

19th November 2020

A Message From Our Leadership Team

As this week draws to a close, we are ever conscious that routines are different for many of us at this time. Some of our students have been working remotely: attending live lessons or completing online work. We would much rather have everyone in school, of course, but in the current climate, schools are having to operate in a different way to what we are used to. As an academy, we appreciate how adaptable our students have been. We also value the parental support we have received and the way that children are being encouraged to work hard when accessing their education at home.

When our lives and routines are disrupted and our usual way of living and working feels strange, how do we deal with this? At Oasis Academy Lister Park, we believe in building the characters of our young people (and ourselves!). We have the Oasis 9 Habits, which we work hard to develop in our students. The habit of hope is a particularly important one at this time. Remaining hopeful is a challenge, but the belief in a better future and a hope that we can return to normality soon is important.

Last week, I was struck by how dark it was while driving to work on a cold, damp, gloomy morning. However, as I dropped down through Heaton, I was drawn by the most dramatic, brilliant red sunrise, reminding me that even on the darkest mornings, there is hope and a new day.

Sometimes, moments like this can give us hope; other times, we need support and someone to reach out to us. As an academy, we like to encourage this so that the hope students have becomes a reality in their lives. It is one of the reasons why we have the Hope Centre; a safe place in our school where students can receive support and nurture to help them thrive. We want all students to feel they can ask for help if they need it.

I wish you all the best in the weeks ahead, hopeful that you and your families stay healthy and well.

Mrs Hackett - Deputy Principal

Safeguarding Message

How have YOU been lately?

I would like to reach out to our Oasis parent/carers. I am aware that unfortunately many of you will have recently experienced different mixed emotions during the current pandemic. As part of my wellbeing role within school, it is my duty of care to listen and support you during this difficult time.

When it comes to personal emotions, it can be hard to recognise or even admit that we're not feeling 100%. Throughout the pandemic many people have suffered loss, anxiety, lack of sleep and financial worries, amongst many other things.

If you feel like you may need emotional support, please don't hesitate to contact me on thehopecentre@oasislisterpark.org. This is not a time to be judged and sometimes the only medicine we need is to rationalise our thoughts and a nice cup of tea. Keep smiling.

Miss Kelly Handley

Hegarty Maths Competition



Take part in the Hegarty Maths competition to be in with a chance to win the below prizes! Speak to your Maths teacher for more information.

- ⇒ **Monthly** prize for the **pupil** with the most engagement
- ⇒ **End of year** prize for the **pupil** with the most engagement
- ⇒ **End of year** pizza party for the **class** with the most engagement

Miss Day's 5K Run

A huge well done to Miss Day who has successfully completed a 5K run in the rain to raise money for Children in Need.

So far Miss Day has raised £105, which will make a huge difference in helping to provide resources for children who find it difficult to communicate their needs and wants each day.



Oasis Academy Shoebox Appeal

What is the shoebox appeal?

It is a charity appeal that helps children and young people in need. Each shoebox is filled with items for a specific gender and they are distributed to charities who deliver them to families and children's homes.

What can you do to help?

- Bring in empty shoeboxes
- Bring in spare festive wrapping paper
- Buy a completed shoebox for £3
- Donate money to help buy items to fill the boxes.

We are collecting shoeboxes and money until Friday 11th December 2020.



Children in Need Fundraising

Thank you to both staff and students for their excellent fundraising efforts for Children in Need on Friday. We held a non-uniform day and raised a total of £491.31 from just three year groups in the academy, with almost half of that coming just from Year 7!

An excellent effort was made and we are extremely proud of you all for supporting such a worthy cause.



The Lost Island

On a hot summers day there was a girl. A girl who didn't fit in. This was because of the colour of her skin. She was always alone. Alone most days and no one liked her. But she always managed to find a way to cheer herself up. And, a smile on her face was more important than anything to her.

She was a girl who listened to calm music; and playing in the park while smiling a little was her favourite thing. Even if it was only a little smile. As soon as she went home, and entered her house she was in complete shock. She was in shock because she had learnt that she was going to leave her old school. She had to think big. She was going to go to a different school. The school was only 20 minutes away. She was very happy. She had hoped for a long time, she would never have to go to her old school again.

'Finally, hooray!' the girl said cheerfully.

The young girl got ready for bed. Ready in a hurry to escape to a special place. To her lost island. And when she sleeps everyone liked her for who she was.

It was the next morning and she was feeling enthusiastic and hoped her new school was going to be as safe as the lost island she dreamt of.

