

UNIVERSITY ACADEMY  
LONG SUTTON



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ACADEMY TRUST

**January 2026**

**16.01.2026 / Issue 17**

# WEEKLY BULLETIN



UNIVERSITY OF  
LINCOLN

UNIVERSITY ACADEMY LONG SUTTON

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## THIS ISSUE

- Year 11 Parents' Evening
- Year 10 Parents' Evening
- Year 11 Speaking & Listening Exams
- KS3 Boccia

# Principal's Weekly Update

Dear Parents, Carers and Pupils

I would like to thank all parents/carers who attended the Year 11 online Parents' Evening yesterday. We hope you found the meetings helpful and informative. If you were unable to attend or missed any of your appointments, please do not hesitate to contact us via the school email address and we will be happy to support you.

We are looking forward to meeting parents/carers of our Year 10 pupils to their Parents' Evening next Thursday. Appointments are still available to book through SchoolCloud and will remain open until 4.00pm on Thursday. If you experience any difficulties with booking or require further support, please do not hesitate to get in touch with the school.

I would also like to congratulate our Year 11 pupils on successfully completing their Speaking and Listening examinations this week. We are extremely proud of the mature and confident way they approached these assessments and of the hard work they have shown in their preparation.

Finally, on Tuesday 13th January, a group of our Year 7 and Year 8 SEND pupils visited Tulip Academy in Spalding to take part in a School Games Boccia event. The pupils represented the school superbly and thoroughly enjoyed the experience.

Thank you, as always, for your continued support.

