

# Headteacher Newsletter Friday 15<sup>th</sup> March 2024

## Highlights of the week

Thank you to the Year 8 families who attended parents evening last night – was lovely to see you all and the feedback you gave us was positive and helpful. Thank you also to the Y11 families who came to the additional session on helping your child in the final run in to the exams.

We are coming to the end of the spring term and next week our additional achievement assemblies will recognise some of the many successes this term. I like to share the good news stories weekly in the newsletter but the assemblies are just an additional celebration of our values being brought to life.

We love to hear about our students' successes beyond the school day so if you have any good news stories, successes (and of course any pictures!) that you want to share with us about your children's amazing talents please do not hesitate to contact us by emailing Danielle Clifford, Exec Assistant to the Headteacher on [DClifford01@beckfotoakbank.org](mailto:DClifford01@beckfotoakbank.org)

## Upcoming events/Diary dates

- Friday 22<sup>nd</sup> March                      Ski Trip begins
- Monday 25<sup>th</sup> March                     Easter Holiday begins
- Monday 8<sup>th</sup> April                        Summer Term begins.
- Wednesday 17<sup>th</sup> April                Open event for Y7 students joining us in September 2024
- Wednesday 17<sup>th</sup> April                Parent Forum 6.30pm

## Golden Tickets

Year to date		Last Week	
Year 7	6133	Year 7	467
Year 8	5512	Year 8	351
Year 9	6005	Year 9	342
Year 10	5158	Year 10	289
Year 11	3750	Year 11	252



## Positive achievement points for learning habit 3

Year to date		Last Week	
Year 7	33880	Year 7	2215
Year 8	29065	Year 8	1295
Year 9	34961	Year 9	2064
Year 10	31146	Year 10	1757
Year 11	27254	Year 11	1331

## Personal Development and Tutor Lesson

### Attendance

	Friday	Monday	Tuesday	Wednesday	Thursday
<b>Year 7</b>	90	89.6	86.8	87.4	87
<b>Year 8</b>	86.4	88.1	84.9	83.6	82
<b>Year 9</b>	86.2	89.3	85.3	87.2	85
<b>Year 10</b>	84.5	81.4	82.5	81.2	81.4
<b>Year 11</b>	83.6	83.2	82.3	85.5	80.4
<b>Year 12</b>	96.1	90.9	91.3	94.2	92.8
<b>Year 13</b>	94.9	94.2	95.7	96.4	91.2

#### Key

94+% (National Average 2019)*	<span style="background-color: #90EE90; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>
92-93.9%	<span style="background-color: #FFD700; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>
<92%	<span style="background-color: #FF0000; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>

Our attendance challenges continue, with targeted students receiving voucher rewards for 100% attendance. There are also restaurant vouchers up for grabs for 5 families of students who have managed 100% all this term, and treats for every 100% student on the final day. Celebration assemblies will also provide opportunities to shine the spotlight on those students who have excellent attendance (and those who demonstrate all our other learning habits day-in, day-out).

### Our expectations

We regularly share our expectations with students so that they know how they can be successful in their learning and so that we can remove any barriers to this success. It is important for us all to understand that when in school students are expected to be in lessons learning unless it is break or lunchtime. Time out of lessons should not be the norm or the expectation and we know that as we have increased our expectations of what students learn and what they do in lessons some students are finding the increased challenge difficult at times. We know that being expected to know more, remember more and do more is hard and staff will support students with this in a variety of ways.

The majority of our students get it right day in day out and make positive choices – the small number who do not are given opportunities to make the right choice but are clear of the consequences if they do not meet our very simple learning habits. We have now moved to same day detentions for lateness to school and lessons and already we can see the impact on punctuality across the school. Thank you to our families for your continued support.

