



Listerlife

WORLD
**BOOK
DAY**

2 MARCH 2023

Feb/March 2023



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Oasis Community Learning



Oasis Academy Lister Park



@OasisListerPark

A Message from the Leadership Team

Welcome to the latest edition of Lister Life.

Exciting REACH days, external speakers, educational trips, sporting fixtures, and school productions. Only some of the personal development opportunities students have been involved in over the last few weeks.

Our students have embraced these opportunities, demonstrated our nine habits, and presented themselves and the Academy in an exceptional manner.

Cycle two assessments have taken place over the last few weeks. Students in all year groups have worked hard, shown resilience, and demonstrated commitment to their studies. Year 11 have sat their Spring Mocks, a chance for them to prepare for the GCSE exams in the summer. Their conduct throughout this mock series has been exemplary. They have remained focused and persevered, giving themselves the best chance of achieving to their full potential. We are proud of all our students and their dedication to achieving the best possible outcomes.

Next week marks the beginning of spring. A special time of year, where the days start to get longer and warmer. It is a season of hope associated with growth and transformation. It is an opportunity for all our students to reset and evaluate. As cycle three commences what will you, as a student, focus on? How will you grow as an individual? What transformations can you make to achieve the outcomes that ensure happy, healthy, successful lives?

For many in our community, Spring, this year, also marks the beginning of the holy month of Ramadan. A special time of spiritual reflection, peace, and generosity. For all those celebrating this holy month we wish you a blessed Ramadan – Ramadan Kareem.

Mrs Mahmood
Assistant Principal

Compassionate "To be compassionate and kind whilst acting justly" Compassion is the ability and willingness to place ourselves in the position of another and, as a result, be able to show kindness to them, without ignoring or dismissing the truth about their situation.	Patient "To be patient and persevering." Patience is the ability not just to tolerate delay, or something not happening as quickly as we might have hoped for. It is also about the way we see and the attitude we adopt as we do so, denying immediate gratification and being prepared to keep going for the long haul, not giving up when things don't work out but finding ways to develop work that is sustainable and grow relationships steadily. As we grow patient we gain a long-term perspective.	Humble "To be honouring of others through serving with humility." To be humble is to recognise that all people are created equal and are therefore of equal value. Because of this, a humble person would look to serve others or use power to correct, to support, position and status but instead will choose to serve others, seeing their intrinsic worth and giving them honour and encouragement.
Joyful "To be joyful and positive and help others to be the same." There are not always as many reasons for joy as there are in a deep sense of commitment, with love, with learning and teaching. Being joyful means being positive to ourselves and others, it is laughing and we going and having fun, it is in our lives and the things we are a part of.	Honest "To be honest and have integrity." Honesty is about being truthful. Being honest includes acknowledging when we have got things wrong and taking responsibility for our actions. As we do this, we become a person of integrity. There is an alignment between what we say we are and how we behave.	Hopeful "To be hopeful in seeking transformation." Hope is not wishful thinking. It is a belief that causes us to find the light when everything around us feels hard or dark or challenging or without hope. Someone once said that "you have to look at darkness until it breeds daylight." So hope is about holding on and working for a better tomorrow, despite what the conditions and circumstances say today.
Considerate "To choose to love others like you love yourself." To be considerate is to see the intrinsic worth in others, to choose to care about them and treat them in the way that you would yourself. That is only truly possible when we understand our own self-worth and function from that place and treat others when we do this it changes the way we see, treat and respond to others.	Forgiving "To be forgiving and committed to healthy relationships." To forgive another is to choose not to allow their actions and behaviour in the past, which may have hurt or offended us, to determine our behaviour towards them in the future. Forgiveness is never easy but it is always transforming...it always changes things.	Self-controlled "To be self-controlled." Self-control is having the ability to manage our own emotions and actions, when we have self-control we are not controlled by our own emotions but we are able to maintain a right perspective on our life, our work and our relationships. It is a key part of emotional intelligence.

Easter Holidays:
Close 31st March
Reopen 16th April

Message for Year 7

The Reading Plus competition will continue throughout the Summer Term (after the Easter Holidays)! Miss Daly will be checking the data closely to see which students have been reading the most and which students have made the most improvement with their reading. The winner will be decided at the end of the term and they will receive a prize. Good luck everyone... and get reading!

Year 7 Shout-Outs!

