

ASHTON HIGHLIGHTS

ISSUE

9

23 DECEMBER
2019

Upcoming Events:



20TH DECEMBER
School closes for
Christmas



6TH JANUARY 2020
Start of Term

13TH - 24TH JANUARY
Year 11 Mock Exams

22ND JANUARY
Year 7 reports
available on Insight

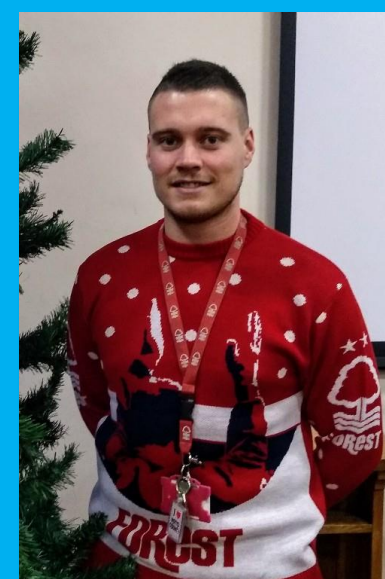
30TH JANUARY - 6pm
Year 9 Options
Evening

5TH FEBRUARY
Year 11 Mock results

12TH FEBRUARY
Year 7 & 8 data capture
available on Insight

13TH FEBRUARY
Year 11 Parents' Evening 2
(please note date change)

REWARDS ACTIVITIES



A small part of the work Mr Unwin carries out at Ashton is leading our rewards system. Each term we like to reward the students who have shown relentless commitment and dedication towards their school work, attitude and behaviour. We believe this is important in their development and enforces the real sense that we are a community school that not only strives to improve our students academically, but also as individuals.

As always when we ask for some help the Ashton Community Science College staff come out in force to arrange and deliver the Christmas rewards activities.

The students flocked to these rewards activities in monumental numbers culminating with 200+ bookings. For the first time in their secondary school lives our year 7 students were able to get a taste of our festive rewards, and boy did they love it! It's not just the year 7s that take advantage of these activities, they remain ever popular right through to our most senior students.

What a fantastic couple of days it has been and a very fitting way to end 2019!



CHRISTMAS REWARDS ACTIVITIES



On Wednesday 18th and Thursday 19th December there were 18 rewards activities for students to choose from. These included:

- | | | |
|--------------------------|---------------------------|----------------------------|
| Air track | Christmas quiz | I wanna' be a rockstar |
| Card games | Darts | Ice cream sundae |
| Chill & tunes | Film: Elf | Relax |
| Christmas cracker | Film: Home Alone | Retro Gaming |
| Christmas craft | Football quiz of the year | The Bear Grylls experience |
| Christmas karaoke & brew | French Karaoke | Walking Winston |

Close to sixty students made their own ice cream sundaes, devouring them in record breaking time and in some cases going back for seconds! 'Please Sir, I want some more' was the cry.

Fifteen of our students braved the cold weather at The Bear Grylls experience and went out to our brand new 'Diggery' to have some festive fun around the campfire, toasting marshmallows and drinking hot chocolate. Was it colder than the North Pole ladies and gentleman? Has Dr. Walmsley managed to defrost himself?

The termly darts tournament was back again! Mr Woodcock will struggle to return after the Christmas holidays knowing he has been knocked off the top of the tree by our talented team of students, the Ashton Arrows.



AND THE ACTIVITIES CONTINUED!

The ever popular festive favourite films saw over 100 students flock through the doors to our pop-up cinemas. Popcorn was crunched, drinks were glugged, Buddy the Elf made it to New York and Macaulay Culkin got his annual revenge on the Christmas thieves.



The list really does go on and on. As ever a big thank you goes out to the staff, for if it was not for them these rewards activities simply wouldn't happen. Providing positive experiences for our students on a daily basis is our ultimate goal. Besides, I think the staff enjoyed it more than the students!

The biggest thank you however goes to you, the families and the students. Thank you for all of your support this term and thank you for all your hard work and effort. We very much look forward to welcoming you back in the new year after a hard-earned rest.

We hope you have a very merry Christmas and a happy new year.

