

ASHTON HIGHLIGHTS

ISSUE

18

16 March
2020

SPORT RELIEF AT ASHTON



Whenever Sport Relief comes round, the school (driven by the PE department) gets behind the nationwide drive to raise some money for the worthy charity - and this year's events were no different!

Wear your PE kit all day

Sport Relief gave our pupils the opportunity to spend all day in their PE kit. Similarly to our monthly Fit Friday initiative throughout school, pupils were allowed to don their trainers and PE kit for the whole day for the donation of £1. In addition to this, pupils were allowed to show further support for Sport Relief by swapping their PE tops for a red alternative! Head of PE, Mr Waring said "it was great to see so many of our pupils getting into the spirit of Sport Relief and wearing their PE kit for a good cause!"



Upcoming Events:



2nd April - Y10 Parent's evening 2

3rd April - School closes for Easter at 3pm

20th April - School reopens

30th April - Y8 Parent's evening

7th May - Y 7 Parents Evening

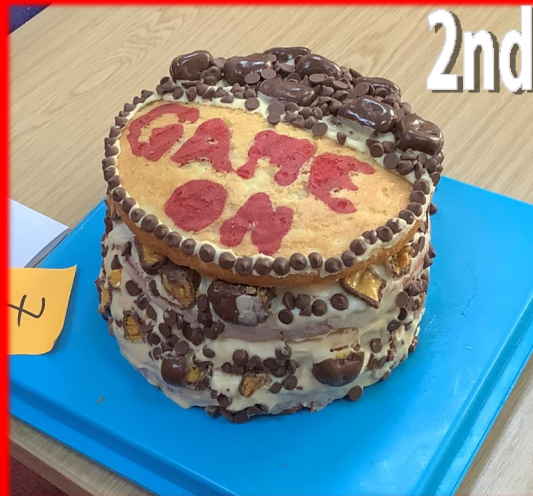
8th May - School Closed May Day



Staff Sport Relief Bake off

Teachers and staff at the school rarely need an excuse to eat cake provided in the staff room. But when the title of "Ashton Star Baker" is at stake, our teachers take the opportunity to show off their baking skills and their (sometimes well hidden) competitive edge! School headteacher and one of the judges for the competition said "it was such a tough competition to judge. Some of our staff are clearly masters with the oven and all the cakes entered could have been worthy of winning any bake off."

All the points were collated and Science teacher, Miss Mohammad was crowned Ashton's star baker 2020 with her unicorn rainbow sponge creation.



Year 11 Vs Teachers

Rarely do the year 11's get to challenge their skills against our teachers; but with Sports Relief's theme this year being "Game on", it gave them the perfect opportunity to throw down the gauntlet and showcase their sporting skills against some of the staff in a bid to raise more money.

At dinner time, the year 11 volleyball teams BEAT a select group of staff two games to nil in a fantastically supported spectacle held in the sports hall. Not a group of teachers to be kept down for long, after school gave them the opportunity to reduce the embarrassment by taking on the year 11 netball team. With youth and speed on their side, the pupils looked to make it a clean sweep of victories, however experience proved essential and the teachers were crowned Sport Relief Netball Champions for this year at the final whistle.

It was a great day all round with pupils and staff getting involved. Lots of money was raised for a very worthy cause and the atmosphere in and around the school was fantastic.





Sport Relief is all about using the amazing power of sport to raise life-changing money and take on some of the world's biggest issues.

In an unjust world there will always be poverty, but we focus our efforts on four areas:

- Tackling homelessness
- Protecting children's futures
- Fighting fear, violence and discrimination
- Championing mental health

So, whether you and your students take on homelessness with a hockey stick or mental health stigma with star jumps, it's time to lace up your boots, limber up and get a sweat going.

As well as raising money to support people in the UK and around the world, it's a great way to get your whole school active and having fun together.

Now you know what Sport Relief's all about, get out there and go for fundraising gold.

