

OACF - Newsletter 7



"Nothing is impossible.

The word itself says 'I'm Possible!'"



AUDREY HEPBURN

What a half term this has been! Lots of things happening and changing on the site and lots of exciting things happening in classrooms. A huge well done to Year 11 who have sat their mock exams recently. We will be handing out their results on Monday with breakfast treat. Congratulations to all the students who have achieved great things so far this term from the reading, sport, cooking competitions to the national events like the rowing we took part in and even had a visit from the head of the organisation to see how amazing the students are. We also welcomed more staff to support students, but there are more vacancies to fill.

Thank you to parents and carers for all your help and support. Let's make this next half term great!



A massive congratulations to our Year 9 football team who have won their first league game of the season. A 5-4 victory over St Thomas a Becket. Superb team work, resilience and determination. From everyone at OACF!

24 football fixtures have taken place this academic year so far and a further 3 netball fixtures. Congratulations and well done to all students. We're always looking at trying new sports and building on our success. We look forward to the Summer term with cricket, rounders and athletics season starting.

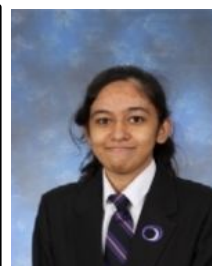
Red Nose Day Rowing Challenge

Congratulations to all involved but a massive well done to the winners:

Harvey Plews
Jai Jankowska
Adrians Zunde



Congratulations to Saladin Khan who has been selected to represent Yorkshire County Cricket Club. Fantastic news Saladin we're all proud of you. Do well! Your OACF team are behind you.



Sending our best wishes to Maahi for when she represents West Yorkshire at the 47th Butterfly Schools' Individual Table Tennis Championships National Finals on 2nd April. Do well! Your OACF team are behind you.

Building Update

The programme of works to create a new staff parking facility at the front of the Academy continues, with an estimated completion date of the first week in May 2022.



We thank staff, students and residents for their acceptance and patience with the programme which will really benefit the Academy in terms of space and preparation for further expansion plans.

More building works will take place soon to the side of the annex to replace the roof section that was lost during the recent high winds and there will also be an additional staircase added to the side of the annex.



British National Championship Kickboxing Bronze medal winner!

Congratulations to Ellis England who won 2 bronze medals in his category. What a super star!

DO WELL



Celebrating reading

There are many amazing things happening in school with regards to reading and wider literacy every hour of every day at City Fields. Here is just a sample of the great work students are taking part in ...



World Book Day 2022

We hosted lots of activities this year for World Book Day including competitions, book discussions and a screening of Charlie and the Chocolate Factory.



Over **5,000** books have been read in 2022, which means over **43,000** minutes of reading. The most popular book on myON is 'The Grin in the Dark' from the Spine Shivers collection. The most popular book in the LRC is Noughts and Crosses by Malorie Blackman.

Please remember you can access myON at home using the following link <https://www.myon.co.uk> or downloading the myON app. Any problems logging in please see Ms Jacklin-Hibbit in the LRC.

myON News

Myon news has been introduced this term. Myon news is an interactive online newspaper which is update daily with five new articles. Just like the books on myON you can listen to the articles and complete quizzes on them.

MyON news has been with us less that a month and already over 800 articles have been read. The most popular article has been 'TikTok cut off Russia' from 8th March 2022.

Literacy Ambassadors programme has started this term. A great group of Year 10 students are supporting their peers with their reading. This programme would not be possible without the groups positive attitude and support.

Star reader success and praise goes to the following students for the significant increase in their reading ages:

***Lucas Kitchingman**

***Brian Bojarzen**

***Ali Syed-Imam**

Special shout outs go to:

Sawaira Yasin in year 9 for reading over 40 articles on myON news.

Anas Ahmed Kouser in year 8 for reading over 37 books this term!

Please encourage reading at home even if its a recipe at tea time, the blurb about a television programme, a sport report, newspaper article or the post. The more your child reads the more their reading will improve.



Exam Update

What a fantastic two weeks of mock examinations Year 11 have had. Their behaviour, attitude and all round approach to examinations has been exemplary and I am so proud of each and every one of them for how they have conducted themselves throughout this period.

There is less than six school weeks left until the GCSE examinations start so there are some key things that all students need to do to help Year 11:

- Ensure that they arrive on time to school
- Attending school everyday
- Giving their best in every lesson
- Complete homework on time
- Be quiet when moving around school
- Spend time reviewing and recapping key knowledge and understanding



MAY 2022							
SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4		6	7
8		10	11				
15		17	18				
22	23	24	25	26	27		
29	30	31					

With everyone doing this they are modelling the behaviour that is necessary to achieve positive results and they are positive activities for life.