Is'Haq Ahmed 7E – For putting together a fundraiser for the Turkey-Syria Earthquake Appeal, we managed to raise £121 in just one lunchtime!

Ismaeel Adnan 7R – For making the most progress in the entire year group during Cycle 2, well done Ismaeel!

Kaheesha Chowdhury 7I - For making the most progress in the entire year group during Cycle 2, well done Kaheesha!

Dalibor Zupko 7R – For always displaying the Oasis 9 habits, particularly being joyful and considerate.

Megan Daly

Year 7 'Greek Myths' Trip

Are you intrigued about Icarus? Ponderous about Persephone? Excited by Eurydice? Our Year 7 students clearly are, and on the last day of term, twenty-four students ventured to Leeds Armouries to explore the world of Ancient Greece. They first began by learning how to be Spartan warriors, learning all about the armour that the Spartans would wear. They then had a chance to put this knowledge into action with a crash course in Spartan fighting techniques. Many of them picked this up very quickly - I certainly wouldn't want to be on the battlefield against them!

Next, we headed to Medusa's lair for an exploration of storytelling. Throughout the year, students have been learning about the art of storytelling; considering the ways that writers build characters and use language for effect. In this interactive session, they were able to create their own version of the Medusa myth by playing around with the words used and understanding how this can change meaning. We were all so engrossed in this that it was home time before we knew it!

It was a brilliant afternoon enjoyed by all. The students' attitude and behaviour was outstanding; they certainly made us very proud.

Thank you, Year 7.
Miss Houston and Miss Iqbal

See next page for photos!





Message for Year 8

Year 8 have had a really positive half term since returning from February half term holidays. They have returned with excellent uniform and a can-do attitude within the classroom. As we grow closer to year 9 the students will need to ensure they keep up the hard work and effort, to allow students to place themselves in the best position possible before starting their GCSE's.

On the 23rd May 2023 OALP will be hosting year 8 parents evening. Please put this date in your diary, as it is important to have the opportunity to speak to your child's teachers about how they are doing in lessons. If you have any issues or reasons why you wouldn't be able to attend this evening please get in touch with school and ask to speak to Mr Hartley or Mr Ahmed, who will be able to assist.

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

Habit	Student
Patient	Ruwaida Ibrahim
Humble	Furqan Ali Ahmed
Considerate	Raees Ahmed
Honest	Zaid Nawaz

Message for Year 9

We are currently in a busy but very important few weeks for the Year 9s, with C2 progress assessments and reports, Options Choices, Parents Evenings, and Residential Trips etc.

Year 9 Residential Trip:
The Bushcraft Company Adventure Camping at Castle Howard, York, North Yorkshire
Monday 19th June-Tuesday 20th June 2023



I am excited to launch a brilliant Residential Trip opportunity for Year 9 students.

We only have 30 places-on a first come first served basis.

Payment and consent is all on MCAS-so please get your deposits and consent filled in to secure a place!

The letter with more details is also on MCAS, but has additionally been emailed to both parents and students too. *Students in receipt of free school meals get the cost of the trip half price! Any issues with MCAS-please see Main Reception, who are happy to help.

It would be great to see lots of Year 9 students sign up to this, as it is a fantastic opportunity, you will have a great time, and get so much out of it.

The Bushcraft Company are brilliant, they provide bespoke outdoor camping adventures for students, giving them a real experience of living in the wild, and teach them bushcraft and survival skills, all designed to enhance social and personal development, whilst having fun! This camp will be based within the grounds of Castle Howard in York, North Yorkshire. This specialist facility offers a unique experience to all our students and is set in a 25-acre Woodland site in an Area of Outstanding Natural Beauty.

There's a wide range of activities, available at Castle Howard, and all designed to enhance social and personal development, whilst having fun and learning new skills. Some of these activities include:

- Fire Workshop & Wilderness Cookery
 - Cutting Tools Workshop
 - Shelter Building
 - Evening Games
- Wilderness First Aid Workshop
 - Scenario SOS
 - Bushcraft Challenge
- Leave No Trace Procedures



This weeks habit of the week has been **Patient**.

I would like to nominate the whole of Year 9 for this award this time, as you have all shown great patience and maturity over the last few weeks, as we have had some YGL location changes due to the Year 11 Mocks Exams in the Sports Hall, and more recently some Tutor Group changes. Well done Year 9, Mr Shabeer and I are very proud of you all, and it is a real pleasure for us to support and guide you, and watch you grow into successful young adults.

