UALS Newsletter

9 OCTOBER 2026



Upcoming Dates

Monday 12 October
Cross Country Hampton College 4:15pm
Wednesday 14 October
Whole School Flu Immunisations
Thursday 15 October
KS3 T1 Rugby 10am - 2pm
Friday 16 October
Cross Country PRSA 10am
Tuesday 20 October
Year 10/11 T1 Rugby Comp 10am - 2pm
Thursday 22 October
End of Term 1
Monday 2 November
Start of Term 2
Wednesday 5 November
Under 16 Girls Badminton UAH 10am
Monday 9 November
Under 16 Boys Badminton UAH 10am

Key topics...

Update from the Principal

X Country Race

School Flu Immunisations

International School Award

Black History Month

Personal Development

Year 11 Careers

Year 8 Royal Navy Careers

Mr Ratcliffe is running the London Marathon

Arbor Parent App Reminder

Year 9 Parents' Evening

Principal's Update



As we reach just over the halfway point of the term, I wanted to take a moment to reflect on what has been a busy and positive few weeks across our school community.

It has been wonderful to see our pupils continuing to grow in confidence, engage enthusiastically with their learning and demonstrate our school values each day. There have been many achievements to celebrate, both inside and outside the classroom, and I am incredibly proud of the effort and commitment shown by our pupils.

Our staff have also been working hard to provide exciting learning opportunities and experiences for all our children. Thank you to them for their continued dedication and care.
I would also like to thank our parents and carers for your ongoing support.

The partnership between home and school plays such an important role in helping our children succeed, and we greatly appreciate everything you do to support their learning and wellbeing.

As we look ahead to the second half of the term, there is plenty more to look forward to. We encourage all our pupils to continue working hard, making the most of every opportunity and taking pride in their achievements.

Thank you, as always, for being such an important part of our school community. I look forward to sharing more successes and memorable moments with you over the coming weeks.

Mr S Alam
Principal

X Country Race at Crowland

We were delighted to take part in the first race of the South Lincolnshire Schools Cross Country competition at Snowden Playing Fields.

Our pupils showed fantastic determination, resilience and team spirit as they took on challenging distances across the different age groups:

Year 7/8 Boys: 2.5km
Year 7/8 Girls: 2km
Year 9/10 Girls: 2.5km
Year 9/10 Boys: 4km

It was wonderful to see so many of our pupils representing the school with such enthusiasm and commitment. A huge well done to everyone who took part and gave their very best effort. We are incredibly proud of you all!





UNIVERSITY ACADEMY
LONG SUTTON

PUPILS | FAMILIES | COMMUNITY

A brighter tomorrow starts here...

FLU IMMUNISATIONS

Protecting our school community

TAKING PLACE ON

WEDNESDAY 14TH OCTOBER

FOR ALL YEAR GROUPS

FLU CAN BE SERIOUS

The flu vaccine helps protect you, your friends, family and our school community. It reduces the risk of catching flu, and if you do, it can make your symptoms milder.

- HELPS PROTECT YOU FROM FLU
- KEEPS OUR SCHOOL COMMUNITY SAFER
- REDUCES THE SPREAD OF FLU
- HELPS YOU STAY HEALTHY AND ATTEND SCHOOL

IF YOU HAVE **NOT YET CONSENTED**

please use the link below to give your consent:

https://www.manage-vaccinations-in-schools.nhs.uk/consents/cyh3CPhsYG/flu/start

Thank you for your support!

A Bigger Brighter World for our pupils

Humanities & MFL
Working Together for a More Global Future

BRITISH COUNCIL
International School Award
Foundation Level

We are proud to announce that **University Academy Long Sutton** has achieved the British Council **International School Award – Foundation Level!**

A fantastic achievement!

Why is this important?

The award recognises schools that are developing an international dimension to their education, helping pupils to understand the world beyond their local community and preparing them to be curious, respectful and globally aware citizens.



Different places



New perspectives



A more connected world

"The world is a book and those who do not travel read only one page."
– St Augustine

What did we do?

Throughout the year, Humanities and MFL have worked together to:

- Explore different countries, cultures and communities
- Develop pupils' understanding of language and communication
- Build international perspectives into our curriculum
- Encourage pupils to appreciate different cultures and viewpoints
- Explore global issues and our responsibilities as global citizens
- Encourage curiosity about the wider world and life beyond our local community

How does it link to our curriculum?

