

Listerlife

2023

- HAPPY NEW YEAR -

January 2023

Compassionate <i>"To be compassionate and kind whilst acting justly."</i> <p>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.</p>	Patient <i>"To be patient and persevering."</i> <p>Patience is the ability not just to tolerate delay or something not happening as quickly as we might have expected. It is also about the way we act and the attitude we adopt as we do so, demanding 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 gives relationships stability. As we grow patience we gain a long-term perspective.</p>	Humble <i>"To be humbling of others through serving with humility."</i> <p>To be humble is to recognise that all people are created equal and are therefore of equal value. Because of this, a humble person will not look down on others or use power to control, or pursue position and status but instead will choose to serve others, seeing their inherent worth and giving them honour and encouragement.</p>
Joyful <i>"To be joyful and positive and help others to be the same."</i> <p>One day in our children's understanding it is noted in a letter written to a friend with the words "joy is a choice". It is a choice to be joyful and to bring joy to others. It is a choice to be joyful and to bring joy to others. It is a choice to be joyful and to bring joy to others.</p>	Honest <i>"To be honest and have integrity."</i> <p>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.</p>	Hopeful <i>"To be hopeful in seeking transformation."</i> <p>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 kick at darkness until it reveals light". To hope is about looking up and wishing for a better tomorrow, despite what the conditions and circumstances say today.</p>
Considerate <i>"To choose to love others like you love yourself."</i> <p>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 being truly considerate when we understand our own selfish and prideful nature that place and treat others as we do. It is a choice to be considerate and to see others as we see ourselves and to see others as we see ourselves.</p>	Forgiving <i>"To be forgiving and committed to healthy relationships."</i> <p>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 future towards them in the future. Forgiveness is not forgetting but it is a choice to let go of the hurt and to choose to let go of the hurt and to choose to let go of the hurt.</p>	Self-controlled <i>"To be self-controlled."</i> <p>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.</p>

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

t: 01274 362050
e: admin@oasislisterpark.org



Oasis Community Learning



Oasis Academy Lister Park



@OasisListerPark

A message from the Principal

Welcome to our first ListerLife edition of 2023. I hope you enjoy reading about all the activities we have been doing here at Oasis Academy Lister Park. We continue to have high expectations of all our students and encourage them to be the best they can be every day. A lot has happened this month from trips and visits, fixtures and clubs, to careers fairs, internal assessments, parents' evenings, and attendance assemblies. Our Year 10 parents evening was attended by over 70% of parents and carers so I thank you all for the interest you are showing in your child's education. As our year 11 and year 13 students begin their mock exams next week, we wish them a lot of luck.

Best wishes,

A handwritten signature in black ink, reading 'Siân Dover'.

Mrs Siân Dover
Principal

February Half Term:
Close 10th February 2023
Reopen 20th February 2023



Message for Year 7

Mrs Dover is setting up a Student Voice Panel and we had lots of students wanting to join, which was brilliant to see. The interested students wrote an expression of interest to Miss Daly, and because they were all so good, they are going to have an election within the year group! Students will be campaigning to be elected as the voice of the year group and then everyone will have a vote. It will teach the students all about democracy and the importance of it.

This month will also see the launch of a Reading Plus competition! 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 Spring Term and they will receive a prize. Good luck everyone... and get reading!

In sporting news, Year 7 made the school proud at their first football match. They managed to get a 2-0 win against Carlton Bolling – Come on OALP!

Pantomime

On Thursday 15th December, Year 7 students went to see **Jack and the Beanstalk** at the Alhambra Theatre.

Starring Bradford panto legend *Billy Pearce* as Farmer Billy, *Emmerdale* star and King of the Jungle *Danny Miller* as Jack and Ru Paul's Drag Race UK runner-up *Divina De Campo* as The Spirit of the Beans, this magical adventure follows our hero Jack, who along with his family, fights to outwit the evil giant and win riches beyond his wildest dreams.



Year 7 Shout-Outs!

Ishaaq Adnan 7E – For scoring 100% on a really difficult French listening test, well done!

Ayden Nancis 7L – For playing a fantastic game of football which contributed to our win!

Daniel Russom 7E – For being super helpful and always having a smile on his face 😊

Alishba Ahmed 7L – For always being the first in line up and always doing as she is asked!

Message for Year 8

Year 8 have settled well into school life since returning from the Christmas break. The students in Year 8 have continuously developed as young people and strive every day to be the best possible person they can be.

