





# NEWSLETTER

27<sup>th</sup> January 2025









Aim High

Team Spirit

Honesty

Resilience


Respect

Responsibility

### Student Of The Week

7LA	G.Copley	10RH	A.Smith-Underwood
7SA	J.Scales	10RF	A.Nicholls
7CB	L.Doyle	10SC	I.Todd-Holmes
8MS	D.White	11GG	A.Beck
8AC	R.Pilling	11RS	M.McDonald
8LQ	A.Heaps		
9JO	M.Pierce		
9L	J.Helps		

6<sup>th</sup> Form Student Achiever Of The Week – S.King



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### Ashley Action!

**Independent Travel Training** 10RH has worked in groups to identify what makes a safe journey. Students looked at pictures of safe travel and arranged them in what they thought was the safest order for travel.

**Preparing a healthy meal** 8MS have chosen ingredients for a nutritious stir-fry and have thought about how to use the five sections of the Eatwell plate—carbohydrates, protein, vegetables, dairy and fats—in their dish.

**7CB** has prepared a hot sandwich as a snack. Students demonstrated their cutting, grating, peeling, and spreading skills.

**Acorn Farm** 9JO have been on their 2nd trip as part of their Practical Learning lessons and have visited Acorn Farm. Acorn Farm is an award-winning, family-friendly attraction in Kirkby, Merseyside. They have a wide range of animals, many of which you can feed and stroke. Animals include sheep, cows, goats, pigs, horses and chickens, small animals such as rabbits and guinea pigs and even meerkats!

**Home Cooking Skills** Leon in Year 10 has prepared and made his first course of the Italian classic – Lasagne. The basic principle is layering pasta sheets, a tomato filling and white/ cheese sauce. The filling is usually mince with a tomato sauce and veg, but you can use various substitutes to suit your taste.

**Health Improvement Team** have obtained additional funds to keep providing gym passes to Halton's most vulnerable youth. The app, which includes a real health and wellness coach, is available to all youths between the ages of 13 and 25. Additionally, they will receive customised health education to help them make healthier decisions. Go to the app store and look up Halton Fresh Start. To begin, enter the code healthy-halton.



### Skills Builder Challenge – Problem Solving

Imagine you are asked to design a community garden. There is a limited amount of space, and you need to decide what sort of plants you would like to grow. For example, what colour are the plants? Would you like to grow fruit and vegetables? Do you want to include any other features in your garden? Draw a picture of your community garden.

