

We have reached the last half term of the year and we are now almost half way through our formal exam season. Year 11 have been brilliant and have shown great maturity and responsibility in their actions and habits. Students are still following their timetables till the 16 June and need to attend each day. Key information has been shared with Year 11 in a letter I recently wrote to them. Masterclasses are still running and are a great source of support.

City Fields Newsletter 5 2022-23

Well done to Year 10 who have completed 2 out of the 3 Religious Studies exams (Last exam 6 June). This is a great experience for them in preparation for what is to come in 2024. There will be some additional mock exams for other year groups at the end of June so we can review their learning this year.

YEAR 11 REVISION Masterclasses				
Week Commencing Monday 5 June 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
	Maths Paper 2 (Non-Calculator) 10:00-11:30am			Spanish Oral Exam 10:00-11:30am
	Geography Paper 1 (Written) 11:45-1:15pm	Religion & Philosophy 11:45-1:15pm	Computer Science 11:45-1:15pm	
	Maths Paper 1 (Calculator) 1:30-3:00pm		Design & Technology 1:30-3:00pm	
	History Paper 1 (Open) 3:15-4:45pm		Geography Paper 2 (Open) 3:15-4:45pm	

Water Safety

As the warm weather approaches we wanted to share some useful links with you about the risks of entering open water. Please have conversations with your child about these risks, even if they are a strong swimmer cold water shock affects everyone. Yorkshire Water have conducted assemblies with Year 10 and Year 11 this half term and Year 7 - 9 have had messages reiterated to them in tutor in advance of their sessions over the next coming weeks. Click on the images below to access the links.



New Build Update

We are now on week 38 of a 44 week programme and are really pleased to say that Morgan Sindall have remained on track and the expected handover date will be 7th July 2023. The two storey new build will see an expansion of 11 new bespoke classrooms including two Science Laboratories, two Business & ICT Suites, and a new Art and Music room.



Student Voice



Eid Celebration Lunch

Student Voice this term have been supporting Ramadan and EID within school.

Decorating the dining hall, organising a EID lunch with the support of the catering team, turning the Hub in to a prayer room for Ramadan.

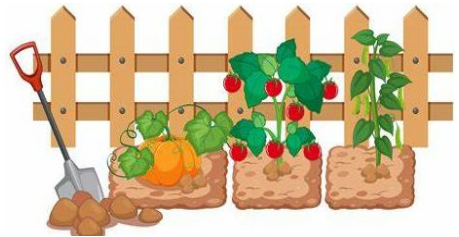
Feedback gathered by Student Voice after the Eid celebration lunch has allowed us to see that the students would like to have further events like this. Students want to have more involvement in lessons and within other parts of the school.

Annual Picnic

We are currently planning our annual picnic planned for the beginning of July 2023. Further information to follow.



It's not too late to join Student Voice 22-23, if interested in joining please see Mrs Jacklin-Hibbit in the LRC.



Gardening Club

We have had lots of donations for our sustainable garden and would like to say, thank you for all your support.

We have been busy planting Beef Tomatoes, Chillies, Lettuce, Kale, Lettuce, Cucumbers and lots of herbs.

We have also planted Sunflowers and will monitor their growth throughout the remaining term of school.

Our aim is to be able to use these with in our food technology lessons.

Contextual Safeguarding



Contextual safeguarding recognises that as young people grow and develop they are influenced by a whole range of environments and people outside of their family.

For example in school, in the local community, in their peer groups or online. Children and young people may encounter risk in any of these environments. Sometimes the different contexts are inter-related and can mean that children and young people may encounter multiple risks.

Contextual safeguarding looks at how we can best understand these risks, engage with children and help to keep them safe.

If you are concerned about your own situation or that of someone else there are people that can help. If you are not sure who to ask, speak to us in school who can signpost you to key services and networks. The main risks in this community are:

Scan the QR code for more information and support available.

Domestic Abuse

Domestic abuse is any type of controlling, coercive, threatening behaviour, violence or abuse between people who are, or who have been in a relationship or who are related to one another.

County Lines

County Lines is a term used to describe gangs and organised criminal networks involved in transporting illegal drugs to different areas of the country.