In the last week the Year 8 boys football team have been involved in two fixtures, where they drew 3-3 away vs Titus Salts and won 5-3 away against Coop Academy Grange. On both occasions, the boys represented our school impeccably, showcasing great sportsmanship.

On the 7th March 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.

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).

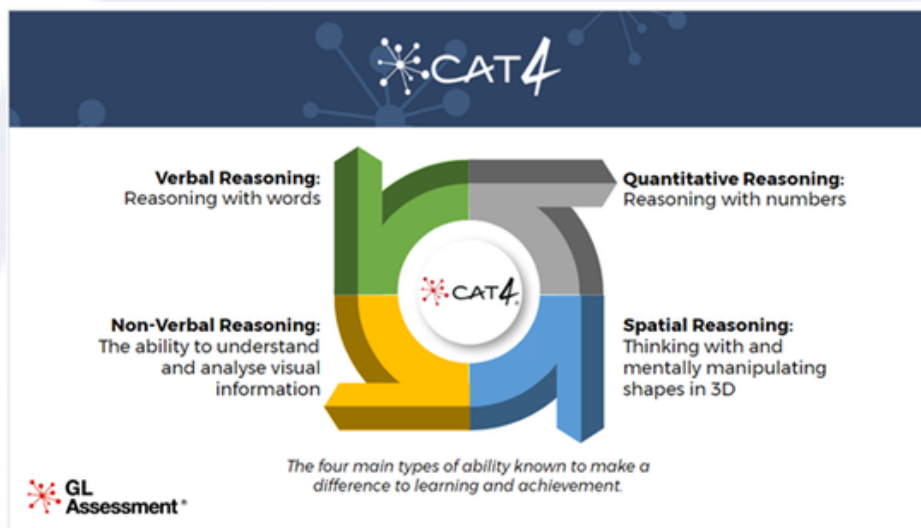
Thank you for your consistent approach.

Mr Hartley

Habit	Student
Patient	Mohammed Yamin
Humble	Ayden Kaza
Considerate	Mohand Ahmed
Honest	Safa Fayyaz

Message for Year 9

I just wanted to say a huge well done to our Year 9 students this week, as they have all been busy completing the CAT4 assessments. Well done guys!



The eagerly awaited Options information will be coming out very soon, where Year 9 will be making their important subject choices. We will inform students and parents of the Option Process in due course, and we will also be supporting the students with this process, so please don't worry about this.

Very exciting times ahead for our Year 9 students - the world is your oyster!

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 will not laud it over others or use power to coerce, or pursue position and status but instead will choose to serve others, seeing their intrinsic worth and giving them honour and encouragement.

Our chosen habit for this week has been **Humble**. I would like to award **Emilia Malinowska 9E** for this award. She is such a lovely, quiet hard working student, who always and supports others.

Please could I remind all students of the importance of reading, and keeping up with the expectations of our Reading Plus programme (all students have on this on their iPads). Increase your weekly minutes by doing some extra reading at home please.

Sylvana Mackenzie-Jones

Message for Year 10

I would like to take this opportunity to thank all of those that attended the Year 10 Parents Evening on Tuesday 17th January. It was great to see so many parents and the constructive conversations taking place. The feedback received will hopefully encourage your child to work harder and make improvements in preparation for the upcoming assessments for cycle 2. Any parents/carers that did not attend and would like feedback can get in contact with myself or Mrs Majid through email and we will arrange for staff to call you back.

All students in Year 10 have returned from the Christmas holidays looking smart and with a positive attitude overall. We are at a vital point in the students' GCSE studies. 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.

Shoutouts

Well done to the following students for maintaining 100% attendance during this academic year so far:

Blessing Antoine 10L

Subhan Khalil 10P

Zayan Raza 10S

Well done to the following students for achieving over 100 positive points so far this year:

Blessing Antoine 10L

Courtney Brown 10L



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.

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 are now only a week away from their final mock exams in preparation for their summer GCSEs.

The first mock exam commences on Monday 6th February and the last exam is on Wednesday 22nd February. February half term will be in between these dates. This means we are now only 12 school weeks away from the first summer GCSE exam, which is on Monday 15th May. This is obviously a crucial time for our Year 11 students, who will need a lot of family support and encouragement in the background, as well as the array of support that will be offered in the Academy. In the calendar, we have a Year 11 Parents

Information Evening that all parents are invited to after school on Monday 20th March. This is a final opportunity to deliver some vital information to families in preparation for the exams. There will also be some time allocated following a talk to parents, where you will be able to talk to some of the Curriculum Leaders from core subjects, as well as Head of Year 11, Mr Lafferty.

