

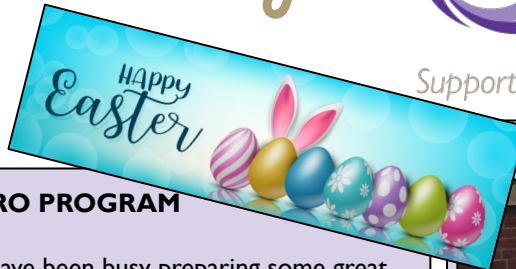
Principal's Blog



Students First
OUTWOOD
ACADEMY FREESTON



31st March
2023



Supported by the Normanton Freeston Foundation

FISH HERO PROGRAM

The year 10 Catering students have been busy preparing some great looking dishes with Salmon over the last 2 weeks.

We are lucky to be one of 250 schools across the country who received free Alaskan Salmon through the FISH hero program, which is a joint venture between the food teachers centre, Alaskan Seafood and the Fish mongers company. The students did amazing, first skinning the fish and then preparing and cooking the dishes. Last week they made a delicious pasta dish with parma wrapped salmon and then this week they produced twice marinated salmon skewers with a tomato and red onion salad served with homemade flatbread.



This was a great experience for the students, as salmon is an expensive ingredient, which means we don't normally have the opportunity to cook with it in school, but the students rose to the challenge and were rightly proud of their final dishes. Hopefully this has given the students a real taste for fish, as it is rich in nutrients and a real brain food.

STARBOOKS



Students have tried really hard to read at social times and collect signatures to fill their bookmarks ready for the treat morning - very yummy treats too!

YEAR 8 - DIANA AWARD

Our year 8 students on Thursday were working with the Diana Award looking at the different types of bullying and the effects that this has on others around them. Students looked at why appearance is talked about in the media and the effects that this can have on people's mental health. They then worked on different scenarios and the way they should react to this to help others around them. The final sessions focused on uplifting their safety online. We then finished off the day with the importance of the students being upstanders. The students worked really hard through the day and some excellent discussions took place within lessons.

Students had an assembly focussed on the International Day of Happiness and the 10 day challenge is from action for kindness about ways that we can be happier people.

RUGBY YORKSHIRE CUP FINALS

On Thursday evening this week the Yorkshire Rugby Cup Finals were held at Featherstone Rovers Ground. Boys from both teams played absolutely amazingly and we are so proud of everyone involved. Huge thank you to the members of our community who came and supported and to the staff involved, in particular to Mr Hudson.

Final scores:

- Yr7 Outwood Academy Freeston v Archbishop Sentamu (Hull) Final Score 10-24
- Yr9 Outwood Academy Freeston v Ryburn Valley High School (Calderdale) Final score 16-28



SOLUTIONS FOR THE PLANET

Solutions for the planet submissions were officially handed in this week and we have six fantastic teams entered into the competition, in the hopes of a place in the regional final at Leeds Trinity University. The students have worked really hard with staff in school and other members of our community that work at Kongsberg, and have entered some really amazing business plans about the sustainable Big Idea.

DUKE OF EDINBURGH

Our year 10 students are starting to finish their hours for volunteering, physical and skills; our students have worked really hard within their community and academy to ensure they have qualified for the expedition. The first part of their expedition is being held the first week after we come back, this will involve learning skills such as putting up a tent, route planning and cooking outdoors!

Keep in contact:

Email us: enquiries@freeston.outwood.com

Follow us on Twitter: [@OutwoodFreeston](https://twitter.com/OutwoodFreeston)

Our website: <https://www.freeston.outwood.com/>