Mrs Mackenzie-Jones and Mr Shabeer

Message for Year 10

Welcome back after the half term holidays Year 10. It has been a hectic yet productive start to this half term. This is an important time as there are lots of assessments taking place. For those of you doing BTEC subjects you will have controlled assessments that will last for a few weeks. It is important you are attending and doing your best in these as they will count towards your final GCSE marks for these subjects. Any lessons lost result in essential content needed for their GCSE exams being missed. This will inevitably have an impact on outcomes. All students need to be encouraged to attend school and lessons 100% of the time. 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 their child is attending school on time every day.



IPad Reminder

All students have an iPad given to them from the academy. It is important that this is always kept in the cover provided and is looked after. There have been a lot of incidents where screens are being broken due to them not being taken care of. The iPad must also be brought into school every day fully charged.

Well done to the following students for achieving the highest positive points so far:

Blessing Antoine

Giorgi Sarlidze

Well done to **Blessing Antoine** for maintaining a 100% attendance.

Patient	Shamsa Ahmed
Compassionate	Courtney Brown

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.

Message for Year 11

Year 11 have had another action packed half term, full of excitement and challenges. All students worked incredibly hard during our final mock GCSE's. We are now only 6 school weeks away from the first GCSE exam, which is RE on Monday 15th May. The first exam for all students is the Biology exam on Tuesday 16th May and the English Literature exam on Wednesday 17th May. A full exam timetable will be issued to all students to help them stay organised.

Communication will have already come through for all parents/carers of Year 11 students via a text message, but on Monday 20th March, we have our Year 11 Supporting Success Evening. This will be in our Sports Hall and we encourage all families to attend with their children in Year 11. The timings are 3.30pm – 5.00pm. The Head's of English, Maths, Science, Humanities and Languages will all have a stall set up to support revision. Academy Principal Mrs Dover will present a talk half way through the evening. Head of Year 11, Mr Lafferty, will also have a stall set up for 1 to 1 meetings.

In other exciting news, the Year 11 Prom has now been booked and will take place on the evening of Wednesday 28th June 2023, at the Mercure Bankfield Hotel, BD16 1TU. The price of tickets, which includes food, drinks on arrival, hire of their main hall, a photo booth, DJ and professional photographer, has been discounted by the Academy so that it will be only £20 for each student.



Finally, a huge congratulations goes out to the below students, who all achieved an exceptional Grade 9 in their mock English/Maths exams.

Liva Jegi – 9 in English
Aysha Hussain – 9 in English
Khadija Master – 9 in English
Khadija Master – 9 in Maths
Huzaifa Rashid – 9 in Maths
Mohammed Umar – 9 in Maths

Spotlight on English

Inspirational World Book Day!

Congratulations to everyone, staff and students, who took part in World Book Day, making it such an inspiring, memorable and fun event. Staff costumes were amazing! Few will forget Miss Iqbal as a frighteningly convincing Cruella de Ville, from 'A Hundred and One Dalmatians' or Miss Houston's Queen of Hearts and Mrs Ahmed's Mad Hatter from 'Alice in Wonderland', to name but a few.

The day was full of fun competitions such as Guess the Staff Shelfie, where staff submitted a picture of their bookshelf, and students had to guess who it belonged to. There was also a Guess the Masked Reader competition, and you can still walk through the Lister Park Literary Legends Alley on the ground floor to see staff members' favourite fictional characters.

It didn't stop there. Each lesson, every member of staff revealed their amazing adjective, which began with the first letter of their surname. It turns out that our teachers are audacious, ambitious and aspirational, right through the alphabet to being welcoming and warm-hearted (thankfully there were no names beginning with X, Y or Z).

The highpoint of the day, which generated feverish excitement, was Miss Houston's Escape Room during period 6. Students were asked to imagine that they had been locked into their classroom and could only escape when their class had collaborated to solve several devilishly difficult literary and language puzzles by unravelling codes and picking up on clues. All this was done against the clock with students using their teamwork skills brilliantly in order to arrive at the three word phrase which would release them from the room: We Love Books.