Extremism

Extremism is the vocal or active opposition to our fundamental values, including democracy, the rule of law, individual liberty, and respect and tolerance for different faiths and beliefs.

Neglect

Neglect can come in many different forms. However it is defined as, the persistent failure to meet a child's basic physical, emotional and/or psychological needs, likely to result in the serious impairment of the child's health or development.



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Vapes

Also known as:

E-cigs, e-cigarette, e-hookah, e-liquids, puff bars, vape pens, vape pods, vape sticks

Vapes are electronic devices designed to allow people to inhale nicotine in a vapour. Using a vape is known as vaping. Vapes are also available without nicotine.

How the drug works:

How individuals might feel

Dizzy, headache, nauseous or mildly stimulated, relaxed.

Effects on the body

Increased blood pressure and heart rate. Faster breathing.

How long it takes to work

Effects peak 5-10 minutes after your first puff.

How long the effects last

The effects last two to three hours after your last puff.

Common risks

Nicotine makes the heart beat much fast. This can make you feel nauseous/sick the first time you use it. Nicotine is addictive and can be hard to stop using once you've started. Vaping is a lot less harmful than smoking but it doesn't mean it's harmless.

For more information, visit:

<https://www.talktofrank.com/drug/vapes>



SAFER
SCHOOLS NI

[Teen vaping – a guide to spotting vaping & helping them quit](#)

Update from PC Gray



As we approach the end of term I would like to reflect on my time spent at City Fields and in the Eastmoor Community over the past few months. I am new to the role of Safer Schools Officer, so I was somewhat stepping into the unknown when I took on this role having transferred from Halifax. I am pleased to say I have very much enjoyed my time in this role so far, and particularly enjoyed getting to know the students.

I have been made to feel welcome by staff and students and I very much feel part of the team here at City Fields. Hopefully I have developed a good relationship with the students.

I am not here to deal with discipline matters within the school, and I am pleased to say I have not had cause to use my police powers within the school.

I have delivered numerous interventions and presentations covering a range of topics. I would like to think that I have given students information to make the right decisions, when difficult decisions have to be made.

I have also got to know some of you parents/carers. Some of you have expressed some concerns about issues in the wider community, hopefully I have helped to address these issues.

I am a police officer first and foremost, when I am in school I am always happy to hear about issues in the wider community and give advice. I have made a point of conducting foot patrol around the community before and after school, hopefully this has provided some reassurance for the wider community. If you see me, please say hello!

Over the Summer holidays I will be working on a number of projects, as well as returning to "normal" policing duties within the community. I will be producing a video with staff and prisoners at HMP Leeds, with an aim to make young people aware of the consequences of crime. I will also be developing a "YOUNG INVESTIGATORS" after school enrichment programme for Year 10 & Year 11 students at City Fields. I will be in a position to provide more details after the summer holidays.

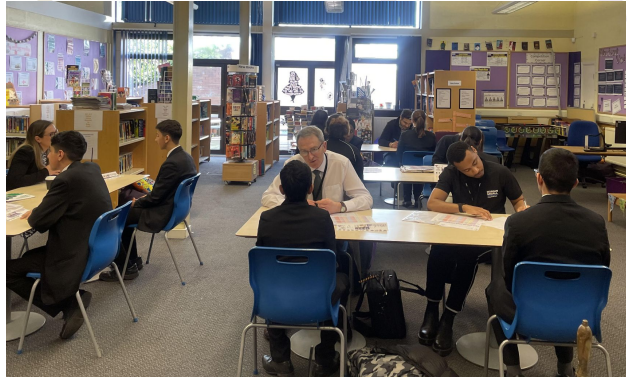
If you have any questions or need to contact me about issues in school or the community, my email address is j.gray@cityfields.outwood.com. I am in the school Wednesday and Thursday in term time.

Careers



Year 10 Mock Interview Day

All year 10 students took part in a day of Mock Interviews where they got the chance to speak to employers and get feedback. Students stated in their feedback that they found it enjoyable and useful and helped them for future interviews.



