UNIVERSITY ACADEMY LONG SUTTON





ACADEMY TRUST

September 2025 26.09.2025 / Issue 4

WEEKLY BULLETIN



UNIVERSITY ACADEMY LONG SUTTON

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

THIS ISSUE

Year 5/6 Open Evening Update
Lockers Reminder
Line Up Process Update
Year 11 CWA Assembly
Hot Chocolate Friday
Rewards at UALS

Principal's Weekly Update

Dear Parents, Carers and Pupils

It has been another fantastic week at UALS, and I am delighted to share some of our recent highlights and important notices.

Year 5/6 Open Evening

Yesterday evening we were extremely proud to welcome just over 200 families to our Year 5/6 Open Evening. The atmosphere was buzzing, and it was wonderful to see so many prospective pupils and their families engaging with our staff and students. A heartfelt thank you goes to everyone involved in making the evening such a success. If any Year 5 or 6 families would like an additional tour of the school, please see the poster included in this bulletin for further details.

Lockers Reminder

Lockers are now available for purchase via ParentPay. A reminder that permission slips must be completed and returned to Pupil Reception before lockers can be allocated. This is a great opportunity for pupils to keep their belongings secure and organised during the school day.

Line-Up Process Update

We are incredibly proud of the way our pupils have conducted themselves during the new line-up process. The respect, calmness and responsibility shown each day reflect our high expectations and strong school values. Thank you to pupils and staff alike for making this such a positive part of our daily routine.

Year 11 CWA Assembly

Today we were delighted to welcome representatives from the College of West Anglia, who delivered an insightful assembly to our Year 11 pupils about their post-16 options. The session gave pupils valuable information and guidance as they begin to think about the next steps in their educational journey.

Hot Chocolate Friday

We are excited to announce the return of Hot Chocolate Friday! Each week, one pupil from each year group will be nominated to join the Principal for hot chocolate, in recognition of something particularly positive they have done during the week. This is a lovely way to celebrate our pupils' efforts, achievements and kindness.

Rewards at UALS

We are also delighted to share an update on our rewards system. Pupils across the school have been working incredibly hard to earn reward points, and we are very proud to report that already 29 pupils have achieved their Bronze Certificate! This is a brilliant achievement so early in the academic year and we look forward to celebrating even more successes as the weeks continue.

Yours faithfully



Mr L Davé **Principal**

UPCOMING KEY DATES

8th October
Whole School Photo Day

14th October
Year 5/6 Mixed Football
Competition UALS

15th October
Flu Immunisations for All
Year Groups

20th October

Made Training Session for

Year 11

Year 7 - 11 Reward Assemblies Week

> 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 CERTIFICATE

(300—500 REWARD POINTS)

SILVER CERTIFICATE

(200-300 REWARD POINTS)

BRONZE CERTIFICATE

100—200 REWARD POINTS)

29 pupils
have
achieved this

	Year 7	Year 8	Year 9	Year 10	Year 11
REWARD POINTS 26/09/2025	9,013	8,865	6,304	9,074	5,722
20/03/2023					

This table highlights the total number of reward points issued across each year group to date. It is a fantastic reflection of the effort, dedication, and positive contributions our pupils have made.



Hot Chocolate Friday!