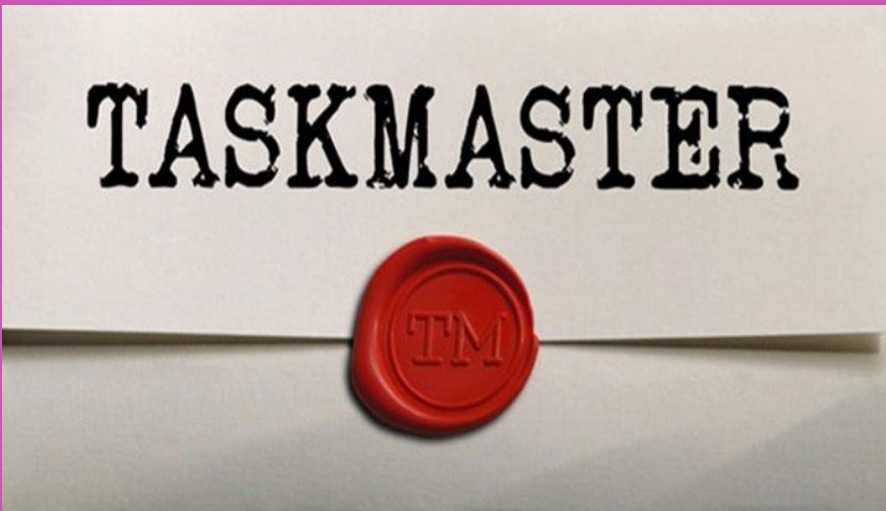


3





Mr Fern



Miss Borwick

Tuesday 17th December saw the final task of the series with contestants making the longest paper chain they could in 3 minutes.



The longest chains and (therefore 5 points) were awarded to Mr Woodcock and Zara Mohammad in year 7 with a total of 26 links each.

Our leader board stands as below:



1	64 pts	Mr Woodcock
2	57 pts	Mr Phillips
3	54 pts	Theo May
4	49 pts	Zak Mohammed
5	45 pts	Mr Barrow
6	39 pts	Zara Mohammad
6	39 pts	David Rushton
7	38 pts	Amber Robson

4



STAR READERS



Every week, during accelerated reader lessons, teachers nominate a star reader. The student is then allowed to sit in the egg chair to read during the lesson. We had several nominations this week. The students are also given a bookmark and badge.



Year 7 - Zak Campbell, Ruby Jones, Zara Mohammed, Cerys Richardson
Year 8 - Khloe Ainsworth, Jessica McDowell, Anjela Mincheva
Year 9 - Luke Ashcroft, Mary Ford, Maddy Holme, Gracie Noone

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?

While subjected to the horrors of WWII Germany, young Liesel finds solace by stealing books and sharing them with others. Under the stairs in her home, a Jewish refuge is being sheltered by her adoptive parents.

Visit our library to borrow this great read!



ARTIST OF THE WEEK ...



Celebrating Colour!
Emilee Brooke, year 7 has
done a fantastic job!
Well done!

5



INTRODUCING OUR STAFF ...



Mrs Barnes

What's your job role at Ashton?

I've been working at Ashton since 2001 and I've had lots of different teaching roles- including English, drama, performing arts, music, computing, PSHE- and once, French!

I'm only at school on Mondays and Thursdays now because I have an almost 2 year old and a 3 year old at home, who I love doing fun things with for the rest of the week!

What did you do before you started at Ashton?

I studied English Literature and then English and Drama. I also had a couple of jobs. I thought I wanted to be a journalist for the longest time- so when I finished school I worked for the summer at The Blackpool Citizen. I also worked for years, at the weekend, in my mum's beauty clinic at The Preston Marriott hotel. I absolutely loved that.

What is the best thing about working at Ashton?

The kids. The staff. The laughs. Oh, and a hot brew.

Describe Ashton in 3 words.

Home from home.

What book are you currently reading?

I've just finished 'The Smartest Giant in Town' and 'Room on the Broom' with my kids.

The last thing I read was 'Good Omens' by Terry Pratchett.



Miss Lindley

What's your job role at Ashton?

I teach Maths.

What did you do before you started at Ashton?

I taught PE at City of Preston High School.

What is the best thing about working at Ashton?

I can't choose just one thing. It's all good.

Describe Ashton in 3 words.

Fun, friendly, family.

What book are you reading at the moment?

The Rebel's Revenge by Scott Mariani and my DEAR time reader is - it's actually a magazine - Runners World.

6



WONDERFUL WEDNESDAY



It was a bumper week for celebrating our students this week with 43 nominations.

