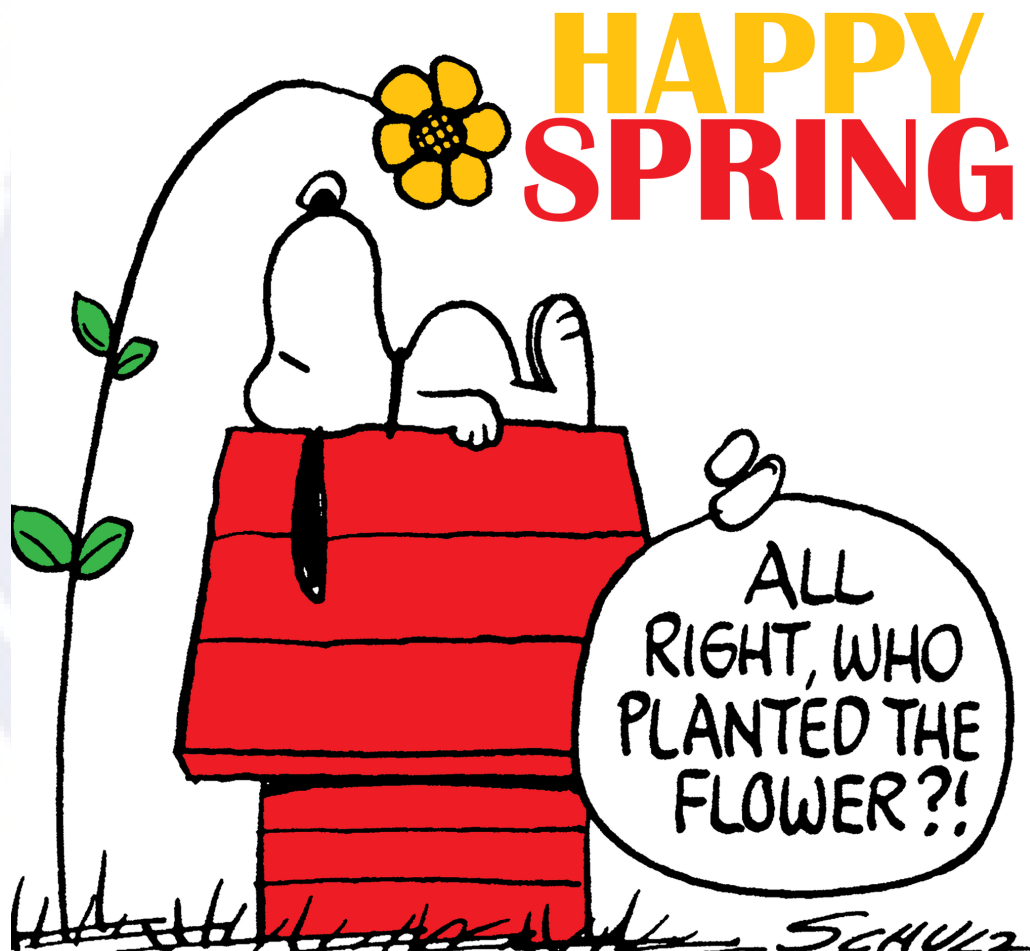


# ListerLife

April/May 2023



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

t: 01274 362050  
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Oasis Community Learning



Oasis Academy Lister Park



@OasisListerPark

Edited by Mr Sandhu

## A Message from the Leadership Team

Dear Parents, Carers and Students

I am very sad to say that next week will be my final week at Oasis Academy Lister Park. As many of you already know, I have been offered a new position at another academy in Calderdale and I feel the time is right to take up this new opportunity. It will be sad to leave such a wonderful place and I leave with a very heavy heart.

I began teaching at Lister Park when the school was called Challenge College back in June 2003 and have absolutely loved the 20 years I have worked here. I began teaching Business as a newly qualified teacher and have since gained a huge amount of experience over the years I have been here. I leave as an Assistant Principal which is something I am immensely proud of. I have been part of a fantastic journey where every member of the school community has helped me to develop into the teacher and person I am today. I would like to say a big thank you to everyone who has helped and supported me on this journey.

I have seen many faces come through the school in this time and will always remember everyone fondly. The relationships I have built with students, parents and the wider community and the support I have received is something that I will be forever grateful for.

I wish everyone connected to Oasis Academy Lister Park the best. Good luck to all students in your GCSE's and A-Levels this year and in the future.

