

Listerlife

December 2022

Oasis Academy Lister Park North Avenue, Bradford, BD8 7ND

t: 01274 362050

e: admin@oasislisterpark.org



Oasis Community Learning



Oasis Academy Lister Park





Message from the Leadership Team

As we head towards the end of the year, we are able to look back on some real achievements and highlights from the autumn term at Oasis Academy Lister Park.

All year groups have sat challenging assessments, showing they can focus and be resilient under pressure; particularly Year 11, who sat their mock exams and behaved in an exemplary manner. There have been trips and visits, REACH days where students were off timetable to focus on personal development, and some great sport successes across year groups.

In all of these activities, students have been excellent ambassadors for the school. Time and time again, trip staff, guest speakers and invigilators who supervise exams have fed back how brilliant our students are. We know this, of course, but it is a real pleasure to get this feedback.

As we look ahead to Christmas and the New Year, many of us will be preparing to give gifts, to rest and to spend time with family. However, we are conscious that many people are finding the rising cost of living very challenging. During this festive period, our students are donating tins of food for the Bradford Foodbank so that we can help those in need. However, we are also aware that many of our academy families also need support, so details of this can be found towards the end of the newsletter.

The academy leadership team and all the staff at Oasis Lister Park would like to wish you a lovely festive period, a relaxing break and a very happy New Year. It is with mixed emotions that I can share that I will not be at Oasis Lister Park in 2023, as I am going to be working in a different school as Headteacher from January. I have spent 19 very happy years here, and I will greatly miss students and staff alike.

I would like to wish everyone all the best and thank students, parents and staff for their support, hard work and friendship.

All the best for 2023.

Mrs Hackett **Deputy Principal**

Christmas Half Term: 16th December 2022 - 3rd January 2023







This week Year 7 went to Chester Zoo. They saw the elephants, giraffes and even walked through the bat caves! They were really mature, and we cannot wait for our next adventure!

The next exciting opportunity is a visit to the Alhambra Theatre to watch this year's pantomime, Jack and the Beanstalk. There are a few tickets left if you have not got one!

Year 7 Shout-Outs!

Mohammed Kamran, for resilience and maturity during the trip Kasim Yassar, for keeping tabs on the World Cup scores Mussaab Siddig, for always getting it right and a super attitude to learning Jessica You, for always looking after everyone, particularly our new students

Megan Daly





Oasis Academy Lister Park North Avenue, Bradford, BD8 7ND







We are fast approaching the Christmas break, and the students in year 8 have continuously developed as young people, striving everyday to be the best possible person they can be.

Year 8 have just recently sat their cycle 1 assessments. Results of these assessments will be shared with you shortly to allow you to best understand the level your child is currently at.

On Tuesday 6th December we took all Year 8 students to Chester Zoo as a free trip for students to enjoy as a reward for all their hard work and effort within the academy.

We have had some brilliant success competing in some recent basketball tournaments which has resulted in the year 8 team qualifying for the Bradford area final against Bingley Grammar School. Information on this event will be sent out to parents/carers later.

Habit	Student	
Patient	Ruwaida Ibrahim	
Humble	Ishaaq Ahmed	
Considerate	Ameena Kapadiya	
Honest	Amina Khan	

As ever, if you need anything at all, please contact school and ask for Mr Hartley (Head of year) or Mr Ahmed (Assistant Head of year).

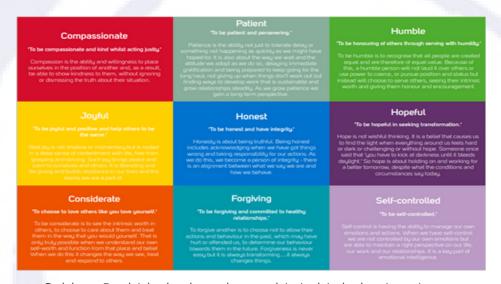
> Thank you for your consistent approach. Mr Hartley





What a great start you have all made to Year 9. A whole term completed already! Mr Shabeer and I would like to congratulate the year group on their continued maturity and attitude towards learning every morning in the YGLs. This memory recall routine will definitely benefit you in preparation for KS4 GCSE coursework and exams.

Below are some students that I feel have really demonstrated of our Oasis 9 Habits this term. Well done guys!



Self-Control Habit goes to Subhan Rashid who has shown this in his behaviour improvement recently. Keep this up!

