

ASHTON HIGHLIGHTS

ISSUE

13

03 FEBRUARY
2020

SQUAD GOALS



On Monday, we welcomed Altura Drama group into school to deliver a performance to year 7 and 8 pupils about the importance of talking about mental health with others.

Squad Goals was developed in 2018 and 2019 in response to the increasing need for mental health support in children and young people. Altura Drama CIC developed the new performance in partnership with State of Mind Sport. They conducted research, through workshops with young people, and developed the final product by working with creative professionals and the support and guidance of experienced mental health professionals.

The play used sport as a vehicle to explore the impact a major life event has on someone's mental health and wellbeing. This then drives smaller stories throughout which explore anxiety, body image, self-harm, teenage pressures (including school and social media) and suicide - all issues which commonly affect the mental health of our young people.

The aim was to highlight that none of us are alone in feeling these pressures and emotions and also to reassure our students that help is in abundance at school, with friends, at home and beyond!

Upcoming Events:



5TH FEBRUARY

Year 11 Mock results

12TH FEBRUARY

Year 7 & 8 data capture
available on Insight

13TH FEBRUARY

Year 11 Parents' Evening 2
(5:15pm – 6:00pm)

14TH -17TH FEBRUARY

Half Term

26TH FEBRUARY

Maths Day

w/c 2ND MARCH

National Careers Week



The main character – ‘Jamie’ – suffers an injury which ends his promising rugby career. This leaves him feeling down and depressed. Sadly, he doesn’t talk to anyone about how he feels. Jamie’s story ends with him taking his own life, and the young audience hear about the impact of this action on those who loved him - emphasising the importance for all people, young and old to open up about their current feelings relating to their mental health.



‘I love sport and it made me realise that I love it because it makes me happy and gives me something to focus on.’
 Jemma, Year 8

‘The performance was very thought provoking and I’m sure the year 7 and year 8 students took the important message on board’ Mr Waring

‘I hadn’t really thought about all the time I spend playing football is actually a great way to also chat with my mates.’ Connor, Year 7



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YEAR 9 OPTIONS

Calling all Year 9 Students, please make sure you have completed and returned your option choices form to Mrs Hoyle by Wednesday 12th February 2020.

WONDERFUL WEDNESDAY



There were 13 wonderful Wednesday nominations this week, 2 students were awarded their running club 10 badge, Kaitlin was recognised for encouraging others to pick up their litter and the remaining 10 have all excelled in our humanities subjects.

YEAR 11 MOCK EXAM RESULTS EVENING

Come and collect your latest mock exam results at our information evening on Wednesday 5th February at 5:15pm. There will be a brief presentation beginning at 5.30pm during which we will outline the next steps that students need to take as well as sharing some practical strategies for revision.

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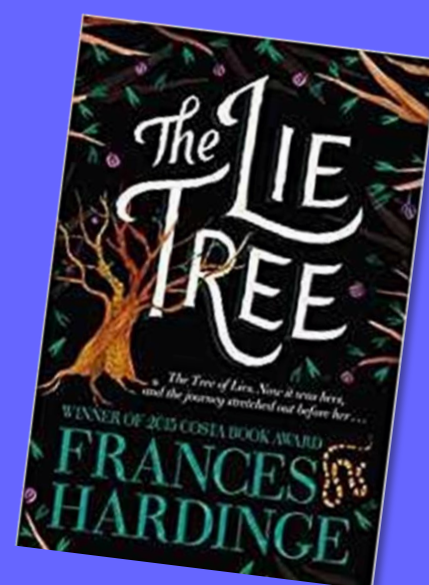


THIS WEEK'S RECOMMENDED READ!

The Lie Tree is a wonderfully evocative and atmospheric novel by Frances Hardinge, award-winning author of Cuckoo Song and Fly By Night.

Faith's father has been found dead under mysterious circumstances, and as she is searching through his belongings for clues she discovers a strange tree. The tree only grows healthy and bears fruit if you whisper a lie to it. The fruit of the tree, when eaten, will deliver a hidden truth to the person who consumes it. The bigger the lie, the more people who believe it, the bigger the truth that is uncovered.

The girl realizes that she is good at lying and that the tree might hold the key to her father's murder, so she begins to spread untruths far and wide across her small island community. But as her tales spiral out of control, she discovers that where lies seduce, truths shatter.



ASHTON ALUMNI - BETHANY WHITEHEAD

When did you leave Ashton?

I left in 2016

What are you doing now?

