

ASHTON HIGHLIGHTS

ISSUE

14

10 FEBRUARY
2020

QUARRY BANK MILL VISIT



As part of their study of Willy Russell's 'Blood Brothers' in English, 72 Year 9 pupils accompanied English staff to Quarry Bank Mill. Established by Samuel Greg in 1784, this cotton mill is considered to be the heart of the Industrial Revolution and the beginning of Greg's colossal cotton empire. Characterised by the decline of the manufacturing industries and the docks, plus a spike in unemployment, pupils were invited to draw comparisons between Russell's Liverpool and the industries that it relied upon between the 60s and 80s.

Throughout the day, pupils were given the opportunity to discover two completely different worlds; the life of the owner and the plight of the workers who lived and worked at the mill. Experiencing heritage machinery in action, pupils were able to see spinning machines turn and the looms weave, all of which had been founded by Greg after arriving to England as a small boy from Belfast.

Upcoming Events:



12TH FEBRUARY

Year 7 & 8 data capture
available on Insight

13TH FEBRUARY

Year 11 Parents' Evening 2
(4pm - 7pm)

17TH -21ST FEBRUARY

Half Term

26TH FEBRUARY

Maths Day

w/c 2ND MARCH

National Careers Week

5TH MARCH

World Book Day



Aiming to allow pupils the opportunity to appreciate the conditions and hardships endured by the poor, we were taken on a guided tour of the Apprentice House to step into the lives of the pauper children who lived and toiled at the mill for 10 hours a day.



Delving further into the lives of those suffering under capitalist greed, as seen through the Johnstone family in our study of Russell's 'Blood Brothers', pupils strolled through the Styal Village along the paths used by the Mill's workforce to see how the workers lived on a daily basis. Remaining a working community today, pupils were invited to compare their current lives with those living 150 years ago.



By contrast, pupils explored the domestic life of Greg's family home and the benefits reaped by owning a globally recognised cotton trade. Admiring the views flowing from the gardens, pupils were shown the differences between the two classes that existed at the centre of this trade. Drawing parallels between worker and factory owner, we believe this unique experience will allow pupils to better understand the characterisation and context from which Russell had been writing.

2



WONDERFUL WEDNESDAY



On wonderful Wednesday this week we celebrated success and dedication across a number of different subjects including science, RE, PE, English and Duke of Edinburgh. Our students never fail to make us PROUD. They have been writing poems, attending revision classes, helping run primary school after school clubs and producing outstanding pieces of homework. Well done!!!

MOCK RESULTS EVENING

On Wednesday 5th February our Y11 students and their parents came into school in the evening to pick up their mock exam results. For most it has felt like a long 2 week wait and they have experienced on a smaller scale the apprehension of opening those envelopes to find out what is inside.

With only 11 weeks left until the first GCSE exam starts we are on the home run to ensuring you all attain the best results you are capable of.



- Create your own quiet revision workspace at home where you can really concentrate with no distractions
- Stick to your revision timetable we have created for you (remember 45 mins revision, 15 mins break)
- Use the revision techniques that work best for you (use your toolkit to refresh your memory of all the different methods)
- Attend the masterclasses available to you
- Ask your teachers for help if you are unsure

Let's work together to achieve the best you can by aiming high!

3



THIS WEEK'S RECOMMENDED READ!

Penelope Tredwell is the feisty thirteen-year-old orphan heiress of the bestselling magazine, The Penny Dreadful. Her masterly tales of the macabre are gripping Victorian Britain, even if no one knows she's the author. One day, a letter she receives from the governor of the notorious Bedlam madhouse plunges her into an adventure more terrifying than anything she has ever imagined.



ASHTON ALUMNI - NATALIE COLLINSON

When did you leave Ashton?

2007

What are you doing now?

I currently work as a forensic support worker in Preston, working with vulnerable adults in the community who have had issues with the law in the past and have either been in prison or hospital struggling with various mental health issues.