Joyful Habit goes to Leon Loukota. You have made a great start back into Year 9.

Honest Habit goes to Peter Toker. You have really demonstrated this recently. Well done.

Compassionate goes to Aaliyah Shah. A finalist for the 'Bradford Community Stars Award'. Although you didn't win the overall prize, the important thing is that you were chosen due to all your hard work supporting students with mentoring and community action. Just fantastic!

I hope that you all have a wonderful Christmas break, Year 9, relaxing and spending quality time with family

and friends.

We have so much to look forward to in 2023, with many planned trips and enrichment opportunities for you to take part in throughout the rest of the year, which I am sure you will all enjoy!

Take care, and I look forward to seeing you all in 2023!

Kind Regards Mrs Mackenzie-Jones

Oasis Academy Lister Park North Avenue, Bradford, BD8 7ND









Year 10 have had a good first term and most students are focused and determined to do well. I am extremely proud of the quality of work being produced in lessons and contributions students are making.

Attendance within the year group is a concern and must improve. This has a huge impact on the outcomes at GCSE when absent students miss important lessons. Could parents/carers please ensure your child is attending school on time every day.

Well done to the following students for maintaining 100% attendance:

Blessing Antoine 10L Subhan Khalil 10P Zayan Raza 10S

Well done to the following students for achieving the highest number of positive points:

Blessing Anotine 119 Callum Osborne 96

A reminder that year 10 parents evening is on Tuesday 17th January 2023 between the hours of 16:30 -18:30. More information to follow about this.

Upcoming football fixtures for boys:

Vs Hanson - 14/12/2022

I would like to take this opportunity to thank all parents/carers for your support. If you need anything, or have any questions, please contact Mrs Majid (Assistant Head of Year) or Mrs Aslam (Head of Year). We can be contacted on the school number or through email.

Iram.majid@oasislisterpark.org or raheela.aslam@oasislisterpark.org .









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It has been another busy half term in the academy for Year 11. We successfully completed our mock exams at the start of December, in which students behaved impeccably well. We would also like to thank all parents/carers of Year 11 students who attended our parent's evening on Tuesday 6th December. It was lovely to welcome you all into our academy and we do hope it was a valuable evening in support of our students. We always welcome feedback, and we will closely monitor the feedback forms that parents/carers completed in order to improve the experience each year. On Wednesday 7th December, our students also had a REACH day instead of their usual lessons. The REACH day was based on career guidance, Post 16 destination support and raising aspirations. We welcomed a number of external speakers into the academy to deliver workshops on college applications, university courses, apprenticeships, coping with exams and much more. All mock results were provided to students in an envelope on parent's evening and during the REACH day. Finally, we would like to congratulate the following students, who are our top performing students in our P8 progress data from data cycle 1, which means they are all over-achieving in their studies. Well done on the hard work.

> Huzaifa Rashid Khadija Master Awais Khan Mariya Bano Ali Awais Hussain Moniba Sabir Subhan Mahmood Shabbeer Ali Azaan Anjum Mahir Islam







Spotlight on Sports

November has been a packed month full of a variety of sporting events taking place in the academy, in the UK and around the world.

A team of Year 7, 8 and 9 girls represented the school and took part in a football tournament on Tuesday 8th November held at Grange. In terrible, rainy conditions, they all worked extremely hard and continued to battle to the end, showing their skill, desire, and a will to win. This led to them successfully beating Grange and Dixons and managing to secure second place overall in the tournament. A huge well done and thank you to Haleema Bi, Imaan Hasham, Mareeya Khan, Hana Begum, Iman Ahmed and Arfah Rana for their efforts.

Over in Australia, the ICC Men's Cricket T20 World Cup final, which was played on the 13th November, saw England take on Pakistan in a fiercely competitive game. Amongst the staff, students and families in the community, allegiances were tested as all eyes were on who would eventually be crowned T20 champions. In a nervy and quite low scoring game, Pakistan posted a score of 137/8 from their innings, a total which the high scoring England team were confident of reaching. English wickets fell early in their innings, with no batters really getting into the game until an injury to Shaheen Afridi, one of Pakistan's most important fast bowlers, saw the confidence of England and especially Ben Stokes grow. England managed to get over the line, winning the game with a score of 138/5 and were crowned Men's Cricket T20 World Champions. This means that now Bradford born, Adil Rashid, our Black History month person for November, is now T20 and One Day Cricket World Champion. What an amazing achievement.

