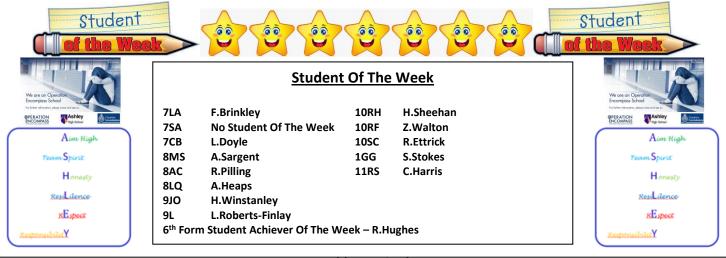
NEWSLETTER



6th May 2025

Resilience Honesty Respect Responsibility Aim High Team Spirit



Ashley Action!

<u>Healthy Balanced Diet</u> Healthy Balanced Diet 8LQ has looked at the importance of a healthy, balanced diet. Students discussed things like long-term health, understanding how their food choices now can impact their health later in life, different food groups – learning about the importance of fruits, vegetables, grains, proteins, and dairy (or alternatives) – portion sizes – recognising what a healthy serving looks like and making informed choices – understanding food labels and making healthier selections.

<u>NHS representative</u> Katie Spring visited Year 7 children to discuss the variety of occupations in the NHS. Additionally, they had the opportunity to practice several useful skills.

<u>Year 10 students</u> have visited Cronton College for a taster day. This was a fantastic opportunity for students to get a feel for college life and explore the different courses and subjects available after they finish their qualifications in Year 11.

<u>Duck or chicken spring rolls</u> were a technical Chinese delicacy that Year 10 Home Cooking Skills students creatively accomplished. Their observant analyses highlighted the sensory components, detailing the texture, colours, delicious smells and satisfying flavours.

<u>Practical Learning</u> In their forest school, Year 9 students put woodcraft skills into practice by designing and constructing a game. They further developed practical abilities by building a fire and cooking sausages for a well-deserved hot dog lunch.



Skills Builder Challenge – Teamwork

Research a culture that is different from your own. Create a poster celebrating what you have learnt. Your research could cover: people and events throughout history, food, art and popular culture.



