**Five-time
Paralympic
gold medallist
Ellie Simmonds**

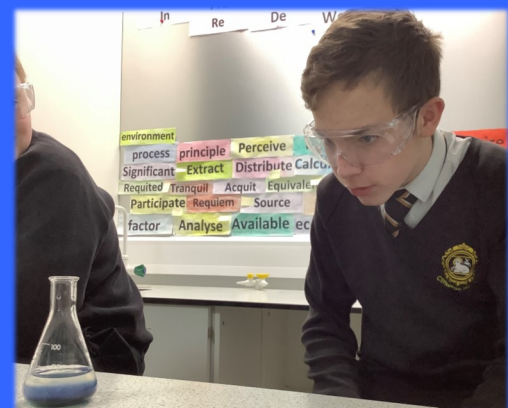
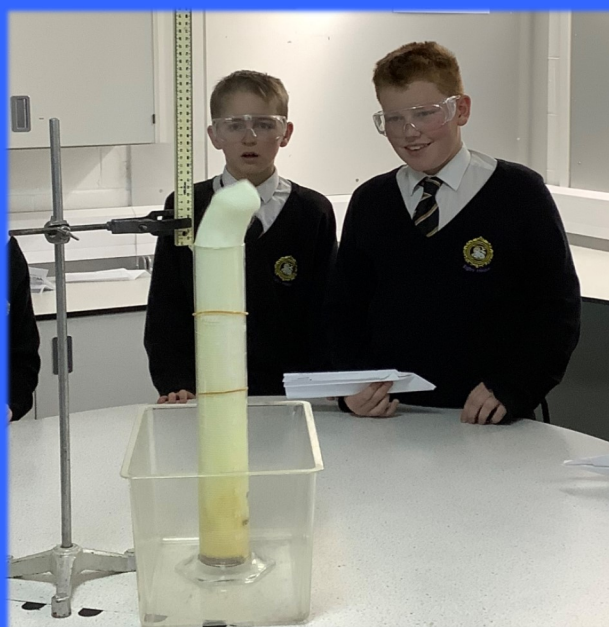
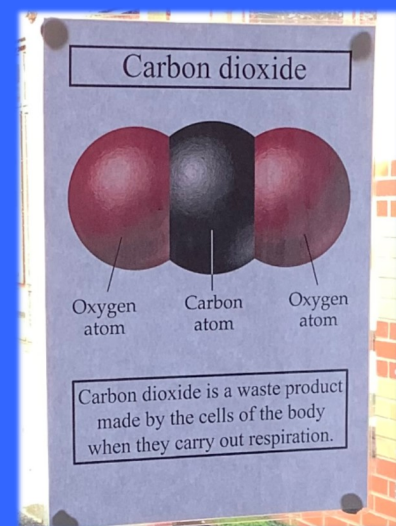


**SPORT
RELIEF**

SCIENCE WEEK

To help celebrate British Science Week we created lots of different challenges and competitions for pupils to take part in. The first activity was a Treasure Hunt activity. Different symbols were hidden around school that linked Science in Sport. Pupils had to find all the symbols and their locations before the end of the week to be in with a chance of winning a prize!

There were also science challenges each lunchtime that pupils could come along and compete in. These included 'the 60 second iodine clock', 'how fast can you go green?', 'how slow can you float?' and 'how high will it go?!'.