On Tuesday 15th November, the OALP Year 8 Basketball team played in their first ever basketball tournament at Bradford Forster Academy. The boys played in two matches against Bingley Grammar School and Bradford Forster Academy. Their first opponents were Bingley Grammar School. OALP were victorious in the game and ran out 4-0 winners. The second game was against Bradford Forster Academy where the boys came into their own, scoring early and taking control of the game with ease. The boys looked like they could have scored on every attack eventually winning the game 8-0. The following week the games were replayed with OALP beating Bradford Foster 18-0 and drawing 4-4 with Bingley Grammar with the last shot of the game. These result left OALP top of the table meaning that they qualified to play in the Bradford area final that will be played in February. The boys represented OALP with impeccable behaviour and played the game at a high intensity, showcasing their basketball talents. A big shout out to Mohand Ahmed, Oumar Makhanera, Yves Djedje, Hanzala Arshad and Ayden Kaza.

In Qatar, the FIFA World Cup 2022 began on Sunday 20th November with the hosts, Qatar, playing against Ecuador. The World Cup buzz has been evident around the academy with staff and students discussing the up-and-coming fixtures and the results from the previous day. Competition between staff and students has been heightened, with a World Cup draw taking place with staff and form groups having an individual team to follow during the tournament with prizes awarded for finishing last, third, second and first. With many teams still left in the competition including England, who knows who the eventual winners will be? The final is held on Sunday 18th December at 3pm, so tune in if you can.

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Spotlight on Art



Spotlight on.... ART!

Year 9 Art students have been producing some beautiful pieces of Oriental Art this term. We are experimenting with a range of techniques to create work with, including pencil crayon, watercolour and pastels. We hope this amazing talent can be continued and further developed into KS4.

Well done,

Miss Herbert & Ms Mackenzie-Jones

Our cooking club students have made log fire buns, shortbread biscuits, and tortilla pizzas. They have learnt the following cooking methods, decorating, all in one, rubbing in, and how to make a savoury snack in minutes. A shoutout to Rehana Najib, Modjka and

Sue Greenwood who add to the fun











Cooking Club takes place every Wednesday after school in G18 – open to all KS3 students. Please see Miss Day if you would like to join. Students attending have recently enjoyed learning how to make log fire buns, shortbread biscuits, and tortilla pizzas – very tasty! A shoutout must also go to Rehana Najib, Mojgaan and Sue Greenwood who assist our students and add to the fun!

Thank you, Miss Day.















Spotlight on Science



Rainbow Magic

During STEM club, our students learned about neutralisation in chemistry, the reaction between an acid and alkali, demonstrated in this colourful experiment named 'Rainbow fizz'. The reaction shoes the entire spectrum of colours in the pH scale. Our student Maria is very impressed with her results!

Pulling on heart strings

Our year 10 science students enjoyed learning about the structure and function of the heart during live dissections. Here we see Mohsin lifting up the heart from the heart strings. They are extremely strong and able to hold the weight of the entire heart!

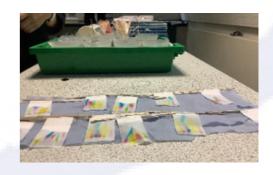


Telescope fun

During STEM club, the students used knowledge of physics linked to engineering to create a mini telescope. Here you can see Jamal and Shabeer in year 11, manipulating lenses to fine tune their telescope before assembling

Analytical Chemistry

Our year 9 science students were undertaking chromatography, a chemistry practical to investigate solubility of inks and dyes. Fun fact, this method is used in forensics investigations to this date!



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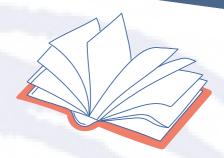








Spotlight on Literacy



All of us here at Oasis Academy Lister Park are very excited to announce the launch of the Oasis Book Club!

Students of all ages are invited to meet up weekly to discuss the chosen text (which could range from novels and short stories to non-fiction and poetry), and participating in activities such as creative writing, literature reviews and much more! This week, we will be looking at the classic short stories 'The Monkey's Paw' (W.W. Jacobs), 'Hills like White Elephants' (Ernest Hemingway) and 'The Lady or the Tiger?' (Frank Stockton), focusing on how an author doesn't necessarily need to write an entire book to create an engaging narrative (in the case of Hemingway, he did it here in only four pages!).

