

# ASHTON HIGHLIGHTS

ISSUE

7

09 DECEMBER  
2019

## PARIS, HERE WE COME!



As the majority of staff and students prepared for a relaxing long weekend, 30 of our students and 4 members of staff set off early in the morning on Thursday 28<sup>th</sup> November to Paris.

A rewards trip for extra-curricular involvement had been suggested by year 11 girls. They suggested a trip to Alton Towers, however Mrs Dunlop and Miss Violet decided the commitment the girls have shown over the year has been amazing and wanted to make it extra special and decided upon Disneyland Paris.

Girls from years 8-11 were invited due to their commitment to extra-curricular activities, along with their attitude to learning and effort within lessons.

Katie and Jess in year 11 presented their idea at the governors meeting to explain why the trip should be approved and they also gave the governors an insight into girls' PE at Ashton.

Overall, it was a fantastic trip and we couldn't fault the girls' behaviour and attitude. Yet again they showed Ashton is a school to be proud of!

Read inside to find out more .....



### Upcoming Events:



11<sup>TH</sup> DECEMBER  
Year 9 Data Capture  
available on Insight

12<sup>TH</sup> DECEMBER  
Year 9 Parents' Evening

13<sup>TH</sup> DECEMBER  
Christmas Jumper day &  
Christmas Lunch

18<sup>TH</sup> - 19<sup>TH</sup> DECEMBER  
Rewards Activities

20<sup>TH</sup> DECEMBER  
School finishes for  
Christmas at 1pm





# DID SOMEONE SAY DISNEYLAND?



On the journey there, we slept mostly, watched movies and took part in a Disney quiz that was kindly put together by Mrs Dunlop. There was a mixture of rounds featuring music, movies and also a general knowledge round on Disney.

During our stay at Disneyland Paris, we made many memories both at the Explorer's Hotel and at the park itself. The overall atmosphere of the trip was very festive and cheerful as all of the Christmas decorations were put up, making our stay even more magical.

In the morning, we woke up at 7am and went for breakfast which included pastries such as croissants and pain au chocolat as well as toast and other breakfast items.

After breakfast, we finished getting ready and then we set off to the park. It was a surprisingly short journey and we all felt a sense of relief after finally making it to Disneyland, especially after the long day of travelling we had gone through the day before.

Expectedly, most people were taking photos of the park and then we eventually made it onto Main Street, where we had our first glance of the famous castle, where we also took lots of photos.



We were in groups of at least three and we went off to explore the park and go on the rides. I think the best ride was Hyper Space Mountain as it was thrilling and exciting due to there being loop-de-loops closely followed by the Twilight Zone Tower of Terror as it had a storyline behind it, therefore building the ride up and making it different when compared to other rides.

During lunchtime there was a Christmas Parade where Disney characters were waving and dancing to joyful music which saw people getting into the Christmas spirit and enjoying themselves.

At the end of the parade, bubbles were falling, creating a snow effect to make the day seem more enchanting and magical.



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# A TRIP TO REMEMBER!



Our small group of four carried on with the day after watching the parade by going on more roller coasters and then we finally ended up watching a show called 'Let's sing Christmas' at the Videopolis Theatre, where Mickey Mouse, Minnie Mouse, Donald Duck and Goofy were featured.

Towards the end of the first day, the group gathered together to watch the fireworks which were captivating, breath-taking and magnificent, almost making people not want to leave. As much as the day had been wonderful, most people were very tired and wanting to go to sleep after walking all day, so as a result, we went back on the coach; we had dinner and went to bed.

On the second day, we went to Walt Disney Studios and back to the main park. We all watched the stunt show which was fascinating as it showed dangerous stunts that involved fire. This show represented how action scenes would be filmed for a movie and showed how certain scenes would be shot as they would usually seem very dangerous and unbelievable. For example, one scene included a car going over a ramp and then in the air backwards. In reality, this shot was taken by having the car designed to look like it was backwards when the driver was driving forwards the entire time.

Our stay at Disneyland Paris was unimaginable and magical, especially as we had our friends by our sides to enjoy it with us.