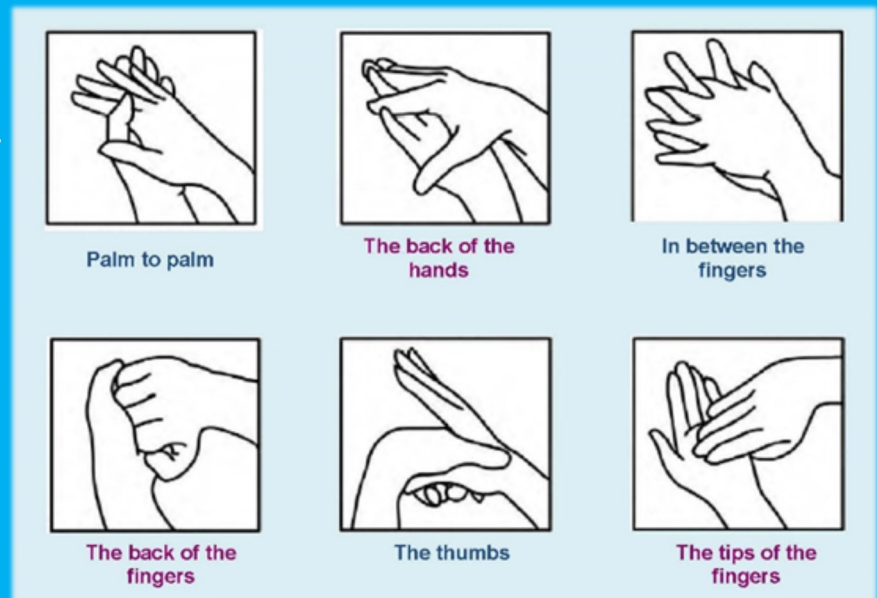
Pupils were also invited to take part in a photography competition. The theme for science week this year was Our Diverse Planet. Pupils were asked to take a photograph that encompasses this theme and then email it to scienceweek@ashtoncsc.com for judging. Form groups were also invited to take part in our form quiz. We hoped pupils enjoyed taking part in the science activities. Winners will be announced soon!



HAND HYGIENE

Washing your hands is one of the easiest ways to protect yourself from illnesses. Washing your hands properly removes dirt, viruses and bacteria which then stops you from spreading them to other people and objects. It is so important to maintain good hygiene routines to help prevent the spread of the Coronavirus.

If you do not have immediate access to soap and water, then use alcohol-based hand rub if it is available.



HAND HYGIENE IN SCIENCE

GlitterBug Lotion

Health experts have told the public that in order to prevent the spread of coronavirus you should make sure you wash your hands regularly and thoroughly with soap and water. In science this week we have been using GlitterBug Potion to help teach pupils why it is important that they wash their hands thoroughly. The GlitterBug Potion is a fluorescent lotion that will glow when placed under a UV light. The special lotion is applied to pupils' hands and then they wash their hands using soap and water. When the pupils place their hands under the UV light all the areas they did not clean properly will light up. The most common areas that are missed when they clean their hands are around their fingernails and towards their wrist. The pupils are then taught good hand washing techniques and use the GlitterBug lotion again to see how much cleaner their hands are when washed properly.



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THINK YOU'RE A HYGIENE GENIUS?

How can you spread Microbes to others?

- A) By touching them
- B) By looking at them
- C) By speaking to them on the phone
- D) By sneezing

Answer=

What is the best way for you to stop harmful microbes from spreading?

- A) Do nothing
- B) Wash hands in water
- C) Use hand gel
- D) Wash your hand with water and soap

Answer=

Why should we use soap to wash our hands?

- A) It kills microbes
- B) It breaks up the oil on our hands which trap microbes
- C) It keeps our hands moist
- D) It doesn't matter if we use soap or not

Answer=

When should we wash our hands?

- A) After stroking a pet
- B) After sneezing
- C) After watching TV
- D) After using the bathroom

Answer=

Which is NOT one of the 6 steps to hand-washing?

- A) Palm to palm
- B) The thumbs
- C) Arms
- D) In between fingers

Answer=

After we sneeze into our hands we should:

- A) Wash our hands
- B) Dry our hands on our clothes
- C) Take antibiotics
- D) None of the above is necessary

Answer=

Answers will be revealed in next week's newsletter

SCIENCE WEEK PHOTOGRAPHY COMPETITION WINNER

Congratulations to Daniel Nelson who won the science photography competition.

The phot shows the amazing diversity of plant life around us every day.



ACCELERATED READER PROGRESS

Accelerated Reader is proving to be a huge success at Ashton with year 9 showing great progress since September. There are so many individual success stories it is hard to mention them all. We have pupils who have read books that challenge them academically and pupils who didn't enjoy reading but now love nothing more than being immersed in a story. The pupils below however, deserve a special mention as they are the top students in the year for progress.