A MASSIVE thank you to all employers from; West Yorkshire Police, HETA, Outwood Academy City Fields, Outwood Grange Post 16, Wakefield Employment Hub, REED, Morgan Sindall and Progress Careers.



Year 10 Students visited The University of York for their Be Brilliant Graduation after completing 6 university seminars on Politics.

Well done to all students with a special mention to Alisha Younas who achieved a 1st class in her essay!



OACF Careers Fair 2023

The second annual careers fair will be held on Friday 14th July. This will be open to all students and parents so please keep your eyes peeled for your invitation!

At the time of writing students have amassed over 45 thousand praise points. That figure is just over 1 thousand praise points more than this time last year. In addition over 300 more Super Star Student nominations have been made this academic year to date in comparison to this time last year. Well done to all students that are working hard and going above and beyond in lessons.



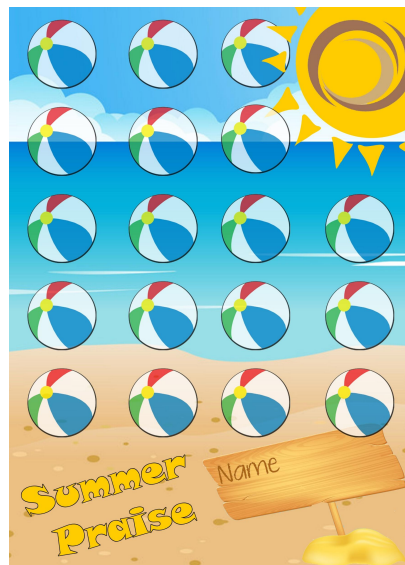
Friday 5 Surprise!

Congratulations to the following students who have won Friday 5 surprise this half term. They have won for outstanding work throughout the week, Joemard Abbas, Suman Zaman and Halima Ahmed are to name a few.

SuperStar Students

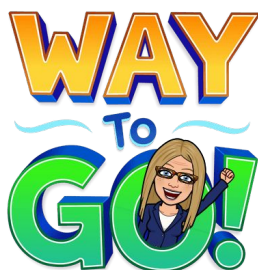
Congratulations to our hard working students who have been nominated the most time this half term for SuperStar Student. They've gone above and beyond in lesson and around school. Well done. Congratulations also to our praise raffle winners.

Totals to Spring Bank (Since Easter)		
Year	Praise points	Superstar students
7	1130	53
8	667	45
9	611	36
10	409	30
11	180	11



It doesn't matter what others are doing, it matters what you are doing.

@weareteachers



Watch out for the upcoming Summer Praise challenge in July. Students have the chance to win Love2Shop Vouchers, Amazon Echo Dots, Smart Watches and many more prizes.



PE Fixtures



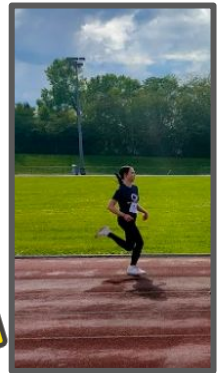
Superb work from our Year 8 girls cricket team that played a fantastic game against Allerton High school. More fixtures are planned. Well done!

Congratulations to our wonderful Year 10 girls who have successfully completed their Sports Leaders qualification. Our Year 9 Sports Scholars are working hard leading football, tennis and hockey tournaments to local primary schools as they too look to receive the Sports Leaders qualification in the upcoming new academic year. If your child is interested in this qualification or joining the Sports Scholars we will be holding interviews in the summer term.



We're delighted to announce that Outwood Academy City Fields has been awarded the "Gold" award for School Games Mark. This means that the school is providing high quality physical education to our wonderful students and giving opportunities to all students to be active beyond lessons. Well done all.

Congratulations to our athletics team that competed in the Wakefield Athletics trials in May. We had some fabulous results with many students finishing in the top 3. We have our upcoming Wakefield District School Championships in June, if you are interested in joining please speak with the PE department.



A big thank you to Phoenix Dance Company who came into school in May to teach our Year 8 and 9 Dance group. This was following their success at the Big Dance Event in Halifax. They all had a wonderful time and are now preparing for their next competition.

