

17th November 2023

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YEAR 7 SPORTING CHAMPIONS

Eva in Year 7 has recently had an amazing achievement. She took part in two competitions over the weekend at the Yorkshire Gymnastics Competition in Barnsley. Eva won Silver for her individual pedestal sequence.



Being an amazing team player too, Eva being part of a trio didn't medal this time but they came 5th and have only had a very short time to prepare for the competition, so we know that their coaches are extremely proud. Well done to Eva who represents Wakefield Gym Club!

Mason in Year 7 competed in the Yorkshire Championships in Tumbling earlier this month.



He successfully completed his runs, one of which was a double somersault - which is an absolutely amazing achievement.

Mason has been crowned Yorkshire Champion Open Tumbling age 11-12 Boys and received the Gold medal position. We are all exceptionally proud of you Mason - well done!

Congratulations to Ethan in Year 7 who has now achieved four Yorkshire Championship times in swimming, plus a North East Regional time in 200m Breaststroke. Go Ethan!



FOCUS ON STAYING SAFE AND POSITIVE WELLBEING

WHERE TO SEEK SUPPORT

In the academy there are lots of ways students can seek support from the learning managers, inclusion team, teachers, other support staff, logging concerns on the google form, filling in the yellow 'Tell Us' form. In the academy we will do everything we can to help young people.

There are lots of ways to access support outside of the academy, here are a few:

<https://www.wakefieldscp.org.uk/children-young-people/where-can-i-get-help/>

<https://www.nationalbullyinghelpline.co.uk/kids.html>

<https://www.youngminds.org.uk/young-person/coping-with-life/bullying/>

The vast majority of bullying issues that come into the academy start outside of the academy with what young people access and do online. Talking to young people about what they do online is just as important as asking them where they are going when they go out with friends. Parent and carers can support young people on-line in lots of ways. Below are links to a few sites which may help:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

<https://www.internetmatters.org/>

MATHS WEEK ENGLAND

Maths Week England was set up in 2019 with the goal of ensuring that no children miss out on the opportunities that being a confident, competent mathematician can give them. Here at Freeston we have been sharing lots of problem solving puzzles throughout the week for tutor groups to challenge themselves to complete, along with extra challenges accessible via their Google Maths Classrooms and in lesson resources to support this cause.



Keep in contact: Follow us on X: [@OutwoodFreeston](https://twitter.com/OutwoodFreeston) Our website: <https://www.freeston.outwood.com/>
Email us: enquiries@freeston.outwood.com (our phone lines can be busy, email or message us - we try to respond within 48 hours)