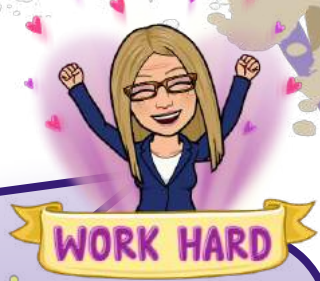


# OACf - Newsletter 3



**Success is the sum of small efforts repeated day in and day out.**

But what does this quote truly mean? Robert Collier struggled through many things in his life and understood that success isn't handed to anyone. It's achieved by hard work and what you do every day to get to your goal. This does not have to be big leaps and bounds to achieve success. At City Fields we work everyday to help students achieve their goals. As we work towards the Christmas break there will be many successes to celebrate:

- Attendance - 247 students have had 100% attendance since September
- Praise comments - 20,383 praise comments have been logged since September
- Praising Stars reports will be issues celebrating the success students are having in lessons in terms of effort and attainment
- Enrichments - great attendance at enrichments
- Trips and events have been fab!
- Student Voice Prime Minister has been appointed ... the list goes on!

## Anti-bullying week - Odd sock day

**ONE KIND WORD**

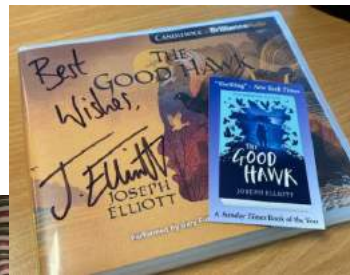
Anti-bullying Week 2021



Staff and students wore odd socks to school on Monday 15 November to raise awareness of bullying and take the stance that bullying is never okay. Students also took part in activities throughout the week and kindness was promoted all across the Academy with a focus on "One Kind Word". Next week starts our one kind word, thought and action campaign to promote positivity and kindness in our community.



## Thank you



A massive thank you to author Joseph Elliott who has gifted the school a signed, audio copy of The Good Hawk, his award winning book. It is now available in the school library for students to listen to. Thank you Joe!

## Peer Readers

This week we have seen the start of our peer reading groups in school. Year 11 students are supporting select Y7 & Y8 with their reading. It is wonderful to see young people supporting each other and gaining new skills.

## One Kind Word, Thought, Action

From now till the end of term let us build positive habits and help others feel positive. From the 29 November you will have the opportunity to spread kindness, hope and support for each other. How many of these activities can you complete?

- Give someone a compliment
- Help pick up litter
- Give someone positive encouragement
- Pass on a positive comment you have received
- Write a thank you email
- Smile more
- Volunteer to help out
- Use kind words
- Remind someone they are brilliant
- Share something with someone
- Write a thank you note
- Always say please & thank you
- Offer someone a thumbs up
- Share something positive
- Be kind to yourself

## Magna Trip

This week year 11 had the opportunity to visit the Magma University Fair. They had the chance to speak to university representatives about their future and the course that are available to them after their GCSEs.

## Let's get reading!

Students in Y7 & 8 receive Accelerated reader lessons. These lessons are once a week reading lessons that are designed to improve their reading comprehension. It allows us to monitor their reading practice and ensure they are reading books at their individual level. This then means we can challenge them with levels slightly above their current ability to accelerate their reading progress.

Students can access AR from any device -

<https://ukhosted4.renlearn.co.uk/2250416/> Parents/carers can also

see how their child is doing. MyOn is also used to support reading as a virtual library linked directly to the students reading scale. There are 5,000+ books available.

**Pssst! Y7 and 8!**

Every time you read a book and take an AR quiz this term you will earn a raffle ticket.\* This gives you the chance to win a Kindle and a set of headphones to do MyON at home!

The **MORE** you read, the **MORE** chances you have to win!