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

I went on to Newman college after school, I did English literature/language and a BTEC in performing arts, after that I went to UCLAN and did criminology and criminal justice and got a 2-1.

Can you offer any advice to our students?

Work hard and you will get where you want to!



HOUSE CHAMPIONSHIP SYSTEM



1st place - 6131



2nd place - 6124



3rd place - 5520

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 - 5508



5th place - 5072



6th place - 4749

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

Cara Beard
Maddison Clegg

Year 8

Josephine Barton
Nathan Critchley
Corey Fowler

5



INTRODUCING OUR STAFF ...



Mrs Courtney

What's your job role in school?

My role is Head of English Faculty

What did you do before you started working at Ashton?

I was a civil servant, working as a manager in the Benefits Agency

What is the best thing about working at Ashton?

I enjoy the atmosphere in school – conscientious, but kind.

Describe Ashton in 3 words.

Always thinking ahead

What book are you currently reading?

"Those who are loved" by Victoria Hislop



Mrs Murray

What's your job role in school?

I am second in English

What did you do before you started working at Ashton?

I worked on Saturdays in a wedding dress shop, whilst I was at university, and during my teacher training year.

What is the best thing about working at Ashton?

The people! Both staff and students are unique, inspiring and a pleasure to be around. People look after one another and it has such a lovely family feel.

Describe Ashton in 3 words.

Unassuming, incredible, inclusive.

What book are you currently reading?

The Guilty Party by Mel McGrath

6

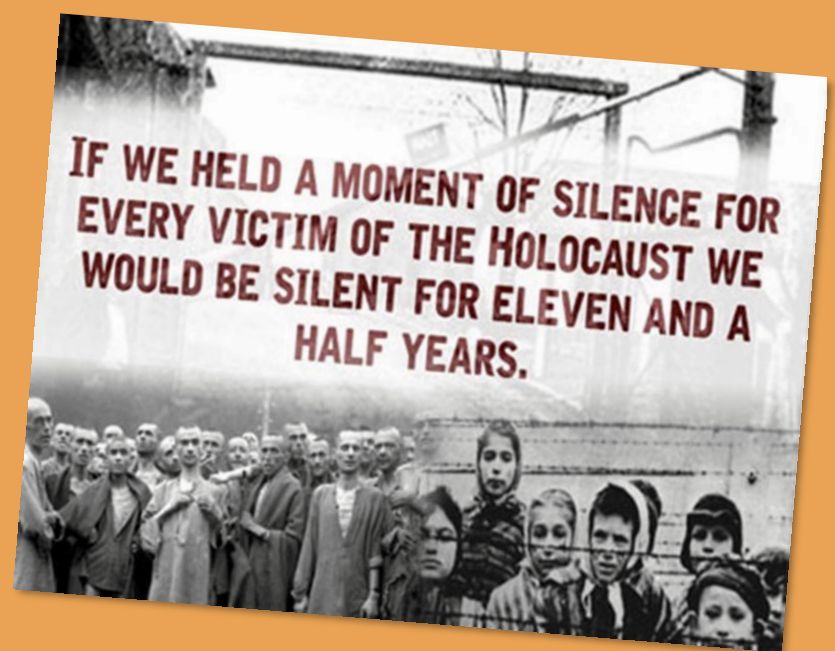


75TH ANNIVERSARY OF THE HOLOCAUST

This week all year groups have been attending assemblies remembering the Holocaust. This year's assemblies have had extra special significance as they are marking the 75th anniversary of the liberation of Auschwitz.

In each assembly Mr. Pugh, head of the history department, described to the pupils what the Russian soldiers found when they arrived at Auschwitz on the 27th January 1945. The students

were shown images of the only 7,000 survivors who were found in the camp. It was explained to all the students that in total more than 1.3 million people had been sent to Auschwitz and the horrors of what happened there and in other similar camps. Students heard about the selection process that took place on arrival at the camps, the brutal working conditions for those selected to enter the camp and finally the use of the gas chambers.