We continue to be amazed at how generous our students are with donations for our reverse advent and even though we are in the last week of term our students are still working hard to ensure work is completed to a high standard and going the extra mile to ensure top results.



We also celebrated our Year 7 girls football team success as they have finished the season top of their league and have not lost a single game.

Well done to each and every single one of you!



CALLING ALL YEAR 11 STUDENTS

The mock exam timetable for January 2020 is now available on our school website under the students' section.

If you need a printed copy please see Mrs Bibby.

7



A PROUD DUKE OF EDINBURGH AWARD MOMENT!



Dom Parkinson in year 9 volunteers at the Sir Tom Finney Soccer Centre (STFSC) every Saturday helping different age groups including the U16 disability teams. He has completed his FA level 1 coaching and refereeing qualification funded by the non-profit making Community Soccer Project.

He has humbly uploaded detailed evidence at the Duke of Edinburgh club each Tuesday about his voluntary role. This section of the DofE Award is often the most rewarding, uplifting and memorable part of their adventure.



The Duke of Edinburgh Bronze Award is available to all year 9 students. It is achievable for all abilities; it just requires even more commitment, dedication and enthusiasm.



If you wish to discuss the award commitments in more detail or have any questions please contact Miss Ascroft on 01772 730259 or email hascroft@ashtoncsc.com

*Merry
Christmas*

We hope you have an enjoyable Christmas and peaceful New Year.

We look forward to welcoming students back into school on
Monday 6th January 2020 at 8.40am.

8



SUPPORTING TEACHER TRAINEES



A heartfelt goodbye goes to our teacher trainees who have been placed with us this term. Individually and as a group they have contributed immensely, providing experiences and opportunities for our students. Hopefully they leave Ashton, more confident and with a tool box of strategies to enter confidently in to their next placement.

Thank you for all that you have done. We wish you every success in your future career. You never know - some day you might find yourself back here where you started!

ASHTON ALUMNI INTRODUCING ... PAUL RUSHTON

When did you leave Ashton?

2014

What are you doing now?

I went on to Runshaw and finished with three A* equivalents.

I then went to Lancaster University for two years to study accountancy before deciding that it wasn't for me. I achieved a 2:1 foundation degree in accounting and have just had an interview with Lancashire Constabulary about starting a degree apprenticeship. This means I will work full time with them while undergoing a university qualification in policing.

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

All I needed to apply was a minimum of a C in English and Maths and a level 3 qualification. The recruitment process has so far been one of the most challenging things I've had to undergo but I've already learnt a lot from it and hope I am successful as I want to learn even more on a job I'm passionate about.

Can you offer any advice to our students?

If you end up pursuing something and realise it wasn't the right decision there is nothing wrong with taking a minute and thinking "ok what are my alternatives" it's always going to be better to start again than to end up stuck in something you aren't going to enjoy.



9



CINDERELLA

On Thursday 19th December, Mrs Barnes and other staff members, along with some year 10 and 11 helpers, took 96 year 7 and 8 students on the annual theatre trip, to see Cinderella at 'The Dukes' Theatre in Lancaster.



This classic story was given a thoroughly modern twist by being performed in 'The Round' (the audience sits close to the actors, on level with them). Once our students understood that they weren't watching a traditional pantomime they were in for a treat. The story was rooted in the fairytale telling of the Brothers Grimm, but the key characters could have stepped off the pages of a Roald Dahl book.

The writers Sally Cookson and Adam Peck skilfully blended the ancient and modern in a version that's already attracted awards elsewhere (even an Olivier nomination). It was all performed by a whirlwind cast of just five, changing costume and character throughout.

And the story goes following the tragic death of her father, Ella is set to work by her stepmother and forced to sleep by the fireplace with the cinders. With no-one to turn to, her only way out lies with the magical birds she finds in the forest.

With the help of her feathered friends, Ella disobeys her stepmother and dons her best party frock and sparkling Doc Marten boots to sneak off to the Palace to dance the night away - including with a prince!

But when Ella gets the fright of her life and flees, leaving one solitary boot behind, will the prince ever find her again – and will the boot fit? (hint: yes, it did!).



The trip was topped off by a refreshing ice-lolly in the interval and a festive sing-along on the coach.

Everyone returned to school with a warm festive glow.

We'll definitely be going back next year!

