

# ASHTON HIGHLIGHTS

12  
27 JANUARY  
2020

# PROMOTING A GOOD MENTAL WELLBEING



Whilst they are with us at Ashton they have the support of our experienced pastoral team, counsellor and mentors but in addition we see our role as being one that ensures we educate our students so that they have a toolkit to successfully manage whatever life throws at them after they leave us.

We have been working hard to encourage our students to take a step back and consider their own mental wellbeing and how their words or actions can affect someone else's mental wellbeing. We have discussed resilience and looked at providing them with a toolkit to help them adapt in challenging circumstances.

Last week we introduced a self-help toolkit for students to use to make them feel more positive and ultimately happier. Take a look inside to find out more .....

## Upcoming Events:



30<sup>TH</sup> JANUARY - 6pm  
Year 9 Options  
Evening

5<sup>TH</sup> FEBRUARY  
Year 11 Mock results

12<sup>TH</sup> FEBRUARY  
Year 7 & 8 data capture  
available on Insight

13<sup>TH</sup> FEBRUARY  
Year 11 Parents' Evening 2  
(please note date change)

14<sup>TH</sup> -17<sup>TH</sup> FEBRUARY  
Half Term

26<sup>TH</sup> FEBRUARY  
Maths Day



# WHAT IS MENTAL WELLBEING?

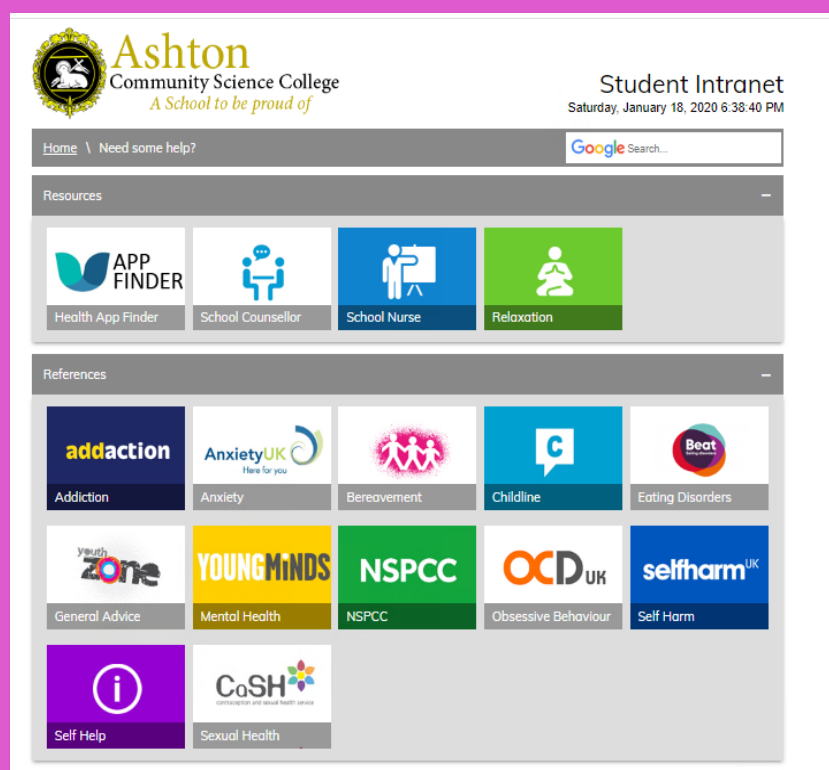
Mental wellbeing describes our mental state. This is how we feel at a point in time and how well we can cope with day-to-day life. Our emotional wellbeing can change, from day to day, month to month or year to year.

There may be times or situations in people's lives that are more difficult than others. The ability to stay mentally well during those times is what we call 'resilience'. Resilience is not simply a person's ability to 'bounce back' from a tough time but their ability to adapt in the face of challenging situations, whilst maintaining positive mental health and wellbeing.

Resilience is a form of self-help; the person is helping their self to be better, more positive and happier.

## Where to go for help?

Last week all students were introduced to our student intranet page where they can log in to access many apps and find links to appropriate websites to look for help and advice.



The '**app finder**' is a website we have subscribed to which allows our students to access apps free of charge. All the apps have been approved by the county council for their suitability for secondary school children.

