

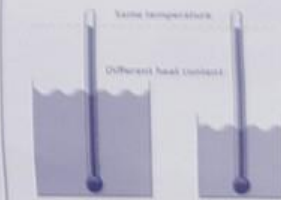


NPL
National Physical Laboratory

How hot is it?

The temperature of an object is a measure of how hot or cold it is. The metric unit of measurement for temperature is the degree Celsius (°C). The absolute temperature scale is called the kelvin (K).

Heat is the amount of thermal energy an object contains, measured in joules (J).



An accurate measurement of temperature is vital for many scientific experiments. Before making a measurement, it is important to calibrate the thermometer.

Thermometers have a measurable property that changes with temperature. Scientists first check how the property varies with temperature and calibrate the thermometer so it reads correctly at some standard temperatures. For example, at the freezing temperature of water (0 °C).

Type of thermometer	Measurable property	Temperature range	Features
Industrial glass	Thermal expansion of the liquid	-100 °C to +600 °C	Low cost
Medical	Electrical resistance	-20 °C to +400 °C	More accurate
Thermocouple	Voltage generated by the junction of two different metals	-200 °C to +1800 °C	Wide range and fast response
Infrared	Intensity of infrared radiation emitted by an object	-50 °C to +1000 °C	No need to touch the object

Did you know?
The National Physical Laboratory (NPL) has made the most accurate thermometer ever, which works by measuring the speed of sound in a gas. Its calibrations will give the world's most accurate temperature measurements.

NPL
National Physical Laboratory

What is sound?

Sound waves are created when an object vibrates. The vibrations travel through the surrounding medium (it is the air particles). These vibrations, called **sound waves**, are detected by a receiver (our ears). Particles in the medium do not travel the full distance between source and receiver but vibrate about the rest position as the wave passes by. In a way it is like a tennis ball passing through a football crowd - the supporters do not travel around the stadium but the wave does.



Sound waves travel through different materials - solids, liquids or gases - but not through a vacuum, as there are no particles to vibrate. The sound wave can be plotted, with the x-axis representing time and the y-axis the variation in pressure (as the particles are compressed and decompressed by the passing wave).



The frequency of the wave are perceived by our ears as the frequency of the sound is the number of cycles per second. It is measured in Hertz (Hz). Increasing the frequency of the wave increases the pitch that we hear.

Our ears can hear sounds with frequencies between 20 Hz and 20,000 Hz. The upper frequency limit is called the **ultrasound** range. Some animals, such as bats, can hear much higher frequencies. Some insects, such as bees, can hear much lower frequencies.

Sound is a longitudinal wave. It is a disturbance that travels through a medium, carrying energy. Sound is a mechanical wave, which requires a medium to travel through.

The National Physical Laboratory (NPL) accurately measures sound in air, at sea level, and even through water. It also measures sound in solids (such as ultrasound scans), and a range of other materials.

www.npl.co.uk

Cleaner – 15 hours per week (14.30 to 17.30)



Job Description

Job Specification – Cleaner

Hours: Daytime 3 hours Per day 14.30pm till 17.30pm, Monday to Friday Term time plus 10 days

To Whom Responsible

- To the Estate and Facilities Team for day to day domestic and technical matters.
- To the Business Manager for Conditions of Service, Grievance and Disciplinary Procedures.
- To carry out the reasonable instructions of the Estate and Facilities Team , Business Manager or designated alternative.

Duties

- Cleaners are to work specified hours as and when required by the College. This may include times during school holidays. A cleaner may be required to carry out any of the following tasks as directed.

Security

- Close and lock windows.
- Lock internal doors as directed.
- Inform the Estate and Facilities Team of any broken furniture which needs to be removed.
- Report to Estate and Facilities Team any defects likely to affect security, i.e. broken windows, window catches, door locks etc.

Cleaning

- Carry out cleaning duties as required by the Estate and Facilities Team, Business Manager or designated alternative.
- This may include sweeping, washing, polishing, dusting and internal glass cleaning.
- Cleaners may be required to use mechanical cleaning equipment when required, after appropriate training.
- Using non-mechanical equipment i.e. brushes, mop sweepers, mops, buckets, etc.
- Use of cleaning materials as specified and directed by the Estate and Facilities Team .
- Cleaning duties may be in any area of the premises.
- Cleaners are responsible for cleaning the equipment used.