I am a tattoo artist based in Preston

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

For my job I needed good GCSEs in maths, science and English as well as all creative medias. Also a good A level in art!

Can you offer any advice to our students?

My advice is, if you want to be something there is nothing stopping you other than yourself. Work on yourself always! You can achieve anything if you put a healthy frame of mind to it! And always stay strong towards your goal!



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HOUSE CHAMPIONSHIP SYSTEM



1st place - 5849



2nd place - 5811



3rd place - 5325

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 - 5276



5th place - 4884



6th place - 4544

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

Kaitlyn Marsden
Archie Platt

Year 8

Chloe Ainsworth
Jess Kurjan
Ferdinand Nneji
Ethan Skerritt-Cousins
Marty Vickers

Year 9

Sam Eames

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INTRODUCING OUR STAFF ...

What's your job role in school?

I am a senior leader, careers leader and physics teacher. I also do some work for the Science Learning Partnership and the Royal Academy of Engineering.

What did you do before you started working at Ashton?

Immediately before starting at Ashton I was Head of Physics and Assistant Head of Year 10 at Chase Terrace High School in Staffordshire. I graduated as a Mechanical Engineer and worked in industry after University for several years, eventually ending up as a Factory Manager in a place called Liphook in Hampshire. I eventually fell out of love with industry and after several other jobs including gardening for the Lord Mayor of Kettering and managing a Wine Bar in Llangollen, North Wales I decided to train as a science teacher. I've never looked back!

What is the best thing about working at Ashton?

it is that Ashton is truly a supportive family. Staff and students get on very well and the atmosphere in the school is very conducive to positive relationships. Students are very tolerant of each other and represent the school amazingly when visitors are in school or when they are on visits.

Describe Ashton in 3 words.

Impossible to leave!

What book are you currently reading?

At present I am reading Streets of Darkness by A A Dhand, Blue Moon by Lee Child, Skeleton Road by Val McDermid, A History of Britain by Simon Sharma and The Dead Sea Scrolls Lectures by Gary A Rendsburg.



Mr Wallis

What's your job role in school?

Preston School Games Organiser and Duke of Edinburgh Coordinator

What did you do before you started working at Ashton?

Went to Broughton High School

What is the best thing about working at Ashton?

The wonderful staff, great students and continuous energy.

Describe Ashton in 3 words.

Welcoming, supportive and passionate.

What book are you currently reading?

I'm not currently reading, I prefer podcasts.



Miss Ascroft





Mr Fern



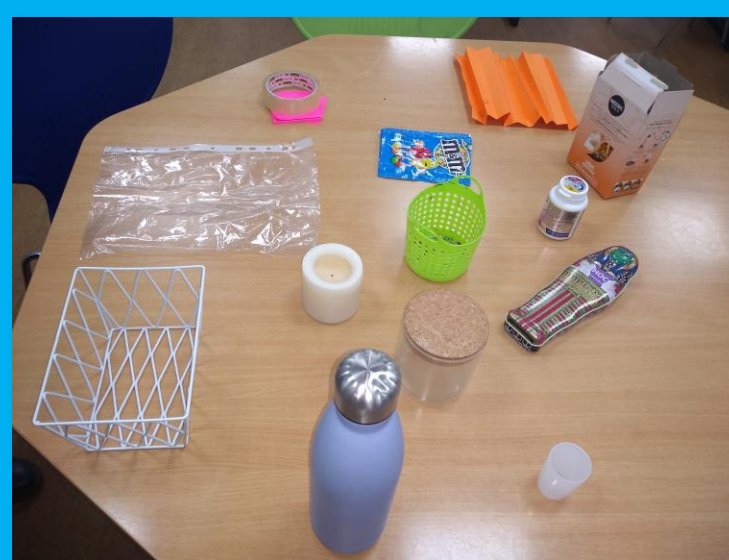
Miss Borwick

TASK MASTER - TASK 2 AND 3

Task 2 saw competitors saying the alphabet backwards against the clock. Sounds easy but if they made a mistake they had to start all over again as the timer continued to run. Results showed a huge range of scores from 14 seconds to 14 minutes. The winner of this task was David Rushton who is confidently still leading the leader board.

This week's task saw students and staff choosing an object from the table and filling the object with exactly 57.5 grams of rice using the power of guessing. Unfortunately none of the competitors were that close but everyone gave it a good go.

Task 4 is on show my homework now for those who have attempted any of the series 2 tasks. If this isn't you and you want to be in the club please speak to Mr Fern/Miss Borwick or Miss Evans and we will add you to our mailing list. More and more of you are joining (including staff) and this is great! Open to anyone/any year.



