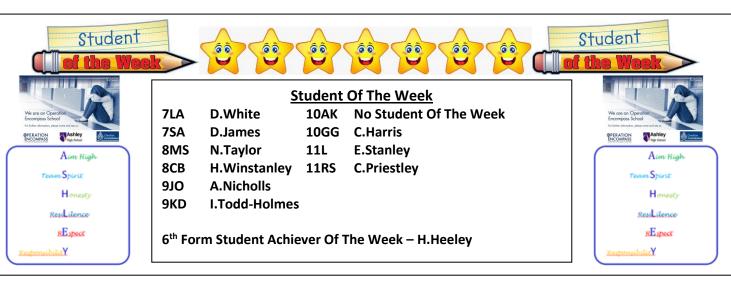
## **N**EWSLETTER



## 5<sup>th</sup> February 2024

Resilience Honesty Respect Responsibility Aim High Team Spirit



## Ashley Action!

<u>Wellbeing Week 5th–9th February</u> provides young people with knowledge, skills and tools to manage their own mental health and wellbeing. This week the activities students will have taken part in are Yoga, Mental Health Awareness, Healthy Eating, Multisport LFC and Sound Bath, which is a meditative experience.

<u>Wind Chimes</u> Year 8 students have been creative in their Practical Learning lessons and created some fantastic wind chimes out of old CDs!

<u>Chameleon Music Quartet</u> Congratulations to Year 7 for beginning their music workshop with the Chameleon Quartet! Everyone performed incredibly well and we're excited to see what we can accomplish over the next few weeks!

<u>Random Acts of Kindness</u> The selfless and compassionate acts of students at our school have spread cheer and raised much needed awareness for those who need it most. Nathan and Ryan in Year 11 visited Naughton Fields Supported Living to meet some residents and surprise them with a small gift!

<u>Spaghetti Carbonara</u> Year 9 students have planned, prepared and cooked delicious carbonara in their Food Technology lesson. Students could peel and crush garlic, slice pancetta and boil their pasta 'al dente' to create a tasty pasta dish. Buon Appetito!



## Skills Builder Challenge - Problem Solving

Imagine that you need to plan a fun activity for a group of people that you've never met before. It can be any type of activity, just something that you think everyone would enjoy! What information could you use to help plan this activity? What questions could you ask to help you plan the activity?