Holiday Cleaning

- During College closure cleaning duties will include any reasonable cleaning duty that may be required.

Health & Safety

- To be aware of own responsibility for personal Health and Safety and to be aware of the location of First Aid boxes and the need to record in an accident book all injuries.
- Cleaners are required to use the protective clothing provided.
- Cleaners should always wear shoes suitable for the work being carried out.
- Suitable equipment is to be used and reasonable precautions taken.
- Report to Estate and Facilities Team any unsafe furniture or structural defect.
- Report to Estate and Facilities Team any cleaning equipment found to be faulty.
- Use warning signs as appropriate.

Training

- Appropriate training in the use of cleaning equipment will be provided.

Administration

- Cleaners are to sign in on arrival and when leaving.

Wellbeing

Ensure all pupils have equal access to learning using appropriate strategies and resources, where necessary.

Liaise with pastoral staff members to ensure the wellbeing of pupils and their full participation in school life.

Raise any concerns regarding pupils' behaviour with the relevant Raising Standards Lead.

Implement any specific arrangements for individual pupils, ensuring that relevant staff members are aware of the measures in place.

Provide individual pastoral support to pupils, where necessary.

Continuously motivate and challenge pupils, whilst promoting and reinforcing self-esteem.

Safeguarding

To have the ability to safeguard and promote the welfare of children and young people.

Appreciate the significance of safeguarding and interprets this accurately for all individual children and young people whatever their life circumstances.

To have a good understanding of the safeguarding agenda and can demonstrate an ability to contribute towards a safe environment.

The ability to converse at ease with members of the public and provide advice and information in accurate spoken English is essential for the post.

Variation Clause

This job description will be reviewed and updated periodically in order to ensure that it relates to the job performed or to incorporate any proposed changes. This procedure will be conducted by the Headteacher or line manager in consultation with the post-holder. In these circumstances it will be the aim to reach agreement on reasonable changes but if agreement is not possible management reserves the right to make changes to the job description following consultation.

		Met	To be addressed by
Education and Qualifications	<ul style="list-style-type: none"> • Willingness to continue to develop own expertise (evidenced through continuing professional development). • Appropriate qualifications, experience and any other requirements needed to perform the role in relation to safeguarding and promoting the welfare of children and young people. 		Application
Commitment	<ul style="list-style-type: none"> • Committed to inclusive education. • A belief in the value of individuals and that every child genuinely matters. • Relevant person and professional development • Working in an environment where experiences included taking initiative and self motivation • Working as a member of a team 		Application/Interview
Personal Qualities	<ul style="list-style-type: none"> • Humble by: • accepts praise and praises the team, apologising immediately when necessary; • uses good manners, humour appropriately and allows others to speak and be heard; • shows a willingness to model what the team has agreed. • Intuitive by: • actively listens and maintains good eye contact; • pays attention and remembers the detail; • chooses the time and method of communication to suit the circumstances to build positive relationships. • Passionate by: • being solution focused and uses positive language 		Application / Interview

Select from the buttons below...

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Headteacher](#)

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our staff](#)

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Welcome from the Headteacher



“At Abbey College, Ramsey, we believe in **creating an extraordinary** workplace, where your growth, both personally and professionally, is paramount.

We’re committed to your development and offer an extensive programme of CPD and development activities. We’ve earned the **Early Career Development Quality Mark** underlining our commitment to excellence and offering exceptional frameworks that support our teachers in their early years.

We know that our children **only get one chance** at school. Our mission is to provide high-quality education and ensure the best possible opportunities for our students.

If you’re ready to make a real impact on young lives and be part of a supportive community, **we invite you to join us.**”

Mr Andy Christoforou



About Abbey College, Ramsey

Select from the buttons...

Explore the College



The College virtues



Our Ofsted success



Click the home icon to go back to the start 

Your new workplace

Explore the college...

Explore our school's prime location, nestled beside the **historic Ramsey Abbey building** amidst its picturesque countryside.

