

From now till 6 September 2023

Welcome to the Family

From now till students begin in September there may be lots of things going through their minds. Here is a check list of the things they will be provided with and the things they will need.

School will provide:

- **Uniform - Check your dates!**
(Shoes and Trainers are not provided)
- **Planner**
- **Pen**
- **Pencil**
- **Ruler**
- **Pencil Case**



(But you can always bring your own)

Things to consider bringing:

- **Pencil sharpener**
- **Eraser**
- **Calculator**
- **Water Bottle**
- **Highlighters**



Suggested reads:

- **Freedom**

Suggested activities:

- **Drawings of memorable events**
- **Letters to Primary school teachers**
- **Hopes and Dreams letters**
- **Bucket list for Year 7**
- **Summer Reading Bingo**
- **Times Tables Challenge**
- **Mindfulness pictures**

Free schools Meals link:

<https://www.wakefield.gov.uk/schools-and-education/schools/free-school-meals/>

CAMHs Resources:

<https://www.camhs-resources.co.uk/downloads>

Key Information

School Day

Breakfast available from 8 am



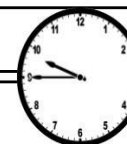
All students onsite by 8:15 am
Students move to Tutor time at 8:20 am

Punctuality is not about being on time. It's basically about respecting your own commitments.

Year 11 enter via the main gates
All other year groups enter via Arncliffe Road



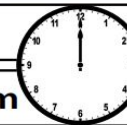
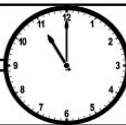
Lesson 1 starts at 8:45 am



Lesson 2 & break from 9:45 am

Break 1 - 9:45 am Year 7 - Bistro Year 10 - Brasserie	Break 2 - 10:15 am Year 9 - Bistro	Break 3 - 10:45 am Year 8 - Bistro Year 11 - Brasserie
Break 1 - 9:45 am Year 7 - Bistro Year 10 - Brasserie	Break 2 - 10:15 am Year 9 - Bistro	Break 3 - 10:45 am Year 8 - Bistro Year 11 - Brasserie

Lesson 3 starts at 11:00 am



Lunch and Lesson 4 starts at 12:00 pm

Lunch 1 - 12:00 pm Year 7 - Bistro Year 11 - Brasserie	Lunch 2 - 12:30 pm Year 9 - Bistro	Lunch 3 - 13:00 pm Year 8 - Bistro Year 10 - Brasserie
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Lesson 5 starts at 13:30 pm

Enrichment starts at 14:30 pm



Year 7-10 exit via Arncliffe Road
Year 11 exit via the main gates after Enrichment activities



Year 7 Curriculum

Tutor time everyday from 8:25 am

3 x Science	4 x Maths
4 x English	3 x Humanity
2 x MFL	2 x PE
1 x Dance	2 x DT
2 x Life & Personal Development	1 x Art
1 x Music	

Enrichment opportunities everyday

Online Safety

There is lots of advice and guidance out there for online safety. It is better to ask questions than to worry or wonder. But we must consider what the age limits are and why they are there. Below is some key information we would like to know.

Age Restrictions for Social Media Platforms

(Ages specified in terms as of 2014)

Twitter
Facebook
Instagram
Pinterest
Google+
Tumblr
Reddit
Snapchat
Secret

LinkedIn

WhatsApp

Vine
Tinder

Path

YouTube
Keek
Foursquare
WeChat
Kik
Flickr



All internet platforms can be places where people post hateful content, whether as words, videos, photos or memes, and cause great harm. It is up to all of us to consider our own online content and make sure we are not crossing the line from free speech to hate speech.

FREE SPEECH

Sharing of opinion through open discussion

A way to exchange, teach, learn and challenge each other's perspectives

Debates

Conversations

Education

Criticism

Sharing of experiences

HATE SPEECH

Targeting of particular groups with malicious intentions

Insults about individual identity

Racism

Sexism

Homophobia

Biphobia

Transphobia

Disablist

Xenophobia

Islamophobia

Anti-Semitism



Compass

Wakefield

emotional health and wellbeing service

How the service can help you

We offer a range of advice, support and education on emotional health matters using text, web based and face to face to support children, young people and families to improve and maintain emotional health.