Yours faithfully



Mr L Davé  
Principal

## UPCOMING KEY DATES

22nd January

Year 10 Parents Evening

W/C 26th January

Year 11 Progress Tests

27th January

Year 7 Mixed Kinball

28th January

Super Learning Day

SEND Check-in Meetings

3rd February

College of West Anglia  
Assembly to Year 8

4th February

College of West Anglia  
Assembly to Year 9

5th February

Year 9 Options Evening

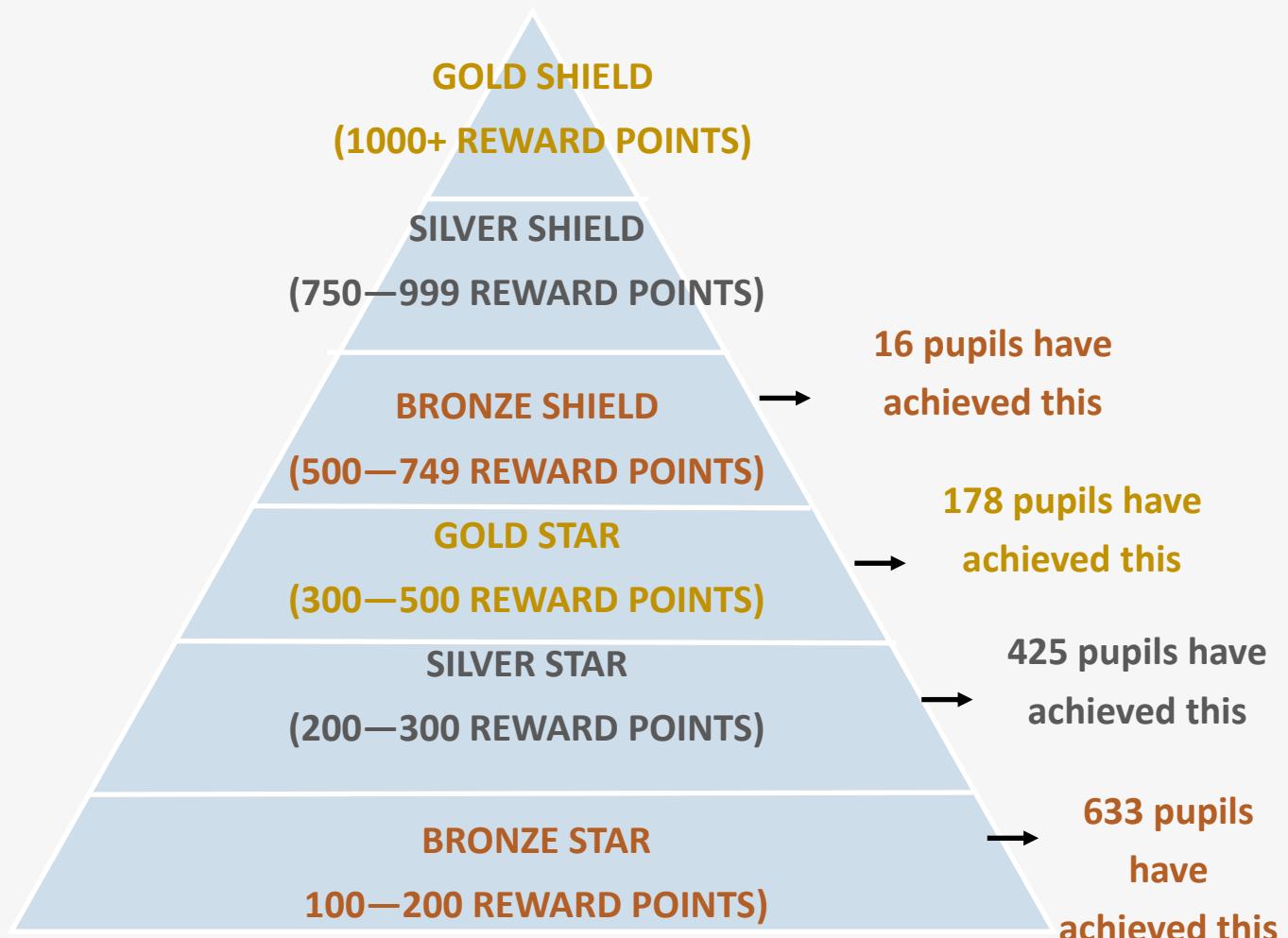


@UALS

If you have any specific  
questions or queries, please  
email  
[enquiries@uals.org.uk](mailto: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.



	Year 7	Year 8	Year 9	Year 10	Year 11
<b>REWARD POINTS</b>	40,984	40,326	27,808	33,512	24,081
<b>16/01/2026</b>					

	7ET	8RM	9FG	10FS	11SH
<b>REWARD POINTS</b>	7,890	7,498	6,172	8,158	6,720
<b>TOP FORMS</b>					

# 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 stars!





# YEAR 10

 schoolcloud  
Parents Evening

Parents' evenings, simplified

# PARENTS'

# EVENING

**Thursday 22nd January 2026**

**4:30pm - 7:00pm**  
**Online via SchoolCloud**

**A chance for you to find out about your child's progress and ask questions about how you can support them. Please refer to the letter that was emailed home on Tuesday 6th January 2026.**

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PE12 9LF

01406 362 120

# KS3 Boccia

On Tuesday 13th January, some of our Year 7 and Year 8 SEND pupils visited Tulip Academy in Spalding to take part in a School Games Boccia event. The pupils had a fantastic time learning the rules and developing their skills in Boccia, while also enjoying the opportunity to work as a team and meet pupils from other schools. They represented the school brilliantly throughout the event – well done to all involved!



# PE News...

In PE this term some of our Year 8 pupils have been completing some team building activities which include; Obstacle courses, problem solving and the great egg drop. For the egg drop this week, pupils had to use 20 paper straws and some masking tape to create a safe structure to stop the egg from cracking when dropped from a height. The challenge was a great success and there was some excellent designs, well done!