Despite our tranquil setting, we're just 20-25 minutes from **bustling cities** Peterborough and Huntingdon. Plus, thanks to our **prime location** near the A1 motorway, you can reach **Cambridge** in just 40 minutes and **London** is a swift 45 minutes from the **Peterborough** train station.

Join us in **Ramsey**, where the blend of historic charm, urban accessibility and natural beauty creates **an ideal setting for educators to thrive**.



CLICK [HERE](#) FOR A STUDENT-LED TOUR

[About Abbey College, Ramsey](#)



THE RAMSEY ABBEY



PRIME LOCATION



PICTURESQUE SETTING



Our virtues

Introducing Abbey College Spirit

At the core of our community lies our **Spirit**; a dynamic set of virtues that define who we are and **how we thrive together**.

We invite **every** member of our school community to work towards these values. Students are **recognised** and **rewarded** when they demonstrate the virtues, both within the wider school and in the community. Throughout Key Stage 3, students have the opportunity to earn **bronze, silver, and gold awards**.

You have the chance to **impart these values**, ensuring our **students** wear their badges with **pride** when receiving them.

[About Abbey College, Ramsey](#)

SPIRIT
HUMILITY

We practice praise, good manners and appropriate humour, whilst embracing collaboration with diverse individuals. We celebrate difference, take responsibility for our actions, and support each other.

SPIRIT
INTUITION

We consider the impact of our actions on others. We listen to others and provide constructive feedback, while diligently seeking, reflecting upon, and acting upon advice.

SPIRIT
PASSION

We use positive language and go above and beyond. When faced with challenges, we take proactive measures with determination. We show pride in our work, our school, and our community.



Our Ofsted success

Click each button to see videos of how our school showcases aspects of our 'Good' Ofsted rating



[The quality of education](#)

[Behaviour and attitude](#)

[Personal development](#)

[Leadership and management](#)

[Sixth-form provision](#)

[Read the full report](#)

[About Abbey College, Ramsey](#)



Staff testimonials

Read about our staff member's career journeys with us by selecting their photos....



GABRIELLE, LEAD LEARNER
FOR RE



KAREN, TEACHER OF
CATERING AND PSYCHOLOGY



GEORGINA, HEAD OF ART AND
DESIGN



JOHN, LEAD LEARNER FOR
HISTORY



FIONA, RAISING STANDARDS
LEAD



DOMINIC, MATHS TEACHER

[Hear from our staff](#)



TO SEE OUR OFSTED-
APPROVED BEHAVIOUR
SYSTEM IN ACTION...

[CLICK HERE](#)

“Abbey College, Ramsey is a **vibrant community** where **mutual respect, tolerance, and a love for learning** are all embraced. As Head of Moral and Spiritual Education, I am proud to contribute to encouraging these **virtues** in students. Throughout our curriculum, we prepare students for life in a multicultural society.

“What **sets Abbey College apart** is its **strong behaviour system** which encourages educators like me to focus on teaching and students to **thrive** in a **structured, calm environment**. For people thinking of joining, I advise you to embrace the behaviour policy, enjoy the routines, and **never hesitate to ask any questions**.

“As a former student myself, the college has a **special meaning for me**. I returned because of its **supportive environment** and the opportunity to give back to a community that has helped **shape me into the teacher I am today**.

[Hear from our staff](#)



“As a Lead Learner for History, I ensure the **highest possible standard of history education** through engaging and purposeful activities embedded in our lessons, within a **diverse and challenging curriculum**.

I enjoy **collaborating with my team**, whether it's over a cup of tea or through our departmental Teams chat. This serves as an invaluable platform for sharing ideas, resources, and of course, the occasional amusing History-related meme!

Seeking to broaden my experience and with **the goal of progressing my career** into senior leadership, I was drawn to Abbey College. The school has since provided excellent support in **my professional development**, including funding for a middle leadership course run by the Historical Association, a year-long role as HPA co-ordinator, an NPQ in senior leadership, and through the network of other History teachers within schools across Meridian Trust.

The supportive environment at Abbey College makes it a **truly special place to work**. I highly recommend staff members who join the school see the brilliant work happening in classrooms on a daily basis. It's a brilliant way of gaining inspiration and new ideas.”