WONDERFUL WEDNESDAY

This week's wonderful Wednesday students have been nominated for excelling in their lessons, always putting in 100% effort.

A group of year 7 students were nominated by the history department for their excellent castle building skills as they were placed in the top 5 in their year group for the ACSC castle building competition.

Some students were nominated for their excellent behaviour on the RE trip to London where they showed off their high level of knowledge and asked some outstanding questions.

Two year 9 students were nominated for having a "can do" attitude by working independently on a very challenging piece of work in maths.

A group of year 10 students were nominated for their outstanding algorithms on a recent GCSE mock exam. One of the boys even got 70/80 getting him the equivalent of a grade 9 on his recent mock exam!



WORD OF THE WEEK

AMBIGUOUS (adjective)

Definition: To be open to more than one interpretation; not having one obvious meaning.

Example: "It wasn't clear what she wanted; her answer was ambiguous."



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INTRODUCING OUR STAFF ...



Mr Fern

What's your job role in school?

Teacher of maths, I am in my third year here at Ashton.

What did you do before you started working at Ashton?

I was a maths teacher at Morecambe Community High School

What is the best thing about working at Ashton?

How many people Love Life and Love Maths, but even more than that the fact that we are a big team, all moving forward together.

Describe Ashton in 3 words.

Can I not have four?... Love Life, Love Maths
Team, fun, happy

What book are you currently reading?

A compendium of Mathematical Methods by Jo Morgan.



Mr Phillips

What is your job role at Ashton?

I am Teacher of History as well as a Year 7 form tutor (7 Rigby is the best!).

What did you do before you started working at Ashton?

Outside of education I have had a range of jobs. First one being a bricklayer/labourer for 3 years after qualifying. Secondly, I worked as a shop assistant (T.K.Maxx) for 3 years whilst I completed my Combined Honours Degree in History with Geography. I trained to be a History teacher through the University of Cumbria and the Preston Alliance.

What is the best thing about working at Ashton?

The best thing about teaching at Ashton is that you really do get a sense of a family spirit. This can be evidenced in the staff room, amongst departments, on the corridors, classrooms and most recently fund raising events in and around school for charities that are close to the hearts of a few individuals. The school really comes together and shows its true spirit and nature when it is asked to help an individual, a cause or an event.

Describe Ashton in 3 words?

Proud, welcoming, family.

What book are you reading at the moment?

The Five: The untold lives of the women killed by Jack the Ripper by Hallie Rubenhold.

This was off the recommendation of Miss Borwick and so far, so good in a strange and morbid way.

MATH'S FIT FRIDAY

On any fit Friday in the maths department there are a range of activities going on, some maths related and some not. The maths department love a fit Friday treasure hunt; this is where questions and answers are displayed around the room, hall or tennis courts and pupils have to work out the answer to a question before going and finding that answer which will be attached to the next question. This keeps pupils active both mentally and physically. Other activities will include chair aerobics and pass the ball/dice.

As a department the staff in maths are very active both in and out of school with several taking part in the weekly running club after school on a Friday - all staff and pupils of any running ability are always welcome. Our staff also take part in football, running, badminton and dog walking on a regular basis and enjoy the feeling of getting out in the fresh air and moving on an evening and weekend.



SCAMP OF THE WEEK

The Geographical Society

In geography club the key theme of the year is to raise awareness around the issues of plastic waste and recycling. Around school, members of geography club are responsible for promoting recycling. In each classroom there is a yellow bucket that is designated for plastic bottles and cans. On a weekly basis geography club members empty each yellow bucket into the school's recycling bins provided by Preston City Council.



This recycling initiative has helped to reduce the issue of litter around school whilst also raising awareness of recycling.

Our next challenge is to make a display raising awareness about the issue of single-use plastic.

The aim of our campaigns is to make students and staff aware of how we can all make a difference in making the world a more sustainable place to live.