Compass staff can work with you if you're experiencing mild, emerging emotional health difficulties and you want to stop things getting any worse.

So, 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 would also be addressed.

Compass staff, working in local communities, will offer

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

CAMHS – South West Yorkshire Partnership Foundation Trust.

Monday to Friday, 9:00am – 5:00pm

Wakefield CAMHS Single Point of Access (SPA) team: 01977 735865. Will take both self/parental referrals and professional referrals. There is also an online referral form on [Child and adolescent mental health service \(CAMHS\) in Wakefield – South West Yorkshire Partnership NHS Foundation Trust](#)

"Just because no one else can heal or do your inner work for you

doesn't mean you can, should, or need to do it alone."

-Lisa Olivera

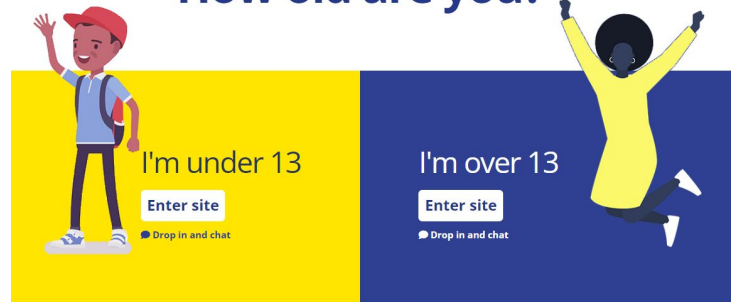
Text **BUZZ** to **85258**
for free and confidential support, 24/7

Compass
in partnership with
shout

WF-ICAN

Young people can also use the existing [WF-ICAN website](#) – including self-help resources, health promotion and protection resources, information, advice and signposting.

How old are you?



I'm under 13
Enter site
Drop in and chat

I'm over 13
Enter site
Drop in and chat

Night OWLS (West Yorkshire only). Call free on 0800 148 8244, text on 07984 392700 or chat online: www.wynightowls.org.uk from 8pm–8am every day



NIGHT OWLS

Overnight West Yorkshire
Listening/Advice Service



We're available
8pm – 8am

A confidential support line for children and young people who live in Bradford, Leeds, Calderdale, Kirklees and Wakefield.

If a child or young person you care for is in a crisis and you are concerned about their emotional wellbeing contact Night OWLS.



SCAN ME

For more information scan the QR Code to watch our video

Call free on: **0800 148 8244** or text us: **07984 392700**

We believe that a smart uniform improves discipline, self-esteem and self-respect. Uniform focuses attention upon learning and away from distractions. So that all pupils have a sense of pride in their appearance, we ask that the uniform is worn appropriately and in its entirety, as described below.

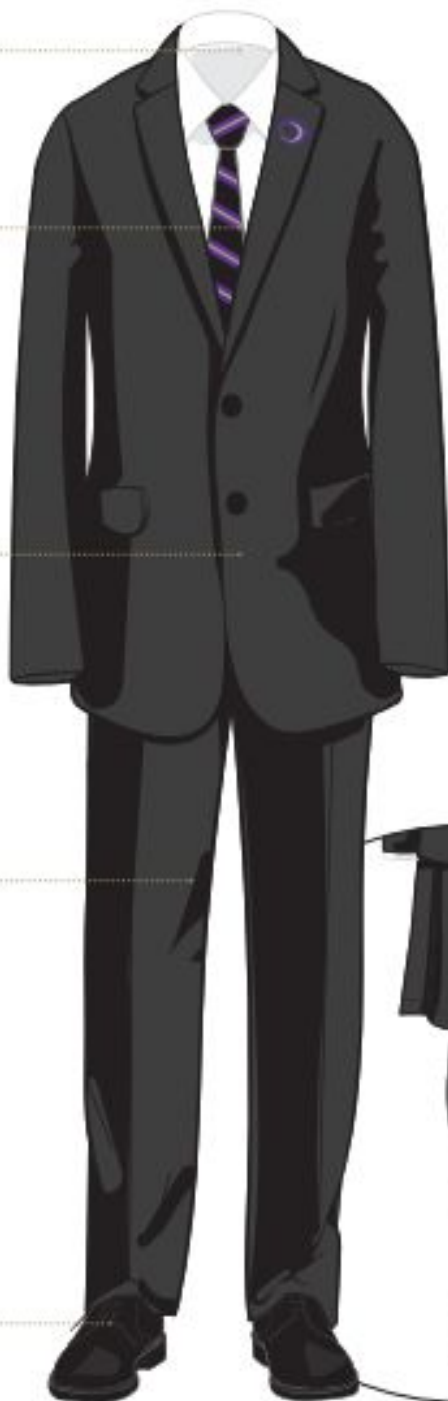
Shirt - school or plain white, long or short sleeved shirt with a stiff collar.