Read about our

[TRAIN-TO-TEACH SCHEME](#)

[Hear from our staff](#)



[CLICK TO SEE A DAY IN THE LIFE OF
OUR SCHOOL WELL-BEING DOG!](#)



“I’ve found an **incredibly supportive** environment at Abbey College, Ramsey. The school’s strong senior leadership team encourages a sense of community through their **open-door policy** and **approachable manner**. They’ve not only recognised skills and experience but have provided **ample opportunities to grow** and explore my interests within the school. From starting as a support staff member to transitioning into teaching, Abbey College has supported **my professional development** every step of the way, offering courses and mentorship to help me excel.

One of the most **rewarding** aspects of my role has been witnessing the **success stories** of our students. Abbey College truly prioritises **student well-being and shows genuine care** to its educators and students alike. It’s a place where ideas are shared freely, and everyone **works together** towards **academic excellence and personal growth.**”

[Hear from our staff](#)



“My role as a Maths Teacher is both challenging and incredibly rewarding. Situated in a **beautiful rural setting**, the school prioritises a **disruption-free learning environment**. This has been achieved by robust student policies and a dedicated support team.

Abbey College encourages a **collaborative environment** with regular informal check-ins and time for observing other lessons. Thanks to our **innovative and powerful management strategies**, the atmosphere throughout the school feels calm and focused, contributing to a **positive and productive learning experience for all**.

I particularly value the opportunities for **professional development** and the support provided by colleagues and senior leadership. The school’s commitment to staff is evident in the **flexibility and variety** of continuous professional development options available. I have greatly benefited from this support, which has helped me pursue my professional interests.

Joining Abbey College has been a **rewarding experience**. Its unique environment and policies, the support from colleagues, and the school’s commitment to its staff make it easy to develop your career in the direction **that best suits you.**”

[Hear from our staff](#)



“From the **picturesque location** to the **professional development opportunities**, Abbey College offers an environment where **students and educators alike flourish**.

Through our CPD programme tailored to individual needs, everyone has the opportunity to continuously grow within their subjects and refine their skills to deliver the best possible education. Whether just beginning a career or further along the path, the school’s selection of programmes enables every staff member to **reach their full potential**.

Teaching at Abbey College means being part of a culture that celebrates **passion and achievement**, with **rewarding opportunities** like one of our students’ artwork being showcased at the Royal Academy in London and our **Offers and Opportunities Programme (OOP)** that encourages staff and students to embrace their hobbies. Our community-driven ethos makes us feel valued and empowered to contribute to the school’s success.

Abbey College is like home. It’s a supportive community where **no one feels alone** on their educational journey.”

[Hear from our staff](#)

[Watch more about our](#)

OFFERS AND OPPORTUNITIES

[programme here](#).



“
What drew me to Abbey College, Ramsey was the chance to **make a real difference** in the lives of Year 6 students as they take their first steps in secondary school.