# LITERACY FOCUS

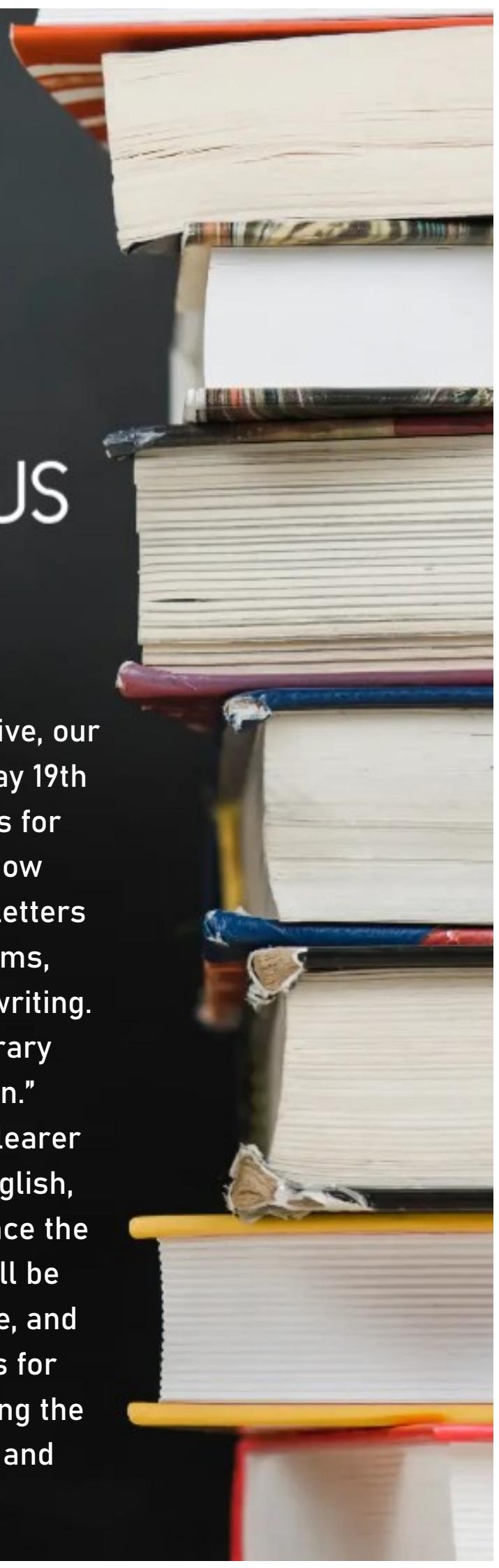
## Apostrophes for Omission

As part of our whole-school literacy drive, our focus for the week commencing Monday 19th

January will be on using apostrophes for omission. Pupils will be revisiting how apostrophes are used to show where letters have been omitted in contracted forms, ensuring clarity and accuracy in their writing.

For example: "We're going to the library because it's quieter in the afternoon."

This focus will help pupils develop a clearer understanding of standard written English, improve sentence accuracy, and enhance the overall quality of their work. Staff will be encouraging pupils to identify, practise, and apply the correct use of apostrophes for omission across all subjects, supporting the development of confident, accurate, and well-structured written work.





# YEAR 11

# PROGRESS TESTS

Year 11 Progress Tests Week will take place from Monday 26th January to Friday 30th January 2026. These tests will assess pupils' understanding of the curriculum covered so far and help identify areas where additional support or challenge may be needed.

All examinable subjects will be assessed (excluding RSHE), with tests taking place in pupils' usual classrooms during normal lesson times. Pupils are encouraged to revise using class notes and study materials, and parents are kindly asked to offer support and encouragement. These tests not only measure academic progress but also help pupils develop effective study skills, time management and resilience.

# What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

## WHAT ARE THE RISKS?

### SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

### ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

### CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

### REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

### EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

### PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

## Advice for Parents & Educators

### SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

### MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

### ENCOURAGE OPEN DIALOGUE

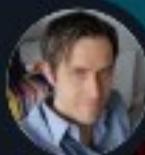
Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

### PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

### Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUp  
Wednesday

The  
National  
College

UALS  
PRESENTS

# SUPER LEARNING *Day*

28th January 2026

The letter and schedule will be  
emailed home in due course.





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# YEAR 9 OPTIONS EVENING

We are excited to announce that the Year 9 Options Evening will take place on Thursday 5th February 2026. This is a key opportunity for you and your child to learn more about the GCSE options available and the pathways they can pursue.

This event is essential for making informed decisions about your child's future studies and we encourage all parents/carers and pupils to attend.

# YEAR 9 ACTIVATE YOUR IMMUNITY IT ONLY TAKES TWO MINUTES

Wednesday  
11th February  
2026

**The MenACWY jab is highly effective at defending you against the 4 strains of disease which cause Meningitis and Blood Poisoning.**

**The teenage booster, also known as the 3-in-1 vaccine boosts your child's protection against three separate diseases: tetanus, diphtheria, and polio.**

**Don't forget to return your consent form to the Lincolnshire Community Health Services <https://www.lincolnshireimmunisations.co.uk/Forms/DTP> (please note this is for Year 9 pupils only).**

# WEEKLY MENU

WEEK 1



EVERY  
TUESDAY

Asian inspired noodles  
with a selection of  
protein and vegetables



EVERY  
WEDNESDAY

Authentic Greek  
flatbreads topped with  
marinated chicken or  
plant-based protein



EVERY  
THURSDAY

Drumsticks served with  
a range of signature  
marinades and  
seasoned rice

Switch it up with our street food favourites! Ask the team for this week's flavours

**MON**

Thai Yellow Chicken Curry, Broccoli,  
Salad & Mixed Rice (VG)

**TUE**

BBQ Beef & Bean Chilli with Penne  
and Mixed Salad (Halal available)

**WED**

Roast Chicken, Gravy & Roasties with  
Seasonal Greens and Carrots (Halal  
available)

**THU**

Chicken & Sweetcorn Pie with  
Broccoli, Carrots & Cauliflower (Halal  
available)

**FRI**

Sustainably Sourced Battered Fish &  
Chips with Beans or Gravy

Mac & Cheese with Crispy Onions  
with Garlic Bread & Mixed Salad (V)