In what is proving to be a very tough, but very rewarding year, all teaching staff in the Academy have access to the latest grades from our cycle 1 data. Based on our Progress 8 figures, we have some students in Year 11 who are exceeding expectation and their hard work and commitment in lessons has produced some outstanding mock grades when compared to their aim grades.

A special mention goes out to the following students, who have the highest Progress 8 data in Year 11:



Liva Jegi
Ahona Siddiquee Khandoker
Mariss Jegi
Khamsana Khan
Huzaifah Wadee
Esaah Ilyas
Huzaifa Rashid
Khadija Master
Awais Khan
Mariya Bano Ali

Year 12 Shoutouts	Year 13 Shoutouts
Rohail Yaqoob – Excellent progress so far this year. Very proud of your achievements. Keep up the good work!	Maisha Ali – Focused and professional, as well as actively participating in lessons. Making good progress!
Nasim Shah - Excellent progress so far this year. Very proud of your achievements. Keep up the good work!	Aaron Hussain – Excellent progress so far this year. Very proud of your achievements. Keep up the good work!
Iveta Gumanova – Excellent effort. Working well and trying her best. Excellent progress being made.	Zahrah Bi – Proactive attitude towards her learning and plans for the future.

Careers Fair

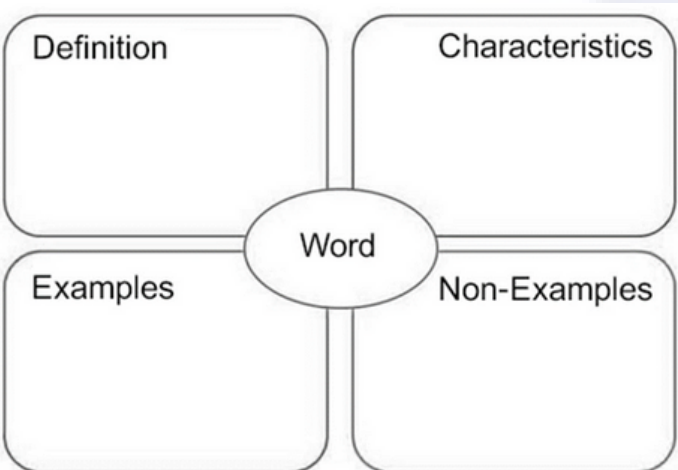
'On the 25th January 2023, 23 employers, representatives of Further Education Institutions and Apprenticeship providers came together with our students for the 2023 Oasis Lister Park Careers Fair. The Main Hall came to life as Year 9 to Post-16 students engaged with exhibitors, gathered application forms, listened to pitches, collected merchandise, and discussed careers aspirations. Jon Zeb, Assistant Principal of New College Bradford said, 'Your students are some of the most switched-on students I've come across.

They asked so many pertinent and challenging questions I couldn't help but be impressed!'. Class teachers also mingled and engaged with exhibitors, as they gathered ideas on linking learning to skills, careers choices and aspirations.

Damian Griffith (Assistant Principal): 'The Careers Fair is a key yearly event in the school calendar, it provides Year 9 students with some ideas as they start to think about their option choices, and Key Stage 4 and 5 students gain exposure to potential employers and assistance with College and University applications. Almost all the Further Education employers have offered to deliver assemblies and workshops this year, so watch this space.'





Spotlight on English



In English, we use the **Fayer Model** to explicitly teach vocabulary. The Fayer Model is a **graphic organizer that helps students determine or clarify the meaning of vocabulary words encountered while listening, reading, and viewing texts**. It is used before reading to activate background knowledge, during reading to monitor vocabulary, or after reading to assess vocabulary. Here you can see two great examples of this being implemented by students - well done!



The girl was noble and heroic.	<ul style="list-style-type: none"> contemptible immoral selfish dishonorable
Having a strong dislike and disrespect for something	
Contemptible	
he showed a contemptible act of violence	<ul style="list-style-type: none"> noble respectful unselfish moral heroic

noun sense of pity or sadness towards the characters or a situation in a tragedy.	
pathos	
The writer includes pathos in a tragedy.	happiness joy celebration
It is a tragedy because Creon is a tragic hero but gets carried away by his hamartia. His hamartia is his ambition. I felt pathos for Creon when he lost everything.	