- **History** – exploring different societies, people and perspectives
- **Geography** – understanding places, environments and global challenges
- **Citizenship** – considering global issues and our responsibilities
- **MFL** – learning languages and discovering new cultures
- **Working together** – combining knowledge, language and culture to give pupils a richer understanding of the world

The impact on our pupils

- Greater curiosity about the world
- A deeper understanding of different cultures
- Confidence in discussing global issues
- Respect for different perspectives
- Skills for life, work and an increasingly connected world

Global minds brighter futures

What next?

This is just the beginning! The Foundation Award gives us a **great platform to** continue developing our international work and to work towards the next level of the International School Award.

Onwards to even greater things!

"Education is the most powerful weapon which you can use to change the world."
– Nelson Mandela

HUMANITIES + MFL = OPENING THE WORLD TO OUR PUPILS

BLACK HISTORY MONTH
2026 SCHOOL COMPETITION

Honouring Our Communities



Who has helped shape Britain?



Create a ONE-PAGE information sheet or poster celebrating a Black person.

Choose someone from history, someone making a difference today, or someone from your own community.

- **WHO** are they?
- **WHAT** did they do?
- **WHY** did it matter?
- What **IMPACT** have they had?

Include their connection to Britain and why we should celebrate them.



EVERY ENTRY EARNS ACHIEVEMENT POINTS!

Prizes for 1st, 2nd and 3rd place



DEADLINE: THURSDAY 22 OCTOBER

Last day of half term

Hand your entry to Miss Tarry in Hu01 or any History or Geography teacher.

Include your name, year group and form.
Winners announced in the first week back after half term.

Choosing someone you know? Ask permission before including their photograph or personal information.

HISTORY REVISION SESSIONS

REVISE
PRACTISE
IMPROVE
SUCCEED

PEOPLE
PLACES
EVENTS
IDEAS

EVERYONE WELCOME!

SAME SUBJECT. DIFFERENT FOCUS. BOTH BRILLIANT!

MONDAY LUNCHTIMES

WITH MISS WELLS
IN **Hu5**

MAINLY CONTENT REVISION

- Go over key topics
- Fill any gaps
- Use knowledge organissers
- Build your confidence

WEDNESDAY LUNCHTIMES

WITH MISS TARRY
IN **Hu1**

EXAM SKILLS

- Practise exam questions
- Learn how to structure your answers
- Get expert tips and feedback
- Build exam confidence

CAKES / TREATS WILL BE AVAILABLE!

PAST
PRESENT
FUTURE

SAME HISTORY. BRIGHTER FUTURES.

Personal Development at UALS

Welcome to our PD Newsletter for Term 1. PD stands for Personal Development, and during our Personal Development sessions we cover RSHE (Relationship, Sex and Health Education) as well as SMSC (Spiritual, Moral, Social, Cultural).

Each term, we will endeavour to send a breakdown of the lessons that we are going to be covering. If you would like to see the lesson material for each lesson, please send an email to enquires@uals.org.uk, and we can arrange this for you.

Year 7

This Term, the topic that Year 7 are covering in PD is 'Managing Change and Transition'. As part of this, they are going to cover the following lessons –

Lesson 1 – Thriving in Secondary School
Lesson 2 – Goal Setting
Lesson 3 – Managing Emotions
Lesson 4 – Managing Distractions
Lesson 5 – Developing Positive Thinking Habits
Lesson 6 – Rumination and Worry
Lesson 7 – Managing Tension and Stress
Lesson 8 – Social Media

Year 8

This Term, the topic that Year 8 are covering in PD is 'Health and Wellbeing'. As part of this, they are going to cover the following lessons –

Lesson 1 – Making Healthier Choices
Lesson 2 – Dental Health Success
Lesson 3 – Maintaining Dental Health
Lesson 4 – Being Active
Lesson 5 – The Sleep Factor
Lesson 6 – Climate Change and Wellbeing
Lesson 7 – Navigating Different Views
Lesson 8 – HPV

Personal Development at UALS

Year 9

This Term, the topic that Year 9 are covering in PD is 'Mental Health and Wellbeing'. As part of this, they are going to cover the following lessons –