WOK MY WAY: Oriental Chicken &  
Vegetable Noodles

FLAT BREADZ; Tikka Chicken with  
salad & Tzatziki Dressing

CHICK N' RUN: BBQ Chicken & Jollof  
Rice

Jumbo Sausage & Chips, with Beans  
or Gravy

## POT & TASTY

Daily range of ready to go pots including  
pastas, salads and rice bowls

## DESSERTS

Enjoy our chef's choice of sweet  
treats, served every day

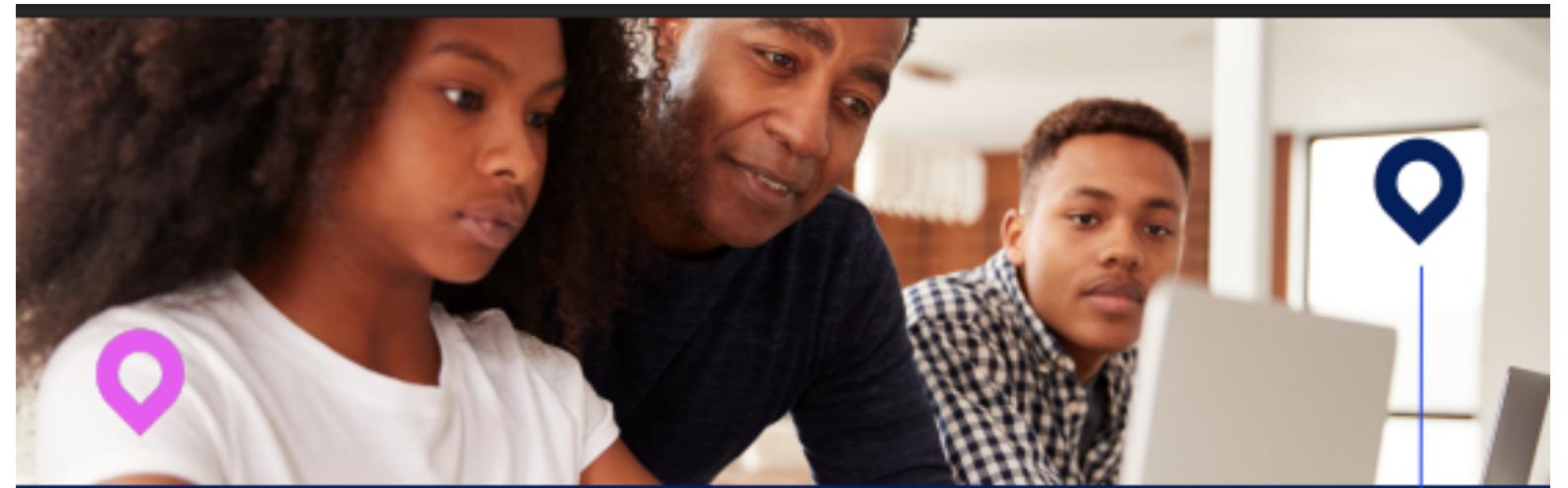


Hot loaded spuds with  
a daily range of tasty  
toppings to fill you up



10th Nov, 1st & 22nd Dec, 19th Jan, 9th Feb, 2nd & 23rd March

V - VEGETARIAN  
VG - VEGAN



# Does your family need a computer?

Currys are working with the Digital Poverty Alliance to get free technology to those who need it.



If you live in one of these areas and your family doesn't have access to a computer, you can apply through us to have us send you one – not as a loan or rental, it's for your family, for good.



- Staffordshire (Stoke on Trent, Staffordshire Moorlands, Stafford, East Staffordshire, Newcastle under Lyme, Lichfield, South Staffordshire, Cannock Chase local authorities), England.
- West Cumbria (Cumberland local authority), England.
- Ayrshire (North Ayrshire, East Ayrshire, South Ayrshire local authorities), Scotland.
- Norfolk Coast (Kings Lynn and West Norfolk, North Norfolk, Great Yarmouth local authorities), England.
- Neath Port Talbot and Bridgend, Wales
- Lincolnshire Coast (North Lincolnshire, North East Lincolnshire, East Lindsey, Boston and South Holland local authorities), England.
- Northern Ireland.

We are writing to inform you about the latest Tech4 Families Application Form, an important initiative in partnership with Currys. This project aims to provide laptops to children in certain areas of the country, and we are pleased to confirm that pupils at University Academy Long Sutton qualify to benefit from this scheme.