Photographs courtesy of The Dukes Theatre, Lancaster



REVISION STRATEGIES

Over the next few weeks we will concentrate on storage methods.

This is about getting the information to keep coming back to you. There are numerous strategies that can be employed. It is about finding which works best for the student and also which works best for the subject they are revising for.

The storage method should be taking place now. They should not be leaving this to nearer till the exam, as after Easter revision should be about retrieval and applying the revision.



Revision Cards

Revision cards are a valuable revision tool for any student. They allow you to test your knowledge of definitions and key ideas - an essential part of successful exam preparation.

Revision cards are useful for learning the relationship between two pieces of information. You write a question or key term on the front and then the answer or definition on the back.

Your goal isn't to fill your flashcards with points to make the most of the space. The most effective revision cards include one question followed by one answer (or one term followed by one definition).

Don't force your brain to remember a complex and wordy answer. It's easier for your brain to process simpler information so split up your longer questions into smaller, simpler ones.

You will end up with more cards this way but your learning will be a lot more effective.

You may only remember part of a wordy answer so you could trick yourself into thinking you understand it all. Or you could waste time repeating a long question over and over to try and remember all parts perfectly. Splitting the information allows you to learn each part separately at your own pace which should save time and improve your memory retention. After you answer a revision card, put it into one of three piles:

- I have no clue about this
- I'm not too sure about this
 - I really know this

The 'no clue' pile should be tested soonest. As you retest your knowledge, your Revision cards should change piles until (hopefully) all of them are in the 'I really know this' pile.

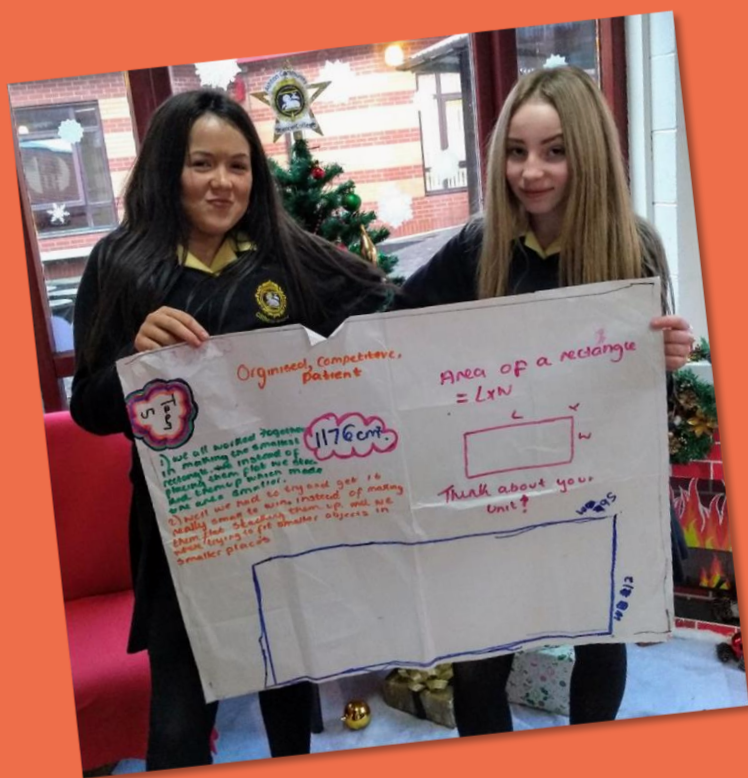
Revision cards are a great revision tool but they do have disadvantages like every other technique. They allow you to learn the answers to simple questions and the relationship between two pieces of information. What they don't allow you to do is apply this information to situations, understand it in depth or in a wider context. Use these alongside other revision tools.



STEM CHALLENGE

This half term saw year 8 battle it out over the MTa STEM challenge named 'Tightly Packed'. Huge congratulations to Maya Higham, Macy Marsden and Lacey Miller from 8T who's teamwork, determination and highly competitiveness saw them rise to the challenge and succeed in becoming overall winners. Well done girls!

Here's what some of the form groups had to say about their experience.....



8H - By Lily Johnson & Jenny Lee

For the STEM activity during form time, we were asked to build a structure which held the smallest area possible. In order to win we had to be more inventive and efficient as well as building up instead of out. During the experience, we improved our ability to think of idea's under pressure and with a limited amount of time. In order to improve for next time, we should give everyone in the group a role as well as working with more haste as we only just finished by the deadline.