A group of year 10 students have been trialling some of these apps with 'Headspace' and '7 cups' coming out on top.

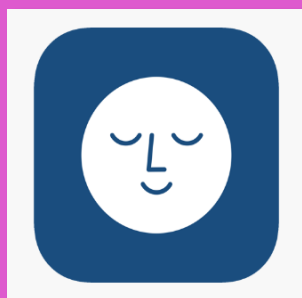
Here are some others that might be of particular use.



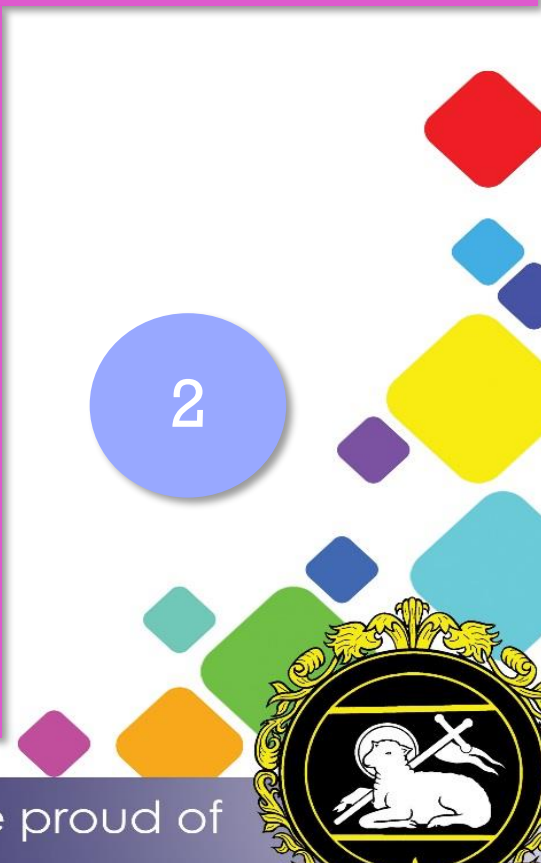
Headspace is a personal guide to health and happiness. Designed to help you focus, breathe, stay calm, perform at your best, and get a better night's rest through the life-changing skills of relaxation, meditation and mindfulness.



Calm is an app for meditation and sleep. Designed to help lower stress, lessen anxiety, and assist in a more restful sleep with guided meditations, Sleep Stories, breathing programs, masterclasses and relaxing music.



Sleepio is designed to teach you how to overcome even long-term poor sleep without medication.





# SO WHAT'S NEXT WITH MENTAL WELLBEING AT ASHTON?

The next stage in supporting our students' emotional wellbeing is to make these links available on the school website so they can access this information at home. By the end of the summer term there will also be a section for parents to find advice to help support their child's mental wellbeing. So watch this space!

## POOL HOUSE PRIMARY SCHOOL TEXTILES SESSION



The Year 5's are working in textiles with Mrs Berry-Smith and Mrs Jackson. They have been block printing to create a brick wall effect on a canvas bag. They are then cutting out 'graffiti' style lettering out of felt. They will then appliqué their felt initials onto their bag by hand stitching. The six week project covers key stage 2 design & technology textiles and art and design programmes of study.



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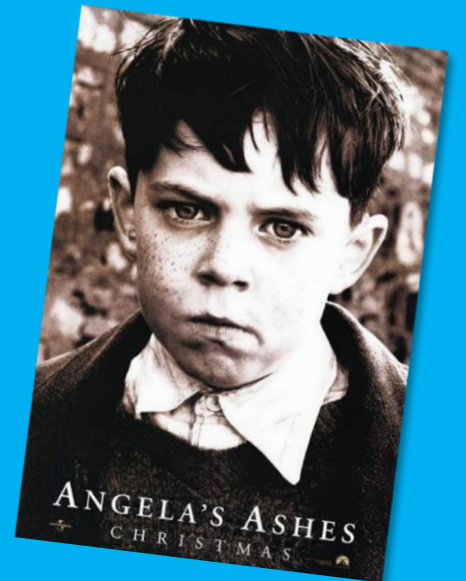


# THIS WEEK'S RECOMMENDED READ!

The narrator, Frank McCourt, describes how his parents meet in Brooklyn, New York. After his mother, Angela, becomes pregnant with Frank, she marries Malachy, the father of her child. Angela struggles to feed her growing family of sons, while Malachy spends his wages on alcohol. Frank's much-loved baby sister, Margaret, dies and Angela falls into depression.