To participate, parents/carers will need to complete an online application form. The form can be found by clicking on the link below:

<https://digitalpovertyalliance.org/tech4families/application-form/>

When filling out the form, please use the following verifier details:

Verifier First Name: John

Verifier Last Name: Stewart

Organisation: University Academy Long Sutton

Relation to Child: Teacher

Job Title: Senior Teacher for Attendance, Admissions and Pupil Premium

Verifier Email: [stewartj@uolat.co.uk](mailto:stewartj@uolat.co.uk)



# KS3 HOMEWORK TIMETABLES

## Spring Term 1 - Year 7

06/01/26	12/01/26	19/01/26	26/01/26	02/02/26	09/02/26
English	English	English	English	English	English
Maths	Maths	Maths	Maths	Maths	Maths
Science	Science	Science	Science	Science	Science
Art	French	Music	Art	French	Music
History	Geography	DT	History	Geography	DT

## Spring Term 1 - Year 8

06/01/26	12/01/26	19/01/26	26/01/26	02/02/26	09/02/26
English	English	English	English	English	English
Maths	Maths	Maths	Maths	Maths	Maths
Science	Science	Science	Science	Science	Science
Art	French	Music	Art	French	Music
History	Geography	DT	History	Geography	DT

## Spring Term 1 - Year 9

06/01/26	12/01/26	19/01/26	26/01/26	02/02/26	09/02/26
English	English	English	English	English	English
Maths	Maths	Maths	Maths	Maths	Maths
Science	Science	Science	Science	Science	Science
Art	French	Music	Art	French	Music
History	Geography	DT	History	Geography	DT

# 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>



# EXCITING NEWS SCHOOL REBUILDING PROGRAMME



Exciting progress is underway on our new school building, with interior walls now taking shape! We're thrilled to announce our official move date: 1st June 2026 – marking a major step toward our vision of a modern learning environment.

To support the move, the school will be closed to all pupils except Year 11 on:

Thursday 21st May, Friday 22nd May, Monday 1st June,  
and Tuesday 2nd June.

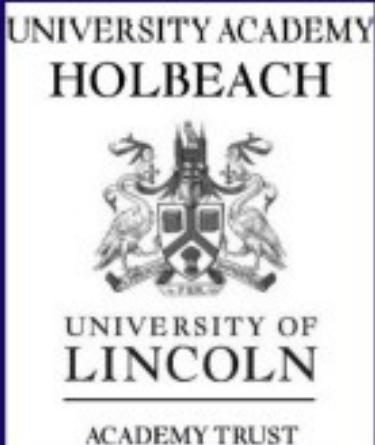
Phased return schedule:

- Wed 3rd June: Year 11 & Year 7
- Thu 4th June: Year 11 & Year 8
- Fri 5th June: Year 11, Year 9 & Year 10
- Mon 8th June: All pupils return

We appreciate your understanding as we prepare for this exciting new chapter. Our priority remains the well-being and success of all pupils – especially our Year 11 learners during exam season.



# APPLY FOR SIXTH FORM NOW



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[www.universityacademyholbeach.org](http://www.universityacademyholbeach.org)

Park Road, Holbeach

# UALS CLUBS & EXTRA CURRICULAR

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

## MONDAY

- Library break and lunchtime - Silent Reading
- 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
- Year 11 Sports Coaching Mr Wheeler LAB7

English Intervention for Year 11 - Afterschool

## TUESDAY

- Library break and lunchtime - Silent Reading
- 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
- Years 7 & 8 Trampolining Club - Mrs Green Leisure Centre
- Year 11 Sports Coaching Mr Wheeler LAB7

Science Intervention for Year 11 - Afterschool  
All Years 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 - Silent Reading

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 11 Art Intervention @ Lunchtime - ART

Basketball Club all year groups with Mr Stewart @ Lunchtime - Leisure Centre

Year 10 Fustal - Mr Meehan Sports Hall

Maths Intervention for Year 11 - Afterschool

## THURSDAY

Library break and lunchtime - Silent Reading

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 all years 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 - Silent Reading

KS4 Football Club with Mr Wheeler @ Lunchtime - Leisure Centre

KS3 Maths Club with Miss Thompson - MA3

Lego Builders with Miss Pelka - HU3

All Years Basketball Club Sports Hall

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.



# IRONMAN VICHY CHALLENGE

2.4M | 112M | 26.2M

**SWIM, BIKE & RUN**

**DATE: 23 AUGUST 2026**

**LOCATION: FRANCE**

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CANCER SUPPORT**

For more information or to make a donation in support of Mr Smith, please visit:  
[https://www.justgiving.com/  
page/university-academy-  
long-sutton-2](https://www.justgiving.com/page/university-academy-long-sutton-2)

# UNIVERSITY ACADEMY LONG SUTTON



# UNIVERSITY OF LINCOLN

**Ambition / Inclusion / Integrity**

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**Principal: Mr L Davé**