Here is a link to the Year 11 website where you can find lots of information on all things Year 11 including useful revision hints and tips:

<https://sites.google.com/cityfields.outwood.com/oacfy11-keyinformation/home>

(please note you need to be logged in with your son/daughters school account to access this webpage)

Provisional 2022 GCSE examination timetable:

<https://www.cityfields.outwood.com/posts/3181>

EXAM ADVICE - TIPS FOR PARENTS

Many parents feel at a loss when their children enter their examination years, but your involvement during Year 11 can make an enormous difference, the difference between success and failure.

Below is some advice to help and support your child:

- Making sure your child understands the importance of making the most of lesson times.
- Providing the tools for homework and revision; a quiet space to work and a “workbox” of pens, paper and other necessities.
- Showing a positive interest in your child’s school work and helping with homework (but not doing it for them), testing them when they ask you etc.
- Advising your child on how they can break tasks down so that they are manageable, keeping a subtle eye on progress and celebrating achievements, and seeing a positive way forward when things go badly!
- Helping make a realistic timetable, balancing work against the “fun things” and revising the plans where necessary.
- Acting as a go-between for your child and the School when necessary. Make sure problems are spoken about and ask the questions that your child can not or will not.

OACf - New Exciting Opportunities

Welcome to our new staff

Some of our new staff have been with us a few weeks now settling in, but we wanted to take this moment to share who they are and their roles in school. We are also increasing our staff with some additional roles and opportunities in school.



Tyler Moston
IT Technician

I'm the new IT technician here at city fields, I look forward to meeting and working with you all.

I'll try to be as helpful and friendly as possible.

I don't really have any fun facts other than I once met the 2010 world cup final referee when I was 10 haha.

I can't wait to work and get to know you all in the coming months and years.



Vicky Futtu
Catering Team

Hi, my name is Vicky Futtu and I started work at City Fields in February, as a Catering Assistant. Prior to this I previously worked at Asda Glasshoughton for 17 years and for the past two years I have worked for Age UK, out in the community. I am excited to be part of City Fields Academy, and all the staff and pupils have been very welcoming.



Waheedah Khan
Pastoral Support Officer

Hi my name is Mrs Khan, I am one of the new Pastoral Support Officers, I am here to work closely with the learning managers and to help support pupils from years 7, 8 & 9. I will also be working with the attendance staff to get those percentages up! I've really enjoyed my first week and have been made to feel so welcomed by pupils and staff. If you see me come and say hello!



Katie Warby
EAL Teaching Assistant

Katie is a final year postgraduate student at the University of Huddersfield, she is currently writing about Romantic Poets and Ecocriticism during "The Little Ice Age". Katie has worked as a Visual Impairment specialist at another school, and has decided to join the City Fields team to learn more about EAL and put her phonics training to good use!

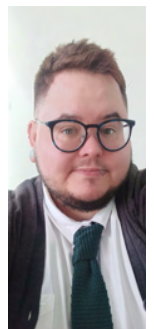
Rosie Hardisty
Pastoral Support Officer

Hello my name is Miss Hardisty and I am one of the new Pastoral Support Officers at City Fields. You will see me supporting the attendance team and the learning managers, with a particular focus on year 10 & 11. I am thoroughly enjoying getting to know the staff and students here. Please come and say hello if you see me!



Ben Talbot
Inclusion Administrator

Hi my name is Benji and I'm the new Inclusion Administrator here at City Fields, inclusion and accessibility are some of my passions and I can't wait to get started and meet the students. In the past I've worked in inclusion and accessibility in different settings including a students union and a local charity. In my spare time I love looking after my many house plants and crocheting.



Vacancies

We have a range of opportunities at Outwood Academy City Fields, which include Receptionist, Midday Supervisors and Teaching Assistants, there are also some exciting teaching roles coming up in September (RS and MFL). The link below takes you to the OGAT recruitment website. Please share details with friends and family if you know anyone who would like to join our team.

[Outwood Recruitment](#)

Talking about the Ukraine

We know that there is a lot going on in the world right now and the impact of COVID and the Ukraine Russian conflict is taking its toll on the lives of many. These are just some messages that may benefit when talking to others about current affairs.

Headline Hysteria

Reading the news to understand what's happening in the world is an important part of being an informed citizen. But news headlines, meant to grab your attention, can do more to incite fear than offer information. The continuous flow of information can be overwhelming.

"It is important to be honest with yourself and honor yourself as it relates to knowing what the threshold of your mental health is. 'What are my limits? How much news is too much news for me?' Those are the questions to ask yourself.

— ERIN JONES, LCSW



Verywell / Madelyn Goodnight

Protecting Your Mental Health

The news never stops. Information is disseminated into the atmosphere all around us. If you decide to take a break from the headlines and the news, what's next? How can you replace a negative hole with something positive and helpful?