The McCourts decide to return to Ireland. More troubles plague the McCourts in Ireland: Angela has a miscarriage, Frank's two younger brothers die, and Malachy continues to drink away the family's money.

Frank's childhood is described as a time of great deprivation, but of good humour and adventure as well.



## THE SOUND OF SILENCE!

Year 10 GCSE RE students visited the Quaker Meeting House in Preston to learn more about Quaker beliefs and practices. We were warmly received on a cold morning by Don, Margaret, Karen, Peter and Alistair.



After a brief history of Quakerism, a Christian denomination with its roots firmly in Lancashire, we went on to experience Quaker worship. This involves sitting silently in a circle until feeling inspired to speak by the spirit of God. Students sat for 20 minutes in silent contemplation, interrupted only by Don, asking us all to, "Take heed, dear Friends, to the promptings of love and truth in your hearts", and a reminder from Margaret of the words of Psalm 46, "Be still and know that I am God!". The students were certainly still, and hopefully learned a lot from this valuable experience of worship that is very different from that found in other Christian churches. All the students said that after the awkwardness of the initial silence, they enjoyed the peaceful simplicity of the worship. Dylan said that he is thinking of going back one Sunday.

To find out more about the simple and peaceful faith of Quakerism visit <https://www.quaker.org.uk/>



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# HOUSE CHAMPIONSHIP SYSTEM



1<sup>st</sup> place - 5402



2<sup>nd</sup> place - 5379



3<sup>rd</sup> place - 4876

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 6<sup>th</sup> - 15<sup>th</sup> March.



4<sup>th</sup> place - 4874



5<sup>th</sup> place - 4580



6<sup>th</sup> place - 4221

## 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

Ava Halliday  
Faith O'Toole  
Daniel Shipman  
Lilly Whalley

### Year 8

Chloe Ainsworth  
Leah Tymon-Fawcett

### Year 9

Sam Eames



# INTRODUCING OUR STAFF ...



Mrs Berry-Smith

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

I have lots of different roles in school including:

Teacher of textiles

Professional mentor for trainee teachers

Induction tutor for newly and recently qualified teachers

Stonewall Champion

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

Before I started at Ashton in 2000, I worked as a textiles teacher at a school in Wigan near where I live, for 12 months. Before that I was at John Moores University doing teacher training in Liverpool.

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

Ashton is a place where students and staff are accepted without exception.

**Describe Ashton in 3 words.**

Inspiring, accepting, loyal.

**What book are you currently reading?**

Fashion Illustration by Fashion Designers by Laird Borrelli.



Mr Turner

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

I am the technician in the design & technology department.

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

I was previously a computer programmer/database analyst.

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

The atmosphere created by the staff.

**Describe Ashton in 3 words.**

Caring, dedicated, and friendly.

**What book are you currently reading?**

Peterloo: The English Uprising;  
by Robert Poole.