A massive thank you to our PE staff who gave up their free time to make sure we could have an experience we will never forget!



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# REVERSE ADVENT CALENDAR

On Monday 25<sup>th</sup> November we started our reverse advent calendar campaign.

The idea is that in form groups, students volunteer to bring one item (food or toiletries) in on a chosen day to add to their advent box.

On Friday 20<sup>th</sup> December we will then organise delivery of all the advent boxes to our 3 local charities; The **FOXTON** Centre, **EMMAUS** Homeless Charity and **INGOL** community foodbank.



As usual the TEAM Ashton response so far this year has been amazing. It's not too late to sign up. If you want to get involved just choose your date and help us to give everyone a reason to smile this Christmas!

If you would like to be part of our delivery team on Friday 20<sup>th</sup> December please see Mrs Barrow.

## ARTISTS OF THE WEEK...



Year 10 students Ellie Abram, Christian Bolton and Adam Powell, have produced these amazing acrylic paintings based on their icons.

Can you guess who they are?  
We will share the answers in next week's newsletter.

Fantastic effort all round. Well Done!

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# INTRODUCING OUR STAFF ...



## Miss Violet

**What's your job role in school?**

Teacher in charge of Student Leadership and Enrichment and Teacher of PE.

**What did you do before you started at Ashton?**

I worked as a PE Teacher at Lostock Hall Academy in South Ribble and prior to that I worked in Norwich.

**What is the best thing about working at Ashton?**

The Magic Breakfast.

**Describe Ashton in 3 words.**

Visionary, nurturing, friendly.

**What book are you currently reading?**

Stand by Me by S.D Robertson.



## Mr Waring

**What's your job role in school?**

Head of PE.

**What did you do before you started at Ashton?**

I was a General Manager of a school holiday football camp in Salford.

**What is the best thing about working at Ashton?**

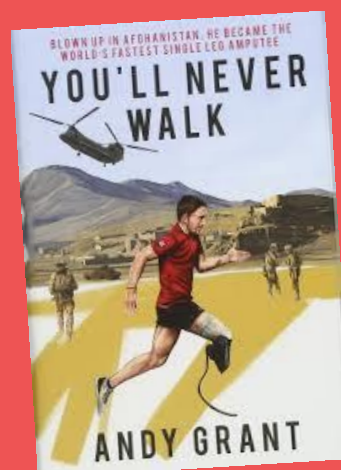
Every day is different! You never quite know what amazing things you're going to see each day.

**Describe Ashton in 3 words.**

Lively, buzzing, non-stop.

**What book are you currently reading?**

You'll never walk by Andy Grant.



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# WONDERFUL WEDNESDAY



Wonderful Wednesday this week celebrated the progress our students have made with accelerated reader.

We celebrated the effort our students are putting in across all subjects and acknowledged students who regularly go above and beyond to help the teaching staff with everyday jobs. Well done everyone!

## ACTIVE HEALTHY MINDS

We have been lucky enough to have an athlete mentor assigned to us as a result of our involvement with the Active Healthy Minds Programme. His name is Courtney Fry and he worked with 20 Year 10 students on Thursday 5<sup>th</sup> December. He will return for a follow up session on the 4<sup>th</sup> March 2020.

The aim of the sessions was to help students deal with some of the challenges they face growing up in the 21<sup>st</sup> century by building their confidence and helping them manage their physical and emotional wellbeing; so they can achieve their potential in school.



Courtney has had several knock-backs in his career and has learnt how to face these issues and the hope is our students can take some positive strategies from his sessions.



If you would like to find out more about Courtney, please follow the link.  
<https://www.youthsporttrust.org/courtney-fry>

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# EXAM COUNT DOWN

## USE YOUR TIME WISELY

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



### TWO WEEKS TO GO

Plan your revision effectively by spacing it out. Little and often is better than cramming at the last moment.



### ONE WEEK TO GO

Do lots of past papers and quizzes. Teach the material to someone else. Seek advice, guidance and feedback from others.