WHAT'S YOUR CHILD EATING AT LUNCHTIME?

Week
3

09/03/2020

13/03/2020

Traditional Meal Deal

Monday	Meatball Marinara Melt Sub Roll with Baked Potato Wedges, Garden Peas & Sweetcorn
Tuesday	Homemade Chicken & Vegetable Hotpot with Broccoli Florets & Sliced Beetroot
Wednesday	Roast of the Day with Traditional Trimmings, Roast & Creamed Potatoes & Seasonal Vegetables
Thursday	Homemade Beef Lasagne with Garlic Bread & Mixed Salad
Friday	Crispy Battered Fish with Chunky Chips & Mushy Peas

Traditional Meal Deal

Monday	Creamy Pasta Carbonara with Homemade Garlic Dough Balls
Tuesday	Salmon & Sweet Potato Fishcakes with Sweet Chilli Vegetables & Noodles
Wednesday	Homemade Beef Curry with Mixed Rice & Coriander Naan
Thursday	Homemade Quiche Lorraine with Baked Baby Potatoes & Baked Beans
Friday	Chinese Chicken Curry with Chunky Chips, Garden Peas & Sweetcorn

Vegetarian Meal Deal

Monday	Homemade Cheese & Onion Pie with Herby Potatoes, Garden Peas & Gravy
Tuesday	Pasta Neapolitan with Homemade Cheesy Garlic Bread
Wednesday	Homemade Margherita Pizza with Mixed Salad & Coleslaw
Thursday	Veggie Quorn Chilli with Mixed Rice & Nachos
Friday	Baked Macaroni Cheese Gratin with Homemade Garlic Bread & Mixed Salad

Dessert of the day

Monday	Jam Sponge with Custard, Cherry Cookie, Fruit, Yoghurt or Juice
Tuesday	Lemon & Ginger Shortbread, Chocolate Muffin, Fruit, Yoghurt or Juice
Wednesday	Vanilla Sponge with Chocolate Sauce, Fruity Flapjack, Fruit, Yoghurt or Juice
Thursday	Carrot Cake Muffin, Chocolate Cookie, Fruit, Yoghurt or Juice
Friday	Apple Pie with Custard, Raspberry Bun, Fruit, Yoghurt or Juice

A choice of hot or cold filled sandwich or filled jacket potato are also available on a daily basis.

Catering at Ashton Community Science College is provided by Lancashire County Council School and Residential Care Catering. We care about the food your child eats at lunchtime and constantly seek improvements to ingredients and menus.

Week
1

16/03/2020

20/03/2020

Traditional Meal Deal

Monday	Brunch, Pork Sausages, Free Range Omelette, Hash Browns & Baked Beans
Tuesday	Steak & Onion Pie with Chunky Diced Potatoes, Broccoli & Sliced Beetroot
Wednesday	Roast of the Day with Baby Baked & Creamed Potatoes & Seasonal Vegetables
Thursday	Spaghetti Bolognese with Homemade Garlic Bread
Friday	Crispy Battered Fish & Chips with Mushy Peas

Traditional Meal Deal

Monday	Crispy Bacon, Tomato & Mascarpone Pasta with Homemade Garlic Bread
Tuesday	Chicken & Vegetable Biryani with Coriander Naan Bread
Wednesday	Ham & Tomato Quiche with Baby Baked Potatoes, Coleslaw & Mixed Salad
Thursday	BBQ Chicken Melt Flat Bread with Paprika Potatoes & Mixed Salad
Friday	Sweet Chilli Chicken & Crunchy Vegetables with Soft Egg Noodles

Vegetarian Meal Deal

Monday	Spicy Bean & Vegetable Burrito with Baked Potato Wedges & Mixed Salad
Tuesday	Macaroni & Cheddar Cheese Bake with Broccoli
Wednesday	Sweet Potato, Spinach & Red Pepper Curry with Mixed Rice & Coriander Naan Bread
Thursday	Cheddar Cheese & Onion Loaded Potato Skins with Coleslaw & Mixed Salad
Friday	Homemade Cheese & Tomato Pizza with Chips & Mixed Salad