Sessions run every week at Tuesday lunchtime in the library - whether you're an avid bookworm or just wondering what all the fuss is about, the book club is open for everyone. And if that wasn't enough, we also have our online reading platform, Reading Plus, where students can increase their interest and skills in literacy - there has truly never been a better time to explore the world of reading!





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CSEd Week

Dec. 5-11, 2022





Dear Parents,

We live in a world surrounded by technology, and we know that whatever field our students choose to go into as adults, their ability to succeed will increasingly depend on understanding how technology works. Only a fraction of us learn how technology works and only 51% of all high schools offer computer science.

That's why our entire school is joined in on the largest learning event in history: The Hour of Code, during Computer Science Education Week on December 8th. More than 100 million students worldwide have already tried an Hour of Code. Our Hour of Code made the statement that Oasis Academy Lister Park is ready to teach these foundational 21st-century skills. To continue bringing programming activities to your students, we want to make our Hour of Code event huge. I encourage you to volunteer, reach out to local media, share the news on social media channels and consider hosting additional Hour of Code events in the community.

This is a chance to change the future of education in Bradford. See http://hourofcode.com/uk/gb for details or to try your own activity at home.

We are also running a competition for students to show off their computing skills and be in with a chance to win some Apple AirPods (See below). Keep a look out on our school twitter and website for pictures of the activities taking place.













Original Apple AirPods worth £130

Design a scratch game yourself without using any templates

All submissions for the project to be submitted by December 31st

- Follow the criteria in the email sent from Mrs Patel
- Send your complete project and reply to Mrs Patels email
- Winner will be picked after Xmas

















Jack and the Beanstalk Year 7

Alhambra Theatre Bradford 15th December 2022



Date	Year	Trip
6/12/2022	Year 7 and 8	Chester Zoo
7/12/2022	Post 16	Progression Module Graduation
8/12/2022	All Year Groups	Computing hour of code
12/12/2022	Year 7	Football Tournament
13/12/2022	Year 10	Rise Event
14/12/2022	Year 10	Leeds University Medicine
15/12/2022	Year 7	Panto

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What's on this Month

https://www.bradford.gov.uk/browse-all-news/press-releases/bradford-markets-host-festiveentertainment-in-the-lead-up-to-christmas/

- 1. workshop on Saturday 17 December has the theme of 'Stick Christmas Trees and Stars', where children can craft handmade baubles to trim up the home or give as a gift to loved ones.
- 2. ZooLab will be delivering an ethical animal encountering experience in the Oastler Market Event Space on Saturday 10 December between 12pm -3pm.
- 3. Tilly the donkey will be offering free rides for children on Saturday 17 December between 11am and 2pm.
- 4. The Falling Stars Theatre will be delighting shoppers with pop-up performances of The Snow Queen on Wednesday 21 December every hour between 11am-4pm at the Oastler Market Event Space.
- 5. Santa will be taking time out of his busy schedule to make special appearances in his grotto on the Oastler Market Event Space on Saturday 10, Saturday 17, Saturday 21, Friday 23 and Christmas Eve Saturday 24 December from 11am to 3pm
- 6. Saturday 26 and Sunday 27 November 2022, will see the Bradford Council-run museum transformed into a Victorian Christmas wonderland, with over 80 festive market stalls selling delicious food, toys, clothes, jewellery and accessories as well as the chance to pick up a host of fabulous arts, crafts and festive gifts. - Free event











The Alhambra Theatre

10 Dec 2022 - 22 Jan 2023

Fe-fi-fo-fum, a giant of a panto your way comes!

Doomed to sell his trusty cow, Jack sets out on a quest to climb a beanstalk of gigantic proportions to cloudland in the spectacular family pantomime Jack and the Beanstalk.

Sat, 10 Dec, 10:00-11:30

Ravenscliffe Community Association (Gateway Centre) 45 Thackeray Rd, Bradford

Join us for a session full of fun, games, crafts, activities and of course, stories! Create the character, do the challenges, dance, dress up... be part of the story!



Sun, 18 Dec, 15:00-17:30

Clayton Village Hall Reva Syke Rd, Clayton, Bradford

Ebenezer Scrooge begins the Christmas holiday with his usual miserly contempt, barking at his faithful clerk and his cheery nephew. But, when the ghosts of Christmas Past, Present and Yet to Come.



