

# NEWSLETTER

13<sup>th</sup> March 2023

**Resilience Honesty**

**Respect**

**Responsibility**

**Aim High**

**Team Spirit**



## Student Of The Week

7LA	C.Tildsley	10L	E.Stanley
7SA	L.Maxwell	10LQ	No Student Of The Week
8MS	T.Curphey	11RS	H.Williams
8JF	A.Smith-Underwood	11GG	L.Burke
9KD	A.Beck		
9JO	M.Vickery		
9AK	C.Harris		

6<sup>th</sup> Form Student Achiever Of The Week – L.Humphreys



## Ashley Action!

**Mindfulness and Meditation** Students in Year 14 have been practicing mindfulness in their P4A lessons. Mindfulness can help students lessen anxiety and negative thinking. Through breath control and guided imagery techniques, students focus on experiencing and engaging in their surroundings. Mindfulness practice has become an increasingly popular element in today's classrooms.

**Students in 9KD** have made delicious Strawberry Cheesecakes. Students could use an electric whisk safely, whisk the cheesecake mixture to the correct consistency and decorate the cheesecake to a high standard of presentation.

**As part of their Independent Living sessions**, Year 11 have planned and made a snack for themselves to eat. Students could follow simple recipes which will improve, sequencing, nutrition, hygiene and learning to use kitchen tools.

**Practical Learning** Students in 7SA have been planting trees that have been donated from Notcutts Garden Centre. They donated the trees as part of their 125-year anniversary and commitment to sustainability across local communities. We have planted the trees in the School grounds, which will provide pupils with the opportunity to learn about the great outdoors and a chance to explore the natural world.

**The School Council** is trying to raise money to buy additional resources for students at break and lunch times. On March 30th we are having a 'own clothes day'. Students will be able to wear their own clothes to school for £1. In addition, we will have a cake sale. Prices for cakes will range between 50p - £1. Mr Gorst will look to bake cakes with the students in the days leading up to it, but we would really appreciate any cake donations that parents can send in to school. Staff will also bake/buying cakes to support this cause.



## Skills Builder Challenge – Listening

Ask a member of your family or friend to tell you about their day in detail. Ask them to include details like what time they got up, when and what they had for lunch, who they talked to and what activities they did. Write down what you can remember. Read your notes back to the family member/friend. Could you remember the key parts of their day? Try again with another family member or friend. Did you remember any more this time? Try taking notes as they are talking instead of afterwards. Does this help you remember more? Are there any tactics you can use to help you remember the important information you hear?



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