Dessert of the Day

Monday	Coconut Rice Pudding with Strawberry Jam, Chocolate Muffin, Fruit, Yoghurt or Juice
Tuesday	Seasonal Berry Eton Mess, Fruity Flapjack, Fruit, Yoghurt or Juice
Wednesday	Toffee Apple Sponge with Custard, Berry Muffin, Fruit, Yoghurt or Juice
Thursday	Lemon & Courgette Cup Cake, Chocolate Cookie, Fruit, Yoghurt or Juice
Friday	Warm Chocolate Brownie & Ice Cream, Jam & Cream Scone, Fruit, Yoghurt or Juice

A Choice of Hot Filled Sandwich Meal Deal or Filled Jacket Potatoes are also available on a daily basis.

Locally Sourced Food



We buy local produce to support local businesses and reduce food miles.

100% of our food suppliers are classed as local and 75% of our food purchases are produced in the UK. Our service recognises the value and importance of sustainable and responsible food sourcing.

Our aim is to positively influence the diet of our children and young people, and always consider where the food we put on the plates comes from and how it was produced.

Special Diets and Allergies

It is our policy to provide a menu for those pupils with medically diagnosed food allergies, food intolerances or a medical condition which affects eating requirements.

Special diets are diets for pupils with a medically diagnosed requirement, not just a dislike of certain foods or food groups.

For further information regarding allergies and special diets, please visit www.servinglancashire.org.uk



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ASHTON ALUMNI INTRODUCING....

ALYX SALFITI

When did you leave Ashton?

2010

What are you doing now ?

Training events coordinator for Pearson Edexcel



What qualifications, skills or experience do you need to get where you are?

A key skill I needed was good work ethic, you have to be prepared to work hard to earn what you want. You also have to be willing to put in extra hours to achieve your employment goals.

Can you offer any advice to our students?

Do not fear your workplace, this is where you will spend most of your time day to day and you will make strong working relationships with colleagues. It is important you're happy in your job so take your time and find something that you love and a career to pursue. Never give up the dream!

MATHS CHALLENGE

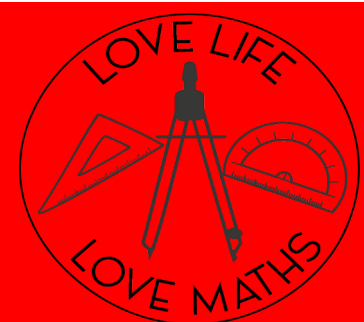
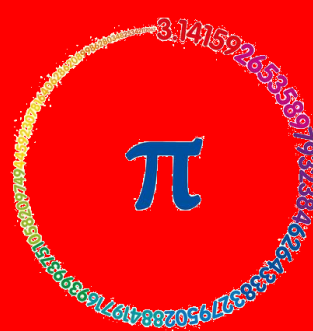
In celebration of Pi Day (14th March), your challenge is to learn as many digits of Pi as possible.

Here are the first 20 decimal places... how many can you remember?

3.14159265358979323846

See Mr. Fern for a smiley and to enter the competition!

For the solution to last weeks challenge please see Mr Fern in room 25



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HOUSE CHAMPIONSHIP SYSTEM



1st place - 7637



2nd place - 7590



3rd place - 6945

The House System at Ashton gives students the opportunity to work together with their peers under their own house banner. Every student and member of staff is assigned to a house named after a PROUD PRESTONIAN past and present. Students can earn valuable house points for good behaviour, work, effort and for taking part in regular house competitions. All points count towards the House Championship Scoreboard.

The winning houses are recognised and rewarded for their efforts with various activities throughout the school year. This term's house challenges will include "The Dragons Den" and a task centred around "Our Diverse Planet" in science week 6th - 15th March.