Sat, 17 Dec, 10:00 - Wed, 21 Dec, 15:00

National Trust - East Riddlesden Hall Bradford Rd, Riddlesden, Keighley

Imagine stepping back 400 years into the home of a 17th century cloth merchant. See the changes that he made and discover why they were sadly never completed.



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The Alhambra Theatre

10 Dec 2022 - 22 Jan 2023

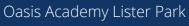
Fe-fi-fo-fum, a giant of a panto your way comes!

Doomed to sell his trusty cow, Jack sets out on a quest to climb a beanstalk of gigantic proportions to cloudland in the spectacular family pantomime Jack and the Beanstalk.













Oasis community Hub Lister Park

Here are highlights of the Community Hub activity and activity that will be starting soon:

Student Leaders and Community Ambassadors

Oasis Student Leaders and Oasis Community Ambassadors attended a Leadership workshop to discuss their leadership styles and what positive changes they would they like to make in the local community. They were all amazing and are looking forward to leading social action projects this year.



Hat Day

Oasis staff took part in a mental health awareness raising event to openly discuss wellbeing. By saying 'hats off to mental health' Oasis staff want to remove any stigmas relating to wellbeing and encourage young people to discuss anything they might be going through with a trusted adult or friend.





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North Avenue, Bradford, BD8 7ND



Oasis Academy Lister Park



Oasis Community Hub Lister Park

'Age of Wonder' Photography – This online photography course started on November 5th facilitated by award-winning photographer Carolyn Mendelsohn. Our students have had the opportunity to take innovative photographs that document their daily lives and will be part of a Bradford wide exhibition.





The Oasis Livingroom Project – Oasis will be opening its doors for families to keep warm over the winter months, take part in activities, receive support and advice or just relax. The 'Livingroom' project will run twice a week (one morning and one afternoon) and will be starting in December.



t: 01274 362050





Bradford's Roma community joins for Mikuláš celebration





Last week we were happy to accommodate and astounding Connecting Roma event in our school, involving our students inactivities and to perform in from of such a large crowd! Well done to you all!

"It shows that Roma people are welcome in Bradford and it gives our community a sense of empowerment - Bradford is our home and where we belong."

For the full story please visit: www.thetelegraphandargus.co.uk/news/23181933.bradfords-roma-communityjoins-mikulas-celebration/



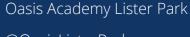


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Attendance Guidance and Monitoring

We would like to bring your attention to the Local Authority guidance for attendance which can be found here https://www.bradford.gov.uk/education-and-skills/school-support-

services/attendance/#:~:text=We%20may%20take%20you%20to,fined%20up%20to%20%C2%A31%2C00

O. The guidance places clear emphasis on the need for all students to attend school every day and outlines the steps which must be taken where concerns arise. In line with this guidance, our updated attendance policy will be uploaded to our website soon.

As part of our commitment to improving the attainment of our students, we monitor attendance on a regular basis. We identify any student whose attendance causes concern and if attendance continues to cause concern, we pass your child's details to Bradford Council's Attendance Improvement Team, who will contact you in due course.

The information below shows how attendance can affect your child's future progression:

Above 97%: Less than 6 days absence a year

Excellent attendance! These young people will almost certainly get the best grades they can, leading to better prospects in adult life. Students will also get into a habit of attending school which will help in the future.

95%: 10 days absence a year

These students are likely to achieve good grades and form a habit of attending school regularly, but are less likely to do as well as a child with 100% attendance. Students who take a 2 week holiday every year can only achieve 95% attendance.

90% and below: 19 days + absence a year

The Government classes young people in this group as "Persistent Absentees", and it will be almost impossible to keep up with work. Parents of young people in this group could also face the possibility of legal action being taken by the Local Authority



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Message from Safeguarding

I would like to wish all those celebrating Christmas a lovely time with their family and friends, I hope you all have a Happy New Year. If you are in need of any help or support over the holidays, you can find helpful contact details on our school website. There is information on food banks, mental health and many other useful contact details that are available over the Christmas break. You can also email admin@oasislisterpark.org for any further queries that you may have. All this information is also attached to the newsletter.