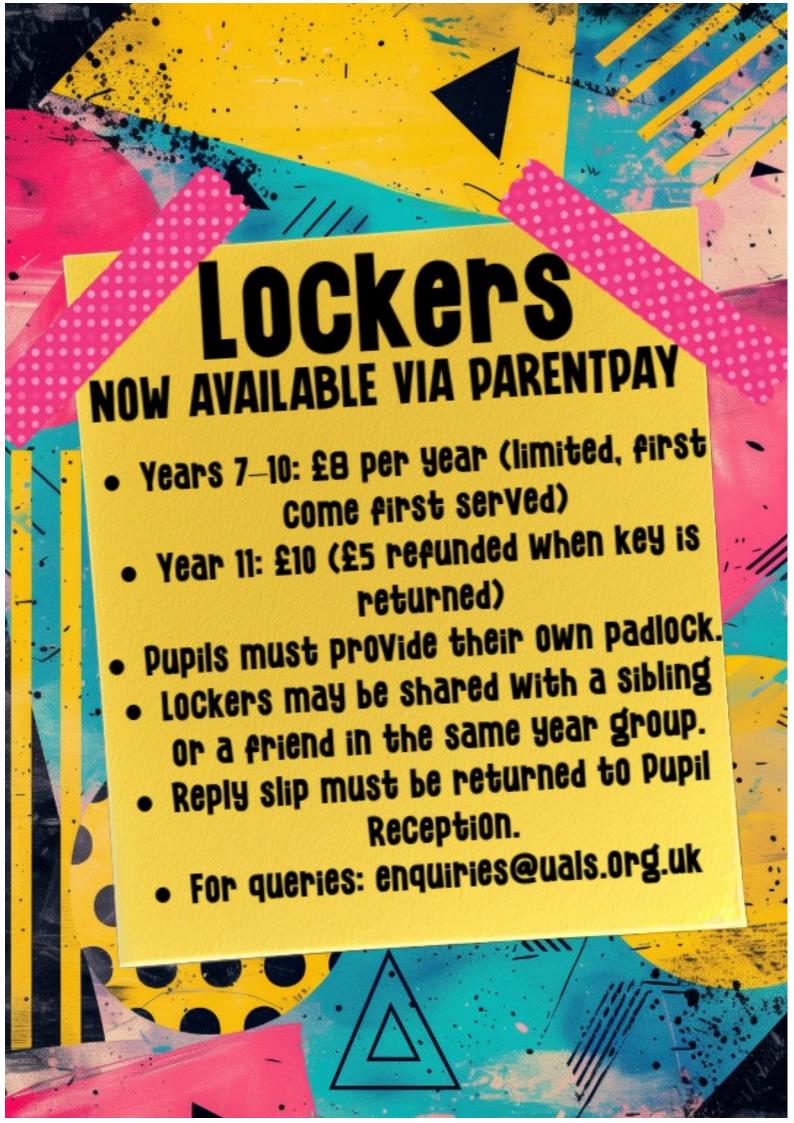
We are excited to announce Hot Chocolate Friday, a special reward for pupils who have gone above and beyond this week!

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!





Our Arrival and Line Up

We are very proud of our pupils for the excellent way they have taken on the new Arrival and Line Up process. Their positive attitude and cooperation have made the routine run smoothly and created a calm, welcoming start to each day. It has been wonderful to see everyone showing respect, responsibility and pride.









Humanists UK Guest Speaker

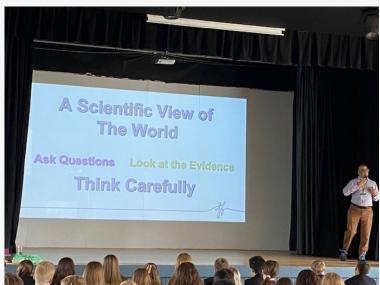


Last Friday, our Year 7 and 8 pupils enjoyed a special talk from Rishi, a representative of Humanists UK. Rishi spoke about what it means to be a humanist, sharing how humanists make sense of the world without religion and the values that guide their everyday lives – such as kindness, fairness and using reason and evidence to make decisions.

The session gave pupils the chance to learn more about different worldviews, ask thoughtful questions and reflect on their own ideas and beliefs. We are very grateful to Rishi and Humanists UK for taking the time to visit and inspire our pupils.











UALS is pleased to announce that we will be offering two additional tours for prospective Year 5 and 6 pupils on Monday 14th October and Monday 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.



WHOLE SCHOOL PHOTO DAY



WEDNESDAY 8TH OCTOBER 2025

Pupils are required to wear full school uniform. Further details will be sent home via email.



The College of West Anglia Guest Speaker Visit

Today, Year 11 pupils had the opportunity to attend a guest speaker session from the College of West Anglia during tutor time. A big thank you goes to Jodie from CWA for delivering an engaging and informative assembly, where she outlined the wide range of post-16 options available to pupils. This session provided valuable guidance to help pupils start thinking about their next steps after Year 11.





UALS Social Media Agreement Consent Form 2025 - 2026

Our Facebook Page is Now Live!

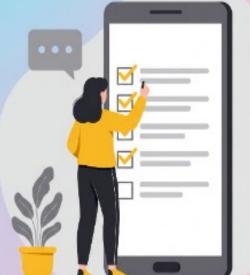
At UALS, we're excited to share our pupils' achievements and activities with the wider community on our new Facebook page.

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/gLwHuEnrDBGqsy6Y8

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.

