UNIVERSITY ACADEMY LONG SUTTON





ACADEMY TRUST

October 2025 17.10.2025 / Issue 7

WEEKLY BULLETIN



UNIVERSITY ACADEMY LONG SUTTON

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THIS ISSUE

Road Safety Reminder

Year 11 Cake Sale

Year 11 Medworth EfW CHP Facility Trip

Made Session for Year 11

Year 11 Darts Competition 22.10.2025

Just Giving UALS Page



Dear Parents, Carers and Pupils

I hope everyone's had a good week as we head into the final stretch before halfterm. Here are a few updates and highlights from across the school.

Road Safety Reminder

We'd like to remind everyone about the importance of road safety, particularly near the Leisure Centre entrance. There have been a few recent near misses in this area during drop-off and pick-up times. Please take extra care when crossing the road and ensure vehicles are parked safely and responsibly. Your vigilance helps keep everyone safe.

Year 11 Cake Sale - Fundraising for Prom

A huge thank you to 11SH, who will be running a cake sale on Monday in the social area during break and lunch. All cakes will be priced at just 50p, with proceeds going towards their Year 11 Prom. This is a great way for pupils to show support, enjoy some delicious homemade treats and help raise money for a well-deserved celebration at the end of the school year.

Year 11 Medworth EfW CHP Facility Trip

Earlier this week, a group of our GCSE Design & Technology pupils visited the Medworth Energy from Waste Combined Heat and Power Facility. This was a fantastic opportunity to see sustainable engineering and design principles in action, gaining first-hand insight into how waste can be converted into renewable energy. The pupils represented UALS superbly, asking thoughtful questions and showing genuine curiosity about the technology involved.

MADE Revision Techniques Session for Year 11 - 20.10.2025

On Monday, we're pleased to welcome a guest speaker from MADE Training, who will be delivering a focused session for our Year 11 pupils on effective revision and study techniques. As GCSE preparation continues, this workshop will help pupils refine their approach to learning, manage stress and get the most out of their revision time.

Year 11 Darts Competition - Wednesday 22nd October 2025

A reminder for all Year 11 pupils that the Darts Competition will take place on Wednesday 22nd October. This friendly event is a great chance to unwind, take part in a bit of healthy competition and have fun with friends. More information can be found in the bulletin or by speaking directly with Mr Jay.

JustGiving – UALS Ironman Challenge for Macmillan Cancer Support

We are incredibly proud of Mr Smith, who will soon be taking on the Ironman Vichy Challenge in France — a gruelling event consisting of a 2.4-mile swim, 112-mile bike ride, and full marathon — all to raise funds for Macmillan Cancer Support on behalf of UALS. This is an incredible personal and charitable achievement and we're excited to support him every step of the way. Details on how to donate to his JustGiving page can be found in the bulletin.

Thank you for your continued effort and support as we head into the final week of half-term.

Yours faithfully



Mr L Davé **Principal**

UPCOMING KEY DATES

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

6th November

Year 7 Parent/Carer Tutor
Evening

11th November

Year 11 Big Push Face to Face 5:30pm



@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)

19 pupils have achieved this

BRONZE STAR

100—200 REWARD POINTS)

409 pupils have achieved this

REWARD POINTS 19,337 17,544 12,175 15,902 12,23	Year 7	Year 8	Year 9	Year 10	Year 11
17/10/2025	19,337	17,544	12,175	15,902	12,232

	7ET	8RS	9FG	10FS	11SH
REWARD POINTS TOP FORMS	3,423	3,222	2,678	4,080	3,139



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!



Steel Signing Celebration – A Moment in Our School's History

This afternoon, some pupils had the wonderful opportunity to take part in a special steel signing event on the construction site of our new school building.

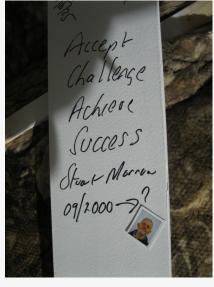
Each child was invited to sign one of the steel beams that will become part of the final structure – a unique way for them to leave their mark on the future of our school and create a lasting legacy within the fabric of the new building.

The activity was safely supervised by school staff and the site team, with all appropriate safety measures and PPE in place. Pupils were escorted to and from the site, and the event took place during the school day.





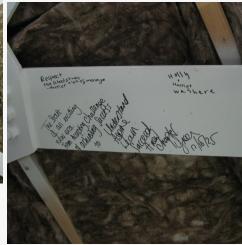






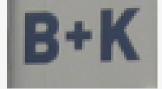










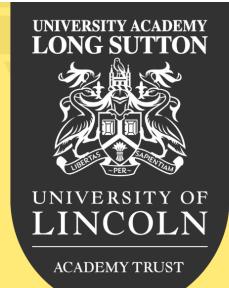






ROAD SAFETY REMINDER

We would like to remind all parents and carers to take extra care when dropping off or collecting pupils from school. Please drive slowly and responsibly around the school site and surrounding roads, paying particular attention near the Leisure Centre entrance, where there have been reports of a few recent near misses.