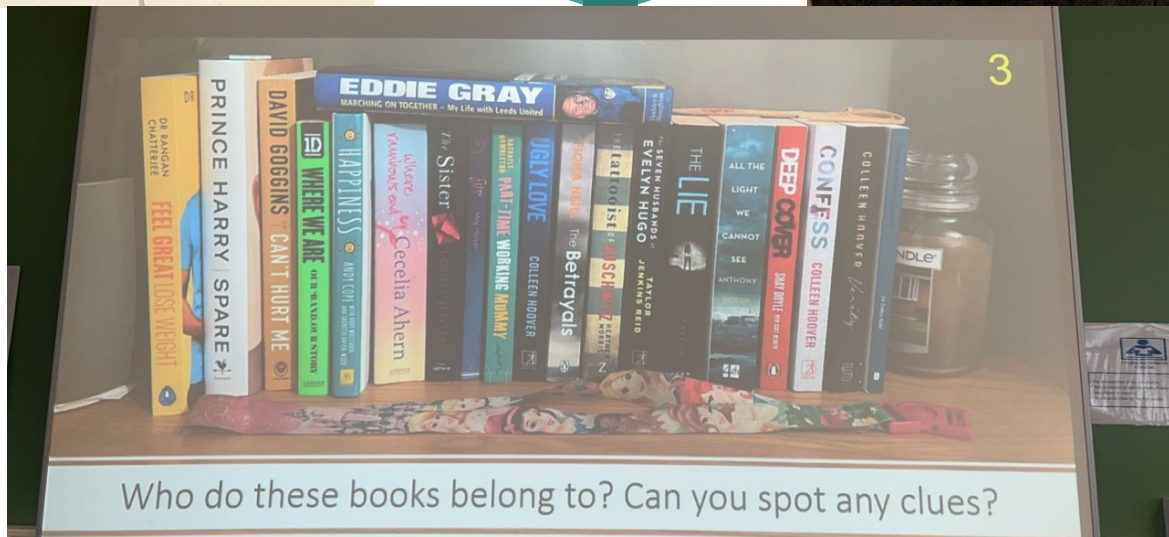
It was fantastic to see such passion in our staff and students for the joy that language and reading can bring to our lives and we look forward with eager anticipation to even greater excitement on World Book Day 2024.

The English Department

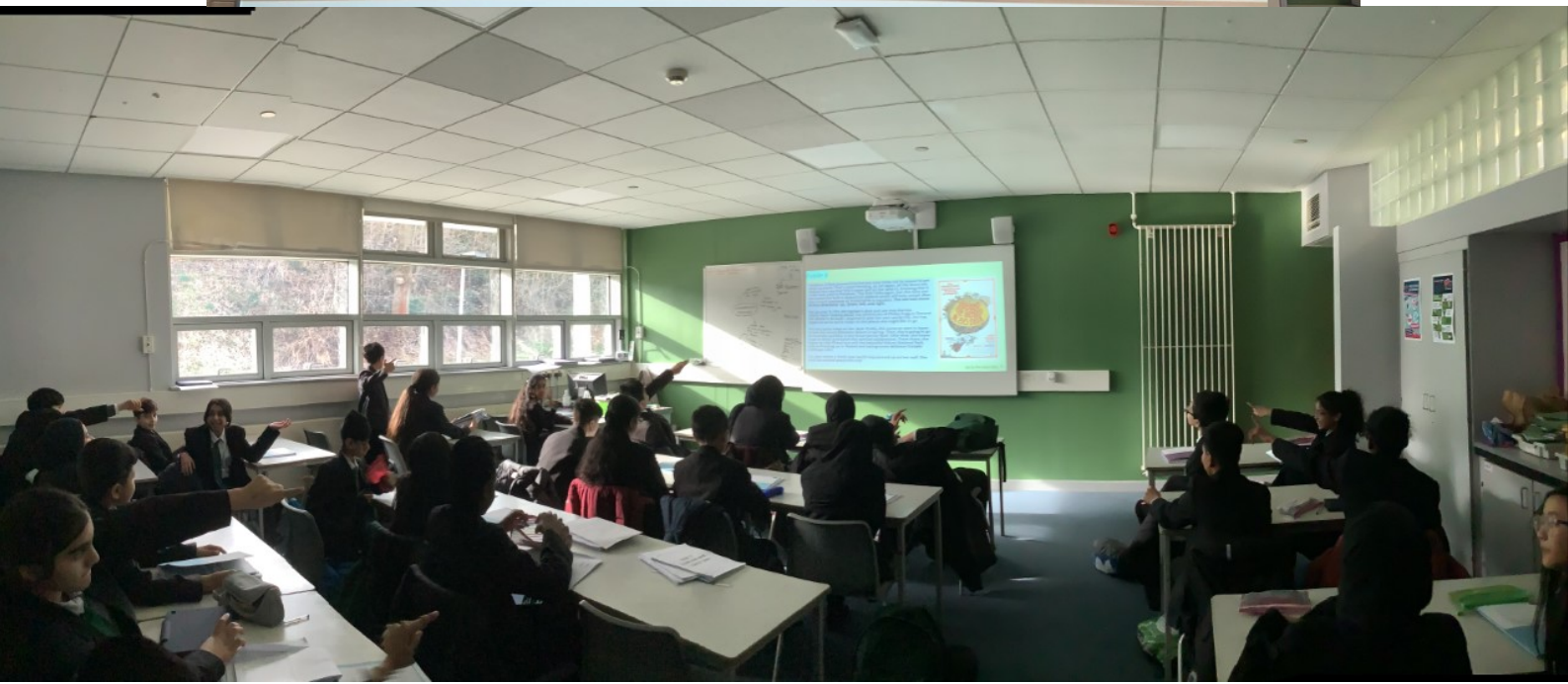
See next page for photos!