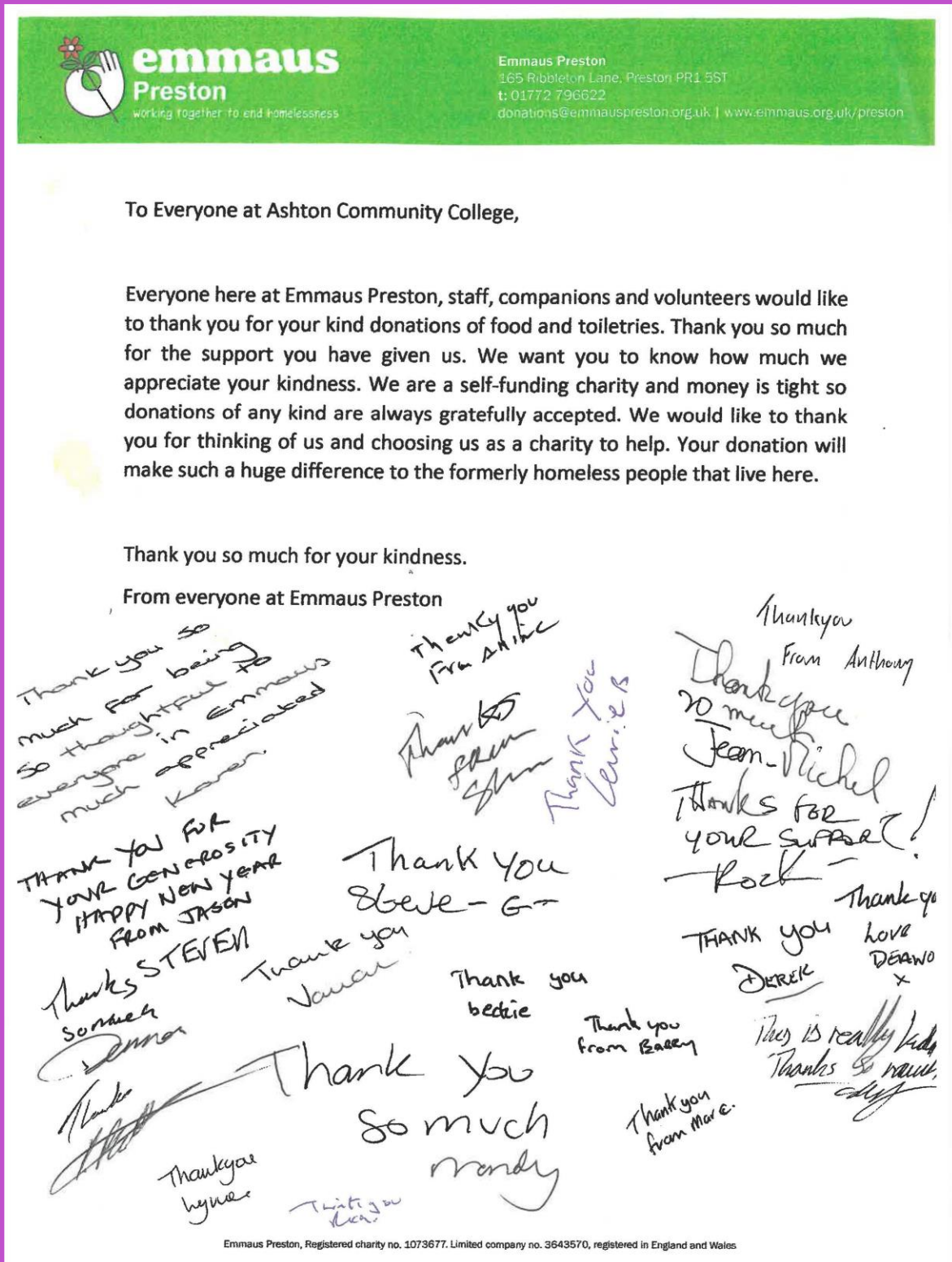
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# EMMAUS – LETTER OF THANKS

You may remember that as a school we took part in reverse advent during December. What a lovely surprise to receive a special thank you letter from everyone at Emmaus Preston. They really do appreciate all of the donations and we made a huge difference. Well done to everyone who took part.



# ARTIST OF THE WEEK...

He's a singer, can you guess who he is?

Look out for the answer in next week's newsletter!



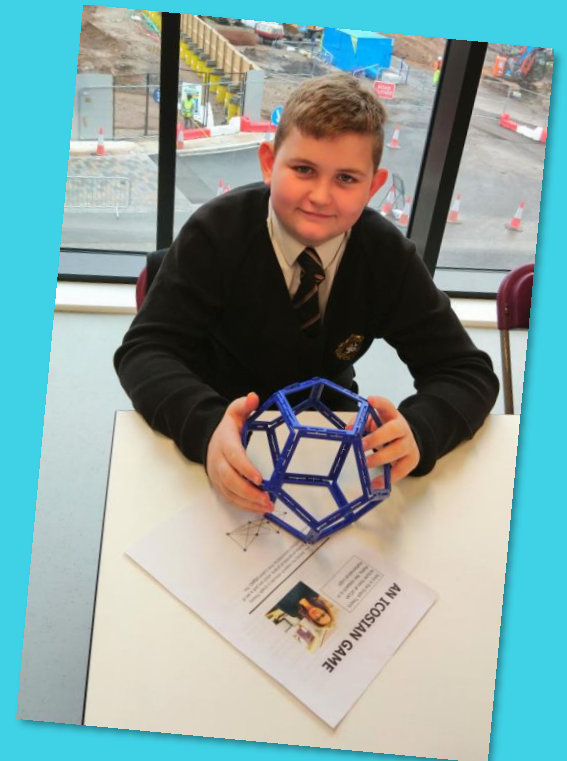
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# YEAR 8 UCLAN ENGINEERING & TECHNOLOGY VISIT