### THE NIGHT BEFORE

Pack your bag for the next day. Do an equipment check. Get plenty of sleep.



### THE MORNING OF

Eat breakfast to fuel you for the day.



### AN HOUR BEFORE

Get to school early and spend time with relaxing people.



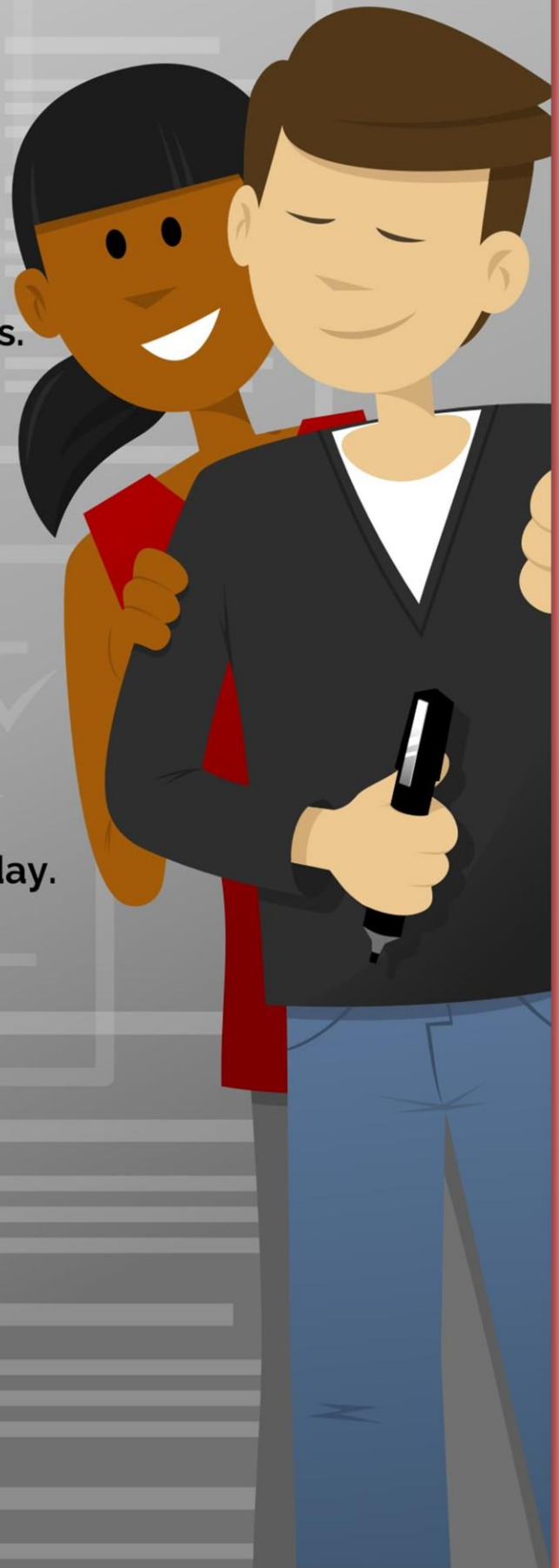
### 1 MINUTE BEFORE

Take a deep breath and gather your thoughts.



### AN HOUR AFTER

Once you have reflected on the exam, don't dwell on it. Move on.



## CALLING ALL YEAR 11 STUDENTS

We have now released the mock exam timetable for January 2020. A copy can be found on our school website under the Students section.

If you need a printed copy please see Mrs Bibby.

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# "COUCH 2 5K" RUNNING CLUB



"Couch 2 5k" is great for people who would like to get into running but don't feel confident enough to go long distance. We are currently into week 2 of the programme which means we run for 90 seconds then walk for 2 minutes for a total of around 30 minutes! It's a great programme for building up without ever realising the difficulty is increasing, you'll be running 5k in no time!

We're quite a small group at the minute ranging between 3 and 6 people each week! If there's one thing we will say, is that even if you think you can't run you should join.

## UPCOMING MILKSHAKE EVENT!

**ECow**

the environmentally friendly  
milkshake company



**One time only!**

Enjoy a milkshake while supporting our planet.