The students were given a brief explanation of why this horrific event occurred detailing why antisemitism has existed for the last 2,000 years and also how Hitler scapegoated the Jews and other minority groups for the economic problems caused by the Great Depression,

The assemblies ended with a quote from H. G Wells, "Our true nationality is mankind". Our key message to students was that no matter where a person comes from, whatever the colour of their skin or their religion they deserve to be treated with the respect and dignity that all humans should expect. The Holocaust is the ultimate example of what can happen in a society that allows hatred or intolerance to be accepted.

7



STUDENT FOCUS - JEMMA DAVIES

Jemma plays netball in her spare time so we asked Jemma the following questions.

Who do you play for?

Lancashire & Leyland. I play for two teams.

How many times a week do you play / train?

I train on Wednesday & Thursday nights for 2 hours and play matches on Sunday.

What position do you play?

I play either Goal Keeper or Goal Defence (I prefer Goal Defence).

How did you get in to playing netball?

My mum got me interested.

What do you enjoy about it?

Making new friends.

How long have you been playing?

I first went to training with my mum when I was 5 years old.

What else do you do in your spare time?

I love swimming.

What book are you reading at the moment?

The mysterious benedict society and the perilous journey by Trenton Lee Stewart.

What is your favourite subject at school and why?

PE because you are always active and computing because I like using computers.

8



GO GREEN DAY

in support of Manchester Children's Hospital

Friday 14th February 2020

Two lovely Ashton sisters, Kate (Y10) and Maia (Y7) Spavold have put their heads and hearts together and have organised a fund raising event on Friday 14th February, here at school.

The event is in support of Manchester Children's Hospital after Jacob - a bright and bubbly family friend lost his brave battle against cancer at the tender age of three!

Both Kate and Maia have pitched their idea to their respective year groups in PSHE this week and it has been an honour to listen to both girls courageously speaking from their heart. Form staff of Y8, Y9 and Y11 will deliver this message in form time this week in a bid to get the whole school on board.

Their mission is to raise as much money as possible to support the doctors and nurses who looked after Jacob throughout his short life and who continue to look after so many other children each day.

This is how you can support:

- Pay £1.00 to wear a single item of GREEN clothing with your school uniform next Friday
- Buy a cake from the home bake stand at break and lunch - all cakes 50P
- Buy a green ribbon badge for 50p on sale in magic breakfast and at break in the dining hall to show your support for the event
- Pay £1.00 at break or lunchtime to have your face decorated with glazed, green glitter so you can sparkle and shine till the end of the school day
- Do none of the above but make a donation to the cause!!!

So come on everyone, let's get behind Maia and Kate and show our support.

The final tally of funds raised will be announced at the end of the school day.

We are setting a target of £500 and beyond! Come on team Ashton - we can do it!

MATHS CHALLENGE

If it were two hours later, it would be half as long until midnight as it would be if it were an hour later.

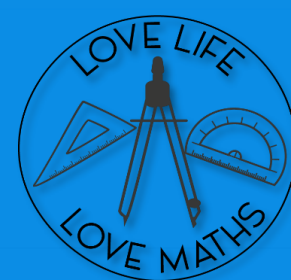


What time is it now?

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

The solution to last week's puzzle – 83%


Well done if you got it right!



9



REVISION STRATEGIES - POST-IT NOTES



POST IT NOTES CAN BE USED IN LOTS OF
CREATIVE WAYS
TO REALLY HELP YOU WITH YOUR REVISION

1. Write difficult to remember, facts, quotes or formulae on different coloured notes.
Stick them where you'll see them e.g. around the bathroom mirror or on the back of the bathroom door.
2. Use post-its for look, cover, say, write on your revision notes or revision posters
3. Test your sequencing using post-it notes e.g. the correct order for a process in science or geography e.g. mitosis or the formation of a stack
4. Use your post-its to create a mind-map. Write down what you know about a topic on post-its.
Then arrange them on a wall or large piece of paper to explore your ideas.
5. You can even use sticky notes to practice making essay-plans. Take the notes from your mind-map, or create new ones to play around with the order of your points (more detail in the video).
6. Marking your textbooks to keep track of important pages and information.