## Extra-curricular activities

Monday	Tuesday	Wednesday	Thursday	Friday
Debate club (Y8, 10, 12, 13) <b>LUNCH TIME</b> F51 MED	Debate club (Y7, 9, 11) <b>LUNCH TIME</b> F51 MED	Girls Football All year groups DWH	Year 7/8 Football CBE/JGI	
Fitness Suite KS4 FBR	Year 9 Football DRI	Dodgeball KS3 MFL	Netball Year 7/8 DCH	Rugby year 7/8/9 JFL
Lego Club (all years - till 3.30) No new members until Spring term S34 C. Moore / J. Hird	Girls Rugby KS3 DCH/RST	Healthy Active ME Activity Room	Netball Year 9/10 DWH	Badminton All year groups TSH
	KS4 Football Astro GBO	Basketball KS3 CBE	Year 11 BTEC Intervention JIC/DRI	Fitness Suite KS3 JIC
	Drama Club (all years) G28 RSI		Dance/Cheerleading KS3 CFL	
	Science Club (Y7 and 8) MMI / ECO S43		Gardening Club (all years) S33 E. Cowham / S. Cooke	

## Year Group News

### Y7 News

This week Mr Minshull invited John Waterhouse from Bradford Astronomical Society into school to speak to some of our year 7 students about astronomy, space, and cosmology. Students were enthralled by his interesting and varied talk on the origins and development of the universe and thoroughly enjoyed seeing some of the fantastic pictures of the cosmos that have been taken. Thanks to Mr Minshull, a keen astronomer himself, for organising such a fantastic visit and Mr Waterhouse for taking the time to come and speak to our students.



## Y8 News

We extend our thanks to all the parents who attended the Year 8 parents' evening this week. Your presence and active involvement demonstrate a commitment to supporting your child's educational journey. It's crucial for parents to be engaged in their child's schooling, as studies consistently show that parental involvement correlates with academic success. For those unable to attend, rest assured that we'll promptly share attendance and curriculum information to keep you informed and engaged in your child's progress. Together, we can foster a collaborative environment where every student thrives academically and personally.

This week, we celebrated Neurodiversity Week with an inspiring assembly where students demonstrated immense respect and empathy. Neurodiversity Week celebrates the unique strengths and perspectives of individuals with neurological differences such as autism, ADHD, dyslexia, and more. It's a time to promote understanding, acceptance, and inclusion for all members of our school community. By embracing neurodiversity, we create a supportive environment where every student feels valued and empowered to succeed. Let's continue to champion diversity and celebrate the richness of our collective experiences.

### People are all different

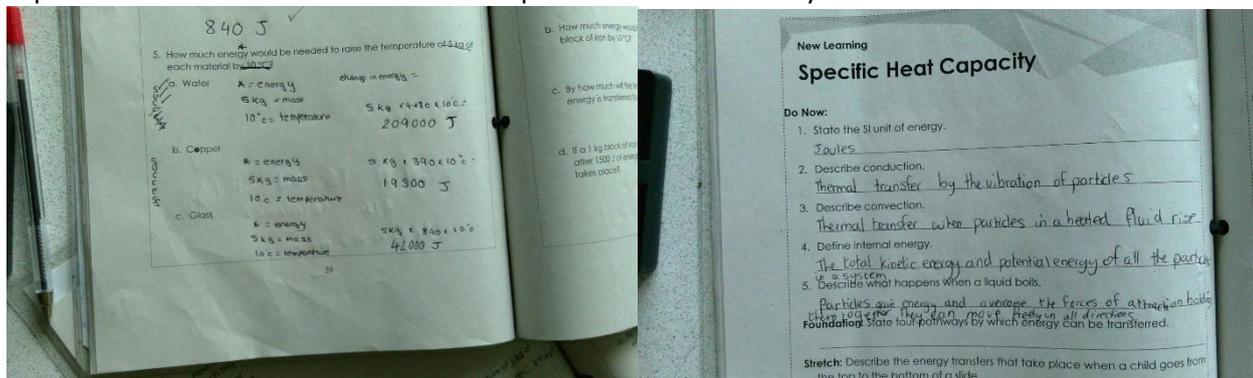


Congratulations to 8AT for winning the attendance breakfast award this week!