\*You must pass the test with at least an 80% score

**WE ♥ 2 READ ON**  
**myON**

# Domestic abuse isn't sweet



Wakefield District Domestic Abuse Service  
We can help you  
Visit [www.wakefield.gov.uk/keepitsweet](http://www.wakefield.gov.uk/keepitsweet)  
#KeepItSweet

**16 days of action  
Domestic Violence**

**The domestic violence campaign has begun in Wakefield and across the country with the 16 days of Domestic violence awareness. Domestic violence is one of the key areas that as a community in Wakefield we have to tackle.**

**Key areas/targets for Wakefield are:**

## **Neglect - Domestic Abuse - Adolescence Risk**

Adolescence risk can include extra familiar safeguarding, DV, underage sex, substance misuse, gangs, knives, online safety, CSE, CCE, mental health, suicide, self-harm, child on child bullying, sharing nudes and semi nudes, radicalisation to name some.

Note - [Contextual Safeguarding](#) is called Extra Familial Safeguarding relating to safeguarding outside of the family (relating to other adult contacts and peers)

**To help and support students the Student Voice group will be creating a student friendly version of our safeguarding policy.**

## **COVID 19 Update**



**Face masks  
must be worn in  
communal areas**

Thank you to all the students who brought their own masks in and dutifully wore them when in corridors. Those students who did not have them when they arrived were given a mask on entry. We are still ventilating the rooms but close attention is being paid to the temperature in rooms so they are a productive working space. The new risk assessment available on our website.

### **Things to note:**

- Close contact isolation criteria has now changed for those who come into contact with the Omicron variant - regardless of any vaccines the 10 days of isolation applies.
- Lateral flow tests kits can be collected from reception.
- Testing will occur in January before students return. Parents/carers will be issued with a google form to complete prior to the start of the new term.

**STAY SAFE**



# STUDENT *Voice*

Hi, my name is Imnan Malik (Year 10) and I am delighted to have become your new Student Voice Prime Minister. At an early age I have always been keen to speak for others and make a stand. I have previously held the role of a school councillor and Headboy where I was responsible for leading a team of 10 prefects. I have vast experience in leading others and making changes to benefit all e.g. supervising lunchtimes, assisting with office duties, charity work e.t.c.

Communication is important in order to engage with others. Listening, as well as speaking, is imperative in becoming a 'voice of the people'. Although my views should be heard, I feel that helping others to put their opinions across is also a very important role of being the Student Voice Prime Minister. This role also requires having the ability to be both sociable and welcoming so that other students are able to talk to you about their problems. As a friendly character, I can relate to my peers and make sure they are having a good time during school. Having good communication skills means I am able to talk to others, and be a caring person. I am reliable, good at time management and able to form positive relationships with students and staff alike. Keeping our school vision at the forefront - Students first: raising standards and transforming lives will be key in achieving my aims for the coming year. My primary focus will be to improve communication across the Academy and to continue to work with the school to remove the barriers some students have. One example of how I intend to do this is through the implementation of peer mentoring schemes and raising awareness of social needs through different charities. Our vision entails the full cooperation of everyone here at City Fields and I look forward to your dedicated support as always.



## Helpful Links

Wakefield  
**Safeguarding Children  
Partnership**

**YOUNG MINDS**  
fighting for young people's mental health



**every mind  
matters**



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE



National Wellbeing Resources

# Support for our community

As a community we come together regularly to support our local community and the wider community. For the past few Christmas we have been supporting St Swithuns - The Eastmoor Community Project with food parcels. This year we will continue with our food parcels, but we wanted to help and support young people in our community with the shoebox appeal.

Christmas is a time for sharing kindness, hope and generosity. Together let's make the weeks up to Christmas reflect our nature as kind, hopeful and generous people.

Each Tutor group will aim to fill one box for the food parcels and one shoebox for the toy appeal.

We will also be working on Christmas Kindness.