Milkshake sale by door 4 at lunchtime on

Tuesday 10<sup>th</sup> December 2019.

**ECow** - we are an eco-company.

We provide the shake - you  
provide the cup.

Make haste - not waste.

Great shake - no mistake.

Great sup - your cup.

This event is brought to you by 9xy6 PSHE **ECow** Company  
(part of the tenner challenge)

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# ELEVATE REVISION

On Friday 6<sup>th</sup> December year 11 took part in a high impact study skills workshop led by Elevate Education.

The workshop called "Memory Mnemonics" focused on providing students with a range of techniques to use to enhance their revision and ensure maximum impact.



The deliverers really kept students' attention as a result of their enthusiasm and humour!

I hadn't thought about not playing music before. I need to leave my phone in a different room from now on!

It was really great. I'm going to use the methods for my chemistry test next week!

We will share in the newsletter every week, one of the new strategies shared with students to help you support your child's learning at home.

**elevate**  
education

## YOUR VOTE COUNTS!



In PSHE lessons we have been giving students the opportunity to study the manifestos of the **Conservative**, **Labour**, **Liberal Democrats**, **Green** and **Brexit** parties.

On Thursday 12<sup>th</sup> December, all students in school will be given the opportunity to vote in form time.

To register to vote students must access their Show my Homework account. They will then receive their ballot slip in form time on Thursday.

The votes will be counted on Thursday evening and the results of the election will be delivered in a sealed envelope to each class with the result enclosed.

Register to vote now before you miss your chance!



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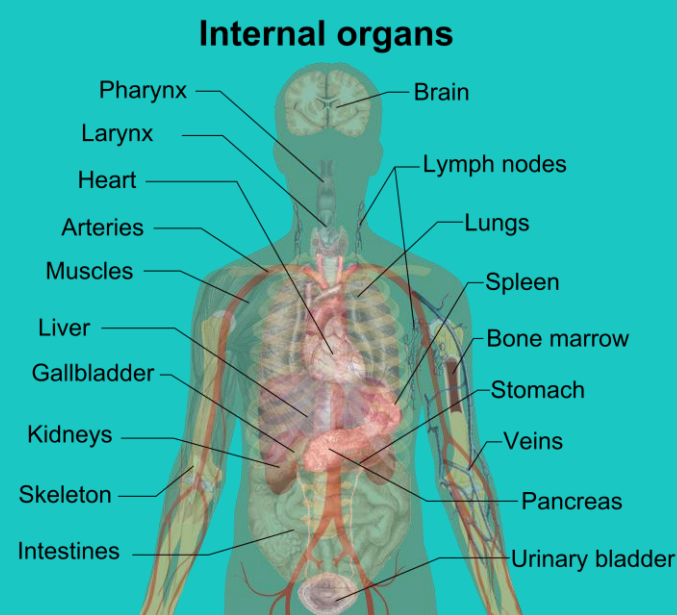


# PRIMARY PUPILS EXPERIENCE A TASTE OF SCIENCE AT ASHTON!

Each half term one of our local primary schools visits us weekly for a science lesson to enrich their curriculum provision and also to help them begin their transition to us.

This half term we have had the opportunity to work with year 5 pupils from Pool House.

This week the pupils got the chance to look inside the human body and got hands on with some organs!



We looked at how the lungs work and managed to inflate them with a bicycle pump before dissecting them to reveal the alveoli inside. We dissected the heart and looked at the valves and chambers and discussed why the right and left sides are different.



We even had a look at the liver and compared the sizes of the organ and then we looked at the small intestines and managed to stretch them out and pass a marble through to show the path our food takes.



A special thanks to Kristen and Fox who taught the year 5 pupils who didn't want to get involved in the dissections in a different fun and interactive way!

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# COME AND MAKE YOUR OWN CHRISTMAS JUMPER OR T-SHIRT



We have set up a DIY craft space in Ashton café on Wednesday 11<sup>th</sup> December, just before Christmas Jumper day (on Friday 13<sup>th</sup> December) so that students can make their own Christmas jumpers/t-shirts to wear on the day (as not everyone has one or wants to buy one).