Good luck to our BTEC Sport students in their upcoming exam. The Year 11 group have worked so hard and we wish them the very best of luck in completing their course. Also well done and good luck to the Year 10 group who have been assessed with their practical session and lesson task.



#TeamPE



Mental Wellbeing

May 15th - 21st is Mental Health Awareness Week

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food. But anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

Click the tips and tricks post-it note for even more information from the Stress Management Society.

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

Tips & Tricks

Connect

Staying in touch with loved ones can hugely contribute to our happiness and make us feel more secure. A simple chat or phone call can lift our mood.

Take Notice

Being active isn't just good for us physically, it's also scientifically proven to have positive effects on our mental health and wellbeing. Even just a short 10-15 minute walk.

Be Active

Try to 'take a step back' and notice what is going on around you. Whether it's for yourself or taking notice of how others around you are feeling **AND** don't be afraid to ask if they are okay.



The PE department fully support Mental Wellbeing within the Academy and understand the role that being active plays within this. Come along and check out the many enrichments that are on offer after school (2:30PM - 3:30PM)!

Library

Can be used before and after school

Film Club - Students can come and join us for themed films monthly. Popcorn and treats available.



Compass

Compass Wakefield offers short term support to children and young people with mild, emerging difficulties. Issues may include low mood, anxiety, managing different emotions like anger, being scared, friendship groups, being bullied or online bullying, friendship problems, loneliness and sadness.

Compass staff, working in local schools and community settings, can offer:

- Guided/self-help (online & face-to-face)
- Supported referrals to specialist services
- Peer support groups
- Parenting programmes

Breakfast Club

Reminder of free breakfast every week day from 8 am. Bagels, Cereal and Fruit

How do I request support?

If you believe your child or your family would benefit from any of the services offered by Compass, please contact the learning manager for your child in school.

As a school we can make referrals to Compass to help your child / your family get the support they need.

New Staff & Opportunities



Wendy Smith - Maths Tutor

Hello! My name is **Wendy Smith** and I am a Maths Tutor. I am really enjoying being at City Fields. Outside school, I love spending time with my family and going on long walks with our little cocker spaniel, Josie. I also love to go running and am hoping to complete a half marathon within the next year. I love reading, watching films, baking, travelling and eating out.

Vacancies



There are lots of jobs in the Wakefield area, click the image above. At City Fields we have the following opportunities:

- [Inclusion Administrator \(Part Time\)](#)
- [Bridge Coordinator \(Job Share\)](#)
- [Learning Manager](#)
- [Cover Supervisor](#)

We have several [Teaching Assistant](#) vacancies which will be posted over the coming weeks with a start date of September 2023 - both Permanent and Temporary - this is rewarding role that really makes a difference to our students.

Would you like to make a difference whilst carrying out an extremely rewarding role?

Outwood Grange Academies Trust is seeking to appoint **Governors** to join its Academy Councils.

The Outwood Family covers a large geographical area across the Heart of England from the City Centre of Wakefield to the North Yorkshire, including primary and secondary schools, an alternative provision and Pupil Referral Centre. Under the Outwood Family, parental responsibility for our schools rests with the Board of Trustees, however some of our schools are also supported by the Academy Council, who are the Governors of the school.

Academy Councils are a sub-committee of the Outwood Board and their role is to carry out the Outwood Board's strategic vision and provide financial support to the schools, academies and, in addition, to develop and strengthen the schools links with the local community.

Academy Councils are made up of Governors who are selected to oversee, challenge and support the school's leadership. Some Governors are appointed by the Trust and others are elected by parents or carers of children who attend the school.

Appointments from parents and carers are encouraged. Through links of Parent Liaison we offer the chance to visit the schools in the area that matter to you, and our child that care will be able to support the school, but still be perfectly placed to challenge if needed in an academy. You can truly have a positive impact on your child's education.

The Trust is seeking individuals that can offer experience and expertise in any of the following areas:

- Finance and Accounting
- Business and Marketing
- Learning and Academic Support
- Language and Child Protection
- HR
- Health and Safety
- Special Educational Needs
- Charity and Engagement

If you are interested in this role, or would like any further information, please visit: outwood.link/beac-governor

A colleague will contact you directly to answer any questions you may have or provide additional details and arrange a visit to the school.