Spotlight on Sports

It has been a busy few weeks since returning to the Academy after the Christmas break and our sports teams have started strong.

The Year 8 boys have had 2 fixtures against Titus Salts and Coop Academy Grange. In their first game against Titus Salts, the boys were slow to start, conceding 3 quick goals in the first 15 minutes of the game. They then came together and battled until half-time where they kept the score to 3-0. The lads went out in the second half with real determination and managed to score two quick fire goals following a goalkeeping error from the hosts. The last ten minutes saw wave after wave of attacks from OALP who were rewarded for their efforts when they went onto the score the equaliser. The boys played fantastically well, and, on another day, we would have won the match. The final result was Titus Salts 3-3 OALP.

In their second game against Coop Academy Grange, the boys started the game with a fast pace and managed to score two early goals. Following on from this the boys took their foot off the pedal and conceded two goals going into half-time at 2-2. The boys came in at half-time frustrated from how the first half played out. But, they went out in the second half scoring 3 goals to the hosts 1. The boys finished the game well on top and deserved to be 5-3 winners.

As always, the Year 8 boys were a credit to the Academy and displayed fantastic behaviour.

TITUS
3
OALP
3



OALP
5
CO-OP GRANGE
3

This week, the Year 7 football games got up and running, with the team playing away against Carlton Bolling. It was very difficult to decide on the 11 players that would represent the school as there had been so many players that have turned up every Thursday at football extra-curricular club. The starting XI were selected and they were very excited to be able demonstrate their ability and competitiveness. The game started with both teams quite nervous but our players soon gained confidence after some strong challenges by the OALP defence. We went into half-time with the score 0-0 in a very even game. The students were told at half-time to play quicker and attack more and this is exactly what they did. OALP were the dominant team throughout the second half, creating chance after chance but not testing the goalkeeper. The deadlock was finally broken from a brilliantly taken freekick taken by Ibrahim Moghal, and then the points secured with a good finish after a great team move starting from a goal kick. The game finished Carlton Bolling 0 – 2 OALP. The boys were exceptional in their effort and attitude.

Spotlight on Sports

Last week, OALP hosted a badminton tournament with Bradford Forster (BFA) and Dixons Allerton (DA) also participating. The competition will run over 4 weeks with a mixture of singles and doubles matches for all year groups. Last week started with double and all participants brought their 'A game'. Students from the 3 academies were focused and played some outstanding, competitive badminton. Teams score 2 points for a win and 1 point for a loss. Below are the current scores. I wonder who will be at the top of the leader board at the end of competition?

Academy	Points
DA	31
OALP	22
BFA	13

Please remember that we have extra-curricular activities on everyday after school (see below). Please check your emails and on the school website for further information on the days and activities.

PE Extra-Curricular Timetable – HT3

Monday	Tuesday	Wednesday	Thursday	Friday
Badminton	Volleyball	Basketball	Football	Boxing – with Byron
<u>All Year Groups</u>	<u>All Year Groups</u>	<u>All Year Groups</u>	<u>All Year Groups</u>	<u>All Year Groups</u>
<i>Girls and Boys</i>	<i>Girls and Boys</i>	<i>Girls and Boys</i>	<i>Boys</i>	<i>Girls and Boys</i>
Sports Hall	Sports Hall	Sports Hall	Sports Hall	Sports Hall
		Football		Gymnastics and Dance
		<u>All Year Groups</u>		<u>Year 7, 8, 9 and 10</u>
		<i>Girls</i>		<i>Girls</i>
		Sports Hall		Drama Studio