Year 7 & 8 students are being offered a chance to design their own Christmas card with kindness poem to be delivered into the local community. **DEADLINE is FRIDAY 3rd DECEMBER!**

## *Last year your kindness made a difference!*



Last year we had several food bank drives, but the Christmas donations were amazing. We also created and donated thank you parcels to our NHS community at Pinderfields, Eastmoor Health Centre, Earl's Lodge.



drhannah\_wright · Follow  
Pinderfields Hospital

drhannah\_wright  
#randomactsofkindness #feelingblessed  
😊 oncall on labour from 5-11pm after doing admin from 9am then oncall overnight till 8am also had a hospital appointment with my son today @midyorkshirenhs just been given this box of #afternoontea from the midwife in charge to keep me going. I'm so lucky to work with such kind and friendly colleagues #teamworkmakesthedreamwork

15 likes  
JULY 5



EASTMOOR COMMUNITY PROJECT

THE CHRISTMAS SHOEBOX APPEAL 2021

WE ARE APPEALING TO THE WAKEFIELD COMMUNITY TO DONATE FUN AND USEFUL PRESENTS TO CHILDREN OF FAMILIES WHO FIND THEMSELVES STRUGGLING AND IN NEED THIS CHRISTMAS

PLEASE GIFT FOR A BOY/GIRL AGED 3-4, 5-8 OR 9-11

A BOX SHOULD IDEALLY CONTAIN A COMBINATION OF NEW AND UNUSED ITEMS SUCH AS, TOYS, STATIONERY, BATH PRODUCTS, ACCESSORIES AND SWEETS

PLEASE DROP OFF YOUR DONATION BY 14 DECEMBER

ST SWITHUNS CENTRE, ARNCLIFFE RD, EASTMOOR, WAKEFIELD, WF1 4RR

For more information contact 01924 361212  
info@eastmoorcommunity.co.uk

 **Save the Children®**  
Christmas Jumper Day



We will be celebrating Christmas Jumper day on the 17 December. Students can make a £1 donation on the gate or via ipay.

# 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.

## ACTIVE LIVES

SUPPORTING PEOPLE LIVING WITH JOINT PAIN.

12 WEEK PROGRAMME INCLUDES:

- IMPROVED PHYSICAL WELLBEING FOLLOWING INCREASED ENGAGEMENT IN PHYSICAL ACTIVITY.
- IMPROVED MENTAL WELLBEING RESULTING FROM INCREASED SOCIAL CONNECTIONS.
- GREATER AWARENESS IN HOW YOU CAN SELF-MANAGE YOUR CONDITION.

Live Well West Yorkshire and Harrogate Health and Care Partnership

Department for Education

wakefieldcouncil

## TRINITY CHRISTMAS FAYRE

16<sup>TH</sup> DECEMBER, 4PM - 8PM  
MOBILE ROCKET STADIUM  
FREE ENTRY!

FIRST TEAM PLAYERS IN ATTENDANCE

STALLS AVAILABLE AT £20 PER STALL. EMAIL [VGB@WAKEFIELDTRINITY.COM](mailto:VGB@WAKEFIELDTRINITY.COM) FOR MORE INFORMATION

## What is WF Happy Healthy Holidays?

The WF Happy Healthy Holidays programme provides healthy food, physical and enriching activities for primary and secondary school aged children who are eligible for income based free school meals. This winter between the 18 and 23 of December, Wakefield Council are working with over thirty voluntary and community organisations, local schools and childcare providers to provide a Christmas holidays of free activities and food for children and families eligible for income-related free school meals throughout the district. Click on the link above to apply



JOIN US if you can for the next community litter pick taking place St Swithun's Centre, WF1 4RR.

Hi-viz jackets & pickers provided if necessary.

Litter picks will last around an hour and offer the opportunity to help keep our community clean, be proud of where we live and have fun! See you there!

## DadPad app

Top tips for new dads

In November we have been exploring men's mental health. DadPad has been created to be an essential guide for new dads, developed with the NHS.

### Join the discussion around health and wellbeing provision across Wakefield District. We want to hear your views on the health and wellbeing needs of your community and how these are met:

- What's working well?
- What could be improved?
- What's missing?

