

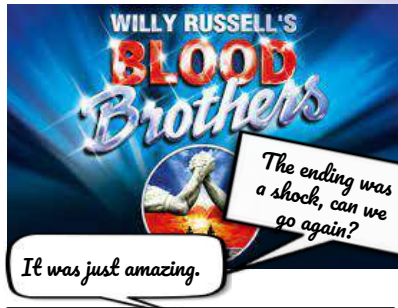
OACf. - Newsletter

CONSISTENCY IS KEY



Success is the sum of small efforts repeated day in and day out. Is this half terms focus. As a school we are working on Instructional coaching with staff and students. The aim is to create habits so that learning time is maximised and there are step by step processes that everyone is clear on so we can all improve together.

Since we have returned in September we have been working on hands up, the start of lessons and the end of a lesson, building in praise and celebration.



Trips

It has been amazing to get back to going on trips and having fixtures. We are very proud to say the students of City Fields behaviour is always commended.

The recent Blood Brothers trip was the first time some of our students had been to the theatre and the first time since lockdown we had taken a big trip out. The whole experience was an event from the coach being delayed to getting to Bradford, but the students just loved it and are still talking about it.

Next Trips

18 Nov - KS3 Cinema trip

19 Nov - KS4 Cinema trip

Hands Up - Why?

Students are prompted to raise their hand when staff need to call for attention. It creates a calm, safe, and purposeful atmosphere so the class can swiftly move on. It reduces shouting and is understood by each students and staff.

Assessments Y11

Simply brilliant! Year 11 have been a credit to themselves this week as they have taken part in assessments this week and have practiced the process and protocols surrounding real exams.

Start & End of lessons - Why?

Staff greet students at the beginning of every lesson. Staff are always present to clear corridors quickly so that lessons can begin promptly. At the end of every lesson staff praise the students as they leave.

Outwood Climate Conference

Stephanie Siow, Philip Pham, Alisha Younas, Sravan Pradeep, Lily M. Womack and Aisha Ciomofoiu took part in the Outwood Climate Conference, they played the role of a country which involved the researching and putting together a 1 minute presentation to present to 12 other academies at the conference, before voting on and debating various climate change issues. All the teaching staff and Directors involved were hugely impressed with their passion, knowledge and presentation.



Lest We Forget

Each year we remember the lives of those who paid the ultimate sacrifice and those they have left behind. We assemble outside together to listen to the last post and mark the minutes silence. Our poppies will be present around school for the month of November.

Poppies have different meanings click [here to find out more.](#)

Student Voice - The event!

Imnan Malik and Maahi Dahiya were our final 2 candidates for Student Voice Prime Minister. They worked relentlessly for student votes this week. They both devised their main campaign points and shared these with students via recordings.

During their campaign week they have:

- Shared treats and key messages
- Spoken to staff during L&P
- Visited students in their tutor groups
- Rallying during lunch

Results are in Monday!



OACf - Mental Health & Wellbeing

Helpful Links

We continue to make wellbeing a priority for staff and students at City Fields - in October, as part of World Mental Health Day, we took the time in Tutor groups to reflect on how we were feeling and ideas around mental wellbeing. Individual pledges were made to improve mental health and wellbeing. Students and staff had the opportunity during P5 discuss how they felt and where able to listen to the experiences of others.



Wakefield
Safeguarding Children Partnership

YOUNGMINDS
fighting for young people's mental health

We have also spoken with students about a variety of ways they can increase positive mental wellbeing.