When we arrived at UCLAN on Tuesday 21<sup>st</sup> January, we were met by 3 student ambassadors and taken to their brand new engineering building. We are one of the first schools in Preston to go into this building. We were introduced to Dr Davide Pennazi from the Maths faculty. In small groups we were given a problem solving task. My groups task was a 3D vertices problem, to get from one vertices to another on a 3D shape.

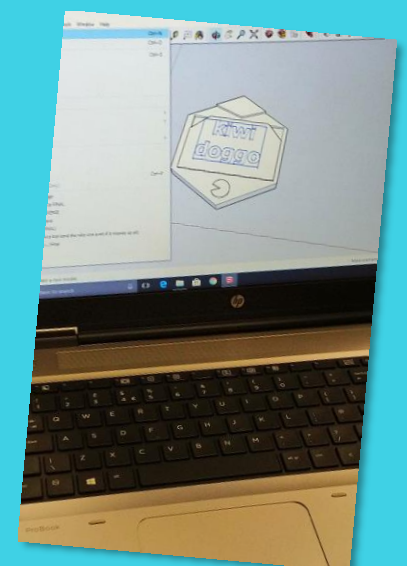


Arturs group had to work out how many people needed to be vaccinated for most people to be able to stay healthy. We then had to present our findings to the student ambassadors and other groups.

We found out how important maths is in industry when we learnt about how it was used to solve how to make aeroplane engines quieter whilst not taking away their power. This was really interesting.

3D printing in the Young Science Centre after lunch saw us learning the current and potential uses of 3D printing. We then learnt how to use the specialist software "SketchUp" to produce a keyring.

Well done to Callum Emmett for solving the 3D puzzle.



(Article written by Callum Calvert Shorrocks and Arturs Kolosovs)

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# WORK EXPERIENCE - A REQUEST FOR HELP!

We believe that experiencing the world of work from an early age can not only inform young people about what they need to study and the skills they require for successful employment but also inspire and motivate students when they have a goal to achieve.

Here at Ashton, we are reinstating Work Experience this academic year. All students in **Year 10** will take part in a week of work from Monday 29<sup>th</sup> June - Friday 3<sup>rd</sup> July.

Our students will actively seek their own placement but we are also determined to support them further by building up a list of local employers who are willing to provide a week long work experience opportunity.

If you work in a business in our local community and have the capacity to offer a placement, we would love to hear from you so that you can see why we are so proud of our students and perhaps you may even find a future employee!

If you would be willing to offer a place or know of someone that would, please contact Mrs Long or Mr Wallis via email [jlong@ashtoncsc.com](mailto:jlong@ashtoncsc.com) or [cwallis@ashtoncsc.com](mailto:cwallis@ashtoncsc.com) or alternatively just give us a ring on 01772 513002 and ask to speak to us.

Thank you in advance for your support in ensuring we raise the aspirations of our students within our local community to ensure we have a well skilled workforce for the future.

## YEAR 10 WORK EXPERIENCE

All year 10 students are getting the opportunity to take part in Work Experience next year. Work Experience can inspire students to work even harder to ensure they achieve the outcomes necessary for their future career choice or realise that what they thought they wanted to do is not really for them. Either way it is invaluable.

Work Experience will take place between **Monday 29<sup>th</sup> June - Friday 3<sup>rd</sup> July**. All students in Year 10 will experience five days of working in the "real world".

In order to make sure that work experience is as beneficial as possible by students spending this week in areas of interest to them, we ask students to take some responsibility in finding their own placement by making contact with potential employers or using family connections and friends to help.