4th place - 6869



5th place - 6199



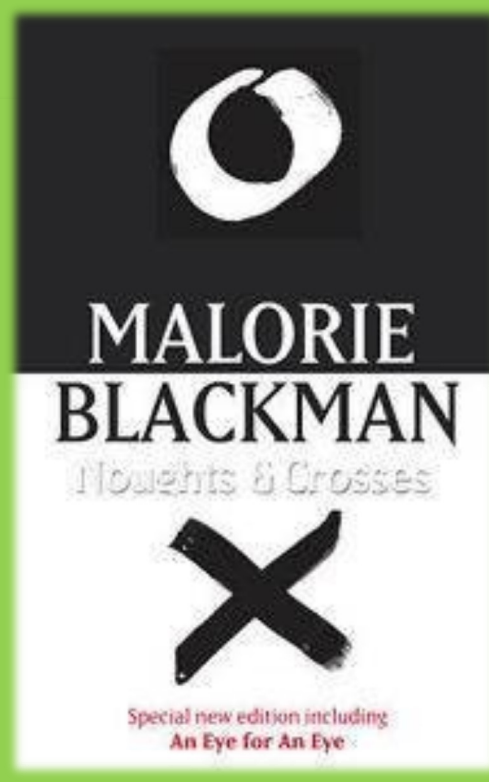
6th place - 5934

THIS WEEK'S RECOMMENDED

Noughts & Crosses

If you love Romeo & Juliet you will love this. It is Romeo and Juliet in the modern day. Sephy is a Cross, part of the elite; dark-skinned and powerful. Callum is a Nought, "colourless" and part of the group that were once slaves to the Crosses.

Noughts and Crosses aren't supposed to hang out, be friends, or fall in love. With heartache, family disputes and terrorism thrown in the mix, it's a UK favourite.



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STUDY SUPPORT CLUBS - SCAMPs - SPRING 2020 (Mon-Wed)

MONDAY
<u>Before School (8am - 8.30am)</u> Library Inspire building BMN Breakfast Club Dining Hall
<u>Lunchtime (1pm)</u> Fitness Club Boys Fitness Room TTR Multi Sports - Yr 7 & 8 Sports Hall LVT, EDP Library & Homework Club Inspire Building BMN, SRS Careers Guidance Careers Office JLG Taskmaster Updates outside Rm 33 SFN, SBK Art Rm 14 SBL English Revision Grade 5 Rm 40 SKR Maths Rm 24 EHD Meditation and Relaxation Rm 31 SBY Computer Science Revision - Yr 10 & 11 Rm 23 MAH
<u>After School (3pm)</u> Rugby Matches - Yr 7-11 TWG, TTR GCSE PE Practical Component - Yr 11 LVT Library & Homework Club Inspire Building 3pm-4.30pm BMN, SRS BTEC Performing Arts & Child Development Support Hive SBS Computer Science Revision - Yr 10 & 11 Rm 23 MAH

TUESDAY
<u>Before School (8am - 8.30am)</u> Library Inspire building BMN Breakfast Club Dining Hall
<u>Lunchtime (1pm)</u> House Competitions Sports Hall LVT, EDP, TWG, TTR Ashton Geographical Society Rm 13 DES, PWE Library & Homework Club Inspire Building BMN, SRS Careers Guidance Careers Office JLG Taskmaster Updates outside Rm 33 SFN, SBK Art Rm 14 SBL English Revision Grade 7 Rm 40 SKR French Listening - Yr 11 Rm 31 SBY Chemistry Revision Lab 4 SCN History Club - Yr 7 Rm 9 JYS Duke of Edinburgh - Yr 9 Rm 22 HAT
<u>After School (3pm)</u> Library & Homework Club Inspire Building 3pm-4.30pm BMN, SRS Football Boys - Yr 7 & 8 3G TWG, TTR Netball Girls - Yr 8-11 Sports Hall LVT, EDP Science Club - Yr 7-9 Rm 3 NCO History Revision Rm 30 MPS Rm 9 JPH Food Catch up - Yr 10-11 Rm 8 SBN