<p>Be kind to yourself</p>  <p>Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.</p> <p>Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.</p>	<p>Exercise regularly</p>  <p>Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.</p> <p>Get outside, preferably in a green space or near water.</p> <p>Find an activity you enjoy doing, and just do it.</p>
<p>Take up a hobby and/or learn a new skill</p>  <p>Increase your confidence and interest, meet others, or prepare for finding work.</p>	<p>Have some fun and/or be creative</p> <p>Having fun or being creative helps us feel better and increases our confidence.</p>  <p>Enjoy yourself!</p>
<p>Help others</p>  <p>Get involved with a community project, charity work, or simply help out someone you know.</p> <p>As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.</p>	<p>Relax</p>  <p>Make time for yourself. Allow yourself to chill out and relax. Find something that suits you - different things work for different people.</p> <p>Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)</p>
<p>Eat healthily</p> <p>Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.</p> 	<p>Balance sleep</p>  <p>Get into a healthy sleep routine - including going to bed and getting up at the same time each day.</p>
<p>Connect with others</p>  <p>Stay in touch with family and friends - make regular and frequent contact with them.</p>	<p>Beware drink and drugs</p>  <p>Avoid using alcohol (or non-prescribed drugs) to help you cope - it will only add to your problems.</p>
<p>See the bigger picture</p> <p>We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')</p>  <p>What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?</p>	<p>Accepting: 'It is as it is'</p>  <p>We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.</p> <p>Some situations we just can't change. We can surf those waves rather than try to stop them.</p> <p>Allow those thoughts and sensations just to be - they will pass.</p>



Mental Health & Wellbeing



There are other sources of support that we work with as a school and other times in the curriculum when we look at mental health and wellbeing issues.



Online support for young people by trained professionals that young people can access on any mobile device.

Free and anonymous.

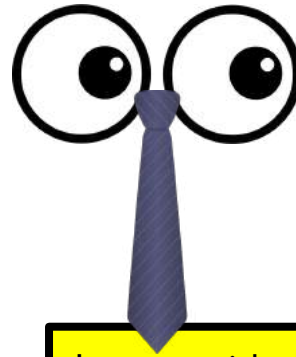
School Nurse

Drop in times:
Wednesday 12-1.30pm



Support for students in the Academy

Students can meet with professional mentors who will listen and help guide.



In a potential partnership with Peer Education Project (PEP).

We are looking to appoint student Mental Health Ambassadors to work closely with our mental health leaders in school.

More information to follow shortly so keep your eyes peeled...

Guest speakers:
Riot Act, Hate Crime, Community Cohesion, Oddballs, Spectrum, Resilience Team



Year	Topics taught in LIFE
Y7	Yoga, Exercise, Food, Smoking, Stress, Meditation, Reducing Risk, Bullying, Online presence and safety, Grooming
Y8	Global Citizenship, Peer Pressure, Mindfulness, Body Image, Stress, Anxiety, Self-Confidence
Y9	Meditation, Anxiety, Stress, Positive Choices, Binge Drinking, Drugs, Self harm, Suicide, Relationships and sex education, British Heart Foundation
Y10	Self harm & Suicide, Addictions, Drinking, Drugs, Forced Marriage, Sexism
Y11	Self harm & Suicide, exam Stress & Anxiety, Addictions, Sexism

Throughout the year	ACE sessions each half term Drop down days and events focusing on Consent, Harmful behaviours, Friendships, Child Sexual Exploitation & Child Criminal Exploitation
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OACf - New support staff

Our support staff make up the vast majority of staff at City Fields. It is great to welcome so many new colleagues to help and support the day to day running of lessons, classes and social time, being a role model and mentor to the students.

Jed Amos-Goddard - Year 10 Learning Manager

Hello, my name is Mr Amos-Goddard and I will be the Year 10 Learning Manager for this academic year and I couldn't be happier to be here. This will be my first year as a part of Outwood Academy City Fields and I can't wait to get to know all the students and become more familiar with everyone. After the chaotic 18 months we have all experienced we can hopefully now settle down and focus on what is a very important year for the Year 10s and I will be there to help and encourage them every step of the way!