We ask everyone to be especially vigilant when pupils are crossing the road in this area. Your cooperation helps ensure the safety of all our pupils and the wider school community. Thank you for your continued support in keeping our roads safe.





VICHY CHALLENGE

MACMILLAN CANCER SUPPORT

2.4M | 112M | 26.2M

SWIM, BIKE & RUN

DATE: 23 AUGUST 2026

LOCATION: FRANCE

DONATE NOW

For more information or to make a donation in support of Mr Smith, please visit:

https://www.justgiving.com/ page/university-academylong-sutton-2

Year 11 Medworth EfW CHP Facility Trip

Pupils studying Design Technology recently took part in an educational visit to the Medworth Energy from Waste (EfW) Combined Heat and Power (CHP) Facility in Wisbech on Wednesday, 15th October 2025. The visit provided an invaluable opportunity for pupils to explore a wide range of career pathways within the construction, engineering and environmental sectors. Through guided tours and discussions with industry professionals, pupils gained insights into the construction, commissioning, and operation of the facility, as well as its lasting impact on regional development. The experience also highlighted the growing importance of green skills, sustainability, and emerging technologies in shaping the future of work — inspiring pupils to consider how innovation and environmental responsibility can go hand in hand in modern industry.









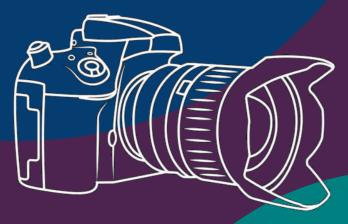


UNIVERSITY ACADEMY LONG SUTTON

UNIVERSITY OF LINCOLN

ACADEMY TRUST

SCHOOL PHOTO ORDER REMINDER



Dear Parents/Carers

Have you ordered your school photos yet? A polite reminder that the closing date for free delivery back to school is Thursday 23rd October 2025. Order through the Tempest website using your unique link or visit www.tempest-orders.co.uk

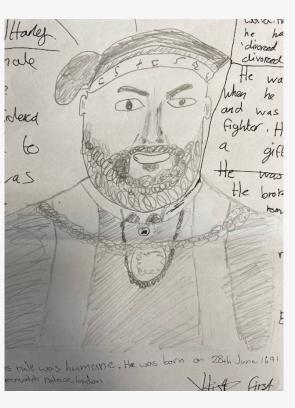
If you need any assistance in ordering your photos, feel free to contact Tempest on 01736 751555 (option 3).

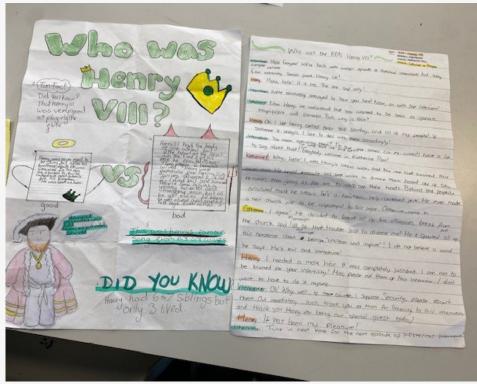




Year 8 History Presentations

Year 8 have been impressing us with their creative and engaging presentations on Henry VII. We've seen everything from courtroom trials and detailed posters to imaginative radio interviews and more. It's been fantastic to see such enthusiasm and originality—well done, Year 8!











Darts



Wednesday 22nd 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.

What Parents & Educators Need to Know about

WHAT ARE THE RISKS?

Memes may look like simple jokes, but, for many teenagers, they form a shared cultural language. Quickly created and reworked, they spread across social media platforms as images with text or short videos. Nearly eight in ten teenagers share memes (79%, YPulse), making them part of daily life. While memes encourage creativity and participation, they can also spread misinformation or reinforce harmful stereotypes.

SPREADING MISINFORMATION



FAKE NEWS

EXPOSURE TO INAPPROPRIATE CONTENT

CENSORED Memes are widely circulated, and not always age-appropriate, meaning young people may encounter explicit language, sexual content, or graphic imagery, even without searching for it. As memes spread fast on platforms like Instagram, TikTok, or WhatsApp, it's nearly impossible to filter them

MASKED MESSAGES

or layered with hidden meanings, making them hard for parents, and, sometimes, other young people to understand. Online groups often create these memes to look like inside jokes, but they can sometimes conceal offensive, harmful, or misleading content.

HIDDEN HARMS & LOSING SENSITIVITY



PERMANENT DIGITAL

Unlike spoken jokes, memes leave a trail.