Literacy Focus w/c 29.09.2025 Comma in Compound Sentences

As part of our whole-school drive on literacy, our focus this week will be on commas in compound sentences. Pupils will be revisiting how to join two main clauses using coordinating conjunctions, ensuring they place commas accurately to support clarity and flow. This will help them build on their understanding of sentence structure, enabling them to express ideas with greater precision and variety in their writing



press ideas with greater precision and variety in their writing across all subjects. Staff will be encouraging pupils to apply commas correctly in compound sentences before moving on to more complex punctuation skills.

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	

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

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

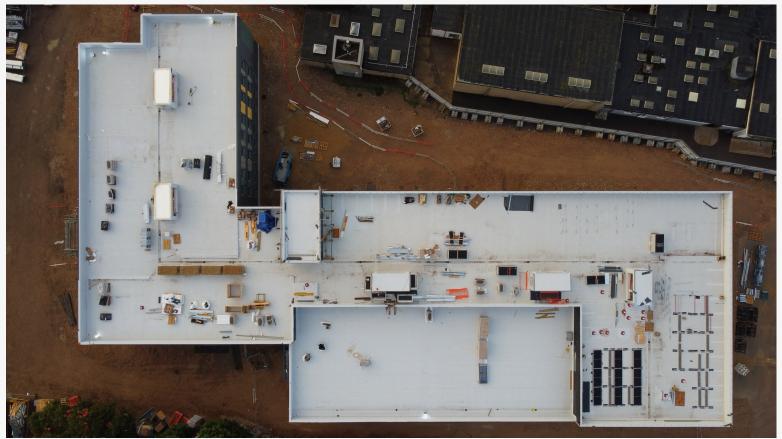






School Rebuilding Programme (this week's photos)







Lunch Menu w/c 29th September

Slow-Release Energy Foods



















V - Vegetarian VE - Vegan

-	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 Arrabbi- ata Sauce & Penne Pasta (Plus Halal Option)	Sustainably Sourced Bat- tered Fish & Chips Oven Baked Chicken Nuggets & Chips
MEAT FREE	Buffalo Cauliflower & Mixed Bean Bur- rito	Cheesy Quorn Meatballs with Arrabbiata 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) ार्ड्रा	Sticky Honey Hotdog & Onions	Pepperoni Pizza & Wedges/Chips
P@T 'N' TASTY	Vegetable Korma & Mixed Rice ♣ ※ ♣	Tomato & Basil Pasta बिद्रा	Chicken Jalfrezi & Steamed Rice	Veggie Pasta Pot	Beef Bolognese Pasta Pot Jacket Potato with Salmon Mayonnaise
SIDES **	Broccoli, Baked Beans Mixed , Mixed Salad, Crisp Garlic Bread	Fajita Roasted Sweetcorn & Peppers, Persian Slaw, Baked Beans Mixed Salad	Seasonal Mixed Vegetables, Baked Beans ************************************	Baked Beans , Asian Slaw, Garlic Green Beans, Garden Salad	Peas, Baked Beans ************************************
T DAY'S DESSERTS	Lemon & Blueberry Slice with Custard	Flapjack	Iced Vanilla Sponge with Cus- tard	Jam Sponge or Cornflake Cake	Giant Chocolate Cookie

Z S

MR S GILMAN VICE PRINCIPAL

DESIGNATED SAFEGUARDING LEAD

WWW.UALS.ORG.UK

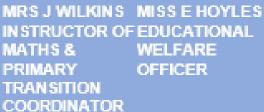
MRS S KING MENTAL HEALTH, PUPIL AND FAMILY SUPPORT COORDINATOR

WWW.UALS.ORG.UK

DEPUTY SAFEGUARDING LEAD

SAFEGUARDING OFFICERS











IF YOU HAVE ANY CONCERNS REGARDING CHILD PROTECTION OR SAFEGUARDING, PLEASE SPEAK TO A MEMBER OF THE SAFEGUARDING TEAM

What Parents & Educators Need to Know about YOUTH WOLENCE

UNDERSTANDING YOUTH VIOLENCE

Youth violence affects one in four children in the UK, but it doesn't have to. When parents, carers, and educators understand the risks, they're better placed to support young people. The right support, mentoring, therapy, and guidance can help young people affected by violence to feel safe, manage conflict, and make positive choices.

CONFLICT

FEAR

WHY DO YOUNG PEOPLE COMMIT SERIOUS VIOLENCE?