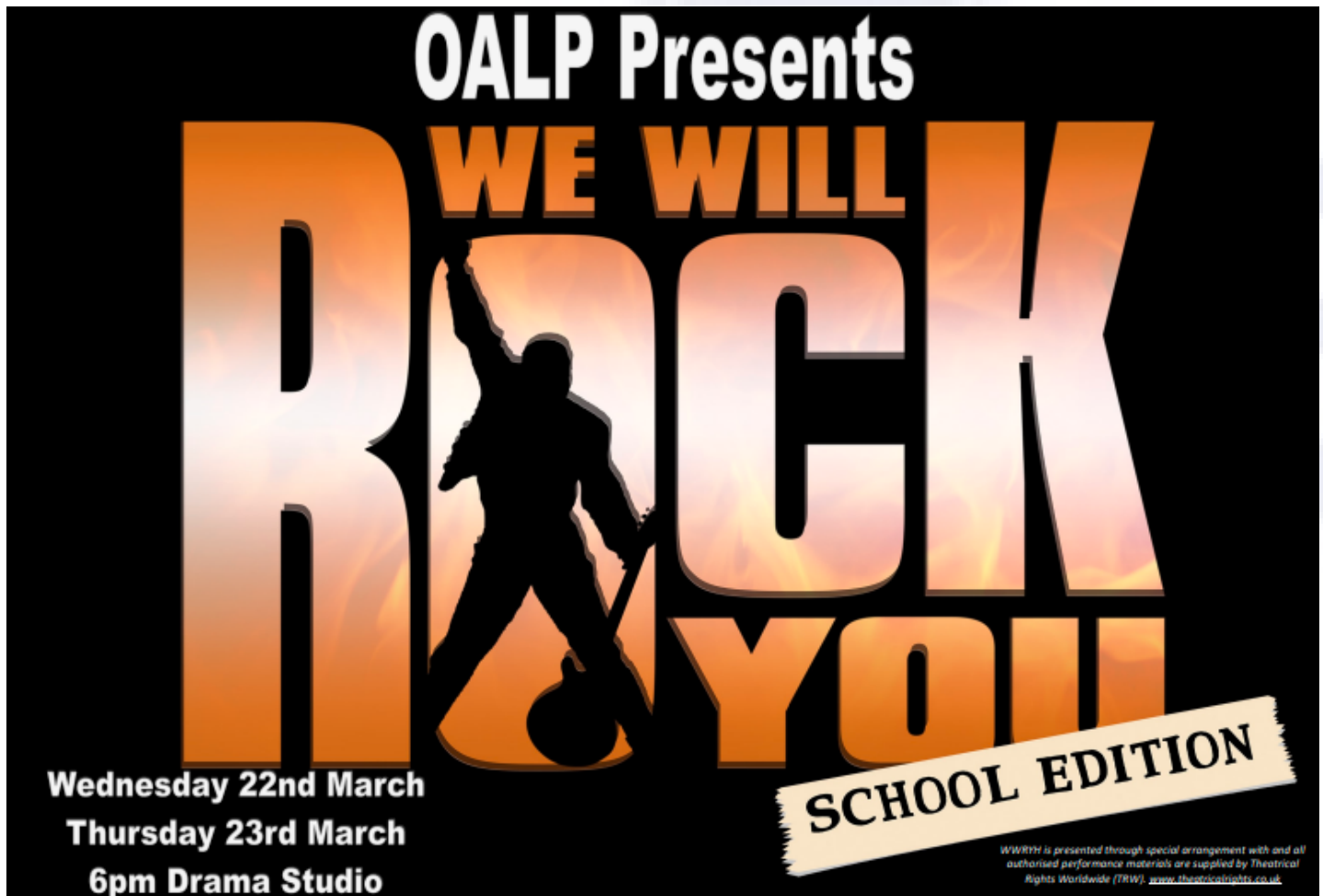
All clubs start at 3:10pm and finish at 4pm. Please attend as many clubs as possible and come and have some fun.

But wait, there's more! Here are some of the other after-school clubs we offer. These are always shared with students during Year Group Learning in the morning. The clubs available are as follows:

Games club (F09) - Wednesdays 3-4pm with Mr Malik

Sustainability Action Group (S16) - Every other Wednesday with Mrs Eltringham

Poetry Club (G03) - Thursday after school until 4pm



Students at Oasis Lister Park have been working hard on this year's production of 'We Will Rock You'.

'We Will Rock You is a jukebox musical based on the songs of British rock band Queen with a book by Ben Elton. The musical tells the story of a group of Bohemians who struggle to restore the free exchange of thought, fashion and live music, in a distant future where everyone dresses, thinks and acts the same.'

The show will take place on *Wednesday 22nd and Thursday 23rd March at 6pm* in the drama studio. Tickets will be available soon at a cost of £2 for child and £3 for adults. Please contact Mrs Brown, Miss Emery or any of the cast for further details.

What's on in Bradford?

Van Gogh Alive (Regency Hall) - *This autumn/winter, Regency Hall will host the Yorkshire premiere of Van Gogh Alive, 'the world's most visited immersive, multi-sensory experience' that exhibits the life and work of the seminal Dutch artist. Following a smash hit run in Edinburgh as the must-see cultural event of the summer, visitors will be treated to a truly world-class cultural experience in the heart of Bradford which was recently crowned UK City of Culture 2025.*

More info at: <https://www.visitbradford.com/whats-on/van-gogh-alive-p1786861>



Yorkshire Games Festival (National Science and Media Museum) - *A unique festival of all things gaming, celebrating games culture, design and production with special industry guests—returning to the museum in February 2023.*

FAMILY WEEKEND? LET'S PLAY!

