



10A Class Newsletter
Autumn



Our Theme
My Life

Healthy Living (ASDAN)

This is our introductory module to our ASDAN accreditation. We will be focusing on how to look after ourselves and look to understand the difference between making healthy and unhealthy choices. We will cover aspects of personal hygiene, sleep, healthy eating and exercise, some of which will be taught cross curricular i.e. through food tech and P.E. Learners will participate in a programme to improve their health, and this will be diarised by the learners to record improvement over time.

Maths

Learners will begin to work towards their year 11 qualification. This term's focus strands will be shape, measure and of course number.

We will also be using our maths skills during community visits in Chorley town centre.

English

Learners will begin to work towards their year 11 functional English qualification. As Sharing Information is our Literacy theme, we will be learning about different ways to communicate with our friends and family e.g. email, letters, video calls etc. We will also be practising our communication skills whilst active in the community and through targeted intervention sessions. In writing, learners will be learning about diaries and creating their own to support our ASDAN Healthy Living Module.

Reading

Everyone in class will access reading in a way that is suitable for them.

English reading, and communication skills will be made real within our community visits in Chorley town centre.

Reading packs will be sent home which include reading for interest books as well as comprehension work to support your child's understanding of what they are reading. Please listen to your child read at home where possible and record this in their reading record.

Making the Most of Leisure Time (ASDAN)

During Autumn 2, we will begin to look at this second ASDAN module. We will be understanding what we enjoy doing in free time and looking at things that we might like to try. Learners will research the local community to find out what is on offer and gather important information for groups, classes, events etc, that they might be interested in.



Duke of Edinburgh

In Year 10 we will begin our Duke of Edinburgh Bronze Award. This includes four areas that we will be covering: Physical, Volunteering, Skills, and Expedition.

The final part of the module is to participate and for this we will be using our Residential at Bendrigg.

In Autumn term, we begin with our physical element which we will complete this term during our swimming sessions and accessing the gym in Autumn 2.

Our visit to Bendrigg Trust in December will cover the Expedition part of the bronze award – more information to follow regarding the residential.

Thrive and Leading a Healthy Lifestyle

Learners are learning all about how a healthy body makes a healthy mind, looking at the relationships between how we care for our bodies and how this affects our mood. We are also learning how to recognise more complex emotions using the zones of regulation, learning new vocabulary, how other people's mood affects us and how unexpected things can affect how we feel.

We will also be beginning to look at the Thrive Approach.

Using a positive relational stance with children, through play, creativity and the arts, the Thrive Approach helps them make the most of their learning opportunities. Seizing these, and meeting developmental needs at the right-time, can help pupils become more resilient, open to learning and able to thrive.

Going forward, Thrive will become ingrained in the Astley Park School ethos.

Vocational and Life Skills & Independent Living / Careers

Where it is meaningful, learners will be offered a careers aspirations interview towards the end of this term. This will help us to determine your child's specific interests and therefore enable us to put together a bespoke programme to introduce them to the world of work. This may include some work placed visit/experience programmes. Learners will learn about essential skills and qualities and what strengths they already possess. This theme will run throughout KS4 in readiness for moving onto post-16.

We have already introduced our breakfast station and we will be using the kitchen during our food tech sessions. Learners will be encouraged to undertake all aspects of kitchen management, including cleaning up! If not already, please encourage your child to take on some responsibility at home i.e. a job that they complete daily, such as washing up or emptying the dishwasher. This will help support them learning about responsibility, staying healthy, and keeping safe.

Science with Mrs Fisher

This term's topic is My Body. To further support our theme of My Life, we will be looking at the human body and some of the different processes of the human body. We will be looking at the senses, how we breathe and how our heart works. We will be looking at the skeleton and how our muscles help us move. This will link back to our healthy living module with regards to how we keep ourselves fit and healthy. This also supports our PSHE as we will also look at some of the harmful aspects we cause when we make poor health choices such the effects of smoking/vaping etc, eating too much of the wrong kind of food etc.

ICT / Online Safety

We will continue to practice our digital skills this half term by moving, storing, and retrieving information from different apps. We will be practicing communicating with each other using school restricted Email programmes. We will continue to look at social media and our online presence to ensure that your children are clear on how to use social media safely and how to respect others when communicating with others.

Sports/ Healthy Lifestyle

We are swimming at Hindley Pool on a Wednesday morning during Autumn 1.

We will be visiting the Gym at All Seasons on Thursday afternoons during Autumn 2. Our aim is to walk if the weather is on our side.

At the gym, students will learn how to use the different pieces of equipment, record their baseline fitness, and monitor their improvements in performance on each machine.

Learners should wear sportswear to attend school on Thursday's this half term (see below)

Managing Social Relationships (ASDAN)

In promoting our communication with speaking and listening and working towards our functional English, we will also work towards this ASDAN module which focuses on learners' understanding what a good communication looks like. We will be practicing this through watching others in discussion and practicing discussion of different topics in small groups. This will be taught discreetly and through targeted sessions such as Lego Therapy.

Things to remember.

- ✓ Please send your child in with £5 weekly, to pay for cooking ingredients and snack.
- ✓ Swimming is on a Wednesday morning. Please ensure your child has their swimming kit in school, along with shower gel and deodorant.
- ✓ Please make sure that your child always has a suitable coat. We will be visiting various community facilities regardless of the weather.
- ✓ Parents Evening will take place on Wednesday 16th October 2024. More details to follow.
- ✓ We will be holding a College Information evening on Wednesday 25th September 4-5pm in the school hall. Please attend, if at all possible, as we will give you information on colleges in the local area that support post-16 foundation learning. This is open to all parents/carers of learners in yrs 9-11.
- ✓ Friday 18th October – Staff inset day and school will be closed.
- ✓ Halloween Disco - Tuesday 29th October 2024. Funds from this event go towards supporting the year 11 prom.

Home-School Communication

Home-school communication is important to us and helps us to support your child the best that we can.

Here are some different ways to stay connected...

- ✓ Emailing myself – benthamc@astleypark.lancs.sch.uk
- ✓ Coming into school for parents evening and sharing our learning sessions
- ✓ Commenting on your child's Evidence for Learning posts
- ✓ Reading and commenting on the weekly blog