ARTIST OF THE WEEK ...



Kyle Mercer, year 8 used a variety of techniques to produce this creative piece of work.

The answer to the Icon in last week's newsletter is Eminem.

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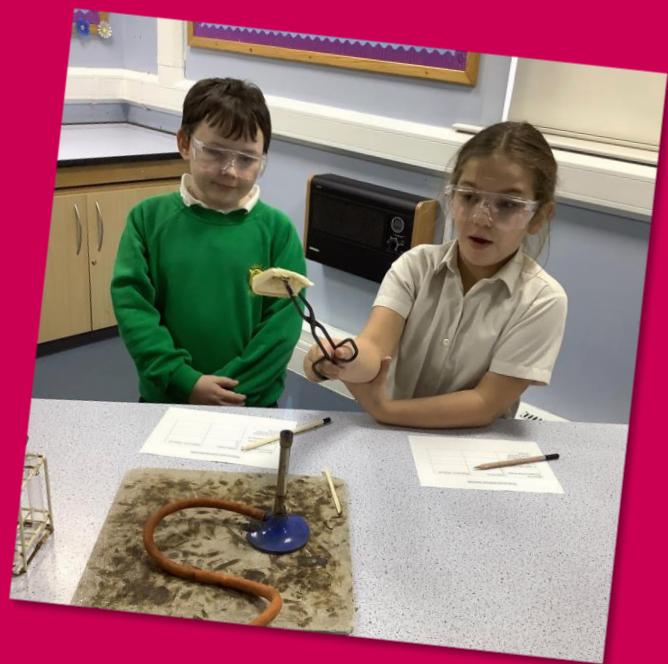
YEAR 4 SCIENCE

Year 4 pupils from Lea Community Primary School have been visiting us on Friday mornings to complete some sessions in Science.



They have been working with Mrs Ethell on a range of topics including:-

- extracting salt from rock salt (using bunsen burners)
- physical & chemical change (using bunsen burners)
- sound
- light (ray boxes, power packs).
- forces (100g masses, bowls of water).
- scientific invention (using bunsen burners).



This week they further developed their practical skills to identify if the changes they observed were physical changes of state or actual chemical reactions where new products were formed.



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 29th June - Friday 3rd 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 or 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 29th June - Friday 3rd 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.

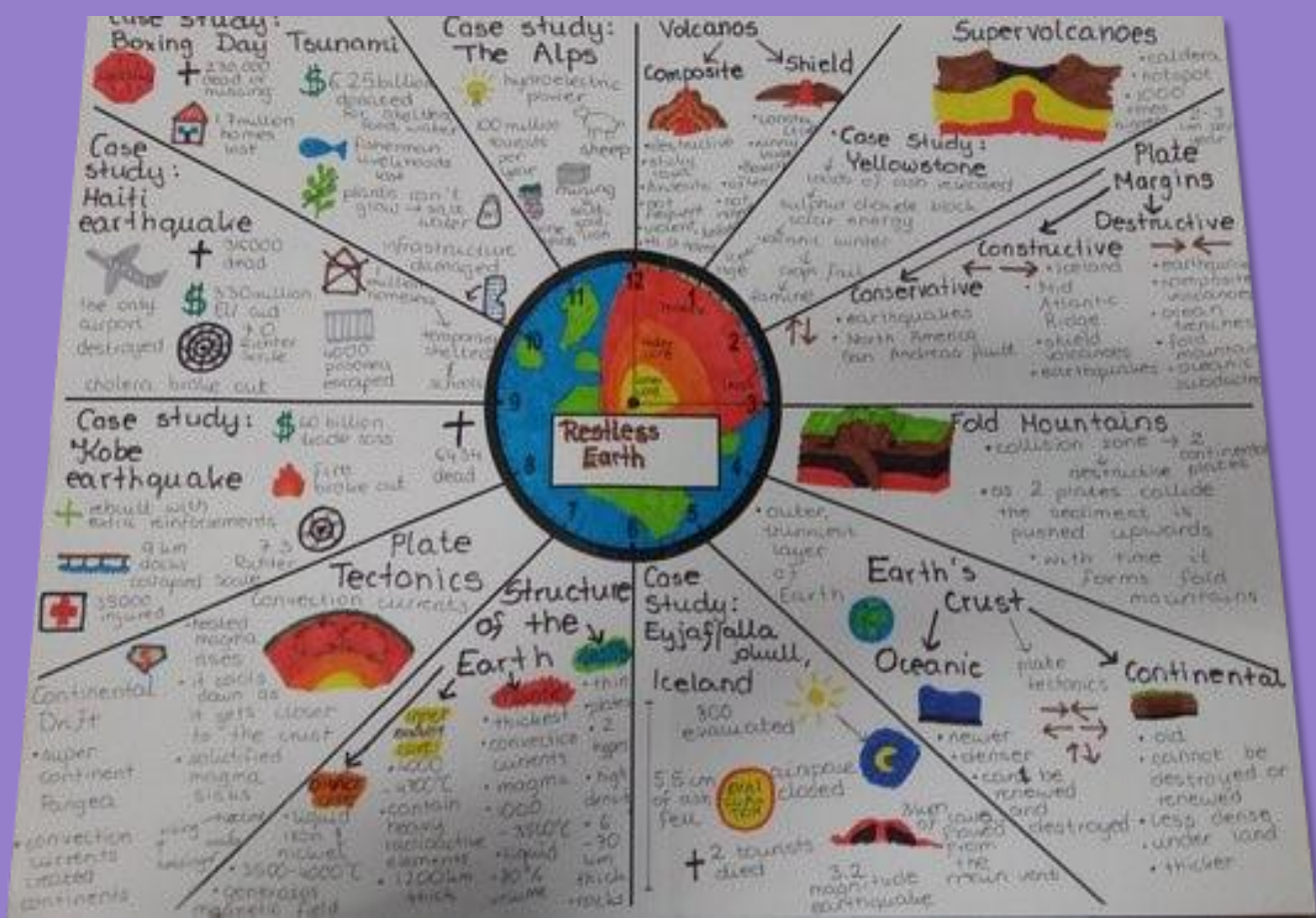
Please discuss with your child what sort of a placement they would be most interested in and encourage them to be proactive in finding their own placement. Networking is a vital skill in securing a job and therefore the more practice students have using and expanding their networks from an early age 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 or by contacting main reception on 01772 513002.



