

# NEWSLETTER

20<sup>th</sup> December 2021

## Ashley Awards

### Credit Winners

7LA	R.Warburton/C.Stokes-Wright
7SA	I.Todd
8MS	M.Ward
8JO	L.McBirnie
8RF	E.Parry
9AK	R.Thompson
9KD	C.Boow/J.Churchill/R.Connolly
10L	Oliver Craig
10GG	L.Burke
11RS	B.Finn
11LQ	No Credit Winner

### Students of the Week

R.Warburton
B.Moss
No Student Of The Week
L.McBirnie
C.Burrows
R.Thompson
C.Boow
D.Pierce
No Student Of The Week
No Student Of The Week
D.Southern

Class  
Of the  
Week

**9KD**



## Ashley Action!

**Another great assessment** for two students doing their Home Cooking Skills qualification. Students have made Oreo Cheesecake bars and a Greek Feta salad. Both dishes looked delicious!

**7LA** have started doing 'Fit Friday' sessions. Students have learnt about ways to keep fit and healthy. Last week's session was Yoga! Yoga can help students manage their anxiety, improve their emotional regulation, boost self-esteem, increase body awareness and mindfulness, enhance concentration and memory and develop strength and flexibility

**Preparing for Adulthood** Students task this week was to prepare a quick snack using eggs. Students made scrambled egg, poached egg and fried egg on toast. Students have learnt that eggs are quick to prepare, cheap and healthy to eat.

**Well done** to this terms Skillsbuilder winners: Caden in Year 9 and Niall in Year 11 for 'Staying Positive'.



**The students and staff** at Ashley High School wish you a very Merry Christmas and a Happy, Safe and Healthy New Year. School returns Wednesday 5<sup>th</sup> January 2022.



## Skills Challenge – Teamwork

Work with your family this week to get any household chores done together. Draw up a plan of action so that everyone knows what chores they need to do. Talk to each other about how you can get your chores done quickly (and well) so that you can then enjoy relaxing together.



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