WORD OF THE WEEK

ANTI-

Definition: A prefix meaning: 'against; opposed to.'

Examples: The boy scratched his hand in the garden so his father cleaned it with an antibacterial wipe to keep it clean.

10



BRILLIANT CLUB GRADUATION



On the evening of Wednesday 5th February, 22 students from years 10 and 11, along with their parents, were invited to the Scholars' Club Graduation Ceremony at the University of Manchester. Each had been invited to take part in an extensive A Level research project resulting in them having to write a 2000 word essay, individually, on their findings. They were tutored during the process by PhD students from Sheffield University and UCLan.

The aim of the Scholars' Club is to introduce young people to university and show them that if they want to, they can achieve at a higher level and go to any university they choose. The evening was a real celebration of success and all the students were applauded on and off the stage to receive their awards, wearing a graduation mortar board!



The scholars program has really opened my eyes as to what studying at university could be like.

11



SCHOLARS AT WORK!

My topic was amino acids, and some of the things we learned are useful for things we're doing at GCSE level. We learned about the different amino acids and what they do and how they do it

The program has also confirmed for me that I want to go to university and I now see it as a big part of my future.

Many thanks to Mrs Long for keeping the students going through this arduous process and also to all the parents who attended the ceremony to cheer on their children. Most thanks must go to the students themselves for representing Ashton in such a positive light during the project and on the evening itself. They are a real credit to us all and should be very proud of their achievements.

It was quite challenging and took hours to do but at the end I was quite proud of it. I thoroughly enjoyed this programme as it taught me many things.

My group studied the project "How can maths and science help us understand LGBT health". I believe this topic helped me understand issues involving discrimination in the LGBT community and ways to try and prevent this.

I thoroughly enjoyed the Scholar's Club experience as it allowed me to learn new skills and improve the ones I already have. The Scholar's Club allows you to learn the degree of difficulty university work involves.

12



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 GCSE PE - LVT – Rm 17
Tuesday	Geography - DES - Rm 10	Triple Chemistry - SCN - Lab 4 Biology - NCO - Lab 3 English - CMY - Rm 35 Chemistry H - KCN - Lab 5 English -SKR - Rm 40 French - SBY - Rm 31	English - DMN - Rm 38 Higher 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 Maths - PGR - Rm 27 Food Tech - SBN - Rm 8
Wednesday	Higher Paper Maths - DWK - Lab 2	Chemistry - SWH - Lab 6 English - CMY - Rm 35 English - SKR - Rm 40 Maths - LMG - Rm 29 French - SBY - Rm 31	RE - ABW - Rm 34 History All - 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 English - NCY - Rm 35	Child Development - SBS - H4 BTEC Acting/Dance - SBS - H4 English - NCY - Rm 35 All Biology key concepts - SEL - Lab 0 Maths - HES - Rm 28 Creative Imedia - MAH - Rm 22 Geography - PWE - Rm 16
Friday	Physics - CWS - Lab 1 Geography - DES - Rm 10	English - CMY - Rm 35 Physics - CWS - Lab 1 Physics - NCO - Lab 3 Textiles - ABH - IN2 All History - MPS - Rm 30 English - NCY - Rm 35	Higher Maths - SFN - Rm 25

