

OACf - Newsletter 8



*Don't
wish
for it.
Work
for it.*

Friday Five Surprise

Each Friday the student that receives the most praise each week is awarded Friday Five Surprise. The winner receives chocolates P5 on a Friday to share with the entire class. We've now extended this to 3 students each Friday. Students have loved the experience of winning and also sharing with their classmates.



Congratulations ...

We have achieved the school games silver mark award for the 2021/22 academic year. We are extremely proud of our students dedication to all aspects physical activity and the hard work of our P.E staff [#proud](#)



Cricket trip

42 students and 6 members of staff enjoyed the Vitality Blast 2020 cricket game between Yorkshire Vikings and Worcestershire Rapids. The Vikings were victorious by 7 wickets. Students managed to get on the big screen, several autographs and had a wonderful time. Keep your eye out for our next PE outing in 2022/2023.



We have reached the last half term of the year and we are now entrenched in the exam season. Year 11 have been brilliant and have shown great maturity and responsibility in their actions and habits.

As a community we have celebrated Easter, Eid and we received our Ofsted report. A huge thank you to all those who have been involved and future thanks to all those who will be supporting us in the future. We continue to strive everyday for quality first education for all. While there have been days when, due to staffing, this has not always been possible we make every effort to make sure students are safe and can seek support from an adult if they need it.

Below is a small selection of all the wonderful things that have happened so far this half term. There are many more events coming up in the next few weeks so please follow us on facebook and twitter, and keep checking Xpressions for the updates.

Published authors

Twisted Tales was a short story competition to be written from the point of view of 'the villain'. Thousands of stories, from all over the UK, were submitted and only 180 stories were published. Jack North (Y8), Ellis England (Y8) and Aqsa Hussain (Y7) were 3 of the winning entries! A copy of their book is available to read in the library. Congratulations to our newly published authors!



Bike ability

Over 40 students have taken part in Bike Ability and achieved either Level 2 or Level 3. More places are available to Y7 and Y8 students in the new academic year. Why not come along to our cycle club in the Summer term?

Safeguarding & Wellbeing

We all experience and talk about mental health differently. But we aren't always listened to.

If this speaks to you, speak to us.
mind.org.uk/speaktomind



Mental Health
Awareness Week

9 - 15 May 2022

#IveBeenThere



Student Mental Health Ambassadors

Students have now completed their enrollment forms to be Peer Mentors and Mental Health Ambassadors.

These students are keen to share their learning around mental health and advertise the importance of self-care.

They will have a responsibility for leading and promoting wellbeing throughout school, they will drive the message forward, alleviating the stigma around talking about challenging feelings and encouraging people to talk.

Mental Health Ambassadors provide feedback on what's working well and highlight any gaps in whole-school approaches to wellbeing.

Their training begins next term.

Help and advice on how to cope with loneliness and improve your mental health

1. Try to do some enjoyable things that will keep you busy
2. Try to do things that stimulate your mind
3. Think about doing a physical activity
4. Try to engage with the people you meet in your daily life
5. Find people that 'get you'
6. Spend time with pets
7. Try to use social media in a positive way
8. Talking therapies can help



How to support other people who are feeling lonely

1. Don't judge or stigmatise
2. Try to make groups welcoming to other people
3. Try to listen and show understanding

We can all have feelings, or go through experiences, that can be hard to deal with. But if these feelings and experiences last for a long time, or get worse, it can be really scary and upsetting. Use the **Helpful Links** below to help you understand what's happening, how to cope and how to get help.



National Wellbeing Resources

every mind matters



Wakefield
Safeguarding Children
Partnership



PAPYRUS
PREVENTION OF YOUNG SUICIDE



Anti Bullying

**CHOOSE
KIND**

STUDENTS SAID:

Sometimes they don't feel like they can speak directly to an adult

ACTION:

An anonymous box to drop any worries or concerns is being placed in each dining room

STUDENTS SAID:

Sometimes boys make inappropriate comments to girls and girls make inappropriate comments to boys

ACTION:

Group interventions now take place where this has become an issue. Harmful sexualised behaviours are taught in each year group in an age appropriate context.

