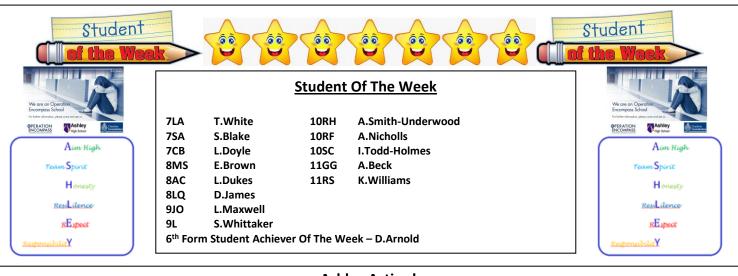
## **N**EWSLETTER



## 23<sup>rd</sup> September 2024

Resilience Honesty Respect Responsibility Aim High Team Spirit



## **Ashley Action!**

<u>Practical Learning</u> 8LQ and 8MS have begun producing their own Papier Mache piggy banks. Students could express themselves artistically and imaginatively as well as improve their fine motor skills and cognitive abilities. We'll update you on their final outcomes. Excellent work Year 8!

<u>Fairtrade: Making Banana Bread</u> 8MS have continued in their Fairtrade mission and have selected the correct ingredients and equipment and worked in teams to make delicious and tasty banana bread.

<u>Snack Bar</u>8AC has taken pleasure in creating and providing students with food at the school's snack bar. Students prepared a variety of hot and cold snacks to serve and if you happen to be your class's Student of the Week, you get your food for free!

<u>Pitta pizzas</u> were prepared and produced by students in year 7. Students have demonstrated independence, confidence and technique while creating these pizzas. They have also improved their fine motor skills by learning how to read a recipe and cutting up vegetables for their toppings. <a href="Mailto:Gardening">Gardening</a> Year 11 has assessed and planned a tidy-up of the garden area at the back of the school as part of their gardening course. Students removed weeds, brushed, disposed of rubbish and kept the area looking clean and tidy. Students who show a passion for plants and our natural world can improve their: Physical and mental wellbeing; Understanding of the environment and sustainability; Confidence and self-esteem; Teamwork and communication skills; and Literacy and numeracy skills.

<u>Weekly Class Attendance Winners</u> All three winners—8AC, 10SC and 10RH—had perfect attendance. Everybody received a £10 prize. Five of which will be used for their class party at the end of the year and the remaining £5 will be donated to a charity of their choice.





## Skills Builder Challenge - Staying Positive

Affirmations are positive statements that can help people feel better when they are having negative thoughts or are feeling negative emotions. Think about a challenge that you are facing and write down five affirmations (positive statements) that help you to think about this challenge positively. Your statements (or affirmations) can help you stay positive more generally and can be as simple as: 'I can do hard things' or 'I am a good friend'. You should: Write down your affirmations. Say your affirmations aloud to yourself or a friend or a family member.



Everything is possible



Everything is possible



Everything is possible



Everything is possible