Tie - school clip-on tie available to buy from school, Trutex Direct and approved local uniform suppliers.

Jacket - black school jacket with school logo available to buy from Trutex Direct and approved local uniform suppliers.

Trousers - black tailored formal style trousers worn with plain black socks.

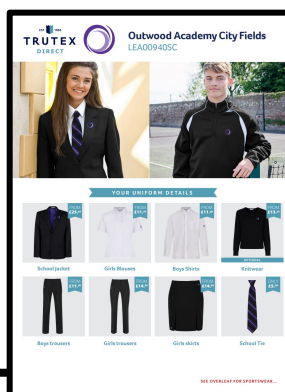
Shoes - plain black shoes free from embellishments and decorations. Heels should be no higher than 2.5cm/1 inch. No trainers, boots, pumps or canvas shoes. Please refer to the Uniform Policy for more information.



Uniform support & Hardship fund

The Academy offers a Hardship Fund which can be accessed via our website: [Hardship Policy](#) all applications should be sent with supporting documentation to the Academy. Please contact the academy via enquiries@cityfields.outwood.com if you need this support or wish to discuss uniform support.

Forgotten Uniform? Students are able to borrow uniform from SID for 1 day. New Ties and Planners can be purchased through [iPay](#) and collected from SID.



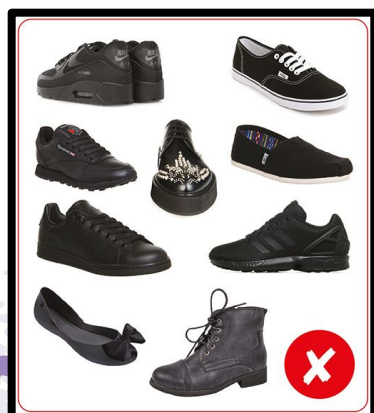
School code -
LEA00940SC

Trutex Shop
79 Northgate,
Wakefield,
WF1 3BX

Tunic Dress - tunic dress - black, with school logo available to buy from Trutex Direct and approved local uniform suppliers.

Skirt - black tailored formal skirt which sits on or just above the knee. Must be worn with black tights.

Tights - plain black, opaque (not patterned) and a minimum of 40 denier. Nothing else should be worn on top or under the tights such as additional socks.



I think it's a beautiful thing when you wear a uniform or a garb which represents a group of people, because what it immediately symbolizes is oneness, togetherness. **Nia Long**

NON-LOGOED UNIFORM GUIDE

Effective from 1 January 2023, secondary students will no longer be required to wear logoed trousers and skirts. Students will still be required to wear appropriate school trousers and skirts, as described in this guide.

Trousers

- must be plain black and in a tailored formal style;
- must **not** be cropped, tight/skinny fit, made of stretch or patterned fabric. They should **not** have decorative buttons, buckles or fashion belts;
- jeans, flares, cargo, bootlegged trousers, tracksuit bottoms, jeggings or leggings are **not** acceptable.



Skirts

- must be plain black and in a tailored formal style. Skirts may be A-line, pencil or pleated (twin, knife or box pleat);
- tight-fitting, tube skirts are **not** acceptable;
- must sit on or just above the knee;
- must **not** be made of jersey, stretch or patterned fabric;
- must be worn with a minimum of plain black 40 denier tights.

Should you have any queries regarding uniform, please contact your child's Learning Manager. If you are unsure about a garment's suitability, we advise you not to remove any tags/labels and retain your receipt until the item has been checked by a colleague in school. The Principal will retain the final decision.



Enjoy your summer!

Any concerns or worries please contact enquiries@cityfields.outwood.com
Phone lines will not be accessible