8S - by Ferdinand, Renata, Marty & Megan

In our team we all improved our organisation skills and we also improved our communication skills. We won because we looked at the other groups and assessed their mistakes and we decided to change it so it wasn't a tower. Instead, we made it flat and compact. We also listened to each other's ideas which greatly influenced our design.

8T - by Macy, Lacey & Maya

The aim of the challenge was to try and make a rectangle area as small as possible using all the items from the box. We had to be organised, competitive and patient. We feel that the challenge made us use the following skills; teamwork, creativity, problem solving, listening and presentation. It was lots of fun.



REVERSE ADVENT

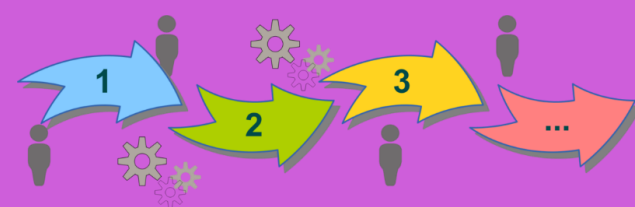


Our reverse advent has been even bigger and better than last year. Our eager elves gathered all the donations from around school and then started to divide the proceeds between our 3 charities: The **FOXTON** Centre, **EMMAUS** Homeless Charity and **INGOL** community foodbank. Then off we went in the minibus to deliver the goods to each charity.

Thank you to students, parents, staff and the wider community who supported our reverse advent by spreading some Christmas cheer so that everyone can look forward to a festive few days.



WORD OF THE WEEK



PROCESS (noun)

Meaning: A series of actions or steps taken in order to achieve a particular end.

Example "Military operations could jeopardise the peace process."

PROCESS (verb)

Meaning: To perform a series of mechanical or chemical operations on (something) in order to change or preserve it.

Example "The peas are quickly processed after harvest to preserve the flavour."

Example "The teenager was given a long magazine article to read during the exam; it contained a lot of information to process."

MATHS CHALLENGE

Three brothers and a sister shared a sum of money equally among themselves.

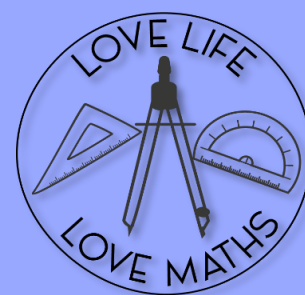
If the brothers alone had shared the money, then they would have increased the amount they each received by £20.

What was the original sum of money?

Take your answer to Mr Fern in Room 25 for a smiley.
We will share the answer in our first newsletter of 2020!

The solution to last week's puzzle – 27cm.

Well done if you got it right!



13

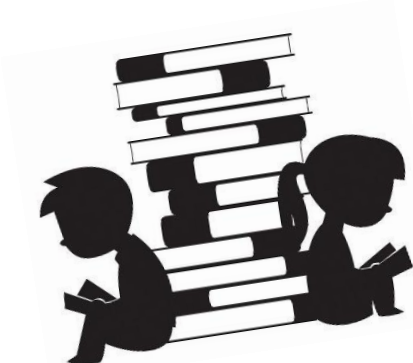
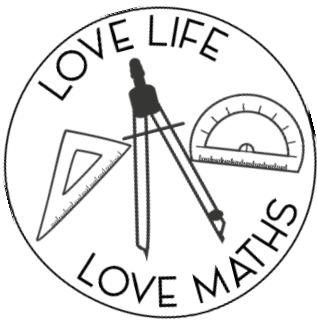


STUDY SUPPORT CLUBS - SCAMPs - SPRING 2020 (Mon-Wed)