If there are any urgent safeguarding concerns please follow these steps:

Consider if the child or young person is at immediate risk. If so, please contact 999

If the child or young person needs immediate support. Please contact Bradford Children Social Care/Multi Agency Safeguarding Hub team on 01274 435600/431077

If it is urgent please phone 0207 921 4200 (oasis national line) and the person on call will be able to address your concern

Have a lovely Christmas and Happy New Year

Mrs Malik (DSL) on behalf of the safeguarding team

@OasisListerPark



Message from Safeguarding



Oasis Academy Lister Park North Avenue, Bradford, BD8 7ND

t: 01274 362050 e: admin@oasislisterpark.org













Local Food Banks:

Horton Bank Top Community Foodbank

926 Great Horton Road , BD7 4AE Open During School Holidays Tel: 077 381 781 89

St. James Church

300 Thornton Road, Thornton, BD13 3AB Telephone 01274 830 133 or email admin@james4u.org

Drug and Alcohol problems:

Bridge ONE80

work with 12-21 year olds who are struggling with drug or alcohol issues They will see the young person at school or a local venue. Call 01274 745636. The young person, parent or a professional can call

to make a referral. **New Directions**

free and confidential drug and alcohol recovery service for adults 18 years and over (including offenders), families and concerned others in Bradford.

Website: https://www.changegrowlive.org/content/

Telephone: 01274 296023 Email: Bradford.Info@cgl.org.uk

Bradford Community Drug and Alcohol Service (BCDAS)

they treat adults over 18 years living in Bradford with dual diagnosis and complex alcohol issues.

Contact Fresh Start Airedale, who are based at Salem Street, Bradford - 01274 758093.

Web: www.project6.org.uk

Bradford West Guide to support families during Xmas holidays

https://www.facebook.com/BradfordWestFamilyHub/



Money matters & Benefits Advice:

Bradford Citizens Advice

Argus Chambers Bradford BD1 1HZ 03442 451282



Email: debtadvice@bradfordcab.com http://www.bradfordcab.com/

West Local Community Centres:

Lower Grange Community Centre & Lower Grange Community Association

10 Chaffinch Rd, Bradford, BD8 0RF telephone: 01274 880328

Web: https://ourcommunitycan.co.uk/

- Education and skills programmes, Youth provision Programmes, Community engagement programmes
- Pop up Play Days, Children & Young people's sub group, Lower Grange Play Group, Launch & Community Fun Day, Holiday Play & Activity Schemes, Family Day Trips, Activities & Keep Fit Sessions, ESOL





Girlington Advice Centre

Girlington Community Centre Girlington Road, Bradford, BD8 9NN Telephone: 01274 547118

Email: gatcinfo@gmail.com

Web: https://

www.girlingtonadvicecentre.co.uk/

Areas of advice:

Welfare benefits, debts, housing, employment, immigration, consumer issues, education. complaints

Cafe West Healthy Living Centre

is a vibrant Healthy Living Centre situated in the heart of Allerton and Lower Grange. It focuses on promoting health and wellbeing in a warm and friendly environment. Its key aim is to reduce health inequalities through the provision of a range of activities, projects and 'one to one' support for all their residents:

http://www.cafewest.org.uk/ whatson.html

Cafe West Healthy Living

Allerton, Bradford, BD15 7PA 01274 488 499 info@cafewest.org.uk



Manningham Project Your local Advice Centre

Kirk House 203 Lumb Lane, Bradford **BD8 7SG** Tel: 01274 544687 Advice areas: Benefits, employment, housing, immigration, utilities



Benefits Calculator - Work out your entitlement to benefits:

https://benefitscalculator.turn2us.org.uk/AboutYou

Jobseekers Allowance

Information on eligibility and how to claim plus an online claim form: www.gov.uk/jobseekers-allowance/ how-to-claim

Income support Information on eligibility and how to

www.gov.uk/income-support/how-to -claim

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Mental Health & Wellbeing:

My Wellbeing College has a number of tools and resources to help you through life's ups and downs. They offer guidance on things such as low mood, anxiety, sleep problems or stress.