Lesson 1 – Managing Strong Emotions
Lesson 2 – Managing Distractions
Lesson 3 – Managing Disappointments and Setbacks
Lesson 4 – Unhealthy Coping Strategies
Lesson 5 – Healthy Coping Strategies
Lesson 6 – Body Modifications Influences and Self Expression
Lesson 7 – Stress and Response
Lesson 8 – Changing our Stress Response

Year 10

This Term, the topic that Year 10 are covering in PD is 'Independence, Health Choices and Wellbeing'. As part of this, they are going to cover the following lessons –

Lesson 1 – Study Skills for KS4
Lesson 2 – Making informed choices
Lesson 3 – Making decisions about being active
Lesson 4 – Menstruation Matters
Lesson 5 – Blood and Organ Donation
Lesson 6 – Testicular Cancer
Lesson 7 – Breast Awareness
Lesson 8 – Breast Cancer Signs, symptoms and self-examination

Year 11

This Term, the topic that Year 11 are covering in PD is 'Drugs and Personal Safety'. As part of this, they are going to cover the following lessons –

Lesson 1 – Assessing Risk
Lesson 2 – Managing Influence
Lesson 3 – Help Seeking
Lesson 4 – Gangs – How it might start!
Lesson 5 – Risks and Consequences of belonging to a gang
Lesson 6 – Getting out of a gang
Lesson 7 – Looking out for each other
Lesson 8 – What's the problem with vaping?

Year 11 Careers

It has been a fantastic start to the academic year for Careers at University Academy Long Sutton, with pupils enjoying brilliant opportunities to meet employers, explore Post-16 choices and discover where their interests could take them in the future.

Year 11 – Engineering in Action

In September, our Year 11 Engineering pupils headed out of the classroom for a fascinating visit to Guttridge Engineering. Pupils enjoyed a behind-the-scenes tour of the factory, saw technical machinery and manufacturing processes in action, and discovered more about the wide range of careers available within engineering.
It was great to see pupils asking questions, getting involved and making connections between what they learn in school and how those skills are used in a real workplace.





Year 11 – A Taste of Sixth Form Life

Year 11 pupils also enjoyed an A Level Taster Morning at University Academy Holbeach (UAH), giving them the chance to experience what life as a Sixth Former could be like.

During the morning, pupils sampled Maths, English, History and Geography, alongside new subjects including Law, Politics and Sociology. They also explored the Sixth Form facilities and spent time in the common room, experiencing the more independent atmosphere of Sixth Form.
It was a really positive morning and a great opportunity for pupils to start thinking about their next steps after Year 11.

SAVE THE DATE: UAH Sixth Form Open Evening – Wednesday 4 November, 6.00–8.00pm

Year 8 Royal Navy Careers Day

Our Year 8 pupils had a fantastic day when the Royal Navy visited UALS, bringing careers to life through a mixture of information and hands-on challenges.

The day began with an assembly introducing pupils to the huge variety of careers available in the Royal Navy. Pupils then got stuck into a practical communication and teamwork challenge, working together to build satellite communication towers.

There was lots of enthusiasm, problem-solving and teamwork throughout the day – and some impressive finished towers! Pupils also had plenty of questions and were particularly fascinated by life aboard a submarine and what it takes to fly helicopters in the Royal Navy.







MR RATCLIFFE IS RUNNING THE LONDON MARATHON!

25 APRIL 2027

RUNNING FOR
YOUNG LIVES VS CANCER



PLEASE DONATE

SCAN THE QR CODE TO SUPPORT THE FUNDRAISER

Arbor Parent App

SIMPLE | SECURE | CONNECTED

Everything you need in one place

Stay informed
Support your child
Succeed together

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STAY CONNECTED WITH YOUR CHILD'S SCHOOL

View attendance
Check your child's attendance in real time.