UCLAN HEALTH & MEDICINE VISIT

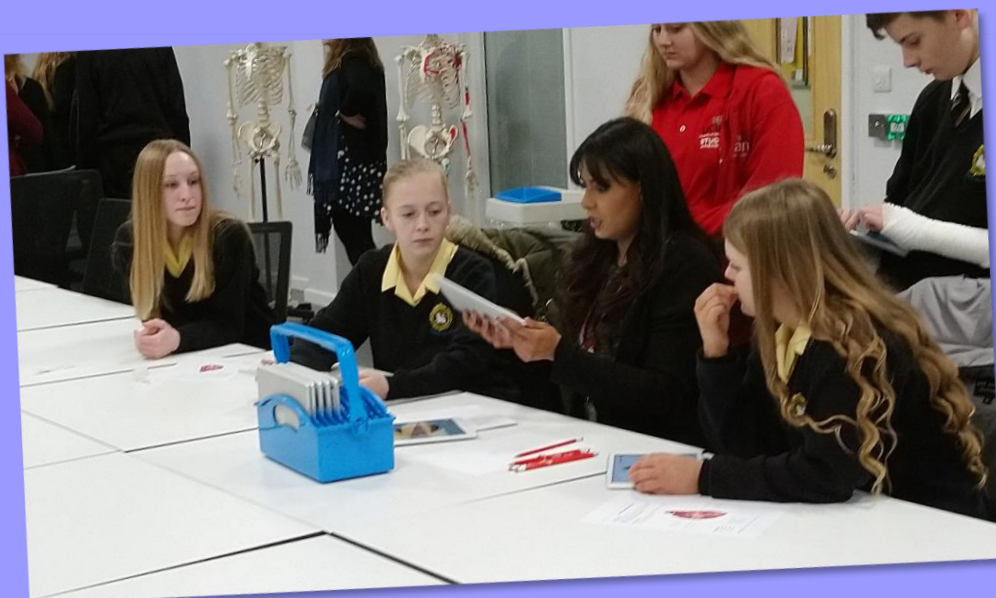
We visited different parts of the UCLAN campus and their Health and Medicine faculty. We took part in a lot of practical tasks and health related activities for example using the proper disposable tabs to take our temperatures and the real equipment to look at the oxygen levels in our blood. Taking our blood pressure and listening to our arteries with stethoscopes was really interesting.



Being shown how to bandage properly and then getting to practise bandaging each other was fun. Naming the major bones in the body and finding out the names of some of the smaller bones was tricky.



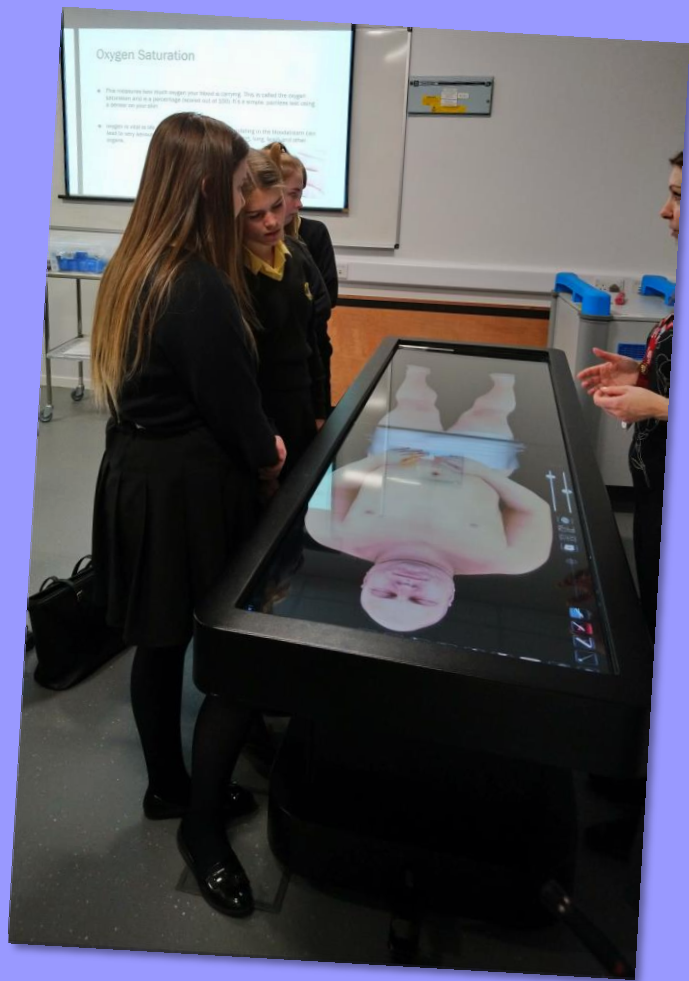
The augmented reality ipads were next, we were able to pick up a heart onto a digital screen and then rotate it to find the names of the parts of the heart. We got to keep the sheets for our revision which will help us remember.



