



### Week 13 – penultimate week!

- 2 new appointments on ALT team – welcome to Mr Fox and Mrs Gupta
- 1 new Head of Year 7 – announcement to be made next week
- 1 Year 11 parents' evening attended by 3 Post 16 partners – Bradford College, New College & Keighley College
- 2 new student leadership recruitment panels selecting new staff
- 1 Year 7/8 netball match against Immanuel College
- 3 beautiful Christmas trees to welcome in the Christmas season
- 1 Winter Wonderland poem to be entered into a National Competition (see website for poem)

### Our 9 habits focus for the week

**SELF-CONTROLLED**  
Being able to manage our own emotions and actions

**SELF-AWARE**

**PEACEFUL**

**Helpful**

**CALM**

Oasis Academy Lister Park

POSITIVE COPING SKILLS • CRITICISM RECEPTIVE  
POSITIVE EMOTIONAL AWARENESS

Why is it important	What it looks like	What it sounds like
Being self-controlled allows us to regulate our emotions in situations.	Managing emotions so not to create an argument.	"Can I please talk to you about what happened today?"
Self-control allows relationships to develop as everyone can feel safe together.	Not getting involved in situations that do not involve me.	"Thank you for responding in a calm manner."
Having self-control promotes positive role models.	Pausing before responding to allow thinking time before speaking.	Silence – not getting involved in situations means remaining silent.