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Who do these books belong to? Can you spot any clues?



As we all know, homework fosters strong study habits and independent learning; it serves as a bridge and can assist teachers and parents in supporting students to close gaps. The English department are proud of the year 10 cohort, particularly 10XEN2, 10YEN3, and 10YEN4, for consistently completing their homework.

As a result, we are thrilled that they will be able to watch the latest version of A Christmas Carol in 'cinematic style'



Spotlight on MFL

We have all been very busy in MFL recently. Following the Cycle 2 assessments Year 7's have started to learning about their school and studies, Year 8 are looking at food and shopping whereas Year 9 have begun to learn to describe future employment and careers. A great and engaged start from all the KS3 students, well done and don't forget to keep revising all of the brand-new key vocabulary and grammar you are learning in school! In regards to our KS4 classes, Year 10 are looking at family, friends and future plans whilst year 11 are in their final few weeks before their GCSE exams and all students are really working hard to achieve the best grade possible – keep up the hard work everyone!

On Thursday 2nd March we all celebrated World Book Day at OALP. As a department we chose to pick our fairy tale theme based on the book by Lewis Carroll "Alice in Wonderland". In the lead up to the big day, we placed clues around all of the MFL classrooms to allow pupils to participate in guessing who would be which character.



When world book day arrived, students loved seeing Mrs Chappelow as the Cheshire Cat, Mrs Watson as Alice, Mrs Ahmed as The Mad Hatter, Mrs Bibi as the Queen of Hearts as well as Mr Musaib as The White Rabbit. Students learnt how to say the main characters from the book in French and Urdu along with some clips and scenes being shared.

Spotlight on Maths



Students recently went on a Maths and Science trip to Jodrell Bank. Students had a great time looking at how we are using X-rays and Microwaves to explore the Milky Way and further afield. Students were able to apply some of their Maths and Science skills to participate in seminars at the complex. The weather was a bit chilly but we powered through; learning and exploring the inner workings of our Universe.

Highlights were the stargazing master class and the rocket science for beginners! Well done to the students and many thanks to the staff at Jodrell Bank Observatory for a wonderful day.

Spotlight on Sports

Over the last half term, students from Lister Park, Dixons Allerton and Bradford Forster have taken part in a doubles Badminton competition. This has been played over a 3-week period with schools travelling to Lister Park to play the games in our Sports Hall. The students that participated were an absolute credit to themselves and the academy showing resilience, self-control and patient while teams were rotated, and matches were played. Over the three-week period, it was fantastic to see students develop practically but also build relationships with students from other schools, showing each other respect and demonstrating exceptional sportsmanship. The final standing scores are below. Congratulations to Dixons Allerton on winning the competition, and of course to Lister Park as well for finishing second.

School	Points
DAA	56
OALP	41
BFA	26

The year 7 boys had another football fixture this month. This time against Laisterdyke Leadership Academy. This was the first time that the team would be playing 11 a side, previously having played 7 and then 8 a side in their other fixtures. During the previous games, the team had started to gain confidence and belief in their own ability and this was demonstrated in the game. The game started very well with lots of possession and attacking play from Lister Park with the opposition struggling to get a touch of the ball. The boys kept in their positions extremely well and really worked hard for one another to ensure that if the ball was lost, they all worked hard to try and win the ball back. And win the ball back they did, time after time. They won the game 7-0 with goals from Ibrahim Moghal, Mikaeel Hussain and Musa Camara. Man of the match was Musa Ali for his exceptional positioning, calmness and defending.