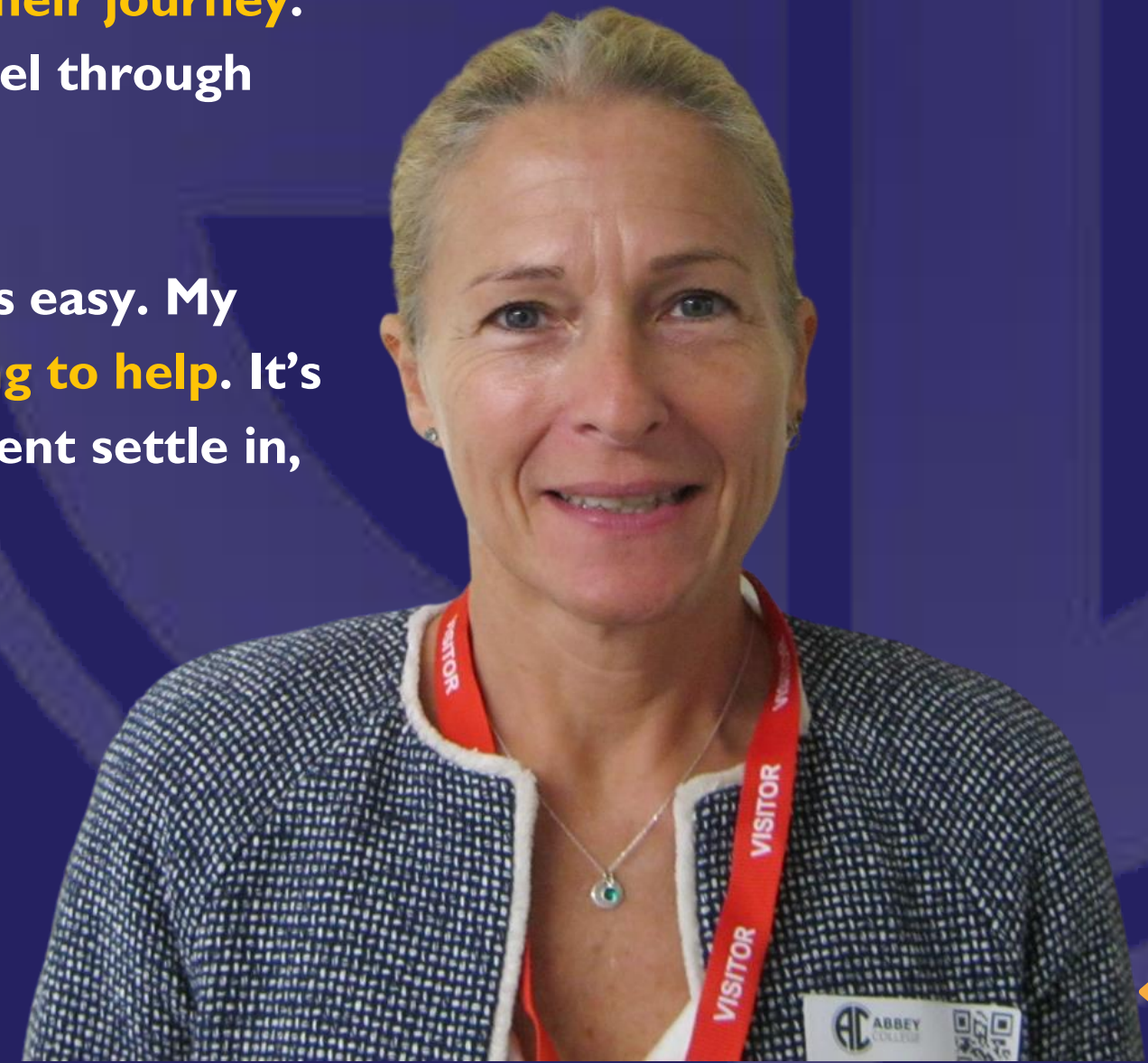
My role is to **guide these students** through their exciting, yet daunting transition. I am committed to providing each student with **more than just academic knowledge**; my goal is to **nurture their confidence, resilience, and sense of self as they embark on their journey**.

Being part of a student's growth and witnessing them succeed as they travel through school is so fulfilling.

The college is truly **welcoming**, where **collaboration** across departments is easy. My colleagues and the senior leadership team are approachable and always **willing to help**. It's incredibly **rewarding** to leave work knowing that I've helped a once-shy student settle in, make friends and **embrace new experiences**.

To continue, return to the contents page by clicking the home icon below.

[Hear from our staff](#)



Wellbeing for our team

[FIND OUT MORE ABOUT
JASPER, OUR WELLBEING DOG](#)



Opportunity to share feedback
with leadership team



Devised marking policy to help
manage workload



Increased department time and
personalised CPD programme



Wellbeing time with option to
leave early every fortnight



Assistance programme with
mental health first aiders



Dedicated behaviour team and
wellbeing committee

[Wellbeing & Employee Benefits](#)