A recent study surveyed over 10,000 young people affected by violence, asking why serious violence occurs among their peers, such as an assault involving a weapon or sexual violence. The most common reasons given were due to a personal characteristic of the victim e.g., race, religion, sexuality, gender, a gang or school rivalry, and being provoked. While not all young people face these issues, many lack the emotional regulation skills needed to manage provocation.

Opportunity

Community

Wellbeing

Respect

UNCERTAINTY WHEN IS VIOLENCE MORE LIKELY TO HAPPEN?

For children and young people in England and Wales, the hours between 4 pm and 8 pm – just after school – carry a particularly high risk for serious violence. This can stem from conflicts that escalate during the school day, online arguments, or simply moving through unfamiliar areas on the way home. Understanding this risk helps us support safer travel and routines. Our recent report found that over one in three young people don't feel safe in the area they live in, and 36% don't feel safe walking the streets.

WHAT ARE SIGNS A YOUNG PERSON IS AT RISK?

Children and young people often express that something is wrong through behaviour rather than words. Be alert to signs such as sudden mood changes, secrecy around friendships, excessive phone use, unfamiliar slang, unexplained injuries, fear of school, aggression, going missing, or substance use. They may also be associating with older peers. These behaviours can indicate underlying issues that can lead to violence.

WHY MIGHT A YOUNG PERSON CARRY A WEAPON?

Young people may carry weapons due to fear, threats, peer pressure, or a false sense of protection. Many young people tell us they feel unsafe and carry weapons 'just in case', while others may be influenced by social media, peers, or criminal activity. Some don't realise it's illegal or may believe it earns respect.

ONLINE INFLUENCES

Social media plays a powerful role in normalising and escalating violence. Platforms like TikTok and Snapchat can expose young people to harmful content, often shaped by algorithms. Many see violent material that distorts reality, leading to fear and desensitisation. A recent study found 70% had seen real-world violence online, and 80% felt less safe in their communities. Alarmingly, 39% said it made them more likely to carry a weapon. Online conflict can often spill into real life, with serious and sometimes tragic consequences.

WHERE IS VIOLENCE MORE LIKELY TO HAPPEN?

Violence often happens in certain places. Busy areas like transport hubs carry risk simply because lots of people gather there. Other hotspots, like places linked to drug activity, attract those more likely to be involved in violence. Some areas become risky due to poor supervision, such as under-resourced public spaces. Understanding where violence tends to occur helps us guide young people safely through their communities and advocate for better support and safer spaces.

Advice for Parents & Educators

TALKING TO CHILDREN ABOUT STAYING SAFE

Choose a safe moment for the conversation, emotionally and physically. If a child is upset or angry, help them settle before discussing serious topics. Listen actively without judgement, even if what they share is difficult. Avoid interrupting and offer advice when the time feels right. If you're worried, you're not alone; support is available.

ASSESSED TO A SECOND

HELP CHILDREN UNDERSTAND CONSEQUENCES

Young people can be searched by police or teachers if suspected of carrying a weapon. If found with a knife, they could face arrest and criminal proceedings. A conviction can result in a criminal record. Even being present during a violent assault, encouraging it, filming, or sharing footage can lead to prosecution. Open and honest conversations can help children understand these risks and make safer choices.

AVOID CONFLICT & MANAGE ESCALATIONS

Encourage young people to consider the 'Safe T's' – Trust instincts, Take a breath, and Talk to a trusted adult. When triggered or provoked, they may react from their 'survival brain', unable to think clearly about the consequences. Taking a breath helps calm, and helps them access their 'thinking brain'. Remind them that moments pass, and seeking support from trusted adults builds resilience and safer decision-making.

REPORT INFORMATION

We all have a role in preventing violence. If a child shares concerns, you can act. For educators, it's important to follow your school's safeguarding procedures. Other adults can report anonymously through Fearless or Crimestoppers, and speak with other parents, the school, or local police through 101. If someone is in immediate danger, always call 999. These steps help protect children and the wider community.

Meet Our Expert

The Ben Kinsella Trust is a UK anti-knife crime charity educating young people through immersive workshops, awareness campaigns, and community resources. Visit: benkinsella.org.uk





The National College

Source: See full reference list on guide page at: https://nationalcollege.com/guides/youth-violence



/www.thenationalcollege





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.