The attitude and effort from all of the boys was amazing from beginning to end, with the students determined to play good football and not concede a goal.



Careers Fair



This month, Oasis Lister Park welcomed Mitchel Kellwood, a Senior Supervisor from the Bank of England to highlight National Careers Week 2023. Mitchell delivered an engaging presentation to our Year 8 cohort where he outlined the key role the Bank of England plays in our economy. He also outlined the various career opportunities at the Bank of England, whilst also dispelling a few myths on what is required to work there. Mitchell also gave a detailed description of the various routes to employment including level 4 apprenticeships, internships, graduate apprenticeships and the black future leaders programme. Our students asked Mitchell some searching questions such, How much is a bar of gold worth? When is the Kings head going to appear on the notes? and how much money can the bank print? A fantastic event which ended in a round of applause for our guest speaker.

Our Community

Students from Lister Park and families from the local community engage in storytelling on Bradford's literacy bus, to celebrate World Book Day in style.

World Book Day celebrations are in full swing for students, staff and families from Oasis Academy Lister Park as they jump onboard the Bradford Stories bright yellow school bus from New York.

The Bradford Stories Bus, launched in the city in 2021, is a permanent library space promoting community literacies and reading for pleasure in the city. It was converted into an incredible book retreat for children and families by the Bradford Stories Hub and National Literacy Trust. With seating areas, bookshelves, a 'selfie space' and soft furnishings, the bus is a space dedicated to running literacy-themed events, from writing and reading activities, to storytelling performances, open mic poetry events and book launches.

The bus visited students at Oasis Academy Lister Park for a session of storytelling, focusing on speaking and reading. Oasis Lister Park Community Hub Leader, Jade Ibegbuna, organised the event and collaborated with Bradford Stories in hopes to bring the local community together to share opportunities for those with limited access to books and to encourage students to share stories in more compelling ways.

The bus made its way to Manningham in Bradford, where groups of students from Years 7 – 11 from Oasis Academy Lister Park could enter the bus, and participate in storytelling, poetry writing and book gifting. The workshop was highly praised by staff who saw improvements in attitudes and behaviours towards reading for pleasure and supporting wellbeing in diverse communities.

Literacy Champion and Community Hub Leader Jade, also organised for the Hub's community group to take part in family storytelling, to inspire and encourage families to express themselves and tell their own stories.

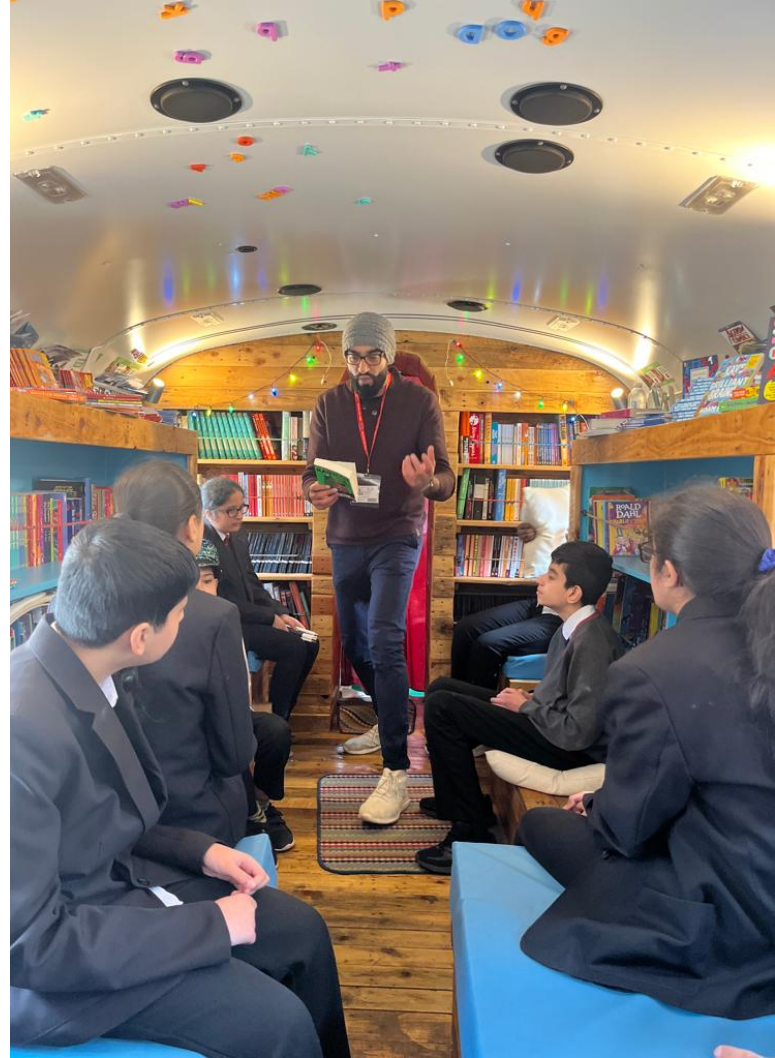
"The day has been absolutely magical, to see young people engaging in literacy in such an innovative way and being captivated through storytelling was truly special. Thank you to everyone involved that made this day such a brilliant one – the team at 'Bradford Stories' are incredible and we feel very lucky to have had the bus at our school for everyone in the local community to enjoy."