WEDNESDAY
<u>Before School (8am - 8.30am)</u> Library Inspire building BMN Breakfast Club Dining Hall
<u>Lunchtime (1pm)</u> Girls Football - Yr 7-11 Sports Hall LVT, EDP Fitness Club Girls Yr 7-11 Fitness Room EDP Library & Homework Club Inspire Building BMN, SRS Careers Guidance Careers Office JLG Taskmaster Updates outside Rm 33 SFN, SBK Art Rm 14 SBL English Revision Grade 6 Rm 40 SKR Reading Club Library MPN Skittles group ABH EAL Catch up Hive BSS
<u>After School (3pm)</u> Library & Homework Club Inspire Building 3pm-4.30pm BMN, SRS Rugby Boys Field TTR Netball Girls Fixtures LVT, EDP History Revision Rm 30 MPS Rm 9 JPH English Revision - All Grades Rm 40 SKR Geography Revision - Yr 11 Rm 13 JWN

STUDY SUPPORT CLUBS - SCAMPs - SPRING 2020 (Thur-Fri)

THURSDAY

Before School (8am - 8.30am)

Library
Inspire building
BMN
Breakfast Club
Dining Hall

Lunchtime (1pm)

Basketball - Boys - Yr 7-9
Sports Hall
TWG

Maths
Rm 26
CLY

Library & Homework Club
Inspire Building
BMN, SRS

Careers Guidance
Careers Office
JLG

Taskmaster
Updates outside Rm 33
SFN, SBK

Art
Rm 14
SBL

After School (3pm)

Library & Homework Club
Inspire Building
3pm-4.30pm
BMN, SRS

Football Girls
3G
EDP, LVT

BTEC Performing Arts &
Child Development Support
Hive
SBS

Creative iMedia
Room 22
GLS



FRIDAY

Before School (8am - 8.30am)

Library
Inspire building
BMN
Breakfast Club
Dining Hall

Lunchtime (1pm)

Dodgeball - Yr 7-9
Sports Hall
TWG, TTR

Dance - Yr 7 & 8
Rm 15
Year 11

Board Games - Yr 7-11
Rm 33
SBK

Library & Homework Club
Inspire Building
BMN, SRS

Careers Guidance
Careers Office
JLG

Taskmaster
Updates outside Rm 33
SFN, SBK

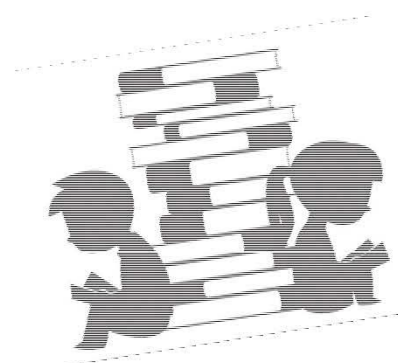
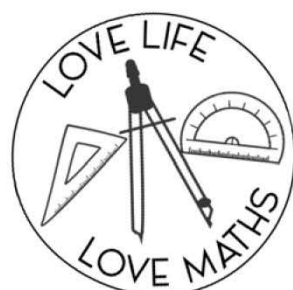
Arts & Crafts Yr 7-9
Rm 14
Yr 11 Heroes

After School (3pm)

Library & Homework Club
Inspire Building
3pm-4.30pm
BMN, SRS

Running Club
Door 4 - 3.15pm
Students & Staff
ABW

Couch to 5k
Meet at door 4 3.15pm
Yr 7-11
HES



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SPORTS RESULTS - LAST WEEK

Sport	Year Group	Result	Opponents	Our Player of the Match
Handball - Boys	7	Drew	Eden Boys	Josh Schofield
Handball-Boys	7	Lost	St Cecilia's	Zain Stefani
Football-Boys	9	Lost	Our Lady's	Isaac Rotherham



Next Weeks Fixtures - Boys

Basketball



No fixtures this week

Football



Thursday 19th March
Yr 10 Football Vs Fulwood
Academy

Rugby



No fixtures this week

Next Weeks Fixtures - Girls

Football



No fixtures this week

Netball



No fixtures this
week

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