REVISION STRATEGIES - REVISION CLOCKS

The purpose of this activity is to give you a selected amount of time, usually five minutes, to focus on one aspect/topic/key word then move onto another. This should create a bit of a challenge. It is a good way to recap on previous learning. Again, highlighters can be used or diagrams included depending on the topic but this activity can be used across subjects. There are plenty of examples that can be seen if you search Revision Clocks.



WORD OF THE WEEK FACTOR

Definition 1: A circumstance, fact, or influence that contributes to a result.

Example: "Her skill was a primary factor in ensuring that the team reached the final of the tournament."

Definition 2: A number or quantity that when multiplied with another produces a given number or expression.

Example: "1, 2, 3 and 6 are all factors of 6."

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INTERVIEW MASTERCLASS

On the afternoon of Wednesday 29th January all of our year 11 students were given an individual mock interview by representatives of local businesses. This is just one event, organised by Mrs Long, to give our students the best possible chance of a really successful future.

16 "scary adults", as one of the students described them, were sat at tables in the dining hall and each gave eight of our students at least a 15 minute interview, several went on for longer and some serious discussions took place.

The students were a real credit to us all. Most were very nervous and unsure before the interview but they all took the whole occasion very seriously.



The mood of students after the interview was very different. Most found it a really worthwhile experience, many described it as the first occasion they had to behave like an adult and others just said they thoroughly enjoyed it. The interviewers worked very hard to put the students at their ease so they could relax and give the best account of themselves.

Afterwards the interviewers were full of praise for all our students, they told us how well prepared most were and how polite and respectful they were. Much better than most schools. One even said they were all better than most adults she interviews.

The students were graded Gold, Silver or Bronze for their interview and out of 125 interviews, 71 were awarded Gold. Very impressive!

I personally was very proud of all of them, they showed Ashton Community Science College off in a very positive light. A huge thanks to the fantastic team of interviewers who worked so hard on the students' behalf.

It was good to get feedback and suggestions on what else I should have answered in the questions. I enjoyed it and it was really helpful too.

It was intense, but I've definitely learnt a lot from it. I've got my college interview date so now I really feel prepared for it.

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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

ENVIRONMENTAL PERFORMANCE

On Thursday 30th January all year sevens were treated to a live performance from a small group of touring actors, which was aptly named - "Think B4 U Flush"

The performance has been commissioned by United Utilities with the aim of educating children (and staff too) of the damage caused by flushing non degradable items down the loo!