JOIN US



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING MAY HALF TERM 2023

COURTESY OF MONEY SAVING CENTRAL

SAINSBURY'S CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

ASDA

Kids eat for £1 All Day. Every Day at Asda cafes, with no adult spend required.

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELodge

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 Kids eat FREE all day, every day from Monday 29th May - Friday 2nd June

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

TO BE CONFIRMED...

M&S, YO! Sushi, Tesco and Farmhouse Inns

Community Update

Free Wellbeing Workshop
Dealing with Exam Stress
 4th June 2023, 1pm - 2:30pm

Exam stress can start to feel overwhelming and cause you to feel anxious or low. Join us for this workshop to Learn useful coping strategies and techniques to help you during this challenging time.

Book via our website now:
talking.turning-point.co.uk/wakefield

TURNING POINT TALKING THERAPIES
 Working together with West Yorkshire

FREE MENTAL HEALTH SUPPORT SURGERY

WE ASSIST WITH
 ANXIETY
 DEPRESSION
 ANGER
 ADDICTIONS
 DOMESTIC VIOLENCE
 BEREAVEMENT & LOSS
 O.C.D
 TRAUMA

WHEN
 10am-12.15pm ON THE LAST FRIDAY OF THE MONTH

WHERE
 ST. SWITHUN'S COMMUNITY CENTRE, EASTMOOR, WAKEFIELD WF1 4RR

WHO
 SUPPORT PROVIDED BY QUALIFIED COUNSELLORS FROM TURNING MINDS AROUND TEL 07419 202312

TURNING MINDS AROUND

Changing Our Direction
 A guide for families...

Families Learning About Self Harm

With the goal of reducing family stress levels, our 10 week 'FLASH' programme supports parents and caregivers of children and young people with self-harming behaviours.

What is the 'FLASH' programme?
 Developed by experienced psychiatric nurses. Based on therapies and theories including CBT, social learning theory and solution focused therapy. Delivered in a therapeutic group context. Focussed on improving family life. A positive approach to managing behaviour and potential conflict. Practitioner training provided by 'The Ministry of Preventing'.

You will meet other families dealing with similar situations while learning about team development and self-harm, developing techniques to boost your child's self-esteem, gaining the confidence to establish safe boundaries and developing coping mechanisms for the difficult times.

Kids Being Mental Matters

Contact:
 Rachel Aronson | rachel.aronson@kids.org.uk
 Claire Conner | claire.conner@kids.org.uk

Feeling sad, worried, or alone?
 Talk to us.

Text BUZZ to 85258
 for free and confidential support 24/7

SATURDAY Family Rounders

Join us every Saturday for a fun & friendly family Rounders Session!
 Get fit, have fun & meet new people

Open to all Women & Girls 7yrs & over

Every Saturday 3.30 - 5.30pm
 Lightwaves Leisure Centre
 Lower York Street Wakefield, WF1 3LJ

Are you available to support our gardening volunteer day?

On June 21st we are asking for members of the local community to support Outwood Park Hill in developing a sensory Garden which when complete, will be available for the local community to access.

Can you spare any time between 9am and 3.30pm to help develop this garden space?
 If so, please contact you call Outwood Academy Park Hill - 01924 203055 and give your name and contact number.

We will meet by the school office at 9.15am on the 21st June.
 We hope to see you there.

Restorative Thinking and Positive Relationships: preventing and managing conflict

Lesson 1: Positive relationships
Lesson 2: Behaviour as communication
Lesson 3: Restorative enquiry
Lesson 4: Coping with stress

Restorative Thinking
 ANTI-BULLYING ALLIANCE

After consistent upheaval in children's lives in recent years, alongside @Re_Thinking we've put together a 'Restorative Thinking and Positive Relationships' course for parents & carers on how to manage conflict at home:
<http://bit.ly/3501UKz>

ISPAC MENTORING PROJECT

E-mail: mentor.me@ispace.org.uk for more information

If you would like to alert us to any community events or want to share anything please let us know - enquiries@cityfields.outwood.com