Replace Doom Scrolling with Time Outdoors

Sign out of Facebook, Twitter, and Instagram. Take a walk outside and enjoy nature. Being in the outdoors can reduce stress, anxiety, and depression. Breathing in fresh air has a calming effect and can allow you to center yourself and stay in the moment.

Yes, you may be struggling with fear; however, acknowledging those feelings, removing media triggers, and relaxing in the great outdoors can be just the helpful remedy you need.

Spend Time with Loved Ones and Practice Gratitude

Although the possibility of conflict is disturbing, be thankful that you live in a generally safe environment. You have access to food, shelter, and medical care if needed. We should express [gratitude](#) for the basic things that we take for granted.

You can also spend time with your loved ones. Enjoy their company, whether by phone or in person. Talk with them about how you are processing what is going on in Ukraine and give them the space to share their thoughts. By allowing someone else to feel heard and validated, it can help you feel less alone in your feelings.

Key Takeaways

- If the situation in the Ukraine is causing fear and anxiety, those feelings are normal.
- Limit the amount of news being watched to help protect your mental health.
- Prayer, meditation, practicing gratitude, and time outdoors are also helpful ways to protect yourself mentally.

Useful links

[Talking to children about the Ukraine](#)

[Unicef - Talking to children](#)

Safeguarding & Wellbeing

Online services ▶	GP practices ▶
Pharmacy finder ▶	Mental health ▶
Poorly child ▶	Health and wellbeing ▶
Looking after each other ▶	When to visit A&E ▶
Urgent Treatment ▶	Local services ▶
Flu vaccine ▶	Winter protection ▶
COVID-19 aware ▶	Demand on services ▶

TOGETHER WE CAN

Accessibility statement
Privacy notice

The NHS have launched a new platform to help people make decisions based on key information. The poorly child section is really useful when consider what to do next.

If your child is poorly

The following advice helps you treat your child at home when they have a common childhood illness like a cough, a cold or sickness and diarrhoea. Also included is some advice about asthma.

Most of the time you can treat minor illnesses at home.

It is a good idea to have a medicine cabinet that is well out of reach to children. You could keep a thermometer, plasters, creams for nappy rash and painkillers for children such as paracetamol or ibuprofen in your cabinet.

Always make sure you use the right strength of medicine for the age of your child and sugar-free options where you can. Read the instructions carefully and check use by dates.

Where can I get more help?

You know your child better than anyone else but if you are still worried [click here](#) for more details of where you can get more help.

If you need more information you can also visit www.nhs.uk. You can also use this website to find your nearest GP practice, pharmacy or hospital.

Asthma ▶

Colds, coughs and croup ▶

Constipation ▶

Ear infections ▶

Fever ▶

Sore throats ▶

Upset tummy ▶

More help ▶

Action for children and lots of other organisations are identifying how important sleep is for everyone. For teenagers it is when their body rests and recharges, but also when they grow and develop. The advice from Action for children is part of their parent talk series.

How can I help my teenager sleep better?

During sleep, teenage brains go through similar developmental changes as growing toddlers. Their sleep cycle is altering, so they tend to get sleepy later than children or adults.

Good rest is still important, and teenagers need **between nine and 10 hours of sleep** each night.



How do I know if my teenager isn't sleeping well?

Signs your teenager may not be getting enough sleep include:

- Emotional outbursts or low moods.
- Showing signs of hyperactivity.
- Poor concentration.
- Lack of motivation.

You may also get a clue from poor sleep practices. These include eating large meals just before bed, or looking at TV or phone screens until late at night.

If you get in the habit of chatting about how rested they feel, your child may also tell you when they feel overly tired.

Tips for better sleep

- Encourage them to turn off TV, phone and computer screens an hour before bed – artificial light disrupts sleep.
- Get them to use the hour before bed to wind down and do something that relaxes them.
- Encourage them to keep bed for sleeping – help them limit eating, playing games or doing school work in this space.
- Support them with **anxious feelings or stress**.

Home About Advice Donate 111 chat

Parent Talk

Down-to-earth parenting advice you can trust.

We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

- Mental health and wellbeing
- Behaviour
- Stages and development
- Additional needs and disabilities
- Education
- Parenting and relationships
- Sleep
- Nutrition and healthy eating
- Activities

Featured article: How do I talk to my child about the Russian invasion of Ukraine?

If your child has questions or worries about the Russia-Ukraine war, you can help them feel supported. Read our tips on how to approach the conversation.

[Read advice](#)



Mental health and wellbeing	Behaviour	Stages and development	Additional needs and disabilities
Find out more	Find out more	Find out more	Find out more

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.