As an Academy we take bullying seriously.

Students, parents and carers should be assured that they will be supported when bullying is reported.

Bullying will not be tolerated in our Academy.

Student Voice is an important part in making sure we deal with bullying effectively.

Over the past year we have listened carefully to the things students have told us about bullying and how it is dealt with.

Most students told us that they felt safe in school and bullying is not an issue.

Some students identified things we can improve on - we have listened carefully to this feedback.

STUDENTS SAID:

Sometimes we think teachers don't take "banter" seriously

ACTION:

Training for teachers and students from the Anti-bullying Alliance, and specific lessons for all regarding banter and its impact.

STUDENTS SAID:

We don't always want to talk to our Learning Managers

ACTION:

2 new pastoral support officers are now in the Academy - Miss Hardisty and Mrs Khan. Peer Ambassadors are being trained to support students in school.



HOW TO DEAL WITH CYBERBULLYING on your phone

Before you...



THINK!

T - Is it true?

H - Is it hurtful?

I - Is it illegal?

N - Is it necessary?

K - Is it kind?

Don't reply to any message

Reply to this message ➡

Keep messages you have been sent so you can show someone (screenshot etc)

SAVE

Don't answer any calls from withheld or unknown numbers

No Caller ID

In extreme circumstances change your number

If you change your number be careful who you give it to

CALL YOUR LOCAL POLICE 101

Contact the police

Use the report button on the app

REPORT ABUSE

TELL AN RESPONSIBLE ADULT

OACf - Community Update

This section of the newsletter promotes what is happening in our community. If you would like to showcase something for the community please let enquiries know.

!Boxercise Fitness Fun! FREE Female Only Classes in Eastmoor



St Swithun's Community Centre
Wednesdays 4.30-5.30pm
Women & Girls 12+
To book email: paula@familyfituk.com



Mayor's Safer
Communities Fund

GET INTO RETAIL WITH M&S

An exciting way to get into the world of retail! Complete 4 weeks of extremely valuable work experience in a Marks & Spencer store, and have the opportunity to secure a paid role with M&S!

On this 4 week programme you'll:

- Gain in-depth training in the retail industry by completing work experience with M&S (won't affect your benefits).
- Stores participating: Wakefield, Pontefract, Leeds, Leeds White Rose, Pudsey and Bradford The Broadway
- Opportunity to gain a fixed term contract with M&S upon successful completion of the programme!
- Learn about stock rotation/control, good customer service and sales skills.
- Improve your teamwork, communication skills, boost your confidence & interview skills.
- Travel expenses and lunch covered!

To find out more & sign up:
Email: recruitment@princes-trust.org.uk
Call: 01483 147827

DATES FOR YOUR DIARY:
Taster Day: 29th June 2022
Programme dates: Monday 3rd July - Friday 5th August 2022

Available free of charge to young people aged 16-24, not in full-time work or education, and within travelling distance of location.

START SOMETHING M&S

ASKHAM BRYAN COLLEGE

Prince's Trust TEAM

The Prince's Trust Team Programme

- Community Project
- Work Placement
- Career Planning
- Supporting Others
- Presentation skills
- Teamwork
- Planning for Progression

Start date - 30/5/22
End date - 19/8/22

- Confidence building
- Develop new Skills
- Nationally recognised Qualification

Are you aged 16-25 and looking for self-development?

Join the Prince's Trust TEAM programme and take part in a 12-week personal development course delivered at your local Prince's Trust team base and online.

You will get an opportunity to participate in an overnight residential, free of charge. You might be eligible for a £30.00 a week bursary based on your personal circumstances.

You must be 16 years of age as of 31st August 2021.