We are running a competition for best DIY jumper and best bought jumper. The day is about people joining in and donating a £1 for save the children and NOT how tacky or expensive the jumper you can wear is.

We have combined Christmas Jumper day with Christmas Dinner day on Friday 13<sup>th</sup> December 2019. Make sure you have returned your slip to order your Christmas dinner.

## REWARDING SUCCESS AT ASHTON!

Termly rewards are a token of the school's appreciation of those students who have made the school proud through their academic success, attitude, effort to learning and positive behaviour.

Students can purchase a rewards activity by accessing the 'smiley store' through the pupil intranet by redeeming their smileys to take part in a range of activities (see page 12).



There are limited spaces for the activities so they are assigned on a first come first served basis.

The activities will take place on Wednesday 18<sup>th</sup> & Thursday 19<sup>th</sup> December.















For more information on the reward activities visit the dining hall where the powerpoint will be shown daily during break and lunch. Form teachers will also run through the reward activities on offer.

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# CHRISTMAS SMILEY REWARD SESSIONS

Period \ Day	Wednesday 18 <sup>th</sup> December	Thursday 19 <sup>th</sup> December
Period 1		Rock Music through the ages CWS Rm 1 40 😊
Period 2	French Karaoke SBY Rm 31 40 😊	Christmas Karaoke & brew SBS Hive 40 😊
		Card Games SFN Rm 27 40 😊
Period 3	The Bear Grylls Experience NWY, RUN Diggery 40 😊	Walking Winston the Whippet CMY, JMY Rm 36 40 😊
	2019 Football Quiz of the Year DES Rm 10 40 😊	
Period 4	Air Track BML Sports Hall 40 😊	Chill & Tunes EDP, LVT Sports Hall 40 😊
		Christmas Cracker ABW Rm 34 40 😊
		Retro Gaming MAH Rm 23 40 😊
Period 4 & Lunch	Film - Home Alone & snacks CPR Hive 40 😊	
	Film - Elf & snacks EHD Rm 24 40 😊	
Period 5	Relax KPE Hive 40 😊	Ice Cream Sundae Making SBK Rm 8 40 😊
	Darts DWK Rm 2 40 😊	Christmas Craft JWN Rm 13 40 😊
	Mr Martin's Christmas Quiz BMN Library 40 😊	



# THIS WEEK'S RECOMMENDED READ!

Each week we will showcase a more challenging read that is stocked in our library. Are you up to the challenge?

In sixteen-year-old Beatrice Prior's world, society is divided into five factions – Abnegation (the selfless), Candor (the honest), Dauntless (the brave), Amity (the peaceful), and Erudite (the intelligent) – each dedicated to the cultivation of a particular virtue, in the attempt to form a “perfect society.” At the age of sixteen, teens must choose the faction to which they will devote their lives.

Visit our library to borrow this great read!



## WORD OF THE WEEK

### FUNCTION (noun)

Definition = An activity that is **natural to**, or is the **purpose of** a person or thing.

Example: 'The function of a port is for ships to dock in order to load and unload goods.'

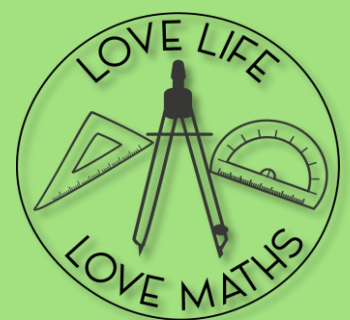
### FUNCTION (verb)

Definition: To work or operate in a proper or particular way.

Example: 'The computer is running well; it is functioning normally.'



## MATHS CHALLENGE



On Adam's 16<sup>th</sup> birthday,  
Bella was three times his age.  
How old was Bella on Adam's 21<sup>st</sup> birthday?

Take your answer to Mr Fern in Room 25 for a smiley.

We will share the answer in next week's newsletter.

#### The solution to last week's puzzle - £5

We assume the cost for half the journey is £10, in which case Peter would have been charged £10 and so he owes half so his share of the bill is £5.