## Y9 News

The attendance reward breakfast for most improved in Y9 last week went to 9MY. Well done!

This week I have had the pleasure of observing learning in science lessons, very impressive Year 9. All classes have been learning about energy stores and transfers and have been tackling some GCSE level calculations. Absolutely superb to see- here are two fantastic examples from Bella and Anaya.



## Y10 News

Year 10 had a great assembly from Mrs Lonsdale on Thursday to mark Autism Awareness Week in which she highlighted the experience of neuro-diverse students in school, provided examples of neuro-diverse adults in a range of exciting professions and emphasised the importance of being kind to one another and

tolerating all our differences. As Dwayne Johnson said: "It's nice to be important, but it's more important to be nice."

### Y11 News

The next future scientists! One example of our many year 11 science classes working their way through to the end of the science curriculum...nearly there now year 11. We have been impressed with how the year group has managed this half term, there has been little sign of the year group slowing down.



### Post 16

Today saw a group of Y12/13 students go on their geography field trip to the Holderness Coast, as part of their A level course



### SPARX Reader and SPARX Maths.

All students in years 7 to 11 have access to Sparx Maths and all students in Years 7, 8 and 9 have access to Sparx Reader. Students can access these programmes with the same login that they use for Teams and logging at school. You can log on here. [Beckfoot Oakbank School - Maths](#)

Sparx maths is now live so all students in Y7-11 have weekly online homework linked to the maths curriculum being followed. It's due in each Wednesday! Your child's tutor can help them if they do not know their login / password.

### Educake

In Science we are launching a new online homework platform for years 10 and 11 called Educake where students can answer online quizzes set by their science teachers. Educake is also a fantastic tool for revision as students can log on and test themselves on their science knowledge. All students should have received their login details in class as a sticker in their planners but if they have any problems logging on they should speak to their science teacher or Mr Hazelgreen. Log on at <http://www.educake.co.uk> or download the app.

## **CEIAG – Careers Education, Information, Advice and Guidance.**

Future Ready Learners – then please do so by clicking the link below

**Beckfoot Oakbank School - Future Ready**

**[futuregoals.co.uk/learn/our-region/](https://futuregoals.co.uk/learn/our-region/) - find out more about opportunities in West Yorkshire**

**[futuregoals.co.uk/learn/our-region/lmi-resources-regions/](https://futuregoals.co.uk/learn/our-region/lmi-resources-regions/) find out about Labour Market Information in West Yorkshire**