By Iman Ahmed Year 7

Home Learning

Stress Busting Help

We are here to help.

Please contact your achievement leader or pastoral leader for any support you need. For subject specific help you can contact your subject teachers directly.



Top 5 tips

What to do as a ...

STUDENT		PARENT
Take regular breaks from your school work and do something you enjoy in that time.	1	If your child is working in a different room regularly check in on them to remind them about taking a break
Have a routine which has a good balance of school work mixed with leisure time. Stick to your routine so you get used to this way of life.	2	Help your child establish a routine and support them in sticking to it. When its time for school work encourage your child to work actively.
Eat well. Make sure you don't skip breakfast and lunch and have a snack in between.	3	Make sure your child is taking a break. Encourage them to do other things in the house such as help cook a meal or tidy their rooms. Taking a break will help them focus on the work when they attempt it.
If you struggle to concentrate on school work listen to your favourite tunes (Music, Naats, podcasts) whatever motivates you to keep going	4	Make sure your child is getting enough sleep. Lack of sleep can make you less focused, worried and stressed. By getting enough sleep your child will be rested and ready for the challenges of the day. Limiting screen time can really help with this.
Have a change of scenery, don't stay in one room all day and when you can go out into the garden for some fresh air.	5	Be engaged in your child's learning and don't forget to praise them for the things they do well. The end result is important the process is more important. Praise their efforts. This will make them more resilient and motivated.

Student Attendance

90% attendance over five years of secondary school is equal to **half** a year of school missed. This is less time to meet friends, join clubs, go on trips and will result in less qualifications. Only take days off for **genuine** illness.

If you or someone in your home has COVID-19 symptoms, click here to view our quick absence guide:

<https://www.oasisacademylisterpark.org/community/covid-19-support-and-guidance>

If your personal details change, such as your address or telephone number, please notify the academy immediately on 01274 362050.

Academic Pressure

I find exam season overwhelming! Exams trigger a range of emotions; from disappointment to pride, to shock to fear.

I won't be able to explicitly reveal the magic behind how to be a better person, how you can improve your mindset, or how to never be burdened by the evils of overriding negatively. All I can say is how I felt and what I did and what I realised about myself and observed in others.

Over the course of the past few weeks, I allowed the black cloud of doom and gloom brought about by exams overwhelm me. Plagued with pressure and fear of failure, I decided to put my head down and pick up the slack.

When my grades came back, I cannot explain why I felt a feeling of sadness when I didn't meet my own self expectations. I came to the realisation that often I set the bar too high for myself rigging myself for failure and my own downfall. In reality, I make unrealistic expectations that drown and suffocate me in the guise of overriding failure. Even when I do exceptionally well or should feel pride, I don't meet my own standards. In the larger picture, I am fine. However it is the unachievable standards that I set for myself that trigger my disappointment and therefore stress. If I was to say that anything should be taken away from this, it would be that you are your own biggest judge and you should correctly balance your sense of success as, sometimes, the picture gets distorted. In reality, we are fine but like to think we are not due to the innate human nature of wanting to be better forever and always.

I saw the likening my results to my sense of self-worth and feeling the extreme of being obsessed or completely detached, neither of which are healthy. Amongst my peers, I saw the their mental wellbeing decrease due to the overwhelming workload. Being so overwhelmed meant that the only options were to become completely engrossed or the binary contrast of not doing anything at all. It was simply unspoken that doing something other than study in depth, was not doing enough.

On the other hand, there were people like me who became so obsessively attached with doing well, that we had to prioritise certain subjects and leave others to the dust, not healthy at all.

There were even those who wanted to cover everything and in doing so, got the bare minimum done in each subject or were constantly thinking about every other subject whilst studying for one, meaning they were confused or distracted.

In fact, all of these tactics are unhealthy for mental and physical wellbeing. And, I understand that as students, we simply just do not have the time to revise properly. School is physically exhausting, meaning we do not have the energy for revision and the motivation in these unprecedented circumstances, just fails to synthesise itself, especially with no leisure available at the moment. And that is what make our situation so impossible. Trying to find the right balance between life and success in education is an impossible and tricky situation but it is vital to understand that grades and a piece of paper do not dictate you, your life or your future.

Atyab Mohammed

Book Review

"The Fault in our Stars" by John Green

This book is absolutely endearing and encapsulates everything that makes a perfect teen novel. There's romance, heartbreak, the teary-eye moments, the funny moments and the shocking moments most of all. Would definitely recommend!



@oasislisterpark