All Year 10 students have received a letter about Work Experience and a booklet on how to find a work experience placement so that they can discuss this opportunity with parents/carers. The letter has a reply slip which should be returned to Mrs Long once a placement has been secured.

Please discuss with your child what sort of a placement they would be most interested in and encourage them to be proactive in finding their own placement. Networking is a vital skill in securing a job and therefore the more practice students have using and expanding their networks from an early age the better their chances for long term successful employment.

If you would like any further information or a face to face discussion, please contact Mrs Long either via email [jlong@ashtoncsc.com](mailto:jlong@ashtoncsc.com) or by contacting main reception on 01772 513002.



# ASHTON ALUMNI

## INTRODUCING ...ARTUR KOWALSKI

### *When did you leave Ashton?*

2011

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

I left college with an A and two Bs in economics, maths and geography as well as another two As and a B in extended projects, general studies and critical thinking.

I went to the University of Lancaster to study economics. I finished my BSc in 2016 (1st) and my MSc in 2017 (Dist.). In the meantime, I have visited Universities of British Columbia (Canada) and St Gallen (Switzerland) to study some more economics and maths. I am currently completing my PhD. You normally need a MSc to be able to start a PhD. It can, however, be skipped in some disciplines, especially if you study a four year PhD with an introduction year.

### *Can you offer any advice to our students?*

My advice is to not constrain yourself too much or too early. You are not strictly bound to your past and change is good. Usually it is not necessary to study an A-level in the subject you wish to pursue at undergraduate level. Equally, the choice of a Master's degree is not strictly dictated by whatever you have studied previously. You do not need to educate yourself in one big block either. Taking a year or more out can give you perspective. In short, have a plan, but be willing to alter it.



## WORD OF THE WEEK

### PERCEIVE

Definition 1: To become aware or conscious of (something); come to realize or understand.

Example: "His mouth fell open as he perceived the truth".

Definition 2: To interpret or regard (someone or something) in a particular way."

Example: "She perceived herself to be less capable than she really was."

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# REVISION STRATEGIES - MEMORY PALACE

This technique uses your spatial memory to help learn sequences of information. Turn the individual chunks of information into vivid mental images, then connect the images in a story that unfolds throughout a location you know well.

## Step 1

For your first memory palace, try choosing a place that you know well, like your home or bedroom.

## Step 2

Plan out the whole route - for example: front door, shoe rack, bathroom, kitchen, living room, etc. Some people find that going clockwise is helpful, but it isn't necessary. Eventually, you will have many memory palaces. You will also be able to revise the memory palace after you test it a few times, so don't worry if it's perfect on the first try.

## Step 3

Now take a list of something that you want to memorize.

## Step 4

Take one or two items at a time and place a mental image of them in each locus of your memory palace. Try to exaggerate the images of the items and have them interact with the location.

## Step 5

Make the mnemonic images come alive with your senses. Exaggeration of the images and humor can help.

**YOU CAN FIND AN EXAMPLE IN ED COOKE'S  
MEMORY BLOG IN THE TELEGRAPH.**

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# YEAR 11

## REVISION / COURSEWORK

### CATCH UP SESSIONS

	Before School	Lunchtime	After School
Monday	All Computer Science - JMY/MAH - Rm 21	Maths - EHD - Rm 24 Computer Science - MAH - Rm 23 English - CMY - Rm 35 English - SKR - Rm 40	Child Development - SBS - H4 BTEC Acting/Dance - SBS - H4 All Computer science - JMY - Rm 21
Tuesday		Triple Chemistry - SCN - Lab 4 Biology - NCO - Lab 3 English - CMY - Rm 35 Chemistry H - KCN - Lab 5 Chemistry Triple - SCN - Lab 4 English -SKR - Rm 40	English - DMN - Rm 38 Maths - SFN - Rm 25 All History - JPH - Rm 9 English - NCY - Rm 35 Maths - CLY - Rm 26 Geography - DES - Rm 10 Chemistry H - KCN - Lab 5
Wednesday	Higher Paper Maths - DWK - Lab 2	Chemistry - SWH - Lab 6 English - CMY - Rm 35 English - SKR - Rm 40	RE - ABW - Rm 34 All History - JPH - Rm 9 Chemistry - SWH - Lab 6 Geography - JWN - Rm 13 English - SKR - Rm 40
Thursday	Triple Biology -SMD - Lab 4 Triple Biology - SEL - Lab 0	Triple Biology - SEL - Lab 0 Maths - CLY - Rm 26 English - CMY - Rm 35 Chemistry F - KCN - Lab 5	Child Development - SBS - H4 BTEC Acting/Dance - SBS - H4 English - NCY - Rm 35 Triple Biology - SEL - Lab 0 Maths - HES - Rm 28 Creative Imedia - MAH - Rm 22 Geography - PWE - Rm 16
Friday	Physics - CWS - Lab 1	English - CMY - Rm 35 Physics - CWS - Lab 1 Physics - NCO - Lab 3 Textiles - ABH - IN2	

