

# Principal's Blog

18th November 2022



Students First  
**OUTWOOD**  
ACADEMY FREESTON



Supported by the Normanton Freeston Foundation

## THINKING ABOUT OXBRIDGE?

It's never too early to start thinking about University. A number of our Y11 students attended New College Pontefract (thank you for inviting us!) last Friday to learn more about Oxford and Cambridge and other competitive universities. To read more about all universities and apprenticeships visit <https://www.ucas.com/>



## ANTI BULLYING ALLIANCE

Outwood Academy Freeston is taking part in the United Against Bullying anti-bullying programme provided by the Anti-Bullying Alliance (ABA). ABA is part of the National Children's Bureau (NCB) and works to reduce bullying in schools.

In order to make sure that we are doing all we can to prevent and reduce bullying and to improve pupil wellbeing, we want to find out the levels of bullying in our school and to find out how our pupils feel about school. For this reason, we are inviting all pupils at our school to complete an anonymous survey before Christmas. We will then ask pupils to complete the questionnaire again in the Summer Term to see if the changes made have had an impact.

A copy of the letter is on our website [here](#) and a bullying support sheet is available on our website [here](#).

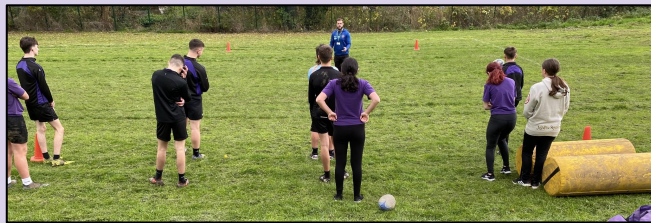


## ADDITIONAL BANK HOLIDAY 2023

Please remember to add to your calendar that Monday 8 May 2023 will be a bank holiday to mark the coronation of King Charles III. The academy will be closed on this day.

## VISIT BY THOMAS MINNS

Thomas Minns from Wakefield Trinity has just completed a four week mental wellbeing programme with our Year 10s. This included educating on the different struggles that you can face when you are going through difficult times. The signs and symptoms to watch out for if you are struggling and where to find support. He then worked with a group of 25 students, discussing the importance of a healthy diet and healthy mindset when it comes to keeping yourself mentally healthy. His final session was the importance of exercise to supporting good mental health, giving the students a rugby league training session.



## ACCESS TO OUR ACADEMY SITE

Over the last couple of years we have made adaptations to the physical environment of the academy and ensured handrails are on on all stairways and that ramps have been installed. Resurfacing of areas has taken place to ensure that we meet the needs of students and staff.

If your child has made you aware of any areas in the school that they have difficulty in accessing, please let us know by text/xpressions or an email to [enquiries@freeston.outwood.com](mailto:enquiries@freeston.outwood.com)

## NOTICE FROM - WAKEFIELD HAPPY HEALTHY HOLIDAYS

After the success of our summer programme which saw over 4000 individual children accessing activities across the district, we are excited to announce that once again Wakefield Council are working with over thirty voluntary and community organisations, local schools and childcare providers to provide a Winter holiday of free activities and food for children and families [eligible for income – related free school meals](#) throughout the district.

Activities will be running **from the 19<sup>th</sup> till the 23<sup>rd</sup> December** and include dance workshops, pantomimes, arts and crafts, sports activities, cooking, food and nutrition activities and much more!

The link to the booking website for the winter activities will go live on **Friday 18<sup>th</sup> November** at [Happy Healthy Holidays - Wakefield Council](#).



## COMMUNICATING WITH US

Please [read on the website](#) a letter shared this week regarding the ways in which we communicate with you and how best you can communicate with us.

## Keep in contact:

Email us: [enquiries@freeston.outwood.com](mailto:enquiries@freeston.outwood.com)

Follow us on Twitter: [@OutwoodFreeston](#)

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

