - Studybugs App

UALS uses the Studybugs App for reporting pupil absences. It's free to use – simply download the app and sign up. The app provides NHS-backed health advice if your child is unwell and also sends attendance-related updates.

If you haven't yet registered, please use the link below to download and sign up as soon as possible.

https://studybugs.com/about/parents

We've also included a link to the UALS Attendance Policy, which outlines our expectations around attendance, term-time holidays and the Penalty Notice process.

https://www.uals.org.uk/Policies/#gswModal7



A better, safer way to report when your child is sick and off school.