Well done if you got it right!

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STUDY SUPPORT CLUBS - SCAMPs - WINTER 2019 (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  Netball Girls - Yr7 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
<u>After School (3pm)</u>  Library & Homework Club Inspire Building 3pm-4.30pm BMN, SRS  BTEC Performing Arts & Child Development Support Hive SBS

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, EDE, 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  Chemistry Revision Lab 4 SCN
<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>  Badminton Girls Sports Hall LVT  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

Sport  
Communication  
Academic  
Music  
Pleasure

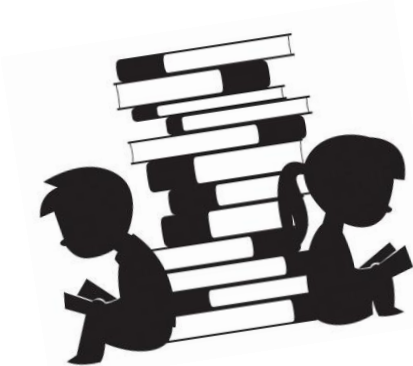
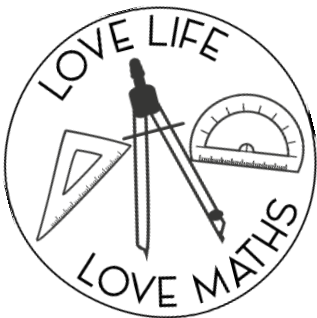


STUDY SUPPORT CLUBS - SCAMPs - WINTER 2019 (Thur-Fri)

THURSDAY
<b><u>Before School (8am - 8.30am)</u></b>  Library Inspire building BMN Breakfast Club Dining Hall
<b><u>Lunchtime (1pm)</u></b>  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
<b><u>After School (3pm)</u></b>  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
<b><u>Before School (8am - 8.30am)</u></b>  Library Inspire building BMN Breakfast Club Dining Hall
<b><u>Lunchtime (1pm)</u></b>  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
<b><u>After School (3pm)</u></b>  Library & Homework Club Inspire Building 3pm-4.30pm BMN, SRS  Running Club Door 4 - 3.15pm Students & Staff ABW



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# WHAT'S YOUR CHILD EATING AT LUNCHTIME?



Week  
2

09/12/19  
-  
12/12/19

## Traditional Meal Deal

**Monday** Pork Meatballs in a Spicy Arrabiata Sauce with Pasta & Homemade Garlic Bread  
**Tuesday** Chicken & Leek Pie with Baked Baby Potatoes, Carrots, Broccoli & Gravy  
**Wednesday** Roast of the Day with Roast & Creamed Potatoes & Seasonal Vegetables  
**Thursday** Honey Glazed Gammon & Pineapple with Garlic & Herb Potatoes & Garden Peas  
**Friday** Crispy Battered Fish & Chips with Mushy Peas

## Traditional Meal Deal

**Monday** Crispy Chicken Goujon & Tomato Salsa Wrap with Paprika Potatoes & Mixed Salad  
**Tuesday** Beef & Sweet Potato Curry with Mixed Rice & Coriander Naan Bread  
**Wednesday** Sticky Chicken in Honey, Ginger and Soy with Soft Egg Noodles  
**Thursday** Beef Chilli Tortilla Basket with Baked Potato Wedges & Mixed Salad  
**Friday** Thai Chicken & Vegetable Curry with Mixed Rice

## Vegetarian Meal Deal

**Monday** Vegetarian Sausages & Onion Gravy with Creamed Potatoes, Green Beans & Carrots  
**Tuesday** Cheddar Cheese Quiche with Baby Baked Potatoes & Mixed Salad  
**Wednesday** Veggie Spring Roll with Sweet Chilli Vegetables & Soft Egg Noodles  
**Thursday** Garlic, Mushroom, Spinach & Mascarpone Pasta with Garlic Bread  
**Friday** Homemade Chilli Cheese & Red Onion Pizza with Chips & Mixed Salad