MONDAY	TUESDAY	WEDNESDAY
<div><p><u>Before School (8am - 8.30am)</u></p><p>Library Inspire building BMN</p><p>Breakfast Club Dining Hall</p></div>	<div><p><u>Before School (8am - 8.30am)</u></p><p>Library Inspire building BMN</p><p>Breakfast Club Dining Hall</p></div>	<div><p><u>Before School (8am - 8.30am)</u></p><p>Library Inspire building BMN</p><p>Breakfast Club Dining Hall</p></div>
<div><p><u>Lunchtime (1pm)</u></p><p>Fitness Club Boys Fitness Room TTR</p><p>Multi Sports - Yr 7 & 8 Sports Hall LVT, EDP</p><p>Library & Homework Club Inspire Building BMN, SRS</p><p>Careers Guidance Careers Office JLG</p><p>Taskmaster Updates outside Rm 33 SFN, SBK</p><p>Art Rm 14 SBL</p><p>English Revision Grade 5 Rm 40 SKR</p><p>Maths Rm 24 EHD</p><p>Meditation and Relaxation Rm 31 SBY, PNA</p><p>Computer Science Revision - Yr 10 & 11 Rm 23 MAT</p></div>	<div><p><u>Lunchtime (1pm)</u></p><p>House Competitions Sports Hall LVT, EDE, TWG, TTR</p><p>Ashton Geographical Society Rm 13 DES, PWE</p><p>Library & Homework Club Inspire Building BMN, SRS</p><p>Careers Guidance Careers Office JLG</p><p>Taskmaster Updates outside Rm 33 SFN, SBK</p><p>Art Rm 14 SBL</p><p>English Revision Grade 7 Rm 40 SKR</p><p>French Listening - Yr 11 Rm 31 SBY</p><p>Chemistry Revision Lab 4 SCN</p><p>History Club - Yr 7 Rm 9 JYS</p><p>Duke of Edinburgh - Yr 9 Rm 22 HAT</p></div>	<div><p><u>Lunchtime (1pm)</u></p><p>Girls Football - Yr 7-11 Sports Hall LVT, EDP</p><p>Fitness Club Girls Yr 7-11 Fitness Room EDP</p><p>Library & Homework Club Inspire Building BMN, SRS</p><p>Careers Guidance Careers Office JLG</p><p>Taskmaster Updates outside Rm 33 SFN, SBK</p><p>Art Rm 14 SBL</p><p>English Revision Grade 6 Rm 40 SKR</p><p>Reading Club Library MPN</p><p>Skittles group ABH</p><p>EAL Catch up Hive BSS</p></div>
<div><p><u>After School (3pm)</u></p><p>Rugby Matches - Yr 7-11 TEG, THR</p><p>GCSE PE Practical Component - Yr 11 LVT</p><p>Library & Homework Club Inspire Building 3pm-4.30pm BMN, SRS</p><p>BTEC Performing Arts & Child Development Support Hive SBS</p><p>Computer Science Revision - Yr 10 & 11 Rm 23 MAT</p></div>	<div><p><u>After School (3pm)</u></p><p>Library & Homework Club Inspire Building 3pm-4.30pm BMN, SRS</p><p>Football Boys - Yr 7 & 8 3G TWG, TTR</p><p>Netball Girls - Yr 8-11 Sports Hall LVT, EDP</p><p>Science Club – Yr 7-9 Rm 3 NCO</p><p>History Revision Rm 30 MPS Rm 9 JPH</p><p>Food Catch up - Yr 10-11 Rm 8 SBN</p></div>	<div><p><u>After School (3pm)</u></p><p>Library & Homework Club Inspire Building 3pm-4.30pm BMN, SRS</p><p>Rugby Boys Field TTR</p><p>Netball Girls Fixtures LVT, EDP</p><p>History Revision Rm 30 MPS Rm 9 JPH</p><p>English Revision - All Grades Rm 40 SKR</p><p>Geography Revision - Yr 11 Rm 13 JWN</p></div>

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

THURSDAY
<u>Before School (8am - 8.30am)</u> Library Inspire building BMN Breakfast Club Dining Hall
<u>Lunchtime (1pm)</u> 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
<u>After School (3pm)</u> 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



15

FRIDAY
<u>Before School (8am - 8.30am)</u> Library Inspire building BMN Breakfast Club Dining Hall
<u>Lunchtime (1pm)</u> 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
<u>After School (3pm)</u> 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



WHAT'S YOUR CHILD EATING AT LUNCHTIME?