IF YOU NEED A PRINTED COPY PLEASE SEE MRS BIBBY



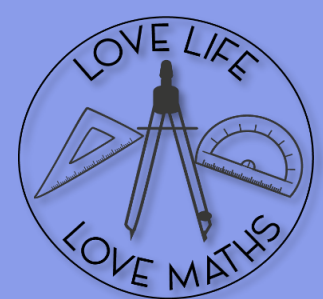
# WONDERFUL WEDNESDAY



This week we received 4 nominations for a wonderful Wednesday award. Caitlin was awarded for working hard on accelerated reader. Sophie has been broadening her vocabulary using DEAR time. Rishi has consistently been top of the class in science and Mackenzie has been helping during our primary school science classes and showing brilliant behaviour.

## YEAR 9 OPTIONS EVENING WILL BE TAKING PLACE THIS THURSDAY AT 6PM

### MATHS CHALLENGE



A farmer set out to market with a turkey, a fox and a basket of wheat. When he came to the river, he found there only an empty rowing boat, so small that he could only carry one of his items with him at a time.

If the fox was left with the turkey, he would surely devour her and if the turkey was left with the wheat, she would eat it up.

What is the minimum number of crossings necessary?

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

**The solution to last week's puzzle – Adam has a 50p, a 20p and a 5p.  
Ben has three 50p coins.**

Well done if you got it right!

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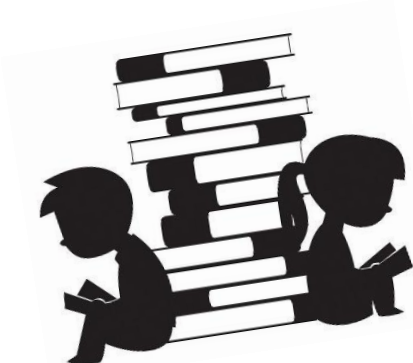
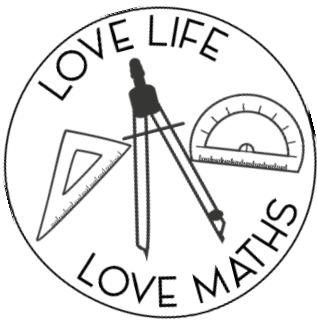
STUDY SUPPORT CLUBS - SCAMPs - SPRING 2020 (Mon-Wed)

MONDAY	TUESDAY	WEDNESDAY
<p><b><u>Before School (8am - 8.30am)</u></b></p> <p>Library Inspire building BMN</p> <p>Breakfast Club Dining Hall</p>	<p><b><u>Before School (8am - 8.30am)</u></b></p> <p>Library Inspire building BMN</p> <p>Breakfast Club Dining Hall</p>	<p><b><u>Before School (8am - 8.30am)</u></b></p> <p>Library Inspire building BMN</p> <p>Breakfast Club Dining Hall</p>
<p><b><u>Lunchtime (1pm)</u></b></p> <p>Fitness Club Boys Fitness Room TTR</p> <p>Multi Sports - Yr 7 &amp; 8 Sports Hall LVT, EDP</p> <p>Library &amp; 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</p> <p>Computer Science Revision - Yr 10 &amp; 11 Rm 23 MAH</p>	<p><b><u>Lunchtime (1pm)</u></b></p> <p>House Competitions Sports Hall LVT, EDP, TWG, TTR</p> <p>Ashton Geographical Society Rm 13 DES, PWE</p> <p>Library &amp; 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>	<p><b><u>Lunchtime (1pm)</u></b></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 &amp; 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>
<p><b><u>After School (3pm)</u></b></p> <p>Rugby Matches - Yr 7-11 TWG, TTR</p> <p>GCSE PE Practical Component - Yr 11 LVT</p> <p>Library &amp; Homework Club Inspire Building 3pm-4.30pm BMN, SRS</p> <p>BTEC Performing Arts &amp; Child Development Support Hive SBS</p> <p>Computer Science Revision - Yr 10 &amp; 11 Rm 23 MAH</p>	<p><b><u>After School (3pm)</u></b></p> <p>Library &amp; Homework Club Inspire Building 3pm-4.30pm BMN, SRS</p> <p>Football Boys - Yr 7 &amp; 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>	<p><b><u>After School (3pm)</u></b></p> <p>Library &amp; 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>