## Dessert of the day

**Monday** Apple & Berry Crumble with Ice Cream, Chocolate Cookie, Fruit, Yoghurt or Juice  
**Tuesday** Peach Melba, Lemon & Ginger Shortbread, Fruit, Yoghurt or Juice  
**Wednesday** Chocolate & Mandarin Sponge with Custard, Ginger Cookie, Fruit, Yoghurt or Juice  
**Thursday** Mixed Berry Fool with Biscuit Crunch, Chocolate Muffin, Fruit, Yoghurt or Juice  
**Friday** Jam Sponge with Custard, Raspberry Bun, Fruit, Yoghurt or Juice

A Choice of Hot Filled Sandwich Meal Deal or Filled Jacket Potatoes 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.

Please note - Christmas lunch will be taking place on 13/12/19. Menu options on this day will be limited.

The gravy and the fruit jelly are suitable for vegetarians.

The jelly contains no artificial colour or flavour.

The meat dishes do not contain any mechanically recovered (MRM) meat.

Week  
3

16/12/19  
-  
20/12/19

## 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

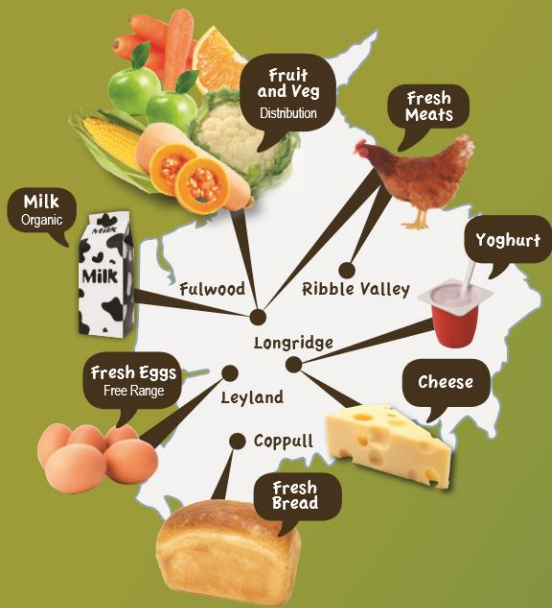
**Monday** Homemade Cheese & Onion Pie with Herby Potatoes, Garden Peas & Gravy  
**Tuesday** Pasta Neapolitan with Homemade Cheesy Garlic Bread  
**Wednesday** Homemade Margherita Pizza with Mixed Salad & Coleslaw  
**Thursday** Veggie Quorn Chilli with Mixed Rice & Nachos  
**Friday** Baked Macaroni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

## 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](http://www.servinglancashire.org.uk)



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# SPORTS RESULTS – LAST WEEK

<u>Sport</u>	<u>Year Group</u>	<u>Result</u>	<u>Opponents</u>	<u>Our Player of the Match</u>
Football - Boys (A)	7	Won	Eden Boys (B)	Harrison Price
Football - Boys (A)	7	Lost	Longridge (B)	Ryan Nicholls
Football - Boys (A)	7	Draw	Broughton (A)	Aaron Regan
Football - Boys (B)	7	Lost	Eden Boys (A)	Daniel Gourlay
Football - Boys (B)	7	Lost	Broughton (B)	Connor Clelland
Football - Boys (B)	7	Draw	Eden Boys (B)	Connor Robinson



<u>Sport</u>	<u>Year Group</u>	<u>Result</u>	<u>Opponents</u>	<u>Our Player of the Match</u>
Football - Girls	7	Won	Christ the King	Ava Halliday

## This Week's Fixtures – Boys

### Rugby



Mon 9<sup>th</sup> Dec - Yr 7  
vs Archbishop  
& Our Lady's

### Football



Wed 11<sup>th</sup> Dec - Yr 7  
7 a-side  
tournament

## This Week's Fixtures – Girls

### Football



Mon 9<sup>th</sup> Dec  
- Yr 7 vs  
Moor Park

### Netball



Tues 10<sup>th</sup> Dec -  
Yr 7 & 8 vs  
Broughton

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