

Principal's Blog

13th October 2023



Students First
OUTWOOD
ACADEMY FREESTON



Supported by the Normanton Freeston Foundation

RESTART A HEART

We are again this year taking part in Restart a Heart Day on Monday 16th October - this year is a big 10th year celebration. Year 9 has been chosen to take part in the day. We know that they will gain vital new life saving skills.

Did you know?

- A cardiac arrest patient's chance of survival dramatically increases if CPR can begin before the ambulance service arrives on scene
- Less than one in 10 people in the UK survive a cardiac arrest but thousands more lives could be saved if witnesses start CPR immediately
- Chances of survival drop 10% a minute if CPR is not started when someone has had a cardiac arrest



YEAR 11 UPDATE

It was fantastic to see so many parents and carers supporting Year 11 students on Wednesday evening listening to core Heads of Department provide key messages about their subject.

Revision guides and calculators were also provided to support students home learning. If you missed the evening, you can [access the presentation here](#).

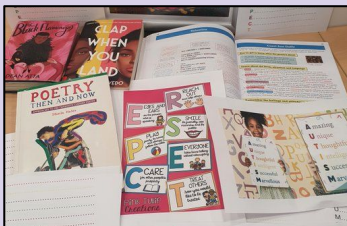
Students who missed the evening can collect these resources from their teacher in the academy.

Please remember that success comes from positive attendance, perseverance, challenging yourself to be the best you can be and 100% commitment. Also remember those key messages about sleep, drinking water, eating well and getting exercise.

Maths have now given out their holidays packs - please ensure these are handed in on time.

CELEBRATION FRENZY

Our academy has been super busy this week celebrating World Mental Health Day and National Poetry Day.



UNDERSTANDING YOUR CHILD WITH ADDITIONAL NEEDS

Please see the flyer [on our website here](#) from Wakefield Local Authority regarding:

- Free online course for parents, carers and grandparents.
- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

FOCUS ON STAYING SAFE AND POSITIVE WELLBEING

West Yorkshire Healthier Together Website

If you're looking for health advice for children and young people, West Yorkshire Healthier Together, is a great first port of call.

It is a tool that gives consistent, accurate and trustworthy healthcare advice to parents, carers, young people, and professionals.

The information on the site has been reviewed by local paediatricians, GPs, Community Pharmacists, 0 to 19 years' service and professionals across the region to ensure it aligns with current practices and procedures.



Healthier Together

Improving the health of babies, children and young people throughout West Yorkshire

Visit www.wyhealthiertogether.nhs.uk for trustworthy healthcare advice.

Keep in contact: Follow us on X: [@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)