We are holding focus groups on the following dates:

25 <sup>th</sup> November 10am-12pm	St. Swithun's Community Centre, Eastmoor
26 <sup>th</sup> November 10am-12pm	St. Marys Community Centre, Pontefract
2 <sup>nd</sup> December 1-3pm	Westfield Community Centre, South Elmsall
9 <sup>th</sup> December 10am-12pm	Lightwaves Leisure & Community Centre, Wakefield
9 <sup>th</sup> December 5-7pm	St. George's Community Centre, Lupset
10 <sup>th</sup> December 1-3pm	Queen Heritage Mill, Castleford

Sign up for workshops here:  
<https://www.eventbrite.co.uk/e/whats-up-wakefield-a-chance-to-hear-from-you-tickets-1902721156147>

Or contact James [james.ward@rocketsciencelab.co.uk](mailto:james.ward@rocketsciencelab.co.uk) or call/text 07508918075

### Use trusted traders Not dodgy doorstep chancers

Don't do business on the doorstep. Use a recommended, trusted trader. Report bogus traders to the Police online or by calling 101.

Protect yourself - have you...

- Agreed an unexpected order?
- Agreed a price but it quickly increased?
- Been asked for the full amount upfront?
- Been taken to the bank or cash machine for the trader?
- Been left with unfinished work or completed to a poor standard?

Protect others - have they...

- Accepted more callers to the house than usual?
- Had unnecessary building work done?
- Unfinished building work on the house?
- Given out more cash than needed?
- Received no paperwork or receipts for the work?

See further advice and contact your local Crime Prevention Officer on 311 or visit [www.wakefield.gov.uk/crime](http://www.wakefield.gov.uk/crime)

### Turning Point Talking Therapies

#### Long Covid support

Covid-19 has affected people both emotionally and physically. Being ill for a prolonged period of time can be distressing and impact their mental health and wellbeing. People may report feeling anxious, low in mood, depressed or frustrated with the changes to their life that having long Covid has brought.

We are offering a Living well with Long COVID online group. This follows a low intensity CBT treatment plan with each session lasting 60 minutes for 6 consecutive weeks.

The topics covered include:

- The link between Long COVID and our mood and quick tips
- Changing behaviours: Activity levels & Pacing
- Changing behaviours: Behavioural Activation & physical activity
- Managing fear and anxiety: Unhelpful thoughts
- Managing fear and anxiety: Worry and problem solving
- Maintaining progress after the course

We can also offer a range of one to one therapy options

Clients can self refer to the service either online via [www.talking.turning-point.co.uk/wakefield/refer-yourself](http://www.talking.turning-point.co.uk/wakefield/refer-yourself) or by calling us on 01924234860

### Wakefield School Nursing here for you

Wakefield School Nursing, Health Visiting and Family Nurse Partnership

CALL 01924 310130 FOR HELP & ADVICE FOR CHILDREN AND YOUNG PEOPLE 5-19 YEARS OF AGE

- emotional health
- sleep
- behaviours
- toileting
- healthy lifestyle
- high school drop in
- physical health
- sexual health
- hearing & vision
- immunisations

Wakefield School Nursing  
@BD1PT\_WAKEFIELD

## If you're worried about money and live in Wakefield district, we can help.

Drop in at any of these venues for free, impartial help:

South Elmsall  
The Arts Cafe, 83 Westfield Lane, WF9 2PW  
01927 842 353  
Monday 8th November 9:00am-3:00pm

Knottingley  
The Arts Cafe, 83 Spicers Avenue, Knottingley WF11 9PS  
01927 678 953  
Tuesday 16th November 1:30pm-6:30pm

Eastmoor  
Airedale Library, The Square, Castleford WF10 3D  
01927 724 940  
Tuesday 9th November 1:30pm-6:30pm

Airedale  
Airedale Library, The Square, Castleford WF10 3D  
01927 724 940  
Wednesday 17th November 9:30am-2:30pm

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