Created or shared memes can resurface later and be misunderstood, even if intended as harmless. Once online, memes may be copied, saved, or spread beyond a young person's control - digital actions can follow them into their future, shaping how they are perceived by peers, teachers, or even employers long after the original meme has been shared.

Advice for Parents & Educators

ENCOURAGE OPEN CONVERSATIONS

Talk regularly with young people and try to understand their online world – discuss what they find funny about the memes, and why. By listening without judgement, you build trust, making it easier for them to come to you if they see something harmful. Open conversations also help children and teens think critically about the messages behind memes rather than simply accepting them at face valu

MODEL HEALTHY BOUNDARIES

breaks from screens, avoiding late-night scrolling, and engaging in offline activities. Setting clear routines around screen time at home can help to reinforce healthy boundaries and reduce the risks of overuse. By modelling balanced technology use, adults can help children and young péople see that digital entertainment, including memes, should be just one part of life.

Meet Our Expert

Dr Cristina Moreno-Almeida is a Senior Lecturer in Digital Culture at Queen Mary University of London. She specialises in memes, online networks, and youth culture, examining how digital spaces shape identity and everyday life.



TEACH DIGITAL LITERACY

Help children and young people learn to question where information reip children and young people learn to question where information comes from and whether it's reliable - developing media literacy skills prepares young people to understand and navigate through their future online lives. Show them how memes can sometimes exaggerate or misrepresent facts for laughs, and encourage them to check credible sources when memes claim to present truth.

FOSTER EMPATHY ONLINE

Remind children and young people that memes should never come at someone else's expense. Encourage them to think about how a meme might make another person feel before sharing or creating it. Highlight examples of positive memes that celebrate creativity without hurting others. Fostering empathy, respect, and kindness in digital spaces will help them become more aware of promoting a safer, more supportive online culture.



The National College

See full reference list on our website

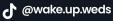




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(O) @wake.up.wednesday





YEAR 7 TUTOR



Parents' evenings, simplified

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

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YEAR 11 BIG PUSH EVENING



ACADEMY TRUST

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.

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. https://universityacademyls.greenhousecms.co.uk/docs/Letters/Year_11_Big_Push_Evening_11_11_2025.pdf







2025

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

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



Wednesday 12th 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

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 20th October

Slow-Release Energy Foods



















V - Vegetarian VE - Vegan

				- v vegen	
-	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
ST*R DISH	Cheese & Tomato 'Pizza' Macaroni Cheese (V)	Kashmiri Spice Bowl with Beef, Lentils & Mixed Rice (Plus Halal Option)	Roast Chicken Or Roast Gammon Crispy Roasties & Pan Gravy	Meatballs with Cheese and Arrabbiata Sauce & Penne Pasta (Plus Hal- al Option)	Sustainably Sourced Battered Fish & Chips Oven Baked Chicken Nuggets & Chips
MEAT' FREE	Buffalo Cauliflower & Mixed Bean Burrito	Cheesy Quorn Meatballs with Ar- rabbiata Sauce & Penne Pasta	Roasted Sweet Potato & Cheese Tart with Roast Potatoes	Vegemince Cottage Pie	Cheese & Tomato Pizza & Wedges/Chips
ĞRAB & GO-	Vegetable Chilli & Rice	Avocado Pulse Buddha Bowl	Pasta Primavera (Ve)	Sticky Honey Hotdog & Onions	Pepperoni Pizza & Wedges/Chips
PET 'N' TASTY	Vegetable Korma & Mixed Rice	Tomato & Basil Pasta	Chicken Jalfrezi & Steamed Rice	Veggie Pasta Pot	Beef Bolognese Pasta Pot Jacket Potato with Salmon Mayon- naise
SIDES -	Broccoli, Baked Beans , Mixed Salad, Crisp Garlic Bread	Fajita Roasted Sweetcorn & Pep- pers, Persian Slaw, Baked Beans ************************************	Seasonal Mixed Vegetables, Baked Beans , Mixed Salad	Baked Beans , Asian Slaw, Garlic Green Beans, Garden Salad	Peas, Baked Beans File of the search with the
T DAY'S DESSERTS	Lemon & Blueberry Slice with Custard	Flapjack	Iced Vanilla Sponge with Custard	Jam Sponge or Cornflake Cake	Giant Chocolate Cookie

Literacy Focus w/c 20.10.2025 Paragraphs

As part of our whole-school literacy drive, our focus this week will be on developing well-structured paragraphs. Pupils will be revisiting how to organise their ideas clearly, exploring the use of topic sentences, supporting details, and concluding sentences to create coherent and cohesive writing. This will help them ensure that each paragraph communicates a single idea effectively, contributing to the overall clarity and flow of their work. Staff will be encouraging pupils to plan, review, and refine their paragraphs across all subjects, supporting progression towards more polished, structured, and confident writing.

K\$3 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	

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









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.