Take Care,  
**Mr Drury (Assistant Principal)**

**May Half-Term:**  
Close 26th May  
Reopen 5th June

**Year 8 Parents Evening**  
**(Tuesday 23rd May 2023 16.30pm – 18.30pm)**

You will have received a letter home giving you information based on the upcoming Year 8 Parents Evening. It is imperative that you attend your child's meetings as it is a great opportunity for you to interact with their class teachers and get a good understanding of how your child is progressing in their lessons. This is also an opportunity for you to speak to staff members about what your child needs to do to improve further. Your child can make appointments with their teacher who will book these online for you, alternatively you are able to book appointments yourself via the MyChild at school app. If you have lost or forgotten your details to access the app, please email: [admin@oasislisterpark.org](mailto:admin@oasislisterpark.org).

**Year 8 End of Year assessments:**

Starting on 19th June, Year 8 will be sitting their end of year exams. Please find the exam timetable below; this will help with the organisation of revision for your child which will help them prepare for the upcoming assessments.

All students can access their revision material via their iPads.

Date	Day	Time	Venue	Year Group	Subject	Duration
19/06/2023	Monday	10:40	Sports Hall	8	Year 8 English Assessment	50 mins
20/06/2023	Tuesday	10:40	Sports Hall	8	Year 8 Maths Assessment	50 mins
21/06/2023	Wednesday	10:40	Sports Hall	8	Year 8 Science Assessment	50 mins
26/06/2023	Monday	10:40	Sports Hall	8	Year 8 History Assessment	50 mins
27/06/2023	Tuesday	10:40	Sports Hall	8	Year 8 Geography Assessment	50 mins

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

**Mr Hartley**

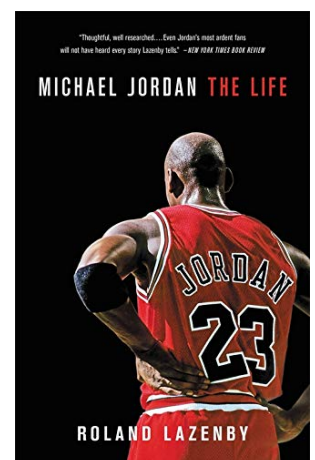




The news you have all been waiting for!

Year 8 will be playing their basketball league final match on **Thursday 25th May 15.15pm – 16.30pm**, this is being hosted at OALP. This is the **FIRST** basketball final that our academy has ever been involved in so it's a great chance for the boys to make some history!

*Interested in basketball? Check out **'Michael Jordan: The Life'** by **Roland Lazenby**, now in our school library, to learn about the G.O.A.T. of the sport. Who knows, maybe one of our own students will go on to become a basketball icon...*





Here is the cast and crew for this year's production of 'We Will Rock You'. The shows took place on Monday 20th and Tuesday 21st March, and was a roaring success due to the hard work and resilience of the students. Congratulations to all the students that took part - you were amazing!

See next page for more...



And they weren't done there! On Wednesday 29th March, some of the cast from WWRY gave an energetic and amazing performance of two Queen songs at the Bradford Schools' Prom 2023 at the prestigious St Georges Hall.

## Mrs Brown



## Science Trip

Year 9 students had a day out at **Jodrell Bank**, one of England's most historic and significant space observatories. Upon arrival, the students got to walk around and see the different technologies in the centre that have helped scientists map the observable universe. Students also got to see a visual demonstration of how gravity keeps our planet in orbit around the sun, as well as radio satellites and telescopes.

Students were also part of a presentation which showcased the current work of Jodrell Bank in observing the universe, its history and a really fun practical demonstration of how jet fuel works.

Finally, near the end of the tour, the students were allowed to freely roam around and see the huge 250ft iconic telescope, take pictures and see the Jodrell Bank museum which showcased the history of this observatory, as well as what the future plans are. The day was rounded off by an IMAX style cinema presentation where students were taken on a journey through the universe where they observed stars, constellations and planets of our solar system in a stunning 3D cinema screen.