This is done through a wide range of learning opportunities including online courses from the comfort of your own home, group courses, phone advice and one-to-one 'talking therapies'

For further information, phone: 0300 555 5551 or visit



Bradford First Response Crisis Service

offers support 24 hours a day, 7 days a week to people of all ages living in Bradford experiencing a mental health crisis https://www.bdct.nhs.uk/services/firstresponse/



cal First Response. 01274 221 181

Domestic Abuse & Crisis support:

Bright Sky is a free to download mobile app providing support and information

for anyone who may be in an abusive relationship or those concerned about someone they



Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

TEXT **shout** to **85258** or visit www.giveusashout.org/



The Mix offer judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, web chat, peer to peer counselling service.

Text 'THEMIX' to 85258.

Phone: 0808 808 4994 (11am-

11pm, free to call)

Website: www.themix.org.uk/get-support



An independent charity, which offers online chat and phone advice for people affected by **crime or traumatic events**.

https://www.victimsupport.org.uk

If you are not in crisis but would like to talk to a friendly, mental health professional, call Mind free on 08001 884 884.

Lines are open midday-midnight every day.

Resources, guidance and support for people living with domestic abuse through the coronavirus pandemic <a href="https://safelives.org.uk/news-views/domestic-abuse-and-the-through-thr



Every family is different. And no matter who's in your family, things can be tough sometimes.

You might worry about:

- arguments, being shouted at, or having different opinions or beliefs
- · divorce and separation
- money problems or having to move
- alcohol problems

being hurt or abused
 Whatever's happening

Whatever's happening at home, Childline can help you through it. https://www.childline.org.uk/info-advice/

Qwell

https://www.qwell.io/



ChildLine

0800 1111



Kenburgh House , 28 Manor Row, Bradford BD1 4QU

Guide-Line (Mental Health Telephone Support & Information) Telephone: 08001 884 884

First Response Crisis Support

(For residents of Bradford, Airedale, Wharfedale & Craven) Telephone: 0800 952 1181 Opening Hours: 24 hours per day, every day

General Enquiries

Email: admin@mindinbradford.org.uk Telephone: 01274 730 815

The Mind Wellbeing Service offers a range of recovery-focused groups, social spaces and wellbeing activities for people who are struggling with their mental health. Our open wellbeing timetable is varied, from walking to peer support, arts & crafts to qi gong. They also run closed groups

Bradford Survive & Thrive



Tel: 08082 800999
National 24hr: 08082 000247
Provide support for families who have experiences domestic abuse & sexual violence.

Kooth provides free, safe and anonymous online support for young people. https://www.kooth.com



Family Activities:

School's Out! In the Bradford District https://schoolsout.bradford.gov.uk/

* Adventure *Sport-Centers * Swimming * Libraries * Museums & Galleries * Play * Theatres



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Oasis Academy Lister Park







The Safer Schools App is our school's digital safeguarding communication and training toolkit. It has been designed by safeguarding professionals to help make our entire school community safer online. Our online contextual safeguarding information is tailored to specific roles providing your school with access to contemporary, credible and relevant content. The Safer School's App will help you educate, empower and protect our entire school community. Please download today to get access to support and guidance around all matters to do with online safety and protecting your children from potential threats online.

Scan the QR code to download the Safer Schools App for your device! Alternatively download straight from the App Store or Google Play by searching 'Safer Schools'.









Login to your App

- 1. Once you have scanned the barcode and downloaded the APP select your school from the dropdown menu and click 'continue'.
- Enter the four-digit entry code 7675











Internet Matters

Want to increase your young person's resilience against the risk of radicalisation online but not sure how to start? Click on the link to get yourself skilled up Protect children from radicalisation: www.internetmatters.org/issues/radicalisation/protect-children-fromradicalisation/

Critical thinking skills can help keep young people safe from fake news, misinformation and scams. To learn more: www.internetmatters.org/issues/fake-news-and-misinformationadvice-hub/

Parents...Do you know all about the age appropriateness of games you are buying? if not click here to learn more: www.internetmatters.org/resources/video-games-age-ratings-



Parent Zone

In chat gaming can be fun but there can be risks. Parents/carers increase your awareness with @TheParentsZone on how you can keep your young person safe in their in-chat gaming: parentzone.org.uk/article/game-chat

Childnet

To help develop your awareness around the online gaming safety aspects Childnet have produced a useful resource leaflet available here: www.childnet.com/resources/onlinegaming-an-introduction-for-parents/

Childnet You may also want to consider looking at their resource hot topics around gaming which you can access here: https://www.childnet.com/help-and-advice/supporting-youngpeople-with-send-online/gaming-and-social-media/

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