**Use these links to navigate our pages easily.**

**Work Experience (booked by Students)**

**Discovery Workshops (reserved by Educators)**

**Upcoming Broadcasts**

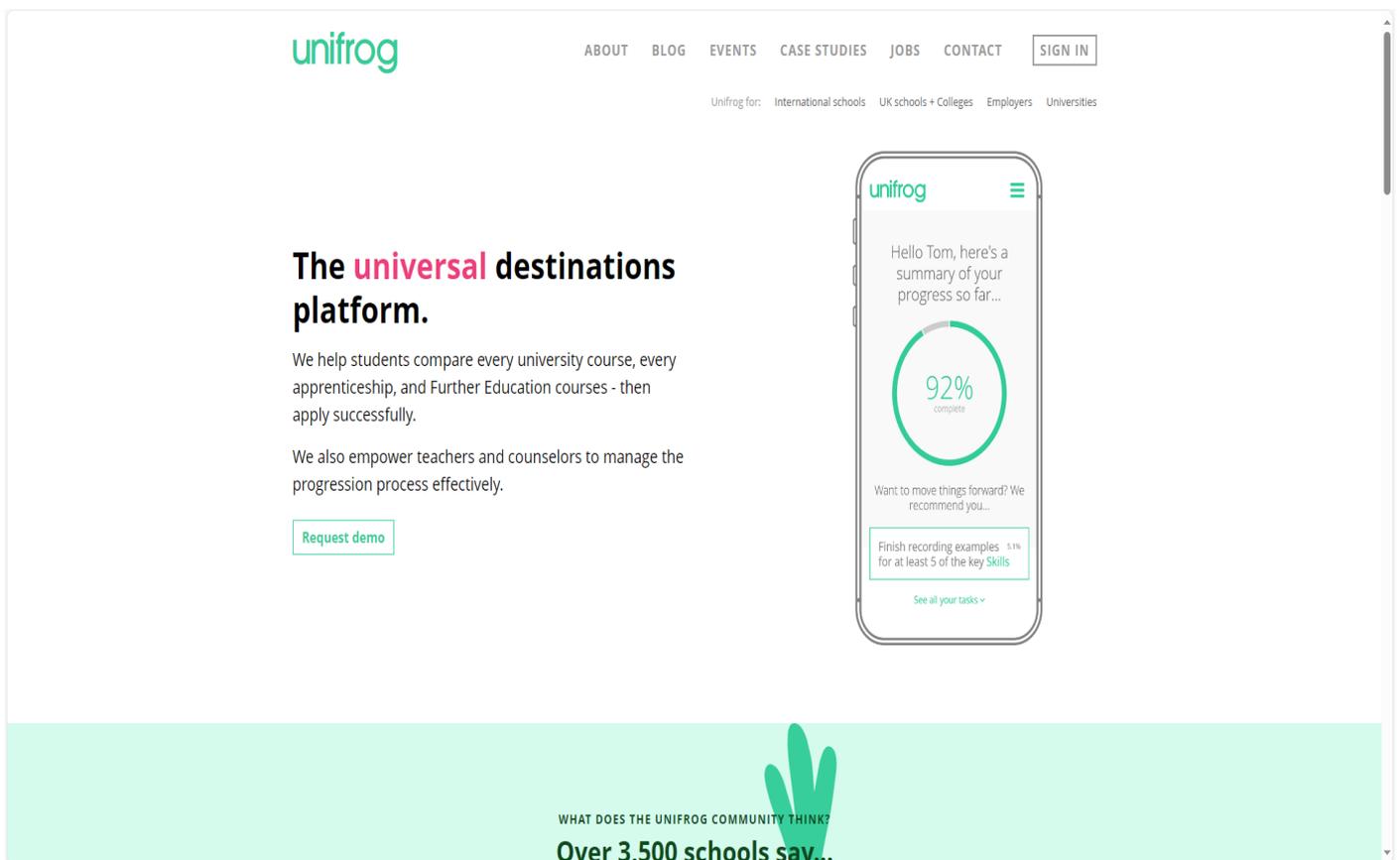
**Host a Speaker at your school**

**VTalks Library**

**National Teen Book Club**

**Past Imperfect Podcasts**

## **Unifrog guide for students and parents.pptx**



**unifrog** ABOUT BLOG EVENTS CASE STUDIES JOBS CONTACT SIGN IN

Unifrog for: International schools UK schools + Colleges Employers Universities

### The **universal** destinations platform.

We help students compare every university course, every apprenticeship, and Further Education courses - then apply successfully.

We also empower teachers and counselors to manage the progression process effectively.

[Request demo](#)

Hello Tom, here's a summary of your progress so far...

92% complete

Want to move things forward? We recommend you...

Finish recording examples <sup>1/10</sup> for at least 5 of the key Skills

[See all your tasks](#)

WHAT DOES THE UNIFROG COMMUNITY THINK?  
**Over 3,500 schools say...**

**Some Useful links**

**Bradford Parenting Cygnet Service**

This programme is designed for parents and carers of children and young people aged 5-18 with an autistic spectrum condition.

This is a core Cygnet programme which is delivered over six, two and a half - three-hour sessions which sequentially work towards behaviour management and covers a number of topics.

[Bradford Parenting Cygnet Service | Barnardo's \(barnardos.org.uk\)](#)

01274 513300

#### **Child Autism UK**

Child Autism UK helps children with autism achieve their potential. We provide services to enable children to overcome difficulties with communication, learning and life skills and give families the techniques and strategies to cope with autism through the use of Applied Behaviour Analysis (ABA).