Oasis

hub  
lister park



CREATIVE WELLBEING PROJECT

**Share your story**  
**Connect with others**  
**Learn new skills**  
**and much more....**

Supported By



## Community

The **'Living Room'** project has been a brilliant opportunity to open up the Academy to the local community. It's been a joy to welcome people and provide a warm space where food, hot drinks and a range of activities can be enjoyed. Since January we have been running weekly workshops for individuals, families and children to socialise together whilst being in an inclusive environment – the activities included:

- **Storytelling**
- **Card making**
- **English conversation classes**
- **Family film afternoons**
- **Face mask making**
- **The Bradford Stories Bus**
- **Easter party**

The 'Living Room' initiative has provided more than just a space, it has provided new friendships, intercultural dialogue and a warm environment for 319 people.

We want to thank the team at Bradford Council for making this possible by funding the project.





The **'Off the Curriculum'** weekend event was a huge city centre art festival with 17 installations designed by young people which explored subjects and artforms that are not on the curriculum. The weekend consisted of debates about the current education system, DJ sets and lots of interactive art workshops.

This was an extraordinary piece of work from Bradford's young people and 3 of our Oasis Youth Community Ambassadors participated at the event – here is a video of them in action and being brilliant ambassadors for Oasis:

<https://www.youtube.com/watch?v=Ki5MY9YIRHU>



We also have lots of exciting things coming up – watch this space for the following:

- **The Thrive Project** - creative workshops for local families
- **Youth Community Ambassadors** – social action projects with the fabulous young leaders
- **Our Manningham Map** - a storytelling and photography project to capture local history

*If you would like to get involved in any of the above then do contact Jade (Oasis Community Hub Leader)*

*Mobile: 07974606659*

*Email: [Jade.lbegbuna@oasislisterpark.org](mailto:Jade.lbegbuna@oasislisterpark.org)*

*Twitter: <https://twitter.com/OasisBradford>*



## Peer 2 Peer Mentoring Project



This project is about supporting young people entering secondary school by pairing them up with a mentor in order to support their well being and help them integrate within the school.

There will be after school clubs to address physical and emotional needs, health & well being. Students will be offered supportive activities during school holidays where they can spend time with their friends, which will build their confidence and ensure team building as well as support circles.



The project will ensure young people are well equipped to support others by providing a training programme which will prepare them to undertake their role as a mentor. The programme will include confidentiality, health and safety, risk management and safeguarding.



Any questions please email [Candice@bydp.co.uk](mailto:Candice@bydp.co.uk) / [Wiktoria@bydp.co.uk](mailto:Wiktoria@bydp.co.uk)



## Events in May



**Bradford Science Festival** returns from **23 May – 4 June 2023** with an unmissable programme of hands-on experiences and exciting events.

<https://www.visitbradford.com/whats-on/bradford-science-festival-p1853681>

**Flying Scotsman** will visit the Worth Valley while celebrating a milestone birthday, turning 100 years old in 2023. The record-holding locomotive will haul trains from Keighley to Oxenhope from **25th to 29th May**, departing at Haworth Station & Oxenhope Station.

<https://www.visitbradford.com/whats-on/ride-the-legend-p1914861>

**Haworth** hosts one of the biggest and best 1940s events in the UK.

The village is transformed with decoration, stalls, dances and re-enactments along Main Street and the park. Join us in a 1940s costume for lots of dancing and merriment.

**20 May 2023 - 21 May 2023**

<https://www.visitbradford.com/whats-on/haworth-1940s-weekend-p1628621>

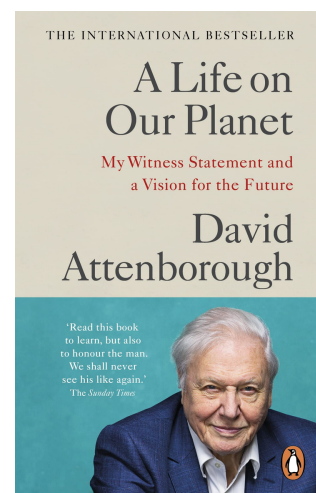
## Sustainability Action Group

Every other Wed  
S16

Can you help be  
a force for  
change at OALP?



*Passionate about Climate Change?  
Check out '**A Life on Our Planet**  
by David Attenborough' in our  
school library, to find out what he  
says needs to be done to ensure  
our planet is kept safe for present  
and future generations!*







**I am delighted to share with you that Oasis Academy Lister Park is participating in the Born in Bradford research project. Born in Bradford is one of the largest research projects of its kind anywhere in the world.**

Since 2007, scientists in the city have been tracking the health, education, and wellbeing of over 13,500 children and their families born at Bradford Royal Infirmary. Through a series of health checks, interviews, and questionnaires, 'Born in Bradford' aims to get a better understanding of how our genes, families, education, the way we choose to live, the local environment and the services we have access to affect the people we eventually become. Over the last ten years, BiB has worked with over 80 primary schools in Bradford to collect information on education, wellbeing, and development in over 16,000 children. Teachers were able to use this information to identify children in need of additional support and have worked closely with the local authority and Department for Education to make use of our findings.