CONTACT Wakefield TEAM Leader
John and Catherine
At: 01924 874777
E: john.and.catherine@askham-bryan.ac.uk
www.askham-bryan.ac.uk

ASKHAM BRYAN COLLEGE

Your relationship Your family It's in your hands

If you are worried about your behaviour towards your partner and would like to change, help is at hand.

www.westyorkshire.police.uk/inyourhands

Respect

WEST YORKSHIRE POLICE

YSWN

Get creative with WIRED Music Technology Club for Girls

EVER WANTED TO HAVE A GO AT RECORDING YOUR OWN SONG? OR LEARN HOW TO MIX TRACKS?

JOIN US FOR THE WIRED CLUB: hands-on and fun workshops from May to July, led by experienced musicians using industry-standard music technology equipment and programmes.

Each musician will bring their expertise, and you'll get a chance to:

- Record and produce music
- Set up and use different equipment like microphones and pedals
- Use computer software to create beats, basslines and melodies
- Play with resonant frequencies, white noise and reverb techniques
- Explore analogue and digital synthesizers
- Learn about potential careers in the audio and music industry

And more!

WORKSHOP DATES:
Wednesday 18th May, running until Wednesday 20th July (no session 1st June)
TIMES: 6pm - 7.30pm
VENUE: Manygates Centre, 24-26 Manygates Lane, Wakefield WF2 7DQ
PLUS: Saturday 16th July 10am-4pm at a partner venue

FREE WORKSHOPS FOR 11 TO 18-YEAR OLDS

The Council's Money Smart service are working with WDH Cash Wise to provide a 'one-stop-shop' that can offer advice in a number of areas, including:

- Any state benefits you are claiming or may be entitled to, and, in particular, Universal Credit
- Mortgage payments
- Rent payments
- Payment of bills
- Debt
- Effective personal budgeting

This service is available to both homeowners and tenants.

To find out more, contact WDH's Cash Wise team by calling 01977 724651, emailing cashwise@wdh.co.uk or visiting the website [here](https://www.westyorkshire.gov.uk/cashwise).

G2H GRIEF TO HOPE

DROP IN CAFE FOR THOSE TRYING TO NAVIGATE THEIR WAY THROUGH BEREAVEMENT

LOFTHOUSE PARISH
CHURCH HALL
TUESDAYS 2-3PM
NO APPOINTMENT NECESSARY

Who's talking to your child online?

Who's making friends with your child online?

A five minute chat with your child about their online activity could save a lifetime of hurt

For help and advice:
www.westyorkshire.police.uk/yourchild
#YourChild

NSPCC

POLICE

Queen's Jubilee



Celebrate the Queen Platinum Jubilee in Wakefield! Expect 1950s style street parties, beacon lighting, craft sessions, workshops, tea dances and lots more!

As a school we will be holding our activities week commencing 6 June.

Pontefract Castle: Thursday 2 June (2pm-10pm), and Friday 3 June (10am-4pm)

The Platinum Jubilee of Queen Elizabeth II will be celebrated in June across the United Kingdom and the Commonwealth to mark the 70th anniversary of Her Majesty's accession on 6 February 1952.

In the United Kingdom, an extra bank holiday has been created and the traditional May bank holiday weekend has been moved to the start of June, creating a special four-day Jubilee weekend from 2 – 5 June 2022.

The two-day event at Pontefract Castle will take place on Thursday 2 June (2pm to 10pm) and on Friday 3 June (10am-4pm).

Thursday's event will culminate with the lighting of the Jubilee Beacon at 9.45pm by the Mayor of Wakefield, as part of the national beacon lighting programme.

More than 1,500 Jubilee Beacons will be lit throughout the United Kingdom, Channel Islands, Isle of Man and British Overseas Territories and in each of the capital cities of Commonwealth countries. These Jubilee Beacons will mark the 70th anniversary of The Queen's coronation.