Sam Duffy - Regional Learning Manager

My name is Sam Duffy. I am the Regional Learning Manager based at City Fields. I work alongside the other Learning Managers, supporting them in all aspects of their role while also being ready and available to jump over to any one of the other Outwood Academies within the region to support at their schools as and when required. I joined City Fields last April as a TA working closely with the Inclusion team, class teachers and some of our students who may have additional needs. I'm always on hand to support staff and students in any capacity.



Claire Jacklin-Hibbit - Learning Resource Centre Coordinator

I studied at Sheffield Hallam and Sunderland University to gain my Degree and Masters in Tourism Management. I worked for a hotel chain starting in housekeeping and working my way up to the role of hotel manager and relief manager across a number of hotels in the NorthEast Region. I really enjoyed the fast pace nature and training of staff members. A question I have been asked a lot since I have started in this role is what is your favourite book? My favourite book is Pride and Prejudice by Jane Austen. This is a great book as it takes you on an emotional rollercoaster being amused by Mrs Bennet, feeling anger towards George Wickham and admiring Mr Darcy actions.



Charlotte Smart - Teaching Assistant

Hi, my name is Miss Smart. I'm a new teaching assistant. I have enjoyed getting to know staff and students in all years. My favorite subjects are English and Art. I am very approachable and friendly if you see me around, please come say hello.



Sally Howgate - Teaching Assistant

Hi my name is Mrs Howgate. I'm a Teaching Assistant at City Fields Academy. I mainly support year 7 & 8 in all subjects, although My favourite subject is Science. Before I began working at City Fields, I worked at The South Leeds Academy as an HLTA & was also a dog walker.



Jessica Winstanley - Teaching Assistant

My name is Miss Winstanley, I'm a teaching assistant usually found in Year 8 classes. Since starting in September I have really enjoyed getting to know the staff and students at City Fields.

My favourite subjects are Music and Drama and I spend my free time teaching Performing Arts around West Yorkshire.



Manuela Dobrowolska - Teaching Assistant

My name is Miss Manuela, I'm a new teaching assistant and an EAL support. I'm a qualified primary school teacher and have a master's degree in Education and Pedagogical Therapy. I was born in Poland, however, I've lived and studied in 5 different countries. That wonderful learning journey gave me a chance to explore various cultures and learn languages. I love being a part of City Fields as it fosters cultural pluralism. Multicultural understanding between pupils and staff creates mutual respect and a positive working Environment.



Faye Beckett - Teaching Assistant

Hi my name is Miss Beckett and I have been at the school for just over 7 months, I have enjoyed getting to know everyone. My favourite subjects are Maths and PE however I do love to read. I am kind and approachable.



Caitlyn Campbell - Teaching Assistant

Hi, I'm Miss Campbell, a new teaching assistant! I'm a psychology graduate from the University of Liverpool. I'm friendly and always available to help! Maths is one of my favourite subjects, but I can help with a wide range of subjects.



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

TRINITY CHRISTMAS FAYRE

1ST DECEMBER, 4PM - 8PM
MOBILE ROCKET STADIUM
FREE ENTRY!

FIRST TEAM PLAYERS IN ATTENDANCE

STALLS AVAILABLE AT £20 PER STALL. EMAIL VD@WAKEFIELDTRINITY.COM FOR MORE INFORMATION

Join us for our **Open Event**

NOV 20

Wakefield College

Saturday 20 Nov, 10am - 1pm

Wakefield City Campus & Castleford Campus

Join us for our **Virtual Open Event** WITH LIVE Q&A!

NOV 18

WED 18 NOVEMBER

newcollege

-Mindfulness & Wellbeing- At St Swithun's Community Centre

Learn and develop skills on how to be in the present

Learn the benefits of mindfulness

Learn how to perform mindfulness exercises and steps to wellbeing.

This is a 5 week course starting on **Thursday 18th November 2021 at 9.30am – 12 noon.**

How do I enrol?
Ring Manygates reception on 01924 303302 and ask about the St Swithun's mindfulness course.