The research project has now been extended to Bradford's secondary school pupils and we are delighted to be one of the first schools to be a part of this ground-breaking research. Our current cohort in Years 8, 9 and 10 are set to take part in the research each year from 2022 to 2025. All parents have the option of opting out of this study and happy to report that there is only a small number of parents/students who have opted out.

Participating students will be required to complete several questionnaires which will be presented in a few modules for classes to complete electronically in a particular order throughout the year. Each module will have a particular theme such as mental well-being, cultural engagement or health behaviours and will take around 10 – 20 minutes for the pupils to complete.

On 25th May, a research team will be carrying out a range of health measures on our current Year 9. Working in partnership with Bradford District Metropolitan Council's Public Health team they will measure height, weight, body composition, blood pressure and skinfold thickness (a measure of body fat).

By taking part, we will receive detailed feedback on the health and wellbeing of our school population, our students will be given opportunities to upskill themselves in STEM, digital technology and the Arts and have input into services and interventions. And finally, our will be able proudly claim that they have been part of the most important study of this generation.

**Mr DAC Griffith – Assistant Principal – Student Experiences & Wellbeing**

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Oasis Community Learning



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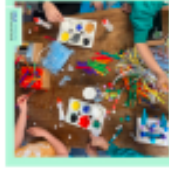


@OasisListerPark

A Leaflet for Parents

# Mental Health Support Team

*Supporting Mental Health and Emotional Wellbeing for Young People and Families*



## Introducing the MHST

The Mental Health Support Teams (MHST) are specialist Mental Health Professionals, and have been developed to work within schools to provide an additional source of support for young people, their families and school staff.

A large element of our work is to promote wellbeing within the school community. We work alongside schools to deliver themed group work, information workshops and assemblies.

## Support for Parents

We host a monthly Parent Support Group online, on a variety of topics. Please email [mhst@bdct.nhs.uk](mailto:mhst@bdct.nhs.uk) if you would like more information.

We also have an informative facebook page, search for 'Bradford, Keighley and Craven Parent Support Group'

A range of individual or group support for emotional, mental health and behavioural difficulties.

## Support for Young People

The MHST is made up of qualified and experienced practitioners that understand and can help with your child's emotional and mental health difficulties, using a range of individual and group interventions.

### The MHST can help with mild to moderate:

- Low Mood
- Worries
- Anxieties including: General Anxiety, Social Anxiety, Separation Anxiety, Phobias
- Panic
- Self Harm

## How to access support

**1** Referral - speak to a member of school staff and ask about the MHST

**2** Complete a referral form with the staff member

**3** The MHST will either get in touch with yourself and your child to complete an assessment and/or the school member of staff to discuss options for support.

**Option 1:** A member of the team will work with your child

**Option 2:** A member of our team will find a new service that is more appropriate

## Message from Safeguarding

### How to look after your yourself and well being

Here are some tips to help you get started with self-care:

**Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

**Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.

**Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.

**Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy.

**Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.

**Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.

**Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.

**Stay connected.** Reach out to your friends or family members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for wellbeing, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your wellbeing.



## Message from Safeguarding

**Seek professional help if you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:**

- **Difficulty sleeping**
- **Appetite changes that result in unwanted weight changes**
- **Struggling to get out of bed in the morning because of mood**
- **Difficulty concentrating**
- **Loss of interest in things you usually find enjoyable**
- **Inability to perform usual daily functions and responsibilities**





## Message from Safeguarding

### Exam pressure

Exams can come with a lot of pressure and make us feel really stressed.

You might feel especially worried because of changes to exams and assessments since the start of the coronavirus pandemic.

If you're struggling to cope, you're not alone. We're here to help you manage your feelings around exams and find ways to cope.

### Tips for coping with exam pressure

Exam pressure can feel like a lot to cope with, but there are things you can do to improve your wellbeing. We have tips and ideas to help you cope at different times:

#### During exam period

You might be on study leave or you might have to continue going to school. You might also be working a part-time job. The exam period can feel long and difficult, and you might feel under pressure.