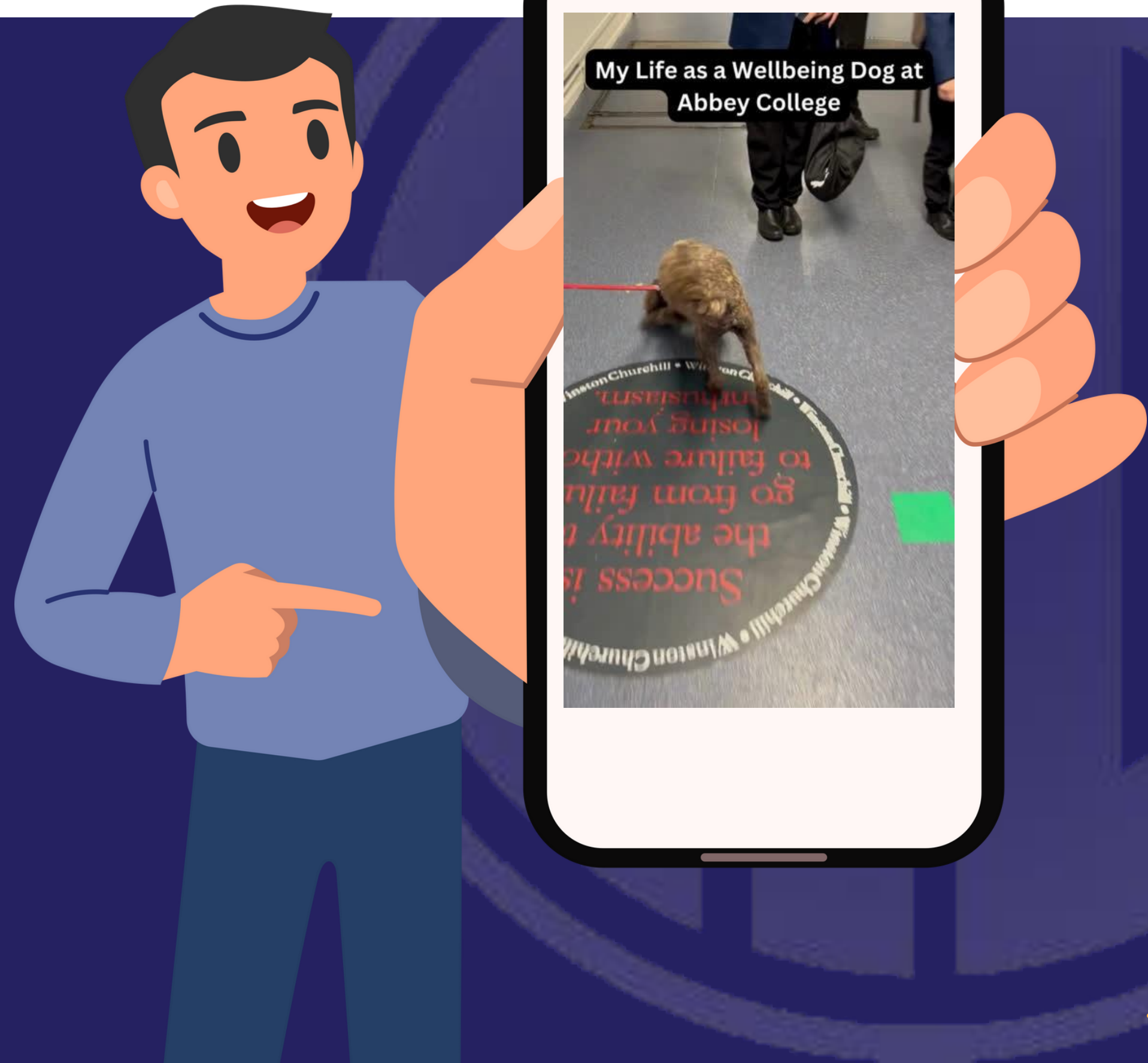
Wellbeing for the whole school

Jasper, our wellbeing dog is a dedicated member of our welfare team.

He shows how our school encourages a positive and supportive environment in a few ways.

**CHECK OUT A DAY IN THE
LIFE OF JASPER, OUR
WELLBEING DOG...**

[Wellbeing & Employee Benefits](#)



Empowering the next generation of educators

Our Train to Teach scheme

Our school is committed to nurturing talent.

We are proud to work with a number of local training providers such as **The Cambridge Partnership, The University of Bedford and the Active Learning Trust** which are all designed to equip aspiring teachers with the necessary skills and knowledge to flourish in a rewarding and challenging career.

Train to Teach



Experience excellence firsthand

Visit us...



CALL US:

01487 812352



EMAIL US:

office@abbey.college



LOCATION:

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Cambridgeshire, PE26 1DG