We were informed of the damage caused by products - in particular the modern wet wipe, cleaning wipes and sanitary products, when they are not disposed of in the bin. Students turned their noses up (and quite rightly) at the unsightly "Fatbergs" that form in our sewer systems when products cannot be broken down.

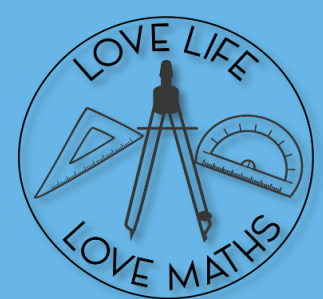


The performance was amusing but extremely informative and ended with all Y7 making a pledge that they will never flush anything other than paper down the loo again!!!

In addition to this, students have been challenged to become master "VLOGGERS" by creating their own short video performance, informing everyone to become the environmentally-friendly flushers of the future!

We can't wait to see what they produce - good luck to all film-makers!

MATHS CHALLENGE



In a factory the ratio of men to women is 2:3.

The ratio of right handed men to left handed men is 7:3.

The ratio of right handed women to left handed women is 11:1.

What proportion of the people working in the factory are right handed?

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

The solution to last week's puzzle – 7 Crossings

Well done if you got it right!

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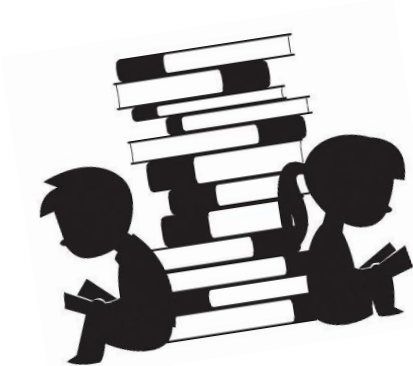
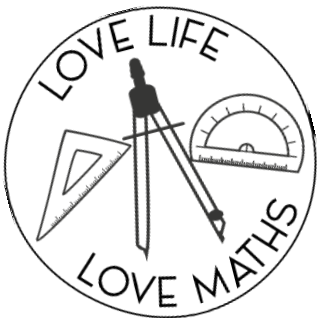


STUDY SUPPORT CLUBS - SCAMPs - SPRING 2020 (Mon-Wed)

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
<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



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WHAT'S YOUR CHILD EATING AT LUNCHTIME?



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.

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 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 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.

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





PRIMARY DANCE FESTIVAL

On Friday 31st January Ashton Community Science College hosted the annual KS2 Primary School Games Dance competition.

Over 300 performers participated from: Queens Drive, St Pius X, St Maria Goretti, St Josephs, St Andrews, Holy Family, St Matthews, Broughton, Longsands, St Clare's, Sherwood, Grange, Whitechapel, St Anthony's, Our Lady's and Kennington.



All routines were choreographed by schools with the current theme; exploring Tokyo in mind. This subject encouraged schools to explore the adventuring through Tokyo's rich oriental culture and it's technological 'explosion', whilst encouraging the exploration of the core concept of the Tokyo 2020 Olympic Games - "Connecting to Tomorrow - Passing on the legacy for the future".

Performers from year 7 have been practising weekly to open the event and support as young leaders throughout the afternoon competition. This was a great opportunity for our year 7 dancers to develop leadership skills such as organisation, communication and teamwork as well as helping build their confidence and self-esteem as they take on responsibility of leading their peers and young children. They each proudly represented Ashton CSC and demonstrated professional and mature behaviour.



SPORTS RESULTS - LAST WEEK

Sport	Year Group	Result	Opponents	Our Player of the Match
Rugby - Boys	7	Lost	Archbishop	Cameron Lupton
Rugby - Boys	7	Lost	Our Lady's	Cameron Lupton



Sport	Year Group	Result	Opponents	Our Player of the Match
Netball - Girls	7	Won	Fulwood	Imani Silcock-Pond
Netball - Girls	8	Won	Fulwood	Ebony Moore

Next Weeks Fixtures - Boys

Basketball



Wed 5th Feb
Yr 7 vs Eden
Boys, St Cecilia's
& Moor Park

Football



Tues 4th Feb
Yr 11 vs Our Lady's
Queen of Peace

Rugby



Mon 3rd Feb
Yr 9 vs
Archbishop &
Our Lady's

Next Weeks Fixtures - Girls

Football



No fixtures
this week

Netball



Tues 4th Feb
Yr 7 vs
Broughton

Tues 4th Feb
Yr 8 vs
Broughton

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