## NEWSLETTER

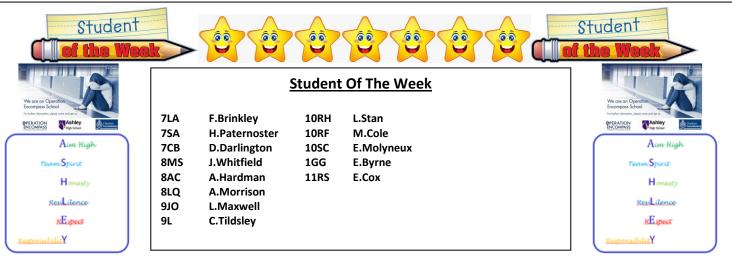


## 31<sup>st</sup> March 2025

**Resilience Honesty Respect** 

Responsibility

Aim High Team Spirit



## Ashley Action!

8LQ is putting their practical learning into action! They've established 'Snack Junction,' a student-run food stall that will be open every Wednesday break time.

The back of the school and the Forest School area are looking much improved thanks to the hard work of our gardening students. Well done to all for their excellent tidy up!

<u>7SA Pizza</u> Through a creative project, Year 7 students both prepared individual pizzas and designed their unique pizza boxes in Food Technology. Well done to everybody!

**<u>BLO</u>** have been testing their knowledge of rules and laws. Well done to Max who achieved the highest score, correctly identifying 41 rules and laws in one minute!

Halton Health Improvement Team Healthy Eating & Alcohol Awareness Students from 7SA have been learning about healthy eating and how this will benefit them throughout their lives. Students looked at: Food Groups: Understanding the different food groups (fruits, vegetables, grains, proteins, dairy) and their importance and learning about recommended serving sizes and proportions. Students also covered the subject of Alcohol Awareness and tried on special goggles that distort vision, alter depth perception and affect balance and coordination, mimicking the effects of being under the influence of alcohol.

Year 11 Cyber Security Sci-Tech Daresbury and the Youth Fed Digital Centre delivered our Year 11 students cyber security education, including workshops and simulations in a Security Operations Centre (SOC) based in Daresbury, focusing on online safety and cyber skills. Topics covered were: Keeping safe and aware online, Cybersecurity threats and their impact, Security considerations in daily online interactions, Cybersecurity careers and opportunities, Phishing, vishing, smishing, malware, hacking, and cyber-attacks, Digital self-care and how to be a content creator,

podcaster, vlogger, etc.



Hoping everyone at school has a relaxing and Hoppy Easter break!

## **Skills Builder Challenge – Aiming High**

Think of two or three tasks you have completed successfully in the last few weeks. How did you know you were successful? What did it feel like when you succeeded? Did you take time to recognise and celebrate your success? How does it feel now when you are thinking about it? Over the next week try and take the time to recognise your successes (no matter how small they may seem). You might try just stopping for a moment and feeling proud of what you have achieved.