Beacons have previously been lit over the decades to celebrate Queen Victoria's Diamond Jubilee in 1897, and then to mark Queen Elizabeth's Silver, Golden and Diamond Jubilees. Back in 2016 beacons were lit across the UK and Commonwealth in celebration of The Queen's 90th birthday.

JUBILEE EVENTS

QUEEN'S MILL JUBILEE CONCERT FEATURING JESSICA POOLE
AT QUEEN'S MILL
ON THU 02 JUN 2022 - THU 03 JUN 2022

Come and celebrate the Queen's Platinum Anniversary in the company of the magical Jessica Poole in our special jubilee concert. She will be great...

[READ MORE](#)

OSSETT BEERCART
AT OSSETT TOWN HALL
ON WED 01 JUN 2022 - SAT 04 JUN 2022

Fri 3rd June 2022 - 7pm - 11pm Beer Festival in Ossett Town Hall Sat 4th June 2022 Beer cart procession from 10.30am

[READ MORE](#)

THE QUEEN'S PLATINUM JUBILEE CELEBRATION
AT CORONATION GARDENS
ON SAT 04 JUN 2022 - SAT 04 JUN 2022

Get the flag out for a right-royal jubilee celebration! Wakefield's Coronation Gardens (and adjoining Wood Street) pay tribute to Her Majesty...

[READ MORE](#)

JUBILEE @ THE RIDINGS
AT THE RIDINGS SHOPPING CENTRE
ON THU 02 JUN 2022 - SUN 05 JUN 2022

Thursday 2nd June The Ridings in partnership with Asda will be holding an indoor street party with FREE picnic style food and cakes and live...

[READ MORE](#)

QUEEN'S MILL JUBILEE GET-TOGETHER STREET PARTY
AT QUEEN'S MILL
ON SAT 04 JUN 2022 - SAT 04 JUN 2022

Come and join us at our amazing free Street Party at Queen's Mill in Castleford. Celebrate the Platinum Jubilee but just as importantly meet up...

[READ MORE](#)

CHILDREN'S JUBILEE CROWN CRAFT
AT PONTFRAC BATH COLLECTOR
ON WED 01 JUN 2022 - WED 01 JUN 2022

Time to get creative for the Queen's Jubilee! Create your own beautiful crown: 18 for a giraffe or princess this jubilee. A perfect...

[READ MORE](#)

QUEEN'S JUBILEE CELEBRATION & BEACON LIGHTING
AT PONTFRAC CASTLE
ON THU 02 JUN 2022 - THU 03 JUN 2022

What better back drop for a royal event than a mighty castle? Join us for a 1950s themed celebration event between 2pm and 10pm on Thursday 2 June etc...

[READ MORE](#)

QUEEN'S JUBILEE CELEBRATION & FUN DAY
AT PONTFRAC CASTLE
ON WED 01 JUN 2022 - FRI 03 JUN 2022

What better back drop for a royal event than a mighty castle? Join us for a 1950s themed celebration event between 10am and 4pm on Friday 3 June at P...

[READ MORE](#)

PLATINUM JUBILEE FAMILY ATTRACTIONS
AT WIGBORO CATHEDRAL
ON MON 30 MAY 2022 - MON 30 MAY 2022

Visit Wakefield Cathedral on Monday 30 May 2022 and enjoy some free family activities. Fun for all ages! This half term celebrate HM Queen B...

[READ MORE](#)

QUEENS AND THE DRAGON: JUBILEE
AT THIRTY WALK
ON WED 01 JUN 2022 - SAT 04 JUN 2022

A walkabout dragon, wift walkers, Queens from Game of Thrones and Pevensie cosplay and walkabout face painters alongside theme photo apps see all in...

[READ MORE](#)

JUBILEE MARKET
AT PONTFRAC PRODUCE
ON SAT 04 JUN 2022 - SAT 04 JUN 2022

Welcome to Pontefract's Jubilee Market, part of a wide programme of event...

[READ MORE](#)

Celebrating The Queen's Platinum Jubilee at Pontefract Castle and Coronation Gardens