You can look after yourself in different ways:

**Make time for things you enjoy.** Find ways to release stress and celebrate progress. You could listen to music, draw, cook, play with a pet or go for a walk. You can try things alone or with friends. Talk to others about how you feel. Connect with other people, especially people who are going through the same thing.

**Try to find balance.** Take regular breaks and be realistic about what you can do in a day. Keep things in perspective and remember that exams won't last forever.

**Take care of your physical health.** Make sure you get enough sleep, food, water and exercise. If you take regular medication, keep up with your routine.

**Focus on yourself.** Try not to compare yourself to others. Think of things you like about yourself and what you're good at – this can help boost your confidence.

For more ideas, see our page on looking after your wellbeing.

We're making sure we have a balance of relaxation as well... We all struggle with our wellbeing so trying to find this balance is extremely important.

## Message from Safeguarding

### Preparing for an exam

While you're preparing an exam, you could try lowering stress levels by:

**Finding a study group.** If there's nothing at school, try starting one with friends or people in your class.

**Making a revision timetable.** This helps organise your revision and your breaks. You can find useful tips on the BBC Bitesize website.

**Working in the best way for you.** Be creative or active if it helps, like drawing diagrams or making up songs. Try being open to different types of studying and revision.

**Revising in the best place for you.** You might prefer the quiet or being around others. If you don't have a space to study at home, you could try at school, the library, a cafe, or a family member or friend's house.

Remember: feeling stressed about exams is normal, but you don't have to struggle on your own.

### On the day of your exam

To help cope with stress on the day of your exam, you could:

**Prepare your items the night before.** Get everything you need ready to take with you, like pens and water for your exam.

**Start your day the best you can.** Try to eat breakfast and make sure you have enough time to arrive at your exam without rushing.

**Try to ground yourself with a breathing exercise.** If you feel overwhelmed in the exam, try to breathe in through your nose for four counts, hold it for two counts, and breathe out through your mouth for seven counts. If you repeat this, it can slow your breath and help keep you calm.

**Take your time.** Read the exam carefully and plan what you need to do before answering.

Remind yourself that it'll be over soon. You've done your best and that's all you can do.



## Message from Safeguarding

### After your exam

To cope with stress and difficult feelings after an exam, you could:

**Try not to compare your answers to others.** If possible, avoid talking to other people about the questions, comparing answers or looking up answers online.

**Reward yourself.** Think of something to do afterwards that you enjoy. You could go out with your friends, play video games, or eat your favourite food.

**Focus on next steps.** Plan what you'll do next, like going home, doing something fun, then revising for the next exam. Think ahead in a positive way – if you have another exam, focus on the time and date that it'll be over.

**Relax before your next exam.** The stress from doing an exam can leave you feeling exhausted. You might find it hard to revise again before you take a break.

**Remember: you can only try your best. Each new day is a chance to start again.**

We are all unique, so what works for you might be different to what works for someone else. You might also have to try a few different things to see what works best.

If you would like any further support with anything that has been mentioned or you have some questions and require further support and guidance please contact the safeguarding team.

### Helpful websites:

<https://www.mind.org.uk/>

<https://www.youngminds.org.uk/>

<https://www.bdct.nhs.uk/services/mental-health-support-team/>

***"Taking care of yourself, is the most powerful way to begin, to take care of others" Bryant McGill***

## 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%2C000>

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 classifies 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



**Step 1: Click this link: [Online FSM Application \(cloudforedu.org.uk\)](https://cloudforedu.org.uk)**

**Step 2: Click the 'new application' button for new applicants, or the 'previous application' button if you have started before.**

**Step 3: Complete the application.**

**Step 4: Enjoy Free School Meals!**

## What to do when you click the link to start your application:



You will need to make a new application for each child but your information will be remembered to help you to complete multiple applications quickly. You will get an immediate response regarding eligibility after you've completed your application.

You may apply for eligibility on behalf of a parent/carer if you have permission to do so and their details.

### New application

Use this button if you are making a new claim for Free School Meals.

[Start](#)

**New to this? Click here!**

### Previous application

Use this button if you have a reference number and wish to continue with this (check eligibility status, un-apply, re-apply). You will need your application reference and your date of birth.

Application Reference and Date of birth (DD/MM/YYYY)

[Submit](#)

Go to Entrust's web site

**Been here before? Click here!**