In the afternoon session we looked at all the different types of roles within Healthcare and we matched job titles with descriptions. We learnt just how many people in different job roles are employed in the NHS and how their professionalism is important to us.



The best part of the day was the anatamage table. Being able to look inside a body is amazing and has inspired us to really look at health careers for our future.



It was a good trip and we enjoyed it a lot.



(Article written by Cody Thompson, Katie Derbyshire, Megan Slater, Laurissa Laurie, Mia Stitt, Olivia Hamilton).



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

MONDAY	TUESDAY	WEDNESDAY
<p><u>Before School (8am - 8.30am)</u></p> <p>Library Inspire building BMN</p> <p>Breakfast Club Dining Hall</p>	<p><u>Before School (8am - 8.30am)</u></p> <p>Library Inspire building BMN</p> <p>Breakfast Club Dining Hall</p>	<p><u>Before School (8am - 8.30am)</u></p> <p>Library Inspire building BMN</p> <p>Breakfast Club Dining Hall</p>
<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</p> <p>Computer Science Revision - Yr 10 & 11 Rm 23 MAH</p>	<p><u>Lunchtime (1pm)</u></p> <p>House Competitions Sports Hall LVT, EDP, 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>	<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>
<p><u>After School (3pm)</u></p> <p>Rugby Matches - Yr 7-11 TWG, TTR</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 MAH</p>	<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>	<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>

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

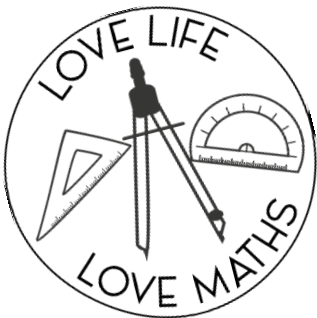
Arts & Crafts Yr 7-9
Rm 14
Yr 11 Heroes

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



WHAT'S YOUR CHILD EATING AT LUNCHTIME?



Week 2

10/02/20
-
14/02/20

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 Poo 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.



Week 1

24/02/20
-
28/02/20

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





SPORTS RESULTS - LAST WEEK

Sport	Year Group	Result	Opponents	Our Player of the Match
Basketball - Boys	7	Lost	Various	Joe Collinson & Jack Silcock
Football - Boys	11	Lost	Our Lady's Queen of Peace	Kieran Jones



Sport	Year Group	Result	Opponents	Our Player of the Match
Netball - Girls	7	Won	Broughton	Summer Walpole-Taylor
Netball - Girls	8	Won	Broughton	Jemma Davies

Next Weeks Fixtures - Boys

Basketball



Wed 12th Feb
Yr 7 vs Eden
Boys, Moor Park,
Christ the King &
St. Cecilia's

Football



No fixtures
this week

Rugby



Mon 10th Feb
Yr 8 vs
Archbishop &
Our Lady's

Next Weeks Fixtures - Girls

Football



No fixtures
this week

Netball



Mon 10th Feb
Yr 7 vs
St. Cecilia's

Mon 10th Feb
Yr 8 vs
St. Cecilia's