Wakefield Adult Education Service

wakefieldcouncil

OGA Post-16

Open evening - Tuesday 23rd November 2021 - 4-7pm

- A curriculum for any pathway**
We offer an ambitious curriculum for all students. A wide choice of A level and vocational courses ensure every student can achieve.
- A comprehensive support network**
We pride ourselves on our inclusive and welcoming academy culture.
- A high quality experience**
Working with a range of employers, universities and extracurricular groups we offer students a unique Post-16 experience.

THE OGA P16 EXPERIENCE

- In 2021, 88% of our students secured a place at their first choice university.
- Every one of our students secured a place in employment, on an apprenticeship or at university.

Please join us on Tuesday 23rd November to find out more!
Planning on coming along? We are offering 1 hour visit slots at 4-5pm, 5-6pm and 6-7pm. Please email post16@oxenford.academy to confirm your chosen slot!

How to find out more?
- Visit the website www.oxenford.academy
- Contact director of Post 16, post16@oxenford.academy

Our curriculum offer - 2022/23
*All courses are A levels unless otherwise stated.

English Language	Drama	Computer Science
English Language and Literature	Government and Politics	Criminology BTEC
English Literature	Geography	Business BTEC
Mathematics	History	Applied Science BTEC
Further Maths	Psychology	Music
Chemistry	Law	Music Technology BTEC
Biology	Sociology	IT BTEC
Physics	German	Dance BTEC
Philosophy	Spanish	Health and Social Care BTEC
Media Studies	Textiles	Sport Science BTEC
Photography	Product Design	Sport (Double) BTEC
Art		Forensic Science BTEC

Live Well Wakefield

Self Management "Virtual" Courses

Self Management Support for Long Covid

Are you living with the effects of Long Covid? Do you struggle with fatigue, making decisions and difficult emotions?

Our 6 week self-management course can offer tools and techniques to help support your general health and wellbeing whilst you meet and share with others online who have been affected by Covid-19. The course is also helpful for those living with/caring for anyone with Long Covid

Topics include:

- Managing pain and fatigue
- Dealing with difficult emotions like stress and anxiety
- Relaxation techniques to support your wellbeing
- Working effectively with your healthcare team
- Decision-making and communication skills
- Building confidence by setting weekly achievable goals

The sessions last for 1.25 hours with a scheduled break and run on 2 consecutive days each week over 6 weeks

Interested? Then why not give us a call

For more information contact Live Well Wakefield on 01924 255363, or email Paul.Boyd1@nhs.net

Self-Management

ACCORD LEGAL SERVICES

Institute of Professional Willwriters

NHS

FREE Professionally Written Wills For NHS and Key Workers

Accord Legal Services

Thank you NHS and Key Workers!

To take advantage of this offer, please leave your contact details below and one of our specialist Will writing consultants will be in touch with you.

Alternatively, please email info@accordwills.co.uk

Don't forget to spread the word!

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

Talk to us if you're affected by:

- ✓ Loss of £20 Universal Credit uplift
- ✓ Loss of employment or furlough payments
- ✓ Issues with your landlord or mortgage
- ✓ Increases in your bills
- ✓ Debt
- ✓ Low benefits payments

Come and talk to our benefits advisors at an event near you.

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

South Elmsall
Westfield Centre, 25 Westfield Lane, WF10 1PU
T: 01977 842 250
Monday 8th November 9:00am-3:00pm

Knottley
The Abby Inn, 95 Spencers Avenue, Knottley WF10 1DF
T: 01977 818 850
Tuesday 16th November 1:30pm-6:30pm

Eastmoor
Eastmoor Community Project, St. Swithun's Community Centre, Airedale Road, WF14 8B
T: 01924 381 212
Tuesday 9th November 1:30pm-6:30pm

Airedale
Airedale Library, The Square, Castleford WF8 3JJ
T: 01977 714 040
Wednesday 17th November 9:30am-2:30pm