More info at: <https://www.visitbradford.com/whats-on/yorkshire-games-festival-p1785001>



The Windrush Stories: Don't Give Up (Cartwright Hall) -

After the devastation caused by World War 2, the British Government was keen for more workers to help rebuild the country and revive the economy. In 1948 they passed a law called the British Nationality Act that said all citizens of countries ruled by Britain could live and work in the UK.

Many of the earliest arrivals were from the Caribbean.

More info at: <https://www.visitbradford.com/whats-on/windrush-stories-dont-give-up-p1803301>



What's on in Half Term?

Highlights

Space Half Term Family Fun (National Science and Media Museum) -

<https://www.visitbradford.com/whats-on/space-half-term-family-fun-p1853671>

Get ready for an out of this world February half term.

Explore the wonders of space with nine days of family fun. Create your own rocket, discover where Stephen Hawking unlocked the secrets of our universe, and travel to far-off galaxies at Pictureville Cinema.

IMAX SHORT DOCUMENTARIES

Join astronauts on a spacewalk, see Earth like never before and meet the first men on the moon on the biggest screen in the region—our IMAX.

KIDS' CLUB

See the best family films every Saturday and Sunday morning for the reduced price of £3. During half term, we'll be blasting off to new worlds with space-themed films each weekend.

Half Term at Cliffe Castle

<https://www.visitbradford.com/whats-on/half-term-at-cliffe-castle-museum-p1871011>

Free activities all week.

<https://www.visitbradford.com/whats-on/half-term-fun>

All activities can be found here.



Our Community



Our fabulous students have been taking part in the 'Age of Wonder' project – they have been attending Saturday online photography workshops to capture their lives with an award-winning photographer. The workshops bring young people together from all over the district so they can share their insights on growing up. At the beginning of January they met in person for the first time at OALP and participated in a 1 hour workshop – the photos that they took look fantastic, watch this space!

We ran a session of our 'Living Room' project for the first time on Tuesday 24th January – there were 17 people in total from: Sudan, Pakistan, Poland, Nigeria and Iran who all enjoyed spending time together here at Lister Park!





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



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

t: 01274 362050

e: admin@oasislisterpark.org



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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:



entrust
Inspiring Futures
Free School Meals (FSM) Checking Service

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 (DDMMYYYY)

Submit **Been here before? Click here!**

Go to Entrust's web site

Message from Safeguarding

Happy New Year! We hope you've had a restful and festive break, and wish you and your family a prosperous and safe year ahead.

We would like to share some guidance on how to keep your child safe online:

Talking to your child about online safety

For many of us, we see our online lives and offline lives as different, but children are growing up with technology and the internet and for them there isn't a difference; online life and offline life is just life.

Technology can move at an extraordinarily fast pace, and it can be difficult to know how to start talking to your child about what they're doing online, who they might be speaking to or discussing the potential risks and issues.

Talking regularly with your child is the greatest tool to help keep them safe online. Talking regularly and making it part of daily conversation, like you would about their day at school, will help your child feel relaxed. It also means when they do have any worries, they're more likely to come and speak to you.

But it can also be easy to become overwhelmed with the different technology, the language that children use, the huge number of games and apps which are available and the potential risks. Some conversations are going to be more difficult than others, but it's so important to have these open and honest conversations, so you can help your child with any worries or issues they might be facing online.

If you require any further support or advice, please do not hesitate in contacting the safeguarding team. You can also find some tips online:

https://www.nspcc.org.uk/globalassets/documents/online-safety/online-safety---downloadable-resources/cso_toptips_jan2022.pdf

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/>



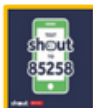
Domestic Abuse & Crisis support:

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/>



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





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

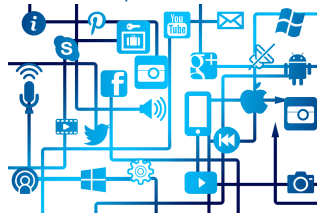
1. Once you have scanned the barcode and downloaded the APP select your school from the dropdown menu and click '**continue**'.
2. Enter the four-digit entry code **7675**

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