[Support, advice and services for children with autism - Child Autism UK - releasing potential](#)

Help line:01344 882248

#### **ADHD UK**

Providing emotional and informational support for people with ADHD and their carers via telephone, email, social media and support groups.

<https://adhduk.co.uk/>

#### **Creative Support – Bradford**

Providing person-centred services for people with a learning disability, autism and mental health needs.

#### [Creative Support](#)

#### **Janssen with me**

Advice on ADHD for teenagers and parents.

[Home | Janssen With Me UK](#)

#### [Contact Us](#)

Follow us on X **@BeckfootOakbank**

Contact us at **office@beckfootoakbank.org**

**For prospective families wanting specific transition information contact us on**

**Transition24@beckfootoakbank.org**

# Wellbeing through good sleep

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives; during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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## Our Beckfoot Trust mission:

*Creating remarkable schools where no child is left behind.*

## Our Beckfoot Oakbank School sentence:

*"Beckfoot Oakbank School ensured that every child succeeded in education, had a great career and enjoyed life".*

## Our Oakbank values:

**Enjoy:** We **enjoy** belonging to Beckfoot Oakbank

**Learn:** We are all here to **learn**

**Succeed:** We are determined to **succeed**

## Our Oakbank learning habits:

### **The Oakbank Way: Our Learning Habits**

**Learning Habit 1. Positive response:** *Opening doors, tidying up, using good manners; 'please' and 'thank you'.*

**Learning Habit 2. Perfect uniform**

**Learning Habit 3. On task behaviour:** *Working hard, taking part, following Learning Modes*

**Learning Habit 4. Punctual to school and lessons:** *Arrive to school before 08:20, arrive to lesson before the bell.*

**Learning Habit 5. Equipped for success:** *bag, pen, pencil, ruler, planner, mobile phones not seen or heard.*

## Letter that has gone to families today

15<sup>th</sup> March 2024

Dear Families

We are coming to the end of the spring term and next week our additional achievement assemblies will recognise some of the many successes this term. I like to share the good news stories weekly in the newsletter, but the assemblies are just an additional celebration of our values being brought to life. We have so many students who are enjoying learning and succeeding. This term so far there have been 13922 golden tickets and 92431 achievement points issued for learning habit 3 which relates to working hard in lessons.

We regularly share our expectations with students so that they know how they can be successful in their learning and so that we can remove any barriers to this success. It is important for us all to understand that when in school students are expected to be in lessons learning unless it is break or lunchtime. Time out of lessons should not be the norm or the expectation and we know that as we have increased our expectations of what students learn and what they do in lessons some students are finding the increased challenge difficult at times. We know that being expected to know more, remember more, and do more is hard and staff will support students with this in a variety of ways.

### **The Oakbank Way: Our Learning Habits**

**Learning Habit 1. Positive response:** *Opening doors, tidying up, using good manners; 'please' and 'thank you'.*

**Learning Habit 2. Perfect uniform**

**Learning Habit 3. On task behaviour:** *Working hard, taking part, following Learning Modes*

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Students now have access to more toilets in their breaks and lunches and are able to access the toilets at lesson transition times as long as they are not late to lesson. This means that the need to be accessing the toilets during lesson time should be minimal and restricted to those who have a medical condition and a pass. These passes are issued based on medical evidence and are in student planners. Staff will not be expected to let students without passes out of lessons.

The majority of our students get it right day in day out and make positive choices – the small number who do not are given opportunities to make the right choice but are clear of the consequences if they do not meet our very simple learning habits shown below.

Thank you for your ongoing support in ensuring that your child attends school on time every day, wearing the correct uniform and ready to enjoy, learn and succeed. Early in the summer term myself and Mr Roberts will be hosting a number of parent meetings where you can come and hear about The Oakbank Way and how we do things here and our approach to school improvement. We will send the dates and times out before the Easter break.

Yours sincerely

Mrs Hart

Yours sincerley