Week
3

06/01/20
-
10/01/20

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

13/01/20
-
17/01/20

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

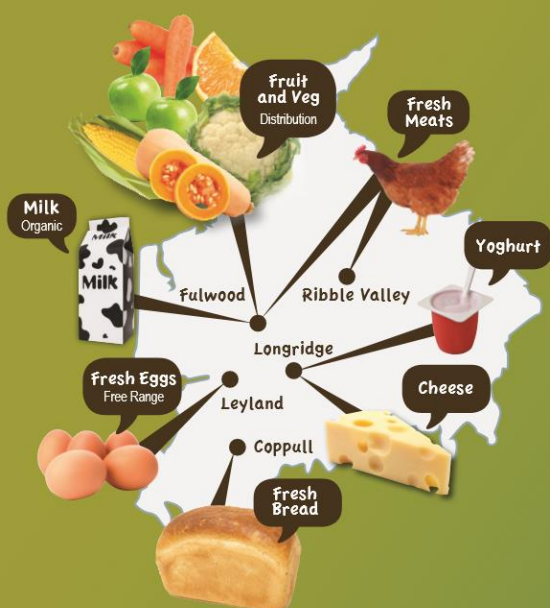
Monday	Spicy Bean & Vegetable Burrito with Baked Potato Wedges & Mixed Salad
Tuesday	Macaroni & Cheddar Cheese Bake with Broccoli
Wednesday	Sweet Potato, Spinach & Red Pepper Curry with Mixed Rice & Coriander Naan Bread
Thursday	Cheddar Cheese & Onion Loaded Potato Skins with Coleslaw & Mixed Salad
Friday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

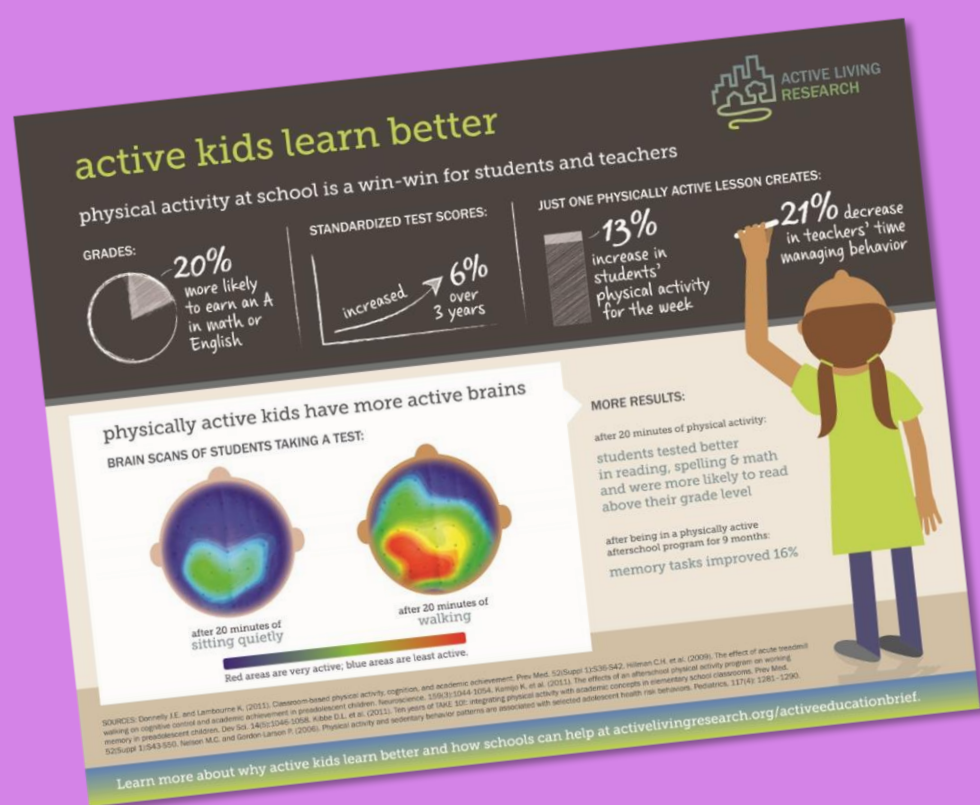


16



FIT FRIDAY

Every month at Ashton we put on our gym clothes and provide extra opportunities for students and staff to lead a healthy and active lifestyle. The purpose is to educate us all that activity is as beneficial to our mental state as it is to our physical state.



During lessons students got involved in all sorts of activities to support their learning and achievement.



Fixtures w/c 06.01.20 - Boys

Rugby



No fixtures this week

Football



No fixtures this week

Fixtures w/c 06.01.20 - Girls

Football



No fixtures this week

Netball



Tues 7th Jan
Yr 7 & 8 vs
Longridge

Wed 8th Jan
Yr 7 & 8 vs
Corpus Christi

17