STUDY SUPPORT CLUBS - SCAMPs - SPRING 2020 (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



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





# WHAT'S YOUR CHILD EATING AT LUNCHTIME?

Week  
3

27/01/20  
-  
31/01/20

## 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

03/02/20  
-  
07/02/20

## 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

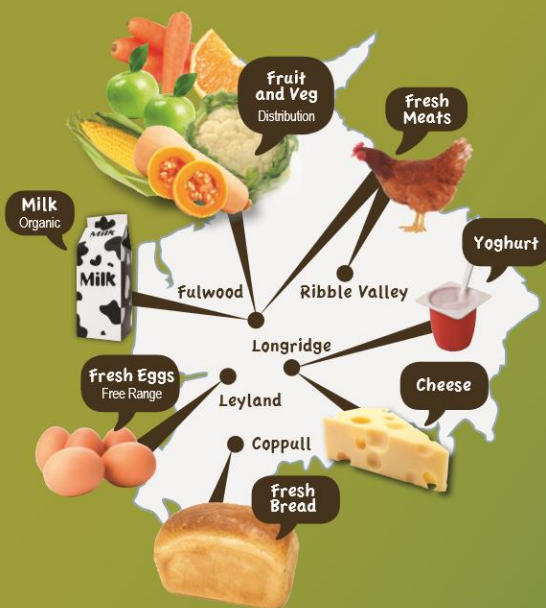
**Monday** Spicy Bean & Vegetable Burrito with Baked Potato Wedges & Mixed Salad  
**Tuesday** Macaroni & Cheddar Cheese Bake with Broccoli  
**Wednesday** Sweet Potato, Spinach & Red Pepper Curry with Mixed Rice & Coriander Naan Bread  
**Thursday** Cheddar Cheese & Onion Loaded Potato Skins with Coleslaw & 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](http://www.servinglancashire.org.uk)



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# A TASTE OF INDIA!

Year 7, are exploring The Seven Wonders of the World in English this term. This week, we have started our journey in India. We have been reading some non-fiction and fiction texts which allow us to explore the culture and the Taj Mahal. On Thursday 23<sup>rd</sup> January we tasted some Indian foods such as: mangos, lentils, onion bhajis and traditional Indian sweets. We also enjoyed smelling some spices that are used in cooking.





# 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	10	Won	St Wilfred's	Jake Blackburn O'Hara

\*The Year 8 Boy's Rugby matches against Our Lady's and Archbishop were both called off \*



<u>Sport</u>	<u>Year Group</u>	<u>Result</u>	<u>Opponents</u>	<u>Our Player of the Match</u>
Netball - Girls	7	Lost	Archbishop	Poppy Salisbury
Netball - Girls	8	Won	Archbishop	Jemma Davies

## Next Weeks Fixtures - Boys

### Basketball



No fixtures  
this week

### Football



No fixtures  
this week

### Rugby



Mon 27<sup>th</sup> Jan  
Yr 7 vs  
Our Lady's &  
Archbishop

## Next Weeks Fixtures - Girls

### Football



No fixtures  
this week

### Netball



Tues 28<sup>th</sup> Jan  
Yr 7 vs  
Fulwood  
Academy

Tues 28<sup>th</sup> Jan  
Yr 8 vs  
Fulwood  
Academy

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Year 7 indoor athletics competition will be taking place on Wednesday 29<sup>th</sup> January

a school to be proud of