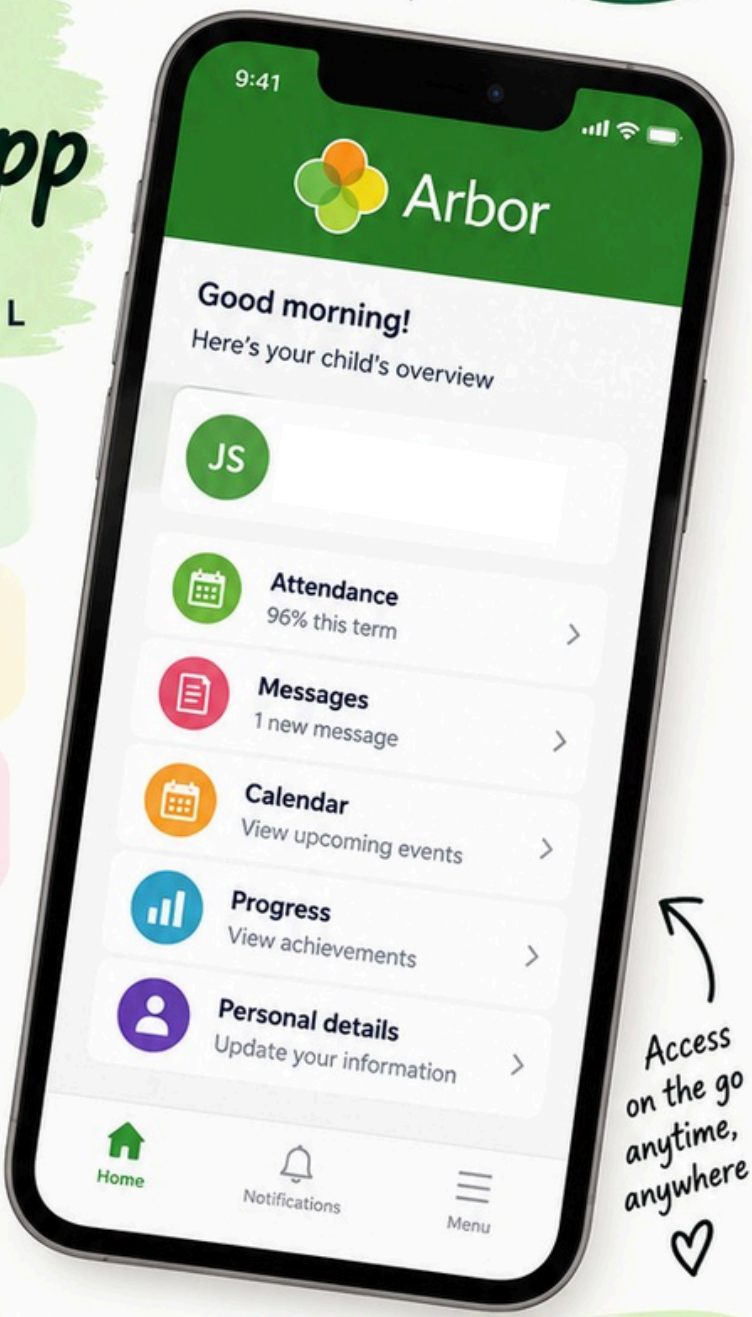
See important information
Access letters, messages and school updates.

Keep track of key dates
View term dates, events

Monitor progress
See achievement and behaviour updates (where applicable).

Update your details
Keep your contact information up to date easily.

Receive notifications
Get important alerts and messages straight to your phone.



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COMMUNICATION | COMMUNITY | BRIGHTER FUTURES

UNIVERSITY ACADEMY
LONG SUTTON

A brighter tomorrow starts here...

PUPILS | FAMILIES | COMMUNITY



REMINDER

YEAR 9 PARENTS EVENING

WEDNESDAY
25TH NOVEMBER 2026

SchoolCloud

ONLINE VIA
THE SCHOOLCLOUD

A letter will be sent next term so you can sign up to your appointments.

We look forward to seeing you there

AMBITION
BE THE BEST WE CAN BE

INCLUSION
A PLACE FOR EVERYONE

INTEGRITY
DO THE RIGHT THING

TOGETHER WE THRIVE

GCSE & A LEVEL

TRAMPOLINE

PRACTICAL & THEORY SESSIONS



Starting November 2nd

ABBEY HIGH FLIERS
TRAMPOLINE & DMT CLUB

MONDAYS
7.30–9pm

Unit 11 Avalon Business Park
Kirton PE20 1QR

Book your place at

www.abbeyhighfliers.com

SPALDING GIRLS RUGBY

U12-U18 Yr6-College

All abilities encouraged

Truly a sport for all shapes and sizes

An empowered family atmosphere

Qualified and experienced coaches

Contact and non contact pathways







JOIN THE HERD

Tuesdays: 6.30-8.00

Sundays: 10.30-12.00*

(*Match dependant)

WISBECH SWIMMING CLUB

WISBECH

Ready to take your swimming to the next level?

Why not come and join our fantastic club?

For more information please see overleaf

Swim England East Region

SwimMark