See next page for photos!



Principal of Oasis Academy Lister Park, Sian Dover, also commented:

"We recognise the importance of literacy and are thrilled that our students were able to take part in such a unique experience, which has ultimately inspired them to further develop the skills they have in innovative ways from the brilliant workshops provided by Bradford Bus Stories. Thank you to everyone involved in organising this event for our students and the community."



Imran Hafeez, Bradford Stories Manager at the National Literacy Trust, says:

"We know that children, who enjoy reading and read more frequently, do better at school and this helps them to fulfil their potential and aspirations."

"The Bradford Stories Bus is an amazing project which brings storytelling and events like World Book Day directly to Bradford children, schools and communities, and inspires them to fall in love with reading. I hope that Oasis Academy Lister Park and all of the children who take part in our World Book Day celebrations feels inspired to continue reading for pleasure today and every day."



Our Community



Connecting Roma, a community organisation Oasis Lister Park is privileged to collaborate with, was overjoyed to be awarded £8,000 from the 'Mayor's Safer Communities Fund' to support them in providing a safe space for young people in the community; a place where participation in performing arts, sports and wellbeing activities is encouraged.

Later this month, Year 11 Student Leader and Connecting Roma Youth Ambassador Franko Drapak is hosting a "Youth Zábava" - a musical community celebration to showcase Bradford's Roma talent. We wish Franko and Connecting Roma good luck for this exciting venture!



You are welcome to come and relax here at Oasis Academy Lister Park. We have a warm space for you, refreshments and a very warm welcome.

You can socialise, take part in activities, receive advice and support, listen to music, relax... this is your space for you to feel at home. You are welcome.



Days and Times: Tuesday mornings 10:30—12:30 & Wednesday afternoons 3:30– 5:30

Location: Oasis Academy Lister Park

Contact: Jade, Wiktorja and Sue: 07974606659



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

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/new-directions-bradford>

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/>



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



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 Centre
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



Money matters & Benefits Advice:

Bradford Citizens Advice

Argus Chambers
Bradford
BD1 1HZ
03442 451282

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



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

Benefits Calculator - Work out your entitlement to benefits:

<https://benefits-calculator.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 claim:
www.gov.uk/income-support/how-to-claim

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/first-response/>



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
<https://safelives.org.uk/news-views/domestic-abuse-and->



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 at home, Childline can help you through it.
<https://www.childline.org.uk/info-advice/>



Qwell <https://www.qwell.io/>



Family Activities:

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

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



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>





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'.



 For Apple



 For Android

Login to your App

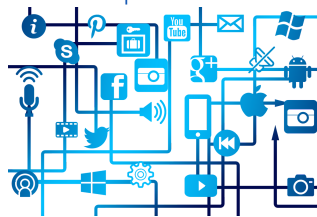
1. Once you have scanned the barcode and downloaded the APP select your school from the dropdown menu and click '**continue**'.
2. Enter the four-digit entry code **7675**

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-from-radicalisation/

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-misinformation-advice-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-explained/



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/online-gaming-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-young-people-with-send-online/gaming-and-social-media/>

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>

[0](#). 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 Fre 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!