HAPPY HEALTHY HOLIDAYS
at
Lightwaves Leisure & Community Centre
Lower York Street, Wakefield, WF1 3LJ

Monday 11 to Thursday 14 April 2022
12 noon to 4pm

For Juniors 8 to 11 years old
and Seniors 12 years plus

Lunch & Refreshments Provided

A program of sport activities / drama & performance / creative writing / arts & crafts / cooking & baking

All activities are free to children in receipt of free school meals. If unsure please contact us

If you would like to participate contact 01924 360158
www.nextgeneration.org.uk @nextgenouthandcommunityproject

Upskill yourself with FREE English, Maths and ESOL in West Yorkshire

- Fast-track path to qualifications
- Getting the skills needed for work
- Option to start on a preparatory course first
- Support from experienced tutors

The Offer: Excited by the prospect of work but lacking the qualifications needed? Worried about how to go about upskilling yourself?

The WEA can offer FREE Accredited Programmes in English, Maths and ESOL to any resident 19+ within West Yorkshire. Our Programmes are fully funded by WVCA.

- On the Programmes you will:**
- Work towards a Functional Skills Qualification
 - Learn how to further develop your communication
 - Develop your skills
 - Improve your well-being and confidence

Who we are: WEA is an Educational charity that aims to support local communities at a grassroots level. WEA aims to offer quality education and make an impact to people like you.

Who is eligible:

- 19+
- Resident of West Yorkshire
- Interested in getting a qualification in English, Maths or ESOL.



For further help or advice: enquiries@wea.org.uk



English, Maths & ESOL

For more information click the link:

<https://www.wakefield.gov.uk/schools-and-children/happy-healthy-holidays>

Don't give up on giving up.

Every time you try to stop smoking, you're a step closer to success.

TODAY IS THE DAY to stop smoking.
For help to quit, search 'smokefree'

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.gov.uk/relationships

NEW AND IMPROVED COMMUNITY ALERT

PUTTING THE UNITY BACK IN COMMUNITY

LITTER PICK WALK WITH EASTMOOR COMMUNITY PROJECT

Love where YOU Live

Are you interested in a community litter pick?
Come and join us every 3rd Wednesday
Equipment Provided/Free Litter Pickers from Wakefield Council
Bring your Family and Friends!! See you there

MEET 3:30pm @ ST. SWITHUN'S COMMUNITY CENTRE

ST SWITHUN'S COMMUNITY CENTRE,
ARNCLIFFE ROAD, WF1 4RR

t: 01924 361212
e: info@eastmoorcommunity.co.uk
WWW.EASTMOORCOMMUNITY.CO.UK

EVERY WEDNESDAY 10AM

EASTMOOR COMMUNITY HEALTHY WALKS

Meet: St Swithun's Community Centre
Arncliffe Road, Eastmoor WF1 4RR

Join us on a relaxed and easy guided walk using local paths and tracks. Its a fantastic opportunity for a leisurely stroll, a natter and some fresh air!

New members of all abilities welcome

If you would like to know more about this group and join please contact reception for more details or call us on
01924 361212

PLACES WHERE KIDS EAT FREE DURING EASTER HALF TERM 2022

MARKS AND SPENCER
Kids eat free in the M&S Cafe if you spend £5. One free children's meal per transaction. Between 4th April and 22nd April.

MORRISONS
Kids eat free all day, every day in Morrisons cafes nationwide with one paying adult. Plus they have the feed the family for £10 deal running at Easter

YO! SUSHI
Pick any main, a side of edamame beans and drink and you'll get it free with a £10 adult spend throughout half term.

ASDA
Kids eat free in Asda's cafes after 3pm Monday - Friday.

GORDON RAMSAY RESTAURANTS
Kids under 12 eat FREE all day, every day at selected Gordon Ramsay restaurants.

BELLA ITALIA
Children can eat for £1 with any adult main. The offer is valid from 1st April - 24th April 2022

TABLE TABLE, BEEFEATER & BREWERS FAYRE
Two children get free breakfast with one paying adult! It has also been reported that if you sign up to their newsletter they send out a code for kids eat free, but I haven't personally tried this.

THE REAL GREEK
Kids eat FREE every Sunday for every £10 spent by an adult.

DUNELM CAFE-PAUSA
Kids eat FREE when adults spend just £4 or more at Pausa cafes which you will find inside Dunelm stores.

PRETO
Kids under 12 eat FREE all day, every day at selected Gordon Ramsay restaurants.

HUNGRY HORSE
Kids eat breakfast free when accompanied by a paying adult, all day every day through the Easter Holidays from 9am - 12pm.

FARMHOUSE INNS
From 4th - 22nd April, Monday to Friday, up to two kids per paying adult can eat for just £1 each

AS SEEN ON MONEY SAVING CENTRAL